Cancer Support Calendar

Fall 2013 Edition: September — December

UNC HEALTH CARE
UNC CANCER CARE

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Many cancer patients describe diagnosis, treatment and survivorship as a journey. At times, this journey can be confusing and overwhelming. With UNC Cancer Care, you are not alone. Support groups, social gatherings and educational opportunities for patients and their families are just some of the ways that we are here to support you.

Most of the programs in this calendar were started by a UNC Cancer Care staff member or patient. Unless otherwise noted, programs are free and open to all UNC Cancer Care patients. Choose the programs that best meet your needs. Let any member of your team know if you cannot find what you are looking for.

Fall Highlights

Cancer Transitions

When: Call the Comprehensive Cancer Support Program (CCSP) at 919-843-0935 for dates and details.

Where: Carolina Pointe II.

About: A free 7-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care.

CCSP Support Week 2013

When: November 18th through 22nd

Where: Carolina Pointe II & N.C. Cancer Hospital.

About: A week of events highlighting the programs of the CCSP. Stop by the Patient and Family Resource Center for a calendar of events for the week.

Community Grief Recovery Group

When: Mondays, from September 9th through October 21st, 6:30—8:00 PM.

Where: Carolina Pointe II.

About: Open to anyone grieving a death, this group focuses on moving toward healing. Call Heidi at 919-966-0716 or email hgessner@unch.unc.edu.

Expressive Arts Program

When: Friday, October 11th, 10 AM—12 Noon.

Where: Patient and Family Resource Center.

About: For UNC Cancer patients and caregivers to channel their inner artist through collage. Call 919-843-0680 for details.

Geriatric Symposium

When: Friday, November 15, 1:00—5:00 PM.

Where: Friday Center, Chapel Hill.

About: Learn about cancer research and aging, tools for making the most of life, keeping active, and tips for caregivers. Sign up: http://unclineberger.org/geriatric-retreat/2013-geriatric-retreat.

Learn to Take Charge & Live Well: What Now?

When: January 25th—30th, 2014, but register by September 15th, 2013!

Where: Celebrity Constellation Caribbean Cruise.

About: A 5-day retreat for breast cancer survivors and supporters focusing on the next phase of life. Costs $1,050, plus transport to Ft. Lauderdale, incidentals, gratuities. Call 919-360-1678 or email carolyn@newlifeaftercancer.org.

N.C. Cancer Hospital Thanksgiving Luncheon

When: November 22nd, from 11—11:45 AM or from 12—12:45 PM.

Where: Ground Level Lobby, N.C. Cancer Hospital

About: Join the CCSP staff as they honor UNC Cancer Care families and caregivers. To get a seat, call 919-843-0680 during the 1st week of November.

Pediatric Hematology/Oncology Family Retreat

When: November 9th—10th but register early!

Where: Aqueduct Conference Center, in Chapel Hill

About: For UNC patients (who are undergoing or recently completed treatment), siblings and parents or caregivers. Overnight retreat with workshops, games, movies (separate kid and parent groups). Email Jess at jirven@unch.unc.edu or call 919-843-9244 to register.

Turn the Town Pink

When: September 28th through October 28th

Where: Throughout Chapel Hill and Carrboro

About: UNC Lineberger partners with businesses to raise money in support of cancer patients at the N.C. Cancer Hospital. Call 919-966-5905 or visit www.unclineberger.org/tttp or a calendar of events.

Classes and Workshops

Legal Clinic

When: 2nd and 4th Fridays of the Month, 9 AM—12 Noon.

Where: Patient and Family Resource Center.

About: UNC Cancer Care patients and caregivers get free help with making powers of attorney and living wills.

Lymphedema Prevention Class

When: 1st Wednesday of the Month, 1—2:00 PM.

Where: Carolina Pointe II.

About: For patients at risk for lymphedema. Call 919-957-6600 to register.

Mindfully Living *NEW CLASS

When: Mondays, 4:30—5:30 PM (starts Sept. 9th).

Where: Carolina Pointe II.

About: An intro to mindfulness, a skill used to improve health. Call 919-966-3494 to register.

Nutrition During Cancer Treatment

When: 3rd Thursday of the Month, 12 —1:00 PM.

Where: Patient and Family Resource Center.

About: UNC patients and caregivers learn about nutrition in cancer. Call 919-966-3494 for topics.

Writing and Healing for Caregivers

When: Wednesdays, 12 —1:00 PM.

Where: N.C. Memorial Hospital, in the Chapel.

About: A writing workshop for UNC Cancer Care caregivers. No experience is needed. For more, call 919-966-0716 or email hgessner@unch.unc.edu.

Yoga

When: Mondays & Thursdays, 11 AM—12:30 PM, and Fridays, 10—11:30 AM.

Where: Carolina Pointe II.

About: For patients, survivors, caregivers. Cost is $5, but there are scholarships. Call 919-966-3494.

Support Groups and Gatherings

Bone Marrow Transplant (BMT) Caregivers

When: Wednesdays, 3—4:00 PM.

Where: BMT Unit Lounge, N.C. Cancer Hospital.

About: For caregivers of UNC BMT Unit patients.

Breast Cancer Support for Young Women

When: 1st Tuesday of the Month, 7:00—8:30 PM.

Where: Carolina Pointe II.

About: For women ages 18—45 with breast cancer.

Cancer Prayer Support Group

When: 1st & 3rd Monday of the Month, 7—8 PM.

Where: Wake Forest Baptist Church.

About: Call 919-219-4801 for more information.

Caregiver Conversations *NEW TIME

When: 2nd Tuesday and 4th Thursday of the Month, 2—3 PM.
Where: Patient and Family Resource Center.
About: Planned topics & social time for caregivers.

