

Sidney Kimmel Comprehensive Cancer Center

Oncology Patient and Caregiver

Programs and Support Services

September – December 2024



The Cancer Support and Welcome Center at Jefferson Health wants you to know you are not alone, and we are here to partner with you and help you navigate your diagnosis and treatment. We understand that cancer is only part of your narrative.

We are here to offer a range of supportive programming designed to bring people with cancer, as well as those caring for someone with cancer, together, to foster community, educate and offer tools to help you understand and manage a diagnosis of cancer. Our programming is free to anyone impacted by cancer.

We are committed to providing you and your family with support and will continue to expand and evolve our programming to meet the needs of our patients and families. If interested in registering for any of the programs included in this brochure, please contact the Cancer Support and Welcome Center at 215-955-1800 or email us at cancersupportcenter@jefferson.edu or click directly on the links below to register.

Hours of Operation:
Monday to Friday 9:00 a.m. to 5:00 p.m.

Phone: 215-955-1800

Location: The Honickman Center
1101 Chestnut Street, Floor 15,
Philadelphia, PA 19107

E-Mail: CancerSupportCenter@Jefferson.edu

For more information, visit
www.Jefferson.edu/CancerSupport

ICON KEYS:

Program Keys:



Integrative Mind and Body Wellness Programs



Educational Programs



Supportive Groups and Networking Programs

Virtual & On-Site Keys:



Virtual Only Program



In Person Only Program



Hybrid Program
In Person and Virtual

Virtual and on-site programs are indicated throughout this guide. We recognize in-person programs may not be the best choice for all participants at this time and encourage you to consult your healthcare team if you have questions about your safety.

Supportive Groups and Networking Programs



Young Adult Group

First Tuesday of the month,
September 3, October 1, November 12*,
December 3, from 5:30 p.m. – 7:00 p.m.

Facilitated by: Jodi Sandos, MSW, LCSW
and Tamar Adler MSW, LCSW

Our virtual Young Adult Group is tailored to the challenges and experiences faced by young adults aged 18 to 45. In a casual and inclusive environment, we delve into various topics including dating, employment, fertility, and anything else relevant to this age range. It's an opportunity to connect with like-minded peers and explore issues that truly matter to you.

November session will be held on the 2nd Tuesday of the month
Register in advance for this meeting:
<https://tinyurl.com/YAGroup24>

Care for the Caregiver

Second Wednesdays of the month, September 11, October 9, November 13, December 11, from 12:00 p.m. - 1:00 p.m.

Facilitated by Anne Delengowski, RN, MSN, AOCN, CCCTM and Caroline Glavin, MSW

This drop-in group is meant to provide support for cancer caregivers facing challenges such as changes or transitions in care - a new cancer diagnosis, new treatment, change in treatment, discharge from the hospital, or ending a treatment. These challenges can be stressful for both patients and caregivers. An interdisciplinary team (an oncology nurse and social worker) will lead this support and education group aimed at supporting those caring for a loved one with cancer.

Register in advance for this meeting:
<https://tinyurl.com/CaregiverSupportGroup24>



Autologous Blood and Marrow Transplant Education Class for Patients and their Caregivers

Wednesdays, September 11, October 9, November 6, December 4, 12:00 p.m. - 2:00 p.m.

This virtual class is recommended for individuals and their caregivers preparing for, or considering, an autologous (receiving a transplant from yourself) stem cell transplant as a treatment option.

This class will help prepare you for the stem cell transplant process. You and your caregiver will learn about what to expect during your hospitalization and after being discharged from the hospital.

Please contact Rebecca Saadeh Nelson at rebecca.saadehnelson@jefferson.edu if you are interested in attending a class to check eligibility.

NEEDS ASSESSMENT

At Sidney Kimmel Comprehensive Cancer Center - Jefferson Health, we are committed to providing comprehensive, personalized care for you and your family from prevention to diagnosis, through treatment, and beyond. Your feedback is essential as we continue to expand our offerings across the enterprise. Please take 3-5 minutes to complete this survey.

Brain Tumor Support Group at Jefferson

Second Thursday of the month,
September 12, October 10, November 14,
December 12, from 6:30 p.m. - 8:00 p.m.

Our brain tumor caregiver support group provides a safe space to connect with others caring for or living with a brain tumor. The group provides emotional and practical support. Patients, families, and friends are all invited to attend free of charge.

For questions or concerns please contact Kristen Schlaffer at
Kristen.Schlaffer@jefferson.edu

Register in advance for this meeting:
<https://tinyurl.com/BrainTumorSupportGroup24>

Bereavement Support Group

Every Tuesday; September 17 through
October 22, from 4:00 p.m. - 5:30 p.m.

Going through a loss is difficult and personally challenging. This six-session group is for adults 18 and older who are grieving the loss of a loved one who has died from cancer. Please join us as we share experiences of grief in a safe and supportive environment and help you move towards healing.

Register in advance for this meeting:
<https://tinyurl.com/BereavementSupportGroup24>



Life After Treatment

September 17 through October 22,
4:30 p.m. - 6:00 p.m.

Life After Treatment is a free 1½-hour, six-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. Expert panelists include physicians, nutritionists and fitness experts who will guide tailored discussions to each participant's abilities, provide training in relaxation and stress management and helpful tips for nutritious eating and symptom management. Participants will be mailed a gratitude journal and a pedometer device, if they do not currently have their own working device, prior to the first class. Attendance at all 6 classes is strongly encouraged.

