

# Oncology Patient and Caregiver

Programs and Support Services

May - December 2021



The Cancer Support and Welcome Center at Thomas Jefferson University Hospital promotes wellness and healing by providing you and your family with supportive care services and cancer-related information. Hours of operation: Monday through Friday from 9:00 a.m. to 5:00 p.m.

During COVID-19 we transitioned to create our programs to be all virtual and free to anyone impacted by cancer regardless of where they receive care.

We are open by appointment only for wig consultations, research appointments and our legal clinic. Please call 215-955-1800 to inquire about an appointment.

For the most up to date programming information please call 215-955-1800, email [CancerSupportCenter@jefferson.edu](mailto:CancerSupportCenter@jefferson.edu), or visit our webpage for more information: <https://tinyurl.com/jeffcalendarevents>

## Supportive Groups and Programs

### FIGHTING MEN Fighting CANCER: a Virtual Prostate Cancer Support Group

First Tuesday of the month,  
7:00 p.m. – 8 p.m.

Have you had prostate cancer, been recently diagnosed, or interested in learning more about prostate cancer? Join us on Zoom for a confidential education and support group. We will discuss helpful information for survivors, patients, and caregivers, and have an open discussion to share experiences with the disease. Occasional guest speakers also provide useful information.

To register, contact Joe Musumeci:  
[joe4seeds@gmail.com](mailto:joe4seeds@gmail.com) or 856-278-1679



To register for a program or to learn how to attend a program virtually, please contact the Cancer Support and Welcome Center:

Phone: 215-955-1800

E-Mail: [CancerSupportCenter@Jefferson.edu](mailto:CancerSupportCenter@Jefferson.edu)

For more information, visit  
[www.Jefferson.edu/CancerSupport](http://www.Jefferson.edu/CancerSupport)

For More Information about Zoom and how to use Zoom: Disclaimer: Read our Zoom Terms of Service for Community Sessions at [JeffersonHealth.org/Zoom](http://JeffersonHealth.org/Zoom). For information on how to download Zoom, visit [www.zoom.us/download](http://www.zoom.us/download).

### Let's Talk About Prostate Cancer

Second Monday of the month,  
6:00 p.m. - 7:00 p.m.

A unique opportunity to ask questions and speak directly with the recognized experts in all areas of prostate cancer diagnosis and treatment from the Sidney Kimmel Cancer Center.

Each month program prostate cancer experts Drs. Leonard Gomella, Adam Dicker and Kevin Kelly will invite one expert to give a brief 10-15 minute update on a timely topic in prostate cancer care. The rest of the hour is dedicated to answering questions about this type of cancer. Examples of some topics to be discussed:

- Family history and prostate cancer risk
- Active surveillance
- Latest treatments for advanced prostate cancer
- Different types of radiation for prostate cancer
- Robotic radical prostatectomy vs, standard surgery

Please register in advance:  
<https://tinyurl.com/TalkProstate>



### Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers

Second and fourth Wednesdays of the month,  
1:00 p.m. - 3:00 p.m.

This class is recommended for individuals and their caregivers preparing for, or considering, an autologous (receiving a transplant from yourself) stem cell transplant as a treatment option. This class will help prepare you for the stem cell transplant process. You and your caregiver will learn about what to expect during your hospitalization and after being discharged from the hospital.

Please contact a Bone Marrow Transplant Coordinator at 215-955-0352 if you are interested in attending a class and to check eligibility.

Register in advance for this meeting:  
<https://tinyurl.com/Autologous>



### Allogeneic Blood and Marrow Transplant Education Class for Patients and their Caregivers

First and third Thursdays of the month,  
1:00p.m. - 3:00p.m.

This class is recommended for individuals and their caregivers who are preparing for, or considering, an allogeneic (receiving cells from someone else) blood stem cell transplant as a treatment option. This class will help you prepare for the stem cell transplant process. You and your caregiver will learn about what to expect during your hospitalization and after being discharged from the hospital. Please contact a Bone Marrow Transplant Coordinator at 215-503-7711 if you are interested in attending a class to check eligibility.

Register in advance for this meeting:  
<https://tinyurl.com/Allogeneic>

### Virtual Drop-In Support with a Buddy

Second Wednesday of the month,  
3:00 p.m. - 4:00 p.m.

Cancer survivors from the Buddy Program will share their stories in an open, inclusive setting. Participants will share hope, common experiences, and skills for coping with cancer.

Register in advance for this meeting:  
<https://tinyurl.com/WedSupportBuddy>



### Brain Tumor Support Group at Jefferson

Second Thursday of the month,  
6:30 p.m. - 8:00 p.m.

Our brain tumor caregiver support group provides a safe space to connect with others caring for or living with a brain tumor. The group provides emotional and practical support. Patients, families, and friends are all invited to attend free of charge.

Registration and details contact:  
<https://tinyurl.com/ThursBrainTumorSupport>

Judy.Boldurian@jefferson.edu or  
Lauren.Barbieri@jefferson.edu

### Primary and Metastatic Ocular Melanoma (OM) Support Groups (Online/Telephone)

First Wednesday of the month,  
1:00 p.m. - 2:00 p.m.

This group, in partnership with the Melanoma Research Foundation's CURE OM, provides virtual support to individuals diagnosed with primary and metastatic ocular melanoma (OM). These groups are held via a virtual platform so that individuals from across the country can join either by phone or online.

Information: Lauren Johnston, CURE OM Program Manager, [ljohnston@melanoma.org](mailto:ljohnston@melanoma.org)



### Young Adult Group

First Wednesday of the month,  
5:30 p.m. - 7 p.m.

Facilitators: Jodi Sandos, MSW, LCSW and Miriam Pomerantz, MSW, LSW.

This is not your grandmother's support group. Topics include dating, employment, fertility, and everything else that affects people in the 18-45 age range.

Registration requested: [215-503-7711](tel:215-503-7711) or [Jodi.Sandos@jefferson.edu](mailto:Jodi.Sandos@jefferson.edu)

### Metastatic Breast Cancer Support and Education Group

Second and fourth Fridays of the month,  
12:00 p.m. - 1:15 p.m.

This group will be led by oncology social workers Celeste Vaughan-Briggs, LCSW, and Miriam Pomerantz, MSW, LSW.

**May 14:** Skills and tools for coping with your diagnosis

**May 28:** Know your support: NEU Center for Supportive Medicine

**June 11:** All There is to Know about Getting on the Right Track Nutritionally

**June 25:** Talking to Loved Ones About Cancer

**July 9:** Exercise That is Right for You

**July 23:** Mindfully Moving Forward

This is a support and education group for people who are diagnosed with stage IV metastatic breast cancer. The group is for patients to give and receive support from each other and to share resources and information. Experts will be brought in for each specialized topic.

Registration is required, please call [215-955-5495](tel:215-955-5495).

### New Voice Club of Center City: Laryngectomy Support Group

This Laryngectomy support group provides information, education, and psychosocial support to patients, caregivers, and friends.

Contact Sarah Adams for dates and times of group: [sarah.adams@jefferson.edu](mailto:sarah.adams@jefferson.edu)



### Bereavement Support Group

Eight consecutive Tuesdays,  
4:30 p.m. - 6:00 p.m.

August 10 to September 28 (8 weeks)

Going through a loss is difficult and personally challenging. This eight-session group is for adults 18 and older who are grieving the loss of a loved one who has died from cancer. Please join us as we share in experiences of grief in a safe and supportive environment and help you move towards healing.

Registration is required. For more information, and to register contact us at [215-955-1800](tel:215-955-1800) or email at [cancersupportcenter@jefferson.edu](mailto:cancersupportcenter@jefferson.edu)

### Esophagectomy Survivorship and Support Group

August 11th and December 8th from  
4:00 p.m. - 5:30 p.m.

From newly diagnosed patients to veteran survivors, all patients and caregivers are welcome in our Esophagectomy Support Group to share messages of hope for life before and after esophagectomy. The concept of a major surgery such as an esophagectomy can be intimidating and overwhelming. At this quarterly meeting, confusion and frustration are met with solid answers, new hope, and confidence.

For more information, contact:  
[Sung.Whang@jefferson.edu](mailto:Sung.Whang@jefferson.edu)  
Register in advance for this meeting:  
<https://tinyurl.com/Aug11Dec8>

### Finding Meaning Group for Patients with Cancer

Six consecutive Wednesdays  
10:30 a.m. - 12:00 p.m.,  
October 6, 2021 - November 10, 2021

The Finding Meaning Group is a 6-week series aimed to help people cope better by finding and creating a sense of meaning and purpose in life and find new ways to face and overcome challenges caused by illness.

Facilitated by: Rebecca Cammy, MSW, LCSW and Lora Rhodes, MSW, LCSW

Please register in advance:  
<https://tinyurl.com/6WedsOct6Nov10>



## Mind and Body Wellness Programs

### Drum It Out!

Tuesday, May 11; 12:00 p.m.- 1:00 p.m.  
Tuesday, September 14; 12:00 p.m.- 1:00 p.m.

Percussionist Josh Robinson will facilitate an interactive workshop called "Drum It Out!" teaching us how to use drumming as a coping tool, a vehicle for healthy expression/emotional release, and a fun way to connect with others in an authentic and engaging way. Participants can use found objects such as wooden spoons, dowels, or any other "drum stick like" objects they can find and play on buckets, trash bins, or any other object that makes some substantial noise. More info available at [www.joshrobinsondrums.com](http://www.joshrobinsondrums.com)

Register in advance for this meeting:  
<https://tinyurl.com/DrumItOut>



### Radiant Warrior Vinyasa Flow Yoga

Second Wednesday of the month,  
5:00 p.m.- 6:00 p.m.

Facilitated by: Felicia Greenfield-Blau, LPT, CCE  
Managing Partner at Reboot IWC

Vinyasa flow yoga is a creative form of yoga. Yoga poses are linked together with the breath in a flowing sequence. Instructions will be provided and all levels are welcome. Feel free to have a yoga mat, blocks, and straps to assist with stretches. Benefits of a regular Vinyasa yoga practice include:

- The steady cycle of inhaled and exhaled provides a calming, mental focal point
- The continual movements give an added cardiovascular benefit and create internal heat
- Increased strength and flexibility

Register in advance for this meeting:  
<https://tinyurl.com/RadiantWarrior>

### Mindfulness with Dr. Lopez

Fridays: May 21, July 16, September 17 and  
November 19; 12:30 p.m. - 1:00 p.m.

