Happenings

a calendar of patient education events

October, November & December 2017

Mayo Clinic's Cancer Education Program offers free classes and group sessions to patients, their families and the public.

For more information on these programs and resources, call or visit the Stephen and Barbara Slaggie Family Cancer Education Center, Monday through Friday, 8 a.m. to 5 p.m., Gonda Building, lobby level.

Icon Key

Use these icons to help you find the type of information you need.

- Mind, Body and You
- Support for Your Journey
- Nutrition
- Creative Expression

O₂ and You: Supporting a Healthy Lung Environment

- Thursday, November 2, 2017
- 9:00 a.m. – 1:30 p.m.
- Mayo Clinic Cancer Education Center
- Gonda Building, Lobby level

Join us for a lung health awareness and disease prevention event that will showcase the inflatable MEGA Lungs display, educational exhibits and meet-the-expert sessions hosted by Mayo Clinic Cancer Education Center; American Cancer Society; Healthy Lungs Research Project; Nicotine Dependence Center; Olmsted County Public Health Department; and the Wortman Lung Cancer Foundation.
**Monday**

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| **Resources??  What Resources?**                                     | **Meets Monday, Wednesday and Friday**<br>9-9:30 a.m.  
Cancer Education Center, Gonda Building, lobby level  
Navigating healthcare can be confusing, especially when accompanied by the stress of a challenging diagnosis. Come learn about a variety of resources and meet people who are available to help you. All are welcome! |
| **Questions about Nutrition**                                         | **Meets Monday and Friday**<br>10:15–11 a.m.  
Gonda Building, 10th floor lobby  
During this drop-in session, dietitians meet with patients and their families to answer questions regarding nutrition. |
| **Understanding the Difference Between Palliative Care and Hospice Care: Living Better with Your Illness** | **11–11:30 a.m.**  
Cancer Education Center, Gonda Building, lobby level  
Though not the same, palliative care and hospice care often get confused. Learn about their differences and explore how palliative care may help improve quality of life for both the patient and caregivers through symptom management of cancer and side effects from treatment, as well as the stress that frequently accompanies a serious illness. |
| **Caring Canines**                                                   | **Meets Monday and Wednesday**<br>1–2 p.m.  
Cancer Education Center, Gonda Building, lobby level  
Join our four-legged volunteers for support, companionship and comfort. Specially trained and registered therapy dogs, with their handlers, are available for a visit. |
| **Strengthening Healing: Breathing and Relaxation Exercises**       | **Meets Monday and Wednesday**<br>1:30–2 p.m.  
Cancer Education Center, Gonda Building, lobby level  
Learn introductory breathing techniques and relaxation exercises. |
| **Moving Forward: Life After Cancer Treatment**                     | **Meets Monday, Tuesday and Thursday**<br>2–3 p.m.  
Cancer Education Center, Gonda Building, lobby level  
Meet with an educator to discuss issues related to cancer survivorship. Topics include: healthy living, ongoing treatment side effects, emotional wellness and follow-up care. |
### What’s New, What’s True in Nutrition for Cancer Survivors

**Meets Tuesday and Thursday**

10:15–11 a.m.

Cancer Education Center, Gonda Building, lobby level

Cancer survivors receive a wide range of advice from family, friends, and the internet about what they should or should not eat. Come to this dietitian-taught class to learn what current nutrition research may recommend for you. Learn the truth about sugar, soy, green tea and immune boosting foods.

### Resources to Ease the Financial and Emotional Burdens of Cancer

**10:30–11 a.m.**

Desk R, Charlton Building, subway level

At this drop-in session, meet with an American Cancer Society patient navigator to explore information related to lodging, transportation, support groups, local resources and financial assistance.

### The 10 Minute Artist

**10:30–11:30 a.m.**

Cancer Education Center, Gonda Building, lobby level

Join us to create a fun and simple art project that you can complete in a short time. Give yourself the permission to be creative!

### Releasing Stress and Renewing Energy

**Meets Tuesday and Friday**

11 a.m. - noon

Cancer Education Center, Gonda Building, lobby level

This session provides tools for relaxation and renewal for physical, emotional or spiritual needs.

### Beyond the Diagnosis: Empowered to Live Well

**Meets first Tuesday of the month**

noon–1 p.m.

