

Cancer Support Calendar

Spring 2020 Edition: March, April, May



Many cancer patients describe diagnosis, treatment and survivorship as a journey. At times, this journey may 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 treatment and survivorship.

Many programs in this calendar were started by a UNC staff member or patient. Unless noted, events are free and open to all UNC Cancer Care patients. For details, visit the **Mary Anne Long Patient & Family Resource Center** or call 984-974-8100. Learn about the UNC Comprehensive Cancer Support Program at www.unclineberger.org/ccsp

Upcoming Events

Cancer Conversations

When: Noon–1 PM

Friday, March 27th “Caregiver Burnout”

Friday, April 24th “Understanding Head & Neck Cancer”

Friday, May 15th “Preparing for Radiation Treatment”

Where: Online and in person in many sites in North Carolina

About: Free monthly educational cancer webinars for the public led by UNC experts in language that is easy to understand. Please call 919-966-2808 or visit

www.unccn.org

Annual Zeny Datiles Memorial Nutrition Lecture and Luncheon: Stop Dieting and Start Eating

When: Wednesday, March 11th, 12 Noon–1:30 PM

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

About: Join us for the annual *Zeny Datiles Lecture and Luncheon* hosted by our dietitians. Learn more and register by calling the Patient and Family Resource Center at 984-974-8100. The theme is “Stop Dieting and Start Eating”

UNC Cancer Survivors Day

When: Saturday May 16, 2020, 9:30 AM—3:00 PM

Where: Friday Center, Chapel Hill

About: Annual program for survivors and their caregivers to connect with others and learn more.

Registration required:

<https://go.unc.edu/cancer-survivors-day>

Programas en Español

Grupo de Conversación

Cuando: Todo los Lunes de 1:00–2:00 pm

Dónde: Centro de Recursos para pacientes y Familias del Hospital del Cancer del UNC.

Acerca: Grupo de apoyo gratuito, estamos aquí para ti y no tienes que hacerlo solo.

Venga a hablar con otros pacientes y familiares que también están pasando por cancer.

Para más información llame al 984-974-8100.

¿Ahora Que?

Cuando: Para la fecha del próximo taller, llame a Claudia Rojas al 919-259-0279

Dónde: SECU House (Chapel Hill)

Acerca: Un taller gratuito donde Medicos, Enfermeras, Nutricionistas, expertos en salud emocional ayudaran a pacientes de Cancer, sobrevivientes y a sus familias a hacer la transición después del tratamiento.

Classes and Workshops

Cancer Pro Bono Legal Clinic

When: Monthly dates vary, call for details
Where: Patient & Family Resource Center, Lobby
About: Help with Powers of Attorney & Living Wills
Call 984-974-8112 or email cdrogers@email.unc.edu

Cancer Transitions—Moving Beyond Treatment

When: Saturday, March 21st and May 2nd, 10-3
Where: SECU Family House, Chapel Hill
About: FREE workshop for patients and caregivers after treatment. To register call 984-974-8100, or register on line: <https://unclineberger.org/event/cancer-transitions-wellness-program/>

Get REAL & HEEL

When: Mondays, Wednesdays and Thursdays
Where: UNC Campus, Chapel Hill
About: A FREE 16-week exercise program for cancer survivors. Call 919-445-4255 to learn more and enroll.

LIVESTRONG at the YMCA

When: Mondays and Wednesdays
Where: YMCA, Chapel Hill
About: FREE 12 week exercise and wellness program for adult cancer survivors. Registration required, email Louise.Keefer@YMCATriangle.org or call 919-987-8837

UNC CCSP's Healing Yoga

When: Mondays and Fridays, 10-11:30 AM;
Wednesdays, 2-3:30 PM
Where: Wholistic Health Studio, Durham
About: For patients, survivors and caregivers. \$5 fee or \$50 for 12 classes. Arrive 15 minutes early if new. Call 919-966-9519 or 984-974-8100 for details.