Practicing mindfulness can assist with uncertainty about the future, depression, fear of recurrence, and anxiety. It can also mitigate physical symptoms such as fatigue, pain, and sleep disturbances. Dr. Ana Maria Lopez will lead us through beneficial mindfulness techniques during this session.

Register in advance for this meeting:  
<https://tinyurl.com/MindfulDrLopez>

### Online Introduction to Mindfulness-Based Stress Reduction

May 26, 2021; 6:00 p.m. - 7:00 p.m

Facilitated by: Dr. Aleezé Sattar Moss, PhD

This free introductory session provides a taste of the fundamentals of Mindfulness-Based Stress Reduction, which has been shown to reduce anxiety, depression, and pain, and to improve well-being. Through meditation and awareness exercises, we will explore this practical time-proven approach to living fully in the present moment that has helped thousands of people achieve greater balance, vitality and health.

Requires a computer or device with speakers, microphone, video capabilities and reliable high-speed internet connection, and the ability to download Zoom software.

To Register, please email [mbsr@jefferson.edu](mailto:mbsr@jefferson.edu) and request registration information



### Gentle and Mindful Yoga for Patients and Caregivers

Fourth Fridays of the month,  
1:00 p.m. - 2:00 p.m.

May 28, 2021 through October 22, 2021

Facilitated by: Felicia Greenfield-Blau, LPT, CCE  
Managing Partner at Reboot IWC

Join us virtually for a 60-minute gentle yoga session to help decompress from stress while practicing yoga and breathing techniques. Felicia will guide you through mindful yoga to help connect you with your body and others!

Register in advance for this meeting:  
<https://tinyurl.com/GentleMindYoga>

### Laughter Yoga

Tuesday, June 1; 5:00 p.m. - 6:00 p.m.

Facilitated by: Simone Monique Barnes,  
Certified Laughter Yoga Teacher

Medical appointments, fatigue, exhaustion, chronic illness, expenses, car trouble, stress, cancer—where's the joy in that? Do we ever get a break? Yes! Join Simone, a Triple Negative Breast Cancer survivor, for Laughter Yoga. It is a fun, interactive, and accessible session for all bodies that offers tools for finding joy, even in hard times.

Laughter Yoga is a body-mind practice that unites unconditional laughter and deep yogic breathing. Through group laughter exercises, meditation, and deep relaxation, participants will bring more oxygen to their bodies and brains. We will connect with each other in a heartfelt way without relying on language, jokes, or even a sense of humor. Participants will learn techniques they can begin using immediately to feel energetic, relaxed, and able to transform frustrations into happy, endorphin-filled meditative experiences through Laughter Yoga. Wear clothes that you can move in and that don't restrict your abdomen. NO YOGA MATS NEEDED. Wheel friendly class.

Register in advance for this meeting:  
<https://tinyurl.com/LaughterYogaSMB>



### Guided Virtual Nature Walk

June 3, 2021; 12:00 p.m.- 1:30 p.m.

Facilitated by Anisa George, Writer, Director, &  
Forest Therapy Guide

A gentle immersion in the infinite offerings of the natural world. Forest Therapy, also known as "Shinrin-Yoku," refers to the practice of spending time in forested areas for the purpose of enhancing health, happiness, and a sense of awe. The Japanese words translate into English as "Forest Bathing," and refers to bathing in the beneficial compounds which trees emit, such as oxygen and phytoncides. If you don't have a forest at your disposal, don't worry! You can join from any location that is safe and comfortable for you – whether it's your backyard, balcony, stoop, inside with houseplants, or a quiet local trail. For questions, please call the Welcome Center at 215-955-1800

Register in advance for this meeting:  
<https://tinyurl.com/VirtualNatureWalk>

### Mindfulness Practice with Dr. Handley

Every other first Friday of the month,  
June 4 through December 3, 2021  
12:30 p.m. - 1:00 p.m.

Join us for a 20 to 30 minute mindfulness practice and exercise with Dr. Handley. Mindfulness meditation is the most widely studied and utilized variation of meditation within medical settings. Mindfulness based interventions hold a great deal of promise for helping people with cancer cope across a broad range of symptoms and issues, both during and after active treatment. Dr. Handley will guide us through a variety of experiences throughout these sessions.

Register in advance for this meeting:  
<https://tinyurl.com/MindfulnessDrHandley>

## Intimacy and Sexuality Series for Females Facing Cancer

Tuesdays in June; 5:00 p.m. – 6:00 p.m.

Facilitated by: Megan Watt, MFT and Meredith Hritz, MFT

**June 8:** To Tell or not to Tell? Talking about Intimacy and Sex. How easy is it to talk about your body, your changing needs, and the worries you have about sex and sexuality? If it's hard for you, you are in great company! Many are ill-at-ease about physical changes, dissatisfied with their body image or fearful that their sexual relationship(s) will be unsatisfying. Come and learn how to put these feelings into words, to talk about sexual matters and to feel better about your new sexual self.

**June 15:** Pelvic Floor Muscles & Other Important Mysteries. A pelvic floor Physical Therapist will present information, exercises and tools which may ease the way towards a better sex life, greater intimacy and more satisfaction. Get your questions answered about this highly useful method!

**June 22:** Communication Skill-Building and Sharing Resources about Sex: Let's practice! Learn more about how to process sexual concerns with a partner—so your worries, wants and needs can be expressed and heard. Think about what you would want to say to build intimacy with those you love. (Participants are not required to share out loud, but are welcome to do so if they like.) You will also learn more about how to find good information and further help with your intimacy and sexuality concerns.

Register in advance for this meeting:  
<https://tinyurl.com/IntimacySexuality>



## Mindful Movement & Breathing

Tuesdays every other week

June 15, June 29, July 13, July 27, August 10  
12:00 p.m. – 12:45 p.m.

Facilitated by: Roni Finkelstein, 200 hr RYT and MSW Student

Bring awareness to your body and breath during a gentle thirty-minute movement session followed by a short discussion about mindfulness. Mindful movement is shown to help manage pain, increase energy, and stabilize mood. We will cover techniques that can be used both on and off of our mats. All levels and abilities are welcome, and participants are invited to use a chair instead of sitting on a mat.

Register in advance for this meeting:  
<https://tinyurl.com/MovementBreathing>



## Show and Tell Pet Happy Hour

Tuesday, June 29; 12:00 p.m. - 1:00 p.m.

Join social workers and pet enthusiasts Miriam Pomerantz, LSW and Molly Vocino, LCSW for a pet happy hour! This is for all pet owners and pet lovers. We would love to see you and your pet virtually and get to know how they have helped you throughout your cancer journey and the pandemic.

Register in advance for this meeting:  
<https://tinyurl.com/PetShowTell>



## Unite For Her Virtual Wellness Day Event

Two dates to choose from:  
June 19, 2021 and June 23, 2021

The event is open to breast cancer and gynecologic cancer patients. The goal of the Wellness Program is to introduce patients to integrative therapies designed to help women become fully restored during and after cancer treatment. Attendees will virtually meet with professionals and learn about the potential benefits of nutrition, yoga, acupuncture, and massage therapies.

Upon registration for the Virtual Wellness Day, participants will receive a HER Care Box, including a Wellness Passport from Unite for HER for the therapies they feel would best assist them with restoring health as they continue their treatments. The Wellness Program and Passport therapies are free of charge and are worth up to \$2,000 in value. You can begin to explore available integrative therapies by visiting [uniteforher.org/integrative](http://uniteforher.org/integrative) therapies. Registration is limited for this program and is intended for the personal needs and support of patients only.

Register in advance for this meeting:  
[uniteforher.org/apply](http://uniteforher.org/apply)

## 1:1 Reiki Sessions with Sharon (20 minutes)

Sessions available on:

June 22; 12:00 p.m.- 2:00 p.m.  
August 24; 2:00 p.m. - 4:00 p.m.  
October 26; 2:00 p.m. - 4:00 p.m.  
December 28; 12:00 p.m. - 4:00 p.m.

Reiki is a system of practice that was developed in Japan in the early 1920's. Like many other disciplines, it is an exercise in the cultivation of self-awareness and deep relaxation in the body and mind. This is achieved through self-practice and also as a shared experience, most often through a gentle "hands-on" session with a trained Reiki practitioner. This however can also occur through a meditative connection over a distance, as a time to embrace self-nurturing and further connection with yourself. Registrations is required.

To Register, call 215-955-1800 or email [CancerSupportCenter@Jefferson.edu](mailto:CancerSupportCenter@Jefferson.edu)

## Feel More Like You – A Virtual Session

Wednesday, June 30; 12:00 p.m. - 1:00 p.m.  
Thursday, August 19; 4:00 p.m. - 5:00 p.m.  
Tuesday, October 26; 12:00 p.m.- 1:00 p.m.  
Thursday, December 9; 4:00 p.m. - 5:00 p.m.

When you're going through treatment for any type of cancer the side effects can impact not only how you feel on the inside, but how you see yourself in the mirror. Walgreens and Jefferson are partnering to provide free beauty consultations with specially trained beauty experts to help boost your mood and your confidence. They will help patients address appearance-related concerns from cancer treatment and its side effects. Advanced Registration is required. Once registered, you will receive your personal beauty kit in the mail. Registration ends 7 days before the first session.

To register, contact us by phone or email at 215-955-1800 or [cancersupportcenter@jefferson.edu](mailto:cancersupportcenter@jefferson.edu)

## Fundamentals of Oncology Acupuncture

July 20; 12:00 p.m. - 1:00 p.m.

Facilitated by Steve O. of Reboot Integrative  
Wellness Center

Acupuncture has been shown to ease the nausea, vomiting, dry mouth, fatigue, anxiety, depression and immune suppression that can accompany cancer treatment. Join us for an interactive discussion on the basics and benefits of acupuncture, and what is covered by insurance. Steve will share how acupuncture is delivered and answer questions about the practice.