Tuesday, September 17, Week 1 Intro,
Cancer Survivorship: Coping with the
Emotional Toll of Treatment
Facilitated by: Caroline Glavin, MSW
& Deidre Geroni, MSW

Tuesday, September 24, Week 2
Supportive Medicine & Medical Marijuana
& Sex and Intimacy
Facilitated by: Brooke Worster, MD, FACP
& Greg Garber, MSW, LCSW

Tuesday, October 1, Week 3
Nutrition After Cancer
Facilitated by:
Melissa Denton RD, LDN, CNSC, CSO

Tuesday, October 8, Week 4
Movement as Medicine
Facilitated by: Erin Kelly, DO

Tuesday, October 15, Week 5
Survivorship Care Plans and Managing Long
Term Side Effects
Facilitated by: Ann Donnelly, MSN, RN, CRNP,
ANP-BC, AOCNP, OCN

Tuesday, October 22, Week 6
Moving Beyond Treatment and Hope Note
Introduction
Facilitated by: Caroline Glavin, MSW
& Deidre Geroni, MSW

Register in advance for this meeting:
<https://tinyurl.com/LifeAfterTreatment24>

Laryngectomy Support Group

Third Thursday of the month,
September 19, October 17, November 21,
December 19, from 12:00 p.m. - 1:00 p.m.

Facilitated by: Lora Rhodes, LCSW &
Sarah Adams MS, CCC-SLP

This Laryngectomy support group provides information, education, and psychosocial support to patients, caregivers, and friends.

For questions or concerns please email Sarah Adams at sarah.adams@jefferson.edu.

Register in advance for this meeting:
<https://tinyurl.com/LarynSupportGroup24>



Allogeneic Blood and Marrow Transplant Education Class for Patients and their Caregivers

Wednesdays, September 25, October 23,
November 20, December 18,
12:00 p.m. - 2:00 p.m.

This virtual class is recommended for individuals and their caregivers who are preparing for, or considering, an allogeneic (receiving cells from someone else) blood stem cell transplant as a treatment option. This class will help you prepare for the stem cell transplant process. You and your caregiver will learn about what to expect during your hospitalization and after being discharged from the hospital.

Please contact Rebecca Saadeh Nelson at rebecca.saadehnelson@jefferson.edu if you are interested in attending a class to check eligibility.



Finding Meaning Group for Patients with Advanced Cancer

Six consecutive Wednesdays,
September 25 through October 30,
10:30 a.m. - 12:00 p.m.

Facilitated by:
Lisa Capparella, LCSW, OSW-C, FAOSW and
Lora Rhodes, MSW, LCSW

The Finding Meaning Group is designed for individuals with metastatic and advanced cancer, offering a structured approach to finding and creating meaning and purpose in life. Over the course of six consecutive weeks, participants will engage in assignments and activities that address the emotional and psychological aspects of living with advanced cancer, including end-of-life issues.

The program aims to help participants develop resilience, find new ways to face challenges, and enhance their overall well-being.

Register in advance for this meeting:
<https://tinyurl.com/FindingMeaning24>



General Breast Cancer Support Group

Fridays Bi-weekly;
September 27, October 11 & 25, November 8 & 22, December 13, from 12:00 p.m. - 1:15 p.m.

Facilitated by: Celeste Vaughan-Briggs, LCSW

This is a session for people with breast cancer (stages 0-3) to learn about all the resources available to them for financial assistance, transportation, food, housing, mental health, legal assistance, and much more. Participants can give and receive support from each other or share resources and information.

Register in advance for this meeting:
<https://tinyurl.com/GeneralBCGroup2024>



Metastatic Breast Cancer Support and Education Group

Fridays Bi-weekly; October 4 & 18, November 1 & 15, December 6 & 20, 12:00 p.m. - 1:15 p.m.

Facilitated by: Celeste Vaughan-Briggs, LCSW

This is a support and education group for people diagnosed with stage IV metastatic breast cancer. The group is for patients to give and receive support from each other and to share resources and information. Experts will be brought in for each specialized topic.

Register in advance for this meeting:
<https://tinyurl.com/MetastaticBCGroup2024>



Esophagectomy Survivorship and Support Group

Wednesday, October 16, from 4:30-6:00 p.m.

From newly diagnosed patients to veteran survivors, all patients and caregivers are welcome in our Esophagectomy Support Group to share messages of hope for life before and after esophagectomy. The concept of a major surgery such as an esophagectomy can be intimidating and overwhelming. At this quarterly meeting, confusion and frustration are met with solid answers, new hope, and confidence.

Register in advance for this meeting:
<https://tinyurl.com/EsophagectomySupportGroup>



OCT 5, 2024 PHILADELPHIA



HEAD & NECK CANCER SURVIVORSHIP SYMPOSIUM

Please join us for our 5th Annual Head & Neck Cancer Survivorship Symposium. This free educational program can be attended either in person or virtually.

The Survivorship Symposium will feature many leading head and neck cancer oncologists and supportive care experts, as well as survivors sharing their personal journeys. The event is free to attend, and breakfast and lunch will be provided.

Venue Address:

Dorrance H. Hamilton Building – Center City Campus of Thomas Jefferson University – 1001 Locust St, Philadelphia, PA 19107

Scan or click the QR code below to register or for more details



SESSIONS INCLUDE:

- Head and Neck Cancer is a Pain in the Neck: Methods to improve Pain and Function During and After Treatment
- Healing Smiles: Long-Term Dental Strategies After Head and Neck Cancer
- Fueling Resilience: Optimizing Nutrition for Head and Neck Cancer Patients and Survivor
- Mindful Healing: Sustaining Mental Wellness Through and Beyond Head and Neck Cancer Treatments
- Life Beyond the Diagnosis: Navigating Long-Term Survivorship of Head and Neck Cancer
- Networking/ social gathering event

HEADANDNECK.ORG



Integrative Mind and Body Wellness Programs



Mindful Yoga Basics

Wednesdays bi-weekly, September 4, 18, October 2, 16, 30 from 12:00 p.m. - 1:00 p.m.
1101 Chestnut Street, Terrace Deck,
Philadelphia PA 19107

Facilitated by Kate Howell, RYT - 500/Level 3
Optimal State Yoga Therapist

Are you new to yoga or looking for a gentle, supportive introduction to this transformative practice?

