

Cancer Support Calendar

Spring 2018 Edition: March, April & May



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 noted otherwise, 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

Northwestern Mutual Retreat for Families

When: Saturday, April 7

Where: Victory Junction Camp, Randleman, NC

About: For patients and families getting care at the UNC Pediatric Hematology and Oncology Clinic. Please email Meghan.Fox@unchealth.unc.edu for more information.

Annual Zeny Datiles Memorial Nutrition Lecture & Luncheon: A Closer Look at Sugar and Cancer

When: Wednesday, March 14, Noon-1:30 PM

Where: Ground Floor, Cancer Hospital

About: FREE for UNC patients, their family members and caregivers. UNC Oncology Dietitians discuss sugar and cancer and maintaining a healthy balance. Reserve your spot by March 9, call 984-974-8100.

Relay for Life of UNC's Annual Festival of Hope

When: Friday, April 13 at 6 PM-April 14 at 9 AM

Where: UNC Fetzer Gym, Chapel Hill

About: For cancer patients, survivors and their families. Festival with food, entertainment and more. Free dinner at 6 PM. Funds donated to the American Cancer Society. Register at www.relayforlife.org/uncnc. For questions email parkoc@live.unc.edu

Camp Kesem at UNC: Make the Magic Benefit

When: Friday, April 20, 7-10 PM

Where: Barn of Chapel Hill

About: A benefit with dinner and music. Funds raised will support children affected a parent's cancer. For tickets, email uncchapelhill@campkesem.org

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: Varies, call for details

Where: UNC Wellness at Meadowmont & other sites

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

¿Ahora Que?

Cuando: Por favor llame para detalles.

Dónde: En la casa SECU (Chapel Hill)

Acerca: 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: Fridays, March 23 & April 13 by appointment

Where: Patient & Family Resource Center, Main Lobby

About: Help with powers of attorney and living wills.

Call 984-974-8112 or email cdrogers@email.unc.edu

Community Lunch and Learn Lectures

When: Fridays, Noon-1 PM

March 16 Widowers, Fathers and Cancer; April 27

Hospice Care & Caring for the Dying and their Family;

May 18 Skin Cancer: Melanoma & Other Skin Cancers

Where: Patient & Family Resource Center, Main Lobby, other NC sites and Online via GoToWebinar/Zoom

About: For patients and families affected by cancer.

Lunch only at select sites. For details, call 919-445-1000

or visit www.unccn.org

Complementary Therapies

When: Varies, by appointment

Where: Durham

About: Free therapies for cancer patients/survivors in treatment or within 6 months after treatment. Includes: Acupuncture, Oncology Massage, Healing Touch, Reiki and Counseling. Call Cornucopia at 919-401-9333.

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: Mondays, March 19, April 16 & May 21

Where: Patient & Family Resource Center, Main Lobby

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

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, Noon-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.

Writing Toward Resilience

When: Mondays, 12 Noon-1 PM

Where: SECU Jim and Betsy Bryan Hospice Home

About: No cost weekly writing workshop for those grieving a loss or are a current caregiver. Facilitated by

Carol Henderson, author and workshop leader. For more information, contact Ann Ritter at UNC Hospice

Ann.Ritter@unchealth.unc.edu or 984-215-2650.

Support Groups and Gatherings

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:

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: Weekly breakfast for patients and caregivers.

I CANcer: Teen & Parent Support Groups

When: Friday, March 2, 7:30 PM and Thursday, April 19, 6-7:30 PM

Where: Ronald McDonald House, Chapel Hill or outing

About: For patients of UNC Pediatric Hematology/Oncology and siblings ages 12 and up. Parents meet separately. Email Meghan.Fox@unchealth.unc.edu

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: Dial-in Teleconference

About: Support group for those new to treatment, survivors and loved ones. Please call 919-401-9333 to pre-register and receive the call-in number.

Oral and Head & Neck Cancer 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.

Single Fathers Support Program

When: 3rd Tuesday of the Month

Where: SECU Family House, Chapel Hill

About: For single parent fathers after the loss of a spouse. Childcare and dinner provided. Registration required call 984-974-8113. More at www.widowedparent.org

Sharing Our Stories

When: Wednesdays, 10-11:30 AM,

January 10-February 28, 2018

Where: UNC Hospice Office, Pittsboro

About: An 8-week support group for anyone experiencing loss. To register, contact Ann Ritter at 984-215-2650 or Ann.Ritter@unchealth.unc.edu

Sharing Support

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

Where: UNC Rex Cancer Center, Family Support Room

About: Caregivers share experiences/coping skills. Registration required call 919-784-1641.

Sharing Survivorship

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

Where: UNC Rex Cancer Center, Family Support Room

About: Supporting patients and caregivers from treatment to recovery and beyond. Registration required call 919-784-6863.

The Loss of Your Spouse Support Group

When: Dates vary

Where: Chapel Hill

About: For those experiencing the loss of a spouse. To register, contact Gail Smith 919-218-7995 or Cynthia.Smith@unchealth.unc.edu

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: 2nd Tuesday of the month, 7-8:30 PM

Where: SECU Family House, Chapel Hill

About: For bladder cancer patients and caregivers. For details, call Ritchie Briggs (919) 493-0551.

UNC Rex Cancer Transitions

About: Free 4-week workshop to help cancer survivors transition to post-treatment care. Call 919-784-6120 or email Loreal.Massiah@unchealth.unc.edu for details.

Young Survival Coalition Face 2 Face Network

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

Where: Chapel Hill, Charlotte, Greenville and Raleigh

About: For young women diagnosed with breast cancer.

Services

Magnolia Meals at Home

About: Free meal delivery for patients & families affected by breast, thyroid & kidney cancers and soft tissue sarcoma. For details call 919-401-9333 or visit www.magnoliamealsathome.com

Tobacco Treatment Counseling

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

Where: N.C. Cancer Hospital

About: For patients and family members who are interested in quitting. Call 984-974-8453.

Wigs and Head Coverings Boutique

When: Monday to Friday, 9 AM-4 PM

Where: Patient & Family Resource Center, Main Lobby

About: Head coverings for men and women. Call 984-974-8100 for an appointment.

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

caregivers.web.unc.edu

Patient and Family Resource Center (PFRC)

Main Lobby, N.C. Cancer Hospital

984-974-8100 or www.unclineberger.org/ccsp

UNC Rex Cancer Center

4420 Lake Boone Trail, Raleigh

919-784-1056 or www.rexhealth.com

Ronald McDonald House

101 Old Mason Farm Road, Chapel Hill

919-913-2040 or rmh-chapelhill.org

SECU Family House

123 Old Mason Farm Road, Chapel Hill

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

UNC Fetzer Gym

210 South Road, Chapel Hill

SECU Jim and Betsy Bryan Hospice Home of UNC

100 Roundtree Way (Behind Bojangles Pittsboro)

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

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