



**FEBRUARY  
2011  
CALENDAR**

# Life with Cancer®

*Experience a Community of Hope*

## 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](mailto:vernell.walker@inova) or call 703-698-2526.

## Life with Cancer® Weather Policy



Life with Cancer classes and groups will follow local public school cancellation policies. \*

- If county school systems, evening activities and/or adult education programs are cancelled, Life with Cancer will cancel classes and groups.
- If county school systems have a delayed opening, Life with Cancer groups and classes will NOT be cancelled or delayed.
- If county school systems have an early dismissal, Life with Cancer will cancel afternoon and evening classes and groups.

For the most up-to-date information about Life with Cancer class and group cancellations due to inclement weather or area emergency, please visit [www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703-698-2526

\*Note: Individual counseling and massage therapy appointments will take place as scheduled unless otherwise arranged between the counselor and/or massage therapist and client.

## Life with Cancer Orientation

**FC, Thu, Feb 3 and 17, 10-11am**

**FC, Mon, Feb 14 and 28, 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. 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.

## Seminars for Survivors: Organizing Your Life

**FC, Thu, Feb 17, 7-8:30pm**

Terry Monaghan, founder of Organizing For Your Life LLC, will help us to start the year by learning to leave "overwhelm" behind and creating the results we want in our lives, using an exercise to help us develop a crystal clear picture of what life will look like when our goals are fulfilled. Please register by Monday, Feb. 14.

## Nutrition: Wholistic Nutrition Series

**FC, Tue, Feb. 22, Mar. 1 and 8, 1:30 – 2:30pm**

Join us for a 3 week series with Cheryl Harris, MPH, RD, LD. Learn more about nutrition with sessions on Portion Distortion (how & what you eat), Playing in your Pantry (labels & claims), and Mindful Eating. Please register by Monday, Feb. 21.

## San Antonio Breast Cancer Update

**FC, Mon, Feb 7, 6:30-8pm**

Anne Favret, MD will discuss the latest research findings from the annual San Antonio Breast Symposium held in December. Join us for this special opportunity. Light refreshments will be provided compliments of Genentech Bio-Oncology. Please register by Friday, February 4.

## Help Life with Cancer Go Green!



In order to help us be good stewards of Life with Cancer's donated funds and the environment, we are shifting to email delivery of our monthly calendar beginning April 1.

1. If you are already receiving our e-mail news, you will be able to click on a link to our traditional monthly calendar.
2. If you are not already receiving our e-mail blasts, you can subscribe by, going to [www.lifewithcancer.org](http://www.lifewithcancer.org) and clicking on the "Sign Up for Email News" box.
3. By February 7, you may also go to our homepage at [www.lifewithcancer.org](http://www.lifewithcancer.org) to print our monthly calendar.

Thanks for doing your part to help save trees and use our precious resources wisely.

## Quilters Unlimited of Northern Virginia



Now through February, enjoy a visit to our art exhibit, featuring quilts by many area quilters. These artistic quilts will be on display for

January and February and many are available for sale.

## GENERAL INTERESTS

### What to Expect When You are Expecting Chemo

**ILH-R, Thu, Feb 3 & 17, 1:30-3pm**

**FC, Fri, Feb 4-25, 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.

Formerly  
Chemo 101

### Facing Cancer as a Team

**FC, Wed, Feb 23, 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.



## LOCATION KEY

<b>3700-C</b>	3700 Joseph Siewick Drive, Conference Room C, Fairfax, VA, 22033
<b>CFH</b>	Connections for Hope, 13525 Dulles Technology Dr., Herndon, VA 20171
<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>IFHC</b>	Inova Fairfax Hospital for Children, Radiation Oncology Conference Room, 3300 Gallows Road, Falls Church, VA 22042. Use BLUE parking garage
<b>IFOH-1</b>	Inova Fair Oaks Hospital- Conference Room 1, Fairfax, VA
<b>IFOH-A</b>	Inova Fair Oaks Hospital - Antenatal Department, 2nd Floor, 3600 Joseph Siewick Drive, Fair Oaks, VA, 22033
<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>TJL:</b>	Thomas Jefferson Library, 7415 Arlington Boulevard, Falls Church, VA 22042 (703) 573-1060
<b>TPL:</b>	Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church, VA 22043

## General Cancer Support Group

**ILH-R, Mon, Feb 14, 6:30-8:00pm**

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: Sandra Weller, LCSW and Deborah Cook, RN, OCN®.

