

# Cancer Support Programs

FALL 2010 NEWSLETTER VOL. 4 NO. 4 DIR., KATHLEEN T. FINN, RN, NP



Contact **Bob** for info: **617-638-7540** / [cancersupport@bmc.org](mailto:cancersupport@bmc.org)  
FGH Bldg, 2<sup>nd</sup> Floor, 820 Harrison Avenue, Boston, MA 02118

## Special Programs & Events

- See Calendar on last page for times & locations -

Monday, December 6<sup>th</sup> (Sign up early!)



**Dr. Patti O'Brien**, specialist from the University of Vermont College of Medicine, the Medical Center Hospital of Vermont, and the Stowe Weekend of Hope, is a breast cancer survivor. She will be here to offer three valuable presentations:

- **Survivorship and Sexuality for Women**
- **Managing Lymphedema** (blockage in the lymphatic system that causes swelling in arms or legs)
- **Survive and Thrive** - Uplifting words of experience and wisdom for cancer survivors, delivered annually at the Weekend of Hope in Stowe, VT



### True Story Theater Nov 1

All of us have stories. Experience a magical form of theatre that brings true stories to life spontaneously! Witness people's amazement when they see the actors of True Story Theater capture the essence of their stories in drama, song, and movement!

### Holiday Bazaar – Arts & Crafts Sale Dec 2

Items made in our Arts and Crafts Classes and Knitting Groups will be on sale in the Newton Pavilion to raise money for our cancer support programs.

### Holiday Party Dec 15

Dinner, fun, and festivities for cancer survivors who have participated in any of our Cancer Support Program activities.

**Please note that this event will replace all regular support group and activity meetings for December except as indicated on Calendar on back page.**

American Cancer Society's "I Can Cope" classes:

### Communicating Concerns/Feelings Oct 14

> Examining emotions associated w/cancer diagnoses; how they affect relationships; skills to improve communication.

### Keeping Well in Mind, Body & Spirit Dec 9

> Managing stress and physical activity; complementary and alternative therapies; reiki and acupressure demos

## Volunteer Spotlight



**Pat Oliver** is the person behind that delightful voice you may have heard calling to remind you of an upcoming support group or activity. She was born at Boston City Hospital and has lived and worked her whole

life in the South End, including a few years in the 1960s employed at the BU/BCH Child Guidance Center. Diagnosed with endometrial cancer in 2003, Pat decided that BMC's cancer survivorship program—which she describes as a "little oasis" for those on this very tough journey—was the appropriate place to volunteer now that she has the time.

This year Pat knitted over 100 dolls for children who survived the earthquake



in Haiti. In June, Patty Doggett, leader of our knitting group, sent off the first 60+ of Pat's dolls, along with some dolls knitted by others, with the organization Save the Children. BMC's Dr. Nicole Prudent took the next 40 with her to Haiti in August. (Pat named her favorite doll, the long-haired one in the center, "Ramón.")

## Patient Spotlight

**Burnette Baker** lives two blocks from Boston Medical Center, so it's an easy trip to the Breast Cancer and Women w/Cancer support groups and the knitting and arts & crafts classes she regularly attends. She says "BMC takes very good care of its cancer patients."



Proud to have earned her GED this past June, Burnette will be taking advantage of the scholarship offered to BMC cancer survivors to attend BU's Metropolitan College (see inside for info). Burnette's community-mindedness has her on the boards of several local organizations, and she assists youth in her apartment complex every weekday afternoon in the "Afterschool Homework Club." During the summer she's busy as the area's "professional yardsaler."

