



SUPPORT PROGRAMS

for **CANCER** and for **SICKLE CELL**
Disorders

Vol. 18 No. 3 Summer 2024 Newsletter/Calendar

We welcome all cancer patients, regardless of where or when treated, and all sickle cell patients to participate in our support programs. We invite you and your close family members to become part of a very inclusive community.

Our many support groups and support activities continue to meet on a regular basis throughout the year. In addition, we feature special programs every month. Please check out the feature programs on the last page of this publication. Some are in person, some by Zoom.

Iam excited to share about two upcoming programs that we have begun work on. We hope to get both going by the fall.

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The first is a series of sessions--or perhaps an ongoing program--set up separately for cancer and for sickle cell patients. The purpose will be to support those who are parents raising one or more children age 18 or under.

The second is a workshop series designed for women to provide help and empowerment around money matters.

Please check the next edition of this brochure, or contact our office, for updates on these programs. Meanwhile, please enjoy a good, safe summer!



Bob David, Manager

Support Groups

Support groups meet monthly. They 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 connect you up.



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 meet primarily 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.

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.

NAME	DAY	TIME	LOCATION
Cancer by Type			
BLOOD [†]	2nd Wed.	1-3p	ZOOM
BREAST*	2nd Tues.	6-7:30p	
GASTROINTESTINAL (GI) [†]	1st Fri.	12-2p	
HEAD & NECK [†]	2nd Thurs.	6-8p	
LUNG [†]	2nd Thurs.	1-3p	
PROSTATE [†]	1st Tues.	5-7p	
Cancer by Population Group			
MEN [†] (any cancer)	Last Mon.	12-2p	ZOOM
WOMEN** (any cancer)	Last Mon.	2:30-4p	
HAITIAN CREOLE-speaking [†]	4th Thurs.	5-7p	
SPANISH-speaking [†]	Last Tues.	7-9p	
YOUNG ADULTS (ages 18-39) offered by Dana Farber	1st & 3rd Wed.	5:30-7p	Info at 617-632-6819 yap@dfci.harvard.edu
Sickle Cell & other diseases			
SICKLE CELL DISEASE ^{††}	1st Thurs.	6-8p	ZOOM
SARCOIDOSIS <i>(not shown on calendar)</i> Call Melissa at 617-834-4123 or Sharon at 857-492-7616.	3rd Thurs.	6:30-8p	
AMYLOIDOSIS [†] <i>(not shown on calendar)</i>	1st Thurs.	1-3p	
Additional Support			
OSTOMY colostomy/ileostomy/urostomy Call 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. Meets by ZOOM video conference. Call 617-638-7540 for info.			

Facilitators: *Vipasha AgnihotriGupta, LCSW
**Julie Catalano, LICSW

[†]Bob David
^{††}Isoken Osazee, LCSW

Monday

Tuesday

Wednesday

Thursday

Friday

SG = Support Group CSG = Cancer Support Group

Most support groups and support activities are held by ZOOM.

Locations of feature programs are noted on back page. Call 617-414-5726 to confirm schedule.