## Life Beyond Diagnosis

**ILH-R, Wed, Feb 16 & 23, 6:30-8pm**

Life coaching workshop. Registration is essential. Call Karen Archer, 703-858-8857, to register.

## Look Good...Feel Better

**ILH-R, Thu, Feb 3, 6:45-9pm**

A professional cosmetologist: 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. To register please call Karen Archer, 703-858-8857.



## Look Good...Feel Better

**FC, Tue, Feb 15, 7-9pm**

**IFOH-1, Thu, Feb 17, 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.

## Ostomy Support Group of Northern VA

**PCC, Sun, Feb 6, 1:30-3:30pm**

Join us for an educational and social afternoon. For information call 703-802-3457 or visit [www.ostomysupportofnova.org](http://www.ostomysupportofnova.org)

## Partners in Care

**FC, Mon, Feb 14, 7-8:30pm**

**ILH-R, Mon, Feb 7 and 21, 6:30-8pm**

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: Sandra Weller, LCSW and Deborah Cook, RN, OCN®.

## Stem Cell/BMT Group

**FC, Thu, Feb 24, 12:30-2pm**

This monthly meeting welcomes past, current, and upcoming Stem Cell and Bone Marrow Transplant patients and/or caregivers. 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.

## Understanding Lab Values

**IFOH-1, Tue, Feb 8, 1:30-3pm**

**ILH-PER, Wed, Feb 23, 4:30-6pm**

Hgb, Plt, Blasts, ANC. What do all these letters and numbers actually mean? What is normal? How can my abnormal lab values be corrected? How important are these labs to me and my doctor? How does drinking water and exercise change my lab results? Let an oncology nurse unravel the mystery of common lab results received during cancer treatment. Presented by Deborah Cook, RN, OCN®, Oncology Patient Educator. Please register by preceding day.

## Wear Hair for You

**FC, Fri, Feb 18, 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, Feb 24, 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, Feb 3 & 10, 1-3pm**

**TJL, Thu, Feb 17 & 24, 1-3pm**

This weekly patient-led self-help group welcomes anyone with any type of cancer (loved ones also welcomed). For more information contact CanSurvive at 301-294-0566, [linsil@usermail.com](mailto:linsil@usermail.com), or [www.Can-Survive.net](http://www.Can-Survive.net).

## MIND/BODY/WELLNESS

### Art for Wellness and Growth

**FC, Mon, Feb 14, 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 Friday.

### Exercise: Chair-Based Exercise

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

Exercise class from January 17 through February 16 led by ACSM Certified Cancer Exercise Trainer Susan Gilmore. Beneficial for those with treatment limitations such as neuropathy, balance and low energy issues. Heart rate, tone and muscle strength, range of motion and flexibility are all increased while sitting in a chair! Registration required. All participants must complete a class participation form for the New Year before class or upon arrival to class.

### Exercise: Fitness Fusion – An Exercise Sampler

**FC, Wed, Feb 2-16, 3-4pm**

Class currently in session with no new registration after January 26. New class beginning in March.



### Exercise: Keeping Fit

**FC, Mon, Feb 7-14, 2-3pm**

Continuation of series. No new registrations at this time.

### Gentle Yoga

**FC, Thu, Feb 3-24, 1-2pm**

Continuation of series for those already registered. No new registrations at this time.

### Gentle Yoga

**ILH-R, Thu, Feb 10 & 17, 10am-11:15pm**

To register please call Karen Archer, 703-858-8857.

### Gentle Yoga

**3700-C, Tue, Feb 1-22, 12-1pm**

A six week series of gentle yoga will be taught by Certified Yoga instructor Marti Badila, RYT. She 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.

### Guided Meditation: Life with Imagination

**FC, Thu, Feb 3-24, 2-3pm**

Join us weekly for relaxing exploration of the power and benefits of meditation, facilitated by Jenn Fay, MA, RYT. Each session begins with breathwork and a relaxation technique that leads into a guided meditation. Please register by preceding day; come to one or come to all sessions. Note: Gentle Yoga precedes this class.

### Interactive Yoga

**FC, Fri, Feb 4-25, 12:45-1:45pm**

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. Dress comfortably and bring a yoga mat. PLEASE register. Facilitator: Micheline Toussaint, LCSW, RYT.