Cancer Education Center, Gonda Building, lobby level

**September 5 - Coping with Cancer: Dealing with Difficult Emotions**

Cancer can be an emotional rollercoaster. Learn practical techniques to recognize and manage the difficult emotions that are often experienced with a cancer diagnosis by Shawna Ehlers, Ph.D., L.P. and Lisa Gudenkauf, Ph.D., Psychology

**November 7 - No session**

**December 5 - A Gift of Time and Peace of Mind: Enjoying the Holidays in a New Way**

Being away from home and coping with treatment effects may add to the stress of an already busy season. Explore practical and creative strategies for managing time, energy, expectations and holiday stress. Megan Roessler, M.Ed., Patient Educator, Cancer Education Center
Tuesday

Management of Cancer-Related Fatigue
1-1:30 p.m.
Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN
Meet with an educator to learn strategies to help you manage your fatigue.

Reiki and Healing Touch Therapies
1–2 p.m.
Cancer Education Center, Gonda Building, lobby level
Reiki and Healing Touch are therapies that work with energy to support and nurture your body, mind and spirit. This practice works in harmony with your standard medical care. Come experience an individual hands-on session with a qualified practitioner. Same-day registration recommended.

Creative Support Sessions-sponsored by Join the Journey
1:30–3 p.m.
Gonda Building, 10th floor lobby
October: Artist Choice with Autumn Colors
Join us to relax and create an art/craft celebrating autumn.

November: Creative Ornaments
Bring your creativity and ideas to make an ornament celebrating any holiday or occasion.

December: Fabric Wreaths
Join us to relax and make a small wreath using holiday colors and fabrics.

Moving Forward: Life After Cancer Treatment
Meets Monday, Tuesday and Thursday
2–3 p.m.
Cancer Education Center, Gonda Building, lobby level
Meet with an educator to discuss issues related to cancer survivorship. Topics include: healthy living, ongoing treatment side effects, emotional wellness and follow-up care.

Joy through Movement: Tai Chi Chih
5:15–6 p.m.
Cancer Education Center, Gonda Building, lobby level
Facilitator: Ivonne Begue De Benzo
This moving meditation is gentle and easy to learn. Tai Chi Chih benefits may include: stress reduction, increased creativity, heightened energy, and improved physical and emotional well-being. Adults of all ages and abilities are welcome.
**Resources?? What Resources?**

Meets Monday, Wednesday and Friday  
9:00 a.m.

Cancer Education Center, Gonda Building, lobby level

Navigating healthcare can be confusing, especially when accompanied by the stress of a challenging diagnosis. Come to the Cancer Education Center to learn about a variety of resources and meet people who are available to help you. All are welcome!

**Fuel for the Journey: Nutrition during Cancer Treatment**

10:15–11 a.m.

Cancer Education Center, Gonda Building, lobby level

Registered dietitians present information on nutrition and answer questions about appetite, weight loss, nausea, dietary supplements and related topics.

**Wellness Coaching: Living with Purpose**

11 a.m.–noon

Cancer Education Center, Gonda Building, lobby level

Experience health and wellness coaching and how it may help you move towards a joy-filled life.

**Caring Canines**

Meets Monday and Wednesday  
1–2 p.m.

Cancer Education Center, Gonda Building, lobby level

Join our four-legged volunteers for support, companionship and comfort. Specially trained and registered therapy dogs, with their handlers, are available for a visit.

**Stress Management through HeartMath**

Meets Wednesday and Thursday  
1–1:30 p.m.

Cancer Education Center, Gonda Building, lobby level

Have you ever wondered how thoughts, emotions and stress levels affect your body? Come try a brief computer-based biofeedback session that measures heart rate variability. Learn how our thoughts can actually change what is happening in the body. Same day registration recommended.

**Strengthening Healing: Breathing and Relaxation Exercises**

Meets Monday and Wednesday  
1:30–2 p.m.

Cancer Education Center, Gonda Building, lobby level

Learn introductory breathing techniques and relaxation exercises.
**Resources to Ease the Financial and Emotional Burdens of Cancer**

*2–2:30 p.m.*

Desk R, Charlton Building, subway level

At this drop-in session, meet with an American Cancer Society patient navigator to explore information related to lodging, transportation, support groups, local resources and financial assistance.

**Moving Forward: Life After Cancer Treatment**

*2–3 p.m.*

Sandra J. Schulze
American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN

Meet with an educator to discuss issues related to cancer survivorship. Topics include: healthy living, ongoing treatment side effects, emotional wellness and follow-up care.

