

# Grey Matters

Newsletter of Givens Brain Tumor Center

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**Givens Brain Tumor Center**  
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Minneapolis, MN 55407  
612-424-1076  
[allinahealth.org/givens](http://allinahealth.org/givens)



## Dr. John Trusheim – Medical Director

Hello Everyone,

Happy Summer! We hope you are enjoying the outdoors and able to spend time with those you love. Since the onset of COVID-19, I am impressed by how quickly health care, particularly my team and Allina Health, has been able to adapt and implement solutions during the pandemic to help serve our patients, our employees and our community health needs. We hope this means you have also had a positive experience when receiving care here at the Givens Brain Tumor Center and throughout Allina Health during these chaotic and uncertain times.

Our newsletter contains several articles from our neuro-oncology partners. You will find information about the GBM Agile clinical research trial for eligible newly diagnosed and recurrent GBM (glioblastoma) patients. This is a flexible and adaptable trial approach that maintains several "treatment arms," giving it the potential to change the clinical research process for GBM by identifying or disproving therapies more quickly.

We also have an article about GammaTile radiotherapy from our radiation oncology partner, Dr. Monyak. This is a surgically implanted radiotherapy which can be another treatment approach for eligible patients with recurrent high-grade gliomas, meningiomas, and larger brain metastases. And we have information from our cancer rehab partner, Dr. Hutchison. The Courage Kenny Cancer Rehabilitation Program is another very important program that provides specific support services to individuals who are currently being treated for brain tumors or who have undergone treatment in the past.

We hope you find this newsletter informative. What is on your mind? What other support and resources do you need? Please share what interests you with anyone on my team. We are here for you!

Sincerely,

Dr. John Trusheim

# Welcome to Gray Matters



## Editor's Column

-DEBORAH JONES,  
LIFECOURSE CARE GUIDE

Welcome to our Summer 2021 issue

of Grey Matters! We want to acknowledge that 2020 and now into 2021 has been a challenging time due to the COVID-19 pandemic along with the impact of George Floyd's death. For many, it has been stressful and lonely, and for others it has had a positive impact, perhaps with getting outdoors, experiencing nature, exercising, eating better, and becoming more involved in your communities.

Every day we are impressed with your amazing resilience as you are already living with a serious illness and uncertainty. Often during these last several months when lamenting about the chaos and challenges, you would say "welcome to my life". You are always so often our teachers, and we are grateful for what you teach us.

In addition to the articles Dr. Trusheim mentioned in his column, we have a piece by Kate Dusek, an Integrative Health and Wellness coach with the Penny George Institute for Health and Healing, and a Yoga Instructor, who explains the benefits of Chair Yoga, or Adaptive Yoga. If you are disabled, use a cane or walker or wheel chair, or are looking for a gentle approach to strengthen your body, gain flexibility and improve balance—or if you would like to learn helpful breathing exercises to bring clarity and restore calm—chair yoga (or adaptive yoga) might be for you!

We researched and highlighted more resources including Cancer and Careers, whose mission is to provide important resources for working people with cancer, and the American Brain Tumor Association (ABTA), which has a Care Line, Peer to Peer mentoring, educational webinars, and more.

And we have three new patient stories!

We hope you find our newsletter informative and that it provides you a way to feel more connected to and supported by our community. Please tell us how you are doing! Contact me at [deborah.jones@allina.com](mailto:deborah.jones@allina.com) or call 612-424-1076.

Stay safe. Stay strong.

## The Givens Family



*Mike and Linda Givens*

Mike Givens, who lost his battle with brain cancer in 2015, was a hero in every sense of the word. He and his wife, Linda, co-founded the 501(c)3 MG Charities, which held fundraising events 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.

Since 2016, MG Charities has donated \$1.85 million to the Givens Brain Tumor Center. Their annual Mind Over Matter charity golf event has been held at the Wayzata Country Club during previous summers, raising money to benefit brain cancer research and patients currently being treated for brain cancer. Mike's legacy lives on through the charity work that continues in his honor. Mike and Linda's daughter, Megan Givens Laatsch, continues their legacy of service as a member of the Abbott Northwestern Hospital Foundation.

