



# Patient and Family Support Programs and Calendar

**WINTER/SPRING 2023**

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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. 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. Many 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**

**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.

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### **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

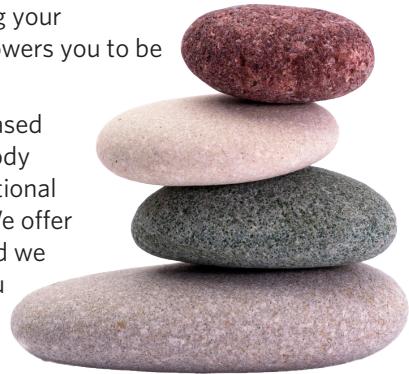
## INTEGRATIVE MEDICINE:

*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/](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**

## **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.



# YOUNG ADULT CANCER PROGRAM

NAVIGATING TOGETHER

UNDER 45? HAVE QUESTIONS REGARDING:

- Reproductive health, fertility, and sexuality
- Insurance or finances
- Nutrition and exercise
- Navigating relationships
- Parenting with cancer
- Pain management
- And more

WE'RE HERE TO HELP



## CONNECT WITH US

SIGN UP FOR OUR NEWSLETTER TO STAY UP  
TO DATE ON EVENTS, RESOURCES, AND MORE

FOLLOW VUMC\_CANCER ON INSTAGRAM, & TWITTER  
AND VANDERBILTINGRAM ON FACEBOOK

[WWW.YOUNGADULTSWITHCANCER.COM](http://WWW.YOUNGADULTSWITHCANCER.COM)

A stylized illustration of a doctor's torso and arms. The doctor is wearing a white lab coat over a teal shirt. A dark blue stethoscope hangs around their neck. They are holding a brown clipboard with both hands, and a white piece of paper is attached to it.

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 classes for all cancer types coming soon.  
For more information or to sign up, email [julie.bulger@vumc.org](mailto:julie.bulger@vumc.org)



**VANDERBILT-INGRAM CANCER CENTER**

# CANCER REHABILITATION PHYSIATRY

Cancer rehabilitation psychiatry 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 psychiatry. 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 psychiatrist has additional training and/or interest in the challenges that cancer and its treatment can have on function. Your evaluation by a psychiatrist 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 Psychiatry Clinic**

The clinic is currently located in The Vanderbilt Clinic (TVC).

If you would like to be evaluated by cancer rehabilitation psychiatry, 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

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

## **HEALING FOR BODY AND MIND**

### **LIVING WELL WITH CHRONIC PAIN: 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.

Tuesdays 1:00 p.m.-3:00 p.m.

Thursdays 2:00 p.m.-4:00 p.m.

Tuesdays 1:00 p.m.-2:00 p.m.

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.

## **HEALING FOR BODY AND MIND**

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. and Saturday retreat 9:00 a.m.-1:00 p.m.

Cost: \$375

For all upcoming dates and more information, please 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 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.

Tuesdays 1:30 p.m.-3:00 p.m. or Thursdays 1:00 p.m.-3:30 p.m.

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

### **MINDFULNESS SKILLS**

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

Mindfulness class is a 4-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.

Mondays 1:00 p.m.-2:00 p.m. or Tuesdays 1:00 p.m.-2:30 p.m.

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

# HEALING FOR BODY AND MIND

## MINDFUL SELF-COMPASSION

### Osher Center for Integrative Medicine at Vanderbilt

This evening 9-week series (8 weekly classes+ Saturday half-day retreat) or afternoon 6-week series 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/](http://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.

**Beginner Yoga** - Thursdays 10:30 a.m.-11:30 a.m.

**Yoga for Headaches** - Mondays 1:30 p.m.-2:30 p.m.

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

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

# HEALING FOR BODY AND MIND

## 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.

## INTRODUCTORY TAI CHI

### Osher Center for Integrative Medicine at Vanderbilt

Learn the basic principles and six movements of tai chi. Perfect for beginners. No experience needed.

Tuesdays 5:45 p.m.-6:45 p.m.

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

## CONTINUING TAI CHI

### Osher Center for Integrative Medicine at Vanderbilt

Learn movements of the Yang-style 24-posture form with an emphasis on core movements, centering and breathing. This series is for students who have completed the introductory class as well as other beginning or intermediate tai chi practitioners.

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

## ADVANCED TAI CHI

### Osher Center for Integrative Medicine at Vanderbilt

Incorporate breathing into the 24-posture form. This level is for Yang-style tai chi practitioners with one year or more of experience.