\* **New Weekly Spirituality Group** - Details on page 2

Support Groups, Ongoing Activities, Services, and News inside --- Calendar on last page



# Cancer Support Programs

## Support Groups

### Breast Cancer

1<sup>st</sup> Tue/mo, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Breast Cancer for

#### Younger Women (42 and under)

Last Wed/mo, 2:00pm  
Moakley Lower Level Conf. Rm

### Colon Cancer

Last Wed/mo, 5:30pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Head/Neck Cancer

1<sup>st</sup> Wed/mo, 2:00pm  
Moakley Lower Level Conf. Rm

### Leukemia/Lymphoma/Myeloma

2<sup>nd</sup> Thurs/mo, 5:30pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Lung Cancer

2<sup>nd</sup> Wed/mo, 4:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Ovarian Cancer

3<sup>rd</sup> Tue/mo, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Prostate Cancer

2<sup>nd</sup> Tue/mo, 6:00pm  
88 E. Newton St. C/D Conf. Rm

### Haitian Creole-speaking

2<sup>nd</sup> Mon/mo, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Spanish-speaking

Last Tue/mo, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Men with Cancer

1<sup>st</sup> Mon/mo, 1:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Women with Cancer

2<sup>nd</sup> Mon/mo, 10:00am  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Amyloid Support

Every Tuesday at 12:00 noon  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

### Family/Caregivers

Thursday, Aug 19, 6:00pm  
Monday, Sep 13, 2:00pm  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

## NEW

### Spirituality Group

Every Friday at 11:00am,  
beginning Oct 29  
Moakley 3<sup>rd</sup> Fl. Conf. Rm

- This group will offer cancer patients the opportunity to share the gifts and struggles of their spiritual journey in relation to illness and health. People of all beliefs are welcome. Facilitated by the Chaplains from BMC's Pastoral Care Department.

## Ongoing Activities

**Men's Interest Group:** Review and discussion of selected movies, readings, music, art, and other topics. Last Thursday of each month, 6-8pm, 88 E. Newton St., C/D Conference Room.

**Cooking Demonstration:** Chef and nutritionist Deidra Dexter-Hine discusses and prepares two dishes and provides a small meal from the recipes. Last Wednesday of each month, 3:30 - 4:30pm in the Demo Kitchen, Dowling Bldg, 4<sup>th</sup> Floor.

**Cancer Cares through the Arts:** Fun arts and crafts projects. All materials provided. First Thursday of each month, 6-8pm, Moakley 3<sup>rd</sup> Fl Conference Room.

**Knitting Group:** No experience necessary. Materials supplied; donations of more materials always welcome. Led by Patty Doggett.

- Second Wednesday of each month, 6-8pm, Moakley 3<sup>rd</sup> Fl Waiting Room.
- Fourth Thursday of each month, 10am-12noon, Moakley 3<sup>rd</sup> Fl Conference Room.

**Weight Management Program:** Eight-week series to help participants manage their diet and weight. Led by Kelly Karlstad, BMC Licensed Dietician. Wednesdays, 11:00am-12:00noon, Oct 27 thru Dec 15. *Call to register in advance.*

**Chi Gung:** Gentle exercises that release tension, aid healthy joint functioning, and balance the energy in our bodies. Tuesdays at 4:45pm in the Moakley 3<sup>rd</sup> Fl Waiting Rm. - Oct 12 thru Nov 30.

**Yoga:** Led by Certified Yoga Instructor Anna Dunwell. For patients and staff. Mats provided. Every Tues. & Thurs, 6:00-7:15pm in the lower level of the Moakley Bldg (Radiation Waiting Rm). *Classes begin at 6pm sharp; please arrive early!*

**Zumba:** Dance exercise accented by a mix of Latin and international rhythms. All levels of fitness and activity welcome. Instructor Suzanne Brownell tailors the routines for all participants. For patients and staff. Second Thursday of each month at 6:45pm in the Moakley Lobby.

## Services

**Acupuncture Clinic** Led by Licensed Acupuncturist Ellen Highfield, for patients currently or recently in treatment. Thursday from 9am - 12 noon *and now also* Fridays from 9am – 1pm. Call Bob (617-638-7540) for appt.

Also available evenings in the Yawkey ACC:

- Tuesdays, 2<sup>nd</sup> fl, call 617-414-2080
- Wednesdays, 5<sup>th</sup> fl, call 617-414-4086 (Ask for Adolescent Center.)

**Integrative Medicine Consults** Thursday mornings in Moakley 3<sup>rd</sup> floor clinic. Dr. Paula Gardiner counsels on:

- Diet - Vitamins - Supplements - Herbs - Home Remedies
- Stress management - Relaxation techniques - Exercise - Hypnosis

Ask your nurse or call Bob (617-638-7540) to request an appointment.

