

Class Calendar for Cancer Care Fall/Winter 2019-20

Educational Classes--Support Groups--Special Events 651-232-7970

Breast Cancer Support Group

This group is for any woman diagnosed with breast cancer, regardless of the type, surgery, or treatment. The objective is to offer physical and emotional support as well as provide educational information. Drop in for this free group; no registration is required.

When: Third Wednesday of the month 5:30-7 p.m.

Where: St. John's Hospital Cancer Care, Second Floor, Nygaard Room
1575 Beam Ave., Maplewood, MN

Cost: Free

Information: Call Beth at 651-232-5799

Cranes of Hope Art Therapy Gathering

Cranes of Hope came about by a local woman, Jeanne, who was going through treatment for breast cancer. She learned of a project called "A Thousand Cranes for Hope and Healing" that uses origami cranes. These cranes are attached to artist trading cards. The cards are then given to people in need of kind words and hope.

When: Second Thursday of the month from 1:30-8 p.m.

Where: Woodwinds Health Campus, Lower Level by the Cafeteria
1925 Woodwinds Drive Woodbury, MN 55125

Cost: Free

Information: Call Susan at 651-471-9387 or email sllombardi@healtheast.org

Yoga for Breast Cancer Survivors Class

Please join us for a special Yoga for Breast Cancer Survivors Class, taught by Marlaine Maahs, NTP, CGP, board-certified in holistic nutrition and nutritional therapist. This yoga class is tailored to the special needs, strengths, and limitations of breast cancer survivors. This is an all-level class, so please join whether it's your very first yoga class or you're an experienced yogi!

When: Wednesdays at 7:15 p.m.

Where: Success Personal Training
1862 Beam Avenue Maplewood, MN 55109

Cost: Free to breast cancer survivors!

Information: Contact Susan Lombardi, RN, with questions at 651-471-9387 or sllombardi@healtheast.org

Nutrition and Cancer Survivorship

Are you finishing your cancer treatment and wondering what the recommendations are for nutrition and cancer survivorship? Come and learn about the role of nutrition and a healthy lifestyle in cancer prevention and survivorship. Making the dietary changes currently recommended for cancer prevention may help prevent both recurrence and secondary cancers.

When: Thursdays, 4-5:30 p.m.

- September 19th, 2019---*Fighting Cancer With Your Fork*
- February 20th, 2020---*The Weight-Cancer Connection*
- May 14th, 2020---*Portion Control and Caloric Density*
- September 17th, 2020---*Fighting Cancer With Your Fork*

Where: St. John's Hospital Cancer Care, Second Floor, Nygaard Room
1575 Beam Avenue Maplewood, MN 55109

Cost: Free

Information: Contact the dietitian at 651-232-6367 or lagreavu@healtheast.org. Leave your name, telephone number, number of guests, and which session you plan to attend.

Prostate Cancer Support Group

Come for an evening of learning, talking, and sharing about being a survivor or newly facing prostate cancer. This is a great chance to hear from other men who are going through it or help out another with your own personal experience. Spouses are welcome too. This support group meets every month.

When: Second Thursday of the month from 5-6:30 p.m.

Where: St. John's Hospital Cancer Care Second Floor, Nygaard Room
1575 Beam Ave., Maplewood, MN 55109

Cost: Free

Information: Call Tammy at 651-232-7086 or Mary at 651-232-7833.

C.A.R.I.T.A.S.

(Come and Receive Insight, Trust, and Support)

Patients and families in need of communication and support after a cancer diagnosis are invited to join. In an atmosphere of acceptance, freedom, and caring, members find comfort through discussion and exchanging concerns. The program is tailored to the needs of the participants. They meet weekly, and individuals are encouraged to drop in any time as no registration is required. Facilitators include a chaplain and a registered nurse.

When: Wednesdays, 10:30 a.m.-noon

Where: St. Joseph's Hospital Second Floor, Maternity Classroom
45 W. 10th St., St. Paul, MN

Cost: Free

Information: Call 651-232-3060.

