



# Patient and Family Support Programs and Calendar

WINTER/SPRING 2022

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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 care, including helping patients cope with the physical and emotional demands of cancer. This year may continue to look and feel a little different, but we continue to be here for you, every step of the way. 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. Most of our programs and classes continue to be offered virtually, so you can participate without leaving the comfort of your home.

**For more information  
contact Julie in the Patient and Family Resource Center at  
(615) 322-9799 or [Julie.Bulger@VUMC.org](mailto:Julie.Bulger@VUMC.org).**

*Connect with us!*



@VanderbiltIngram



@VUMC\_Cancer



@vumc\_Cancer

A Comprehensive Cancer Center  
Designated by the National Cancer Institute

## Vanderbilt-Ingram Cancer Center

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

[www.vanderbiltingramcancercenter.com](http://www.vanderbiltingramcancercenter.com)

### We're Here When You Need Us

Are you experiencing any symptoms such as pain, nausea, vomiting, diarrhea, or a temperature over 100.4 after normal clinic hours? Call us for same day assessment and consultation 24/7, including evenings, weekends, and holidays.

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].

### Cancer Pain Specialists

Our VICC Cancer Pain Specialists assist patients with managing problematic symptoms such as cancer treatment-related pain, nausea, vomiting, diarrhea, fatigue, constipation, and others.

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

Patients may self-refer by calling (615) 936-8422 or ask their medical team to request an appointment.

### VICC Psych/Oncology Program

#### Counseling Services

It is common for people with cancer to experience a range of emotions such as stress, anxiety, depression, and grief. Because your emotional wellbeing is important to us, VICC has partnered with Vanderbilt Behavioral Health to provide the best available care to our patients.

Psychiatric medication consultation and psychotherapy (counseling) services are available to our patients throughout treatment and up to one year beyond.

If you would like more information about these services or to discuss a referral, please contact your oncologist or social worker.

## OSHER CENTER FOR INTEGRATIVE MEDICINE

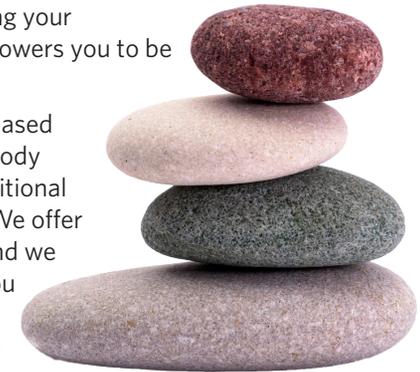
### INTEGRATIVE MEDICINE:

*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
- Massage Therapy
- Mind-Body Counseling
- Mindfulness Based Cognitive Therapy (MBCT)
- Mindfulness-Based Stress Reduction (MBSR)
- Movement Classes
- Nutrition Counseling
- Telehealth Yoga & Tai Chi

Most classes and services provided via telehealth or Zoom.

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**

## Cancer Medical Fitness Program

*For patients receiving treatment at VICC*

This exercise program helps patients improve their physical fitness during and after treatment at VICC.

### Consultation

**Cost: \$45** Patients will meet with an exercise physiologist (a specialist who develops exercise programs that help patients recover from diseases and procedures). This consultation can either be an in-person appointment or done remotely by telemedicine using a phone, tablet, or computer.

The exercise physiologist will ask about the patient's:

- exercise history
- exercise likes and dislikes
- exercise equipment (if the patient has any)
- ability to go to a gym



### Dayani Physical Therapy PRE-hab

For patients recently diagnosed with cancer, this physical therapy assessment and treatment is to help you get strong and prepared for surgery and/or your cancer treatment. Studies have shown that patients who undergo individualized pre-habilitation treatment may better withstand and improve after treatment. Our individualized program is patient centered and designed to address any limitations you may have to help you become physically ready for the next step in your journey.

### Exercise program

The exercise physiologist will use the information from the consultation to create a special program for the patient based on their specific goals and abilities.

### How to schedule an appointment

Patients should request a referral from their provider to schedule an appointment. If you have questions or need more information, please call us at (615) 322-4751 or email us at [dayanicenter@vumc.org](mailto:dayanicenter@vumc.org).

