



**SURVIVORSHIP WEEK 2025**

# Calendar of events

THE UNIVERSITY OF TEXAS  
**MDAnderson**  
~~Cancer Center~~  
Making Cancer History®

MD Anderson celebrates cancer survivors and their caregivers June 1-7 to commemorate National Cancer Survivors Day, held annually on the first Sunday in June. Events will be held online to provide a safe, accessible event and reduce the spread of infection.

These events help us honor all patients, from the time of diagnosis, throughout their life, during and after treatment. Family members, friends and caregivers also are affected by cancer and are invited to join us at these virtual events.

## Monday, June 2

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**askMDAnderson**

**10-11 a.m.**

**Join via Zoom**

**Janice Finder**, AskMDAnderson executive director

With a cancer diagnosis comes many questions, and askMDAnderson has answers. Our knowledgeable staff will listen to patients' questions and help them understand cancer, make decisions about their care, communicate with their health care team and help guide them. The askMDAnderson teams are made up of specially-trained individuals who help people find answers to their questions about MD Anderson and clinicians to provide our patients support after they leave the hospital and clinic.

The teams include:

- Registered nurses and advanced practice providers
- Health information specialists
- Patient services operators

**[www.MDAnderson.org/SurvivorshipWeek](http://www.MDAnderson.org/SurvivorshipWeek)**

## Monday, June 2

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### **Psychosocial Concerns for Cancer Patients and Caregivers - How to Support Your Loved One**

**10-11 a.m.**

**Join via Zoom**

**Hannah Clark**, Social Work counselor

This session will cover psychological concerns for cancer patients and caregivers. Get tips for how to support your loved one with cancer.

### **Just Breathe**

**11 a.m.-noon**

**Join via Zoom**

Sharing excerpts from Gregory's new project, Just Breathe, newly commissioned solo flute pieces by Juhi Bansal and Kinan Azmeh delve into the relationship between breath, sound, and the flute, alongside works by Bach, Zgraja and others.

### **Optimizing Your Health and Well-being with the "Mix of Six"**

**Noon-1 p.m.**

**Join via Zoom**

**Lorenzo Cohen, Ph.D.**, Richard E. Haynes, distinguished professor in Clinical Cancer Prevention and director of the Integrative Medicine Program

**Alison Jefferies** is a nationally board-certified wellness coach (NBHWC), author and educator

In a world flooded with health advice, do you find yourself longing for clear, basic steps to kick off your journey toward better health? In this interactive and dynamic presentation, Lorenzo Cohen and Alison Jefferies will share the latest scientific findings along with practical advice on effective ways to improve your health, reduce your risk of cancer, and improve outcomes for those with cancer. You will gain personalized insights you can use to develop your own action plan. It all starts with the simple choices you make every day.

## Monday, June 2

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### **Your Body and Mind After Cancer: Sex and Intimacy Post Diagnosis and Treatment**

**1-2 p.m.**

**Join via Zoom**

**Jillian Bissar**, senior social worker

This session will explore common physical and psychological states that may impact sex and intimacy due to cancer.

## Tuesday, June 3

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### **Advance Directives**

**10-11:30 a.m.**

**Join via Zoom**

**Tatiana Fincham**, senior social work counselor

Join this discussion about Advance Directives (Medical Power of Attorney, Directive to Physicians, i.e., Medical Living Will, Disposition of Remains and Texas Out of Hospital DNR). Each document will be reviewed, with a question and answer session at the end of the presentation. For more information about Advance Care Planning and Advance Directives, go to [MDAnderson.org/AdvanceCarePlanning](https://MDAnderson.org/AdvanceCarePlanning).

### **Music-in-Medicine: The Art of Human Connection**

**Noon**

**Mays Clinic, Floor 2, West Lobby**

A Survivorship Week concert featuring Houston Symphony artists and live brain-computer interface mapping. [Mei Rui, M.D.](#), director of [Music-in-Medicine](#), assistant professor of Neurosurgery and internationally acclaimed concert pianist, will be joined by [Boson Mo](#), violin, and [Jeremy Kreutz](#), cello, from the Houston Symphony in a chamber music concert honoring MD Anderson Cancer Center survivors and caregivers.

