

Cancer Support Services

SPRING 2012 NEWSLETTER/CALENDAR VOL. 6 NO. 2 DIR., KATHLEEN T. FINN, RN, NP

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Check Calendar on back page for times & locations.

Special Events

Apr 28

8th Annual Survivors Celebration!

If you have ever been diagnosed w/ cancer or are in treatment now or in remission, you are a **cancer survivor!** This is a celebration for you and your loved ones. Live music, lunch, prizes, and more! Join over 300 other survivors, family, and friends in this amazing event!



Reservations required! Please call 617-414-5773.

May 18 **"I Can Cope"**: Mind/Body Wellness

The concept of wellness encourages people to focus on the whole person and how the mind, body, and spirit work together to achieve a sense of well-being.

May 18 **Annual Massachusetts Prostate Cancer Symposium**

BMC will provide transportation from the Moakley Bldg and cover suggested donations for men (and their spouses/supporters) who wish to attend this informative conference held at the Newton Marriott Hotel in Newton from 8:30am to 2:00pm. Refreshments and lunch included. Call Bob at 617-638-7540 for registration info.

May 19 & 20 **"Strike Out Colon Cancer" Baseball Tournament**



Four high schools compete in a fundraiser to benefit BMC colorectal cancer care. Games at 12 & 3pm, Sartori Stadium, Orleans St., E. Boston. Call for more info.

May 29 **Young Survivors' Dinner Social**

An opportunity for survivors age 40 and under to get to know one another and enjoy free dinner and drinks. Generously hosted by Toro, a Spanish Tapas restaurant near BMC. Space is limited; call Bob for a reservation!

June 20 **Recipe Swap & Potluck**

A fun time where patients and staff discuss recipes and bring their favorite nutritious dishes to share.

Patient Spotlight

Julia Mooltrey, 68, is a mother of six, though she says 20 or more have called her "mom" over the years. At age 18 she came to Boston to get away from the cotton fields of North Carolina. She raised her children and worked decades in food service, as a Certified Nursing Assistant, and as a hotel housekeeping supervisor. She returned to North Carolina in the 1990s and served in many capacities as a hospital technician.



In the late '90s, Julia found herself growing increasingly tired. Her legs swelled up, and in Oct, 2000 she was hospitalized. The doctor said she would never be able to go home. After two months in the hospital and a battery of tests, she was told she had about six weeks to live. She lost 60 pounds between October and January.

The original diagnosis of myeloid fibrosis was later changed to Myelodysplastic Syndrome, or "MDS," a medical condition where the blood-forming stem cells in the bone marrow are damaged and blood production becomes disorderly and ineffective. In 2003, one of Julia's daughters convinced her to return to Boston, where, to this day, under the care of BMC's Dr. Nancy Andrea, she continues to receive bi-weekly blood transfusions to treat the symptoms of her disease.

Julia uses a cane and moves slowly but feels her goals are achievable. She says, "I may stumble, but if I can pick myself up I can keep going." With her daughters Jurett and Jewelise and other family by her side, Julia's confidence and sense of independence have remained strong, such that she is now seeking her own assisted living apartment.



Staff Spotlight

Ellen Highfield (L) and **Lisa Spellman** between them have 37 years experience as practicing acupuncturists. In 2004,

they brought this therapeutic technique to BMC's Adolescent Center. Since then it has expanded to the Pediatric Inpatient Unit, Family Medicine, Primary Care, and Hematology-Oncology. BMC staff across

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Cancer Support Services

Support Groups*

Breast Cancer

1st Tues/month, 6:00pm
Moakley 3rd Fl. Conf. Rm

Colon Cancer

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

Head/Neck Cancer

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

Leukemia/Lymphoma/Myeloma

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

Lung Cancer

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

Ovarian Cancer

3rd Tues/month, 6:00pm
Moakley 3rd Fl. Conf. Rm

Prostate Cancer

2nd Tues/month, 6:00pm
Menino Pavilion 2nd Fl Conf Ctr

Haitian Creole-speaking

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

Spanish-speaking

Last Tues/month, 6:00pm
Moakley 3rd Fl. Conf. Rm

Men w/Cancer

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

Women w/Cancer

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

Younger Women w/Cancer

(42 and under)
2nd Tues/month, 6:00pm
Moakley 3rd Fl. Conf. Rm

Spirituality Group

1st Tues/month, 3:00pm
Moakley 3rd Fl. Conf. Rm

Bereavement Group

For those who have lost a family member to cancer. Inquire about dates for the next group.

Weekly Cancer Support Group

Hosted by Facing Cancer Together at Hope Lodge in Jamaica Plain, Tuesdays, 5-7 pm. Registration required: call Nancy Gaulin, Psy.D. or Sasheen Hazel at 617-332-5777.

Amyloidosis Support

Every Tuesday at 12:00 noon
Moakley 3rd Fl. Conf. Rm

*** Check Calendar on back page for schedule changes, or call Bob at 617-638-7540 to be on the notification list for specific groups.**

Support Activities*

Exercise

Healthy Steps (Lebed Method) Class

Fun, therapeutic exercises for range of motion, flexibility, balance, and reduction of swelling. Led by Susan DeCristofaro, RN. 1st & 3rd Tues/month, 4:30-5:30pm, Moakley Lower Level Waiting Rm.

