



Patient and Family Support Programs

WINTER/SPRING 2025



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 Julie in the Patient and Family Resource Center at
(615) 322-9799 or Julie.Bulger@VUMC.org**

Connect with us!



@VanderbiltIngram



@vumc_cancer



@VUMC_Cancer

A Comprehensive Cancer Center
Designated by the National Cancer Institute

Vanderbilt-Ingram Cancer Center

www.VICC.org

www.vanderbilthealth.com/cancer

www.vanderbilthealth.com/service-line/cancer-care

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]**.

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, and 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.

OSHER CENTER FOR INTEGRATIVE HEALTH AT VANDERBILT

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.



SERVICES AND CLASSES:

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

- Acupuncture
- Biofeedback
- Group Therapy
- Health Coaching
- Integrative Health Consultations
- Medical Group Visits
- Mind-Body Counseling
- Movement Classes
- Physical Therapy
- Private Yoga
- Private Tai Chi/Qigong

Many classes and services provided via telehealth or Zoom.

Please visit our website:

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

Cancer Medical Fitness Program

For patients receiving treatment at VICC

This exercise program helps patients improve their physical fitness during and after treatment at VICC.

Consultation

Cost: \$45 Patients will meet with an exercise physiologist (a specialist who develops exercise programs that help patients recover from diseases and procedures). This consultation can either be an in-person appointment or done remotely by telemedicine using a phone, tablet, or computer.

The exercise physiologist will ask about the patient's:

- exercise history
- exercise likes and dislikes
- exercise equipment (if the patient has any)
- ability to go to a gym

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

www.vanderbilthealth.com/program/cancer-wellness-medical-fitness

VANDERBILT  HEALTH



PHYSICAL MOVEMENT AND FITNESS

PHYSICAL THERAPY

Vanderbilt Dayani Center

Our physical therapists provide one-on-one complete exercise plans to address physical limitations, pain, weakness, fatigue, limited movement, and lymphedema prevention strategies following cancer treatment. Manual therapy to release scarring, decrease pain, and improve mobility is performed as needed. Therapists tailor programs and therapies to each client's needs and interests.

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

CERTIFIED LYMPHEDEMA THERAPIST

Vanderbilt Dayani Center

The Vanderbilt Dayani Center also offers lymphedema services for those with swelling following cancer diagnosis. Therapists tailor programs and therapies to each client's needs and interests.

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

RESTORE WELLNESS PROGRAM FOR STEM CELL TRANSPLANT PATIENTS

Vanderbilt Dayani Center

This program is for patients who have had an allogeneic stem cell transplant. It is designed to improve cardiovascular fitness, strength, and functional ability through guided exercise sessions with clinical supervision.

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

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.

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

YOUNG ADULT CANCER PROGRAM

NAVIGATING TOGETHER



WE'RE
HERE
TO HELP

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

Monthly in-person support groups are now being held at 5:30pm CT on the main campus. For more information, contact Siobhan.bissionette@vumc.org
Upcoming dates: February 24, March 18, April 15, and May 20.



CONNECT WITH US

Sign up for our newsletter to stay up to date on events, resources, and more.

