

happenings

a calendar of patient education events

january - february 2012

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Mayo Clinic's Stephen and Barbara Slaggie Family Cancer Education Center offers free classes and group sessions.

Our librarian, nurse educators, American Cancer Society patient navigators and clinical research referral coordinator can help you:

- learn about a cancer diagnosis
- explore treatment options
- understand clinical research studies
- find information about cancer prevention and detection
- utilize library resources such as brochures, books, journals and the Internet

For more information:

- visit the Cancer Education Center, 8 a.m. to 5 p.m., Gonda Building, lobby level
- call 507-266-9288
- visit us on the web at: www.mayoclinic.org/cancer-education-rst



visit our Cancer Education Program Facebook page

Creative Renewal: Workshops for Wellness

Meets every Monday, 1–2 p.m.

Cancer Education Center, Gonda Building, lobby level

Co-sponsored by Humanities in Medicine and Mayo Clinic Cancer Education Program.

This series provides an opportunity to explore integrative/complementary medicine approaches and creative expression.

- Jan. 9** **Sounds of Healing** by Tami Briggs
Music can help us feel relaxed, peaceful, and centered—connected to ourselves, our families and those around us.
- Join Tami Briggs, therapeutic harpist, as she shares stories, practical tips, and live harp selections to inspire and nurture you.
- Jan. 16** **Gentle Seated Yoga** by Colleen Pelkey
Participants will practice gentle seated yoga techniques which can be used daily for mind and body relaxation.
- Jan. 23** **Transformational Music** by Rahbi Crawford
Experience crystal bowls and acoustic instruments as Rahbi performs specific pitches, intervals, melodies, harmonies and rhythms to support the healing process.
- Jan. 30** **Happiness Project** by Barbara Schroeder
Bring more happiness into your day and year. This class will help identify ways to bring opportunities for happiness into your life as well as to your loved ones.
- Feb. 6** **Myofascial Release: Methods of John F. Barnes, PT.** by Robin Khosa
Explore this fascinating mind/body therapy that is safe, gentle, and consistently effective in reducing pain and restoring function.
- Feb. 13** **Gentle Seated Yoga** by Colleen Pelkey
Participants will practice gentle seated yoga techniques which can be used daily for mind and body relaxation.
- Feb. 20** **Making Scents of Aromatherapy** by Sue Cutshall
Participants will explore basic information on aromatherapy, including four oils that may be used safely at home or in a hospital setting.
- Feb. 27** **Reflection Through Writing** by Julie Postier
Through writing exercises participants will have the opportunity to reflect upon and write about their personal story, which can be used as a method of healing.

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Nutrition During and After Cancer Treatment

Meets every Monday, Wednesday and Friday, 10:15–11 a.m.

Cancer Education Center, Gonda Building, lobby level

Registered dietitians present information on nutrition and answer questions about appetite, weight loss, nausea, dietary supplements and related topics.

Strengthening Healing: Breathing and Visualization Exercises

Meets every Monday, 1:30–2 p.m. and 2:30–3 p.m.

Women's Cancer Resource Room, Gonda Building, 10th floor

Participants will be introduced to a variety of breathing techniques and the power of visualization and imagination, which can assist with relaxation.

Cancer Caregivers Conversations

Meets third Monday of the month: January 16, February 20, 7–8 p.m.

Sandra J. Schulze American Cancer Society Hope Lodge

Contact: 800-227-2345

Friends and families caring for individuals with cancer are encouraged to attend.

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Ovarian, Primary Peritoneal and Fallopian Tube Cancers

Meets every Tuesday, 7:45 a.m.

Women's Cancer Resource Room, Gonda Building, 10th floor

Contact: Karin Goodman, 507-266-2485

Designed for patients with a first-time appointment or with a new cancer diagnosis, this session provides information to help women make informed decisions and enhance communication with their health care team.

Let's Talk About Clinical Research

Meets every Tuesday, 8:30–9 a.m.

Judd Auditorium, Mayo Building, subway level

A 30-minute question-and-answer session for individuals interested in clinical research participation. For more information, visit <http://clinicaltrials.mayo.edu/should.cfm>.

Questions About Nutrition?

Meets every Tuesday and Thursday, 10:15–11 a.m.

Survivorship Resource Room, Gonda Building, 10th floor

During this drop-in session, dietitians meet with patients and their families to answer questions regarding nutrition.

Radiation Therapy Frequently Asked Questions

Meets every Tuesday, 10:30–11 a.m.

Desk R, Charlton Building, subway level

Nurse educators provide information about radiation treatment, side effects and valuable resources.

PaLS: Participation, Learning, Support

12:30–1:30 p.m.

