

Oncology Patient and Caregiver Programs and Support Services

MAY – DECEMBER 2019



Sidney Kimmel Cancer Center
Jefferson Health® | NCI – designated

The Cancer Support and Welcome Center promotes wellness and healing by providing you and your family with supportive care services and cancer-related information.

ALL PROGRAMS ARE FREE AND HELD AT THE CANCER SUPPORT AND WELCOME CENTER AT 914 CHESTNUT STREET, UNLESS ANOTHER LOCATION IS NOTED. HOURS OF OPERATION ARE MONDAY THROUGH FRIDAY FROM 9 A.M. TO 5 P.M. CANCER PATIENTS AND CAREGIVERS, REGARDLESS OF WHERE THEY RECEIVE CARE, ARE WELCOME TO VISIT THE CANCER SUPPORT AND WELCOME CENTER AT ANY POINT BEFORE, DURING, AND AFTER CARE TO RELAX IN BETWEEN APPOINTMENTS, TO ATTEND A PROGRAM, TO FIND CANCER-RELATED INFORMATION AND RESOURCES, OR FOR ASSISTANCE WITH WAYFINDING.

For weather related concerns and cancellations, please call **215-955-1800**, email CancerSupportCenter@jefferson.edu or visit our webpage for more information: JeffersonHealth.org/CancerSupport

To register for a program or to learn how to attend a program virtually, please contact the Cancer Support and Welcome Center:

Phone: **215-955-1800**

E-Mail: CancerSupportCenter@Jefferson.edu

For more information, visit JeffersonHealth.org/CancerSupport

Supportive Groups and Programs

Brain Tumor Support Group at Jefferson South Jersey

May 21, June 18; 7–8 p.m.

A new monthly group for individuals diagnosed with any brain tumor and their supporters.

Location: Jefferson Hospital for Neuroscience, 900 Walnut Street, Third Floor Conference Room, Philadelphia

Registration and details: Judy.Boldurian@Jefferson.edu or Lauren.Barbieri@Jefferson.edu

Multiple Myeloma Support Group

Facilitated by Britainy Stephens, MSW, LCSW

June 20, July 18, August 15, September 19, October 17, November 14, December 19; 5:30–6:30 p.m.

Attendees will learn about Multiple Myeloma, navigating care, stem cell transplant, and resources available to them throughout their treatment and survivorship.

Registration request: 215-503-0582 or Britainy.Stephens@Jefferson.edu

Blood and Marrow Transplant Education Class for Patients and their Caregiver

May 8, 22, June 12, 27, July 10, 25, August 14, 29, September 11, 26, October 9, 24, November 13, December 11; 1 – 3 p.m.

This class is recommended for individuals and their caregivers who are preparing for or considering stem cell transplant as a treatment option. This class will help prepare you for the stem cell transplant process. You and your caregiver will learn about what to expect during your hospitalization and after being discharged from the hospital. A tour the unit will be available after the class concludes.

Please contact a Bone Marrow Transplant Coordinator at **215-955-0352** if you are interested in attending a class and to check eligibility.



Brain Tumor Support Group at Jefferson

Occurs on the 2nd Thursday of the month: May 9, June 13, July 11, August 8, September 12, October 10, November 14, December 12 ; 6:30–8 p.m.

A monthly group for individuals diagnosed with a brain tumor and their supporters.

Location: Jefferson Hospital for Neuroscience, 900 Walnut St, Third Floor Conference Room, Philadelphia

Registration and details: Judy.Boldurian@Jefferson.edu

Buddy Program

What can I expect from treatment? Does ANYONE know what I'm going through? Will my life ever be normal again?

Ask a Buddy.

The program is for newly diagnosed cancer patients who are matched by diagnosis, treatment, age, and gender with a trained cancer survivor for one-on-one telephone support.

Call 215-955-8370 if you would like to be matched with a "Buddy" or if you would like to become a "Buddy."

Caring for the Caregiver Support Meeting

Occurs on the 2nd Wednesday of the month: May 8, June 12, July 10, August 14 and September 11; 11 a.m.–12 p.m.

Lora Rhodes, MSW, LCSW
Social Worker, Department of Medical Oncology

Anne Delengowski, RN, MSN, AOCN
Oncology Clinical Nurse Specialist

May 8 – Destressing 101

June 12 – When to Call the Doctor

July 10 – Benefits of Movement & Exercise

August 14 – Getting the Most out of Your Insurance and Community Resources

September 11 – What to do when my loved one won't eat

Our caregiver group will focus on a topic of discussion each month followed by an opportunity to discuss your caregiving experience.

Children's Lives Include Moments of Bravery

This series will meet on the following Tuesdays for 6 weeks: October 15, 22, 29 and November 5, 12, 19; 6–7:30 p.m.

CLIMB® is specifically for children who have a parent or grandparent diagnosed with cancer. Through art projects and discussion, this program will help children cope with their feelings, while improving communication between children and parents. Separate groups will be held at the same times for children ages 6-12, teens ages 13-17, and parents/grandparents. CLIMB® is a 6-week closed group support program that will meet once a week for six weeks. Pre-registration is required.

Registration: Jodi Sandos, 215-503-7711 or Lora Rhodes, 215-503-5482; CancerSupportCenter@Jefferson.edu

Esophagectomy Survivorship and Support Group

Thursday, August 22; 4 p.m.