www.YoungAdultsWithCancer.com

 VANDERBILT-INGRAM CANCER CENTER



@VanderbiltIngram



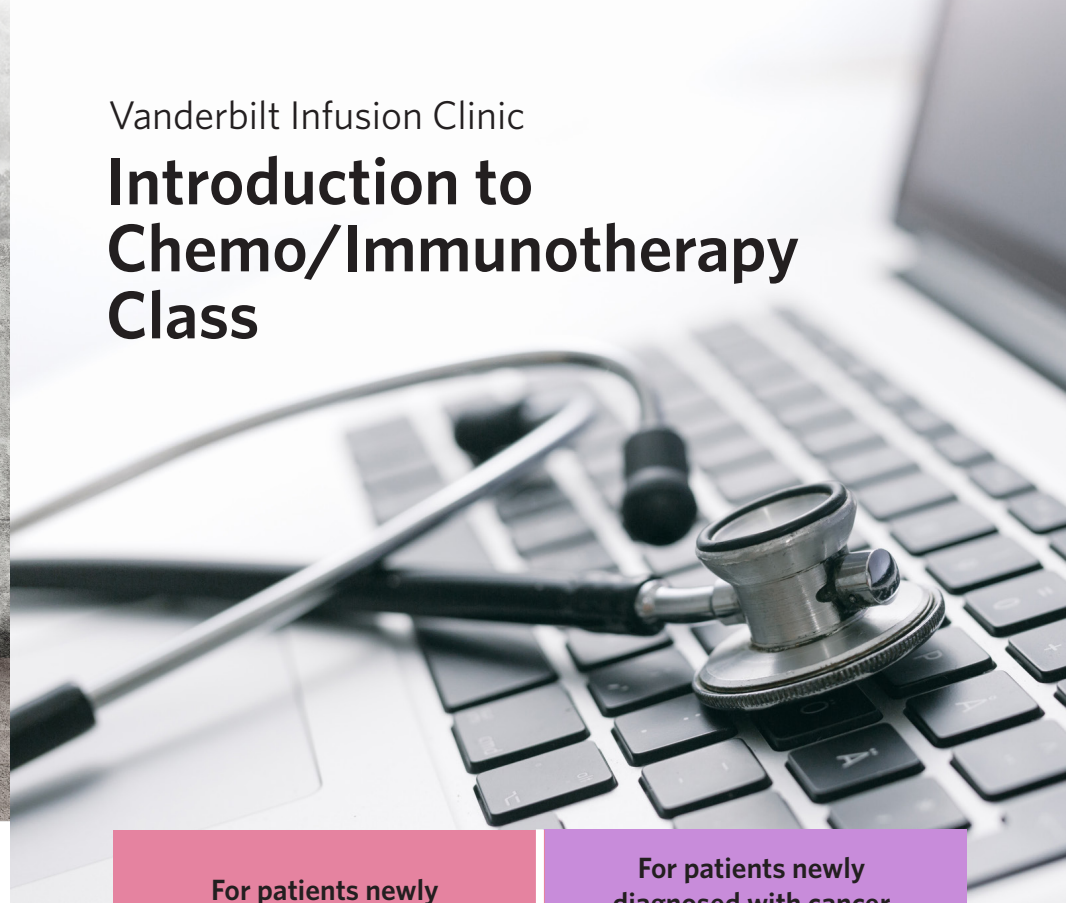
@vumc_cancer



@VUMC_Cancer

Vanderbilt Infusion Clinic

Introduction to Chemo/Immunotherapy Class



**For patients newly
diagnosed with breast cancer**

Every other Monday
10:00a.m.-noon CT
via Microsoft Teams

TO REGISTER AND QUESTIONS:

Sheri.L.Spears@vumc.org

**For patients newly
diagnosed with cancer
(other than breast)**

2nd and 4th
Mondays of the month
9:00a.m.-10:00a.m. CT
via Microsoft Teams

TO REGISTER:

www.VICCchemoclass.eventbrite.com

QUESTIONS:

VICCchemoclass@vumc.org | 615-936-5706



VANDERBILT-INGRAM CANCER CENTER

CANCER REHABILITATION PHYSIATRY

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

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

Cancer rehabilitation can help with:

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

Outpatient Cancer Rehabilitation Physiatry Clinic

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

If you would like to be evaluated by cancer rehabilitation physiatry, ask your provider for a referral.

HEALING FOR BODY AND MIND



For more information on classes offered at Osher Center for Integrative Medicine, please scan or visit www.vanderbilthealth.com/osher/

ACUPUNCTURE

**Vanderbilt-Ingram Cancer Center
Osher Center for Integrative Health at Vanderbilt and**

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.

Call (615) 936-VICC [8422] to schedule an appointment. Referrals are not necessary.

LIVING WELL WITH CHRONIC PAIN

**Supportive Skills for People Living with Chronic Pain
Osher Center for Integrative Health at Vanderbilt**

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. CT

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

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 BASED COGNITIVE THERAPY (MBCT)**Osher Center for Integrative Health 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.

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**Osher Center for Integrative Health 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.

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>

EMPOWERED RELIEF**Osher Center for Integrative Health at Vanderbilt**

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 CST and/or Wednesdays from 10am-12pm CST.