#### Vanderbilt Dayani Center for Health & Wellness

1500 Medical Center Drive  
Nashville, TN 37232

VANDERBILT  HEALTH

## PHYSICAL MOVEMENT AND FITNESS SERVICES

The Vanderbilt Dayani Center offers virtual group exercise classes designed for those with high levels of medical complexities and illnesses such as cancer. We offer a wide variety of land-based classes to help you achieve your exercise goals. These classes are designed to help improve strength, range of motion, and cardiovascular stamina. Please see our website [dayanicenter.com](http://dayanicenter.com) or email [dayanicenter@vumc.org](mailto:dayanicenter@vumc.org) for additional information and monthly schedule.

### 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

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

### EXERCISE CONSULTS

#### Vanderbilt Dayani Center

Many gyms and community centers in Nashville are resuming operations. The Vanderbilt Dayani Center is a medical fitness facility where those with high levels of medical complexities and illness come for services. Therefore, we have not reopened all membership services at this time.

#### Telehealth Personal Fitness Visits

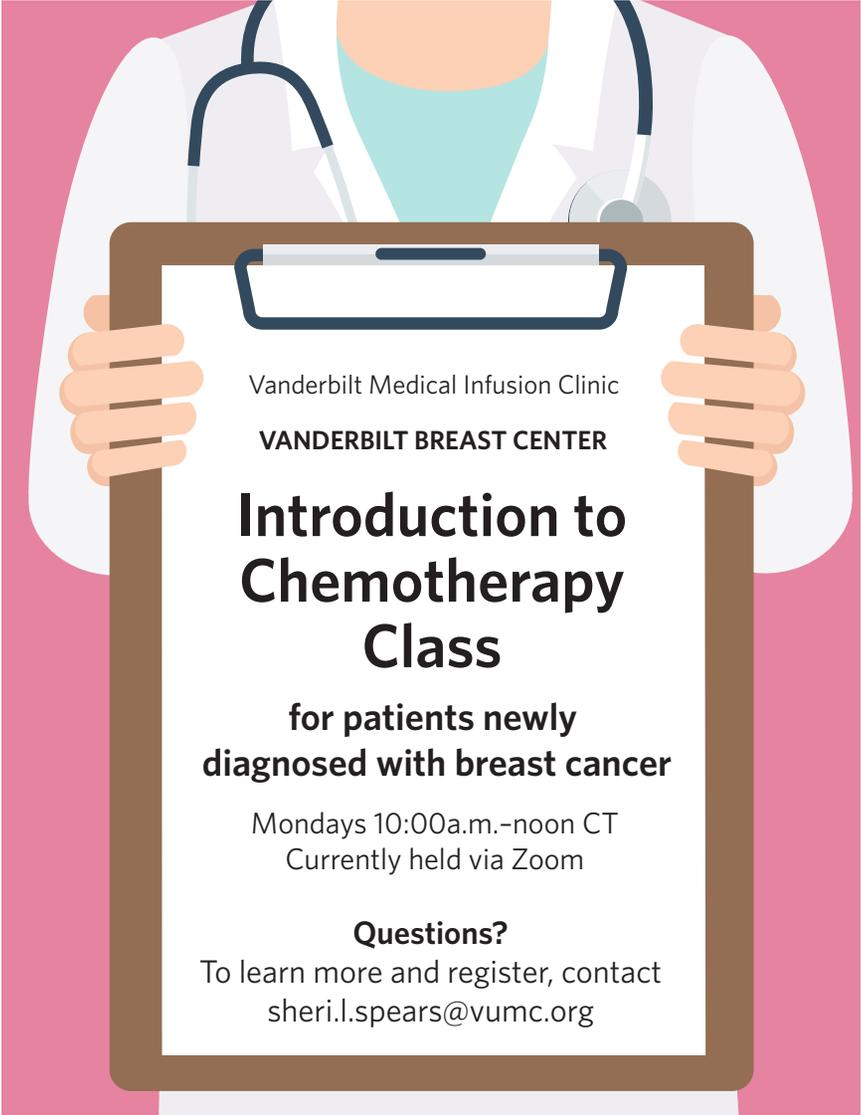
Meet online with one of our exercise physiologists to design or update a personalized exercise program for your home. Exercise and physical activity have been seen to reduce cancer risk, improve cancer survival, improve physiological, and psychological function during treatment. Cost: \$45 per appointment.