People Touched By Cancer Yoga—FREE

When: Sundays, 12:45-2:00 PM
Where: Franklin Street Yoga Center, Chapel Hill
Other locations: Cary, Durham, Garner, and Raleigh.
Caregivers are welcome. See schedule at: <https://youcallthisyoga.org/events/>

BMT Unit Caregiver Classes

When: Saturdays, 10:00 AM
About: Learn how to care for your loved one from transplant to recovery. For details, call 984-974-8280

Writing Toward Resilience

When: Mondays, Noon-1 PM
Where: SECU Jim and Betsy Hospice Home
About: Writing group for everyone. No registration required. Ann.Ritter@unchealth.unc.edu

Support Groups and Gatherings

Friday Family Coffee

When: Fridays, 9-11 AM
Where: Patient & Family Resource Center, Lobby
About: Weekly breakfast for patients and caregivers

Breast Cancer Support for Young Women

When: 1st Tuesday of the month, 7-8:30 PM
Where: Chapel Hill
About: For women ages 18-45 with breast cancer. For details, email Michelle Manning mmanning@unc.edu

NEW: Video Visit Support Groups

When: Contact Outpatient Oncology Social Workers at 984-974-5194 for group session dates and times. Meets weekly for 8 weeks. (Pre-registration is required.)
About: UNC adult patients with cancer who are 1) Recently Diagnosed, 2) In Active Treatment, or 3) Metastatic/Advanced Cancer

Caregiver Conversations

When: Tuesdays, 2-3 PM
Where: Patient & Family Resource Center, Lobby
About: Planned topics and social time for caregivers. More caregiver resources online: 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.

Northwestern Mutual Retreat for Families

When: Saturday, March 28th
Where: Victory Junction Randleman, NC
What: Retreat for Pediatric Hematology/Oncology patients & their families offering educational, therapeutic and fun activities and the opportunity to connect with others who share similar experiences. Registration required, 984-974-8689 or email Meghan.Fox@unchealth.unc.edu

Teen Group

What: Group activities & outings for Pediatric Hematology/Oncology teen patients

Where: Ronald McDonald House of Chapel Hill or outing in the community

When: Dates and times vary. call 984-974-8689 or email

Meghan.Fox@unchealth.unc.edu

Kids and Teens: Sibling Support Group

When: Saturday, April 18th and May 16th from 1-3 PM

Where: Pediatric Hematology/Oncology Clinic

About: Support for siblings of patients treated at UNC

ages 6-16. For questions and to RSVP, please call

Mary-Claire Derrickson at 984-974-9341 or email

Mary.derrickson@unchealth.unc.edu

Living with Metastatic or Advanced Cancer

When: 1st & 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 contact Dr. Sue

Schneider at susan.schneider@duke.edu

SPOHNC-(Support for People with Oral and Head & Neck Cancer)

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 contact Dr. Sharon Taylor at

sharontaylormd@gmail.com

Grief Oasis:

When: Tuesdays, 6-8 PM

Where: Mt. Carmel Baptist Church, Chapel Hill

About: Free non-religious weekly support for those who have lost a loved one. Contact GriefOasis@gmail.com

Sharing Our Stories - 8 Week Grief Support Group

When: Wednesdays, April 1 – May 20, 10—11:30 AM

Where: SECU Jim and Betsy Bryan Hospice Home

About: Grief support for those who had a loss. To register, contact Ann.Ritter@unchealth.unc.edu or call

984-215-2650

Caregiver Support Group

When: Mondays, 2:30—3:30 PM

Where: SECU Jim and Betsy Bryan Hospice Home

About: Support for those providing care to a loved one.

No registration required. Call 984-215-2650 or email

Ann.Ritter@unchealth.unc.edu

Widowed Father Support Program

When: 3rd Tuesday of the Month

Where: SECU Family House, Chapel Hill

About: For fathers after the loss of a spouse. Dinner and childcare provided. Registration required. Call

984-974-8113. More at www.widowedparent.org

Widowed Mother Support Program

When: 1st Tuesday of the Month

Where: SECU Family House, Chapel Hill

About: For mothers after the loss of a spouse. Dinner and childcare provided. To register, call Diane Bensley

at 984-974-2548 or Diane.Bensley@unchealth.unc.edu

more at www.widowedparent.org

Community Drop-In Grief Support Group

Growing Thru Grief: Durham growingthrugrief.org/

Triangle Bladder Cancer Support

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

Where: SECU Family House, Chapel Hill

About: For patients, caregivers, survivors and friends affected by bladder cancer. More at

<https://sites.google.com/site/trianglebcs/> or call Ritchie

Briggs at 919-493-0551. Email: trianglebcs@gmail.com

Mindful Mondays

When: Mondays, 12:15-12:45 PM

Where: NCCH Chapel (Ground Floor NCCH)

About: A guided meditation where all are welcome. No experience necessary.