### Knitting and Crocheting Circle

**FC, Tue, Feb 22, 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. Facilitator: Carolyn Sam, M.Ed.



### Knitting and Crocheting Circle

**ILH-R, Thu, Feb 17**

This class will not meet in February and will resume in March. Happy knitting!

### Meditation and Guided Imagery

**ILH-PER, Tue, Feb 22, 6:30-8pm**

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

### Meditation and Guided Imagery

**FC, Wed, Feb 2-23, 3-4pm**

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.

## Life with Cancer® en Español

### Amigas Unidas

**CFH, Martes, Febrero 8, 6:30-8:30pm**

Grupo de apoyo para mujeres latinas con diagnóstico de cáncer. Apoyo, crecimiento personal y relajación guiada para mujeres sobrevivientes de cáncer. Donde se que estes en el proceso, recibiras los beneficios de poder compartir y aprender junto a otras companeras con experiencias y necesidades similares. En Herndon, para mas informacion, llamar a Veronica Martinez 703-698-2539.

### Latinas Unidas

**FC, Lunes, Febrero 28, 6:30-8:30pm**

Grupo de apoyo para mujeres latinas con diagnóstico de cáncer. Apoyo, crecimiento personal y relajación guiada para mujeres sobrevivientes de cáncer. Donde sea que estás en el proceso, recibirás los beneficios de poder compartir y aprender junto a otras compañeras con experiencias y necesidades similares. Enfoque holístico, integrando la conexión de mente-cuerpo-espíritu, en un ambiente de confianza, positivismo y amistad. Para más información, llamar a Verónica Martínez 703-698-2539 o Claudia Campos 202-223-9100.

### Sanando Juntos

**FC, Jueves, Febrero 3, 6:30-8:30pm**

Grupo de apoyo general para hombres y mujeres Hispanos con diagnostico de cáncer. Aprenderás técnicas y ejercicios para favorecer una mejor calidad di vita, liberar el estrés y manejar efectos secundarios del tratamiento. Enfoque holística, integrando la conexión de mente-cuerpo-espíritu, en un ambiente di confianza, positivismo y amistad. Puedes llamar a David McGinness 703-698-2529

### Nutrition: Fighting Cancer with a Fork

**IAH-CCW, Wed, Feb 9, 1-2pm**

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



**Nutrition: Diet, Exercise and a Healthy You****ILH-R**, suite 100, Wed, Feb 16, 10am-12pm

Going through cancer treatments and getting back to “normal” can wreak havoc with one’s appetite and activity level.

Certified specialist in oncology nutrition and fitness expert Julie Thorsen, RD, will provide an overview of diet and physical activity recommendations for patients, survivors, and family members. Please register by preceding day.

**Nutrition: Healthy Eating****ILH-R**, Thu, Feb 17, 6:30-7:30pm

Dietician Courtney Engle, RD, will provide an overview of nutritional recommendations for cancer patients and survivors.

**Nutrition: Wholistic Nutrition Series****FC**, Tue, Feb. 22, Mar. 1 and 8, 1:30 – 2:30pm

Join us for a 3 week series with Cheryl Harris, MPH, RD, LD. Learn more about nutrition with sessions on Portion Distortion (how & what you eat), Playing in your Pantry (labels & claims), and Mindful Eating. Please register by Monday, Feb. 21.

**Exercise: Orientation for Exercise Reentry****FC**, Tue, Feb 1 & 8, 1-2pm

For individual who are NEW to Life with Cancer exercise classes, this class will introduce you to a fun exercise program that will enhance your flexibility and stamina after which you can progress to one of the other aerobic exercise classes. Led by ACSM Certified Cancer Exercise Trainer Susan Gilmore. Registration required. Participants need to complete a class participation form before or upon arrival to class.

**Qigong****ILH-R**, Wed, Feb 16 & 23, 6:30-8pm

Qigong uses slow graceful movements and controlled breathing techniques to help reduce cortisol, improve blood flow, increase joint mobility, mental clarity and endurance. Bring your support person. To register, call Karen Archer 703-858-8857.

**Reiki for Relaxation****ILH-R**, Thu, Feb 24, 6:45-8pm

To help you relax and re-balance. Class size is limited. To register, call Karen Archer at 703-858-8857.

