



# Patient and Family Support Programs and Calendar

WINTER 2020

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VANDERBILT-INGRAM CANCER CENTER

# Living Well with Cancer

## SUPPORT TO MEET YOUR INDIVIDUAL NEEDS

At Vanderbilt-Ingram Cancer Center, we're committed to providing exceptional cancer care, including helping patients cope with the physical and emotional demands of cancer. The goal of our Patient and Family Support Services is to educate and engage you and your loved ones with resources to meet your needs, from diagnosis to long after treatment ends.

When faced with a cancer diagnosis, there are many benefits to empowering yourself with information and support. We hope that you'll find valuable resources in this program guide, which includes everything from gentle movement exercise classes and support groups to genetic counseling and the Southeast's only pediatric and adult survivorship clinic.

Wellness partners and service providers include Osher Center for Integrative Medicine at Vanderbilt (OCIM) and Vanderbilt Dayani Center. OCIM combines traditional medicine with complementary therapies that are proven safe and effective. Vanderbilt Dayani Center is a medically-based fitness center which provides rehabilitation and preventive services to patients and community members.

For more information, please call Julie in the Patient and Family Resource Center at **(615) 322-9799** or visit **[www.VanderbiltCancerWellness.com](http://www.VanderbiltCancerWellness.com)**

*Connect with us!*



@VanderbiltIngram



@VUMC\_Cancer



@vumc\_cancer

## Vanderbilt-Ingram Cancer Center

[www.vicc.org](http://www.vicc.org)

### Weekend Extended Hours Clinic

Are you experiencing any symptoms such as pain, nausea, vomiting, diarrhea, or a temperature over 100.4 after normal clinic hours?

Call us at the weekend extended hours clinic.  
Same day assessment and treatment are available.

### The Vanderbilt Clinic Infusion Center

Monday – Friday, 11:00 a.m. - 9:00 p.m.  
Sat, Sun and Holidays, 8:00 a.m. - 5:00 p.m.

To talk with the doctor on call and help decide the best option, please call us at (615) 936-VICC [8422] or toll-free at 1 (877) 936-VICC [8422].

As part of your comprehensive treatment plan, we work to support your emotional well-being throughout your care. Please talk to your provider about the best options available to you or feel free to contact our social worker, Lindsay Grisanti at (615) 322-1399.

### VICC Outpatient Palliative Care Services

The VICC Outpatient Palliative Care team cares for patients and families facing serious illness. This team strives to help patients live the best quality of life possible. Palliative care services:

- Offers additional support to patients and their families
- Helps manage difficult symptoms
- Helps families navigate important decisions in care

*Ask your doctor or nurse about how you can be referred to one of our palliative care specialists.*

### Supportive Oncology Clinic

The VICC Supportive Oncology Clinic assists patients with managing problematic symptoms such as cancer and cancer treatment-related pain, nausea, vomiting, diarrhea, fatigue, constipation, and others.

The Clinic, located in the 1st floor TVC clinic, is staffed by expert nurse practitioners who work in collaboration with the primary oncologist to maximize quality of life by minimizing symptoms.

Patients may self-refer by calling (615) 936.8422 or ask their oncologist to request an appointment.

## OSHER CENTER FOR INTEGRATIVE MEDICINE

### INTEGRATIVE MEDICINE:

*Healing Focused on Your Whole Health*

The Osher Center for Integrative Medicine at Vanderbilt is where you'll find health care designed around your whole health—mind, body and spirit.

Integrative medicine goes beyond just treating your symptoms. It's an approach to care that empowers you to be active in your healing and lifelong wellness.

Integrative medicine uses proven, research-based therapies such as yoga, acupuncture, mind-body counseling and massage that work with traditional medicine to help you achieve better health. We offer complementary therapies to help you heal and we work with your traditional medical care so you can live more fully, cope better with medical conditions and be more engaged in your own health.

Insurance coverage for our services and classes will vary. Most insurance plans cover integrative health consultations and physical therapy with a physician referral. Some plans also cover psychotherapy. Please check with your insurance company to verify what your policy covers.

