

GREY MATTERS

NEWSLETTER OF GIVENS BRAIN TUMOR CENTER

SUMMER 2020

IN THIS ISSUE

- Medical Director's Column
- Editor's Column
- The Givens Family
- Meet our Staff Members
- Nutrition Summer Ideas
- Community Resource Highlights
- Neuro-Oncology Highlights
- Patient Stories
- Community Support and Classes
- Financial Resources
- Transportation
- Raising awareness for brain and spinal cord tumors
- Allina Health's Call to Action



Medical Director's Column

JOHN TRUSHEIM, MD

Welcome to the second issue of our Grey Matters Newsletter!

We here at the Givens Brain Tumor Center, along with all of you, live in "interesting" times. With the arrival of the COVID-19 virus, Allina Health and our team at the Givens Brain Tumor Center continue to evolve our practices to prioritize and maintain a safe and comfortable environment for you and your families. We have made adjustments in our schedules and remain flexible to meet you and your family's needs. We have offered and continue to offer telehealth visits and phone visits when

appropriate. Of course, it is always our preference to see you here in person.

We want to recognize and thank you, our patients and families, who have continued with us patiently throughout this time of uncertainty. We recognize how difficult this has been and will continue to influence our lives for the near future. You are our focus and we continue to live by our mission, which is to provide world-class coordinated, whole person care for patients with brain and spine cancer.

With the ongoing need for new therapies for glioblastoma patients, we are excited to be participating in the AGILE study at the Givens Brain Tumor Center. By allowing for multiple treatment arms to be added or removed as real time study data is analyzed, this innovative trial design is more efficient and allows for promising drugs to be evaluated and brought to market at a quicker pace. We hope this ultimately will result in better treatment options that will make a positive difference in our patients' lives. You can learn more about this in the Research Highlights section.

In addition, we are treating appropriate patients with GammaTile radiotherapy. We are participating in a national trial to ascertain the benefits of this surgically implanted radiation approach. More about this will be provided in the next Grey Matters issue this winter.

We want to know what is on your mind. Please let any of us know if you have questions or topics you would like us to address in future issues. You may also reach out to our LifeCourse Care Guide, Deborah Jones who can be reached at 612-424-1076 or deborah.jones@allina.com.

Enjoy each day, keep singing!

John Trusheim

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Phone: 612-424-1076


Allina Health
ABBOTT
NORTHWESTERN
HOSPITAL

Neuroscience
Institute

allinahealth.org/givens

Welcome to Grey Matters



Editor's Column

DEBORAH JONES
LIFECOURSE
CARE GUIDE

During the past several months, we have faced many challenges with the COVID-19 pandemic

with sudden, rapid, and disruptive changes in our lives. We hope this can provide some helpful connection and inspiration when you read it.

We have a new section "Patient Stories" featuring patients and photos! We added a couple tips from Nutritionist Maureen Doran from the Penny George Institute and spotlighted three community resources.

The Givens Brain Tumor Support Group is suspended due to COVID-19. However, you will find other groups who provide support virtually via tablet, computer, phone or online in our resources section.

This is your newsletter. What matters to you? What questions do you have? Email me with your ideas, questions, and topics to help us plan future issues.

We understand you place great trust in us to keep you safe. We take this responsibility seriously, and will continue to work proactively to contribute to a safe environment for you and your loved ones.

Stay safe. Stay strong.

Deborah

612-424-1076

deborah.jones@allina.com

The Givens family

Mike Givens was a hero in every sense of the word when he lost his battle with brain cancer in 2015. He, along with his wife, Linda, were the co-founders of the 501(c)3 MG Charities and events run by MG Charities around the country. Mike and Linda, were self-made entrepreneurs in the Midwest and the driving force behind raising and donating over \$10 million to charities around the country over the past 20+ years.



Mike and Linda Givens

In three years MG Charities has donated \$1.6 million to the Givens Brain Tumor Center. Their annual Mind Over Matter charity golf event has been held at the Wayzata Country Club the past three summers raising money to benefit brain cancer research and patients currently being treated with brain cancer. MG Charities has also provided funds in past years to MD Anderson's Laser Interstitial Thermal Therapy (LITT) research and for Dr. Mitchel Berger's research at UCSF Medical Center in San Francisco, CA. Mike's legacy lives on forever through the charity work that still continues in his honor.

To learn more about this organization, or to make a donation, check out their website: mgcharities.org.