Cancer Education Center, Gonda Building, lobby level

This interactive series allows individuals to meet experts within their realm of care.

Jan. 10 **Cancer and Fitness** by Susan Bjornsen. Exercise may be one of the best things you can do for yourself during and after cancer treatment. Learn about the benefits of exercise, safety of exercising and some simple exercises to get you started in the new year.

Feb. 14 **Cancer 101** by Janine Kokal
Cancer is a term which many people are familiar with, but, what exactly is cancer? How are cancer cells different than normal cells? Is cancer one disease or a term that describes multiple diseases? An overview of cancer, terminology, risk factors/hereditary factors, general treatment options and resources for learning more about this topic will be discussed.

Join the Journey’s Creative Support Sessions

Meets every Tuesday, 1:30–3 p.m.

Women’s Cancer Resource Room, Gonda Building, 10th floor

Jan. 3, 10, 17, 24, 31 – Visual Journaling by Jane Schmidt
Participants will create a personal, visual journal to document their journey through cancer treatment, healing and beyond. Learn to express your thoughts, feelings and hopes while exercising your creativity.

Feb. 7, 14, 21, 28 – Creative Coasters by Janelle Forsthoffer
Making items of beauty and function can enhance our sense of calm and purpose. Join us as we use ink, stamps and color to create individual coasters with titles. No artistic talent needed.

What You Need to Know About Chemotherapy

Meets every Tuesday, 3–4 p.m.

Cancer Education Center, Gonda Building, lobby level

Nurse educators provide information about managing chemotherapy side effects and promoting self-care strategies.

Yoga for Patients With Cancer

Meets every Tuesday, 4:15–5:15 p.m.

Sandra J. Schulze American Cancer Society Hope Lodge. Contact: 507-529-4673.

Breathe, stretch, and feel the benefits of yoga. No skills required. Come as you are.

Brighter Tomorrows

Meets first Tuesday of the month: January 3, February 7, 6–7:30 p.m.

Ronald McDonald House

Contact: www.brightertomorrowshope.org

This support group offers a meeting place for families of children with cancer to share experiences, meet others facing similar challenges and gain strength from one another. A light meal is served, organized activities are provided for the children, and parents have time to share with one another in a private and safe setting.

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Compassionate Friends

Meets second Tuesday of the month: January 10, February 14, 7–9 p.m.

Redeemer Lutheran Church

Contacts: Warren Anderson 507-255-4042 or Anne Fritsche 507-289-8203

This self-help organization offers friendship and understanding to bereaved parents and siblings.

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Strengthening Healing: Breathing and Visualization Exercises

Meets every Wednesday, 10–10:30 a.m. and 11–11:30 a.m.

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Releasing Stress and Renewing Energy

Meets every Wednesday, 11 a.m.–noon

Cancer Education Center, Gonda Building, lobby level

This session provides participants with tools for relaxation and renewal for physical, emotional, mental or spiritual needs.

Prostate Cancer Group

Meets second Wednesday of the month: January 11, February 8, 12–1:30 p.m.

Baldwin Building, street level, room 1-507

Individuals with prostate cancer and their families are invited to this support group, which includes informal discussion and speakers.

A Blessing for Peace and Renewal

Meets every Wednesday, 1–2 p.m.

Cancer Education Center, Gonda Building, lobby level

During this time, a chaplain is available to offer a non-denominational blessing followed by an opportunity to visit one-on-one.

Moving Forward After Cancer Treatment

Meets every Wednesday, 1:30–2:30 p.m. * NOTE: Session starts January 11 *

Cancer Education Center, Gonda Building, lobby level

Meet with nurse educators to discuss issues related to cancer survivorship after treatment. Topics include: healthy living, potential treatment effects, emotional wellness and follow-up care.

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Cancer Caregivers Conversations

Meets second Wednesday of the month: January 11, February 8, 7–8 p.m.

Sandra J. Schulze American Cancer Society Hope Lodge. Contact: 800-227-2345.

Friends and families caring for individuals with cancer are encouraged to attend.

Breast Cancer Support Group

Meets first Wednesday of the month: January 4, February 1, 7–8:30 p.m.

Sandra J. Schulze American Cancer Society Hope Lodge

Contacts: Cyndie Kahn, 507-534-3866, 507-421-7962 (bigwheeler10@aol.com)

Sue Whitcomb, 507-867-3937, 507-358-6376 (seawhit@aol.com)

During this peer support group, women with breast cancer can share their experiences and emotions.

Mindfulness Meditation Practice

Meets every Wednesday, 5:15–6 p.m.

