



THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center

Making Cancer History®

Survivorship Week 2024 Calendar of events

MD Anderson celebrates cancer survivors and their caregivers June 2-8 to commemorate National Cancer Survivors Day, held annually on the first Sunday in June. Events will be held online to provide a safe, accessible event and reduce the spread of infection.

These events help us honor all patients, from the time of diagnosis throughout their life during and after treatment. Family members, friends and caregivers also are affected by cancer and are invited to join us at these virtual events.

Monday, June 3

askMDAnderson

10-11 a.m.

Join via Zoom

Janice Finder, RN, MSN, AskMDAnderson executive director

With a cancer diagnosis comes many questions, and askMDAnderson has answers. Our knowledgeable staff will listen to patients' questions and help them understand cancer, make decisions about their care, communicate with their health care team and help guide them. The askMDAnderson teams are made up of specially-trained individuals who help people find answers to their questions about MD Anderson and clinicians to provide our patients support after they leave the hospital and clinic.

The teams include:

- Registered nurses and advanced practice providers
- Health information specialists
- Patient services operators

www.MDAnderson.org/SurvivorshipWeek

Monday, June 3

The Art of Musical Healing

Noon

Main Building, Floor 2, The Park

You are invited to experience the rejuvenating power of a piano recital performed by Dr. Mei Rui, Assistant Professor of Neurosurgery, the founder and Director of Music-in-Medicine at MD Anderson, and an internationally acclaimed concert pianist. Dr. Rui has collaborated with eminent artists including Itzhak Perlman and Emanuel Ax, and performed in the most prestigious venues around the globe including a season-opening recital at the Louvre Auditorium in Paris.

Starting and Sustaining Anti-cancer Living

Noon-1 p.m.

Join via Zoom

Lorenzo Cohen, Ph.D., Richard E. Haynes, distinguished professor in Clinical Cancer Prevention and director of the Integrative Medicine Program

Alison Jefferies, MEd, is a nationally board-certified wellness coach (NBHWC), author and educator

In a world flooded with health advice, do you find yourself longing for clear, basic steps to kick off your journey toward better health? In this interactive and dynamic presentation, Dr. Lorenzo Cohen and Alison Jefferies will share the latest scientific findings along with practical advice on effective ways to improve your health, reduce your risk of cancer, and improve outcomes for those with cancer. You will gain personalized insights you can use to develop your own action plan. It all starts with the simple choices you make every day.

Your Body and Mind After Cancer: Sex and Intimacy

Post Diagnosis and Treatment

1-2 p.m.

Join via Zoom

Jillian Bissar, MSSW, LCSW-S, social work supervisor

This session will explore common physical and psychological states that may impact sex and intimacy due to cancer.

Tuesday, June 4

Advance Directives

10-11:30 a.m.

[Join via Zoom](#)

Tatiana Fincham, LCSW, senior social work counselor

Join this discussion about Advance Directives (Medical Power of Attorney, Directive to Physicians, i.e., Medical Living Will, Disposition of Remains and Texas Out of Hospital DNR). Each document will be reviewed, with a question and answer session at the end of the presentation. For more information about Advance Care Planning and Advance Directives, go to MDAnderson.org/AdvanceCarePlanning.

The Scientific Applications and Clinical Impact of Music-in-Medicine with Live Demonstration

Noon

[Join via Zoom](#)

Did you know that 30 minutes of listening to relaxing classical music can significantly reduce inflammatory biomarkers and stress hormones detected in your blood? In this presentation, Dr. Mei Rui—Assistant Professor of Neurosurgery, Director of Music-in-Medicine, and internationally acclaimed concert pianist—will introduce her Music-in-Medicine Initiative, which harnesses music-based interventions and world-class live in-hospital concerts to enhance wellness and clinical outcomes for cancer patients, caregivers and health care providers at MD Anderson and beyond. She will introduce innovative, multidisciplinary clinical trials assessing the neurophysiological impact of music-based interventions on peri- and intra-operative stress, anxiety, pain, sleep, and recovery. You will also learn about the science behind using prescribed music intervention to optimize the acoustic environment of care and improve surgeon performance in the operating room.

