



# Life with Cancer™

Experience a Community of Hope

JANUARY 2014

JANUARY HIGHLIGHTS

### About Life with Cancer™

Life with Cancer programs and services are offered throughout Northern Virginia. Our main facility is the Dewberry Life with Cancer Family Center; a home-like setting where people can come together to learn, share and find solutions to the questions that arise when one is diagnosed with cancer. Our staff is made up of experienced oncology nurses and social workers. Our programs and services (except massage) are FREE thanks to generous community support. Any one affected by cancer, including family members, may participate, regardless of where they live or receive treatment. To learn more about this FREE community resource visit

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

### Class Registration Information

- All classes are free, but registration is required unless otherwise specified.
- To register, go to [www.lifewithcancer.org](http://www.lifewithcancer.org) and click on the calendar and class registration page, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email [angelina.waldon@inova.org](mailto:angelina.waldon@inova.org) or call 703.698.2526.
- Before you attend, check our website, your email and voicemail for program updates.
- If attending a support group for the first time, please contact the facilitator.

### COMING SOON:

**Yoga for Breast Cancer Survivors** (Feb 4)

**Knitting for Teens** (February)

**Tools for Couples** (February): Meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. For more information contact Drucilla at 703.698.2538 or [drucilla.brethwaite@inova.org](mailto:drucilla.brethwaite@inova.org).

**Elements of Mind-Body** (Spring): This four-week series will teach a variety of mind-body techniques including:

- Class 1. Stress Response and Breathwork,
- Class 2. Eating and Movement,
- Class 3. Biofeedback and Guided Imagery,
- Class 4. Body Scan, Progressive Muscle Relaxation and Mandalas.

**Need Sleep?** (April): This four week series will provide evidence based tools for getting back to sleep. For more information on this group or to discuss individual strategies for insomnia, please contact Drucilla Brethwaite, MSW, LCSW, OSW-C, 703-698-2538 or [drucilla.brethwaite@inova.org](mailto:drucilla.brethwaite@inova.org).

**Eversong: The Blessings of Silence**

**FC, Mon, Jan 20, 12-2pm**

Explore the blessings of silence, of listening within, even as we engage in the busy flurry of our day to day lives. Through poetry, journaling and writing we can pause and listen deeply to our bodies, hearts and minds. Through this process we can find our breaths, we can find support and through listening we can find our voices too. Wendi R. Kaplan, MSW, CPT-M/S, LCSW, a psychotherapist with more than twenty-five years of experience, specializes in relational and biblio/poetry therapies with a holistic perspective. Space limited; please register by Friday, Dec. 6.

**Orientation to LWC**

**FC, Thu, Jan 9 & 23, 11am-12pm**

**FC, Mon, Jan 13 & 27, 6-7pm**

Those who are new to Life with Cancer will learn about our many programs, support groups and services for children and adults. Overview includes who we are, what we do, 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.

**How to make the Most of Your Doctor Visits**

**FC, Mon, Jan 20, 6:30-8pm**

Ever feel like you need to get more information during your MD visits? Come learn how to do just that—learn helpful hints and techniques. Lynn Magrum MSN, C-ANP will be the clinical educator. Please register by 1/20 by calling 703-698-2526 and if unable to attend please call.

**What to Expect During Chemo**

**FC, Thu, Jan 9, 10am-11:30am**

**FC, Wed, Jan 15, 6:30-8pm**

If you are about to start, or recently started chemotherapy, this class is for you. Oncology Nurse Practitioner. Lynn Magrum, MSN, C-ANP will explain medical terms, what to be aware of, do's and don'ts, and tips to optimize your quality of life throughout treatment. Registration required by previous day. If you must cancel your registration please call 703-698-2526 ASAP.

**Drumming for Well-Being**

**FC, Fri, Jan 24, 10:30am-12pm**

Come share the beat! Therapeutic drumming can promote wellness and empowerment. It is part of all of our history. No experience necessary and all instruments are provided. Group facilitated by Paul Clark, PhD, LCSW, Drucilla Brethwaite, MSW, LCSW, OSW-C. Please register by preceding Wednesday. For more information, contact Drucilla at 703-698-2538 or [drucilla.brethwaite@inova.org](mailto:drucilla.brethwaite@inova.org).

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- **Weather Policy** •
- If county public schools are closed •
- for the day, all groups and classes for •
- that day will be cancelled. If schools •
- open on a 2-hour delay, groups •
- and classes will go on as scheduled. •
- If schools close early, all evening •
- groups and classes will be cancelled. •
- When in doubt...stay safe and don't •
- go out! •
- • • • •



### Life with Cancer Mission Statement

To enhance the quality of life of those affected by cancer by providing education, information and support.