Maureen Rose Doran,
RDN, LDN

NUTRITION – TIPS FROM MAUREEN DORAN, RDN, LDN

The Givens Brain Tumor Center has been offering nutrition support classes for patients and families prior to the COVID-19 pandemic which we hope to offer again in the future. In the meantime, Maureen, a Registered Dietitian Nutritionist with the Penny George Institute for Health & Healing, who has conducted these classes, has shared a healthy tip for us along with a summer recipe!

Tip: for snacking, always reach for a fruit or vegetable first. Raw veggies & hummus, apple & peanut butter, pear & feta cheese, nuts & dried fruit, or leftover roasted vegetables.

This recipe is from the American Institute for Cancer research and is a healthy recipe and suitable for just about any diet.

SALMON AND VEGETABLE OVEN KEBABS

INGREDIENTS

Marinade:

Juice of 4 lemons
2 Tbsp. extra-virgin olive oil
4 garlic cloves, minced
1 Tbsp. dried Italian seasoning
Salt and freshly ground black pepper, to taste

Kebabs:

4 skewers
1 lb. wild salmon, cut into 2-inch cubes
8 cherry tomatoes
4 large whole mushrooms, stems removed, halved
1 medium green bell pepper, deseeded, cut into 12 pieces
1 medium yellow squash, cut into 8 pieces
Canola oil cooking spray



| Nutrition Facts | |
|-------------------------------|---------------|
| servings per container | |
| Serving size | (328g) |
| Amount per serving | |
| Calories | 270 |
| % Daily Value* | |
| Total Fat 15g | 19% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 60mg | 20% |
| Sodium 55mg | 2% |
| Total Carbohydrate 13g | 5% |
| Dietary Fiber 1g | 4% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 24g | |
| Vitamin D 0mcg | 0% |
| Calcium 39mg | 4% |
| Iron 1mg | 6% |
| Potassium 1032mg | 20% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DIRECTIONS

If using wooden skewers (in lieu of metal ones), soak them in water for about 30 minutes.

In large mixing bowl, combine juice, oil, garlic, seasoning, salt and pepper. Mix well and divide in half.

Add salmon and vegetables to half of marinade and gently toss to coat pieces. Cover and marinate for about 30 minutes, occasionally rearranging pieces to ensure even coating.

Preheat oven broiler.

Spray large shallow baking dish. Remove skewers from water. Divide fish and vegetable pieces into 4 even portions. Arrange and distribute them evenly on skewers, being careful not to break the pieces.

Place on baking dish. Brush with remaining marinade not used for marinating raw fish. Broil for about 5-8 minutes, brushing frequently with marinade. Carefully turn over kebabs and continue cooking for an additional 4 minutes, basting frequently until fish is done. Serve.

Meet Staff at the Givens Brain Tumor Center!



LANI HOESE

CLINICAL SUPPORT SPECIALIST

Most of you know Lani, who not only provides supportive, heartfelt listening to our patients and families, but who schedules your appointments, communicates with you and the Givens staff and keeps all of us organized! Did you know that Lani's name is Hawaiian and means Heavenly? A slice of heaven in the Givens Brain Tumor Center!

Lani is originally from north of Seattle. After meeting her future husband Jeremy, he convinced her to move here in 1997. A city girl who did eventually build a home in the western suburbs, she has learned to love nature, the open space and the calm. She started working with Dr. Trusheim and other providers at Minneapolis Clinic of Neurology in Edina in 1997 and about 17 years ago she moved over to Abbott with Dr. Trusheim and has been here since.

Lani and her husband Jeremy have two boys, one in college and one in high school. They are a sports family and have always followed their boys to all of their sports activities – basketball, football, and baseball. They also have a Golden Lab, Kia.

"My favorite part of work is connecting with people and feeling like I do more than the job. I want to know people on a personal level to help them feel comfortable and not like a number. Patients tell me they can come in, talk about something else, and maybe even laugh." Lani appreciates how many of you remember to ask about her boys' activities. And she loves her colleagues: "Everyone is fun and Dr. Trusheim is like family to me."

A heartfelt thank you to you, Lani, for everything that you do for us and from our patients and their families!

Welcome Megan & Kelly!

Meet Megan and Kelly, RN Care Coordinators, who joined the Givens team in April of this year! Megan and Kelly may have become familiar to some of you as they have been providing support to our team while two of our RN Care Coordinators, Emma and Karen, have been on maternity leave this summer. A couple fun facts about them: Kelly and Megan knew each other for several years before they started working here as RNs at the U of M Neuroscience Inpatient Unit. They also had a child born within one day of each other.

