

CALENDAR FOR 2008

Thursday, January 3rd at 7:00 pm
Thursday, February 7th at 7:00 pm
No Meeting in March, 2008
Thursday, April 3rd at 7:00 pm
Thursday, May 1st at 7:00pm
Thursday, June 5th at 7:00 pm
Thursday, July 3rd at 7:00 pm
Thursday, August 7th at 7:00 pm
Thursday, September 4th at 7:00 pm
Thursday, October 2nd at 7:00 pm
Thursday, November 6th at 7:00 pm
Thursday, December 4th at 7:00 pm

TOPICS TO BE DISCUSSED

January's meeting -
February's meeting - Pulmonary Hypertension :: Hydroxyurea by Susan Claster, M.D.
March's meeting - No Meeting
April's meeting - Clinical trials by Anne Nord, RN
May's meeting - Why you need to utilize and identify a knowledgeable MD by Pat Corley, RN
June's meeting - Chronic blood transfusions :: Indications and iron overload by Susan Carson, RN
July's meeting -
August's meeting - Yoga and meditation for chronic pain by Rachel McClements, Ph.D.
September's meeting -
October's meeting - Guest speaker - Susan Claster, M.D. :: Topic to be announced
November's meeting -
December's meeting -

LOCATION

The Sickle Cell Adult Support Group of Southern California holds their meetings the first Thursday of every month. We begin at 7:00 pm and end at 9:00 pm. We meet at Lake Avenue Church in Pasadena, California.

Lake Avenue Church
393 N. Lake Ave • Pasadena, CA 91101
Hutchins Hall, Room 403

From the underground parking lot, take the elevator to the 2nd floor. Follow the signs which are marked 'Sickle Cell Meeting'. Take the next set of elevators to the 4th floor. Follow the signs to Room 403.

SPONSORED BY:



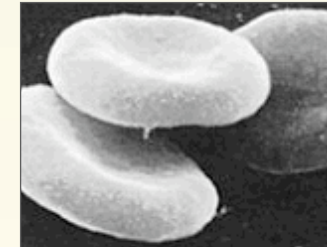
6133 Bristol Parkway, Suite 240
Culver City, CA 90230



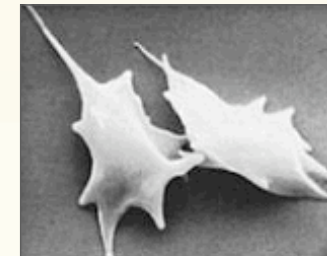
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SICKLE CELL ADULT SUPPORT GROUP OF SOUTHERN CALIFORNIA



Normal Red Blood Cells



Sickled Red Blood Cells

“These red blood cells are not who we are - it is what happens inside of us. We are not defined by our disease.”

dr. carolyn rowley

WE NEED YOU

Laughter. The most non-invasive treatment that's plentiful. There's always laughter at each meeting.
Support. Every group member receives emotional support in achieving their goals as it relates to their health and their personal life.

Requirements: Your willingness to listen and share.



Mission Statement

The Sickle Cell Adult Support Group of Southern California's mission is to offer educational material and wellness resources to help those adults with sickle cell manage their disease - to achieve the highest quality of life.

We are dedicated to bringing support to those who live with sickle cell disease - be it the person diagnosed with the disease or family/friends of the person with sickle cell disease. We believe that support is essential to the health and well being of anyone living 24/7 with sickle cell disease.

There are three requirements to becoming a member of the Sickle Cell Adult Support Group. They are:

1. you must be willing to give support as well as receive it.
2. you must be willing to laugh and see humor and joy in life, and
3. you must be willing to bring in a journal and set two goals for yourself: a personal goal and a health & wellness goal

Now That's Good News!

FOLIC ACID :: FOLATE

Folic acid and folate are forms of the water-soluble Vitamin B9. Folate gets its name from the Latin word 'folium' ('leaf'). Folic acid and folate occur naturally in food such as: leaf vegetables (such as spinach and kale), dried beans and peas, sunflower seeds, etc.

• Now That's Good News!



Services

SICKLE CELL ADULT SUPPORT GROUP

The Sickle Cell Adult Support Group provides adult persons with sickle cell disease a format to express their feelings and concerns, joy and pain with others in a supportive, non-judgmental and confidential environment. The group is *informative* and *healing*. *Informative* in that our format is such that there is either a guest speaker or a relevant topic that is discussed related to some issue of the disease. The group is *healing* such that, EVERYONE always walks away laughing.

WHO CAN ATTEND?

Anyone. The group participants are those diagnosed with sickle cell disease (be it SS, SC, SD, Sickle Beta Thalassemia), wives, husbands, girlfriends, boyfriends, parents, friends, healthcare providers - **Anyone.** People come from all over Los Angeles county (Bakersfield,, Long Beach, Riverside, Upland and everywhere in between). Doctors, nurses, and insurance specialists have been guest speakers. A healthy potluck dinner is provided at every meeting. The support group is a **nominal fee of only \$1.00 per month**, per person.

COUNSELING

It is not unusual for a person with sickle cell disease to have emotions ranging from depression and anxiety to low self esteem. Group members receive the support they need from the other members to help manage and validate their feelings. However, there are times when one needs to seek professional help. We encourage you to contact your health insurance or ask your hematologist or primary care physician for a referral to see a mental health specialist. Dr. Carolyn Rowley, a clinical psychologist with Cayenne Wellness Center and Children's Foundation, provides counseling for many persons with sickle cell disease (children, adolescents, adults and their families) with holistic psychotherapy and nutritional counseling.

DIET AND NUTRITION

While everyone needs to think about the things they eat, a healthy diet is even more important for those with sickle cell disease.

1. **Fluids are vital.** Avoiding dehydration is a good way to decrease the likelihood of pain crises, so getting plenty of fluids is extremely important.
2. **An adequate amount of folic acid is key.** Those with sickle cell disease need extra folic acid (also known as folate, one of the B vitamins) in order to produce red blood cells more quickly (see first panel).
3. **Fiber helps keep constipation at bay.** Constipation is an unfortunate side effect of some of the medications required for the treatment of sickle cell pain. Consuming plenty of fiber, such as that found in whole grains and fruits, will help prevent or treat constipation.



Dr. Carolyn Rowley

Group Facilitator of the Sickle Cell Adult Support Group, a Clinical Psychologist, and an adult person with sickle cell disease. She can be reached at: 818.377.5120.