### Location Key

<b>3700 A:</b>	Fair Oaks Medical Plaza, Conference Room A, 3700 Joseph Siewick Drive, Fairfax, VA, 22033
<b>44084 RP:</b>	44084 Riverside Parkway, 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
<b>AFC:</b>	Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204
<b>CUMC-1:</b>	Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
<b>FC:</b>	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031 www.lifewithcancer.org
<b>IAH-CCC:</b>	Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA
<b>IAH-CCW:</b>	Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
<b>IAH-HEC:</b>	Inova Alexandria Hospital Health Education Center, Alexandria, VA, 22304
<b>IFHC:</b>	Inova Fairfax Hospital for Children- Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
<b>IFOH-2:</b>	Inova Fair Oaks Hospital- Conference Room 2, 3700 Joseph Siewick Drive, Fairfax, VA
<b>IFOH-3:</b>	Inova Fair Oaks Hospital- Conference Room 3, 3600 Joseph Siewick Drive, Fairfax, 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-R:</b>	Inova Loudoun Hospital- Radiation Oncology Center, 44035 Riverside Parkway, Leesburg, VA, 20176
<b>ILPO-I:</b>	Inova Loudoun Physicians Offices I, 44055 Riverside Parkway, SUITE 210, Leesburg, VA, 20176
<b>IMVH-CC:</b>	Inova Mount Vernon Hospital- CC Room, 2501 Parker's Lane, Alexandria, VA, 22306
<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

## FAIRFAX/FALLS CHURCH

### GENERAL INTEREST

#### Caregiver Connection

**FC, Mon, Jan 13, 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. Please register by preceding Friday. Co-facilitators: Drucilla Brethwaite, LCSW, OSW-C and Lynn Magrum, MSN, C-ANP.

#### Dancing to Wellness

**FC, Wed, Jan 29, 7-8:30pm**

Music and dance are therapeutic and can provide great exercise and fun for singles and couples. This dance class will focus on positive music from the 1930s to today and the dances that go with them. Partner dances like waltz, swing, and salsa will be on the agenda. Come alone or bring a partner. Marc Shepanek, dance teacher, performer and cancer survivor, makes it easy and fun. Please register for each monthly session by preceding Monday.

#### Knitting and Crocheting Circle

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

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday. You may work on your own project or one to donate. Facilitator: Carolyn Sam, M.Ed. New participants please register.

#### Look Good...Feel Better

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

A professional cosmetologist will teach women how to manage appearance-related side effects chemotherapy and radiation. Registration required. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

#### Ostomy Support Group of Northern Virginia

**PCC, Sun, Jan 5, 1:30-3:30pm**

Join us for food, fun and fellowship. For more information visit us at [www.ostomysupportofnova.org](http://www.ostomysupportofnova.org).

#### Young Adult Group

**FC, Thu, Jan 23, 7:30-9pm**

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Ray Wadlow, MD. Please register.

## EXPRESSIVE ARTS

#### Art for Wellness and Growth

**FC, Mon, Jan 13, 12-3pm**

**FC, Thu, Jan 16, 1-4pm**

\*To enable more people to experience this class, please register for just ONE session per month (not both). Explore your creativity using art for wellness, insight, and personal growth. No artistic experience needed - just a willingness to explore, have some fun and be part of a supportive, creative community. Facilitator: Art therapist, Jean McCaw, MA, ATR-BC. Registration required.

## FITNESS

**Please Note:** Level I-IV Exercise Classes are taught by ACSM Certified Cancer Exercise Trainer Susan Gilmore. All past and new class participants must sign a 2014 Waiver Form. The form is available online and must be completed before or upon arrival to class.

#### Level I Exercise: Launching into Fitness

**FC, Tue, Jan 21-Feb 18\*, 1-1:45pm**

\*No class Feb 4. Those new to LWC's exercise program are invited to attend this four-week introductory exercise series which will help to assess your fitness level. Two classes are required after which you can progress to the Level II class. Registration is required and a waiver form (available online) must be completed before or upon arrival to class. Instructor: For questions, contact Marsha Komandt, RN, OCN®, 703-698-2530. See note above.

#### Level II Exercise: Chair-Based

**FC, Mon, Jan 20-Feb 24\*, 2-2:45pm**

\* No class Feb 3. LEVEL I EXERCISE IS A PREREQUISITE. This five-week class series is tailored for those with treatment limitations such as neuropathy, balance and low energy issues. It will help to increase heart rate, range of motion and flexibility and to tone and strengthen muscles. Attend EITHER or BOTH Monday and Wednesdays sessions, but MUST REGISTER SEPARATELY. See note above.

#### Level II Exercise: Chair-Based

**FC, Wed, Jan 15-Feb 26\*, 2-2:45pm**

\*No class Feb 5. LEVEL I EXERCISE IS A PREREQUISITE. This five-week series is tailored for those with treatment limitations such as neuropathy, balance and low energy issues. It will help to increase heart rate, range of motion and flexibility and to tone and strengthen muscles. Attend EITHER or BOTH Monday and Wednesdays sessions, but MUST REGISTER SEPARATELY. See note above.

### Level III Exercise-Keeping Fit

**FC, Mon, Jan 20-Mar 3\*, 3-4pm**

\*No class Feb 3. **PREREQUISITE:** LEVELS I & II EXERCISE. This five-week series of exercises offers a combination of standing and floor exercises to increase strength and flexibility improve endurance and fatigue and enhance overall well-being. See note above.