MEGAN ELIA RN CARE COORDINATOR



Megan is the mother of son Talan, 8 months, husband Mike, and dogs Lilly, Tucker, and Josie! They are an active family who enjoys being outside, going for walks, food, hockey, and especially going to the Minnesota Wild games (Megan and Mike both love hockey!). Talan is doing all the usual baby first year

things and providing joy to both Megan and Mike! Megan and Mike were high school sweethearts.

Megan was influenced by her aunt, who was a nurse and loved her job, to pursue a nursing career and attended St. Catherine University's Nursing Program. During her nursing school preceptor training, Megan was assigned to the Neuro ICU unit at St. Joseph's hospital. Megan fell in love with this area and later started working at the University Hospital in the neuroscience in-patient unit 7 years ago. Today she continues as a casual employee at the University Hospital.

Here at the Givens Brain Tumor Center she loves learning more about brain and spinal tumors as one aspect of neuroscience and enjoys following our patients and families throughout their plan of care from before surgery, after surgery, and through treatment.

KELLY MEHLHORN RN CARE COORDINATOR



Kelly started at Allina Health almost a year ago as the Nurse Care Coordinator for the development and roll out of the Complex Memory Clinic and the Movement Disorders program. The providers and clinicians for the Complex Memory Clinic program will meet patients in the same suite as the Givens Brain

Tumor Center.

Kelly has known her husband, Cody, since they were 15 years old! They have a son, Eli, who will be 3 in October, and daughter Claire, 8 months. They also have a blue heeler mix dog, Frankie, who loves being outside. Kelly's family enjoys the outdoors, camping and making s'mores over the bonfire coals. They also love game night and enjoy being with their extended families.

Kelly was a gymnast in high school, which often required meeting with Physical Therapists to relieve injuries and was considering a career in this area. However, she was also deeply influenced by a teacher (a former Nurse) in high school who encouraged her to consider nursing. Kelly then decided to pursue her nursing degree at Winona State University. Later she became employed as an RN in the neuroscience inpatient unit at the U of M.

We thank you both for your extra flexibility and commitment this summer! This Fall, Megan will continue to support our team on a part time basis. Kelly will support us as needed in addition to her responsibilities with the Complex Memory Clinic and Deep Brain Stimulation.

Community Resource Highlights



Gilda's Club Twin Cities

No one should face cancer alone!

10560 Wayzata Blvd.

Minnetonka, MN 55305

info@gildasclubtwincities.org

www.gildasclubtwincities.org

Gilda's Club is a community where people impacted by cancer gather, connect, and learn. We provide the emotional and social support that is proven to improve overall health outcomes. Our clubhouse is a healing environment where individuals learn from one another, while receiving guidance from licensed mental health professionals.

Gilda's Club is named after the late Saturday Night Live comedian Gilda Radner. Following her own cancer diagnosis, Gilda quipped, "Cancer gave me membership in an elite club I'd rather not belong to." Today that club is Gilda's Club.

From the very first Gilda's Club in New York City founded in 1995, to today's network of more than 40 independent and locally-funded affiliates, Gilda's Club is where membership means connecting with people who truly understand. Gilda's Club Twin Cities is proud to be part of the worldwide Cancer Support Community (CSC).

Each Gilda's Club welcomes you with our signature red doors. Inside the red doors, Gilda's Club Twin Cities is a place to go for free support for anyone living with any type of cancer – men, women, teens and children — along with their families, friends and caregivers, and those living with loss due to cancer. As an affiliate of the worldwide Cancer Support Community, our program comes with more than 30 years of expertise behind it, a one-of-a-kind, evidence-based program of social and emotional support.

Gilda's Club offers support groups, healthy lifestyle courses, education workshops, social opportunities, information and referral services and children, teen and family-focused programming. In the true spirit of Gilda, support doesn't always have to be serious...we have fun too!

For remote and virtual program support offerings go to:

www.gildasclubtwincities.org/find-support/virtual-and-remote-support-offerings/

or click on the green bar in the middle of the home page on the Gilda's Club Twin Cities website.

Community Resource Highlights



openarms

Open Arms of Minnesota

You Heal! We'll Cook!

It's a simple notion: people who are sick should not be without food. Yet every day people in our community with life-threatening illnesses find themselves unable to shop or cook — and, often, without the support network to help.

Open Arms of Minnesota is a nonprofit that cooks and delivers free, nutritious meals to people living with life-threatening illnesses in the Twin Cities. They offer meals to persons with cancer, HIV/AIDS, multiple sclerosis, ALS (Lou Gehrig's disease), COPD, CHF and ESRD. They have medically tailored menus and dietitians who can help with nutrition counseling at no cost.

