

# March 2020



## Support Groups and Events

HENRY FORD  
CANCER INSTITUTE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<u>1:30pm Cancer SG-HFMH</u> <u>3:30pm Oncology Gentle Yoga-HFWB</u> <u>6:00pm Breast Cancer SG- HFCI</u>	<u>10:00am Restorative Yoga-HFCI</u>	<u>6:30pm Breast Cancer SG-HFH</u>	<u>10:00am Restorative Yoga-HFCI</u> <u>2:30pm Head &amp; Neck SG-Macomb</u>	<u>11:00am Art Therapy Open Studio- HFWB</u>	
8	9	10	11	12	13	14
	<u>1:30pm Cancer SG-HFMH</u> <u>3:30pm Oncology Gentle Yoga-HFWB</u>	<u>10:00am Restorative Yoga-HFCI</u> <u>5:30pm RENEW Women's SG- HFAJ</u>	<u>12:30pm Cancer PATH- HFAJ</u>	<u>10:00am Restorative Yoga-HFCI</u>	<u>12:15pm Gentle Chair Yoga-HFMH</u>	
15	16	17	18	19	20	21
	<u>1:00pm Beautiful U-HFCI</u> <u>1:30pm Cancer SG-HFMH</u> <u>3:30pm Oncology Gentle Yoga-HFWB</u>	<u>10:00am Restorative Yoga-HFCI</u> <u>7:00pm Prostate Cancer SG- HFCI</u>	<u>11:00am Art Therapy Group-HFMH</u> <u>4:30pm Cancer PATH-HFAJ</u> <u>6:30pm Breast Cancer SG-HFWB</u>	<u>10:00am Restorative Yoga-HFCI</u>	<u>11:00am Art Therapy Open Studio- HFWB</u>	<u>10:00am Brain Tumor SG-HFWB</u>
22	23	24	25	26	27	28
	<u>1:00pm Beautiful U-HFCI</u> <u>1:30pm Cancer SG-HFMH</u> <u>2:30pm Cancer SG-Fairlane</u> <u>3:30pm Oncology Gentle Yoga-HFWB</u> <u>4:00pm Care &amp; Share Breast Cancer SG- HFAJ</u>	<u>10:00am Restorative Yoga-HFCI</u> <u>10:30am Advance Care Planning Class-HFH</u> <u>5:30pm RENEW Women's SG- HFAJ</u> <u>6:00pm Cancer &amp; Integrative Medicine-ArtBlock</u>	<u>2:30pm Cancer SG-HFCI</u> <u>4:30pm Cancer PATH- HFAJ</u>	<u>10:00am Restorative Yoga-HFCI</u> <u>6:00pm- Fear of Cancer Recurrence- HFWB</u>	<u>10:00am Art Therapy Support Group-HFH</u> <u>12:15pm Gentle Chair Yoga-HFMH</u>	
29	30	31				
	<u>1:30pm Cancer SG-HFMH</u> <u>3:30pm Oncology Gentle Yoga-HFWB</u>	<u>10:00am Restorative Yoga-HFCI</u>				

**Locations Key:** HFH- Henry Ford Hospital (Main Campus); HFMH- Henry Ford Macomb Hospital; HFWB- Henry Ford West Bloomfield Hospital; HFW- Henry Ford Wyandotte Hospital; HFCl- Henry Ford Cancer Institute, Downriver; CAM- Center for Athletic Medicine; Other- check website for location

## Area Cancer Support Groups and Classes

Area support groups can give you encouragement and hope when you need it the most, and our special programs will nourish your body and mind. For more details about the groups or programs, please contact us using the numbers listed below. **All programs are free unless otherwise noted.**

