

CONNECTIONS

INTEGRIS Troy & Dollie Smith
Cancer Center

April 2009



Celebration of Life and Art

It is time for the 15th Annual Celebration of Life and Art Exhibit.

Important dates to remember:

April: Entry forms will be mailed and on the internet at www.integrisk.com

May 15th: Return entry forms by mail, fax or on line

June 1st (Monday) Deliver artwork to Troy & Dollie Smith Cancer Center Library

June 6th (Friday): Opening Reception and Awards Ceremony

July 10th: Pick up art from the Troy & Dollie Smith Cancer Center Library

Any child, adult, and in-between may enter this art exhibit with work in any media. Both amateur and professional artists welcome.

Call Pat Lynn Moses at 949-3775 to request an entry form and/or volunteer to set-up and take down.

Thanks and we look forward to sharing this exciting event with you!

"LUNCH BUNCH" BREAST CANCER SUPPORT GROUP

Wednesday, April 1st

12 noon to 2 p.m.

Meet at the Troy & Dollie Smith Cancer Center Library. Call 943-HOPE (4673) no later than Monday, March 2nd at NOON. Reservations are required.

Lunch provided by the
Santa Fe Cattle Co.

Linda Marie Wiist, Esthetician, will discuss skin care for women currently undergoing or post cancer treatments.

April 19 - 25 is National Volunteer Appreciation Week.

We salute our very special volunteers for helping us provide programs and services to our cancer patients, their loved ones and the community.

Support Groups



Anyone impacted by leukemia, lymphoma, or other blood cancer is invited to participate in this free monthly support group, regardless of where they were treated. For more information, contact Sherry Martin, Patient Services Manager (405) 943-8888.



LOOK GOOD...FEEL BETTER®

For women in cancer treatment. And in charge of their lives.

Are you a woman in active cancer treatment? If so come to the Look Good Feel Better program!

It's a free American Cancer Society program, sponsored by INTEGRIS Health, that teaches how to cope with skin changes and hair loss.

A trained volunteer cosmetologist conducts a class of 8 to 12 women. Class members get new ideas, a free makeup kit, learn new things and have fun too! Friends are welcome to come with you. Seating is limited so call today!

Our next class times are below:

**Thursday, April 23rd
2 to 4 pm**

ISMC Central OK Cancer Center
Call Janna Taylor at 636-7982

**Tuesday, May 12th
1 to 3 pm**

IBMC Troy & Dollie Smith Cancer Center

Refreshments provided by Panera Bread.

Call Lana Hale at 949-3394

Save the date!

Sunday, June 7, 2009

Celebration of Life

National Cancer Survivors Day



JOURNALING GROUP

Saturday, April 4th

9:30 to 11:30 a.m.

The Journaling Group meets in the Troy & Dollie Smith Cancer Center Library on the first floor of the Cancer Center, Building D, at INTEGRIS Baptist Medical Center. No writing experience is necessary to participate. You may bring your personal journal or use paper and pens furnished at the meeting.

**New Meeting Place!!!
Support & Education for People with Head & Neck Cancer
Belle Isle Branch of the OKC Public Library
5501 North Villa, Oklahoma City**

We will now meet the first Thursday of each month @ the Belle Isle Library from 6 to 7:30 p.m. If you have any questions, please call Brad Quillen at 842-3222.

“Wheels to Wellness”

The Troy & Dollie Smith Cancer Center is able to provide transportation FREE of charge through the efforts of generous donors who purchased the Cancer Center Van. Our kindhearted volunteers and staff help make this service possible. Many of our patients would not be able to find transportation to travel to and from their appointment requirements.

If you or a loved one needs assistance with transportation for chemotherapy or radiation appointments to Baptist, Cancer Care Associates Baptist or Lakeside campus or Cancer Specialists of Oklahoma, please contact Sylvia Dillard at 951-2438.

