

CANCER & SICKLE CELL SUPPORT PROGRAMS



THE PATKIN
SICKLE CELL
CENTER



Vol. 16 No. 3 Summer 2022 Newsletter/Calendar

Dear friends,

The other day, a patient attended our Haitian Creole-speaking Cancer Support Group for the first time. She had had a successful surgery to remove the cancer inside her mouth, and now she was scared to be facing weeks of radiation treatments. Although the types of cancer the others had experienced were different from what she had, the members all took turns telling their own stories and reassuring her. Towards the end of the meeting, I asked her how she felt. She replied, "I came as a 2, now I'm a 7." She was referring to how she felt on a scale of 1 to 10. This kind of support, connection, encouragement, and lifting of spirits happens frequently in the various support groups. That's why they remain the cornerstone of our programs.

We are *really excited* about our upcoming summer offerings. Most will be outdoors, in person -- contingent, of course, on the trend of the pandemic. Survivors who remember our large, pre-pandemic celebratory events will be happy about the "*Summer Soirée*"!!! See back page for details.

Bob David, Manager

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* Note about Clinic Hours

To better serve our patients, the BMC Cancer Center is expanding its hours to remain open for infusion treatments until 8:00pm on Tuesdays, Wednesdays, and Thursdays, starting September 12, 2022.

Be part of the MFA's new program, **"Portraits of Leadership"**

In Sept/Oct, the Museum of Fine Arts will host the Obama Portraits Exhibition. Through our partnership with the MFA,



you are invited to create and submit your own "portrait of leadership" to be displayed at the same

time. The deadline is Fri., July 29! For details, scan the QR code, [click here](#), or call us.



Support Groups

Mostly meeting by Zoom. Some meetings may be held in hybrid format (outdoors in-person and by Zoom).

Support groups offer a unique opportunity for current patients and long-term survivors alike to get to know others who have had similar disease and treatment experiences as their own. In a safe and confidential space, participants may share details of their experience, ask questions, and offer knowledge and insights that doctors usually cannot provide. True support, encouragement, and uplifting energy are the norm.

Sometimes a doctor or specialist is invited to give information on treatments and self-care and to answer questions; but the heart of the group is always patients talking to patients. Generally what is gained in these groups can seldom be found elsewhere.

- Our support groups are open to all patients/survivors, regardless of when and where they may have been treated.
- Contact our office for more info and to be on the email and text lists for the Zoom link(s) and meeting reminders.
- Family members and friends are welcome to the cancer support groups (though men only to the men's groups, women only to the women's groups). The Sickle Cell Disease support group is exclusively for adult patients.

One-to-One Peer Support

If you would like to speak one-to-one with someone who has had a similar disease and/or treatment experience as you've had, let us know and we can likely find someone who will be happy to speak with you.



Caregiver Support Group



The role of caregiver to a cancer or sickle cell patient can be very challenging and stressful. You may feel no one understands or appreciates the weight you are carrying. One of the best things you can do for yourself is to talk with others who are experiencing the same thing. Only caregivers are allowed to participate in this confidential group.

<i>Groups meet monthly unless otherwise noted.</i>			LOCATION
NAME	DAY	TIME	
Cancer by Type			
BLOOD	2nd Wed.	1-3p	ZOOM video/ teleconference
BREAST	2nd Tues.	5-7p	
GASTROINTESTINAL (GI)	1st Fri.	12:30-2:30p	
LUNG	2nd Thurs.	1-3p	
PROSTATE	1st Tues.	5-7p	
HEAD & NECK	2nd Thurs.	6-8p	
Cancer by Population Group			
WOMEN (any cancer)	3rd Wed.	3-4:30p	ZOOM video/ teleconference
MEN (any cancer)	Last Mon.	12-2p	
HAITIAN CREOLE-speaking	4th Thurs.	5-7p	
SPANISH-speaking	Last Tues.	7-9p	
YOUNG ADULTS (ages 18-39)	1st & 3rd Wed.	5:30-7p	For info, email yap@dfci.harvard.edu
Sickle Cell & other diseases			
SICKLE CELL DISEASE	1st Thurs.	6-8p	ZOOM video/ teleconference
SARCOIDOSIS <i>(Not shown on calendar. For info, call Melissa at 617-834-4123 or Sharon at 857-492-7616.)</i>	3rd Thurs.	6:30-8p	
AMYLOIDOSIS <i>(Not shown on calendar)</i>	1st Thurs.	1-3p	
Additional Support			
OSTOMY colostomy/ileostomy/urostomy For info or help, contact Jocelyn at 781-228-9509	3rd Wed.	6:30-8p	Teleconference
CAREGIVERS	4th Thurs.	10-11:30a	ZOOM video/ teleconference
BEREAVEMENT For those who have lost a loved one to cancer, Sickle Cell Disease, or other serious illness. Meeting by ZOOM videoconference. Call 617-638-7540 for info.			

Monday

Tuesday

Wednesday

Thursday

Fri. Sat. Sun.