#### Virtual Group Fitness Classes

Our clinical virtual group fitness classes are designed to help patients improve and maintain their physical capacities in a supportive environment where you can participate in the safety and convenience of your own office or home. During the classes, you will connect with others going through or just finishing medical treatment at VUMC. They are \$35 a month for class 3 times a week.

For more information, call (615) 322-4751 or visit [www.dayanicenter.com](http://www.dayanicenter.com). Anyone can attend but only with a Vanderbilt physician referral.

- Each class consists of a brief educational topic designed to support your health and wellbeing such as how to use your diaphragm, sleep hygiene, stress management
- The movement part is composed of a circuit training including cardiovascular function, strength, core work, balance, and posture
- We finish the class with gentle and easy movements linked with breath



Vanderbilt Medical Infusion Clinic  
**VANDERBILT BREAST CENTER**

# Introduction to Chemotherapy Class

**for patients newly  
diagnosed with breast cancer**

Mondays 10:00a.m.-noon CT  
Currently held via Zoom

**Questions?**  
To learn more and register, contact  
[sheri.l.spears@vumc.org](mailto:sheri.l.spears@vumc.org)

**Virtual 'Intro to Chemotherapy' classes for those treated  
outside of Vanderbilt Breast Center coming soon!**

For more information contact Julie Bulger at  
(615) 322-9799 or [Julie.bulger@vumc.org](mailto:Julie.bulger@vumc.org)

 **VANDERBILT-INGRAM CANCER CENTER**

## CANCER REHABILITATION PHYSIATRY

Cancer rehabilitation physiatry is the specialty focused on partnering with individuals who have or have had cancer to optimize their function and physical well-being. Cancer rehabilitation can be part of your care before (prehab), during and after cancer treatment. This may involve several specialists including physical therapy, occupational therapy, speech language pathology, and physiatry. Everyone's needs are unique, and your rehab care team will be individualized to you. The goal of cancer rehabilitation is to enhance your ability to participate in your lives at home, at work, with your hobbies and priorities.

A physiatrist or physical medicine and rehabilitation physician is a medical doctor who focuses on treating and improving function. A cancer rehabilitation physiatrist has additional training and/or interest in the challenges that cancer and its treatment can have on function. Your evaluation by a physiatrist will help determine what is contributing to any functional impairments or pain so that the appropriate treatment plan can be created. This may include ordering imaging or labs, prescribing medications, recommending braces or equipment, performing procedures, and collaborating closely with your oncology care team and your rehabilitation care team.

Cancer rehabilitation can help with:

- Improving your mobility and walking
- Increasing your strength and endurance
- Facilitating your ability to perform your activities of daily living and caring for yourself (i.e. getting dressed, taking a shower, etc.)
- Decreasing pain
- Reducing fatigue
- Improving joint pain, stiffness, and range of motion
- Addressing symptoms of numbness, tingling, or weakness
- Managing swelling related to lymphedema
- Addressing long term or late effects of radiation fibrosis syndrome

### Outpatient Cancer Rehabilitation Physiatry Clinic

The clinic is currently located in The Vanderbilt Clinic (TVC). If you would like to be evaluated by cancer rehabilitation physiatry, ask your provider for a referral.

## HEALING FOR BODY AND MIND

### 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 are specially trained in providing safe and effective massage to cancer patients. Provider referral needed for therapeutic massage for active patients. Call (615) 343-1554 if you have questions.

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



**ACUPUNCTURE****Osher Center for Integrative Medicine at Vanderbilt and Vanderbilt-Ingram Cancer Center**

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.

Acupuncture visits to help improve pain and addiction as well as ease symptoms of withdrawal from medications are now available at the Vanderbilt-Ingram Cancer Center on main campus. Cost is \$31 per session. Call (615) 936-VICC [8422] to schedule an appointment. Referrals not necessary.