## Tuesday, June 3

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### **Brow Techniques for Any Stage of Hair Loss and Regrowth**

**1-1:30 p.m.**

**Join via Zoom**

**Jeanna Doyle** and **Rae Gibbons**

Learn how to recreate natural-looking brows and lashes during periods of shedding or regrowth. Discover simple techniques that provide long-lasting results and the illusion of full, natural brows and lash line.

### **Skin Care Tips for Before, During and After Treatment**

**2-2:30 p.m.**

**Join via Zoom**

**Jeanna Doyle** and **Rae Gibbons**

This course offers information on how to care for your skin before, during and after treatment and insights on sun protection, hydration and best practices.

### **Watercolors: Abstract Landscape**

**3-4:30 p.m.**

**Join via Zoom**

**Kasey Marsh**, manager, Art Space for patients and caregivers,  
Volunteer Services and Merchandising

Join us for a guided watercolor activity and relax while watching colors flow into one another. Appropriate for all skill levels. No experience with art or painting is necessary. This is a perfect activity for anyone who's ever thought watercolor painting is too difficult. If you're unable to join our scheduled session, see the video tutorial here: <https://youtu.be/pVTPd3TLP9U>.

## Wednesday, June 4

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### **Preventing and Managing Caregiver Burnout**

**10-11 a.m.**

**Join via Zoom**

**Catherine Powers-James**, assistant professor, Department of Palliative Care and Rehabilitation Medicine, Division of Cancer Medicine

A cancer diagnosis affects more than the patient - it touches everyone in their circle of care. In this session, Catherine Powers-James, Ph.D., will share practical strategies to recognize, prevent, and manage the emotional and physical toll of caregiving.

### **Resource Fair**

**11 a.m.-noon**

**Join via Zoom**

Join us to learn more about the various resources available to patients, caregivers and survivors at MD Anderson. Participants will hear a brief overview of services and have a chance to speak one-on-one with representatives from each group in smaller breakout rooms.

### **Music-in-Medicine: The Art of Musical Healing**

**Noon**

**Mays Clinic, Floor 2, West Lobby**

A Survivorship Week recital featuring Chelsea de Souza, piano, with live brain-computer interface mapping, highlighting the powerful therapeutic impact on patient, caregiver, and provider wellness through an immersive live performance. Pre-concert talk by Mei Rui, M.D., assistant professor of Neurosurgery and director of Music-in-Medicine.

## Wednesday, June 4

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### **Fertility and Family Planning After Cancer Treatment**

**1-2 p.m.**

**Join via Zoom**

**Terri Woodard, M.D.** associate professor, Department of Gynecologic Oncology and Reproductive Medicine, Division of Surgery

Fertility is a concern for many cancer survivors. Many of the treatments that successfully treat cancer can cause infertility. There are several options that survivors have to help them grow their families after a cancer diagnosis. This talk will review how fertility is assessed after cancer treatment and the multiple strategies that can be used to achieve parenthood.

### **Watercolors: Tropical Branch**

**1:30-3 p.m.**

**Join via Zoom**

**Kasey Marsh**, manager, Art Space for patients and caregivers, Volunteer Services and Merchandising

Join us for a guided watercolor activity and relax while watching colors take on a life of their own, flowing into one another. Appropriate for all skill levels, no experience with art or drawing is necessary. If you're unable to join our scheduled session, see the video tutorial here: <https://youtu.be/aa8tpCKBEc8>.

### **Labyrinth**

**2:30-3:30 p.m.**

**Join via Zoom**

The Labyrinth is viewed as a metaphor for life and offers lessons as we walk or trace the path. Walking or tracing the labyrinth can help us address challenges, meditate, and find peace and serenity. The path helps us become still and centered. Join us to experience this meditative practice.

