



Patient and Family Support Programs and Calendar

SUMMER 2019



VANDERBILT-INGRAM CANCER CENTER

*A Comprehensive Cancer Center
Designated by the National Cancer Institute*
Vanderbilt-Ingram Cancer Center

Weekend Extended Hours Clinic

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

Call us at the weekend extended hours clinic.

Same day assessment and treatment are available.

The Vanderbilt Clinic Infusion Center

Monday – Friday 11 a.m. – 9 p.m.

Sat, Sun and Holidays, 8 a.m. – 5 p.m.

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

www.vicc.org

Psycho-Oncology Services

As part of your comprehensive treatment plan, we work to support your emotional well-being throughout your care.

To schedule an appointment with the Psycho-Oncology Team, please call (615) 936-VICC [8422] or toll-free 1-877-936-VICC [8422].

Henry-Joyce Cancer Clinic 1900
The Vanderbilt Clinic (Free Valet Parking)

VICC Outpatient Palliative Care Services

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

Palliative care services:

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

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

Supportive Oncology Clinic

The VICC Supportive Oncology Clinic assists patients with managing problematic symptoms such as cancer and cancer treatment-related pain, nausea, vomiting, diarrhea, fatigue, constipation, and others. The Clinic, located in the 1st floor TVC clinic, is staffed by expert nurse practitioners who work in collaboration with the primary oncologist to maximize quality of life by minimizing symptoms. Patients may self-refer by calling 615.936.8422 or ask their oncologist to request an appointment.

LIVING WELL WITH CANCER

SUPPORT TO MEET YOUR INDIVIDUAL NEEDS

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

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

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

For more information, please call the Patient and Family Resource Center at (615) 322-9799 or visit www.VanderbiltCancerWellness.com.

Let's get connected!

Facebook: @VanderbiltIngram

Twitter: @VUMC_Cancer

Instagram: @vumc_cancer

OSHER CENTER FOR INTEGRATIVE MEDICINE

INTEGRATIVE MEDICINE:

Healing Focused on Your Whole Health

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

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

Integrative medicine uses proven, research-based therapies such as yoga, acupuncture, mind-body counseling and massage that work with traditional medicine to help you achieve better health.

We offer complementary therapies to help you heal and we work with your traditional medical care so you can live more fully, cope better with medical conditions and be more engaged in your own health.

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

CURRENT SERVICES AND CLASSES:

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

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

We offer ongoing drop in yoga classes every week. All other classes are done in series ranging from 4 to 6 weeks. Please visit our website: VanderbiltHealth.com/osher/ and click "Class Information" for a current list of our programs and to sign up or call us: (615) 343-1554.

VANDERBILT DAYANI CENTER

The Dayani Center is a medically-based fitness center designed for those who need to exercise, have a medical condition, need a warm water pool or individual instruction to exercise safely. The staff of exercise physiologists will design a fitness program that works for you, no matter what challenges you may face. The center also has one of the largest indoor warm water pools in Nashville and offers a wide variety of aquatic and land exercise classes to improve balance, reduce stress, gain strength and lose weight. No doctor's referral is needed to join.

For more information, email: dayanicenter@vanderbilt.edu or visit <http://www.vanderbilthealth.com/dayani/> to see if you qualify for membership.

Land-based Classes

Land-based classes include Gentle Yoga, Tai Chi/Qi Gong and Basic Strength and Stability, which are designed to improve strength, balance and reduce stress. Tai Chi, a traditional internal martial arts form, has been widely practiced for health prevention and wellness restoration and teaches the principles of weight shifting, mindful movements, breathing and core movement. Restorative Yoga focuses on building strength, flexibility, stamina, balance through synchronizing movement with breathing.

Aquatic Classes

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

Class passes are available. (615) 322-4751

PHYSICAL MOVEMENT AND FITNESS SERVICES

YOGA, TAI CHI, QIGONG

Vanderbilt Dayani Center
Osher Center for Integrative Medicine at Vanderbilt

These classes help improve strength, range of motion and reduce chronic pain and stress. Visit VanderbiltHealth.com/osher/ or call Osher at (615) 343-1554 for a complete list or call Vanderbilt Dayani Center at (615) 322-4751 for class schedule.

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.