**Mindfulness Meditation Practice**

*5:15–6 p.m.*

Cancer Education Center, Gonda Building, lobby level

Guiding Teacher: Roberto P. Benzo, M.D.

Mindfulness is a way of paying attention, awareness of the here and now without judging what is in front of us. Come and participate in a guided mindfulness meditation. No experience necessary.
**Thursday**

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Cancer Education Center, Gonda Building, lobby level
This series provides an opportunity to explore complementary/integrative medicine approaches and creative expression. Co-sponsored with Humanities in Medicine.

Oct 5  **T’ai Chi Chih** with Bonnie Sokolov
Learn about the practice, purpose, and potential benefits of T’ai Chi Chih. A demonstration of several movements will be included, followed by time to practice them in a meditative setting with quiet music.

Oct 12  **Sounds of Healing** with Tami Briggs
Music can help us feel relaxed, peaceful, and centered. Join Tami Briggs, therapeutic harpist, as she shares stories, practical tips, and live harp selections to inspire and nurture you.

Oct 19  **Personal Writing — A Healing Place** with Peter Blau
Personal writing combines journaling, memoir and letter writing into a quiet retreat from difficult times. This session will use writing as an affirmative activity, allowing people to explore, empower, and connect. No previous writing experience needed.

Oct 26  **Aromatherapy for Health** with Nancy Rodgers
Learn about essential oils and how they are used safely at home or in a hospital setting.

Nov 2  **Breath Work with Gentle Seated Yoga** with Joan Wisniewski
Participate in 15-minute interactive sessions during this hour for mind and body relaxation.

Nov 9  **Labyrinths** with Deah Kinion
Hear the history, use, and benefits of this ancient and modern walking path. Make your own finger or table-top labyrinth for a wellness journey.

Nov 16  **Myofascial Release: Methods of John F. Barnes, PT** with Robin Khosa
Explore this fascinating mind/body therapy that is used for reducing pain and restoring function.

Nov 23  No session

Nov 30  **Gratitude** with Barb Schroeder
Explore the benefits of incorporating moments of gratitude into each day. Learn helpful tips or strategies to provide gratitude for yourself, your loved ones and your friends.

Dec 7  **The Healing Power of Personal Narrative** with Yuko Taniguchi
Through writing exercises, we will learn how to capture our life stories by reflecting upon our experiences. We will also read sample stories/poems and discuss the role of storytelling as an important part of self-discovery, growth and development.

Dec 14  **Hands On Acupressure** with Liza Dion
Explore how to use acupressure for self-care with symptoms such as fatigue, nausea, insomnia, anxiety and stress relief.

Dec 21  **How Can I use Music to Help Me Sleep?** with Christina Wood
Explore different styles of music that have been used to help with sleep. Identify if music is a tool for you to get a good night’s sleep.

Dec 28  No session
Friday

Resources?? What Resources?
Meets Monday, Wednesday and Friday
9:00–9:30 a.m.
Cancer Education Center, Gonda Building, lobby level
Navigating healthcare can be confusing, especially when accompanied by the stress of a challenging diagnosis. Come to the Cancer Education Center to learn about a variety of resources and meet people who are available to help you. All are welcome!

Caring Hands Massage
10–11 a.m.
Cancer Education Center, Gonda Building, lobby level
Enjoy a 10 minute gentle hand massage for relaxation. First come, first served.

Questions About Nutrition?
Meets Monday and Friday
10:15–11 a.m.
Gonda Building, 10th floor lobby
During this drop-in session, dietitians meet with patients and their families to answer questions regarding nutrition.

Releasing Stress and Renewing Energy
Meets Tuesday and Friday
11 a.m.–noon
Cancer Education Center, Gonda Building, lobby level
This session provides tools for relaxation and renewal for physical, emotional or spiritual needs.

Look Good...Feel Better
October 18, November 15 & December 20
Day classes meet 12:30–2:30 p.m.
Cancer Education Center, Gonda Building, lobby level
Presented by Mayo Clinic Store Hope and Healing. Pre-registration required.
Contact: 507-284-9669 or 888-303-9354

October 2, November 6 & December 4
Evening classes meet 6:30–8:30 p.m.
Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN
Contact: 888-227-6333. Pre-registration required.
A free monthly program intended for women experiencing cosmetic side effects from cancer treatment. Sessions include wig selection, head dressing options, skin care techniques, and makeup demonstration and practice. The program is a collaboration between the American Cancer Society, the Personal Care Products Council Foundation and the Professional Beauty Association.

