Celebrating Sickle Cell Warriors...

September was Sickle Cell Disease Awareness Month. BMC held a large public event on the Moakley Green with staff, educational materials, food, and entertainment.

On October 8th, BMC is sponsoring the Massachusetts Sickle Cell Association’s annual Walk for Sickle Cell Disease in Franklin Park in Dorchester (10am-12pm, call for more info).

On Monday, October 9th, BMC is offering a public screening of a stirring, full-length, award-winning feature film made by one of our own industrious SCD patients. See details on back page for SOUL SISTERS.

And through our collaboration with the Boston University Arts | Lab project, SCD warriors will have the opportunity to work with BU College of Fine Arts students to design professional self-portraits!

Most all the of support activities and feature programs listed herein are open to both cancer survivors (that includes people in treatment) and sickle cell patients.

Tentatively set to return is the in-person Holiday Party that so many people enjoyed year after year! Also coming back in time for the holidays is the popular Jewelry-Making workshop. On Nov. 10th we have a two-fer: Painting Workshop in the morning followed by a group Zoom for the Museum of Fine Arts Virtual Tour in the same location.

Check out the full slate of feature programs on the back page. And remember the many support groups and support activities!

Wishing you a happy, healthy fall and peaceful, joyful holidays...

Wishing you a happy, healthy fall and peaceful, joyful holidays...

Bob David
Manager
Support Groups

Support groups offer a unique opportunity for current patients and short- and long-term survivors alike to get to know others who have had similar disease and treatment experiences as their own. The intention is to maintain a safe space where 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 will try to 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 group.

North Shore LGBTQIA+ Cancer Support Group

For wherever you are in your journey... Sponsored by the North Shore LGBTQ+ Network.

www.northshorelgbtqnetwork.org

All groups are mostly 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 with using 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.
Groups meet *monthly* unless otherwise noted.

<table>
<thead>
<tr>
<th>NAME</th>
<th>DAY</th>
<th>TIME</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td><strong>Cancer by Type</strong></td>
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<tr>
<td>BLOOD</td>
<td>2nd Wed.</td>
<td>1-3p</td>
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<tr>
<td>BREAST</td>
<td>2nd Tues.</td>
<td>5-7p</td>
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<tr>
<td>GASTROINTESTINAL (GI)</td>
<td>1st Fri.</td>
<td>12-2p</td>
<td>ZOOM</td>
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<tr>
<td>LUNG</td>
<td>2nd Thurs.</td>
<td>1-3p</td>
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<tr>
<td>PROSTATE</td>
<td>1st Tues.</td>
<td>5-7p</td>
<td></td>
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<tr>
<td>HEAD &amp; NECK</td>
<td>2nd Thurs.</td>
<td>6-8p</td>
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<tr>
<td><strong>Cancer by Population Group</strong></td>
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<tr>
<td>WOMEN (any cancer)</td>
<td>3rd Wed.</td>
<td>3-4:30p</td>
<td>ZOOM</td>
</tr>
<tr>
<td>MEN (any cancer)</td>
<td>Last Mon.</td>
<td>12-2p</td>
<td></td>
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<tr>
<td>HAITIAN CREOLE-speaking</td>
<td>4th Thurs.</td>
<td>5-7p</td>
<td></td>
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<tr>
<td>SPANISH-speaking</td>
<td>Last Tues.</td>
<td>7-9p</td>
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<tr>
<td>YOUNG ADULTS (ages 18-39)</td>
<td>1st &amp; 3rd Wed.</td>
<td>5:30-7p</td>
<td>For info, email <a href="mailto:yap@dfci.harvard.edu">yap@dfci.harvard.edu</a></td>
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<tr>
<td><strong>Sickle Cell &amp; other diseases</strong></td>
<td></td>
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<tr>
<td>SICKLE CELL DISEASE</td>
<td>1st Thurs.</td>
<td>6-8p</td>
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<tr>
<td>SARCOIDOSIS (Not shown on calendar. For info, call Melissa at 617-834-4123 or Sharon at 857-492-7616.)</td>
<td>3rd Thurs.</td>
<td>6:30-8p</td>
<td>ZOOM</td>
</tr>
<tr>
<td>AMYLOIDOSIS (Not shown on calendar)</td>
<td>1st Thurs.</td>
<td>1-3p</td>
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<tr>
<td><strong>Additional Support</strong></td>
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<tr>
<td>OSTOMY colostomy/ileostomy/urostomy For info or help, contact Jocelyn at 781-228-9509</td>
<td>3rd Wed.</td>
<td>6:30-8p</td>
<td>Teleconference</td>
</tr>
<tr>
<td>CAREGIVERS</td>
<td>4th Thurs.</td>
<td>10-11:30a</td>
<td>ZOOM</td>
</tr>
</tbody>
</table>

