

Cancer Support Calendar

Spring 2016 Edition: April, May, and June



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. A variety of support services are available to assist you and your family through cancer treatment and survivorship.

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 a team member know if you cannot find what you are looking for.

Upcoming Events

Head & Neck Cancer Awareness and Screening

When: Wednesday April 13, 2016 1—4 PM

Where: ENT Clinic, Neurosciences Hospital

About: Free Head and Neck Cancer Screening and information. To learn more, call 984-974-6484.

National Healthcare Decisions Day

When: Tuesday, April 19, 2016, 10 AM—12 Noon

Where: N.C. Cancer Hospital Lobby

About: Making decisions and putting your wishes in writing before a health crisis. UNC staff will be available to answer questions about advance directives.

Barnstormers at the North Carolina Therapeutic Riding Center

When: April 9 (if rain 4/30), May 14 (if rain 5/21)

Where: Mebane, NC

About: For UNC Pediatric Hematology/Oncology patients, age 3 and older. For more information, contact Stephani Mazze Stephanie.Mazze@unchealth.unc.edu

Northwestern Mutual Retreat for Families

When: April 23-24, 2016

Where: Aqueduct Conference Center

About: A retreat for UNC Pediatric Oncology patients and their families. Patients in treatment and new families have priority for accommodations. To register, email Stephanie.Mazze@unchealth.unc.edu

2016 UNC Cancer Survivor's Day

When: Saturday June 25, 2016

Where: Friday Center, Chapel Hill, NC

About: A celebration for cancer survivors and their caregivers. For details, call 984-974-8100. Registration to be posted on www.unclineberger.org/events soon.

Melanoma Patient Day

When: Monday, May 16, 2016

Where: Friday Center, Chapel Hill, NC

About: A half day of melanoma education dedicated to melanoma patients and the people who support them. For details, call 919-966-5221 or www.melanoma.org

Classes and Workshops

BMT Unit Caregiver Classes

When: Saturday, April 2 & 23, May 7 & 21, 3 PM

About: Learn how to care for your loved one from transplant to recovery. Led by RNs. Call 984-974-8280.

Cancer Transitions

When: Tuesdays, 1:30—4 PM, May 3—May 24

Where: Carolina Pointe II

About: FREE, 2 1/2 hour 4 week workshop to help cancer survivors and caregivers transition from active treatment to post-treatment care. Other locations across NC. To register, call 984-974-8100.

Get REAL & HEEL for cancer survivors

When: Mondays, Wednesdays, Thursdays

Where: UNC Campus, Chapel Hill

About: A 16-week exercise program for cancer survivors. Offering year round enrollment (get started in weeks). Call 919-962-1222 to learn more.

Legal Clinic

When: Dates vary. Call for details.

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

About: Help with powers of attorney & living wills. For more, call 984-974-8112 cdrogers@email.unc.edu

Lymphedema Prevention Class

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

Where: Carolina Pointe II

About: For patients at risk for Lymphedema. Call 984-974-7476 to register. Program relocates in June.

Writing for Resilience

When: Tuesdays, 12—1 PM

Where: John Reeves Chapel, Main Hospital, Level 1

About: Writing group for anyone, including staff. Email Heidi.Gessner@unchealth.unc.edu for more.

Yoga

When: Mondays, Wednesdays, Fridays. 10—11:30 AM

Where: Carolina Pointe II

About: For patients, survivors, caregivers. \$5 fee.

Support Groups and Gatherings

Breast Cancer Support for Young Women

When: Tuesday, April 5 & May 3, 7—8:30 PM

Where: Carolina Pointe II

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

Caregiver Conversations

When: Tuesdays, 3—4 PM

Where: Patient and Family Resource Center, Main Lobby

About: Planned topics and social time for caregivers.

Caregiver Meditation Group

When: Weekly, 12:15—12:45 PM through June 29.

For dates, call 984-974-8621.

Where: N.C. Cancer Hospital Chapel, Main Lobby

About: All are welcome. Learn and practice meditation.

For more information, call 984-974-8621.

Caregiver Dinners

When: Thursdays, 4:30—5:30 PM

Where: BMT Unit & 4 Oncology, Cancer Hospital

About: For caregivers of patients on those units.

Caregiver Support Group

When: 3rd Wednesday of the Month, 12—1:30 PM

Where: UNC Wellness Center, Meadowmont

About: Provides support and encouragement for caregivers. Learn more and sign up, 919-967-7570.

Friday Family Coffee

When: Fridays, 9—11 AM

Where: Patient and Family Resource Center, Main Lobby

About: Breakfast for patients and caregivers.

KidsCan!

When: 3rd Monday of the Month, 6—8 PM

Where: Rex Cancer Center

About: For kids ages 6-18 who have a parent or caregiver with cancer. Call 919-784-6863 to register.

Living with Metastatic or Advanced Cancer

When: 1st and 3rd Wednesday of the Month, 3—4:30 PM

Where: Caring House, Durham

About: Support for those living with advanced cancer or metastatic disease. To learn more, call 919-401-9333.

Lung Cancer Support Group

When: 1st and 3rd Monday of the Month, 4—5:30 PM

Where: Caring House, Durham

About: Support group for those new to treatment, survivors and loved ones. Learn more, call 919-401-9333.

