



**JANUARY  
2011  
CALENDAR**

# *Life with Cancer®*

## *Experience a Community of Hope*

### JANUARY HIGHLIGHTS

#### **Quilt Show**

**FC, Jan-Feb**

Enjoy a visit to our new art exhibit, featuring works by area quilters belonging to the McLean Chapter of Quilters Unlimited. Quilts will be on display at the Life with Cancer Family Center during January and February and many will be available for sale.

#### **Peripheral Neuropathy**

**ILH-PER, Wed, Jan 26, 4:30-6pm**

Numbness, sensitivities, and tingling are some of the symptoms one feels with peripheral neuropathy - a side effect of some cancers and several chemo therapeutic agents. Deborah Cook, RN, OCN®, oncology patient educator will describe what it is, how it occurs, and what approaches you can take to minimize and/or manage these neurological side effects. Please register by Tuesday, 1/25.

#### **Orientation for Exercise Re-Entry**

**FC, Tue, Jan 18-Feb 8, 1-2pm**

This class is for people who are NEW to Life with Cancer exercise classes. ACSM Certified Cancer Exercise Trainer Susan Gilmore will lead this four-week series to introduce you to a fun exercise program that will enhance your flexibility and

stamina after which you can progress to one of our other aerobic exercise classes. Registration required. Participants must complete a class participation form before or upon arrival to class.

#### **Life with Cancer Orientation**

**FC, Thu, Jan 6 and 20, 10-11am**

**FC, Mon, Jan 10 and 24, 6-7pm**

If you are new to Life with Cancer, please come to learn more about our many program offerings, support groups, and support services for both children and adults affected by cancer in the northern Virginia area. Overview will include who we are and what we do, how and where you can get started, staff and services available at our various locations, tour of our Family Center, and your specific questions addressed. Please call or register on our website by preceding day.

### GENERAL INTERESTS

#### **Chemo 101**

**ILH-R, Thu, Jan 6 and 20, 1:30-3pm**

**FC, Fri, Jan 7-28, 10:30am-12pm**

If you are about to start, or recently started chemotherapy, this class is for you. An oncology nurse educator will explain medical terms, what to be aware of, do's and don'ts, and tips to optimize your quality of life throughout treatment. Please register by preceding day.

#### **Life with Cancer® Weather Policy**



For information on cancellations due to inclement weather, please visit [http://www.lifewithcancer.org/class\\_calendar\\_month.php](http://www.lifewithcancer.org/class_calendar_month.php) or call 703-698-2526 and press option 3. Decisions on evening program cancellations will be made by 3 p.m.

#### **The ABC's of Clinical Trials**

**FC, Wed, Jan 12, 7-8:30pm**

**3700-B, Wed, Jan 26, 7:15-8:30pm**

Learn what a clinical trial is and whether entering one is the right thing to do for you. Recognize the benefits and risks, separate myth from fact. From phases to the informed consent process, and everything in between, learn how clinical trials are the avenue for successful cancer treatment advances and the resources available to find them. An oncology nurse educator will help you make sense of this scientific process. FC Patient Educator: Eric Cohen, RN, BSN, OCN®. ILH Patient Educator: Deborah Cook, RN, OCN®. Register by preceding Monday.

#### **How to register for classes:**

1. Registration for all classes and groups is required so that we may notify you in case of a change in class schedule.
2. If attending a support group for the first time, please register or call the facilitator.
3. Unless otherwise specified, register online at [www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703-698-2526.

#### **Important facts about Life with Cancer®**

- All classes are free
- Anyone who has or has had a cancer diagnosis may attend classes regardless of where treatment is/was received
- Family members and friends may attend classes
- To have your name added or deleted from our mailing list, contact [vernell.walker@inova.org](mailto:vernell.walker@inova.org) or call 703-698-2526.



