



# PARTNERS

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Newsletter of the Patient and Family Advisory Program at Moffitt Cancer Center

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## From Home Care to Therapy Dog: Hunter to the Rescue

*Pamela Fay, breast cancer survivor, Moffitt volunteer*

Crazy dog lady is what some refer to me as, but I am delightfully alright with that title. My dogs helped get me through the toughest fight of my life. In early 2014, when I was diagnosed with triple negative breast cancer, I was 38. Looking back, I cannot believe the strength I had but somehow we all have some super power that gets us through it.



*Pamela and her dog Hunter*

Chemotherapy took its toll on my body and even hospitalized me at one point but I pulled through with the care and support of my oncology team, husband, family, friends and best of all...my dogs! We have a pack of fur babies, but my black Labrador, Hunter, was always by my side throughout treatment. My four female Dogo Argentinos were equally as supportive and I often had five dogs in bed comforting me. I swear my dogs made the best home nurses.

I saw the pet therapy dogs while undergoing treatment at Moffitt and decided to train and certify Hunter so I could share him with other patients once I was healthy enough. Now, Hunter loves to make patients smile on Wednesday afternoons along with his buddies Amy, Gigolo and Pluto. This volunteer assignment couldn't be any more perfect for the both of us. I definitely feel my dogs gave me some of the best therapy possible during the worst times imaginable.

Today, I am a one-year survivor and I do what I can to help others faced with this disease. Having cancer was horrible, but it taught me a lot about what really matters. It led me to meet some wonderful people I would not have met otherwise.



### SPECIAL FEATURE:

*Advance Care Planning - A Gift to You and to Those You Love  
(see Page 6-7)*



## Co-Chair Column

Debbie Phillips, Family Advisory, Patient and Family Advisory Council



Debbie Phillips,  
Family Advisory,  
Patient and Family  
Advisory Council

My sister-in-law, Tamara, was a 42-year-old mother of three when she was diagnosed with Acute Myeloid Leukemia (AML) in the summer of 2009. The memories from that time are still so vivid; we were all in such shock, we had so many questions, and we were all quite frightened. We had no idea what to expect throughout each phase of the process, from our initial month-long hospital stay to the bone marrow transplant and beyond. It was quite frustrating for this family of planners!

Since each one of us had full time jobs, we decided to support Tamara with a small core group of caregivers, rather than just one - so "Team Phillips" was created in those early days.

Looking back on our experience, we found there are critical pieces to a multi-caregiver model:

- **A "Team" Leader** is vital to managing the process. A successful team requires someone to oversee everything from scheduling caregiver shifts to organizing and overseeing the over-whelming number of medications to ensuring compliance with appointments and medical instructions.
- **A Strong Communication Plan** is also extremely important. It's often difficult to keep up with the incredible amount of information coming your way; writing everything down helps to keep it all straight. We journaled everything from instructions we received from the medical team, medications, reactions Tamara exhibited and details of what might be happening next. We also wrote about ways to encourage Tamara and ways to comfort her. Our journal helped to maintain continuity between caregivers.
- **A Support Network** is key. People want to help, but often don't know how. We created a database of resources for the children - transportation help, play date options or just general resources. A neighbor organized support for family meals. We also found it quite helpful to talk to other caregivers and patients with similar experiences; the support and understanding were comforting, and the discussions helped us understand how to prepare for some of our caregiver challenges. Moffitt's new **BMT Caregiver Coffee** is an excellent way of connecting to other BMT caregivers! (Please see article on page 3 for more information.)

The multi-caregiver model worked quite well for our family; it helped to keep each caregiver employed, mitigated caregiver fatigue, and provided some diversity for Tamara, yet successfully maintained a continuity of care.

## Chaplain's Chat

Valerie Storms, Chaplaincy Care Manager

Moffitt is pleased to welcome Chaplain Mike Miller and Chaplain Sandy Harbour to the team. It's Chaplain Miller's second time at our cancer center. He is a board certified Catholic layman who worked at Moffitt in 2007 before relocating to New York. Chaplain Miller works mostly with blood and bone marrow transplant patients, but visits patients throughout the Magnolia campus.

Chaplain Harbour is a board certified United Methodist minister who serves patients at the McKinley Outpatient Center. She visits patients in the clinics and the Infusion Center and also meets with pre-surgical patients who request her presence.