This program is for patients and their family members who are to undergo or have undergone an esophagectomy. This group meets quarterly in April, August, and December.

For more information, contact: Sung.Whang@jefferson.edu.

Legal Clinic for Cancer Patients

Sessions will be limited in June and July. Please call for an appointment.

Temple Legal Aid Office Lawyers and Legal Interns

Representation is available for Philadelphia residents who meet Legal Aid's low-income criteria. Receive free legal advice and assistance. Advice is provided on many issues, including disability benefits, advance directives, powers of attorney, guardianship, estate planning, private disability insurance, housing, family law, health insurance, and discrimination.

Registration required: 215-955-1800 or cancersupportcenter@jefferson.edu

Metastatic Breast Cancer Support and Education Group

Occurs on the 2nd Friday of the month: May 10 through October 11; 11:30 a.m.–1 p.m.

This is a 6-session support group for people who are diagnosed with Stage 4 Metastatic Breast Cancer and are currently receiving treatment. The group is for patients to give and receive support from each other and to share resources and information.

This group will be led by oncology social workers, Celeste Vaughan-Briggs, LCSW and Jodi Sandos LCSW.

Registration required: 215-955-5495

Nu-Voice Club of Center City

Occurs on the 3rd Thursday of the month: May 16, June 20, July 18, August 15, September 19, October 17, November 21, December 19; 12–1:30 p.m.

Location: Thomas Jefferson University Hospital, Gibbon Building, 111 South 11th St., Room 9490, Philadelphia

This monthly program is a support group for patients, Laryngectomee family members and friends.

Registration: Nancy Travers or Barbara Baskin, 215-955-2554

Pharmacy Lecture Series

Prescription Medications

May 10, July 11; 1–2 p.m.

Come learn what is important with prescription medications and chemotherapy treatment to stay safe at home. Bring your medications and questions!

Symptom Management and Common Side Effects with Chemotherapy

June 13, August 8; 1–2 p.m.

Get information on side effects that can be caused by different cancer treatments and how they can be managed.

Primary and Metastatic Ocular Melanoma (OM) Support Groups (Online/Telephone)

May 1, June 5, August 7, September 4, October 2, November 6 and December 4; 1–2 p.m.

This group, in partnership with the Melanoma Research Foundation's CURE OM, provides virtual support groups to individuals diagnosed with primary and metastatic ocular melanoma (OM). These groups are held via a virtual platform so that individuals from across the country can join either by phone or online.

Information: Lauren Johnston, CURE OM Program Manager, ljohnston@melanoma.org

Smoking Cessation Program

By appointment

The SCCT Program provides evidence-based interventions for tobacco dependence to Jefferson patients. Through motivational interviewing strategies, our providers offer assessment, counseling, treatment planning, pharmacotherapy (including nicotine replacement and cessation medications), relapse prevention strategies and evaluation. SCCT is directed by a team of certified registered nurse practitioners who are also certified tobacco treatment specialists.

To make an appointment for in person or video visits, please call: 215-955-6996

Young Adults with Cancer Support Group

Occurs the 1st Wednesday of the month: May 1, June 5, August 7, September 4, October 2, November 6, and December 4; 5:30–7 p.m.

This is not your grandmother's support group. Topics include dating, employment, fertility, and everything else that affects people in the 18–45 age range.

Facilitator: Jodi Sandos, MSW, LSW.

Registration: 215-503-7711 or Jodi.Sandos@jefferson.edu



Educational Classes

Getting Started: Internet, E-mail and Tele-Health Basics

Occurs the 2nd Thursday of the month: May 9, June 13, July 11, August 8, September 12, and October 10; 9:30–11 a.m.

Lauren Waldman
Research Coordinator

Learn about how personal technology can help you navigate your health care. This session aims to help you discover new uses for your smartphone and other technologies. This session will provide hands on assistance and will cover creating e-mail addresses, utilizing Jefferson applications, and staying safe online. Patients can expect to leave this session feeling more comfortable utilizing JeffConnect video visits to communicate with their doctor. This session will be offered monthly and can be attended multiple times to hone your technology skills.

Breast Cancer: Managing Side Effects of Hormonal Therapy

Monday, May 13; 12–1 p.m.

Dr. Saveri Bhattacharya, DO

Learn about the management of hot flashes, sleep disruption, bone health, and sexual side effects while undergoing hormonal therapy for breast cancer.

Zoom link to join online: zoom.us/j/365849446

Clinical Trials Opportunities for Breast Cancer Patients

Wednesday, June 19; 12–1:15 p.m.

Dr. Adam Berger, MD, FACS
*Vice Chair for Clinical Research
Chief, Section of Surgical Oncology*

Learn about what clinical trials are and the opportunities for breast cancer patients to be involved in clinical trials at Jefferson.

Zoom link to join online: zoom.us/j/905347346

Introduction to Mindfulness-Based Stress Reduction

Thursday, May 23; 12–1:30 p.m.

Aleeze Sattar Moss, PhD
Associate Director, Mindfulness Institute, Myrna Brind Center of Integrative Medicine at Jefferson

This program provides a taste of the fundamentals of “mindfulness-based stress reduction,” which has been shown to improve well-being and reduce anxiety, depression, and pain during cancer treatment and survivorship. Through meditation and awareness exercises, we will explore this practical time-proven approach to living fully in the present moment.

Crocheting Circle

Friday, May 24; 12–1:30 p.m.

