My Serendipitous Journey

By Paul Lombardi, Patient Advisor, Patient and Family Advisory Council

serendipity /ˈsɛrəndɪpɪti/, noun: the occurrence and development of events by chance in a happy or beneficial way: a fortunate stroke of serendipity/a series of small serendipities.

Source: New Oxford American Dictionary
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To say getting cancer took me in directions I could never have imagined is an understatement. In 2003, when I started getting symptoms that lead to a chronic lymphocytic leukemia diagnosis the following year, I was at my 20-year career mark in the U.S. Army. We were at war, and it is where I wanted to be. But cancer changed that completely. I retired from active service in 2006, after the initial treatment achieved remission.

I decided not to work and settled into retired life living on my little sloop, the Maria V, plying the waters of the Florida coasts, the Keys and the Bahamas. My new life was interrupted by a recurrence of the cancer in 2008, which required more treatment, but fortunately resulted in remission. Once again, I pulled up anchor and continued life afloat. Along the way, I met and married my wife, Kristen, who was more than willing to downsize in a big way to squeeze onto our 27-foot boat and sail away. This lasted until the end of 2011, when my cancer came back aggressively.

At this point my road from dockside to Moffitt Cancer Center began most serendipitously. My wife was seeing our family practitioner at the local military clinic for a routine visit and the doctor asked how I was doing. Kristen said my cancer had come back and we were having trouble coordinating the required tests and care at the local oncologist’s office with our military HMO. The doctor immediately called a patient advocate nurse who urged: “Go to Moffitt Cancer Center before anything else.” That advice changed everything. The comprehensive care available at Moffitt, where I could take care of everything under one roof, couple
Book Review: Having Your Own Say
By Bob Wilson, Patient and Family Advisory Council Co-Chair

“If only I knew!” How profoundly those words resonate with families who were not prepared to make end-of-life choices for their loved ones. Understanding the wishes and goals of those we care for as they live out their final months and days can provide a level of peace for caregivers and direction for health care professionals. The content of this book focuses on a systematic approach to advance care planning. It promotes a transformation within health care so “all Americans with advanced illness, especially the sickest and most vulnerable, will receive comprehensive, high-quality, patient-centered care that is consistent with their goals and values and that honor their dignity.” Additionally, the importance of all healthy adults having advance directives was stressed. This allows individuals to feel a sense of comfort that if they are unable to make decisions, care would be provided for them in accordance to their wishes.

As I read this book, the most striking observation for me was the gap between how technically advanced our health system has become and the way we prioritize care for those with advanced illness. Thinking about losing someone dear to us may cause us to skirt the subject of death. Just imagine being asked by a treating physician, “What would your loved one want us to do?” Are you prepared to answer that question? I believe most of us, including health care professionals, find grappling with the emotions of this subject to be difficult at best. This book outlines the importance of planning your care through surrogates in the event you cannot speak for yourself. Your loved ones cannot possibly know your wishes unless there is comprehensive dialogue that can be transcribed into a written plan or course of action.

“Having Your Own Say” by Bernard J. Hammes, PhD., is a field guide for those needing to understand and implement advance directives. I was fortunate to have met with Dr. Hammes during group meetings at Moffitt and was privileged to listen to his perspective regarding respecting choices. Advance care planning begins with a simple conversation between patients and their families to help them develop a plan to inform their health care providers. Questions such as, “What does quality of life mean to you,” or “What activities or experiences give your life meaning?” could help foster reflection and discussions resulting in a detailed advance directive for all to follow if needed. Whether you are a young mother involved in a critical accident, or someone who is elderly in the final stages of a dreadful disease, it is imperative to have written instruments to guide those left to make choices on your behalf. I encourage everyone to read this book, especially those struggling with these delicate, but important issues.

Co-Chair Column

Patient and Family Advisory Council Includes Medical Students
By Kathleen McFadden, MD Candidate, SELECT program, Morsani College of Medicine

I will never forget the day a close family member was diagnosed with cancer. It’s a feeling that you can only know through experience; it transforms the lives of everyone involved instantaneously. I quickly decided to always keep this experience in my mind while working to provide high quality, patient-centered care in my future practice. As I entered medical school and became overwhelmed studying proteins and pathways and complicated diseases, it became even more important to maintain my focus on the patients who inspired me to become a physician in the first place.