Oral Head and Neck Support Group

When: 3rd Tuesday of the Month, 3—4 PM

Where: Caring House, Durham

About: Support for those with oral, head & neck cancer. To learn more, call 919-401-9333.

Sharing Hope Support Group

When: 1st and 3rd Wednesday of month, 10:30—Noon

Where: Rex Cancer Center—Family Support Room

About: For people living with metastatic or recurrent cancer. Learn more: (919) 784-6863.

Sharing Our Stories

When: Thursdays, 10 —11:30 AM, March 31— May 19

Where: UNC Hospice Office, Pittsboro, NC

About: Free grief support group. To register: call Ann Ritter at 984-215-2650 Ann.Ritter@unchealth.unc.edu.

Sharing Support

When: 2nd Friday of the Month, 10:30—Noon

Where: Rex Cancer Center

About: For caregivers to reflect on their experiences and coping. To register, call Kimberly Fradel 919-784-6863.

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/>

Sharing Survivorship

When: 1st Friday of the Month, 10:30—Noon

Where: Rex Cancer Center—Family Support Room

About: Offers patients and caregivers support as they focus from treatment to recovery. Call 919-784-6863.

Single Fathers Support Program

When: 3rd Tuesday 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. To RSVP, call 984-974-8113.

Learn more: www.singlefathersduetocancer.org.

Triangle Area Multiple Myeloma Support

When: 4th Saturday of the Month, 10AM—12PM

Where: Westminster Presbyterian Church

About: For more information, call 919-308-3255.

The Loss of Your Spouse Support Group

When: Tuesdays, 10—11:30 AM, April 5—May 17

Where: Orange United Methodist Church

About: For those experiencing the loss of their spouse. To register, call Gail Smith at 919-218-7995

Cynthia.Smith@unchealth.unc.edu

Triangle Bladder Cancer Support

When: Tuesday, April 12, May 10, 7—8:30 PM

Where: Carolina Pointe II

About: For bladder cancer patients and caregivers.

I CANcer: Teen & Parent Support Groups

When: 2nd Wednesday of the Month, 5—6:15 PM

Where: Pediatric Clinic, N.C. Cancer Hospital

(Level 1) OR a scheduled local outing.

About: For UNC Pediatric Hematology-Oncology patients and siblings ages 12 and up. Parents meet separately. Email Stephanie.Mazze@unch.unc.edu

Peer Connect

About: Connects patients/caregivers with peers who had a similar experience: www.cancersupport4u.org.

Magnolia Meals at Home

About: For patients and families affected by breast or thyroid cancer. Delivers 10 home-cooked meals a month for 2 months. Call 919-401-9333.

Services

CCSP Massage Therapy Services

When: Tuesdays by appointment

Where: Carolina Pointe II

About: 2 free one-hour massages for UNC Cancer Care patients and caregivers. Call 984-974-7476.

When: Tuesdays, Wednesdays, Thursdays by appt.

Where: 4 Oncology, BMT, 6 Women's, 7 Neuro, 5 Children's, MICU, or PICU

About: 15-30 minute massages for patients on inpatient units. Call 984-974-8100. Check with your nurse before making appointments.

When: Monday—Friday, 9 AM to 4 PM

Where: Patient and Family Resource Center, Main Lobby

About: A computerized Spa Pod massage for UNC Cancer Care patients and caregivers. Call 984-974-8100 for an appointment or more information.

Morning of Beauty

When: April 18, May 16, June 20, 10 AM—12 Noon.

Where: Patient and Family Resource Center, Main Lobby

About: Call 984-974-8100 to reserve your spot in the Look Good, Feel Better[®] program.

Wigs and Head Coverings Boutique

When: Monday – Friday, 9 AM—4 PM

Where: Patient and Family Resource Center, Main Lobby

About: Call 984-974-8100 for an appointment to try on wigs and soft head coverings.

Area Resources & Contact Information

Caring House

2625 Pickett Road, Durham

919-490-5449 or www.caringhouse.org

Carolina Pointe II (CPII)

6011 Farrington Rd., 3rd Floor, Chapel Hill

984-974-7476

Cornucopia Cancer Support Center (CCSC)

20 West Colony Place, Suite 220, Durham

919-401-9333 or www.cancersupport4u.org

Get Real & Heel

CB# 3433, Country Club Road, Chapel Hill

919-962-1222 or www.getrealandheel.unc.edu

N.C. Cancer Hospital (and Main Hospital)

101 Manning Drive, Chapel Hill

984-974-0000 www.unclineberger.org/about/nccancerhospital

Orange United Methodist Church

1220 Martin Luther King Jr., Chapel Hill

919-218-7995 or www.connect2orange.org

Patient and Family Resource Center (PFRC)

Main Lobby, N.C. Cancer Hospital

984-974-8100

Rex Cancer Center

4420 Lake Boone Trail, Raleigh

919-784-1056 or www.rexhealth.com

UNC Hospice Office

287 East Street, Suite 221, Pittsboro

919-542-5545

UNC Wellness Center at Meadowmont

100 Sprunt Street, Chapel Hill

919-966-5500 or www.uncwellness.com

Westminster Presbyterian Church

3639 Old Chapel Hill Rd., Durham

919-489-4974 or www.wpcdurham.org

- Find the Cancer Support Calendar on the web: www.unclineberger.org/ccsp/supportcalendar/view
- To add to the calendar, email: Yvonne.Angwenyi@unchealth.unc.edu