**For all support groups:
No fragrances (including hair products, scented lotions, etc.) please, as many members are very sensitive.**

GRUPO DE APOYO DE CANCER EN ESPANOL

7 de Abril

Las reuniones se llevaran a cabo en la sola espera del INTEGRIS Southwest Medical Centre, Cancer Centre de 6:00 PM a 7:00 PM. Para información llamar al INTEGRIS HealthLine 951-2277 # 2 para Español.

“STITCHING FOR SANITY” & “WINGS OF HOPE”

Meets on Mondays, April 6th and 20th, 12:30 – 2:30 p.m. in the Troy & Dollie Smith Cancer Center Library, 1st floor of Building D, INTEGRIS Baptist Medical Center.

Stitching for Sanity is open to anyone interested in knitting and/or crocheting lap robes and afghans to be given to persons currently in treatment for cancer. We have donated yarn, and instruction is available.

In the “Wings of Hope” Group, we learn and practice the ancient art of Origami to create butterflies to be attached to cards to be given to newly diagnosed persons. Beginners are welcome – instruction is available.



“*Us Too!*” recognizes the special needs of prostate cancer patients and their families and provides a chance for participants to discuss problems and anxieties related to prostate cancer, with the ultimate goal of improving

quality of life.

This is for the newly diagnosed, multiple-year survivor & every one in between. Spouses also invited.

Date: **Tuesday, April, 21st**

Time: **6:00 to 7:30 p.m.**

Where: **Conference Rooms F & G**

Basement INTEGRIS Baptist Medical Center

Call INTEGRIS Troy & Dollie Smith Cancer Center at 943-4673 or call Deaconess Cancer Center at 604-4298 for more information. *Subsequent*

“DARE TO CARE”

YOGA CLASSES

Tuesdays: 5:45 p.m. , Studio 3

Thursdays: 9:00 a.m. Studio 3

Classes are coed, very basic, beginner Yoga, and are held at INTEGRIS PACER Fitness Center, 5520 N. Independence. *It is necessary to contact Pat Lynn Moses, 949-3775 to sign up. Always get your Doctor's approval before beginning any type of exercise program.* Please wear comfortable exercise clothing to class, and participants will need to bring their own yoga ‘sticky’ mat.

People Connected By Cancer

Saturday, April 18, 2009

9:00 a.m. to 1:00 p.m. at the [Chesapeake Boathouse](#) on the Oklahoma River
725 S. Lincoln Blvd., Oklahoma City

www.okpcbc.org for maps and directions

*An opportunity to connect to people, information and resources about the cancer journey
Free admission and dragon boat rides*

About the Event

There are approximately 116,000 cancer survivors in Oklahoma, and it is estimated that an additional 65,000 Oklahomans will join the survivor ranks over the next five years. These numbers do not include the caregivers, families and friends whose lives are significantly altered by this disease.

In most cases, this group of Oklahomans is completely unaware of the support and services available to them simply because this information is not readily available in one place. People Connected By Cancer brings together local and national experts and organizations to provide this community of Oklahomans with the necessary information and answers during the cancer journey.



People Connected By Cancer is an annual event connecting people to free information and resources and is an opportunity for survivors, caregivers, families and friends to learn about the vast network of statewide support and services.

Information and topics at People Connected By Cancer will include:

- Support Groups
- Caregiver & Family Support
- Relationships
- Nutrition
- Expressive Therapies
- Exercise
- Cancer Check Lists
- Symptom Management
- Advocacy
- Spirituality
- Job-Related & Social Issues
- Stress Immune System
- Finances
- Children Concerns
- End of Life



People Connected By Cancer will include participants, partners and sponsors associated with institutions and organizations from the across state. They will all come together in one place at one time to serve and inform this community of Oklahomans. For more information or questions about the event please call (405) 271-2108 or e-mail Dan Brackett at daniel-brackett@ouhsc.edu.

INTEGRIS Troy & Dollie Smith

3300 NW Expressway, 100-4210
Oklahoma City OK 73112

Phone: (405) 949-3154
Fax: (405) 945-5478
Email: Cathy.Christian@integrisok.com

Phone: HOPE Line 943-4673

We're on the web!

www.integrisok.com

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