Both chaplains can sit and chat with patients who need to talk, who are scared and/or who want help making major decisions. The chaplains maintain confidentiality and respect patient's privacy and share with others only what patient's want other's to know.

If you would like to talk with any of our chaplains, please call 813-745-2856.

## HELP DRIVE CANCER RESEARCH

Cancer touches all of us, regardless of ethnicity, age, gender or socioeconomic status.

When you order a Moffitt specialty license plate, you are helping researchers and scientists develop the medicines and protocols that will advance cancer treatments and help cure patients.

Order your license plate today at  
**MOFFITT.org**



# BMT Caregivers: Sharing Coffee and Strength

Jenni Schmidt, Licensed Clinical Social Worker

A stem cell or blood and marrow transplant (bmt) requires an extended hospitalization. This can also include an extended period of outpatient treatment that requires patient's to have a caregiver 24/7 and to stay locally in lodging for up to 90 days. Many of these caregivers have had to relocate to the Tampa area, leaving behind their job, support network and family. BMT Caregiver Coffees bring caregivers together who have the unique experience of transplant.

The BMT Caregiver Coffee provides an opportunity to connect caregivers, particularly when patients are receiving inpatient care with a goal of promoting caregiver self-care, providing emotional support and validation, improving knowledge of resources, and expanding support networks. The group meets every Wednesday in the family room on the third floor of the BMT unit and is open to all caregivers of patients in the Blood and Marrow Transplant program.



**“It is nice to be in a group with people sharing their experiences, strength and hope... you don't feel like you are so alone because there are other people going through this too.”**

**– Dawne Spada,  
Moffitt caregiver**

**For more information, please call Jenni Schmidt at 813-745-8117.**

## Health & Well-Being

# How Cancer Treatment Can Impact Your Blood Sugar

Fabiola Figueroa, Registered Dietician, Certified Diabetes Educator

Managing diabetes while receiving cancer treatments can be difficult. Many treatments include steroids and one side effect is increased blood sugar. For a patient using insulin it is important to adjust the dose to maintain the proper blood sugar (glucose) levels. If the patient only takes pills to control their diabetes, they may need to use insulin to maintain proper blood sugar levels.

High blood sugar should not be ignored. It may contribute to a decreased appetite, weight loss, low energy and dehydration.

A Certified Diabetes Educator (CDE) is a health professional who has broad knowledge of diabetes, prediabetes and diabetes prevention. They help patients understand and manage these conditions.

**“When they first told me I had diabetes I felt sick, even nauseous but after talking to you [diabetes educator], I feel good; I can do it; I am not afraid anymore.”**  
**– Vilburn Coulanges, Moffitt patient**

Your CDE can make recommendations to the medical team regarding different medicines to manage your blood sugars during treatment.

At Moffitt we have a full time Certified Diabetes Educator available to assist patients on a range for topics like:

- Education for newly diagnosed diabetics or steroid induced diabetics
- Education for patients new to insulin
- Education for uncontrolled diabetes
- Review proper insulin self-injection technique using vial/syringe or insulin pen therapy
- Meal planning
- Provide information on help available in the community.

If you feel a referral to a Certified Diabetes Educator would benefit you, talk to your doctor.

Controlling your blood sugar may help you respond better to treatments and may shorten your hospital stay.

# Personalized Medicine

### **What is personalized care?**

No two individuals are alike, even identical twins. Health care should not be a one size fits all approach either. Personalized care takes into consideration all aspects of a patient's health history, laboratory tests that provide unique insights into the diagnosis, treatment options and patient preferences to come up with a treatment plan. Personalized care brings us closer to our patients.

### **What are genes and genetics?**

DNA is considered the blueprint of life. It contains the instructions to make our bodies and all that is necessary to make them work. The alphabet for these instructions contains only four "letters" (C, T, A and G). The entire vocabulary consists of only three-letter "words." These words are used to form "sentences," or more specifically, "genes." DNA is found inside every cell in our body.

Genes determine eye color, hair color and risk for disease. There are also genes that tell the cell when and when not to grow and divide. For example, even though there are instructions to make our noses in every cell of the body, fortunately we don't keep growing new noses throughout our life. However, that message for a cell to stop growing is lost in cancer and cells continue to multiply and divide and form a tumor.

Genetics is the study of how genes are passed to you from your parents. Although cancer can "run in families" cancer isn't passed from parents to children. However, individuals can inherit from their parents a greater chance that cancer develops over the course of their lifetime.