# Meet Staff at the Givens Brain Tumor Center!

## Welcome Ali!



### ALEXANDRA ARAKAWA - DNP, APRN, CNP

Meet Alexandra “Ali” Arakawa, who joined our team as Clinical Nurse Practitioner in December, 2020! She previously worked in the Neuro ICU at Abbott Northwestern Hospital for 4 years. Ali is originally from Stacy, MN, and played hockey growing up. She also played a year of hockey at Bethel University, where she completed her undergrad education.

After graduating with her Bachelor of Science in Nursing, Ali boldly moved to Hawaii on her own for 4 years to work as a nurse in long-term care. There she met her husband, Evan, who was born and raised on Oahu, Hawaii. Together they enjoy working out, biking and spending time with family – including regular trips back to Hawaii.

Ali moved back to Minnesota in 2016 to attend the University of Minnesota, where she earned her Doctor of Nursing Practice. Recently she and Evan welcomed a Doberman Pinscher puppy, Judah, into their home! Judah’s parents are champion show dogs and Ali is training him to be a show dog.

Ali’s passion for neurology began during an undergrad clinical rotation in the Neuro ICU at Abbott Northwestern Hospital. “The brain is responsible for so many functions and houses each individual’s unique personality. I am intrigued by how much there is still left to discover in the field of neuroscience. I feel called to provide compassionate care for people affected by neurological conditions.” Something she has learned from her patients is that, “A person may find meaning in life even when confronted with a hopeless situation or when facing a fate that cannot be changed. A person’s life offers meaning in every moment and every situation, and it is up to each individual to seek it.”

# Meet Staff at the Givens Brain Tumor Center!

## Patti Bruns – MSN, APRN, CNS



### “AND ONE DAY, EVERYTHING CHANGED.”

“And one day, everything changed.” This is what Patti thinks of when she considers the impact a brain tumor diagnosis has on each patient and family.

Patti started her Bachelor of Science in Nursing at the University of North Dakota when her daughter, Kendra, was three and her triplet sons (Ben, Johan, and Alec) were 9-1/2 months old. In 1993, she moved to Seattle with her family where she worked in an oncology clinic. She completed her Master of Science in Nursing at Seattle Pacific University in 2003 and then moved to Minneapolis with her family. Patti started working with Dr. Trusheim and Neurosurgery at the University of Minnesota in 2003. Her granddaughter, Libby, joined the family in 2008, and Patti took a year off to care for her. In 2010, she moved to Abbott’s Brain Tumor Clinic (now Givens Brain Tumor Center) to work with Dr. Trusheim. Patti is a Clinical Nurse Specialist.

Patti and her husband Paul are both from Grand Forks, North Dakota. They have known each other since they were 5 years old and started “dating” when they were 13. They will be married for 38 years in July!

Patti is philosophical about her career in Neuro-Oncology. “We have made quite a bit of progress in treating patients such that we consider many patients to be long term survivors. However, we now need to learn how to better care for these patients. We are continuing to search for the best solutions to address each patient’s unique needs. Cancer rehabilitation is important for our patients as without it, they can experience cognitive and/or functional decline. We all need to remain active in both realms as we grow older, especially those with chronic conditions.”

“Our patients and families never asked to be on this journey. It is my honor and privilege to be a part of this journey with them. I look at my work more as what hope can I bring to patients and their families as well as what I can learn from them. I think each patient teaches me so much more than I will ever teach them.”

# Brain and Spinal Cord Tumor Resource Highlights!

## ABTA American Brain Tumor Association



The American Brain Tumor Association (ABTA) is a resource for patients who have been diagnosed with brain and spinal cord tumors, and their loved ones. ABTA provides patient and caregiver support, education and awareness in order to advance the understanding and treatment of brain tumors.

ABTA's website, [www.abta.org](http://www.abta.org), has information about tumor types, diagnoses, symptoms, treatment, side effects, caregiver and pediatric caregiver resource centers and it can help you locate local brain tumor support groups and brain tumor treatment centers.

ABTA's flagship program is their CareLine (800-886-2282 or email [info@abta.org](mailto:info@abta.org)). The CareLine is staffed by trained and caring staff who provide 1:1 discussions with patients and loved ones. They also can provide education, peer support and information about financial assistance.

Patients and caregivers can be connected with volunteer mentors with a similar diagnosis through their Peer to Peer Mentoring service. Virtual Patient and Family meetings are available on Saturdays several times each year. For dates and times, visit the ABTA website.

