

myCancerConnection and  
Department of Social Work host

# Caregiver Week

Monday, Nov. 6-Friday, Nov. 10



*A week of activities  
for caregivers and family members  
of patients*

Visit [mdanderson.org/myCancerConnection](https://mdanderson.org/myCancerConnection)  
for special caregiver resources and more information on  
the week's activities.

myCancerConnection®

THE UNIVERSITY OF TEXAS  
**MD Anderson**  
**Cancer Center**  
Making Cancer History®

## Monday, Nov. 6:

- **Caregiver Resource Fair, 10 a.m.-noon**  
Main Building, Floor 1, near The Aquarium entrance, Patient/Family Library  
Learn about resources available to you and your family.
- **Brief Relaxation Caregiver Chair Massages, noon – 4p.m.**  
Main Building, Floor 5, Surgery Waiting Area, B5.4325  
Massages are being provided to caregivers of patients in surgery.
- **Yoga for Caregivers: De-stress with Breath and Movement, 1-2 p.m.**  
Main Building, Floor 2, Elevator F near the escalators

## Tuesday, Nov. 7:

- **PIKNIC Survivorship Series, Tips for dealing with the physical and emotional effects of cancer, 12:30-1:45 p.m.**  
Mays Clinic, Floor 1, near Elevator S, Telehealth Classroom, ACB1.2345  
Also available at MD Anderson locations in the Bay Area, Katy, Sugar Land and The Woodlands. View session online at [myCancerConnection.org](http://myCancerConnection.org)
- **Care 4 the Caregiver Support Group, 12:30-1:30 p.m.**  
Rotary House International, Floor 1, Patient Guest Relations  
Connect with others who care for their loved ones while learning coping skills in this open support group.

## Wednesday, Nov. 8:

- **Art Therapy for Caregivers, 11 a.m.-noon**  
Main Building, Floor 2, The Park near the Donor Wall  
Caregivers are invited to participate in art therapy that includes drawing, painting, and other media to express your caregiving journey through art.
- **PIKNIC - Appy Hour for Caregivers, 12:30-1:30 p.m.**  
Main Building, Floor 1, near The Aquarium entrance, Patient Family Library  
Stop by for a lunch and learn to find out about which user friendly apps can save you time and make caregiving more manageable. If you are unable to attend, view the session online at [Facebook.com/Cancer180](https://Facebook.com/Cancer180).
- **Caregivers and Families of the Acute Palliative Care Unit, 1:30-2:30 p.m.**  
G12 Family Conference Room, G12.3328  
Focuses on needs and issues specific to caregivers. Resources can be shared and connections facilitated between other caregivers on the palliative care unit.

## Thursday, Nov. 9:

- **Team Up for Healthy Eating, 10-11 a.m.**  
**Mays Clinic, Floor 2, Integrative Medicine Center, ACB 2.1049ab**  
Enjoy a hands-on cooking demonstration that explores how cancer-fighting foods can be easily and affordably added to your meals & snacks.
- **Managing Medications during Treatment, 12:30-1:30 p.m.**  
**Main Building, Floor 4, near Elevator A, The Learning Center**  
This session will provide useful tips on medication management (which often includes maintaining medication lists, ensuring compliance, understanding medication instructions, etc.) for patients and caregivers. Resource materials will be provided at session. If you are unable to attend, view session online at [facebook.com/Cancer180](https://facebook.com/Cancer180).
- **Well-Wives, 4-5 p.m.**  
**Rotary House International, Floor 1, Patient Guest Relations area**  
This support group provides an opportunity for female significant others to share some of their concerns and feelings about cancer and its impact.
- **Trivia Night, 6-8:30 p.m.**  
**South Campus Research Building, 7435 Fannin Street**  
Prepare to laugh and test your knowledge at trivia night! Enjoy a fun evening of food, fun and trivia facilitated by Geeks Who Drink. RSVP required. Call 713-792-2553 to reserve your seat. This event is for people 18 years of age and older. It is free for all caregivers and patients, regardless of where treatment is received. Complimentary parking provided.

## Friday, Nov. 10:

- **Day Away to the Houston Nutcracker Market, 9:00 a.m.**  
**Mays Clinic, Floor 2, Hospitality Center, ACB2.1002**  
Begin the morning with a light snack and shop the day away at the Houston Nutcracker Market. No cost for entry ticket(s). Reservation required. Call 713-792-2553 to reserve your tickets. Limited number of tickets available.

For more information, call myCancerConnection at  
713-792-2553.

Caregiver Week is offered in partnership by myCancerConnection,  
a program of Volunteer Services and Merchandising, and  
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