### **What have we learned?**

Researchers have learned that information stored in your blood, tissues and body fluids differ from people who get cancer than people who don't. We know there are *mutations* in genes and these changes are more common in cancer cells than in healthy cells. That information can also be used to change the way we treat cancer.

### **What is personalized medicine?**

Moffitt hopes to match cancer treatments to the genetics of each patient and the genetic changes in their tumors. This approach is known as personalized medicine.



### **What is Total Cancer Care®?**

Personalized medicine is discovered through research. Total Cancer Care is a research study that enables our physicians and scientists to determine how to deliver the right care for each individual patient. Total Cancer Care is also a philosophy that recognizes the need to anticipate and meet the needs of all cancer patients through their journey. By combining genetic and other molecular information with medical treatments and outcomes, the Total Cancer Care study helps us understand why some cancers react differently to treatments.

### **What is Moffitt's goal?**

Because no two patients are alike, we seek to provide a precise diagnosis, identify the best treatment for the cancer, and have a conversation with the patient to decide on the best course of action. Our goal is to ensure the best possible outcome for each and every patient.

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**For more information about Moffitt's focus on personalized medicine, please call Dr. Howard McLeod, Medical Director of the DeBartolo Family Personalized Medicine Institute at 813-745-3347.**

# Fertility Preservation Option: Egg Freezing

Gwendolyn Quinn, Ph.D., Senior Member, Moffitt Cancer Center

Women of reproductive age diagnosed with cancers that require treatment with chemotherapy or radiation may become infertile from these treatments. Infertility means difficulty or inability to become pregnant. While men continuously produce sperm, women are born with all the eggs they will ever have. The powerful drugs that kill cancer cells may also harm a woman's egg supply (ovarian reserve) or damage the eggs. For women who have not yet started or completed their families, it is important to discuss fertility concerns and preservation options, prior to starting cancer treatment.

For young women with a cancer diagnosis, one preservation option is called egg freezing (oocyte cryopreservation), which is a procedure that retrieves and freezes a woman's unfertilized eggs to allow her to try to conceive at a later date. The process starts at the beginning of the menstrual cycle with daily injections of synthetic hormones to stimulate the ovaries to increase the likelihood that multiple eggs can be collected during a cycle. Women are given a local anesthetic during the retrieval process and any harvested eggs are then frozen. The entire process generally takes two to three weeks to complete,

but there are some new procedures that may reduce the time. Later, when a pregnancy is desired, the eggs are thawed and fertilized with a partner or donor sperm through in vitro fertilization. This creates an embryo, which is then transferred to the women's uterus or a gestational carrier. It can take several embryo transfers before a successful pregnancy occurs and not all attempts produce a child. Frozen eggs may be stored for many years; recently a child was born from eggs that had been frozen 20 years ago.

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**For more information or to schedule an appointment with the USF Center for Fertility Preservation please call 813-974-1192. To learn more, visit the following websites:**

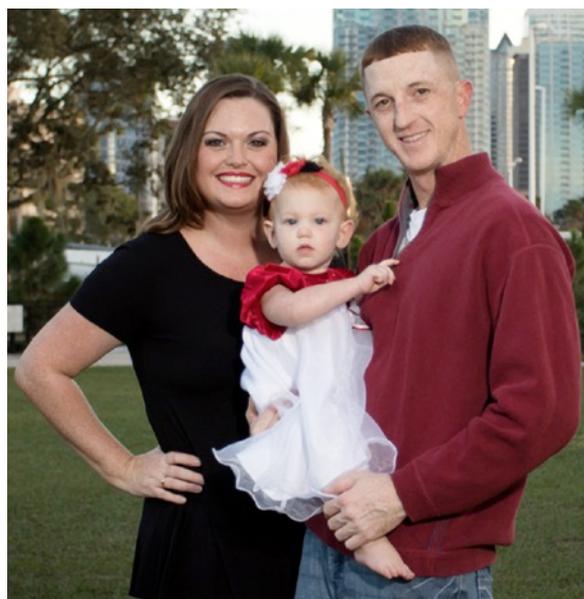
**American Society of Clinical Oncology**  
[university.asco.org/focus-under-forty](http://university.asco.org/focus-under-forty)