They believe that food is medicine, and their work matters to the health outcomes of their clients. With the help of over 7,500 volunteers, they'll cook and deliver more than 600,000 delicious meals this year to people living with life-threatening illnesses, as well as their caregivers and dependents.

Founded in 1986, Open Arms has relied on its phenomenal community of donors and volunteers to help nourish and sustain people living with illness in the Twin Cities. Delivery is within the 494/694 loop area in the Twin Cities. During COVID-19 guidelines they have a no contact delivery: "drop, wait and wave."

Don't need help with meals? You can volunteer in their beautiful kitchen, deliver meals, help out at their urban farms in Minneapolis and St. Paul, and in their office.

To learn more about eligibility for meals, their meal programs, or volunteering please call [612-872-1152](tel:612-872-1152) or visit their website <https://www.openarmsmn.org/>.



The Earthly Swirl by Molly Boyle

Community Resource Highlights



Angel Foundation

Angel Foundation is a one of a kind cancer program that provides an integrated approach of financial assistance, education and support for adults with any type of cancer, and their families, who live in the 7 county metro area. Angel Foundation believes that no one should have to talk about

cancer alone and since 2001 has developed programs to help you and your family live well with stability, strength and resilience. "We want you to be heard. We are proud of the services we provide and want to make a difference. Everyone is worthy of help."

Angel Foundation provides Emergency Financial Assistance for non-medical expenses so you and your family can focus on treatment, self-care and healing if you are in active cancer treatment and live (or receive treatment) in the 7 county metro area. Patients may be eligible for a general assistance large grant once in their lifetime or for those who have extreme financial burdens they may be eligible for smaller Margie and Mark grants each year for small items. The website provides more information about eligibility.

In March, 2020, Angel Foundation introduced and is piloting their Financial Cancer Care program, which is a 3 month program that teaches advocacy and provides tools to prevent cancer-related financial toxicity. Contact Angel Foundation to learn more and apply.

There are many Facing Cancer Together programs for patients and families, children, and grandchildren, to help build stability, trust and provide encouragement. Age appropriate support programs teach healthy communication and coping skills and are free of charge. The AngelPack Backpack program is an age specific program that provides tools and books about cancer such as what is radiation, chemo, facing fatigue, and other general stress responses.

This summer, because of COVID-19, Angel Foundation offered Camp Angel in a Box with age appropriate curriculum, activities and supplies. Call or click on our website to learn more!

612-627-9000
www.mnangel.org
<https://www.facebook.com/angelfoundation/>
<https://mnangel.org/resources/>



Arboretum 20 by Molly Boyle

Neuro-oncology Highlights



NILANJANA BANERJI, MS, PHD
DIRECTOR, CLINICAL RESEARCH

Allina Health's Neuroscience Research Department supports Neuro-oncology research at the Givens Brain Tumor Center. The research team comprises of experienced research nurses, who coordinate patient care, project and regulatory managers, and research scientists.

Our team supports a robust menu of investigator-initiated clinical trials that have the potential of research discoveries, which could be translated into advances in patient care. One current research study evaluates whether there are certain gene profiles in glioblastomas that make them more susceptible to treatment with Optune therapy. We are enrolling 50 adult individuals with a diagnosis of glioblastoma who use Optune, along with standard chemotherapy, at the Givens Brain Tumor Center over a period of three years. As study participants are enrolled, tumor samples are sent to Foundation Medicine Inc. in Cambridge, MA, for genetic testing. The genetic information provided by Foundation Medicine to the research team include data from 324 genes that are most commonly found to be abnormal in solid tumors. The research team are also obtaining clinical information from medical records of study participants. At the end of the study period, we will compare genetic data from individuals who respond well to Optune therapy to those who do not respond.

Through our current research, patients also have access to multiple cutting-edge drug and device treatment trials for people with brain tumors. One such trial is the GBM AGILE, which is an

entirely unique approach to clinical trials made possible by the partnership and collaboration of clinicians, researchers, governments, regulatory agencies, pharmaceutical companies, and patient advocacy groups. GBM AGILE is a flexible and adaptable trial approach that maintains several "treatment arms," giving it the potential to fundamentally change the clinical research process for GBM by identifying or disproving therapies more quickly. GBM AGILE uses adaptive randomization allowing for dynamic adjustment. If one treatment arm outperforms another, a higher proportion of new enrollees will be assigned to that treatment arm, a technique called 'adaptive randomization.' GBM AGILE is enrolling both newly diagnosed and recurrent GBM patients to evaluate which therapies work best for each type and biomarker subtypes. While GBM AGILE (clinicaltrial.gov identifier: NCT03970447) plans to test multiple drugs from different companies over time, the first drug entering the trial is regorafenib. Our research team at the Givens Brain Tumor has enrolled eligible patients in the AGILE study, and currently is screening eligible patients seen at the clinic.