### Level IV Exercise: Fitness Fusion

**FC, Wed, Jan 15-Mar 5\*, 3-4pm**

\*No class Feb 5. **PREREQUISITE:** LEVELS I, II, III. This six-week series offers a sampling of more intensive exercise modalities including dance aerobics, interval training, resistance and core training. See note above.

### Zumba!

**FC, Tue, Jan 21, 7-8pm**

Please register under "Zumba-Bilingual".

Zumba is a fusion of Latin rhythms and easy to follow steps. Our goal is simple: exercise while having fun! It combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of well being.

## FAIRFAX/FALLS CHURCH

### NUTRITION

#### Fighting Cancer with a Fork

**FC, Tue, Jan 21, 7-8:30pm**

Start the year off on your best foot nutritionally. Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register by previous day.

### SPIRITUALITY

#### Spiritual Support Group

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

A faith-based support group for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. Questions? Contact Dana Neese, Christ United Methodist Church, 703-690-3401.

#### Spirituality Quest Group

**FC, Tue, Jan 14, 10:30am-12pm**

Join us monthly on the second Tuesday as we explore our spiritual paths. For January and the post holidays, the topic will be "What is in Your new year's Gift Basket?" Explore with each other the gifts you give to yourself - what's working, what's not, and what you would like to change in the new year. Facilitator: Marsha Komandt, RN, BSN, OCN®, 703-698-2530. Please register by the preceding day.

### REIKI, YOGA

**Please Note:** All past and new Reiki and Yoga class participants must sign a 2014 Waiver Form. The form is available online and must be completed before or upon arrival to class.

#### Reiki for Relaxation

**FC, Mon & Wed, Jan 13 & 22, 4:30pm, 5:30pm & 7pm**

Appointments do not open until the first of the month. 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, release tension and discomfort, and enhance well-being. Dress comfortably. If you cannot make your appointment, call 703-698-2526 to cancel.

#### Gentle Yoga with Jenn Fay

**FC, Thu, Jan 23-Mar 13, 1-2pm**

Join us for some gentle yoga sessions and learn movements to stretch, strengthen and relax muscles, seated in a chair or on the floor. Space is limited, so please register ASAP. If class is full, preference will be given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT. Please register by preceding day.

#### Guided Meditation with Jenn Fay

**FC, Thu, Jan 23 – Mar 13, 2-3pm**

Join in a relaxing exploration of the power and benefits of meditation, facilitated by Jenn Fay, MA, RYT. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all, but please register by preceding day.

#### Meditation and Guided Imagery with Micheline

**FC, Wed, Jan 15-29, 3-4pm**

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Facilitator: Micheline Toussaint, LCSW, RYT. Come to any or all sessions, but please register by preceding day.

### BREAST CANCER

#### Breast Cancer Support Group

**IFHC, Wed, Jan 15, 5:30-7pm**

Learn, discuss and gain support from others who understand the concerns and challenges you face. Group generally meets first and third Wednesdays. Facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®. For information, call Corinne Cook at 703-776-2813.



Life with Cancer™ en Español

## FAIRFAX/FALLS CHURCH

#### Arte Para Salud y Crecimiento

**FC, lunes, 13 enero, 12-3pm**

Una nueva oportunidad - Explorar su creatividad utilizando arte para salud, una nueva percepción y crecimiento personal. No se necesita experiencia artística - solo tiene que estar dispuesto a explorar, divertirse y ser parte de una comunidad de apoyo y creatividad. Dirigida por terapeuta de arte, Jean McCaw, MA, ATR-BC. Este grupo es solo para adultos. Requiere registrarse; llamar a Debra Haynes al 703-698-2539.

#### Latinas Unidas

**FC, lunes, 27 enero, 6:30-8:30pm**

Ven a disfrutar de nuestra fiesta de del invierno. Por favor traiga un plato cubierto. Los familiares son bienvenidos. Por favor RSVP par Debra Haynes, 703-698-2539 o [debra.haynes-winkowitsch@inova.org](mailto:debra.haynes-winkowitsch@inova.org).

#### Latinos Unidos

**AFC, miercoles, 8 enero, 6:30-8pm**

Aprenderás técnicas y ejercicios para favorecer tu auto-sanación y crecimiento personal, manejar mejor el estrés y los efectos del tratamiento y mejorar tu calidad de vida. Todo esto en un ambiente de confianza, positivismo y amistad. Para más información, llamar a David McGinness 703-698-2529.

#### Zumba - Bilingual

**FC, martes, 21 enero, 7-8pm**

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que hagas ejercicio, y que lo disfrutes. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general. Para más información, llamar a David McGinness, 703-698-2529.