### Meeting: **Survivorship: Taking Control of Your Journey**

Date: Saturday, November 6th, 2021

Chair: Susan M. Chang, MD, University of California, San Francisco

Website Link: [https://give.abta.org/survivorship\\_pfm](https://give.abta.org/survivorship_pfm)

The ABTA National Conference is the largest educational meeting designed specifically for patients, survivors and caregivers impacted by a brain tumor diagnosis. Each year, the conference convenes our nation's leading brain tumor experts to provide the latest updates in brain tumor treatment, care and research. The conference is free, and 2021 dates are September 10-12, 2021.

Ten months out of the year, ABTA brings brain tumor clinicians from the field to talk about various topics through their educational webinar series. Webinars are 60 minutes, allow for questions and are free.

### **ABTA Connections**

is an online support community that connects patients, families and caregivers for support and inspiration. Unlike social media outlets, ABTA Connections is a more private setting where members join for the same more personal, therapeutic reasons people attend a face-to-face support group.

### **BT5K Your Way – September 11-25, 2021**

Join your local community online BT5K to raise funds for brain tumor research and awareness about brain tumors. Walk, run, Rollerblade or even kayak! It's virtual, so you can participate from anywhere!

Register: <https://www.abta.org/get-involved/bt5k/>

### **AMERICAN BRAIN TUMOR ASSOCIATION**

8550 W. Bryn Mawr Ave. Ste 550

Chicago, IL 60631

773-577-8750 | 800-886-2282

[info@abta.org](mailto:info@abta.org)

# Brain and Spinal Cord Tumor Resource Highlights!

## Be the Boss Over Your Career!

Cancer and Careers is a non-profit resource for cancer patients and survivors to help navigate your work life. For 20 years, they have served cancer patients all along the spectrum, from newly diagnosed to persons in treatment, post treatment, survivors, and employed or unemployed!



Cancer and Careers is the only non-profit organization in the country providing career education based on cancer diagnosis. Their focus is to empower and educate you to enable you to thrive in your workplace. They provide interactive tools, expert advice, and educational events and can help you understand what to disclose about your health in an interview or in the workplace.

Their most popular events are the online Balancing Work and Cancer webinars. Example topics are job search, communicating effectively, networking, and building an effective LinkedIn profile. There is no cost! Regional day-long conferences on work and cancer are held online throughout the year. The focus in 2021 is the complexities of balancing treatment and recovery with employment. Webinars are open to patients, survivors, caregivers, healthcare professionals, employers, human resources professionals, and anyone else touched by cancer. There is a National Conference each year, normally in New York City, but because of the COVID pandemic the event will be online this year. CEUs are available for many of the courses and conferences.

Volunteer career coaches help with questions on the Cancer and Careers message board and assist with a free resume review service. Check out Cancer and Careers resources and publications that can be downloaded or mailed to you including a job search toolkit! Training and education are also offered to health care professionals and human resources professionals. Programs are accredited.

### LEARN MORE ABOUT UPCOMING WEBINARS AND RESOURCES:

<https://www.cancerandcareers.org/en>

You can also email them at [cancerandcareers@cew.org](mailto:cancerandcareers@cew.org)  
or contact Nicole Jarvis at [njarvis@cew.org](mailto:njarvis@cew.org).

# Allina Health Neuro-oncology Community

## Neuro-Oncology Research



**NILANJANA BANERJI, MS, PHD**

Allina Health's Neuroscience Research Department supports Neuro-Oncology research at the Givens Brain Tumor Center. Through our current research, patients diagnosed with glioblastoma (GBM) have access to multiple cutting-edge drug and device treatment trials. 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. Three treatment arms of the GBM-AGILE (clinicaltrials.gov identifier: NCT03970447) trial are open for patient enrollment at the Givens Brain Tumor Center. These three arms have three unique novel drugs targeted towards genetic tumor biomarkers in individual patients. Our research team has been enrolling eligible patients in GBM-AGILE, and currently is screening eligible patients seen at the clinic.

# Allina Health Neuro-oncology Community

## Cancer Rehabilitation for Neuro-Oncology



**NANCY A. HUTCHISON, MD**

COURAGE KENNY REHABILITATION INSTITUTE

Rehabilitation services are an important part of recovery from treatment for brain and spinal tumors. The Courage Kenny Cancer Rehabilitation Program is a part of the support services to the Neuro-Oncology Program at the Givens Brain Tumor Institute.

