

Patient and Family Support Programs

SUMMER/FALL 2026

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 and their families 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 the VICC Patient and Family Resource Center at (615) 322-9799, VICCResourceCenter@vumc.org or Julie.Bulger@vumc.org

Connect with us!



Instagram
@vumc_cancer



Facebook
Vanderbilt-Ingram Cancer Center

A Comprehensive Cancer Center
Designated by the National Cancer Institute

Vanderbilt-Ingram Cancer Center

www.VICC.org

www.vanderbilthealth.com/cancer

www.vanderbilthealth.com/information/caregiver-resources

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]**.

VANDERBILT-INGRAM
CANCER CENTER

Supportive and Palliative Oncology Clinic (SPOC)

The Supportive and Palliative Oncology Clinic (SPOC) offers specialized care to patients throughout their cancer treatment. The Supportive and Palliative Care team consists of multidisciplinary experts including

- physicians
- nurse practitioners
- a clinical pharmacist
- nurse
- pharmacy technician

The team provides personalized and supportive care aligned with patient and family member goals and values throughout the cancer journey. In collaboration with VICC oncology teams, the clinic's experts manage symptoms such as nausea, vomiting, diarrhea, constipation, and fatigue. In addition, interventional pain physicians offer procedures to manage cancer pain.

The clinic is located on the first floor of The Vanderbilt Clinic. Patients who receive cancer treatment at Vanderbilt may self-refer by calling **(615) 936-8422**, or request a referral from their oncology team.

Patients can be seen by SPOC providers at The Vanderbilt Clinic, One Hundred Oaks, Lebanon, Cool Springs, and Belle Meade.



Rajiv Agarwal, MD
Co-Director



Sara Martin, MD
Co-Director

INTEGRATIVE ONCOLOGY

Integrative Oncology is a type of cancer care that combines complementary treatments with conventional cancer treatments.

The benefits of integrative oncology include:

- Optimizing health and quality of life by providing holistic care.
- Empowering patients before, during, and after cancer care.
- Symptom management such as pain, insomnia, stress, anxiety, and fatigue.
- Review of complementary treatment options including aromatherapy, acupuncture, nutrition, movement therapies, supplements, and mind/body therapies.

TELEHEALTH APPOINTMENTS are available for Tennessee residents.

IN-PERSON VISITS are available in Pleasant View.

Caregivers are welcome to attend with the patient.
Ask your medical provider for a referral.



Sarah Murawski, PA-C

ACUPUNCTURE VISITS

Now available at the Vanderbilt-Ingram Cancer Center in the following locations:
Cool Springs, Lebanon, and Pleasant View

Ear Acupuncture:

- Improves quality of life and well-being by easing pain, nausea, and fatigue
- Is used for overall wellness including stress management
- Can ease symptoms of withdrawal from medication

Cost is $31 per session.

Call **615-936-VICC (8422)** to schedule an appointment or ask your provider for a referral.
Appointments can also be scheduled on-line using MyHealthAtVanderbilt



Heather Jackson, PhD, FNP-BC, NEA-BC, FAANP



Sarah Murawski, PA-C



Heather Griffin, PA



Kendra Dean, FNP-C

Experience the Benefits of Music Therapy

Music Therapy is now available at the Vanderbilt-Ingram Cancer Center, in the infusion clinic and inpatient spaces- provided by a board-certified music therapist as a part of your personalized care. This evidence-based therapy goes far beyond recreational music, using the power of music to support your physical, emotional, and overall well-being.

Our music therapist works closely with your care team to help you manage:

- Pain and anxiety
- Mobility and relaxation
- Emotional expression and coping
- Stress for both patients and caregivers



Emily Owens, MA, MT-BC, NMT
Board-Certified Music Therapist

Every session is tailored to you — whether you'd like to listen, sing, play instruments, write songs, or simply use music for comfort and reflection. No musical experience needed!

Ask your provider today for a referral for Music Therapy and experience how music can make a difference in your healing journey.

Your support makes this program possible.
Scan for more information.

