



# Life with Cancer<sup>TM</sup>

*Experience a Community of Hope*

NOVEMBER 2013

NOVEMBER HIGHLIGHTS

## About Life with Cancer<sup>TM</sup>

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.

## Orientation to LWC

**FC, Thu, Nov 7 & 21, 10-11am**

**FC, Mon, Nov 11 & 25, 6-7pm**

This class is intended for people who are new to Life with Cancer. 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.

## Planning Ahead:

### The Final Checklist

**FC, Tue, Oct 29-Nov 19, 6:30-8pm**

A special four-week series offering information to help you understand end-of-life issues and how to develop strategies to ensure that your or your loved one's affairs are in order. Speakers include LWC staff, a legal representative and a funeral home representative to review topics such as "The Circle of Life," "Planning Ahead with Practical and Legal Issues," "Creating and Crafting Your Legacy," "Planning a Service of Remembrance and Thanksgiving". Attendance for each session is recommended. Please register. For more information and specific content of each session, go to the class registration and calendar page at [www.lifewithcancer.org](http://www.lifewithcancer.org).

## Life with Cancer Marketplace

**FC, Nov 20, 10am-2**

The Lobster Extravaganza Committee is hosting the 3rd annual Marketplace featuring our favorite vendors: Pampered Chef; Silpada; Tupperware; Thirty-One Bags; Stella and Dot; Tastefully Simple and

More! Sales from this event will help stock silent auction baskets for our 2014 Lobster Extravaganza! Get a jump on holiday shopping, meet up with friends, enjoy lunch provided by Glory Days Grill and support Life with Cancer!

## Elements of Mind-Body

**FC, Wed, Oct 23-Nov 13, FC**

This is a four-week series to learn about a variety of mind-body techniques including, Week 1. Stress Response and Breathwork, Week 2. Eating and Movement, Week 3. Biofeedback and Guided Imagery, Week 4. Body Scan, Progressive Muscle Relaxation and Mandalas. Attend one or attend all. Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Micheline Toussaint, LCSW, RYT.

## Evensong: The Blessings of Silence amidst the Bustle of the Holidays

**FC, Mon, Dec 9, 12-2pm**

Explore the blessings of silence, of listening within, even as we enter the busy flurry of the holiday season. 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 over twenty-five years experience, specializes in relational and biblio/poetry therapies with a holistic perspective. Space limited; please register by Friday, Dec. 6.

## Fourth Annual Shine a Light on Lung Cancer

**FC, Thu, Nov 14, 6:30-8:30pm**

Please join us for this special event in honor of National Lung Cancer Awareness Month. The Inova Thoracic Oncology Program and Life with Cancer, in collaboration with the Lung Cancer Alliance, are hosting a free lung cancer awareness discussions on current research in lung cancer presented by Director of Inova Cancer Research, John Deeken, and current surgical options presented by Thoracic Surgeon, Sandeep Khandhar, MD. Greta Kreuz, Reporter and Anchor for ABC-7/WJLA and Lung Cancer Survivor will be our special guest. Registration is required. For more information and to RSVP, contact Carrie Friedman, RN, Inova Thoracic Oncology Navigator at 703-776-3777.

## Location Key

<b>3700 B</b>	Fair Oaks Medical Plaza, Conference Room B, 3700 Joseph Siewick Drive, Fairfax, VA, 22033
<b>44084 RP</b>	44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA, 20176
<b>AFC</b>	Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204
<b>APS:</b>	Art Pottery Studio, 4810 Tabard Place, Annandale, VA, 22003
<b>CUMC-1</b>	Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
<b>CUMC-2</b>	Crossroads United Methodist Church, 43454 Crossroads Drive, Ashburn, VA
<b>FC</b>	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031
<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-E&amp;T, 1&amp;2:</b>	Inova Alexandria Hospital- Education & Training Rooms 1&2, Alexandria, VA
<b>IFHC:</b>	Inova Fairfax Hospital for Children- Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
<b>IFOH-1</b>	Inova Fair Oaks Hospital- Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA
<b>IFOH-3</b>	Inova Fair Oaks Hospital- Conference Room 3, 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>JCCGW</b>	JCC of Greater Washington, 6125 Montrose Road, Rockville, MD 20852, 301-348-3713
<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

