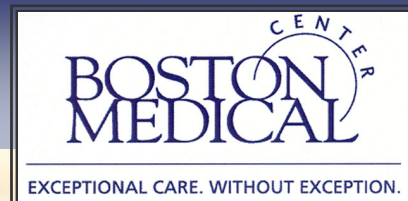


# Cancer Support Services

WINTER 2011 NEWSLETTER VOL. 5 NO. 1 DIR., KATHLEEN T. FINN, RN, NP



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FGH Bldg, 2<sup>nd</sup> Floor, 820 Harrison Avenue, Boston, MA 02118

## Special Programs & Events

- See Calendar on last page for times & locations -



**Healthy Steps/Lebed Class** Jan 4  
Music, therapeutic exercise, and movement to regain range of motion, increase flexibility, improve balance, reduce lymphedemic swelling, and enhance emotional well-being..

- from American Cancer Society's "I Can Cope" series:

### Nutrition During Treatment Class Feb 10

Tips on healthy eating, dietary supplements, maintaining energy, aiding healing and recovery, and caregiver help.

### March 1<sup>st</sup> - Registration opens for the 11th Annual Stowe "Weekend of Hope" (April 29 - May 1, 2010)



"A Celebration of Life and Learning for Survivors of All Cancers and Those Who Love Them" - A healthy, educational, recreational, inspirational, and celebratory retreat weekend in the mountains of Vermont for all cancer survivors, at any stage in their disease, and their families. Last year over 70 of BMC's cancer survivors, family, and friends attended the event and had a fantastic time!

- Complimentary accommodations for first-time attendees; discounts for returnees.
- Space is limited. Reservations are first-come-first-served, beginning March 1<sup>st</sup>. To register at that time or for more info, go to [www.stowehope.org](http://www.stowehope.org) or call Bob (617-638-7540) for help with registration.
- Limited transportation will be available.

### Recipe Swap & Potluck Mar 23

Patients (and staff) are invited once again to share favorite nutritious dishes along with the recipes.

### Cancer Screening Day (to be announced)

## Staff Spotlight



Rev. Bill Alberts, Ph.D and  
Rev. Jennie Gould, Ph.D

have served as the BMC staff chaplains for 18 and 8 years respectively—Rev. Alberts in the Newton Pavilion and Rev. Gould in the Menino Pavilion. Bill says, "BMC is a unique crossroads of humanity; the patients represent the diversity of divinity and the divinity of diversity; the rainbow itself is the pot of gold." Bill and Jennie facilitate the **Spirituality Group** for cancer survivors that opened up in the fall (see inside for details). They say "It's a place where people can come and talk about their illness and what their faith means to them. It's humanizing to see that anyone can become ill. It's the illness that helps people to realize how much we have in common. We get to see the whole person; the info, wisdom, support, and resilience the patients show and share with one another has been inspiring."

## Patient Spotlight

Omo Omoruyi, 72, is a Nigerian political consultant, author, and former professor of political science at Harvard Univ., Boston Univ., and elsewhere. In early 2008, after several years away, he returned to the US and was diagnosed with prostate cancer that had metastasized to his bones and lung. *He couldn't walk.* He then had surgery and radiation on his spine, followed by extensive hormone treatment and chemotherapy. At November's Prostate Cancer Support Group, Omo related at length and with gratitude the story of his cancer journey. He then stood up, smiled, and *jogged in place* to demonstrate how he feels now! A few days later he came to the Spirituality Group and told how his faith has sustained him through the ordeal.





# Cancer Support Services

## Support Groups

### Breast Cancer

1<sup>st</sup> Tue/month, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Breast Cancer for Younger Women (42 and under)

Last Wed/month, 2:00pm  
Moakley Lower Level Conf. Rm

### Colon Cancer

Last Wed/month, 5:30pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Head/Neck Cancer

1<sup>st</sup> Wed/month, 2:00pm  
Moakley Lower Level Conf. Rm

### Leukemia/Lymphoma/Myeloma

2<sup>nd</sup> Thurs/month, 5:30pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Lung Cancer

2<sup>nd</sup> Wed/month, 4:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Ovarian Cancer

3<sup>rd</sup> Tue/month, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Prostate Cancer

2<sup>nd</sup> Tue/month, 6:00pm  
**New Location:**  
Menino Pavilion B/C Conf. Rm

