

CANCER & SICKLE CELL SUPPORT PROGRAMS



THE PATKIN
SICKLE CELL
CENTER



Vol. 16 No. 4 Fall 2022 Newsletter/Calendar

Dear friends,

I'm writing this on the day after my 14th anniversary of managing the BMC Cancer & Sickle Cell Support Programs --and facilitating the majority of them. I am exceptionally fortunate--you could say blessed--to have gotten to know so many strong, courageous, soulful people through my work. I find myself now with a few questions for readers.

Would you guess that I have known roughly half the patients/survivors who attended our Sept. 9th "Summer Soirée" for at least 8 to 10 years? And that 4 of them have participated in our programs since before I even came to BMC?

Would you guess that 15-20% of the participants in our programs have received their treatment at other institutions? Why do they come to *our* support groups and programs?

Why do you think a large number of people continue to attend their support groups month after month for years?

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Now to personalize the questions a little more... Do YOU have a community of people with whom you can talk easily about your experience of cancer or sickle cell disease? Whether you've recently been diagnosed with cancer or finished treatment years ago? Or been treated repeatedly for sickle cell pain crises and other effects? Where you can discuss the personal details of your experience--the good and the bad (especially the bad!)--and people get it? When you've learned that, as close as you may be to your loved ones and friends, there is a limit to what they can hear and say?

The physical *and* social/emotional aspects of dealing with a serious disease are challenging. Only those who have been through it can fully understand. Let us know if you would like help reaching out to another individual with experience similar to yours or if you are ready to try a support group. And please read the next page for greater insight.

Wishing you a warm fall and fulfilling holidays,

Bob David, Manager



Support Groups

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.

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.



All groups are currently meeting by ZOOM. If you are newly interested in participating, please let us know and we will provide you with the link info. We can also help you get started with ZOOM if necessary.

- 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.

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.

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3 Intentional Wellness 6-7p	4 Prostate CSG 5-7p	5 Cooking 2:30-3:30p BEAM 6-7:30p	6 Movem't & Medit'n 5-6p Sickle Cell SG 6-8p	7 GI CSG 12:30-2:30p	8	9
10 Indigenous People's Day (Clinics Open) Observer Mind 5-6:30p	11 Breast CSG 5-7p	12 Blood CSG 1-3p BEAM 6-7:30p	13 Lung CSG 1-3p Movem't & Medit'n 5-6p Head/Neck CSG 6-8p	14	15	16
17 Intentional Wellness 6-7p	18 Knitting 5-7p	19 Women's CSG 3-4:30p BEAM 6-7:30p Ostomy SG 6:30-8p	20 Movem't & Medit'n 5-6p Painting W'kshop 6-8p (location tbd)	21	22	23
24 Art in the Moment! 6-8p	25 Spanish CSG 7-9p	26 BEAM 6-7:30p	27 Caregiver SG 10-11:30a Movem't & Medit'n 5-6p Haitian CSG 5-7p	28	29	30
31 Men's CSG 12-2p Observer Mind 5-6:30p	1 Prostate CSG 5-7p	2 Cooking 2:30-3:30p BEAM 6-7:30p	3 Movem't & Medit'n 5-6p Sickle Cell SG 6-8p	4 GI CSG 12:30-2:30p	5	6
7 Intentional Wellness 6-7p	8 Breast CSG 5-7p	9 Blood CSG 1-3p BEAM 6-7:30p	10 Lung CSG 1-3p Movem't & Medit'n 5-6p Head/Neck CSG 6-8p	11 Veterans Day (Clinics Open) Museum of Fine Arts Virtual Tour 2-3:30p	12	13
14 Observer Mind 5-6:30p	15 Knitting 5-7p	16 Women's CSG 3-4:30p BEAM 6-7:30p Ostomy SG 6:30-8p	17 Caregiver SG 10-11:30a Movem't & Medit'n 5-6p Haitian CSG 5-7p	18	19	20
21 (no Intentional Wellness)	22 Thanksgiving "Variety Show" w/Friends 6-8p	23 (no BEAM)	24 (C'giver/Hait'n CSGs ->11/17) Thanksgiving Day (Clinics Closed)	25	26	27
28 Men's CSG 12-2p Observer Mind 5-6:30p	29 Spanish CSG 7-9p	30 BEAM 6-7:30p	1 Movem't & Medit'n 5-6p Sickle Cell SG 6-8p	2 GI CSG 12:30-2:30p	3	4
5 Intentional Wellness 6-7p	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
12 Observer Mind 5-6:30p	13 Breast CSG 5-7p Spanish CSG 7-9p	14 Blood CSG 1-3p BEAM 6-7:30p	15 Movem't & Medit'n 5-6p	16	17	18
19 Men's CSG 12-2p Intentional Wellness 6-7p	20 (no Knitting) Holiday ZOOM Party 6-8p	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
26 (Men's CSG ->12/19) (no Body/Mind classes this week)	27 (Spanish CSG ->12/13)	28	29	30	31	

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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.

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			
OBSERVER MIND Learning & practicing how to be mindful	2nd & last Mon.	5-6:30p	ZOOM video/ teleconf.
INTENTIONAL WELLNESS — <i>BREATH, SOUND & MOTION</i> Physical healing and emotional balance through simple Qigong & Yoga exercises	1st & 3rd Mon.	6-7p	ZOOM video conference
BEAM <i>BODY • ENERGY • AWARENESS • MOVEMENT</i> 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	5-7p	ZOOM video conference
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.

PAINTING WORKSHOP

with Jonathan Zuker

Thursday, Oct. 20, 6-8p, Location tbd



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

ART IN THE MOMENT!

Monday, Oct. 24, 6-8p by ZOOM

A session of creative, conceptual art-making. Simple instructions outline each project, then you make it unique! We share the results with one another and are usually surprised, delighted, and often inspired by the variety of interpretation and expression. Simple materials required. Just bring an open mind and a readiness to be creative! For patients, friends, and kids.

MUSEUM of FINE ARTS TOUR

Friday, Nov. 11, 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

THANKSGIVING "VARIETY SHOW" with Friends

Tuesday, Nov. 22, 6-8p by ZOOM

We're inviting a bunch of our favorite presenters from the past few years to share in the spirit of gratitude. They will offer a variety of short presentations, some with simple interactive activities. Join us for an evening of relaxation, entertainment, mild engagement, learning, and inspiration! Feel free to include family and friends.

HOLIDAY ZOOM PARTY

Tuesday, Dec. 20, 6-8p by ZOOM



Join us for a good-natured, informal evening of holiday-centered storytelling, music, and show-and-tell. Bring your own stories, songs, cards, craft projects, and gift ideas to share. Let's offer good cheer, our heartfelt acknowledgements, and best wishes to our fellow life travelers for the holidays and for the close of 2022.



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