Plenty busy with fishing, golfing and grandchildren, Jim Slaughter, a Duke retiree, doesn’t just volunteer because he has the time; he volunteers because, as they say, he has the heart.

Diagnosed ten years ago with stage four small bowel cancer and four years ago with stage four lung cancer, Slaughter knows first-hand the challenges, both physical and emotional, associated with oncology care. His onetime professional affiliation with Duke, sense of humor, and life-changing bout with cancer drive him to try and make the experiences of others the best possible.

“When cancer got my attention the first time, I figured that 42 years of service was enough,” recalled Slaughter, who retired a year after his diagnosis. In 2015, as soon as his scans were clear, he returned to work at Duke—this time as a volunteer at Duke Cancer Center.

“I wanted to see the volunteers I’d made friends with in the clinic when I was getting chemo,” Slaughter said. “They had made it so much easier for me and my family when I was here, the least I could do was give back.”

Slaughter is no stranger to the oncology treatment floor, where he spends four hours a week greeting patients with warm blankets and snacks and often, a hug.

“Jim is just a really special man who makes you feel like you’ve known him forever,” said Pam Oldham, a patient who’s lived with stage four metastatic breast cancer since 2004. “He brings hope and encouragement. He always goes the extra mile.”

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 about Navigation 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. 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.

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.

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
For more than 30 years, volunteers like Jim have been a critical component of the Duke Cancer Patient Support Program; helping to improve the cancer experience. If you are interested in joining our team, we would love to hear from you. Contact Kevlin Swepton, our Oncology Volunteer & Pets at Duke Coordinator, at kevlin.swepton@duke.edu or by calling 919.684.0384 to learn more.
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.
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 :: June 14
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 :: June 15
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 :: June 28
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 :: June 21
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 :: June 13
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 :: June 21
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 :: June 15
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: June 26
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 :: June 1
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 :: June 20
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.

Join us for TYAO virtual meetups this month on Tuesday, June 27, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, June 22, from 6:30 to 7:30 p.m. for teens (15–17 years old).
Virtual Tai Chi for Cancer
Fridays :: June 7 & 9
2:30 to 3:15 p.m.
First Monday of the month
Second and fourth Tuesday 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.

Mind-Body Approaches to Coping with Cancer
Wednesdays :: June 14 & 28, 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 :: June 7, 12, & 26
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.

Salon Services
Mondays :: June 5 & 12
Our volunteer team of expert hair stylists provide private consolations 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.

Survivorship Day
June 7 – 9, 2023
Join us for in-person and virtual interactive events focused on living your best life during and after cancer treatment. Enjoy live panel discussions, interactive workshops, integrative therapies, and experts who are on hand to discuss individualized support and survivorship services. Visit DukeCancerInstitute.org/SurvivorshipDay to register and view the schedule of events hosted at the cancer care location closest to you. Recordings of the panel discussions will be available on our site after June 9.

Schedule of virtual events
- 9 to 9:50 am Yoga
- 10:30 to 11:15 am Tai Chi
- Noon to 1 pm Cancer Survivorship: Looking Toward the Future
- 2 to 2:50 pm Explore the Power of Your Voice for Healing
- 3 to 3:50 pm Emotional Health, During and After Cancer
- 4 to 4:50 pm Taking Care of Your Body During and After Treatment

Visit DukeCancerInstitute.org/SurvivorshipDay to register and view the schedule of events hosted at the cancer care location closest to you.
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For more information and to register, visit DukeCancerInstitute.org/SupportiveCare or call 919.684.4497.

To make a gift to support our no charge services, visit gifts.duke.edu/cancersupport.