**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.

**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!

Ongoing monthly series,  
Wednesdays  
3:30 p.m.-4:30 p.m. CT  
January 19-February 9 and  
February 23-March 16  
Call (615) 343-1554 or visit [www.vanderbilthealth.com/osher/](http://www.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.

Tuesdays 1:00 p.m.-3:00 p.m. CT, January 4-25  
Thursdays 2:00 p.m.-4:00 p.m. CT, February 3-24  
Tuesdays 1:00 p.m.-3:00 p.m. CT, March 1-22  
Thursdays 2:00 p.m.-4:00 p.m. CT, April 7-28

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

**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.

**MINDFULNESS SKILLS****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 negative and unhealthy life patterns.

Tuesdays 11:00 a.m.-12:30 p.m. CT, January 11-February 15  
Thursdays 1:00 p.m.-2:30 p.m. CT, April 7-May 12

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

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

Mindfulness based cognitive therapy (MBCT) is an 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.

Thursdays 1:00 p.m.-3:00 p.m. CT, January 13-March 10

Half-Day Retreat - Saturday, February 26, 9:00 a.m.-1:00 p.m.

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

**MINDFULNESS-BASED STRESS REDUCTION (MBSR)****Osher Center for Integrative Medicine at Vanderbilt**

No MBSR series is offered this quarter, please visit [www.vanderbilthealth.com/osher/](http://www.vanderbilthealth.com/osher/) for upcoming dates or call 615-343-1554.

**MINDFUL SELF-COMPASSION****Osher Center for Integrative Medicine at Vanderbilt**

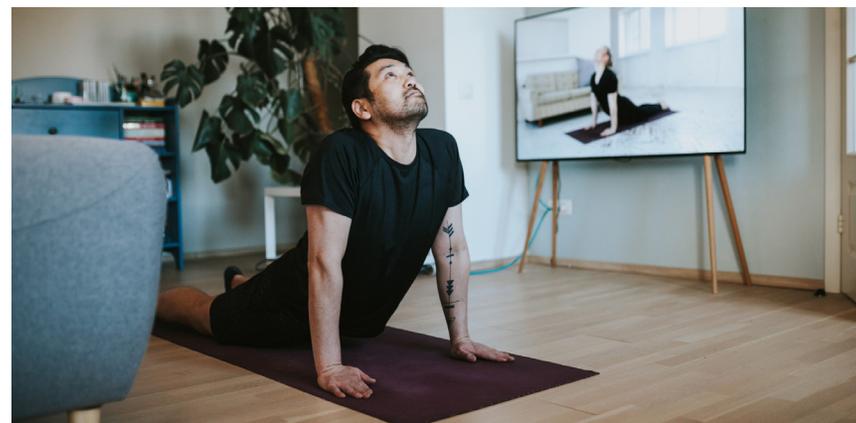
This 9-week class combines the skills of both mindfulness and self-compassion. Mindfulness will begin the journey of emotional healing by helping us to turn toward and acknowledge when we have a difficult thought, feeling, or sensation with a sense of openness and curiosity. Self-compassion will then help us in responding to those difficulties with kindness, sympathy, and understanding. We will learn to soothe and comfort ourselves during moments of pain and suffering. How would you comfort a close friend who is struggling? We will learn to build that same caring attention for ourselves, to recognize that we too are human and worthy recipients of compassion.

Runs in 8 weeks series with a half-day Saturday retreat—9 weeks total.

Tuesdays 6:00 p.m.-8:30 p.m. CT, January 18 - March 15

Half-Day Retreat Saturday, February 26, 9:00 a.m.-1:00 p.m.

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

**ROTATING YOGA SERIES-GENTLE YOGA FOR BACK PAIN****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.

Thursdays 10:30 a.m.-11:30 a.m. CT, January 6 -27, February 3-24, and March 3-31 (no class 3/10)

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

**GENTLE YOGA FOR HEALING SUPPORT****Osher Center for Integrative Medicine at Vanderbilt**

This is an 8-week series cultivating yoga practices that can be incorporated into daily living to manage stressors, facilitate coping, and support healing. Classes may include an awareness practice, breathing practices, gentle movements, and meditation. Movements will be adapted as needed to be comfortable and supportive of each individual's level of experience and ability.