**Massage Therapy Clinic** Led by Licensed Oncology Massage Therapist Lisa Santoro, resuming at a future date. Limited sessions currently available for BMC patients in or recently out of treatment. Call Bob if interested.

**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 3<sup>rd</sup> Floor. By appointment only; call 508-668-1103.

**Elizabeth Grady Spa Day** 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. Dates to be determined. Call Bob at 617-638-7540 to be on the call list.

## American Cancer Society at BMC

**Look Good Feel Better Program** Beauty and hygienic care, make-up and other resources for women. Last Monday of each month, 10am – 12noon, Moakley 3<sup>rd</sup> Fl. Conf. Room. See or call Tawanna at the 3<sup>rd</sup> floor front desk (617-638-6428) to sign up.

**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 (617-957-0226).

**I Can Cope** A variety of Internet classes to help with cancer treatment and taking care of yourself. Go to: [www.cancer.org/onlineclasses](http://www.cancer.org/onlineclasses).

## BU Scholarship Opportunities!

**BU Metropolitan College Scholarship for Cancer Survivors** -- can be used toward any full-time, part-time, or non-degree undergraduate-level classroom program at BU’s Metropolitan College. For a list of degrees, along with details and eligibility requirements, contact Katherine Meyer at 617-358-4610 or [kcmeyer@bu.edu](mailto:kcmeyer@bu.edu) or visit: [www.bu.edu/met/scholarship/cpas](http://www.bu.edu/met/scholarship/cpas).

## BMC Cancer Clinical Trials Program

Many research studies are available to test new treatments for cancer patients. A patient may benefit from a clinical trial in ways that standard treatments cannot offer. For more information, please ask your doctor, call 617-638-8265, or visit our web site: [www.bumc.bu.edu/clinicaltrials](http://www.bumc.bu.edu/clinicaltrials)

Inspiring words by Rev. Howard Thurman, the first African American to hold a tenured position as dean of Marsh Chapel at Boston University:

*This is the way the rhythm moves. The fall of the year comes, then winter with its trees stripped of leaf and bud; cold winds ruthless in bitterness and sting. One day there is sleet and ice; in the silence of the nighttime the snow falls soundlessly – all this until at last the cold seems endless and all there is seems to be shadowy and foreboding. The earth is weary and heavy. Then something stirs – a strange new vitality pulses through everything. One can feel the pressure of some vast energy pushing, always pushing through dead branches, slumbering roots – life surges everywhere within and without. Spring has come. The day usurps the night view. Is there any wonder...that winter is ever moving toward the spring? ...Is there any wonder that...upon the night view of the world a day view must follow.”*

## HEALING GARDEN

This fall you will see our new "Healing Garden" establishing its roots next to the elevators on Moakley’s 3<sup>rd</sup> floor.

The empty space at the end of the hallway is being transformed into a tranquil sitting area by the members of the BMC Ovarian Cancer Mind-Body Support Group.

This project has been a labor of love for the support group—one that holds very special meaning to them. It is dedicated to the memory of one of the group's much-beloved founding members, Tina Duca. Funding for this project was raised by Tina's friends and family as well as her support group sisters.

Over the past two years, the women have worked together and made a handmade quilt for wall-hanging, selected garden furniture, and picked out plants. One member even drove all the way to Vermont to buy the furniture on sale!!

Their hope is that in the midst of the busy outpatient clinic, the Healing Garden will provide a peaceful, quiet oasis for patients and visitors to sit and rest and meditate.

Please stop by and ‘sit a spell’...