**American Society of Reproductive Medicine**  
[www.asrm.org](http://www.asrm.org)

**Oncofertility Consortium**  
[oncofertility.northwestern.edu/](http://oncofertility.northwestern.edu/)

“As a 24-year-old newlywed, hearing the words ‘you have breast cancer’ was the last thing I thought would happen. You see, my new husband and I looked forward to beginning our lives together and starting a family of our own. My grandmother shared with me that chemotherapy can cause some women to lose their fertility and I always wanted to be a mom. So when the doctor started talking to me about chemotherapy treatments, I immediately asked what he could do to preserve my fertility. I am so grateful I was informed and outspoken because we were able to freeze five embryos prior to beginning treatment. We now have a beautiful 1-year-old, Madelyn Lucile, who came from those frozen embryos! She is the light of our lives and we are so grateful for her. For my husband and me, if there was a 1 percent chance of losing fertility, the process would have been worth it. My best advice for other young patients is to be informed and be your own best advocate.”

– **Rachell Moodie**, breast cancer survivor



Rachell Moodie and her husband Matt and daughter, Madelyn Lucile

## Advance Care Planning - A Gift to You and to Those You Love

Advance care planning is for all of us, not just for people who have cancer. It's for all adults, ages 18 and older, who want to maintain a sense of wellness and dignity throughout their life. Advance care planning applies to you—whether you're currently healthy or receiving medical treatment for a serious illness. Having an advance care plan is like having a roadmap your doctors and loved ones can use to honor your wishes, if in the future, you're not able to make or communicate your own decisions.

As adults, we're often faced with a variety of health care situations that require us to make decisions about what to do. Some decisions are relatively easy to make, like which over-the-counter medications to take, or whether we should have an elective surgery. Other decisions are more difficult, so we weigh the benefits and burdens of each choice and opt for what fits our values and lifestyle. Sometimes, we're not able to make a decision at all. Just for a moment, imagine yourself in the following heartbreaking circumstances:

- You're 24 years old with a massive head injury from a car accident.
- You're 58 years old in the end stage of a serious medical condition.
- You're 86 years old with an advanced stage of dementia, like Alzheimer's disease.

At some point in each of these situations, you would probably lose your ability to make or communicate any decisions. Medically, this is a serious problem for two reasons:

- Your doctors, with few exceptions, cannot make their own decisions about your care. They legally and ethically need to share the decision making with someone who has the authority to act as your spokesperson.
- Your spokesperson and doctors need to know what kind of life you value. Do you feel that life is always worth living no matter what disability or pain you're experiencing? Or, are there some health situations that would make your life not worth living, such as having to be kept alive on machines, or not being able to recognize your loved ones?



If any of these situations happen to you, how are your doctors and loved ones supposed to know what you want to do? You need to plan ahead to tell them, and write it down.

- You can plan now for your future health care needs by engaging in **advance care planning**. It begins with conversations with your loved ones, doctors and other members of your health care team, and most often leads to the development of witnessed written documents called advance directives. Two important types of **advance directives** are the **health care surrogate** and **living will**.
- A **health care surrogate** is a spokesperson, someone you trust, to represent you and your wishes by making the decisions you would normally make for yourself. In Florida, this person is called a **health care surrogate**. Some other states call this person a health care agent. Talk to your surrogate honestly and frequently as your circumstances and preferences change.
- A **living will** documents the kinds of life-sustaining treatment you would and would not want, if you cannot be cured and getting better is not possible. Your doctors and health care surrogate can use your living will to guide them when they make decisions about your medical treatment.

**If you have an advance directive and you are a patient at Moffitt, please make sure we have a copy in your medical record. You can give it to a representative as you check in, your nurse, social worker or chaplain. You may also drop it off at the Social Work and Chaplaincy Care Office on the first floor at the Moffitt Magnolia campus.**

## Advance Care Planning Is Important For All Adults

Advance care planning sessions at Moffitt are free to all adults, including patients, families, significant others, staff, physicians and community members. For more information, call the Social Work and Chaplaincy Care Office at 813-745-8407.



Your written advance directives should be reviewed and updated to reflect changes in your life, such as a divorce, a new diagnosis or a death in the family. Keep your current signed and witnessed original advance directive documents in a place that's easy to get to. Give copies to your health care surrogate, your family and others who need to know—especially your doctors. Talk to them, to share your ideas and get their input because your advance directives are a vital part of your medical record. And remember, an important gift you can give your loved ones is to talk with them about your wishes so if the time comes, they can return an equally important gift to you by honoring the advance care choices you have made.