Facilitator: Rhianna Hibbler

Past, new, experienced and inexperienced participants are welcome to join us to work on your own project or a template provided by the Support and Welcome Center. All supplies will be provided.

What You Should Know about Lymphedema

Thursday, October 3; 12–2 p.m.

Brandis Johnson, PT, DPT, CLT-LANA
Pia Leone PT, DPT, WCS, CLT

Lymphedema is a side effect of cancer surgery that can be prevented and managed.

Join lymphedema experts in this educational session. Through education and an open forum discussion, participants will gain an understanding of lymphedema and the resources available to manage it.

Zoom link to join online: zoom.us/j/953397980

Cancer-Related Fatigue

Thursday, August 6; 12–1 p.m.

Brandis Johnson, PT, DPT, CLT-LANA
Pia Leone PT, DPT, WCS, CLT

Cancer-related fatigue is one of the most common side effects of cancer and its treatment. Education and understanding of cancer-related fatigue is proven to help patients cope better. Join us for a discussion and tips on how to manage cancer-related fatigue.

Zoom link to join online: zoom.us/j/583954690

Wig and Head Coverings Workshop

Monday, June 3; 11 a.m.–1 p.m.

Lois M Arnold
CEO, Hairs 2 U Wig Bank

Lois specializes in making hair pieces and reinventing clients with illnesses due to chemotherapy, alopecia, premature baldness, and hair thinning. She will help you determine how to find the right wig or head covering and how to care for and style a wig. You will also learn about recommended fabrics for head coverings and the different ways to fashion them.

Zoom link to join online: zoom.us/j/688003178



Scanxiety: Coping with the Stress of Undergoing a Cancer Screening

Thursday, June 6; 12–1:15 p.m.

If you are experiencing an overwhelming sense of fear and worry before, during and after your cancer scans, you are not alone. This workshop will discuss “scanxiety,” which is an uneasiness associated with waiting for the results of cancer scans. Britainy Stephens, a licensed clinical oncology social worker and members of our imaging team will provide proven tips and strategies for managing your fear of cancer screening. Your loved ones are also encouraged to attend.

Zoom link to join online: zoom.us/j/115339099

Optimizing Nutrition During and After Treatment

Friday, June 7; 12–1:30 p.m.

Heather Bell-Temin, MS, RDN, LDN, CSO
Outpatient Oncology Dietitian

Learn helpful nutritional information based on cancer prevention guidelines, and receive guidance on which foods to eat and which foods to avoid during and after cancer treatment.

Zoom link: zoom.us/j/983682688

Benefits of Shiatsu Massage

Thursday, June 20; 11 a.m.–1 p.m.

Facilitator: Jessie Baty

Jessie will discuss shiatsu as a form of therapy to regain strength and function for patients undergoing chemotherapy, radiation therapy or those who are experiencing an extended illness. Shiatsu has helped with decreasing stress and anxiety, stimulating the body’s natural healing capacity and easing symptoms related to nausea and fatigue. After her talk, participants will be able to do a trial session of shiatsu.

Registration required: 215-955-1800 or CancerSupport@Jefferson.edu

Summer Movies Series at the Welcome Center

Bring your family, a blanket and enjoy some popcorn and refreshments as you take in movies and family time with us on our big screens!

Friday, June 28; 10 a.m.–12 p.m.: The LEGO Movie 2: The Second Part

Friday, July 19; 10 a.m.–12 p.m.: Moana

Friday, August 2; 1–3 p.m.: The Sandlot

Medical Marijuana: What are the benefits and risks, and what does the Pennsylvania program entail?

Tuesday, September 17; 12–1:15 p.m.

Brooke Worster, MD, FACP,
*Assistant Professor of Medicine
Medical Director, Neu Center for Supportive Medicine
and Cancer Survivorship*

Gregory D. Garber, MSW, LCSW
*Director of Support Services, Neu Center for Supportive
Medicine and Cancer Survivorship
Director, Cancer Support and Welcome Center*

Getting help with cancer-related symptoms when they occur = better days and less symptoms. Symptoms such as cancer-related pain, neuropathy, anxiety, difficulty sleeping, and poor appetite can be helped with symptom management. Learn about the benefits and risks of using medical marijuana, how the Pennsylvania Licensure program works, and how to access it.

Zoom link to join online: zoom.us/j/494429132

Oncology Nutrition Myths vs Facts

Wednesday, September 18; 12–1 p.m.

Erin Laverty, RDN, LDN, CSO
Outpatient Oncology Dietitian

There is confusing information when it comes to nutrition and cancer. You will learn the common nutrition myths and get the facts, so you can be the most informed while dealing with your diagnosis.

Zoom link to join online: zoom.us/j/812475751

Survivorship and Graft vs. Host Disease (Post Allogeneic Transplant)

Thursday, September 19; 12–1:15 pm

John Wagner, MD
Professor of Medical Oncology, Sidney Kimmel Cancer Center – Jefferson Health

Graft vs. Host Disease may occur after a bone marrow or stem cell transplant in which someone receives bone marrow tissue or cells from a donor. In this program, learn the causes, symptoms, and treatment for this condition and discuss important survivorship concerns.

Zoom link to join online: zoom.us/j/532099562

Imaging Basics

Tuesday, October 15; 12–1:15 p.m.

Join our imaging department for an in-depth discussion about the following modalities that may be used in your cancer diagnosis and treatment and how they are used in cancer treatment: CT scan, MRI, and PET CT Scan.