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

## TAI CHI FOR BALANCE

### Osher Center for Integrative Medicine at Vanderbilt

Practice slow, gentle tai chi movements that help you improve balance and coordination, possibly helping you prevent falls. This series is perfect for people with balance challenges due to age, Parkinson's disease or multiple sclerosis.

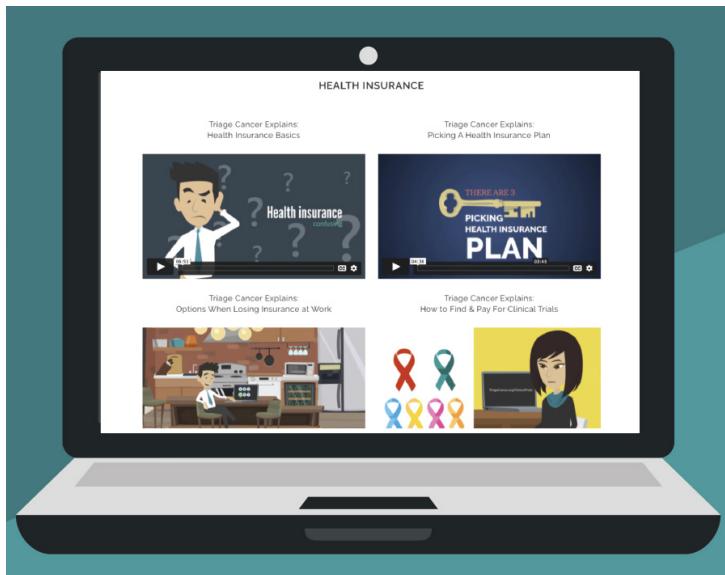
Tuesdays 10:00 a.m.-11:00 a.m.

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



# Triage Cancer

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



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



Quick Guides  
& Checklists  
[TriageCancer.org/QuickGuides](http://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.

**TRIAGE**  
**CANCER**

# 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](http://www.advisevanderbilt.com/c/r/join)**



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



**VANDERBILT-INGRAM CANCER CENTER**

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

# THE POWER OF CONNECTION

VANDERBILT  HEALTH

## ADVISE VANDERBILT

ADVISE VANDERBILT is a patient advisory group that gives feedback to VUMC to help improve the care and services we provide to our patients. Anyone who wants to make Vanderbilt a better place to get care can join the group, including patients, faculty, and staff.

Join at: [AdviseVanderbilt.com/c/r/join](http://AdviseVanderbilt.com/c/r/join)  
or scan the QR Code  
using the camera on your phone

ENGLISH:



ESPAÑOL:



patients • survivors • caregivers

# SHERRY'S HOPE

cancer support group

**4:00 p.m.** The 3rd Wednesday  
of each month

**Lebanon Senior Citizens Center**  
670 Coles Ferry Pike in Lebanon

*In partnership with*

 VANDERBILT-INGRAM CANCER CENTER

# 2023 CANCER SURVIVOR *Wellness Series*

## WHO IS A CANCER SURVIVOR?

An individual is considered a cancer survivor from the time of diagnosis through the remainder of his or her life. Family members, friends, and caregivers are also impacted and included in this definition.

## JOIN US

for a virtual and engaging series led by a panel of Vanderbilt experts on how to survive (and thrive!) after a cancer diagnosis.

**3rd Tuesday in January, February, March, and April**

**6:00-7:00pm CST**

**Tuesday, January 17, 2023**

*Adult Survivorship Program Overview presented by  
the Vanderbilt REACH for Survivorship team*

**Tuesday, February 21, 2023**

*The Impact of Health and Wellness on Survivorship*

**Tuesday, March 21, 2023**

*Knowing Your Risks: The Role of Genetic Testing and Screening in Survivorship*

**Tuesday, April 18, 2023**

*Navigating Life after Treatment:  
Financial and Legal Aspects of Post-treatment Care*

Register at [www.VICCSurvivor.eventbrite.com](https://www.VICCSurvivor.eventbrite.com)  
for details on topics, speakers, and how to join via Zoom.

**Questions?** Contact [Julie.Bulger@VUMC.org](mailto:Julie.Bulger@VUMC.org)



VANDERBILT-INGRAM CANCER CENTER

# 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 18, 25, February 1, 8, 15, 22

### **Session 2**

March 22, 29, April 5, 12, 19

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.*

## SUPPORTIVE RESOURCES



American  
Cancer  
Society®

### Help for Patients, Survivors, and Caregivers

The American Cancer Society offers support in your community and online to help you during and after cancer treatment. Below are just some of the resources we provide. Visit [cancer.org](http://cancer.org) or call us at 1-800-227-2345 for more information.