### CURRENT SERVICES AND CLASSES:

We offer these services and classes to help you reach your health goals and live well:

- Acupuncture
- Group Therapy
- Health Coaching
- Integrative Health Consultations
- Integrative Medicine Group Visits
- Massage Therapy
- Mind-Body Counseling
- Mindfulness Based Cognitive Therapy (MBCT)
- Mindfulness-Based Stress Reduction (MBSR)
- Movement Classes
- Nutrition Counseling
- Telehealth Yoga & Tai Chi

We offer ongoing drop in yoga classes every week. All other classes are done in series ranging from 4 to 6 weeks.

Please visit our website:

**[VanderbiltHealth.com/osher/](http://VanderbiltHealth.com/osher/)** and click "Class Information" for a current list of our programs and to sign up or call us: **(615) 343-1554**



## Vanderbilt Dayani Center

*Celebrating 30 years!*

### Physical Therapy for Adults

*Designed for cancer survivors and those in treatment.*

Specialists use a mix of physical, aquatic and/or lymphedema therapies to help address any health changes that arise during or after cancer treatment.

#### Through physical, aquatic and lymphedema therapies, you can:

- Rebuild your strength, stamina and flexibility
- Manage swelling and/or lymphedema
- Return to activities you enjoy

Ask your doctor at **Vanderbilt-Ingram Cancer Center** about a referral today.

Learn more about Dayani's programs and services:

**(615) 322-4751**

**VanderbiltHealth.com/Dayani**

## PHYSICAL MOVEMENT AND FITNESS SERVICES

### AQUATIC CLASSES

#### Vanderbilt Dayani Center

Vanderbilt Dayani offers water movement and relaxation classes which can be enjoyed by anyone, regardless of fitness level or mobility. It is performed in shallow, warm water (88 degrees) and requires no swimming ability. Aqua shoes are recommended for those with diabetes. New You is a gentle aquatic exercise program which uses water walking and strengthening exercises to help those recovering from illness regain their stamina.

Class passes are available. (615) 322-4751

### YOGA, TAI CHI, QIGONG

#### Vanderbilt Dayani Center

#### Osher Center for Integrative Medicine at Vanderbilt

These classes help improve strength, range of motion and reduce chronic pain and stress.

Visit [VanderbiltHealth.com/osher/](http://VanderbiltHealth.com/osher/) or call Osher at (615) 343-1554 for a complete list or call Vanderbilt Dayani Center at (615) 322-4751 for class schedule.



## PHYSICAL MOVEMENT AND FITNESS SERVICES

### PHYSICAL THERAPY

#### Vanderbilt Dayani Center

Our physical therapists provide one-on-one complete exercise plans to address physical limitations, pain, weakness, fatigue, limited movement and lymphedema prevention strategies following cancer treatment. Manual therapy to release scarring, decrease pain, and improve mobility is performed as needed. Therapists tailor programs and therapies to each client's needs and interests.

Doctor referral required. Call (615) 322-4751 to schedule a consultation.

### CERTIFIED LYMPHEDEMA THERAPIST

#### Vanderbilt Dayani Center

Our physical therapists provide one-on-one complete exercise plans to address physical limitations, pain, weakness, fatigue, limited movement and lymphedema prevention strategies following cancer treatment. Manual therapy to release scarring, decrease pain, and improve mobility is performed as needed. The Vanderbilt Dayani Center also offers lymphedema services for those with swelling following cancer diagnosis. Therapists tailor programs and therapies to each client's needs and interests.

Doctor referral required. Call (615) 322-4751 to schedule a consultation.