Zoom link to join online: zoom.us/j/154124742

Understanding the Financial Impact of Cancer – Insurance 101 and Copay Assistance Programs

Wednesday October 16; 12–1:30 p.m.

Angie Santiago, CRCS-I
Lead Financial Counselor

Learn about the impact of cancer on your finances. Discussion will include Medicaid, Medicare, and the Affordable Care Act, as well as copay assistance programs.

Zoom link to join online: zoom.us/j/115906143

Wellness Programs

Gentle Chair Yoga for Patients and Caregivers

Occurs on the 2nd Tuesday of the month (except in June): May 14, June 18, July 9, August 13, September 10, October 8, November 12, and December 10; 12–1:15 p.m.

Michelle Stortz
Certified Yoga Therapist (C-IAYT)

Enjoy the many benefits of adaptive chair yoga for cancer survivors and for caregivers. This yoga experience is flexible for your unique needs, and no experience is necessary.

Registration and information: m@michellestortz.com or 215-955-1800

Massage/Reiki Therapy

May 3, 21, June 28, July 12, 23, August 9, 20, and September 20, October 8, November 1, 19 and December 10

Sharon Edelman, RM, LMT

Each 20 minute private session will include 10 minutes of a chair massage and 10 minutes of Reiki therapy by a licensed massage/Reiki therapist. Patients/Caregivers will be seen by appointment only.

Call 215-955-1800 for an appointment.



Special Events and Programming Opportunities

20TH ANNUAL CELEBRATION OF LIFE Survivorship Celebration

Tuesday, June 11; 10 a.m.–1 p.m.

Location: Dorrance H. Hamilton Building,
1001 Locust Street, Philadelphia

For our 20th Celebration of Life, we are thrilled to bring Charlie Lustman as our guest motivational speaker and singer. Charlie is a survivor of a rare cancer, an osteosarcoma of the jaw. Singer, songwriter, and cancer survivor, Charlie Lustman is on a musical mission of HOPE. With his collection of pop songs entitled MADE ME NUCLEAR, which chronicles his cancer journey from diagnosis, treatment, recovery, and beyond, Charlie takes his one-man pop opera on the road to millions of people around the world who are facing the ultimate challenge! For more information on Charlie: mademenuclear.com/

The 20th Annual Celebration of Life honors and celebrates the lives of all cancer survivors and the people who care about them. Patients, caregivers, survivors, families, physicians, and staff are all welcome to attend this inspirational event. Please call 215-955-1800 or email CancerSupportCenter@Jefferson.edu to register by June 1, 2019.

SCHEDULE:

10–10:45 a.m.: Registration and light refreshments

11 a.m.–1 p.m.: Inspirational Program with Charlie Lustman and lunch



Standing in the GAAP: Connecting African American Communities to Myeloma Experts and Support

Tuesday, June 4; 12–4 p.m.

Multiple Myeloma is the 2nd most common blood cancer that affects African Americans. African Americans with Multiple Myeloma are likely to have better treatment outcomes, yet there remains a disparity in care. Jefferson is committed to bridging these gaps and welcomes all patients and their families to take part in this educational event. Attendees will learn about Multiple Myeloma, navigating care, stem cell transplant, and available resources.

Registration: Britainy Stephens at 215-503-0582.

Zoom link: zoom.us/j/186840975

Lung Cancer Quarterly Networking Program – Nutrition and Lung Cancer

Thursday, August 15; 3–4:30 p.m.

Erin Laverty, RDN, LDN, CSO
Outpatient Oncology Dietitian

Join us for a presentation about healthy eating habits and techniques for those undergoing treatment for lung cancer.

Zoom link: zoom.us/j/214108953

Gynecologic Cancer Symposium

Thursday, September 12; 3–4:30 p.m.

Robert Den, MD
Associate Professor; Co-Director, Multidisciplinary Genitourinary Oncology Center
Saveri Bhattacharya, DO
Assistant Professor; Medical Oncology
Scott Richard, MD
Associate Professor; Surgical Oncology
Russell Schilder, MD
Professor; Director, Medical Gynecologic Oncology Program

Join us for an afternoon of hope as our speakers will discuss new advancements in treatments for gynecologic cancers and will answer questions about a gynecologic cancer diagnosis, treatment, and side effects. There will also be an opportunity to network with other survivors during this event. Light refreshments will be served.

Welcome Center Birthday Party

Monday, October 7; 11 a.m.–1 p.m.

Join us for our 2nd birthday for light refreshments cake and entertainment.

Breast Cancer and Related Diseases Symposium

Saturday, October 19; 9 a.m.–1:30 p.m.

Join us at this educational event hosted by our multidisciplinary team of breast care clinicians. Learn about the latest advances in clinical treatments, research, and the future of breast cancer. There will also be a patient guest speaker who will share her journey from diagnosis to survivorship.

Location: Dorrance H. Hamilton Building,
1001 Locust Street, Philadelphia

Information: Karen Baranello at 215-503-2603 or
karen.baranello@jefferson.edu

Unite for HER: Breast Cancer Wellness Day

Friday, May 17

Location: 1100 Walnut Street, Philadelphia, PA 19107,
3rd floor Adelson Conference Room

If you have been diagnosed with breast cancer in the last 18 months, are experiencing a breast cancer recurrence, or have metastatic disease, you qualify for the Unite for HER Program.