**Reiki for Relaxation: Individual Appointments****IFOH-R**, Wed, Feb 16, 5:30-7pm

A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the placement of hands along the body to direct energy, releasing tension and discomfort, and enhance well-being. Dress comfortably. Appointments are limited.

**Reiki for Relaxation: Individual Appointments****FC**, Mon and Wed, Feb 14 and 23, 4:30-7pm

A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the placement of hands along the body to direct energy, releasing tension and discomfort, and enhance well-being. Dress comfortably. Appointments are limited. Schedule your appointment ASAP.

**Spiritual Support Group****ILH-R**, Tue, Feb 15, 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, Feb 24, 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, Feb 8, 10:30-12pm

This monthly support/education group is designed to explore, discover and navigate our spiritual paths with facilitator Marsha Komandt, RN, OCN. Join us for what could be a beginning of the year ritual, a symbolic ceremony for releasing what may be unnecessary in one’s life.

**Writing for Wellness****FC**, Thu, Feb 17, 10:30-12pm

Join certified poetry therapist Ingrid Tegner, 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.

**Preparing for Breast Surgery**

If you’re planning a mastectomy, lumpectomy or reconstructive surgery, Inova breast care navigators can help answer all 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 locations. For more information and to register visit [inovabreastcare.org](http://inovabreastcare.org) and click on events and classes under quick links.

**San Antonio Breast Cancer Update****FC**, Mon, Feb 7, 6:30-8pm

Anne Favret, MD will discuss the latest research findings from the annual San Antonio Breast Symposium held in December. Join us for this special opportunity. Light refreshments will be provided compliments of Genentech Bio-Oncology. Please register by Friday, February 4.

**Breast Cancer Support Groups**

- **FC**, Fri, Feb 4-25, 00pm  
“Coalesce” is a closed metastatic breast cancer support group for women of all ages to share life’s joys and sorrows. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Arun Gopal, MD. Prior screening is required as this is a closed group; Call for more information in March.
- **FC**, Tue, Feb 1, 6-7:30pm  
A group for individuals 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, Feb 8, 6:30-8pm  
For pre-menopausal women to learn, discuss and gain support from others who understand the concerns and challenges you face. For information, call 703-504-7921.
- **IAH-CCW**, Tue, Feb 22, 5:30-7pm  
Learn, discuss and gain support from others who understand the concerns and challenges you face. Facilitators: Maureen Broderick, LCSW and Shara Sosa, LCSW. For information, call 703-504-7921.

- **IFHC, Wed, Feb 2 & 16, 5:30-7pm**  
Learn, discuss and gain support from others who understand the concerns and challenges you face. Facilitators: Corinne Cook, LCSW, OSW-C and Doreen Grzelak, RN, MSN, AOCN.
- **IFOH-A, Wed, Feb 9, 7-8pm**  
Learn, discuss and gain support from others who understand the concerns and challenges you face. Registration requested if attending for the first time. Facilitator this month: Sandra Weller, LCSW, OSW-C.
- **ILH-R, Mon, Feb 28, 5:30-6:30pm**  
For those newly diagnosed and/or starting treatment. Registration is requested if attending for the first time; call Karen Archer, 703-858-8857.
- **ILH-R, Mon, Feb 28, 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, Feb 7, 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, Feb 1, 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, Feb 12, 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).

### GYN Cancer Group

**FC, Wed, Feb 23, 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, Feb 9, 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, Feb 10, 7-8:30pm**

For approaching Valentine’s Day, topic for discussion this month: “Love is in the Air: How Do We Care for Each Other?” Co-facilitated by Drucilla Brethwaite, LCSW and Marsha Komandt, RN, OCN.

### Lung Cancer Group

**FC, Wed, Feb 9, 5:30-7pm**

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

### Lymphedema Group

**FC, Wed, Feb 9, 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 Teri Tebelman, PTA, a certified lymphedema therapist.

### Multiple Myeloma: Peripheral Neuropathy

**FC, Tue, Feb 15, 11:45am-1:30pm**

One of the most challenging side effects of some MM treatments is chemotherapy induced peripheral neuropathy, i.e. numbness or tingling in one’s extremities. Join LWC Education Program Manager Eric Cohen, RN, BSN, OCN® to learn more about how it occurs and what can be done to minimize and/or manage these neurological side effects. Co-sponsored with The Leukemia & Lymphoma Society. Light refreshments. Facilitators: Sabine Gnesdiloff, LCSW and Susan Carlson, RN.

