



JUNE HIGHLIGHTS

Karin's Florist Gives Back! 527 Maple Ave E, Vienna, VA 22180 703-667-4790

Graduations, Anniversaries, Birthdays, Father's Day (why not?). During the month of June, Karin's floral designers will create an arrangement that will pay tribute to the accomplishments of Life with Cancer. 10% of the proceeds of that arrangement will be donated directly to the Life with Cancer Program. Thank you Karin's Florist!

Blood Cancer's Group FC, Thu, Jun 12, 7-8:30pm



This group welcomes individuals with leukemia or lymphoma and their support people. Special guest speaker Chaitra Ujjani, MD of Medstar Georgetown University Hospital Lombardi Cancer Center, will provide, "Updates on Lymphomas and Chronic Leukemias." Dinner will be provided. Please register by the preceding Tuesday. 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.

Pain Management FC, Wed, Jun 25, 6:30-8pm

Lynn Magrum MSN, CANP Oncology Nurse Educator will discuss the myths about pain, pain types and the pharmacologic and non-pharmacologic treatments to control pain. Please register at least 2 days in advance and if you need to cancel call ASAP -703-698-2526.

Drumming for Well Being FC, Wed, Jun 11, 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 and Jennifer Broth-ers. Please register by preceding Wednesday. For more information, contact Drucilla at 703-698-2538 or drucilla.brethwaite@inova.org.

Orientation to Life with Cancer FC, Mon, June 2 and 13, 6-7pm

FC, Th, June 12 and 26, 11:30-12:30
Offered four times monthly 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 addressed. Please call or register on our website by preceding day.

Dancing to Wellness FC, Wed, Jun 11, 7-8:30pm

Music and dance are therapeutic and can provide great exercise and fun for singles and couples. This class will focus on music from the 1930s to today and the dances that go with them. 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 FC, Tue, Jun 3, 7-8:30pm

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.

Look Good...Feel Better FC, Mon, Jun 9, 7-9pm

A professional cosmetologist will teach women how to manage appearance-related side effects 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.

Ostomy Support Group of Northern Virginia PCC, Sun, Jun 1, 1:30-3:30pm

Join us for food, fun and fellowship. For more information visit us at www.ostomy-support-of-nova.org.

GENERAL INTEREST

Caregiver Connection FC, Mon, Jun 9, 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.

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.

Class Registration Information

- All classes are free, but registration is required unless otherwise specified.
- Register at 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 or call 703.698.2526.

Calendar Table of Contents:

Highlights.....Page 1	Fair Oaks programs.....page 5-6
Fairfax and Falls Church programs.....Pgs 1-5	Loudoun programs.....pages 6-7
Alexandria /Mount Vernon programs.....Page 5	Calendar overview.....page 8



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 Cancer Center, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
3580-A, D:	Inova Fair Oaks Cancer Center, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
3580-Aud:	Inova Fair Oaks Cancer Center-Aud., Fairfax, VA, 22033
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
CUMC-1:	Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
FC:	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031 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-3:	Inova Fair Oaks Hospital-Conference Room 3, 3600 Joseph Siewick Drive, Fairfax, VA, 22033
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

Planning Ahead: A Series to Guide You in Living Fully to the End FC, Tue, Jun 3-24, 6:30-8pm

This four-week series is for anyone, wherever you are on your cancer journey. Sessions include: 1) Developing a Road Map for Dealing with a Chronic Disease with Dr. Nicholas Robert, and The Circle of Life with Oncology Nurse, Marsha Komandt. 2) Practical and Legal Issues, with legal and funeral home representatives. 3) Creating and Crafting your legacy with Oncology Social Workers Drucilla Brethwaite and Jenny Eckert. 4) Understanding differences between palliative and hospice care with Oncology Counselor, Saundra Weller, and Planning a Service of Remembrance with Oncology Nurse, Marsha Komandt.

Seminars for Survivors: Cancer and Your Cash FC, Thu, Jun 19, 7-8:30pm

“Cancer and Your Cash: Everything You Need to Know to Navigate Health Insurance and Your Rights on the Job” with journalist Bob Rosenblatt. Please register by the preceding day via lifewithcancer.org.

What to Expect During Chemo FC, Thu, Jun 12 & 26, 10-11:30am

This hour-long class is offered twice monthly for people new to chemotherapy. Oncology Nurse Educator. Lynn Magrum, MSN, CANP 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.