There are a number of services available to individuals who are currently being treated for brain tumors or who have undergone treatment in the past. The Cancer Rehabilitation Services come in two groups. The first group of services is to treat specific neurologic impairments from the tumor or treatment such as paralysis, weakness, difficulty with speech and language or thinking and memory or difficulty with daily living skills like dressing,

bathing, toileting and driving. These rehabilitation services are available at Courage Kenny Rehabilitation locations in hospitals or larger facilities such as in Golden Valley or Stillwater. Treatment specialists include Physical Medicine and Rehabilitation (PMR) MDs, NeuroPsychologists, Counseling Psychologists, Physical Therapists, Occupational Therapists and Speech/Language therapists.

The second set of Courage Kenny Cancer Rehabilitation services are for individuals who have problems with generalized weakness, fatigue and difficulty resuming higher level activity and fitness goals. This part of the Courage Kenny Cancer Rehabilitation Program is called the Fitness and Debility Program. This program involves individualized Physical Therapy evaluation of cardiopulmonary, strength and balance skills with therapy sessions geared toward return to a higher level of function and less fatigue. The Cancer Rehabilitation Fitness and Debility Program is available at many Courage Kenny Sports and Physical Therapy locations around the region. There are also locations that have aquatic therapy and medically specialized exercise trainers to advance function and fitness.

Entry into the Courage Kenny Cancer Rehabilitation Program for Brain and Spinal Tumors is through a referral to one of the Physical Medicine and Rehabilitation (PMR) doctors in the Cancer Rehabilitation program. Your Neuro-Oncology provider can send the referral. An appointment is scheduled for a comprehensive examination with the PMR doctor. Before the appointment, a Cancer Rehabilitation Nurse Navigator or scheduler contacts the patient or family member to get important information to make the visit a success. During the appointment with the PMR doctor, you will work together to develop goals and identify referrals to the services best designed for the patient and their family.

There are two main PMR doctors for the Cancer Rehabilitation Program: Liat Goldman, MD (Medical Director) and Nancy Hutchison, MD. The Cancer Rehabilitation Nurse Navigator is Connie Brenna, RN. There are many rehabilitation therapists, psychologists and neuropsychologists in the program at multiple locations throughout and beyond the Twin Cities metropolitan area.

The Courage Kenny Cancer Rehabilitation Program is pleased to partner with the Givens Brain Tumor Center to ensure that everyone diagnosed with a brain or spinal tumor receives the full range of services for best outcomes. For more information or referrals contact: Courage Kenny Cancer Rehabilitation Scheduling 612-863-2123.

## Radiation Oncology



**DAVID MONYAK, MD**

### GammaTile

High energy ionizing radiation is one of our most important weapons against growing tumors. Radiation for tumor treatment is usually generated and delivered externally ("external beam" radiation) by sophisticated medical accelerators. But radiation can also be delivered internally by implanting radioactive seeds in a tumor area -- putting the generating source of the radiation right where it is needed.

There are several challenges in delivering internal radiation using radioactive seeds. Individual seeds are difficult to position uniformly, and to make matters worse, tend to migrate after placement. A non-uniform placement of the seeds causes "hot" spots of high radiation dose, increasing complications, and "cold" spots, increasing the chance of the tumor growing back. Also, although the radiation dose decreases rapidly with distance from the seed, the radiation dose is extremely high right at the surface of a seed, and any normal tissue actually touching a seed will likely be damaged.

GammaTiles, a new way of delivering internal radiation in the brain, solve all of these challenges by uniformly embedding 4 radioactive cesium 131 seeds inside a square collagen wafer or "tile" measuring 20 x 20 x 4 millimeters thick (0.79" x 0.79" x 0.16" thick). When the tiles are laid edge to edge, all the radioactive seeds are spaced uniformly, minimizing hot spots or cold spots. To prevent the extremely high, damaging dose of a seed touching normal tissue, 3 mm of wafer material separates a seed from any normal tissue.