- 24/7 cancer helpline
- Places to stay during treatment including Hope Lodge
- Rides to treatment
- Connect cancer survivors
- Education materials about cancer
- Hair-loss and mastectomy products
- Caregiver support
- Clinical trials



[cancer.org](http://cancer.org) | 1.800.227.2345

### 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!*

# SUPPORTIVE RESOURCES

## CAREGIVER SUPPORT GROUP

Are you a family member, loved one, or caregiver to someone with cancer? This is an especially hard time. 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](mailto:linda.hudson@vumc.org)) Kelly Owens ([kelly.owens@vumc.org](mailto:kelly.owens@vumc.org)) or Lindsay Grisanti ([lindsay.a.grisanti@vumc.org](mailto:lindsay.a.grisanti@vumc.org)).

## AMYLOIDOSIS SUPPORT GROUP

The Amyloidosis Support Group continues to meet regularly by providing educational opportunities and support to patients and families touched by amyloidosis in the Conference Room on the 10th floor in the main adult hospital. Call ahead for specific directions.

To learn more please contact Adrienne Molteni, RN  
[Adrienne.e.moteni@vumc.org](mailto:Adrienne.e.moteni@vumc.org) (615) 443-6202

## 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.

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.

# SUPPORTIVE AND SURVIVOR RESOURCES

## 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.

## 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](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 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 RESOURCES

# THIS BRA FITS EVERYONE.



Breast cancer  
Recovery in  
Action

WHERE  
SURVIVORS  
GROW IN  
STRENGTH,  
RESILIENCE,  
AND JOY.

BRA offers multiple community locations to choose from. Take action in your recovery and join a group today!

[www.BRAgroups.org](http://www.BRAgroups.org)  
615.472.9478  
[info@bragroup.org](mailto:info@bragroup.org)



## 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.

Participants work one-on-one with a certified personal trainer twice a week for 12 to 14 weeks (24 sessions), while receiving guidance from a registered dietician.

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 go to  
[www.survivorfitness.org](http://www.survivorfitness.org) or call (615) 663-8660.

# FINANCIAL 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.

## 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

# PATIENT NAVIGATION

## 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.

### 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**.

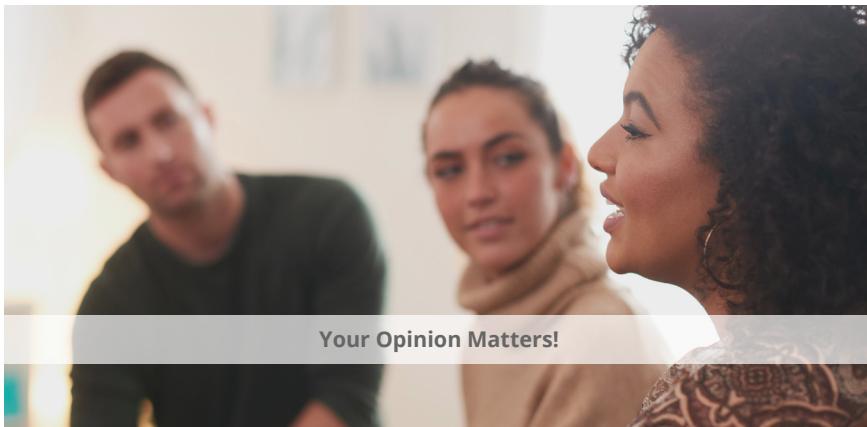
## CLINICAL TRIALS

### 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)



**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.Fetters@vumc.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. Llámennos o envíenos un mensaje de texto al **615-499-6862** o un correo electrónico a [registrese@  
GildasClubMiddleTn.org](mailto:registrese@GildasClubMiddleTn.org) y le enviaremos el enlace para entrar via Zoom.



Gilda's Club Middle Tennessee  
1707 Division Street, Nashville TN 37203  
615-329-1124 | [GildasClubMiddleTN.org](http://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](http://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](http://www.vanderbilthealth.com/cancer)**

# Calendar of Cancer Awareness Months

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## 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

National Cancer Research Month

Melanoma and Skin Cancer

Brain Cancer

Bladder Cancer



## 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](http://VanderbiltHealth.com/osher)

### Vanderbilt Dayani Center for Health and Wellness

1500 Medical Center Drive  
Nashville, TN 37232  
(615) 322-4751

[DayaniCenter.com](http://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

### 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 Pleasant View

6536 Highway 41A  
Pleasant View, TN 37146  
(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

Free parking available at all locations

