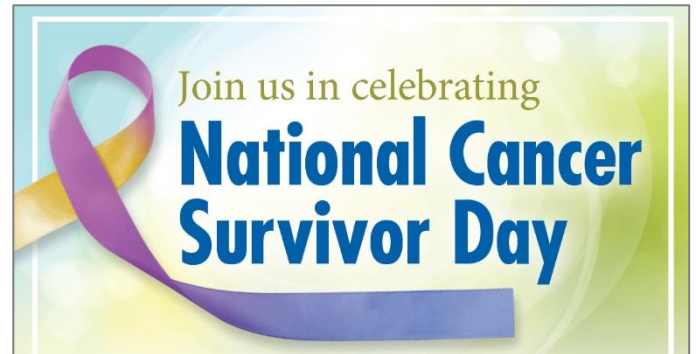


The Link

Connecting patients, survivors and caregivers
with cancer-related information and activities.



May 2019



National Cancer Survivors Day

What: A nationally celebrated day to “demonstrate that life after a cancer diagnosis can be a reality.”

Who: Anyone can come to celebrate! Friends, family and children are welcome!

When: 4:30 to 6:30 p.m., June 5, 2019

Where: Hall-Perrine Cancer Center parking lot and lobby.

Enjoy: refreshments, information tables, activities, face painting, bingo, and live music by Polyester Blend (a local band).

PLUS - Dunk-a-Doc!

Especially for You® will be on hand to register participants for the race in October, and you can help support the EFY fund with an opportunity to Dunk-a-Doc in our dunk tank! Oncologists Drs. Vincent Reid and Samuel Wood, urologist Dr. Matt Smith, and Mercy President and CEO Tim Charles will be ready to get dunked in support of the EFY fund and those it helps.

Please register each person who plans to attend at: www.mercycare.org/survivorday2019

Cancer Survivors Day is celebrated nationally on the first Sunday in June.



DID YOU KNOW?

Registration is Now Open For the 29th Annual *Especially for You*® Race Against Breast Cancer

We hope to see you Sunday morning, October 6, 2019.

Register today at www.especiallyforyourace.org

By participating in the *Especially for You*® Race Against Breast Cancer, you're helping to support free mammograms, as well as breast-care and gynecological services, for area individuals in need through the Especially for You Fund.



SUPPORT GROUPS

Cedar Rapids Multiple Myeloma Support Group

Meets every second Thursday of the month from 6:30 to 8 p.m. at Hall-Perrine Cancer Center. For more information, contact Dave Lensch at dclensch@q.com or (319) 298-9347 or Rae Debner at rdebner@mercyca.org or (319) 538-7780.

Cedar Rapids Thyroid Cancer Support Group

Email and phone support available at this time; a new location may be announced in the future. For more information contact Jamie Cumberworth at Cedarrapids-ia@thyca.org.

Especially For You® Breast Cancer Support Group

Meets every fourth Tuesday of the month from 5:30 to 6:30 p.m. at Hall-Perrine Cancer Center. For more information contact Krista Barnell at jkbarnell@gmail.com or Deb Pfiffner at dpfiffner@mercyca.org.

Prostate Cancer Support Group

Meets the first Tuesday of the month from 5:30 to 6:30 p.m. at Hall-Perrine Cancer Center. Jessica Gengler, PT, DPT will talk about incontinence and pelvic physical therapy. For more information contact Peg Weston-Kolarik, LMSW, OSW-C, at (319) 221-8405, or pkolarik@mercyca.org.

Hall-Perrine Cancer Center Prayer Group

Individual needs for spiritual care or prayer are available by contacting chaplain Tammy Buseman, Mercy Pastoral Care, at (319) 398-6106 or tbuseman@mercyca.org.

**HALL-PERRINE
CANCER CENTER**



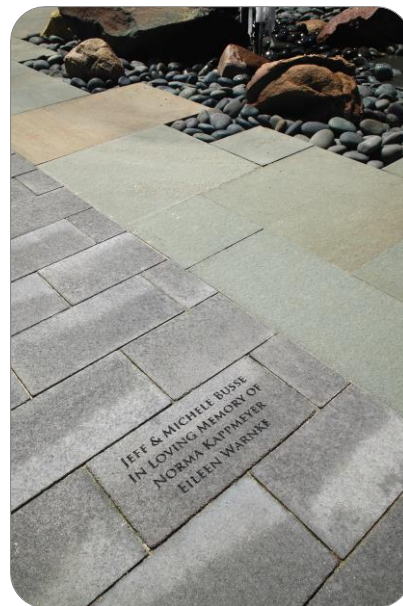
For information on any of these activities call (319) 365-HOPE or visit, www.hallperrinecancercenter.org

To update your mailing address call (319) 365-HOPE



COMMUNITY EVENTS

Dollars At Work: Happy Spring & Happy Survivors Day from Mercy Foundation.



The Schimberg Garden at the Hall-Perrine Cancer Center is blooming with new life. Take a stroll, breathe in the fresh air, listen to the fountain and view the paving stones of survivors and memorials. Now's the time to consider a gift of \$1,000 to permanently honor a loved one with a paving stone in their name.

For more information, contact the Mercy Foundation office at (319) 398-6206.

Journey to Wellness: Nutrition and Cancer

Wednesday, July, 17 | Noon to 1 p.m.
Hall-Perrine Cancer Center Community Room
Together with registered dietitian, Nancy Jolliffe, you will discuss and learn about healthy diets, healthy weights and the benefits of increasing your daily physical activity to decrease risk of cancer. Call (319) 365-4673 for information.