



**COMPREHENSIVE CANCER CENTER**

**Upcoming Programs:**

- FreshStart! (March)*
- Planning For Survivorship (March)*
- Managing Family and Friends Relationships After a Cancer Diagnosis (April)*
- Young Breast Cancer Workshop (April)*
- Everything I Ever Wanted to Know About Clinical Trials (May)*
- Why do I feel sad all the time? (June)*

**Follow Us!**

**Facebook: UAB Comprehensive Cancer Center**

**March 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Restorative Yoga 5:45-7 pm	2 SGK First Fridays 11:30 am	3
4	5 Grief Support 10-11:30 am	6 > Support Group for All Cancer 12 – 1:30 pm >Prostate Cancer Support 12-1:30 pm	7 >Leukemia/ Lymph Support 12 – 1:30 >Restorative Yoga 12:15-1:15 pm	8 >Walker Co Breast Support 1:30 pm >Restorative Yoga 5:45-7 pm >Forge Breast Support, 6pm Blount County	9	10
11	12	13 Support & Thrive (Breast) 6:00pm	14 >Caregivers Support 12:00 – 1:00 pm >Restorative Yoga 12:15-1:15 pm	15 >New Beginnings 11 – 1pm >Restorative Yoga 5:45-7 pm >UAB Head & Neck Support 4:00 pm >Colon Cancer Support, 6:30 – 8:00 pm	16 CanSurvive 12-1:30 pm	17
18 CanSurvive 2-4 pm	19 Medicare Community Program 6:30 pm	20 >Head & Neck (STVHS) 12:00 – 1:30 pm >Prostate Cancer Support 6:00 pm	21 >Bosom Buddies 12:00 – 1:30 pm >Restorative Yoga 12:15-1:15 pm	22 Restorative Yoga 5:45-7 pm	23	24
25	26	27	28 <b>Living with Cancer Survivorship Care</b> 11:30 am			

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**Breast Cancer**

**Bosom Buddies Breast Cancer Support Group**

A monthly support group for women who have experienced breast cancer with the opportunity to meet other women at different stages of recovery and survivorship. The group meets on the third Wednesday of every month from noon until 1:30 p.m. A light lunch is provided. To register, call 838-3000 or e-mail to Martha Seymour, <mailto:mimiseymour@gmail.com>.

**New Beginnings (Breast Cancer)**

A support group for newly diagnosed breast cancer patients. This month, Brad Denney, MD, will talk about breast reconstructive surgery.

When: Third Thursday, 11 – 1pm  
Where: 4th Floor Conference Room, The Kirklin Clinic  
Contact: (205) 801-7907 or [newbeginningssupportgroup@uabmc.edu](mailto:newbeginningssupportgroup@uabmc.edu)

**Forge Share in Blount County**

Breast cancer support for patients, survivors and caregivers living in Blount County, AL

When: 2nd Thursday of the month at 6pm  
Where: Cross Roads Baptist Church, 801 AL-160, Warrior, AL 35180  
Contact: 205-838-6159 or [info@forgeon.org](mailto:info@forgeon.org)

**Walker County Support Group**

Breast cancer support for patients, survivors and caregivers living in Walker County, AL

When: 2nd Thursday of the month at 1:30 pm  
Where: Jasper Public Library, Jasper, AL.  
Contact: Gretel Holston 205-401-7559 or <mailto:gyholston@icloud.com>

**Susan G. Komen Support Group**

Survive and Thrive for breast cancer survivors and co-survivors. This support group is a participant-focused, interactive group aimed at providing social support.

When: 2nd Thursday of the month at 6:00 pm  
Where: Susan G. Komen, 1909 27<sup>th</sup> Avenue South, Homewood, AL  
Contact: 205-263-1700 or mailto: [info@komenncalabama.org](mailto:info@komenncalabama.org)

First Fridays with Komen is a lunch and learn series featuring area breast cancer experts.

