



# Life with Cancer®

JULY 2014

## 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.
- Register at [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 [Kathleen.Alleman@inova.org](mailto:Kathleen.Alleman@inova.org) or call 703.698.2526.

## HIGHLIGHTS

Orientation to Life with Cancer  
**FC, Thu, Jul 10 & 24, 11:30am-12:30pm**  
**FC, Mon, Jul 21, 6-7pm**

Offered three times this month for those who are new to Life with Cancer. This class will give an overview of who we are, what we do, staff and services available at our various locations, tour of our Family Center and your specific questions answered. Please register by preceding day.

Survivorship Care Planning  
**44084 RP, Tue, Jul 8, 6:30-8pm**

Join me tonight to learn what a Survivorship Care Plan is and how it can benefit you. If you are nearing the end of your treatment or you have already completed treatment, a Survivorship Care Plan will help you manage your wellness post treatment. There will be a presentation of a survivorship care plan and you will have an opportunity to ask questions and learn how to get a plan completed. Facilitated by Sandra Weller MSW, LCSW, OSW-C. Please register via [lifewithcancer.org](http://lifewithcancer.org) or call 703-698-2526.

Estate Planning Service for Friends of Life with Cancer  
**FC, Tue, Jul 15**

Meet individually with a skilled estate planning attorney to complete an estate plan or review an existing plan- starting with one's values and dreams. The Inova Health System Foundation is providing this service at no cost. There will not be any solicitation for a gift. There are no products to sell. Conversations are confidential. You'll walk away with a written plan that addresses all of your needs. To make an appointment, contact Linda Robertson, 703.289.2097 or Linda.Robertson@inova.org.

Ask the Expert:  
Understanding Genetics and Your Genetic Risks!

**IFOH-2, Wed, Jul 16, 5-6pm**

Sarah Ruppert, MS, is a board-certified genetic counselor with 10 years of experience in clinical genetics with a focus on hereditary cancer susceptibility. She will provide an overview of the importance of family history and how genetic testing can be used to predict cancer risks and guide decision-making about cancer screening and prevention. Please join us for this interactive and informative discussion. Please register via [www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703.698.2526.

## CLASSES

Dancing to Wellness

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

Music and dance are therapeutic and can provide great exercise and fun for singles and couples. This class will highlight music from the 1930's and 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 by preceding Monday.

Knitting and Crocheting Circle - Fairfax

**FC, Tue, Jul 1, 7-8:30pm**  
**FC, Thu, Jul 17, 1-2:30pm**



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

Knitting & Crocheting Circle - Loudoun

**ILPO-I, Thu, Jul 10, 11am-12:30pm**

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



## Life with Cancer Mission Statement

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

**Location Key:**

- 3580-001:** Inova Fair Oaks Radiation Oncology Center, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- 3580-A:** Inova Fair Oaks Radiation Oncology Center, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- 3580-D:** Inova Fair Oaks Radiation Oncology Center, 3580 Joseph Siewick Drive, Room D, Fairfax, VA
- 44084 RP:** 44084 Riverside Parkway, 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- AFC:** Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204
- FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031  
[www.lifewithcancer.org](http://www.lifewithcancer.org)
- IAH-CCC:** Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA
- IAH-CCW:** Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- IFHC:** Inova Fairfax Hospital for Children- Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
- IFOH-1:** Inova Fair Oaks Hospital-Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA
- IFOH-2:** Inova Fair Oaks Hospital-Conference Room 2, 3600 Joseph Siewick Drive, Fairfax, VA
- ILH-R:** Inova Loudoun Hospital-Radiation Oncology Center, 44035 Riverside Parkway, Leesburg, VA, 20176
- ILPO-I:** Inova Loudoun Physicians Offices I, 44055 Riverside Parkway, SUITE 210, Leesburg, VA, 20176
- IMVH-CC:** Inova Mount Vernon Hospital-2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
- LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165
- PCC:** Physicians Conference Center, 3300 Gallows Road, Falls Church, VA, 22042

**COMING SOON!**

**Need Sleep?**

Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. Look for an upcoming class series or contact us for individual help. Learn evidence based tools for getting to sleep and getting back to sleep.

**Tools for Couples**

Look for our next four-week series coming in September 2014 to learn tools to help couples improve communication, take care of one another, and manage stresses related to illness. Facilitators: Micheline Toussaint, MSW, LCSW, RYT, and Drucilla Brethwaite, LCSW, OSW-C. For more information contact Drucilla at 703.698.2538 or [drucilla.brethwaite@inova.org](mailto:drucilla.brethwaite@inova.org).