### Downriver Area

- Beautiful U  
Beautiful U is free workshop for women undergoing any type of cancer treatment. Taught by a cosmetologist, participants will learn how to best apply makeup to look and feel their best, despite how side effects may have changed normal appearance.  
Location: Henry Ford Cancer Institute- Brownstown
- Breast Cancer Support Group  
6 to 7:30 p.m. | First Monday of the month  
General breast cancer support group.  
Location: Henry Ford Cancer Institute, Brownstown  
Contact: (734) 479-3311
- Healthy Eating and Cancer  
5:30-7:00 p.m. | Quarterly  
Join the dietitians of the Henry Ford Cancer Institute as we explore various nutrition topics related to cancer prevention, survivorship and wellness with a seasonal twist.  
Location: Henry Ford Cancer Institute- Brownstown  
Contact Sue Hill, RDN (313) 790-4515  
E-mail: [shill1@hfhs.org](mailto:shill1@hfhs.org)
- Nutrition and Cancer Group  
5:30-7:00 p.m. | Quarterly  
Please join the registered dietitians at the Henry Ford Cancer Institute for an interactive discussion about current nutrition and lifestyle recommendations for cancer prevention. Common nutrition myths, hot nutrition topics and research will also be presented.  
Location: Henry Ford Cancer Institute- Brownstown  
Contact Sue Hill, RDN (313) 790-4515  
E-mail: [shill1@hfhs.org](mailto:shill1@hfhs.org)
- Prostate Cancer Support Group  
7 to 8:30 p.m. | Third Tuesday of the month (except December)  
General prostate cancer support group.  
Location: Henry Ford Cancer Institute, Brownstown  
Contact: Gene Ferguson, (734) 775-6656 or [fergusonfamilylaw@gmail.com](mailto:fergusonfamilylaw@gmail.com)

- Cancer Support Group  
2:30-4:00 p.m. | 4<sup>th</sup> Wednesday of the Month  
A group facilitated by an oncology social worker for those coping with cancer of any type. First half hour for newly diagnosed patients, last hour is a support group for patients, post treatment survivors and caregivers.  
Location: Henry Ford Cancer Institute- Brownstown  
Contact: Ted Varkas, LMSW [tvarkas1@hfhs.org](mailto:tvarkas1@hfhs.org)
- Art Classes  
Thursday afternoons  
Therapeutic art classes for those coping with cancer of any type. Registration required.  
Call (734) 479-3311 for details and registration.
- Restorative Yoga  
10:00-11:00 a.m. | Tuesdays and Thursdays  
Nurture your whole well-being by practicing breathing exercises, meditation/guided relaxation, and gentle poses and movement.  
All abilities are welcome; dress comfortably and bring a mat. Chairs provided if needed. No registration necessary. Provided by Belightful Yoga.

### Macomb area

- Cancer Patient Support Group  
1:30 to 3 p.m. | Every Monday  
For those coping with cancer of any type.  
Location: Henry Ford Medical Pavilion, 4<sup>th</sup> floor, rooms 6 & 7. Call first as room is subject to change.  
Contact: (586) 263-2237
- Head and Neck Cancer Support Group  
2:30-3:30 p.m. | 1<sup>st</sup> Thursday of the Month  
A survivorship and support meeting for current patients, caregivers, and survivors of head and neck cancer.  
Location: Shelby Macomb Medical Mall  
50505 Schoenherr Rd Shelby Township Suite 020  
Contact: (586) 263-2237
- Gentle Oncology Chair Yoga  
12:15p.m. to 1:15p.m. | Every other Friday  
All levels are welcome. Yoga instructor Darcie Brunette will tailor the class to meet your needs. A water bottle is recommended. The classes are free but call 586-263-2237 to reserve your spot.  
Location: Henry Ford Macomb Hospital  
Take the front lobby elevators to the 4<sup>th</sup> floor. The Gathering Joint is to the left of the reception desk across from the elevators. Valet vouchers are available.  
Contact: (586) 263-2237

- Healing Therapies for Cancer Patients

Free massage and Reiki treatments are offered to patients during Henry Ford Cancer Institute- Macomb visits to help reduce stress and anxiety and ease pain. Available Monday, Wednesday, and every other Friday from 9:00am-1:00pm. An appointment is required- call (586) 263-2837 to set up your appointment.