	LOCATION KEY
<b>CFH</b>	Connections for Hope, 13525 Dulles Technology Dr., Herndon, VA 20171
<b>CUMC-1:</b>	Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA 22039
<b>CUMC-2:</b>	Crossroads United Methodist Church, 43454 Crossroads Drive, Ashburn, VA 20147
<b>FC:</b>	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA
<b>IAH-CCW:</b>	Inova Alexandria Hospital, Cancer Center Waiting Room, 4320 Seminary Road, Alexandria 22304
<b>FO 3700-B</b>	IFOH Fair Oaks Medical Plaza Building, Conference Room B, 3700 Joseph Siewick Drive, Fairfax, VA 22033
<b>FO 3700-C</b>	IFOH Fair Oaks Medical Plaza Building, Conference Room C, 3700 Joseph Siewick Drive, Fairfax, VA 22033
<b>IFHC</b>	Inova Fairfax Hospital for Children, Radiation Oncology Conference Room, 3300 Gallows Road, Falls Church, VA 22042. Use BLUE parking garage
<b>IFOH-R:</b>	Inova Fair Oaks Hospital, 2nd floor, Radiology, Women's Waiting Area 3600 Joseph Siewick Drive, Fairfax, VA 22033
<b>ILH-PER:</b>	Inova Loudoun Hospital, Patient Education Room, 44045 Riverside Parkway, Suite 100, Leesburg, VA 20176
<b>ILH-R:</b>	Inova Loudoun Hospital-Radiation Oncology Center, 44035 Riverside Parkway, Leesburg, VA, 20176
<b>LCSC:</b>	Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA 20165
<b>PCC:</b>	Physicians Conference Center, 3300 Gallows Road, Falls Church, VA, 22042
<b>RRL:</b>	Reston Regional Library, 11925 Bowman Towne Drive, Reston, VA, 20130
<b>TPL:</b>	Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church, VA 22043
<b>TJL:</b>	Thomas Jefferson Library, 7415 Arlington Boulevard, Falls Church, VA 22042 (703) 573-1060

**Facing Cancer as a Team**

**FC, Wed, Jan 26, 7:15-8:30pm**

A cancer diagnosis is part of your partner’s life as well as your own. Meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Micheline Toussaint, MSW, LCSW, RYT.

**General Cancer Support Group**

**ILH-R, Mon, Jan 10, 6:30-8:30pm**

Patients and family members are invited to share and learn ways to meet the challenges of living with any cancer diagnosis. An oncology counselor and nurse will facilitate this group in a holistic manner, addressing your educational emotional needs. Facilitators: Saundra Weller, LCSW and Deborah Cook, RN.

**Look Good...Feel Better**

**FC, Tue, Jan 18, 1-3pm**

A professional cosmetologist will show you how to manage the cosmetic effects of cancer treatment. Also learn about head coverings and wigs to help you look your best before, during, or after treatment. Participants will receive a personalized make-up kit. Co-sponsored with American Cancer Society. Registration is essential.

**Ostomy Support Group of Northern Virginia**

**PCC, Sun, Jan 2, 1:30-3:30pm**

Drucilla Brethwaite, MSW, LCSW OSW-C, will present information on managing stress. For information call 703-802-3457 or visit [ostomysupportofnova.org](http://ostomysupportofnova.org).

**Partners in Care**

**ILH-R, Mon, Jan 3 and 17, 6:30-8pm**

**FC, Mon, Jan 10, 7-8:30pm**

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. FC Facilitators: Drucilla Brethwaite,

LCSW and Eric Cohen, RN, OCN®. ILH Facilitators: Saundra Weller, LCSW and Deborah Cook, RN.

**Stem Cell/BMT Group**

**FC, Thu, Jan 27, 7-8:30pm**

Special guest speaker Dipti Patel-Donnelly MD, Co-Director, Fairfax Stem Cell Transplant Program will provide an “Update on Stem Cell Transplant.” Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Donna Eichna, MSN, APRN-BC, OCN®, Inpatient Stem Cell Coordinator. Co-sponsored with Leukemia & Lymphoma Society. Please register by preceding Tuesday.

