



# University of Arizona Cancer Center

September 2017



| Sun   | Mon  | Tue  | Wed  | Thu   | Fri   | Sat  |
|---|--|--|--|---|---|--|
| <p>Note: Groups meet at either</p> <ol style="list-style-type: none"> <li>1. Banner Univ. Campus, Cancer Center at 1515 N. Campbell, RM 2920 or Kiewit Auditorium, RM 2951</li> <li>2. UACC, North Campus, 3838 N. Campbell RM 2920 or 2114 or</li> <li>3. UACC Orange Grove campus, 1891 W. Orange Grove Rd, Conference room</li> </ol> <p>Please visit us on our website at <a href="http://www.azcc.arizona.edu">http://www.azcc.arizona.edu</a></p> |  |  |  |   | <p><b>1</b><br/>Winning Together Breast/GYN Cancer Support Group Cancelled Due to Holiday weekend</p>   | <p><b>2</b></p>  |
| <p><b>3</b></p>   | <p><b>4</b><br/>MINDFULNESS &amp; MEDITATION, 1:30-2:30, UACC, University Campus Kiewit Auditorium, Rm. 2951</p> <p>LGBT Cancer Support Group 3:30 pm, RM 1127 UA Cancer Center North</p>  | <p><b>5</b><br/>Prostate Cancer Support Group 2:00-3:45 pm, Room 2919 UACC Main Campus, Speaker "4 Ways Cancer Patients can Benefit from Gentle Yoga."</p> | <p><b>6</b><br/>Monthly Ed Support Series Cancelled due to the holiday</p> <p>Balancing Honesty &amp; Hope: Metastatic Cancer Support Group, 3:30-5 RM 1127, UA Cancer Center-North</p>  | <p><b>7</b><br/>Living With Cancer Support Group 2:00-3:30 pm UA Cancer Center North, Room 1290</p>   | <p><b>8</b> Winning Together Breast/GYN Cancer Support Group 10:30-12:30 UACC, University Campus Room 2919<br/>AIR TIME new support group 12:30 to 2:00, Orange Grove Campus call 694-8920 Linda for info</p> | <p><b>9</b></p>  |
| <p><b>10</b></p>  | <p><b>11</b> MINDFULNESS &amp; MEDITATION, 1:30-2:30, UACC, University Campus, Rm. 2951 Kiewit Auditorium<br/>Guest presenter Steve Ross<br/>LGBT Cancer Support Group 3:30 pm, RM 1127 UA Cancer Center North</p>   | <p><b>12</b></p>   | <p><b>13</b><br/>Brain Tumor Support Group 10:00-11:30 University Campus, Room 2920, Special Guest speaker, '<u>FINDING WHAT YOU DIDN'T LOSE; THE Power of Words on the Page</u>'</p> <p>Balancing Honesty &amp; Hope: Metastatic Cancer Support Group, 3:30-5 RM 1127, UA Cancer Center-North</p>   | <p><b>14</b><br/>Living With Cancer Support Group "Writing for Wellness" 2:00-3:30 pm UA Cancer Center North, Room 1290<br/>Men's Group 5:30 – 7:00 Room 2114 UA Cancer Center North Campus</p> | <p><b>15</b><br/>Winning Together Breast/GYN Cancer Support Group 10:30-12:30 UACC, University Campus Room 2919</p>   | <p><b>16</b><br/>Multiple Myeloma Support Group Meets 1 to 3:30 in Rm 1290-91 at UACC North Campus</p> |
| <p><b>17</b></p>  | <p><b>18</b><br/>MINDFULNESS &amp; MEDITATION, 1:30-2:30, UACC, University Campus, Rm. 2951 Kiewit Auditorium<br/>LGBT Cancer Support Group 3:30 pm, RM 1127 UA Cancer Center North<br/>Look Good Feel Better 4:30-6:30 PM UA Cancer Center North Campus, RM 1290/1291. *RSVP 694-0826</p> | <p><b>19</b><br/>Prostate Cancer Support Group 2:00-3:45 pm, Room 2919 UACC Main Campus</p>  | <p><b>20</b> Reiki Support Group 10:30-12:00 UACC Room 2919<br/>HOPE for Advanced Melanoma Patients &amp; Caregiver Group, 10:30-12, UA Cancer Center North Campus Living Rm 2114<br/>Caregiving Support Group 12-1 OG Campus RSVP Linda<br/>Balancing Honesty &amp; Hope: Metastatic Cancer Support Group, 3:30-5 RM 1127, UA Cancer Center-North<br/>Thyroid Cancer Support Group, 4:00 to 5:30, Rm 2114, UA Cancer Center-North</p> | <p><b>21</b><br/>Living With Cancer Support Group 2:00-3:30 pm UA Cancer Center North, Room 1290<br/>Men's Group 5:30 – 7:00 Room 2114 UA Cancer Center North Campus</p>                        | <p><b>22</b><br/>Winning Together Breast/GYN Cancer Support Group 10:30-12:30 UACC, University Campus Room 2919</p>   | <p><b>23</b></p>   |
| <p><b>24</b></p>  | <p><b>25</b><br/>MINDFULNESS &amp; MEDITATION, 1:30-2:30, UACC, University Campus, Rm. 2951 Kiewit Auditorium</p> <p>LGBT Cancer Support Group 3:30 pm, RM 1127 UA Cancer Center North</p>   | <p><b>26</b></p>   | <p><b>27</b><br/>Balancing Honesty &amp; Hope: Metastatic Cancer Support Group, 3:30-5 RM 1127, UA Cancer Center-North</p>   | <p><b>28</b><br/>Living With Cancer Support Group 2:00-3:30 pm UA Cancer Center North, Room 1290</p>  | <p><b>29</b><br/>Winning Together Breast/GYN Cancer Support Group 10:30-12:30 UACC, University Campus Room 2919</p>   | <p><b>30</b></p>   |

