

Dr. Diane Barton Complementary Medicine Program  
and Patient Education and Support Services Schedule

# Call-In Class Schedule

July – December 2021



# WELCOME

MD Anderson Cancer Center at Cooper offers a variety of classes to support your cancer journey. Our complementary medicine classes enhance traditional cancer treatments with therapies that reinforce the healing power of the mind, body, and spirit, and provide you with tools to help you navigate a cancer diagnosis and treatment. Cancer education courses with our experienced oncology nurses help you understand a variety of cancer treatments such as chemotherapy, radiation therapy, and immunotherapy. Support groups and survivorship courses help guide you through your treatment and beyond. All call-in programs are free and open to cancer survivors and their families and caregivers.

For more information about the Dr. Diane Barton Complementary Medicine Program, please contact:

**Bonnie Mehr**

*Director, Integrative Oncology Services  
Director, the Dr. Diane Barton  
Complementary Medicine Program  
MD Anderson Cancer Center at Cooper*

**mehr-bonnie@cooperhealth.edu**

**856.325.6646**

## CALL-IN CLASSES

### The Dr. Diane Barton Complementary Medicine Program

*Presented by:*

- **Bonnie Mehr**, Director, The Dr. Diane Barton Complementary Medicine Program, and Director, Integrative Oncology Services
- **Julie Fischer**, Practitioner
- **Corinne Corcoran**, EdD, Practitioner

### Guided Imagery for Stress Relief

Participants will learn how to use guided imagery and meditation to cultivate well-being, reduce stress and anxiety, promote healing, and develop inner peace.

### Mindfulness

Mindfulness-Based Stress Reduction is a consciousness discipline that focuses on awareness of the present moment. It aims to teach people to deal more effectively with experience through awareness of feelings, thoughts, and bodily sensations, and can help people cope with stress, anxiety, pain, and illness.

### Deep Relaxation and Breath Work

Join us for a series of classes that enrich the mind, body and soul through deep relaxation and breath work.

### Survivorship

*Presented by:*

- **Evelyn Robles-Rodriguez**, DNP, APN, AOCN, Director, Outreach, Prevention and Survivorship
- **Roxanne Berger**, LPN

### WHAT Next: Wellness and Health After Treatment

What happens once your active cancer treatment is completed? In this series, we will talk about the transitional stage of living through cancer and what to expect during this period of close observation.

### Patient Education

*Presented by:*

- **Joan Molnar**, RN, BSN, OCN, Patient Educator
- **Sue Maltman**, MSN, RN, Patient Educator

### Introduction to Chemotherapy

This one hour class will help you and your significant others understand your chemotherapy treatment and the management of potential side effects.

### Introduction to Radiation Treatment

This one hour class will help you and your significant others understand the process, treatment, and management of potential side effects of radiation therapy.

### Introduction to Immunotherapy

This one hour class will help you and your significant others understand your immunotherapy treatment and the management of potential side effects.

### William G. Rohrer Cancer Genetics Program

*Presented by:*

- **Alexandra Barbarese**, MS
- **Molly Kalasinski**, MS, LCGC
- **Brooke Levin**, MS, LCGC
- **Kristin Mattie**, MS, LCGC
- **Kathryn Zarnawski**, MGC, LCGC

### Introduction to Hereditary Cancer and Genetic Testing

This introductory class, presented by a genetic counselor, will help you understand the basics of inherited risk for cancer and the option of genetic testing. This class is also open to your family.

TUESDAY	WEDNESDAY	THURSDAY
<p><b>6</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p>	<p><b>7</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p>	<p><b>8</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p> <p><b>Mindfulness</b> 12:25-1 p.m. Access Code: 160 545 0353</p>
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<p><b>20</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p>	<p><b>21</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p>	<p><b>22</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p> <p><b>Mindfulness</b> 12:25-1 p.m. Access Code: 160 545 0353</p>
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<p><b>24</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p> <p><b>Deep Relaxation and Breath Work</b> 12:25-1:00 p.m. Access Code: 180 774 5007</p>	<p><b>25</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p> <p><b>Guided Imagery for Stress Relief</b> 12:25-1 p.m. Access Code: 160 106 1785</p> <p><b>WHAT Next: Wellness and Health After Treatment</b> 4 to 4:40 p.m. Access Code: 157 602 8470</p>	<p><b>26</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p>
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# OTHER RESOURCES

## Nutrition Series: Healthy Cooking at Home with Linda *(VIDEOS on YouTube)*

Tune in as Linda Goldsmith, MA, RD, CSO, Oncology Dietitian, shares some of her favorite healthy recipes and demonstrates how to cook them from her home kitchen. We will continue to add video presentations throughout the year featuring seasonal menus.

Visit the **CooperTV** YouTube channel for these and other informative videos.

## Survivorship Video Series *(WEBINARS that will be turned into VIDEOS on YouTube)*

*Presented by*

Evelyn Robles Rodriguez DNP, APN, AOCN  
Director, Outreach, Prevention and Survivorship  
Roxanne Berger

Visit the **CooperTV** YouTube channel for these and other informative videos.