Brain Tumor Support Group

The Brain Tumor Support Group is an informal group discussion, providing a safe, caring environment for support, education, and a source of hope and encouragement for brain tumor survivors and their loved ones. Guest speakers are scheduled periodically.

Facilitators: Kathy Maiers, CNRN, HealthEast Neurosurgery brain tumor nurse navigator; Lori Anafarta, MA, marriage and family therapist; Kathy Firminger, RN, nurse navigator, St. John's Cancer Care

When: Third Monday of the month, 6:30-8 p.m.

Where: St. Joseph's Hospital 3M Conference Center, Rooms A/B
45 W. 10th St., St. Paul, MN

Cost: Free; **dinner is provided at 6 p.m.**

Information: Call Kathy Maiers at 651-232-3987

Genetics Support Groups

People with hereditary cancer predisposition face unique medical challenges and complex decisions. Feelings of frustration or isolation may impact individuals and family members. The purpose of these groups is to bring together those facing similar challenges and to provide a forum to discuss the latest information.

The BRCA Information and Support Group meets once a month for 90 minutes, four times in the spring and four times in the fall, with an additional special summer family event. Meetings alternate between support-focused and in-depth discussion of selected topics.

Information: For detailed information about dates, times, and topics, contact Mary Hughes at

651-232-7833 or mchughes@healtheast.org

Cancer Support Group

Group support can help individuals and family members better cope with the physical, emotional, and spiritual challenges associated with cancer. Come join our holistic support group that addresses body, mind, and spirit through personal sharing, prayer, stories, poems, gentle movement (qi gong), music, and guided meditation to help you through this trying part of life's journey.

Facilitator: Rev Fr Yanchy Lacska, PhD, LC

Yanchy is a pastoral counselor with advanced degrees in psychology and theology and a postgraduate certificate in natural wellness. He is an ordained clergy member of the Lindisfarne Community, an ecumenical community in the Anglo-Celtic tradition.

When: Third Saturday of the month 10-11:30 a.m.

Where: Woodwinds Health Campus, Chapel 1925 Woodwinds Drive, Woodbury, MN

Cost: Free

Information: Contact Yanchy at revylacska@baldwin-telecom.net

HealthEast® Cancer Care and Palliative Care Collaboration

With cancer comes decisions, planning, and treatment side effects. Palliative care can smooth the path when those become difficult. Our comprehensive Palliative Care team brings experience that can offer support. Assistance with advance care planning, quality of life discussions, and an extra layer of help during the time of a complex, serious illness can make a real difference. The team works closely with your oncologist. To learn more about palliative care and how it can help you, talk to your oncologist or call Cancer Care at 651-232-7970.

Advance Care Planning

Advance care planning is a process which helps you think about, talk about, and write down your choices for future health care decisions. While it's not an easy topic to consider, it is important for every adult to have a health care directive — a written plan for loved ones and health care providers to follow — so that your wishes are known if a time comes when you cannot speak for yourself. Honoring Choices Minnesota is focused on helping every adult Minnesotan understand what advance care planning is and working with health care providers to make sure they offer assistance to all patients and will honor their choices. Honoring Choices Minnesota is a collaborative approach to advance care planning by hospitals and medical societies across the Twin Cities. Honoring Choices Minnesota offers a free, downloadable health care directive that allows you to share your treatment choices and personal preferences if you cannot communicate your wishes. It also allows you to appoint another person (called a health care agent) to make health care decisions if you are unable to do so. You may obtain a downloadable health care directive at honoringchoices.org. If you wish to learn more about health care directives and Honoring Choices Minnesota, please contact your nurse navigator. They can assist you in:

- Obtaining the tools you need to complete your health care directive
- Exploring your personal goals and wishes to complete your health care directive
- Communicating your wishes and goals to your family members and those closest to you

Cost: Free