CANCER & SICKLE CELL SUPPORT PROGRAMS

Cancer Care Center
BOSTON MEDICAL CENTER

THE PATKIN SICKLE CELL CENTER

Vol. 17 No. 4 Fall 2023 Newsletter/Calendar

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!

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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...

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.

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.

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.

North Shore LGBTQIA+ Cancer Support Group

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

www.northshorelgbtqnetwork.org

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.

*Groups meet **monthly** unless otherwise noted.*

NAME	DAY	TIME	LOCATION
Cancer by Type			
BLOOD	2nd Wed.	1-3p	ZOOM
BREAST	2nd Tues.	5-7p	
GASTROINTESTINAL (GI)	1st Fri.	12-2p	
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
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
SARCOIDOSIS *(Not shown on calendar.* For info, call Melissa at 617-834-4123 or Sharon at 857-492-7616.)	3rd Thurs.	6:30-8p	
AMYLOIDOSIS *(Not shown on calendar)*	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

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.

SG = Support Group CSG = Cancer Support Group

Most regularly occurring support groups and activities are being held by ZOOM.

For locations for feature programs, check back page. Call 617-638-7540 to confirm schedule.

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
2 Intentional Wellness *6-7p*	3 *No Prostate CSG*	4	5 Sickle Cell SG *6-8p*	6 GI CSG *12-2p*
9 Indigenous Peoples Day *(clinics open)* **'Soul Sisters' Film Screening** *5-7:15p*	10 Cooking *2:30-3:30p* Breast CSG *5-7p*	11 Blood CSG *1-3p* BEAM *6-7:30p*	12 Lung CSG *1-3p* Head/Neck CSG *6-8p*	13 Observer Mind *5-6:30p*
16 Intentional Wellness *6-7p*	17 Arts & Crafts *5-7p*	18 Women's CSG *3-4:30p* BEAM *6-7:30p* Ostomy SG *6:30-8p*	19	20
23	24	25 BEAM *6-7:30p*	26 Caregiver SG *10-11:30a* Haitian CSG *5-7p*	27

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
30 **MFA Tour** *10:30-11:30a* Men's CSG **2-4p* Observer Mind *5-6:30p*	31 Spanish CSG *7-9p*	1 BEAM *6-7:30p*	2 Sickle Cell SG *6-8p*	3 GI CSG *12-2p*
6 Intentional Wellness *6-7p*	7 **Writing Wksp** *11a-1p* Prostate CSG *5-7p*	8 Blood CSG *1-3p* BEAM *6-7:30p*	9 Lung CSG *1-3p* Head/Neck CSG *6-8p*	10 **Painting Wksp** *11a-1p* **Museum of Fine Arts *Virtual* Tour** *2-4p*
13 Observer Mind *5-6:30p*	14 **Writing Wksp** *11a-1p* Cooking *2:30-3:30p* Breast CSG *5-7p*	15 Women's CSG *3-4:30p* BEAM *6-7:30p* Ostomy SG *6:30-8p*	16	17
20 Intentional Wellness *6-7p*	21 Arts & Crafts *5-7p*	22	23 Thanksgiving Day (clinics closed)	24
27 Men's CSG *12-2p* Observer Mind *5-6:30p*	28 Spanish CSG *7-9p*	29 BEAM *6-7:30p*	30 Haitian CSG *5-7p*	1 GI CSG *12-2p*

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
4 Intentional Wellness *6-7p*	5 **Jewelry-Making Wksp** *5:30-8p*	6 BEAM *6-7:30p*	7 Sickle Cell SG *6-8p*	8
11 Observer Mind *5-6:30p*	12 Cooking *2:30-3:30p*	13 **Holiday Party** *7-9p*	14	15
18 Intentional Wellness *6-7p*	19 Arts & Crafts *5-7p*	20 BEAM *6-7:30p* Ostomy SG *6:30-8p*	21	22
25 Christmas Day (Clinics Closed)	26	27	28	29

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.

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

**Schedule is subject to change. Check calendar on previous page for dates.*

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
[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.

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 Bld

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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