



Patient and Family Support Programs and Calendar

SUMMER/FALL 2022



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. The goal of this Patient and Family Support Services booklet 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**

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

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 of The Vanderbilt Clinic and at VICC Belle Meade, 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 AT VANDERBILT

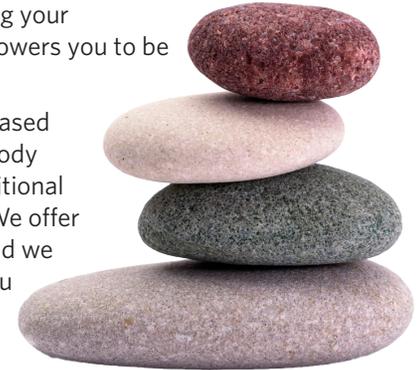
INTEGRATIVE MEDICINE:

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
- Yoga & Tai Chi

Most classes and services provided via telehealth or Zoom.

Please visit our website:

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@vmc.org.

Vanderbilt Dayani Center for Health & Wellness

1500 Medical Center Drive
Nashville, TN 37232



PHYSICAL MOVEMENT AND FITNESS

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, and improve physiological and psychological function during treatment. Cost: \$45 per appointment.



Vanderbilt-Ingram Cancer Center Young Adult Program

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

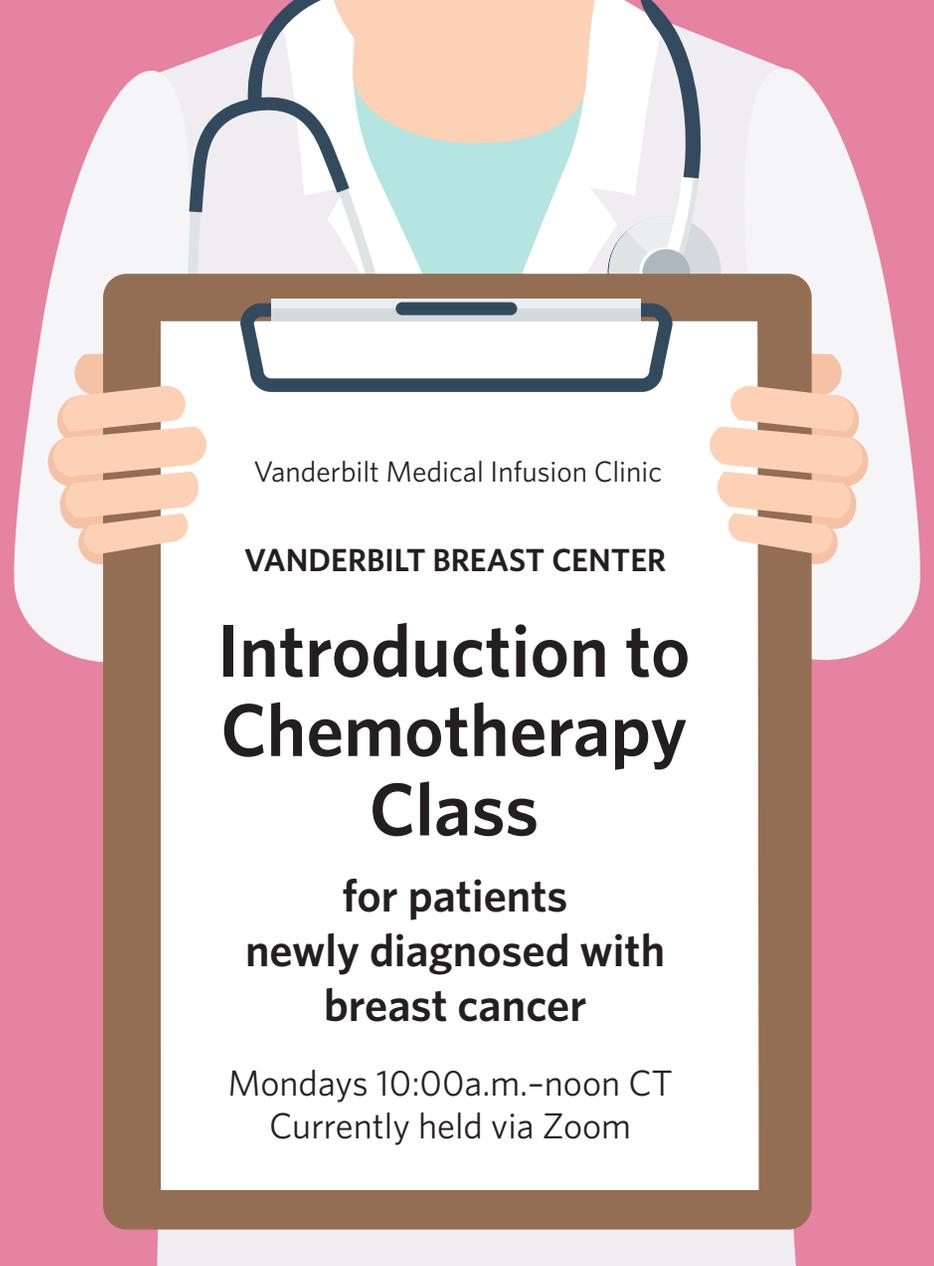
We get it. It’s unbelievable. A cancer diagnosis is inconvenient, disruptive, and totally unfair. You are probably feeling so many things right now and are not even sure what to think. But cancer doesn’t have to be lonely, and certainly not hopeless. We are committed to helping you navigate your care 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 or call the VICC Patient and Family Resource Center at (615) 322-9799.



