Patient and Family Support Programs

SUMMER/FALL 2023

VANDERBILT-INGRAM CANCER CENTER
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
Cancer Pain Specialists

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

The Clinic, located on the 1st floor of The Vanderbilt 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 Psycho-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 two years post-treatment.

If you would like more information about these services or to discuss a referral, please contact your oncologist or social worker.
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/osopher/ and click “Class Information” for a current list of our programs and to sign up or call us: (615) 343-1554
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

**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.

**Vanderbilt Dayani Center for Health & Wellness**

1500 Medical Center Drive
Nashville, TN 37232
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.

DAYANI PHYSICAL THERAPY PRE-HAB
Vanderbilt Dayani Center
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.
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
Vanderbilt Infusion Clinic

Introduction to Chemotherapy Class

For patients newly diagnosed with cancer

4th Monday of the month
10:00 a.m.–noon CT
via Microsoft Teams

TO REGISTER:
www.VICCchemoclass.eventbrite.com

QUESTIONS:
VICCchemoclass@vumc.org | 615-936-5706

For patients newly diagnosed with breast cancer

Mondays
10:00 a.m.–noon CT
via Microsoft Teams

TO REGISTER AND QUESTIONS:
Sheri.L.Spears@vumc.org
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.
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
Call (615) 343-1554 or visit vanderbilthealth.com/oshер/
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 1:00 p.m.-3:00 p.m. CT, July-November
Thursdays 2:00 p.m.-4:00 p.m. CT, June-November
Registration is done through Osher Patient Services by calling (615) 343-1554.

LYMPHEDEMA PHYSICAL 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.

Attendance for the orientation is mandatory and foundational for participation in the MBSR course.

Thursdays 5:30 p.m.-8 p.m. CT
Orientation: September 12
Classes 1-8: September 17 - November 7
Half-Day Retreat Saturday, October 21, 9:00 a.m.-2:00 p.m. CT
Cost: $375

**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.

No classes are offered this quarter. Please visit vanderbilthealth.com/oshер/ for more information or call (615) 343-1554.

**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. CT

Please visit vanderbilthealth.com/oshер/ for more information or call (615) 343-1554.
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.

Dates to be determined. Please visit vanderbilthealth.com/oshер/ for more information or call (615) 343-1554.

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 2:00-3:00 p.m. CT
Beginner Yoga - Thursdays 10:30 a.m.-11:30 a.m. CT
Yoga for Headaches - Mondays 1:30 p.m.-2:30 p.m. CT

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

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

Call (615) 343-1554 or visit vanderbilthealth.com/oshер/
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 4:00 p.m.-5:30 p.m. CT

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

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/oshер/

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/oshер/

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. CT
Call (615) 343-1554 or visit vanderbilthealth.com/oshер/
Our website includes 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

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!
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.
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
This free event is open to anyone touched by stomach cancer, regardless of where care was received. Lunch available to in-person participants.

Questions? Contact Julie Bulger, (615) 936-5706 or Julie.Bulger@vumc.org

Please register for in-person or virtual participation by October 20, 2023. https://redcap.link/vanderbilt

Agenda and speakers can be found on registration site.

Topics will include:
- Early Detection, Recognizing Risk Factors & Symptoms
- Treatment Options
- Innovations in Research
- Genetic Considerations
- Clinical Trial Updates
- Nutritional Support
- Survivorship Care - Bridging Care to PCP
- Patient Stories

Saturday, November 4, 2023 • 8:00am - 3:00pm CT
Vanderbilt-Ingram Cancer Center • 2220 Pierce Avenue, 8th Floor • Nashville, TN

Hosted by

VANDERBILT-INGRAM CANCER CENTER

NO STOMACH FOR CANCER

VANDERBILT-INGRAM CANCER CENTER invites you to the 6th Annual Neurofibromatosis PATIENT & FAMILY SYMPOSIUM

Please join us for our virtual symposium and engage with NF experts from the comfort of your home!

Saturday, August 12, 2023 | 8:30am-11:30am CT

For more details and to register: https://NFsymposium2023.eventbrite.com | Hosted via Zoom

Questions? Call Julie at 615-936-5706 or julie.bulger@vumc.org
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.

V ALL Virtual Lunch & Learn FOR VICC PATIENTS AND FAMILIES

Get your lunch and join us via Zoom to learn from our team of cancer specialists about Updates in Multiple Myeloma

Friday, August 5, 2023 | Noon-1:00 p.m. CST

YOU WILL LEARN:

• Updates in treatment options (medical, transplantation, and radiation therapy) from our multiple myeloma specialists
• How the Vanderbilt-Ingram Cancer Center is a pioneer in many research innovations and how our patients diagnosed with multiple myeloma are benefiting from the latest clinical trials
• How the Leukemia and Lymphoma Society (LLS) can support you by providing financial assistance, education, peer support, and advocacy to you and your loved ones.