### Haitian Creole-speaking

2<sup>nd</sup> Mon/month, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Spanish-speaking

Last Tue/month, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Men with Cancer

1<sup>st</sup> Mon/month, 1:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Women with Cancer

2<sup>nd</sup> Mon/month, 10:00am  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Family/Caregivers

2<sup>nd</sup> Mon/month, 2:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm  
**Now meeting monthly. Also, people may now participate via telephone conference call. Ask Bob (617-638-7540) for details.**

### Spirituality Group

Fridays at 11:00am  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

Offering cancer patients an opportunity to share the gifts and struggles of their spiritual journey in relation to illness and health. People of all beliefs welcome.

### Amyloid Support

Every Tuesday at 12:00 noon  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

## Ongoing Activities

### Men's Interest Group:

Review and discussion of selected movies, readings, music, art, and other topics. Last Thurs/month, 6-8pm, **New Location:** Menino Pavilion, B/C Conference Room.

### Cooking Demonstration:

A BMC nutritionist discusses and prepares two dishes and provides a small meal from the recipes. Last Wed/month, 3:30 – 4:30pm in the Demo Kitchen, Dowling Bldg, 4<sup>th</sup> Floor.

### Gentle Yoga:

Led by Certified Yoga Instructor Anna Dunwell. For patients and staff. Mats are provided. Tues. & Thurs, 6:00–7:15pm, Moakley Lower Level Waiting Rm. *Classes begin at 6pm sharp; please arrive early!*

**Knitting Group:** No experience necessary. Materials supplied; donations of additional materials welcome. Led by Patty Doggett.

- 2<sup>nd</sup> Wed/month, 6-8pm, Moakley 3<sup>rd</sup> Fl Waiting Room.  
- 4<sup>th</sup> Thurs/month, 10am-12noon, Moakley 3<sup>rd</sup> Fl Conf. Room.

### Cancer Cares through the Arts:

Fun arts and crafts projects. All materials provided. 1<sup>st</sup> Thurs/month, 6-8pm, Moakley 3<sup>rd</sup> Fl Conference Room.

### Zumba:

Dance exercise accented by a mix of Latin and international rhythms. All levels of fitness and activity welcome. Instructor Suzanne Brownell tailors the routines for all participants. For patients and staff. 2<sup>nd</sup> Thurs/mo at 6:45pm in the Moakley Lobby.

*A favorite poem shared by a patient:*

### Cancer Cannot...

Cancer isn't prejudiced.  
It doesn't discriminate from me to you;  
It changes life in one split second,  
But here's what it cannot do...

It cannot take our courage or strength,  
Our willingness to persevere;  
It can't take our spirit or faith,  
Our hope that a cure is near.

It cannot take our persistence or patience,  
Our ability to walk with pride;  
It can't take our self-respect,  
As we fight for every stride.

I cannot take our sights or dreams,  
Our wishes it cannot shatter;  
It can't take our memories,  
Our account for what truly matters.

It cannot take our integrity or mind,  
Our willingness to feel alive;  
It can't take our continuous prayer,  
Our belief that we will survive. TK

## Services

**Acupuncture Clinic** Led by Licensed Acupuncturist Ellen Highfield, for patients currently or recently in treatment. Thursdays, 9am - 12 noon, and Fridays, 9am - 1pm. Call Bob (617-638-7540) for appt.

Also available evenings in the Yawkey ACC:

- Tuesdays, 2<sup>nd</sup> fl, call 617-414-2080
- Wednesdays, 5<sup>th</sup> fl, call 617-414-4086 (Ask for Adolescent Center.)

**Integrative Medicine Consults** Thursdays, varying mornings and afternoons in the Yawkey ACC, 2<sup>nd</sup> floor, Dept. of Family Medicine.

Dr. Paula Gardiner counsels on:

- Diet - Vitamins - Supplements - Herbs - Home Remedies
- Stress management - Relaxation techniques - Exercise - Hypnosis

Call Bob (617-638-7540) or Krystyna (617-414-2080) to request an appt.

**Massage Therapy Clinic** Led by Licensed Oncology Massage Therapist Lisa Santoro, resuming soon. Call Bob (617-638-7540) if interested.