### Prostate Cancer Support Groups

• **FC, Tue, Feb 8, 7:30-9pm**

Meet with others to share experiences and to learn from one another in these monthly meetings. For further information call Eric Cohen, RN, BSN, OCN®, 703-698-8786.

• **LCSC, Tue, Feb 8, 6-8pm**

“Man to Man” Meet with others to share experiences and to learn from one another in these monthly meetings. For more information call 703-858-8857.

• **IAH-CCW, Tue, Feb 15, 6-8pm**

Meet with others to share experiences and to learn from one another in these monthly meetings. For further information contact Fred Gersh, 703-768-6001.

## GRIEF, LOSS, & RECOVERY

### Good Grief Adult

**FC, Tue, Feb 1-Mar 15, 7:15-9pm**

Group is currently in session. For information on next session please call Drucilla Brethwaite, LCSW, 703-776-8798. Discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and life style changes and coping and special dates.

### Parent Bereavement Group

**FC, Thu, Feb 10, 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.

## CHILDREN/TEENS/PARENTS

### Curious About Cancer

**FC, Wed, Feb 2-Mar 9, 5:15-6:15pm**

**ILH-R, Thu, Feb 3-Mar 10, 4:15-5:15pm**

Children ages 5-12 are invited to join us as we learn about cancer through discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer. For more information and to register contact Jenny Eckert, LCSW, Children’s Program Manager at 703-698-2536 or [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org).

## CHILDREN/TEENS/PARENTS

### Good Grief Dinner for Teens

**CUMC-2, Thu, Feb 10, 7-8:30pm**

**FC, Wed, Feb 16, 6:30-8pm**

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. For more information and to register for the following classes contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org).

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

**FC, Tue, Feb 1-Mar 15, 5:30-6:30pm**

**ILH-R, Thu, Feb 3-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. For more information and to register contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org).

### Off-Therapy Group for Kids

**FC, Tue, Feb 15, 4:15-5:15pm**

Children 5-12 who have completed treatment for cancer meet others, work on social skills, self esteem, nutrition, exercise, handling stress and more getting back to a

new normal. For questions and registration please call Jenny Eckert, Children's Program Manager at 703-698-2536 or email [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org).

### Parenting Alone

**FC, Wed, Feb 9, 7-8:30pm**

**ILH-R, Thu, Feb 10, 5:30-6:30pm**

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. For more information and to register contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org).

### Pediatric Oncology Parent Night Candlelighter's Support Group

**FC, Tue, Feb 22, 6-8:30pm**

Co-sponsored by DC Candlelighters, meet, share, and learn from other parents who have "been there." Whether your child is newly diagnosed, in treatment, off treatment, or dealing with late effects, share common concerns of coping when your child has cancer. Pizza dinner. A children's group for kids 5 - 12 will be offered at this meeting. Please call or email Connie Connor, LCSW, 703-531-1515;

[constance.connor@inova.org](mailto:constance.connor@inova.org) or email [dccandlelighters@gmail.com](mailto:dccandlelighters@gmail.com).

### Siblings Share

**FC, Mon, Feb 21, 10am-4pm**

Siblings who experience the loss of a brother or sister to cancer may have feelings, reactions, and questions which change with time and as they grow. Whether the loss was recent or happened months or years ago, sometimes it is helpful for siblings to express whatever they are feeling in a safe place with others who have had a similar experience. The day will include art, games, a variety of other activities along with a snack and lunch. For questions or to RSVP (which is necessary) contact Jenny Eckert, Children's Program Manager at 703-698-2536 or [Jennifer.eckert@inova.org](mailto:Jennifer.eckert@inova.org).

### Teens Meet and Eat

**FC, Wed, Feb 2, 6:30-8pm**

**CUMC-2, Thu, Feb 3, 7-8:30pm**

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. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org).



## Oncology Massage and Body Work

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

**Mondays, 2:15-6:15pm**

**Tuesdays, 10am-2:15pm**

**Wednesdays 11am-7pm**

**Sabine Hutto, CMT**

**Linda Glick, CMT**

**Leonora de Jong, CMT**

Certified massage therapists, specializing in oncology massage therapists provide low cost, high quality massage, Reiki, Cranio-sacral or reflexology thanks to generous donations for space and equipment.

