

The HOPES Program offers free education/support workshops and wellness services that help patients, their families and friends living with cancer. They are held in the Maxwell V. Blum Cancer Resource Room on the 8th floor of the Yawkey Center for Outpatient Care on a drop-in basis, unless otherwise noted. For more information, call (617) 72-HOPES (617-724-6737) or the Cancer Resource Room at (617) 724-1822.

## January - February 2012

### Wellness Services

#### Art and Healing

Experience how creating art can help reduce the stress of living with cancer.

Led by Zara Racz and Susan Schmitz, Expressive Arts Therapy Interns.

Mondays; 1/9, 1/30, 2/13; 11 am - 12 pm.

#### Caring for Yourself

Learn how to use self-care techniques to manage stress/anxiety and decrease muscle tension.

Led by Michelle Boutin, Licensed Massage Therapist.

Thursdays; 1/12, 2/9; 12 pm - 1 pm.

#### Gentle Yoga

Try this easy form of exercise that uses mild stretching and healthy breathing.

Led by Luba Zagachin, Yoga Instructor.

Tuesdays; 1/3, 1/10, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28; 4:30 pm - 5:30 pm.

Thursdays; 1/5, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23; 11 am - 12 pm.

#### Learn About Acupuncture

Learn about acupuncture and how it can help reduce stress and relieve symptoms and side effects.

Led by Irene Martyniuk, Licensed Acupuncturist.  
Tuesdays; 1/24, 2/28; 12 pm - 1 pm.

#### Look Good, Feel Better

Learn tips for caring for your skin during cancer treatment and how to manage hair loss. Sponsored by the American Cancer Society. Pre-registration needed.

Led by Kathy Bazazi, Images Boutique, (617) 726-3211.  
Tuesdays; 1/3, 2/7; 10 am - 11:30 am.

#### Qigong

Try this gentle exercise that combines physical movement and meditation to help you feel better.

Led by Deguang He, Qigong Instructor.

Fridays; 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24; 11 am - 12 pm.

#### Relaxation Through Meditation

Experience an hour of mindfulness breathing and guided meditation to help calm and center your mind and body.

Led by Mary Susan Convery, Oncology Social Worker.  
Wednesdays; 1/11, 2/8; 12 pm - 1 pm.

#### Writing to Heal By

Learn how writing can help you focus your thoughts and reduce stress.

Led by Zara Racz and Susan Schmitz, Expressive Arts Therapy Interns.

Mondays; 1/23, 2/6, 2/27; 11 am - 12 pm.



## *Education Workshops*

### **Chemotherapy... What You Should Know**

Learn about chemotherapy and get tips for dealing with some of its side effects.

Led by Oncology Nurses and Pharmacists.

Daily, Monday-Friday, 1 pm - 2:30 pm.

### **Fighting Cancer with Your Fork**

Meet with the Cancer Center nutritionist and learn how eating well can make you feel better.

Led by Carol Sullivan, Oncology Nutritionist.

Wednesdays; 1/4, 2/1; 10 am - 11 am.

Fridays; 1/20, 2/17; 12 pm - 1 pm.

### **Health Care Proxies... How to Get Started**

Learn about Health Care Proxies and other steps you can take to make your health care choices known in the event you become unable to make or express your preferences in the future.

Led by Katrina Scott, Oncology Chaplain.

Mondays; 1/9, 2/13; 12 pm - 1 pm.

### **Lymphedema: Basics and Management**

Learn about lymphedema and ways to manage it, with a focus on the benefits of healthy exercise.

Led by Janet Skolnick and Andrea Bonanno, Physical Therapists.

Wednesdays; 1/18, 2/15; 12 pm - 1 pm.

### **Need Energy? Planning for Exercise**

Learn ways you can exercise during cancer treatment to help you feel better. Plus, get tips to save your energy.

Led by Andrea Bonanno and Elissa Huber-Anderson, Physical Therapists.

Thursdays; 1/19, 2/16; 12 pm - 1 pm.

## *Other Programs*

### **Network for Patients & Families Peer Matching Program**

One-to-one peer support when newly diagnosed or moving forward after treatment ends.

Contact: Paula Gauthier, (617) 643-1784.

### **Support for Families and Friends of Cancer Patients - Drop-in Hour**

A drop-in hour to connect with other families and friends who have a loved one with cancer.

Contact: Anne Sunshine, (617) 643-5976.

Mondays, 10 am - 11 am.

Blum Cancer Resource Room (Yawkey 8C).

## Support Workshops

### Spiritual Well-being

Explore ways to refresh and support your inner spirit with spiritual practices like prayer, affirmations, and labyrinth walking.