Patient Stories

DAVID STRAND – “THE MUSIC OF THE SOUL LIVES ON”

My name is David. I am 82 years old. I am the middle child with an older brother (deceased, 2017) and a sister who is 6 years younger. We were blessed with wonderful, loving parents who both valued education.

My wife and I have been married for 61 years and have a son and a daughter. I retired 24 years ago after working for 3M. My wife operated several businesses in the areas of antiques and home decorating. We also have lived in 3 European countries for ten years.

I discovered I had a terminal brain tumor last August. Until that time I had excellent health, and still consider to possess a lifetime of good fortune. Except for losing the ability of speech, and loss of driving, I have been able to enjoy a normal life. The personal tragedy I had to deal with is not my cancer, but the sudden death of our 21-year old grandson 7 years ago. He lived an extraordinary life and accomplished far more than I have in 82 years.

Since Henry's death I have devoted my life to honor him, his art, and share the lessons of love he gave to life. By retiring early I was able to bond with Henry and to learn from him how to be a better person. I am convinced his unselfish example is exactly what this world is so lacking. We have been able to publish a memoir “The Music of the Soul Lives On” to enable others to learn about Henry.



MOLLY BOYLE

The beautiful photos displayed throughout this Summer newsletter were taken by Molly Boyle. Here is what Molly had to tell us about herself.

I am a patient of Dr Trusheim's because I was diagnosed with a brain tumor at the age of 16. Since then I have gone through surgery, radiation and chemotherapy. These last 14 years have been a long and difficult journey but I've finally learned to deal with my situation. Dr Trusheim and his staff have been with me the whole way. They have been wonderful at helping me deal with my circumstances and to work toward being as independent as I can be.



Patient Stories

STEVE STEIL

My name is Steve Steil. I am 51 years old. I've been diagnosed with astrocytoma of the spinal cord. It's been a long slow process, it took my ability to walk and work about 4 years ago.

There have been many ups and downs throughout my journey. There have been days that I just wanted to give up, but for the most part I've remained positive and hopeful and I've been surrounded by a powerful group of loving people, which is key in a case like mine. It's amazing what the power of positivity and law of attraction can do for anyone. If you don't know what the law of attraction is I highly recommend you read *The Secret* by Rhonda Byrne, or if you're not a reader it's available on Netflix. I used to ask myself why I was cursed with this condition. Now I look at it as a gift that has blessed my life.



Dr T and the staff at GBTC have been amazing, they have always provided top notch support and care. My biggest struggle has been losing my independence. The people closest to me were able to help me cope. I make it a point to talk to my Dad each evening. On some of my tougher days, I really look forward to this, which would make my day a little brighter. I don't want to say I take the ones closest to me for granted, but I definitely have a whole new level of appreciation for them, and feel very grateful for them.



The Shrubs by Molly Boyle

Whenever I call with a question or send it through the Allina Health MyChart I always get a very prompt response. I feel like when I visit Dr T that I am his only patient. He always takes plenty of time to explain things which is very welcoming.

Patient Stories

KATHY KUHL – “WE GOT THIS”

Our odyssey began in November, 2014. I had a backache; it had been growing worse month by month for a while. As a 47 year old small business owner, it didn't seem odd to have back pain. But then came sleepless nights, the burning, radiating pain between my shoulder blades, headaches and blurry vision.

My neurologist ordered an MRI to be conducted immediately. On November 10th, I had my first of many MRI's. Within minutes of walking back into the waiting room, my neurologist calmly said, “we found what looks like a cancer tumor in your spinal cord”. We were told to get to Abbott NW “immediately” to see a neuro-surgeon who removes these types of tumors from pediatric patients. Two weeks later, as I headed into surgery, Tom and I promised that whatever the outcome, “we got this”.



After surgery, I woke to find I couldn't feel or move from my diaphragm down. I reminded myself, “We got this”. Quietly, Tom and I were both scared at what my upcoming recovery would look like and how long it would take. After a week, it became clear I would be extending my stay at Courage Kenny Rehabilitation Institute.