Join our 5-week series, "Mindful Yoga Basics" to experience a comprehensive introduction to yoga – postures, breath, and meditative tools – in a warm and welcoming environment.

In this series, you will explore:

- Mindful breath practices to soothe the nervous system and focus the mind
- Traditional yoga postures to increase physical strength and flexibility
- Proper use of yoga props and accessible variations of yoga postures
- A basic understanding of the benefits of yoga and the system of philosophy that supports the practice

Gently paced and compassionately led, this series offers step-by-step instruction and time for questions, reflection and feedback. This series is progressive, each class Building on the last to foster confidence, familiarity, and ease in your practice.

*This series may include standing, seated (floor), and reclined positions. Participants must be able to get up and down off the floor unassisted.

Register in advance for this meeting:
<https://tinyurl.com/InPersonReg24>



Inner Strength, Outer Calm: Yoga for Resilience & Stress Relief

Tuesdays weekly, September 10, 17, 24, October 1, 8, 15, 22, 29, from 10:00 a.m. - 11:00 a.m.

Facilitated by Kate Howell, RYT-500 / Level 3
Optimal State Yoga Therapist

Join us for the "Inner Strength, Outer Calm" series, designed for individuals navigating cancer. Over eight weeks, we will explore breathwork, postures, and meditation to manage stress and build resilience.

What to Expect:

- Healing Benefits: Experience the positive effects of consistent yoga practice tailored to your needs.
- Anxiety Management: Learn tools to manage and reduce anxiety.
- Mind-Body Connection: Strengthen your connection through gentle and empowering movements.
- Meditation Practice: Establish and continue a meditation routine with provided resources.
- Community Support: Connect with a supportive community of survivors, caretakers, and friends.

Note: Sessions include seated and standing postures, with options for reclined positions.

Register in advance for this meeting:
<https://tinyurl.com/InnerStrengthOuterCalm24>

Mindfulness Meditation

with Dr. Lopez 

Fridays, September 13, October 11, November 15, December 13, from 12:00 p.m. -12:30 p.m.

Join Dr. Lopez for a calming mindfulness meditation program designed for those impacted by cancer. Learn techniques to manage stress, find emotional balance, and cultivate inner peace. Whether you're a patient, survivor, or caregiver, this program offers a supportive space for healing and resilience.

Register in advance for this meeting:
<https://tinyurl.com/MindfulnessMeditation24>



Creative Connections: Healing Through Art Therapy

Mondays, September 16, November 18, 9:30 a.m. – 10:30 a.m.

1101 Chestnut Street, Suite 15100
Philadelphia PA 19107

Facilitated by: Lee Newswanger
- Art Therapy Intern

Join us for art therapy sessions designed to foster connection through creativity. As we experience meditation practices through an exploration of art materials. Using these sessions as a reminder to stay present and mindful, attune with the self and strengthen connection to others. No art experience is required - bring yourself and an openness to explore within our supportive community. Art materials will be provided.

Register in advance for this meeting:
<https://tinyurl.com/InPersonReg24>

1:1 Massage and Reiki

September 27, October 29, December 13, 10:00 a.m.- 3:00 p.m.

1101 Chestnut Street, Suite 15100
Philadelphia PA 19107

Each 20-minute session will include 10 minutes of a chair massage and 10 minutes of Reiki therapy provided by a licensed massage and reiki therapist.

Patients and caregivers will be seen by appointment only. Please call 215-955-1800 or email CancerSupportCenter@jefferson.edu to schedule an appointment.

We ask that you kindly arrive at least 10 minutes prior to your scheduled appointment to complete a quick assessment form.

Feel Good Moves

First Thursday of every month,
October 3, November 7, December 5,
10:00 a.m. – 11:00 a.m.

Facilitated by: Lynn Falk, MA, BC-DMT

Join other people living with cancer in a welcoming space to find movement that feels good for you. Join Lynn Falk, a Registered Dance/Movement Therapist, to engage in gentle movement, stretching, and dance to experience your body in a positive way. We will warm-up, find our groove, be a bit playful, and feel the joy of movement. No dance experience is necessary. Movement can be done from a seated or standing position or both!

Register in advance for this meeting:
<https://tinyurl.com/FeelGoodMoves2024>



Honor Your Energy: Yogic Practices to Beat Burnout & Reclaim Your Right to Rest

Tuesdays weekly, November 12, 19, 26, December 3, 10, 17, from 10:00 a.m. - 11:00 a.m.

Facilitated by Kate Howell, RYT - 500/Level 3 Optimal State Yoga Therapist

Join our "Honor Your Energy" series, designed for individuals navigating cancer. Over six weeks, explore breathwork, restorative postures, and meditation to support your body's natural healing and embrace meaningful rest.

What to Expect:

- **Breathwork:** Calm your nervous system with powerful breathing techniques.
- **Postures and Movement:** Engage in restorative yoga postures and gentle movements to release tension.
- **Meditation:** Use yoga nidra and other meditative tools to reduce stress and cultivate inner peace.

Note: Sessions include seated (chair or floor) and reclined postures.

Register in advance for this meeting:
<https://tinyurl.com/HonorYourEnergy24>



Jefferson
SIDNEY KIMMEL CANCER CENTER
NCI-DESIGNATED COMPREHENSIVE CANCER CENTER

19TH ANNUAL Pancreatic Cancer and Related Diseases Patient Symposium

**Saturday, November 9, 2024
9 a.m. – 1 p.m.**

PLEASE JOIN
Charles J. Yeo, MD, FACS
Samuel D. Gross Professor
and Chair of Surgery at Jefferson
and our multidisciplinary team of
clinicians and scientists

*Please note the 2024 event will be in person only. A recording will be available online following the event.