**Elements of Mind-Body: Exploring Techniques to Reduce Distress, Ease Pain and Promote Wellness**

Look for this upcoming four-week series to learn about a variety of mind-body techniques including 1. Stress Response and Breathwork, 2. Eating and Movement, 3. Biofeedback and Guided Imagery, 4. Body Scan, Progressive Muscle Relaxation and Mandalas. Attend one or attend all. Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Micheline Toussaint, LCSW, RYT. For more information contact, Drucilla Brethwaite, MSW, LCSW, OSW-C, 703.698.2538 or [drucilla.brethwaite@inova.org](mailto:drucilla.brethwaite@inova.org).

**Look Good...Feel Better**

**FC, Mon, Jul 14, 7-9pm**

A professional cosmetologist will teach women how to manage appearance-related side effects of chemotherapy and radiation. Please do not register if you have taken this class before, at any location. Registration required. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

**ART, WRITING, MUSIC**

**Art for Wellness and Growth**

**FC, Mon, Jul 14, 12-3pm**

**FC, Thu, Jul 17, 1-4pm**

**ILPO-I, Tues, July 22, 1-3pm**

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. Please register by previous Friday. Facilitators: Art therapist, Jean McCaw, MA, ATR-BC and Sara Huffman, Art Therapist.



**Drumming for Well-Being**

**FC, Fri, Jul 11, 1-2:30pm**

**FC, Tue, Jul 22, 7-8pm**

Now meeting twice monthly to share the beat! Therapeutic drumming can promote wellness and empowerment. No experience necessary and all instruments are provided. Facilitated by Drucilla Brethwaite, MSW, LCSW, OSW-C and Jennifer Brothers. Please register.

**Drumming for Well-Being**

**44084 RP, Thu, Jul 17, 6:30-8pm**

Share the beat! Therapeutic drumming can promote wellness and empowerment. No experience necessary and all instruments are provided. Group facilitated by Drucilla Brethwaite, MSW, LCSW, OSW-C and Sandra Weller MSW, LCSW, OSW-C Please register. For more information, contact Sandra Weller at 703.858.8466 or [sandra.weller@inova.org](mailto:sandra.weller@inova.org)

**Making Sense of Your Story**

**FC, Wed, Jul 23, 12:30-2:30pm**

Class continues for those already registered. Dates for remaining classes are: Aug 27, Sep 24, Oct 22, Nov 19 and Dec 17.

**Words for Healing: Listen to the Whispers Through Writing, Word Art and Journal Making**

**IAH-CCC, Tue, Jul 22, 11am-1pm**

Listen to the wise voice inside you, the one we so often ignore. By writing in a supportive environment you'll be amazed by your own insights. We'll honor your thoughts and words by embellishing them in a variety of artistic ways-collage, journals. No writing or artistic ability required. Facilitators: Cancer Survivor and Writer Michelle Berberet, MCRP, and Christine Makris. Limited space, please register.

**Poetry for Healing: Shimmering Voice on a Deep Ocean**

**FC, Mon, Jul 14, 1-3pm**

Within the deep ocean of ourselves lives wisdom and curiosity and all manner of wonder. 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. Facilitator: Wendi R. Kaplan, MSW, CPT-M/S, LCSW, director of the Institute of Poetry Therapy and psychotherapist with more than twenty-five years experience. Space limited; please register by previous Friday.

## Writing Your Memoirs and Life Stories

**FC, Thu, Jul 17, 11am-12:30pm**

Monthly meeting for those who completed previous 6 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Limited space, so please register, ASAP.

## FITNESS

*Please note: Levels I-IV Exercise classes are taught by ACSM Certified Cancer Exercise Trainer Susan Gilmore. Questions? Contact Marsha Komandt, RN, BSN, OCN®, 703.698.2530 or marsha.komandt@inova.org.*

### Level I Exercise: Launching into Fitness

**FC, Tues, July 22-Aug 12, 1-1:45 pm**

Those who are new to LWC's exercise program are invited to attend this four-week introductory series. The classes will help to assess your fitness level after which you can progress to the Level II exercise class. Registration is required and a waiver (available online) must be completed before or upon arrival to class. PLEASE, NO NEW REGISTRANTS AFTER THE SECOND CLASS.