Led by Katrina Scott, Oncology Chaplain, and Gene Anthony, Student Chaplain Intern.

Thursdays; 1/12, 1/26, 2/9, 2/23; 10 am - 11 am.

### Moving Forward After Treatment

Discuss issues/concerns around the completion of cancer treatment, including helpful resources.

Led by Amy Corveleyn and Jocelyn Walls, Oncology Social Workers.

Wednesdays; 1/25, 2/22; 12 pm - 1 pm.

### Parenting with Cancer

Gain support and information about helping the children in your life cope with a parent's cancer.

Led by Paula Rauch and Tia Horner, Child Psychiatrists, and Steve Durant, Child Psychologist.

Tuesdays; 1/17, 2/21; 10 am - 11 am.

Tuesdays; 1/24, 2/28; 11 am - 12 pm.

### Fathers Dealing with Cancer

A time for fathers to talk about parenting with cancer.

Led by Steve Durant, Child Psychologist.

Tuesdays; 1/10, 2/14; 11 am - 12 pm.

## Support Groups

The Social Service Department at Massachusetts General Hospital sponsors the support groups listed below with the support of The Friends of the MGH Cancer Center. All of these groups are offered free of charge and need pre-registration, unless otherwise noted.

### Brain Tumor Support Group

(no sign up needed)

Contact: Michele Lucas, (617) 726-1061.

Mondays; 1/9, 1/23, 2/13, 2/27; 12 pm - 2 pm.

Yawkey Bldg., 2nd Floor, Room 2-230.

### Breast Cancer Support Group

Contact: Kailie Laflamme, (617) 724-3956.

Friday; 2/3; 12 pm - 1 pm.

### Lung and Esophageal Cancer Support Group

(no sign up needed)

Contact: Mary Susan Convery, (617) 726-1045.

Tuesdays; 1/3, 1/17, 2/7, 2/21; 11:30 am - 1 pm.

### Metastatic Breast Cancer Support Group

Contact: Julie Berrett, (617) 643-2355.

Thursdays; 1/5, 1/19, 2/2, 2/16; 2:30 pm - 3:30 pm.

### Prostate Cancer Support Group

Contact: Anthony Provazza, (617) 643-6438.

Wednesday; 1/11; 5:45 pm - 7:15 pm.

### SPOHNC

(Support for People with Oral, Head, and Neck Cancers)

Contact: Valerie Goldstein, (617) 726-0651.

Call for meeting date and time.

### Support Group for Significant Others of Prostate and GU Cancer Patients

Contact: Renee Willey, (617) 724-9206.

Mondays; 1/9, 2/13.

Call for meeting times.

### Thyroid Cancer Support Group

Contact: Judy Kaplan, (781) 488-3135.

Saturdays; 1/21, 2/18; 10:30 am - 12 pm.

1/21: Yawkey Bldg, 2<sup>nd</sup> Floor, Room 2-220.

2/18: Yawkey Bldg, 4<sup>th</sup> Floor, Room 4-910.

## Additional Support

### Bone Marrow Transplant

Contact: Krista Grew (617) 724-0596 and Eric Hansen, (617) 643-7435.

### Young Adults with Cancer (ages 20-40)

Contact: Eileen Holmes Keenan, (617) 724-7834.



MASSACHUSETTS  
GENERAL HOSPITAL

CANCER CENTER

## January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
10-11:30 am Look Good 11:30-1 pm Lung/Esoophageal Grp 1-2:30 pm Chemotherapy 4:30-5:30 pm Yoga	10-11 am Nutrition 1-2:30 pm Chemotherapy	11-12 pm Yoga 1-2:30 pm Chemotherapy 2:30-3:30 pm Metastatic Breast Grp*	11-12 pm Qigong 1-2:30 pm Chemotherapy	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
10-11 am Family/Friend Support 11-12 pm Art 12-2 pm Brain Tumor Grp 12-1 pm Health Care Proxies 1-2:30 pm Chemotherapy	11-12 pm Fathers with Cancer 1-2:30 pm Chemotherapy 4:30-5:30 pm Yoga	12-1 pm Relaxation Through Meditation 1-2:30 pm Chemotherapy 5:45-7:15 pm Prostate Cancer Grp*	10-11 am Spiritual Well-being 12-1 pm Caring for Yourself 1-2:30 pm Chemotherapy	11-12 pm Qigong 1-2:30 pm Chemotherapy
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	10-11 am Parenting with Cancer 11:30-1 pm Lung/Esoophageal Grp 1-2:30 pm Chemotherapy	12-1 pm Lymphedema 1-2:30 pm Chemotherapy	11-12 pm Yoga 12-1 pm Planning for Exercise 1-2:30 pm Chemotherapy 2:30-3:30 pm Metastatic Breast Grp*	11-12 pm Qigong 12-1 pm Nutrition 1-2:30 pm Chemotherapy
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10-11 am Family/Friend Support 11-12 pm Writing 12-2 pm Brain Tumor Grp 1-2:30 pm Chemotherapy	11-12 pm Parenting with Cancer 12-1 pm Acupuncture 1-2:30 pm Chemotherapy 4:30-5:30 pm Yoga	12-1 pm Moving Forward After Treatment 1-2:30 pm Chemotherapy	10-11 am Spiritual Well-being 11-12 pm Yoga 1-2:30 pm Chemotherapy	11-12 pm Qigong 1-2:30 pm Chemotherapy
<b>30</b>	<b>31</b>			
10-11 am Family/Friend Support 11-12 pm Art 1-2:30 pm Chemotherapy	1-2:30 pm Chemotherapy 4:30-5:30 pm Yoga			

