Leaving Nothing but Smiles in Their Wake

Being a patient in the hospital, can be monotonous at best. Time is often marked by receiving meal trays, treatments and procedures, and many staff coming and going. With the weight of a cancer diagnosis in addition to being hospitalized, emotions can become heavy.

In bounces Delilah, a 50-pound Golden Retriever and heads turn. Delilah and her therapy partner, Sharon Pitz, make their way to Duke Central Tower and Duke University Hospital each month to visit with patients and their families.

“Volunteering is a gratifying experience for both Delilah and for me. It offers support, care, and love for patients and their families”, shared Sharon. “Seeing and experiencing the joy a visit gives, touches my heart and makes me grateful for the opportunity to be a part of the Pets at Duke Program.”

Sharon, who retired from Duke Nutrition Services after a 43-year career as a dietician, helped to establish Pets at Duke in 1994 and was the first therapy dog team in the program. Sharon began visiting on the hematology oncology units at Duke University Hospital with her then therapy dogs, George and Boulder. Now teamed with Delilah, they leave nothing but smiles in their wake.

The Pets at Duke program is a service of the Duke Cancer Patient Support Program. According to research animal-assisted therapy is an effective form of psychotherapy intervention, which can reduce stress and depression and encourage a sense of companionship, combating feelings of isolation.

Pets at Duke dogs must be therapy-certified and undergo rigorous testing and training on-site before being enrolled into the program. The therapy dog and handler are joined

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. They make sure you have information to make decisions and advocate for your needs. They identify barriers to care and connect you with available resources, as needed. Our navigators support you all the way from diagnosis to end of treatment. If you are interested in learning more, contact your healthcare team and ask what Navigation services are available to you.

**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. They work 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, contact your healthcare team and ask about Clinical Social Work services.

**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, all at no cost. 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.

Continued from page 1

by a trained volunteer who helps to facilitate the sessions.

“Sometimes our patients are more comfortable saying nothing,” says Kevlin Swepston, Volunteer and Pets at Duke Coordinator for Duke Cancer Patient Support Program. “They may not be up to a full conversation with someone, but with a therapy dog they’re having full interaction.”

If you would like to learn more about volunteering or Pets at Duke, email kevlin.swepston@duke.edu or call 919.684.0384.

“Volunteers do not necessarily have the time; they just have the heart.”

~Elizabeth Andrew

Support services are offered both in-person and remotely. Please call 919.684.4497 for more information.

dukecancerinstitute.org
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
They 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/CancerSurvivorship-Services.

Teen and Young Adult Oncology Program
They provide 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
They 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
They focus on supporting the emotional and developmental needs of children and teens in families who are facing cancer. They 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.

Do you want to receive this newsletter monthly by email? Scan the QR code to subscribe today.

Scan to learn more or visit duke.is/n8h92

Your survivorship specialist at the Duke Cancer Survivorship Clinic is here to bridge the gap between cancer treatment and life after cancer treatment. To learn more, visit duke.is/wtqpe.
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. Scan the code to register for support groups.

Art Therapy at Nasher
Wednesday :: July 12
2 to 3:30 p.m.
Second Wednesday of the month
This group is open to patients and caregivers and is located at the Nasher Museum of Art in Durham. No art experience is needed. For more information and to register, visit duke.is/nn4gr.

General Cancer Support
Thursday :: July 20
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 :: July 26
5:30 to 6:30 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 :: July 19
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 :: July 11
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 :: July 19
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 :: July 20
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: July 24
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 :: July 6
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 :: July 18
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.

Blood and Marrow Transplant Survivorship Support Group
Wednesday :: July 19
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 :: July 20
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: July 24
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 :: July 6
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 :: July 18
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.

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, July 10 at 6:30pm. KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, July 17 at 6:30. To learn more or to register, call 919.684.4497, or email CancerSupport@duke.edu.
Virtual Tai Chi for Cancer
Friday :: July 21
2:30 to 3:15 p.m.
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
Tuesdays :: July 11 & 25
12 to 1 p.m.
Second and fourth Tuesday of the month and Survivorship Day (June 7)
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
Wednesdays :: July 12 & 26
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.

Explore the Power of Your Voice for Healing
Mondays :: July 3 & 17
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.

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.

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.

Salon Services
Mondays :: July 3 & 10
Our volunteer team of expert hair stylists provide private consultations at the Belk Boutique in Durham at no cost. They offer dry cuts for your hair or a head shave. Our stylists can also assist with wig styling, cutting, and general wig care. Call 919-613-1906 to reserve your time slot.

Helping cancer survivors live a healthy, full life while navigating their unique needs.

Cancer Survivorship Services

Learn more or schedule a visit:
919.668.2122 or Cancer Survivorship Services
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td><strong>Salon Services</strong></td>
<td></td>
<td><strong>Fertility Support Group for Women</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Explore the Power of Voice</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td><strong>Salon Services</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>KidsCan! (4–10)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td><strong>Explore the Power of Voice</strong></td>
<td></td>
<td><strong>General Cancer Support</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>KidsCan! Tweens and Teens (11–18)</strong></td>
<td></td>
<td><strong>Caregiver Support</strong></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td><strong>Prostate Cancer Support</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td><strong>Yoga for Cancer</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>TYAO Young Adult Meetup (18–39)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td><strong>Mind/Body Coping with Cancer</strong></td>
<td></td>
<td><strong>TYAO Teen Meetup</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>LGBTQIA+ Cancer Support Group</strong></td>
<td></td>
<td><strong>(15–17)</strong></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td><strong>Mind/Body Coping with Cancer</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>LGBTQIA+ Cancer Support Group</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td><strong>TYAO Teen Meetup</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>(15–17)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information and to register, visit [DukeCancerInstitute.org/SupportiveCare](https://DukeCancerInstitute.org/SupportiveCare) or call 919.684.4497

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