Thursdays 4:30 p.m.-5:30 p.m. CT, January 6 - February 24

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



## Vanderbilt-Ingram Cancer Center Young Adult Program

**Are you age 20 – 45 and recently diagnosed with the ‘c’ word?**

We get it. It’s unbelievable. A cancer diagnosis is inconvenient, disruptive, and totally unfair. You are probably feeling so many things right now and are not even sure what to think. But cancer doesn’t have to be lonely, and certainly not hopeless. We are committed to helping you navigate your care as a young adult with a cancer.

**We can help connect you to support services in a variety of areas including:**

- Reproductive health, fertility, and sexuality
- Body image
- Financial/insurance guidance
- Access to age-specific support groups and individual counseling (keeping mentally well)
- Dealing with ‘scanxiety’ (it’s real)
- Pain management
- Nutritional counseling/wellness/exercise consultants
- Genetic counseling
- Managing symptoms/palliative care (supportive care)
- Educational/vocational resources
- Integrative health
- Music/art/pet therapy
- Living with cancer/life after cancer/surviving cancer
- Connecting with other survivors/cancer warriors
- Parenting with cancer
- Navigating relationships



For more information, visit our website at [YoungAdultsWithCancer.com](http://YoungAdultsWithCancer.com) or call the VICC Patient and Family Resource Center at (615) 322-9799.

## Cancer Changes Us. Tell Us More.



**Your experience matters.**

*You’re invited to join the  
Vanderbilt-Ingram Cancer Center (VICC) e-Advisory Group.*

If you are currently a VICC patient, family member or primary caregiver, here is an opportunity to help us make some improvements – all from the comfort and safety of your home.

We believe that excellent healthcare happens when patients, their families, and medical teams work together as partners. The purpose of a virtual advisory group is to learn from your perspective and experiences, which will help in the development and implementation of VICC programs, policies, and practice standards.

Please consider joining us as a volunteer VICC e-Advisor. You will be able to share your feedback by completing surveys and giving suggestions.

All information will be kept confidential. We do ask demographic questions to ensure we are hearing from a diverse population that reflects our patients’ varied experiences.

As a first step, we will ask you to join our greater VUMC Advise Vanderbilt community. After 3 days, you will receive an additional survey, specific to your experiences with your cancer care.

**To join, please visit**  
[www.advisevanderbilt.com/c/r/join](http://www.advisevanderbilt.com/c/r/join)



**Or scan this using the camera on your phone.**

# VIRTUAL Lunch & Learn

FOR PATIENTS AND FAMILIES

Open to anyone touched by cancer. Grab your lunch and join us!

## Current Updates in Cancer Survivorship

Wednesday, February 23, 2022 • Noon-1:00 p.m. CT

Presented by: Liz Winkler, MSN, APN-BC and Ellen Miller, MSN, NFP-BC

Some people don't identify with the word 'cancer survivor' - maybe you are a thriver, a warrior, or just someone living with cancer. If you or a loved one has been diagnosed with cancer, this workshop is for you!

Things you will learn:

- What cancer survivorship really means — and that it does not mean only those with no evidence of disease are considered a survivor
- How the Vanderbilt REACH for Survivorship program is a unique service in our region to serve post-treatment physical, emotional, and practical needs
- Why having an individualized Survivorship Care Plan can benefit you for your future health and well-being
- How one patient has learned to navigate their life after a serious diagnosis



Call (615) 936-5706 or [Julie.bulger@vumc.org](mailto:Julie.bulger@vumc.org) for questions

To register, visit:

<https://viccsurvivorship.eventbrite.com>

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.



## YOUNG ADULT CANCER

# WELL-BEING WEDNESDAYS

EVENTS FOR THOSE 45 AND UNDER

THESE SESSIONS WILL BE POSTED ON YOUTUBE, INSTAGRAM, & OTHER MEDIA PLATFORMS

### TOPICS INCLUDE

HOPE: a Round Table Talk with Survivors and Advocates

EXERCISE & WELLNESS with Survivor Fitness

MINDFULNESS

NUTRITIONAL COOKING

GENTLE STRETCHING AND MOVEMENT

STRESS MANAGEMENT

FERTILITY AND SEXUALITY

FINANCIAL PLANNING

FATIGUE MANAGEMENT

EXPRESSION THROUGH ART



For updates on these events and more please join our mailing list by scanning the QR Code and signing up today

We look forward to helping you navigate your cancer journey!