In a month's time, while I still had no feeling (except for painful neuropathy), I learned how to walk with a walker and crutches, to dress myself again, get in/out of chairs, a bed, a car. I learned how to get around a store, a kitchen and walk stairs. I also learned to never under-estimate the intricacies of any of these tasks. After a month, I was on my way back home. Thanks to Courage Kenny, I was ready for anything the outside world might throw my way.

In the 5 ½ years since, I have continued out-patient therapy and personal training to finesse my walking skills, balance and coordination despite not regaining my feeling.

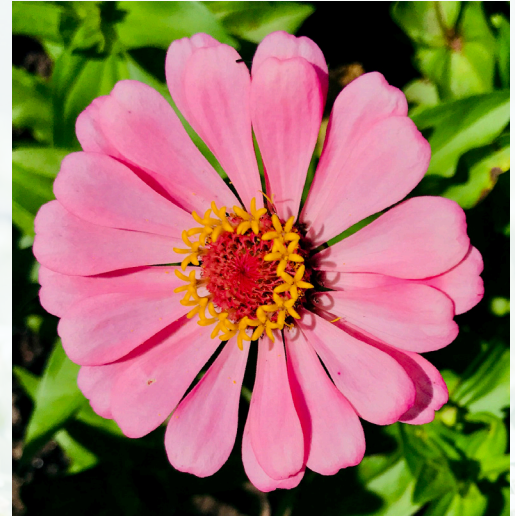
My official diagnosis was an Intradural Intramedullary Ependymoma Grade 2 in my Thoracic Region, T2-T3 (a tumor inside my spinal cord). The chance of being diagnosed with this tumor type is 1 in a million. For whatever reason, we feel this an opportunity to help others. So we formed the nonprofit, WalkTalkConnect to connect with other families and help as they navigate these same scary, confusing waters.

For more patient stories and to see our newsletter online visit the GBTC website! <http://www.allinahealth.org/givens>

Support Groups

Twin Cities Metro Area

During the COVID-19 pandemic some local support groups have been able to move to virtual support groups where you are able to meet with and see others virtually on your screen, tablet or phone in a safe and confidential place in your home. This list is not inclusive.



The Pink Daisy by Molly Boyle

GIVENS BRAIN TUMOR CENTER

Support Group temporarily suspended.

GILDA'S CLUB BRAIN NETWORKING GROUP – VIRTUAL

Wednesdays; 6:30pm – 8:00pm

This group will continue meeting monthly through Zoom. Registration is required.

<https://www.gildasclubtwincities.org/find-support/virtual-and-remote-support-offerings/>

M HEALTH FAIRVIEW – VIRTUAL

Contact Katie Pearson @ 612-273-7437

KpearsonII@umphysicians.umn.edu

4th Monday of every month from 6:30-7:30

CANCER CARE.ORG

BRAIN TUMOR PATIENT SUPPORT GROUP - TELEPHONE

Information and registration for 12-week telephone support group:

https://www.cancercare.org/support_groups/101-brain_tumor_patient_support_group

BRAIN TUMOR CAREGIVER SUPPORT GROUP - ONLINE

Information and registration for 14 week online group.

https://www.cancercare.org/support_groups/100-brain_tumor_caregiver_support_group

Community Support and Classes



American Brain Tumor Association

<https://www.abta.org>



American Cancer Society

<https://www.cancer.org/about-us/local/minnesota.html>
651-255-8100



<https://www.cancercare.org>
800-813-HOPE (4673)



Disability Hub

<https://disabilityhubmn.org>
866-333-2466



CANCER LEGAL CARE
LAWYERS ON YOUR CANCER CARE TEAM

<https://www.cancerlegalcare.org/>
651-917-9000



Minnesota Board on Aging

Excellent resource for persons of all ages!
<http://www.mnaging.org/en/Administrator/AAA.aspx>
7 area agencies (For example: Arrowhead, central Minnesota, southeastern Minnesota, etc.) who provide assistance and resource information to seniors, local agencies, and communities within their area.

Pathways

A Healing Center

Pathways Minneapolis

pathwaysminneapolis.org
Pathway's mission is to provide resources and services for people with life-threatening or chronic physical illness – as well as caregivers – to explore and experience complementary healing approaches.



Powerful Tools for Caregivers

Caregiver classes provide tools and strategies to better handle the unique caregiver challenges you face. Caregiver classes meet once a week for six weeks. PTC classes are available for caregivers of adults with chronic conditions and also of children with special health or behavioral needs. Registration required. There may be a requested donation for the class manual (i.e. \$30).