Other Offerings
**Other Offerings**

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**Brain Tumor Support Group**

Meets third Saturday of the month  
10 a.m.–noon

Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN  
Contact: www.brainstogetherforacure.org

Individuals are encouraged to share ideas and gather support from others managing similar brain tumor issues.

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**Breast Cancer Support Group**

Meets first Wednesday of the month  
7–8:30 p.m.

Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN  
Contacts: Cyndie Kahn, 507-421-7962 or bigwheeler10@aol.com  
Sue Whitcomb, 507-358-6376 or seawhit@aol.com

During this peer support group, people with breast cancer can share their experiences and emotions. Sponsored by Join the Journey.

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**Brighter Tomorrows**

Meets first Tuesday of each month  
6–8 p.m.

Grace Lutheran Church, 800 East Silver Lake Drive, Rochester, MN  
Contact: www.brightertomorrowshope.org

This support group offers a meeting place for families of children with cancer to share experiences, meet others facing similar challenges and gain strength from one another. A light meal is served, organized activities are provided for children, and adults have time to share with one another in a private and safe setting.

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**Mayo Clinic Connect**

Connect.mayoclinic.org

A welcoming online community where you can share your experiences, ask questions and find support from people with similar health concerns.

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**Melanoma Support Group**

Meets second Tuesday of each month  
5–6:30 p.m.

Gonda Building, 10th Floor, Panitch Seminar Room (10-160)  
Contact: Heidi Turner 507-266-3172 or 507-358-1102 or turner.heidi@mayo.edu

This support group is for patients with melanoma and their family members/caregivers. Join us to learn about melanoma from guest speakers and share experiences with each other. Refreshments are provided.
Other Offerings

**Multiple Myeloma Sharing Sessions**

Meets third Saturday of the month: No meeting in December
10 a.m.–noon

Gift of Life Transplant House, 705 2nd St SW, Rochester, MN
Contacts: rochester@imfsupport.org or www.mmss.myeloma.org

Individuals with multiple myeloma and their families are encouraged to attend this informal support group.

**MOCA Connections: Rochester**

Meets every other month
5:00 p.m.

Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN
Contact: www.mnvarian.org or 612-822-0500

We invite women diagnosed with ovarian, fallopian tube and primary peritoneal cancer and their loved ones to join us to connect with each other, share information and gain support.

**Prostate Cancer Support Group**

Meets second Wednesday of the month
noon–1:30 p.m.

Baldwin Building, Fourth Avenue SW, Rochester, MN, street level, room 1-507
Contact: rvetter@mayo.edu

Individuals with prostate cancer and their families are invited to this support group, which includes informal discussion and speakers.

**Tomorrow’s Chapter – Bereavement Support for the Days to Come**

Meets second Thursday of the month
6–8 p.m.

The Grief and Education Support Center, 1696 Greenview Drive SW, Rochester, MN
Contact: www.brightertomorrowshope.org

This support group offers a meeting place for families who have experienced the loss of a child to cancer. It encourages families to share experiences, meet others facing similar challenges, and gain strength from one another. Each meeting is facilitated by a professional grief therapist and a light meal is provided.

**Young Women’s Breast Cancer Support Group**

Meets second Monday of the month
7:00 p.m.

Sandra J. Schulze American Cancer Society Hope Lodge, 411 2nd St NW, Rochester, MN

This support group focuses on topics relevant to young women who have been diagnosed with breast cancer. It is an opportunity to meet other young breast cancer survivors, and gain strength from one another. It is co-facilitated by a nurse from Mayo Clinic and a breast cancer survivor. Sponsored by Join the Journey.
THE STEPHEN AND BARBARA SLAGGIE FAMILY CANCER EDUCATION CENTER

Mayo Clinic is honored to name the Cancer Education Center for Stephen and Barbara Slaggie and their family. Mr. Slaggie and four friends founded the Fastenal Company in Winona, Minn. Today, it is one of the foremost industrial supply distributors in the United States. For patients on the Mayo Clinic campus in Rochester, Minn., the Stephen and Barbara Slaggie Family Cancer Education Center serves as a focal point of information and inspiration — and helps empower patients to become active partners in their health care.