

# Health Events

- The next meeting of the **Duke Dementia Evening Caregivers Support Group** will be held on Thursday, October 1, 6:30pm, online. Contact Natalie Leary at 919-660-7542 to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.
- BCAN (the Bladder Cancer Advocacy Network) has announced that this year's **2020 Fall Walk to End Bladder Cancer** will be virtual. Patients, caregivers, medical professionals, and anyone who's interested are invited to walk wherever you like (even indoors) on Saturday, October 3, 11am. Feel free to join the BCAN Walk to End Bladder Facebook Group and post photos illustrating why you're participating in the walk. If you'd like to help with fundraising for finding a cure, you can download the Walk with BCAN from the App Store (for iOS) or Google Play (for Android). Click here for more info and to learn more about bladder cancer and BCAN.
- The next **Daughters Concerned for Aging Relatives Support Group** meeting will be held on Wednesday, October 7, noon–1:15pm, online. Contact Bobbi G Matchar at 919-660-7509 or [bobbi.matchar@duke.edu](mailto:bobbi.matchar@duke.edu) to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.
- The **KidsCan!** program has moved online. Ordinarily held in the Duke Cancer Center, KidsCan! encourages young people (ages 4–18) whose parent/guardian has been diagnosed with cancer to talk about their concerns, learn about cancer and its effect on families, and also learn ways to cope. (There's also a group for parents.) Contact Jean Hartford Todd at 919-684-2913 or [jean.hartford.todd@duke.edu](mailto:jean.hartford.todd@duke.edu) to register your child(ren) for the Monday, October 12 session from 6 to 8pm.
- The Durham County Department of Public Health will hold a webinar, **30 Tips to Save and Stretch Your Dough**, on Tuesday, October 13, 2–2:30pm. Get some useful tips for saving money and making your cash last longer. Visit the [Facebook event page](#) for more info, and click [here](#) to attend.
- The next meeting of the **Younger Onset Support Group** for those with early-onset Alzheimer's and their families will be held on Tuesday, October 13, 7–8:30pm, online. Contact Janeli McNeal at 919-660-7565 or [janeli.mcneal@duke.edu](mailto:janeli.mcneal@duke.edu) to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.
- The Durham County Department of Public Health will hold a webinar, **Is This Fit Legit?**, on Wednesday, October 14, 10–10:30am. Find out how to figure out whether the latest weight loss/management trends would work for you. Visit the [Facebook event page](#) for more info, and click [here](#) to attend.

- The Durham Center for Senior Life (406 Rigsbee Ave) will offer **Drive-Up Flu Shots** in partnership with Walgreen's on Thursday, October 15, 10am–noon. Call 919-688-8247 and ask for extension 124 to register by Friday, October 9. Click [here](#) to see what other activities and programming are available for men and women age 55+.
- The Duke Cancer Patient Support Program's next virtual **Care-giver Support Group** meeting will be held on Thursday, October 15, 5:30–7pm. To register, send an email message to [Tracy.Berger@duke.edu](mailto:Tracy.Berger@duke.edu) or call 919-681-6835.
- The Duke Cancer Patient Support Program's next virtual **General Cancer Support Group** meeting (for patients and their families) will be held on Thursday, October 15, 5:30–7pm. To register, send an email message to [Tracy.Berger@duke.edu](mailto:Tracy.Berger@duke.edu) or call 919-681-6835.
- The next meeting of the **Duke Dementia Evening Caregivers Support Group** will be held on Thursday, October 15, 6:30pm, online. Contact Natalie Leary at 919-660-7542 to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.
- The American Red Cross will host a **Blood Drive** on Friday, October 16, 11am–5pm, at the Streets at Southpoint (6910 Fayetteville Rd, in the Lower Level Center Court near Nordstrom). Walk-ins are accepted or you can click [here](#) for more info and to set an appointment.
- North Carolina Central University's Advanced Center for COVID-Related Disparities will administer *free*, **Drive-Up COVID-19 tests** at St Mark AME Zion Church (531 S Roxboro St) on Saturday, October 17, 9am–1pm. Visit the [Facebook event page](#) for more info.
- The Lincoln Community Health Center will offer **Free COVID-19 Testing** at the Kitt Creek Commons Shopping Center (5129 Hwy 55, Suite 103) on Saturday, October 17, 10am–4pm. Call 919-956-4034 to set an appointment.
- The Lincoln Community Health Center will offer **Free COVID-19 Testing** at the Kitt Creek Commons Shopping Center (5129 Hwy 55, Suite 103) on Sunday, October 18, 10am–4pm. Call 919-956-4034 to set an appointment.
- The Durham County Department of Public Health will hold a webinar, **Breast Health Protecting the Chest**, on Monday, October 19, 11–11:45am. Learn about 3D mammograms and breast health for National Breast Cancer Awareness Month. Visit the [Facebook event page](#) for more info, and click [here](#) to attend.
- The Durham County Department of Public Health will hold a webinar, **Zumba! Breast Health Awareness Edition**, on Monday, October 19, 6–7pm. Willa Robinson Allen will lead a 45-minute virtual dance celebration in honor who have fought

breast cancer and to promote breast health. Visit the [Facebook event page](#) for more info, and click [here](#) to attend.

