

# happenings

a calendar of patient education events

## november - december 2009

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 navigators and clinical research referral coordinator can help you:

- Explore treatment options
- Locate additional resources
- Learn about cancer prevention and detection
- Understand clinical research
- Find out more about your diagnosis

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, call 507-266-9288 or visit [www.mayoclinic.org/cancer-education-rst](http://www.mayoclinic.org/cancer-education-rst).

### directions to classrooms

[Cancer Education Center](#) - West side of the Gonda Building, street level.

[Survivorship Resource Room](#) - Gonda Building, 10th floor, room 10-169.

[Judd Auditorium](#) - Adjacent to the elevators in the Mayo Building, subway level.

[Women's Cancer Resource Room](#) - Gonda Building, 10th floor, room 10-136.

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### **Nutrition During and After Cancer Treatment**

10:15–11 a.m.

Cancer Education Center

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**

1:30–2 p.m. and 2:30–3 p.m.

Women's Cancer Resource Room

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**

7–8 p.m. **(Nov. 16, Dec. 21)**

Sandra J. Schulze American Cancer Society Hope Lodge

Contact: 800-227-2345

Friends and families caring for individuals with cancer are encouraged to attend. Meets the third Monday of the month.

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### **Ovarian or Primary Peritoneal and Fallopian Tube Cancers**

7:45 a.m.

Women's Cancer Resource Room

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**

8:30–9 a.m.

Judd Auditorium

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?**

10:15–11 a.m.

Survivorship Resource Room

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

## Radiation Therapy Frequently Asked Questions

10:30–11 a.m.

Cancer Education Center

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

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## PaLS: Participation, Learning, Support

12:30–1:30 p.m.

Cancer Education Center

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

**Nov. 10**      **Dealing With the Holidays After a Cancer Diagnosis,  
by Audrey Lukasak, Chaplain**

This session will identify specific issues that are associated with the holidays and discuss practical suggestions for dealing with this hectic time of year.

**Dec. 8**      **Cancer Fitness, by Susan Bjornsen, R.N.**

This interactive session will provide information on the benefits of exercise during and after cancer treatment.

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## Strengthening Healing

1:30–3 p.m.

Women's Cancer Resource Room

Sponsored by Join the Journey

**Nov.**      **Beaded Angel, by Gayle Dahl**

Participants will create a beaded angel that expresses a memory of feeling to share with others.

**Dec.**      **3-D Paper Quilts, by Karen Quinn**

Participants will use colored paper and dimension to express thoughts, feelings and emotions during a stressful time.

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## What You Need to Know About Chemotherapy

3–4 p.m.

Cancer Education Center

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

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**Brighter Tomorrows**

6–7:30 p.m. **(Nov. 3, Dec. 1)**

Ronald McDonald House

Contact: Liz Canan, 507-287-9805

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. Meets the first Tuesday of the month.

**Compassionate Friends**

7–9 p.m. **(Nov. 10, Dec. 8)**

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. Meets the second Tuesday of the month.

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**Strengthening Healing: Breathing Techniques and Guided Imagery**

10–10:30 a.m. and 11–11:30 a.m.

Women’s Cancer Resource Room

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.

**Nutrition During and After Cancer Treatment**

10:15–11 a.m.

Cancer Education Center

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

**Releasing Stress and Renewing Energy**

11 a.m.–noon

Cancer Education Center

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

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### **Prostate Cancer Support Group**

12–1:30 p.m. **(Nov. 11, Dec. 9)**

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. Meets the second Wednesday of the month.

### **A Blessing for Peace and Renewal**

1–2 p.m.

Cancer Education Center

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

### **Cancer Caregivers Conversations**

7–8 p.m. **(Nov. 11, Dec. 9)**

Sandra J. Schulze American Cancer Society Hope Lodge

Contact: 800-227-2345

Friends and families caring for individuals with cancer are encouraged to attend. Meets the second Wednesday of the month.

### **Breast Cancer Support Group**

7–8:30 p.m. **(Nov. 4, Dec. 2)**

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. Meets the first Wednesday of the month.

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### **Questions About Nutrition?**

10:15–11 a.m.

Survivorship Resource Room

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

**Creative Renewal: Workshops for Wellness**

11 a.m.–noon

Cancer Education Center

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

- Nov. 5**      **Healing Through Writing, by Yuko Taniguchi**  
Participants will have the opportunity to reflect upon and write about their personal story, which can be used as a method of healing.
- Nov. 12**     **Mindful Eating, by Deah Kinion**  
This session will investigate reasons for eating such as hunger, appetite, emotions and thoughts about food. Participants will learn the practice of mindfulness in making healthy and conscious food choices.
- Nov. 19**     **Meditation for Relaxation, by Bonnie Sokolov**  
Participants will focus on meditation techniques designed to calm the mind and circulate the Qi, or energy of the body.
- Dec. 3**      **Myofascial Release: The John F. Barnes Physical Therapy Approach, by Robin Khosa**  
Participants will explore the theory of myofascial release, hands-on stretching and focus on self-treatment techniques.
- Dec. 10**     **Reducing Colds and Flu with Traditional Chinese Medicine, by Deah Kinion**  
Participants will learn techniques to maintain health, reduce stress and balance the yin and yang using simple practices.
- Dec. 17**     **Tai Chi Easy, by Bonnie Sokolov**  
Participants will practice basic Tai Chi movements in a quiet setting.

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### What You Need to Know About Chemotherapy

1–2 p.m.  
Cancer Education Center

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

### Financial Questions?

2–3 p.m.  
Cancer Education Center

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

10:15–11 a.m.  
Cancer Education Center

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

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### Brain Tumor Support Group

10–11:30 a.m. (**Nov. 21, Dec. 19**)  
Sandra J. Schulze American Cancer Society Hope Lodge  
Contact: [www.brainstogetherforacure.org](http://www.brainstogetherforacure.org)

Individuals are encouraged to share ideas and gather support from others managing similar brain tumor issues. Meets the third Saturday of the month.

### Multiple Myeloma Sharing Sessions

10 a.m.–noon (**Nov. 21, Dec. 19**)  
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. Meets the third Saturday of the month.

new  
support  
group

### SE Minnesota Ovarian Cancer Survivor Support Group

Contacts: Jean Wagner at 507-288-2228 or [wagner.jean@mayo.edu](mailto:wagner.jean@mayo.edu), or D. “Jeff” Nordquist at [nordquist.dolores@mayo.edu](mailto:nordquist.dolores@mayo.edu)

Sponsored by the Minnesota Ovarian Cancer Alliance (MOCA), this group meets at 5:30 p.m. at Zumbro Lutheran Church, located at 624 3rd Ave. in Rochester. Visit [www.mnovarian.org/sg-southeast.htm](http://www.mnovarian.org/sg-southeast.htm) for support group dates.



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[cancercenter.mayo.edu](http://cancercenter.mayo.edu)

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