**Wear Hair for You**

**FC, Fri, Jan 21, 12:30-2pm**

Alternative Hair Specialist Laura Waites will show you how to choose a wig that’s right for you. Learn all about wigs before you make that purchase. Please register by preceding day.

**Young Adult Group**

**FC, Thu, Jan 27, 7:30-9pm**

Meet with others, ages 18 to 30-something, to discuss treatment side effects, work and health insurance concerns, body image, intimacy, dating, fears of recurrence, sustaining a normal lifestyle and other issues of concern to young people with cancer. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Eric Cohen, RN, BSN, OCN®.

**CanSurvive**

**TPL, Thu, Jan 6 and 13, 1-3pm**

**TJL, Thu, Jan 20 and 27, 1-3pm**

This weekly patient-led self-help group welcomes anyone with any type of cancer (loved ones also welcomed). Group is held at either Tysons-Pimmit or Thomas Jefferson Libraries. For specific information contact CanSurvive at 301-294-0566 or [linsil@usermail.com](mailto:linsil@usermail.com).

## MIND/BODY/ WELLNESS

### Art for Wellness and Growth

**FC, Mon, Jan 10, 2-4pm**

Explore your creativity, using art for wellness, insight, and personal growth. Artistic ability is NOT necessary - just a willingness to explore, have some fun and be part of a supportive, creative community. Facilitator: Art therapist Jean McCaw, MA, ATR-BC. Please register by preceding Monday.

### Chair Based Exercise

**FC, Mon and Wed, Jan 17-Feb 16, 2-2:45pm**

This exercise class led by ACSM Certified Cancer Exercise Trainer Susan Gilmore is beneficial for those with treatment limitations such as neuropathy, balance and low energy issues. Increase heart rate, tone and strengthen muscles, improve range of motion and flexibility while sitting in a chair! Registration required. All participants must complete a class participation form for the New Year before or upon arrival to class.

### Fitness Fusion: An Exercise Sampler

**FC, Wed, Jan 19-Feb 16, 3-4pm**

This exercise class led by ACSM Certified Cancer Exercise Trainer Susan Gilmore covers a variety of exercise modalities including dance aerobics, interval training, resistance and core training.

*Note: New participants are asked to take the "Orientation for Exercise Re-Entry" class (see listing on front page) before taking this class.* Registration is required. No new registrations after January 26. ALL participants must complete a class participation form for the New Year before or upon arrival to class.

### Gentle Yoga

**3700-C, Tue, Jan 18-Feb 22, 11:30am-12:30pm**

**FC, Thu, Jan 20-Feb 10, 1-2pm**

Certified Gentle Yoga instructors will teach movements to stretch, strengthen, and relax muscles. Dress comfortably and experience

yoga which can be done seated in a chair or on the floor. Bring your own yoga mat if practicing on the floor. Registration is required. *Note: At FC location, initial registration is limited to new participants with former participants enrolled pending space available.* 3700-C instructor: Marti Badila, RYT. FC instructor: Jenn Fay, MA, RYT

### Interactive Yoga

**FC, Fri, Jan 21 and 28, 12:45-1:45pm**

Continuation of a series designed for women living with metastatic disease, this class teaches extra gentle movements to stretch, strengthen, and relax muscles, along with a chance to share challenges and concerns. Please register ASAP. Dress comfortably and bring a yoga mat. Facilitator: Micheline Toussaint, LCSW, RYT.

### Keeping Fit

**FC, Mon, Jan 17-Feb 14, 3-4pm**

ACSM Certified Cancer Exercise Trainer Susan Gilmore will teach this class designed to increase strength and flexibility, improve endurance and fatigue and enhance overall well-being, all while having fun.

*Note: New participants are asked to take the "Orientation for Exercise Re-Entry" class (see listing on front page) before taking this class.* Registration required. ALL participants must complete a class participation form for the new year before or upon arrival to class.

### Knitting and Crocheting Circle

**ILH-R, Thu, Jan 20, 7-8:30pm**

**FC, Tue, Jan 25, 7-8:30pm**

Join us for our get-together for knitters and crocheters who are interested in practicing their craft in the companionship of others. Bring your own project to work on or one to donate. Past, new, experienced or inexperienced participants are welcome. ILH Facilitator: Jenny Eckert, LCSW. FC Facilitator: Carolyn Sam, M.Ed.



