HONORING OUR CAREGIVERS DURING NATIONAL CAREGIVERS' MONTH
N.C. CANCER HOSPITAL NOVEMBER 2011

UNC CANCER CARE

COMPREHENSIVE CANCER SUPPORT PROGRAM (CCSP)

SUPPORT WEEK 2011 DAILY EVENTS for November 14-18

Patient and Family Resource Center
919-843-0680

GAS CARD RAFFLE DAILY DRAWING

Register at:

- Main Lobby Check-in
- Resource Center
- Radiation Oncology
- Infusion Area

ONCOLOGY STAFF

Raffle Drawing 11/18/11
Visit the Resource Center
Monday—Friday
8:30 AM—4:30 PM

HOLIDAY HATS WITH PIZZAZZ

Resource Center

CAREGIVER SUPPORT RESOURCES

In My Mother's Hands
Baker's Dozen
Resource Center

MOBILE CARTS

Tea, Art, and Knowledge
Thanks to our Volunteers!

NOVEMBER AWARENESS MONTH
LUNG CANCER
PANCREATIC CANCER
STOMACH CANCER
HOSPICE AND PALLIATIVE CARE
FAMILY CAREGIVERS

MONDAY, November 14, 2011

9 AM—11 AM: **FRIDAY FAMILY COFFEE…ON MONDAY!**
Visit the Resource Center for a quick bite and holiday craft. Join in a **PATIENT AND FAMILY FORUM** and share ideas on how to improve services related to your cancer care at UNC.

The Resource Center will go on the road visiting the NCCH waiting rooms with its new **MOBILE INFORMATION CART.**

TUESDAY, November 15, 2011

9 AM—11 AM: **FAMILY CAREGIVER MASSAGE**
Experience overall body relaxation through massage.
Location: Relaxation Therapy Room, Resource Center
For Appointment: 919-843-0680

10 AM—11 AM: **LITTLE CAREGIVERS**
Celebrating the brothers and sisters of our pediatric patients
Location: Pediatric Oncology Clinic, 1st Floor

11 AM—11:30: **ONE-STOP SHOPPING FOR CANCER INFO**
UNC Health Sciences Librarian, Jean Blackwell, will show people how to find reputable cancer info on MEDLINE PLUS.
Location: Infusion Area, Third Floor

WEDNESDAY, November 16, 2011

BAH, HUMBUG: BEATING THE HOLIDAY BLUES
Visit the Resource Center for ideas on how to decrease the stress of the holidays and regain some of the joy.

THURSDAY, November 17, 2011

12 Noon—1 PM: **BACK TO BASICS: A GUIDE TO HEALTHY EATING**
PLUS: Recipes for healthy holiday foods
Location: Resource Center Conference Room

12 Noon—2 PM: **ACS GREAT AMERICAN SMOKEOUT**
NO NEED TO QUIT COLD TURKEY… Visit UNC's Nicotine Dependence Program and learn more about how to quit.
ENTER RAFFLE TO WIN A THANKSGIVING TURKEY!
Location: Next to Main Lobby elevators.

12:15—12:45 PM: **STAFF MEDITATION GROUP**
Location: NCCH Chapel, Main Lobby

1 PM—3 PM: **CHAIR MASSAGE**
Location: Resource Center

FRIDAY, November 18, 2011
NCCH FAMILY THANKSGIVING LUNCHEON

JOIN OUR CCSP STAFF AS WE HONOR OUR FAMILY CAREGIVERS AT A TRADITIONAL THANKSGIVING LUNCHEON

Family tickets will be given out at registration today

NCCH Staff are invited to join our NCCH Families
Your $5.00+ donation in support of one of the CCSP Food Assistance Programs = 1 luncheon ticket
Pre-register in the Resource Center before 11/18.
Only 35 staff slots at each seating

Sanofi-Aventis Conference Room, Main Lobby
First Seating: 11:00—11:45 AM
Second Seating: 12 noon—12:45 PM
Different ticket colors for each seating.

WE GIVE THANKS TO ALL THOSE WHO OFFER THEIR HANDS AND HEARTS IN LOVING CARE.