- Appointments are available for patients and their family members
- To schedule an appointment go to [www.lifewithcancer.org](http://www.lifewithcancer.org) and click on Calendar button or call 703-698-2526
- Make your appointment at least 24 hours in advance. If you must cancel or reschedule, call ASAP.
- Arrive on time to get full session
- First time: arrive 15 minutes early to complete paperwork; forms also available online
- \$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.

If you need to cancel or reschedule your appointment, please let us know ASAP

# FEBRUARY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	<p><b>1</b></p> <p>12pm Gentle Yoga (3700-C) 12pm Brain Tumor Grp (FC) 1pm Orientation for Exercise... (FC) 5:30pm Good Grief for Children (FC) 6pm Breast Cancer Support Grp (FC) 7:15pm Good Grief-Adult (FC)</p>	<p><b>2</b></p> <p>2pm Chair-Based Exercise (FC) 3pm Fitness Fusion (FC) 3pm Meditation and Guided... (FC) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Support Grp (IFHC) 6:30pm Teens Meet &amp; Eat (FC)</p>	<p><b>3</b></p> <p>10am Life with Cancer Orientation (FC) 1pm CanSurvive (TPL) 1pm Gentle Yoga (FC) 1:30pm What to Expect... (ILH-R) 2pm Guided Meditation... (FC) 4:15pm Curious about Cancer (ILH-R) 5:30pm Good Grief for Children (ILH-R) 6:30pm Sanando Juntos (FC) 6:45pm Look Good... Feel Better (ILH-R) 7pm Teens Meet and Eat (CUMC-2)</p>	<p><b>4</b></p> <p>Coalesce 10:30pm What to Expect... (FC) 12:45pm Interactive Yoga (FC)</p> <p><b>5</b></p> <p>1:30pm Ostomy Support Grp (PCC)</p> <p><b>6</b></p>
<p><b>7</b></p> <p>2pm Chair-Based Exercise (FC) 6:30pm San Antonio Breast Cancer Update (FC) 6:30pm Partners in Care (ILH-R) 7pm Friends Like Me (RRL)</p>	<p><b>8</b></p> <p>10:30am Spirituality Quest (FC) 12pm Gentle Yoga (3700-C) 1pm Orientation for Exercise... (FC) 1:30pm Understanding Lab... (IFOH-1) 5:30pm Good Grief for Children (FC) 6pm Man to Man (LCSC) 6:30pm Amigas Unidas (CFH) 6:30pm Breast Cancer Support Grp (IAH-CCW) 7:15pm Good Grief-Adult (FC) 7:30pm Prostate Cancer Grp (FC)</p>	<p><b>9</b></p> <p>1pm Fighting Cancer w/Fork (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Fitness Fusion (FC) 3pm Meditation and Guided... (FC) 5:15pm Curious about Cancer (FC) 5:30pm Parenting Alone (FC) 5:30pm Head and Neck Cancer Grp (IFHC) 5:30pm Lung Cancer Grp (FC) 7pm Breast Cancer Support Grp (IFOH-A) 7pm Lymphedema Grp (FC)</p>	<p><b>10</b></p> <p>1pm CanSurvive (TPL) 1pm Gentle Yoga (FC) 2pm Guided Meditation... (FC) 4:15pm Curious about Cancer (ILH-R) 5:30pm Good Grief for Children (ILH-R) 5:30pm Parenting Alone (ILH-R) 7pm Good Grief Dinner-Teens (CUMC-2) 7pm Leukemia Grp (FC) 7pm Parent Bereavement Group (FC)</p>	<p><b>11</b></p> <p>Coalesce 10:30pm Chemo 101 (FC) 12:45pm Interactive Yoga (FC)</p> <p><b>12</b></p> <p>10am Carcinoid Grp (FC)</p> <p><b>13</b></p>