I was given the incredible opportunity to sit on the Patient and Family Advisory Council. It became an experience that inspired me, drove me to be a better student doctor, and gave me patient care role models whom I can only hope to emulate one day. I have seen the advisors share their stories and advocate for better electrical outlets, more comfortable chairs in the infusion center, and – everyone’s favorite – better cafeteria food. I have seen the hospital leadership respond with compassion and understanding, teaching me that even the smallest change can make the patient experience more positive.

I am grateful to the Moffitt patients and advisors for their willingness to share their journeys with me as I begin my medical training. Many have taught me things that you absolutely cannot learn inside a traditional classroom, and for that I will always be thankful.

To learn more about the Patient and Family Advisory Council, please call 813-745-1390.
My Serendipitous Journey

with unbelievable professionalism, quality of care and a wonderful staff, was extraordinary.

Ultimately I needed serious treatment; chemotherapy followed by a bone marrow transplant (BMT). We sold the boat and moved to Tampa in January 2012 to start a journey unlike anything I could imagine. Moffitt became a big part of our lives as a bone marrow transplant is a long and intensive treatment. Moffitt BMT was my new job and Kristen’s also as my caregiver extraordinaire. Everyone at Moffitt, and in particular the Moffitt BMT staff, were, and still are, wonderful to us.

Somewhere along the way, Kristen again pushed my life in an unexpected direction. Serendipity. She met the director and staff of Moffitt’s Patient Support Services who encouraged her to get involved as a volunteer. In ways I still do not understand, I ended up as a volunteer myself on the Patient and Family Advisory Council. I have participated in several hospital projects and on committees as a patient advisor.

The extent that patients and families are involved as advisors throughout the hospital is amazing. There is such a strong partnership. Volunteers work directly with patients and staff to make Moffitt a better caregiving organization. I have been lucky enough to be involved in several projects as a full contributing member of the Moffitt team – a team that takes patient and family input seriously and continuously works to improve itself and the patient and family experience.

I also have the privilege of working with Moffitt staff on the design, construction and operations for the Moffitt McKinley Outpatient Center. Patient and family needs and concerns have been given priority in the planning and design of this new facility.

One of the most heartwarming and important things I have been involved with is the training of Moffitt nursing residents and first-year SELECT program medical students at USF. The opportunity to talk to medical professionals and tell them my story; to humanize the patient and family experience and help nurses and doctors understand medicine from the other side of the desk is so important. It has been rewarding to provide insight from the patients’ perspective on how the medical professional – patient relationship plays a vital role in health care and healing. The program is universally well received by the nursing and medical students.

There are many more ways Moffitt Cancer Center and its volunteer-advisors work together. Patient- and family-centered care is not a cliche here. It is what Moffitt is all about, and it is a privilege to be a part of that partnership.
PARTNERS | SUMMER 2015

Young Adults Living with Cancer

Living with Cancer at Age 29

By Lindsey Lucas, Peer Visitor, Patient and Family Advisory Program

“I’m sorry Ms. Lucas, but your liver biopsy came back as adenocarcinoma of the colon.”

This was not at all what I expected to hear at the doctor’s office almost three years ago. I was diagnosed with terminal, stage IV colon cancer two weeks before my 29th birthday.

Since then, the laundry list of what I have been through includes more than 60 rounds of systemic chemotherapy; three major abdominal surgeries, including removal of roughly 70 percent of my liver; a hockey puck-sized metallic implant in my abdomen to feed my liver with more chemotherapy; and a handful of hospital stays for random fevers.

I was lucky. I have an awesome family. My parents flew down from New York the day I was diagnosed. My mother stayed with me and helped me with basic tasks I was too sick to complete myself. As much as I appreciated the support, within hours, I went from complete independence to having others take care of me and make decisions for me. Becoming dependent again on your family is a little talked about second side effect for young adults with cancer.

