

Patient & Family Support Team

Chaplin

Contact: Lisa Lundeen, Lead Chaplain at 336-832-0364 or 336-319-2555

Hours: Hospital chaplains are always available.

When you would ask to see a chaplain:

- Facing and dealing with suffering, grief or loss of control.
- End-of-life and ethical decisions.
- Spiritual resources for coping with illness.
- Family relationships and communication as they are affected by illness.
- If you need someone to listen and to whom you can tell your story.

Clinical Social Worker

Contact: Abigail Elmore, MSW, LCSW or Grier Hock, MSW, LCSW at 336-832-0950

Hours: Monday – Thursday by appointment

When you would ask to see a clinical social worker:

- Nursing homes, assisted living, rest homes
- Supportive patient/family counseling
- Medication assistance resources
- Alcohol and drug rehabilitation or counseling
- Discharge concerns
- Hospice services
- Ethical dilemmas
- Health insurance/benefits
- Interpreting services
- Transportation assistance
- Home health services
- Healthcare power of Attorney or living wills

When you would ask to be seen by a clinical psychologist:

- Depression
- Thoughts of suicide
- Feeling of trauma related to grief of having cancer
- Chronic pain
- Marital problems
- Family problems
- Anxiety/constant worry
- Insomnia
- Difficulties coping

Genetics Testing

The cause for most cancers is unknown. However, inherited cancer syndromes cause 5 to 10 percent of cancers. If you have a personal and/or family history of any type of cancer, especially if it occurred under 50, then you may want to talk to a genetic counselor. The Cone Health Cancer Center offers genetic counseling with a genetic counselor who has specialized training to assess your risk, provide education about genetic risks and explain test results.



Questions: Brenda Epperson, Administrative Assistant
Phone Number: 336-832-0688

Appointments: 336-832-0754 Monday – Friday
Address: 2400 W. Friendly Avenue, Greensboro, NC 27403
E-mail: www.conehealth.com/genetics

Dietitian

A registered dietitian is uniquely qualified to help you with your nutritional needs during and after your treatments. You may benefit by meeting with a dietitian at the time of diagnosis or during your treatment. She is available to answer questions about how to improve your diet, how to deal with side effects caused by your treatments, and supplement usage.

Contact Person: Barbara Neff, RD, CSO, LDN or Joli Allen, RD
Phone Number: 336-832-1100
Address: 2400 W. Friendly Avenue, Greensboro, NC 27403
Hours: Monday – Friday by appointment
E-mail: Barbara.Neff@conehealth.com or Joli.Allen@conehealth.com

Physical Therapy

Live better before, during and after cancer treatment with specialized rehabilitation. Meet with your cancer rehabilitation team early to set goals and plan for a successful recovery. Depending on your condition, your therapist may recommend simple exercises to build strength and endurance before chemotherapy, radiation or surgery. That’s because “prehab” — rehabilitation before treatment — may help you recover more quickly.

Contact Person: Marti Smith or Donna Salisbury
Physical Therapist and Certified Lymphedema Therapists
Cone Outpatient Rehabilitation

Phone Number: 336-271-4940

Address: 1904 N. Church St. Greensboro, NC 27405

Hours: Call to Register

E-mail: marti.smith@conehealth.com or donna.salisbury@conehealth.com

Lymphedema

Some women have problems following surgery and/or radiation treatments. Lymphedema is swelling in the chest, arm or side. If you have any concerns about swelling, please ask your physician for a referral for physical therapy. It is very important to see by a physical therapist who is also certified in lymphedema treatment early. A lymphedema specialist will be able to examine you and offer treatment recommendations.

Shoulders and Chest

Some women may have tightness or range of motion problems following surgery. Physical therapy can help with exercises and stretches important for resuming your normal activities. A physical therapist can evaluate you and develop a treatment plan specific to your needs.

Rehabilitation

Some patients feel weak and tired following any or all of their treatments. Physical therapy can help build strength and endurance. Services are available after you have finished your treatments.

*Note: There is a **FREE** one-time ABC class (After Breast Cancer class) that focuses on regaining shoulder range of motion and education about how to prevent lymphedema. This class is offered the first Monday of the month. Please ask your doctor for a note stating that it is ok to attend ABC class.*

Clinical Trials

A clinical trial is a research study with people. The purpose of clinical trials is to find better ways to treat people with a specific disease. The Cone Health Cancer Center has clinical trials that come from or are supported by the National Cancer Institute, private companies and other organizations.