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>

INTRODUCTORY TAI CHI**Osher Center for Integrative Health at Vanderbilt**

Tai Chi, a form of mind-body exercise, originated as a martial art in China. The practice consists of a choreographed sequence of slow, fluid, and intentional movements. It aims to promote circulation, induce relaxation, reduce stress, improve strength and balance, and foster concentration. Introductory level introduces 2-3 Yang Style Tai Chi movements for body awareness and relaxation. Class practice includes standing, stepping and weight shifting along with coordinated breathing and gentle upper body movement. All Osher Movement Classes are facilitated by an instructor with experience and specific training working with participants with chronic pain and conditions.

Cost: \$48 per person/4-week series or \$72 per person/6-week series. Hybrid (virtual or in person options available). Tuesdays from 5:45-6:45pm CST.

No referral required for Osher Movement Classes (Yoga, Tai Chi, Qigong). Open registration on Eventbrite. Please see link or QR Code.

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

For questions, please call the Osher Scheduling Line (615) 343-1554.

**TAI CHI FOR BALANCE****Osher Center for Integrative Health at Vanderbilt**

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: \$48 per person/4-week series or \$72 per person/6-week series. Hybrid (virtual or in person options available). Tuesdays from 10:30-11:30am CST.

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

For questions, please call the Osher Scheduling Line (615) 343-1554.



YOGA TO RESTORE AND REGULATE**Osher Center for Integrative Health at Vanderbilt**

Yoga is an ancient practice that connects the body, breath, and mind. This M1 series is an introduction to Yoga techniques, focusing on increasing relaxation and discovering how to breathe and move without additional pain or distress. This practice includes slow-paced, gentle movements coordinated with breath, followed by a breathing practice and meditation. Both standing and lying positions will be included and modifications will be individualized for each student's needs. This class is suitable for those new to the practice of Yoga, and for those with some physical limitations and/or in recovery. All Osher Movement Classes are facilitated by an instructor with experience and specific training working with participants with chronic pain and conditions.

Cost: \$60/4-week series and \$90/6-week series. Virtual on Thursdays from 10:30-11:30am CST or in-person on Thursdays 1:15-2:15pm.

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

For questions, please call the Osher Scheduling Line (615) 343-1554.

**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.



Sarah Murawski, PA-C

TELEHEALTH APPOINTMENTS are available for Tennessee residents.

IN-PERSON VISITS are available in Hendersonville and Pleasant View.

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

VIRTUAL Lunch & Learn

FOR VICC PATIENTS AND FAMILIES

Open to anyone touched by cancer. Grab your lunch and join us via Microsoft Teams!

Supportive and Palliative Oncology Clinic (SPOC)

Thursday, April 24, 2025 • Noon-1:00 p.m. CT

Join us to learn more and meet our team of physicians with an expertise in palliative and supportive oncology care.



Rajiv Agarwal, MD



Sara Martin, MD



Sarah Murawski, PA-C

THINGS YOU WILL LEARN:

- How Supportive Oncology can be an impactful addition to your care—from treatment through survivorship.
- Who is included on the SPOC multidisciplinary team and what are their roles
- What are the differences between palliative care and hospice care (there are many!)
- How our new Integrative Medicine clinic can be part of your cancer care experience



Call (615) 936-5706 or julie.bulger@vumc.org for questions

To register, visit: <https://SPOC.eventbrite.com>

VIRTUAL Lunch & Learn

FOR VICC PATIENTS AND FAMILIES

Open to anyone touched by cancer. Grab your lunch and join us via Microsoft Teams!

Current Updates in Cancer Survivorship

Wednesday, January 29, 2025 ▪ Noon-1:00 p.m. CT

Not all people identify with the words 'cancer survivor' – maybe you are a thriver, a warrior, or just someone living with cancer. If you or a loved one has been diagnosed with cancer, this workshop is for you!

Presented by:



Liz Winkler, MSN, APN-BC



Jillian Lapham, MMS, PA-C

YOU WILL LEARN:

- What cancer survivorship really means — it does not mean only those with no evidence of disease are considered a survivor
- How the Vanderbilt REACH for Survivorship program is a unique service in our region to serve post-treatment physical, emotional, and practical needs
- Why having an individualized Survivorship Care Plan can benefit you for your future health and well-being
- How one patient has learned to navigate their life after a serious diagnosis



Call (615) 936-5706 or julie.bulger@vumc.org for questions

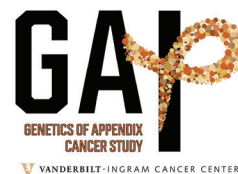
To register, visit: <https://SurvivorVICC.eventbrite.com>

CANCER SURVIVOR WELLNESS SYMPOSIUM

Vanderbilt-Ingram Cancer Center

Saturday, June 7, 2025
8:30 a.m. - Noon

In-person and virtual option
If interested, sign up for more details:
<https://redcap.link/Survivor>



Have you been diagnosed with appendix cancer & are at least 18 years old?