Dorrance H. Hamilton Building
1001 Locust Street
Philadelphia, PA 19107

Please visit
[Attend.Jefferson.edu/PancreaticSymposium](https://attend.jefferson.edu/PancreaticSymposium)
to register or for more
information. If you
have questions or need
assistance, contact
Jefferson Events at
events@jefferson.edu or
215-955-9100.
Advance registration is
required.

CAREGIVER APPRECIATION DAY

NOVEMBER 22, 10AM-3PM

A day dedicated to focusing on self-care, community, and relaxation.
This event will be held in an "open house" fashion
with events happening at specific times throughout the day.

Massage and Reiki 10:00 a.m. to 3:00 p.m. (throughout the day)

Mindful Chair Yoga – 10:00 a.m. - 11:00 a.m.
Lunch & Learn (Resource navigating and self-care for caregivers)
12:00 p.m. to 1:00 p.m.

Art Therapy Pop-Up Activity 1:00 p.m. to 2:00 p.m.

Honickman Center
1101 Chestnut Street, 15th Floor Philadelphia, PA 19107

Educational Programs



Healthy Eating & Supplements: A Guide for Cancer Patients

Thursday, September 12, from 12:00 p.m. - 1:00 p.m.

Facilitated by
Melissa Denton, RDN, CSO, LDN

Discover the essentials of nutrition for cancer care in this one-hour session. Led by expert oncology dietitians, this program will cover:

- Nutrition Basics: Learn how to maintain a healthy diet that supports your cancer treatment.
- Safe Supplement Use: Understand which supplements may be beneficial and how to use them effectively.
- Side Effect Management: Gain insights on using nutrition to alleviate common side effects of cancer treatments.

Empower yourself with the knowledge to improve your well-being through nutrition

Register in advance for this meeting:
<https://tinyurl.com/HealthyEating24>



Understanding the Financial Impact of Cancer – Insurance 101 and Copay Assistance Programs

Monday, September 16, from 12:00 p.m. – 1:00 p.m.

Facilitated by: Angie Santiago, BBA, CRCS, FACCC

Learn about the impact of cancer on your finances. Discussion will include Medicaid, Medicare, the Affordable Care Act, and copay assistance programs.

Register in advance for this meeting:
<https://tinyurl.com/FinancialImpactCancer24>

Cancer Treatments and Neuropathy

Thursday, September 26, from 12:00 p.m. -12:30 p.m.

Facilitated by an Oncology Pharmacist
Join us for an informative session on the impact of cancer treatments on neuropathy. Learn about the causes, treatment options, and effective management strategies to enhance patient outcomes.

Register in advance for this meeting:
<https://tinyurl.com/PharmacyLectureSeriesFall24>

Understanding Lymphedema: Empowering Wellness

Thursday, October 17th, from 12:00 p.m. -1:00 p.m.

Facilitated by:
Elizabeth Hannegan, PT, DPT, CLT

“Understanding Lymphedema” is an informative and empowering program designed to raise awareness about lymphedema, particularly its impact on cancer patients. Through this session, participants will gain an understanding of lymphedema, its causes, symptoms, and potential risk factors. Elizabeth will share practical tips and techniques for prevention, early detection, and self-care. This program aims to equip attendees with essential knowledge to proactively manage lymphedema, improving their overall wellness and quality of life. Whether you are a cancer patient, survivor, caregiver, or healthcare professional, join us in this educational journey toward a healthier future.

Register in advance for this meeting:
<https://tinyurl.com/UnderstandingLymphedema24>



Chemotherapy Side Effects

Thursday, October 24; from 12:00 p.m. -12:30 p.m.

Facilitated by An Oncology Pharmacist

Join us for a comprehensive review of common chemotherapy side effects, including nausea, vomiting, diarrhea, constipation, mouth sores, and hair loss. There will also be a Q&A session to address any additional concerns about chemotherapy side effects.

Register in advance for this meeting:
<https://tinyurl.com/PharmacyLectureSeriesFall24>

Understanding Social Security Disability and Workplace Protections for Cancer Patients

Tuesday, November 12, from 12:00 p.m. - 1:00 p.m.

Facilitated by: Lisa Capparella, MSS, LCSW, OSW-C and Katie Lundy, MSW, LCSW, OSW-C

Join us for an informative session on managing social security disability benefits and work accommodations during cancer treatment. Our oncology social workers will guide you through the application process for social security disability and discuss important return-to-work programs. Learn about your rights and protections under the Family and Medical Leave Act (FMLA), how to request workplace accommodations, and strategies for addressing resume gaps when returning to work after a cancer diagnosis.

Register in advance for this meeting:
<https://tinyurl.com/UnderstandingSSI24>

Coping with Cancer at the Holidays: Tips for Managing Holiday Stress

Thursday, November 14, from 12:00 p.m. -1:00p.m.

Facilitated by: Caroline Glavin, MSW & Danielle McLaney, MSW, LSW

Holidays can be stressful under the best of circumstances. With all the visiting, shopping, planning, cleaning, decorating and cooking, it's easy to become tired and overwhelmed. When cancer treatments are added to the mix, normal holiday stress can become unbearable. Join us to discuss some tips to help deal with the stress holidays can create.

Register in advance for this meeting:
<https://tinyurl.com/CopingwithCancerHolidays>



Healthy Holiday Eating

Monday, November 18, from 12:00 p.m. – 1:00 p.m.

Facilitated by:
Jacqueline Stulb, Rd, CSO, LDN

Dietitians will review simple diet changes to help enjoy the holiday season without guilt.