SG = Support Group CSG = Cancer Support Group

Programs shown are being held by ZOOM video/teleconference
unless noted otherwise. Call 617-638-7540 to confirm schedule.

1 2 3
GI CSG 12:30-2:30p

4
INDEPENDENCE DAY
Clinics Closed
(Intentional Wellness > Fri.)

5
Prostate CSG 5-7p

6
Cooking 2:15-3:30p
750 Albany St & by ZOOM
BEAM 6-7:30p

7
Movem't & Medit'n 5-6p
Sickle Cell SG 6-8p

8 9 10
Intentional Wellness 6-7p
Art in the Moment
on Moakley Green 11a-2p

11
Observer Mind 5-6:30p

12
Breast CSG 5-7p

13
Blood CSG 1-3p
BEAM 6-7:30p

14
Lung CSG 1-3p
Movem't & Medit'n 5-6p
Head/Neck CSG 6-8p

15 16 17

18
Intentional Wellness 6-7p

19
Knitting 5-7p
on Moakley Green

20
Women's CSG 3-4:30p
Ostomy SG 6:30-8p
(no BEAM)

21
Movem't & Medit'n 5-6p

22 23 24

25
(Men's CSG > Fri.)
(Observer Mind > Fri.)

26
(Spanish SG > Tues. 8/2)

27
(no BEAM)

28
Caregiver SG 10-11:30a
Movem't & Medit'n 5-6p
Haitian CSG 5-7p

29 30 31
Men's CSG 12-2p
Observer Mind 5-6:30p

1
Intentional Wellness 6-7p

2
Prostate CSG 5-7p
Spanish CSG 7-9p

3
Cooking *1-2p
Painting Workshop
on Moakley Green 4-6p
(BEAM > Fri.)

4
Movem't & Medit'n 5-6p
Sickle Cell SG 6-8p

5 6 7
GI CSG 12:30-2:30p
BEAM 6-7:30p

8
Observer Mind 5-6:30p

9
Breast CSG 5-7p

10
Blood CSG 1-3p
BEAM 6-7:30p

11
Lung CSG 1-3p
Movem't & Medit'n 5-6p
Head/Neck CSG 6-8p

12 13 14
Museum of Fine Arts
Virtual Tour 2-3:30p

15
Intentional Wellness 6-7p

16
Knitting 5-7p
on Moakley Green

17
Women's CSG 3-4:30p
BEAM 6-7:30p
Ostomy SG 6:30-8p

18
Movem't & Medit'n 5-6p

19 20 21

22

23

24
BEAM 6-7:30p

25
Caregiver SG 10-11:30a
Movem't & Medit'n 5-6p
Haitian CSG 5-7p

26 27 28
****Summer Soirée****
on Moakley Green 6-9p

29
Men's CSG 12-2p
Observer Mind 5-6:30p

30
Spanish CSG 7-9p

31
BEAM 6-7:30p

1
Movem't & Medit'n 5-6p
Sickle Cell SG 6-8p

2 3 4
GI CSG 12:30-2:30p

5
LABOR DAY
Clinics Closed
(Intentional Wellness > Fri.)

6
Prostate CSG 5-7p

7
Cooking 2:30-3:30p
BEAM 6-7:30p

8
Lung CSG 1-3p
Movem't & Medit'n 5-6p
Head/Neck CSG 6-8p

9 10 11
Intentional Wellness 6-7p

12
Observer Mind 5-6:30p

13
Breast CSG 5-7p

14
Blood CSG 1-3p
BEAM 6-7:30p

15
Movem't & Medit'n 5-6p

16 17 18

19
True Story Theater
Moakley Green 5:30-7:30p
(Intentional Wellness > Fri.)

20
Knitting 5-7p
on Moakley Green

21
Women's CSG 3-4:30p
BEAM 6-7:30p
Ostomy SG 6:30-8p

22
Caregiver SG 10-11:30a
Movem't & Medit'n 5-6p
Haitian CSG 5-7p

23 24 25
Intentional Wellness 6-7p

26
Men's CSG 12-2p
Observer Mind 5-6:30p

27
Spanish CSG 7-9p

28
BEAM 6-7:30p

29
Movem't & Medit'n 5-6p

30
Painting Workshop
on Moakley Green 4-6p
Sept. date tbd

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Support Activities

Our ongoing activity groups speak to the interests of many. People get to know one another in the context of skill-building and mind/body activities. Family members and friends are welcome to participate.

Mostly meeting by Zoom unless otherwise noted. Some meetings may be held in hybrid format (outdoors in-person and by Zoom).

Contact our office for more info and to be on the email and text lists for Zoom links and reminders.