Help us find out how changes in your genes may contribute to appendix cancer development.

Scan here for more details & to learn how you can join GAP!

www.gapcancerstudy.org

(615) 936-8544

gapcancerstudy@vumc.org



VIRTUAL Lunch & Learn

FOR VICC PATIENTS AND FAMILIES

Open to anyone touched by cancer. Grab your lunch and join us via Microsoft Teams!

Current Updates in Colorectal Cancer

Wednesday, March 26, 2025 | Noon-1:00 p.m. CST



Presented by:

Cathy Eng, MD, FACP, FASCO
Vanderbilt-Ingram Cancer Center

YOU WILL LEARN:

- How Vanderbilt-Ingram Cancer Center is considered a gold standard of care for screening, diagnosis, and treatment of colorectal cancer
- Updates on current colorectal cancer treatment options
- How the Vanderbilt-Ingram Cancer Center is a pioneer in many research innovations and how our patients are benefiting from the latest clinical trials

And you'll meet Hasani Bland, new manager for the VICC Young Adult Cancer Program. He will share his vision and strategies for expanding supportive care to our young adult patients and their families.

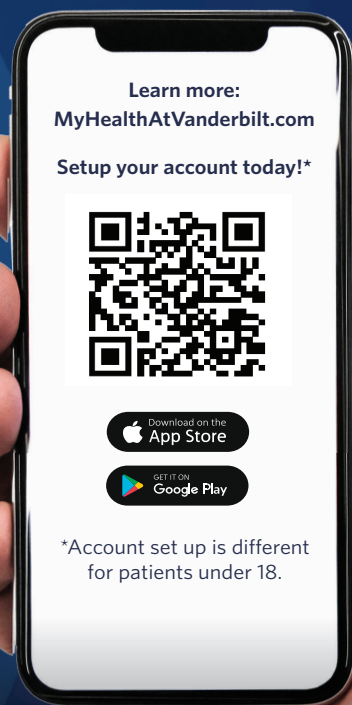


TO REGISTER: <https://CRCatVICC.eventbrite.com/>

Please send any questions ahead of time to Julie.Bulger@vumc.org

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

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



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

Cancer Changes You. Tell Us More.



Your experience matters.

You're invited to join the

Vanderbilt-Ingram Cancer Center (VICC) e-Advisory Group.

If you are currently a VICC patient, family member or primary caregiver, here is an opportunity to help us make some improvements – all from the comfort and safety of your home.

We believe that excellent healthcare happens when patients, their families, and medical teams work together as partners. The purpose of a virtual advisory group is to learn from your perspective and experiences, which will help in the development and implementation of VICC programs, policies, and practice standards.

Please consider joining us as a volunteer VICC e-Advisor. You will be able to share your feedback by completing surveys and giving suggestions.

All information will be kept confidential. We do ask demographic questions to ensure we are hearing from a diverse population that reflects our patients' varied experiences.

As a first step, we will ask you to join our greater VUMC Advise Vanderbilt community. After 3 days, you will receive an additional survey, specific to your experiences with your cancer care.

To join, please visit

www.advisevanderbilt.com/c/r/join



Or scan this using the camera on your phone.

 **VANDERBILT-INGRAM CANCER CENTER**

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

MIDDLE TENNESSEE CAMP BLUEBIRD

April 25-27, 2025 | 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

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

OCRA
ovarian cancer
research alliance

A cancer diagnosis can be an overwhelming experience. That's why OCRA offers the **Woman to Woman** peer support program, so that those diagnosed with a gynecologic cancer don't have to feel alone.

Patients are paired with trained mentors who have gone through it themselves. These mentors provide **one-on-one emotional support**—from the moment of diagnosis through the end of treatment and beyond.



OCRA is grateful to Merck, GSK, Eisai, and Genentech for their support of this program.

ocrahope.org/womantowoman

No matter where you are, someone is here for you.

Matches can be made through our local or national program, and care is taken to connect patients with mentors who are a good fit based on cancer type, age, language and culture, or other preferences. Learn more about getting matched, or becoming a trained mentor at ocrahope.org/womantowoman.