Fighting Cancer with a Fork FC, Th, June 10, 5:30-6:30

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 or call 703.698.2526.

Young Adult Group FC, Thu, Jun 26, 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, Jun 16, 12-3pm FC, Thu, Jun 19, 1-4pm

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. Please register by previous Friday. Facilitators: Art

therapist, Jean McCaw, MA, ATR-BC and Sara Huffman, Art Therapy Intern.

Making Sense of Your Story FC, Wed, Jun 25, 12:30-2:30pm

Class continues for those already registered. Dates for the remainder of the year are: July 23, Aug 27, Sep 24, Oct 22, Nov 19, and Dec 17.

Poetry for Healing: Shimmering Voice on Deep Ocean FC, Mon, Jun 2, 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. Ms. Kaplan specializes in relational and biblio/poetry therapies with a holistic perspective. Space limited; please register by previous Friday.

Writing Your Memoirs and Life Stories FC, Thu, Jun 19, 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

Level I Exercise: Launching into Fitness FC, Tue, Jun 3, 1-1:45pm

Class continues for those already registered. Next series will begin after the July 4 holiday. Questions? Contact Marsha Komandt, RN, OCN®, 703-698-2530.

Level II Exercise: Chair-Based
FC, Mon, May 19-Jun 30, 2-2:45pm
FC, Wed, May 14- Jun 25, 2-2:45pm
LEVEL I EXERCISE IS A PREREQUISITE. This seven-week series will help increase heart rate, range of motion and flexibility and tone and strengthen muscles. Attend Monday and/or Wednesday sessions, but MUST REGISTER SEPARATELY. Instructor: Susan Gilmore, ACSM Certified Cancer Exercise Trainer.

Level III Exercise: Keeping Fit
FC, Mon, May 19-Jun 23, 3-4pm
PREREQUISITE: LEVELS I & II EXERCISE. This five-week series offers a combination of standing and floor exercises to increase strength and flexibility, improve endurance and fatigue and enhance overall well-being. Instructor Susan Gilmore, ACSM Certified Cancer Exercise Trainer.

Level IV Exercise: Fitness Fusion
FC, Wed, May 14-Jun 25, 3-4pm
PREREQUISITE: LEVELS I, II, III. Continuation of a seven-week series offers a sampling of more intensive exercise modalities including dance aerobics, interval training, resistance and core training. Instructor: ACSM Certified Cancer Exercise Trainer Susan Gilmore.

Zumba!
FC, Tue, Jun 3 & 17, 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.

SPIRITUALITY

Spiritual Support Group
CUMC-1, Thu, Jun 26, 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 : Tibetan Bowls
FC, Tue, Jun 10, 10:30am-12pm
 Join us monthly on the second Tuesdays as we explore our spiritual paths. Come explore “Singing Tibetan Bowls” with Ann Kulp. Facilitator Marsha Komandt, RN, OCN®, 703-698-2530.

MEDITATION, YOGA, TAI CHI, QI GONG

Gentle Yoga with Jenn Fay
FC, Thu, Jun 5-26, 1-2pm
 Join us for some 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.



Laughter Yoga
FC, Thu, Jun 26, 2-3pm
 Laughter yoga is a combination of intentional, playful laughs and deep breathing exercises that have a number of benefits, including improved oxygen levels and lung capacity and reduced stress levels. Laughter yoga is practiced while sitting in a chair. Facilitator: Jenn Fay, MA, RYT. Please register by preceding day.



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

Alimentación Saludable
Durante y Después del Cáncer
FC, jueves, 26 Junio, 6:30 – 8:00 PM
 Por favor, venga y acompañenos para un taller de nutrición y alimentación saludable. Un nutricionista certificado y un especialista en comer saludable proporcionarán información para ayudarlo a crear una dieta saludable y entender los beneficios de una alimentación saludable. Muestras de alimentos saludables estarán disponibles para probar!

Arte Para Salud y Crecimiento
FC, jueves, 19 junio, 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. Favor de registrarse.

Grupo de Tejido y Crochet
ILPO-I, jueves, 19 junio, 11am-12:30pm
 Tejedores y tejedores de ganchillo (crochet) de todos los niveles de experiencia, desde los que están recién empezando hasta los más exper-

tos, 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.
Latinas Unidas
FC, lunes, 23 junio, 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. Favor de registrarse.