Register in advance for this meeting:
<https://tinyurl.com/HealthyHolidayEating24>



Strategies for Improving Chemo Brain

Thursday, November 21, from 1:00 p.m.-1:30 p.m.

Facilitated by: Mijail Serruya, MD, PhD

Understand the cognitive consequences of cancer treatment and the impact of coexisting factors and learn strategies to mitigate the impact that can accompany cognitive decline.

Register in advance for this meeting:
<https://tinyurl.com/ChemoBrain24>



Improving and Maintaining Healthy Sleep Habits

Thursday, December 19, from 12:00 p.m.-12:30 p.m.

Facilitated by An Oncology Pharmacist

Discover how healthy sleep patterns can enhance your overall well-being, mood, and stress levels. Join us to learn effective strategies for improving and maintaining good sleep habits for a restful night.

Register in advance for this meeting:
<https://tinyurl.com/PharmacyLectureSeriesFall24>

The Power of the Pelvic Floor: How the Pelvic Floor Can Empower Your Cancer Journey

Tuesday, December 3, from 12:00 p.m. - 1:00 p.m.

Facilitated by Pia Leone PT, DPT, WCS, CLT

This program delves into how cancer affects the pelvic floor in both men and women. It covers the repercussions of cancer treatments on pelvic floor muscles, nerves, and tissues, offering strategies for empowerment and recovery. Participants will gain insights into managing pelvic floor issues during and after treatment, along with techniques for strengthening and rehabilitation.

Register in advance for this meeting:
<https://tinyurl.com/Power-of-the-Pelvic-Floor24>

What is Precision Medicine in Cancer Care

Tuesday, October 22, from 12:00 p.m. – 1:00 p.m.

Facilitated by Ankur R. Parikh, D.O.
This program explores the innovative field of precision medicine, a cutting-edge approach to cancer treatment tailored to the individual characteristics of each patient's cancer. By examining genetic, environmental, and lifestyle factors, precision medicine aims to develop personalized treatment plans that improve outcomes and reduce side effects. Participants will gain insights into how precision medicine is transforming cancer care, the latest advancements in the field, and the potential benefits for patients and healthcare providers.

Register in advance for this meeting:
<https://tinyurl.com/What-Is-PrecisionMedicine24>



Personalized Care

Primary and Metastatic Ocular Melanoma (OM) Support Group

First Wednesday of the month, September 4, October 2, November 6, December 4, from 1:00 p.m. - 2:00 p.m.

This group, in partnership with the Melanoma Research Foundation's CURE OM initiative, provides virtual support to individuals diagnosed with primary and metastatic ocular melanoma. The group is facilitated by Molly Vocino, LCSW and includes a mix of educational/wellness information as well as space to connect with other patients for emotional support and companionship. Caregivers are welcome.

For more information and to register, email education@melanoma.org

Personalized Care

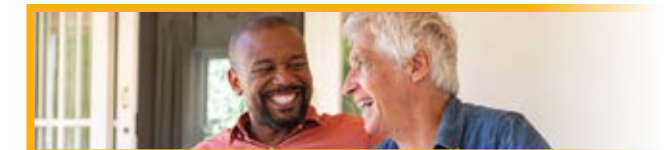
FIGHTING MEN Fighting CANCER: A Virtual Prostate Cancer Support Group

First Tuesday of the month, September 3, October 1, November 5, December 3, from 7:00 p.m. – 8:00 p.m.



Have you had prostate cancer, been recently diagnosed, or interested in learning more about prostate cancer? Join us on Zoom for a confidential education and support group. We will discuss helpful information for survivors, patients, and caregivers, and have an open discussion to share experiences with the disease. Occasional guest speakers also provide useful information.

To register, contact Joe Musumeci:
joe4seeds@gmail.com or 856-278-1679



FIGHTING MEN Fighting CANCER: IN PERSON Prostate Cancer Support Group

Third Monday of the month, September 16, October 21, November 18, December 16 from 7:00 p.m. – 8:00 p.m.



American Legion Post in Williamstown, NJ

Have you had prostate cancer, been recently diagnosed, or interested in learning more about prostate cancer? Join us on Zoom for a confidential education and support group. We will discuss helpful information for survivors, patients, and caregivers, and have an open discussion to share experiences with the disease. Occasional guest speakers also provide useful information.

To register, contact Joe Musumeci:
joe4seeds@gmail.com or 856-278-1679

Programs At Our Care Hubs

Asplundh Cancer Pavilion | Jefferson Health

3941 Commerce Ave, Willow Grove, PA 19090

Women's Cancer Support Group

Second Monday of the month,
September 9, October 14, November 11,
December 9, from 4:00 p.m. – 5:30 p.m.

The Women's Cancer Support Group is open to all women with a cancer diagnosis. Please join us to connect and share experiences about navigating life with cancer in a safe and supportive environment. This is a safe space to learn, share feelings, gather information, and talk about treatment, side effects, and the effects on children, family, friends and important relationships in your life. This group will be led by two oncology social workers to provide emotional and practical support and guidance.

For more information, please contact Denise Young, MS, MSW, LCSW, at 215-481-4360

Breathe & Stretch

Third Monday of the month, September 16,
October 21, November 18, December 16; from
4:30 p.m. - 5:30 p.m.

Facilitated by Molly Davis, LSW, RYT-200

In this all-level, skills-building class we will learn and apply movement, breath, and meditation practices, aimed at reducing stress and enhancing coping. All practice can be done from a chair, with options to stand.

Please RSVP to Social Work:
Katie Lundy, 215-481-2579 or
Denise Young, 215-481-4360

1:1 Massage and Reiki

Thursday, September 26,
10:00 a.m.-3:00 p.m.