VICC Psycho-Oncology Program *- Mental Health 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 AND HEALTH

Healing Focused on Your Whole Health

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



Integrative medicine and health 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.

PATIENT SERVICES

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

- Acupuncture
- Biofeedback
- Clinical Group Visits
- Integrative Health Consultations
- Physical Therapy
- Therapeutic Movement Classes *(Yoga, Tai Chi & Qigong)*
- Individual Therapeutic Movement Sessions *(Yoga, Tai Chi & Qigong)*

Many classes and services provided via telehealth or Zoom.

Please visit **VanderbiltHealth.com/osher/** and click "Class Information" for a current list of our programs and to sign up or call: **(615) 343-1554**

Osher Center for
Integrative Health at Vanderbilt

LIVING WELL WITH CHRONIC PAIN

Supportive Skills for People Living with Chronic Pain

Living Well with Chronic Pain is a 4-week series designed to help you develop skills that may help ease your pain and cultivate stability in body, breath, and mind. You will also learn tools that may help decrease anxiety and assist in coping with cancer-related pain and other life stressors.

Tuesdays 1:00 p.m.-3:00 p.m.
Thursdays 2:00 p.m.-4:00 p.m.

An Integrative Health Consult is the first step in participating in Osher medical and therapy groups. Ask your healthcare provider for a referral to Osher to get started.

Osher Scheduling Line: 615-343-1554
https://vanderbilthealth.com/service-line/osher-center-integrative-health

MINDFULNESS SKILLS

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.

An Integrative Health Consult is the first step in participating in Osher medical and therapy groups. Ask your healthcare provider for a referral to Osher to get started.

https://vanderbilthealth.com/service-line/osher-center-integrative-health

Osher Scheduling Line: 615-343-1554

EMPOWERED RELIEF

This is an evidence-based single-session virtual class that rapidly equips patients with pain management skills. This class includes experiential exercises and creates a personal plan for pain relief. Family may attend with you. Offered 1-2x monthly on Tuesdays from 2-4pm and/or Wednesdays from 10am-12pm.

An Integrative Health Consult is the first step in participating in Osher medical and therapy groups. Ask your healthcare provider for a referral to Osher to get started.

https://vanderbilthealth.com/service-line/osher-center-integrative-health

Osher Scheduling Line: 615-343-1554

Osher Center for Integrative Health at Vanderbilt

TAI CHI FOR BALANCE

This class series focuses on Tai Chi-based movements and the principles of centering, grounding, coordinated movements, body awareness, full/empty, and intentional movements. The series is designed for those who want to improve stability and mobility and may be experiencing neurological conditions, vertigo, vestibular issues, pain, movement disorder, or arthritis. Suitable for individuals experiencing challenges with balance. All Osher Movement Classes are facilitated by an instructor with experience and specific training working with participants with chronic pain and conditions.

Cost: $120 per person/6-week series. Hybrid (virtual or in person options available). Tuesdays from 10:30-11:30am CT.

No referral required for Osher Movement Classes (Yoga, Tai Chi, Qigong).

Open registration on Eventbrite. Please see the link or QR Code.

www.eventbrite.com/o/vanderbilt-osher-center-for-integrative-health-33802308359#search

Osher Scheduling Line (615) 343-1554.

QIGONG TO RESTORE

Derived from Tai Chi and Qigong, this series incorporates slow and gentle movements that focus on increasing blood circulation and fluid flow throughout the body, reduce joint stiffness, muscle tension, blood pressure, and improve overall health and well-being. Movements focus on subtle leg bending and circular arm and trunk motion and can be modified to be done either seated and standing

Cost: $60 per person/4-week series (45-min session). Wednesdays from 10:30-11:15am.

No referral required for Osher Movement Classes (Yoga, Tai Chi, Qigong).

Open registration on Eventbrite. Please see the link or QR Code.