### Level II Exercise: Chair-Based

**FC, Wed, Jul 23-Aug 27, 2-2:45pm**

**FC, Mon, Jul 28-Aug 25, 2-2:45pm**

LEVEL I EXERCISE IS A PREREQUISITE.

This five-week series will help to increase heart rate, range of motion and flexibility and to tone and strengthen muscles. May attend EITHER or BOTH Monday and Wednesday sessions, but MUST REGISTER SEPARATELY.

### Level III Exercise: Keeping Fit

**FC, Mon, Jul 28-Aug 25, 3-4pm**

PREREQUISITE: LEVELS I & II EXERCISE.

This five-week series of exercise classes offers a combination of standing and floor exercises to increase strength and flexibility improve endurance and fatigue and enhance overall well-being.

### Level IV Exercise: Fitness Fusion

**FC, Wed, Jul 23-Aug 27, 3-4pm**

PREREQUISITE: LEVELS I, II, III. this six-week series offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training.

### Stronger Body After Cancer

**3580-D, Mon, Jul 7-28, 7-8pm**

When cancer treatments finish, survivors



## Life with Cancer en Español

*Para obtener más información sobre los programas y servicios en español, llame a Deborah Haynes 703.698.2539 or David McGinness 703.698.2529. Por favor regístrese para TODOS los grupos*

### Arte Para Salud y Crecimiento

**FC, jueves, 17 julio, 1-4pm**

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 Débora Haynes al 703.698.2539.

### Grupo de Tejido y Crochet

**ILPO-I, jueves, 10 julio, 11am-12:30pm**

Tejedores y tejedores de ganchillo (crochet) de todos los niveles de experiencia, desde los que están recién empezando hasta los más expertos, están bienvenidos para trabajar juntos en un ambiente relajado. Traiga su propio proyecto o encuentre un nuevo proyecto. Los materiales para los que recién estarán empezando serán proveídos. La instructora, Mary Jane Escobar, tiene la experiencia y el entusiasmo para enseñar su destreza. Favor de registrarse.

often find themselves asking "How do I begin to get back to the gym or a regular exercise routine?". This exercise series is focused on helping survivors begin to gain confidence in building back a stronger body. Use of bands, medicine balls and other low impact and body weight exercises will be used. Appropriate for all athletic capabilities. Attend each class for greatest benefit. Instructor, Jennifer Nagy, AFPA certified trainer. RSVP 703.698.2526 or register online [www.lifewithcancer.org](http://www.lifewithcancer.org).

### Zumba!

**FC, Tue, Jul 1 & 15, 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.

### Latinas Unidas

**FC, lunes, 28 julio, 6:30-8:30pm**

Grupo de apoyo y crecimiento personal para mujeres con diagnóstico de cáncer. Recibe los beneficios de poder compartir y aprender junto a otras compañeras con experiencias y necesidades similares. Para mas información, llamar a Débora Haynes al 703.698.2539.

### Latinos Unidos

**AFC, miércoles, 9 julio, 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 al 703.698.2529.

### Zumba - Bilingual

**FC, martes, 1 y 15 julio, 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 al 703.698.2529.

## NUTRITION

Fighting Cancer with a Fork

**FC, Thu, Jul 10,**

**5:30-6:30pm**

**IAH-CCC, Wed, Jul 9, 1-2pm**

**3580-001, Tue, Jul 15, 12-1pm**

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 via [lifewithcancer.org](http://lifewithcancer.org) or call 703.698.2526.

THREE  
LOCATIONS



## SPIRITUALITY

### Spirituality Quest

**FC, Tue, Jul 8, 10:30am-12pm**

Join us monthly on the second Tuesday as we explore our spiritual paths. Come bring a dish to share for our annual Summer Potluck Brunch and to share a spiritual movie you have seen within the past year. Please register by the preceding Monday. Facilitator Marsha Komandt, RN, OCN®, 703.698.2530.

### Spiritual Support Group

**CUMC-1**

This group will not meet in July and August.

## MEDITATION - REIKI - QI GONG TAI CHI - YOGA

### Meditation with Jenn Fay

**FC, Thu, July 10-Aug 9, 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.

### Reiki - Loudoun

**ILH-R, Thu, Jul 24, 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. Group meets monthly on the fourth Thursday. Class size is limited and registration is required. Register online or contact Karen Archer, 703.858.8857 or karen.archer@inova.org.

