

Resources for Life After Cancer

Memorial Hospital
300 East 66th Street
New York, NY 10065
646.888.4740 (Telephone)

September 2011 – February 2012



EDUCATIONAL SUPPORT MEETINGS

We Have Changed Our Name!

The Post –Treatment Resource Program has been re-named “Resources for Life After Cancer.” After surveying post-treatment participants and staff, we chose a new name that better reflects the kind of programs we offer, and the range of services we provide. This new name recognizes that important advances in cancer treatment mean increasing numbers of people live far beyond a cancer diagnosis.

Resources for Life After Cancer will continue the PTRP tradition of providing excellent quality programs and information that is so important to survivors. We continue to expand our offerings with timely and innovative programs about symptom management, physical and emotional wellbeing, employment concerns and many more issues that are central to life after cancer.

We thank you all for your valuable input and support in this transition and look forward to seeing you again (or meeting you for the first time) at many of our programs.

Resources for Life After Cancer

300 East 66th Street
New York, NY 10065
646.888.4740 (Telephone)
646.888.4923 (Fax)

*If you would prefer to not receive further mailings from Resources for Life After Cancer please let us know by sending mail to:
RLAC@mskcc.org*

*Or List Management, Resources for Life After Cancer
300 East 66th Street, 9th Floor
New York, NY 10065*



Memorial Sloan-Kettering
Cancer Center
DEPARTMENT OF SOCIAL WORK

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Quality of Life Workshops

These workshops are designed to assist in adjustment to life after cancer treatment. Please be advised that some of these programs may have a location change or can be cancelled. **Registration is necessary to attend.** Please call 646-888-4740 or email RLAC@mskcc.org

Introductory Movement Classes for Cancer Survivors with American Ballet Theater

Resources for Life After Cancer is partnering with the American Ballet Theatre to provide movement classes for cancer survivors. This program is designed to help with balance, stamina, breathing, and strengthening. There will be two groups – one specifically for young adults. *All levels are welcome – no dance experience necessary to attend these classes.* **Classes begin September 13 at 6:00pm. For further information and to register, please call Resources for Life After Cancer at: 646-888-4740.**

New Group!

Next Steps: A Cancer Survivors Support Group

Barbara Golby, LCSW

Gain support from fellow Brooklyn cancer survivors at this monthly education and discussion group. Group meets the first Tuesday of the month, except where noted with *. All diagnoses welcome.

DATE	TIME	LOCATION
Oct 4, Nov 1, Dec 6, Jan 10*, Feb 7	2:30 – 4:00pm	MSKCC Brooklyn Infusion Center 557 Atlantic Ave., Brooklyn, NY

Living with Gynecologic Cancers

In honor of Gynecologic Cancer Awareness Month, this program will feature multiple speakers who will provide updates on current treatments for gynecologic cancers and address important quality of life issues. **For more information, please contact Rashida Dorant or Christine Whalen at dorantr@mskcc.org or whalenc@mskcc.org.**

DATE	TIME	LOCATION	ROOM
Wed, Sept 14	1:30 – 4:30pm	160 E 53 Street	11th Floor (events area)

Day-to-Day Coping with Lymphedema

Natalie Ishak, LMSW and Jeanette Zucker, DPT, CLT-LANA, CSCS

Join us for this discussion and education group to share techniques and tips for coping with this challenging chronic condition.

DATE	TIME	LOCATION	ROOM
Mon, Oct 17, Feb 13	11:00am – 12:30pm	430 E 67 Street	RRL-103

Special Event! Lymphedema: Updates and Guidelines for Treatment

Michael D. Stubblefield, MD, Assistant Attending Physiatrist
Rehabilitation Medicine Service

Dr. Stubblefield is an expert in treating the functional complications that patients sometimes develop as a result of cancer and cancer treatments. Please join us as he discusses the latest information regarding lymphedema prevention strategies and best options for treatment. A question and answer session will follow the presentation.

DATE	TIME	LOCATION	ROOM
Tues, Dec. 20	3:00 – 4:30pm	430 E 67 Street	RRL-101

Breast Cancer Survivorship: What You Need to Know

Megan Dunne, RN, MA, AOCNP, Nurse Practitioner, Breast Cancer Survivorship

The transition from breast cancer treatment to breast cancer survival often triggers a host of questions and concerns. How to manage side effects such as fatigue and “chemo brain”, and minimize risk of recurrence are just a few of the many questions that may emerge. Nurse Practitioner Megan Dunn will review what you need to know as you prepare for life after treatment.