\*Remember to **check with your oncologist** to make sure it's safe for you to receive these treatments.

- Gilda's Lake House Art Therapy Support Group

11:00-12:30pm | 3<sup>rd</sup> Wednesday of the month  
An art therapist, along with Lake House volunteers, will engage you in amazing arts and crafts projects to exercise your creative instincts in an atmosphere of acceptance and caring among fellow cancer patients and support persons. Gilda's Lake House is a non-profit organization based in St. Clair Shores whose mission is to offer comfort, enrich lives and inspire those touched by cancer.

Henry Ford Macomb Hospital Medical Pavilion, 4th Floor, Room 10

Contact Tara Forton, Social Worker: (586) 263-2237

- Healthy Eating and Cancer

6-7:30pm | Wednesdays, Quarterly  
Join the dietitians of the Henry Ford Cancer Institute as we explore various nutrition topics related to cancer prevention, survivorship and wellness with a seasonal twist.

Location:

Contact Amy Carion, RDN (313) 850-9986

E-mail: [acarion1@hfhs.org](mailto:acarion1@hfhs.org)

- Nutrition and Cancer Group

6-7:30 p.m. | Wednesdays, Quarterly  
Please join the registered dietitians at the Henry Ford Cancer Institute for an interactive discussion about current nutrition and lifestyle recommendations for cancer prevention. Common nutrition myths, hot nutrition topics and research will also be presented.

Location:

Contact Amy Carion, RDN (313) 850-9986

E-mail: [acarion1@hfhs.org](mailto:acarion1@hfhs.org)

## Detroit Area

- Art Therapy Support Group

10:00-11:30am | 4<sup>th</sup> Friday of the month  
Cancer survivors and their families will use drawing, painting, and other types of art to help manage the emotional or mental side effects that may come from a cancer diagnosis and/or treatment.

Location: Henry Ford Hospital E&R building multipurpose room 1.

Contact: Mallory Montgomery, [mmontgom1@hfhs.org](mailto:mmontgom1@hfhs.org)

- Brain Tumor Seminar Series

10:00-11:30am | Quarterly first Thursday of the month  
We've reinvented our brain tumor patient support group to offer more engaging and relevant content to our community. 4 times a year, we will invite guest speakers to teach about a variety of topics of interest to brain tumor patients and caregivers.

See dates for topics.

Location: Henry Ford Hospital E & R building 2<sup>nd</sup> floor

Contact: Nestelynn Gay- 313-916-2723 or [ngay1@hfhs.org](mailto:ngay1@hfhs.org)

- Breast Cancer Support Group

6:30-7:30pm | 1st Wednesday of the month  
Survivorship and support meeting for current breast cancer patients, caregivers, and survivors

Location: E&R Conference Room 2075- Henry Ford Hospital

Contact Sonja Colbert: (313) 916-9519 or

[scolber1@hfhs.org](mailto:scolber1@hfhs.org)

- Cancer Support Group

2:30-4:00 p.m. | 4<sup>th</sup> Monday of the month

A group facilitated by an oncology social worker for those coping with cancer of any type. First half hour for newly diagnosed patients, last hour is a support group for patients, post treatment survivors and caregivers.

Location: Henry Ford Cancer Institute- Fairlane

Contact: Ted Varkas, LMSW [tvarkas1@hfhs.org](mailto:tvarkas1@hfhs.org)

- Healthy Eating and Cancer

6-7:30pm | Wednesdays, Quarterly

Join the dietitians of the Henry Ford Cancer Institute as we explore various nutrition topics related to cancer prevention, survivorship and wellness with a seasonal twist.

Location: Henry Ford Hospital Main Lobby Conference Room

Contact Amy Carion, RDN (313) 850-9986

E-mail: [acarion1@hfhs.org](mailto:acarion1@hfhs.org)

- Nutrition and Cancer Group

6-7:30 p.m. | Wednesdays, Quarterly

Please join the registered dietitians at the Henry Ford Cancer Institute for an interactive discussion about current nutrition and lifestyle recommendations for cancer prevention. Common nutrition myths, hot nutrition topics and research will also be presented.

