

Classes for Patients and Families

Spring &
Summer 2015
(May–August)



Tom Baker
Cancer Centre



Alberta Health
Services

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Welcome

Welcome to the Tom Baker Cancer Centre. This booklet lists the classes that are open to patients, families, caregivers and friends. These classes are led by professionals and clinicians who work at or with this centre. We hope that you find the classes helpful.

There is no cost to attend these sessions. Registration is open to you and anyone else you would like to bring.

We look forward to seeing you!



New Patient Class

This class is for all patients, family members and friends. If you have already started treatment, you may still attend.

This group presentation is led by various members of your health care team. During the class you will learn about:

- The different locations for cancer clinics and treatment
- The process of care
- What to expect with your treatments
- The members of your healthcare team
- What supports are available for you

Same session on each date

When: Thursdays 2:00 pm – 3:00 pm
*Except Thursday, June 4. The class that day will be moved to **Friday, June 5** at 2:00 pm.

Where: Tom Baker Cancer Centre
Auditorium - Main floor

Registration: Not required

How to Get Help for Your Finances and Other Basic Needs

This class is led by a Social Worker.

During the class you will:

- Learn about the many sources of help for
 - ~ finances
 - ~ medical insurance and drug coverage
 - ~ transportation
 - ~ accommodation
- Have the chance to ask questions about your specific needs and find out what supports are available

Same session on each date

When: Wednesdays 9:30 am – 11:00 am

*No class on July 1 holiday.

Where: Tom Baker Cancer Centre
CCB20 - Basement floor

Registration: Not required

Chemotherapy

Help to Manage your Treatments

This class is led by one of our Registered Nurses. If you are scheduled to have IV (intravenous) chemotherapy treatments, we strongly encourage you to attend this class before your treatments begin. If treatment has started, you may join this class any time. If you are unsure, please ask your clinic nurse.

In this class you will:

- Learn about the process of chemotherapy treatments
- Learn about the possible side effects of chemotherapy drugs and how we will work with you to manage these side effects
- Go on a short tour of the chemotherapy treatment area

Same session on each date

When: Mondays 2:00 pm – 3:30 pm
*Monday, May 18 is a holiday. The class will be held on Wednesday **May 20, 2015** in **CC121** at 2:00pm instead.
*Monday, August 3 is a holiday. The class will be held on Wednesday **August 5, 2015** in **CC121** at 2:00pm instead.

Where: Tom Baker Cancer Centre
Auditorium - Main floor

Registration: Not required

Radiation Therapy

What you Need to Know about Treatment

This class is led by a Radiation Therapist. During the class you will:

- Learn about radiation therapy and how it works to treat your cancer
- Learn about the process of radiation treatment
- Have the time to ask questions

Breast Cancer patients will be scheduled to attend a class specific to radiation treatment of the breast/chest wall.

Same session on each date

When: Fridays 9:30 am – 11:00 am

Where: Tom Baker Cancer Centre
Room CCB03 (small room
behind Radiation Therapy
reception; basement floor)

Registration: Not required

Radiation Therapy for Breast Cancer Patients

When: Mondays 10:45 am – 11:45 am

*No classes on holidays

Where: Tom Baker Cancer Centre
Auditorium - Main floor

Breast Cancer Nutrition

Soy, Supplements and More!

This class is led by a Registered Dietitian. During the class you will:

- Get the latest updates on unique breast cancer food concerns
- Find out how good nutrition may help you now and reduce your future cancer risk
- Learn how to recognize what is reliable information
- Ask your questions about:
 - ~ soy
 - ~ fat
 - ~ caffeine
 - ~ red meat
 - ~ vitamins
 - ~ alcohol and more!