## 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.

**Class will be held virtually via Zoom on Wednesdays  
5:30 p.m.-7:00 p.m.**

#### Session 1

January 19–March 2, 2022

#### Session 2

March 16–April 20, 2022

For more information email

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

*The 2021 Anthologies have arrived!*

*If you would like a copy, please email [Julie.bulger@vumc.org](mailto:Julie.bulger@vumc.org).*

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

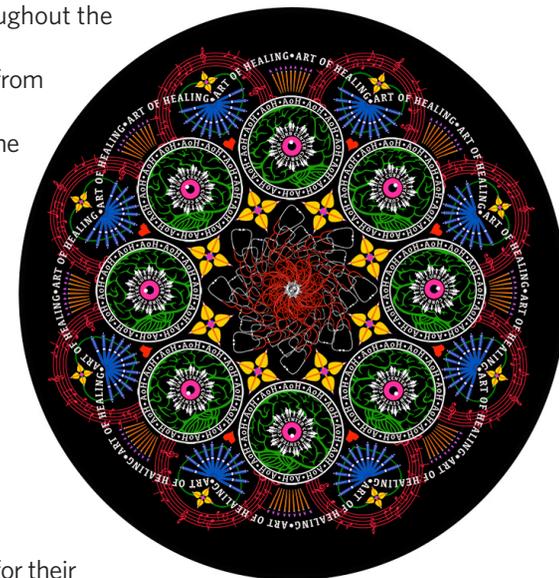
## Art of Healing EXPOSITION

Supported by Vanderbilt University's Curb Center for Art, Enterprise & Public Policy and the Masters of Public Health Program, the featuring works from the World Health Organization (W.H.O.) Art to Act for Health premiered September 2021 and will run through December 2022. The Exposition will take place at sites throughout Nashville, showcasing the exciting ways in which our community is using creative arts to foster healing in their own everyday lives and neighborhoods. The Exposition will be a hybrid offering, with in-person and online opportunities open to community participation, including:

- Standing and pop-up art exhibits across the Vanderbilt campus and throughout the Nashville community
- Guest speaker presentations from the clinical, academic, and art worlds to explore the role of the creative arts as healing tools
- Creative expressive writing and visual arts workshops for patients, caregivers, survivors, and the community at-large to create their own expressive pieces
- Architecture and art walking tours
- Musical performances
- And more

For more details and to sign up for their e-newsletter, visit

[www.artofhealingexposition.com](http://www.artofhealingexposition.com)



## ADDITIONAL RESOURCES

### CAREGIVER SUPPORT GROUP

Are you a family member, loved one or caregiver to someone with cancer? This is an especially hard time. While our in-person support group has been on temporary hiatus, we want to make sure you are taking care of yourself. If you would be interested in participating in a virtual (Zoom) support group, please email [Julie.bulger@vumc.org](mailto:Julie.bulger@vumc.org).

### 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, and educational and support resources at VICC and in the community. 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.

## ADDITIONAL RESOURCES

### CLINICAL TRIALS AND RESEARCH

#### Vanderbilt-Ingram Cancer Center

The Vanderbilt-Ingram Cancer Center is 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 the 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.

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

### SURVIVORSHIP RESOURCES

#### REACH Program

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 comprehensive health history, comprehensive evaluation, and a Survivorship Care Plan.

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

#### Radiation Oncology Program

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 in-person survivorship visits to eligible patients treated in Franklin as well as telemedicine visits in Spring Hill and Clarksville so patients do not have to travel to receive this service.