### Reiki - Fairfax

**FC, Mon, Jul 14, 4:30, 5:30, 7-8pm**

**FC, Wed, Jul 23, 4:30, 5:30, 7-8pm**

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. Please register. If you cannot make your appointment, call 703.698.2526.

### Tai Chi & Qi Gong for Health & Wellness

**3580-A, Fri, Jul 11-25, 1:30-2:30pm**

Both Tai Chi and Qi Gong are ancient Chinese systems of movements, body postures, breathing exercises and mental concentration intended to help you maintain good health and control the flow of vital energy. Potential benefits include improved strength, coordination, flexibility, better balance, reduced pain and stiffness, enhanced sleep and calmness. Registration is required. Dress comfortably and bring a water bottle. Class builds on learned information each week, so attending all classes is best.

### Gentle Yoga with Jenn Fay

**FC, Thu, Jul 10-Aug 14, 1-2pm**

Join us for gentle yoga and learn movements to stretch, strengthen and relax muscles. Gentle yoga can be practiced while seated in a chair or on the floor. Space is limited; 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.

### Restorative Yoga

**FC, Fri, Jul 11-25, 10:15-11:30pm**

This practice is designed to balance the nervous system and release tension from the body and mind. We'll use bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation are combined with poses to deepen your practice. This class is appropriate for everyone but has limited space available; come to one or all sessions, but please register separately for each class. Instructor: Judi Eskovitz, RYT.

### Yoga for Breast Cancer Survivors

**FC, Tue, Jul 1, 5:30-6:45pm**

This yoga series can help you reduce stress, regain mobility and strength. Catherine Syron, RYT, is a yoga instructor specifically trained to work with breast cancer survivors. Please register for one or for all classes by preceding day.

## BREAST CANCER CLASSES & GROUPS

### Advanced Breast Cancer - Loudoun

**ILH-R, Mon, Jul 28, 6:30-8pm**

This group welcomes women who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time. Register via [www.lifewithcancer.org](http://www.lifewithcancer.org).

### Breast Cancer Update: ASCO Conference

**FC, Thu, Jul 24, 6:30-8pm**

Neelima Dendiluri, MD, presents the latest breast cancer research findings from the recent American Society of Clinical Oncology (ASCO) conference. Family and friends welcomed. Light refreshments provided. Register by the preceding Tuesday.

### Breast Cancer - Falls Church

**IFHC, Wed, Jul 16, 5:30-7pm**

\* No meeting on July 2. Learn, discuss and gain support from others who understand the concerns and challenges you face. Facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®. Questions? Call facilitators at 703.776.2813 or 703.698.2530.

### Breast Cancer - Fair Oaks

**3580-001, Wed, Jul 9, 5:30-7pm**

This is a support and education group for women diagnosed with an early stage breast cancer within the past three years. The group will provide a supportive environment to

### Gyn Patients/Survivors Volunteers Needed for Life with Cancer Insomnia Research Study

**"Need Sleep? A Cognitive Behavioral Intervention For Cancer Patients with Insomnia"**

**To participate:** You must be 18 years of age or older and have a diagnosis of a **gynecologic cancer**.

#### Description of Research Study:

Life with Cancer is researching a cognitive behavioral intervention to improve sleep quality and decrease psychological distress. We will ask you to fill out several questionnaires, collect salivary cortisol samples and participate in five weekly group sessions at the Life with Cancer Family Center where you will learn evidence based strategies that may improve your sleep. Total participation will take about 9 hours.

**To learn more:** Contact Research Manager, Drucilla Brethwaite, MSW, LCSW, OSW-C 703.698.2538 or drucilla.brethwaite@inova.org

*This research is conducted under the direction of Principle Investigator James Zabora, ScD, Director, Life with Cancer and the Inova Health System Institutional Review Board.*

meet other women, gather information and learn how to best navigate survivorship. Facilitated by oncology nurse navigator, Gale Towery, RN, BSN, OCN® and social worker Shereena Rodney. Register online at [www.lifewithcancer.org](http://www.lifewithcancer.org), or call 703.698.2526.

### Breast Cancer - Loudoun ILH-R, Mon, Jul 28, 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 via [www.lifewithcancer.org](http://www.lifewithcancer.org).