Tuesday, October 15;
10:00 a.m.-3:00 p.m.

Facilitated by: Sharon Edelman LMT, RM

Each 20-minute private session will include 10 minutes of a chair massage and 10 minutes of Reiki therapy by a licensed massage/Reiki therapist. Patients/Caregivers will be seen by appointment only. We ask that you arrive at least 5 minutes before your scheduled appointment. Registration is required and spots are limited.

To make an appointment please contact
Katie Lundy, katie.lundy@jefferson.edu,
215-481-2579

8th Annual Race to Reimagine Cancer Care 5K Run/1 Mile Walk

Sunday, October 20, from 9:00 a.m.

Sidney Kimmel Comprehensive Cancer Center – Asplundh Cancer Pavilion - 3941 Commerce Avenue, Willow Grove, PA 19090

Register at Jefferson.edu/RaceToReimagine Certified course. Teams encouraged. Friends, family, kids, and friendly pets welcome!

Proceeds to benefit the Sidney Kimmel Comprehensive Cancer Center - Asplundh Cancer Pavilion.

For questions or more information, contact the Abington Health Foundation Women's Board at ahf-womensboard@jefferson.edu or 215-481-2500

Jefferson Northeast (Torresdale)

10800 Knights Road Philadelphia, PA 19114

Relaxation and Connection: Celebrating Cancer Patients and Caregivers

Tuesday, October 1, from 10:00 a.m.-2:00 p.m.

Come together for a day of relaxation and meaningful connections. This event is designed to honor cancer patients and their caregivers with activities that promote peace and togetherness.

To register please contact Carolyn Smith, carolyn.smith@jefferson.edu, 215-480-6580

1:1 Massage/Reiki Session (20-minute sessions)

Wednesday, December 18,
10:00 a.m.-2:00 p.m.

Facilitated by: Sharon Edelman LMT, RM

Each 20-minute private session will include 10 minutes of a chair massage and 10 minutes of Reiki therapy by a licensed massage/Reiki therapist. Patients/Caregivers will be seen by appointment only. We ask that you arrive at least 5 minutes before your scheduled appointment. Registration is required and spots are limited.

To make an appointment please contact
Carolyn Smith, carolyn.smith@jefferson.edu,
215-480-6580



Jefferson Washington Township

900 Medical Center Drive, Suite 211 Sewell, NJ 08080

1:1 Massage/Reiki Session (20-minute sessions)

Tuesday, August 27, 10:00 a.m. - 3:00 p.m.
Thursday, October 24, 10:00 a.m. - 3:00 p.m.
Tuesday, December 17, 10:00 a.m. - 3:00 p.m.

Facilitated by: Sharon Edelman LMT, RM

Each 20-minute private session will include 10 minutes of a chair massage and 10 minutes of Reiki therapy by a licensed massage/Reiki therapist. Patients/Caregivers will be seen by appointment only. We ask that you arrive at least 5 minutes before your scheduled appointment. Registration is required and spots are limited.

To make an appointment, please contact
Rosie Giannopoulos at 856-684-0165 or
rosemarie.giannopoulos@jefferson.edu

Patient & Caregiver Appreciation Day

Wednesday, November 13, from
10:00 a.m. - 1:00 p.m.

Serenity and Support: Cancer Patient and Caregiver Day - Celebrate the strength and resilience of cancer patients and their caregivers. Enjoy a range of relaxing activities and connect with others in a supportive environment.

Register in advance for this event:
<https://tinyurl.com/NJ-InPersonReg24>



Jefferson Cherry Hill

2211 Chapel Ave West, Suite 501
Cherry Hill, NJ 08002

Art Therapy Program

Wednesdays; September 18, October 23,
December 4, from 1:00 p.m. - 2:30 p.m.

Facilitated by Mary Barnett, BFA
- Fine Artist & Muralist

Discover your inner artist in a supportive and peaceful environment. Join us as we explore the meditative and playful experiences of creative drawing, painting and other mediums in art.

Register in advance for this event:
<https://tinyurl.com/NJ-InPersonReg24>



Jefferson Cherry Hill

2211 Chapel Ave West, Suite 501
Cherry Hill, NJ 08002

1:1 Massage/Reiki Session (20-minute sessions)

Wednesdays, September 25, November 20,
from 10:00 a.m.-3:00 p.m.

Facilitated by: Sharon Edelman LMT, RM
Each 20-minute private session will include 10 minutes of a chair massage and 10 minutes of Reiki therapy by a licensed massage/Reiki therapist. Patients/Caregivers will be seen by appointment only. We ask that you arrive at least 5 minutes before your scheduled appointment. Registration is required and spots are limited.

To make an appointment, please contact Danielle McLaney at (267) 271-4028 or danielle.mclaney@jefferson.edu

Jefferson Cherry Hill

2211 Chapel Ave West, Suite 501
Cherry Hill, NJ 08002

Mindful Yoga Basics

Mondays, October 7, November 4,
December 2, from 12:00 p.m. - 1:00 p.m.

Facilitated by Kate Howell, RYT - 500/Level 3
Optimal State Yoga Therapist

Are you new to yoga or looking for a gentle, supportive introduction to this transformative practice? Join our 5-week series, "Mindful Yoga Basics" to experience a comprehensive introduction to yoga – postures, breath, and meditative tools – in a warm and welcoming environment.

In this series, you will explore:

- Mindful breath practices to soothe the nervous system and focus the mind
- Traditional yoga postures to increase physical strength and flexibility
- Proper use of yoga props and accessible variations of yoga postures
- A basic understanding of the benefits of yoga and the system of philosophy that supports the practice

Gently paced and compassionately led, this series offers step-by-step instruction and time for questions, reflection and feedback. This series is progressive, each class Building on the last to foster confidence, familiarity, and ease in your practice.