This event was developed by Unite for HER, a non-profit organization dedicated to providing hands-on support and education to women, and their families, affected by breast cancer. The goal of the event is to introduce patients to complementary therapies designed to help women become restored during and after breast cancer treatment. Attendees will meet with professionals and learn about the potential benefits of nutrition, yoga, acupuncture, and massage therapies.

Registration is limited. Registration and Details:
Elizabeth Benedetti at 215-955-5120

SAVE THE DATE

14th Annual Pancreatic Cancer and Related Diseases Patient Symposium

Saturday, November 16; 9 a.m.–2:30 p.m.

Charles J. Yeo, MD, the Samuel D. Gross Professor and Chair of Surgery at Jefferson, and other expert speakers will provide an update on research and treatments for pancreatic cancer and related diseases. The multidisciplinary team of clinicians and scientists at the Center for Pancreas, Biliary and Related Cancer Center discuss the latest medical therapies, surgical options, and lifestyle changes for people affected by these conditions.

Location: Dorrance H. Hamilton Building,
1001 Locust Street, Philadelphia

Information: Kelly Austin at 215-955-6383 or
kelly.austin@jefferson.edu

Shine a Light: Lung Cancer Program

Thursday, November 21; 3–5 p.m.

Join us for an afternoon of hope. Our speakers will discuss new advancements in treatments for lung cancer and will answer questions about lung cancer diagnosis, treatment, and side effects.

Zoom link: zoom.us/j/658199257

Special Events and Community Programming Opportunities:

Paint the Trail Purple

Saturday, May 11

Join our grateful patients for a family-friendly event with choice of 5K walk, 5K run, or 22-mile bike ride along the Schuylkill River, all benefiting pancreatic cancer research at the Sidney Kimmel Cancer Center – Jefferson Health. The bike ride includes a photo at the Rocky Statue at the Art Museum.

Location: Conshohocken, PA

Information: paintthetrailpurple.com or kelly.austin@jefferson.edu

Staff Halloween Pumpkin Decorating Contest

Monday, October 29; 1–3 p.m.

Our staff will be decorating and carving pumpkins that will be on display in the Cancer Support and Welcome Center. Come vote for your favorite pumpkin and enjoy some light refreshments!

Location: Cancer Support and Welcome Center.

Preserving the Love's Night Out on The Town

Saturday, May 11; 7–11 p.m.

Supporting cancer patients preserve their fertility.

Location: Hilton Philadelphia at Penn's Landing

Information: Emily Nist, 215-503-7604 or Emily.nist@jefferson.edu

Helen's Angels Pink Ball Tournament

Monday, May 13

Don't miss this exciting opportunity to show your support for Helen's Angels, a non-profit organization dedicated to supporting individuals battling breast cancer

Location: Bala Golf Club

Information: Emily Nist, 215-503-7604 or Emily.nist@jefferson.edu

17th Annual Patrick Shane Biddulph Golf Tournament

Wednesday, May 15

Supporting the fight against leukemia and for leukemia research.

Location: Mercer Oaks Golf Course, West Windsor, NJ

Information: Emily Nist, 215-503-7604 or Emily.nist@jefferson.edu

Amy's Ride Run Walk to Fight Pancreatic Cancer

Saturday, May 18

Join Team Jefferson for a 3 mile walk, 5K run, 24 mile bike, or 42 mile bike to benefit pancreatic cancer research at the Sidney Kimmel Cancer Center. This fun annual event includes a silent auction, raffles, and it coincides with Quakertown's Arts Alive® Festival.

Location: Quakertown, PA

Information: Kelly Austin at 215-955-6383 or
kelly.austin@jefferson.edu

What Sidney Kimmel Cancer Center – Jefferson Health Offers

Support Services

The Sidney Kimmel Cancer Center at Jefferson is your partner on the road to recovery. As we navigate this journey together, we understand that cancer can affect many aspects of your life. That's why the Jefferson staff works with you and your family, helping to meet your physical and emotional needs, during this difficult time.

Supportive Services we offer:

- Oncology Social Workers
- Nutrition Counseling by Registered Dietitians
- Financial Assistance Services
- Fertility Preservation

Cancer Support and Welcome Center

The Cancer Support and Welcome Center promotes wellness and healing by providing you and your family with supportive care services and cancer-related information. A range of programs are free and offered to anyone living with cancer, regardless of where they receive care.

The Cancer Support and Welcome Center is open Monday through Friday from 9 a.m. to 5 p.m.

914 Chestnut Street, Philadelphia, PA 19107

215-955-1800 | CancerSupportCenter@jefferson.edu

Neu Center for Supportive Medicine and Cancer Survivorship

While you are receiving state of the art oncologic care at the Sidney Kimmel Cancer Center, the Neu Center for Supportive Medicine and Cancer Survivorship is available to help you along this path by addressing the issues that affect the quality of your life during and after your cancer care, including the physical, emotional, social, financial, and spiritual effects, among others.

Clinical Trials

A clinical trial is a type of research study that tests how well new medical approaches work. Jefferson offers a number of Clinical Trials.

To find out if there is a clinical trial available that might be right for you, ask your healthcare providers, visit our website, or contact the Sidney Kimmel Cancer Center Clinical Research Management Office at **215-955-1661**. Jefferson.edu/ClinicalTrials

Call to Cancer Patients and Survivors with Chronic Pain

Do you want to learn to manage your pain without having to rely on prescription pain medication? Consider participating in a pain management support study for cancer patients and survivors at Jefferson University Sidney Kimmel Cancer Center.