I was also fortunate to have great friends, many of whom were willing to stick with me even at my worst and most uncomfortable. Friends have driven me to chemotherapy, sat at home with me and made me laugh in between bouts of nausea, or just listened while I talk through accepting my diagnosis and ultimate mortality.

I now live with a very different reality than other young people my age. Sadly, some friends have drifted away, because they don’t know what to say, or are unsure of what I can or want to do. The reality is, I just want to keep doing what I’ve always done. So maybe I can’t have any cocktails with the girls and I might have to leave the party at 10:00 p.m. because I get tired easily, but I still want the option.

I’m not entirely sure when the terminal part is supposed to happen, but each two-week round comes and goes. I still have one small tumor left in my liver; a far cry from the initial diagnosis. I am able to work again and my mother no longer has to take care of me. I have been able accept my situation and enjoy what I can, when I can, with those people who want to enjoy life with me.

I am not cancer, I am Lindsey.

For information about Moffitt’s Adolescent and Young Adult (AYA) Program, please visit MOFFITT.org/AYA or call 813-745-4736.

Lounge for Young Adults

By Olivia Fridgen, Coordinator, AYA and LATTE Programs, and Jacqueline Beaushaw, Patient Advisor, Patient and Family Advisory Council

Moffitt’s Adolescent and Young Adult (AYA) Program centers around providing age-appropriate care for 15-39 year-olds. There are more than 70,000 young adults diagnosed with cancer in the U.S., and approximately 100-150 come to Moffitt every day. Young adults dealing with cancer have specific needs and can feel isolated. While they are not alone, AYA patients usually don’t cross paths within the cancer center’s walls so therefore never get the chance to meet or share similar experiences with one another.

This concern led to the construction of the Swim Across America Adolescent and Young Adult (AYA) Lounge. This lounge was specifically built for our AYA patients. It is a designated area within the hospital where inpatients can spend time throughout the day and evening, and outpatients can spend time in between appointments. The space allows them to interact with one-another by playing video games, watching movies, reading relevant cancer resources and just hanging out.

AYA patients have actively been involved in the architecture, interior design and overall feel of the lounge from the very beginning. Paint colors, furniture layouts, lighting, and even games in the room have all been selected with their input.

The lounge was graciously funded through Swim Across America, which hosts swimming events to fund cancer research and prevention. The proceeds from the Tampa Bay swim are given to Moffitt Cancer Center.
Caregiver Corner

Stress Management Tips for Caregivers

By Sarah Spikes, LCSW, Oncology Social Worker

When you are caring for a loved one with cancer it is easy to put your needs on the back burner. As the caregiver, you wear many hats such as advocate, nurse, financial organizer, cook and cheerleader. This leaves little time for yourself. Over time, the stress can catch up to you if you don’t properly take care of your needs.

Whether you feel overwhelmed or are “doing ok,” these tips will help you begin to reduce your stress level in small ways that over time can have a very positive impact on your life.

• Get a good night’s sleep and nourish your body with healthy meals.
• Take time for you. This can be a quick 10-minute walk outside, seeing a new movie, trying a new hobby, revisiting an old hobby you haven’t had time for, or doing whatever is fun for you.
• Ask for help from family and friends. Reach out if you need to vent or need someone to run an errand for you. Often other people want to help but don’t know how. Let them know what you need.
• Explore relaxation meditation or guided imagery. If you have a smartphone you can download podcasts to guide you through deep breathing and guided imagery, or even buy a relaxation CD at a local retail store. A relaxation/meditation class is held on Wednesdays from 12:15 p.m. to 1:15 p.m. at Moffitt Cancer Center’s fifth floor day room, just off elevator C.
• Attend a caregiver support group to gain insight and support from other caregivers.
• Seek professional help and support from a licensed clinical social worker or licensed mental health counselor. At Moffitt, oncology social workers are members of your health care team who provide information, counseling and support free of charge. Call 813-745-8407 to speak with your social worker.

A Family and Friends support group is held every Tuesday at 1 p.m. in room 5140A in Moffitt Cancer Center (elevator C). You can call 813-745-8407 for more information about all of the support groups available at Moffitt.