*Unless otherwise indicated, please register at [www.lifewithcancer.org](http://www.lifewithcancer.org). If unable to attend call 703-776-2820 to cancel so that someone else can take your place.*

**Coalesce: An Advanced Breast Cancer Support Group**  
**FC, Fri, Jan 3-31, call for time**  
 Meet weekly in a closed support group with women of all ages to share life's joys and sorrows. Facilitator: Shara Sosa, LCSW. If interested in attending, please call 703-698-2522. Prior screening is required as this is a closed group.

**Young Women with Breast Cancer Support Group**  
**FC, Tue, Jan 7, 6-7:30pm**  
 For women in their 20s, 30s and 40s with non-metastatic breast cancer. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN®. Registration requested. If attending for the first time, please call 703-698-2522.



**Blood Cancers Group: Strategies to Improve Sleep**  
**FC, Thu, Jan 9, 7-8:30pm**  
 This group is for individuals with leukemia or lymphoma and their support people. This month Drucilla Brethwaite, MSW, LCSW, OSW-C will be presenting information on "Understanding Insomnia and Strategies to Improve Sleep." Co-sponsored with the Leukemia and Lymphoma Society and Lymphoma Research Foundation. Facilitators: Drucilla Brethwaite, MSW, LCSW, OSW-C and Lynn Magrum, MSN, C-ANP. Please register by preceding Tuesday.

**Brain Tumor Group**  
**FC, Tue, Jan 7, 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 at this monthly meeting. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

**Carcinoid (neuroendocrine) Cancer Group**  
**FC, Sat, Jan 11, 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 email [mitchmberger@msn.com](mailto:mitchmberger@msn.com).

**Head and Neck Cancers Group**  
**IFHC, Wed, Jan 8, 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. Facilitator: Corinne Cook, LCSW, and a Radiation Oncology team member. For more information call 703-776-3731, or email [corinne.cook@inova.org](mailto:corinne.cook@inova.org).

**Hereditary Breast and Ovarian Cancer Support Network**  
 This group is taking a break. Look for the next meeting in the near future.

**Multiple Myeloma Group**  
**FC, Tue, Jan 21, 11:45am-1:30pm**  
 Get together with other patients and families to discuss, learn, and share the challenges of living with Multiple Myeloma. This month Certified Cancer Exercise Trainer, Susan Gilmore, MS, ACSM, will speak on "Strategies to Enhance Physical Fitness for the Patient with Multiple Myeloma." Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the website!

**Prostate Cancer Group**  
**FC, Tue, Jan 14, 7:30-9pm**  
 Join this group monthly on the second Tuesday. Topic for January: "Update on Active Surveillance with DVDs" with Jim Waldenfels. Register via [www.lifewithcancer.org](http://www.lifewithcancer.org).

**GYN Cancers Support Group**  
**FC, Wed, Jan 22, 5:30-7pm**  
 Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another. Facilitators: Micheline Toussaint, LCSW, RYT, and Lynn Magrum, MSN, C-ANP.

**Lung Cancer Support Group**  
**FC, Wed, Jan 8, 6:30-8pm**  
 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 Carrie Friedman RN, BS.

**Oncology Massage and Body Work – Now in Two Locations!**

**Mon. – Fri.** Life with Cancer Family Center 8411 Pennell Street, Fairfax, VA 22031

**Tues., & Thurs.** Life with Cancer, Loudoun County Landsdowne Medical Offices III, Suite 400, Lower Level 44084 Riverside Pkwy, Leesburg, VA, 20176

- Call 703-698-2526 to schedule your appointment\*
- Appointments are for patients and their family members
- Arrive on 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)
- Physician approval is required; ask for written permission at your next appointment
- \$50 / 1-hour session. Fee payable to massage therapist; sorry, no credit cards

*\*Please note: If you are absent for your appointment more than 3 times without calling in advance, we will no longer be able to schedule appointments for you.*

GRIEF, LOSS & RECOVERY

**Good Grief for Adults**  
**FC, Tue, Jan 28-Mar 18, 7:15-9pm**  
 This eight-week series offers the opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Registration is required. Facilitators: Drucilla Brethwaite, LCSW, OSW-C, 703-698-2538 or [drucilla.brethwaite@inova.org](mailto:drucilla.brethwaite@inova.org) and Catherine Intartaglia, MSW.

## CHILDREN, TEENS & PARENTS

**Please Note:** To register for classes for Children, Teens and Parents go to [www.life-withcancer.org](http://www.life-withcancer.org) and click on the class calendar and registration page. For more information, contact Children Program's Manager, Jenny Eckert, MSW, LCSW, OSW-C, RPT.

### Chocolate for Teens

**FC, Wed, Jan 22, 6:30-8pm**

Yes, Chocolate! Learn how to make two different kinds of Belgian chocolates and bring home a bag full of your own creations. If you have a nut allergy, please refrain from registering for this workshop. Facilitator: Robin Warner, Belgian-trained chocolatier and cancer survivor. Space limited. See note, above.

### Curious About Cancer

**FC, Wed, Jan 22-Mar 19, 5:15-6:15pm**

Learn about cancer through age appropriate discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer. See note, above.