## Life with Cancer® en Español

### Amigas Unidas

**CFH, Tue, Jan 11, 6:30-8:30pm**

Grupo de apoyo para mujeres latinas con diagnóstico de cáncer.

### Latinas Unidas

**FC, Mon, Jan 24, 6:30-8:30pm**

Grupo de apoyo para mujeres latinas con diagnóstico de cáncer.

### Sanando Juntos

**FC, Thu, Jan 6, 6:30-8:30pm**

Grupo general de apoyo para hombres y mujeres Hispanos con diagnóstico de cáncer. Aprenderás técnicas y ejercicios para favorecer autosanación y crecimiento personal, manejar el estrés y los efectos del tratamiento para mejorar tu calidad de vida. Todo en un ambiente de confianza, positivismo y amistad. Para mas información puedes llamar a Verónica Martinez al 703-638-2539

### Meditation and Guided Imagery

**FC, Wed, Jan 5-26, 3:00-4:00pm**

Join us for this weekly relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Facilitator: Micheline Toussaint, LCSW, RYT. Please register by preceding day.

### Meditation for the New Year

**FC, Thurs, Jan 13, 2-3pm**

Jenn Fay, MA, RYT will provide this relaxing session of meditation to help you set the tone for the New Year.

### Meditation and Guided Imagery

**ILH-PER, Tue, Jan 25, 6:30-8pm**

Learn about and practice the art of Meditation in this monthly session. To register, call Karen Archer, 703-858-8857.

### Nutrition: Fighting Cancer with a Fork

**IAH-CCW, Wed, Jan 12, 1-2pm**

Dietitian Deb Rowland, RD, will provide an overview of nutritional recommendations for cancer patients and survivors.

### Reiki for Relaxation

**FC**, Mon, Jan 10 and 26, 4:30pm, 5:30pm, 7pm

**IFOH-R**, Wed, Jan 19, 5:30, 6:15, 7pm

**ILH-R**, Thu, Jan 27, 6:45-8pm

A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, releasing tension and discomfort, and enhance well-being. Dress comfortably. Appointments are limited. For ILH, call Karen Archer 703-858-8857.

### Seminars for Survivors

**FC**, Thu, Jan 20, 7-8pm

Starting the year off well with Nutrition.

### Spiritual Support Group

**ILH-R**, Tue, Jan 18, 6:30-8pm

A support group to help you and your loved ones draw upon your own spiritual resources while coping with the cancer experience.

### Spiritual Support Group

**CUMC-1**, Thu, Jan 27, 7-8:30pm

This support group with a spiritual focus is for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. For more information contact facilitator Dana Neese, Christ United Methodist Church, 703-690-3401.

### Spirituality Quest

**FC**, Tue, Jan 11, 10:30am-12pm

Explore, discover and navigate your spiritual path with Marsha Komandt, RN, OCN®. Topic to start the New Year: "What IS Spirituality?" Even though spirituality may be a continual quest, come share your thoughts on what spirituality means to you in your cancer journey.

### Write Your Way to Wellness

**FC**, Thu, Jan 20, 10:30am-12pm

Join certified poetry therapist, Ingrid Tegnér, MSW, in this monthly program and tap into your own well of creativity, using



poetry and creative journaling techniques. Writing experience is not necessary, just a willingness to explore the healing journey in a supportive small group community for "Empowerment, Insight and Support". Please register at least two days before session.

## BREAST CANCER

### Preparing for Breast Surgery

If you're planning a mastectomy, lumpectomy or reconstructive surgery, Inova breast care navigators can help you prepare and answer your questions. Learn about: pain management, drain and dressing management, prosthetics and undergarments, practical tips for bathing, sleeping and moving comfortably. Classes held at five convenient locations and are free if you are having surgery at an Inova facility. To register go to [inovabreastcare.org](http://inovabreastcare.org) and click on events and classes under quick links.