Community Support and Classes



PENNY GEORGE
INSTITUTE FOR HEALTH
AND HEALING

Penny George Institute for Health and Healing

allinahealth.org/georgeinstitute

Offers classes and services to help you be your healthiest. Whether you want to manage chronic illness or pain, lose weight, reduce stress, quit smoking, or stay healthy. Treat the whole person – mind, body, spirit and community.



Senior Linkage Line

<http://www.mnaging.org/advisor/SLL.htm>
800-333-2433



Veteran's Linkage Line

macvso.org
888-546-5838



Wilder Foundation, St. Paul, MN

wilder.org

Wilder is committed to improving the lives of older adults, adults with mental, physical and chronic health conditions and their caregivers who age in place and live where they feel most comfortable, whether in their own home or connected to their community. Access to a variety of healthy aging and caregiving services, support and resources to help maintain their health, well-being and independence.



Help At Your Door

Helpatyourdoor.org

651-642-1892

Provides senior or individuals with disabilities living in Minnesota's seven-county Twin Cities Metro area.

FINANCIAL RESOURCES

Allina Health

Website: allinahealth.org
612-262-9000 or
800-859-5077

MNsure

Website: mnsure.org
1-855-366-7873

Medicare

Website: medicare.gov
800-633-4227

Social Security

Website: ssa.gov
800-772-1213

COUNTY PROGRAMS

Check with the county you live in to learn about programs you and your family may be eligible for.

Angel Foundation

Website: mnangel.org
612-627-9000

Transportation

Taxi Services

1010 Taxi

Provides taxi service with cell phone for texting. Rates vary.
Affordable taxi rate.

<https://www.1010taxi.com/minneapolis-metro-area/>

Airport Taxi and Taxi Services Inc.

Full-service transportation company offering the best and most convenient ways to get around the Twin Cities and surrounding areas. Call, book online, text, or use iHail app. Vans available for transporting patients with wheelchairs.

<https://www.tplusride.com/marketing/airport-taxi/>
612.888.8888

Wheelchair transport resources

In the event patient is not able to transfer from car.

Transport Allegiance 651-207-5211

AT Transport 612-729-1156

Veterans – Bene Travel – No charge for Vets going to medical appointments at the VA.

Care Cab - 612-467-1396 – No Charge. For Vets who need wheelchair assistance and are going to the VA for an appointment. Must meet VA low income guidelines and referral from VA PCP.

DAV transportation – 612-467-2768 – No charge for vets who do NOT need w/c or oxygen assistance. The 7 county metro area. 2 pickups each day for 9 am or 1 pm appts. Service provided Monday – Thursday. Call 2-3 weeks in advance. For Shakopee / Prior Lake contact the VA County Officer at 952-496-8176.

Additional Transportation

Metro Mobility

Metro Mobility is a shared ride public transportation service for certified riders who are unable to use regular fixed-route buses due to a disability or health condition. Trips are provided for any purpose. To learn more and to apply, which requires your physicians input, see their website.

<https://metro council.org/Transportation/Services/Metro-Mobility-Home.aspx>

County Public Transportation

Many counties around the state have public transportation options for the general public. Check your county to learn about public transportation options. Rides may be curb to curb, within a specific radius, provide transportation for specific reasons. Some are listed below.

Dakota County

<https://dartsconnects.org/GoDakota>

Scott and Carver Counties

<https://scottcountymn.gov/516/SmartLink-Transit>

Transit Link

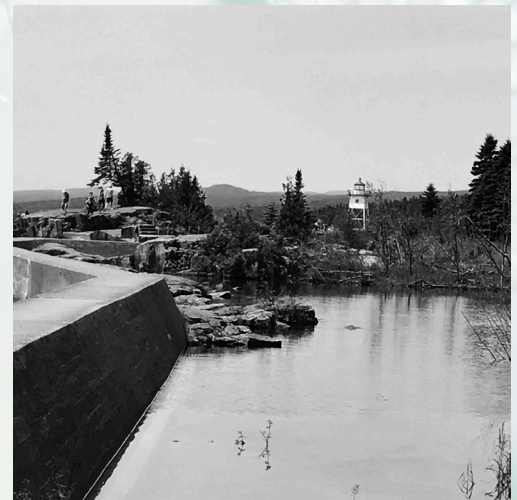
Transit Link is a shared-ride public transportation for the Twin Cities metro area where regular route transit service is infrequent or unavailable. It's for trips that can't be accomplished on regular transit routes alone.