**BEREAVEMENT** For those who have lost a loved one to cancer, sickle cell disease, or other serious illness. Meeting by ZOOM video conference. Call 617-638-7540 for info.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>2 Intentional Wellness 6-7p</td>
<td>3 No Prostate CSG</td>
<td>4 Sickle Cell SG 6-8p</td>
<td>5 GI CSG 12-2p</td>
<td>6 RI CSG 12-2p</td>
</tr>
<tr>
<td>9 Indigenous Peoples Day <em>clinics open</em></td>
<td>'Soul Sisters’ Film Screening 5-7:15p</td>
<td>10 Cooking 2:30-3:30p Breast CSG 5-7p</td>
<td>11 Blood CSG 1-3p BEAM 6-7:30p</td>
<td>12 Lung CSG 1-3p Head/Neck CSG 6-8p</td>
</tr>
<tr>
<td>16 Intentional Wellness 6-7p</td>
<td>17 Arts &amp; Crafts 5-7p</td>
<td>18 Women’s CSG 3-4:30p BEAM 6-7:30p Ostomy SG 6:30-8p</td>
<td>19 Observer Mind 5-6:30p</td>
<td>20</td>
</tr>
<tr>
<td>31 MFA Tour 10:30-11:30a Men’s CSG 2-4p Observer Mind 5-6:30p</td>
<td>30 Spanish CSG 7-9p</td>
<td>25 BEAM 6-7:30p</td>
<td>26 Caregiver SG 10-11:30a Haitian CSG 5-7p</td>
<td>27</td>
</tr>
<tr>
<td>13 Observer Mind 5-6:30p</td>
<td>14 Writing Wksp 11a-1p Prostate CSG 5-7p</td>
<td>15 Writing Wksp 11a-1p Cooking 2:30-3:30p Breast CSG 5-7p</td>
<td>16 Lung CSG 1-3p Head/Neck CSG 6-8p</td>
<td>17 Museum of Fine Arts Virtual Tour 2-4p</td>
</tr>
<tr>
<td>20 Intentional Wellness 6-7p</td>
<td>21 Arts &amp; Crafts 5-7p</td>
<td>22</td>
<td>23 Thanksgiving Day (clinics closed)</td>
<td>24</td>
</tr>
<tr>
<td>27 Men’s CSG 12-2p Observer Mind 5-6:30p</td>
<td>28 Spanish CSG 7-9p</td>
<td>29 BEAM 6-7:30p</td>
<td>30 Haitian CSG 5-7p</td>
<td>1 GI CSG 12-2p</td>
</tr>
<tr>
<td>4 Intentional Wellness 6-7p</td>
<td>5 Jewelry-Making Wksp 5:30-8p</td>
<td>6 BEAM 6-7:30p</td>
<td>7 Sickle Cell SG 6-8p</td>
<td>8</td>
</tr>
<tr>
<td>11 Observer Mind 5-6:30p</td>
<td>12 Cooking 2:30-3:30p</td>
<td>13 Holiday Party 7-9p</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>18 Intentional Wellness 6-7p</td>
<td>19 Arts &amp; Crafts 5-7p</td>
<td>20 BEAM 6-7:30p Ostomy SG 6:30-8p</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>25 Christmas Day (Clinics Closed)</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
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</tbody>
</table>
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 body/mind activities. Family members and friends are welcome to participate.

Most groups are meeting by ZOOM. If you are newly interested in participating, please let us know and we will provide you with the link info.

