

Connecting Mind, Body, and Spirit Program

Complementary Classes and
Support Activities at the Seattle
Cancer Care Alliance (SCCA)

JUNE 2009

Monthly Calendar of Events at the
SCCA Clinic

*For More information,
Please call:
SCCA Patient and Family
Resource Center
206-288-2081*



Fred Hutchinson Cancer Research Center
UW Medicine
Seattle Children's



If you have any cold or flu symptoms or are wearing a mask, you may not attend classes, support groups, or worship service

Please see reverse side
for event descriptions

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| <p>1 1:00-2:30p Writing for Life (for Caregivers), Resource Center Library 1:15-4:00p Labyrinth Walk, Drop-In, Rm 1006/1008 6:00-7:00p Team Survivor Northwest, Women's Exercise Class, Rm 1006/1008</p> | <p>2 9:00a Clinic Orientation & Tour, Resource Center 10:30-11:30a Mike Good, Guitarist, 1st & 2nd floors 11:30a Food Safety Class, Rm 1006/1008 1:00p Managing Care at Home, transition class, Rm 1006/1008 2:00-4:00p "Knit for Life" Knitting group, Main Lobby</p> | <p>3 9:00a Clinic Orientation & Tour, Resource Center 12:00p Roman Catholic Communion Service, Sanctuary 12:00p Lecture & Lunch: Colorectal Cancer Treatments Options, Rm 1006/1008 1:30p LTFU Orientation, Rm 1006/1008</p> | <p>4 9:30-10:30a Patient & Caregiver Support Group, Sanctuary 12:00-1:00p Support Group for Patients After the Transplant, Rm 23 12:30-1:30p Therapeutic Yoga, Rm 3100/3102 7:00-8:30p Hematopoietic Stem Cell Transplant Caregiver Support Group, Pete Gross House</p> | <p>5</p> |
| <p>8 1:00-2:30p Writing for Life (for Caregivers), Resource Center Library 6:00-7:00p Team Survivor Northwest, Women's Exercise Class, Rm 1006/1008</p> | <p>9 9:00a Clinic Orientation & Tour, Resource Center 11:30a Food Safety Class, Rm 1006/1008 1:00p Managing Care at Home, transition class, Rm 1006/1008 2:00-4:00p "Knit for Life" Knitting group, Main Lobby</p> | <p>10 9:00a Clinic Orientation & Tour, Resource Center 12:00p Lecture & Lunch: Clinical Trials: Cutting Edge Treatment Options, Rm 1006/1008 1:00-2:00p Marie Rossano, Violinist, 6th & 3rd Floors 1:30p LTFU Orientation, Rm 1006/1008</p> | <p>11 12:00-1:00p Support Group for Patients After the Transplant, Rm 23 12:30-1:30p Therapeutic Yoga, Rm 3100/3102 7:00-8:30p Hematopoietic Stem Cell Transplant Caregiver Support Group, Pete Gross House</p> | <p>12 1:30-3:00p FHCRC Building Tour, Thomas Building Lobby</p> |
| <p>15 Canceled Writing for Life (for Caregivers), Canceled 1:15-4:00p Labyrinth Walk, Drop-In, Rm 1006/1008 6:00-7:00p Team Survivor Northwest, Women's Exercise Class, Rm 1006/1008</p> | <p>16 9:00a Clinic Orientation & Tour, Resource Center 11:30a Food Safety Class, Rm 1006/1008 1:00p Managing Care at Home, transition class, Rm 1006/1008 1200p Smoking Cessation: Information and Support, Resource Center Library 2:00-4:00p "Knit for Life" Knitting group, Main Lobby</p> | <p>17 9:00a Clinic Orientation & Tour, Resource Center 12:00p Roman Catholic Communion Service, Sanctuary 1:30p LTFU Orientation, Rm 1006/1008</p> | <p>18 9:30-10:30a Patient & Caregiver Support Group, Sanctuary 12:00-1:00p Support Group for Patients After the Transplant, Rm 23 12:30-1:30p Therapeutic Yoga, Rm 3100/3102 2:00p Tea at 2:00, Topic: Housing Options, Resource Center Library</p> | <p>19 11:30a-12:30p Jasper Jung, Violinist, 3rd & 1st Floors</p> |
| <p>22 1:00-2:30p Writing for Life (for Caregivers), Resource Center Library 6:00-7:00p Team Survivor Northwest, Women's Exercise Class, Rm 1006/1008</p> | <p>23 9:00a Clinic Orientation & Tour, Resource Center 10:30-11:30a Cancer care Telephone Workshop, Resource Center Library 11:30a Food Safety Class, Rm 1006/1008 1:00p Managing Care at Home, transition class, Rm 1006/1008 2:00-4:00p "Knit for Life" Knitting group, Main Lobby</p> | <p>24 9:00a Clinic Orientation & Tour, Resource Center 12:00p Lecture & Lunch: Caregiver Appreciation, Rm 1006/1008 1:30p LTFU Orientation, Rm 1006/1008</p> | <p>25 9:30-10:30a Patient & Caregiver Support Group, Sanctuary 12:00-1:00p Support Group for Patients After the Transplant, Rm 23 12:30-1:30p Therapeutic Yoga, Rm 3100/3102 7:00-8:30p Hematopoietic Stem Cell Transplant Caregiver Support Group, Pete Gross House</p> | <p>26</p> |
| <p>29 Canceled Writing for Life (for Caregivers), Canceled 6:00-7:00p Team Survivor Northwest, Women's Exercise Class, Rm 1006/1008</p> | <p>30 9:00a Clinic Orientation & Tour, Resource Center 11:30a Food Safety Class, Rm 1006/1008 1:00p Managing Care at Home, transition class, Rm 1006/1008 2:00-4:00p "Knit for Life" Knitting group, Main Lobby</p> | | | |