<https://metro council.org/Transportation/Services/Transit-Link.aspx>

651-602-LINK (5465)

SW suburbs of Chaska, Chanhassen,
and Eden Prairie

<https://www.swtransit.org/about/>



Grand Marais by Molly Boyle

Community Resources

RAISING AWARENESS AND DOLLARS FOR BRAIN AND SPINAL CORD TUMORS!

Below are some organizations who work tirelessly to raise awareness about brain and spinal cord cancer by raising money to help find cures to help us live better lives and keep us connected! Some have been started by our very own patients and families. Now that's saying something. Gratitude!



BT5K

Due to the continuation of COVID-19 across the United States, the American Brain Tumor Association has made the decision to move the BT5K Twin Cities to a virtual format. Join their completely virtual format beginning September 26, 2020. A virtual celebration will take place on Saturday, October 10. For more information and to register click the link below!

<https://give.abta.org/event/2020-bt5k-your-way-twin-cities/e289395>



Annual Fun Walk in Excelsior in May

WalkTalkConnect is a non-profit dedicated to building a "peer-to-peer" mentoring community that connects patients and caregivers facing the unique challenges rare brain & spinal cord tumors present.

Their close relationship with The Givens Brain Tumor Center and Courage Kenny Rehabilitation Institute allows us to connect with patients and families and provide support alongside their continued medical advancement. Watch for events here:

<https://www.walktalkconnect.org/>



Bowling for Brains

The goal of this annual event is to bring those that have been

affected by brain tumors together and make the average person feel as though they are contributing to the awareness of brain tumors and the work of the American Brain Tumor Association (ABTA) and the Givens Brain Tumor Center at Abbott Northwestern Hospital through participating in the bowling games, silent auction and sharing the stories of brain tumor patients and survivors. Stay tuned to the website for details about future events.

<http://bowlingforbrainsmn.org/about-us/>



Humor to fight the Tumor

Dedicated to funding research and patient services to improve the lives of patients by raising awareness, providing support and encouragement, and offering uplifting events to provide a sense of community and hope to affected individuals and families. Virtual gala event planned for September, 2020.

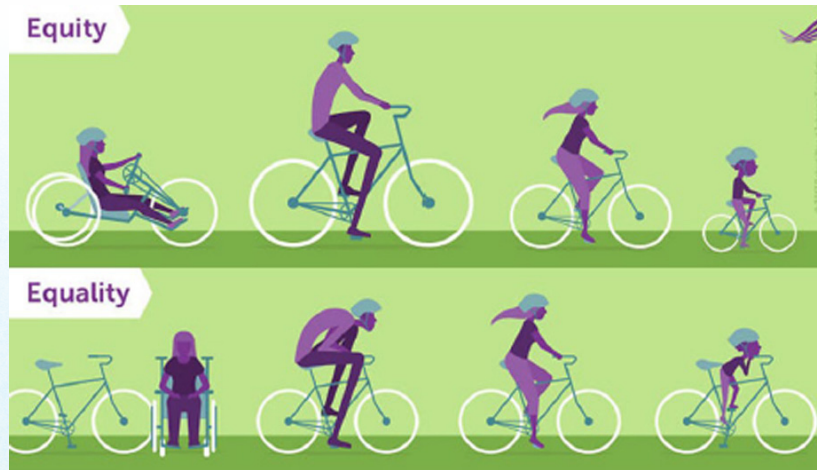
<https://www.humortofightthetumor.org/>

GIVENS BRAIN TUMOR STAFF

Dr. Trusheim – Neuro-oncologist, Medical Director
Patti Bruns – Clinical Nurse Specialist, MSN, APRN, CNS
Margaret Callan – Social Worker LicSW, xxx
Lani Hoese – Clinical Support Specialist
Tankia Barnes – Medical Assistant
Megan Elia – RN Care Coordinator

Kelly Mehlhorn – RN Care Coordinator
Emma Sacco – RN Care Coordinator
Karen Holmseth – RN Care Coordinator
Kathy Gilliland – RN Care Coordinator
Deborah Jones – Care Guide

Our Call to Action



George Floyd's death on May 25, 2020, occurred close to Abbott Northwestern Hospital and the Allina Health Commons and deeply affected many of us here at Allina and in our surrounding communities.

Everyone should feel appreciated, respected, valued, and safe. Allina Health is committed to equitable care, a diverse workforce and an inclusive culture. This includes supporting whole person care for patients, ensuring employees rise to their fullest potential, and in supporting the communities we serve.

Look for more about this in our next newsletter.



Neuroscience
Institute

allinahealth.org/givens