- The Durham County Department of Public Health will hold a webinar, **7 Surprising Facts About Smoking**, on Tuesday, October 20, 10–10:30am. Smoking can cause lung cancer, but there are lesser-known ways that smoking impacts a person's health, both physically and psychologically. Visit the [Facebook event page](#) for more info, and click [here](#) to attend.
- The next meeting of the **Duke Dementia Morning Caregivers Support Group (Grey Stone Group)** will be held on Tuesday, October 20, 10:30am, online. Contact Bobbi G Matchar at 919-660-7509 or [bobbi.matchar@duke.edu](mailto:bobbi.matchar@duke.edu) to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.
- The Durham County Department of Public Health will hold a webinar, **Health Literacy 101**, on Wednesday, October 21, 9–9:30am. Get tips on ways to share health-related information and make sure your points are understood. Visit the [Facebook event page](#) for more info, and click [here](#) to attend.
- The Durham County Department of Public Health will hold a webinar, **6 Tips to Prevent Colds and the Flu**, on Wednesday, October 21, 10–10:30am. Get tips on how to stay healthy during influenza season, in addition to getting a flu shot. Visit the [Facebook event page](#) for more info, and click [here](#) to attend.
- The next **Daughters Concerned for Aging Relatives Support Group** meeting will be held on Wednesday, October 21, noon–1:15pm, online. Contact Bobbi G Matchar at 919-660-7509 or [bobbi.matchar@duke.edu](mailto:bobbi.matchar@duke.edu) to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.
- The Durham Center for Senior Life will host **The Survivor Speaks: Breast Cancer Forum** on Wednesday, October 21, 1–2:30pm. Call 919-688-8247 and ask for extension 124 to register and get the Zoom link. Click [here](#) to see what other activities and programming are available for men and women age 55+.
- The Duke Cancer Patient Support Program's next virtual **Blood and Marrow Transplant Survivorship Support Group** meeting (for patients and their families) will be held on Wednesday, October 21, 4–6pm. To register, send an email message to [John.Schweichler@duke.edu](mailto:John.Schweichler@duke.edu) or call 919-668-2480.
- The Old North State Medical Society will offer **Free COVID-19 Testing** at Orange Grove Missionary Baptist Church (505 East End Ave) on Saturday, October 24, 10am–1pm. Click [here](#) to set an appointment, and click [here](#) to learn more about the COVID-19 and how to keep your family safe.
- The Duke Cancer Patient Support Program's next virtual **Prostate Cancer Support Group** meeting (for patients and their families) will be held on Monday, October 26, 4–6pm. To

register, send an email message to [John.Schweichler@duke.edu](mailto:John.Schweichler@duke.edu) or call 919-668-2480.

- The Durham County Department of Public Health will hold a webinar, **Domestic Violence 101**, on Tuesday, October 27, 3pm. Domestic Violence Awareness Month will be observed with this webinar, which will bring awareness, knowledge, understanding, and compassion to the victims and survivors of domestic violence. Visit the [Facebook event page](#) for more info, and click [here](#) to attend.
- The next meeting of the **Younger Onset Support Group** for those with early-onset Alzheimer's and their families will be held on Tuesday, October 27, 7–8:30pm, online. Contact Janeli McNeal at 919-660-7565 or [janeli.mcneal@duke.edu](mailto:janeli.mcneal@duke.edu) to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.
- The Duke Cancer Patient Support Program's next virtual **LGBTQ+ Cancer Support Group** meeting (for patients and their families) will be held on Wednesday, October 28, 5:30–7pm. To register, send an email message to [Parker.Anderson@duke.edu](mailto:Parker.Anderson@duke.edu) or call 919-613-1365.
- The **Teen and Young Adult Oncology Virtual Social Meetup** will be held on Zoom on Wednesday, October 28, 6:30–7:30pm. Register by writing to [TYAO@duke.edu](mailto:TYAO@duke.edu).
- The next meeting of the **Duke Dementia Evening Caregivers Support Group** will be held on Thursday, October 29, 6:30pm, online. Contact Natalie Leary at 919-660-7542 to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.
- The American Red Cross will host a **Blood Drive** on Saturday, October 31, 11am–5pm, at the Streets at Southpoint (6910 Fayetteville Rd, in the Lower Level Center Court near Nordstrom). Walk-ins are accepted or you can click [here](#) for more info and to set an appointment.
- The next **Daughters Concerned for Aging Relatives Support Group** meeting will be held on Wednesday, November 4, noon–1:15pm, online. Contact Bobbi G Matchar at 919-660-7509 or [bobbi.matchar@duke.edu](mailto:bobbi.matchar@duke.edu) to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.
- The American Red Cross will host a **Blood Drive** on Thursday, November 5, 11am–5pm, at the Streets at Southpoint (6910 Fayetteville Rd, in the Lower Level Center Court near Nordstrom). Walk-ins are accepted or you can click [here](#) for more info and to set an appointment.
- The Durham County Department of Public Health invites faith-based organizations to join the **Durham County Health Ministry Network**. The next quarterly (virtual) meeting will be held on Monday, November 9, 6–7:30pm, where you can learn about training sessions, special events, and grant opportunities for helping and connecting with your congregations and

communities. Visit the [Facebook event page](#) for more info, and click [here](#) to register and to attend.

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- The next meeting of the **Duke Dementia Morning Caregivers Support Group (Grey Stone Group)** will be held on Tuesday, November 10, 10:30am, online. Contact Bobbi G Matchar at 919-660-7509 or [bobbi.matchar@duke.edu](mailto:bobbi.matchar@duke.edu) to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.
- The next meeting of the **Younger Onset Support Group** for those with early-onset Alzheimer's and their families will be held on Tuesday, November 10, 7–8:30pm, online. Contact Janeli McNeal at 919-660-7565 or [janeli.mcneal@duke.edu](mailto:janeli.mcneal@duke.edu) to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.
- The next meeting of the **Duke Dementia Evening Caregivers Support Group** will be held on Thursday, November 12, 6:30pm, online. Contact Natalie Leary at 919-660-7542 to let her know you'd like to attend. She'll send an email with details on how to join this Zoom meeting.



