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 for special caregiver resources and more information on the week’s activities.
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 – 4 p.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

- 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.

- 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.

- **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 Department of Social Work.
For more information, call myCancerConnection at 713-792-2553.

Caregiver Week is a partnership between myCancerConnection, a program of Volunteer Services and Merchandising, and Social Work

Caregiver Week is generously funded by the Volunteer Endowment for Patient Support