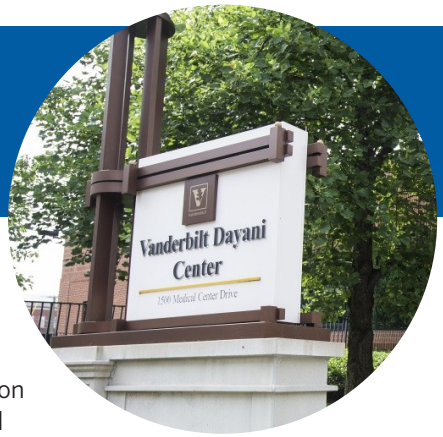
www.eventbrite.com/o/vanderbilt-osher-center-for-integrative-health-33802308359#search

Osher Scheduling Line (615) 343-1554.

Vanderbilt Dayani Center for Health & Wellness

1500 Medical Center Drive
Nashville, TN 37232

(615) 322-4751



PHYSICAL THERAPY

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

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

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

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.

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

CANCER REHABILITATION PHYSIATRY

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

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

Cancer rehabilitation can help with:

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

Outpatient Cancer Rehabilitation Physiatry Clinic

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



VICC Cancer Rehabilitation Physiatrist, Dr. Cristina Kline-Quiroz, together with physical therapy team



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

CONNECT WITH US

Sign up for our newsletter to stay up to date on events, resources, and more. For more information, contact **Hasani.Bland@vumc.org**

TENTATIVE DATE

Second Annual Young Adult Cancers Symposium

SATURDAY, NOVEMBER 14, 2026

Scan to complete interest survey

CANCER SURVIVOR WELLNESS SYMPOSIUM

Saturday, June 13, 2026 | 8:00 a.m. - 12:30 p.m. CT

Join us for an incredible day of learning from Vanderbilt experts on how to thrive after a cancer diagnosis. Event is in-person and virtual.

Dr. Deb Friedman, Liz Winkler, MSN, APN-BC, and Jillian Lapham, MMS, PA-C

Resource Tables available including Gilda's Club, Survivor Fitness, and BRA (Breast cancer Recovery in Action)

TOPICS

Integrative Oncology
Sarah Murawski, PA-C

Post-Radiation Effects
Julia Carver, AGACNP-BC, APRN

Genetics Overview
Katie Lang, MS, CGC

Psychology-Oncology
Dr. Rafael Tamargo

Male Sexual Dysfunction
Dr. Niels Johnsen

Female Sexual Dysfunction
Dr. Elizabeth Sebesta

Cardio-Oncology
Dr. John Wells



This event is offered in-person (to the first 80 registrants) as well as virtually for all via Microsoft Teams. *Due to limited space, in-person registration will be limited to the cancer survivor plus one guest.*

KIDNEY CANCER PATIENT AND FAMILY SYMPOSIUM

JUDY NICHOLSON Kidney Cancer Foundation

VANDERBILT-INGRAM CANCER CENTER

Hope In Motion

Empowering Patients. Connecting Communities. Changing Kidney Cancer.

Friday, August 21, 2026 • 8:30am-3:00pm
Nashville Marriott and Vanderbilt University
2555 West End Avenue, Nashville, TN 37203

Scan the QR code to register
For more information, email julie.bulger@vumc.org

You Are Not Alone

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

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

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

How your Navigation Team may help you:

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

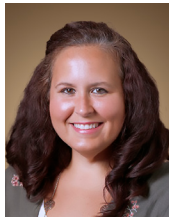
Contact the **Patient Care** Navigator with any concerns.

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

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.**

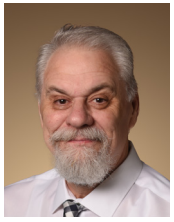
Patient Care Navigators



Ginny Fowler
GYN-Oncology
(615) 600-8766



Teri Rice
Gastro-Intestinal and Head and Neck Cancers
(615) 689-0483



Mike Vaughan, MA
Malignant Hematology
(615) 689-1538



Jaime Wyatt, OPN-CG
Sarcoma, Melanoma and Thoracic
(615) 200-3441



Jan Zamudio
Genito-Urinary and Neuro Oncology
(615) 200-2476

Vanderbilt Infusion Clinic

Orientation to Chemo/Immunotherapy



To request a pre-recorded video of the class for patients newly diagnosed with breast cancer, please email: **sheri.l.spears@vumc.org**

