

happenings

a calendar of patient education events

march - april 2010

MARCH 2010						
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			

APRIL 2010						
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	

Mayo Clinic's Stephen and Barbara Slaggie Family Cancer Education Center is open to the public from 8 a.m. to 5 p.m. Monday through Friday. 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

In addition, the Center offers classes and group sessions designed to assist individuals during the cancer experience, including diagnosis, treatment and life after treatment.

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

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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 Techniques and Guided Imagery

Meets every Monday and Wednesday

1:30–2 p.m. and 2:30–3 p.m.

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

Sponsored by Join the Journey

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: Mar. 15, Apr. 19

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 and Thursday

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 considering 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.

Cancer Education Center, Gonda Building, lobby 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.

Mar. 9 Healthy Eating for Cancer Prevention, by Richard Johnson and a Dietitian

Eating the right foods can reduce the risk of cancer. This session, presented by an executive chef and Mayo Clinic dietitian, will inform participants about foods to include in a diet for cancer prevention. Recipes will be shared.

Apr. 13 Is “Chemo Brain” a Myth? by Sadhna Kohli, Ph.D.

Some people experience changes in memory and thought processes after receiving chemotherapy. Dr. Kohli will describe “chemo brain” and give an overview of what is known.

Strengthening Healing

Meets every Tuesday

1:30–3 p.m.

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

Sponsored by Join the Journey

Mar. 2, 9, 16, 23, 30

Scrapbooking/Cardmaking, by Jody Bower

Photos provide a glimpse into the past. Participants will be introduced to creative ways of displaying photographs, making cards and revisiting fond memories.

Apr. 6, 13, 20, 27

Dried Flower Art, by Ziya Tarapore

Art, with items of beauty such as flowers, can help heal the spirit, manage adversity and free the soul. Participants will work with dried flowers to express thoughts and feelings.

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 chemotherapy side effects and available resources.

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Brighter Tomorrows

Meets first Tuesday of the month: Mar. 2, Apr. 6

6–7:30 p.m.

Ronald McDonald House

Contact: www.brightertomorrowshope.org

This support group offers a meeting place for parents of children with cancer to share experiences, meet others facing similar challenges and gain strength from one another.

Compassionate Friends

Meets second Tuesday of the month: Mar. 9, Apr. 13

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 Techniques and Guided Imagery

Meets every Monday and Wednesday

10–10:30 a.m. and 11–11:30 a.m.

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

Sponsored by Join the Journey

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

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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.

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Prostate Cancer Group

**Meets second Wednesday of the month: Mar. 10, Apr. 14
12–1:30 p.m.**

Baldwin Building, street level, room 1-507

Contact: 507-288-1197 or prostatecancersg@mayo.edu

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

Experience a non-denominational blessing offered by a chaplain, followed by an opportunity to visit one-on-one.

Cancer Caregivers Conversations

Meets second Wednesday of the month: Mar. 10, Apr. 14

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: Mar. 3, Apr. 7

7–8:30 p.m.

Sandra J. Schulze American Cancer Society Hope Lodge

Contact: 800-227-2345

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

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Ovarian, Primary Peritoneal and Fallopian Tube Cancers

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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.

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.

Creative Renewal: Workshops for Wellness

Meets every Thursday

11 a.m.–noon

Cancer Education Center, Gonda Building, lobby level

Co-sponsored by Humanities in Medicine, this series provides unique outlets for self-expression in a reflective and supportive environment.

- Mar. 4 Healing Through Writing, by Yuko Taniguchi** — Through writing exercises, patients, caregivers and friends will have the opportunity to reflect upon and write about their personal story.
- Mar. 11 Relaxation and Balance Through Reiki, by Linda Haase** — Participants will learn how Reiki therapy is used to connect with the energy that flows within each of us. Reiki is a Japanese healing art that helps to nourish, restore and balance the body.
- Mar. 18 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.
- Mar. 25 Visual Journaling, by Lavonne Lovstad** — Participants will explore the fundamentals of forming a visual journal, which is created by using image and word.
- Apr. 1 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.
- Apr. 8 Music and Imagery, by Christina Ufer-Kane** — Participants will learn how to utilize music and imagination in developing practical skills for managing stress, pain, relaxation and healing.
- Apr. 15 Tai Chi Easy, by Bonnie Sokolov** — Participants will practice basic tai chi movements in a meditative setting with quiet music.
- Apr. 22 Body Sensing, by Lavonne Lovstad** — Participants will explore a three-part exercise of sensing, picturing and listening to the body “talk.” Dialoguing with the body is simple, informative, and sometimes even amusing.
- Apr. 29 Stress Management for Daily Life, by Char Tarashanti** — This session will explore ten techniques for managing stress in everyday life.

What You Need to Know About Chemotherapy

Meets every Thursday

1–2 p.m.

Cancer Education Center, Gonda Building, lobby level

Nurse educators provide information about chemotherapy side effects and available resources.

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Financial Questions?

Meets every Thursday

2–3 p.m.

Cancer Education Center, Gonda Building, lobby level

During this private drop-in session, a social worker is available to answer questions regarding disability, prescription drug insurance and relevant topics.

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Nutrition During and After Cancer Treatment

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10:15–11 a.m.

Cancer Education Center, Gonda Building, lobby level

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

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Brain Tumor Support Group

Meets third Saturday of the month: Mar. 20, Apr. 17

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: Mar. 20, Apr. 17

10 a.m.–noon

Gift of Life Transplant House

Contact: Eve Friedli, 507-259-3979

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

other offerings

Look Good ... Feel Better®

Dates and locations vary. Pre-registration required.

Day classes (3rd Wed. of the month): 1:00–2:30 p.m.

Contact: 507-266-1700

Evening classes (2nd Mon. of the month): 6:30–8:30 p.m.

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. Presented 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.



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Rochester, Minnesota 55905
www.mayoclinic.org

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