Beauty

- ❑ **Beauty and Cancer Program-** A trained Beauty & Cancer volunteer helps patients with their appearance (hair alternatives). Call (206) 598-3604 to schedule an appointment.
- ❑ **Look Good, Feel Better Program-** a unique program offered by the American Cancer Society for women and teens undergoing cancer treatment. Sessions focus on skin care, cosmetics, wigs and head wraps.
- ❑ **Complimentary wigs** available by appointment through American Cancer Society Patient Navigator. Stop by the Resource Center for more information.

Support Groups

Enables patients, family members & caregivers to reflect on their personal experiences and to gain information and support from other group participants and facilitators on a variety of issues.

- ❑ **Patient and Caregiver Support Group**
- ❑ **Support Group for Patients After the Transplant- (caregivers welcome)- Sponsored by SCCA Social Work** – Provides peer support to LTFU participants. There is special emphasis on patients who have experienced chronic post –transplant medical and resource issues, long-term immunosuppressive concerns such as neuropathy, GVHD, post-transplant fatigue, and psych/social adjustment issues.

Craft & Activity Groups

- ❑ **“Knit for Life” Knitting Group sponsored by the UWMC Service League-**Learn how to knit or expand your knitting skills, and get to know other patients, caregivers and wonderful volunteers. Knitting needles and yarn are provided.
- ❑ **All Ages Playgroup-** This playgroup will be supervised by a volunteer and will include time for patients, siblings and children of patients, and family members to take part in games, crafts and fun in the playroom on the 5th floor of the clinic.
- ❑ **Writing for Life – Writing Group for Caregivers**
In this writing group for caregivers, we'll write together and use simple art materials to explore our inner lives to foster emotional, spiritual, and physical health.

Movement

- ❑ **Therapeutic Yoga-**Part of Living well with Cancer Series, Sponsored by UWMC Service League- Relaxation and breathing techniques, gentle arm, leg, and back movements and stretching. Instructions adapted to needs/limitations. Transplant patients are asked to sit in chairs (Instead of using floor mats).
- ❑ **Team Survivor Northwest, Women’s exercise class-** Hour long, gentle stretching and strengthening class aimed at helping women cancer survivors in active treatment or recovery enjoy the amazing benefits of exercise in a relaxed, supportive, and safe environment.

Meditation and Worship Services

- ❑ **Roman Catholic Communion Service**
- ❑ **Labyrinth Walk-** Walking an ancient spiritual path helps promote relaxation, meditation, spiritual and personal healing and enrichment.

Classes

- ❑ **Transition Classes- Managing Care at Home-**Includes an overview of the Bone Marrow Transplant Process, Patient/ Caregiver roles, Managing Symptoms and recovery at home and phases of transplant.
- ❑ **Food Safety-** Food safety in the grocery store, home and restaurants will be discussed.
- ❑ **Operating the Ambulatory Pump-** Learn how to use the Ambulatory Pump, a battery powered device, which delivers fluids and medication to the patient-**PRE-REGISTRATION FOR THIS CLASS IS REQUIRED.** Please speak to your team nurse.

Other

- ❑ **Healing Music Project-**Musicians perform uplifting music for patients, families and staff in the waiting areas and main lobby.
- ❑ **Fred Hutchinson Cancer Research Center Building Tour-** Offered the monthly. Please sign up for a tour at the Guest Services Desk.

News/ Special Events

Seventh Annual Cancer Survivorship Series: Living With, Through & Beyond Cancer Telephone Conference, Three Part Series

- 6/23 Part III: Family, Friends & Loved Ones: Managing the Fatigue

6/16 Smoking Cessation Information and Support- Monthly informational session on state-of-the-art smoking cessation strategies and tips.

New Support Group

Hematopoietic Stem Cell Transplant Caregiver Support Group- Topics to be covered may include: Self-care, communicating with the patient, coping with a stressful situation away from home, and how to talk to family members about what is going on. This weekly group is for **caregivers only**.

Upcoming Events