Latinos Unidos
AFC, miércoles, 11 junio, 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. Favor de registrarse.

Zumba - Bilingual
FC, martes, 3 y 17 junio, 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 bien-estar en general. Favor de registrarse.

Meditation with Jenn Fay
FC, Thu, Jun 5-19, 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 for Relaxation
FC, Mon, Jun 9, 4:30, 5:30pm and 7pm
FC, Wed, Jun 25, 4:30, 5:30pm and 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. Please register. If you cannot make your appointment, call 703-698-2526.

Oncology Massage and Body Work

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

- Call 703-698-2526 to schedule or cancel 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
- Physician approval is required; ask for written permission at your next appointment
- \$50 / 1-hour session. Cash or check payable to massage therapist; sorry, no credit cards

** 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*

4th Annual National
Conference on Work & Cancer
Friday, June 13th, 2014

Conference: 8am - 5pm

The Graduate Center at CUNY

365 Fifth Avenue, New York, NY

The day will offer a look at a range of topics, which we will explore in interactive sessions. Topics include: Job Search, Legal Issues, Career Change, Managing Stress During and Post-Treatment, Taking Time Off, Working Through Treatment, Building Self Confidence, Navigating Health Insurance and the ACA, Managing Your Finances... REGISTER online at cancerandcareers.org

Restorative Yoga with Judi

FC, Fri, Jun 6 & 13, 10:15-11:30am

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, Jun 3-Jul 1, 5:30-6:45pm

This yoga series is designed to 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

Breast Cancer Support Group

IFHC, Wed, Jun 4 & 18, 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 Marsha Komandt, RN, BSN, OCN®.

Coalesce: An Advanced Breast
Cancer Support Group

FC, Fri, Jun 6-27, 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.

Yoga for Breast Cancer Survivors

FC, Tue, Jun 3-Jul 1, 5:30-6:45pm

This yoga series is designed to 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.

Young Women with
Breast Cancer

FC, Tue, Jun 3, 6-7:30pm

Meet with other women who know what it's like to face non-metastatic breast cancer in their 20s, 30s and 40s. Come for education and support. For more information, or if attending for the first time call group facilitators: Shara Sosa, LCSW, 703-698-2622. Early registration is suggested.

DIAGNOSIS-SPECIFIC

Brain Tumor Support Group

FC, Tue, Jun 3, 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, Jun 14, 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.

Cutaneous Lymphoma Group

FC, Sat, Jun 14, 10am-12pm

This group welcomes individuals with cutaneous lymphoma, and their support partners. This month, Mia M. Perry RN, Clinical Lead Nurse of Photopheresis at Hospital of the University of Pennsylvania will be our guest. Patients with all forms and stages of this cancer are welcome to attend our monthly meetings (alternating first Wednesday and second Saturday) to meet and connect with others who share this disease. For more information go to www.clfoundation.org/clf-dc.

GYN Cancers Group

FC, Wed, Jun 25, 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, Jun 11, 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.

Lung Cancer Group Meeting

In lieu of our monthly group, please join us for a special presentation by Dr. Alex Spira on June 9, 2014. See below.

Lung Cancer Presentation

by Dr. Alex Spira

FC, Mon, Jun 9, 6:30-8pm

Medical Oncologist Dr. Alex Spira will present on current lung cancer treatments and clinical trials. Get up-to-date information and have your questions answered. For those patients in Loudoun County, there will be an opportunity to view this presentation live through a computer broadcast. For broadcast location, go to www.lifewithcancer.org closer to presentation. Registration is imperative! Questions? Contact Sandra Weller, LCSW, OSW-C 703-858-8466 or sandra.weller@inova.org. Register via lifewithcancer.org or call 703-698-2526.

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.

Multiple Myeloma

FC, Tue, Jun 17, 11:45am-1:30pm

This monthly meeting offers an opportunity for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. June meeting will be an open discussion. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via lifewithcancer.org.

Prostate Cancer Group: Radiation Therapy

FC, Tue, Jun 10, 7:30-9pm

Join this group monthly on the second Tuesdays. Topic for June: Radiation Therapy Update by two local physicians.

GRIEF, LOSS & RECOVERY

Good Grief for Adults

FC, Tue, Jun 3 & 10, 7:15-9pm

Group continues for those already registered. The next eight-week series will begin in the Fall. Join with others who have experienced the loss of a loved one with cancer within the past two years and 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.

