Thursday, December 1, 2022, marked the 32nd Annual Tree of Hope Celebration. This cherished Duke Cancer Institute event honors and remembers loved ones, patients, staff, family, and friends whose lives have been touched by cancer. The lights on the tree represent and illuminate HOPE that outshines the surrounding darkness.

As Cheyenne Corbett, PhD, Senior Director of Cancer Support and Survivorship shared, “The Tree of Hope lighting is a symbolic experience. It is time of reflection as we take a moment to honor and memorialize those who have faced cancer. It is a time to praise how far we have journeyed and to celebrate the strength and hope it has taken us to get where we are today. Together as a community of people who are connected to each other’s journey, we support each other, learn from each other, and respect each other.”

This connection is a value that led to the establishment of the Duke Cancer Patient Support Program in 1987. Thirty-five years ago, Duke Cancer Institute made a commitment to support patients and their loved ones throughout their cancer journey. The Duke Cancer Patient Support Program provides supportive care from diagnosis through treatment, and continuation of care into survivorship for patients and their loved ones—all at no cost, thanks to the generosity of donors.

During the ceremony, we heard from three individuals, who like many, have fought or are fighting the battle against cancer. These speakers along with the staff who supported them shared a message of hope and appreciation for the comprehensive care provided at Duke Cancer Institute through the Cancer Patient Support Program.

Continued on page 2
Cancer Support Services

Duke Cancer Institute offers a variety of cancer support and survivorship services for patients and their loved ones to assist with navigating life during and after cancer treatment. Our goal is to shape the future of cancer survivorship and improve the quality of life throughout treatment.

Patient and Nurse Navigation

Navigators support patients, families, and caregivers through their cancer care. We make sure you have information to make decisions. We advocate for your needs. We identify barriers to care and connect you with available resources, as needed. We support you all the way from diagnosis to end of treatment. We have a team of navigators across our Duke Cancer Institute locations with expertise, including nursing backgrounds, to help you and your loved ones. If you are interested in learning more, contact your healthcare team and ask about Navigation services.

Chaplain Services & Education

Duke chaplains are on site seven days a week to offer spiritual support to you and your loved ones. When requested, they connect you with faith-specific representatives from the community. To learn more, contact Chaplain Services & Education at Duke Cancer Institute locations. In Raleigh, call 919.812.7972; for Duke Cancer Center in Durham, 919.684.3586; or Duke Cancer Center North Durham, 919.470.5363. DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services.

Clinical Social Work

Oncology and palliative care social workers help patients and their loved ones cope with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. Individuals and family members are assessed to identify and address specific needs. We work together to establish interventions to help you alleviate stressors and financial burdens associated with a cancer diagnosis. We can connect you and your loved ones to resources such as disability, home health/hospice, advance directives and end-of-life care. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Social-Work.

Therapy and Counseling

Our medical family therapists provide individual, couples, and family therapy. They help you and your loved ones cope with the impact of cancer. Psychiatry and psychology services are also available and offered as part of our treatment for emotional, psychological, and relational issues associated with a cancer diagnosis. To learn more, visit DukeCancerInstitute.org/Therapy-and-Support-Groups.

Sexual Health Services

Sexual health services provide education on the impact cancer treatments have on sexual health and intimacy, and therapy services that address concerns surrounding sexual function, sexual feelings, intimacy,
and changes in sexual health. To learn more, visit DukeCancerInstitute.org/SupportiveCare/Sexual-Health-Intimacy.

Quit at Duke
Quit at Duke is a program designed to help people quit using tobacco products. Services are provided by tobacco treatment specialists and behavioral medicine clinicians. For more information or to schedule an appointment, please call 919.613.QUIT (7848). To learn more, visit DukeHealth.org/Quit.

Survivorship Services
Our cancer survivorship initiative focuses on the design and delivery of high-quality survivorship care. We partner with you and your loved ones to achieve healthy, fulfilling lives beyond cancer. Areas of care that are addressed include assessment and management of both physical and emotional needs that may result from the cancer experience, cancer screenings and monitoring, and counseling related to prevention and health promotion. We offer a number of clinical and supportive services. For more information, call 919.668.2122. To learn more, visit DukeHealth.org/Treatments/Cancer/Cancer-Survivorship-Services.

Teen and Young Adult Oncology Program
Duke Cancer Institute’s Teen and Young Adult Oncology Program provides teen and young adult patients (ages 15 to 29) and their loved ones with support and community during a cancer diagnosis, treatment, and survivorship. The program offers specialized medical care; individual, couples and family therapy; peer connection; and activity-based groups, both in the medical center and in the community. To learn more, visit DukeCancerInstitute.org/TYAO.

Palliative Care
Duke’s palliative care experts help with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping, and other experiences keeping you from feeling your best. Palliative care works closely with you and your doctors to ensure that every choice about your medical care has you at the center and is consistent with your values, while planning for the future. To schedule an appointment, call 919.668.6688, option #7. To learn more, visit DukeHealth.org/Treatments/Palliative-Care.

Self-Image Services
Our self-image consultants offer a variety of services and products to assist individuals with changes in body-image experienced during cancer treatment and survivorship. If you are interested in a self-image consultation, call 919.613.1906 or email cancersupport@duke.edu. To learn more, visit DukeCancerInstitute.org/Self-Image-Services.

Child and Adolescent Life Services
The Child Life Specialist focuses on supporting the emotional and developmental needs of children and teens in families who are facing cancer. We hold individual education sessions with families to support parents taking the lead in helping their children understand and talk about the cancer diagnosis, treatment, side effects, and changes in their family life. To learn more, visit DukeCancerInstitute.org/SupportiveCare/Child-Life.