At Moffitt Cancer Center, we have certified facilitators for advance care planning to help you and your family through the process. If you would like to schedule an advance care planning session, or obtain more information, call the Social Work and Chaplaincy Care Office at 813-745-8407. Drop-ins are welcome, too. Information can also be obtained in the Patient Library and Welcome Center on the 2nd floor of the Muriel Rothman Building (elevator B) at the Moffitt Magnolia campus and in the Patient and Family Center at the Moffitt McKinley campus.

**For more information, the following online resources are recommended:**

[www.gundersenhealth.org/respecting-choices](http://www.gundersenhealth.org/respecting-choices)

[www.empathchoicesforcare.org](http://www.empathchoicesforcare.org)

[www.prepareforyourcare.org](http://www.prepareforyourcare.org)

[www.theconversationproject.org](http://www.theconversationproject.org)

“I was involved in a car accident totaling my car, and my two siblings were diagnosed with potentially life threatening cancers. We all had advance directives, but with the onset of the latest illnesses, the need to review the plans and make updates became a reality.

It was scary to think about these issues, but my siblings and I had definite ideas regarding what should be done if we are not able to speak for ourselves, and hope for recovery seemed slim. We named health care surrogates and after researching the advance care planning process, we overcame our fears and documented our wishes.

I'm so glad we each updated our advance directives. Knowing my brother's wishes before he passed made it so much easier for my family. We could confidently say,

'he didn't want that' because we knew his final wishes related to his health care. ”



– **Phyllis Tolliver**,  
survivor and caregiver

# Update on Cafeteria Improvements

Jerry Mallory, Food Services Director

There have been many changes in the Cafeteria and Food Services department over the last few months and many more enhancements are planned in the near future.

Recent changes include:

- Cosmetic improvements to improve the overall appearance of cafeteria, serving vessels and utensils
- Upgrading the salad bar
- Adding a Simply-To-Go grab and go cooler offering freshly prepared sandwiches, salads and snacks
- Adding two Coke Freestyle machines
- Adding a made to order deli
- Focusing more on fresh foods, fresh vegetables and a batch cooking approach to the foods we serve
- Expanded service hours at the Grill and Deli stations
- Expanded hours of operation to until 9 p.m., Monday - Friday

Plans for future enhancements to the services we offer to our patients, families, visitors and staff are underway and include:

- At Your Request room service concept for patients: This concept will allow patients, who have been identified by their nurses to participate, to order what they want, when they want it, when the kitchen is open. We will be moving away from the traditional model of set breakfast, lunch and dinner meal periods.
- Technology improvements allowing people to place online food orders, prepay and pick up their items without waiting in long lines
- Renovation of our cafeteria space to add new concepts and offerings including a sushi station, rotisserie area, fresh made pizza station, an expanded salad bar and more



All of these changes are taking place to improve the services we provide to our customers because they deserve nothing short of our best efforts. There will be some growing pains and inconveniences as we continue our construction and renovation efforts, but the result will create a destination for our customers. With the new menu offerings, points of service and décor, we will exemplify the spirit of progress and caring that is crucial at Moffitt Cancer Center.

## Patient and Family Support Groups

The following support groups are offered at Moffitt Cancer Center. To learn more about any of the support groups offered, including times and locations, please call the Social Work Office at 813-745-8407.

### **BREAST CANCER SUPPORT GROUP**

Support group for patients with breast cancer meets every Tuesday, 12:30-1:30 p.m., at the McKinley campus.

### **METASTATIC BREAST CANCER SUPPORT GROUP**

Support group for patients with stage 4 metastatic breast cancer. Meets weekly for six week sessions throughout the year at the McKinley campus. Call the Social Work Office at 813-745-8407 for exact location and schedule.

### **OSTOMY SUPPORT GROUP**

All Ostomates (with colostomy, ileostomy or urostomy), family and friends are welcome. Every 2nd Wednesday of the Month 2-3:30 p.m., Moffitt 5th floor lounge of the main hospital. Use elevator C.

### **CANCER SUPPORT GROUP**

Support group for patients with any cancer diagnosis. Meets every Tuesday, 1-2 p.m., 5th floor lounge of the hospital. Use elevator C.