CHILDREN, TEENS, PARENTS

Contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org to register and for more information on programs and services for children and teens.

Curious about Cancer

FC, Wed, Jun 4 & 11, 5:15-6:15pm

Group continues for those already registered. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

Good Grief Dinner for Teens

FC, Tue, Jun 11, 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. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

Pediatric Oncology Parent Night: Father Son Night

FC, Thu, Jun 26, 6-8:30pm

Please join us for Candlelighter's 4th Annual Father/Son Night for boys or teens with cancer, their brothers, and dads. Features "Mini" Timmy Tyrel and his race car, firemen and a fire truck, a police car, an ice cream truck, dinner cook-out, water games and sports, plus loads of fun and prizes! Co-sponsored by DC Candlelighter's. Please register with

Connie Connor, LCSW at 703-531-1515, constance.connor@inova.org or dccandlelighters@gmail.com

ALEXANDRIA/MOUNT VERNON

Breast Cancer Support Group

IMVH-CC, Wed, Jun 11, 6-8pm

This group welcomes current and former breast cancer patients. Meet with Leah Basch PA, Nurse Navigator Michele Reddick and other Breast cancer patients and survivors to learn, share and discuss ways of meeting the challenges of breast cancer. Please call 703-664-7488 to register. Meeting is in conference room C on the second floor. Park at yellow entrance and signs will be posted for directions to conference room C.

Fighting Cancer With A Fork

IAH-CCC, Wed, Jun 11, 1-2pm

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 or call 703.698.2526.

Listen to the Whispers through Writing, Word Art and Journal Making

IAH-CCW, Tue, Jun 24, 11am-1pm

Come hear what the wise voice inside you, the one we so often ignore, has to say, and be amazed by your own insights. Then honor your thoughts and words by embellishing them in a variety of artistic ways. We'll make collages that enhance your words and journals to keep them in. No writing or artistic ability required. Facilitators: Cancer Survivor and Writer Michelle Berberet, MCRP, and Christine Makris. Limited space; please register.

Prostate Cancer Support Group

IAH-CCW, Tue, Jun 17, 6-7:30pm

Please note time change! Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitator: David McGinness, LCSW, 703-698-2529.

Women Living with Cancer

IAH-CCC, Tue, Jun 24, 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.

Young Women with Breast Cancer

IAH-CCW, Tue, Jun 10, 6:30-8pm

A group for individuals in their 20s, 30s and 40s with non-metastatic breast cancer. For more information, or if attending for the first

time, group facilitator Shara Sosa, LCSW, 703-698-2522 and and Maureen Broderick, LCSW.

FAIR OAKS

Register for classes and groups 48 hours in advance via www.lifewithcancer.org.

Ask the Expert: Advances in Cancer Prevention and Early Detection.

3580-Aud, Wed, Jun 18, 5-6pm

In conjunction with Inova Health System, this month's Ask the Expert will explore Advances in Cancer Prevention and Early Detection. Join our expert physician panel, Drs. Michael Hardy (Urologist), Daniel Otchy (Colorectal Surgeon) and Hernan Vargas (Breast Surgical Oncologist), to learn about the tremendous strides in cancer prevention, screening recommendations and newest treatments. Our panel will also share information on integrative health approaches to maintaining a healthy lifestyle proven to be helpful in cancer prevention and/or after a cancer diagnosis. Please register at www.inova.org/AskTheExpert or call 1.855.My. Inova (1.855.694.6682).

Fighting Cancer with a Fork

3580-001, Tu, June 17, 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 or call 703.698.2526.

Stronger Body After Cancer

3580-D, Mon, Jun 2-July 21, 7-8pm

When cancer treatments finish, survivors often find themselves asking "How do I begin to get back to the gym or a regular exercise routine?". This 8 week 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. Important to attend all 8 or most sessions. Appropriate for all athletic capabilities. Instructor, Jennifer Nagy, AFPA certified trainer. RSVP 703-698-2526 or register online www.lifewithcancer.org. Questions? Call Sage Bolte, 703-391-3719.

Tai Chi and Qi Gong for Health and Wellness

3580-A, Fri, Jun 6-27, 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 as class size is limited. Attendance for all classes is encouraged. Dress comfortably and bring

a water bottle. Class builds on learned information each week, so attending all classes is best.