Available Legal Resources
Duke Law School’s Health Care Planning Project offers legal assistance to prepare important documents (eg, Health Care Power of Attorney, Living Will, Durable Power of Attorney) at no cost for DCI patients. Law student volunteers and supervising attorneys meet with clients over video or phone. On Friday, January 20, services will also be available at the Duke Cancer Center’s Patient Resource Center from 10 a.m. to 2 p.m. To learn more or schedule an appointment, email HealthCarePlanning@law.duke.edu. Please note that all applicants are screened for eligibility, which includes questions about annual income.
Support Groups

Duke Cancer Patient Support Program’s virtual support groups are professionally facilitated. Attendees have an opportunity to meet people in a similar situation, share their experience and get support, tips, and ideas from those who understand what you’re going through. Registration is required. To learn more, please call 919.684.4497 or visit DukeCancerInstitute.org/Therapy-and-Support-Groups.

KidsCan!

KidsCan! is a program designed to support children and teens, ages 4 to 18, who have a parent or significant caregiver living with a diagnosis of cancer. Monthly meetups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family. KidsCan! (ages 4–10 years) meets virtually on the second Monday of the month, January 9 at 6:30pm. KidsCan! Tweens and teens (ages 11–18 years) typically meets virtually on the third Monday of the month. With the holiday, the session is moved to January 23 at 6:30. To learn more or to register, call 919.684.4497, or email CancerSupport@duke.edu.

General Cancer Support
Thursday :: January 19
5 to 6 p.m.
Third Thursday of the month
Patient and caregiver groups are held separately. Topics typically include communicating, finding information, making decisions, solving problems negotiating, and standing up for your rights. To register, visit duke.is/mhc7m.

LGBTQIA+ Cancer Support
Wednesday :: January 25
5:30 to 7 p.m.
Fourth Wednesday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Metastatic Cancer Support Group for Women
Wednesday :: January 18
3 to 4:30 p.m.
Third Wednesday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Breast & GYN Cancers
Tuesday :: January 10
5:30 to 7 p.m.
Second Tuesday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Blood and Marrow Transplant Survivorship Support Group
Wednesday :: January 18
4 to 5:30 p.m.
Third Wednesday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Caregiver Support Group
Thursday :: January 19
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: January 23
4 to 6 p.m.
Fourth Monday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Fertility Support Group for Women
Thursday :: January 5
5:30 to 6:30 p.m.
First Thursday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Parenting with Cancer Meetup
Tuesday :: January 17
7:30 to 8:30 p.m.
Third Tuesday of the month
The group is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit duke.is/mhc7m.

dukecancerinstitute.org

TYAO

Teen and Young Adult Oncology Program
Join us for TYAO virtual meetups this month on Tuesday, January 24, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, January 26, from 6:30 to 7:30 p.m. for teens (15–17 years old).
Rest, Relax, Renew

The Duke Cancer Patient Support Program provides services and resources to help support patients and their loved ones. For a list of complimentary services, visit dukecancerinstitute.org/supportivecare or call 919.684.4497.

To help ensure the continuation of these vital programs and services, please get involved by visiting DukeCancerInstitute.org/SurvivorshipDay/Get-Involved-With-DCI.

Virtual Tai Chi for Cancer
Friday :: January 6 & 20
2:30 to 3:15 p.m.
First and third Friday of the month
Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual Tai Chi class for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Virtual Yoga for Cancer
Tuesday :: January 10 & 24
12 to 1 p.m.
Second and fourth Tuesday of the month
Join certified Yoga for Cancer instructor Laura Woodall in a class designed specifically for cancer patients and survivors. Visit duke.is/7jgt3 to learn more and to register.

Mind-Body Approaches to Coping with Cancer
Wednesday :: January 11 & 25, 12:45 to 1:30 p.m.
Second and fourth Wednesday of the month
Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. These virtual sessions teach mind and body approaches to coping with cancer. Through the focus on the breath and the present moment, patients and their caregivers will learn to discover the ability to respond rather than react to life’s stressors. For more information and to register, visit duke.is/gzsvt.

This program is funded by the Duke Raleigh Hospital Guild.

Explore the Power of Your Voice for Healing
Monday :: January 9 & 23
noon to 1 p.m.
First and third Monday of the month
In this workshop you will explore breathing techniques, vocal toning, and chanting. These tools and techniques, when used daily, will help you pay mindful attention to your heart and voice while experiencing the health benefits of sound, vibration, and self-expression. Visit duke.is/mn7m9 to learn more and to register.

Exercise Consultations
Mondays :: 2 to 4 p.m.
Wednesdays :: 8:30 to 11:30 a.m.
Supportive Care & Survivorship Center offers exercise consultations by exercise physiologists. These personalized sessions are available to oncology patients and survivors at no cost. Video chat or phone sessions are available on Mondays between 2:00 and 4:00 p.m. and Wednesdays between 8:30 and 11:30 a.m.
To learn more or to register email DHFCCancerExercise@dm.duke.edu or visit duke.is/82cne.

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Sexual Health Services
We are now selling sexual health products at the following locations:
- Duke Cancer Center, Durham
- Duke Women’s Cancer Care Raleigh
- Duke Cancer Center Raleigh

For more information call 919.613.1906
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<td>25 Mind/Body Coping with Cancer LGBTQIA+ Cancer Support Group</td>
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For more information and to register, visit [DukeCancerInstitute.org/SupportiveCare](http://DukeCancerInstitute.org/SupportiveCare) or call 919.684.4497.

To make a gift to support our no charge services, visit [gifts.duke.edu/cancersupport](http://gifts.duke.edu/cancersupport).