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

## ADDITIONAL RESOURCES

### 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. If you are receiving care at VICC One Hundred Oaks, please call Nicole Harris at (615) 421-8037 or at VICC Cool Springs, call Annette Bess at (615) 875-0352

### 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 medical team about how you can be referred to one of our palliative care specialists.*

### LGBTQ CANCER CARE SURVEY

The Vanderbilt-Ingram Cancer Center is working to comprehensively serve the LGBTQ community. We would like to invite you to complete the LGBTQ Cancer Care Survey so that we can better understand your interest in (a) cancer prevention and early detection/screening and (b) educational and support resources for those individuals who have been impacted by cancer.

By sharing your input, you will assist us with ensuring our educational and support resources are more accessible and welcoming to the LGBTQ community.

Please fill out the brief LGBTQ Cancer Care Survey  
<https://redcap.link/LGBTQCancerCare>

*Thank you in advance for your participation!*



### VIRTUAL RESOURCES FOR PATIENTS AND FAMILIES

We have recently updated our website to include our New Patient Handbook, a navigational video, and some of our most popular evidence-based resources for patients and caregivers.

If you have any questions or need further resources, call the Patient and Family Resource Center at (615) 322-9799.



[www.vanderbilthealth.com/cancer](http://www.vanderbilthealth.com/cancer)



IN MEMORY OF J. PATRICK BARNES

### Want to Say "Thank You" to Your Nurse?

Share your story of compassionate and skillful nursing care.

Scan the QR code  
or type in the website address  
in your mobile device  
[www.VUMCDAISY.com](http://www.VUMCDAISY.com)



## SURVIVOR FITNESS



Survivor Fitness Foundation is a nonprofit that helps cancer survivors regain their health and wellness through one-on-one personal training and nutritional support. Participants have the option to meet in-person or virtually, depending on their location and circumstances.

Exercise and nutrition provide several health benefits in cancer patients and survivors. Through individualized support, Survivor Fitness bridges the gap so cancer survivors can overcome many of the side effects of their treatments and surgeries, while taking back control of their lives. Participants work one-on-one with a certified personal trainer twice a week for 12 to 14 weeks (a total of 24 sessions), while receiving guidance from a registered dietitian.

Survivor Fitness works with adult cancer survivors of all ages, meeting you at your point of need and fitness level.

To apply for the program or for more information, please go to [www.survivorfitness.org](http://www.survivorfitness.org) or call (615) 663-8660.

## MEDITATION for VICC Patients with Cancer

Research shows meditation can reduce stress and anxiety, improve sleep and enhance overall sense of well-being.

Join us to help understand how we can incorporate meditation into personalized cancer care.



RESEARCH  
STUDY  
PARTICIPANTS  
NEEDED

### ARE YOU ELIGIBLE?

- Age 18 or older
- Diagnosed with any type of cancer

### PARTICIPANTS WILL:

- Join us for a 30-minute guided meditation (online via zoom or in-person)
- Fill out a short survey afterwards about their experience



### REGISTER FOR FREE:

<https://redcap.link/viccmeditates>  
or scan the code

### FOR QUESTIONS CONTACT:

Neha M. Jain, PhD  
[viccmeditates@vumc.org](mailto:viccmeditates@vumc.org) | (615) 875-9588

# GRUPO DE APOYO CONTRA EL CÁNCER PARA MUJERES

Se reúne el 2º y 4º jueves del mes, de 10 a 11:30 a.m., a partir del 11 de noviembre de 2021

Dos opciones para asistir: En persona en Casa Azafran, ubicado en 2195 Nolensville Pike Nashville, TN 37211, (SE REQUIEREN MÁSCARAS) o virtualmente, a través de Zoom.

## CONOZCA A OTRAS MUJERES QUE TIENEN CÁNCER, TANTO EN TRATAMIENTO COMO DESPUÉS DEL TRATAMIENTO, PARA OBTENER APOYO Y COMPENSIÓN.

Este grupo es gratuito para asistir y se requiere inscripción.

Si asiste virtualmente, recibirá la información de Zoom una vez que se registre.