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

Our physical therapists provide one-on-one complete exercise plans to address physical limitations, pain, weakness, fatigue, limited movement and lymphedema prevention strategies following cancer treatment. Manual therapy to release scarring, decrease pain, and improve mobility is performed as needed. The Vanderbilt Dayani Center also offers lymphedema services for those with swelling following cancer diagnosis. Therapists tailor programs and therapies to each client's needs and interests. Doctor referral required. Call (615) 322-4751 to schedule a consultation.

SUPPORT SERVICES

WHAT TO EXPECT DURING CHEMOTHERAPY TREATMENT

An informative video introduction to chemotherapy from doctors, nurses and cancer patients. A copy can be borrowed from the Patient and Family Resource Center, The Vanderbilt Clinic, First Floor.

HEALING FOR BODY AND MIND

MASSAGE THERAPY

Vanderbilt Dayani Center

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

Doctor referral required.

Call (615) 322-4751 for more information.

MASSAGE FOR CANCER CARE

Osher Center for Integrative Medicine at Vanderbilt

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

By appointment only.

Call (615) 343-1554.

ACUPUNCTURE

Osher Center for Integrative Medicine at Vanderbilt

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

By appointment only.

Call (615) 343-1554.

HEALTH PSYCHOLOGY

Vanderbilt Dayani Center

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.

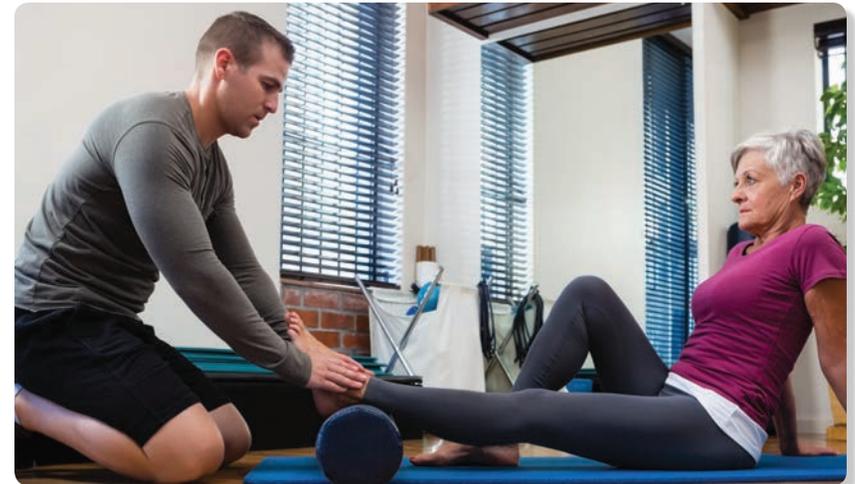
LYMPHEDEMA THERAPY CLINIC

Vanderbilt Dayani Center

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

Doctor referral and an appointment are required.

Call (615) 322-4751.



MINDFULNESS SKILLS PATHWAYS, POSSIBILITIES & SKILLFULNESS

Osher Center for Integrative Medicine at Vanderbilt

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

Tuesdays, from 11:00 a.m. - 12:30 p.m.

Runs in 6 week series.

For current dates:

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

MINDFULNESS BASED COGNITIVE THERAPY (MBCT)

Osher Center for Integrative Medicine at Vanderbilt

Mindfulness based cognitive therapy (MBCT) is a 9 week program to help free yourself from depression and emotional distress. It is a program designed to help you deal with persistent unwanted mood states. MBCT has been tested in research and proven effective for depression and other mood disorders.

Runs in a 9 week series with one day long Saturday retreat

For current dates and times:

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

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Osher Center for Integrative Medicine at Vanderbilt

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

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

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

For current dates:

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

ROTATING YOGA SERIES

Osher Center for Integrative Medicine at Vanderbilt

This series rotates between Yoga for Soothing Headaches, Yoga for Back Care, Sleeping Well, Presence through Sound, and Yoga to Relax and Renew. Each series is choreographed to specifically address the areas in the body in which we hold tension which can contribute to illness.

Duration of each series differs, ranging between 4-6 weeks. Check our website: vanderbilthealth.com/osher/ to find out the rotation schedule.

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

Caregiver Support Group meets every Tuesday from 3-4. We meet on the 11th floor conference room in the main hospital on the hematology/oncology unit. The room is on the right before you get to the nurses desk. Room # 11033. Please call ahead at (615) 322-4887 or (615) 343-6546.