Location: Henry Ford Hospital Main Lobby Conference Room

Contact Amy Carion, RDN (313) 850-9986

E-mail: [acarion1@hfhs.org](mailto:acarion1@hfhs.org)

## West Bloomfield

- Art Therapy Open Studio

11 a.m. to 12:30 p.m. | First and Third Fridays of the month

Cancer survivors and their families will use drawing, painting, and other types of art to help manage the emotional or mental side effects that may come from a cancer diagnosis and/or treatment.

Location: Henry Ford West Bloomfield Hospital Atrium  
Contact Gwen Roediger, Social Worker: (248) 344-6696

Continued on next page...

- Beautiful U

Beautiful U is free workshop for women undergoing any type of cancer treatment. Taught by a cosmetologist, participants will learn how to best apply makeup to look and feel their best, despite how side effects may have changed normal appearance.

Location: Henry Ford Medical Center - Columbus.  
Registration is required.  
Call Gwen to RSVP: (248) 344-6696

- Brain Tumor Support Group

10 a.m. to noon | Third Saturday of the month  
For those with brain tumors, brain cancer and their caregivers.

Location: WB Neurosurgery Conference room, 2nd floor east wing  
Contact Sandy Remer: (313) 916-2723

- Breast Cancer Support Group

6:30-7:30pm | 3rd Wednesday of the month  
Survivorship and support meeting for current breast cancer patients, caregivers, and survivors

Location: Henry Ford West Bloomfield Hospital, private dining room 1 located near the café  
Contact Sonja Colbert: (313) 916-9519 or [scolber1@hfhs.org](mailto:scolber1@hfhs.org)

- CLIMB®

5:30-7:00pm | Tuesdays, Feb. 4-March 10

CLIMB® is a free, six-week support program for children who have a parent, grandparent or close loved one diagnosed with cancer. Meeting one night per week, our specially-trained staff help demystify cancer, teach coping skills, and provide a safe place for kids to talk about difficult feelings. CLIMB® also helps parents improve communication around their cancer diagnosis. Please plan to attend all 6 sessions.

Henry Ford West Bloomfield Hospital, private dining rooms 1 and 2, located near the café  
Contact: Carey Papalekas, (313) 706-8013 or [cpapale1@hfhs.org](mailto:cpapale1@hfhs.org)

- Head and Neck Cancer Support Group

If you have interest in attending this group, please contact Dr. Amy Williams.

Contact Dr. Amy Williams: (313) 916-3281

E-mail: [AWilli50@hfhs.org](mailto:AWilli50@hfhs.org)

- Healthy Eating and Cancer

6-7:30pm | Quarterly

Join the dietitians of the Henry Ford Cancer Institute as we explore various nutrition topics related to cancer prevention, survivorship and wellness with a seasonal twist.

Location:

Contact Samantha Szegedi Schlitt, RDN (313) 850-9375

E-mail: [SSzeged1@hfhs.org](mailto:SSzeged1@hfhs.org)

- Nutrition and Cancer Group

6-7:30 p.m. | Quarterly

Please join the registered dietitians at the Henry Ford Cancer Institute for an interactive discussion about current nutrition and lifestyle recommendations for cancer prevention. Common nutrition myths, hot nutrition topics and research will also be presented.

Location:

Contact Samantha Szegedi Schlitt, RDN (313) 850-9375

E-mail: [SSzeged1@hfhs.org](mailto:SSzeged1@hfhs.org)

- Oncology Gentle Yoga

3:30 pm – 4:30 pm | Every Monday

Location: West Bloomfield Hospital

Classes are free for all cancer patients and their caregivers, but you must register.

To register, contact Gwen Roediger: (248) 344-6696

## Jackson

- RENEW Program

5:30-7:30pm | Second and fourth Tuesdays of the month, January-November

This group offers emotional support and encouragement for women who have survived breast and gynecological cancers, from newly diagnosed to years in remission.