### Coalesce

#### FC, Fri, Jul 4-25, Call for time

This group is for women of all ages, with advanced breast cancer. Meet weekly in a closed support group to share life's joys and sorrows. Facilitator: Shara Sosa, LCSW. Prior screening is required; please call 703.698.2522.

### Young Women with Breast Cancer

#### FC, Tue, Jul 1, 6-7:30pm

#### IAH-CCW, Tue, Jul 8, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. FC Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN®. IAH Facilitator: Shara Sosa, LCSW. If attending either group for the first time, please call Shara at 703.698.2522.

### Yoga for Breast Cancer Survivors

#### FC, Tue, Jul 1, 5:30-6:45pm

This yoga series can help you reduce stress, regain mobility and strength. Catherine Syron, RYT, is a yoga instructor specifically trained to work with breast cancer survivors. Please register for one or for all classes by preceding day.



## SUPPORT GROUPS

### Blood Cancers Group

#### FC, Thu, Jul 10, 7-8:30pm

Individuals with leukemia or lymphoma and their support people are welcome to join us in July for an open discussion forum. Co-sponsored with the Leukemia and Lymphoma Society and Lymphoma Research Foundation and facilitated by

Drucilla Brethwaite, MSW, LCSW, OSW-C and Lynn Magrum, MSN, CANP. For more information contact, Drucilla at 703.698.2538 or [drucilla.brethwaite@inova.org](mailto:drucilla.brethwaite@inova.org).

### Brain Tumor Support Group - Fairfax

#### FC, Tue, Jul 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 at this monthly meeting. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

### Brain Tumor Support Group - Loudoun

#### ILH-R, Tue, Jul 15, 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 challenges of living with a primary brain tumor. Facilitated by Neurological Care Registered Nurse, Vera Hirschman and Oncology Social Worker, Karen Archer. If attending for the first time, please register via [www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703.858.8857.

### Caregiver Connection - Loudoun

#### ILH-R, Mon, Jul 14, 6:30-8pm

Meet in Loudoun 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 via [www.lifewithcancer.org](http://www.lifewithcancer.org). Facilitator: Sandra Weller, LCSW, OSW-C.

### Caregiver Connection - Fairfax

#### FC, Mon, Jul 14, 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, CANP.

### Carcinoid (neuroendocrine) Cancer Group

#### FC, Sat, Jul 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 email [mitchmberger@msn.com](mailto:mitchmberger@msn.com).

### Colorectal Cancer Group: Let's Re-Group!

#### FC, Wed, Jul 16, 6:30-8pm

Please attend this summertime group meeting to help chart a course for our upcoming quarterly meetings. As facilitators who are new to this group, Catherine Intartaglia, MSW and Lynn Magrum, MSN, C-ANP, would like to hear from you. What speakers would you like to hear from? What topics would you like presented? What would help make this a group you would not want to miss? Light refreshments, please register. If you are unable to attend, but have some thoughts you'd like to share, please contact [catherine.intartaglia@inova.org](mailto:catherine.intartaglia@inova.org)

### Cutaneous Lymphoma Group

This group will not meet in July and August. For more information go to [www.clfoundation.org/clf-dc](http://www.clfoundation.org/clf-dc).

### GYN Cancers Group

#### FC, Wed, Jul 23, 5:30-7pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in on this monthly group to share experiences and learn from one another. Facilitators: Micheline Toussaint, LCSW, RYT and Marcy Osterhaus, RN MS OCN®.

### Head and Neck Cancers Group

#### IFHC, Wed, Jul 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. Facilitator: Corinne Cook, LCSW, and a Radiation Oncology team member. For more information contact, [corinne.cook@inova.org](mailto:corinne.cook@inova.org).

### Living with Advanced Disease

#### IFOH-1, Fri, Jul 11 & 25, 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: Suzanne Freeman, MSW, and Gale Towery, RN, BSN, OCN®. Please call 703.391.4673 for more information. Registration encouraged.

### Lung Cancer Group Meeting - Fairfax

#### FC, Wed, Jul 2, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitator: Carrie Friedman, RN, BS.

Lung Cancer Support Group - Loudoun

**ILPO-I, Mon, Jul 21, 6:30-8pm**

Join other patients, survivors and family members to discuss the challenges of living with cancer and its treatments; Facilitators: Saundra Weller LCSW, OSW-C and Renee Dean RN, BSN, OCN®. Contact Saundra Weller for more information 703.858.8466.

