

March 2023





Sheri & Les Biller Patient and Family Resource Center

SUPPORT SERVICES CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
		1 11 am-12 pm Patient and Family Welcome and Orientation 1-3 pm HCT Discharge Class for Caregivers 4-5:30 pm Young Adults Connecting 6-7 pm Tabaco Cesación En español	2 9:30-10 am Guided Meditation 12-1 pm You Lost Your Hair, Now What? Scalp Care Workshop 2-3 pm Understanding and Coping with Chronic Graft-Versus-Host-Disease (GVHD)	3 11 am-12 pm Patient and Family Welcome and Orientation 3-3:45 pm Musicians on-call
6 10-11 am Gentle Restorative Yoga 12-1 pm Grupo de Apoyo para Cuidadores 3-5 pm Tobacco Cessation	7 11 am-12 pm Patient and Family Welcome and Orientation 6-8 pm Tobacco Cessation	8 11 am-12 pm Patient and Family Welcome and Orientation 12-1:30 pm Caregivers Connect 4-5:30 pm Young Adults Connecting 5:30-7:30 pm Living With Metastatic Breast Cancer Support Group 6-7 pm Tabaco Cesación En español	9 9:30-10 am Guided Meditation	10 11 am-12 pm Patient and Family Welcome and Orientation 3-3:45 pm Musicians on-call <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin-top: 10px;"> Saturday March 11 Chinese American Cancer Health Education Network and Support Group </div>
13 10-11 am Gentle Restorative Yoga 3-5 pm Tobacco Cessation	14 11 am-12 pm Patient and Family Welcome and Orientation 1:30-3 pm Express Yourself Through Art 6-8 pm Tobacco Cessation	15 11 am-12 pm Patient and Family Welcome and Orientation 1-2 pm Look Good Feel Better 1-3 pm HCT Discharge Class for Caregivers 4-5:30 pm Young Adults Connecting 6-7 pm Tabaco Cesación En español	16 9:30-10 am Guided Meditation 6-7 pm End of Life Option Act (EOLOA) Virtual Café	17 11 am-12 pm Patient and Family Welcome and Orientation 12-1 pm Look Good Feel Better 3-3:45 pm Musicians on-call
20 10-11 am Gentle Restorative Yoga 12-1 pm Grupo de Apoyo para Cuidadores 3-5 pm Tobacco Cessation 3-4 pm Look Good Feel Better	21 11 am-12 pm Patient and Family Welcome and Orientation 12-1:30 pm Couples: Essential Skills for Overcoming the Challenges of Cancer Together 3-5 pm Clase de alta de trasplante para cuidadores 3-4 pm Look Good Feel Better 6-8 pm Tobacco Cessation	22 11 am-12 pm Patient and Family Welcome and Orientation 12-1:30 pm Caregivers Connect 2-3 pm Look Good Feel Better 6-7 pm Tabaco Cesación En español	23 9:30-10 am Guided Meditation	24 11 am-12 pm Patient and Family Welcome and Orientation 3-3:45 pm Musicians on-call
27 10-11 am Gentle Restorative Yoga 3-5 pm Tobacco Cessation	28 11 am-12 pm Patient and Family Welcome and Orientation 1:30-3 pm Express Yourself Through Art 6-7:30 pm Prostate Cancer Support Group 6-8 pm Tobacco Cessation	29 11 am-12 pm Patient and Family Welcome and Orientation 6-7 pm Tabaco Cesación En español	30 9:30-10 am Guided Meditation	31 11 am-12 pm Patient and Family Welcome and Orientation 3-3:45 pm Musicians on-call

Please note: Unless otherwise specified, all classes are open to patients and caregivers ages 18 and