### RESTORE WELLNESS PROGRAM FOR STEM CELL TRANSPLANT PATIENTS

#### Vanderbilt Dayani Center

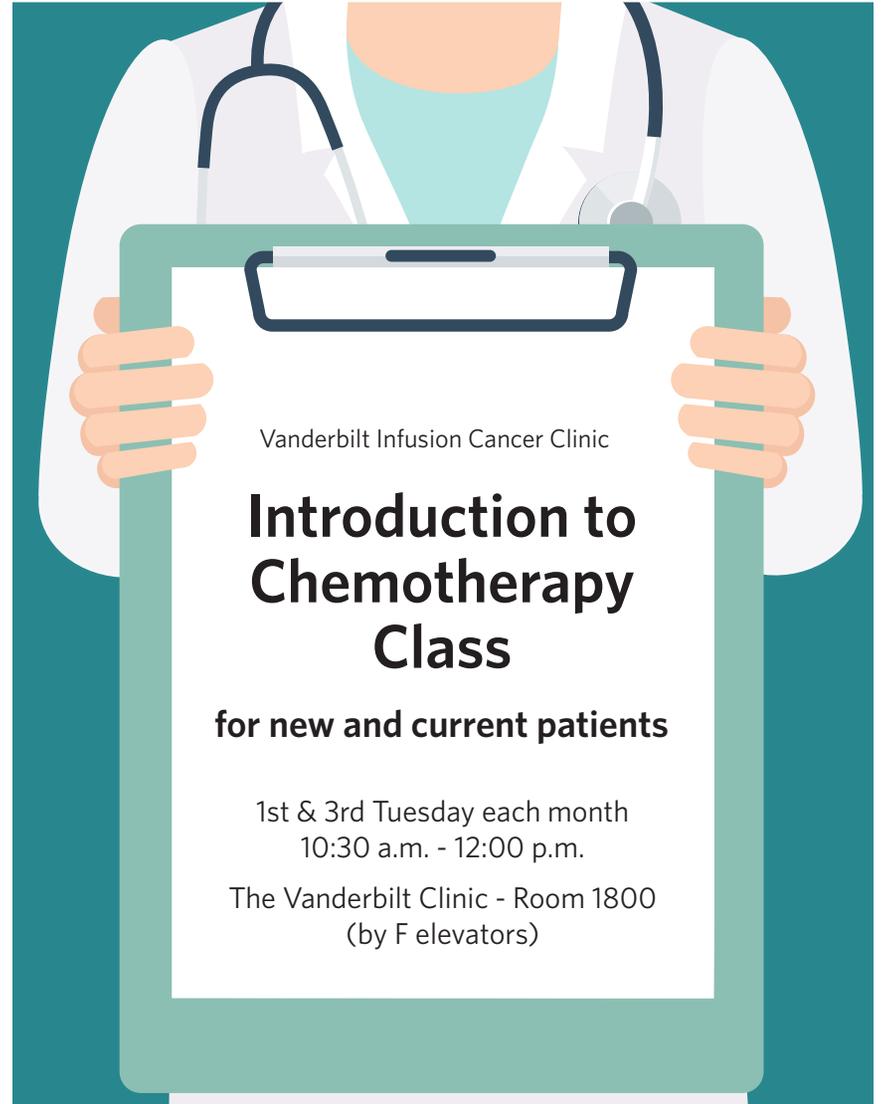
This program is for patients who have had an allogeneic stem cell transplant. It is designed to improve cardiovascular fitness, strength and functional ability through guided exercise sessions with clinical supervision.

Doctor referral required.

### LAND-BASED CLASSES

#### Vanderbilt Dayani Center

We offer a wide variety of land based classes to help you achieve your exercise goals. We offer gentle yoga, basic strength, stability, and breath work classes. These classes are designed to help improve strength, range of motion, and cardiovascular stamina.



Vanderbilt Infusion Cancer Clinic

# Introduction to Chemotherapy Class

**for new and current patients**

1st & 3rd Tuesday each month  
10:30 a.m. - 12:00 p.m.

The Vanderbilt Clinic - Room 1800  
(by F elevators)

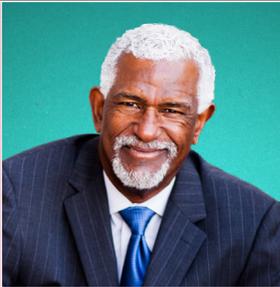
#### Questions?

Stop by the Patient and Family Resource Center  
or contact Julie at [julie.bulger@vumc.org](mailto:julie.bulger@vumc.org) or

**615.936.5706**

 VANDERBILT-INGRAM CANCER CENTER

As a Vanderbilt-Ingram Cancer Center patient, you can receive a complimentary portrait session!

		
		
<p><b>CHOOSE YOUR BACKDROP COLOR!</b></p> <p>Choose your backdrop, your look, and two photos to be professionally edited at no cost to you.</p>	<p><b>CHOOSE YOUR LOOK!</b></p> <p>Sessions are 15 minutes long and include accessories (hats, scarves and jewelry) for you to wear for your session and out into your day.</p>	<p><b>INSPIRE CONFIDENCE!</b></p> <p>Digital copies of both photos will be emailed to you and our generous friends at Dury's Nashville will provide a 10"x10" color print of your favorite photo as a <b>reminder of your confidence and strength.</b></p>

**JANUARY 16, FEBRUARY 20, MARCH 19, APRIL 16**  
Appointments scheduled between 3:00 - 5:00 PM

**LIMITED SESSIONS! SIGN UP TODAY**

with our Infusion Patient Service Specialist or contact Julie Bulger in the Patient and Family Resource Center to reserve your spot.

