



COMPREHENSIVE CANCER CENTER

Coming Up!

July 21 – 22

Forge Breast Cancer Retreat

July 28

Men at Risk Symposium

And so much more!

Follow Us!

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July

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Grief Support 10:00am	3 >STVHS All Cancer Support 12noon	4 Happy Birthday, America!	5	6 SGK 1 st Friday 11:30am	7
8	9	10 >Prostate Cancer Support 12noon	11 >STVHS Caregivers Support 12noon >Restorative Yoga 12:15pm	12 >New Beginnings 11:00am >Walker Co Breast Support 1:30pm >Restorative Yoga 5:45pm >Blount Breast Support 6pm	13	14 SGK Survive & Thrive 1:00pm
15 CanSurvive 2:00pm	16	17 STVHS Head & Neck Support 12noon	18 >Bosom Buddies 12:00noon >Restorative Yoga 12:15pm	19 >UAB Head and Neck Cancer Support Group 4:00pm >Restorative Yoga 5:45pm >Colon Cancer Support 6:30	20 CanSurvive 12noon	21
22	23	24	25 Restorative Yoga 12:15pm	26 Restorative Yoga 5:45pm	27	28
29	30	31				

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. In June the guest speaker will be Jasmine Boykin from the UAB Supportive Care and Survivorship Clinic. She'll be discussing the psychosocial needs of breast cancer patients.

When: Third Thursday, 11 – 1pm

Where: 4th Floor Conference Room, The Kirklin Clinic

Contact: (205) 801-7907 or 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

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 Survive and Thrive 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 Saturday of the month at 1:00 pm

Where: Susan G. Komen, 1909 27th Avenue South, Homewood, AL

Contact: 205-263-1700 or mailto: info@komenncalabama.org

First Fridays with Susan G. Komen

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

When: 1st Friday of the month at 11:30 am

Where: Various Locations

Contact: 205-263-1700 or mailto: dfowler@komenncalabama.org

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

Head and Neck Cancers

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

When: 3rd 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 July 19 at 4:00 pm

Where: Room NP 2532, 1824 6th Ave. S., Birmingham, AL

Contact: Lisa Clemons (205) 934-9714 or lkclemons@uabmc.edu

Online Head and Neck Support

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

All Cancers

Grief: Support for those who have lost a loved one

When: 1st 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 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: 1st 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: 1st 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: 2nd 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: 3rd Thursday from 6:30 – 8pm
Where: Homewood Library
Contact: Jacky Turner jacky.turner@rumpshaker5k.com or call (205) 613-4341.

SPECIAL SUPPORT EVENTS

Forge Breast Cancer Retreat: a journey of courage and hope for women and the women who support them. This *free* 2-day retreat is designed for women living with metastatic (or Stage IV) breast cancer and their adult daughters, mothers, friends, partners or colleagues who support them along their cancer journey. It includes all meals and lodging. For more information or to register:

When: Saturday – Sunday, July 21 & 22
Where: Benedictine Sisters Retreat Center, Cullman AL
Contact: info@forgeon.org

Men at Risk for Prostate Cancer Symposium: nearly 29,000 men will die of prostate cancer in 2018. Most will be American Veterans and African Americans because their risk of developing the disease is much higher. Please plan to attend this free seminar with sponsorship from US Too, UAB Comprehensive Cancer Center, the Bruno Cancer Center, Brookwood Baptist Health, Alabama Oncology, Prostate Health Education Network, Urology Centers of Alabama, ZERO, South Park Baptist Church and Oak Mountain Presbyterian Church to learn more. A free lunch will be provided.

When: Saturday, July 28, 9:00 am – Noon

Where: South Park Baptist Church, 2341 Pearson Avenue, Birmingham, AL

Registration: <https://www.eventbrite.com/e/prostate-cancer-risk-for-african-american-and-veteran-men-tickets-46976127863>

RESEARCH STUDIES

Test your Knowledge about research and clinical trials studies! The UAB Comprehensive Cancer Center is asking people living all across Alabama to complete our knowledge and experience survey. It only takes 5 minutes or less.

To complete the survey, just click on the link: https://uab.co1.qualtrics.com/ife/form/SV_cHD1dvejQfKKFc9

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 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 5th 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.