At the time of surgery, after removing the visible tumor, the neurosurgeon lines (or "tiles") the edges of the "tumor bed" (= the cavity where the tumor previously lay) with the GammaTiles. The collagen matrix of the tiles maintains the uniform spacing of the radioactive seeds, and the collagen matrix adheres to the tumor bed edges, preventing seed migration. The radioactive seeds immediately begin killing any tumor cells left at or near the edges of the tumor bed. Tiling is very quick, adding only about 5 minutes to the surgery.

The advantages of GammaTiles treatment include (1) it starts radiation immediately, with no 2-3 week delay for healing after surgery as needed before starting external beam radiation, (2) the very source of the radiation is "ground zero," so only the tissues near "ground zero" -- the tissues that need the radiation -- receive significant radiation doses; and (3) the radiation is emitted at a continuous low dose rate, biologically the most gentle and least risky method of radiation delivery for normal brain tissue.

The Givens Brain Tumor Center is actively participating in the recently opened National Trial studying the use of GammaTiles in the treatment of brain tumors. Eligible patients include those with recurrent high grade gliomas, meningiomas, and larger brain metastases.



# Patient Stories

## NICHOLE BATES



### FEARLESS AND BRAVE!

I am a fearless thirty-year-old who is fighting brain cancer while I strive to bring joy, bravery, and wellness to this world. I am married to a handsome man named Davis who, over the past year, started his own business in Edina, Minnesota called Advantage Health Group. His team also focuses on wellness by removing chronic pain. Davis and I have two dogs named Kilo and Lola. The four of us explore the world by hiking, trying new restaurants, and making the most of each and every day.

I have been a health coach, a leader, and a connector for the past 8 years. Previously, I worked as a corporate health coach and manager for LifeTime Fitness and then was able to be a solid contributor to a small business continuing to coach people to live their healthiest life possible. Currently, I am working my way back into this space one step at a time by supporting a business here in the Twin Cities that brings wellness to your workspace.

Back in the summer days of 2019 I found out about my astrocytoma brain cancer and that my tumor was located on the frontal, temporal and basal ganglia part of my brain. Davis and I got the opportunity to work with a neurosurgeon, Dr. Ian Parney, at the Mayo Clinic. On August 23rd 2019, Dr. Parney was able to complete an awake brain surgery removing 85% of my baseball sized tumor. After that huge adventure, we got to work with this incredible team here at Abbott Northwestern Hospital and Givens Brain Tumor Center to complete radiation and chemotherapy. They are responsible for me being able to live the healthiest version of myself I can be!

Now, in 2021, after experiencing this unexpected-new-path-change-in-direction with my life, I have learned to continue to practice my faith, trust in the Lord, encourage others, and to fully live life to the fullest. Regardless of the challenges that Davis and I face, we still plan to continue to explore the beauty of our planet, start a family, and move into our dream home. We hope you read this article and leave feeling inspired to do the same.

## ERIC NORDIN



### GOD IS GOOD!

My name is Eric, I am 68 years old and have been living in Prior Lake since 1976. I grew up in Austin, MN with my parents and two younger brothers. I married in 1975 and my wife and I have two terrific adult sons and one precious daughter-in-law. I worked at MN Valley Electric Cooperative in Jordan for 38 years. I had to retire in 2016 when I was diagnosed with a brain tumor. I have not returned to a full-time job since then, but I do enjoy keeping up our home. I also enjoy making wooden crosses using a simple shop in my basement.

On July 31st, 2016, I experienced great difficulty finding words, which earned me a trip to the emergency room. An MRI revealed a large mass in my brain, and I was sent by ambulance to Abbott Northwestern Hospital. I had surgery just a day after being admitted to Abbott, and the tumor was determined to be an anaplastic astrocytoma. I have remained under the watchful care of neuro-oncologist Dr. John Trusheim at Givens

# Patient Stories

Brain Tumor Center. I had a second surgery in March of 2020; my surgeon both times was Dr. Walt Galiscich. I am very thankful to be under the expert care of these two doctors. Treatment has included chemotherapy and radiation, subsequent to both surgeries. My sense of well-being has improved with each surgery. Some of the challenges I still face include getting adequate sleep, occasional difficulty choosing words, short term memory loss, and lack of energy.

Making crosses in my little woodshop has been a really good outlet for me. I started doing that in the fall of 2016 and have continued to the present time. I have used maybe 15 or more different types of wood. The only wood I don't apply a finish coat to is Aromatic Cedar, because of its natural fragrance. I almost never accept money; I just enjoy making the crosses and giving them away.