Advances in breast cancer treatment happen when patients volunteer to enroll in clinical trials. The standard of care for cancer treatments that exist today have come about through clinical trials. Taking part in a clinical trial is an important decision. Patients need to understand the purpose of the trial, the treatments, the benefits, the risks and other treatment options.

Contact Person: Vivian R. Sheidler, RN, MS, Clinical Research Manager
Phone Number: 336-832-0821
Address: 2400 W. Friendly Avenue, Greensboro, NC 27403
Hours: Monday – Friday 8:30 am – 5:00 pm
Website: www.conehealth.com/body

Clinical Trials and Cone Health System

Clinical trials have been part of Cone Health since 1987. More than 2,000 patients have been enrolled into prevention, treatment and symptom management research studies.

The Cone Health Cancer Center supports clinical trials to find new treatments that prolong life, help find a cure or improve the quality of life. Another reason the Cone Health Cancer Center takes part in trials is to maintain high standards. Taking part in research is required for our accreditation by the American College of Surgeons.

Cone Health Cancer Center has an average of 30 to 50 trials open at any one time. Trials for breast cancer account for the largest number of open trials. You may go to the Cone Health website to see the clinical trials that are available.

Note: Patients may enroll in national trials in the Greensboro area rather than having to travel to cancer centers in other parts of the state or the country.

Health & Wellness Classes

Tai Chi

Description: Tai Chi is an ancient Chinese form of martial arts that uses movement, meditation and breathing to promote a sense of wellbeing. Research has shown that tai chi can help improve posture, balance, muscle tone, flexibility and strength. It can also lower heart rate and blood pressure. Classes are FREE for cancer patients, survivors and family members.

Contact: 336-832-0688

Location: Cone Health Cancer Center, 2nd floor conference room (call to verify)

Time: Wednesdays 9:30 am – 10:30 am

Gentle Yoga

Description: Yoga involves the use of movement, breathing exercises and meditation to achieve a connection with the mind, body and spirit. Free classes are open to any cancer patient or survivor. No registration required.

Contact: 336-832-0688

Location: Cone Health Cancer Center, 2nd floor conference room

Time: Wednesdays 6:00 pm – 7:00 pm

Massage

Description: A gentle massage customized for you. Patients currently going through treatment can receive two FREE massages.

Contact: 336-832-0688

Location: Cone Health Cancer Center

Time: First and third Mondays of the month (call to verify)

Note: You must pick up your massage certificate prior to your appointment.

Health & Wellness Classes

Look Good Feel Better

Description: Sponsored by the American Cancer Society and taught by a licensed cosmetologist. This practical as well as fun class teaches newly diagnosed patients about cosmetics, wigs and hats contributing to their positive self-image during treatment. Each participant receives a bag of make-up.

Contact: American Cancer Society at 800-227-2345

Location: Cone Health Cancer Center

Time: Second Monday of each month from 10:00 am – 12:00 pm

Note: Class is FREE and space is limited, registration is required.



Finding Your New Normal

Description: Survivorship program for women transitioning from being an actively treated patient to a survivor focused on wellness. Program allows women to reflect on their lives in a way that is healthy and promotes wellness. Each of the eight sessions includes a presentation or discussion and an introduction to various low-impact exercise.

Contact: 336-832-0688

Time: Eight consecutive Mondays from 6:00 - 8:00 pm

Website: www.conehealth.com

Note: Registration is required. Comfortable, loose clothing suggested.



After Breast Cancer Class (ABC)

Description: A one-time class for breast cancer survivors who have completed treatment. Focus is on regaining shoulder range of motion and education on how to prevent lymphedema.

Contact: Marti Smith or Donna Salisbury at 336-271-4940
marti.smith@conehealth.com • donna.salisbury@conehealth.com

Location: 1904 N. Church St., Greensboro, NC 27405

Time: First & third Monday of each month 11:00 am – Noon

Note: Registration is required. Must have doctor note stating ok to attend class.

Hirsch Wellness Network

- Description:** Hirsch Wellness Network believes the creative process is a healing process, one that unlocks the bonds of fear, fosters hope and renews confidence. Classes are FREE for patients and their families.
- Classes:** Photography, Poetry, Journal Writing, Handcrafts, Diverse Art Work
- Contact:** Louise Grape at 336-549-8367, Louise@hirschwellnessnetwork.org
- Location:** 501 S. Mendenhall St. Greensboro, NC 27403
- Time:** Call to verify
- Website:** www.hirschwellnessnetwork.org



LiveStrong at the YMCA

- Description:** This health and wellness program for cancer survivors is designed to strengthen and support survivors on the road to recovery. The goal is to empower them to improve their physical fitness and live a healthy lifestyle.
- Contact:** Lauren Marshall at 336-478-9622
- Website:** www.bryanymca.org