Multiple Myeloma

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

In this monthly meeting, patients and families get together to discuss, learn, and share the challenges of living with multiple myeloma. Special guest speaker Susan Gilmore, MS ACSM, Certified Cancer Exercise Trainer 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; please register via [www.lifewithcancer.org](http://www.lifewithcancer.org).

Ostomy Support Group of Northern Virginia

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

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

Prostate Cancer Group - Fairfax

**FC, Tue, Jul 8, 7:30-9pm**

This group meets monthly on the second Tuesday. Topic for July: Urinary Incontinence and Treatment by BJ Czarapata.

Prostate Cancer Support Group - Alexandria

**IAH-CCW, Tue, Jul 15, 6-7:30pm**

Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitator: David McGinness, LCSW, 703.698.2529.

Loudoun Prostate Cancer Support Group - Men Helping Men

**LCSC, Tue, Jul 8, 6-8pm**

Meet with others to share experiences and to learn from one another in these monthly meetings. In July, guest speaker, Amjad Riar MD will discuss Palliative Care.

Women Living with Cancer

**IAH-CCC, Tue, Jul 22, 2-3:30pm**

Women with any type of advanced cancer are invited to join this guided discussion group. 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. Early registration is suggested. Facilitator: Shara Sosa, LCSW.

Young Adult Group

**FC, Thu, Jul 24, 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.

## CHILDREN, TEENS & PARENTS

*Register for classes and groups 48 hours in advance via [www.lifewithcancer.org](http://www.lifewithcancer.org).*

Good Grief Dinner for Teens

**FC, Wed, Jul 9, 6:30-8pm**

Grief is a normal, healthy, and healing emotion. This monthly dinner offers the opportunity to meet with other 13-18 year olds who have experienced the loss of a loved to cancer. Learn about the grief process and share thoughts and feelings. 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).

Kid and Sib Day

**FC, Mon, Jul 21, 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. Please call Jenny Eckert, LCSW at 703-698-2536 to register or email [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org) for more information.



9th Annual  
I'm Cured... Now What?  
Conference for Teen and  
Young Adult Survivors of  
Childhood Cancer  
**Saturday, July 26, 2014**  
**8:15am-4:30pm**  
**Life with Cancer Family Center**  
**8411 Pennell Street, Fairfax, VA**  
**22031**

This is a conference for teens, 17+ and young adult survivors diagnosed before the age of 18, and their parents. This year's theme is "Finding Health and Hope After Treatment." Our keynote speaker is Dr. Karim Sadak, Director of Survivorship, University of Minnesota.

Breakout sessions include: nutrition, psychological impact and positive growth, mindfulness strategies, resources for college, insurance, dancing for fun and stress relief, and Qi Gong.

Eighteen \$1000 college scholarships will be awarded for those who apply in advance and attend. Breakfast, lunch and a "Smoothie Workshop" will be provided. Registration is FREE but required. To register, visit [www.lifewithcancer.org](http://www.lifewithcancer.org) or contact Constance Connor, LCSW at 703.531.1515, [constance.connor@inova.org](mailto:constance.connor@inova.org)

Did you know Life with Cancer offers:

### Short-term counseling

A cancer diagnosis often leads to concerns and fears about one's life, changes in body image, side effects of treatment and disruptions in life, work, and relationships. Family members may also experience their own unique set of concerns. Short-term counseling can provide an opportunity to discuss the challenges that follow a cancer diagnosis and to explore effective ways of coping. For more information on this free service offered by our oncology counselors, please contact us at 703.698.2526

### Educational consultations

with an oncology nurse navigator are available to discuss questions and concerns about treatment, side effects, clinical trials, fertility, information about your cancer and more. To schedule a consultation, offered free of charge, contact us at 703.698.2526