VANDERBILT-INGRAM CANCER CENTER

To apply to be matched or become a trained mentor at VICC, please complete an application at vicc.org/survivorship/womantowoman.

For more information about the program, contact the coordinator at 615-322-0449.



OCRA 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.



Research. Advocacy. Support.

OCRA ovarian cancer
research alliance



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

COMMUNITY PROGRAMS

EXPRESS YOURSELF: Creative Writing Series



Session 1:
February 5, 12, 19, 26
March 5

Session 2:
March 19, 26
April 2, 9, 23

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

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

patients • survivors • caregivers

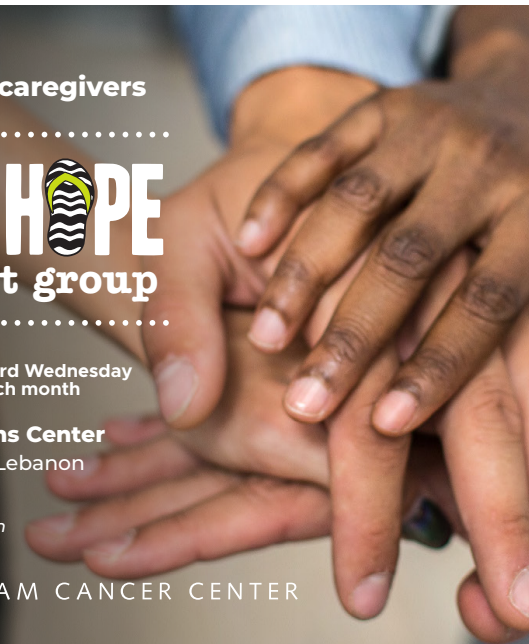
SHERRY'S HOPE cancer support group

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

Lebanon Senior Citizens Center
670 Coles Ferry Pike in Lebanon

In partnership with

VANDERBILT-INGRAM CANCER CENTER



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

**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 Owens
(615) 322-4887
kelly.owens@vumc.org

NEW IN 2025! We understand it's often hard to get away, so we will be offering a Virtual Caregivers Support Group via Microsoft Teams. Get support in the comfort of your own home. Email Destini Edens (destini.edens@vumc.org) to sign up.

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

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) and Kelly Owens (kelly.owens@vumc.org)

Our in-person support group meets 1st and 3rd Wednesdays, 12:30p.m.-1:30p.m. CT

New in 2025! We will be offering a virtual support group for caregivers. Virtual groups meet the 2nd and 4th Tuesdays from Noon-1:00p.m. via Microsoft Teams. To sign up and receive the link, please email Destini Edens (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 meet 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.

Call (615) 322-9799 for more information.

AMYLOIDOSIS SUPPORT GROUP

The Amyloidosis Support Group meets quarterly to provide educational opportunities and support to patients and families touched by amyloidosis.

The next meeting will be Saturday, February 1, 2025 from 11:30-1:30pm

Guest speaker: Dr. Muhamed Baljevic.

There is also support for caregivers that meets regularly at patient homes. For more details on either of these groups, please contact Adrienne at adrienne.e.molteni@vumc.org or (615) 497-1770.

PATIENT LODGING COORDINATOR**The Vanderbilt Clinic, Patient Registration – Desk 2**

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.

SURVIVORSHIP RESOURCES**REACH for Survivorship 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.

Adult survivorship appointments are offered at VICC Belle Meade. Visit: VanderbiltHealth.com/CancerSurvivor or call (615) 936-8422 to schedule an appointment. No referral necessary.

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.

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

**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.

**Lindsay Grisanti, LCSW, OSW-C**

serves patients who have appointments in our 1st Floor Cancer Clinic at TVC.

Call 615-926-8281
or ask your physician for a referral.

**Kelly Owens, LMSW**

works with patients in our Stem Cell Transplant and Hematology Clinic.

Call (615) 322-4887
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 RESOURCES

FINANCIAL COUNSELORS

VICC Registration Area – Suite 1710

If you have questions or concerns about insurance billing, patient balances, or payments, we are here to help while giving you the highest level of care regardless of what you can or cannot afford. Our financial counselors can help you fill out applications for various community and government-sponsored programs and describe our financial assistance policies and payment plan options.