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1 <i>There are schedule changes in July due to the holiday and vacations.</i>	2 Prostate CSG 5-7p	3 BEAM 6-7:30p	4 Independence Day (Clinics Closed)	5
8 Intentional Wellness 6-7p	9 Cooking 2:30-3:30p Breast CSG 6-7:30p	10 Blood CSG 1-3p BEAM 6-7:30p	11 Lung CSG 1-3p Chair Yoga 5-6p Head/Neck CSG 6-8p Sickle Cell SG 6-8p	12 GI CSG 12-2p
15 Observer Mind 5-6:30p	16 Painting Wksp 11a-1p Chair Yoga 5-6p	17 BEAM 6-7:30p Ostomy SG 6:30-8p	18 7/16 < Chair Yoga	19
22 Intentional Wellness 6-7p	23 Arts & Crafts 6-8p	24 BEAM 6-7:30p	25 Caregiver SG 10-11:30a Haitian CSG 5-7p	26
29 Men's CSG 12-2p Women's CSG 2:30-4p Observer Mind 5-6:30p	30 Spanish CSG 5-8p (in person)	31 BEAM 6-7:30p	1 Chair Yoga 5-6p Sickle Cell SG 6-8p	2 GI CSG 12-2p
5 True Story 11:30a-1p Intentional Wellness 6-7p	6 Prostate CSG 5-7p	7 Blood CSG 1-3p BEAM 6-7:30p	8 Lung CSG 1-3p Chair Yoga 5-6p Head/Neck CSG 6-8p	9 Museum of Fine Arts Virtual Tour 2-4p
12 Observer Mind 5-6:30p	13 Cooking 2:30-3:30p Breast CSG 6-7:30p	14 BEAM 6-7:30p Ostomy SG 6:30-8p	15 Chair Yoga 5-6p	16 17 (Saturday) Games on the Green 11a-2p
19 Intentional Wellness 6-7p	20 Arts & Crafts 6-8p	21 BEAM 6-7:30p	22 Caregiver SG 10-11:30a Chair Yoga 5-6p Haitian CSG 5-7p	23
26 Men's CSG 12-2p Women's CSG 2:30-4p Observer Mind 5-6:30p	27 Spanish CSG 7-9p	28 BEAM 6-7:30p	29 Chair Yoga 5-6p	30
2 LABOR DAY (Clinics Closed)	3 Prostate CSG 5-7p	4 BEAM 6-7:30p	5 Chair Yoga 5-6p Sickle Cell SG 6-8p	6 GI CSG 12-2p
9 Intentional Wellness 6-7p	10 Cooking 2:30-3:30p Breast CSG 6-7:30p	11 Blood CSG 1-3p BEAM 6-7:30p	12 Lung CSG 1-3p Chair Yoga 5-6p Head/Neck CSG 6-8p	13 Recipe Swap/Potluck 6-8p
16 Observer Mind 5-6:30p	17 Arts & Crafts 6-8p	18 BEAM 6-7:30p Ostomy SG 6:30-8p	19 Chair Yoga 5-6p	20
23 Intentional Well. 6-7p 30 Men's CSG 12-2p Women's CSG 2:30-4p Observer Mind 5-6:30p	24 Spanish CSG 7-9p	25 BEAM 6-7:30p	26 Caregiver SG 10-11:30a Chair Yoga 5-6p Haitian CSG 5-7p	27 Comedy Hour 7-8p

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 meet 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	
CHAIR YOGA* Seated exercises for body, breath, mind	Thursdays	5-6p	
Handiwork			
ARTS & CRAFTS* Fun, simple projects. All materials provided.	3rd Tues.	6-8p	Moakley Lower Level (basement)
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

***See calendar for schedule changes**

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.

CHAIR YOGA

~ Colleen Brescia

Yoga exercises while seated to increase strength, flexibility, and mobility and to improve breathing and increase mindfulness.

ARTS & CRAFTS

~ Cyrena Gasse

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. We email the recipe in advance, so you can get the ingredients 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

PAINTING WORKSHOP

Tuesday, July 16, 11a-1p
Moakley Green (outdoors)

Jonathan “the Painter” provides the materials and the inspiration! No experience needed.



GAMES ON THE GREEN



Saturday, Aug. 16, 11a-2p, Moakley Green

Remember those outdoor games you played as a kid--like relay races or musical chairs? Bring your children and grandchildren for old-school, low-tech, familiar games and friendly competition for all! Whether you play hard or cheer from the sidelines, you'll catch the excitement! Lunch will be provided.

Simon says.. Be there!

TRUE STORY THEATER

Monday, Aug. 5, 11:30a-1p
Yawkey Bldg, Basement



This remarkable ‘playback theater’ group brings stories from the audience to life with humor, song, dance, and drama. They move and delight us as they beautifully capture the essence of our experience!

RECIPE SWAP & POTLUCK

Friday, Sept. 13, 6-8p
Moakley Lower Level

Write out a favorite recipe. If you have the time, prepare the dish. Then bring both to share. We discuss the recipes and cooking techniques, have a good time, work up an appetite, and then eat! Don't miss this multicultural treat. You are welcome to participate regardless of what you can or cannot bring.

MUSEUM of FINE ARTS

Friday, Aug. 9, 2-4p, by Zoom

Informative virtual tour of selected artwork, led by volunteer guides.

**Contact us anytime for instructions to obtain FREE PASSES to the Museum.

COMEDY HOUR

Friday, Sept. 27, 7-8p, by Zoom

Laughter is always good medicine! Join in for an hour of good-natured jokes and funny stories. Bring your own to share!



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