Same session on each date

When: 1:30 pm – 2:30 pm on these Fridays:
May 8 (CC105)
May 22 (auditorium)
June 12 (CC105)
June 26 (CC105)
July 10 (CC105)
July 24 (CC105)
August 14 (CC105)
August 28 (CC105)

Where: Tom Baker Cancer Centre
Main floor - Rooms as above

Registration: Not required

The Power of Nutrition

Eating Well During Cancer Treatment

This class is led by a Registered Dietitian. During the class you will:

- Find out how to eat well during your cancer treatments and recovery
- Learn how to maintain a healthy body weight
- Learn how foods can help you manage the side effects of cancer treatments
- Hear the latest information on meal supplements and where to get the best ready-made meals

Same session on each date

When: 10:00 am – 11:30 am on these Wednesdays:
May 6 and 20
June 3 and 17
July 15
August 5 and 19

Where: Tom Baker Cancer Centre
Auditorium - Main floor

Registration: Not required

Lymphedema (Excessive Swelling)

How to Reduce your Risk and Get Help

One of our Rehabilitation Specialists will talk about lymphedema — an excessive swelling of a part of the body, such as an arm or a leg that is related to your cancer treatment.

You will:

- Learn how to reduce your risk of developing lymphedema
- Learn how to identify early signs and symptoms of lymphedema
- Learn self-help strategies
- Find out about other specialized treatment

Same session on each date

- When: 1:30 pm – 3:00 pm
May 19 (Holy Cross, 20A/B)
June 16(Holy Cross, 20A/B)
July 21(Holy Cross, 20A/B)
August 18 (Holy Cross, 20A/B)
- Where: Rooms as above
Holy Cross Centre (2210 2 St SW)
- Registration: Not required

Complementary Therapies What Works?

This class is led by a Health Researcher specializing in this area. It is important for you to know what therapies may be helpful and which ones may be harmful or affect your treatment. During the class you will:

- Hear reliable evidence on many of the therapy options available today (herbs, Chinese medicine, hypnosis, meditation, massage, yoga, and more)
- Get handouts listing the best websites for reliable information

Same session on each date

When: 1:30 pm – 3:00 pm
May 20
June 17
July 15
August 19

Where: Tom Baker Cancer Centre
Auditorium - Main floor

Registration: Not required

Sleep Well with Cancer and Beyond

This class is led by a Psychologist and Sleep Expert. During the class you will:

- Learn what you can do to get the rest you need each night
- Hear the latest research
- Learn what you may expect with normal sleep and how to recognize sleep problems
- Find out where to get help and treatment when you need it
- Get a chance to talk ask questions and get advice

Same session on each date

When: 10:00 am – 11:30 am
May 21
July 16
August 20

Where: Tom Baker Cancer Centre
Auditorium - Main floor

Registration: Not required

Exercising for Your Life

How Physical Activity May Help You

This class is led by an Exercise Specialist from the University of Calgary. During the class you will:

- Find out how exercise helps your body during cancer treatment and increases your ability to cope and thrive
- Learn how to start or improve a personal activity program
- Learn what types of physical activities will help you most
- Hear the latest research on how exercise can benefit you

Same session on each date

When: 1:30 pm – 2:30 pm
May 6
June 3
August 5

Where: Tom Baker Cancer Centre
Auditorium - Main floor

Registration: Not required

Healing Arts

A Bridge to Wellbeing

These classes are free!

Please call 403-521-3369 to register.

Intro to Expressive Watercolours (3 weeks)

Fridays: April 17 – May 1

2 pm – 4 pm

Tom Baker Cancer Centre, Room CC109

Drop In - Open Art Studio

Every Thursday: April 9 – May 28

10:00 am – 12:00 noon

Tom Baker Cancer Centre, Room CC109

Life Stories

(5 weeks)

Wednesdays: May 27–June 24

10:00 am – 12:00 noon

Tom Baker Cancer Centre, Room CC121

Drama Family Workshop

(choose one)

Thursday, July 2

Thursday, August 6

1:00 pm – 4:00 pm

Tom Baker Cancer Centre, Room AGW 4A-B

(meet at the Tom Baker main reception)

Healing Arts

A Bridge to Wellbeing

For more information, please pick up an "Healing Arts" pamphlet from the racks.