## Thursday, June 5

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### **Mental Health After a Cancer Diagnosis**

**10-11 a.m.**

**Join via Zoom**

**Ida Ansah**, social work counselor

Regardless of the type of cancer a person is diagnosed with, dealing with its emotional impact can persist well beyond the end of active treatments, resulting in a complicated mix of emotions. For individuals who graduate to survivorship, guilt frequently emerges as one of those feelings. Join us as we discuss the issues of mental health after cancer with tips on managing survivor's guilt.

### **Lymphedema**

**11 a.m.-noon**

**Join via Zoom**

**Sarah DeSnyder**, assistant professor, Breast Surgical Oncology

Join the discussion on medical and surgical management of lymphedema.

### **Can You Hear My Voice?**

**Noon-1 p.m.**

**Join via Zoom**

Bill Brummel, cancer survivor and film director, shares his story and the experience he had making the film **Can You Hear My Voice?**, a story about the United Kingdom's **Shout at Cancer** choir. The choir is comprised entirely of patients who have had their voice boxes removed. Brummel also had this procedure due to effects from his radiation.

### **Brow Techniques for Any Stage of Hair Loss and Regrowth**

**1-1:30 p.m.**

**Join via Zoom**

**Jeanna Doyle** and **Rae Gibbons**

Learn how to recreate natural-looking brows and lashes during periods of shedding or regrowth. Discover simple techniques that provide long-lasting results and the illusion of full, natural brows and lash line.

## Thursday, June 5

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### **Skin Care Tips for Before, During and After Treatment**

**2-2:30 p.m.**

**Join via Zoom**

**Jeanna Doyle** and **Rae Gibbons**

This course offers information on how to care for your skin before, during and after treatment and insights on sun protection, hydration and best practices.

### **Young Adult Arts & Crafts**

**6:30 p.m.**

**Register here.**

Tap into your creative side with fun arts and crafts that vary each month. Registration is required at least 10 days prior to the activity so that supplies can be mailed at no cost to you by Dan's House of Hope.

Virtual: Yes

Open to guests/caregivers: Yes

## Friday, June 6

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### **Caregiver Coffee**

**10:30 a.m.**

**Register here.**

Sip your morning coffee and chat with other caregivers. Hosted by Dan's House of Hope.

Virtual: Yes

Open to caregivers only



## Friday, June 6

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### **Active Living After Cancer: Nutrition and Survivorship - A Game of Wellness (Hybrid)**

**10:30-11:30 a.m.**

**Join via Zoom**

**In-Person: MD Anderson League City, 2280 Gulf Fwy S, League City, TX 77573**

#### **ALAC Team**

**Alyssa Tatum**, senior clinical dietitian

**Natalie Carmouche**, senior clinical dietitian

**Amanda Akers**, clinical dietitian

**Beverly Rodgers**, senior clinical dietitian (Tentative)

Join **Your Health is Calling**, a telehealth weight management program that offers one-on-one health coaching sessions, for a fun, interactive game! Learn the health benefits of proper nutrition and diet and how they can lower your risk of recurrence.

### **Active Living After Cancer: Cooking Up Cancer-Fighting Foods - Cooking Demonstration (Hybrid)**

**Noon-1 p.m.**

**Join via Zoom**

**In-Person: MD Anderson League City, 2280 Gulf Fwy S, League City, TX 77573**

**Carolina Moreno and Yadira Peña** - (Kelsey Research Foundation)

Eating healthy doesn't have to be boring! Learn about nutritious foods that will fuel you and taste how good healthy eating can be.

## Friday, June 6

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### **Advance Directives**

**1-2:30 p.m.**

**Join via Zoom**

**Tatiana Fincham**, senior social work counselor, and **Ellie Vincent**, social work counselor

Join this discussion about Advance Directives (Medical Power of Attorney, Directive to Physicians, i.e., Medical Living Will, Disposition of Remains and Texas Out of Hospital DNR). Each document will be reviewed, with a question and answer session at the end of the presentation. For more information about Advance Care Planning and Advance Directives, go to [MDAnderson.org/AdvanceCarePlanning](https://MDAnderson.org/AdvanceCarePlanning).

