

## Support Groups



### **Breast Cancer**

1<sup>st</sup> Tuesday each month, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conference Rm

### **Colon Cancer**

Last Wednesday each month, 5:30pm  
Moakley 3<sup>rd</sup> Fl. Conference Rm

### **Head/Neck Cancer**

1<sup>st</sup> Wednesday each month, 6:00pm  
88 E. Newton St. C/D Conf. Rm

### **Leukemia/Lymphoma/Myeloma**

2<sup>nd</sup> Thursday each month, 5:30pm  
Moakley 3<sup>rd</sup> Fl. Conference Rm

### **NEW Lung Cancer**

2<sup>nd</sup> Wednesday each month, 4:00pm  
Moakley 3<sup>rd</sup> Fl. Conference Rm

### **Ovarian Cancer**

3<sup>rd</sup> Tuesday each month, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conference Rm

### **Prostate Cancer**

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

### **Haitian-Creole Men & Women**

2<sup>nd</sup> Monday each month, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conference Rm

### **Spanish-speaking Men & Women**

Last Tuesday each month, 6:00pm  
Moakley 3<sup>rd</sup> Fl. Conference Rm

### **CHANGE Men with Cancer**

1<sup>st</sup> Monday each month, 1:00pm  
Moakley 3<sup>rd</sup> Fl. Conference Rm

### **Women with Cancer**

2<sup>nd</sup> Monday each month, 10:00am  
Moakley 3<sup>rd</sup> Fl. Conference Rm

### **Amyloid Support**

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

# Cancer Support Programs



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DIR. KATHLEEN T. FINN, RN, NP

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

## News & Notes

- ✓ New Lung Cancer Support Group starting Wed., October 14<sup>th</sup>!
- ✓ Zumba classes starting October 1<sup>st</sup>! See reverse side.
- ✓ New Men's Monthly Interest Night starting Thurs., Oct 29<sup>th</sup>!  
See reverse side.
- ✓ Free wig styling coming to BMC! See reverse side.
- ✓ Mark your calendar: Registration will be in February for the Stowe, VT Weekend of Hope which will take place in May – an inspirational retreat for *ALL* cancer survivors and their families.
- ✓ *The Men w/Cancer Support Group will now meet monthly, beginning Oct. 5<sup>th</sup>. The Women w/Cancer and Haitian-Creole Support Groups will be held on Oct. 19<sup>th</sup> instead of Oct. 12<sup>th</sup>. The Holiday Party below will take the place of all regular support groups and classes for the month of December.*

## Upcoming Events!

**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 for more info and to request a spot. Space is limited.

**Cancer Cares Holiday Bazaar**: Display/sale of items made by patients in our Cancer Cares through the Arts and Jewelry-Making classes. Wed., Dec. 2<sup>nd</sup>, starting at 10am, Newton Pavilion Lobby.

**Holiday Party**: Dinner, fun, & festivities for cancer survivors who have previously participated in any of our Cancer Support Program activities. Wed., Dec. 16<sup>th</sup>, 6:00pm, Moakley Lobby.

**"Face-off against Breast Cancer"**: 4<sup>th</sup> Annual E. Boston HS Hockey Tournament Fundraiser for BMC breast cancer research & support. Mon. & Tues., Dec 28<sup>th</sup> & 29<sup>th</sup>, 6 – 10pm, Porrazzo Rink, 165 Coleridge St, E. Bos. Call Sandy, 617-638-6521, for more info.

**Recipe Swap Night**: Patients and staff are invited to share and discuss favorite nutritious recipes. Dr. Paula Gardiner and a staff nutritionist will be on hand to comment and provide further info. We hope to compile the recipes into a booklet to share. An evening in January or February to be determined.

**FREE PARKING** for all groups, classes, & events at BMC! Please call for help w/ transportation.

## Services

### Look Good Feel Better Program

The American Cancer Society offers beauty and hygienic care, make-up & other resources for women. Monthly in the Moakley 3<sup>rd</sup> Fl. Conf. Room. Call Pam at 781-314-2638 for info or Tawanna at 617-638-6428 to sign up.