### Breast Cancer Support Groups

Learn, discuss and gain support from others who understand the concerns and challenges you face and can share life's joys and sorrows.

- **FC**, Fri, Jan 7-21, call for time

Coalesce: A metastatic breast cancer support group for women of all ages. Call for more information. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and a Psychiatrist. Prior screening is required as this is a closed group; call Sage Bolte, PhD, LCSW, OSW-C 703-698-2520.

- **FC**, Tue, Jan 4, 6-7:30pm

This group is for women in their 20's, 30's and 40's with non-metastatic breast cancer. Facilitated by Shara Sosa, LCSW. Registration requested if attending for the first time, 703-698-2522.

- **IAH-CCW**, Tue, Jan 25, 5:30-7pm

Facilitators: Maureen Broderick, LCSW and Shara Sosa, LCSW. For information, call 703-504-7921.

- **IAH-CCW**, Fri, Jan 7 and 21, 11am-12:30pm

Metastatic Breast Cancer Group for women of all ages. Facilitators: Shara Sosa, LCSW. For information, call 703-698-2522.

- **IAH-CCW**, Tue, Jan 11, 6:30-8pm

For pre-menopausal women. For information, call 703-504-7921.

- **IFHC**, Wed, Jan 5 and 19, 5:30-7pm

Facilitators: Corinne Cook, LCSW, OSW-C and Doreen Grzelak, RN, MSN, AOCN.

- **IFOH-A**, Wed, Jan 12, 7-8pm

Facilitator: Sage Bolte, PhD, LCSW, OSW-C.

- **ILH-R**, Mon, Jan 24, 5:30-6:30pm

For those newly diagnosed and/or starting treatment. To register, call Karen Archer, 703-858-8857.

- **ILH-R**, Mon, Jan 24, 6:30-8pm

For those finished with treatment, who have a recurrence or metastatic breast cancer. To register, call Karen Archer, 703-858-8857.

- **RRL**, Mon, Jan 3, 7-8:30pm

"Friends Like Me" is a support group for women 2-50 years post-treatment is sponsored by Breast Cancer Network of Strength and facilitated by breast cancer survivors and a licensed clinical social worker. Call 703-437-9595 for information.

## DIAGNOSIS-SPECIFIC

### Brain Tumor Group

**FC**, Tue, Jan 4, 12-1:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

### Carcinoid Cancer Group

**FC**, Sat, Jan 8, 10am-12pm

Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this



patient-led monthly meeting. For more information call 703-255-0519 or visit [www.members.cox.net/cacsva/index.htm](http://www.members.cox.net/cacsva/index.htm).

### **Colorectal Cancer Group**

**FC, Thu, Jan 27, 6:30-8pm**

Patients/survivors, family and friends welcome to attend this monthly meeting to share experiences and exchange information on living with colon or rectal cancers. Facilitators: Suzanne Freeman, MSW.

### **GYN Cancer Group**

**FC, Wed, Jan 26, 5:30-7pm**

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another. Facilitator: Micheline Toussaint, LCSW, RYT.

### **Head and Neck Cancer Group**

**IFHC, Wed, Jan 12, 5:30-7pm**

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another. Facilitators: Corinne Cook, LCSW, and a Radiation Oncology team member.

### **Leukemia Group**

**FC, Thu, Jan 13, 7-8:30pm**

Come for a New Year post holiday celebratory gathering and first meeting of the year. We will meet over a catered light dinner, funded by our co-sponsor, the Leukemia and Lymphoma Society. Co-facilitated by Drucilla Brethwaite, LCSW and Marsha Komandt, RN, OCN®. For planning purposes, please register by January 11.

### **Lung Cancer Group**

**FC, Wed, Jan 12, 5:30-7pm**

Join other patients, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitator: Paul Clark, PhD, LCSW.

