News and notes for patients, families and visitors

Need to know

Main Building hallway closed for construction

Part of the hallway in the Main Building, Floor 2, near Elevator B, is closed for construction. It will be closed until March. We are sorry for this inconvenience.

Elevator B will not stop on Floor 2 during this time. The Hospitality Center in the Main Building, Floor 2 is open.

You can reach a destination on Floor 2 on either side of the closure near our Ambulatory Treatment Center.

- Take Elevator A to Floors 1 or 3 and cross over to Elevator C and select Floor 2
- Take Elevator C to Floors 1 or 3 and cross over to Elevator A and select Floor 2
- Use the escalator near Elevator C to reach Floors 1 or 3 and cross over to Elevator A and select Floor 2

Staff are prepared to help you, and signage is posted.

Safety365

You have rights and responsibilities

Safety365 is our commitment to providing safe care in a safe environment 365 days a year.

You have a right to safe care and should speak up if you have questions or concerns.

Ask a member of your care team for a copy of your patient rights and responsibilities or read them online at mdanderson.org/PatientAdvocacy

Then scroll down to read Patient Rights.

Learn more

Get technology questions answered

Visit The Learning Center to get help with electronic devices and learn basic tips for navigating the internet. You also can get support using MyChart and social media applications.

Tech Tuesday

Tuesday, Feb. 25, 9 a.m.-4 p.m.
Main Building, Floor 4, near Elevator A, R4.1100

Need help with MyChart but cannot make it to the Texas Medical Center? Call askMDAnderson at 1-877-632-6789.

Free wireless access is available

You can connect your device to the internet in most public areas on the MDAGuest network. No password or fee is required.

This Week at MD Anderson is published every Monday and distributed by a team of dedicated volunteers.
Send events and feedback to PatientCommunications@mdanderson.org.

Join our community:
Spirituality can help you find meaning during difficult times.”
— Annabelle Bitter, Social Work Counselor

Coping with cancer: Where spirituality comes in

Spirituality can mean different things to different people. Prayer to a higher power, connecting with nature or creating a work of art can all be ways of expressing spirituality. A cancer diagnosis or the challenges of treatment can influence your spirituality by strengthening your beliefs or bringing them into question.

Here is what social work counselors Annabelle Bitter and Tiffany Meyer had to say about the role spirituality can play for cancer patients and caregivers.

“Spirituality is a relationship you have with a higher power that gives you meaning or purpose,” Bitter says. Spirituality means something different for each of us, and we express it in our own ways. Religion, on the other hand, is usually more structured, with a set of beliefs and standards shared by a group of people.

Fear, doubt and anger are all normal emotions when facing a cancer diagnosis. These emotions can cause you to question your spiritual beliefs.

“But the reality is that no matter how spiritual or faithful we are, there is so much that we do not have control over,” says Bitter. “Give yourself permission to feel anger and even question your faith.”

Talking to your care team about your emotional needs is the first step in making sure they’re taken care of, whether you have a strong spiritual connection or not.

Support groups can also help you navigate these feelings. “Talking with others in similar situations can help you look at things with more compassion and understanding,” Meyer adds.

Read more and other stories in Cancerwise at www.cancerwise.org.