### **FAMILY AND FRIENDS SUPPORT GROUP**

Support group for family members, friends and caregivers of cancer patients. Meets every Tuesday, 1-2 p.m., 5th floor of the hospital, room 5140 A. Use elevator C.

### **FINDING BALANCE WITH CANCER**

"Finding Balance with Cancer" is a four-week stress reduction program jointly offered by the Integrative Medicine Program and Social Work. This program, held several times a year, provides an opportunity for patients and caregivers to learn meditation through group discussion, guided practice, and CDs for home use. Please contact social work at 813-745-8407 for more information.

### **YOUNG ADULTS WITH CANCER**

#### ***Meet Up for Patients***

Join others (ages 20-39) dealing with cancer at the bi-monthly "Meet-Up."

#### **Every Wednesday of the month, 1 p.m.**

Moffitt Cancer Center, 4th floor AYA lounge, use elevator C

#### ***Connect Up for Caregivers, Family and Friends***

Join other family members, friends and caregivers seeking support and "Connect Up."

#### **2nd Wednesday of every month, 1 p.m.**

Moffitt Cancer Center, 5th floor day room, use elevator C

# Taking Notes and Recording Your Visit

Regina White, RN

Have you ever felt overwhelmed during a doctor's appointment in which you received a large amount of information? Perhaps you didn't ask any questions at the time even though you felt you would have questions once you had time to process all of



the details. You're not alone. Many patients find themselves with unanswered questions once they have a chance to look over the printed materials and digest the information.

These tips may help you feel more informed during your next visit:

- Write down a list of questions
- Bring someone to the appointment with you to listen, take notes and record the visit
- Verbally summarize the instructions for the doctor or nurse
- Ask pointed questions such as, "Can you review with me again what I need to know about this medication?"

Many health care providers are using a technique called "Teach-Back" to ensure you understood what they just explained. They may ask you open ended questions rather than just expecting a yes or no response. This is an opportunity for you to recap what you just heard which helps to reinforce the information.

## YOUR STORIES

Are you a cancer survivor or know someone with an inspiring story to tell? How has cancer affected you or your loved ones?

Whether it's a story, a poem, a picture or painting, share YOUR story in your way. Your story will be made available in a published book.

## SU HISTORIA

*¿Es sobreviviente de cáncer o conoce a alguien con una historia interesante que contar? ¿Cómo les ha afectado el cáncer a usted o a sus seres queridos?*

*Lo mismo si es un relato, un poema, un dibujo o una pintura, cuéntenos SU historia a su manera. La historia que envíe aparecerá publicada en un libro.*

Submit your story to [PatientandFamilyCenter@Moffitt.org](mailto:PatientandFamilyCenter@Moffitt.org) by June 3, 2016.

Submissions accepted in any language. Call 813-745-5022 for more information.

Envíe su propuesta a [PatientandFamilyCenter@Moffitt.org](mailto:PatientandFamilyCenter@Moffitt.org) a más tardar el 3 de junio de 2016.

Aceptamos historias en todos los idiomas. Si desea más información, llame al (813) 745-5022.

# Moffitt Welcomes Your Service Animal

Mike Dewitt, Patient Relations Manager

Moffitt Cancer Center is pleased and committed to welcoming service animals to accompany patients and guests during their Moffitt visits.

Under the Americans with Disabilities Act (ADA), state and local governments, businesses and non-profit organizations that provide services to the public are required to accommodate people who are assisted by trained service animals.

In our goal to bring safe and compassionate care to our patients and their families, we would like to share how we, and the ADA, define a service animal.

A service animal is trained to do work or perform task(s). Some examples of work a service animal may be trained to perform include, but is not limited to:

- Alerting persons with hearing impairment to sounds
- Pulling wheelchairs and picking up things for persons with mobility impairment
- Assisting persons with balance impairment
- Providing assistance for visually impaired persons



Service animals are welcome to accompany their handlers to most patient care and public areas of the cancer center, including the cafeteria. There are a few exceptions:

- Service animals are not required to wear a vest, ID tag or special harness, nor is the handler required to carry or show proof that the service animal is a service animal. However, the handler may be asked if the service animal is required because of a disability and what work or task the service animal has been trained to perform.
- While the service animal is at Moffitt, it must be on-leash and the owner must take full responsibility for its care. Service animals who cannot be controlled, behave aggressively or approach strangers may be excluded from the cancer center in accordance with ADA rules.
- There are online organizations which sell service animal documentation. Moffitt Cancer Center, the ADA and the Department of Justice don't recognize these as proof that an animal is a service animal.
- Pets, therapy animals, emotional support animals and companion animals are not service animals and may not accompany their owners to their visits to Moffitt. The only exceptions to this rule are Moffitt therapy dogs and pre-arranged visits of pets to our inpatient floors.