My family and friends are very important to me. But I believe that God is the most important person in my life. There are really great family and friends, but there is no one like God. I read His Bible every day. I am serving Him in so much that I do. He has stuck with me for so long, even when I am less than I should be – God is good!

## BRYAN BARTH



### BE HAPPY!

I was 17 years old, a junior in high school, and thinking about college when I was in a bad car accident, which saved my life. After the accident, my MRI showed 4 tumors in and on my brain stem the size of ping pong balls. My brain stem looks like a stalk of brussels sprouts. A biopsy determined I had a pilocytic astrocytoma brain tumorgrade 1. In 2022, I will have lived with this tumor for 17 years which will be half my life! I live with left sided weakness, double vision in my right eye, and headaches.

Along with chemoradiation and chemotherapy, I have had 7 surgeries: 5 shunt related, the biopsy, and for a cyst that was pushing on my optic nerve. I have had more than 60 MRIs in my lifetime!

I have volunteered at Mount Olivet Careview Home since I was in 6th grade. I volunteered at a camp in Montana for several years, too. Currently I belong to Bridging Hearts organization, which offers an organized event once a month for more personal interaction. Members plan and host events for their Bridging Hearts friends. I have hosted a few online groups so we could watch a movie together. I have grown out my hair two times and donated it to Children with Hair Loss. I was in Rob Zombie's remake of the movie Halloween in 2007 - look for me!

I live with my parents and have two older brothers who are married with children. I love to cook and make spicy scrambled eggs, egg bakes, or biscuits and gravy. I have enjoyed ceramic work making mugs and dishes by hand instead of using a wheel. Currently I make spoon rests out of melted beer bottles. My goal is to be happy, make other people's lives better, and to live day by day and not get too excited about long term plans because I might not feel good when the day comes!

**Visit us online for more patient stories and to see our newsletter.**

**Website: [allinahealth.org/givens](http://allinahealth.org/givens)**

# Chair Yoga or Adaptive Yoga



## KATE DUSEK, RYT, NBC-HWC

is an Integrative Health and Wellness coach with the Penny George Institute for Health and Healing at Allina Health. She also is a trained yoga teacher and teaches chair yoga to more challenging vinyasa yoga.

There are many benefits of yoga. Chair yoga, or adaptive yoga, is a great option for those of us who are disabled and require a powered wheel chair as transportation. In addition, chair yoga can be useful for those who use a cane or a walker or for those who are looking for a gentle way to strengthen their body. Another form of yoga is Soma Yoga, which is a slow gentle exercise that works with the nervous system as well as loosens up tight and restricted muscles. Yoga Therapy is also a terrific type of yoga with adaptations and modifications for those of us who have health challenges. Based on a client's individual needs, yoga therapists prescribe special regimens and breathing exercises.

To learn more about the Penny George Institute for Health and Healing, contact the clinic at 612-863-3333. If you are interested in coaching support or connecting with Kate regarding yoga, you can make a coaching appointment by calling the LiveWell Fitness Center at 612-863-5178. Listen online to one of Kate's chair yoga sessions. <https://allina.learnitlive.com/KateDusek>

### Online and at home resources to practice Chair Yoga:

Gentle Chair Yoga Routines

(Toronto Rehab's Brain and Spinal Cord Leap Service – Cara Kircher):

<https://youtu.be/KEjiXtb2hRg> <https://youtu.be/1YHjBYcqJ5c>

Yoga Instructor Mary Beth Kealy:

<https://youtu.be/fh7jQ-Kx428>

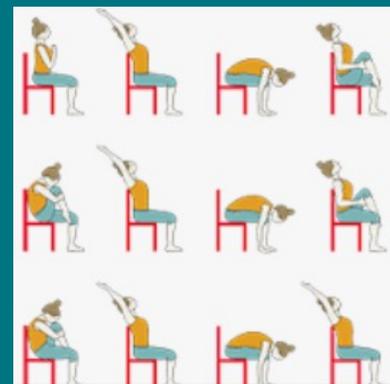


At Mind Body Solutions, we teach everybody the benefits of yoga. Our founder Matthew Sanford has pioneered an approach that teaches universal principles inherent to yoga poses that are accessible to all students, regardless of their level of ability. Mindbody solutions offers seated adaptive and ambulatory adaptive yoga classes. Our online adaptive classes are free.