PRESENTED BY:

Adetola Kassim, MD, MS
Professor of Medicine
Director, Adult Sickle Cell Disease Program
Clinical Director, Adult Stem Cell Transplant Program

Eden Biltibo, MD
Assistant Professor of Medicine

Evan Osmundson, MD, PhD
Associate Professor of Medicine
Medical Director, Department of Radiation Oncology

Bhagirathbhai Dholaria, MBBS
Assistant Professor of Medicine

TO REGISTER:

www.VICCMyeloma.eventbrite.com

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

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.
SUPPORTIVE RESOURCES

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 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

When Someone You Love Has Cancer

Caregivers need to take care of themselves too.

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

Our support group meets Wednesday, 2:00-3:00 p.m.
Vanderbilt University Hospital
10th Floor Conference, Critical Care Tower

Please call or email to confirm attendance

Linda Hudson
(615) 343-6546
linda.hudson@vumc.org

Kelly Owens
(615) 322-4887
kelly.owens@vumc.org
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) Kelly Owens (kelly.owens@vumc.org) or Lindsay Grisanti (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. Groups meet quarterly in the Nashville community. Call ahead for specific directions.

To learn more please contact Adrienne Molteni, RN
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. CT 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.
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

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

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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
THIS BRA FITS EVERYONE.

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
615.472.9478
info@bragroup.org

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 or call (615) 663-8660.
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

Contact the Patient Care Navigator with any 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
Mike Vaughan, MA 615-689-1538
Jaime Wyatt, OPN-CG 615-200-3441

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.
WE ARE LOOKING FOR SARCOMA PATIENTS!

Ask your provider about joining the COHORT TO AUGMENT THE UNDERSTANDING OF SARCOMA ACROSS THE LIFESPAN (CAUSAL) STUDY

If you have been diagnosed with sarcoma, you are invited to be in our research study.

If interested, please use the QR code or link below: https://redcap.link/join_causal

For more information, please contact the study team at 615-936-0638 or CAUSALstudy@vumc.org.

Patients and families can learn more about clinical trials and open studies by visiting https://vicc.org/clinical-trials
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.

ESPÁÑOL:

An Affiliate of the CANCER SUPPORT COMMUNITY
MEN’S CANCER SUPPORT GROUP

A support group for men with cancer. Any age, type, or stage of cancer are welcome.

4TH THURSDAY OF EVERY MONTH
6:00 PM - 7:00 PM
VIRTUAL • SIGN-UP REQUIRED

Gilda’s Club Middle Tennessee
gildasclubmiddletn.org
615-329-1124
1707 Division Street, Nashville, TN 37203

VIRTUAL
LGBTQ+ Cancer Support Group

THIRD THURSDAY OF EVERY MONTH
6:00 - 7:00 PM

If you are part of the LGBTQ+ community and are impacted by cancer in any way, this group is for you.

More at
info@gildasclubmiddletn.org
gildasclubmiddletn.org/program-calendar
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.
<table>
<thead>
<tr>
<th>Month</th>
<th>Cancer Type</th>
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<tbody>
<tr>
<td>JUNE</td>
<td>National Cancer Survivor Month</td>
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<td>JULY</td>
<td>Leiomyosarcoma</td>
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<td>Sarcoma/Bone Cancer</td>
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<td>AUGUST</td>
<td>Appendix Cancer</td>
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<td>SEPTEMBER</td>
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<td>Ovarian Cancer</td>
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<td>Breast Cancer</td>
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<td>NOVEMBER</td>
<td>Honoring Caregivers</td>
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<td>Lung Cancer</td>
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<td>Neuroendocrine Cancer</td>
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<td>Pancreatic Cancer</td>
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<td>Stomach Cancer</td>
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VANDERBILT CANCER CARE LOCATIONS

Vanderbilt-Ingram Cancer Center
2220 Pierce Avenue
Nashville, TN 37232
(615) 936-8422

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

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

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

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

Osher Center for Integrative Medicine at Vanderbilt
3401 West End Avenue, Suite 380
Nashville, TN 37203
(615) 343-1554
VanderbiltHealth.com/usher

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
Hendersonville
128 North Anderson Lane
Hendersonville, TN 37075
(615) 936-8422

Vanderbilt-Ingram Cancer Center
Pleasant View
6536 Highway 41A
Pleasant View, TN 37146
(615) 936-8422

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

Vanderbilt-Ingram Cancer Center
Wilson County
1411 West Baddour Parkway
Lebanon, TN 37087
(615) 443-6202 - Medical Oncology
(615) 443-6006 - Radiation Oncology

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

Vanderbilt-Ingram Cancer Center
Tennova Healthcare - Clarksville
375 Alfred Thun Road
Clarksville, TN 37040
(931) 221-0479

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

Free parking available at all locations