### **Lymphedema Group**

**FC, Wed, Jan 12, 7-8:30pm**

The group is designed to learn and to meet with others to discuss physical and emotional concerns about hereditary or secondary lymphedema resulting from surgery, radiation, or trauma to the lymphatic system. Facilitators: Shara Sosa, LCSW, and a certified lymphedema therapist.

### **Multiple Myeloma Group**

**FC, Tue, Jan 18, 11:45am-1:30pm**

Join our monthly meeting for patients and families (to get together to discuss, learn, and share the challenges of living with multiple myeloma). Co-sponsored with The Leukemia & Lymphoma Society. Light refreshments. Facilitators: Sabine Gnesdiloff, LCSW and Susan Carlson, RN.

### **Prostate Cancer Support Groups**

Meet with others to share experiences and to learn from one another in these monthly meetings

- **LCSC, Tue, Jan 11, 6-8pm**  
“Man to Man” For more information call 703-858-8857.
- **FC, Tue, Jan 11, 7:30-9pm**  
For further information call Eric Cohen, RN, BSN, OCN®, 703-698-8786.
- **IAH-CCW, Tue, Jan 18, 6-8pm**  
For further information contact Fred Gersh, 703-768-6001.

## **GRIEF, LOSS, & RECOVERY**

### **Good Grief Bereavement Group**

**FC, Tue, Jan 25-Mar 15, 7:15-9pm**

If you have experienced the loss of a loved one with cancer within the past two years this group can help you learn about the grieving process, accept and express emotions, deal with children, family and friends, role and lifestyle changes and cope with special dates. Through discussion and planned activities, this group can help you gain strength as you adjust to life without your loved one. Commitment to attend each of these eight sessions will provide the most benefit. Registration necessary; please obtain registration form and information by contacting Drucilla Brethwaite, LCSW, 703-776-8798.

### **Parent Bereavement Group**

**FC, Thu, Jan 13, 7-9pm**

Meet with other parents who have lost a child, 18 and under, to cancer. Share memories and helpful suggestions in a supportive environment. Facilitators: bereaved parents, Jay and Amber McClain and Connie Connor, LCSW, Pediatric Oncology Counselor. For more information call Connie Connor, LCSW at 703-531-1515.

**For more information, or to register for any of the following programs, please contact Jenny Eckert, LCSW, Children’s Program Manager at 703-698-2536 or [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org).**

**GENERAL LIFE WITH CANCER CLASS REGISTRATION INFORMATION: Life with Cancer requires you to register for any and all programs that you plan to attend.** Registration makes it possible for us to notify you in case of unexpected changes due to weather or instructor illness. In addition, programs with fewer than 5 registrants may be canceled or postponed. **\*\*Please note: All services are free of charge, with the exception of massage and bodywork classes.\*\***

## CHILDREN/TEENS/PARENTS

### Curious About Cancer

**FC, Wed, Jan 19-Mar 9, 5:15-6:15pm**

**ILH-R, Thu, Jan 20-Mar 10, 6:30-8pm**

Through discussion, activities and art therapy, children ages 5-12 are given the opportunity to learn about cancer and find ways to manage the emotions and changes that come when someone in the family has cancer.

### Good Grief Dinner for Teens

**CUMC-2, Thu, Jan 13, 7-8:30pm**

**FC, Wed, Jan 19, 6:30-8:30pm**

This monthly dinner offers an opportunity to meet with other teens who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings.

### Good Grief for Children 5-12 Years Old

**FC, Tue, Jan 18-Mar 8, 5:30-6:30pm**

**ILH-R, Thu, Jan 20-Mar 10, 5:30-6:30pm**

This is a group for children who are 5-12 years old and have lost a loved one to

cancer. Through discussion, games and art they will be invited to share thoughts and feelings and work through the grief process.

### Off-Therapy Group for Kids

**FC, Tue, Jan 18, 4:15-5:30pm**

Children ages 5-12, who have completed treatment for cancer, are invited to meet others, work on social skills and self esteem, and learn about nutrition, exercise and handling stress while getting back to a "new normal."

