

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

Call-In Class Schedule

May – December 2022



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 classes with our experienced oncology nurses help you understand a variety of cancer treatments such as chemotherapy and radiation treatment. Support groups and other resources 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

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.

Gentle Chair Yoga for Cancer Recovery

Gentle Chair Yoga is a unique yoga style that creatively adapts traditional yoga poses to be done while seated, or standing with the chair's support. Here we warm up the body, engage in meditative breathing, and flow into gentle yoga poses mindfully with support and stability. This class is designed specifically for those recovering from cancer and its treatments, and is open only to those who have had a cancer diagnosis.

Survivorship

Presented by:

- **Susan M. Hunter**, RN, MSN, Survivorship Nurse Navigator
- **Roxanne Berger**, LPN, Clinical Nurse Coordinator

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.

William G. Rohrer Cancer Genetics Program

Presented by:

- **Alexandra Barbarese**, MS, LCGC
- **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.



These are virtual classes only. To call in, simply dial 1-646-992-2010 from your cellphone or landline and enter the access code for the specific session followed by the # sign when prompted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2</p>	<p>3 Intro to Chemotherapy 9:30 to 10:20 a.m. Access Code: 734 193 070</p>	<p>4 Intro to Radiation Treatment 9:30 to 10:30 a.m. Access Code: 160 048 9430</p> <p>Gentle Yoga for Cancer Recovery 2 to 3 p.m. Access Code: 2306 438 3662</p>	<p>5 Mindfulness 12:30 to 1:15 p.m. Access Code: 2301 465 8620</p>
<p>9</p>	<p>10 Introduction to Chemotherapy 9:30 to 10:30 a.m. Access Code: 734 193 070</p>	<p>11 Introduction to Radiation Treatment 9:30 to 10:30 a.m. Access Code: 160 048 9430</p> <p>WHAT Next 1 to 1:40 p.m. Access Code: 160 851 2065</p> <p>Gentle Yoga for Cancer Recovery 2 to 3 p.m. Access Code: 2306 438 3662</p>	<p>12</p>
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OTHER RESOURCES

Survivorship Video Series

Presented by

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

Roxanne Berger, LPN

Clinical Coordinator, Wellness After Cancer Survivorship Program

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 include:

- Introduction to Cancer Survivorship
- Chemo Brain
- Lymphedema
- Fatigue, anxiety and insomnia
- Navigating Community Resources
- Body Image (including hair and wigs)
- Nutrition and healthy eating
- Heart health
- Managing finances
- Faith and coping

Tobacco Cessation Program

Learn how going tobacco-free can help you live a longer, healthier life by lowering your risk of health complications such as heart attack, stroke, and cancer. Kicking the tobacco habit offers some rewards that you'll notice right away and some that will show up over time. Right away you will save the money you spent on tobacco products! Here are a few other benefits you may notice:

- Food tastes better and your sense of smell returns to normal.
- Your breath, hair, clothes and household smell better.
- You will breathe easier doing ordinary activities.
- You can prevent wrinkles, gum disease and tooth loss.

If you are interested in learning more about our Tobacco Cessation Program, please contact our Certified Tobacco Treatment Specialist Team at **856.735.6235**.

Loving and Living Through Cancer: Improving Partner Communications and Relationships

This **ONLINE** discussion forum is facilitated by Alishia Kalos, PsyD, CST, and provides a safe space to talk about sensitive topics around body image, intimacy, and identity. Participants will gain the tools and resources to communicate with their partners and others regarding cancer-related challenges during and after their treatment.

To register and receive information about how to join the sessions, please contact Roxanne Berger, LPN, Clinical Coordinator, Wellness After Cancer Survivorship Program at **856.968.7091** or email at berger-roxanne@cooperhealth.edu

Time

10 a.m. to noon

Dates

Program dates will be provided when you register.

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 and will feature a new theme every month.

To register and receive information about how to join the meeting, please contact Lisa McLaughlin, Social Worker, at MD Anderson Cancer Center at Cooper at McLaughlin-Lisa@cooperhealth.edu or **856.735.6257**

Time

7 to 8:30 p.m.

Dates

May 18	September 21
June 15	October 19
July 20	November 16
August 17	December 21

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

Time

7 to 8 p.m.

Dates

May 17	September 20
June 21	October 18
July 19	November 15
August 16	December 20

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

Time

6 to 7:30 p.m.

Dates

May 4	September 7
June 1	October 5
July 6	November 2
August 3	December 7

LLS/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 to register and for a link to the online meeting.

Time

6 to 7:30 p.m.

Dates

May 26	September 22
June 23	October 27
July 28	November 17
August 25	December 22

Grupo de Apoyo Latino

Para sobrevivientes de cancer y sus personas de apoyo.

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

Time

11 a.m. to noon

Dates

Mayo 12	Septiembre 8
Junio 9	Octubre 13
Julio 14	Noviembre 10
Agosto 11	Diciembre 8

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.

Time

7 to 8 p.m.

Dates

May 12	September 8
June 9	October 13
July no meeting	November 10
August no meeting	December 8

Fitness and Nutrition (FAN): Walk, Talk, Stretch, Thrive, and Breathe

Facilitated by a Dr. Diane Barton Complementary Medicine Specialist

As you go through your cancer journey, staying active is very important. Physical activity at any level can boost your mood, reduce stress and anxiety, improve sleep, and build strength and endurance. Take this time to get moving at your own pace while discussing tips to eat healthy, stay active, and free your mind from everyday stress.

JOIN US!

Time: 6:30 to 7:30 p.m.

Dates: Class meets Tuesdays and Thursdays.

Spring Session:

- May 3, 5, 10, 12, 17, 19, 24, 26, 31
- June 2, 7, 9, 14, 16

Summer Session:

- July 12, 14, 19, 21, 26, 28
- August 2, 4, 9, 11, 16, 18, 23, 25, 30
- September 1, 6, 8, 13, 15

Fall Session:

- October 4, 6, 11, 13, 18, 20, 25, 27
- November 1, 3, 8, 10, 15, 17, 22, 29 (no class on Nov. 24)
- December 1, 6, 8, 13, 15

THESE ARE VIRTUAL CLASSES ONLY.

• To join from a landline or cell phone:

Dial **646.992.2010**, when prompted enter the access code **2306 910 1828 #**, and the meeting password **123abc**

• To join from a computer or smartphone:

Click on this link: <https://cooper.webex.com/cooper/j.php?MTID=mbb16a57dc612c6f6231afbe83aa08b57>

When prompted enter the access code **2306 910 1828 #**, and the meeting password **123abc**



Please check with your physician/provider to review the benefits and risk factors of beginning an exercise program.