Register in advance for this meeting:

<https://tinyurl.com/OncologyAcupuncture>



## Scarf Tying Demonstration

Friday August 13; 12:00 p.m. - 1:00 p.m.

Facilitated by: Tanya Rotenberg and Dorothy  
Cummings

This class will demonstrate techniques for head scarf tying. You'll come away with an understanding of how to wrap with both square and rectangular scarves in attractive ways that stay put.

Register in advance for this meeting:

<https://tinyurl.com/ScarfTyingDemo>



## Guided Virtual Nature Walk

Tuesday, September 21; 12:00 p.m.- 1:30 p.m.

Facilitated by Anisa George, Writer, Director, &  
Forest Therapy Guide

A gentle immersion in the infinite offerings of  
the natural world.

Forest Therapy, also known as "Shinrin-Yoku,"  
refers to the practice of spending time in  
forested areas for the purpose of enhancing  
health, happiness, and a sense of awe. The  
Japanese words translate into English as  
"Forest Bathing" and refers to bathing in the  
beneficial compounds which trees emit,  
such as oxygen and phytoncides. If you  
don't have a forest at your disposal, don't  
worry! You can join from any location that is  
safe and comfortable for you -- whether it's  
your backyard, balcony, stoop, inside with  
houseplants, or a quiet local trail.

For questions, please call the Welcome Center  
at 215-955-1800

Register in advance for this meeting:

<https://tinyurl.com/SepNatureWalk>

## All You Need to Know About the Buddy Program: Meet the Buddies

October 5; 12:00 p.m. - 1:00 p.m.

Introduction to the Buddy Program from  
buddies themselves! Learn about getting a  
cancer buddy or being a cancer buddy!

Register in advance for this meeting:

<https://tinyurl.com/OctBuddy>

## Healing Through Humor Series

6 consecutive Mondays 5:00 p.m. - 6:30 p.m.,

October 4 through November 8

Facilitated by: Caroline Rhoads, MSW and  
Jenna Wasserman, MD Candidate 2024

Join us for our fall series of Healing Through  
Humor. Tap into the power of play as we  
explore the ways in which laughter can beget  
helpful lessons. Each week we will learn a  
new improv skill and explore how the skill can  
help us in everyday situations. Participants are  
encouraged to leave their inner critics at the  
door and lean into the fun. Please note, for this  
fall series we are asking participants to commit  
to the full 6 weeks. This allows us to build on  
our skills week to week and also helps establish  
group cohesion and rapport. We hope you can  
join us!

**October 4:** Relationships and Communication  
(teaching YES AND rule)

Focusing on the cardinal rule of improvisation,  
"Yes, and..." as an intervention. During this  
session we'll explore where collaboration and  
reflective listening leads, with the goal to foster  
improved communication skills.

**October 11:** Trying on New Roles for Size

We will explore trying on different roles or  
archetypes utilizing character exercises and  
games,. We will make note of characters that  
foster feelings of strength or confidence.

**October 18:** Storytelling & Letting Go

Letting go, making peace with what we can't  
control. We will focus on group work and  
storytelling. Improvisation calls on the ability  
to release control. By letting go of how one  
thinks things should go, it makes room for  
colleagues or caregivers to offer an idea or  
suggestion.

**October 25:** Playing with our Past  
and Present Selves

We will explore communicating with our "past  
selves." What might you communicate if you  
could go back in time? What have you learned?  
What ways have you grown? We will also  
explore ways to visualize our "future selves,"

tapping into the ways hope can help us think  
about the road ahead.

**November 1:** Object Work and Incorporating  
Strengths

We will re-visit what we have learned and hope  
to take into our daily lives with us. We will  
explore ways to keep these lessons with us in  
our space and heart even after the workshop is  
done.

**November 8:** Tying it all together:  
Circle of Strengths

Our concluding session will focus on what  
we have taken away and contributed to the  
ensemble.

Register in advance for this meeting:

<https://tinyurl.com/Humor6Mon>



## Scanxiety

Tuesday, October 19; 12:00 p.m.-1:00 p.m.

Facilitated by: Rebecca Cammy, MSW, LCSW  
and Lisa Capparella, MSS, LCSW, OSW-C

If you are experiencing an overwhelming  
sense of fear and worry before, during, and  
after your cancer scans you are not alone. This  
workshop will discuss "scanxiety," which is  
an uneasiness associated with waiting for the  
results of cancer scans. Your loved ones are  
also encouraged to attend.

Register in advance for this meeting:

<https://tinyurl.com/ScanxietyOct19>



### Twistshop: Interactive Art Session

Wednesday, October 20; 12:00 p.m. - 1:30 p.m.

Facilitated by: Michaela Herr, MA, ATR-BC, LPC

In this guided art activity, we will create symbols to represent our individual interpretations of wellness. Our minds and thoughts are powerful. The messages we send to our bodies carry weight. Let's manifest health and wellness and what that means to each person. People are in different places in their healing, let's create a symbol of health for your body, mind, and spirit.

Materials: White Paper And your preferred drawing medium such as: Markers, Pastels, Crayon/pastels, Paints, Magazine images and collage clippings, Glue, Scissors, Tape

Register in advance for this meeting:

<https://tinyurl.com/TwistshopOct20>

### Spirituality and Cancer: Conversations

Thursdays from 12:00 p.m. - 1:00 p.m.

Facilitated by: Rev. Marianne Robbins, MDiv, BCC and Rev. Alicia E. Parker FCN, RN-BC, BS, M.Div., CT

October 21: Cancer Loss, What it Means to Me

November 18: Cancer Care, Preparing for the Holidays

December 16: Cancer Grief, Healing Through it

Jefferson recognizes that a diagnosis is an emotional experience for our patients and their loved ones. In addition to your physical needs, you may have emotional and spiritual needs that are an important part of your healing process. We are here for you, to listen, to

comfort and to care.

We honor the beliefs and traditions that bring meaning to you. We respect the views of all religions, denominations, and personal philosophies.

Your experience of emotional and spiritual distress is unique to you. Through reverently acknowledging your story, we support you and your loved ones through your personal journey. We provide a listening presence to hear your burdens and concerns, your worries and fears, your questions of meaning, and feelings that are on your heart and on your mind.

This is an opportunity for those who are any stage of a cancer treatment, from diagnosis to remission and all points in between. We welcome families and loved ones who may be on the journey with you.

Register in advance for this meeting:

<https://tinyurl.com/SpiritualityCancerOND>

### The Soundtrack of Your Life

Tuesday November 9; 12:00 p.m.- 1:00 p.m.

Facilitated by: Josh Robinson, Percussionist, Teaching Artist

We all have a soundtrack that marks the many chapters of our lives. The places we've lived, the relationships, vacations, car rides, and various adventures. This workshop will take you back on a musical reflection through your musical past, your stories, and the role music played in those moments. Participants will share a short story about what their song represents and then we will listen to a portion of the song. Others will be encouraged to share different experiences or meanings that song represents afterwards. (ie: a song that reminds you of the summer you got your driver's license cruising down the road may remind someone else of a friend that moved away) There is also a listening relaxation/wellness portion where Josh will play live relaxing music <https://youtu.be/EtFy3jG0gp8> <https://youtu.be/YBRysUvqLL4>

Register in advance for this meeting:

<https://tinyurl.com/SoundtrackYourLife>

### 15 Minute Mindfulness Practice Sessions Offered by the Mryna Brind Center for Mindfulness at Jefferson

Every Tuesday and Thursday

12:30 p.m. - 12:45 p.m.

Join Zoom Meeting:

<https://tinyurl.com/TuesThur15Mins>

To join by phone: 1 646 876 9923 US

Meeting ID: 945 0936 3161

### Beating the Holiday Blues with Gentle Yoga

Fridays, November 19 and December 17

1:00 p.m. - 2:00 p.m.

Facilitated by: Felicia Greenfield-Blau, LPT, CCE Managing Partner at Reboot IWC

Join us virtually for a 60-minute gentle yoga session to help decompress from stress while practicing yoga exercises and breathing techniques. Felicia will guide you through mindful yoga to help decrease stress and help connect you with your own body and others!

Register in advance for this meeting:

<https://tinyurl.com/BlueHolidayYoga>



### DIY (Do-it-Yourself) Stress Busters

Select Thursdays; 11:00 a.m.- 12:00 p.m.

July 8: Family Fun Scattegories Game!

All are invited!

September 9: Healthy Snack Making.

December 9: Make your own paper snowflakes!

We all deal with stress, and stress management is crucial to our wellbeing! Come to make stress busters and connect with other patients and caregivers in a virtual DIY session. This is kid friendly too!

Register in advance for this meeting:

<https://tinyurl.com/DIYStressBuster>

### Educational Programs

#### Who's Tired of Being Tired?

Tuesday, May 11; 5:00 p.m. - 6:00 p.m.

Facilitated by Brandis Johnson, PT, DPT, CLT-LANA and Ruth Sutton, CPT

Who has time to be tired, feel sick, or be depressed and anxious? No one. It's 2021 and no one has time for that! Physical Therapist Brandi Johnson and Personal Trainer/Cancer Survivor Ruth Sutton partner together to help show you how physical activity can help combat the most common side effects from chemo. We will explain the benefits and concerns of different programs so that they can be easily individualized. In today's fast paced world no one has time to deal with the side effects of chemo, so we are going to help you try to kick some of those side effects to the curb!

Register in advance for this meeting:

<https://tinyurl.com/WhosTired>

#### Vegetarian and Vegan Diet

Wednesday, May 12; 12:00 p.m.- 1:00 p.m.

Facilitated by: Corey Ciaverelli, RD, LDN, CNSC

The American Institute of Cancer Research recommends a plant-based diet. But what does that really mean? Join us as our dietitian explains the plant-based diet and benefits for prevention of cancer.

Register in advance for this meeting:

<https://tinyurl.com/VVDiet>





### Supportive Care: Managing Chemotherapy Side Effects

Thursday, May 13; 1:00 p.m. - 2:00 p.m.  
Facilitated by: Rose Dimarco, PharmD, BCPS, BCOP

You're ready to move on with life after cancer. However, side effects from your disease or aggressive treatment methods may interfere with your quality of life. Some may be temporary, and others may last a lifetime. Learn more about common side effects cancer survivors face and about how to manage them effectively.