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

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

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 in Belle Meade and on main campus. Cost is \$31 per session. Call (615) 936-VICC [8422] to schedule an appointment. Referrals are 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 11:30am-12:30pm CT, June 1-22

Call (615) 343-1554 or visit vanderbilthealth.com/osher/

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.

Thursdays 2:00 p.m.-4:00 p.m.CT, June 2-23
 Tuesdays 1:00 p.m-3:00 p.m. CT, July 5-26
 Thursdays 2:00 p.m.-4:00 p.m. CT, (offered in-person), August 4-25
 Tuesdays 1:00 p.m-2:00 p.m. CT, September 6-27
 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.

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.

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.

The MBSR course schedule consists of one orientation class, eight weekly classes, and one half-day retreat on a Saturday. This highly participatory, practical course includes:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga
- Group dialogue and discussions aimed at enhancing awareness in everyday life
- Daily home assignments

Students will also receive a home practice manual and occasional recordings.
 Thursdays 5:30 p.m.-8:00 p.m. CT, August 25-October 20
 Orientation: August 25
 Retreat: October 8, 9:00 a.m.-1:00p.m. CT
 Cost: \$375
 Register at: <https://www.eventbrite.com/e/mindfulness-based-stress-reduction-mbsr-registration-321359784767>

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.

Call (615) 343-1554 for dates and times or visit vanderbilthealth.com/osher/

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.

Thursdays 1:00 p.m.-2:30 p.m. CT, June 16-July 21

Call (615) 343-1554 or visit vanderbilthealth.com/osher/

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.

Call (615) 343-1554 for dates and times or visit vanderbilthealth.com/osher/

YOGA CLASS OPTIONS

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.

Yoga for Stress Management - Mondays, 2:00-3:00p.m. CT, June 13- July 25, (no class July 4)

Beginner Yoga - Thursdays, 10:30 a.m.-11:30 a.m. CT, August 11-September 1

Yoga for Headaches - Mondays, 1:30 p.m.-2:30 p.m. CT, August 8-September 19 (no class September 5)

Call (615) 343-1554 or visit 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 11:00 a.m.-12:00 p.m. CT, August 25-October 13

Call (615) 343-1554 or visit vanderbilthealth.com/osher/

SLEEPING WELL

Osher Center for Integrative Medicine at Vanderbilt

The intention of this 8-week class will be to facilitate the exploration of sleep-related thoughts, emotions, and behaviors in order to improve sleep onset, quality, and duration. This class is for patients who suffer from insomnia (disturbance falling and/or staying asleep) and have been diagnosed with some form of chronic pain/illness.

Mondays 4:00p.m.-5:30p.m. CT, June 20-August 15

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:

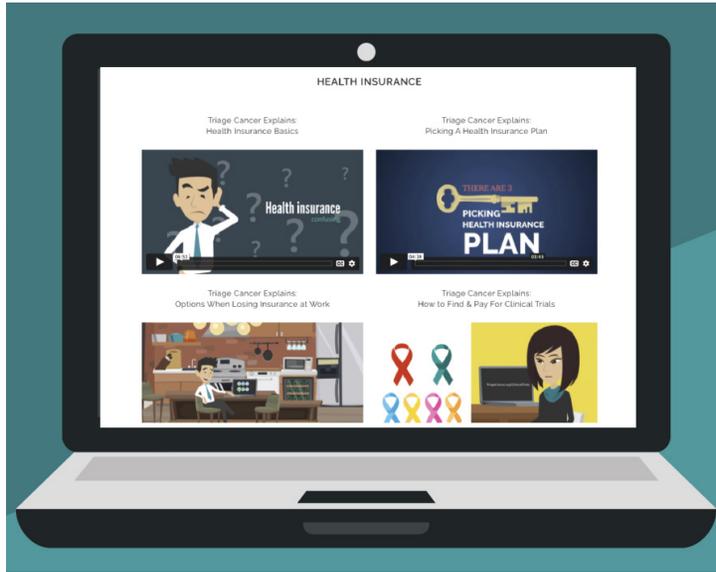
<https://redcap.link/viccmeditates>
or scan the code