**Please call Patient Relations at 813-745-3808 to learn more about our policy on service animals or to arrange a pet visit for a loved one.**



## Join Moffitt Leaders to Improve the Patient Experience

**The Patient and Family Advisory Program Seeks New Members**

Learn more about being a Patient and Family Advisor:  
Email [Kim.Buettner@Moffitt.org](mailto:Kim.Buettner@Moffitt.org)  
or call 813 -745-1390

# PATIENT AND FAMILY ORIENTATION

*Learn how to:*

*Connect with  
supportive  
programs  
and services*

*Partner with  
your care team*

*Find your  
way around*

- 30 minute orientation
- Presented in English and Spanish
- Scheduled daily, Monday –Friday, walk-ins welcome
- Appointments available for your convenience
- Guided tours also available on select days
- View online at [MOFFITT.org/Orientation](http://MOFFITT.org/Orientation)

**Receive a free messenger bag with helpful information and organizational tools.**

For more information, call 813-745-2963 or email [Orientation@Moffitt.org](mailto:Orientation@Moffitt.org)

## PREPARING FOR YOUR HOSPITALIZATION AT MOFFITT CANCER CENTER



Go to [MOFFITT.org/Hospitalization](http://MOFFITT.org/Hospitalization) for the following informational videos on what to expect during your stay with us.

- Preparing for Your Hospitalization
- Packing for the Hospital
- What to Expect During Your Hospitalization
- Orientation to the Room and Unit
- Preparing for Your Discharge

## MARK YOUR CALENDAR

### MAY - JULY

#### Arts In Medicine Studio - sponsored by Arts In Medicine

**Every Mon. - Fri.**, open arts studio: relax, create, express, discover and share inspiration, 9:30 a.m. - 1 p.m., 2 - 4 p.m., Arts Studio, 3rd floor, MCC, Muriel Rothman Building, use elevator B

**Every Thu.**, open arts studio: 6:30 p.m. - 8:30 p.m., Arts Studio Room, 4th floor, MCC, use elevator C.

#### AYA Lounge Night - sponsored by the Adolescent & Young Adult (AYA) Program

**Every Tue.**, 5 - 7 p.m., young adult patients (ages 15 - 39) and their family and friends are invited to the AYA Lounge for pizza, Netflix, board games and to meet other young adults with cancer, AYA Lounge, 4th floor, MCC, use elevator C.

#### Art Up - sponsored by the Adolescent & Young Adult (AYA) Program

**Every Tue.**, 10 a.m. - 12 p.m., inpatients (ages 15 - 39) and their family and friends get creative with glue, paint and silk while meeting other young adults with cancer, Arts Studio Room, 4th floor, MCC, use elevator C.

#### Gentle Restorative Yoga - sponsored by Integrative Medicine

**Every Mon.**, 3 - 4 p.m., Yoga Room, 1st floor, MRC  
**Every Tue.** 12 - 1 p.m., Yoga Room, 1st floor, MRC, call 813-745-4630 for more information

#### Meditation /Relaxation Class - sponsored by Integrative Medicine

**Every Wed.**, 12:15 - 1 p.m., Day Room, 5th floor, MCC, use elevator C.

#### Meet the Expert Series - sponsored by the Patient Library & Welcome Center

**Every Mon.-Fri.**, cancer experts share information on various topics, 10-10:30 a.m., Patient Library & Welcome Center, 2nd floor, MCC, Muriel Rothman Building, use elevator B, call 813-745-4710 for more information including a schedule of topics.

#### Tuesday Tele-Talks - sponsored by The Center for Women's Oncology

**Every Tue.**, educational sessions on topics related to breast and GYN cancers, Dial 1-800-206-6032, enter passcode 6633488# (spells Moffitt), call (813)745-2174 or email [Jolie.Filer@Moffitt.org](mailto:Jolie.Filer@Moffitt.org) for more information including times and a schedule of topics.