Guest Wireless Access

To connect, please follow these steps:

• Go to “settings” on your smartphone, tablet or laptop computer.
• Look for Wi-Fi connections.
• Click on “Moffitt-Guest” and wait for it to show it has connected.

You may see an icon prompting you to sign into the Wi-Fi network, if so click on it. If not, go to your web browser and type in www.Moffitt.org.
• Select “Accept” User Policy at the bottom of the page.

NEED HELP? Dial HELP (4357) from a Moffitt courtesy phone or 813-745-HELP (4357) from your mobile phone.
Could an idea change Moffitt’s culture? Ten years ago, Moffitt’s leadership asked that question. And so began Moffitt’s Patient and Family Council, a leadership’s experiment to bring patients and their families into all that Moffitt does. Back then, patient-centered care was nothing new, at least as a proposition. But it was still a lofty principle and delivering this care throughout a complex organization is like admiring a pair of shoes and then wearing them for a marathon. The organizational devil is always in the organizational details.

When we began 10 years ago, our group did not know the road ahead. Other than Dana-Farber, no other national comprehensive cancer center in the nation had such a program. No matter. We knew the stakes. We were either Moffitt patients or the family of Moffitt patients, and we wanted what everyone wants – hope, respect, compassion, empathy, dignity, understanding, inclusion and collaboration. So we gave our commitment, our passion and our strong opinions to leadership. Some, like Jack Gallaway, Marilyn Molnar, Larry Ackerly, Judith Sobel, Howard Keech and John Freeman gave their most precious gift – their limited time, to the cause. Have their sacrifices and those of the others been worth it? Has the experiment worked? Ten years later, we have accomplished much: facility design input; family access to rapid response teams; special care unit policies; new employee orientations; and improved patient communication and education. Yet, the most important change is summed up in one word – culture. Who says an idea cannot move a mountain.

In 2005, Moffitt Leadership made a decision to develop a Patient and Family Advisory Council, where administrators, faculty, patients and families worked together to improve quality, safety and the patient experience. This decision transformed how the organization functioned.

Since those beginning days starting in August 2005, when a council was formed and patient leadership was elected, it has become ingrained in our culture to have patient and family advisors involved in committees, improvement projects and the plans for all new endeavors. It is everyone’s belief that it is important to have the perspective of all at the table for the best decision to be made. Therefore, you will find workgroups and committees comprised of staff, doctors, leaders and patient and/or family advisors – all working together to evaluate and improve existing programs, plan for new services and deliver the best care possible.

For more information about the Patient and Family Advisory Council, please call 813-745-1390 or email Kim.Buettner@Moffitt.org.
expectations. It is collaboration at its finest, and it benefits all.

Moffitt Cancer Center was the second NCI Comprehensive Cancer Center nationally to develop a Patient and Family Advisory Council. The Council and the Patient and Family Advisory Program were modeled after the program at Dana Farber Cancer Institute, a teaching hospital of Harvard Medical School in Boston. In the past 10 years, Moffitt’s Patient and Family Advisory Program and the Council have thrived and become increasingly important in meeting the organization’s mission and vision. Proudly, leaders, staff and advisors have served as consultants, teachers and resources for local and national institutions as they have worked to successfully plan and implement their own patient- and family-centered care and Patient and Family Advisory Programs/Councils.

Congratulations to all the dedicated patient and family advisors that have made the past 10 years so successful, and to the leaders of the organization for embracing the concept of true partnership. Together we have come a long way, and together we will build on successes and create our future.

To inquire about being a patient or family advisor, contact Kim Buettner, Manager Patient Advisory and Lodging at 813-745-1390 or email at Kim.Buettner@Moffitt.org.

A Leader’s Perspective on the Patient and Family Advisory Council

Jack Kolosky, Executive Vice President and Chief Operating Officer

Moffitt’s Patient and Family Advisory Council (PFAC) was not the first of its kind, but I would humbly proclaim it to be one of the best such councils anywhere. Our PFAC is a true partnership of patients and families with members of the Moffitt leadership team to provide guidance on how to improve the patient and family experience. PFAC members serve on hospital committees, on ad hoc advisory groups and are called in as needed to ensure that the patient’s perspective and experience result in high-quality, patient-centered care.