FOR QUESTIONS CONTACT:

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



Triage Cancer
 Check out our animated videos at
TriageCancer.org/AnimatedVideos



**Legal & Financial
 Navigation Program**
TriageCancer.org/GetHelp



**Quick Guides
 & Checklists**
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.



Cancer Changes You. 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



Or scan this using the camera on your phone.



If you have questions, please contact Julie at Julie.Bulger@vumc.org or (615) 936-5706.

VIRTUAL Lunch & Learn

FOR VICC PATIENTS AND FAMILIES

Grab your lunch and join us via Zoom to learn from our team of sarcoma specialists about

Updates in Sarcoma Care

Friday, July 15, 2022 | Noon-1:00 p.m. CST

Presented by: Elizabeth Davis, MD, Vicky Keedy, MD, MSCI, and Carey Tomlinson, PT

YOU WILL LEARN:

- Why the Vanderbilt-Ingram Cancer Center is considered a gold standard of care for screening, diagnosis and treatment of sarcoma.
- Updates on current sarcoma treatment options.
- How the Vanderbilt-Ingram Cancer Center is a pioneer in many research innovations and how our patients are benefitting from the latest clinical trials.
- About the great work of Sarcoma Foundation of America (SFA), a national organization that provides informed patient support, impactful policy change, and breakthrough research endeavors.

There will also be time for Q&A with our team of Sarcoma experts.



TO REGISTER:
viccsarcoma.eventbrite.com

For questions, call Julie at 615-936-5706 or
julie.bulger@vumc.org.

JULY IS
SARCOMA
AWARENESS
MONTH

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.

 VANDERBILT-INGRAM CANCER CENTER

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



For more information
email Julie Bulger at
julie.bulger@vumc.org
or call (615) 936-5706

Are you interested in creative writing?

This free program is 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 is required. Participants will have the opportunity to create original writing in a safe space.

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



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



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!





CAREGIVER SUPPORT GROUP

Are you a family member, loved one, or caregiver to someone with cancer? This is an especially hard time. We will be returning to our in-person groups in early June! Meets weekly on Tuesdays from 3:00 p.m.–4:00 p.m. in the main adult hospital. Please email one of our social workers for more direction and to let us know you will be joining. Co-leaders: Linda Hudson (linda.hudson@vumc.org) Kelly Owens (kelly.owens@vumc.org) or Lindsay Grisanti (lindsay.a.grisanti@vumc.org).

AMYLOIDOSIS SUPPORT GROUP

Amyloidosis Support Group meets on the first Thursday of the month from 12:30 p.m.–1:30 p.m. in the Conference Room on the 10th floor in the main adult hospital. Please call ahead for specific directions.

Co-leaders: Charlotte Haffner (615) 347-3961 (charhaffner@gmail.com) or Kelly Owens (kelly.owens@vumc.org).

NUTRITION SERVICES

People with cancer often need to follow diets that are different than the way they normally eat. We can help make a food plan to meet your individual needs. Let your provider know if you would like to meet with our skilled nutritionist.

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.

HEREDITARY CANCER CLINIC

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

Visit VanderbiltHereditaryCancer.com or call (615) 343-7400 to make an appointment.

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.

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 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 to offer in-person survivorship visits to eligible patients treated in Franklin. For those treated in Spring Hill or Clarksville, telemedicine visits are offered so patients do not have to travel to receive services.

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.

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 or call (615) 663-8660.

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.

FINANCIAL COUNSELING SERVICES

OUR FINANCIAL COUNSELORS CAN:

- Answer questions or concerns about insurance billing
- Review patient balances and payments
- Help fill out applications for community and government-sponsored programs
- Explain financial assistance policies
- Discuss payment plan options



Tim Reid
(615) 322-5988



Iris Borel
(615) 322-8154



Nicole Harris
One Hundred Oaks
(615) 421-8037



Annette Bess
Cool Springs
(615) 875-0352

You Are Not Alone

At the Vanderbilt-Ingram Cancer Center, you are not alone. Your care involves a team of people. Your Navigator is a member of the multidisciplinary care team, serving as an advocate from the point of diagnosis through to Survivorship. The Navigation team provides support for you throughout your cancer journey. Navigators collaborate with the entire healthcare team to ensure your plan of care is being carried out so you can focus on feeling better.