**For more information & support for patients and families, call Social workers: Radiation Oncology - Marsha Drozdoff 694-4605, and Rashida Hays 694-4652, UMC North -Jill Winter 694-0845, Lynn Barwick 694-1855, Brenda Casey 694-0347, Laura Hagerty 694-0805, Kathleen Pickrel, 694-1885; Orange Grove – Linda Jones 694-8920.**

**Air Time a new support group based on the book “When Breath Becomes Air” by Paul Kalanithi.** Open to anyone with a cancer diagnosis. Attendees are welcome to share their thoughts about the book and encouraged to reflect upon one’s own goals and priorities while living with a cancer diagnosis. Orange Grove Campus, second Fridays of the month 12:30 to 2:00, please call Linda Jones at 520-694-8920 for information.

**Balancing Honesty & Hope: Metastatic Cancer Support Group -** Meets every Wednesday, 3:30-5:00 pm at the UA Cancer Center – North Campus, (3838 N. Campbell Ave.) Room 1127. For further information, please contact Brenda Casey at 694-0347.

**Brain Tumor Support Group -** Support group for individuals who have a brain tumor and significant others who want to share concerns and educational information. This group meets the second Wednesday of each month 10:00 am – 11:30 pm at UACC, University Campus (1515 N. Campbell Ave) Room 2920. Contact: Rashida Hays 694-4652 or Marsha Drozdoff 694-4605. Guest Speaker **Debra Thornley-Barbre, MA, CPT, HMHP FINDING WHAT YOU DIDN'T LOSE: THE Power of Words on the Page”**

**(Breast/GYN) Winning Together -** Winning Together is a weekly support group for women with Breast and GYN cancers. This group meets each Friday. UACC – University Campus (1515 N. Campbell Ave) Rm. 2919 unless noted on date. (contact Rashida Hays at 694-4652 or Marsha Drozdoff at 694-4605 for directions). Special Presenter on 8/4, Kay Prince, Breast Cancer Survivor, Coach and Retreat Facilitator, **“5 Steps to Finding Your Passion.”** Cancelled on 9/1. **WT lunch networking meeting cancelled**

**Caregiver Support Group –** an informal meeting for caregivers who have a loved one with a cancer diagnosis. Meets the 3<sup>rd</sup> Wednesdays of the month, 12:00 – 1:00 at the UA Cancer Center – Orange Grove Campus (1891 W. Orange Grove Rd) Conference Room. **Please RSVP to Linda Jones 694-8920 Topic: Caregiver Stress...signs to watch for a & steps to take”**

**HOPE for Advanced Melanoma Patients & Caregivers –** This group will meet the 3<sup>rd</sup> Wednesday of each month, 10:30 am – 12:00 pm, UA Cancer Center, North Campus (Room 2114 upstairs) (3838 N. Campbell Ave). For information, contact Jill Winter at 694-0845.