# JULY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	<p><b>1</b></p> <p>12pm Brain Tumor Support Group (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Young Women with Breast Cancer Support Group (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba - Bilingual (FC)</p>	<p><b>2</b></p> <p>6:30pm Lung Cancer Group Meeting (FC) 7pm Cutaneous Lymphoma Group (FC)</p>	<p><b>3</b></p>	<p><b>4</b></p> <p><b>5</b></p> <p><b>6</b></p> <p>1:30pm Ostomy Support Group of Northern Virginia (PCC)</p>
<p><b>7</b></p> <p>7pm Stronger Body After Cancer (3580-D)</p>	<p><b>8</b></p> <p>10:30am Spirituality Quest (FC) 6pm Loudoun Prostate Cancer Group (LCSG) 6:30pm Survivorship Care Planning (44084 RP) (IAH-CCW) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7:30pm Prostate Cancer Group (FC)</p>	<p><b>9</b></p> <p>1pm Fighting Cancer with a Fork (IAH-CCC) 5:30pm Head and Neck Cancers Group (IFHC) (3580-001) 5:30pm Breast Cancer Support Group (3580-001) 6:30pm Latinos Unidos (AFC) 6:30pm Good Grief Dinner for Teens (FC) 7pm Dancing to Wellness (FC)</p>	<p><b>10</b></p> <p>11am Grupo de Tejido y Crochet (ILPO-I) 11am Knitting &amp; Crocheting Circle (ILPO-I) 11:30am Orientation (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 5:30pm Fighting Cancer with a Fork (FC) 7pm Blood Cancers Group 2014 (FC)</p>	<p><b>11</b></p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 12pm Living with Advanced Disease (IFOH-1) 1pm Drumming for Well-Being (FC) 1:30pm Tai Chi and Qi Gong ... (3580-A)</p> <p><b>12</b></p> <p>10am Carcinoid (neuroendocrine) Cancer Group (FC)</p> <p><b>13</b></p>
<p><b>14</b></p> <p>12pm Art for Wellness and Growth (FC) 1pm Poetry for Healing (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Caregiver Connection (FC) 7pm Stronger Body After Cancer (3580-D) 7pm Look Good...Feel Better (FC) 7pm Reiki for Relaxation (FC)</p>	<p><b>15</b></p> <p>Estate Planning Service... (FC) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (3580-001) 5:30pm Brain Tumor Support Group (ILH-R) 6pm Prostate Cancer Support Group (IAH-CCW) 7pm Zumba - Bilingual (FC)</p>	<p><b>16</b></p> <p>5pm Ask the Expert: Genetics (IFOH-2) 5:30pm Breast Cancer Support Group (IFHC) 6:30pm Colorectal Cancer Group (FC)</p>	<p><b>17</b></p> <p>11am Writing Your Memoirs... (FC) 1pm Arte Para Salud y Crecimiento (FC) 1pm Art for Wellness and Growth (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 6:30pm Drumming for Well-Being (44084 RP)</p>	<p><b>18</b></p> <p>Coalesce (FC) 1pm Knitting and Crocheting Circle (FC) 1:30pm Tai Chi and Qi Gong for Health and Wellness (3580-A) 10:15am Restorative Yoga (FC)</p> <p><b>19</b></p> <p><b>20</b></p>
<p><b>21</b></p> <p>10am Kid and Sib Day (FC) 6pm Orientation to Life with Cancer (FC) 6:30pm Lung Cancer Support Group (ILPO-I) 7pm Stronger Body After Cancer (3580-D)</p>	<p><b>22</b></p> <p>11am Words for Healing (IAH-CCC) 1pm Art for Wellness and Growth (ILPO-I) 1pm Level I Exercise: Launching into Fitness (FC) 2pm Women Living with Cancer (IAH-CCC) 7pm Drumming for Well-Being (FC)</p>	<p><b>23</b></p> <p>12:30pm Making Sense of Your Story (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm GYN Cancers Group (FC) 5:30pm Reiki for Relaxation (FC) 7pm Reiki for Relaxation (FC)</p>	<p><b>24</b></p> <p>11:30am Orientation (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 6:30pm Br Ca Update: ASCO Conference (FC) 6:45pm Reiki for Relaxation (ILH-R) 7:30pm Young Adult Group (FC)</p>	<p><b>25</b></p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Tai Chi and Qi Gong for Health and Wellness (3580-A)</p> <p><b>26</b></p> <p>8:15am 9th Annual Conference for Teen and Young Adult Survivors of Childhood Cancer' (FC)</p> <p><b>27</b></p>
<p><b>28</b></p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Support Group (ILH-R) 6:30pm Advanced Breast Cancer Support Group (ILH-R) 6:30pm Latinas Unidas (FC) 7pm Stronger Body After Cancer (3580-D)</p>	<p><b>29</b></p> <p>10am Curious about Cancer (ILH-R) 1pm Level I Exercise: Launching into Fitness (FC)</p>	<p><b>30</b></p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC)</p>	<p><b>31</b></p> <p>1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC)</p>	