Please see the workshop description section of this calendar for the location of the workshops and services. \*Pre-registration needed.

# February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 10-11 am Nutrition 1-2:30 pm Chemotherapy	<b>2</b> 11-12 pm Yoga 1-2:30 pm Chemotherapy 2:30-3:30 pm Metastatic Breast Grp*	<b>3</b> 11-12 pm Qigong 12-1 pm Breast Cancer Grp* 1-2:30 pm Chemotherapy
<b>6</b> 10-11 am Family/Friend Support 11-12 pm Writing 1-2:30 pm Chemotherapy	<b>7</b> 10-11:30 am Look Good 11:30-1 pm Lung/Esoophageal Grp 1-2:30 pm Chemotherapy 4:30-5:30 pm Yoga	<b>8</b> 12-1 pm Relaxation Through Meditation 1-2:30 pm Chemotherapy	<b>9</b> 10-11 am Spiritual Well-being 11-12 pm Yoga 12-1 pm Caring for Yourself 1-2:30 pm Chemotherapy	<b>10</b> 11-12 pm Qigong 1-2:30 pm Chemotherapy
<b>13</b> 10-11 am Family/Friend Support 11-12 pm Art 12-2 pm Brain Tumor Grp 12-1 pm Health Care Proxies 1-2:30 pm Chemotherapy	<b>14</b> 11-12 pm Fathers with Cancer 1-2:30 pm Chemotherapy 4:30-5:30 pm Yoga	<b>15</b> 12-1 pm Lymphedema 1-2:30 pm Chemotherapy	<b>16</b> 11-12 pm Yoga 12-1 pm Planning for Exercise 1-2:30 pm Chemotherapy 2:30-3:30 pm Metastatic Breast Grp*	<b>17</b> 11-12 pm Qigong 12-1 pm Nutrition 1-2:30 pm Chemotherapy
<b>20</b>	<b>21</b> 10-11 am Parenting with Cancer 11:30-1 pm Lung/Esoophageal Grp 1-2:30 pm Chemotherapy 4:30-5:30 pm Yoga	<b>22</b> 12-1 pm Moving Forward After Treatment 1-2:30 pm Chemotherapy	<b>23</b> 10-11 am Spiritual Well-being 11-12 pm Yoga 1-2:30 pm Chemotherapy	<b>24</b> 11-12 pm Qigong 1-2:30 pm Chemotherapy
<b>27</b> 10-11 am Family/Friend Support 11-12 pm Writing 12-2 pm Brain Tumor Grp 1-2:30 pm Chemotherapy	<b>28</b> 11-12 pm Parenting with Cancer 12-1 pm Acupuncture 1-2:30 pm Chemotherapy 4:30-5:30 pm Yoga	<b>29</b> 1-2:30 pm Chemotherapy		

Please see the workshop description section of this calendar for the location of the workshops and services. \*Pre-registration needed.

## The HOPES Program at the Mass General/North Shore Cancer Center January - February 2012

### *Wellness Services*

The HOPES Program at the Mass General/North Shore Cancer Center focuses on improving the quality of life and well-being of patients with cancer, their families and friends through free wellness services and education/support workshops.

#### **Free Wellness Services**

The HOPES Program offers massage, ear acupuncture and Reiki to Mass General/North Shore Cancer Center patients during their cancer treatment appointments. Twenty-minute treatment sessions are available at certain hours during the week. In addition to reducing stress and muscle tension, these services can help relieve side effects like insomnia, fatigue, pain, dry mouth and chemotherapy-related nausea. To learn more, ask your nurse or call (617) 724-6737. These therapies are funded by donations and grants.