We would love to have you and your family members join us for any of our free online adaptive classes.

## BENEFITS OF CHAIR YOGA

- Safe and available to almost everyone.
- Adaptive for individuals living with mobility issues such as partial or total paralysis.
- Increased flexibility helps your ability to twist, stretch and engage in activities that you love. Improves your mobility and your sense of rhythm.
- Builds strength both mentally and physically and improves balance, reducing the risk of falls.
- When we focus on movement, our body, our breath, and practice being in the present moment. Yoga is a moving meditation.
- Helps reduce stress and clears our mind.
- Stimulates our body to release natural painkillers to help us cope with pain and discomfort and may be associated with better sleep.



# Community Support and Classes

## BRAIN TUMOR SUPPORT GROUPS – VIRTUAL / ONLINE

During the COVID-19 pandemic, many local support groups moved to virtual support, where you meet with others on your screen, tablet or phone in a safe and confidential place in your home. Here are a few support groups to explore:

### **GILDA'S CLUB BRAIN TUMOR SUPPORT GROUP**

4th Wednesday of Month 6:30-8:00 PM

Registration required

[www.gildasclubtwincities.org](http://www.gildasclubtwincities.org)

### **MHEALTH FAIRVIEW**

Contact Katie Pearson @ 952-924-5242

[Kpearson11@umphysicians.umn.edu](mailto:Kpearson11@umphysicians.umn.edu)

4th Monday of the month

### **CANCERCARE.ORG**

Brain Tumor **Patient** Support Group Online  
Information and registration for 15 week online  
support group for people with a primary malignant brain tumor

Brain Tumor **Caregiver** Support Group Online  
Information and registration for 15-week online support group  
for people caring for a loved one with a primary malignant  
brain tumor or brain metastasis

Learn more: [https://www.cancercare.org/support\\_groups](https://www.cancercare.org/support_groups)

### **BRAINS TOGETHER FOR A CURE**

Mayo Rochester

Monthly zoom meeting

3rd Saturday of the month; 10 am – 12 pm

Registration required

[INFO@BRAINSTOGETHERFORACURE.ORG](mailto:INFO@BRAINSTOGETHERFORACURE.ORG)

# Community Support and Classes

(Due to COVID-19 availability of programs may change.)



## OPEN ARMS OF MINNESOTA

A nonprofit that cooks and delivers free, nutritious meals to people living with life-threatening illnesses in the Twin Cities.  
<https://www.openarmsmn.org/aboutus/>  
612-872-1152



## GILDA'S CLUB TWIN CITIES

Offers free cancer support for everyone impacted by cancer. Learn how you can be part of our community today.  
<https://www.gildasclubtwincities.org/>



## ABTA (American Brain Tumor Association)

<https://www.abta.org/Cancercare.org>



## CANCERCARE

### CANCER CARE

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



## AMERICAN CANCER SOCIETY

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



## SENIOR LINKAGE LINE

<http://www.mnaging.org/advisor/SLL.html>  
(800) 333-2433



## DISABILITY HUB

<https://disabilityhubmn.org/>  
1-866-333-2466



## VETERAN'S LINKAGE LINE

[www.macvso.org](http://www.macvso.org)  
1.888.546.5838



## MINNESOTA BOARD ON AGING

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



## CANCER LEGAL CARE

### CANCER LEGAL CARE

A non-profit resource for patients and survivors diagnosed with cancer at any stage or diagnosis, living in the state of Minnesota, looking for answers about legal rights on a wide variety of issues such as estate planning, wills, healthcare directives, power of attorney, employment, housing, applying for social security disability, health care insurance, and more.  
<https://www.cancerlegalcare.org/>  
651-917-9000.

# Community Support and Classes



## HELP AT YOUR DOOR.

Helpatyourdoor.org  
651-642-1892

Supports seniors or individuals with disabilities living in Minnesota's seven-county Twin Cities Metro area. Helps seniors and individuals with disabilities to maintain their independence and continue living in their homes. Store To Door grocery assistance, home support and transportation services provide help with in-home tasks and chores. Services can be bundled. Service area includes Anoka, Carver, Dakota, Hennepin, Scott, Ramsey and Washington counties.