DATE	TIME	LOCATION	ROOM
Wed, Oct 26	5:30 – 7:00pm	1275 York Ave	M-107

Judges and Lawyers Breast Cancer Alert (JALBCA) Annual Symposium

JALBCA is planning an annual breast cancer awareness conference with Larry Norton, MD as the featured speaker. **For more information and to RSVP for this program, please contact Jennifer Fiorentino at jenfiorentino@aol.com or call 212-289-9720.**

DATE	TIME	LOCATION
Mon, Oct 31	6:00 – 8:30pm	New York City Bar, 42 W 44 St (bet 5th & 6th Aves)

Finding Meaning In and After the Cancer Experience: A Discussion for Survivors

Wendy G. Lichtenthal, PhD, Assistant Attending Psychologist
Department of Psychiatry & Behavioral Sciences

The cancer experience often challenges one's sense of identity and meaning, but also presents opportunities for growth and change. Please join Dr. Wendy Lichtenthal for a discussion on finding meaning in, and after, the cancer experience.

DATE	TIME	LOCATION	ROOM
Thurs, Nov 10	5:30 – 7:00pm	430 E 67 Street	RRL-116

Dating and Disclosure

Barbara Golby, LCSW and Natalie Ishak, LMSW

Whether you are male or female, older or younger, outgoing or shy, sharing your cancer experience can present a challenge. When, how, and whether to disclose your history will be the focus of this educational group workshop.

DATE	TIME	LOCATION	ROOM
Wed, Nov 16	5:30 – 7:00pm	1275 York Ave	M-107

Meditation and Music

Karen E. Popkin, LCAT, HPMT, MT-BC, Music Therapist

Cancer survivorship can be a challenging and anxious time for people, and meditation or relaxation can be an important part of managing anxiety. Music therapy is a powerful form of relaxation providing calm and serenity. Please join music therapist Karen Popkin as she presents various relaxation techniques through music and instrumentation.

DATE	TIME	LOCATION & ROOM
Wed, Nov 30	5:30 – 7:00pm	Bendheim Integrative Medicine Center 2nd FL Conf. Room 1429 First Avenue (at 74th Street)

It is necessary to register for all programs.

Please call 646-888-4740 or email rlac@mskcc.org

Sweet Dreams in Survivorship — Online Program!

Amy Lowery, PhD, Chief, Postdoctoral Research Fellow
Department of Psychiatry & Behavioral Sciences

Please join us for this online program with Dr. Amy Lowery where she will discuss how to reestablish sleep patterns to ensure a good night's sleep. **Participants for this group must be patients at MSKCC and have access to a computer and a telephone. To participate please send an email directly to: VirtualGroups@mskcc.org.**

DATE	TIME
Mon, Dec 5	5:30 – 7:00pm

Coping with Life after Cancer — Online Program!

Barbara Golby, LCSW and Natalie Ishak, LMSW

The end of treatment can bring about unexpected feelings and reactions such as a sense of loss and concerns about the future. Please join us for this interactive discussion where we will address these and other related feelings and provide strategies for how to best manage and cope during this time. **Participants for this group must be patients at MSKCC and have access to a computer and a telephone. To participate please send an email directly to: VirtualGroups@mskcc.org.**

DATE	TIME
Wed, Jan 18	5:30 – 7:00pm

The Comfort of Your Own Home: An Insider's Guide to Online Support and Education Programs at MSKCC

Rachel Schneider, LCSW, Program Manager for Virtual Groups, MSKCC
Penny Damaskos, PhD, LCSW

So many more resources are available on the internet, but not everyone is familiar or comfortable with online navigation. In this program you will learn what is available through the MSKCC internet and in the cyber world through low-stress access.

DATE	TIME	LOCATION	ROOM
Tues, Feb 28	5:30 – 6:30pm	1275 York Avenue	M-107

Put Your Pen in Gear: Writing Workshop for Cancer Survivors

Please join us for this eight-session weekly workshop for adults who have been treated at Memorial Sloan-Kettering Cancer Center. This workshop is a collaboration between *Resources for Life After Cancer* and MSKCC's *Visible Ink* writing program. All writing abilities are welcome. **Consultation is necessary for this program. Please call Natalie Ishak, LMSW, at 646-888-4736 for more information.**