To request a pre-recorded video of the class for patients newly diagnosed with cancer (other than breast), please email: **VICCchemoclass@vumc.org**

VANDERBILT-INGRAM CANCER CENTER

PREFACE

PRESERVING FERTILITY AFTER COLORECTAL CANCER STUDY

VANDERBILT-INGRAM CANCER CENTER

Adults age 18 to 49 years diagnosed with colorectal cancer may be eligible for a clinical research study to discover how cancer therapies impact reproductive health over time.

www.theprefacestudy.org

For more information, contact: (615) 936-6204 or prefacestudy@vumc.org

Scan the QR code with your phone to visit our website!

My Health *At Vanderbilt*

My Health at Vanderbilt, our online patient portal, lets you securely send non-urgent messages to your provider, easily schedule and see your appointments, ask for prescription refills, get ready for your visits, look at test results and medical details, participate in telehealth visits, pay your bill, and much more.



VANDERBILT HEALTH



JULY 10-12, 2026

VANDERBILT-INGRAM CANCER CENTER

The Life Raft GROUP

LIPOSARCOMA SUPPORT NETWORK

TGCT Support

Join the Vanderbilt-Ingram Cancer Center, The Life Raft Group, Liposarcoma Support Network & TGCT Support in Nashville for Life Fest 2026!

Life Fest is a weekend-long educational event for the sarcoma community - bringing together sarcoma experts and researchers from top sarcoma centers with patients and caregivers.

Join patients and caregivers from around the world to gain knowledge, share experiences, and build lasting connections. **Sessions for GIST patients, liposarcoma, and TGCT patients are held separately. (TGCT Support track is a one-day event on 7/11).**

REGISTER for GIST TRACK

REGISTER for LIPOSARCOMA TRACK

REGISTER for TGCT DAY OF LEARNING

https://liferaftgroup.org/event/life-fest-2026-nashville/

For more information, contact

Julie Bulger - **julie.bulger@vumc.org**
Brian Morello - **bmorello@liferaftgroup.org**

VANDERBILT-INGRAM CANCER CENTER

Join us for our 9th Annual

Neurofibromatosis and Schwannomatosis

PATIENT & FAMILY SYMPOSIUM

Saturday, August 22, 2026
9:00am–Noon CT

At this free event, you'll have the opportunity to:

- Learn about updates in treatment and support for both adults and children diagnosed with NF
- Learn about Vanderbilt NF clinical and research programs
- Engage with Vanderbilt experts who treat neurofibromatosis
- Learn about Children's Tumor Foundation and regional resources

For more details and to register:
https://NFSymposium2026.eventbrite.com

Questions?
Email **julie.bulger@vumc.org** or **615-936-5706**

VANDERBILT-INGRAM CANCER CENTER

CHILDREN'S TUMOR FOUNDATION ENDING NF THROUGH RESEARCH

This FREE event will be virtual (via Microsoft Teams) and will focus on topics that are NF-related for both adults and children. Open to anyone impacted by neurofibromatosis (teenagers and older) and their caregivers regardless of where care has been received.

The DAISY FOUNDATION™

IN MEMORY OF J. PATRICK BARNES

Want to Say "Thank You" to Your Nurse?

Share your story of compassionate and skillful nursing care.

Scan the QR code or visit www.VUMCDAISY.com



VIRTUAL RESOURCES FOR PATIENTS AND FAMILIES

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

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 or call us at 1-800-227-2345 for more information.