### MAY

**Wed., May 11 - Tools To Quit**, sponsored by the Patient Library and Gulfcoast North Area Health Education Center. Free quit smoking two-hour class and four weeks of free nicotine patches. For registration and information call 813-745-8811 or email [TobaccoTreatment@Moffitt.org](mailto:TobaccoTreatment@Moffitt.org).

**Thu., May 12, 19 and 26 - Patient and Family Hospitality Coffee**, sponsored by the Patient & Family Advisory Program, 9:30-11:30 a.m., MCC, Owl's Den Meeting Room, Muriel Rothman Building, 1st floor (around the corner from Blood Draw).

**Sat., May 14 - Miles for Moffitt -** USF Sun Dome, Choose a 15K Challenge,

10K, 5K, 1-Mile Run/Walk, Wheelchair Race, Kids Dash or be a virtual runner, with 100 percent of all registration fees and donations going directly to support cancer research at Moffitt. Register at <https://milesformoffitt.run>

**Tue., May 17 - Look Good Feel Better**, sponsored by the American Cancer Society and hosted by Magnolias Salon. Cancer patients learn beauty techniques to help manage the appearance-related side effects of cancer treatment, 10 a.m. - 12 p.m., MCC, Owl's Den Meeting Room, Muriel Rothman Building, 1st floor, (around the corner from Blood Draw). For registration or information call 1-800-227-2345.

**Sat., May 21-Swim Across America -** 8:30 a.m., Clearwater Beach, national nonprofit organization dedicated to raising money for cancer research, prevention and treatment through swimming-related events, annual open water fundraising swim, funds benefit Moffitt Cancer Center. For more information and to register, visit [SwimAcrossAmerica.org](http://SwimAcrossAmerica.org).

**Sat., May 28- Paddle against Cancer -** 9 a.m., Club Treasure Island, founded in 2011 by stage-4 kidney cancer survivor Gene Evans, annual paddleboard event and poolside celebration benefiting Moffitt Cancer Center. Now in its sixth year, the annual event has raised \$150,000 for research in the fight against cancer. For more information, visit [PaddleAgainstCancer.org](http://PaddleAgainstCancer.org).

### JUNE

**Wed., June 8 - Tools To Quit**, sponsored by the Patient Library and Gulfcoast North Area Health Education Center. Free quit smoking two-hour class and four weeks of free nicotine patches. For registration and information call 813-745-8811 or email [TobaccoTreatment@Moffitt.org](mailto:TobaccoTreatment@Moffitt.org).

**Thu., June 9, 16 and 23 - Patient and Family Hospitality Coffee**, sponsored by the Patient & Family Advisory Program, 9:30-11:30 a.m., MCC, Owl's Den Meeting Room, Muriel Rothman Building, 1st floor, MCB, (around the corner from Blood Draw).

### JULY

**Wed., July 13 - Tools To Quit**, sponsored by the Patient Library and Gulfcoast North Area Health Education Center. Free quit smoking two-hour class and four weeks of free nicotine patches. For registration and information call 813-745-8811 or email [TobaccoTreatment@Moffitt.org](mailto:TobaccoTreatment@Moffitt.org).

**Thu., July 14, 21 and 28 - Patient and Family Hospitality Coffee**, sponsored by the Patient & Family Advisory Program, 9:30-11:30 a.m., MCC, Owl's Den Meeting Room, Muriel Rothman Building, 1st floor, MCB, (around the corner from Blood Draw).

**Tue., July 19 - Look Good Feel Better**, sponsored by the American Cancer Society and hosted by Magnolias Salon. Cancer patients learn beauty techniques to help manage the appearance-related side effects of cancer treatment, 10 a.m. - 12 p.m., MCC, Owl's Den Meeting Room, Muriel Rothman Building, 1st floor, (around the corner from Blood Draw). For registration or information call 1-800-227-2345.

### BUILDING LOCATION KEY

MCC - Moffitt Cancer Center, Magnolia campus  
MKC - McKinley campus  
MRC - Moffitt Research Center  
SRB - Vincent A. Stabile Research Building  
USF - University of South Florida

Visit <https://moffitt.org/calendar/> to view more upcoming events.

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If you would like to be involved in making Moffitt the best it can be for all patients and families, contact the Patient & Family Advisory Program at [Kim.Buettner@Moffitt.org](mailto:Kim.Buettner@Moffitt.org) or 813-745-1390.