Understanding Chemobrain IFOH-3, Tue, Jun 10, 12:30-2pm

It's true. You are 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 Life with Cancer's Oncology Nurse Educator, Lynn Magrum, MSN, CANP. Register by preceding day and if registration must be cancelled, please call ASAP, 703-698-2526.

BREAST CANCER

Breast Cancer Support Group 3580-001, Wed, Jun 11, 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 meet other women, gather information and learn how to best navigate survivorship. Facilitated by an oncology nurse navigator and social worker. Register online at www.lifewithcancer.org, or call 703-698-2526.

Living with Breast Cancer: Exercise

3580-001, Mon, Jun 2-30, 5:30-6:15pm

Give breast cancer the one, two punch by combining exercise and education to strengthen and empower you. Learn to increase strength and flexibility after surgery and to restore mind / body balance. Wear comfortable, loose clothing and complete a waiver (available online) before or upon arrival in class. Physician approval is required if you have had surgery within six-weeks. Attendance in all five sessions will provide maximum benefit. Stay for the educational seminar directly following.

Living with Breast Cancer: Education

3580-001, Mon, Jun 2-30, 6:30-8pm

Give breast cancer the one, two punch by combining exercise and education to strengthen and empower you. Topics include: 6/2 Breast Cancer Development and Radiation therapy with Dr. Ashish Chawla; 6/9 Adjuvant Therapy with Dr. Mary Wilkin-son; 6/16 Genetics Counseling with Tiffani DeMarco and Managing Treatments Side Effects with Molly Kiesel, RN; 6/23 Nutrition with Eric Cohen, RN; 6/30 Lymphedema with Kathy Webster, PT, and Intimacy/Survivorship with Maureen Broderick, LCSW. Questions? Call 703-391-4180. Attendance at all 5 sessions is recommended. Come for the exercise session directly preceding.

SUPPORT GROUPS

Living with Advanced Disease IFOH-1, Fri, Jun 13 & 27, 12-1:30pm

This group is for people who are exploring ways to learn to live with any type of 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. Please call 703-391-4673 for more information. Registration encouraged.

LOUDOUN

Register for classes and groups 48 hours in advance via www.lifewithcancer.org.

Art for Wellness

ILPO-1, Tues, June 24, 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. Art Therapist, Sarah Huffman. Registration required.

Boosting Your Immunity Against Cancer and Chronic Disease

44084 RP, Thu, Jun 12, 6:30-8pm

Lauri Bosserman, RN, CHHC, AADP will define and identify the physiological impact of inflammation on our bodies and explain how inflammation plays a role in illness. Through awareness, good nutrition and lifestyle changes you can make healthier choices and reduce inflammation and impact your immune system in a positive way. Registration is required; less than five registrants and program cannot be held.

Gentle Yoga with Debbie

44084 RP, Tuesday, June 3-24, 12:30-1:45pm

Learn movements to stretch, strengthen and relax muscles, seated in a chair or on the floor.

Grupo de Tejido y Crochet

ILPO-I, jueves, 19 junio, 10 julio y 7 agosto, 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.

Knitting & Crocheting Circle

ILPO-I, Thu, Jun 19, July 10 & Aug 7, 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.

Look Good... Feel Better

ILH-R, Sat, Jun 21, 10am-12:00pm

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. New participants will receive a personalized make-up kit based on skin tone. Co-sponsored with American Cancer Society. Please register online or with Karen Archer, 703-858-8857 or karen.archer@inova.org.

Reiki for Relaxation

ILH-R, Thu, Jun 26, 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.

Oncology Massage and Body Work

Life with Cancer – Loudoun County
44084 Riverside Pkwy, Lower Level, Ste. 400
Leesburg, VA 20176

Tuesdays and Some Saturdays by Appointment

- Call 703-698-2526 to schedule or cancel 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
- Physician approval is required; ask for written permission at your next appointment
- \$50 / 1-hour session. Cash or check payable to massage therapist; sorry, no credit cards

*** 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**

Tai Chi and Qi Gong - PLUS
44084 RP, Mon, Jun 2-23, 2-3:30pm
 Restore physical and emotional balance and connect with your inner healing forces, PLUS add a fitness routine. Blending gentle movement, breathing and deep relaxation this class will help to release stress, calm the nervous system, strengthen the body, increase stamina and flexibility while helping the body detoxify. Last 30 minutes will focus on fitness. Attendance at all 6 sessions is recommended for greatest benefit. Registration is required.