For more information call Tim at (615) 322-5988 or Iris at (615) 322-8154. If you are receiving care at VICC One Hundred Oaks, please call Nicole Harris at (615) 421-8037 or at VICC Cool Springs, call Annette Bess at (615) 875-0352.

FINANCIAL COUNSELING SERVICES

OUR FINANCIAL COUNSELORS CAN:

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



Tim Reid
(615) 322-5988



Iris Borel
(615) 322-8154



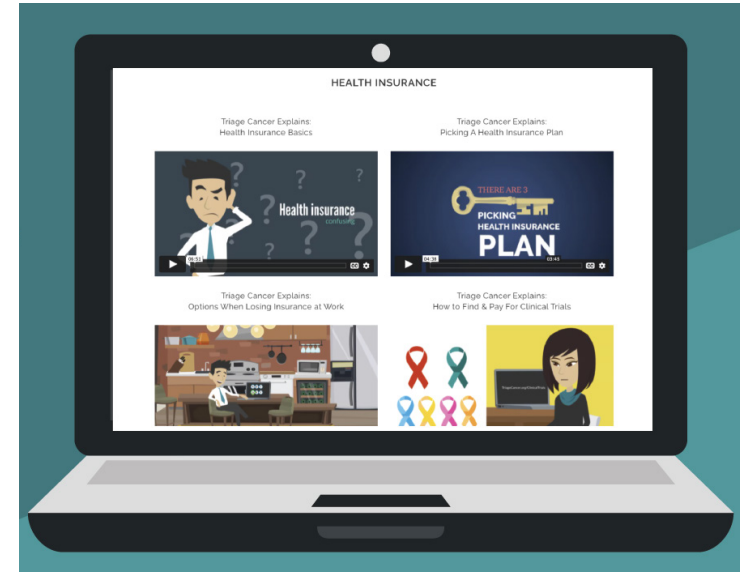
Nicole Harris
One Hundred Oaks
(615) 421-8037



Annette Bess
Cool Springs
(615) 875-0352



Triage Cancer
Check out our animated videos at
[TriageCancer.org/AnimatedVideos](https://www.triagecancer.org/AnimatedVideos)



**Legal & Financial
Navigation Program**
[TriageCancer.org/GetHelp](https://www.triagecancer.org/GetHelp)



**Quick Guides
& Checklists**
[TriageCancer.org/QuickGuides](https://www.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.



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
Cancers
(615) 689-0483



**Alan Smith,
OPN-CG**
Thoracic and
Head/Neck
Cancers
(615) 600-9456



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



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



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

Do you know your pharmacist? They are an important part of your care team!

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



Taylor Butler
Pain/Symptom Mgt



Amanda Cass
Thoracic



Sarah Cimino
GI



Keaton Gaffney
Breast Center



Katie Gatwood
Stem Cell Therapies



Colleen McCabe
Sarcoma/Melanoma



Ryan Miller
Hematology



Lindsay Mundy
Head/Neck



Sara Nezirevic
GYN/Onc



Lindsay Orton
Stem Cell Therapies



Rebecca Pokorny
Neuro Onc



Sarah Proffitt
Hematology



Robin Tumlinson
GU



Sean Wilson
Cool Springs



Bradley Yelvington
Hematology

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.**

ESPAÑOL:



**GILDA'S
CLUB
MIDDLE
TENNESSEE**

**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**



**GILDA'S CLUB
MIDDLE TENNESSEE**
An Affiliate of the
CANCER SUPPORT COMMUNITY

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

JANUARY

Cervical Cancer



FEBRUARY

National Cancer Prevention Month - schedule your preventative screenings!

Gallbladder/Bile Duct Cancer



MARCH

Colorectal Cancer | Kidney Cancer | Multiple Myeloma



APRIL

Testicular Cancer | Esophageal Cancer | Head and Neck Cancer



MAY

Melanoma and Skin Cancer | Brain Cancer | Bladder 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 37202
(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/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

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

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 at Tennova Healthcare - Clarksville

375 Alfred Thun Road
Clarksville, TN 37040
(931) 221-0479

Vanderbilt-Ingram Cancer Center at Maury Regional Spring Hill

1003 Reserve Boulevard, Suite 120
Spring Hill, TN 37174
(931) 486-0796

Free parking available at all locations



VANDERBILT-INGRAM CANCER CENTER