Register in advance for this meeting:  
<https://tinyurl.com/May13ChemoSideEffects>

### Smoking and Tobacco Cessation Class

Every other Monday; 12:00 p.m.- 1:00 p.m.  
Starting Monday, June 7, 2021  
Facilitated by Oncology Social Worker Lora Rhodes, MSW, LCSW

We understand that quitting smoking (and other forms of tobacco) is essential to good health, crucial to cancer prevention, and extremely difficult. To help provide the guidance and support most people need, Sidney Kimmel Cancer Center is offering a Smoking Cessation Group Program, which is open to the community.

For more information or to register for the next session, please call 215-955-1800. An individual intake appointment will also be scheduled prior to the first group session. A zoom invite will be sent after the intake.

### Understanding the Financial Impact of Cancer – Insurance 101 and Copay Assistance Programs

Tuesday, June 8; 12:00 p.m. – 1:30 p.m.  
Facilitated by: Tameka Marshall and Magdalena Cervantes, Financial Advocates

Learn about the impact of cancer on your finances. Discussion will include Medicaid, Medicare, and the Affordable Care Act, as well as copay assistance programs.

Register in advance for this meeting:  
<https://tinyurl.com/June8Financial>



### New Oncology Patient Nutrition Class

Wednesday, June 9; 12:00 p.m.- 1:00 p.m.  
Facilitated by: Melissa Denton, RDN, CNSC, LDN

Digging through all the nutrition information after a cancer diagnosis can be confusing and frustrating. Join us for an overview of evidence-based nutrition guidelines for during treatment and to get answers to your questions.

Register in advance for this meeting:  
<https://tinyurl.com/June9Nutrition>

### Education on Oral Chemotherapy

Thursday, June 10; 1:00 p.m. - 2:00 p.m.  
Facilitated by: Maria Piddoubny, PharmD, BCOP and Jinsgi Cheng, PharmD

We will discuss common oral chemotherapy and review your medication list with you. Come and ask questions about your oral chemotherapy. Learn about food/drug interactions to watch out for with your oral chemotherapy

Register in advance for this meeting:  
<https://tinyurl.com/OralChemoJuly10>

### Improving and Maintaining Healthy Sleep Habits

Thursday, July 8; 1:00 p.m. - 2:00 p.m.  
Facilitated by: Anshika Singh, PharmD, BCOP

Good sleeping patterns are linked with better health and can improve mood and stress. Come learn healthy sleep habits to aid in getting a good night's sleep.

Please register in advance:  
<https://tinyurl.com/SleepHabitsJuly8>



### Nutrition Myths and Facts

Wednesday, Jul 14; 12:00 p.m.- 1:00 p.m.  
Facilitated by: Melissa Denton, RDN, CNSC, LDN

There is a lot of confusing information out there when it comes to nutrition and cancer. During this session, you will learn the difference between common cancer nutrition



myths and the facts so you can be the most informed while dealing with your diagnosis.

Register in advance for this meeting:  
<https://tinyurl.com/July14Nutrition>

### Managing Long Term Side Effects of Cancer Treatment

Friday, July 16; 12:00 p.m. - 1:00 p.m.  
Facilitated by: Kathryn Yingling CRNP

You're ready to move on with life after cancer. However, side effects from your disease or aggressive treatment methods may interfere with your quality of life. Some may be temporary, and others may last a lifetime. Learn more about common side effects cancer survivors face and about how to manage them effectively.

Register in advance for this meeting:  
<https://tinyurl.com/July16SideEffects>

### Medical Marijuana Research: Current State and Future Opportunities

Wednesday, July 21; 12:00 p.m. - 1:00 p.m.  
Facilitated by Brooke Worster, MD, FACP, Assistant Professor of Medicine  
Medical Director, Neu Center for Supportive Medicine and Cancer Survivorship  
Gregory D. Garber, MSW, LCSW, Director Patient Support Services

New research on medical cannabis or Cannabidiol (CBD), has many researchers suggesting an important role for cannabis in the care of many serious illnesses and intractable symptoms. Join our expert panel as they discuss medical cannabis and its uses in management of palliation and side effect management and current research impacting cancer care.

Register in advance for this meeting:  
<https://tinyurl.com/MarijuanaJuly21>



### Coping with Cancer: Skills to Balance Uncertainty with Hope

Thursday, July 29; 12:00 p.m.- 1:00 p.m.  
Facilitated by C. Virginia F. O'Hayer, Ph.D.

How do we manage life with cancer and cope even in tough moments? Join Dr. Virginia O'Hayer, who will utilize skills from Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT). Both methods have been proven to be effective in dealing with life's challenges. Dr. O'Hayer will discuss ways to change how we respond to unpredictable and uncontrollable situations, even when we can't change them. You can regain a sense of control and emotional balance by learning how to live the life you want to be living NOW, balance strong emotions, and accept what can't be changed. This webinar will help teach you skills to deal with difficult emotions.

Register in advance for this meeting:  
<https://tinyurl.com/CopingJuly29>

### The Cancer Vocabulary and Language: How to Talk with Your Oncologist

Tuesday, August 3; 12:00 p.m.- 1:00 p.m.  
Facilitated by: Lindsay Wilde, MD, Assistant Professor, Acute Leukemia Program

Join us for an interactive discussion with Dr. Wilde who will explain common cancer terminology and ways to enhance and effectively communicate with your oncology care team.

Register in advance for this meeting:  
<https://tinyurl.com/OncologistTalkAug3>



### New Oncology Patient Nutrition Class

Wednesday, August 11; 12:00 p.m.- 1:00 p.m.  
Facilitated by: Melissa Denton, RDN, CNSC, LDN

Digging through all the nutrition information after a cancer diagnosis can be confusing and frustrating. Join us for an overview of evidence-based nutrition guidelines for during treatment and to get answers to your questions.

Register in advance for this meeting:  
<https://tinyurl.com/Aug11Nutrition>



### Supportive and Palliative Care: Helping Patients and Families During Serious Illness

Wednesday, August 11; 12:00 p.m. - 1:00 p.m.

Join us for a presentation about palliative care and for a roundtable discussion about how it can help, when it can be utilized, and overall symptom management. Members from the Sidney Kimmel Cancer Center Supportive Medicine Team will lead the talk: Elizabeth Collins, MD, Emily Hajjar; PharmD, BCPS, BCACP, BCGP; Denise Young, MSW, LCSW, Gillian Love, MD.

Register in advance for this meeting:  
<https://tinyurl.com/Aug11PalliativeCare>

### Monitoring and Managing Side Effects of Immunotherapy

Thursday, August 12; 1:00 p.m. - 2:00 p.m.  
Facilitated by: Rose Dimarco, PharmD, BCPS, BCOP and Julie Huang, PharmD

Immunotherapy has taken cancer treatment to a new level, training the immune system to attack cancer cells instead of "traditional chemotherapy," which attacks cancer directly. Yet, like all treatments, it comes with its own risk of side effects. Come learn about side effects unique to immunotherapy and how to manage them.

Register in advance for this meeting:  
<https://tinyurl.com/Aug12Immunotherapy>

### How Can I Make Sure My Wishes are Upheld?

Tuesday, August 24; 12:00 p.m. - 1:00 p.m.  
Facilitated by: Lisa Capparella, MSS, LCSW, OSW-C

Join Lisa for a session to help you plan ahead to ensure that your wishes and assets are protected. This presentation provides an overview of advance healthcare directives, powers of attorney for financial affairs, and basics about wills and trusts.

Register in advance for this meeting:  
<https://tinyurl.com/Aug24Wishes>



### Adding Color to your Plate

Wednesday, September 8;  
12:00 p.m. - 1:00 p.m.  
Facilitated by: Jacqueline Stulb RD, CSO, LDN

The more naturally colorful your meal is the more cancer-fighting nutrients it contains. This topic will cover the many benefits of consuming a plant-based diet.

Register in advance for this meeting:  
<https://tinyurl.com/Sep8ColorPlate>

### Supportive Care: Managing Chemotherapy Side Effects

Thursday, September 9; 1:00 p.m. - 2:00 p.m.  
Facilitated by: Rose Dimarco, PharmD, BCPS, BCOP

You're ready to move on with life after cancer. However, side effects from your disease or aggressive treatment methods may interfere with your quality of life. Some may be temporary, and others may last a lifetime. Learn more about common side effects cancer survivors face and about how to manage them effectively.

Register in advance for this meeting:  
<https://tinyurl.com/Sep9SideEffects>

### Pelvic Health for Men During and After Cancer Treatment

Tuesday, September 14; 5:00 p.m. - 6:00 p.m.  
Facilitated: by Pia Leone, PT, DPT, WCS, CLT and Brandis Johnson, PT, DPT, CLT-LANA

Men who have experienced colorectal, prostate, or bladder cancer may experience pelvic health issues during and after treatment.

Join Certified Pelvic Health physical therapists Pia Leone and Brandis Johnson to discuss urinary incontinence, decreasing cancer-related fatigue, and improving strength and mobility.

Register in advance for this meeting:  
<https://tinyurl.com/Sep14Pelvic>



### **Cancer Transitions Program—Moving Beyond Treatment: Next Steps Towards Survivorship**

Six consecutive Mondays, September 20 through October 25; 4:30 p.m. - 6:00 p.m.  
Facilitated by SKCC Oncology Social Workers, Physical Therapist, Dietician, Nurse Practitioner

This psycho-educational program is designed to support, educate, and empower people during the transition period following treatment—especially as people live longer and stronger lives after being treated for cancer. This program is ideal for patients who have completed treatment within the last six months.

Topics of discussion include:

- Exercise
- Nutrition
- Emotional and social issues
- Mindfulness

Participants will meet for 1.5-hour sessions each week for six weeks. Expert presentations, group discussions, and an emphasis on setting and achieving active goals will ensure that participants receive a unique and enriching experience.

Participation in all six sessions is required.

Please call **215-955-1800** to register.