*This series may include standing, seated (floor), and reclined positions. Participants must be able to get up and down off the floor unassisted.

Register in advance for this event:
<https://tinyurl.com/NJ-InPersonReg24>

What SKCCC Offers

Support Services

At the Sidney Kimmel Comprehensive Cancer Center at Jefferson, we are dedicated to providing comprehensive support to enhance your well-being throughout your cancer journey. Our services address various aspects of care, from emotional support to practical assistance.

Key Support Services:

Emotional Well-being:

- o Oncology Social Workers
- o Psychiatric-Oncology/Counseling
- o Support Groups
- o Spiritual Care Services

Health and Wellness:

- o Nutrition Counseling by Registered Dietitians
- o Pain & Symptom Management
- o Massage Therapy

Practical Assistance:

- o Financial Assistance
- o Patient Navigation
- o Transportation Services

Specialized Care:

- o Fertility Preservation
- o Palliative Care

Our team is here to work with you and your family, offering personalized support to meet your unique needs during this time.

Cancer Support & Welcome Center
The Cancer Support and Welcome Center promotes wellness and healing by providing you and your family with supportive care services and cancer-related information. A range of programs are free and offered to anyone living with cancer, regardless of where they receive care.

The Cancer Support and Welcome Center is open Monday through Friday from 9 a.m. to 5 p.m.

1101 Chestnut Street, 15th Floor,
Philadelphia, PA 19107
215-955-1800

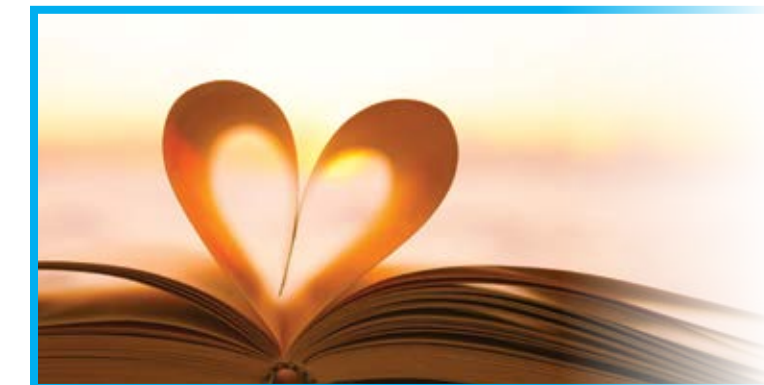
CancerSupportCenter@jefferson.edu

Art Therapy

Our Art Therapy Intern offers opportunities for patients and caregivers to create art while receiving treatment on Mondays and Tuesdays Honickman Center Infusion Suite, helping to reduce stress and anxiety. No art experience necessary! Prefer to join others in a group setting? Check out one of our Creative Connections: Healing Through Art Therapy programs. Keep an eye on our brochure or newsletter for details. For those seeking more personalized support, we offer individual art therapy and counseling sessions to help navigate cancer diagnosis, treatment, and life after.

These sessions are held in-person at 1101 Chestnut Street, 15th Floor, Philadelphia, PA 19107.

Please call 215-955-1800 or email cancersupportcenter@jefferson.edu with any questions or to sign up.





Psychotherapy and Meaning-Centered Support for Cancer Patients at SKCCC

At the Sidney Kimmel Comprehensive Cancer Center (SKCCC), we offer specialized psychotherapy and counseling services tailored to support cancer patients through their journey:

Meaning-Centered Psychotherapy (MCP):

A therapeutic approach focused on helping you find purpose and meaning in the face of cancer. MCP involves individual sessions designed to explore sources of meaning, address challenges, and shape your cancer experience. The program typically includes 7-8 sessions.

Individual Counseling:

Personalized therapy to address your unique emotional and psychological needs.

For more information and to schedule an appointment, please contact us at 215-955-1800 or CancerSupportCenter@jefferson.edu. Please note that individual copays for counseling services may apply.

Our team is committed to providing compassionate support to help you navigate the emotional aspects of your cancer journey.

Buddy Program

What can I expect from treatment? Does ANYONE know what I'm going through? Will my life ever be normal again?

ASK a Buddy.

This program is for newly diagnosed cancer patients to be matched with a trained cancer survivor matched by diagnosis, treatment, age, and gender.

Call 215-955-1800 or email cancersupportcenter@jefferson.edu if you would like to be matched with a "Buddy" or if you would like to become a "Buddy."

Oncology Medical Home (OMH)

An Oncology Medical Home (OMH) is a care delivery system that is physician-led, directing a team to provide patient and family support through the care journey from diagnosis, to treatment, and follow-up care. This physician-led team is primarily responsible for care coordination that enhances your care experience, clinical outcomes, and quality of life.

What is Care Coordination?

- Communication within the practice team and other physicians and services caring for you include primary care physician; specialty providers; outside agencies like home care; rehabilitation; support services; and community resources
- Education about your diagnosis, treatment, follow-up, and support services
- Symptom triage support for easy access to the practice and providers to address your health concerns quickly to avoid emergency department visits or unplanned hospitalizations
- Support through the care journey including initial diagnosis, treatment plan, symptom management, survivorship, and supportive care.
- One resource to help you manage all aspects of treatment

Clinical Trials

A clinical trial is a type of research study that tests how well new medical approaches work. Jefferson offers a number of clinical trials.

To find out if there is a clinical trial available that might be right for you ask your healthcare providers, visit our website, or contact the Sidney Kimmel Comprehensive Cancer Center Clinical Research Management Office at 215-955-1661.

