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Special note for those attending support groups:

- Please avoid the use of scented hair products, lotions, and perfume. Many support group members are very sensitive to fragrances.



SEPTEMBER 2009

INTEGRIS
TROY & DOLLIE SMITH
Cancer Center
BAPTIST MEDICAL CENTER

Connections

Women's Health Workshop Exploring Simplicity: The Basics of Myself

Saturday, September 26th from 9:30AM to 12:30PM
Troy & Dollie Smith Cancer Center Lobby

**Please bring \$10.00 to cover art supplies and light refreshments.*

Learn how to use the basic tools of writing and artmaking to explore how we developed our present self-identity and how we can get back to our roots.

Wear comfortable clothing that can withstand a few splashes of paint.

To sign up, call (405) 951-2277. For questions about the workshop, call Pat Lynn Moses at (405) 949-3775.



Wellness Retreat - "No Tricks, All reTREAT"

Saturday, October 31st
St. Crispin's Episcopal Conference Center, Wewoka, OK

This retreat is designed for cancer survivors and their support person. Learn how to relax and deal with day to day challenges in a fun and supportive environment.

The cost is \$15.00 per person, which includes a continental breakfast, lunch, snack, a t-shirt, and activity materials.

For more information, call (405) 949-9763.

Individual Counseling Available

Free counseling is available for people affected by cancer, and their families. Counseling is provided by a board certified Art Therapist and Licensed Professional Counselor. Sessions are available by appointment only.

Call (405) 949-3775 to schedule your appointment.



Free “Dare to Care” Yoga Classes

Tuesdays: 5:45PM Studio 3

Thursdays: 9:00AM Studio 3

INTEGRIS Pacer Fitness Center, 5520 N. Independence, Oklahoma City

****Please contact Pat Lynn Moses at (405) 949-3775 for information and to sign up.***

This is a coed, beginner Yoga class. Please wear comfortable exercise clothing. Each participant must bring a yoga “sticky” mat.

****Always get your Doctor’s approval before beginning any type of exercise program.***



Journaling Group

Saturday, September 5th from 9:30AM to 11:30AM

Troy and Dollie Smith Cancer Center Library

Writing experience is not necessary to participate. You may bring your personal journal or use paper and pens furnished at the meeting.



Stitching for Sanity & Wings of Hope

Monday, September 7th and 21st from 12:30PM to 2:30PM

Troy & Dollie Smith Cancer Center Library

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, learn and practice the ancient art of Origami. We create butterflies to be attached to cards that are given to newly diagnosed persons. Beginners are welcome and instruction is available.

Race for the Cure

Saturday, October 10th starting at 8:15AM

AT&T Bricktown Ballpark in Oklahoma City

Join Team INTEGRIS in supporting the 2009 Race for the Cure. All INTEGRIS team members will receive the Komen Race Day t-shirt and Team INTEGRIS t-shirt. T-shirts will be available on a first come, first served basis.

Online registration is the best way to sign-up. Go to www.komencentralok.org. Select “Race for the Cure”, then “Join an Existing Team”. For Team Name, type “INTEGRIS”. For Team Division, type “Hospital”. Locate Integris Baptist-Cancer Center and click on the “Join Team” tab. Contact Sylvia Dillard at (405) 951-2438 if you have any questions. The deadline to sign-up is October 1st.



JOIN OUR TEAM!

Grupo de apoyo de cancer en español

1 de Septiembre

Las reuniones se llevaran a cabo en la sala espera del INTEGRIS Southwest Medical Centre, Cancer Centre de 6:00 PM a 7:00 PM. Para información llamar al INTEGRIS HealthLine (405) 951-2277 # 2 para Español.



Lunch Bunch: Breast Cancer Support Group

Wednesday, September 2nd from 11:30AM to 1:30PM
Troy and Dollie Smith Cancer Center Library

Don Landis, Physical Therapist, will discuss Lymphedema and answer your questions about the condition.

Reservations are required. Call (405) 951-2691 and leave a message by 12:00PM on Tuesday, September 1st to make your reservation.



Head & Neck Cancer Support Group

Thursday, September 3rd from 6:00PM to 7:30PM
Belle Isle Branch of the OKC Public Library, 5501 North Villa, Oklahoma City

If you have any questions, please call Brad Quillen at (405) 842-3222.



“Us Too!” Prostate Education & Support Group

Tuesday, September 15th from 6:00PM to 7:30PM
Deaconess Medical Offices North, 5701 N. Portland, Oklahoma City
Lower Level, Conference Rooms A,B,C

“Us Too!” recognizes the special needs of prostate cancer patients and their families. Participants discuss problems and anxieties related to prostate cancer, with the ultimate goal of improving their quality of life. Spouses are also invited.

Dr. Coles will give a Prostate Cancer update. Call INTEGRIS Troy & Dollie Smith Cancer Center at (405) 943-4673 or Deaconess Cancer Center at (405) 604-4298 for more information.



Blood Cancers Support Group

Persons impacted by leukemia, lymphoma, or any other type of blood cancer are invited to participate in this free monthly support group.

For more information, contact Sherry Martin at (405) 943-8888.





INTEGRIS

TROY & DOLLIE SMITH
Cancer Center
BAPTIST MEDICAL CENTER

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We're on the Web!

<http://www.tdscs.integrisk.com>

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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.

If you need assistance with transportation for chemotherapy or radiation appointments to Baptist, Cancer Care Associates at Baptist, Cancer Care Associates at Lakeside, or Cancer Specialists of Oklahoma, please contact Sylvia Dillard at (405) 951-2438.

A New Book at the Cancer Center Library

The Heart's Journey: Memoirs, Stories and Poems is available for purchase (\$15) and may also be checked out of our Library. This anthology is a collection of stories from the Journaling Group that were compiled by Dorothy Alexander.

Videos, audio tapes, books, and other educational materials are also available for checkout in our Library. A computer is available for cancer patients that want to do research on their disease.

Materials can be checked out for a month and may be renewed if necessary. The library is open Monday through Friday from 8:30AM till 4:30PM.

Call (405) 943-HOPE (4673) for additional information.

