



October 2018

Coming Up!

October 20

- *Blazer Bolt: run for UAB Neuro-Oncology*

October 24

- *Artful Journeys: contemplation and creativity for coping with cancer*

November

- *Writing Through Cancer: when life hurts, writing helps*
- *Artflow Fun with Kim McKenzie*

December

- *Managing the cost of living with cancer*

January

- *FreshStart! Helping you make those important lifestyle changes*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Grief Support 10:00am	2 STVHS All Cancer Support 12noon	3 >Restorative Yoga 12:15pm >STVHS Leukemia and Lymphoma Support Group 12noon	4 >Restorative Yoga 5:45pm	5 SGK 1st Friday 11:30am	6
7	8	9 STVHS Prostate Cancer Support 12noon	10 >STVHS Caregivers Support 12noon >Restorative Yoga 12:15pm	11 >Blount Breast Support 6pm >Walker Co Breast Support 1:30pm >Restorative Yoga 5:45pm	12	13 SGK Survive & Thrive 1:00pm
14	15	16 STVHS Head & Neck Support 12noon	17 >Bosom Buddies 12:00noon >Restorative Yoga 12:15pm	18 >Restorative Yoga, 5:45pm >Colon Cancer Support 6:30	19 <CanSurvive 12noon >BC Orientation 11:00 am	20
21 CanSurvive 2:00pm	22	23	24 >Restorative Yoga, 12:15 pm > Artful Journey, 11:30 am	25	26	27 Get Connected 10:00 am
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>.

Get Connected

Are you a young breast cancer survivor? Get connected to other fellow survivors and join our free teambuilding activity hosted by a fitness facilitator at UAB's Recreation Center. There are only 15 spots available, so RSVP soon!

When: Saturday, October 27th, 10:00 -11:30 am

Where: UAB Recreation Center, 1501 University Blvd, Birmingham

Register: <https://www.signupgenius.com/go/10c0845aca728a2f94-getconnected1>

UAB Breast Health Center's New Patient Orientation Class

When: Friday, October 19, 11:00 am—Noon

Where: The Kirklin Clinic, 2nd Floor Patient Education Center

Register: elovejoy@uabmc.edu; Or call (205) 801-8266

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

BRCA Support Group

Provides education and support to individuals with BRCA1 and BRCA2 gene mutations and their families.

When: Call for future dates

Where: Homewood Library, Room 101, 1721 Oxmoor Road, Birmingham

Contact: 205-837-4900 or mailto: jenny@nlovca.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: Junior League Bldg, 2212 20th Avenue South, Birmingham

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 September 20 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

Artful Journeys: finding peace through creative art

Join Kim McKenzie, visual artist with the UAB Arts in Medicine program, as she helps us tap into our creativity in a way that promotes emotional healing and restorative, No art experience is necessary and we will supply materials. This event is free and we will offer a light lunch. Space is limited and registration is required.

When: Wednesday, Oct. 31th from 11:30—12:30 pm

Where: Patient Education Center, Room WTI 220

Register: tgw318@uab.edu

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? 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.