### **Balancing Work and Cancer Treatment**

Friday, August 20; 12:00 p.m. - 1:00 p.m.  
Facilitated by: Lisa Capparella MSS, LCSW, OSW-C Manager, Cancer Support and Welcome Center  
Christina Bach MBE, MSW, LCSW, OSW-C Educational Content Specialist and Psychosocial Content Editor, OncoLink

Oncology social workers will discuss re-entering the workforce after a cancer diagnosis, explaining gaps in your resume, ways to return to work after being out on disability leave, and workplace accommodations when returning to work after a leave.

Register in advance for this meeting:  
<https://tinyurl.com/Aug20Work>



### **Integrative Medicine: What Is It and How Can It Benefit Patients with Cancer?**

Thursday, September 30; 12:00 p.m. - 1:00 p.m.  
Facilitated by: Dr. Ana Marie Lopez, Dr. Madeleine Becker, MD, FACL, and Lisa Capparella MSS, LCSW, OSW-C

Integrative medicine can enhance medical care and reduce the negative impact and effects from cancer treatments by alleviating stress, tension, anxiety, pain, nausea and other side effects. Treatment modalities can help promote relaxation and resilience and improve mood and general wellbeing. Our practitioners will facilitate a discussion about integrative treatments that may benefit you as throughout the course of the illness and beyond.

Register in advance for this meeting:  
<https://tinyurl.com/Sep30Integrative>

### **What You Should Know About Breast Cancer Related Lymphedema**

Thursday, October 7; 12:00 p.m. - 1:00 p.m.  
Facilitated by: Brandis Johnson, PT, DPT, CLT-LANA and Pia Leone, PT, DPT, WCS, CLT

Lymphedema is a side effect of cancer surgery that can be prevented and managed. Join lymphedema experts in this educational session. Through education and an open forum discussion, participants will gain an understanding of lymphedema and the resources available to manage it.

Register in advance for this meeting:  
<https://tinyurl.com/Oct7Lymphedema>

### **New Oncology Patient Nutrition Class**

Wednesday, October 13; 12:00 p.m.- 1:00 p.m.  
Facilitated by: Melissa Denton, RDN, CNSC, LDN

Digging through all the nutrition information after a cancer diagnosis can be confusing and frustrating. Join us for an overview of evidence-based nutrition guidelines for during treatment and to get answers to your questions.

Register in advance for this meeting:  
<https://tinyurl.com/Oct13Nutrition>



### **Understanding your Prescription Medications**

Thursday, October 14; 12:00 p.m.- 1:00 p.m.  
Facilitated by Gloria Espinosa, PharmD, MAT, BCOP, BCPS

Come learn about important factors for staying safe at home while on prescription medications and undergoing chemotherapy. Bring your medication list and questions!

Register in advance for this meeting:  
<https://tinyurl.com/Oct14Prescription>



### **Managing Long Term Side Effects of Cancer Treatment**

Monday, October 18; 12:00 p.m. - 1:00 p.m.  
Facilitated by: Kaitlin Rancani, CRNP

You're ready to move on with life after cancer. However, side effects from your disease or aggressive treatment methods may interfere with your quality of life. Some may be temporary, and others may last a lifetime. Learn more about common side effects cancer survivors face and about how to manage them effectively.

Register in advance for this meeting:  
<https://tinyurl.com/Oct18SideEffects>

After registering, you will receive a confirmation email containing information about joining the meeting.

### **Medical Marijuana Research: Current State and Future Opportunities**

Friday, November 5; 12:00 p.m.- 1:00 p.m.  
Facilitated by Brooke Worster, MD, FACP, Assistant Professor of Medicine Medical Director, Neu Center for Supportive Medicine and Cancer Survivorship Gregory D. Garber, MSW, LCSW, Director Patient Support Services

New research on medical cannabis or Cannabidiol (CBD), has many researchers suggesting an important role for cannabis in the care of many serious illnesses and intractable symptoms. Join our expert panel as they discuss medical cannabis and its uses in management of palliation and side effect management and current research impacting cancer care.

Register in advance for this meeting:  
<https://tinyurl.com/MarijuanaNov5>



### Coping with Cancer at the Holidays: Tips for Managing Holiday Stress

Friday, November 12; 12:00 p.m. - 1:00 p.m.  
Facilitated by: Lisa Capparella MSS, LCSW,  
OSW-C and Jodi Sandos MSW, LCSW

Holidays can be stressful under the best of circumstances. With all the visiting, shopping, planning, cleaning, decorating, and cooking, it's easy to become tired and overwhelmed. When cancer treatments are added to the mix normal holiday stress can become unbearable. Join us to discuss some tips for how to deal with holiday stress.

Register in advance for this meeting:  
<https://tinyurl.com/HolidayStressNov12>

### Healthy Holiday Eating

Wednesday, November 10;  
12:00 p.m.- 1:00 p.m.  
Facilitated by: Corey Ciaverelli, RD, LDN, CNSC

The holidays bring to mind tables covered with rich foods, desserts, and good company. It may also bring worry about derailing your healthy eating plan. You can have your holiday feast and eat it too – without guilt! Join Corey as she gives practical advice and sample menu items to support your healthy eating over the holidays!

Register in advance for this meeting:  
<https://tinyurl.com/HealthyHolidayNov10>

### Targeted Therapies

Thursday, November 11; 12:00 p.m. - 1:00 p.m.  
Facilitated by: Rose Dimarco, PharmD, BCPS,  
BCOP

Targeted therapies are designed to “target” specific proteins or genes that may be responsible for cancer cell growth and survival. First, this lecture will discuss the differences between chemotherapy, immunotherapy, and targeted therapy. Then we will review different therapies that are used to “target” common proteins or genes, such as HER2, VEGF, PARP, and CD20. Finally, there will be an opportunity for patients to ask questions about their targeted therapies.

Register in advance for this meeting:  
<https://tinyurl.com/TargetTherapyNov11>



### Supportive and Palliative Care: Helping Patients and Families During Serious Illness

Monday, November 15; 12:00 p.m.- 1:00 p.m.

Join us for a presentation about palliative care and for a roundtable discussion about how it can help, when it can be utilized, and overall symptom management. Members from the Sidney Kimmel Cancer Center Supportive Medicine Team will lead the talk: Elizabeth Collins, MD, Emily Hajjar, PharmD, BCPS, BCACP, BCGP; Denise Young, MSW, LCSW, Gillian Love, MD.

Register in advance for this meeting:  
<https://tinyurl.com/PalliativeNov15>

### Chemo Brain 101

Wednesday, November 17;  
12:00 p.m. - 1:00 p.m.  
Facilitated by: Mijail Surruya, MD, PhD

Strategies for Improving chemo brain— Understand the cognitive consequences of cancer treatment as well as the impact of co-existing factors. Learn strategies to mitigate the impact of a potential cognitive decline.

Register in advance for this meeting:  
<https://tinyurl.com/BrainChemoNov17>

### New Oncology Patient Nutrition Class

Wednesday, December 8;  
12:00 p.m. - 1:00 p.m.  
Facilitated by: Melissa Denton, RDN, CNSC,  
LDN

Digging through all the nutrition information after a cancer diagnosis can be confusing and frustrating. Join us for an overview of evidence-based nutrition guidelines for during treatment and to get answers to your questions.

Register in advance for this meeting:  
<https://tinyurl.com/NutritionDec8>



### Monitoring and Managing Side Effects of Immunotherapy

Thursday, December 9; 12:00 p.m. - 1:00 p.m.  
Facilitated by: Rose Dimarco, PharmD, BCPS,  
BCOP and Julia Huang, PharmD

Immunotherapy has taken cancer treatment to a new level, training the immune system to attack cancer cells instead of “traditional chemotherapy,” which attacks cancer directly. Yet, like all treatments, it comes with its own risk of side effects. Come learn about side effects unique to immunotherapy and how to manage them.

Register in advance for this meeting:  
<https://tinyurl.com/SideEffectsDec9>

### SPECIAL EVENTS

#### Brain Cancer Symposium

Tuesday, May 25, 2021; 4:00 p.m. - 6:00 p.m.

Join us for an afternoon of hope as our speakers discuss new advancements in treatments for brain cancers and benign brain tumors. Experts will answer questions about treatment options, common side effects, and coping with the emotional impact of a brain tumor. There will also be an opportunity to network with other survivors during this event.

Guest Speakers include:  
James Evans, MD, Professor  
Division Chief, Brain Tumor and Stereotactic  
Radiosurgery Division  
Kevin Judy, MD, Professor of Neurological  
Surgery  
Wenyin Shi, MD, PhD, Professor  
Co-Director, Brain Tumor Center of the Sidney  
Kimmel Cancer Center  
Co-Director, Stereotactic Radiosurgery  
Program  
Nina Martinez, MD, Assistant Professor of  
Medical Oncology  
Lauren Barbieri, CRNP  
Kate Rehm, MSW, LCSW

Register in advance for this meeting:  
<https://tinyurl.com/BrainMay25>

# 22<sup>ND</sup> ANNUAL CANCER SURVIVOR & THRIVER DAY

Friday, June 18 • 11 a.m. – 2 p.m.

Please join us as we come together for this inspirational, virtual event. Clinicians from the Jefferson Health Sidney Kimmel Cancer Center will be on hand to answer your questions and share information throughout the day.

11 a.m. – 12 p.m.



## Inspirational Chat with Ben Alldis, Peloton Instructor and Melanoma Survivor

Growing up, Ben was an accomplished athlete always running, riding, kicking a ball or competing. His professional career began at a prestigious private equity firm in London. After a pivotal year of battling skin cancer and losing a family member, Ben decided to follow his dream of helping others through health and fitness, joining the Peloton team as the first UK instructor in 2018. He is now on a mission to share his passion with as many people as possible while promoting the importance of self-care.

### Featuring:

#### Andrew Chapman, DO, FACP

Interim Executive Vice President, Oncology Services, Jefferson Health  
Vice Chair for Clinical Operations, Department of Medical Oncology  
Co-Director, Jefferson Senior Adult Oncology Center  
Chief of Cancer Services, Sidney Kimmel Cancer Center

#### Bryan A. Spinelli, PT, PhD

Board Certified Clinical Specialist in Orthopaedic Physical Therapy  
Lymphology Association of North America Certified Lymphedema Therapist  
Assistant Professor

#### Lisa Capparella, MSS, LCSW, OSW-C

Manager, Patient, Family, and Community Programs  
Sidney Kimmel Cancer Center

 **Sidney Kimmel Cancer Center**  
Jefferson Health® | NCI – designated



12 p.m. - 1 p.m.