### **Active Living After Cancer: Zumba (Hybrid)**

**1:30-2 p.m.**

**Join via Zoom**

**In-Person: MD Anderson League City, 2280 Gulf Fwy S, League City, TX 77573**

**ALAC** - Patty Tracy

It's time to move! Get ready for a high-energy, low-impact Zumba workout that's so fun you'll forget you're working out!

### **Active Living After Cancer: Harmony & Health Yoga (Hybrid)**

**2:30-3 p.m.**

**Join via Zoom**

**In-Person: MD Anderson League City, 2280 Gulf Fwy S, League City, TX 77573**

**ALAC** - Jerrilyn Parker

Find harmony in the mind and body through a yoga session provided by Harmony & Health, an MD Anderson program that combines yoga-based stretches with guided relaxation and spirituality to reduce sitting, increase movement and improve psychosocial wellbeing.

## Houston Dynamo Game

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**Saturday, May 31 | 7:30 p.m.**

**Houston Dynamo vs. Sporting Kansas City**

**Shell Energy Stadium, 2200 Texas Ave, Houston, TX 77003**

Join MD Anderson and the Houston Dynamo FC for Kick Cancer Night at Shell Energy Stadium. Bring your friends and family and help us pack the stands as we honor all cancer survivors when the Dynamo take on Sporting Kansas City. Free and discounted tickets are available. Visit the link below or scan the QR code and fill out the ticket interest form if you'd like to attend.

[https://mdanderson.co1.qualtrics.com/jfe/form/SV\\_bQmJ0HAel11felu](https://mdanderson.co1.qualtrics.com/jfe/form/SV_bQmJ0HAel11felu)



As you enter the stadium, be sure to get your free bucket hat. Once you're inside, look for MD Anderson tables around the concourse. You can fill out a sign to hold up during the game when the announcer asks for all survivors and caregivers to stand. And while supplies last, survivors get a free T-shirt that features MD Anderson's new Shell Energy Stadium concourse mural representing our shared goal to #EndCancer.

## June 2025 Blood Drives

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No matter your blood type, you can make a difference by donating blood.

MD Anderson patients require 140 blood products each day and could use your help meeting this demand. Make an appointment to donate at [MDAndersonBloodBank.org](https://MDAndersonBloodBank.org) or call 713-792-7777.

Give the code, MSURVIVOR, to the phlebotomist when donating in June to show your support to survivors. Donors will receive a commemorative T-shirt. Here's a list of blood drives at several MD Anderson locations:

**Monday, June 2:** [MD Anderson Sugar Land 9 a.m.-3 p.m.](#)

**Monday, June 2:** [MD Anderson League City 10 a.m.- 4 p.m.](#)

**Tuesday, June 3:** [MD Anderson Sugar Land 9 a.m.-3 p.m.](#)

**Tuesday, June 3:** [MD Anderson League City 10 a.m.- 4 p.m.](#)

**Wednesday, June 4:** [MD Anderson Main Building, Floor 2, Elevator E 9 a.m.-4 p.m.](#)

**Thursday, June 5:** [MD Anderson Main Building, Floor 2, Elevator E 9 a.m.-4 p.m.](#)

**Friday, June 6:** [MD Anderson Main Building, Floor 2, Elevator E 9 a.m.-4 p.m.](#)

**Friday, June 6:** [MD Anderson Northwest Houston Surgical & Specialty Care 7 a.m.- noon](#)

**Friday June 6:** [MD Anderson West Houston 10 a.m.-4 p.m.](#)

Funding for Survivorship Week was generously provided by the Holiday Letter Fund.  
For more information, call the Office of Cancer Survivorship at 713-745-8720.

[www.MDAnderson.org/SurvivorshipWeek](https://www.MDAnderson.org/SurvivorshipWeek)