<p>Caregivers Connect</p> <p>Connect with other caregivers, share their stories, reduce stress and find support.</p> <p>Who: Caregivers of loved one with cancer, community caregivers welcome.</p> <p>When: 2nd and 4th Wednesday of the month 12–1:30 pm</p> <p>Register: caregiversconnect@coh.org</p> <p>More information at cityofhope.org/caregivers</p>	<p>Couples: Essential Skills for Overcoming the Challenges of Cancer Together</p> <p>Join this group to learn and gain tips and tools on how to strengthen relationships, enhance open and honest communication, problem solving skills and more.</p> <p>Who: Patients and their significant others</p> <p>When: 3rd Tuesday of the month 12–1:30 pm</p> <p>Register and Questions: Lynne Thomas at 626-218-8406 or lythomas@coh.org</p>	<p>Chinese American Cancer Health Education Support Network and Group</p> <p>Health education and support in Mandarin.</p> <p>When: Meets 2nd Saturday of the month from 10 a.m.-12 pm</p> <p>To RSVP call: 626-535-3983</p> <p>Connect via Zoom.US Meeting ID: 945 1715 7292 Passcode: 906281</p>	<p>Clase de alta de Trasplante para Cuidadores</p> <p>Venga a aprender cómo cuidar a su ser querido en casa después del trasplante de medula ósea.</p> <p>Quien: Para pacientes y sus familias</p> <p>Cuando: 3^{er} martes del mes de 3 a 5 pm</p> <p>Clase en vivo(virtual): Llama a la oficina de Trabajo Social Clínico a 626-218-2282 o HCTDischargeClass@coh.org</p>	<p>Express Yourself Through ART!</p> <p>Dive into the creative process of art. Explore drawing, collage, crafts and more. No previous art experience necessary. Art Therapy can help decrease stress, anxiety and enhance overall well-being.</p> <p>Who: Patients and caregivers</p> <p>When: 2nd and 4th Tuesday of the month from 1:30–3:00 pm</p> <p>Register: patientart.eventbrite.com</p> <p>Questions: 626-218-2273 or BillerResourceCenter@coh.org</p>	<p>Grupo de Apoyo para Cuidadores - ¡Cuidadores con esperanza, poder y conexión! – Las reuniones serán en persona</p> <p>Asistir a un grupo de apoyo le ayudara usar las herramientas necesarias para sobrellevar la experiencia del cáncer como cuidador. ¡Inscríbese hoy!</p> <p>Para inscribirse contacte Krystle Khalaf 626-218-1795 o Kkhalaf@coh.org</p>
<p>Gentle Restorative Yoga</p> <p>No previous experience required, class is as strenuous or as gentle as you want it to be. Class has been designed with you, the patient and/or caregiver, in mind.</p> <p>Who: Patients, caregivers and the community</p> <p>When: Mondays 10–11 am</p> <p>Register: patientyoga.eventbrite.com</p> <p>Questions: 626-218-2273 or BillerResourceCenter@coh.org</p>	<p>Guided Meditation</p> <p>Start your morning with a rejuvenating meditation to help set the tone for the rest of your day. Meditation can help decrease stress, anxiety and help improve insomnia.</p> <p>Who: Patients, caregivers and the community</p> <p>When: Thursdays 9:30-10 am</p> <p>Register: patientmeditation.eventbrite.com</p> <p>Questions: 626-218-2273 or BillerResourceCenter@coh.org</p>	<p>HCT Discharge Planning Class for Caregivers Class also available in Spanish</p> <p>Learn how to prepare to take your loved one home post-transplant as well as how to care for them and yourself. Led by clinicians.</p> <p>Who: Patients and caregivers</p> <p>When: 1st and 3rd Wednesday of the month from 1–3 pm</p> <p>Register and Questions Contact: Madeline Santoyo 626-218-2523 or Tina Patatanyan 626-218-9938 or email HCTDischargeClass@coh.org</p>	<p>Living with Metastatic Breast Cancer Support Group</p> <p>Benefit from the wisdom of patients and get the latest medical updates from our clinical experts. Group is a safe space to share with others.