Jefferson.edu/ClinicalTrials

Division of Supportive Medicine & Cancer Survivorship

The Division of Supportive Medicine & Cancer Survivorship at Jefferson is dedicated to enhancing your quality of life during and after cancer treatment. We address a broad range of concerns, including:

- Physical Impacts: Managing symptoms and side effects.
- Emotional Support: Counseling and therapy options.
- Social and Financial Concerns: Navigating practical challenges.
- Spiritual Care: Addressing existential and spiritual needs.
- Medical Marijuana Certifications: Providing certifications for medical marijuana as part of your care plan.

For more information and assistance, please contact us at 215-955-1888. Our team is here to support you through every aspect of your cancer journey.



Legal Clinic for Cancer Patients

Sessions are by appointment only on select Tuesdays. Registration required at 215-955-1800 or cancersupportcenter@jefferson.edu

Temple Legal Aid Office Lawyers and Legal Interns

Representation and legal advice are available for Philadelphia residents who meet Legal Aid's low-income criteria. Receive free legal advice and assistance. Advice is provided on many issues, including disability benefits, advance directives, powers of attorney, guardianship, estate planning, private disability insurance, housing, family law, health insurance, and discrimination.

NOTES & QUESTIONS

Navigation

SKCCC Oncology Navigation

While under the care of the Sidney Kimmel Comprehensive Cancer Center, you have access to a team of navigators ready to assist you along the way. The SKCCC Oncology Navigation Team will be glad to help you arrange appointments, understand what to expect, and coordinate your care. Navigators will share information about the SKCCC support services available to you and will help you get connected to them. You can connect with a navigator by calling 215-955-8014.

Sidney Kimmel Comprehensive Cancer Center’s Tobacco Treatment Program

Our Tobacco Treatment Program is committed to ensuring that everyone who uses tobacco – whether they have cancer or not – has access to comprehensive treatment for their tobacco use. The program was established by a one-year, \$400,000 grant from the National Cancer Institute (NCI)’s Cancer Center Cessation Initiative (C3I), part of the Cancer Moonshot Initiative. Program offerings include; treatment plan, behavioral therapy and counseling and telehealth.

- Program Highlights
- Over 120 patients seen and treated
- Supported by the NCI P30 Cancer initiative
- 20% of patients referred have successfully quit smoking
- 100 patients have shown reduction in tobacco intakes
- Insurance coverage is available.

The Tobacco Treatment Program is run by Program Director Kuang-Yi Wen, PhD, and Tobacco Treatment Specialist, Nicole Bassounas, CRNP, CTTS. For more information, please use this link, <https://tinyurl.com/Smoking-Cessation24>

Mobile Cancer Screening

The Mobile Cancer Screening Van is the latest in a long line of innovation and technology advancements from the Sidney Kimmel Comprehensive Cancer Center. Thanks to a generous gift from Dietz & Watson, this mobile cancer screening van was designed specifically for Jefferson Health and provides a convenient way to receive a cancer screening with the same imaging technology we use at our facilities.

- Private changing rooms and mammogram area
- On average your mammogram takes less than 10 minutes
- Timely screening results are provided to you and your primary care
- A certified mammography technologist from Jefferson Health will perform each mammogram. Other cancer screenings will be performed by physicians or providers from Jefferson Health

If you would like to schedule the Mobile Cancer Screening Van for your organizations, please email SKCCScreeningvan@jefferson.edu or call 215-503-9673 for materials.

<https://tinyurl.com/MobileCancerScreening>

SKCCC Closed for the Holidays

Labor Day
September 2

Thanksgiving
November 28
November 29

Christmas
December 25

Community Engagement

Lisa Oakley Memorial Foundation Golf Tournament

Date: Monday, October 14, 2024
Location: Linwood Country Club | 500 Shore Road, Linwood, NJ 08221

For more information contact: Info@lisaokleymemorialfoundation.org

14th Annual Helen’s Angels Tinis for Tatas

Date: Thursday, October 24, 2024 | 5pm-8pm
Location: VUE on 50 | 1717 Arch Street, 50th Floor, Philadelphia, PA 19103

For more information visit: www.helensangels.org/tinis-for-tatas/

Paige S. Tibbetts Legacy Fund Wine Tasting

Date: Saturday, November 16, 2024 | 5pm – 7pm
Location: Oberod Estate | 400 Burnt Mill Road, Wilmington, DE 19807

For more information visit: www.paigefund.org/

Live Like V Festival – Live Music and Food Trucks

Date: Saturday, September 7, 2024 | 12pm – 9pm

Location: Old Hights Brewing Company | 123 West Ward Street, Hightstown, NJ 08520

For more information visit: www.oldhightsbrewingcompany.com/in-a-dream-collaboration

2nd Annual Pete Ruggieri Memorial 0.0 Run

Date: Sunday, September 8, 2024 | 2pm-5pm
Location: Phantom Power | 121 West Frederick St. Millersville, PA 17551

For more information visit: www.eventbrite.com/e/2nd-annual-pete-ruggieri-memorial-00-un-run-registration-964647896827

22nd Annual Jefferson Gala

Date: Thursday, November 21, 2024 | 5:30pm
Location: Pennsylvania Convention Center | 1101 Arch Street, Philadelphia, PA 19107

For more information visit: www.Jefferson.edu/gala

LEARN MORE ABOUT CLINICAL TRIALS AND HELP YOUR COMMUNITY!

Volunteering is important!

Jefferson Health offers cutting-edge research to improve technology, treatments, and standards of care. People like you, who volunteer, make research possible. Together, we can change the world!

Find the type of trial that’s right for you
Jefferson Health offers many types of research studies such as:

- Screening, Treatment, & Prevention
- Diagnostic & Genetic
- Quality of Life & Observational

Visit our clinical trials finder to see if there’s a trial for you. Learn about the types of Clinical Trials at Jefferson Health by scanning the QR code



Clinical Trials Finder:
JeffersonHealth.org/ClinicalTrials



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