Location: Henry Ford Allegiance Radiation Oncology

Contact: Nurse Navigator Sharon Petri, RN: (517) 205-1576

- Breast Cancer Care & Share Support Group

4th Monday of the month | 4:00-5:30 PM

For women at any stage of breast cancer treatment or survivorship

Henry Ford Allegiance Health Professional Building Ste. 307  
1100 E. Michigan Avenue, Jackson, MI 49201  
Hematology Oncology Resource Room (connected to main lobby in oncology)

Facilitator: Sharon Petri, RN (715) 205-1576

Handicap accessible, free parking

- Healthy Eating and Cancer

6-7:30pm | Quarterly

Join the dietitians of the Henry Ford Cancer Institute as we explore various nutrition topics related to cancer

prevention, survivorship and wellness with a seasonal twist.

Location:

Contact Molly Myers, RDN (313) 850-9375

E-mail: [mmyers5@hfhs.org](mailto:mmyers5@hfhs.org)

Continued on next page...

- [Nutrition and Cancer Group](#)

6-7:30 p.m. | Quarterly

Please join the registered dietitians at the Henry Ford Cancer Institute for an interactive discussion about current nutrition and lifestyle recommendations for cancer prevention. Common nutrition myths, hot nutrition topics and research will also be presented.

Location:

Contact Molly Myers, RDN (313) 850-9375

E-mail: [mmyers5@hfhs.org](mailto:mmyers5@hfhs.org)

- [Cancer PATH](#)

Cancer PATH (Personal Action Towards Health) workshops are free and designed to teach better self-management of symptoms and reduce side effects from all types of cancer and its treatments. Dates and times vary, visit our website to find out when the next session is starting. Please register ahead by calling the contact number below.

Location: Henry Ford Allegiance Oncology Administration  
150 S. East Avenue, Jackson

Contact: (517) 592-1974

## 2020 PATH WORKSHOP SERIES OPTIONS

**February 5 – March 11** Wednesdays 12:30 – 3 PM

**March 18 – April 22** Wednesdays 4:30 – 7 PM

**April 28 – June 2** Tuesdays 12:30 – 3 PM

**July 8 – August 12** Wednesdays 4:30 – 7 PM

**September 11 – October 16** Fridays 10 AM – 12:30 PM

## Other

- [Grief Groups](#)

A variety of types and times. Hospice organizes these groups. These groups are for anyone, not just those affected by Hospice. Call the Hospice location in your area for more information

Henry Ford Hospice - Macomb

**Phone:** (586) 276-9500

Servicing Macomb County and neighboring counties including [Henry Ford Macomb Hospital](#)

Henry Ford Hospice - Oakland

**Phone:** (248) 723-0033

Servicing Oakland County and neighboring counties including [Henry Ford West Bloomfield Hospital](#).

Henry Ford Hospice - Wayne

**Phone:** (313) 337-7600

Servicing Wayne County and neighboring counties including [Henry Ford Wyandotte Hospital](#)

Henry Ford Hospice - Detroit Campus

**Phone:** (313) 916-7926

Servicing [Henry Ford Main Hospital](#)

Henry Ford Allegiance Hospice

**Phone:** (517) 205-6982

Servicing Jackson County and neighboring counties including [Henry Ford Allegiance Health](#)

- [General Caregiver Support Groups](#)

Available at 6 Henry Ford Locations

Contact: (313) 874-4838 or [caregiverresources@hfhs.org](mailto:caregiverresources@hfhs.org)  
[Henry Ford Caregiver Resources](#)

- [SandCastles](#)

SandCastles grief support program provides a caring place for children and their families who have experienced a death. With the support of staff, volunteers, peers and families, each child can grieve in a manner that's uniquely their own.

If you're interested in joining, call (313) 874-6881 to speak with a staff member about a program in your area.

- [Henry Ford Cancer Institute Facebook Support Group](#)

This Facebook group is a place where Henry Ford Cancer Institute patients, post-treatment survivors, caregivers, and family can interact to share resources and help each other navigate this unique journey no one chose to be on.