Caregiver Dinners

When and **Where:** Mondays on 4 Oncology and Thursdays on BMT Unit, 4:30—5:30 PM.
About: For caregivers of patients on those units.

Caregiver Meditation Group *NEW GROUP

When: Tuesday or Wednesdays, 12:15—12:45 PM. Check the schedule outside the Chapel.
Where: N.C. Cancer Hospital, in the Chapel.
About: Participate in different types of meditation.

Coping with Cancer

When: 1st Wednesday of the Month, 6—7:30 PM.
Where: Rex Cancer Center Auditorium.
About: For cancer patients and caregivers.

Friday Family Coffee

When: Fridays, 9:00—11:00 AM.
Where: Patient and Family Resource Center.
About: Coffee, arts and crafts for UNC Cancer Care patients & caregivers.

I CANcer: Adolescent & Parent Support Groups

When: 2nd Wednesday of the Month, 5—6:15 PM.
Where: Pediatric Oncology Clinic, Level 1.
About: For hematology/oncology patients ages 12 & up. Parents meet separate. Pizza, drinks & cameras provided (for photography). Call 919-966-4775.

KidsCan!

When: 3rd Monday of the Month, 6—8:00 PM.
Where: Rex Cancer Center Auditorium.
About: For kids ages 6-18 who have a parent or caregiver with cancer. Call 919-784-1056 to RSVP.

Living with Metastatic or Advanced Cancer

When: 1st & 3rd Wednesday of Month, 3—4:30 PM.
Where: Cornucopia Cancer Support Center.
About: For cancer patients with advanced disease.

Oral, Head and Neck Cancer Support

When: 3rd Wednesday of the Month, 6—7 PM.
Where: Cornucopia Cancer Support Center.
About: For patients with oral, head or neck cancer.

Peer Connect

When and **Where:** Ongoing, anywhere.
About: Connects patients and caregivers with someone who has had a similar experience. Visit http://www.cancersupport4u.org/peer-connect.html.

Sharing Hope Support Group

When: 3rd Wednesday of the Month, 10:30 AM—12 Noon.
Where: Rex Cancer Center Auditorium.
About: For people with metastatic/recurrent cancer.

Single Fathers Support Program

When: 3rd Monday of the Month, 6—7:30 PM.
Where: Carolina Pointe II.
About: For fathers who are single parents due to the loss of a spouse from cancer. Visit www.singlefathersduetocancer.org for more.

Stupid Cancer Happy Hour!

When: 2nd Tuesday of the Month, 7—9 PM.
Where: Rotating Triangle Locations.
About: For young adults affected by cancer. Visit https://www.facebook.com/groups/scsoutheast/.

Triangle Area Ostomy Association

When: 1st Tuesday of the Month, 7:30 PM.
Where: Rex Hospital, Same Day Surgery Waiting.
About: For patients with any ostomy and their caregivers. Visit www.raleighuoa.org.

Triangle Bladder Cancer Support

When: 2nd Tuesday of the Month, 7:00—8:30 PM.
Where: Carolina Pointe II.
About: For bladder cancer patients and caregivers.

Wake County Prostate Cancer Network

When: 2nd Thursday of the Month, 7—9:00 PM.
Where: Rex Cancer Center Auditorium.
About: For prostate cancer patients and caregivers.

Services

CCSP Massage Therapy Services

When: Tuesdays by appointment.

Where: Carolina Point II.

About: 2 free one-hour massages for UNC Cancer Care patients and caregivers. Call 919-957-6000.

When: Tuesdays, Wednesdays, Thursdays by appointment.

Where: On inpatient UNC Cancer Care units.

About: 15-30 minute massages for UNC Cancer Care patients and caregivers on 4 Oncology, BMT, 6 Women's or 7 Neurosciences. Call 919-843-0680. Check with your nurse before making appointments.

When: Thursdays by appointment.

Where: N.C. Cancer Hospital Infusion Center (hand and foot massages for patients) or the Patient and Family Resource Center (15-30 minute massage).

About: For UNC Cancer Care patients and caregivers. Call 919-843-0680 for an appointment.

Morning of Beauty

When: 3rd Monday of the Month, 10 AM—12 Noon.

Where: Patient and Family Resource Center.

About: The **Look Good, Feel Better**© program explores beauty strategies for female patients. Call 919-843-0680 to reserve your spot.

Wigs and Head Coverings Boutique

When: Monday – Friday, 9:00 AM—3:30 PM.

Where: Patient and Family Resource Center.

About: Check out our wigs and soft head coverings. Call 919-843-0680 for an appointment.

Find the calendar on the web: http://www.unclineberger.org/ccsp/supportcalendar/view

UNC Addresses & Phone Numbers

N.C. Cancer Hospital
101 Manning Drive, Chapel Hill
919-966-4131 or www.unccancercare.org

Comprehensive Cancer Support Program (CCSP)
919-966-3494

Patient and Family Resource Center
Ground Level, N.C. Cancer Hospital
919-843-0680

Carolina Pointe II
6011 Farrington Rd., 3rd Floor, Durham
919-957-6600

Carolina Well
UNC Cancer Survivorship Program
919-966-9519 or 866-291-9424 or
www.carolinawell.org

Friday Center
100 Friday Center Dr., Chapel Hill
(919) 962-3000 or www.fridaycenter.unc.edu

Area Resources

Cornucopia Cancer Support Center (CCSC)
5517 Durham Chapel Hill Blvd., Ste. 1500, Durham
919-401-9333 or www.cancersupport4u.org

Rex Cancer Center
4420 Lake Boone Trail, Raleigh
919-784-1056 or www.rexhealth.com

Wake Forest Baptist Church
107 East South Ave., Wake Forest
919-219-4801

To add to the next edition of this calendar, email DBBallar@unch.unc.edu or JMHill@unch.unc.edu