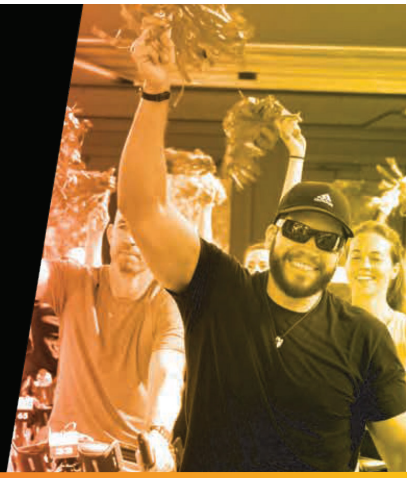
- 24/7 cancer helpline
- Places to stay during treatment including Hope Lodge
- Rides to treatment
- Connect cancer survivors
- Education materials about cancer
- Hair-loss and mastectomy products
- Caregiver support
- Clinical trials

cancer.org | 1.800.227.2345

5TH ANNUAL

20 26

CLIP IN 4 THE CURE



SATURDAY, OCTOBER 3, 2026
8 A.M. – 12 P.M. | GEODIS PARK

1 FORM A TEAM
2 FUNDRAISE
3 CLIP IN

All proceeds benefit adult and pediatric cancer research at

VANDERBILT-INGRAM CANCER CENTER



Join us for our fall Team Vanderbilt events

Scan the code for event dates. Details will be added closer to the event date.

GO2 for Lung Cancer 5K Walk/Run

Steps Against Melanoma - AIM at Melanoma Foundation

More than Pink 5K - Susan G. Komen

Sherry's 5K Run/Walk - Sherry's Hope

Light the Night - Blood Cancer United

Relay for Life - American Cancer Society

MIDDLE TENNESSEE CAMP BLUEBIRD

September 18-20, 2026 | Camp Widjiwagan, Nashville, Tennessee

A place of sanctuary, a place of solace, and a place of strength.

Camp Bluebird is a 3-day, 2-night camp retreat where adult cancer patients are provided with education, support and encouragement in living life after a cancer diagnosis.

- Time for listening, learning, sharing and caring
- Exploration of lifestyle adjustments in living with or beyond cancer
- An opportunity to assess non-medical needs and discover ways to meet those needs
- Education regarding medically-related concerns such as nutrition, exercise, side effects from cancer treatment and management of those symptoms
- A variety of recreational activities including crafts, games, fishing, Tai Chi, and live music



For more information:
email mxgarrett55@gmail.com
or visit www.campbluebirdtn.org

camp kesem
FREE SLEEP-AWAY CAMP



Check website for dates and location

- **For kids ages 6–18 who have a parent diagnosed with cancer.**
- **Unforgettable week of fun in a safe and welcoming environment!**
- **Run by passionate Vanderbilt University college student leaders.**
- **Free transportation from Nashville.**
- **Individualized support, as needed.**
- **Camp registration is offered on a first-come, first-served basis. Apply today!**
- **Brochures available in the VICC Patient and Family Resource Center.**

www.kesem.org • Vanderbilt.outreach@kesem.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.

For more information
email Sara.Childerston@vumc.org or call (615) 322-0449

A collaboration of the Vanderbilt-Ingram Cancer Center and The Curb Center for Art, Enterprise, and Public Policy.

SHERRY'S HOPE

MONTHLY CANCER SUPPORT GROUP

THE THIRD WEDNESDAY OF EACH MONTH
5:00 PM | THE SHERRY'S HOPE OFFICE
155 LEGENDS DR. SUITE O, LEBANON, TN 37087

A welcoming space for cancer survivors, patients, and caregivers to connect, share their experiences, and gain encouragement, practical tips, and hope for the journey ahead.

Woman to Woman: Providing hope and insight from someone who's been there

A cancer diagnosis can be an overwhelming experience. That's why Vanderbilt-Ingram Cancer Center has partnered with OCRA to offer the **Woman to Woman** peer support program, a national network of mentors providing understanding, knowledge, and the reassurance that you are not alone.



Building a relationship with someone who has overcome a similar challenge can be empowering, and we take great care in matching you with a mentor - a gynecologic cancer survivor who has volunteered to share her experience and offer one-on-one support through treatment and beyond. Matches are based on your cancer type, age, cultural background, and any other preferences you may have.