Amyloidosis Support Group: First Wednesday of each month, 12:30 p.m. - 2:00 p.m., 10th Floor Conference Room, Critical Care Tower
Call Kelly Owens (615) 322-4887 / Charlotte Haffner (615) 347-3961

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

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

The Vanderbilt Card-Making Club

The Vanderbilt Card-Making Club meets on the fourth Tuesday of every month from 3:00-4:30 pm at Vanderbilt One Hundred Oaks.

Volunteers make hand-made cards that are used by employees to send personalized notes to patients and families in Palliative Care, Trauma, and Infusion units. Materials and supplies provided (but donations welcome!). Bring some creativity but no experience required.

For questions or to sign up, email angela.purinton@vmc.org

Next dates: May 28, June 25, July 23, August 27.



The Vanderbilt Sewing Club

The Vanderbilt Sewing Club meets on the third Monday of every month from 10 am –2 pm at Vanderbilt One Hundred Oaks. Bring along your portable sewing machine or serger and a basic knowledge of sewing and we'll provide the rest!



Great company and pizza lunch included. Items created include cotton caps, drain aprons, heart pillows, and walker caddies. All items are donated to the patients at Vanderbilt Medical Center.

For questions or to sign up, email angela.purinton@vmc.org

Monday May 20
 Monday June 17
 Monday July 15
 Monday August 19

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.

Wednesdays from 5:30 - 7:30 pm

For more information and dates for the Summer 2019 creative writing series, please contact Julie.Bulger@vmc.org or 615-936-5706.

Workshops will be held at:

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

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

SAVE THE DATE

The Vanderbilt-Ingram Cancer Center invites you to an afternoon of fun, food and festivities

Sunday, October 13, 2019

2:00 - 4:00 p.m.

Vanderbilt Student Life Center

FIESTA

This event is for patients, families, caregivers, survivors, staff, and anyone touched by cancer.

DAILY CLASS SCHEDULE

MONDAYS

Yoga

7:00 a.m.-8:00 a.m.

Vanderbilt Dayani Center

Upper/Lower Body Strength Training

10:30 a.m.-11:45 a.m.

Vanderbilt Dayani Center

Yoga for Stress Relief

11:00 – Noon

Osher Center for Integrative Medicine at Vanderbilt

Basic Strength & Stability

12:15 p.m. - 1:15 p.m.

Vanderbilt Dayani Center

QiGong/Tai Chi

2:00 p.m. - 3:15 p.m.

Vanderbilt Dayani Center

Introductory Level Tai Chi (runs in 4-6 week series)

5:30 p.m.-6:30 p.m.

Osher Center for Integrative Medicine at Vanderbilt

Health Yi Jin Jing-Qigong

(runs in 4-6 week series)

6:45 p.m.-8:15 p.m.

Osher Center for Integrative Medicine at Vanderbilt



TUESDAYS

Gentle Yoga for Fitness (drop-in)

7:00 a.m.-8:00 a.m.

Osher Center for Integrative Medicine at Vanderbilt

Tai Chi for Balance (runs in 4-6 week series)

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

Osher Center for Integrative Medicine at Vanderbilt

Gentle Yoga (drop-in)

11:30 a.m.-12:45 p.m.

Vanderbilt Dayani Center

Mindful Skills: Pathways, Possibilities, & Skillfulness

(runs in 6 week series)

11:00 a.m.-12:30 p.m.

Osher Center for Integrative Medicine at Vanderbilt

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

(runs in 4 week series)

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

Osher Center for Integrative Medicine at Vanderbilt

New You (water)

4:15 p.m.-5:00 p.m.

Vanderbilt Dayani Center

WEDNESDAYS

Yoga

7:00 a.m.-8:00 a.m.

Vanderbilt Dayani Center

Gentle Yoga (drop-in)

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

Osher Center for Integrative Medicine at Vanderbilt

Ai Chi (Water)

9:30 a.m.-10:30 a.m.

Vanderbilt Dayani Center

Healing QiGong (continuous)

11:45 a.m.-12:45 p.m.

Vanderbilt Dayani Center

Yoga

5:00 p.m.-5:50 p.m.