## Expert Panel Discussion – Q&A

Hear from our SKCC panel of experts on the latest in treatment, clinical research and survivorship. Submit your questions in advance at [CancerSupportCenter@Jefferson.edu](mailto:CancerSupportCenter@Jefferson.edu).

### Panel members:

#### Mark Shahin, MD

Director, Hanjani Institute for Gynecologic Oncology

#### Michael Rotkowitz, MD

Medical Oncology, Jefferson Health – New Jersey

#### Elizabeth Collins, MD

Neu Center for Supportive Medicine and Cancer Survivorship  
Assistant Professor, Department of Family & Community Medicine,  
Division of Geriatric Medicine and Palliative Care

#### Melissa Denton, RDN, LDN, CSO, CNSC

Outpatient Oncology Dietician

#### Avnish Bhatia, MD

Clinical Assistant Professor, Medical Oncology

#### Robert Den, MD

Associate Professor of Radiation Oncology, Cancer Biology, and Urology  
Residency Program Director, Jefferson  
Department of Radiation Oncology

#### Carey McDougall, MS, LCGC

Licensed Certified Genetic Counselor

#### Edith P. Mitchell, MD, MACP, FCPP

Clinical Professor of Medicine and Medical Oncology  
Director, Center to Eliminate Cancer Disparities  
Associate Director, Diversity Affairs

1 p.m. - 2 p.m.

If you're willing to share a picture of yourself and your family while coping with cancer during a pandemic for a celebratory slide show, please e-mail your picture, full name and a statement with your permission to share to [CancerSupportCenter@Jefferson.edu](mailto:CancerSupportCenter@Jefferson.edu)

## Breakout Sessions

### Option 1: Caregiving Throughout Survivorship:

Andrew Chapman, DO, and Lora Rhodes, LCSW

This session will focus on important aspects of survivorship that impact caregivers and discuss importance of self-care.

### Option 2: Twist Shop Art Activity: Michaela Herr, MA, ATE-BC, LPC

This uplifting and guided art activity will focus on creative expression and meaning of Survivorship.

### Option 3: Gentle and Meditative Yoga: Diane Reibel, Ph.D. Director,

Myrna Brind Center for Mindfulness

Marcus Institute of Integrative Health: Jefferson Health

This session will focus on gentle and mindful yoga movements open to all participants

Register in advance for this meeting:

<https://tinyurl.com/22SurvivorThriverDay>

or Scan the QR Code





# MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	29	30
	EVERY TUESDAY & EVERY THURSDAY 15 Minute Mindfulness Practice Sessions, 12:30 p.m. - 12:45pm			
3	FIGHTING MEN Fighting CANCER a Virtual Prostate Cancer Support Group, 7:00 p.m. - 8 p.m.	4	Primary and Metastatic Ocular Melanoma Support 1:00 p.m. - 2:00 p.m. Young Adult Group 5:30 p.m. - 7 p.m.	5
6	Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.	7		
10	Let's Talk About Prostate Cancer 6:00 p.m. - 7:00 p.m. Helen's Angels Pink Ball Tournament	11	Drum It Out! 12:00 p.m.- 1:00 p.m. Who's Tired of Being Tired? 5:00 p.m. - 6:00 p.m.	12
17		18	Vegetarian & Vegan Diet 12:00 p.m.- 1:00 p.m. Autologous Blood and Marrow Transplant Education 1:00 p.m. - 3:00 p.m. Radiant Warrior Vinyasa Flow Yoga 5:00 p.m.- 6:00 p.m.	19
			Supportive Care: Managing Chemotherapy Side Effects 1:00 p.m. - 2:00 p.m. Brain Tumor Support Group at Jefferson 6:30 p.m. - 8:00 p.m.	20
			Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.	21
			Mindfulness with Dr. Lopez 12:30 p.m. - 1:00 p.m.	SAT. 15
			7th Annual Amy's Ride/Run/Walk Against Pancreatic Cancer	
24	Brain Cancer Symposium 4:00 p.m. - 6:00 p.m.	25	Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers 1:00 p.m. - 3:00 p.m.	26
			Metastatic Breast Cancer Support & Education Group 12:00 p.m. - 1:15 p.m. Gentle and Mindful Yoga for Patients and Caregivers 1:00 p.m. - 2:00 p.m.	27
			Metastatic Breast Cancer Support and Education Group 12:00 p.m. - 1:15 p.m.	28
31	1	2	3	4
Cancer Support and Welcome Center, CLOSED				

# JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
Laughter Yoga 5:00 p.m. - 6:00 p.m.	Primary and Metastatic Ocular Melanoma Support 1:00 p.m. - 2:00 p.m. Young Adult Group 5:30 p.m. - 7 p.m.	Guided Virtual Nature Walk 12:00 p.m.- 1:30 p.m. Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.	Mindfulness Practice with Dr. Handley 12:30 p.m. - 1:00 p.m.	
7	8	9	10	11
Smoking & Tobacco Cessation Class 12:00 p.m.- 1:00 p.m. Barbara A. Colameco Cancer Transportation Fund's 6th Annual Golf Outing	Understanding the Financial Impact of Cancer 12:00 p.m. - 1:30 p.m. Intimacy & Sexuality Series for Females Facing Cancer 5:00 p.m. - 6:00 p.m. FIGHTING MEN Fighting CANCER a Virtual Prostate Cancer Support Group, 7:00 p.m. - 8 p.m.	New Oncology Patient Nutrition Class 12:00 p.m.- 1:00 p.m. Autologous Blood and Marrow Transplant Education 1:00 p.m. - 3:00 p.m. Radiant Warrior Vinyasa Flow Yoga 5:00 p.m.- 6:00 p.m.	Education on Oral Chemotherapy 1:00 p.m. - 2:00 p.m. Brain Tumor Support Group at Jefferson 6:30 p.m. - 8:00 p.m.	Metastatic Breast Cancer Support and Education Group 12:00 p.m. - 1:15 p.m.
14	15	16	17	18
Let's Talk About Prostate Cancer 6:00 p.m. - 7:00 p.m.	Mindful Movement & Breathing 12:00 p.m. - 12:45 p.m. Intimacy & Sexuality Series for Females Facing Cancer 5:00 p.m. - 6:00 p.m.	Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.	22 <sup>ND</sup> ANNUAL CANCER SURVIVOR & THRIVER DAY 11 a.m. - 2 p.m.	SAT. 19
			Unite For Her Virtual Wellness Day Event	Lisa Oakley Memorial Foundation Summer Kickoff Sunset Cruise
21	22	23	24	25
Smoking & Tobacco Cessation Class 12:00 p.m.- 1:00 p.m.	1:1 Reiki Sessions w/ Sharon (20 minutes) 12:00 p.m.- 2:00 p.m. Intimacy & Sexuality Series for Females Facing Cancer 5:00 p.m. - 6:00 p.m.	Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers 1:00 p.m. - 3:00 p.m. Unite For Her Virtual Wellness Day Event	Metastatic Breast Cancer Support & Education Group 12:00 p.m. - 1:15 p.m. Gentle and Mindful Yoga for Patients and Caregivers 1:00 p.m. - 2:00 p.m.	
28	29	30	1	2
Mindful Movement & Breathing 12:00 p.m. - 12:45 p.m. Show and Tell Pet Happy Hour 12:00 p.m. - 1:00 p.m.	Feel More Like You A Virtual Session 12:00 p.m. - 1:00 p.m.		EVERY TUESDAY & EVERY THURSDAY 15 Minute Mindfulness Practice Sessions, 12:30 p.m. - 12:45pm	

# JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
	EVERY TUESDAY & EVERY THURSDAY 15 Minute Mindfulness Practice Sessions, 12:30 p.m. - 12:45pm		Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.	
5	FIGHTING MEN Fighting CANCER a Virtual Prostate Cancer Support Group, 7:00 p.m. - 8 p.m.	Primary and Metastatic Ocular Melanoma Support 1:00 p.m. - 2:00 p.m.  Young Adult Group 5:30 p.m. - 7 p.m.	DIY (Do-it-Yourself) Stress Busters 11:00 a.m.- 12:00 p.m.  Improving and Maintaining Healthy Sleep Habits 1:00 p.m. - 2:00 p.m.  Brain Tumor Support Group at Jefferson 6:30 p.m. - 8:00 p.m.	Metastatic Breast Cancer Support and Education Group 12:00 p.m. - 1:15 p.m.
Cancer Support and Welcome Center, CLOSED				
12	Mindful Movement & Breathing 12:00 p.m. - 12:45 p.m.	Nutrition Myths and Facts 12:00 p.m.- 1:00 p.m.  Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers 1:00 p.m. - 3:00 p.m.  Radiant Warrior Vinyasa Flow Yoga 5:00 p.m.- 6:00 p.m.	Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.	Managing Long Term Side Effects of Cancer Treatment 12:00 p.m. - 1:00 p.m.  Mindfulness with Dr. Lopez 12:30 p.m. - 1:00 p.m.
Let's Talk About Prostate Cancer 6:00 p.m. - 7:00 p.m.				
19	Fundamentals of Oncology Acupuncture 12:00 p.m. - 1:00 p.m.	Medical Marijuana Research: Current State and Future Opportunities 12:00 p.m. - 1:00 p.m.	22	Metastatic Breast Cancer Support & Education Group 12:00 p.m. - 1:15 p.m.  Gentle and Mindful Yoga for Patients and Caregivers 1:00 p.m. - 2:00 p.m.
Smoking & Tobacco Cessation Class 12:00 p.m.- 1:00 p.m.				
26	Mindful Movement & Breathing 12:00 p.m. - 12:45 p.m.	Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers 1:00 p.m. - 3:00 p.m.	29	30
Online Introduction to Mindfulness-Based Stress Reduction 6:00 p.m. - 7:00 p.m.			Coping with Cancer: Skills to Balance Uncertainty with Hope 12:00 p.m.- 1:00 p.m.	

# AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	29	30
	EVERY TUESDAY & EVERY THURSDAY 15 Minute Mindfulness Practice Sessions, 12:30 p.m. - 12:45pm			
Smoking & Tobacco Cessation Class 12:00 p.m.- 1:00 p.m.	The Cancer Vocabulary and Language: How to Talk with Your Oncologist 12:00 p.m.- 1:00 p.m.  FIGHTING MEN Fighting CANCER a Virtual Prostate Cancer Support Group, 7:00 p.m. - 8 p.m.	Primary and Metastatic Ocular Melanoma Support 1:00 p.m. - 2:00 p.m.  Young Adult Group 5:30 p.m. - 7 p.m.	Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.	Mindfulness Practice with Dr. Handley 12:30 p.m. - 1:00 p.m.
9	Mindful Movement & Breathing 12:00 p.m. - 12:45 p.m.  Bereavement Support Group (8) 4:30 p.m. - 6:00 p.m.	Nutrition Class 12:00 p.m.- 1:00 p.m. Supportive & Palliative Care 12:00 p.m. - 1:00 p.m. Autologous Blood & Marrow Transplant 1:00 p.m. - 3:00 p.m. Esophagectomy Survivor 4:00 p.m. - 5:30 p.m.  Radiant Warrior Yoga 5:00 p.m.- 6:00 p.m.	Monitoring and Managing Side Effects of Immunotherapy 1:00 p.m. - 2:00 p.m.  Brain Tumor Support Group at Jefferson 6:30 p.m. - 8:00 p.m.	Scarf Tying Demonstration 12:00 p.m. - 1:00 p.m.  Metastatic Breast Cancer Support and Education Group 12:00 p.m. - 1:15 p.m.
Let's Talk About Prostate Cancer 6:00 p.m. - 7:00 p.m.				
16	Bereavement Support Group (8) 4:30 p.m. - 6:00 p.m.	18	Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.  Feel More Like You A Virtual Session 4:00 p.m. - 5:00 p.m.	Balancing Work & Cancer Treatment 12:00 p.m. - 1:00 p.m.
Smoking & Tobacco Cessation Class 12:00 p.m.- 1:00 p.m.				
23	How Can I Make Sure My Wishes are Upheld? 12:00 p.m. - 1:00 p.m.  1:1 Reiki Sessions with Sharon (20 minutes) 2:00 p.m.- 4:00 p.m.  Bereavement Support Group (8) 4:30 p.m. - 6:00 p.m.	25	26	Metastatic Breast Cancer Support and Education Group 12:00 p.m. - 1:15 p.m.  Gentle and Mindful Yoga for Patients and Caregivers 1:00 p.m. - 2:00 p.m.
		Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers 1:00 p.m. - 3:00 p.m.		
30	Bereavement Support Group (8) 4:30 p.m. - 6:00 p.m.	1	2	3
Smoking & Tobacco Cessation Class 12:00 p.m.- 1:00 p.m.				

# SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31 EVERY TUESDAY & EVERY THURSDAY 15 Minute Mindfulness Practice Sessions, 12:30 p.m. - 12:45pm	1 Primary and Metastatic Ocular Melanoma Support 1:00 p.m. - 2:00 p.m.  Young Adult Group 5:30 p.m. - 7 p.m.	2 Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.	3
6 Cancer Support and Welcome Center, CLOSED	7 Bereavement Support Group (8) 4:30 p.m. - 6:00 p.m.  FIGHTING MEN Fighting CANCER a Virtual Prostate Cancer Support Group, 7:00 p.m. - 8 p.m.	8 Adding Color to Your Plate 12:00 p.m. - 1:00 p.m.  Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers 1:00 p.m. - 3:00 p.m.  Radiant Warrior Vinyasa Flow Yoga 5:00 p.m.- 6:00 p.m.	9 DIY (Do-it-Yourself) Stress Busters 11:00 a.m. - 12:00 p.m.  Supportive Care: Managing Chemotherapy Side Effects 1:00 p.m. - 2:00 p.m.  Brain Tumor Support Group at Jefferson 6:30 p.m. - 8:00 p.m.  Blood Cancer Symposium 4:00 p.m. - 6:00 p.m.	10 Metastatic Breast Cancer Support and Education Group 12:00 p.m. - 1:15 p.m.
13 Let's Talk About Prostate Cancer 6:00 p.m. - 7:00 p.m.	14 Drum It Out! 12:00 p.m. - 1:00 p.m.  Bereavement Support Group (8) 4:30 p.m. - 6:00 p.m.  Pelvic Health for Men During and After Cancer Treatment 5:00 p.m. - 6:00 p.m.	15	16 Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.	17 Mindfulness with Dr. Lopez 12:30 p.m. - 1:00 p.m.
20 Smoking & Tobacco Cessation Class 12:00 p.m.- 1:00 p.m.  Cancer Transitions Program- Moving Beyond Treatment: Next Steps Towards Survivorship (6) 4:30 p.m. - 6:00 p.m.	21 Guided Virtual Nature Walk 12:00 p.m.- 1:30 p.m.  Bereavement Support Group (8) 4:30 p.m. - 6:00 p.m.	22 Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers 1:00 p.m. - 3:00 p.m.  Gynecological Cancer Symposium 4:00 p.m. - 6:00 p.m.	23	24 Metastatic Breast Cancer Support and Education Group 12:00 p.m. - 1:15 p.m.  Gentle and Mindful Yoga for Patients and Caregivers 1:00 p.m. - 2:00 p.m.
27 Cancer Transitions Program- Moving Beyond Treatment: Next Steps Towards Survivorship (6) 4:30 p.m. - 6:00 p.m.	28 Bereavement Support Group (8) 4:30 p.m. - 6:00 p.m.	29	30 Integrative Medicine: What Is It & How Can It Benefit Patients with Cancer? 12:00 p.m. - 1:00 p.m.	1

# OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28 EVERY TUESDAY & EVERY THURSDAY 15 Minute Mindfulness Practice Sessions, 12:30 p.m. - 12:45pm	29	30	1 Mindfulness Practice with Dr. Handley 12:30 p.m. - 1:00 p.m.
4 Smoking & Tobacco Cessation Class 12:00 p.m.- 1:00 p.m.  Cancer Transitions Program- Moving Beyond Treatment: Next Steps Towards Survivorship (6) 4:30 p.m. - 6:00 p.m.  Healing Through Humor Series (6) 5:00 p.m. - 6:30 p.m.	5 All You Need to Know About the Buddy Program: Meet the Buddies 12:00 p.m. - 1:00 p.m.  FIGHTING MEN Fighting CANCER a Virtual Prostate Cancer Support Group, 7:00 p.m. - 8 p.m.	6 Finding Meaning Group for Patients with Cancer 10:30 a.m. - 12:00 p.m.  Primary and Metastatic Ocular Melanoma Support 1:00 p.m. - 2:00 p.m.  Young Adult Group 5:30 p.m. - 7 p.m.	7 What You Should Know About Breast Cancer Related Lymphedema 12:00 p.m. - 1:00 p.m.  Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.	8 Metastatic Breast Cancer Support and Education Group 12:00 p.m. - 1:15 p.m.
11 Cancer Transitions Program- Moving Beyond Treatment: Next Steps Towards Survivorship (6) 4:30 p.m. - 6:00 p.m.  Healing Through Humor Series (6) 5:00 p.m. - 6:30 p.m.  Let's Talk About Prostate Cancer 6:00 p.m. - 7:00 p.m.	12	13 Finding Meaning Group for Patients with Cancer 10:30 a.m. - 12:00 p.m.  Nutrition Class 12:00 p.m.- 1:00 p.m.  Autologous Blood and Marrow Transplant Education 1:00 p.m. - 3:00 p.m.  Radiant Warrior Vinyasa Flow Yoga 5:00 p.m.- 6:00 p.m.	14 Understanding your Prescription Medications 12:00 p.m.- 1:00 p.m.  Brain Tumor Support Group at Jefferson 6:30 p.m. - 8:00 p.m.	15
18 Managing Long Term Side Effects 12:00 p.m. - 1:00 p.m.  Smoking & Tobacco Cessation Class 12:00 p.m.- 1:00 p.m.  Cancer Transitions Program- Moving Beyond Treatment (6) 4:30 p.m. - 6:00 p.m.  Healing Through Humor Series (6) 5:00 p.m. - 6:30 p.m.	19 Scanxiety 12:00 p.m.-1:00 p.m.	20 1st Annual Lisa Oakley Memorial Foundation Golf Tournament  Finding Meaning Group for Patients with Cancer 10:30 a.m. - 12:00 p.m.  Twistshop: Interactive Art Session 12:00 p.m. - 1:30 p.m.	21 Spirituality and Cancer: Conversations 12:00 p.m. - 1:00 p.m.  Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.  Watch "Hidden Scars" with the Directors 6:00 p.m. - 7:30 p.m.	22 Metastatic Breast Cancer Support and Education Group 12:00 p.m. - 1:15 p.m.  Gentle and Mindful Yoga for Patients and Caregivers 1:00 p.m. - 2:00 p.m.
25 Cancer Transitions Program- Moving Beyond Treatment: Next Steps Towards Survivorship (6) 4:30 p.m. - 6:00 p.m.  Healing Through Humor Series (6) 5:00 p.m. - 6:30 p.m.	26 Feel More Like You A Virtual Session 12:00 p.m. - 1:00 p.m.  1:1 Reiki Sessions w/ Sharon (20 minutes) 2:00 p.m.- 4:00 p.m.	27 Finding Meaning Group for Patients with Cancer 10:30 a.m. - 12:00 p.m.  Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers 1:00 p.m. - 3:00 p.m.	28	29

# NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smoking & Tobacco Cessation Class 12:00 p.m. - 1:00 p.m. Healing Through Humor Series (6) 5:00 p.m. - 6:30 p.m.	<b>1</b> FIGHTING MEN Fighting CANCER a Virtual Prostate Cancer Support Group, 7:00 p.m. - 8 p.m.	<b>2</b> Finding Meaning Group for Patients with Cancer 10:30 a.m. - 12:00 p.m. Primary and Metastatic Ocular Melanoma Support 1:00 p.m. - 2:00 p.m. Young Adult Group 5:30 p.m. - 7 p.m.	<b>3</b> Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m. Shine a Light on Lung Cancer 4:00 p.m.- 6:00 p.m.	<b>4</b> Medical Marijuana Research: Current State and Future Opportunities 12:00 p.m.- 1:00 p.m.
Healing Through Humor Series (6) 5:00 p.m. - 6:30 p.m. Let's Talk About Prostate Cancer 6:00 p.m. - 7:00 p.m.	<b>8</b>	<b>9</b> The Soundtrack of Your Life 12:00 p.m.- 1:00 p.m.	<b>10</b> Finding Meaning Group for Patients with Cancer 10:30 a.m. - 12:00 p.m. Healthy Holiday Eating 12:00 p.m.- 1:00 p.m. Autologous Blood and Marrow Transplant Education 1:00 p.m. - 3:00 p.m. Radiant Warrior Vinyasa Flow Yoga 5:00 p.m.- 6:00 p.m.	<b>11</b> Targeted Therapies 12:00 p.m. - 1:00 p.m. Brain Tumor Support Group at Jefferson 6:30 p.m. - 8:00 p.m.
Smoking & Tobacco Cessation Class 12:00 p.m. - 1:00 p.m. Supportive and Palliative Care:Helping Patients and Families During Serious Illness 12:00 p.m.- 1:00 p.m.	<b>15</b>	<b>16</b>	<b>17</b> Chemo Brain 101 12:00 p.m. - 1:00 p.m.	<b>18</b> Spirituality and Cancer: Conversations 12:00 p.m. - 1:00 p.m. Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.
			<b>19</b> Mindfulness with Dr. Lopez 12:30 p.m. - 1:00 p.m. Beating the Holiday Blues w/ Gentle Yoga 1:00 p.m. - 2:00 p.m.	<b>13</b> SAT. 16th Annual Pancreatic Cancer & Related Diseases Patient Symposium 9:00 a.m. - 1:00 p.m.
<b>22</b>	<b>23</b>	<b>24</b> Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers 1:00 p.m. - 3:00 p.m.	<b>25</b> Cancer Support and Welcome Center, CLOSED	<b>26</b> Cancer Support and Welcome Center, CLOSED
Smoking & Tobacco Cessation Class 12:00 p.m. - 1:00 p.m.	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>
			<b>3</b>	<b>4</b>
			<b>5</b>	<b>6</b>
			<b>EVERY TUESDAY &amp; EVERY THURSDAY 15 Minute Mindfulness Practice Sessions, 12:30 p.m. - 12:45pm</b>	<b>7</b>

# DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>29</b>	<b>30</b> EVERY TUESDAY & EVERY THURSDAY 15 Minute Mindfulness Practice Sessions, 12:30 p.m. - 12:45pm	<b>1</b> Primary and Metastatic Ocular Melanoma Support 1:00 p.m. - 2:00 p.m. Young Adult Group 5:30 p.m. - 7 p.m.	<b>2</b> Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.
Smoking & Tobacco Cessation Class 12:00 p.m. - 1:00 p.m.	<b>6</b>	<b>7</b> FIGHTING MEN Fighting CANCER a Virtual Prostate Cancer Support Group, 7:00 p.m. - 8 p.m.	<b>8</b> Nutrition Class 12:00 p.m. - 1:00 p.m. Autologous Blood and Marrow Transplant Education 1:00 p.m. - 3:00 p.m. Esophagectomy Survivorship & Support Group 4:00 p.m. - 5:30 p.m. Radiant Warrior Vinyasa Flow Yoga 5:00 p.m.- 6:00 p.m.	<b>9</b> DIY (Do-it-Yourself) Stress Busters 11:00 a.m.- 12:00 p.m. Monitoring & Managing Side Effects of Immunotherapy 12:00 p.m. - 1:00 p.m. Feel More Like You A Virtual Session 4:00 p.m. - 5:00 p.m. Brain Tumor Support Group at Jefferson 6:30 p.m. - 8:00 p.m.
Let's Talk About Prostate Cancer 6:00 p.m. - 7:00 p.m.	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Spirituality and Cancer: Conversations 12:00 p.m. - 1:00 p.m. Allogeneic Blood & Marrow Transplant Education Class for Patients and Caregivers 1:00p.m. - 3:00p.m.
				<b>17</b> Beating the Holiday Blues w/ Gentle Yoga 1:00 p.m. - 2:00 p.m.
Smoking & Tobacco Cessation Class 12:00 p.m. - 1:00 p.m.	<b>20</b>	<b>21</b>	<b>22</b> Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers 1:00 p.m. - 3:00 p.m.	<b>23</b>
				<b>24</b> Cancer Support and Welcome Center, CLOSED
	<b>27</b>	<b>28</b> 1:1 Reiki Sessions w/ Sharon (20 minutes) 12:00 p.m. - 4:00 p.m.	<b>29</b>	<b>30</b>
				<b>31</b> Cancer Support and Welcome Center, CLOSED

## Research Studies and Clinical Trials

### Clinical Trials Finder

Jefferson conducts cutting edge research to advance science and medical treatments globally. Research is one of the main pillars of Jefferson. In an effort to raise awareness, educate the public, and showcase studies that are actively recruiting participants, Jefferson created a resource that provides a high-level overview of Clinical Trials. It also allows the public to browse both Oncology and Non-Oncology related studies. By participating in clinical research, you are investing in yourself, your community, and the future of research. It is our partnerships with our volunteers that help create breakthroughs and further medical knowledge and treatments. We pride ourselves on creating a research environment based on respect, trust, and compassion between our teams and volunteers and work together as one to improve the outcomes of many. Our updated trial finder has a variety of clinical trials, both for cancer and non-cancer health matters. These can include prevention trials, quality of life trials, screening trials, diagnostic trials and therapeutic trials, among others.

Currently recruiting participants for a study about men with prostate cancer or family history of prostate cancer

Goals: To provide clinical genetic testing for prostate cancer to men to study genetic risk and wellness.

As a participant, you will be asked to do the following:

- Complete medical, family history, diet and physical activity, and behavioral questionnaires
- Receive genetic education
- Provide a blood or saliva sample which will be studied for mutations in genes to assess prostate cancer risk
- Discuss your genetic test results with a provider

If interested please contact:

Laura Gross, Study Coordinator  
215-503-5285 or [laura.gross@jefferson.edu](mailto:laura.gross@jefferson.edu)



### Spread the Word, Volunteers Needed!

We are looking for Health Mentors from all different backgrounds who are at least 18 years of age and are living with a chronic condition or impairment (high blood pressure, asthma, arthritis, heart disease, multiple sclerosis, blindness, etc.) or are a caretaker to someone who is living with a chronic condition or impairment and who enjoys sharing their personal health experiences.

If you know someone who is interested in learning more about the Health Mentors Program, please have them contact Ekan Ukanna: Phone: 215-955-4385  
Email: [HMP@jefferson.edu](mailto:HMP@jefferson.edu)

### Call to Cancer Patients and Survivors with Chronic Pain



Do you want to learn to manage your pain without having to rely on prescription pain medication? Consider participating in a pain management support study for cancer patients and survivors at Jefferson University Sidney Kimmel Cancer Center.

The purpose of the study is to find out if music-based or verbally-based pain management are more effective in reducing pain with or instead of opioid use in cancer survivors with chronic pain.

If you are a cancer patient or survivor and have had chronic pain for more than 3 months you may be eligible to participate in this study! What is involved? You would take part in

weekly 45-minute pain management sessions and fill out questionnaires at three different time points. Study participants will receive financial compensation for their participation. If you would like to learn more about this study, please call 267-760-4562 or email [pmss@jefferson.edu](mailto:pmss@jefferson.edu).

### Jefferson Health Additional Locations

For information on support services available at other Jefferson Health locations, please contact:

#### Abington – Jefferson Health

Mary Oleksiak, MSW, LSW, at 215-481-2579 or e-mail [Mary.Oleksiak@jefferson.edu](mailto:Mary.Oleksiak@jefferson.edu)

Maryellen Toy-Riccardi MSW, at 215-481-4517 or [Maryellen.Toy-Riccardi@jefferson.edu](mailto:Maryellen.Toy-Riccardi@jefferson.edu)  
<https://www.abingtonhealth.org/services-specialties/cancer/support-services/>

Jefferson Bucks Hospital, Jefferson Frankford Hospital, Jefferson Torresdale Hospital  
Jill Lefkowitz, MSW, LCSW, OSW-C. at 215-612-5208  
<https://northeast.jeffersonhealth.org/>

Jefferson Cherry Hill Hospital, Jefferson Stratford Hospital, Jefferson Washington Township Hospital  
Abigale Hassel, MSW, LCSW, OSW-C at 856-218-5322  
<https://newjersey.jeffersonhealth.org/services-cancer-center/cancer-education-resources>



## What Sidney Kimmel Cancer Center at Jefferson Offers

### Support Services

The Sidney Kimmel Cancer Center at Jefferson is your partner on the road to recovery. As we navigate this journey together, we understand that cancer can affect many aspects of your life. That's why the Jefferson staff works with you and your family, helping to meet your physical and emotional needs, during this difficult time.

Supportive Services we offer:

- Oncology Social Workers
- Nutrition Counseling by Registered Dietitians
- Financial Assistance Services
- Fertility Preservation
- Psychiatric-Oncology/Counseling



### Buddy Program

What can I expect from treatment? Does ANYONE know what I'm going through? Will my life ever be normal again? ASK a Buddy.

The program is for newly diagnosed cancer patients who are matched by diagnosis, treatment, age, and gender with a trained cancer survivor for one-on-one telephone support.

Call 267-438-0574 if you would like to be matched with a "Buddy" or if you would like to become a "Buddy."







**Sidney Kimmel Cancer Center**  
Jefferson Health® | NCI – designated

**Cancer Support and Welcome Center**

914 Chestnut Street, Philadelphia, PA 19107  
215-955-1800  
CancerSupportCenter@Jefferson.edu  
JeffersonHealth.org/CancerSupport