**(615) 936-5706 | [julie.bulger@vumc.org](mailto:julie.bulger@vumc.org)**

*Christine Harazim is a Vanderbilt volunteer and the owner of Harazim Photography.*

### MASSAGE THERAPY

#### Vanderbilt Dayani Center

Licensed massage therapists can help patients feel better, reduce pain and lower stress. Our massage therapists are specially trained to provide safe and effective massage to a variety of clientele, including cancer patients.

Doctor referral required. Call (615) 322-4751 for more information.

### MASSAGE FOR CANCER CARE

#### Osher Center for Integrative Medicine at Vanderbilt

Therapeutic massage helps build a connection between mind and body. Massage can help ease symptoms, like pain and fatigue, lower stress and help with scarring and adhesions. Our massage therapists is specially trained in providing safe and effective massage to cancer patients.

By appointment only. Call (615) 343-1554.



**ACUPUNCTURE****Osher Center for Integrative Medicine at Vanderbilt**

The goal of acupuncture is to encourage the body to improve its functioning and help ease the side effects of cancer treatment. It improves quality of life and well being by easing pain, nausea and fatigue, while boosting the body's immune strength. It does not replace regular cancer treatment, nor does it treat cancer.

By appointment only. Call (615) 343-1554.

**HEALTH PSYCHOLOGY****Osher Center for Integrative Medicine at Vanderbilt**

Our board certified health psychologists work one-on-one with patients to identify underlying experiences and challenges which may be impacting their health. Patients receive information and tools to help achieve a long-term, positive lifestyle change through increased confidence, and motivation.

Doctor referral required. Call (615) 322-4751 for more information. Or Osher at (615) 343-1554. Integrative Health Consult required.

**LYMPHEDEMA THERAPY CLINIC****Vanderbilt Dayani Center**

Our certified lymphedema therapists address lymphedema in any area of the body to help reduce fluid build-up. Therapy includes skin care, drainage, special bandaging, exercises, prevention and management training, and help with compression garments.

Doctor referral and an appointment are required. Call (615) 322-4751.

**HEALING QIGONG****Osher Center for Integrative Medicine at Vanderbilt**

In this class, you will use "energy skill" to help your body, mind and spirit reach a state of peace, calm and better energy. You will be taught breathing techniques to help quiet the emotions and calm the mind. You will be guided through gentle movements that may optimize the possibility for healing and well-being. Come experience this ancient art for yourself!

Weekly, Wednesdays, from 3:30 - 4:30 p.m.

Call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/)

**LIVING WELL WITH CHRONIC PAIN: SKILLS & PRACTICES  
SUPPORTIVE SKILLS FOR PEOPLE LIVING WITH CHRONIC PAIN****Osher Center for Integrative Medicine at Vanderbilt**

Living Well with Chronic Pain: Skills & Practices, is a 4-week series designed to help you develop skills that may help ease your pain and cultivate stability in body, breath, and mind. You will also learn tools that may help decrease anxiety and assist in coping with cancer related pain and other life stressors.

Each series runs 4 weeks; Tuesdays 1:00-3:00 p.m., beginning the first Tuesday of each month.

Registration is done through Osher Patient Services by calling (615) 343-1554.

**MINDFULNESS SKILLS PATHWAYS, POSSIBILITIES & SKILLFULNESS****Osher Center for Integrative Medicine at Vanderbilt**

Mindfulness class is a 6-week basic training of mindfulness skills for those new to mindfulness or those who want to deepen their practice and learn more about themselves. Participants will learn fundamental skills of mindfulness practices, and then discover habits and thoughts that keep them stuck in the negative and unhealthy life patterns

Mondays 1:00 p.m. - 2:30 p.m.; Tuesdays, from 11:00 a.m. - 12:00 p.m. Runs in 6 week series.

For current dates, call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/)

**MINDFULNESS BASED COGNITIVE THERAPY (MBCT)****Osher Center for Integrative Medicine at Vanderbilt**

Mindfulness based cognitive therapy (MBCT) is a 8 week program to help free yourself from depression and emotional distress. It is a program designed to help you deal with persistent unwanted mood states. MBCT has been tested in research and proven effective for depression and other mood disorders.

