

Special note for those attending support groups:

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



Connections

22nd Annual Celebration of Life Event

The 22nd Annual Celebration of Life will take place on Sunday, June 7th from 1:00PM – 3:00PM at the National Cowboy and Western Heritage Museum, which is located at 1700 N.E. 63rd Street in Oklahoma City.

A complimentary lunch, survivor recognition, and butterfly release will take place during this annual event.

We are delighted to have Zora Brown, a cancer survivor and community leader, as our keynote speaker. Admission to this event is free, but reservations are required. Please call the INTEGRIS HealthLine at (405) 951-2277 to make reservations for you and your family.

Shuttle service from the overflow parking area on the museum's east side will be available from 12:00PM - 4:00PM.

This event is presented by the INTEGRIS Cancer Institute of Oklahoma, INTEGRIS Troy & Dollie Smith Cancer Center, and co-sponsored by ProCure Proton Therapy Center.



Zora Brown

Founder and chairperson of the Cancer Awareness Program Services and Breast Cancer Resource Committee Inc. She is also Special Assistant to the CEO for Health and Cultural Affairs, INTEGRIS Health.

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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. Without this service, many of our patients would not be able to find transportation to travel to and from their appointments.

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 951-2438.





Stitching for Sanity & Wings of Hope

Monday, May 4th and 18th, 12:30PM – 2:30PM

Meets in the Troy & Dollie Smith Cancer Center Library on the first floor of the Cancer Center, Building D, at 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, 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.



“Dare to Care” Yoga Classes

Tuesdays: 5:45PM Studio 3

Thursdays: 9:00AM Studio 3

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

Contact Pat Lynn Moses at 949-3775 to sign up.

This is a coed, beginner Yoga class. Please wear comfortable exercise clothing. Be sure to bring a yoga “sticky” mat.

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



“Us Too!” Prostate Education & Support Group

Tuesday, May 19th from 6:00PM - 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.

This group is for the newly diagnosed, multiple-year survivor, and everyone in between. Spouses are also invited. Call INTEGRIS Troy & Dollie Smith Cancer Center at 943-4673 or Deaconess Cancer Center at 604-4298 for more info.



Blood Cancers

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.



Journaling Group

Saturday, May 2nd from 9:30AM to 11:30AM

Meets in the Troy & Dollie Smith Cancer Center Library on the first floor of the Cancer Center, Building D, at INTEGRIS Baptist Medical Center.

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



Lunch Bunch

May 6th at 12:00PM

Troy and Dollie Smith Cancer Center

Reservations are required. Please call 951-2691 by noon on Tuesday, May 5th to make a reservation. Lunch will be provided by Santa Fe Cattle Company.

Shawn Jones will teach the ins and outs of proper make-up techniques and the newest make-up trends for spring and summer.

Come join us for a fun time with good food, good information and good friends!



Head & Neck Cancer Support Group

Thursday, May 7th 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 842-3222.



Look Good...Feel Better

Tuesday, May 12th from 1:00PM to 3:00PM

INTEGRIS Baptist Medical Center Troy & Dollie Smith Cancer Center

Call Lana Hale at 949-3394 to sign up.

Refreshments provided by Panera Bread.

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 you 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, and have fun too! Friends are welcome to come with you. Seating is limited so call today!




INTEGRIS

TROY & DOLLIE SMITH
Cancer Center
BAPTIST MEDICAL CENTER

PSRT STD MAIL
U.S. POSTAGE PAID
OKLA CITY, OK
PERMIT 1286

3300 NW Expressway, 100 - 4210
Oklahoma City, OK 73112

Phone: 405-949-3154

Fax: 405-945-5478

We're on the Web!

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



Grupo de apoyo de cancer en español

12 de Mayo

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.

15th Annual Celebration of Life & Art Exhibit

Any child, adult, and in-between may enter this art exhibit with work in any media. Both amateur and professional artists are welcome. Here are some important dates to remember:

April: Entry forms will be mailed. They will also be available on the Internet at: <http://www.tdscs.integrisk.com>. Look for "Celebration of Life and Art Exhibit" in the middle section and click on "Download Brochure" to get your entry form.

May 15th: (Friday): Return entry forms by mail. You can also fax it to 945-5478.

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

June 5th (Friday): Opening Reception and Awards Ceremony

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

Call Pat Lynn Moses at 949-3775 to request an entry form and to volunteer your time. Volunteers are needed to set-up and break down equipment.

