

Virtual Patient Programs April 2020

- Please register at least 5 minutes prior to the program as we've added an extra layer of security to all of our online patient and staff programs

Coping with Cancer and COVID-19: Virtual Discussion with a Doctor and Social Worker as you Navigate Cancer Treatment

Tuesday, April 21, 12:00-1:00pm ET

AnaMaria Lopez, MD, and Lisa Capparella, LCSW

With recent updates to coronavirus (COVID-19), Jefferson would like to support our patients and caregivers by offering a virtual information session to learn more about COVID-19 and providing information that can help educate and support you during these difficult times. Join us for a virtual discussion with a doctor and social worker to learn:

*Overview & definition of coronavirus

*Symptoms of the virus

*Review of risk & guidelines to protect yourself and loved ones from the coronavirus

*Self-care coping tips to manage stresses of coronavirus

*Participants can also partake in a question and answer session

Register in advance for this meeting:

https://Jefferson.zoom.us/meeting/register/vpwocuqrzwrBX9f_DJUgnk_KrSnfqY8hw

Stretching for Stress Relief (Virtual)

Wednesday April 22, 12:00pm-12:30PM

Gina Mancuso, PT

Co-Owner, CoreFitness

Gina Mancuso will lead you through some basic and gentle stretching on the floor of a floor mat to help aid with stress relief during these unprecedented times. Please join us virtually for a gentle stretching and feel connected to others!

Register in advance for this meeting:

<https://Jefferson.zoom.us/meeting/register/tJosdOyggjMoHtad3BNSubPVK7yLNLo2nXjF>

Support Group: Caring for a loved one with Cancer during COVID-19

Wednesday April 22, 1:00pm-2:00pm

Wednesday, April 29; 1:00pm-2:00pm

Greg Garber, LCSW & Lisa Capparella, LCSW

Caring for a loved one with cancer can be difficult. With the added stress of COVID-19 and limitations to visitation in the hospital and in the treatment areas we invite you to join us for a support group where caregivers can discuss concerns, connect with and support each other.

Register in advance for this meeting:

<https://Jefferson.zoom.us/meeting/register/tJcuc-6srDooGdTq7ddOP8EQiOs1nqY384jI>

Helping Children Cope with a Parent's Cancer in the time of COVID-19

Thursday, April 23, 3:00-4:00PM Eastern Time

Facilitated by: **Lora Rhodes LCSW, Jodi Sandos LCSW**

Join our licensed clinical social workers for an educational program geared towards parents who are undergoing treatment for cancer during the time of COVID-19. Balancing treatment or post treatment follow ups, working from home, teaching children and many other responsibilities can be quite challenging. Our social workers will help you have age appropriate discussions with your children about cancer and COVID-19, learn coping mechanisms for parents and children and activities to engage with your children during this time.

Register in advance for this meeting:

<https://Jefferson.zoom.us/meeting/register/tJIoc-2grjIrGd1o9uG4jYnuofklPXSAoDaz>

Mindful Yoga for Patients and Caregivers

Tuesday April 28, 12:00pm-1:00pm Eastern Time

Facilitated by: **Michelle Stortz**

Join us virtually for a 45 minute yoga session to help you decompress from the stress and practice gentle yoga exercises. Michelle will guide you through some mindful yoga to help decrease stress and help connect you with others.

Register in advance for this meeting:

<https://Jefferson.zoom.us/meeting/register/tJoqduyqrD4uH9xhrVTmpcDAzVSrs7jWda28>

Young Adults with Cancer Support Group

Wednesday, April 29, 5:30-6:30pm ET

Facilitated by **Jodi Sandos LCSW**, and **Miriam Pomerantz, LSW**

Contact Jodi Sandos at Jodi.Sandos@jefferson.edu for any questions.

Our young adult group is aimed at supporting patients between the ages of 18-45 who are undergoing treatment for cancer. Topics include dating, employment, fertility, and everything else that could impact the lives of those between 18-45.

Register in advance for this meeting:

<https://Jefferson.zoom.us/meeting/register/tJYvcmrqzgiEtRlUfhh6PlpjIQ5caqyaJb5>

Mindful Eating and Tips for Grocery Shopping

Tuesday, May 5, 10:00am ET

Melissa Denton, RD

Join Melissa, our registered dietitian, who will discuss mindful eating during stressful times for patients impacted by cancer. She will also provide tips for shopping during the COVID-19 crisis.

Register in advance for this meeting:

<https://Jefferson.zoom.us/meeting/register/tJwrc-quqzoiHddxEkEu1FZLSphuZfgZCqqV>

Coping with Cancer and COVID-19: Virtual Discussion with a Doctor and Social Worker as you Navigate Cancer Treatment

Wednesday, May 6, 12:00-1:00pm ET

Brooke Worster, MD, and Lisa Capparella, LCSW

With recent updates to coronavirus (COVID-19), Jefferson would like to support our patients and caregivers by offering a virtual information session to learn more about COVID-19 and providing information that can help educate and support you during these difficult times. Join us for a virtual discussion with a doctor and social worker to learn:

*Overview & definition of coronavirus

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*Self-care coping tips to manage stresses of coronavirus

*Participants can also partake in a question and answer session

Register in advance for this meeting:

https://Jefferson.zoom.us/meeting/register/tJwpde2hqzssEtIWGqvC8cdfO3WBwT2_h7k7

Primary and Metastatic Ocular Melanoma (OM)

Support Groups (Online/Telephone)

First Wednesday of the month; May 6 & June 3, 2020; 1:00 p.m.-2:00 p.m. EST

This group, in partnership with the Melanoma Research Foundation's CURE OM, provides virtual support groups to individuals diagnosed with primary and metastatic ocular melanoma (OM). These groups are held via a virtual platform so that individuals from across the country can join either by phone or online.

Registration and Information: Lauren Johnston, CURE OM Program Manager,

ljohnston@melanoma.org

Mindful Yoga for Patients and Caregivers

Tuesday May 12, 12:00pm-1:00pm Eastern Time

Facilitated by: **Michelle Stortz**

Join us virtually for a 45 minute yoga session to help you decompress from the stress and practice gentle yoga exercises. Michelle will guide you through some mindful yoga to help decrease stress and help connect you with others.

Register in advance for this meeting:

<https://Jefferson.zoom.us/meeting/register/tJErdu2qqj8pE9LAWzrsNIy9SffWm836-cmo>

Young Adults with Cancer Support Group

Wednesday, May 13, 2020, 5:30-6:30pm ET

Facilitated by **Jodi Sandos LCSW**, and **Miriam Pomerantz, LSW**

Contact Jodi Sandos at Jodi.Sandos@jefferson.edu for any questions.

Our young adult group is aimed at supporting patients between the ages of 18-45 who are undergoing treatment for cancer. Topics include dating, employment, fertility, and everything else that could impact the lives of those between 18-45.

Register in advance for this meeting:

https://Jefferson.zoom.us/meeting/register/tJMvcO-srzopEtK3res6WvVvabxI-F5_idtL