Runs in a 8 week series with one day long Saturday retreat

For current dates and times, call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/)

## HEALING FOR BODY AND MIND

### MINDFULNESS-BASED STRESS REDUCTION (MBSR)

#### Osher Center for Integrative Medicine at Vanderbilt

Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you—consciously and systematically working with your own stress, illness and the challenges and demands of everyday life. MBSR course consists of mindfulness meditation practices, gentle yoga and group dialog with discussions.

Runs in 9 week series with one day-long Saturday retreat.

Thursdays, 5:30 p.m. - 8:00 p.m.

For current dates, call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/)

### ROTATING YOGA SERIES

#### Osher Center for Integrative Medicine at Vanderbilt

This series rotates between Yoga for Soothing Headaches, Yoga for Back Care. Telehealth Yoga, Vanderbilt Employee Yoga for Stress Reduction, Beginner Yoga, and Yoga for Stress Management. Each series is choreographed to specifically address the areas in the body in which we hold tension which can contribute to illness. Duration of each series differs, ranging between 4-6 weeks. Check our website: [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/) to find out the rotation schedule.

Call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/)



Vanderbilt-Ingram Cancer Center &  
National Leiomyosarcoma Foundation

*invite you to a*

# Leiomyosarcoma

## Patient & Family Symposium

### "Facing LMS Together"

**Saturday, March 28, 2020**

**9:00 a.m.- 12:00 p.m.**

#### Vanderbilt-Ingram Cancer Center

8th Floor Conference Center

2220 Pierce Ave., Nashville TN 37232

Free Parking: South Garage, Pierce Avenue

*(across street from VICC)*

A light breakfast and a boxed lunch will be provided.

Online registration:  
[vicclms.eventbrite.com](http://vicclms.eventbrite.com)

By phone:  
**(615) 936-5706**

 VANDERBILT-INGRAM CANCER CENTER



## SUPPORT GROUPS

### WHAT TO EXPECT DURING CHEMOTHERAPY TREATMENT

If you are a new patient receiving chemotherapy or immunotherapy, we offer an introductory "Oncology Education" class both at the main campus of Vanderbilt-Ingram Cancer Center and also at Vanderbilt Health One Hundred Oaks (for breast cancer patients). This is a great opportunity to meet VICC nurses and other staff, ask questions, and learn about resources and support services available to you.

Main campus classes are the 1st and 3rd Tuesday from 10:30 a.m. – Noon. Classes at One Hundred Oaks are on Mondays from 1:00 p.m. - 3:00 p.m. For more information or to sign-up, please email: [julie.bulger@vumc.org](mailto:julie.bulger@vumc.org) or call (615) 936-5706.

### CAREGIVER SUPPORT GROUP

This group meets every Tuesday from 3:00 p.m. - 4:00 p.m. We meet on the 11th floor conference room in the main hospital on the hematology/ oncology unit. The room is on the right before you get to the nurses desk. Room # 11033.

Please call ahead at (615) 322-4887 or (615) 343-6546.

### AMYLOIDOSIS SUPPORT GROUP

This group meets the first Wednesday of each month, 12:30 p.m. - 2:00 p.m., 10th Floor Conference Room, Critical Care Tower

Call Kelly Owens (615) 322-4887 / Charlotte Haner (615) 347-3961.

### SURVIVORSHIP CLINIC

The Department of Radiation Oncology has a survivorship clinic aimed at addressing the needs of cancer survivors who have been impacted by their radiation treatment for their cancer. This clinic works in partnership with the REACH for Survivorship Program. Additionally, this team offers survivorship visits to eligible patients treated at the Gateway-Vanderbilt Cancer Treatment Center through a telemedicine visit so that patients do not have to travel outside of the Clarksville area to receive this service.

If you received radiation treatment for your cancer and are interested in learning more or scheduling a visit with this program, please call (615) 322-2555.

## When Someone You Love Has Cancer

*Caregivers need to take care of themselves too.*

Meet others who understand what it's like to care for a loved one with cancer.

Our support group meets  
every Tuesday from 3:00-4:00 p.m.  
Vanderbilt University Hospital  
11th Floor- hematology/oncology unit

Conference Room is on the right before you get to the nurses desk.

