

# happenings

a calendar of patient education events

## september - october 2008

To bring you the most complete care, Mayo Clinic offers an American Cancer Society (ACS) Cancer Resource Navigator. The Navigator provides information on support groups, services, educational programs, literature and assistance in finding resources available at both Mayo Clinic and the American Cancer Society. The information included here is free of charge and designed to assist patients, friends and families during the cancer experience.

For more information please call 480-301-5990 or e-mail [chervenka.celeste@mayo.edu](mailto:chervenka.celeste@mayo.edu)

### special offerings

#### **Breast Cancer Information and Support Group**

Tuesdays 2-3 P.M. (Starting October 7th, 2008)  
Room CP71A (In the concourse hallway across from Heritage Hall)  
All are welcome

For any questions, please contact:

CC Chervenka  
American Cancer Society Patient Navigator  
480-301-5990  
or email [chervenka.celeste@mayo.edu](mailto:chervenka.celeste@mayo.edu)

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## **Glow Club** noon-1 p.m.

Offered at both Mayo campuses. Alternating Mondays

Desk R on the Concourse Level of Mayo Clinic Building (Scottsdale Campus): September 8, 22, October 6, 20, November 3

Concourse Level of the Mayo Clinic Specialty Building (Phoenix Campus): September 1, 15, 29, October 13, 27, November 10

Glow Club is an informative hour where patients and family members ask questions about radiation treatment. Register by checking in early at the appropriate location.

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## **Look Good Feel Better** 5:30-7pm

Room 1-212 in the Mayo Clinic Hospital

Offered the 2nd Monday of each month – September 8, October 13, November 10

For women undergoing cancer treatment. Professional cosmetologist assists participants in learning skin care techniques, makeup demonstrations, wig selection and head coverings. Must RSVP to 480-301-5990. Space is limited. This program is offered throughout the Phoenix area. Call for other locations.

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## **Us Too - Prostate Cancer Support Group** 7-9pm

Room 1-212 in the Mayo Clinic Hospital

Offered the 1st Monday of each month – September 1, October 6, November 3

The meetings provide unbiased information from experts in areas related to prostate cancer, including surgery, radiation, medications, nutrition, and psychology. Open to all.

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## **Breast Cancer Information Group** 2-3pm

Room CP71A (concourse hallway) in the Mayo Clinic

### **Will begin in October 7, 2008**

Find tools for coping with a diagnosis and treatment. Meet to find information on nutrition, support, financial assistance, and other community resources. All programs are free of charge and open to all.

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**Cancer Information Group 9-11am**

Room CP17D in the Patient Library

Find tools for coping with a diagnosis and treatment. Meet one-on-one to find information on nutrition, support, financial assistance and resources in the community. All programs are free of charge. Open to all.

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**Meet the Navigator**

Meet the American Cancer Society Navigator, Celeste "CC" Chervenka, to assess and find the support you need. Please call 480-301-5990 or e-mail [chervenka.celeste@mayo.edu](mailto:chervenka.celeste@mayo.edu) to make an appointment. All programs are free of charge.

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**No programs provided at this time.**

**What is Reach to Recovery?**

Reach to Recovery is a group of women, no angels, who are ready, willing and able to share their joy of recovery and at the same time, give empathy to those who are walking that path of breast cancer treatment we have tried before them. Not only are these women survivors, they are nurturers as well. They give of their time and energy to be available for patients and attend a training meeting each and every year to keep current. It is an opportunity to return to the community some little part of ones self. An opportunity to give hope and comfort to others.

Name

**Why did you become a Reach to Recovery Volunteer?**

I was asked to participate by one of my physicians at Mayo Clinic who not only believed in me but also believed in the program. When I was first diagnosed and began to meet woman after woman after woman who told me her “secret” she had been hiding inside, I knew I needed to share with women to let them know they were not one of the “few” but certainly one of the many that had a chance to survive. It was a privilege to be invited to this powerful group of women. It was an honor bestowed upon me that was never expected. When I had my treatments and surgery, I knew nothing of the group. There were others who did share “their stories” with me but some told me too little and some told me too much. The power of Reach to Recovery is the commitment ACS makes to train each of us so we can share in a professional, objective manner that will help each person.

**What does a typical Reach to Recovery visit entail?**

Like others, I think a typical Reach to Recovery visit is different with each person you meet. Some are terrified and ask a million questions. Others are stunned and can think of nothing to ask you. Then there are others who will talk your ear off or seem to do nothing but cry. I think if I had to summarize it I would say it’s a time to listen with all our senses so we will know what resources to give them and how to comfort them. The retraining we receive each year is so critical to each volunteer because it helps to remind us all what we should and should not provide.

**What are some of the benefits in this interaction?**

Personally I am absolutely awed by the strength and determination that emanates from these beautiful women. They are warriors! They lift me up and inspire me to do things I never dreamed I could or would accomplish. Yet they keep me grounded with reality as I hear their trials and tribulations. I had no idea how much they would give me as I started this new journey. It is so much more of a benefit to me than I ever expected. It seemed like a noble and nurturing gesture to give hope and comfort to them yet I walk away feeling like the one who was healing.

**How does someone become a Reach to Recovery Volunteer?**

Just tell any of the volunteers you are interested and they will refer your name to the appropriate person at ACS. Once they have your contact information, they will be in touch with you to set up your initial training done. Then you are on your way.