Brow Techniques for Any Stage of Hair Loss and Regrowth

1-1:30 p.m.

[Join via Zoom](#)

Jeanna Doyle and **Rae Gibbons**

Learn how to recreate natural-looking brows and lashes during periods of shedding or regrowth. Discover simple techniques that provide long-lasting results and the illusion of full, natural brows and lash line.

Survivorship Week 2024

Calendar of events

Tuesday, June 4

Skin Care Tips for Before, During and After Treatment

2-2:30 p.m.

[Join via Zoom](#)

Jeanna Doyle and **Rae Gibbons**

This course offers information on how to care for your skin before, during and after treatment and insights on sun protection, hydration and best practices.

Labyrinth

2:30-3:30 p.m.

[Join via Zoom](#)

The Labyrinth is viewed as a metaphor for life and offers lessons as we walk or trace the path. Walking or tracing the labyrinth can help us address challenges, meditate, and find peace and serenity. The path helps us become still and centered. Join us to learn and experience this meditation practice.

Wednesday, June 5

Psychosocial Concerns for Cancer Patients and Caregivers - How to Support Your Loved One

10-11 a.m.

[Join via Zoom](#)

Kendolyn Shankle, LCSW, senior social work counselor

This session will cover psychological concerns for cancer patients and caregivers. Get tips for how to support your loved one with cancer.

Wednesday, June 5

Active Living After Cancer - Educate & Exercise: Dance Through Survivorship (Hybrid)

11 a.m.-noon

Join via Zoom

Meeting ID: 883 0381 2443 | Passcode: 259712

**In-Person Location: 2280 Gulf Fwy S, League City, TX 77573
(LCC2.1001A)**

Carol A. Harrison, M.Ed., behavioral science program manager, senior clinical exercise physiologist, cancer exercise trainer

Christin Brehm, PT, DPT

Grace Goodnight

It's time to move! Get ready for a high-energy, low-impact dance workout that's so fun you'll forget you're working out! In this session, you will also learn tips and tricks that will help increase your physical activity as a cancer survivor.

Resource Fair: Wellness

11 a.m.-noon

Join via Zoom

Join us to learn more about the various resources available to patients, caregivers and survivors at MD Anderson. Participants will hear a brief overview of various services and have a chance to speak one on one with representatives from each group in smaller breakout rooms.

Wednesday, June 5

Active Living After Cancer - Cooking Up Cancer-fighting Foods (Hybrid) **Noon-1 p.m.**

Join via Zoom

Meeting ID: 871 4266 3237 | Passcode: 472136

**In-Person Location: 2280 Gulf Fwy S, League City, TX 77573
(LCC2.1001A)**

Carolina Moreno, CHW, ALAC facilitator

Yadira Peña, PhD, MBA, CHW-I, ALAC facilitator

Katie Roberts, RD, MPH, senior clinical dietitian

Alyssa Tatum; RD, LD, CNSC, senior clinical dietitian

Natalie Carmouche, MS, RD, CSO, LD, senior clinical dietitian

Beverly Rodgers, RD, LD, CNSC, CSO, senior clinical dietitian

Eating healthy doesn't have to be boring! Learn more about nutritious foods that will fuel you and taste how good healthy eating can be. Bring your utensils and nutrition questions as we cook up a healthy recipe that will help survivors continue a healthy diet after cancer.

Fertility and Family Planning After Cancer Treatment

1-2 p.m.

Join via Zoom

Meeting ID 896 5857 3831, Passcode: 196262

Terri Woodard, MD - associate professor in the Department of Gynecologic Oncology and Reproductive Medicine, Division of Surgery at The University of Texas MD Anderson Cancer Center

Fertility is a concern for many cancer survivors. Unfortunately, many of the treatments that successfully treat cancer can cause infertility. Fortunately, there are several options that survivors have to help them grow their families after a cancer diagnosis. This talk will review how fertility is assessed after cancer treatment and the multiple strategies that can be used to achieve parenthood.