### Drumming for Teens

**FC, Wed, Jan 29, 6:30-8pm**

Experience the fun of rhythm, the movement of music, the celebration of self-expression and the camaraderie that comes when interdependent rhythms intertwine. Musical ability is NOT necessary and instruments are provided. Facilitators: Paul Clark, PhD, LCSW and Drucilla Brethwaite, MSW, LCSW, OSW-C. See note, above.

### Good Grief Dinner for Teens

**FC, Wed, Jan 15, 6:30-8pm**

This monthly dinner offers an opportunity to meet with other 13-18 year olds who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings. See note, above.

### Good Grief for Children

**FC, Tue, Jan 21-Mar 18, 5:30-6:30pm**

Through age-appropriate discussion, games and art children will be invited to share thoughts and feelings and work through the grief process. See note, above.

### Kid and Sib Day

**FC, Mon, Jan 20, 10am-4pm**

Children ages 5-12 with cancer, and their brothers and sisters, ages 5-12, are invited to share the day with other children, play games, do arts and crafts and just have fun. Kids with cancer and their siblings will do activities separately as well as together. See note, above.

### Pediatric Oncology Parent Night: What About the Siblings?

**FC, Tue, Jan 28, 6-8:30pm**

Speaker and author, Lori Weiner, PhD, Dir., Psychosocial Support and Research Program, NIH (National Institutes of Health) will discuss her research on sibling issues and ways parents can help brothers/sisters during and after the childhood cancer experience. Co-sponsored by the Leukemia and Lymphoma Society and DC Candlelighters. A separate Children's Activity Group for kids 5 - 12 is available. Dinner provided. Register with Connie Connor, LCSW, 703-531-1515, [constance.connor@inova.org](mailto:constance.connor@inova.org), or Lisa Tignor at [dccandlelighters@gmail.com](mailto:dccandlelighters@gmail.com).

## ALEXANDRIA/MOUNT VERNON

### Advanced Cancer Group for Women

**IAH-CCC, Tue, Jan 14 & 28, 2-3:30pm**

This is a guided discussion group for women with any type of advanced cancer. Topics are generated by the group and may include, dealing with difficult feelings, communicating with friends and family, identifying ways of coping and finding hope in the present. Facilitators: Maureen Broderick, LCSW and Shara Sosa, LCSW. Early registration is suggested. For more information contact Maureen at 703-504-7921.

### Breast Cancer Support and Education Group

**IMVH-CC, Wed, Jan 8, 6-8pm**

Meet with Dr. David Weintritt, a radiologist and Nurse Navigator Michele Reddick, for discussion and support. Join with others to share and discuss ways of meeting the challenges of breast cancer. Group is open to current and former breast cancer patients. Please call 703-664-7488 if attending.

### Fighting Cancer with a Fork

**IAH-CCC, Wed, Jan 8, 1-2pm**

To register contact Deb Rowland, RD, 703-504-7923. Deb Rowland, RD, Dietitian and certified specialist in oncology nutrition, will provide an overview of nutritional recommendations for cancer patients and survivors.

### Gentle Yoga for Cancer Survivors

**IAH-HEC, Mon, Jan 27-Mar 24, 6:15-7:30pm**

Reduce stress, regain mobility and strength and tap into your body's innate healing powers. Please bring a yoga mat and wear comfortable clothes. Instructor: Elizabeth Kanter, RYT.

## ART SHOW

### "SKYSCAPES":

The Natural Art of Sky  
and Clouds

**Now - January 3, 2014**

**Life with Cancer Family Center**

This exhibition of oil paintings by Anthony Yannone includes a vast array of dawn, afternoon, sunset, and night time views. The Skyscapes seemingly fuse traditional realism with contemporary abstract. In the words of the artist, "I believe that if we do not regard the sky and its actions, it is possible to miss some of the most timeless art ever made, naturally".



### Prostate Cancer Support Group

**IAH-CCW, Tue, Jan 21, 6-8pm**

Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitators: David McGinness, LCSW, 703-698-2529 and Maureen Broderick, LCSW.

### Young Women with Breast Cancer

**IAH-CCW, Tue, Jan 14, 6:30-8pm**

Due to inclement weather our Holiday Potluck in December was canceled. We will celebrate the New Year on Tuesday, January 14th. Participation is optional. Please contact Maureen Broderick at 703-504-7921 if you would like to bring an appetizer, salad, or dessert.

## Survivors Offering Support

SOS-SOS-SOS-SOS-SOS-SOS-SOS-SOS-SOS-SOS-SOS-SOS

Are you facing breast cancer? A diagnosis of breast cancer can be overwhelming. The SOS program brings together those newly diagnosed with trained volunteer mentors. These mentors, all breast cancer survivors themselves, provide knowledge, support, encouragement, and a shoulder to lean on. With SOS, you are not alone.

Whether you're facing breast cancer and could benefit from the help of a mentor or you are a breast cancer survivor and can offer help to another, SOS is for you.

