

# CANCER & SICKLE CELL SUPPORT PROGRAMS



THE PATKIN  
SICKLE CELL  
CENTER



Flower photos  
by Olga Bedoya

Vol. 15 No. 2 Spring 2021 Newsletter/Calendar

*from the manager...*

Spring brings rejuvenation and hope. We all, of course, hope for a return to our more normal lives as the world deals with the pandemic. Thankfully, our country is ahead of schedule now in terms of getting the vaccine out.

With everything happening so fast, some people question the vaccine. If you are still hesitant to take it, here is a short video ([www.vimeo.com/500206848/dd299da1d3](http://www.vimeo.com/500206848/dd299da1d3)) made by Nancy Gaden, Chief Nursing Officer at BMC. It explains clearly how the Pfizer and Moderna vaccines work. The vaccine by Johnson & Johnson is similar. I watched the video a few times, so that I understood what the vaccine does.

I've had my two shots of Moderna. I had all the expected reactions: headache, body aches, fatigue, fever, sore arm. But these symptoms all were gone in 2 days, and I'm very happy to have done it!

On a celebratory note, I'd like to share a bit with you about the wonderful "WE HEAL" art project that took place over the fall and winter, led by artist Nora Valdez. There were over 60 patients from our BMC support programs community, the Círculo de Vida Spanish group at Dana Farber, and teen youth from the arts-based Urbano

Project in Boston. This photo shows the cover of the beautiful hardcover book that was produced. Also produced was a



stunning video full of images and testimony of what has been healing to patients' souls. March 19<sup>th</sup> saw a closing celebration event in which the book and video were shown and many participants and others gave truly heartfelt comments. Here is a temporary link to the Urbano website where you can view the 14-minute video, the whole book, and the 72-minute closing celebration: [www.urbanoproject.org/we-heal-nora-valdez](http://www.urbanoproject.org/we-heal-nora-valdez).

To spring, hope, and healing...



"Prayer Flags"  
from the  
WE HEAL  
book

Bob David

## Support Groups

*--currently meeting by video/teleconference*

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.
- Registration is not required, but it's best to call ahead to let us know you are coming and for any additional information.
- 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.
- All support groups currently running are meeting monthly by ZOOM.

### *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*

The role of caregiver to a cancer or sickle cell patient can be very challenging. If you feel stressed, have questions, or would just like to talk about the situation, our staff is available.



Please call **617-638-7540** to request a convenient telephone appointment.

<i>Groups meet <b>monthly</b> unless otherwise noted.</i>			LOCATION
NAME	DAY	TIME	
<b>Cancer by Type</b>			
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	1st Wed.	12-2p	
<b>Cancer by Population Group</b>			
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)	Call Molly from the Dana-Farber Cancer Institute at 617-582-9617 for info.		
<b>Sickle Cell &amp; other diseases</b>			
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>	<i>on hold</i>		
<b>Additional Support</b>			
OSTOMY colostomy/ileostomy/urostomy For info or help, contact Jocelyn at 781-228-9509	3rd Wed.	6:30-8p	Teleconference Dial: 425-436-6367 Access Code: 745311
CAREGIVERS Telephone support sessions available. See page 4.			
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

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

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SG = Support Group CSG = Cancer Support Group All programs shown are being held by ZOOM video/teleconference unless noted otherwise. Call 617-638-7540 to confirm schedule.		1 Movem't & Medit'n 5-6p Sickle Cell SG 6-8p	2 GI CSG 12:30-2:30p	3	4
5	6 Prostate CSG 5-7p	7 Head/Neck CSG 12-2p Cooking 2:30-3:30p BEAM 6-7:30p	8 Lung CSG 1-3p Movem't & Medit'n 5-6p <b>Storytelling Wkshp</b> 6:30-8p	9 <b>Sing!</b> 6:45-8p	10 11
12 Observer Mind 5-7p	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	20 Knitting 6-8p	21 Women's CSG 3-4:30p BEAM 6-7:30p Ostomy SG 6:30-8p	22 Movem't & Medit'n 5-6p Haitian CSG 5-7p	23 <b>Art w/ Nora</b> 6:30-8p	24 25
26 Men's CSG 12-2p Observer Mind 5-7p	27 Spanish CSG 7-9p	28 BEAM 6-7:30p	29 Movem't & Medit'n 5-6p	30	1 2
3 <b>Poetry Workshop</b> 5-6:30p	4 Prostate CSG 5-7p	5 Head/Neck CSG 12-2p 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
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17	18 Knitting 6-8p	19 Women's CSG 3-4:30p BEAM 6-7:30p Ostomy SG 6:30-8p	20 Movem't & Medit'n 5-6p	21	22 23
24 Men's CSG 12-2p Observer Mind 5-7p	25 Spanish CSG 7-9p	26 BEAM 6-7:30p	27 Movem't & Medit'n 5-6p Haitian CSG 5-7p	28	29 30
31 Memorial Day (Clinics Closed) (Men's CSG & Observer Mind > 5/24)	1 Prostate CSG 5-7p	2 Head/Neck CSG 12-2p 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
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28 Men's CSG 12-2p Observer Mind 5-7p	29 Spanish CSG 7-9p	30 BEAM 6-7:30p			

## Support Activities

--currently meeting by  
video/teleconference

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.