Sometimes their advice is tough and pointed, as it needs to be, helping us to see things from the patient’s point of view. Sometimes they boost us with compliments about new service innovations or how quickly we react to their advice. And often, they question the way the health care system operates as they navigate the occasionally inexplicable ways of insurance and regulations. But always, I find them to be completely supportive of the mission and vision of Moffitt. They are the ultimate in caring and involvement, not just for themselves, but on behalf of all patients.

It’s been an outstanding 10 years. We will do everything that we can as a leadership team to keep their frank, open and wise advice going for the betterment of all patients. Our sincere thanks to Moffitt’s Patient and Family Advisory Council!

JOYCE AUSTIN
Patient Advisor, Founding Member of the Patient and Family Advisory Council

“As a breast cancer survivor, I could have been devastated when originally diagnosed. But being a resident of Tampa, I knew where to go. I heard the testimonies of friends and others about Moffitt’s legacy. As a member of the Patient and Family Advisory Council, I continue to be involved and share my experiences with other patients. It’s my way to contribute to Moffitt’s strong commitment to a “Cure for Cancer.”

JACQUELINE BEAUSHAW
Patient Advisor, Patient and Family Advisory Council

“Patient- and family-centered care is more than a saying at Moffitt, it’s in everything they do. One great thing that differentiates Moffitt from other hospitals is the fact they ask patients how things can improve. When I give feedback at the council meetings, I feel like I’m taken seriously. It’s awesome seeing my feedback turned into actual changes here at Moffitt.”

BOB WILSON
Patient Advisor, Co-Chair, Patient and Family Advisory Council

“I have always been an advocate for patient- and family-centered care, even before I knew there was a name for it. I know from working closely with Moffitt leadership they are committed to this philosophy. I have witnessed the concepts in motion throughout every process and committee I have been involved with and am proud to play a small part in the future of patient care. I participate because I believe in this program.”

DEBBIE PHILLIPS
Family Advisor, Co-Chair, Patient and Family Advisory Council

“The Patient and Family Advisory Council strives to bring the patient and family perspective into everything we do at Moffitt. Working together to design health care programs and policies centered on the unique needs of patients and families, Moffitt has built an environment of inclusion. Through sharing our experiences, we are able to impact overall care.”

BRUCE MACKEY
Patient Advisor, Patient and Family Advisory Council

“Being a Council member allows me to fulfill the wishes of my late wife. Just prior to her passing, she asked me to spend the rest of my life helping others and specifically asked that I become a Moffitt volunteer since her care in the last months at Moffitt was so outstanding. Council members serve as a ‘voice’ for patients receiving cancer care at Moffitt. Having an opportunity to collaborate and partner with Moffitt staff in the planning, delivery and evaluation of health care is a truly outstanding experience.”
Moffitt Cancer Center’s Interfaith Chapel is more than a room where one can say a prayer or meditate. While we welcome such acts of personal spiritual practice, the chapel is also a place where a sense of community can be found. Within the chapel is a prayer binder where patients and family members can write their prayers so others can not only see them, but also partner in prayer with those who have shared their concerns. The prayer binder is located on the table in the chapel and, like the chapel, it is always open.

Long before email, Facebook, texting and Twitter existed, pen and paper was the method used to communicate thoughts, successes and concerns. Chances are you may see a prayer or two for a successful surgery or an upcoming treatment. These prayers are both informing and inviting. They are a means of communication with the Holy and with each other. You can pray for someone you’ve never met; someone who may simply be connected to you through the intersection of our common humanity and our desire to cure cancer. Many people have also used the prayer binder to express gratitude for recent successes they’ve had at Moffitt. Prayers of all faith traditions and languages have been written and are welcome. If you are inclined, stop by the chapel and share your prayer and know you are also helping others.

Moffitt values your physical and spiritual health. If you’re interested in information about the services offered by Chaplaincy Care, including spiritual support, please call 813-745-2856.