Please call to confirm attendance:

Linda Hudson (615) 343-6546 or  
Kelly Owens (615) 322-4887

 VANDERBILT-INGRAM CANCER CENTER



for VICC Patients and Families  
8th Floor, Preston Research Building

### Cardio-Oncology 101

Wednesday, February 19, Noon – 1:00 p.m.  
Eiman Jahangir, MD and Victoria Finemore, RN

### The Truth about Opioids for Acute and Chronic Pain for People with Cancer

Wednesday, April 15, Noon – 1:00 p.m.  
Taylor Butler, PharmD, BCOP, BCPS  
Clinical Pharmacist, Adult Medical Oncology  
Rachel McDowell, ACNP-BC  
VICC Pain and Symptom Management Clinic

Vanderbilt-Ingram Cancer Center offers a free educational series to learn and interact with our expert physicians and providers. For all patients, caregivers, staff and anyone touched by cancer.

Seating is limited. Reserve your seats by emailing [Julie.bulger@vumc.org](mailto:Julie.bulger@vumc.org)

## The Vanderbilt Card-Making Club

Volunteers make hand-made cards that are used by employees to send personalized notes to patients and families in Palliative Care, Trauma, and Infusion units.

Materials and supplies provided (donations welcome!). Bring some creativity but no experience required.

**Vanderbilt One Hundred Oaks**  
**3:00 p.m. - 4:30 p.m.**

For meeting dates or to sign up, email: [angela.purinton@vumc.org](mailto:angela.purinton@vumc.org)



## The Vanderbilt Sewing Club



**Vanderbilt One Hundred Oaks**  
**January 20, February 17, March 16, April 20**  
**10:00 a.m. - 2:00 p.m.**

This club creates items that include cotton caps, drain aprons, heart pillows, and walker caddies. Many of the items are donated to the patients at Vanderbilt-Ingram Cancer Center.

Bring a portable sewing machine or serger and a basic knowledge of sewing and we'll provide the rest! Great company and pizza lunch included.

For questions or to sign up, email: [angela.purinton@vumc.org](mailto:angela.purinton@vumc.org)

## EXPRESS YOURSELF: Creative Writing Series



### Are you interested in creative writing?

This free program for anyone impacted by cancer who is interested in learning and exploring expressive writing. You can participate regardless of where cancer care is received, and no experience required. Participants will have the opportunity to create original writing in a safe space.

**The Curb Center for Art, Enterprise & Public Policy**  
 1801 Edgehill Avenue, Nashville, TN 37212

#### Session 1

meets on Tuesdays, 5:30 - 7:30 p.m.  
 January 21, 28, February 4, 11, 18, 25

#### Session 2

meets on Wednesdays, 5:30 - 7:30 p.m.  
 March 18, 25, April 1, 8, 15, 22

For more information email [julie.bulger@vumc.org](mailto:julie.bulger@vumc.org) or call (615) 936-5706

*A collaboration of the Vanderbilt-Ingram Cancer Center, Vanderbilt Oncology Expressive Arts Committee, and Curb Center for Art, Enterprise & Public Policy.*

## DAILY CLASS SCHEDULE

### MONDAYS

#### Yoga

7:00 a.m. - 8:00 a.m.  
Vanderbilt Dayani Center

#### Upper/Lower Body Strength Training

10:30 a.m. - 11:45 a.m.  
Vanderbilt Dayani Center

#### Yoga for Stress Series

11:00 a.m. - 12:00 p.m.  
Osher Center for Integrative Medicine

#### QiGong/Tai Chi

2:00 p.m. - 3:15 p.m.  
Vanderbilt Dayani Center

#### Introductory Level Tai Chi

(runs in 4-6 week series)  
5:30 p.m. - 6:30 p.m.  
Osher Center for Integrative Medicine

#### Drop-in Mindfulness Mondays

5:45 p.m. - 6:30 p.m.  
Osher Center for Integrative Medicine

#### Health Yi Jin Jing-Qigong

(runs in 4-6 week series)  
5:30 p.m. - 6:45 p.m.  
Osher Center for Integrative Medicine