Our Survivorship team hosts monthly webinars designed to help cancer survivors manage long-term side effects of their cancer and cancer treatment. The webinars are held as live events led by experts from MD Anderson at Cooper and are recorded and shared on the CooperTV YouTube channel. Look for email invitations to the live events, and check out the CooperTV channel on YouTube to view our library of videos at any time.

### Topics planned include:

- Introduction to Cancer Survivorship
- Chemo Brain Update and Management Strategies
- Lymphedema
- Fatigue
- Anxiety
- Insomnia
- Navigating Community Resources
- Cancer and Self-Image
- Coping with Family and Cancer
- Aging Perspectives
- Integrative Oncology
- Body Image (including hair and wigs)
- Let's Talk Nutrition
- Healthy Cooking Demonstrations

# SUPPORT GROUPS

Support groups are conducted as online meetings. Participants can take part through a smart phone, a tablet or computer with internet access, or even just a landline phone.

To access the support groups, you will need to contact the group facilitator to register. He or she will then provide you with the information you need to join the meeting.

## Breast Cancer Support Group

This **ONLINE** support group is for those living with breast cancer.

**To register** and receive information about how to join the meeting, please contact Lisa McLaughlin, MSW, Social Worker, MD Anderson Cancer Center at Cooper at: [McLaughlin-Lisa@cooperhealth.edu](mailto:McLaughlin-Lisa@cooperhealth.edu)

### Time

7 to 8:30 p.m.

### Dates

July 21	October 20
August 18	November 17
September 15	December 15

## Young Survivors Group

This **ONLINE** support group is open to all young cancer survivors (40 and under) regardless of specific diagnosis, stage of cancer, or gender. Topics may include self-image, societal and family expectations, intimate relationships, fertility and raising children.

**To register** and receive information about how to join the meeting, please contact Jeff Jin, Social Worker, MD Anderson Cancer Center at Cooper, at **856.673.4669** or email at [jin-jeffrey@cooperhealth.edu](mailto:jin-jeffrey@cooperhealth.edu)

### Time

7 to 8 p.m.

### Dates

July 8	October 7
August 12	November 11
September 9	December 9

## Caregivers Support Group

This **ONLINE** support group is open to all adult caregivers of a loved one with cancer. Topics include self-care, time management, handling stress, and overall support.

**To register** and receive information about how to join the meeting, please contact Jeff Jin, Social Worker, MD Anderson Cancer Center at Cooper, at **856.673.4669** or email at [jin-jeffrey@cooperhealth.edu](mailto:jin-jeffrey@cooperhealth.edu)

### Time

7 to 8 p.m.

### Dates

July 20	October 19
August 17	November 16
September 21	December 21

## Brain Tumor Support Group

This **ONLINE** support group welcomes adults who are all dealing with the issues surrounding brain tumors. We offer a safe place to talk openly and honestly, share information and experiences, and meet other survivors and caregivers in a relaxed and inviting environment.

**To register** and receive information about how to join the meeting, please contact Frank Del Rossi, Social Worker, MD Anderson Cancer Center at Cooper at [delrossi-francis@cooperhealth.edu](mailto:delrossi-francis@cooperhealth.edu)

### Time

6 to 7:30 p.m.

### Dates

July 7	October 6
August 4	November 3
September 1	December 1

## Multiple Myeloma Virtual Support Group

Hosted by the Leukemia and Lymphoma Society, This **ONLINE** support group is for those living with multiple myeloma and their loved ones and is hosted by the Leukemia and Lymphoma Society.

**To register** and receive information about how to join the meeting, please contact Stacy Kreizman, at the Leukemia and Lymphoma Society at [Stacy.Kreizman@lls.org](mailto:Stacy.Kreizman@lls.org) to register and for a link to the online meeting.

### Time

6 to 7:30 p.m.

### Dates

July 22	October 28
August 26	November 18*
September 23	December 23

## Grupo de Apoyo Latino

Para sobrevivientes de cancer y sus personas de apoyo.

**Para registrarse** llame a Virgenmina Lopez al **856.968.7092**.

### Time

10 to 11 a.m.

### Dates

8 de Julio	14 de octubre
12 de agosto	11 de noviembre
9 se septiembre	9 de diciembre

## Surviving and Thriving: Cancer and Sexuality Support Group

This **ONLINE** support group, facilitated by Dr. Alishia Kalos, PsyD, offers a series of virtual group meetings designed to support survivors in overcoming sexual and relationship concerns that they may face during and after cancer treatment.

**To register** and receive information about how to join group sessions, please contact Roxanne Berger, LPN, Clinical Coordinator, Survivorship Program, at **856.968.7091** or or email at [berger-roxanne@cooperhealth.edub](mailto:berger-roxanne@cooperhealth.edub)

### Time

11:30 a.m. to 1 p.m.

### Dates

Program dates will be provided when you register.

## Sister Will You Help Me

This is a cancer support group for women of color and faith. The group's mission is to empower through knowledge, encourage through sisterhood, enlighten through faith, and bond through love.

**To register** and receive information about how to join the meeting, please contact Dianne Hyman, MSN, RN, OCN, CN-BN, Transition Care Manager, at **856.735.6258** or [hyman-dianne@cooperhealth.edu](mailto:hyman-dianne@cooperhealth.edu).

### Time

7 to 8 p.m.

### Dates

NO Classes July and August

September 9	November 11
October 14	December 9