Vanderbilt Dayani Center

Upper Body Strength Training

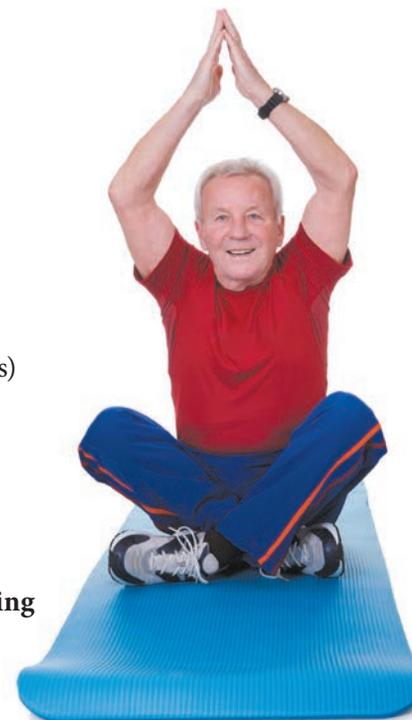
10:30 a.m.-11:45 a.m.

Vanderbilt Dayani Center

Healing QiGong

3:30 p.m.-4:30 p.m.

Osher Center for Integrative Medicine at Vanderbilt



THURSDAYS

Gentle Yoga for Fitness (drop in)

7:00 a.m.-8:00 a.m.

Osher Center for Integrative Medicine at Vanderbilt

Mindful Moments

2:30 p.m.– 3:00 p.m.

Drop-ins welcome, for patients, families, caregivers, survivors, and anyone touched by cancer.

June 13 - July 25th (no class on July 4).

Location: 1800 TVC (next to elevators on 1st Floor).

Rotating Yoga Series: Care for Soothing Headache, Low-back Pain, Sleep Help, & More

3:00 p.m.-4:00 p.m.

Osher Center for Integrative Medicine at Vanderbilt

FRIDAYS

Yoga

7:00 a.m.-8:00 a.m.

Vanderbilt Dayani Center

Caregiver Support Group

9:00 a.m.-10:00 a.m.

The Vanderbilt Clinic

SATURDAYS

Gentle Yoga (drop in)

9:00 a.m.-10:00 a.m.

Osher Center for Integrative Medicine at Vanderbilt



ADDITIONAL RESOURCES

THE PATIENT AND FAMILY RESOURCE CENTER AT VANDERBILT-INGRAM CANCER CENTER

The Vanderbilt Clinic, 1st Floor

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

Open 7:30 a.m.–5:00 p.m. Monday–Friday.

Call (615) 322-9799 for more information.

PATIENT LODGING COORDINATOR

Main Waiting Room

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

For information contact Sherry Vick at (615) 322-2278

from 7:30 a.m.-4:00 p.m. Monday–Friday.

CLINICAL TRIALS AND RESEARCH

Vanderbilt-Ingram Cancer Center

Doctors and researchers at Vanderbilt-Ingram Cancer Center are dedicated to discovering new approaches for the diagnosis, prevention and treatment of cancer. To find out more about current Clinical Trials call (877) 936-8422 or (800) 811-8480. For Clinical Trial information program visit: vicc.org/research and vicc.org/ct/research

VANDERBILT-INGRAM CANCER CENTER HEREDITARY CANCER CLINIC

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

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

FINANCIAL COUNSELORS

Vanderbilt-Ingram Cancer Center Registration Area

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 1-888-274-7849.

REACH FOR SURVIVORSHIP

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

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



Mindful Moments

Join us in a brief guided meditation and opportunity to focus on how to relax and just breathe...

For VICC patients, family members, caregivers, survivors, and anyone touched by cancer.

Provided in partnership with Osher Center for Integrative Health at Vanderbilt

Thursdays

June 13 - July 25, 2019 (except on July 4)
2:30pm-3:00pm

Conference Room 1800

The Vanderbilt Clinic next to TVC Elevator on 1st Floor
No registration needed, drop-ins welcome.

For questions or suggestions, email
julie.bulger@vumc.org

NOTES

VANDERBILT FACILITIES AND CLASS LOCATIONS

Vanderbilt Cancer Wellness Program
VanderbiltCancerWellness.com

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

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

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

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

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

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

RADIATION ONCOLOGY

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

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

Vanderbilt-Ingram Cancer Center at Maury Regional Spring Hill
1003 Reserve Boulevard, Suite 120
Spring Hill, TN 37174

HEMATOLOGY/ONCOLOGY

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

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

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

Vanderbilt Medical Group General Surgery
2105 Edward Curd Lane
Suite 102
Franklin, TN 37067

Parking available at all locations



VANDERBILT-INGRAM CANCER CENTER