Center for the Spirit, Mayo Building, subway level

Contact: Roberto P. Benzo, M.D. (benzo.roberto@mayo.edu)

Mindfulness is a way of paying attention, a willingness to be in the present moment without judging what is in front of us as good or bad. In practicing meditation, we aim for a stillness that allows us to feel the present moment, see it in fullness, hold it in awareness and in this way, understand it better.

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Questions About Nutrition?

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Survivorship Resource Room, Gonda Building, 10th floor

During this drop-in session, dietitians meet with patients and their families to answer questions regarding nutrition.

What You Need to Know About Chemotherapy

Meets every Thursday, 1–2 p.m.

Survivorship Resource Room, Gonda Building, 10th floor

Nurse educators provide information about managing chemotherapy side effects and promoting self-care strategies.

Creative Renewal: Workshops for Wellness

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- Jan. 5 Clutter Clearing with Feng Shui** by Char Tarashanti
An easy step-by-step approach to creating a healthy, harmonious home or work environment.
- Jan. 12 Chinese Medicine: Lifestyle & Practices for Balance and Well-being**
by Deah Kinion
Come to understand yin and yang in our lives, and learn to apply some of these ancient and effective practices for self-care and health promotion, for yourself and your family.
- Jan. 19 Qigong: Vitality Enhancement Methods** by Bonnie Sokolov
Participants will explore classic Qigong forms, including four essential components: postural alignment and gentle movement, breath practice, self-applied massage, and relaxation and meditation techniques.
- Jan. 26 Creating Intentions for Positive Change** by Lavonne Lovstad
Begin the New Year learning how to create mindful and heartfelt intentions. Through a variety of questions, personal observations and guided imagery, you will visualize your own intentions for positive change and healing.
- Feb. 2 Finding Hope & Healing Through Music** by Christina Ufer
Begin a personal journey of identifying what types of songs and music bring you hope, inspiration, and healing in your life.
- Feb. 9 Movement for Health** by Barb Thomley
Learn practical ways to incorporate healthy movement into your daily routine.
- Feb. 16 Meditation for Relaxation** by Bonnie Sokolov
This session will focus on meditation techniques designed to calm the mind and circulate the Qi or energy of the body.
- Feb. 23 Visual Journaling** by Lavonne Lovstad
Create your own personal journal using images and words to explore self-discovery and healing. You will be led through creative exercises to assist you in starting your journal.

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Resources: Financial and Emotional

Meets every Thursday, 2–3 p.m.

Cancer Education Center, Gonda Building, lobby level

During this time, a social worker is available to meet one-on-one for questions regarding financial issues, disability, emotional support and other related concerns.

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Cancer Education Center, Gonda Building, lobby level

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Brain Tumor Support Group

Meets third Saturday of the month: January 21, February 18, 10–11:30 a.m.

Sandra J. Schulze American Cancer Society Hope Lodge

Contact: www.brainstogetherforacure.org

Individuals are encouraged to share ideas and gather support from others managing similar brain tumor issues.

Multiple Myeloma Sharing Sessions

Meets third Saturday of the month: January 21, February 18, 10 a.m.–noon

Gift of Life Transplant House

Contact: Frank Vondrashek, 507-269-8889

Individuals with multiple myeloma and their families are encouraged to attend this informal support group.

other offerings

Look Good ... Feel Better®

Presented by Mayo Clinic Erickson Hair and Skin Care Center

Pre-registration required

Day classes meet third Wednesday of the month: January 18, February 15

1-3 p.m. Cancer Education Center, Gonda Building, lobby level.

Contact: 507-266-1700

Evening classes meet second Monday of the month: January 9, February 13

6:30–8:30 p.m. Sandra J. Schulze American Cancer Society Hope Lodge.

Contact: 800-227-2345

A free monthly program intended for women experiencing cosmetic side effects from cancer treatment. Sessions include wig selection, head dressing options, skin care techniques, and makeup demonstration and practice. Friends and family members may also attend. Sponsored by the American Cancer Society, Personal Care Products Council and the National Cosmetology Association.

THE STEPHEN AND BARBARA SLAGGIE FAMILY CANCER EDUCATION CENTER

Mayo Clinic is honored to name the Cancer Education Center for Stephen and Barbara Slaggie and their family. Mr. Slaggie and four friends founded the Fastenal Company in Winona, Minn. Today, it is one of the foremost industrial supply distributors in the United States. For patients on the Mayo Clinic campus in Rochester, Minn., the Stephen and Barbara Slaggie Family Cancer Education Center serves as a focal point of information and inspiration — and helps empower patients to become active partners in their health care.

MAYO CLINIC | Cancer Center

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