</p> <p>Who: Metastatic breast cancer patients only</p> <p>When: 2nd Wednesday of the month from 5:30–7:30 pm</p> <p>Register: Jenny Lu at 626-218-8407 or email jenlu@coh.org</p>	<p>Look Good Feel Better Workshops</p> <p>Live instruction, tips, and tricks for dealing with the visible side effects of cancer treatment.</p> <p>Register: bit.ly/3GpAzDu Code: CI91010</p> <p>Note: must register two weeks in advance to receive kit prior to start of class.</p> <p>Questions: 626-218-3842 or BillerResourceCenter@coh.org</p>	<p>Musicians on Call Live Music </p> <p>Live weekly performances for City of Hope patients and families. Join via the web; will need Internet access to catch the show.</p> <p>Who: All patients and their families</p> <p>When: Fridays 3–3:45 pm</p> <p>Join: bit.ly/3m63SQc Code: coh</p> <p>Questions: 626-218-2273 or BillerResourceCenter@coh.org</p>
<p>Prostate Cancer Support Group</p> <p>Join to obtain educational information, share experiences and more.</p> <p>Who: Prostate cancer patients and their spouses/partners</p> <p>When: Last Tuesday of the month 6–7:30 pm</p> <p>Register and Questions: Contact Kathleen Burns at 626-218-1188 or kaburns@coh.org</p>	<p>Tobacco Cessation Support Group</p> <p>Learn strategies to overcome withdrawal symptoms and to break habits that link to and trigger tobacco use.</p> <p>When: Mondays 3–5 p.m. and Tuesdays 6–8 p.m.</p> <p>En español miércoles 6–7 pm</p> <p>Register: smokingcessation@coh.org or 626-218-9114</p>	<p>Understanding and Coping with Chronic Graft-versus-Host Disease (GVHD)</p> <p>Learn what chronic GVHD is and how to manage symptoms, benefit from the wisdom of other patients, get practical tips and support. Learn ways of coping.</p> <p>Who: patients with chronic GVHD diagnosis</p> <p>When: 1st Thursday of the month 2–3 pm</p> <p>Register: ebarrios@coh.org</p>	<p>Women’s Cancer Support Group</p> <p>Find support and learn from others.</p> <p>Who: patients with breast or gynecological cancer, stages 1, 2, and 3.</p> <p>When: Group meets 2nd Tuesday of each month from 5–6:30 pm</p> <p>Register: Lisa Donley-Lanyi 626-218-8049 or Ldonley-Lanyi@coh.org</p>	<p>You Lost Your Hair, Now What? Scalp Care Workshop </p> <p>Learn about hair loss and ways to manage it. Topics include chemotherapy-induced Alopecia, cold capping, post-chemo hair and more.</p> <p>Who: Anyone with a cancer diagnosis</p> <p>When: March 2 from 12-1 pm.</p> <p>RSVP: cityofhope.org/PositiveImage</p> <p>Questions: Maiya Spinks 626-218-9105 or mspinks@coh.org</p>	<p>Young Adults Connecting</p> <p>Join to meet other young adults who get you and what you are going through. Connect through Zoom.</p> <p>Who: Young adults ages 18-39</p> <p>When: Wednesdays Jan 25- March 15 from 4-5:30 pm</p> <p>Register and Questions: email aya@coh.org</p>
<p>Patient and Family Welcome and Orientation – Virtual and In-Person </p> <p>Learn who to call for answers and support, how to maximize your appointment time, discover helpful resources and more. Open to patients, families, and caregivers.</p> <p>Virtual: Tuesdays 11 am-12 pm Register virtual class: event.cityofhope.org/patientorientation/home</p> <p>In Person: Wednesdays and Fridays 11 am –12 pm at Biller Resource Center Register In-Person: PatientEducation@coh.org</p>			<p>End of Life Option Act (EOLOA) Virtual Café </p> <p>Are you curious about the EOLOA and Medical Aid-in-Dying at City of Hope? Learn about the law in California, how EOLOA works at City of Hope, explore myths versus facts, ask questions confidentially using the chat feature, and more. Led by clinicians.</p> <p>When: March 16 from 6-7 pm Where: Virtual Café on Zoom R.S.V.P. by email at EOLOA@coh.org</p>		