#### Telehealth Tai Chi

10:30 a.m. - 11:30 a.m.  
Osher Center for Integrative Medicine

#### Mindfulness Skills

1:00 p.m. - 2:30 p.m.  
8 week series  
Osher Center for Integrative Medicine

#### Clinical Hypnosis for Pain (Self Hypnosis for Pain Management)

1:00 p.m. - 2:30 p.m.  
Osher Center for Integrative Medicine

### TUESDAYS

#### Gentle Yoga for Fitness

(drop-in)  
7:00 a.m. - 8:00 a.m.  
Osher Center for Integrative Medicine

#### Tai Chi for Balance

(runs in 4-6 week series)  
10:00 a.m. - 11:00 a.m.  
Osher Center for Integrative Medicine

#### Gentle Yoga

Just Breathe (15 minutes)  
11:00-11:15  
Vanderbilt Dayani Center

#### Living Well with Chronic Pain: Skills and Practice Group/Yoga

(runs in 4 week series)  
1:00 p.m. - 3:00 p.m.  
Osher Center for Integrative Medicine

#### New You (water)

4:00 p.m. - 5:30 p.m.  
Vanderbilt Dayani Center

### WEDNESDAYS

#### Yoga

7:00 a.m. - 8:00 a.m.  
Vanderbilt Dayani Center

#### Gentle Yoga

(drop-in)  
10:00 a.m. - 11:00 a.m.  
Osher Center for Integrative Medicine

#### Ai Chi (water)

9:30 a.m. - 10:30 a.m.  
Vanderbilt Dayani Center

## DAILY CLASS SCHEDULE

#### Yoga

5:00 p.m. - 5:50 p.m.  
Vanderbilt Dayani Center

#### Upper Body Strength Training

10:30 a.m. - 11:45 a.m.  
Vanderbilt Dayani Center

#### Healing Qigong

3:30 p.m. - 4:30 p.m.  
Osher Center for Integrative Medicine

### THURSDAYS

#### Gentle Yoga for Fitness

(drop in)  
7:00 a.m. - 8:00 a.m.  
Osher Center for Integrative Medicine

#### Gentle Yoga for Back Care

3:00 p.m. - 4:00 p.m.  
Osher Center for Integrative Medicine

#### Beginner Yoga

10:30 a.m. - 11:30 a.m.  
Osher Center for Integrative Medicine

#### Telehealth Yoga

11:00 a.m. - 12:00 p.m.  
Osher Center for Integrative Medicine

#### Caregiver Support Group

3:00 p.m. - 4:00 p.m.  
Vanderbilt University Hospital Room #11033

#### Mindfulness Based Stress Reduction

5:30 p.m. - 8:00 p.m.  
Osher Center for Integrative Medicine

#### Safety Skills: Strategies for Coping with Chronic Pain & Trauma

1:00 p.m. - 2:30 p.m.  
Osher Center for Integrative Medicine

### FRIDAYS

#### Yoga

10:30 a.m. - 11:45 a.m.  
Vanderbilt Dayani Center

## SAVE THE DATE:

### Neurofibromatosis Patient and Family Symposium

Saturday, April 18, 2020

9:00 a.m. - 1:00 p.m.

VICC 8th Floor Conference Center

Email [julie.bulger@vumc.org](mailto:julie.bulger@vumc.org) for details

### PATIENT AND FAMILY RESOURCE CENTER

#### The Vanderbilt Clinic, 1st Floor

The Patient and Family Resource Center provides cancer patients and their families with pamphlets, books and videos on all types of cancers, cancer treatments and options. Cancer patients and families may check out materials from the lending library and a computer is available for online research.

Open 7:30 a.m. – 5:00 p.m. Monday-Friday.  
Call (615) 322-9799 for more information.

### PATIENT LODGING COORDINATOR

#### Main Waiting Room

A Lodging Coordinator is available to help you find a place to stay during your visit to Vanderbilt. Some area hotels and lodging facilities require a referral phone call or fax from the clinic.

For information contact Sherry Vick at (615) 322-2278 from 7:30 a.m. - 4 :00 p.m. Monday-Friday.

### CLINICAL TRIALS AND RESEARCH

#### Vanderbilt-Ingram Cancer Center

Doctors and researchers at Vanderbilt-Ingram Cancer Center are dedicated to discovering new approaches for the diagnosis, prevention and treatment of cancer.

To find out more about current Clinical Trials call (877) 936-8422 or (800) 811-8480. For Clinical Trial information program visit: [vicc.org/research](http://vicc.org/research) and [vicc.org/ct/research](http://vicc.org/ct/research)

### HEREDITARY CANCER CLINIC

The Hereditary Cancer Clinic provides counseling and testing to people with suspected hereditary cancer syndromes.