#### **Acupuncture Clinic – fee for service**

The HOPES Program offers an Acupuncture Clinic to Mass General/North Shore Cancer Center patients. Deguang He, a licensed acupuncturist, will provide these one-hour sessions of full-body acupuncture.

Research has suggested that the benefits of acupuncture may include helping to:

- reduce stress and anxiety
- relieve symptoms and side effects like insomnia, fatigue, pain, dry mouth, and chemotherapy-related nausea

<b>When:</b>	Wednesdays, 8:30 am - 12:30 pm
<b>Where:</b>	Mass General/North Shore Cancer Center
<b>Cost:</b>	\$56 for a one-hour session
<b>Contact:</b>	Call (617) 724-6737 for more information or to set up an appointment

Mass General/North Shore Cancer Center patients can also make appointments for the Acupuncture and Massage Clinic offered in downtown Boston (see the *Highlights* section on back for details).

## *Workshops at the North Shore*

The HOPES Program offers some **free** workshops at the Mass General/North Shore Cancer Center. These workshops are available to patients with cancer, and their families and friends. They provide information that can help ease your fear and anxiety, and help you feel better throughout your cancer experience. Workshops are held on a drop-in basis, unless otherwise noted. Please check in for the workshop at the front desk of the Mass General/North Shore Cancer Center.

### **Look Good, Feel Better**

Learn tips for caring for your skin during cancer treatment and how to manage hair loss.

Sponsored by the American Cancer Society.

Pre-registration needed.

Mondays; January 9 and February 6; 10 am - 12 pm.

Contact: Patty Hanson, Oncology Social Worker, (978) 882-6073.

## *Support Groups at the North Shore*

The Social Services Department at the Mass General/North Shore Cancer Center sponsors the support groups listed below. All groups are free of charge and need pre-registration, unless otherwise noted.

### **Women Living with Metastatic Cancer**

Pre-registration needed.

Tuesdays; January 10, 17, 24, 31 and February 7, 14, 21, 28; 1 pm - 2:30 pm.

Contact: Patty Hanson, Oncology Social Worker, (978) 882-6073.

### **Helping Kids when a Parent has Cancer (for kids ages 7-12)**

Pre-registration needed.

Monday; February 13; 4 pm - 5:30 pm

Contact: Patty Hanson, Oncology Social Worker, (978) 882-6073.

The HOPES Program's free wellness workshops and services, such as ear acupuncture and massage at the Mass General/North Shore Cancer Center are funded in part by the Sue de Vries Cancer Foundation.

Yawkey Center for Outpatient Care, 8C  
55 Fruit Street  
Boston, MA 02114

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## Highlights

### Acupuncture & Massage Can Relieve Side Effects

The HOPES Program offers an Acupuncture and Massage Clinic to MGH Cancer Center patients on Wednesdays. Acupuncture is also available Fridays. In addition to reducing stress, full-body acupuncture and therapeutic massage can help relieve side effects like insomnia, fatigue, pain, and chemotherapy-related nausea. Licensed acupuncture and massage therapists provide one-hour sessions for a fee. Call (617) 724-6737 for an appointment or to get more information.

### SAVE THE DATE!

**Saturday, April 28, 2012**

Mass General Cancer Center's annual conference for patients and their families:

#### "Cancer in the Family: Living with Uncertainty"

To sign up and receive information about this conference and future conferences, email [BlumCRR@partners.org](mailto:BlumCRR@partners.org) or call 617-724-1822.

### Come to the Chemotherapy Workshop

Before you start chemotherapy, attend our free *Chemotherapy...What You Should Know* workshop. It is taught by nurses and pharmacists who will provide you with an overview of drug therapy and what to expect during your visits to the infusion unit. You'll also get tips for dealing with some of the side effects. Learning about chemotherapy can help ease your fear and anxiety. The workshop is held Mondays through Fridays from 1-2:30 pm, in the Blum Cancer Resource Room (Yawkey 8C). Family members or friends are always welcome. Ask your nurse how to sign up or call (617) 724-6737.

**New! Workshops and Supportive Care Services in Radiation Oncology and on Lunder 9 and Lunder 10**  
Radiation Oncology and Lunder 9 and Lunder 10 now offer Workshops and Supportive Care Services to patients and families in these areas. If you are currently being treated in one of these locations, ask your nurse or look for information in the waiting rooms.

Many of the HOPES Program's free wellness workshops and services, such as music therapy, qigong, yoga, auricular acupuncture and massage are funded in part by The Friends of the MGH Cancer Center.