

Cancer Support Calendar

Fall 2017 Edition: September, October and November



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. Let a team member know if you need help finding other cancer support services. For more information, please call 984-974-8100 or visit our site: www.unclineberger.org/ccsp

Upcoming Events

Annual Memorial Gathering

When: Sunday, September 10, 2017, 3 PM

Where: Fearington Village, Pittsboro

About: A service of remembrance for hospice families and community members who have experienced the death of loved ones. Please call Ann Ritter or Gail Smith at UNC Hospice 984-215-2650.

Northwestern Mutual Retreat for Families

When: September 16-17, 2017

Where: Aqueduct Conference Center, Chapel Hill

About: A fun weekend retreat for families served by the UNC Pediatric Hematology/Oncology Clinic.

Patients, siblings and up to 2 parents/caregivers may attend. Registration required, email Meghan Fox at

Meghan.Fox@unchealth.unc.edu

Pedal for Peds

When: Saturday, September 23, 2017, 8 AM-12 PM

Where: UNC Cary Wellness Center

About: Raise funds for patients and families served by UNC Pediatric Hematology/Oncology Clinic. For details and to register go to www.PedalforPeds.com

2017 Employee Oncology Excellence Awards

When: Thursday, October 5, 2017, 4 PM-5 PM

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

About: Join us as we recognize and honor the 2017 Oncology Excellence Employee Award winners.

The Great American Smokeout

When: Thursday, November 16, 2017, 10 AM-2 PM

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

About: Interested in quitting? Get help making a plan to quit smoking and using tobacco. For details, call 984-974-8453.

N.C. Cancer Hospital Thanksgiving Family Lunch

When: Friday, November 17, 2017, 11-11:45 AM or 12 PM-12:45 PM

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

About: Cancer hospital patients and caregivers are invited to join each other in celebration of Thanksgiving. To reserve a seat, call 984-974-8100 during the first week of November.

Classes and Workshops

BMT Unit Caregiver Classes

When: Rotating Tuesdays and Saturdays, 3 PM

About: Learn how to care for your loved one from transplant to recovery. For more, call 984-974-8280.

Cancer Transitions

When: Tuesdays, September 5-26, 2017, 1:30-3:30 PM

Where: UNC Wellness at Meadowmont

About: FREE 4-week workshop to help cancer survivors and caregivers transition after treatment. Many other NC locations. Registration required call 984-974-8100.

¿Ahora Que?

Cuando: Sábado, 9 de Septiembre de 8 AM-1 PM

Dónde: En la casa SECU (123 Old Mason Farm Rd, Chapel Hill, NC 27517)

Acercas: Un taller Gratuito para ayudar a pacientes de Cancer, sobrevivientes y sus familias a hacer la transición después del tratamiento. Para registraci3n por favor llame a Claudia Rojas 984-974-5800.

Cancer Pro Bono Legal Clinic

When: By appointment, call for details

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

About: Help with powers of attorney and living wills. Call 984-974-8112 or email cdrogers@email.unc.edu

Caregiver Workshop

When: Tuesday, September 5; Tuesday, October 3; and Wednesday November 1, 10:30 AM-12:30 PM

Where: Conference Room, 3rd Floor Infusion

About: Skills needed to provide excellent care, how to support a loved one through treatment and when to call your care team. Call Loretta Muss at 984-974-8107.

Community Lunch and Learn Lectures

When: Fridays, Noon-1 PM

September 29 (Financial Toxicity When Facing Cancer),

October 27 (An Update on Breast Cancer), and

November 17 (Stress, Inflammation, and Cancer)

Where: Patient & Family Resource Center, Main Lobby or other North Carolina sites and Online via GoToWebinar

About: For patients and families affected by cancer.

For details, call 919-445-1000 or visit www.unccn.org

Get REAL & HEEL for cancer survivors

When: Mondays, Wednesdays and Thursdays

Where: UNC Campus, Chapel Hill

About: A 16-week exercise program for cancer survivors. Call 919-962-1222 to learn more and enroll.

Look Good Feel Better ©Program, Morning of Beauty

When: September 18, October 16 and November 20, 10 AM-12 Noon

Where: Patient & Family Resource Center, Main Lobby

About: Call 984-974-8100 to reserve your spot.

One-on-One Meditation Yoga

When: Dates vary

Where: Cornucopia Cancer Support Center, Durham

About: Use meditation and gentle yoga for healing and coping with stress. Call 919-401-9333 for a 1 hr session.

Yoga

About: For patients, survivors and caregivers. \$5 fee. Arrive 15 minutes early if new. Call 984-974-8100.

Chapel Hill: Mondays & Wednesdays, 2-3:30 PM, UNC Wellness at Meadowmont

Durham: Fridays, 10-11:30 AM, Wholistic Health Studio

Writing for Resilience

When: Tuesdays, starting September 19, 12-1 PM

Where: John Reeves Chapel, Main Hospital, Level 1

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

Support Groups and Gatherings

Breast Cancer Support

About: Support for patients and survivors.

Durham: 1st Thursday of the Month, 6-7:30 PM
Caring House

Chapel Hill: 3rd Tuesday of the Month, 6-7:30 PM
Kehillah Synagogue

Breast Cancer Support for Young Women

When: 1st Tuesday of the month, 7-8:30 PM

Where: UNC Wellness at Meadowmont

About: For women ages 18-45 with breast cancer. For more email Michelle Manning mlmannin@email.unc.edu

Caregiver Conversations

When: Tuesdays, 3-4 PM

Where: Patient & Family Resource Center, Main Lobby

About: Planned topics and social time for caregivers. More resources available on our UNC Caregiver Website: www.caregivers.web.unc.edu

Caregiver Dinners

When: Thursdays, 4:30-5:30 PM

Where: BMT Unit & 4 Oncology

About: For caregivers of patients on those units.