[VanderbiltHereditaryCancer.com](http://VanderbiltHereditaryCancer.com) or call (615) 343-7400 to make an appointment.

### FINANCIAL COUNSELORS

#### VICC Registration Area – Suite 1710

If you have questions or concerns about insurance billing, patient balances, or payments, we are here to help while giving you the highest level of care regardless of what you can or cannot afford. Our financial counselors can help you fill out applications for various community and government-sponsored programs and describe our financial assistance policies and payment plan options.

For more information call Tim at (615) 322-5988 or Iris at (615) 322-8154.

### REACH FOR SURVIVORSHIP

The REACH (Research, Education, Advocacy, Clinical Care and Health) for Survivorship Program is designed to meet the unique needs of cancer survivors of all ages. It serves as a bridge from acute oncology care to primary care. Survivors will receive a careful health history, comprehensive evaluation and a Survivorship Care Plan.

Visit: [VanderbiltHealth.com/CancerSurvivor](http://VanderbiltHealth.com/CancerSurvivor) or call (615) 343-7400, option 2.

### BE A CLINIC VOLUNTEER

Do you love to walk and talk? Are you interested in volunteering by helping our patients and families? The Vanderbilt-Ingram Cancer Center currently has openings for volunteers who can commit to 2–4 hours per week, Monday-Friday, in the cancer center clinical and waiting areas. Some duties include making coffee, offering snacks, escorting lost guests, etc. Vanderbilt Volunteer Services application, orientation, background check and immunizations required. Must be 18 years or older. We ask for a minimum commitment of 6 months.

For details visit [vicc.org/volunteer](http://vicc.org/volunteer) or contact [julie.bulger@vumc.org](mailto:julie.bulger@vumc.org).

## VANDERBILT FACILITIES AND CLASS LOCATIONS

**Vanderbilt Cancer Wellness Program**  
VanderbiltCancerWellness.com

**Osher Center for Integrative Medicine at Vanderbilt**  
3401 West End Avenue, Suite 380  
Nashville, TN 37203  
(615) 343-1554

**VanderbiltHealth.com/osher  
Vanderbilt Dayani Center for Health and Wellness**  
1500 Medical Center Drive  
Nashville, TN 37232  
(615) 322-4751  
DayaniCenter.com

**One Hundred Oaks**  
719 Thompson Lane  
Nashville, TN 37204  
(615) 322-2064

**The Village at Vanderbilt**  
1500 21st Ave. S.  
Nashville, TN 37212  
(615) 343-7400

**The Vanderbilt Clinic**  
1301 Medical Center Drive  
Nashville, TN 37232  
(615) 936-8422

**Cancer Supportive Care Clinic at the Vanderbilt-Ingram Cancer Center**  
Located inside the  
Henry-Joyce Cancer Clinic  
1301 Medical Center Drive, Suite 1700  
Nashville, TN 37232  
Phone: (615) 322-8422

Parking available at all locations

**RADIATION ONCOLOGY  
Vanderbilt-Ingram Cancer Center  
Franklin**  
2107 Edward Curd Lane  
Franklin, TN 37067  
(615) 591-9890

**Gateway-Vanderbilt Cancer Center**  
375 Alfred Thun Road  
Clarksville, TN 37040  
(931) 221-0479

**Vanderbilt-Ingram Cancer Center at Maury Regional Spring Hill**  
1003 Reserve Boulevard, Suite 120  
Spring Hill, TN 37174  
(931) 486-0796

### HEMATOLOGY/ONCOLOGY

**Vanderbilt-Ingram Cancer Center  
Cool Springs**  
324 Cool Springs Blvd.  
Franklin, TN 37067  
(615) 936-8422

**Vanderbilt-Ingram Cancer Center at Spring Hill**  
1003 Reserve Boulevard, Suite 240  
Spring Hill, TN 37174  
(615) 269-4448

**Vanderbilt-Ingram Cancer Center at NorthCrest Medical Center**  
500 NorthCrest Drive, Suite 521  
Springfield, TN 37132  
(615) 382-6099

**Vanderbilt Medical Group  
General Surgery**  
2105 Edward Curd Lane  
Suite 102  
Franklin, TN 37067  
(615) 791-7253