DATE	TIME	LOCATION	ROOM
Thurs, May 19	5:30 – 7:00pm	430 E 67th St	RRL-101



Age and Gender Specific Meetings

Men

Men and Cancer — *Online Discussion Group!*

Barbara Golby, LCSW and Richard Glassman, LCSW

After surgery, radiation therapy, and chemotherapy, broader issues often emerge. Common areas of concern can include: adjusting to life after treatment, communicating effectively with one's health care team, building stamina, employment, and managing concerns about recurrence. Join us for an interactive discussion that will address these and other common challenges of life after treatment. All diagnoses welcome. **Participants for this group must be patients at MSKCC and have access to a computer and a telephone. To participate please send an email directly to: VirtualGroups@mskcc.org.**

DATE	TIME
Tues, Sept 13, Jan 24	3:00 – 4:00pm

Saving Your Sex Life after Prostate Cancer — *Online Discussion Group!*

John P. Mulhall, MD, Associate Attending Surgeon, Department of Surgery

Undergoing surgery, chemotherapy and radiation therapy may bring about changes in sexual function or feelings. We will discuss the latest information and address your concerns in this session. **Participants for this group must be patients at MSKCC and have access to a computer and a telephone. To participate please send an email directly to VirtualGroups@mskcc.org.**

DATE	TIME
Thurs, Oct 13	6:00 – 7:30pm

Women

Grace and Grit: A Women's Circle

Barbara Golby, LCSW, and Susan Glaser, LCSW

After the challenge of treatment is over, some people find that many emotional and practical issues begin to emerge: body image and sexuality, managing stress, family/employee communication, preoccupation with health, and persistent sadness. This six-week group will address these issues and take a problem-solving approach.

Consultation is necessary for this program. Please call 646-888-4740.

Adult Survivors of Childhood Cancers

Yesterday, Today, and Tomorrow: A Discussion Group for Adult Survivors of Childhood Cancers

Barbara Golby, LCSW and Roseann Tucci, RN, MSN, ANP

While diagnosis and treatment for cancer are disruptive and challenging at any stage in life, they are especially so for adults who were treated as children and teenagers. Join us for a discussion of the issues unique to this group of survivors.

DATE	TIME	LOCATION	ROOM
Mon, Nov 21, Feb 13	5:00 – 6:30	430 E 67 Street	RRL-118

Young Adult Cancer Survivors (ages 21-39)

New Challenges/New Beginnings

Barbara Golby, LCSW and Natalie Ishak, LMSW

This six-session weekly group is focused on living beyond cancer. Join others who have experienced cancer to discuss life after treatment and the special challenges and opportunities of being a young adult survivor.

Starting Date: Wednesday, October 12. Consultation is necessary for this program. Please call Natalie Ishak, LMSW, at 646-888-4736 or Barbara Golby, LCSW at 646-888-4739 for more information.

**It is necessary to register for all programs.
Please call 646-888-4740 or email rlac@mskcc.org**



Diagnosis-Specific Groups

These diagnosis-specific meetings are co-led by social workers, nurses, and physical therapists and are tailored to give people an opportunity to address adjustment to life after treatment. This may include changes in physical functioning, appearance, and lifestyle, altered self-image, fatigue, isolation and concerns about the future. We encourage people to share experiences while gathering medical and rehabilitation information from health care professionals. Please be advised that program locations can change or programs can be cancelled.

Please register in advance for these programs.

Bladder Cancer

Bladder Cancer: Challenges and Solutions

Richard Glassman, LCSW, with members of the urology nursing staff: Theo Berger, RN, and Vashti Livingston, CWOCN

This group is co-led by social workers and nurses, and is tailored to give people an opportunity to work on adjustment to life after treatment.

DATE	TIME	LOCATION	ROOM
Thurs, Sept 8, Oct 13, Nov 10	12:00 – 1:30pm	430 E 67 St	RRL-101
Thurs, Dec 8			RRL-116
Thurs, Jan 12, Feb 9			RRL-101

Colorectal Cancer

Life after Colorectal Cancer

Barbara Golby, LCSW and a member of the colorectal nursing staff: Zana Correa, NP, BC, Nancy McEntee, RN, WCON

Join this discussion group as we address the many physical and emotional adjustments people with colorectal cancer face after treatment. **Donna Wilson, RN will give an interactive presentation on exercise at the October 20th meeting. Eileen Ficco, MA, CDN, will speak about diet and nutrition at the February 16th meeting.**