<p><b>14</b></p> <p>2pm Chair-Based Exercise (FC) 2pm Art for Wellness and Growth (FC) 4:30-7 Reiki Appointments (FC) 6pm Life with Cancer Orientation (FC) 6:30pm Gen. Cancer Support Grp (ILH-R) 7pm Partners in Care (FC)</p>	<p><b>15</b></p> <p>11:45am MM: Peripheral Neuropathy 12pm Gentle Yoga (3700-C) 4:15pm Off-Therapy Group for Kids (FC) 5:30pm Good Grief for Children (FC) 6pm Prostate Cancer Grp (IAH-CCW) 6:30pm Spiritual Support Grp (ILH-R) 7pm Look Good... Feel Better (FC) 7:15pm Good Grief-Adult (FC)</p>	<p><b>16</b></p> <p>10am Diet, Exercise and... (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Fitness Fusion (FC) 3pm Meditation and Guided... (FC) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Support Grp (IFHC) 5:30-7pm Reiki (IFOH-R) 6:30pm Life Beyond Diagnosis (ILH-R) 6:30pm Qigong (ILH-R) 7pm Good Grief Dinner-Teens (FC)</p>	<p><b>17</b></p> <p>10am Life with Cancer Orientation (FC) 10pm Gentle Yoga (ILH-R) 10:30am Writing for Wellness (FC) 1pm CanSurvive (TJL) 1pm Gentle Yoga (FC) 1pm Look Good... Feel Better (IFOH-1) 1:30pm What to Expect... (FC) 2pm Guided Meditation... (FC) 4:15pm Curious about Cancer (ILH-R) 5:30pm Good Grief for Children (ILH-R) 6:30pm Healthy Eating (ILH-R) 7pm Sem. For Survivors: Organizing... (FC)</p>	<p><b>18</b></p> <p>Coalesce 10:30pm Chemo 101 (FC) 12:30pm Wear Hair for You (FC) 12:45pm Interactive Yoga (FC)</p> <p><b>19</b></p> <p><b>20</b></p>
<p><b>21</b></p> <p>10am Siblings Share (FC) 6:30pm Partners in Care (ILH-R)</p>	<p><b>22</b></p> <p>12pm Gentle Yoga (3700-C) 1:30pm Wholistic Nutrition Series (FC) 5:30pm Good Grief for Children (FC) 5:30pm Breast Cancer Support Grp (IAH-CCW) 6pm Pediatric Oncology Parent Night/ Candelighter's Support Grp (FC) 6:30pm Meditation and Guided... (ILH-PER) 7pm Knitting and Crocheting (FC) 7:15pm Good Grief-Adult (FC)</p>	<p><b>23</b></p> <p>3pm Meditation and Guided... (FC) 4:30-7 Reiki Appointments (FC) 4:30pm Understanding Lab... (ILH-PER) 5:15pm Curious about Cancer (FC) 5:30pm GYN Cancer Grp (FC) 6:30pm Life Beyond Diagnosis (ILH-R) 6:30pm Qigong (ILH-R) 7:15pm Facing Cancer. Team (FC)</p>	<p><b>24</b></p> <p>12:30pm Stem Cell/BMT Grp (FC) 1pm CanSurvive (TJL) 1pm Gentle Yoga (FC) 2pm Guided Meditation... (FC) 4:15pm Curious about Cancer (ILH-R) 5:30pm Good Grief for Children (ILH-R) 6:45pm Reiki for Relaxation (ILH-R) 7pm Spiritual Support Grp (CUMC-1) 7:30pm Young Adult Group (FC)</p>	<p><b>25</b></p> <p>Coalesce 10:30pm What to Expect... (FC) 12:45pm Interactive Yoga (FC)</p> <p><b>26</b></p> <p><b>27</b></p>
<p><b>28</b></p> <p>5:30pm Breast Cancer Support Grp (newly diagnosed)(ILH-R) 6pm Life with Cancer Orientation (FC) 6:30pm Breast Cancer Support Grp (ILH-R) 6:30pm Latinas Unidas (FC)</p>	<p><b>GENERAL LIFE WITH CANCER CLASS REGISTRATION INFORMATION:</b>  <b>Life with Cancer requires you to register for any and all programs that you plan to attend.</b>            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. <b>**Please note: All services are free of charge, with the exception of massage and bodywork classes.**</b></p>			



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

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## FEBRUARY 2011

PLEASE POST OR SHARE WITH A FRIEND

# Make a Valentine wish come true...



As the result of your encouragement and so many of you asking how you can make a difference in the lives of cancer patients, we have created the Life with Cancer Wish Book.

To view the item in our Wish Book, go to [www.lifewithcancer.org](http://www.lifewithcancer.org) and click on the large, purple “Support Us” button; then click on the “Life with Cancer Wish Book” link found in the first paragraph on the page.

The Wish Book Contribution Form is located on the second to last page of the book. Donations are 100% tax deductible. We appreciate your continued support!