NAME	* DAY	* TIME	LOCATION
Mind and Body * Please note summer schedule changes on calendar pages.			
OBSERVER MIND Learning & practicing how to be mindful	2nd & last Mon.	5-6:30p	ZOOM video/ teleconf.
INTENTIONAL WELLNESS — BREATH, SOUND & MOTION Physical healing and emotional balance through simple Qigong & Yoga exercises	1st & 3rd Mon.	6-7p	ZOOM video conference
BEAM BODY • ENERGY • AWARENESS • MOVEMENT Loosening up, tension-release, balance, body awareness, unifying of energy	Wednesdays	6-7:30p	
MOVEMENT & MEDITATION Qigong, standing/sitting yoga, meditation	Thursdays	5-6p	
Handiwork			
KNITTING For newcomers & experienced knitters. Instructions and materials for beginners provided.	3rd Tuesday	time change 5-7p	Moakley Green
Diet and Nutrition			
COOKING CLASSES Class for cancer & sickle cell patients	1st Wednesday	2:30-3:30p	ZOOM video conference
Classes open to all: 'Cooking Skills 101' Go to: www.bmc.org/cookingclasses and click on the day's class in the calendar. Follow instructions to see ingredients & recipe(s) and to sign up.	Most Wednesdays	5-6p	

Activity Descriptions

OBSERVER MIND

- Bob David

Short meditations, reflection, and discussion to help us observe our thoughts and feelings. Through this practice, we aim to increase our awareness, become less controlled by our thoughts and feelings, and become more able to see things clearly.

INTENTIONAL WELLNESS

— *BREATH, SOUND & MOTION*

- Lynne Bolen

Easy, meditative Qigong and Dao Yoga movements and techniques that incorporate breathwork, vocalizations, and visualizations to support overall health, healing, and longevity. They reduce stress and anxiety, enhance blood circulation, increase energy, and improve overall emotional balance.

BEAM (BODY • ENERGY •

AWARENESS • MOVEMENT)

- Bob David

A blend of exercise, Tai Chi, dance, and meditation, helpful for most all conditions. Set to a variety of selected music, the activities are designed to:

- *loosen, stretch, and strengthen*
- *improve coordination and balance*
- *release body tension & unify energy throughout the body*

The overall goal is greater awareness, comfort, and facility with our bodies.

MOVEMENT & MEDITATION

- Betsy Simmons

Weekly classes offering restful and moving meditations. We practice Qigong (Tai Chi) while standing, Yoga sitting in a chair, and Meditation in stillness and in motion. Gentle practices for mind, body and spirit.

KNITTING

- Patty Doggett & volunteers

Knit and socialize with other survivors. Materials, patterns, and instruction are provided for all levels of experience.

COOKING

- BMC Registered Dietitians

From BMC's Teaching Kitchen, registered dietitians demonstrate how to make tasty, easy, healthful dishes. Go to the website in advance to see and get the ingredients, then cook along! Or simply watch and enjoy. You'll find many helpful tips and techniques.

Complementary Services

ACUPUNCTURE CLINIC

Acupuncture is a 2,500-yr-old method to treat pain and many other symptoms. With 40+ years experience, Beth Sommers, PhD, MPH, LAc, offers sessions to BMC adult sickle cell patients and to BMC cancer patients currently or recently in treatment. Thursdays, 9am-12pm, Moakley Bldg, 3rd floor. To request an appointment, call Bob at 617-638-7540.

American Cancer Society



The American Cancer Society offers free resources to cancer patients.

For information on what is currently available, call the ACS hotline, 800-227-2345 (open 24/7) or go to www.cancer.org. You may also consult with your Patient Navigator.

ART IN THE MOMENT! ^{in person}

Saturday, July 9, 11a-2p, Moakley Green



A session of creating art together in open-ended group projects. Explore various materials, experiment, discover, build off other people's ideas, and have fun! Be a kid! Bring kids! Lunch will be provided.

PAINTING WORKSHOPS ^{in person} with Jonathan Zuker

1. Wednesday, Aug. 3, 4-6p, Moakley Green
2. Sept., date to be determined



Be inspired by Jonathan "the Painter"! No experience necessary. All materials provided.

MUSEUM of FINE ARTS TOUR

Friday, Aug. 12, 2-3:30p by ZOOM

An informative *virtual tour* of selected artwork, led by volunteer guides.

Contact us for FREE PASSES to the Museum.



Feature Programs & Events *(Most will have rain dates.)*

** Summer Soirée ** ^{in person}

Friday, Aug. 26, 6-9p, Moakley Green



If you remember the Thanksgiving Musical Fiesta that we held for years in November,

then no doubt you will be pleased with what is in store for the "Summer Soirée"! There will be good food, great live bands, and dancing out on the grass under the evening sky! Of course the event remains contingent on pandemic conditions. You should have a mask on hand, especially for indoor restroom use.

TRUE STORY THEATER ^{in person}

Mon., Sept 19, 5:30-7:30p, Moakley Green



After 13 years of performing once or twice a year at BMC, the amazing playback theater

group, True Story Theater, will put on a show outdoors for us for the first time! They bring stories from the audience to life with humor, song, dance, and drama. They move, delight, and enlighten us as they beautifully capture the essence of our experience.



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