To learn more about the program, please contact Pamela Crum, Coordinator, Survivors Offering Support at 703-698-2532 or [pamela.crum@inova.org](mailto:pamela.crum@inova.org)

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## FAIR OAKS

**Please Note:** Past and new participants of Tai Chi, Qigong and Yoga Classes must complete a 2014 Waiver form. The form is available online and must be completed before or upon arrival to class.



Ask the Expert:  
Finding your Way Back  
to a Stronger Body  
**IFOH-2, Thu, Jan 16, 5-6pm**

Getting back into the gym and/or a regular exercise routine after a cancer diagnosis can be daunting. Many people have a hard time getting to know their bodies after cancer treatment and wonder what they can or can't safely do. This interactive lecture and question and answer time will be facilitated by Schatem Boyd, an AFAA Certified Personal Trainer who is passionate about helping survivors achieve their goals of living a happy, healthy lifestyle. Registration is required.

Living with Advanced Disease  
**IFOH-3, Fri, Jan 10 & 24, 12-1:30pm**

This group is for people who are exploring ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis. Feel free to bring your lunch and join others who can support you on this road. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Gale Towery, RN, BSN, OCN®.

Managing GI Side Effects of  
Cancer Treatments

**IFOH-3, Tue, Jan 14, 1-2:30pm**

Gastro-intestinal side-effects to cancer treatment are often uncomfortable and can be dangerous. Learn how to manage these side-effects with conventional and non-conventional methods. Presenter: Lynn Magrum, MSN, C-ANP, Oncology Patient Educator. Register by previous Sunday; to cancel your registration

call 703-776-2820 ASAP.

Mind Body Stress Reduction-  
Gentle Yoga with Ladan  
**3700 A, Mon, Jan 13-Feb 24, 12-1pm**

This class is a blend of gentle movement, breathing exercises and deep relaxation. The movement and yoga postures strengthen your body, increase stamina and flexibility while helping you detoxifying. The breathing exercises and deep relaxation calm the nervous system helping you release stress. The class is designed to help you restore your body and emotional balance while connecting you with your inner healing forces. This is a 7 week series; you benefit most by attending all classes sequentially. All past and new class participants must sign a 2014 Waiver Form. The form is available online and must be completed before or upon arrival to class. Registration is required.

Tai Chi and Qi Gong for Health  
and Wellness

**3700 A, Fri, Jan 3-Feb 21, 1:30-2:30pm**

(Jan 3-Feb 21) Both Tai Chi and Qi Gong are ancient Chinese systems of breathing exercises, body postures, movements, and mental concentration intended to maintain good health and control the flow of vital energy. Potential benefits of these modalities include improved strength, coordination, flexibility, better balance, reduced pain, stiffness, enhanced sleep and calmness. All past and new class participants must sign a 2014 Waiver Form. The form is available online and must be completed before or upon arrival to class. Registration is required as class size is limited. Class builds on learned information each week, so attending all classes is best. Dress comfortably and bring a water bottle.

Advanced Breast Cancer  
Support Group

**ILH-R, Mon, Jan 27, 6:30-8pm**

For those who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time. Register online or with Karen Archer, MSW, 703-858-8857, [karen.archer@inova.org](mailto:karen.archer@inova.org).

Brain Tumor Support Group

**ILH-R, Tue, Jan 21, 5:30-7pm**

Adults with primary brain tumors and their family members and friends are invited to attend these monthly meetings to discuss issues, explore coping strategies, share and learn ways to meet the challenge of living with a primary brain tumor. Facilitated by Neurological Care Registered Nurse, Vera Hirschman and Oncology Social Worker, Karen Archer, MSW. Please register online or with Karen Archer MSW, 703-858-8857 or [karen.archer@inova.org](mailto:karen.archer@inova.org).

Breast Cancer Support Group

**ILH-R, Mon, Jan 27, 5-6:30pm**

For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Registration is requested if attending for the first time. Please register online or with Karen Archer MSW, 703-858-8857 or [karen.archer@inova.org](mailto:karen.archer@inova.org).

Knitting & Crocheting Circle

**ILPO-I, Thu, Jan 9 & 23, 11am-12:30pm**

Experienced and novices are invited to practice their craft in the companionship of others. Work on your own project or start a new one; materials are provided. Facilitator: Mary Jane Escobar, an experienced and enthusiastic instructor. Please register.

Man to Man: A Prostate Cancer  
Support Group

**LCSC, Tue, Jan 14, 6-8pm**

This monthly support group, for men coping with prostate cancer, and their families, meets on monthly on the second Tuesday. Registration is not required.

Fitness for Wellness

**44084RP, Mon, Jan 13-Mar 3,  
10:30-11:30am**

Exercise is an integral part of your wellness plan. This class is designed to increase endurance, range of motion, flexibility, balance, energy level, muscle strength and reduce stress. Registration is required. Dress comfortably. Attendance for all classes is encouraged for the maximum benefit.