**Attend Patient and Family Orientation**

**LEARN HOW TO:**
- Use our programs and services
- Partner with your care team
- Find your way around Moffitt

Attendees receive a FREE microfiber briefcase with Moffitt resources and organizational tools.

For information, call 813-745-2963, or for Spanish call 813-745-7618, or visit MOFFITT.org/Orientation.
Identify-Amplify-Unify:  
A Program for Metastatic Breast Cancer Patients

By Christine Healy, LCSW, Oncology Social Worker

The above three very exciting words describe and drive the newest grant Moffitt has received. An Avon-Pfizer Metastatic Breast Cancer grant will allow us to extend and develop the services we can provide to patients with metastatic breast cancer.

While we have had an active patient support program for breast cancer patients for many years, it does not specifically target breast cancer patients with metastatic disease. These patients have unique and specific needs that are not necessarily addressed through current programs, either at Moffitt, or in the community.

Some of you may remember the Woman To Woman grant which Moffitt received to develop a Peer to Peer program for women diagnosed with gynecological cancers. That program has been in existence for over two years and has helped women face their disease with reduced anxiety by partnering them with other women who are living with gynecological cancer.

Now, thanks to the Avon-Pfizer grant, we will be able to develop a similar peer to peer program for men and women living with metastatic breast cancer and to initiate a personalized approach to addressing their needs. For example, we will be developing a “Connect” program for patients who want to participate in a call-back program where we check in with them periodically. We will also be making available a wide variety of Moffitt resources, such as integrative medicine practices, workshops and retreats. Our goal is to treat the whole patient as a unique individual and not just focus on their disease.

For more information about the Avon-Pfizer Metastatic Breast Cancer Grant Program, please call 813-745-7269.

Patient & Family Support Groups

The following support groups are offered at Moffitt Cancer Center (12902 Magnolia Drive, Tampa).

To learn more about any of the support groups offered, please call the Social Work Office at 813-745-8407.

■ Brain Tumor Support Group

■ Cancer Support Group
Support group for patients with any cancer diagnosis. Meets every Tuesday, 1:00 – 2:00 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, 1:00 – 2:00 p.m., 5th floor of the hospital, room 5140 A. Use elevator C.

■ Young Adults with Cancer
Young adults with cancer face unique needs. Below are resources for patients and caregivers, family and friends.

Meet Up for Patients:
Join others (ages 20-39) dealing with cancer at the bi-monthly “Meet-Up.”

2nd Wednesday of every month, 1:00 p.m.
Moffitt Cancer Center, 5th floor lounge,
use elevator C

4th Thursday of every month, 6:00 p.m.
Moffitt Cancer Center, 5th floor lounge,
use elevator C

Connect Up for Caregivers, Family and Friends:
Join others seeking support and “Connect Up.”

2nd Wednesday of every month, 1:00 p.m.
Moffitt Cancer Center, 5th floor day room,
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.

Did You Know?
Moffitt’s Patient Portal gives patients access to their medical information. You have access to your full medical record, with a few exceptions, via your portal account. Additionally, you can access the patient portal on your computer, laptop, tablet and smartphone. For example, during an office visit with your primary care physician or referring physician, you have access to your medical record information at your fingertips. Visit My.MOFFITT.org to register for this free service today or to login to your account.
End-of-Life Care Decisions for a Loved One

By Bruce Mackey, Family Advisor, Patient and Family Advisory Council

Eventually, almost everyone will experience the loss of a loved one and may even have to make end-of-life health care decisions for that person.

I was my wife’s caregiver during a 22 year battle with breast cancer that eventually took her life. Twelve years after her initial treatments, the cancer metastasized to a bone in her sacrum and she received additional radiation and was put on a hormonal breast cancer drug. At that time, we became aware of advance care planning, and we executed the basic legal documents: power of attorney and living will, including the naming of a health surrogate to be our decision-maker if necessary.

For the next 10 years, life was good as my wife continued her very active life. Her quarterly blood markers continued to be excellent. Then our lives turned upside down when she fell down our steps on the way out for her daily 3 1/2 mile walk. Her entire lower back area was traumatized with multiple fractures and severe nerve damage complicated by prior radiation. As time passed, she began having trouble walking and soon after became bedridden. She told me she knew that she was on “borrowed time” and asked that we finalize her advanced care planning.