Thankful Thursdays

When: Thursdays, 12:05-12:25 PM

Where: John M Reeves All Faiths Chapel (1st Floor Memorial Hospital)

About: A guided meditation where all are welcome. No experience necessary.

Islamic Prayer Service

When: Fridays, 1:00-2:00 PM

Where: John M Reeves All Faiths Chapel (1st Floor Memorial Hospital)

About: 1:00PM set up. 1:20 Iqama (sermon shortly thereafter)

Christian Worship Service

When: Sundays from 10:30-11:00 AM

Where: John M Reeves All Faiths Chapel
(1st Floor Memorial Hospital)

About: An Interdenominational Christian Worship

Triangle Area Multiple Myeloma Support

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

Where: Westminster Presbyterian Church, Durham

About: For group details, contact Thomas Goode at 252-915-9466 or triangleareasg@imfsupport.org

Young Adult and Teen Meet Up

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

Where: Namu Restaurant, Durham

About: For young adults and teens in cancer treatment and their friends, partners and family. No need to RSVP, just show up! For details, email lauren_lux@med.unc.edu

Young Adults: Stupid Cancer Happy Hour!

When: 2nd Tuesday of the Month, 7-9 PM

About: For young adults affected by cancer. Visit

www.facebook.com/groups/scsouteast/

Young Survival Coalition

When: Varies, visit www.youngsurvival.org

Where: Chapel Hill, Charlotte, Greenville & Raleigh

About: Support for young women with breast cancer.

Services

Tobacco Treatment Counseling and Medication Assistance

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 984-215-2671.

Magnolia Meals at Home

About: Free meal delivery for patients with breast, thyroid & kidney cancers and soft tissue sarcoma. Visit www.magnoliamealsathome.com

DigniCap® Scalp Cooling Services

About: Reduces hair loss from chemotherapy. Now at UNC Health Care, Hillsborough Oncology. Approved only for select treatments, details at www.dignicap.com

Wigs and Head Coverings Services

When: Monday-Friday, by appointment

Where: Patient & Family Resource Center, Lobby

About: Head coverings for patients receiving chemotherapy at N.C. Cancer Hospital in Chapel Hill. Call the Resource Center for details 984-974-8100.

Contact Information and Venues

N.C. Cancer Hospital

101 Manning Drive, Chapel Hill

984-974-0000 | www.unclineberger.org

Caring House

2625 Pickett Road, Durham

919-490-5449 | www.caringhouse.org

Franklin Street Yoga Center—The Courtyard

431 W. Franklin Street, Suite 410

Chapel Hill, NC 27516

Mary Anne Long Patient & Family Resource Center

Main Lobby, N.C. Cancer Hospital

984-974-8100

www.unclineberger.org/ccsp/

Ronald McDonald House

101 Old Mason Farm Road, Chapel Hill

919-913-2040 | www.rmh-chapelhill.org/

SECU Family House

123 Old Mason Farm Road, Chapel Hill

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

SECU Jim and Betsy Bryan UNC Hospice Home

100 Roundtree Way, Pittsboro | 984-215-2675

UNC Hospice Office

287 East Street, Suite 221, Pittsboro | 984-215-2650

UNC Rex Cancer Center

4420 Lake Boone Trail, Raleigh

919-784-1642 | www.rexhealth.com

Westminster Presbyterian Church

3639 Old Chapel Hill Road, Durham | 919-489-4974

Wholistic Health Studio

1000 Hackberry Lane, Durham

919-489-5355 | www.wholistichealthstudionc.com

YMCA: Chapel Hill/Carrboro

980 MLK Jr Blvd, Chapel Hill

919-987-8837 | www.ymcatriangle.org

Download or view calendar and join the CCSP monthly listserv at: www.unclineberger.org/ccsp