Ovarian Cancer Research Alliance

To register for the program or to become a trained mentor at VICC, please complete an application at **vicc.org/survivorship/womantowoman**

For more information about our program, contact the coordinator, **Sara Childerston at (615) 322-0449 or Sara.Childerston@vumc.org**

ORCA is the world's leader in fighting ovarian cancer, battling the disease from all fronts: in the lab and on Capitol Hill, and through innovative programs to support patients and their families. ORCA is grateful to Merck, GSK, Eisai, and Genentech for their support of this program.

Research. Advocacy. Support.

CHIC AWEARNESS
A FASHIONABLE FIGHT FOR OVARIAN CANCER RESEARCH

The Vanderbilt-Ingram Cancer Center is proud to partner with Chic Awearness in their mission to provide ongoing education and support for patients and families impacted by gynecologic cancers.

SUPPORTIVE RESOURCES

When Someone You Love Has Cancer

Caregivers need to take care of themselves too.

Meet others in-person or virtually
who understand what it's like
to care for a loved one with cancer.



This support group meets IN-PERSON

1st and 3rd Wednesdays
12:30p.m.-1:30p.m. CT
Vanderbilt University Hospital

Please call or email
to confirm attendance

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

Kelly Fields
(615) 322-4887
kelly.owens@vumc.org

This support group meets VIRTUALLY

via Microsoft Teams
2nd and 4th Tuesdays
Noon-1:00 p.m. CT

Please call or email
to confirm attendance

Destini Edens, LCSW
(615) 290-7772
destini.edens@vumc.org



NUTRITION SERVICES

People with cancer often need to follow diets that are different than the way they normally eat. We can help make a food plan to meed your individual needs. Let your care team 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.

HEREDITARY CANCER CLINIC

The Hereditary Cancer Clinic meets with people with cancer, or those concerned about their cancer risk due to a family history of cancer, who are interested in genetic testing for cancer risk. Visit VanderbiltHereditaryCancer.com or call (615) 343-7400 to make an appointment.

SURVIVORSHIP RESOURCES

Cancer survivorship focuses on the health and well-being of an individual from the moment of diagnosis through the balance of their life.

The experts at **REACH (Research, Education, Advocacy, Clinical Care and Health) for Survivorship Program** understand the physical, emotional, and functional concerns that follow cancer and its treatment. They help survivors adjust to their "new normal."

Services include:

- Review of diagnosis and treatment
- A personalized Survivor Care Plan that serves as a roadmap for maintaining future heal and well-being
- Physical exams
- Referrals to specialists and coordination of follow-up care

This after-treatment support is available to all survivors, whether they are experiencing difficulties or enjoying a smooth return to health.

Visit: **VanderbiltHealth.com/CancerSurvivor** or call **(615) 936-8422** to schedule an appointment. No referral necessary.

Pediatric survivor appointments are offered at the Villages at Vanderbilt. Call **(615) 343-7400**

AMYLOIDOSIS SUPPORT GROUP

Provides educational opportunities and support to patients and families touched by amyloidosis. Meetings are quarterly.

Our next meeting's topic will be Patient and Caregiver Wellness
Saturday, August 15, 2026 | Luncheon 11:30 a.m.-2:30 p.m.
Connors Steak and Seafood in Cool Springs, 1916 Galleria Blvd., Franklin, TN

For questions or information about upcoming meetings, email: adriennemolteni@gmail.com or call: 615-497-1770. Events are sponsored by the Amyloidosis Foundation, www.amyloidosis.org

PATIENT LODGING COORDINATOR

Our 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 from our clinic in order to receive a discounted rate.

Use the QR code for the online survey to get started.



Visit or contact: **SHERRY VICK**
Desk 2 in Registration – Suite 1710
(615) 322-2278 | Monday–Friday

Road To Recovery®

American Cancer Society®

The Road To Recovery Program by the American Cancer Society (ACS) helps patients who need transportation to cancer-related medical appointments. Trained volunteer drivers provide curb-to-curb service, picking up patients at home, driving them to their appointment, and dropping them back home at no cost.