We confirmed future comfort needs, pain management, life support treatment management, how she wanted people to treat her and that she wanted to die at home. In addition to my knowing her final wishes related to her health care, it also opened up an opportunity for meaningful conversations that helped me as I began to determine the direction of the rest of my life without her.

I recently had the opportunity to participate in a Moffitt advance care planning leadership conference featuring Bernard J. (Bud) Hammes, Ph.D. Dr. Hammes is considered one of the country’s leading authorities on advance care planning (ACP).

I was pleasantly surprised to hear ACP is worldwide and quickly becoming a key component of person-centered health care in which the entire medical team works in concert with the family and health care surrogate in making appropriate end-of-life decisions.

I also learned that many of us often get caught up in creating advance directive documents without really taking the time to have discussions about our preferences with family members, the health care surrogate and the health care team. By investing in up-front conversations before the end of life decisions have to be made, there will be much less anxiety and pressure in the final days. Knowing a loved one’s wishes in advance is a gift to family members.

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 & Welcome Center on the 2nd floor of the Muriel Rothman Building.

PATIENT RIGHTS Patient rights and responsibilities are listed on pages 12 and 13 of Moffitt’s welcome book. Copies are also available in English and Spanish in Moffitt’s Patient Library & Welcome Center located in the Muriel Rothman Clinic Building, second floor (elevator B).
MARK YOUR CALENDAR

AUGUST–SEPTEMBER

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. – 1:00 p.m., 2:00 – 4:00 p.m., Arts Studio, 3rd floor, 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

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

Every Tue., 10 a.m.-12 p.m., patients (ages 15-39) and their caregivers get creative with glue, paint, silk, music and poetry, Arts Studio Room, 4th floor, MCC, use elevator C

Gentle Restorative Yoga - sponsored by Integrative Medicine

Every Mon., 3:00 – 4:00 p.m., Yoga Room, 1st floor, MRC

Every Tue., 12:00 – 1:00 p.m., Yoga Room, 1st floor, MRC

Every Wed., Wed. and Thu., 3:00 – 4:00 p.m., Hope Lodge, call 813-745-4630 for more information

Meditation /Relaxation Class – sponsored by Integrative Medicine

Every Wed., 12:15 – 1:00 p.m., Day Room, 5th floor, MCC, use elevator C

Meet the Expert Series – sponsored by the Patient Library and Welcome Center

Every Mon. – Fri., cancer experts share information on various topics, 10:00 – 10:30 a.m., Patient Library & Welcome Center, 2nd floor, 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, 7:00 -7:30 p.m., Dial 1-800-206-6032, enter passcode 6633488# (spells Moffitt), call 813-745-2174 for more information including a schedule of topics

AUGUST–OCTOBER

August

Wed., Aug. 12 – 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


Sat., Aug 15 – Mole Patrol®, Free skin screenings, sponsored by Cutaneous Oncology Department, 9:00 a.m. – 3:30 p.m., Pier 60 Pavilion, Clearwater Beach, for information email Lois.Rendina@Moffitt.org or call 813-745 2625

September

Wed., Sept. 9 – 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

Thu., Sept. 10, 17 and 24 – Patient and Family Hospitality Coffee, sponsored by the Patient & Family Advisory Program, 9:30 – 11:30 a.m., Owl’s Den Meeting Room, Muriel Rothman Building, 1st floor (around the corner from Blood Draw)

Tue., Sept. 15 – 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, 10:00 a.m. – 12:00 p.m., 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

October

Thu., Oct. 8, 15 and 22 – Patient and Family Hospitality Coffee, sponsored by the Patient & Family Advisory Program, 9:30 – 11:30 a.m., Owl’s Den Meeting Room, Muriel Rothman Building, 1st floor (around the corner from Blood Draw)

Wed., Oct. 14 – 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

Building Location Key

MCC Moffitt Cancer Center, Hospital
MRC Moffitt Research Center
SRB Vincent A. Stable Research Building
USF University of South Florida

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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 or 813-745-1390.