Qigong/Tai Chi Exercises that release tension, strengthen the body and immune system, and increase mindfulness. Led by Ramel Rones. Wednesdays, 4-5:30pm, Moakley LL Waiting Rm.

Zumba Dance exercise with Latin and international rhythms, for all levels of fitness. Led by Suzanne Brownell. 2nd & 4th Thurs/month, 6:30-7:30pm, Moakley Lobby.

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

Hand & Mind

Knitting Group

No experience necessary. All materials supplied; donations of more materials welcome. With Patty Doggett & others.

- 2nd Wed/month, 6-8pm,
Moakley 3rd Fl Waiting Rm.

- 4th Thurs/month, 10am-12,
Moakley 3rd Fl Conf. Rm.

Arts & Crafts Group

Fun arts and crafts projects. All materials provided.

1st Thurs/month, 6-8pm,
Moakley 3rd Fl Conf. Rm.

Men's Interest Group

Activities and discussion relevant to men's issues and interests. Last Thurs/month, 6-8pm, Menino Pavilion 2nd Fl Conf. Ctr.

Meditation Drop-in Group

Mondays, 12:15-12:45pm,
Menino Chapel

Diet & Nutrition

Cooking Demonstration

BMC nutritionist Tracey Burg offers recipes, preparation, and tastes of a variety of creative, healthy dishes. Classes held in the Demo Kitchen, Dowling Bldg, 4th Floor.

- For Cancer (shown on calendar): Last Wed/month, 2:45-3:45pm
- For Diabetes: 1st & 3rd Wed/month, 12-1pm
- For Weight Mgmt: 3rd Tues/month, 11am-12noon
3rd Wed/month, 5:30-6:30pm
- For General Health: 3rd Tues/month, 4-5pm

Weight Management Prog.

Dietitian Kelly Karlstad's runs an 8-week series on healthy eating, managing one's diet, and losing weight. Next program starts early July. Call to register in advance!

Services

Acupuncture Clinic For patients currently or recently in treatment.
> Tues, 10am – 1pm, Yawkey ACC 3rd floor, Dept. of Family Medicine.
> Thurs, 9am - 12 noon, Moakley Bldg, 3rd floor.
Call Bob (617-638-7540) for appt.

Also available in the Yawkey ACC (not exclusive to cancer patients):
- Tues, 12 - 5pm, 3rd fl, Call 617-414-2080
- Wed, 5 - 8pm, 5th fl, Call 617-414-4086 (Adolescent Ctr)

Massage Therapy Clinic Thursday mornings for patients currently or recently in treatment. Offered during chemotherapy sessions and by appointment. Call 617-414-6795 for an appointment.

Integrative Medicine Consults Thursdays, varying mornings and afternoons in the Yawkey ACC, 3rd 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.

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 3rd Floor. By appointment only; call 508-668-1103.

Elizabeth Grady Spa Day Periodic 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. Contact Bob at 617-638-7540 to be on the call list.



American Cancer Society at BMC

Offices: Moakley 3rd Floor Waiting Rm / LL Rad-Onc Clinic

Look Good Feel Better Program Beauty and hygienic care, make-up and other resources for women currently in treatment. 4th Monday/month, 10am - 12noon, Moakley 3rd Fl. Conf. Room. See or call Tawanna at the 3rd floor front desk (617-638-6428) to sign up in advance.

Wigs For women in active chemotherapy, a limited selection of free wigs plus information on obtaining a wig elsewhere. Available in the ACS Resource Room on the Moakley 3rd Floor. See the ACS rep there or call Angela Hall-Jones (617-435-6858).

I Can Cope A variety of classes to help with cancer treatment and self-care. See listing on front page under “Special Events” for on-site classes. Go to www.cancer.org/onlineclasses for the Internet versions.

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 (617-435-6858).

Man to Man One-on-one patient support and education from specially trained prostate cancer survivors. Contact Angela Hall-Jones at 617-435-6858 if interested.

“Caregiver Kit” Binders Available from the on-site ACS reps.

Acupuncture (continued from page 1)

the board have supported this alternative treatment. Ellen says, “Acupuncture is not a miracle cure, but patients report back consistently that their presenting problem—usually some kind of pain—lessens in intensity and that they sleep better, have less anxiety, and recognize a general feeling of well-being.” Lisa adds, “I see kids and adults get relief from their pain. I also see that when patients have lost hope that Western medicine can help them and are *resigned* to feeling pain or nausea, low energy, or various other symptoms, acupuncture often not only helps their symptoms, but gives them hope again.”

In mid-April, the acupuncture clinic for cancer patients expands to two days a week (see under “Services”) to accommodate the growing number of people requesting appointments. Thank you Ellen and Lisa!



Bob and Jacki Anthony and daughter Carrie Brangiforte (center 3) present the fundraising check from their 6th annual Deep Freeze East Boston High School Hockey Tournament to benefit breast cancer services at BMC. Present are (left) Kathy Finn, RN, NP & Dr. David Seldin and (right) Dr. Chris Andry & Sandy Allten, RN.



Stay tuned over the next months for announcement of the “Secrets of Nature” art exhibit. On display will be embroidery work by BMC cancer patients depicting various plants used in the making of chemotherapy drugs.

Cancer Clinical Trials

Boston Medical Center is able to offer its patients a great variety of research studies that include cancer treatment, symptom management, and/or quality of life components. If you would like to know what trials may be available to you, ask your oncologist or call the Cancer Clinical Trials Office at 617-638-8265.