Friday Family Coffee

When: Fridays, 9-11 AM

Where: Patient & Family Resource Center, Main Lobby

About: Breakfast for patients and caregivers.

Grief Recovery Support Groups

About: For those grieving the loss of a loved one.

UNC Medical Center: Mondays, September 18-October 30, 6:30-8 PM at John Reeves Chapel, Main Hospital
Email Heidi.Gessner@unchealth.unc.edu for details.

Pittsboro: Wednesdays, September 13-November 1, 10-11:30 AM and Tuesdays, October 24-December 12, 10-11:30 AM. To register call Ann Ritter 984-215-2650 or email Ann.Ritter@unchealth.unc.edu

I CANcer: Teen & Parent Support Groups

When: Dates vary, call for details

Where: N.C. Cancer Hospital OR a local outing

About: For UNC Pediatric Hematology/Oncology Clinic patients and siblings ages 12 and up. Parents meet separately. Please call 984-974-9341 for details.

KidsCan!

When: 2nd Monday of the month, 6-8 PM

About: For kids with a parent/caregiver living with cancer

Raleigh: Rex Cancer Center. For kids ages 6-18 years. Registration required call 919-784-1641.

Durham: Duke Cancer Center. For kids ages 4-18 years. Dinner provided. Registration required call 919-684-2913.

Living with Metastatic or Advanced Cancer

About: Support for those living with advanced cancer or metastatic disease.

Durham: 1st & 3rd Wednesday of the Month, 3-4:30 PM. At Caring House. To learn more, call 919-401-9333.

Raleigh: 1st & 3rd Wednesday of month, 10:30 AM-Noon. At Rex Cancer Center. To register call 919-784-1641.

Lung Cancer Support Group

When: 3rd Thursday of the Month, 10:30 AM-Noon

Where: Caring House, Durham

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

Oral and Head & Neck Support Group

When: 3rd Monday of the month, 6-7 PM

Where: Caring House, Durham

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

UNC Rex Cancer Center Support Groups

About: For patients and caregivers during and after care.

Sharing Hope: 2nd Friday of the Month, 10:30 AM-Noon. For caregivers. Registration required call 919-784-1641.

Survivorship: 1st Friday of the Month, 10:30 AM-Noon. Registration required call 919-784-6863.

Cancer Transitions: Tuesdays, September 21-October 12. FREE 4-week workshop. Call 919-784-6120 to register.

Single Fathers Support Program

When: 3rd Tuesday of the Month

Where: SECU Family House, Chapel Hill

About: For fathers who are single parents due to the loss of a spouse. Childcare and dinner provided. Registration required call 984-974-8113. More at www.singlefathersduetocancer.org.

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

www.facebook.com/groups/scsoutheast/

Triangle Area Multiple Myeloma Support

When: 4th Saturday of the Month, 10 AM-Noon

Where: Westminster Presbyterian Church, Durham

About: For details, call Thomas Goode at 252-915-9466

or email triangleareasg@imfsupport.org

Triangle Bladder Cancer Support

When: Tuesday, October 10, 7– 8:30 PM

Where: SECU Family House, Chapel Hill

About: For bladder cancer patients and caregivers. For

details, call 984-974-8100 or visit www.trianglebcs.org

Young Survival Coalition Face 2 Face Network

When: Visit www.meetup.com/pro/yscf2f

Where: NC Chapters in Chapel Hill, Charlotte, Greenville and Raleigh

About: For young women diagnosed with breast cancer.

Services

Wigs and Head Coverings Boutique

When: Monday to Friday, 9 AM-4 PM

Where: Patient & Family Resource Center, Main Lobby

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

Tobacco Treatment Counseling

When: Monday-Friday, 9 AM-5 PM; by appointment

Where: N.C. Cancer Hospital

About: Counseling and treatment for patients wishing to stop using tobacco products. Call 984-974-8453.

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

Area Resources & Contact Information

Caring House

2625 Pickett Road, Durham

919-490-5449 or www.caringhouse.org

Cornucopia Cancer Support Center (CCSC)

20 West Colony Place, Suite 220, Durham

919-401-9333 or www.cancersupport4u.org

N.C. Cancer Hospital (and Main Hospital)

101 Manning Drive, Chapel Hill

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

N.C. Cancer Hospital Caregiver Website

www.caregivers.web.unc.edu

Patient and Family Resource Center (PFRC)

Main Lobby, N.C. Cancer Hospital

984-974-8100 or www.unclineberger.org/patientcare/support/ccsp/programs/pfrc

UNC Rex Cancer Center

4420 Lake Boone Trail, Raleigh

919-784-1056 or www.rexhealth.com

SECU Family House

123 Old Mason Farm Road, Chapel Hill

919-932-8000 or www.secufamilyhouse.org/

Seymour Center

2551 Homestead Road, Chapel Hill

919-968-2070 or www.orangecountync.gov/departments/aging

UNC Hospice Office

287 East Street, Suite 221, Pittsboro

984-215-2650 or www.uncmedicalcenter.org/uncmc/care-treatment/hospice/

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

Wholistic Health Studio

1000 Hackberry Lane, Durham

919-489-5355 or www.wholistichealthstudionc.com