Eligibility

- Must be a patient traveling to a cancer-related medical appointment.
- Patients may need a caregiver if unable to walk independently or if under 18.
- Advanced notice is recommended since organizing rides may take several business days.

To schedule a ride call 1-800-227-2345 to check availability and request a ride.

To volunteer to drive patients to treatment visit cancer.org/drive.

Free Cancer Support

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

Our 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.

GILDA'S CLUB MIDDLE TENNESSEE

An Affiliate of the
CANCER SUPPORT COMMUNITY

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

Join the Bone Marrow Donor Registry Today

You could be the match that saves a life.

Scan the QR code to join the National Bone Marrow Donor Registry.

There is a critical need for more donors, especially people of color between the ages of 18 and 40.

nmdp
FIND CURES. SAVE LIVES.

JOIN THE BLOOD STEM CELL DONOR REGISTRY

Text VUMC to 61474

Must be between the ages of 18-40 to join.

Do you know your pharmacist?

They are an important part of your care team!

You can reach your pharmacist directly through your **MyHealthatVanderbilt** account.



Michael Arnold
Gastrointestinal



Michael Bounds
Sarcoma/Melanoma



Callee Brooks
Hematology



Taylor Butler
Supportive/Palliative



Amanda Cass
Thoracic



Keaton Gaffney
Breast Center



Rachel Gilmore
Stem Cell Therapies



Sydney Hunt
Hematology



Lindsay Mundy
Head/Neck



Lindsay Orton
Stem Cell Therapies



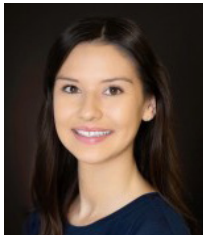
Rachel Peaytt
Inpatient Medical Oncology



Rebecca Pokorny
Neuro ONC



Sarah Profitt
Hematology



Taylor Thompson
GYN Oncology



Robin Tumlinson
Genitourinary



Sean Wilson
Cool Springs

Brain Cancer Support Group

Join us virtually or in-person at
VICC Belle Meade for a new support group
specifically for those impacted by brain cancer.

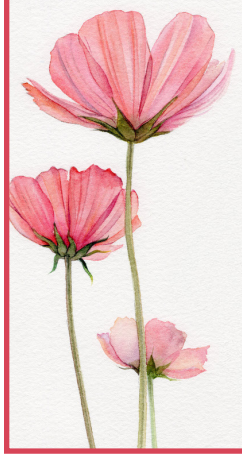
1st and 3rd Friday of the month from 12-1pm

For more information
call 615-322.1399 or email
Lindsay.a.grisanti@vumc.org


Lindsay Grisanti, LMSW, OSW-C


Destini Edens, MSSW, LCSW

VANDERBILT-INGRAM CANCER CENTER



Breast Cancer Support Group

BI-MONTHLY MEETING

Geared toward **women in their 30s-40s** who have been diagnosed with breast cancer. Meet women who are in all phases of treatment.

Meets at Vanderbilt-Ingram Cancer Center Belle Meade the 1st Monday and 3rd Tuesday of each month with a virtual option available.

For more information contact
Destini Edens at destini.edens@vumc.org or
Janet Fuller at janet.m.fuller@vumc.org

VANDERBILT-INGRAM CANCER CENTER

Your **ONE** Number for Cancer Care

ANSWERED 24/7

(615) 936-VICC (8422)
or toll free **(877) 936-VICC (8422)**

VANDERBILT-INGRAM CANCER CENTER

A Comprehensive Cancer Center Designated by the National Cancer Institute

SUPPORTIVE RESOURCES

A Social Worker is part of your supportive health care team.



Melanie Assid, LCSW, ACM-SW

Serves breast cancer patients seen at Vanderbilt's One Hundred Oaks location.

Call (615) 343-2374 or ask your physician for a referral.



Sara Childerston, MSW

Serves patients with gynecological cancers and is program manager for the VICC Woman to Woman program.

Call (615) 322-0449 or ask your physician for a referral.