**Breast Prosthesis and Bra Clinic** Certified Mastectomy/Lumpectomy bra fitters Ellie and Jean from "True to You Medical Fittings" will fit you for a new bra or breast prosthesis. Alternate Fridays, 10am-2pm, Moakley 3<sup>rd</sup> Floor. By appointment only; call 508-668-1103.

**Elizabeth Grady Spa Day** FREE day trips for men and women who have recently completed treatment. Include full body massage, facial, make-up application (for women), lunch, and a gift bag of Elizabeth Grady products. Dates to be determined. Call Bob at 617-638-7540 to be on the call list.

## American Cancer Society at BMC

**Look Good Feel Better Program** Beauty and hygienic care, make-up and other resources for women. Fourth Monday/month, 10am - 12noon, Moakley 3<sup>rd</sup> Fl. Conf. Room. See or call Tawanna at the 3<sup>rd</sup> floor front desk (617-638-6428) to sign up.

**Reach to Recovery** A program that matches new breast cancer patients 1-to-1 with experienced breast cancer survivors for support and information. To request a match, or to volunteer as a 'mentor' to be matched with a new patient, talk with ACS rep Angela Hall-Jones (617-957-0226).

**I Can Cope** A variety of Internet classes to help with cancer treatment and taking care of yourself. Go to: [www.cancer.org/onlineclasses](http://www.cancer.org/onlineclasses).

## BU Scholarship Opportunities

**BU Metropolitan College Scholarship for Cancer Survivors** -- can be used toward any full-time, part-time, or non-degree undergraduate-level classroom program at BU's Metropolitan College. For a list of degrees, along with details and eligibility requirements, contact Katherine Meyer at 617-358-4610 or [kcmeyer@bu.edu](mailto:kcmeyer@bu.edu) or visit: [www.bu.edu/met/scholarship/cpas](http://www.bu.edu/met/scholarship/cpas).

## BMC Cancer Clinical Trials Program

Many research studies are available to test new treatments for cancer patients. A patient may benefit from a clinical trial in ways that standard treatments cannot offer. For more information, please ask your doctor, call 617-638-8265, or visit our web site: [www.bumc.bu.edu/clinicaltrials](http://www.bumc.bu.edu/clinicaltrials)

## ANNUAL HOLIDAY BAZAAR

On December 2<sup>nd</sup> BMC's Cancer Support Services hosted its Second Annual Holiday Bazaar. The sale was a big success thanks to the



commitment of the members of the Arts & Crafts and Knitting Groups who worked tirelessly on their projects over the past 6 months! We are also extremely grateful to the many cancer survivors who donated items and to the patients, visitors, and staff who supported the bazaar.

## Annual Holiday Party

for Support Programs participants



On Dec. 15<sup>th</sup>, over 110 patients and family filled these tables set in the Moakley Lobby and feasted to honor themselves, one another, and the spirit of the holidays. We invite you to take part in our programs and join us for this festive occasion next holiday time!

## Cancer, Dignity & Wisdom

*an educational and experiential program based on leading-edge approaches to wellbeing at Newton-Wellesley Hospital*

Info Sessions: Wed, Jan 5 & 12, 7-8:30pm

Intro Session: Saturday, Jan. 22, 1-5pm

For info call: Alison Shaw, RNP 781-646-0686

## MaryEllen Locher Foundation College Scholarships

For students who are children of breast cancer patients/survivors and who have already been accepted into college. Student essays, grades, and financial need will all be considered in awarding this scholarship. Applications due by January 15<sup>th</sup>.

For more info, go to:

[www.maryellenlocherfoundation.org](http://www.maryellenlocherfoundation.org)

For an application, contact Bob at 617-638-7540 or go to:

[www.maryellenlocherfoundation.org/images/completeApplication.pdf](http://www.maryellenlocherfoundation.org/images/completeApplication.pdf)

Monday

Tuesday

Wednesday

Thursday

Friday

## Cancer Support Services – 1<sup>st</sup> Qtr 2011

Schedule subject to change. Call **617-638-7540** to confirm.

'SG' = Support Group  
Color = location.  
(See code at bottom.)