Regístrese: Llame o envíe un mensaje de texto al **615.499.6862** o envíe un correo electrónico: [registrese@gildasclubmiddletn.org](mailto:registrese@gildasclubmiddletn.org)

Cancer Support Group for Women  
Spanish Language Group  
For women with cancer, in treatment & posttreatment.  
Meets 2nd and 4th Thursday of the month,  
10-11:30am, beginning November 11, 2021.  
In-person at Casa Azafran, 2195 Nolensville Pike  
Nashville, TN 37211, (MASKS REQUIRED) or virtually.  
Free of charge. Sign up required.  
Sign up: Call or text **615.499.6862** or  
[registrese@gildasclubmiddletn.org](mailto:registrese@gildasclubmiddletn.org)

*Diocese of Nashville*

**Catholic  
Charities**

LOVE + HOPE  
HEALING



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

# Free Cancer Support

**ANY TYPE.  
ANY STAGE.  
ANY AGE.  
ALWAYS FREE.**

**Our full program is available virtually,  
with select in-person activities.**

Gilda's Club Middle Tennessee  
is a non-profit dedicated  
to providing support, education and hope to  
all people impacted by cancer,  
including family and friends.

To learn more: [www.GildasClubMiddleTn.org](http://www.GildasClubMiddleTn.org)  
Please call their office at (615) 329-1124  
to begin your free membership.

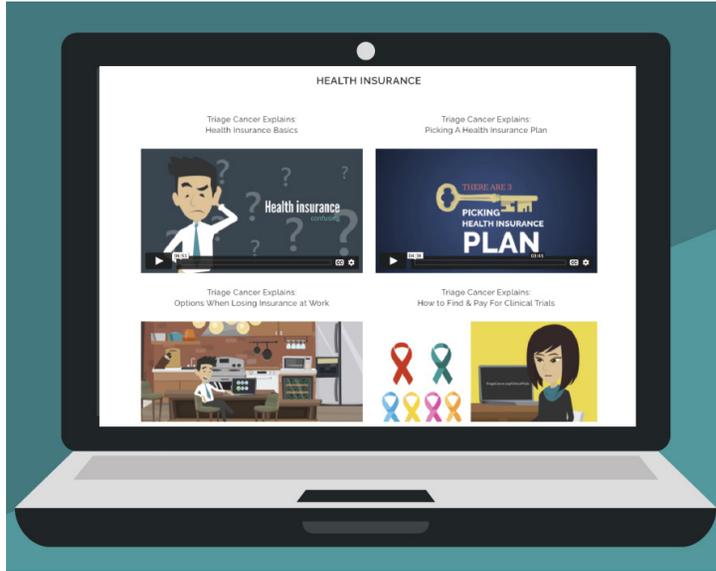


An Affiliate of the  
**CANCER SUPPORT COMMUNITY**



# Triage Cancer

Check out our animated videos at [TriageCancer.org/AnimatedVideos](https://TriageCancer.org/AnimatedVideos)



**Legal & Financial  
Navigation Program**  
[TriageCancer.org/GetHelp](https://TriageCancer.org/GetHelp)



**Quick Guides  
& Checklists**  
[TriageCancer.org/QuickGuides](https://TriageCancer.org/QuickGuides)

Triage Cancer is a national, nonprofit organization that provides free education on the legal and practical issues that may impact individuals diagnosed with cancer and their caregivers, through events, materials, and resources.



## Calendar of Cancer Awareness Months

### JANUARY

Cervical Cancer



### FEBRUARY

National Cancer Prevention Month  
Gallbladder/Bile Duct Cancer



### MARCH

Colorectal Cancer | Kidney Cancer | Multiple Myeloma



### APRIL

Testicular Cancer | Esophageal Cancer | Head and Neck Cancer



### MAY

Melanoma and Skin Cancer | Brain Cancer | Bladder Cancer



### JUNE

National Cancer Survivor's Month



## VANDERBILT FACILITIES AND CLASS LOCATIONS

### **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  
(615) 322-8422

### **Vanderbilt-Ingram Cancer Center at Wilson County**

1411 West Baddour Parkway  
Lebanon, TN 37087  
(615) 443-6202 - Medical Oncology  
(615) 443-6006 - Radiation Oncology

### **Vanderbilt-Ingram Cancer Center Belle Meade**

6002 Highway 100  
Nashville, TN 37205  
(615) 936-8422

### **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

Free parking available at all locations



VANDERBILT-INGRAM CANCER CENTER