When: 1<sup>st</sup> Friday of the month at 11:30 am  
Where: Various Locations  
Contact: 205-263-1700 or mailto: [dfowler@komenncalabama.org](mailto:dfowler@komenncalabama.org)

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**Gynecological Cancers**

**CanSurvive (Gyn Cancers) Offered 2 times and at different locations**

Support group for ovarian, cervical, endometrial, uterine and other gynecological cancers.

When: 3rd Friday of the month, 12 p.m. (Lunch provided)  
Where: American Cancer Society, 1100 Ireland Way, Suite 201, Birmingham, Alabama  
When: 3rd Sunday of the month, Time: 2 p.m. to 4 p.m. (Refreshments provided)  
Where: Brookwood Hospital, Executive Board Room  
Homewood, Alabama  
Contact: <mailto:CS@ThinkofLaura.org> and 205-783-1285

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## Head and Neck Cancers

### **St. Vincent's Head & Neck Support: Open to patients, survivors and caregivers.**

When: 3<sup>rd</sup> Tuesday Each Month, 12:00 – 1:30 pm  
Where: St. Vincent's Birmingham: Bruno Cancer Center  
Contact: Louis Josof (205) 939-7884

### **UAB Head and Neck Cancer Support Group for patients, survivors and caregivers.**

When: Next meeting is March 15, 2018  
Where: Various locations  
Contact: Lisa Clemons (205) 934-9714 or [lkclemons@uabmc.edu](mailto:lkclemons@uabmc.edu)

### **Online Head and Neck Support**

Visit: <http://www.spohnc.org/>

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## All Cancers

### **Grief: Support for those who have lost a loved one**

When: 1<sup>st</sup> Monday of Each Month, 10:00 – 11:30 am  
Where: St. Vincent's Birmingham: Bruno Cancer Center  
Contact: Louis Josof (205) 939-7884

### **Bone Marrow Transplant Support (BMT)**

Dates/Times/Topics to be announced. For more information, contact Nel Williams at (205) 996-9449.

### **Camp Bluebird**

This retreat offers a unique experience for adult cancer patients by promoting a sense of well-being among campers, teaching them how to live with cancer and cancer treatments, and providing them with a time for listening and learning, sharing and caring, and rest and relaxation. The three-day, two-night camp is held twice each year and is free-of-charge to the camper. Call 205- 930-2217 or e-mail to [Katherine.puckett@gmail.com](mailto:Katherine.puckett@gmail.com) for more information.

### **Caregivers Support Group**

Connect with those who understand what you're going through. Share, vent, laugh, and feel less alone. Open for all cancer diagnoses.

When: 2nd Wednesday Each Month, 12:00 – 1:30 pm  
Where: St. Vincent's Birmingham: Bruno Cancer Center  
Contact: Louis Josof (205) 939-7884

### **Support Group for All Cancers**

This group is open to patients, survivors and caregivers.

When: 1<sup>st</sup> Tuesday Each Month, 12:00 – 1:30 pm  
Where: St. Vincent's Birmingham: Bruno Conference Center  
Contact: Louis Josof (205) 939-7884

### **Leukemia / Lymphoma Support Group**

This support group is open to patients, survivors and caregivers.

When: 1<sup>st</sup> Wednesday Each Month, 12:00 – 1:30 pm  
Where: St. Vincent's Birmingham: Bruno Cancer Center  
Contact: Louis Josof (205) 939-7884

### **Prostate Cancer Support Group**

This support group is open to patients, survivors and caregivers.

When: 2<sup>nd</sup> Tuesday of the Month, 12:00 – 1:30 pm  
Where: St. Vincent's Birmingham: Bruno Cancer Center  
Contact: Louis Josof (205) 939-7884

### **Restorative Yoga: offered 2 days a week!**

Gentle, restorative yoga for cancer survivors. Class space is limited. Registration and permission from your physician to participate are required.

When: Wednesdays 12:15-1:30 p.m. and Thursdays 5:45-7 p.m.  
Where: Embody Practice Center  
Contact: Stacey Miller, <mailto:staceymiller@uabmc.edu> (205) 934-7914  
Cost: \$50 for 10-week session (scholarships are available)

### **The Semi-Colon Club**

Colon cancer support group.