Cancer Survival Toolbox

- Description:** Offered by the National Coalition for Cancer Survivorship, the Cancer Survival Toolbox is a FREE, self-learning audio program that has been developed by leading cancer organizations to help people develop important skills to better meet and understand the challenges of their illness. The program contains a set of basic skills to help navigate a diagnosis and special topics on key issues faced by people with cancer. It is given to newly diagnosed patients as well as those transitioning off treatment.
- E-mail:** info@canceradvocacy.org
- Website:** www.canceradvocacy.org/resources

Connect With A Survivor

Breast Cancer Support Group

Description: Women of any age and at any stage of breast cancer. Group discussion and group support facilitated by a licensed therapist.

Contact: 336-832-0688

Location: Cone Health Cancer Center 2400 W. Friendly Avenue. 2nd floor conference rm

Time: The third Tuesday of each month from 7:00 – 8:30 pm

Website: www.conehealth.com



Breast Cancer Support Group

Young Women’s Breast Cancer Support Group

Description: Women age 40 and younger at any stage of breast cancer. Group discussion and group support facilitated by a licensed therapist.

Contact: 336-832-0688

Location: Cone Health Cancer Center 2400 W. Friendly Ave. 2nd floor conference room

Time: The fourth Monday of each month from 7:00 – 8:30 pm

Website: www.conehealth.com

Alight Guide Peer Mentoring Program

Description: Newly diagnosed breast cancer patients are carefully matched with breast cancer survivors in a mentoring relationship. Women are matched based on similar treatment plans. Mentors will contact the patient initially via phone, afterwards contact frequency is up to the new patient and survivor. All mentors are certified through a training program.

Contact: Alight Program at Cone Health at 336-834-0027

Address: 2400 W. Friendly Ave, Greensboro NC 27403

Hours: Monday – Friday 9:00 am – 3:00 pm

Website: www.alightfoundation.org

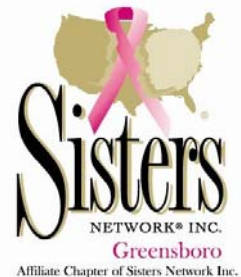
Sisters Network

Description: Sisters Network Greensboro NC is an affiliate chapter of Sisters Network Inc., a national breast cancer survivorship organization for African American women. The mission of the organization is to educate women about the devastating effects of breast cancer in the African American community, to serve as a resource for health information pertinent to African American women, and to provide emotional support to women wherever they are along the continuum of care, from prevention/early detection to survivorship after treatment. The group meets monthly and engages in many outreach activities in Greensboro area.

Contact: Nora Jones, Affiliate Chapter President at 336-272-0092
greensboronc@sisternetworkin.org

Time: 3rd Thursday of the month (except December) at 6:30 pm

Location: Providence Baptist Church
1106 Tuscaloosa St. Greensboro, NC



Pink-Link

Description: Program connects breast cancer survivors online. After joining the website, you complete a breast cancer profile, including any surgeries, treatments, demographics, etc. You can then search the online database for another member who has a similar breast cancer pathology or search by zip code to connect with someone local. Membership is over 5,000 people in all 50 states as well as internationally.

Contact: 310-995-5204

Address: 149 S. Barrington Ave. #734
Los Angeles, CA 90049-3310

Website: www.pink-link.org



Connect With A Survivor

Living Beyond Breast Cancer

Description: Breast Cancer helpline for breast cancer patients to talk to other survivors. Speak with a volunteer who has been diagnosed with breast cancer. Our trained Helpline volunteers offer emotional support and practical information in a confidential setting.

Contact: 888-753- 5222

Hours: Monday – Friday 9:00 am – 9:00 pm ET

Website: www.lbbc.org



Sharsheret

Description: A national not-for-profit organization supporting young women and their families, of all Jewish backgrounds, facing breast cancer. Our mission is to offer a community of support to women diagnosed with breast cancer, or at increased genetic risk, by fostering culturally-relevant individualized connections with networks of peers, health professionals and related resources. Sharsheret maintains a directory of breast cancer resources from genetics to living with advanced breast cancer. They are available to support patients and their families.

Contact: 866-474-2774, info@sharsheret.org

Website: www.sharsheret.org



Imerman Angels

Description: Connects a person fighting cancer today with someone who has beaten the same type of cancer; the relationship provides an opportunity to ask personal questions and receive encouragement from someone who is uniquely familiar with the situation. Cancer caregivers also receive one-on-one connections with other caregivers and survivors.