### Massage Therapy Clinic

Thursday mornings for patients currently or recently undergoing treatment in the Moakley radiation or chemo clinic. Sessions at 10:30, 11:00, and 11:30. Ask your nurse or call Bob (617-638-7540) for appt.

### Acupuncture Clinic

Thursday mornings from 9am – 12 noon for patients currently or recently in treatment in the Moakley radiation or chemo clinic. Ask your nurse or 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 (Adolescent Ctr.)

### Integrative Medicine Consults

Thursday mornings and some Friday mornings in Moakley 3<sup>rd</sup> floor clinic. Dr. Paula Gardiner counsels on:

- Vitamins, herbs, home remedies
- Diet, exercise, stress management
- Relaxation techniques, hypnosis
- Safety/effectiveness of alternative and complementary practices

Ask your nurse or call Bob (617-638-7540) for appointment.

### 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.

### Wig Styling & Cutting

Unhappy with how your wig looks? Get it styled by Brady Brumfield of Newbury St.’s g2o Spa and Salon. Tuesdays to be determined. Call Callly at 617-638-8271 for more info.

## Cancer Support Programs at Boston Medical Center

Pg 2

### Classes

**Men’s Monthly Interest Night:** Review and discussion of selected movies, readings, music, art, and other topics. First meeting Thurs., Oct 29<sup>th</sup>, 6:00pm, 88 E. Newton St., C/D Conf. Rm.

**Cancer Cares through the Arts:** Fun arts and crafts projects. All materials provided. First Thursday of each month at 6:00pm, Moakley 3<sup>rd</sup> Fl Conference Room.

**Prayer Shawl Knitting Class:** All materials supplied. No experience necessary. Second Wednesday of each month, 6:00pm, Moakley 3<sup>rd</sup> Fl Waiting Room. Led by Patty Doggett.

**Jewelry-Making:** Professional jewelry-maker Sonya Masur provides materials and instruction. No experience necessary. Thurs., Oct. 15<sup>th</sup> & Wed., Nov 18<sup>th</sup>, 6:00pm, Evans Bldg Rm 720.

**Yoga:** Led by Certified Yoga Instructor Anna Dunwell. For patients and staff. Mats provided. Every Thursday at 6:00pm in the lower level of the Moakley Bldg (Radiation Waiting Room).

**Chi Gung:** Gentle exercises that release tension, aid healthy joint functioning, and balance the energy in our bodies. Tuesdays at 5:00pm, Sept. 22<sup>nd</sup> - Nov. 3<sup>rd</sup>, Moakley 3<sup>rd</sup> Fl Waiting Room.

**Zumba:** Dance fitness accented by a mix of Latin and international rhythms. All levels of fitness and activity welcome. Instructor Suzanne Brownell will tailor the routines for all participants. Thursdays, 6:30pm in the Moakley Lobby, beginning October 1<sup>st</sup>.

**Cooking for Cancer Patients:** Demonstration and tasting of easy-to-prepare, nutritious meals. In the Demonstration Kitchen, Dowling Bldg, 4<sup>th</sup> Floor. Days/times to be determined.

### Clinical Trials

Boston Medical Center is always looking to find better ways to treat cancer and to help cancer patients. Research studies are available to test new treatments for patients with cancer. All studies are carefully reviewed by our doctors and hospital board, and patients may benefit in ways that current standard treatments cannot offer.

Eligibility requirements vary. For more information, please ask your doctor, call the Cancer Clinical Trials Office at 617-638-8265, or visit our web site at: <http://www.bumc.bu.edu/clinicaltrials>

### Spotlight On: Nathaniel Bailey

“I feel Boston Medical Center provides a nurturing environment that does a lot of good for those who might not get help elsewhere. I benefit from the services here, including the Support Groups and the Integrative Services. That’s why I keep coming.”

