

November

2018

UAB
COMPREHENSIVE
CANCER CENTER

The University of Alabama at Birmingham



COMING UP

November 28

- *Frankly speaking about the cost of cancer care with Margaret Liang, MD*

December

- *Writing through cancer*

January - March

- *FreshStart! 9-week program to help you make those important lifestyle changes*

Support for you!

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

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>.

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: Call for future locations

Contact: mbfarmer@uab.edu or (205) 934-9554

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: Thursday, November 15, 4:00 pm
Where: Room NP 2532, 1824 6th Ave. S., Birmingham, AL
Contact: (205) 934-9766

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

Frankly Speaking About the Costs Associated with Cancer

Join us for a roundtable discussion with Dr. Margaret Liang about the unexpected costs of a cancer diagnosis. Dr. Liang is a UAB gynecologic oncologist with research and publications on the “financial toxicity” associated with the cost of cancer treatment. Patients, survivors, family members, caregivers and healthcare providers are welcomed. A light lunch will be provided.

When: Wednesday, November 28, 11:30—12:30 pm
Where: UAB's Comprehensive Cancer Center
WTI 220 (Patient and Family Resources Center)
Information: <mailto: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/jfe/form/SV_cHD1dvejQfKKFc9