Wednesday, June 5

Labyrinth

2:30-3:30 p.m.

[Join via Zoom](#)

The Labyrinth is viewed as a metaphor for life and offers lessons as we walk or trace the path. Walking or tracing the labyrinth can help us address challenges, meditate, and find peace and serenity. The path helps us become still and centered. Join us to learn and experience this meditation practice.

Restorative Yoga for Adolescent and Young Adults (AYA)

6 p.m.

[Register here.](#)

Join a calming restorative yoga class where all movement is customized to your needs.

Open to all AYA patients (ages 18-39) and their caregivers. Hosted by Dan's House of Hope.

Thursday, June 6

Lymphedema

11 a.m.-noon

[Join via Zoom](#)

Sarah DeSnyder, assistant professor, Breast Surgical Oncology

Join the discussion on medical and surgical management of lymphedema.

Brow Techniques for Any Stage of Hair Loss and Regrowth

1-1:30 p.m.

[Join via Zoom](#)

Jeanna Doyle and **Rae Gibbons**

Learn how to recreate natural-looking brows and lashes during periods of shedding or regrowth. Discover simple techniques that provide long-lasting results and the illusion of full, natural brows and lash line.

Thursday, June 6

Active Living After Cancer - Rest & Refocus: Spirituality After Cancer (Hybrid)

1-2 p.m.

[Join via Zoom](#)

Meeting ID: 886 5595 6688 | Passcode: 173795

In-Person Location: 13900 Katy Fwy, Houston, TX 77079 (1WHC4.1030)

Rev. Naomi Nyendwa Sengebwila

Learn how to reach deeper inner healing and unlock your mind and body throughout survivorship.

Skin Care Tips for Before, During and After Treatment

2-2:30 p.m.

[Join via Zoom](#)

Jeanna Doyle and Rae Gibbons

This course offers information on how to care for your skin before, during and after treatment and insights on sun protection, hydration and best practices.

Young Adult Arts & Crafts

6:30 p.m.

[Register here.](#)

Tap into your creative side through fun arts and crafts Open to all AYA patients (ages 18-39) and their caregivers.

Note: Registration is required and ideally occurs at least 10 days prior to the activity so that supplies can be mailed at no cost to you by Dan's House of Hope.

Friday, June 7

Resource Fair: Support Services

11 a.m.-noon

Join via Zoom

Join us to learn more about the various resources available to patients, caregivers and survivors at MD Anderson. Participants will hear a brief overview of various services and have a chance to speak one on one with representatives from each group in smaller breakout rooms.

Active Living After Cancer - Educate and Exercise: Train Smarter Not Harder (Hybrid)

Noon-1 p.m.

Join via Zoom

Meeting ID: 875 0917 5105 | Passcode: 157513

**In-Person Location: 1327 Lake Pointe Pkwy,
Sugar Land, TX 77478 (SLTC1.1091)**

Grace Goodnight, exercise physiology technologist
Active Living after Cancer (ALAC) team

In this guided workout designed specifically for cancer survivors, learn proper strength training movements that will give you the confidence you need to feel SURVIVOR STRONG.

Advance Directives

1-2:30 p.m.

Join via Zoom

Ellie Vincent, MSSW, LMSW, social work counselor

Join this discussion about Advance Directives (Medical Power of Attorney, Directive to Physicians, i.e., Medical Living Will, Disposition of Remains and Texas Out of Hospital DNR). Each document will be reviewed, with a question and answer session at the end of the presentation. For more information about Advance Care Planning and Advance Directives, go to MDAnderson.org/AdvanceCarePlanning.

Survivorship Week 2024 Calendar of events

Friday, June 7

Young Adult Caregiver Coffee Talk (with Dan's House of Hope)

10:30 a.m.