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<b>3</b> 1:00 Men w/Ca SG	<b>4</b> 4:00 <b>Healthy Steps</b> 6:00 Breast SG 6:00 Yoga	<b>5</b> 2:00 <b>Head &amp; Neck SG</b>	<b>6</b> 6:00 Arts & Crafts 6:00 Yoga	<b>7</b> 11:00 Spirituality Grp
<b>10</b> 10:00 Women w/Ca SG 2:00 Fam/Caregiv'r SG 6:00 Haitian Creole SG	<b>11</b> 6:00 <b>Prostate SG</b> 6:00 Yoga	<b>12</b> 4:00 Lung SG 6:00 Knitting	<b>13</b> 5:30 Leu/Lym/Mye SG 6:00 Yoga 6:45 Zumba	<b>14</b> 11:00 Spirituality Grp
<b>17</b>	<b>18</b> 6:00 Ovarian SG 6:00 Yoga	<b>19</b>	<b>20</b> 6:00 Yoga	<b>21</b> 11:00 Spirituality Grp
<b>24</b> 10:00 Look Good Feel Better	<b>25</b> 6:00 Spanish SG 6:00 Yoga	<b>26</b> 2:00 <b>Young W Brst SG</b> 3:30 <b>Cooking Demo</b> 5:30 Colon SG	<b>27</b> 10:00 Knitting 6:00 <b>Men's Interest</b> 6:00 Yoga	<b>28</b> 11:00 Spirituality Grp

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<b>31</b>	<b>1</b> 6:00 Breast SG 6:00 Yoga	<b>2</b>	<b>3</b> 6:00 Arts & Crafts 6:00 Yoga	<b>4</b> 11:00 Spirituality Grp
<b>7</b>	<b>8</b> 6:00 <b>Prostate SG</b> 6:00 Yoga	<b>9</b> 4:00 Lung SG 6:00 Knitting	<b>10</b> 12:00 <b>Nutrition</b> 5:30 Leu/Lym/Mye SG 6:00 Yoga 6:45 Zumba	<b>11</b> 11:00 Spirituality Grp
<b>14</b> 10:00 Women w/Ca SG 2:00 Fam/Caregiv'r SG 6:00 Haitian Creole SG	<b>15</b> 6:00 Ovarian SG 6:00 Yoga	<b>16</b>	<b>17</b> 6:00 Yoga	<b>18</b> 11:00 Spirituality Grp
<b>21</b>	<b>22</b> 6:00 Yoga 6:00 Spanish SG	<b>23</b> 2:00 <b>Young W Brst SG</b> 3:30 <b>Cooking Demo</b> 5:30 Colon SG	<b>24</b> 10:00 Knitting 6:00 <b>Men's Interest</b> 6:00 Yoga	<b>25</b> 11:00 Spirituality Grp

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<b>28</b> 10:00 Look Good Feel Better	<b>1</b> 6:00 Breast SG 6:00 Yoga	<b>2</b> 2:00 <b>Head &amp; Neck SG</b>	<b>3</b> 6:00 Arts & Crafts 6:00 Yoga	<b>4</b> 11:00 Spirituality Grp
<b>7</b>	<b>8</b> 6:00 <b>Prostate SG</b> 6:00 Yoga	<b>9</b> 4:00 Lung SG 6:00 Knitting	<b>10</b> 5:30 Leu/Lym/Mye SG 6:00 Yoga 6:45 Zumba	<b>11</b> 11:00 Spirituality Grp
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<b>21</b>	<b>22</b> 6:00 Yoga	<b>23</b> 6:00 <b>Recipe Swap &amp; Potluck</b>	<b>24</b> 10:00 Knitting 6:00 Yoga	<b>25</b> 11:00 Spirituality Grp
<b>28</b> 10:00 Look Good Feel Better	<b>29</b> 6:00 Yoga 6:00 Spanish SG	<b>30</b> 2:00 <b>Young W Brst SG</b> 3:30 <b>Cooking Demo</b> 5:30 Colon SG	<b>31</b> 6:00 <b>Men's Interest</b> 6:00 Yoga	

LOCATION COLOR CODE **B/C Conf Rm - 2<sup>nd</sup> fl (Menino Pavilion)** **4<sup>th</sup> Fl Demo Kitchen (Dowling Bldg)**

**3<sup>rd</sup> Fl Conf Rm / 3<sup>rd</sup> Fl Waiting Rm / Lobby / Lower Level Waiting Rm / Lower Level Conf Rm (Moakley Bldg)**