## WILDER FOUNDATION

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 health, well-being and independence.

Committed to addressing complex challenges that will advance equity in Saint Paul and across Minnesota.  
<https://www.wilder.org/about-us>



## PATHWAYS

Pathways' 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.

Virtual Programming available  
<https://pathwaysminneapolis.org/>



## POWERFUL TOOLS FOR CAREGIVERS

Caregiver classes provide tools and strategies to better handle the unique challenges faced by caregivers of adults with chronic conditions and also of children with special health or behavioral needs. Caregiver classes meet once a week for six weeks. Currently virtual classes. Registration required. There may be a \$30 requested donation for the class manual.

<https://www.powerfultoolsforcaregivers.org/class-type/caregiver-classes/>



## PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

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.  
[www.allinahealth.org/georgeinstitute](http://www.allinahealth.org/georgeinstitute)

## FINANCIAL RESOURCES

### Allina Health

Website: [allinahealth.org](http://allinahealth.org)  
612-262-9000 or  
800-859-5077

### MNsure

Website: [mnsure.org](http://mnsure.org)  
1-855-366-7873

### Medicare

Website: [medicare.gov](http://medicare.gov)  
800-633-4227

### Social Security

Website: [ssa.gov](http://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](http://mnangel.org)  
612-627-9000

# Transportation

(Due to COVID-19, availability of programs may change.)

## Taxi Services

1010 Taxi

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

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

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## 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

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## Wheelchair transport resources

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

- Transport Allegiance 651-207-5211
- AT Transport 612-729-1156

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

1. 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 have referral from VA PCP.

2. DAV transportation – 612-467-2768 – No charge for vets who do NOT need w/c or oxygen assistance. The seven-county metro area. Two 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 Resources

## 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 physician's input, see their website.

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

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## 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>

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## 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/>

# Raising Awareness About You

## 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, 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 Your Way – September 11-25, 2021

Join your local community online BT5K to raise funds for brain tumor research and awareness about brain tumors. Walk, run, Rollerblade or even kayak! It's virtual, so you can participate from anywhere!



### 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. Planning a hybrid event, incorporating both in-person elements and a virtual component for Saturday, September 11, 2021.

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



### Bowling for Brains

Did you hear? We are switching our bowling balls out for golf balls on September 26, 2021. No, we are not golfing at Bowlero. Join

us at Veterans Memorial Park in Richfield for Bowling for Brains, mini golf edition. More details to come! Stay tuned to the website. <http://bowlingforbrainsmn.org/about-us/>



### walk.talk.connect

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. We are planning a fund raiser for the Givens Brain Tumor Center in September 2021. Watch for events here: <https://www.walktalkconnect.org/>

### Givens Brain Tumor Staff

John Trusheim, MD – Neuro-Oncologist, Medical Director  
Patti Bruns – Clinical Nurse Specialist, MSN, APRN, CNS  
Alexandra Arakawa – Nurse Practitioner, DNP, APRN, CNP  
Margaret Callan – Social Worker, LSW, ACM  
Lani Hoese – Clinical Support Specialist

Tankia Barnes - Medical Assistant  
Megan Elia – Nurse Navigator, RN, BSN  
Emma Sacco - Nurse Navigator, RN, BSN  
Karen Holmseth - Nurse Navigator, RN, BSN  
Deborah Jones – Care Guide, MA

# Allina Health Call to Action



It has been more than a year since the death of George Floyd, which happened in the Abbott Northwestern Hospital community, after the COVID-19 pandemic had already begun to change our lives with uncertainty and isolation. Although the man who killed George Floyd has been held criminally responsible, we at Allina Health recognize that change happens over time in our communities and within each other. It continues to be an emotionally charged time for everyone. Allina Health is taking this opportunity to continue to advance our work with diversity, equity, and inclusion.

Our goal is to move one step at a time, along with the work of many individuals, to provide an environment for patients, employees and the communities we serve that is physically and emotionally safe for ALL. We want to weave the many faces of our communities into the fabric of Allina Health while being focused on serving you, our patients, and your loved ones. We don't want to exclude anyone. This important work is a high priority for Allina Health leadership to ensure we provide care with health equity, to help our employees perform better, and to be a valued business partner and investor.



Neuroscience  
Institute

[allinahealth.org/givens](https://allinahealth.org/givens)