[Register here.](#)

Sip on your morning coffee and chat with other caregivers. Open to all caregivers of AYA patients (ages 18-39).

Hosted by Dan's House of Hope.

June 2024 Watercolor Classes

Kasey Marsh, MA, CHES, merchandising program supervisor, Volunteer Services and Merchandising, Children's Art Project

Monday, June 3

Watercolors: Abstract Landscape

Noon-1:30 p.m.

In person: Art Space for Patients and Caregivers

Main Building, Floor 2, near Elevator D (RB2.4314)

Join us for a guided watercolor activity and relax watching colors flow into one another. Appropriate for all skill levels. No experience with art or painting is necessary. This is a perfect activity for anyone who's ever thought watercolor painting is too difficult! If you're unable to join our scheduled session, see the video tutorial here: <https://youtu.be/pVTPd3TLP9U>.

Tuesday, June 4

Watercolors: Relaxing Line Drawing

3-4:30 p.m.

Join via Zoom

Explore the benefits of art for well-being with this simple and relaxing guided line drawing. Appropriate for all skill levels, no experience with art or drawing is necessary. If you're unable to join our scheduled session, see the video tutorial here: <https://youtu.be/OFvcxKMj-IQ>.

Wednesday, June 5

Watercolors: Baobab Tree Sunset

3-4:30 p.m.

Join via Zoom

Join us for a guided watercolor activity and relax watching colors take on a life of their own, flowing into one another. Appropriate for all skill levels, no experience with art drawing is necessary. If you're unable to join our scheduled session, see the video tutorial here: <https://youtu.be/hFMCxdG8NOM>.

Survivorship Week 2024

Calendar of events

June 2024 Watercolor Classes

Kasey Marsh, MA, CHES, merchandising program supervisor, Volunteer Services and Merchandising, Children's Art Project

Thursday, June 6

Watercolors: Mindful Drawing and Loopy Lines

3-4:30 p.m.

Join via Zoom

Explore the benefits of art for well-being with this simple and relaxing guided line drawing. Appropriate for all skill levels, no experience with art or drawing is necessary. If you're unable to join our scheduled session, see the video tutorial here: <https://youtu.be/4Jd2zqhgbIQ>.

Friday, June 7

Watercolors: Tropical Branch

Noon-1:30 p.m.

In person: Art Space for Patients and Caregivers

Main Building, Floor 2, near Elevator D (RB2.4314)

Join us for a guided watercolor activity and relax watching colors take on a life of their own, flowing into one another. Appropriate for all skill levels, no experience with art or drawing is necessary. If you're unable to join our scheduled session, see the video tutorial here: <https://youtu.be/aa8tpCKBEc8>.

Survivorship Week 2024

Calendar of events

June 2024 Blood Drives

No matter your blood type, you can make a difference by donating blood.

MD Anderson patients require 140 blood products each day and could use your help meeting this demand. Make an appointment to donate at MDAndersonBloodBank.org or call 713-792-7777.

Give the code, MSURVIVOR, to the phlebotomist when donating in June to show your support to survivors. Donors will receive a commemorative T-shirt. Here's a list of blood drives at several MD Anderson locations:

Monday, June 3: [MD Anderson The Woodlands 10 a.m.-4 p.m.](#)

Tuesday June 4: [MD Anderson The Woodlands 10 a.m.-4 p.m.](#)

Wednesday, June 5: [Pickens Academic Tower 9 a.m. -3 p.m.](#)

Wednesday, June 5: [Duncan Building 9 a.m.-3 p.m.](#)

Thursday, June 6: [League City 10 a.m.-4 p.m.](#)

Friday, June 7: [League City 10 a.m.-4 p.m.](#)

Funding for Survivorship Week was generously provided by the Holiday Letter Fund.
For more information, call the Office of Cancer Survivorship at 713-745-8720.

www.MDAnderson.org/SurvivorshipWeek