**LGBT Cancer Support Group -** Support group for patients who identify as lesbian, gay, bisexual and transgender. Family & friends are welcome. This group meets each Monday 3:30-5:00. Location is the UA Cancer Center – North Campus (3838 N. Campbell Ave) Room 1127. For info contact Brenda Casey at 694-0347.

**Leukemia and Lymphoma Society of America Family Support Group -** Support group for patients with Leukemia, or Lymphoma and their significant others. This group meets the second Monday of each month, **from 5:30 to 7:00 pm** at the UA Cancer Center-North Campus (3838 N. Campbell) Rooms 1290/1291. For more info contact Laura Hagerty 694-0805

**Living with Cancer -** Support group meets weekly for cancer patients and their caregivers. People with any type of cancer are welcome. This group meets each Thursday, 2:00 pm – 3:30 pm at the UA Cancer Center – North Campus (3838 N. Campbell Ave) in Room 1290. Contact Jill Winter at 694-0845. **\*\* Writing for Wellness** meets the second Thursday of each month in lieu of the regular group. This is a monthly drop-in session for patients and families where they can express themselves through structured writing exercises in a relaxed setting.

**Look Good, Feel Better Program -** A program for women who are going through cancer treatment. Women receive free beauty/skin care products and tips on how to care for skin/hair/brows. There is no cost but registration for the program is required. Classes are offered at the UA Cancer Center – North (3838 N. Campbell Ave) Room 1290/1291 as well as additional locations in Tucson. For exact locations, times and to register in advance, please call Patient Navigator Lisa Reynolds at 694-0826.

**Men’s Support Group -** This group is open to any man whose life has been touched by cancer at any time, in any way. Meetings are the second and fourth Thursdays, 5:30-7:00 pm in Room 2114 at the UA Cancer Center – North Campus (3838 N. Campbell Ave.) –For info contact Steve Ross at (520) 825-2009.

**Mindfulness & Meditation: -** Join us weekly for this stress-relieving meditation training. Regular meditation has many preventative benefits and helps to cultivate a peaceful mind. Meetings are every Monday 1:30-2:30 in the UACC– University Campus (1515 N. Campbell Ave) Sessions will meet in Rm.2951 Kiewit Auditorium. If you arrive after 1:30, please enter the room quietly and turn off cell phones & electronic devices before you enter the room. There is no charge. Contact: Rashida Hays 694-4652 or Marsha Drozdoff 694-4605. **Special Presenter on 9/11 Steve Ross**

**Monthly Educational Support Series –** 1<sup>st</sup> Wednesday of the month 12:00-1:00 at UACC, University Campus Rm. 2920 (1515 N. Campbell Ave.) The program will also be live streamed to the Orange Grove Campus Conference room. This month **Cancelled due to the Holiday** Please RSVP to Marsha Drozdoff if attending in person at University Campus 694-4605, can Livestream at Orange Grove or at your desk.

**Multiple Myeloma Support Group –** A support and education program for patients, family members and loved ones touched by Multiple Myeloma. This group meets the third Saturday of each month, 1:00-3:30 pm at the UA Cancer Center – North Campus (3838 N. Campbell Ave) in Room 1290. There is a speaker every month and catered snacks available. Contact Lynn Barwick 694-1855 for info. **Guest speakers: Not confirmed at time of printing, call for info**

**Prostate Cancer Support Group -** Support group for men with prostate cancer. Meetings are on the first and third Tuesdays, 2:00 pm – 3:45 pm at the UACC – University Campus (1515 N. Campbell Ave.) in **Room 2919**. Spouses are welcome to attend. Speakers are the first Tuesday, this month is Shradha Hilda Oropeza, **“4 ways cancer patients can benefit from Gentle Yoga.”** For further information, please contact Rashida Hays 694-4652 or Marsha Drozdoff 694-4605.

**\*\* Reiki Trained Cancer Survivors, Family Members and Staff -** This group meets the 3<sup>rd</sup> Wednesday of each month, **10:30-12:00** in Room 2919 at the UACC– University Campus (1515 N. Campbell Ave). One must have received at least Level I Reiki training. There is no charge & it is open to the community. Contact Marsha Drozdoff, 694-4605.

**Thyroid Cancer Support Group –** This group meets the 3<sup>rd</sup> Wednesday of each month, 4:00 to 5:30 in Room 2114 at the UACC- North Campus (3838 N. Campbell Ave). This group is for all Thyroid Cancer patients, family members/careivrs. Contact Laura Stigsell, LMSW 520-694-4107 for more information.