



THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

Making Cancer History®

Survivorship week 2022 Calendar of events

MD Anderson celebrates cancer survivors and their caregivers June 5-11 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 through 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.



Use Canvas for easy access to all events and resources

We are using the online educational platform, called Canvas, to improve your virtual experience. Please complete this brief [registration form](#). You will receive an email invitation from Canvas to join the online platform within 48 hours. After logging in to Canvas, you'll be able to access all events and resources.

Monday, June 6

Watercolors: Relaxing Line Drawing

2-3 p.m.

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

Explore the benefits of art for wellbeing 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>.

www.mdanderson.org/SurvivorshipWeek

Survivorship week 2022

Calendar of events

Monday, June 6

Labyrinth

2:30–3:30 p.m.

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.

Tuesday, June 7

Loving Kindness Meditation

10-10:30 a.m.

Smitha Mallaiah, senior mind-body intervention specialist

Join us for a meditation practice focusing on loving kindness. Self-care and nurturing are important to everyone in our daily lives, especially for survivors. Beginners are welcome.

Watercolors: Abstract Landscape

11 a.m.-noon

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

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>.

Caregiver Support Talk

Noon-1 p.m.

Ivette Acevedo, communication relations specialist

Kendolyn Shankle, sr. social work counselor

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

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Tuesday, June 7

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Online Survivorship Support Group

6-7 p.m.

RSVP to Kendolyn Shankle, sr. social work counselor, at KFShankle@mdanderson.org

An online support group focused on survivorship concerns. Patients and caregivers are asked to RSVP ahead of time and include their name, medical record number (MRN) and group preference for attendance. The facilitator will reach out to them and send a Zoom meeting invitation within an hour before the support group starts. Patients/caregivers can then either login on their own computer, or use the phone number provided in the email. Go to mdanderson.org/SupportGroups for a complete listing of Support Groups.

Wednesday, June 8

Play with a Purpose: The Importance of Play

11 a.m.-noon

Laura Cahalan, child life specialist, Pediatrics-Support Programs

Learn about cultivating play and normalcy as a patient in the hospital setting, and how play in daily life can increase overall happiness and well-being. You will get a brief overview of Child Life services, as well as learn about interactive games and play activities to promote wellness. Suitable for all ages.

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Wednesday, June 8

Lunch & Learn session highlighting the James P. Allison Institute: A new era for immunotherapy Noon-1 p.m.

James P. Allison, Ph.D., regental chair of Immunology and director of the Allison Institute

Padmanee Sharma, M.D., Ph.D., professor of Genitourinary Medical Oncology and Immunology and scientific director of the Allison Institute

Learn about the [James P. Allison Institute](#), a visionary research and innovation hub within MD Anderson designed to foster groundbreaking science and develop new treatments to bring the benefits of immunotherapy to all patients. The institute is named after James P. Allison, Ph.D., who was awarded the 2018 Nobel Prize in Physiology or Medicine for his fundamental discoveries in T cell biology and his invention of ipilimumab, the first immune checkpoint inhibitor to treat cancer. Allison is the director of the institute and vice president of Immunobiology at MD Anderson.

Register at mdanderson.org/LunchandLearn.

How to Transform Your Life and Health with the Mix of Six 1-2 p.m.

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

Cohen will talk about lifestyle choices and six areas where you have control to optimize your health and well-being. You will learn specific recommendations for anticancer living and how to put this into practice both as an individual and within a family.

Watercolors: Mindful Drawing and Loopy Lines 3-4 p.m.

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

Explore the benefits of art for wellbeing 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/4Jd2zqhgblQ>.

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Wednesday, June 8

Restorative Yoga for Adolescent and Young Adults (AYA)

6 p.m.

To register tinyurl.com/ayaevents

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 9

Online Survivorship Support Group

10-11 a.m.

RSVP to **Traci Newsom**, senior social work counselor at TMNewsom@mdanderson.org

An online support group focused on survivorship concerns. Patients and caregivers are asked to RSVP ahead of time and include their name, medical record number (MRN) and group preference for attendance. The facilitator will reach out to them and send a Zoom invitation within an hour before the support group starts. Patients/caregivers can then either login via Zoom on their own computer, or use the phone number provided in the email. Go to mdanderson.org/SupportGroups for a complete listing of Support Groups.

Watercolors: Tropical Branch

11a.m.–noon

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

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>.

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Thursday, June 9

Music Therapy: Songs of Hope

Noon-1 p.m.

Sarah Folsom, music therapist

Music lifts us up through all seasons of our lives, often creating a sense of unity, understanding and encouragement. In this interactive session, you will hear music and discuss how music can support your well-being. No musical experience required.

Cancer Survivorship Research Grand Rounds: *Advancing Implementation Science in Cancer Survivorship: An NCI Perspective*

Noon-1:30 p.m.

David Chambers, DPhil, deputy director for Implementation Science in the Office of the Director in the Division of Cancer Control and Population Sciences (DCCPS) at the National Cancer Institute (NCI).

This is part of a regularly scheduled Grand Rounds series focused on survivorship research. Chambers will discuss the national landscape of dissemination and implementation of intervention research as it pertains to cancer survivorship issues. Intended audience includes researchers, health care professionals, and patient advocates.

Young Adult Support Group

6:30 p.m.

To register: tinyurl.com/ayaevents

Connect with other young adult patients (18-39) on a variety of topics.

Young Adult Caregiver Support Group

6:30 p.m.

To register: tinyurl.com/ayaevents

Connect with other young adult caregivers (spouses, children, siblings, friends etc.) on a variety of topics.

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Friday, June 10

Caregiver Support Talk

Noon-1 p.m.

Ivette Acevedo, communication relations specialist

Kendolyn Shankle, sr. social work counselor

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

Advance Directives

1-2:30 p.m.

Mark Anderson, JD, 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 open question and answer at the end of the presentation. For more information about Advance Care Planning and Advance Directives, go to mdanderson.org/AdvanceCarePlanning.

Watercolors: Baobab Tree Sunset

2-3 p.m.

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

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/hFMCxdG8NOM>.

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June 2022 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 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 special appreciation t-shirt. Here are dates of donation opportunities at various locations:

- **League City:** May 31, and June 1,13,27 and 28 from 10 a.m. to 4 p.m.
- **Sugar Land:** June 2-3,15,16, 29 and 30 from 9 a.m. to 3 p.m.
- **West Houston:** June 6-7, 20 and 21 from 10 a.m. to 4 p.m.
- **The Woodlands:** June 8, 22 and 23 from 10 a.m. to 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