**Mind Body Stress Reduction-  
Gentle Yoga with Desiree  
44084 RP, Tue, Jan 14 - March 4,  
6-7:30pm**

This class blends gentle movement, breathing exercises and deep relaxation. The movement and yoga postures strengthen your body, increase stamina and flexibility. The breathing exercises and deep relaxation calm the nervous system, helping you release stress. Restore your body and emotional balance while connecting you with your inner healing. All past and new class participants must sign a 2014 Waiver Form. The form is available online and must be completed before or upon arrival to class. Instructor: Desiree Polo, RYT. Please register.

**Mind Body Stress Reduction-  
Gentle Yoga with Ladan  
44084 RP, Thu, Jan 16 - March 6,  
11am-12:30pm**

See description, above. Instructor: Ladan Judge, RYT.

**Mind Body Stress Reduction-  
Gentle Yoga with Pat  
44084 RP, Tue, Jan 14 - March 4,  
11-12:30pm**

See description, above. Instructor: Pat Fitzsimmons, RYT.



**Project Relax: Relaxation Work-  
shop for Patients and Caregivers  
ILPO-I, Sat, Jan 11, 1-3:30pm**

Join Alex Kirk for her Girl Scout Gold Award workshop. Alex is a local high school senior looking to help the cancer community by offering a no-cost instructional workshop that includes gentle yoga, mini massage, do it yourself facial masks, and do it yourself make up application. Dress comfortably and be prepared to be pampered. Snacks will be provided. All past and new class participants must sign a 2014 Waiver Form. The form is available online and must be completed before or upon arrival to class. Please register for this event.

**Reiki for Relaxation  
ILH-R, Thu, Jan 23, 6:45-8pm**

For those touched by cancer (patients, family, & friends). Rebalance and recharge your body's energy systems while you relax to live "healing harp" music. A guest speaker will play Tibetan singing bowls. Group meets monthly on the fourth Thursday. Class size is limited and registration is required. All past and new class participants must sign a 2014 Waiver Form. The form is available online and must be completed before or upon arrival to class. Please register online or with Karen Archer MSW, 703-858-8857 or karen.archer@inova.org.

**Relaxation and Guided  
Meditation with Esther  
ILH-R, Thu, Jan 9, 6:30-8pm**

For patients, family, & friends touched by cancer. This group offers individuals the opportunity to learn about and practice the art of relaxation and guided meditation. Registration is required. Register online or with Karen Archer, 703-585-8857 or Karen.archer@inova.org

**Understanding "Chemobrain"  
ILPO-I, Tue, Jan 21, 12:30-2pm**

It's true! You're not just imagining it! Cancer-related "Chemobrain," or neurocognitive dysfunction, does exist! Learn more about this often frustrating and challenging side- and after- effect of treatment, and how to better manage it with Oncology Patient Educator, Lynn Magrum, MSN, C-ANP. Please register by preceding day; if you need to cancel, please call 703-698-2526 ASAP.

**Walking for Fitness  
44084 RP, Wed, Jan 15 - March 5,  
9:30-10:30am**

Enhance your fitness and enjoy the camaraderie of walking with others on paved paths in Landsdowne. Dress comfortably, bring a water bottle; pedometers will be provided. All past and new class participants must sign a 2014 Waiver Form. The form is available online and must be completed before or upon arrival to class. Class meets weekly (walk inside on rainy days). Registration is required.

# Gifts that Count



Life with Cancer programs and services are available at no cost thanks to the generosity of individual donors, corporations and foundations. Each contribution to Life with Cancer is fully tax deductible and directly helps people in our community who are living with cancer. Can you help?

Yes! I want to help Life with Cancer support individuals and families living with cancer.

I am enclosing the following donation:

\$250     \$100     \$50     Other \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