Our primary role is to build a relationship with you, your caregivers, and physicians, to coordinate a plan of care including appointments, transportation, education, provision and/or enablement of support services and representation within a multi-disciplinary care environment.

Your navigator will be contacting you periodically via phone and/or MyHealthAtVanderbilt to ensure you understand your plan of care and to check on how you are doing.

How your Navigation Team may help you:

- Understand your diagnosis
- Overcome and eliminate barriers to care
- Assist with access to local community and national resources to eliminate barriers to care
- Provide education
- Facilitate participation in clinical trials
- Improve communication between the healthcare team

Please contact the **Nurse Navigator** with any medical-related issues.

- Questions about treatment plans
- Symptom management

Contact the **Patient Care Navigator** with any other concerns.

- Financial concerns
- Transportation issues
- Nutrition concerns
- Psychosocial concerns

Patient Care Navigators



Ginny Fowler
615-600-8766



Faith Kenyon
615-200-2476



Anne Louise McDonald,
OPN-CG
615-689-0483



Alan Smith,
OPN-CG
615-600-9456



Alisha Smith
615-600-8952



Mike Vaughan,
MA
615-689-1538



Jaime Wyatt,
OPN-CG
615-200-3441

Nurse Navigators



Miriam Green,
RN, BSN
Sarcoma and
Melanoma
615-336-3411



Lauren Hooper,
RN, BSN
Lung
615-336-2021



Ivy Markle, RN,
BSN
Gynecological
615-474-2011



Valerie Weaver,
RN, BSN
Genitourinary
615-474-0226

If you need help rescheduling an appointment, filling a prescription, or are running late, please call **615-936-8422**.

For VICC Wilson County, please call **615-443-6202**.

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 and vicc.org/ct/research



Your Opinion Matters!

HAVE YOU OR A LOVED ONE BEEN DIAGNOSED WITH CANCER?

HELP US LEARN MORE ABOUT BRINGING CLINICAL TRIALS TO YOU.

To access the 3-minute, online survey:

Visit link:
<https://redcap.link/ClinicalTrials>

Or scan QR code:



✉ Kelsey.Fettters@vmc.org

GRATIS

Grupo de Apoyo Para Mujeres con Cancer

Grupo de Apoyo Para Mujeres con Cancer en Español y en Ingles

Conozca a otras mujeres con cáncer, mujeres recién diagnosticadas, que están en tratamiento o que ya salieron de tratamiento para que entre todas recibamos apoyo y comprensión.

Las reuniones serán en persona o virtuales

Información sobre el grupo de apoyo

Nos reunimos dos veces por mes, el primer y el tercer
Jueves de 10:00AM a 11:30 AM

Dos opciones para atender:

1. En persona en Casa Azafran
2195 Nolnesville Pike, Nashville, TN 37211
2. O virtual, via Zoom

¿Debo Inscribirme Para Participar?

Atender a este grupo no tiene costo, pero si es necesario inscribirse para atender de forma virtual. Llámenos o envíenos un mensaje de texto al **615-499-6862** o un correo electrónico a **registrese@GildasClubMiddleTn.org** y le enviaremos el enlace para entrar via Zoom.



Diocese of Nashville
**Catholic
Charities**
LOVE + HOPE
HEALING

Gilda's Club Middle Tennessee
1707 Division Street, Nashville TN 37203
615-329-1124 | GildasClubMiddleTN.org

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
Please call their office at (615) 329-1124
to begin your free membership.**



**An Affiliate of the
CANCER SUPPORT COMMUNITY**



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

Calendar of Cancer Awareness Months



JUNE - Cancer Survivors Day (June 5, 2022)

Cancer Survivors Month



JULY

Sarcoma and Bone Cancer Awareness Month



AUGUST - World Lung Cancer Day (August 1, 2022)

SEPTEMBER - MPN Awareness Day (September 8, 2022)



Childhood Cancer Awareness Month



Uterine Cancer Awareness Month



Gynecologic Cancer Awareness Month



Blood Cancer Awareness Month



Ovarian Cancer Awareness Month



Prostate Cancer Awareness Month



Thyroid Cancer Awareness Month

OCTOBER - National Mammography Day (October 21, 2022)



Breast Cancer Awareness Month



Liver Cancer Awareness 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

Vanderbilt-Ingram Cancer Center at Tennova Healthcare - Clarksville

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