O  
C  
T  
O  
B  
E  
R  
  
N  
O  
V  
E  
M  
B  
E  
R  
  
D  
E  
C  
E  
M  
B  
E  
R

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cancer Support Programs – 4<sup>TH</sup> Qtr 2010</b> Schedule subject to change. Call <b>617-638-7540</b> to confirm.			'SG' = Support Group ----- Color = location: see code at bottom.	1
<b>4</b> 1:00 Men w/Ca SG	<b>5</b> 6:00 Breast SG 6:00 Yoga	<b>6</b> 2:00 Head & Neck SG	<b>7</b> 6:00 Arts & Crafts 6:00 Yoga	8
<b>11</b> 10:00 Women w/Ca SG 6:00 Haitian Creole SG	<b>12</b> 4:45 Chi Gung 6:00 Prostate SG 6:00 Yoga	<b>13</b> 4:00 Lung SG 6:00 Knitting	<b>14</b> 12:00 <b>I Can Cope</b> 5:30 Leu/Lym/Mye SG 6:00 Yoga 6:45 Zumba	15
<b>18</b>	<b>19</b> 4:45 Chi Gung 6:00 Ovarian SG 6:00 Yoga	<b>20</b>	<b>21</b> 10:00 Knitting 6:00 Yoga	22
<b>25</b> 10:00 Look Good Feel Better	<b>26</b> 4:45 Chi Gung 6:00 Spanish SG 6:00 Yoga	<b>27</b> 11:00 Weight Mgmt 2:00 Young W Brst SG 3:30 Cooking Demo 5:30 Colon SG	<b>28</b> 6:00 Men's Interest 6:00 Yoga	<b>29</b> 11:00 Spirituality Grp
<b>1</b> 1:00 Men w/Ca SG 6:30 <b>True Story Theater</b>	<b>2</b> 4:45 Chi Gung 6:00 Breast SG 6:00 Yoga	<b>3</b> 11:00 Weight Mgmt 2:00 Head & Neck SG	<b>4</b> 6:00 Arts & Crafts 6:00 Yoga	<b>5</b> 11:00 Spirituality Grp
<b>8</b> 10:00 Women w/Ca SG 6:00 Haitian Creole SG	<b>9</b> 4:45 Chi Gung 6:00 Prostate SG 6:00 Yoga	<b>10</b> 11:00 Weight Mgmt 4:00 Lung SG 6:00 Knitting	<b>11</b> 5:30 Leu/Lym/Mye SG 6:00 Yoga 6:45 Zumba	<b>12</b> 11:00 Spirituality Grp
<b>15</b>	<b>16</b> 4:45 Chi Gung 6:00 Ovarian SG 6:00 Yoga	<b>17</b> 11:00 Weight Mgmt	<b>18</b> 6:00 Fam/Caregiv'r SG 6:00 Yoga	<b>19</b> 11:00 Spirituality Grp
<b>22</b>	<b>23</b> 6:00 Yoga	<b>24</b> 11:00 Weight Mgmt	<b>25</b> <b>HOLIDAY – Clinics closed</b>	<b>26</b> <b>Clinics closed for holiday</b>
<b>29</b> 10:00 Look Good Feel Better	<b>30</b> 4:45 Chi Gung 6:00 Spanish SG 6:00 Yoga	<b>1</b> 11:00 Weight Mgmt 2:00 Young W Brst SG 3:30 Cooking Demo 5:30 Colon SG	<b>2</b> 10-4 <b>Holiday Arts &amp; Crafts Bazaar</b> 6:00 Yoga	<b>3</b> 11:00 Spirituality Grp
<b>6 Dr. Patti O'Brien:</b> 2:00 Sexuality/Women 4:00 Lymphedema 6:30 Survive & Thrive	<b>7</b> 6:00 Yoga	<b>8</b> 11:00 Weight Mgmt	<b>9</b> 12:00 <b>I Can Cope</b> 6:00 Yoga	<b>10</b> 11:00 Spirituality Grp
<b>13</b> 2:00 Fam/Caregiv'r SG	<b>14</b> 6:00 Yoga	<b>15</b> 11:00 Weight Mgmt 6:00 <b>HOLIDAY PARTY</b> for cancer support program participants	<b>16</b> 6:00 Yoga	<b>17</b> 11:00 Spirituality Grp
<b>20</b> 10:00 Look Good Feel Better	<b>21</b> 6:00 Yoga	<b>22</b>	<b>23</b> 6:00 Yoga	<b>24</b> <b>Clinics closed for holiday</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> <b>Clinics closed for holiday</b>