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

<table>
<thead>
<tr>
<th>NAME</th>
<th>DAY*</th>
<th>TIME</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td><strong>Mind and Body</strong></td>
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</tr>
<tr>
<td><strong>OBSERVER MIND</strong></td>
<td>2nd &amp; last Mon.</td>
<td>5-6:30p</td>
<td>ZOOM</td>
</tr>
<tr>
<td>Learning &amp; practicing how to be mindful</td>
<td></td>
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<tr>
<td><strong>INTENTIONAL WELLNESS</strong></td>
<td>1st &amp; 3rd Mon.</td>
<td>6-7p</td>
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<tr>
<td>— <em>Breath, Sound &amp; Motion</em></td>
<td>Physical healing and emotional balance through simple qigong &amp; yoga exercises</td>
<td></td>
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<tr>
<td><strong>BEAM</strong></td>
<td>Wednesdays</td>
<td>6-7:30p</td>
<td>ZOOM</td>
</tr>
<tr>
<td><em>Body • Energy • Awareness • Movement</em></td>
<td>Loosening up, tension-release, balance, body awareness, unifying of energy</td>
<td></td>
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<tr>
<td><strong>MOVEMENT &amp; MEDITATION</strong></td>
<td>Thursdays</td>
<td>5-6p</td>
<td></td>
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<tr>
<td>Qigong, standing/sitting yoga, meditation</td>
<td><em>currently on break - check for updates</em></td>
<td></td>
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<tr>
<td><strong>Handiwork</strong></td>
<td>3rd Tues.</td>
<td>5-7p</td>
<td>Moakley LL</td>
</tr>
<tr>
<td><strong>ARTS &amp; CRAFTS</strong></td>
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<tr>
<td>Fun, simple projects. All materials provided.</td>
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<tr>
<td><strong>Diet and Nutrition</strong></td>
<td>2nd Tues.</td>
<td>2:30-3:30p</td>
<td>ZOOM / Yawkey Teaching Kitchen</td>
</tr>
<tr>
<td><strong>COOKING CLASSES</strong></td>
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<tr>
<td>for cancer &amp; sickle cell patients Go to <a href="http://www.bmc.org/cookingclasses">www.bmc.org/cookingclasses</a> for information on other BMC Teaching Kitchen programs and classes.</td>
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</table>

*Schedule is subject to change. Check calendar on previous page for dates.*
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
[This class is on break. Check for updates.]
- 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.

Activity Descriptions

ARTS & CRAFTS
- Cyrena Gasse & volunteers
Each month, participants learn new, simple craft projects. No experience necessary. All materials provided. Come share some laughs, get busy, and add your own creative touches!

COOKING
- BMC Registered Dietitians
From BMC’s Teaching Kitchen, registered dietitians demonstrate how to make tasty, easy, healthful dishes. You will be sent the recipe, so you can get the ingredients in advance and 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 a free appointment, call or email Bob (see back page).

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.
Feature Programs

‘SOUL SISTERS’ SCREENING
Monday, Oct. 9, 5-7:15p, FGH Bldg
Award-winning feature film by one of BMC’s own sickle cell warriors, SOUL SISTERS is the story of friendship between two young women -- a Nigerian immigrant and an African American -- and the challenges each faces in American society. Join us for the film, food & discussion with the filmmaker.

"MYSELF" PORTRAIT PROJECT - for Sickle Cell Patients
beginning in November
An opportunity to work 1-1 with an art student from the BU College of Fine Arts. Together you will reflect over and design a portrait of yourself to be taken by a professional photographer in Jan./Feb. Spaces are limited. Sign up soon!

MUSEUM of fine arts TOURS
In-Person, Mon., Oct. 30, 10:30-11:30a, Linde Family Entrance, Museum Road
- “Tender Loving Care” exhibit
Virtual (by Zoom), Fri., Nov. 10, 2-4p
- Black Artists (continued)
*We will Zoom as a group on multiple screens in the FGH Bldg, one hour after the Painting Workshop. Come for both!
*Contact us anytime for instructions to obtain FREE PASSES to the Museum.

WRITING WORKSHOPS
Tuesdays, Nov. 7 & 14, 11a-1p by Zoom
Creative writing exercises for writers at all levels. Beginners are absolutely welcome. Have fun and uncover your own skill!

PAINTING WORKSHOP
Friday, Nov. 10, 11a-1p, FGH Bldg
Jonathan “the Painter” provides the materials and the inspiration! No experience needed.

JEWELRY-MAKING WORKSHOP
Tuesday, Dec. 5, 5:30-8p, FGH Bldg
A very popular workshop in past years, in time for the holidays. BMC provides the beads, equipment, and help to make fabulous necklaces, bracelets, and earrings. Reservations required!

HOLIDAY PARTY [tentatively set]
Wednesday, Dec. 13, 7-9p, Moakley Lobby
Feast and festivities for cancer survivors and sickle cell patients (plus limited guests) who have been or would like to be participants in any of our support programs or activities. Reservations required!

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BOB DAVID, Manager
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www.bmc.org/cancer/support-services