*Please send your tax-deductible contribution to:*

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

# JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
 <b>Life with Cancer™</b> <i>Experience a Community of Hope</i>				
  				
		<b>1</b>	<b>2</b>	<b>3</b> Coalesce: An Advanced Breast Cancer Support Group (FC) 1:30pm Tai Chi and Qi Gong ... (3700 A)
				<b>4</b>
				<b>5</b> 1:30pm Ostomy Support Group of Northern Virginia (PCC)
<b>6</b>	<b>7</b> 12pm Brain Tumor Group-Fairfax (FC) 6pm Young Women with Breast Cancer Support Group (FC) 7pm Knitting and Crocheting Circle (FC)	<b>8</b> 1pm Fighting Cancer with a Fork (IAH-CCC) 5:30pm Head and Neck Cancers Group (IFHC) 6pm Breast Cancer Support and Education Group (IMVH-CC) 6:30pm Latinos Unidos (AFC) 6:30pm Lung Cancer Support Group (AFC)	<b>9</b> 10am What to Expect During Chemo (FC) 11am Orientation to LWC (FC) 11am Knitting & Crocheting Circle (ILPO-I) 6:30 pm Relaxation and Guided Meditation with Esther (ILH-R) 7pm Blood Cancers Group: Strategies to Improve Sleep (FC)	<b>10</b> Coalesce: An Advanced Breast Cancer Support Group (FC) 12pm Living with Advanced Disease (IFOH-3) 1:30pm Tai Chi and Qi Gong ... (3700 A)
				<b>11</b> 10am Carcinoid (neuroendocrine) Cancer Group (FC) 1pm Project Relax (ILPO-I)
				<b>12</b>
<b>13</b> 10:30am Fitness for Wellness (44084 RP) 12pm Arte Para Salud y Crecimiento (FC) 12pm Art for Wellness and Growth (FC) 12pm Mind Body Stress Reduction ... (3700 A) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6pm Orientation to LWC (FC) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC) 7pm Look Good...Feel Better (FC)	<b>14</b> 10:30am Spirituality Quest Group (FC) 11am Mind Body Stress Reduction ... (44084 RP) 1pm Managing GI Side Effects (IFOH-3) 2pm Advanced Cancer Group for Women (IAH-CCC) 6pm Man to Man (LCSC) 6pm Mind Body Stress Reduction ... (44084 RP) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Parenting Alone (FC) 7:30pm Prostate Cancer Group (FC)	<b>15</b> 9:30am Walking for Fitness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Breast Cancer Support Group (IFHC) 6:30pm Good Grief Dinner for Teens: Fairfax (FC) 6:30pm What to Expect During Chemo (FC)	<b>16</b> 11am Mind Body Stress Reduction ... (44084 RP) 1pm Art for Wellness and Growth (FC) 5pm Ask the Expert: Back to a Stronger Body (IFOH-2)	<b>17</b> Coalesce: An Advanced Breast Cancer Support Group (FC) 1:30pm Tai Chi and Qi Gong ... (3700 A)
				<b>18</b>
				<b>19</b>
<b>20</b> 10am Kid and Sib Day (FC) 12pm Everson: The Blessings of Silence (FC) 12pm Mind Body Stress Reduction ... (3700 A) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise-Keeping Fit (FC) 6:30pm How to Make the Most of Your Doctor's Visits (FC)	<b>21</b> 11am Mind Body Stress Reduction ... (44084 RP) 11:45am Multiple Myeloma Group (FC) 12:30pm Understanding "Chemobrain" (ILPO-I) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Brain Tumor Support Group (ILH-R) 5:30pm Good Grief for Children (FC) 6pm Mind Body Stress Reduction ... (44084 RP) 6pm Prostate Cancer Support Group (IAH-CCW) 7pm Fighting Cancer with a Fork (FC) 7pm Zumba - Bilingual (FC)	<b>22</b> 9:30am Walking for Fitness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 4:30pm Reiki for Relaxation (FC) 5:15pm Curious About Cancer (FC) 5:30pm Reiki for Relaxation (FC) 5:30pm GYN Cancers Support Group (FC) 6:30pm Chocolate for Teens (FC) 7pm Reiki for Relaxation (FC)	<b>23</b> 11am Gentle Yoga Therapy with Ladan (44084 RP) 11am Knitting & Crocheting Circle (ILPO-I) (44084 RP) 11am Mind Body Stress Reduction ... (44084 RP) 11am Orientation to LWC (FC) 12pm Art for Wellness and Growth (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Guided meditation with Jenn Fay (FC) 6:45pm Reiki for Relaxation (ILH-R) 7:30pm Young Adult Group (FC)	<b>24</b> Coalesce: An Advanced Breast Cancer Support Group (FC) 10:30 am Drumming for Well Being (FC) 12pm Living with Advanced Disease (IFOH-3) 1:30pm Tai Chi and Qi Gong ... (3700 A)
				<b>25</b>
				<b>26</b>
<b>27</b> 12pm Mind Body Stress Reduction ... (3700 A) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise-Keeping Fit (FC) 5pm Breast Cancer Support Group (ILH-R) 6pm Orientation to LWC (FC) 6:15pm Gentle Yoga for Cancer Survivors (IAH-HEC) 6:30pm Advanced Breast Cancer Support Group (ILH-R) 6:30pm Latinas Unidas (FC)	<b>28</b> 11am Mind Body Stress Reduction ... (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 1:30pm Quilting with Sandi (FC) 2pm Advanced Cancer Group for Women (IAH-CCC) 5:30pm Good Grief for Children (FC) 6pm Mind Body Stress Reduction ... (44084 RP) 6pm Pediatric Oncology Parent Night (FC) 7:15pm Good Grief for Adults (FC)	<b>29</b> 9:30am Walking for Fitness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Meditation and Guided Imagery with Micheline (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:15pm Curious About Cancer (FC) 6:30pm Drumming for Teens (FC) 7pm Dancing to Wellness (FC)	<b>30</b> 11am Gentle Yoga Therapy with Ladan (44084 RP) 11am Mind Body Stress Reduction ... (44084 RP) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Guided meditation with Jenn Fay (FC) 7pm Spiritual Support Group (CUMC-1)	<b>31</b> Coalesce: An Advanced Breast Cancer Support Group (FC) 1:30pm Tai Chi and Qi Gong ... (3700 A)