DATE	TIME	LOCATION & ROOM
Thurs, Oct 20	12:30 – 2:00pm	Bendheim Integrative Medicine Center 1429 First Av (at 74th St), 2nd Fl Conf Rm
Thurs, Dec 15, Feb 16	12:30 – 2:00pm	160 E 53 Street, 11th Fl Conf Rm

Esophageal Cancer

Esophageal Cancer: Finding a New Balance

Carolyn Fulton, LCSW, with a member of the esophageal nursing staff: Pam Ginex, RN, and Maureen Jingeleski, RN

This information and discussion group is for those learning to adjust to the changes that follow surgery for esophageal cancer. Family members welcome. **Manjit Bains, MD, Department of Surgery, Thoracic Service, will speak at the November 14th meeting.**

DATE	TIME	LOCATION	ROOM
Mon, Sept 12, Nov 14 Mon, Jan 9	1:00 – 2:30pm	430 E 67 Street	RRL-118

Gynecologic Cancer

Gynecologic Cancer Survivors Support Group

Kimarie Boerger, LCSW and Katrina S. del'Barrio, RN, BSN, OCN

In this meeting women who have been treated for ovarian, uterine and other gynecological cancers are invited to participate in discussion addressing the challenges and solutions to life after treatment.

DATE	TIME	LOCATION	ROOM
Tues, Sept 20*	5:00 – 6:00pm	300 E 66 St	Group Room 2nd Fl
Tues, Oct 18, Nov 15, Tues, Dec 20, Tues, Jan 17, Feb 21	4:00 – 5:00pm	430 E 67 St	RRL-118

*Please note time change on Sept 20

Head, Neck and Oral Cancers

Head, Neck and Oral Cancers: Moving Forward

Barbara Golby, LCSW and Janet McKiernan, RN

Our health care team will assist with the ongoing challenges and adjustment to life after treatment. Share your concerns, gather information, and build effective coping strategies.

DATE	TIME	LOCATION	ROOM
Thurs, Sept 8, Thurs, Oct 13, Nov 10, Dec 8, Thurs, Jan 12, Feb 9	2:30 – 4:00pm	430 E 67 St	RRL-B20
RRL-103			
RRL-103			

Hematologic Cancers

A Gathering for Lymphoma Survivors

Natalie Ishak, LMSW and Elisa Malek, RN

In this meeting men and women who have been treated for Lymphoma are invited to discuss the challenges and potential coping strategies for life after treatment.

DATE	TIME	LOCATION	ROOM
Tues, Oct 25, Dec 20	1:00 – 2:30pm	1275 York Ave	M-107
Tues, Feb 28		430 E 67 Street	RRL-103

Lung Cancer

Breathing Easier in Lung Cancer Survivorship

Natalie Ishak, LMSW; Donna Wilson, RN; Karen Popkin, Music Therapist; Jihan Ceyhan, RN; Lindsey Montana, PT, Carolyn Sadler, RN

Join us at a meeting for people who are post lung cancer treatment. Please come and share your concerns while gathering medical and rehabilitation information from our health care staff.

DATE	TIME	LOCATION	ROOM
Thurs, Sept 15,	1:00 – 2:30pm	430 E 67 Street	RRL-B22
Thurs, Oct 20, Dec 15			RRL-118
Thurs, Jan 19			RRL-103
Thurs, Feb 16			RRL-102

In Honor of Lung Cancer Awareness Month: Focus on Molecular Subtyping: What Does it Mean and Why Do We Do It?

Gregory Riely, MD, PhD

Thoracic Oncology Service, Department of Medicine

Please join Dr. Gregory Riely as he will present the latest information and research surrounding molecular subtyping and its implications for the treatment of lung cancer. A question and answer session will follow his presentation.

DATE	TIME	LOCATION	ROOM
Thurs, Nov 17	1:00 – 2:30pm	1275 York Avenue	M-107

Neurology

A Gathering for Brain Tumor Survivors

Natalie Ishak, LMSW, and a member of the neurology nursing staff:
Dana Bossert, RN; Mary Elizabeth Davis, RN

In this open discussion group, the challenges and adjustments to life after treatment for primary brain tumor will be addressed. Family members and friends are invited.

DATE	TIME	LOCATION	ROOM
Thurs, Sept 8	1:00 – 2:30pm	160 E 53 St	11th Fl Conf Rm
Thurs, Oct 13, Nov 10,		1275 York Ave	M-107
Thurs, Dec 8, Jan 12, Feb 9			

Prostate Cancer

Prostate Cancer Support Group: Life After Treatment

Richard Glassman, LCSW, with a member of the nursing staff:
Anna Giallo-Uvino, RN or Linda Natale, RN

A meeting for men who are concerned about coping with the emotional impact of cancer, communicating effectively with one's health care team, adjusting to life after treatment, and maintaining personal and professional relations.