Registration is not required, but it's best to call ahead to let us know you are coming and for any additional information.

Family members and friends are welcome.



NAME	DAY	TIME	LOCATION
<b>Mind and Body</b>			
OBSERVER MIND Learning & practicing how to be mindful.	2nd & last Mon.	5-7p	ZOOM video/ teleconf.
MOVEMENT & MEDITATION Qigong, standing/sitting yoga, meditation (Contact Betsy: blousimmons@gmail.com or 617-966-9066 for the ZOOM link)	Thursdays	5-6p	ZOOM video conference
BODY • ENERGY • AWARENESS • MOVEMENT ( <b>BEAM</b> ) Joint- and tension-release, balance, coordination, unifying of energy	Wednesdays	6-7:30p	ZOOM video conference
<b>Handiwork</b>			
KNITTING For newcomers & experienced knitters. Instructions and materials for beginners provided.	3rd Tuesday	6-8p	ZOOM video conference
<b>Diet and Nutrition</b>			
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: <a href="http://www.bmc.org/cookingclasses">www.bmc.org/cookingclasses</a> 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

Our thoughts and feelings affect our mood, stress level, and peace of mind. Research is now showing how they also affect how our body functions.

Participants practice short meditations designed to help us observe our thoughts and feelings so that we become less controlled by them. We see things more clearly and gain power and choice. We open the door to greater self-discovery and awareness.

### KNITTING

- Patty Doggett & volunteers

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

### COOKING

- Olivia Weinstein, Registered Dietitian

From BMC's Teaching Kitchen, Olivia demonstrates how to make tasty, easy, healthful dishes. Go to the website in advance to see and get the ingredients, then cook along with Olivia! Or simply watch and enjoy.

### MOVEMENT & MEDITATION

- Betsy Simmons

Weekly classes offering an hour of restful and moving meditations. We will 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.

### 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 good music, the activities are designed to:

- *loosen joints / stretch and strengthen muscles*
- *improve coordination and balance*
- *release body tension / unify energy throughout the body*

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

## Complementary Services

Contact 617-414-6264 or [integrative.medicine@bmc.org](mailto:integrative.medicine@bmc.org) for updates on offerings by BMC's Program for Integrative Medicine.

### ACUPUNCTURE CLINIC

Acupuncture is a 2,500-yr-old method of treating pain and many other symptoms. Beth Sommers, PhD, MPH, LAc, has 40+ years experience in this field. She offers sessions to BMC adult sickle cell patients and to BMC cancer patients currently or recently in treatment. Thursdays, 9am-12pm, Moakley Bldg, 3<sup>rd</sup> 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](http://www.cancer.org). You may also consult with your Patient Navigator, or the Patient Navigation Program Manager, Katie Finn (617-638-2362 or [Katie.Finn@bmc.org](mailto:Katie.Finn@bmc.org)).

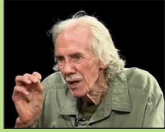
## SPRING ARTS

### STORYTELLING WORKSHOP

with Alan O'Hare

Thursday, April 8, 6:30-8:00p by ZOOM

Irish "seanchie" (master storyteller) Alan O'Hare will inspire us to find our own unique stories, while Bob David provides a bit of improvised background accompaniment.



### SING!

Fridays, April 9 / May 14 / June 11  
6:45-8:00p by ZOOM

Be guided in relaxed, fun, and creative exercises and sing along in your own home. Join and *SING!* exactly as you are! Offered by Boston University's Arts | Lab

### ART WITH NORA

-- International sculptor Nora Valdez

Fri., April 23 / Thurs., May 13 / Fri., June 25  
6:30-8:00p by ZOOM

After leading us through the wonderful "We Heal" art project in the fall and winter, the highly personable Nora Valdez will continue teaching us skills in drawing, painting, and collage.



### POETRY WORKSHOPS with acclaimed American poet Frannie Lindsay

Mondays, May 3 & June 7  
5:00-6:30p by ZOOM

Frannie Lindsay, publisher of six volumes of poetry, has a knack for bringing out the creativity in all of us. With a simple structure and a little twist, each exercise gets us to think and write in ways we've never imagined before!



### MUSEUM of FINE ARTS TOUR

Friday, May 14, 2:00-3:30p by ZOOM

An informative *virtual tour* of one or more current exhibits led by volunteer guides.

Contact us for FREE  
PASSES to the Museum.



### ART IN THE MOMENT!

Thursday, June 10, 6:00-8:00p by ZOOM

A session of creative art-making. We outline the projects and you make them unique. We provide you with a list of suggested materials to gather in advance from in and around your home. Also bring an open mind and a readiness to be creative! For patients, friends, and kids.



FGH Building, 2nd Fl.  
820 Harrison Ave.  
Boston, MA 02118

[www.bmc.org/cancer/support-services](http://www.bmc.org/cancer/support-services)



**BOB DAVID**, Manager  
617.638.7540  
robert.david@BMC.org



**CYRENA GASSE**, Assistant  
617.414.5726  
cyrena.gasse@BMC.org