Khrystal M. Dupre, DBH, LMSW

Works with sickle cell and hematology patients in our 3rd Floor Cancer Clinic at TVC.

Call (615) 322-4227 or ask your physician for a referral.



Destini Edens, MSSW, LCSW

Serves oncology and hematology patients at any of our regional cancer clinics.

Call (615) 290-7772 or ask your physician for a referral.



Kelly Fields, LMSW

Serves patients receiving stem cell transplants and cellular therapies.

Call (615) 322-4887 or ask your physician for a referral.



Lindsay Grisanti, LCSW, OSW-C

Serves oncology patients seen on our First Floor of the main Cancer Clinic within TVC and also those receiving radiation oncology at the downtown location.

Call (615) 322-1399 or ask your physician for a referral.

Our social workers can connect you directly with:

Counseling and Support • Education and Advocacy • Financial Counselors
Transportation Needs • Peer Support • Local and Community Resources

FINANCIAL COUNSELORS

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



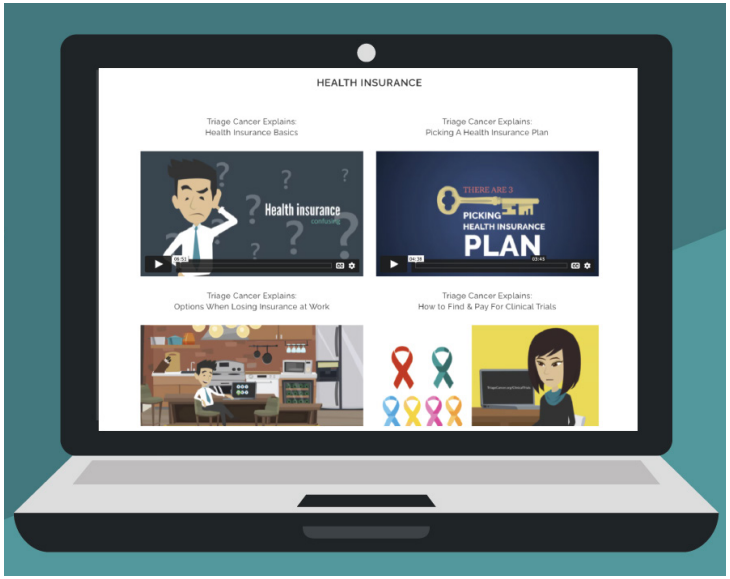
Nicole Harris
One Hundred Oaks
(615) 421-8037



Annette Bess
Cool Springs
(615) 875-0352

Triage Cancer

Check out our animated videos at TriageCancer.org/AnimatedVideos



Legal & Financial Navigation Program
TriageCancer.org/GetHelp

Quick Guides & Checklists
TriageCancer.org/QuickGuides

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

TRIAGE CANCER

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
615.472.9478
info@bragroup.org

SURVIVOR FITNESS

Survivor Fitness is a nonprofit organization that offers cancer survivors what they need, at no cost to them – helping them kickstart the next chapter of their life through one-on-one personal training, nutritional coaching, and mental health support. They are a wellness program that bridges the post-treatment gap and helps them take the important first steps on their journey toward long-term health

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.

Calendar of Cancer Awareness Months

JUNE

National Cancer Survivor Month



Endometrial Cancer



JULY

Leiomyosarcoma



Sarcoma/Bone Cancer



AUGUST

Appendix Cancer



SEPTEMBER

Leukemia



Lymphoma



Ovarian Cancer



Prostate Cancer



Thyroid Cancer



Uterine Cancer



OCTOBER

Breast Cancer



Liver Cancer



NOVEMBER

Honoring Caregivers



Lung Cancer

Neuroendocrine Cancer



Pancreatic Cancer



Stomach Cancer



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

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

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

Free parking available at all locations

Vanderbilt-Ingram Cancer Center Hendersonville
128 North Anderson Lane
Hendersonville, TN 37075
(615) 936-8422

Vanderbilt-Ingram Cancer Center Lebanon
1616 West Main St., Suite 101
Lebanon, TN 37087
(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

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

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