### Parenting Alone

**FC, Wed, Jan 12, 7-8:30pm**

Group for parents who have lost a spouse or partner to cancer while raising school-aged children. Meet other parents, share ideas, challenges, solutions and listen to professionals who will share information and ideas you might find helpful. This group meets monthly on the second Wednesday.

### Pediatric Oncology Parent Night

**FC, Tue, Jan 25, 6-8:30pm**

Meet, share and learn from others who have "been there." Whether your child is newly diagnosed, in treatment, off treatment, or dealing with late effects, come and share common concerns of coping when your child has cancer. Pizza dinner. Please call Connie Connor at 703-531-1515 for more information. No separate group for children at this meeting.

### Teens Meet and Eat

**CUMC-2, Thu, Jan 6, 7-8:30pm**

**FC, Wed, Jan 5, 6:30-8:30pm**

Meet monthly with teens (13-18) who have a family member with cancer. Eat, hang out and have a little fun with others who understand the concerns, changes and feelings you may be experiencing.



## *Oncology Massage and Body Work*

**Life with Cancer Family Center  
8411 Pennell Street, Fairfax, VA 22031**

**Mondays, 1-7pm    Tuesdays, 10:30am – 2pm  
Wednesdays 3-5pm    Thursdays, 1-5pm**

Oncology massage therapists Nancy DeYoung and Linda Glick provide low cost and high quality massage, Reiki, Cranio-sacral or reflexology for patients and their family members, thanks to generous donations for space and equipment.

- Make your appointment at least 24 hours in advance.
- Arrive time to get full session.
- First time: arrive 15 minutes early to complete paperwork; forms also available on [www.lifewithcancer.org](http://www.lifewithcancer.org).
- \$50 1-hour massage session; \$30 ½ hour massage session
- Make cash or check payment to massage therapist. Sorry, no credit cards.

Physician approval is required; please ask for written permission at your next appointment.