SUPPORT GROUPS

Advanced Breast Cancer Support Group
ILH-R, Mon, Jun 23, 6:30-8pm
 For those who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time. Register via www.lifewithcancer.org.

Brain Tumor Support Group
ILH-R, Tue, Jun 17, 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. Please register if attending for the first time. Register 48 hours in advance via LWC website or call 703-858-8857.

Breast Cancer Support Group
ILH-R, Mon, Jun 23, 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.

Caregiver Connection
ILH-R, Mon, Jun 9, 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. Please register by preceding Friday via www.lifewithcancer.org. Facilitator: Sandra Weller, LCSW, OSW-C.

Loudoun Prostate Cancer Support Group - Men Helping Men
LCSC, Tue, Jun 10, 6-8pm
 Meet with others diagnosed with prostate cancer and their adult family members to share experiences and to learn from one another in these monthly meetings. Registration is not required.

Lung Cancer Treatments and Clinical Trials Presentation by Dr. Alex Spira
FC, Mon, Jun 9, 6:30-8pm
 Dr. Alex Spira, Medical Oncologist with Virginia Cancer Specialist will present on current lung cancer treatments and clinical trials. Get up-to-date medical information in both these areas and have an opportunity to ask questions. Registration is imperative! For those patients in Loudoun County, there will be an opportunity to view this presentation live through a computer broadcast. You will be notified of that location closer to the time of the presentation. For further information contact Sandra Weller, LCSW, OSW-C 703-858-8466 or sandra.weller@inova.org. Register via lifewithcancer.org or call 703-698-2526.

Lung Cancer Support Group
ILPO-I, Mon, Jun 16, 6:30-8pm
 Join other patients, survivors and family members to discuss the challenges of living with cancer and its treatments; Facilitators: Sandra Weller LCSW, OSW-C and Renee Dean RN, BSN, OCN. Contact Sandra Weller for more information 703-858-8466.

CHILDREN, TEENS, PARENTS

Curious About Cancer: All Day Program
44084 RP, Tues, Jun 17, 10am-4pm
 Children ages 5-12 are invited to spend the day learning about cancer through age appropriate discussion, activities and art therapy, and finding ways to manage the emotions and changes that come when someone in the family has cancer. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.



Spring into Action to Help Us Blossom and Grow!

Yes! I understand that Life with Cancer is primarily community supported and I want to help. I am enclosing the following gift:

\$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*



JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>1</p> <p>1:30pm Ostomy Support Group of N. Virginia (PCC)</p> <p>2</p> <p>1pm Shimmering Voice on Deep Ocean... (FC) 2pm Level II Exercise: Chair-Based (FC) 2pm Tai Chi and Qi Gong (44084 RP) 3pm Level III Exercise: Keeping Fit (FC) 5:30pm Living with Breast Cancer: Exercise (3580-001) 6:30pm Living with Breast Cancer: Education (3580-001) 7pm Stronger Body After Cancer (3580-D)</p>	<p>3</p> <p>12pm Brain Tumor Support Group (FC) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Young Women with Breast Cancer Support Group (FC) 6:30pm Planning Ahead (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba - Bilingual (FC) 7pm Zumba! (FC) 7:15pm Good Grief for Adults (FC)</p>	<p>4</p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Support Group (IFHC)</p>	<p>5</p> <p>1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC)</p>	<p>6</p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 1:30pm Tai Chi and Qi Gong (3580-A)</p> <p>7</p> <p>8</p>
<p>9</p> <p>2pm Tai Chi and Qi Gong (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 5:30pm Living with Breast Cancer: Exercise (3580-001) 6:30pm Caregiver Connection (ILPO-I) 6:30pm Lung Cancer Treatment... Dr. Alex Spira (FC) 6:30pm Living with Breast Cancer: Education (3580-001) 7pm Stronger Body After Cancer (3580-D) 7pm Caregiver Connection (FC) 7pm Reiki for Relaxation (FC) 7pm Look Good...Feel Better (FC)</p>	<p>10</p> <p>10:30am Spirituality Quest : Tibetan Bowls (FC) 12:30pm Understanding Chemobrain (IFOH-3) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Loudoun Prostate Cancer Support Group (LCSC) 6:30pm Planning Ahead (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7:15pm Good Grief for Adults (FC) 7:30pm Prostate Cancer Group: Radiation Therapy (FC)</p>	<p>11</p> <p>10:30am Drumming for Well Being (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:15pm Curious about Cancer (FC) 5:30pm Head and Neck Cancers Group (IFHC) 5:30pm Breast Cancer Support Group (3580-001) 6pm Breast Cancer Support Group (IMVH-CC) 6:30pm Good Grief Dinner for Teens (FC) 6:30pm Latinos Unidos (AFC)</p>	<p>12</p> <p>10am What to Expect During Chemo (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 6:30pm Boosting Your Immunity ... (44084 RP) 7pm Blood Cancer's Group- Special Speaker! (FC)</p>	<p>13</p> <p>Coalesce (FC) 8am National Conference on Work and Cancer 10:15am Restorative Yoga with Judi (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Tai Chi and Qi Gong... (3580-A)</p> <p>14</p> <p>10am Carcinoid (neuroendocrine) Cancer Group (FC) 10am Cutaneous Lymphoma Group (FC)</p> <p>15</p>
<p>16</p> <p>10am Curious About Cancer: All Day Program (ILH-R) 12pm Art for Wellness and Growth (FC) 2pm Level II Exercise: Chair-Based (FC) 2pm Tai Chi and Qi Gong - Loudoun (44084 RP) 3pm Level III Exercise: Keeping Fit (FC) 5:30pm Living with Breast Cancer: Exercise (3580-001) 6:30pm Living with Breast Cancer: Education (3580-001) 6:30pm Lung Cancer Support Group- Loudoun (ILPO-I) 7pm Stronger Body After Cancer (3580-D)</p>	<p>17</p> <p>11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (3508-001) 5:30pm Brain Tumor Support Group-Loudoun (ILH-R) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Prostate Cancer Support Group (IAH-CCW) 6:30pm Planning Ahead (FC) 7pm Zumba! (FC) 7pm Zumba - Bilingual (FC)</p>	<p>18</p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5pm Ask the Expert: Advances in Cancer Prevention and Early Detection (3580-Aud) 5:30pm Breast Cancer Support Group (IFHC)</p>	<p>19</p> <p>11am Writing Your Memoirs and Life Stories (FC) 11am Grupo de Tejido y Crochet (ILPO-I) 11am Knitting & Crocheting Circle (ILPO-I) 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) 5:30pm Fighting Cancer with a Fork (FC) 6pm Colo-rectal Cancer Group (FC) 7pm Seminars for Survivors: Cancer and Your Cash (FC)</p>	<p>20</p> <p>Coalesce (FC) 1:30pm Tai Chi and Qi Gong for Health and Wellness (3580-A)</p> <p>21</p> <p>10am Look Good...Feel Better (ILH-R)</p> <p>22</p>
<p>23</p> <p>2pm Tai Chi and Qi Gong - Loudoun (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Support Group (ILH-R) 5:30pm Living with Breast Cancer: Exercise (3580-001) 6:30pm Living with Breast Cancer: Education (3580-001) 6:30pm Latinas Unidas (FC) 6:30pm Advanced Breast Cancer Sppt. Grp (ILH-R) 7pm Stronger Body After Cancer (3580-D)</p>	<p>24</p> <p>11am Listen to the Whispers... (IAH-CCW) 1pm Art for Wellness (ILPO-I) 2pm Women Living with Cancer (IAH-CCC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6:30pm Planning Ahead (FC)</p>	<p>25</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 Reiki for Relaxation (FC) 5:30pm GYN Cancers Group (FC) 6:30pm Pain Management (FC) 7pm Reiki for Relaxation (FC)</p>	<p>26</p> <p>10am What to Expect During Chemo (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Laughter Yoga (FC) 6pm Pediatric Oncology Parent Night: Father Son Night (FC) 6:45pm Reiki for Relaxation (ILH-R) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)</p>	<p>27</p> <p>Coalesce: An Advanced Breast Cancer Support Group (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Tai Chi and Qi Gong for Health and Wellness (3580-A)</p> <p>28</p> <p>29</p>
<p>30</p> <p>2pm Level II Exercise: Chair-Based (FC) 5:30pm Living with Breast Cancer: Exercise (3580-001) 6:30pm Living with Breast Cancer: Education (3580-001) 7pm Stronger Body After Cancer (3580-D)</p>				