When: 3<sup>rd</sup> Thursday from 6:30 – 8pm  
Where: Homewood Library  
Contact: Jacky Turner, [jacky.turner@rumpshaker5k.com](mailto:jacky.turner@rumpshaker5k.com) or call (205) 613-4341.

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## **SPECIAL SUPPORT EVENTS**

### ***FreshStart!***

Beginning Thursday, Feb 1-March 22, the UAB Comprehensive Cancer Center will be present FreshStart!, an eight-week *free* lifestyle program specifically geared to help cancer survivors adopt healthier behaviors. With the help of supporters like Cooking Light magazine and the Norma Livingston Ovarian Cancer Foundation, the program is designed to help cancer survivors make healthy diet and exercise choices and manage their stress better.

### ***Community Conversation on Aging***

You are invited to attend a conversation on Medicare: how it works, and the differences between Parts A, B, C, C+ and D. A representative from Viva Health, David Robinson, will be on hand to answer your questions and share tips on maximizing your Medicare benefit dollars and coverage. No registration needed.

When: Monday, March 19 at 6:30 pm  
Where: Emmet O'Neal Library, 50 Oak Street, Mountain Brook

### ***First Fridays with Komen***

Join Susan G. Komen on Friday, March 2<sup>nd</sup>, for a lunch and presentation on "Vegetable Gardening and Health Living" presented by Jennifer Bail, PhD, RN. Program starts at 11:30 am. Registration is required:

<https://komenncalabama.org/events/1st-fridays-with-komen-march-2018/>

### ***Living with Cancer***

#### ***“My treatment is done! Now what?” Survivorship Care Planning***

Join us for a discussion with Jessica Sparks, MSN, CRNP, Nurse Practitioner for the UAB Breast Cancer Survivorship Clinic, to talk about the importance of careful care planning after treatments stop.

Please note that there are a limited number of seats available for this roundtable discussion. Lunch will be provided. Registration is required.

**When:** Wednesday, March 29, 11:30—12:30

**Where:** UAB Comprehensive Cancer Center  
Patient and Family Resource Center, WTI 220

**Register:** [tgw318@uab.edu](mailto:tgw318@uab.edu)

#### ***6<sup>th</sup> Annual Young Breast Cancer Survivors Workshop***

Hold the date for Saturday, April 14 from 10 – 2:30pm for this upcoming event. More details will be forthcoming soon! For more information, go to: <http://surviveal.org/>

### **RESEARCH STUDIES**

#### ***A Study of the Nutrition and Information Environments of Breast Cancer Survivors in Alabama***

Participants in the first phase of this study will complete a survey online that will take about 30 minutes. Some participants may be asked to participate in the second phase of the study. Participants in the second phase will complete an interview that will last about 40 minutes. All participants will receive compensation for completing the study. Who can participate?: Women who have been diagnosed with breast cancer; completed treatment at least one year ago; age 18 and older; speaks English; lives in Alabama. For more information, visit [www.survivormems.org](http://www.survivormems.org) or call (334) 329-4767.

#### ***Mindfulness Based Meditation for Breast Cancer Patients***

Do you have early breast cancer? Taking aromatase inhibitors? Feeling tired, experiencing pain or hot flashes, depression, stress or other symptoms? The Integrative Medicine Clinic is conducting a new study that may help with these side effects. To find out if you qualify, call (205) 975-2758.

#### ***Wear to Care***

This pilot program is designed to determine the effectiveness of Fitbit devices for cancer patients in the delivery and coordination of their cancer care. This is a FREE program that lasts a total of 5 weeks. Participants are asked to wear their Fitbit devices for 4 weeks and then attend a focus group meeting during the 5<sup>th</sup> week. After the program, you will be compensated with the option to keep the FitBit device. For more information, contact David Bryan at (205) 975-1247 or email [dbryan@uab.edu](mailto:dbryan@uab.edu).