# JANUARY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>Happy New Year!</b>		1	2	3
				1
				2 1:30pm Ostomy Support Grp (PCC)
3 1-7pm Oncology Massage Appointments (FC) 6:30pm Partners in Care (ILH-R) 7pm Friends Like Me (RRL)	4 10:30am -2pm Oncology Massage App'ts (FC) 12pm Brain Tumor Grp (FC) 6pm Breast Cancer, Young Women's Grp (FC)	5 3pm Meditation and GI (FC) 3-5pm Oncology Massage App'ts (FC) 5:30pm Br Ca Grp (IFHC) 6:30pm Teens Meet and Eat (FC)	6 10am LWC Orientation (FC) 1pm CanSurvive (TPL) 1-6pm Oncology Massage Appt's (FC) 1:30pm Chemo 101 (ILH-R) 6:30pm Sanando Juntos (FC) 7pm Teens Meet and Eat (CUMC-2)	7 Coalesce (FC) 10:30am Chemo 101 (FC) 11am Metastatic Br Ca Grp (IAH-CCW) 8 10am Carcinoid Grp (FC) 9
10 1-7pm Oncology Massage Appointments (FC) 2pm Art for Wellness and Growth (FC) 4:30-7pm Reiki for Relaxation (FC) 6pm LWC Orientation (FC) 6:30pm General Cancer Support Grp (ILH-R) 7pm Partners in Care (FC)	11 10:30am Spirituality Quest (FC) 10:30am -2pm Oncology Massage App'ts (FC) 6pm Man to Man (LCSC) 6:30pm Amigos Unidos (CFH) 6:30pm Br Ca Group-Premenopausal (IAH-CCW) 7:30pm Prostate Cancer Grp (FC)	12 1pm Fighting Cancer w/Fork (IAH-CCW) 3pm Meditation and GI (FC) 3-5pm Oncology Massage App'ts (FC) 5:30pm Head and Neck Grp (FC) 5:30pm Lung Cancer Grp (FC) 7pm Parenting Alone (FC) 7pm Lymphedema Grp (FC) 7pm ABC's of Clinical Trials (FC) 7pm Br Ca Grp (IFOH-A)	13 11pm CanSurvive (TPL) 1-6pm Oncology Massage Appt's (FC) 2pm Meditation/New Year (FC) 7pm Good Grief Dinner/Teens (CUMC-2) 7pm Leukemia Grp (FC) 7pm Parent Bereavement Grp (FC)	14 Coalesce (FC) 10:30am Chemo 101 (FC) 15 16
17 1-7pm Oncology Massage Appointments (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 6:30 Partners in Care (ILH-R)	18 10:30am -2pm Oncology Massage App'ts (FC) 11:30am Gentle Yoga (3700-C) 11:45pm Multiple Myeloma Grp (FC) 1pm Exercise Re-Entry (FC) 1pm Look Good...Feel Better (FC) 4:15 Off-Therapy Grp/Kids (FC) 5:30pm Good Grief/Children (FC) 6pm Prostate Cancer Grp (IAH-CCW) 6:30pm Spiritual Support Group (ILH-R)	19 2pm Chair-Based Exercise (FC) 3pm Fitness Fusion (FC) 3pm Meditation and GI (FC) 3-5pm Oncology Massage App'ts (FC) 5:15pm Curious About Cancer (FC) 5:30-7pm Reiki for Relaxation (IFOH-R) 5:30pm Br Ca Grp (IFHC) 6:30pm Good Grief Dinner/Teens (FC)	20 10am LWC Orientation (FC) 10:30am Write...Wellness (FC) 1pm Gentle Yoga (FC) 1pm CanSurvive (TJL) 1-6pm Oncology Massage Appt's (FC) 1:30pm Chemo 101 (ILH-R) 5:30pm Good Grief/Children (ILH-R) 6:30pm Curious About Cancer (ILH-R) 7pm Knitting/Crocheting Circle (ILH-R) 7pm Seminars for Survivors (FC)	21 Coalesce (FC) 10:30am Chemo 101 (FC) 11am Metastatic Br Ca Grp (IAH-CCW) 12:30pm Wear Hair for You (FC) 12:45pm Interactive Yoga (FC) 22 23
24 1-7pm Oncology Massage Appointments (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 5:30pm Br Ca Grp (ILH-R) 6:30pm Br Ca Grp-Metastatic/Recurrence) 6pm LWC Orientation (FC) 6:30pm Latinas Unidas (FC)	25 10:30am -2pm Oncology Massage App'ts (FC) 11:30am Gentle Yoga (3700-C) 1pm Exercise Re-Entry (FC) 5:30pm Breast Cancer Grp (IAH-CCW) 5:30pm Good Grief/Children (FC) 6pm Pediatric Oncology Parent Night (FC) 6:30pm Med & GI (ILH-PER) 7pm Knitting/Crocheting Circle (FC) 7:15 Good Grief Bereavement Grp (FC)	26 2pm Chair-Based Exercise (FC) 3pm Fitness Fusion (FC) 3pm Meditation and GI (FC) 3-5pm Oncology Massage App'ts (FC) 4:30-7pm Reiki for Relaxation (FC) 4:30pm Peripheral Neuropathy (ILH-PER) 5:15pm Curious About Cancer (FC) 5:30pm GYN Ca Grp (FC) 7:15pm ABC's of Clinical Trials (3700-B) 7:15pm Facing Cancer as a Team (FC)	27 1pm CanSurvive (TJL) 1pm Gentle Yoga (FC) 1-6pm Oncology Massage Appt's (FC) 5:30pm Good Grief/Children (ILH-R) 6:30pm Curious About Cancer (ILH-R) 6:30pm Colorectal Ca Grp (FC) 6:45pm Reiki for Relaxation (ILH-R) 7pm Stem Cell/BMT Grp (FC) 7pm Spiritual Support Grp (CUMC-1) 7:30pm Young Adult Grp (FC)	28 10:30am Chemo 101 (FC) 12:45pm Interactive Yoga (FC) 29 30
31 1-7pm Oncology Massage Appointments (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC)	<b>Stop by the Family Center to see the Quilt Show</b>			



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