The purpose of the study is to find out if a pain management program that is music-based or verbal-based is more helpful in reducing pain and/or opioid use in cancer survivors with chronic pain.

If you are a cancer patient or survivor and have chronic pain for more than 3 months, you may be eligible to participate in this study!

What is involved? You would take part in weekly 45-minute pain management sessions and fill out questionnaires at three different time points. Study participants will receive financial compensation for their participation.

If you would like to learn more about this study, please call **267-760-4562** or email pmss@jefferson.edu.



For information on support services available at other Jefferson Health locations, please contact:

Abington – Jefferson Health

Mary Oleksiak, MSW, LSW, at **215-481-2579** or e-mail Mary.Oleksiak@jefferson.edu

Jefferson Bucks Hospital, Jefferson Frankford Hospital, Jefferson Torresdale Hospital

Jill Lefkowitz, MSW, LCSW, OSW-C. at **215-612-5208**
AriaHealth.org/CancerSupport

Jefferson Cherry Hill Hospital, Jefferson Stratford Hospital, Jefferson Washington Township Hospital

Abigale Hassel, MSW, LCSW, OSW-C at **856-218-5322**
KennedyIsJefferson.org/CancerSupport

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Primary and Metastatic Ocular Melanoma (OM) Support Groups (Online/Telephone) 1–2 p.m. Young Adults with Cancer Support Group 5:30–7 p.m.	2	3 Massage/Reiki Therapy	4
6	7 Children's Lives Include Moments of Bravery 6–7:30 p.m.	8 Caring for the Caregiver Support Meeting 11 a.m.–12 p.m. Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1–3 p.m.	9 Getting Started: Internet, E-mail and Tele-Health Basics 9:30–11 a.m. Balancing Work and Cancer Treatment 12–2 p.m. Brain Tumor Support Group at Jefferson 6:30–8 p.m.	10 Metastatic Breast Cancer Support and Education Group 11:30 a.m.–1 p.m. Pharmacy Lecture Series 1–2 p.m.	11 Paint the Trail Purple Preserving the Love's Night Out on The Town 7–11 p.m.
13 Breast Cancer: Managing Side Effects of Hormonal Therapy 12–1 p.m. Helen's Angels Pink Ball Tournament	14 Gentle Chair Yoga for Patients and Caregivers 12–1:15 p.m.	15 Oncology Nutrition Myths vs Facts 12–1 p.m. 17th Annual Patrick Shane Biddulph Golf Tournament	16 Nu-Voice Club of Center City 12–1:30 p.m. Lung Cancer Quarterly Networking Program—Staying Fit with Lung Cancer 3–4:30 p.m.	17 Medical Marijuana: What are the benefits and risks, and what does the Pennsylvania program entail? 11:30 a.m.–1 p.m.	18 Amy's Ride Run Walk to Fight Pancreatic Cancer
20	21 Massage/Reiki Therapy	22 Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1–3 p.m.	23 Introduction to Mindfulness-Based Stress Reduction 12–1:30 p.m.	24 Crocheting Circle 12–1:30 p.m.	25
27 Center Closed	28	29	30	31	

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3	4	5	6	7	8
Wig and Head Coverings Workshop 11 a.m.–1 p.m.	Standing in the GAAP: Connecting African American Communities to Myeloma Experts and Support 12–4 p.m.	Primary and Metastatic Ocular Melanoma (OM) Support Groups (Online/Telephone) 1–2 p.m. Young Adults with Cancer Support Group 5:30–7 p.m.	Scanxiety: Coping with the Stress of Undergoing a Cancer Screening 12–1:15 p.m.	Optimizing Nutrition During and After Treatment 12–1:30 p.m.	
10	11	12	13	14	15
	Center Closed – Join us for Survivor Day 20TH ANNUAL CELEBRATION OF LIFE 10 a.m.–1 p.m.	Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1–3 p.m. Caring for the Caregiver Support Meeting 11 a.m.–12 p.m.	Brain Tumor Support Group at Jefferson 6:30–8 p.m. Pharmacy Lecture Series 1–2 p.m. Getting Started: Internet, E-mail and Tele-Health Basics 9:30–11 a.m.	Metastatic Breast Cancer Support and Education Group 11:30 a.m.–1 p.m.	
17	18	19	20	21	22
	Gentle Chair Yoga for Patients and Caregivers 12–1:15 p.m.	Clinical Trials Opportunities for Breast Cancer Patients 12–1:15 p.m.	Multiple Myeloma Support Group 5:30–6:30 p.m. Nu-Voice Club of Center City 12–1:30 p.m. Benefits of Shiatsu Massage 11 a.m.–1 p.m.		
24	25	26	27	28	29
			Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1–3 p.m.	Summer Movies Series at the Welcome Center 10 a.m.–12 p.m. The LEGO Movie 2: The Second Part Massage/Reiki Therapy	

JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Center Closed	5 Center Closed	6
8 Gentle Chair Yoga for Patients and Caregivers 12–1:15 p.m.	9	10 Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1–3 p.m. Caring for the Caregiver Support Meeting 11 a.m.–12 p.m.	11 Brain Tumor Support Group at Jefferson 6:30–8 p.m. Pharmacy Lecture Series 1–2 p.m. Getting Started: Internet, E-mail and Tele-Health Basics 9:30–11 a.m.	12 Metastatic Breast Cancer Support and Education Group 11:30 a.m.–1 p.m. Massage/Reiki Therapy	13
15	16	17	18 Multiple Myeloma Support Group 5:30–6:30 p.m. Nu-Voice Club of Center City 12–1:30 p.m.	19 Summer Movies Series at the Welcome Center 10 a.m.–12 p.m. Moana	20
22 Massage/Reiki Therapy	23	24	25 Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1–3 p.m.	26	27
29	30	31			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3
				Summer Movies Series at the Welcome Center 1-3 p.m. The Sandlot	
5	6	7	8	9	10
	Cancer-Related Fatigue 12-1 p.m.	Primary and Metastatic Ocular Melanoma (OM) Support Groups (Online/Telephone) 1-2 p.m. Young Adults with Cancer Support Group 5:30-7 p.m.	Brain Tumor Support Group at Jefferson 6:30-8 p.m. Pharmacy Lecture Series 1-2 p.m. Getting Started: Internet, E-mail and Tele-Health Basics 9:30-11 a.m.	Metastatic Breast Cancer Support and Education Group 11:30 a.m.-1 p.m. Massage/Reiki Therapy	
12	13	14	15	16	17
	Gentle Chair Yoga for Patients and Caregivers 12-1:15 p.m.	Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1-3 p.m. Caring for the Caregiver Support Meeting 11 a.m.-12 p.m.	Multiple Myeloma Support Group 5:30-6:30 p.m. Nu-Voice Club of Center City 12-1:30 p.m. Lung Cancer Quarterly Networking Program - Nutrition and Lung Cancer 3-4:30 p.m.		
19	20	21	22	23	24
	Massage/Reiki Therapy		Esophagectomy Survivorship and Support Group 4 p.m.		
26	27	28	29	30	31
			Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1-3 p.m.		

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Center Closed	3	4 Primary and Metastatic Ocular Melanoma (OM) Support Groups (Online/Telephone) 1-2 p.m. Young Adults with Cancer Support Group 5:30-7 p.m.	5	6	7
9	10 Gentle Chair Yoga for Patients and Caregivers 12-1:15 p.m.	11 Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1-3 p.m. Caring for the Caregiver Support Meeting 11 a.m.-12 p.m.	12 Brain Tumor Support Group at Jefferson 6:30-8 p.m. Pharmacy Lecture Series 1-2 p.m. Getting Started: Internet, E-mail and Tele-Health Basics 9:30-11 a.m. Gynecologic Cancer Symposium 3-4:30 p.m.	13 Metastatic Breast Cancer Support and Education Group 11:30 a.m.-1 p.m.	14
16 Medical Marijuana: What are the benefits and risks, and what does the Pennsylvania program entail? 12-1:15 p.m.	17	18 Oncology Nutrition Myths vs Facts 12-1 p.m. Massage/Reiki Therapy	19 Multiple Myeloma Support Group 5:30-6:30 p.m. Nu-Voice Club of Center City 12-1:30 p.m. Survivorship and Graft vs. Host Disease (Post Allogeneic Transplant) 12-1:15 p.m.	20 Massage/Reiki Therapy	21
23	24	25	26 Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1-3 p.m.	27	28
30					