Contact: 877-274-5529

Address: 400 W. Erie Street Suite #405 Chicago, IL 60654

Hours: Monday – Friday 9:00 am – 6:00 pm CST (office)

Website: www.imermanangels.org



Family Support Programs

Cancer Hope Network

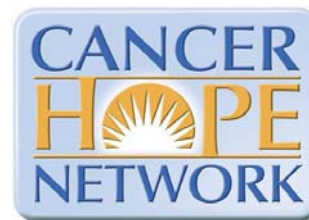
Description: Matches cancer patients with a volunteer who has recovered from the same or similar cancer experience that you are facing. Matches are based on the type of cancer, the similarity of treatment, the side effects experienced and overall demographics (age, gender, etc.) You can be connected to the program and matched to a volunteer by phone or online with the use of the form "Get Support" on the web.

Serves: Cancer patients and their loved ones

Phone: 800-695-7273

Hours: Monday – Friday 8:00 am – 5:30 pm

Website: <http://www.cancerhopenetwork.org>



Hospice & Palliative Care of Greensboro Grief Counseling

Description: The Counseling and Education Center offers program for adults facing an illness or have a friend/family member facing a serious illness. It provides individual bereavement counseling and community education programs on grief and loss facilitated by licensed clinical social workers.

Contact: Marcia Patterson Vanard at 336-621-5565

Location: 2500 Summit Ave., Greensboro, NC

Time: Monday – Friday 8:30 am – 5:00 pm (office)

Website: www.hospicegso.org

Note: Transportation is available but not guaranteed — covered by volunteers.

Caring Bridge

Description: A free website offering a way to make it easy to stay connected during any type of health event. Family and friends can visit the site to stay informed and leave supportive messages.

Website: www.caringbridge.org



Family Support Programs

Kids Path

Description: Kids Path offers a program that provides one-on-one and group counseling for children and teenagers coping with the illness or loss of a loved one.

Contact: Support Services Team Manager at 336-544-5437

Location: 2504 Summit Ave. Greensboro, NC

Time: Monday – Friday 8:30 am – 5:00 pm

Website: www.hospicegso.org

Note: Transportation is available but not guaranteed — covered by volunteers.

Camp Carefree

Description: Camp Carefree provides a FREE, one-week camp with recreational and craft activities for children ages 6-16 with a disabled or a seriously ill parent. The camp offers children the needed freedom to play, learn and have fun with other children encountering the same family situation. The psychological, recreational and physical benefits of camping with their peers gives children the opportunity to share their feelings and experiences.

Staff: Counselors are volunteers; physicians and nurses on staff

Contact: Camp Program Director at 336-427-0966

Location: 275 Carefree Lane, Stokesdale, NC 27357

Website: www.campcarefree.org

Note: Registration begins in February for the summer camp.



Fertility Preservation

With recent advances in assisted reproductive technologies and cryobiology, young women wanting to preserve fertility when it is threatened by illness or treatment for illness now have options. Unfortunately, current cancer treatments, including aggressive chemotherapy and radiation therapy, frequently cause gonadal failure and sterility. Oocyte and ovarian tissue cryopreservation are viable options to protect and preserve fertility. Dramatically improved post-thaw survival, fertilization and pregnancy rates have stimulated intense new interest in oocyte cryopreservation as a fertility preservation strategy. Ovarian tissue cryopreservation for later autotransplantation or in-vitro maturation of immature oocytes is another option for women with cancer and the focus of a newly established multi-center National Physicians Cooperative to Preserve Fertility for Women and Girls with a Cancer Diagnosis. Wake Forest is a member institution.

Patients are seen quickly, usually within 48 hours. When a patient is diagnosed with cancer, treatment often begins rapidly. Consideration of fertility issues has to be given before therapy begins. During a consultation, patients are counseled about their risk of losing fertility and discuss options to preserve their fertility. As part of this research protocol, patients are offered an in-vitro fertilization (IVF) cycle or ovarian tissue freezing. Patients also meet with a psychologist to discuss the psychological aspects of fertility issues.



This clinic is available to patients:

- Of reproductive age
- About to undergo treatment that may potentially take away their fertility
- Referred by their physician

Physicians

- Dr. Marc Fritz
- Dr. Jennifer Mersereau
- Dr. Steven Young
- Dr. Anne Steiner
- Dr. Matt Coward

For more information, or to schedule an appointment:

336-716-6476 • www.reprocal@wakehealth.edu
3903 North Elm St. Suite 201
Greensboro, NC 27455

Note: The Cone Health System is offering information about a local fertility clinic for your convenience. There are other clinics available that may offer similar services.