DATE	TIME	LOCATION	ROOM
Thurs, Sept 1, Nov 3	12:00 – 1:30PM	430 E 67 Street	RRL-118
Thurs, Oct 27, Dec 1			RRL-101
Thurs, Jan 5, Feb 2			RRL-118

Please note date change for October meeting

**It is necessary to register for all programs.
Please call 646-888-4740 or email rlac@mskcc.org**

Calendar SEPTEMBER 2011 – FEBRUARY 2012

SEPTEMBER 2011

1	Thursday	12:00	Prostate
8	Thursday	12:00	Bladder
		1:00	Brain
		2:30	Head and Neck
12	Monday	1:00	Esophageal
13	Tuesday	3:00	Men and Cancer – Online Program!
		6:00	Introductory Movement Classes for Cancer Survivors with American Ballet Theater
14	Wednesday	1:30	Living With Gynecologic Cancers
15	Thursday	1:00	Lung
20	Tuesday	5:00	Gynecologic

OCTOBER 2011

4	Tuesday	2:30	Next Steps: A Cancer Survivors Support Group
12	Wednesday	TBA	New Challenges/New Beginnings
13	Thursday	12:00	Bladder
		1:00	Brain
		2:30	Head and Neck
		6:00	Saving Your Sex Life after Prostate Cancer – Online Program!
17	Monday	11:00	Lymphedema
18	Tuesday	4:00	Gynecologic
20	Thursday	12:30	Colorectal
		1:00	Lung
25	Tuesday	1:00	Lymphoma
26	Wednesday	5:30	Breast Cancer Survivorship: What You Need to Know
27	Thursday	12:00	Prostate
31	Monday	6:00	Judges and Lawyers Breast Cancer Alert (JALBCA) Annual Symposium

NOVEMBER 2011

1	Tuesday	2:30	Next Steps: A Cancer Survivors Support Group
3	Thursday	12:00	Prostate
10	Thursday	12:00	Bladder
		1:00	Brain
		2:30	Head and Neck
		5:30	Finding Meaning In and After the Cancer Experience: A Discussion for Survivors
14	Monday	1:00	Esophageal
15	Tuesday	4:00	Gynecologic
16	Wednesday	5:30	Dating and Disclosure
17	Thursday	1:00	In Honor of Lung Cancer Awareness Month: Focus on Molecular Subtyping: What Does It Mean and Why do we do it?
21	Monday	5:00	Childhood Cancer Survivors
30	Wednesday	5:30	Meditation and Music

DECEMBER 2011

1	Thursday	12:00	Prostate
5	Monday	5:30	Sweet Dreams in Survivorship – Online Program!
6	Tuesday	2:30	Next Steps: A Cancer Survivors Support Group
8	Thursday	12:00	Bladder
		1:00	Brain
		2:30	Head and Neck
15	Thursday	12:30	Colorectal
		1:00	Lung
20	Tuesday	1:00	Lymphoma
		3:00	Lymphedema: Updates and Guidelines for Treatment
		4:00	Gynecologic

JANUARY 2012

5	Thursday	12:00	Prostate
9	Monday	1:00	Esophageal
10	Tuesday	2:30	Next Steps: A Cancer Survivors Support Group
12	Thursday	12:00	Bladder
		1:00	Brain
		2:30	Head and Neck
17	Tuesday	4:00	Gynecologic
18	Wednesday	5:30	Coping with Life After Cancer – Online Program!
19	Thursday	1:00	Lung
24	Tuesday	3:00	Men and Cancer – Online Program!

FEBRUARY 2012

2	Thursday	12:00	Prostate
7	Tuesday	2:30	Next Steps: A Cancer Survivors Support Group
9	Thursday	12:00	Bladder
		1:00	Brain
		2:30	Head and Neck
13	Monday	11:00	Lymphedema
		5:00	Childhood Cancers
16	Thursday	12:30	Colorectal
		1:00	Lung
21	Tuesday	4:00	Gynecologic
28	Tuesday	1:00	Lymphoma
		5:30	The Comfort of Your Own Home: An Insider's Guide to Online Support and Education Programs at MSKCC

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