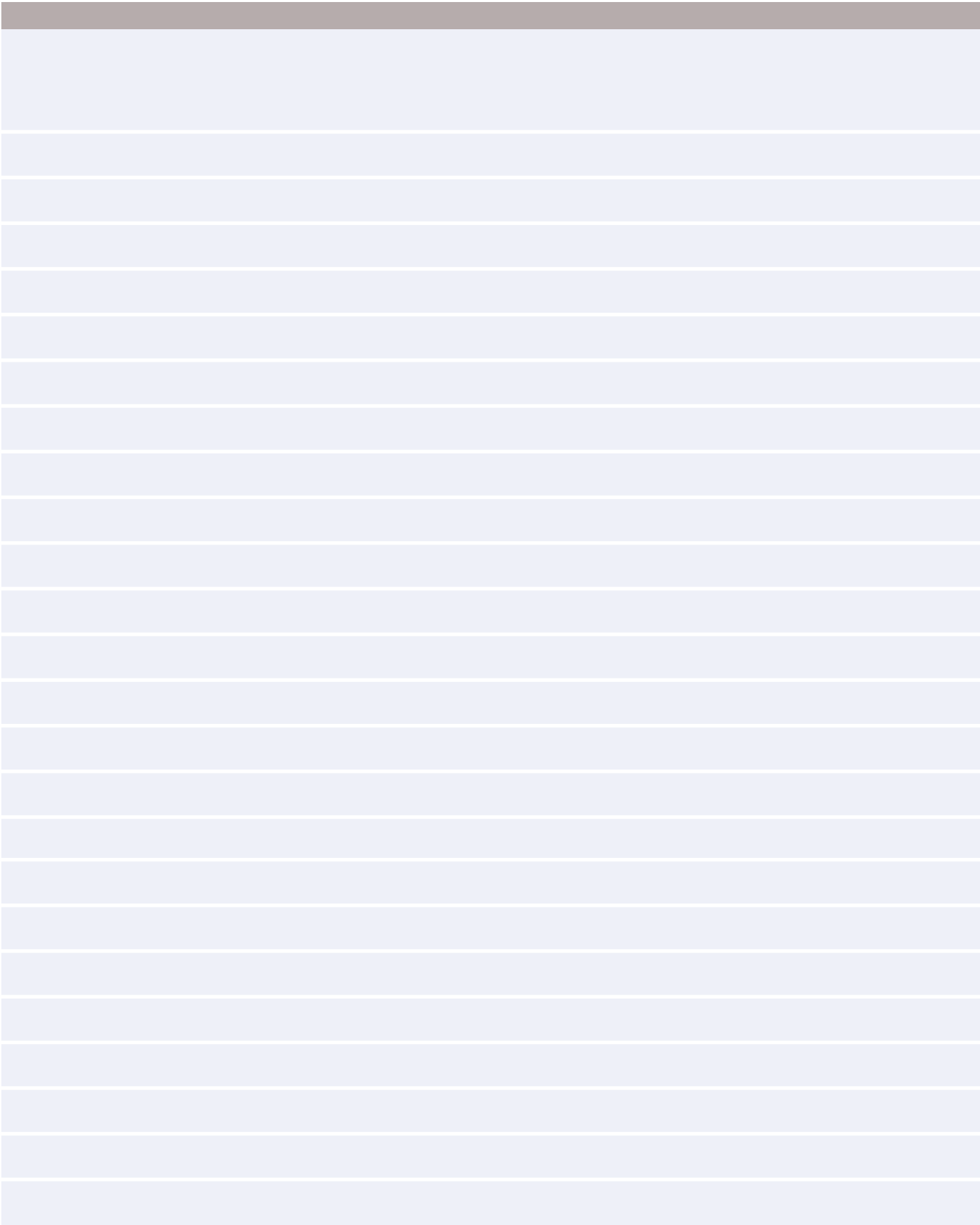
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5
		<p>Primary and Metastatic Ocular Melanoma (OM) Support Groups (Online/Telephone) 1–2 p.m.</p> <p>Young Adults with Cancer Support Group 5:30–7 p.m.</p>	<p>What You Should Know about Lymphedema 12–2 p.m.</p>		
7	8	9	10	11	12
<p>Welcome Center Birthday Party 11 a.m.–1 p.m.</p>	<p>Gentle Chair Yoga for Patients and Caregivers 12–1:15 p.m.</p>	<p>Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1–3 p.m.</p>	<p>Brain Tumor Support Group at Jefferson 6:30–8 p.m.</p> <p>Pharmacy Lecture Series 1–2 p.m.</p> <p>Getting Started: Internet, E-mail and Tele-Health Basics 9:30–11 a.m.</p>	<p>Metastatic Breast Cancer Support and Education Group 11:30 a.m.–1 p.m.</p>	
14	15	16	17	18	19
	<p>Children's Lives Include Moments of Bravery 6–7:30 p.m.</p> <p>Imaging Basics 12–1:15 p.m.</p>	<p>Understanding the Financial Impact of Cancer – Insurance 101 and Copay Assistance Programs 12–1:30 p.m.</p>	<p>Multiple Myeloma Support Group 5:30–6:30 p.m.</p> <p>Nu-Voice Club of Center City 12–1:30 p.m.</p>	<p>Massage/Reiki Therapy</p>	<p>Breast Cancer and Related Diseases Symposium 9 a.m.–1:30 p.m.</p>
21	22	23	24	25	26
	<p>Children's Lives Include Moments of Bravery 6–7:30 p.m.</p>		<p>Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1–3 p.m.</p>		
28	29	30	31		
	<p>Children's Lives Include Moments of Bravery 6–7:30 p.m.</p> <p>Staff Halloween Pumpkin Decorating Contest 1–3 p.m.</p>				

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Massage/Reiki Therapy	2
4 Children's Lives Include Moments of Bravery 6-7:30 p.m.	5 Primary and Metastatic Ocular Melanoma (OM) Support Groups (Online/Telephone) 1-2 p.m. Young Adults with Cancer Support Group 5:30 -7 p.m.	6	7	8	9
11 Children's Lives Include Moments of Bravery 6-7:30 p.m. Gentle Chair Yoga for Patients and Caregivers 12-1:15 p.m.	12 Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1-3 p.m.	13 Multiple Myeloma Support Group 5:30-6:30 p.m. Brain Tumor Support Group at Jefferson 6:30-8 p.m.	14	15 14th Annual Pancreatic Cancer and Related Diseases Patient Symposium 9 a.m.-2:30 p.m.	16
18 Children's Lives Include Moments of Bravery 6-7:30 p.m.	19	20 Nu-Voice Club of Center City 12-1:30 p.m. Shine a Light: Lung Cancer Program 3-5 p.m.	21	22	23
25	26	27 Center Closed	28 Center Closed	29	30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4 Young Adults with Cancer Support Group 5:30 -7 p.m.	5	6	7
9 Gentle Chair Yoga for Patients and Caregivers 12-1:15 p.m.	10	11 Blood and Marrow Transplant Education Class for Patients and Their Caregiver 1-3 p.m.	12 Brain Tumor Support Group at Jefferson 6:30-8 p.m.	13 Massage/Reiki Therapy	14
16	17	18	19 Multiple Myeloma Support Group 5:30-6:30 p.m. Nu-Voice Club of Center City 12-1:30 p.m.	20	21
23	24 Center Closed	25 Center Closed	26	27	28
30	31				

NOTES 2019





Sidney Kimmel Cancer Center
Jefferson Health® | NCI – designated

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