Creative Journaling

(4 weeks)

Mondays: June 1 – June 22

2:00 pm – 4:00 pm

Tom Baker Cancer Centre, Room CC109

Find Your Music Workshop (choose one)

Wednesday, June 3 10:00 am – 2:00 pm

Thursday, July 30 1:00pm – 4:00 pm

Thursday, August 13 10:00am – 1:00pm

Tom Baker Cancer Centre, Room AGW 4A-B

(meet at the Tom Baker main reception)

Gratitude Journals Workshop

Wednesday, August 26

10:00 am – 1:00 pm

Tom Baker Cancer Centre, Room CC109

Art with Heart: Just for Kids Express Yourself with Drama

(6 weeks)

For children with (grand) parents, siblings or loved ones diagnosed with cancer.

Tuesdays: May 5 – June 9

6:00 pm – 8:00 pm

Tom Baker Cancer Centre, Room AGW 4A-B

(meet at the Tom Baker main reception on the first day)

Look Good, Feel Better

This program helps women manage the appearance-related side effects of cancer.

Each woman who attends will get a free kit of cosmetics and will learn tips from volunteer beauty professionals about make-up, skin care and how to manage hair loss with wigs, hats and scarves.

This program is also available on additional dates at Wellspring Calgary. Please call 403-521-5292 for information.

Same session on each date

When: 6:30 pm – 8:30 pm

May 6 (CC109)

May 28 (CC105)

June 25 (CC105)

July 8 (CC109)

July 23 (CC105)

August 27 (CC105)

Where: Tom Baker Cancer Centre
Main floor - Rooms as above

Registration: **Please call 403-355-3207**

Transitions: Moving Ahead after a Diagnosis of Breast Cancer

This class is led by an oncology nurse who specializes in breast cancer. During this survivorship class you will:

- Find out what screening you will need and when to get it
- Learn about anti-hormonal medications and their side effects
- Learn about reconstructive surgery
- Find out how to manage body image and sexuality concerns
- Ask any questions or discuss concerns

Same session on each date

When: 2 pm – 4 pm on the following
Wednesdays:
May 13
June 10
August 12

Where: Holy Cross Centre
2210 2 St SW; Room 20A/B

Registration: Not required

Care for the Caregiver

This class is led by a Nurse Practitioner and PhD candidate whose research is focused on the caregiver experience.

During the class you will:

- Learn about the role of the caregiver in cancer
- Hear about the common experiences that go along with caregiving (anxiety, depression, sleep disturbances)
- Find out how to manage some of these experiences
- Learn where to go for other resources

Same session on each date

When: 3 pm – 4 pm on the following
Wednesdays:
May 6 (auditorium)

Where: Tom Baker Cancer Centre
Auditorium - Main floor

Or: 6:30 pm – 7:30 pm on the
following Thursdays:
June 11
August 13

Where: Wellspring Calgary
1404 Home Road NW

Registration: Not required



Special Workshops

Health Care Decision-Making and Advance Care Planning

When: 6:30 pm – 8:00 pm
Tuesday, May 26

Where: Tom Baker Cancer Centre
Auditorium - Main floor

Registration: Please call 403.521.3079

A presentation and informal discussion to learn about:

- What is advance care planning and why is it important?
- How planning can help with decision-making
- Engaging your family and health care team
- The role of a Personal Directive and a substitute decision-maker

Living with Advanced Cancer

When: 6:30 pm – 8:00 pm
Tuesday, June 23

Where: Tom Baker Cancer Centre
Auditorium - Main floor

Registration: Please call 403.521.3079

A presentation and informal discussion to learn about:

- Transitions in health care — what to anticipate as cancer advances?
- Resources available to support patients and families as needs change
- Living as well as possible for as long as possible
- Legacy considerations



Cancer Patient Education