## Chocolate Therapy for the Holidays

**FC, Thu, Nov 21, 6:30-8:30pm**

Pampering yourself with chocolate must be the best therapy. In this hands-on workshop you will learn how to make two different kinds of Belgian chocolates. If you have a nut allergy, please do not register for this class. Facilitator: Robbin Warner, Belgian-trained chocolatier and cancer survivor. Space limited and preference given to those not previously in attendance. Please register by Mon. 11/18.

## Drumming for Well Being

**FC, Fri, Nov 22, 11:30am-1pm**

Come share the beat! Therapeutic drumming can promote wellness and empowerment. No experience necessary and all instruments are provided. Group facilitated by Paul Clark, PhD, LCSW, Drucilla Brethwaite, LCSW, OSW-C and Veronica Martinez, RN, MS. Please register by preceding Wednesday. For more information, contact Drucilla at 703-698-2538 or drucilla.brethwaite@inova.org.

## Handling the Holidays After the Death of a Loved One

**FC, Wed, Nov 13, 7-8:30pm**

If your family has been changed by the death of a loved one this year, you may be anticipating the holiday season with anxiety and sadness, feeling separate from the joy and celebration of others. Meet for mutual support and discussion on handling holiday traditions, tips on getting through the season, and an overview of the grief process. Facilitated by Drucilla Brethwaite, LCSW. Please register by Friday, Nov. 15.

## Walking the Labyrinth

**PCC, Fri, Nov 8, 10:30am-12pm**

Walking the Labyrinth can be a means of releasing stress, meditating, praying, finding insight and connecting with one's spiritual self or inner wisdom. Join us as we learn about labyrinths from a labyrinth facilitator and then walk in the company of Life with Cancer friends. Please register 48 hours in advance. Register for "Spirituality Quest Group" to participate in this class.

## Yoga Nidra

**FC, Mon, Nov 18-Dec 2, 7-8:15pm**

Yoga Nidra is a deep relaxation technique that can bring about deep healing, reduced levels of stress, mental clarity, and peace of mind. Come treat yourself to this beautiful experience! In addition to physical benefits, we have the opportunity to be present with "what is" and develop increased mental focus and emotional tolerance. This practice is very different from a muscle-focused yoga practice and is a wonderful addition to any holistic health practice. Instructor: Dawn Curtis, ERYT 500. Space limited. Please register by Friday, Nov. 15.

## FAIRFAX/FALLS CHURCH

### GENERAL INTEREST CLASSES AND GROUPS

## Caregiver Connection

**FC, Mon, Nov 11, 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. Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Lynn Magrum, MSN, CANP.

## Dancing to Wellness

**FC, Wed, Nov 6 & 20, 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.

## Look Good...Feel Better

**FC, Mon, Nov 11, 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.

## Mah Jongg with Marion

**FC, Mon, Nov 4, 1-3:30pm**

Class continues for those already registered.

## Need Sleep?

**FC, Thu, Oct 17-Nov 7, 7-8:30pm**

Class continues for those already registered.

## Ostomy Support Group of Northern Virginia

**PCC, Sun, Nov 3, 1:30-3:30pm**

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

## Stem Cell – BMT Group

This group meets quarterly. Next meeting will be in December.

## Tools for Couples

This four-week series will be offered in January. Meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness.

## Understanding Lab Values

**FC, Wed, Nov 20, 7:15-8:30pm**

Hgb, Plt, ANC. What do all these letters and numbers actually mean? What is normal? How

can my abnormal lab values be corrected? How important are these labs to me and my doctor? These are a few questions that many have when looking at their lab values. Join Lynn Magrum, MSN, CANP, AOCN, who will help bring clarity to what can be very confusing topic.

### **What to Expect during Chemo** **FC, Thu, Nov 7 & 21, 11am-12:30pm**

If you are about to start, or recently started chemotherapy, this class is for you. An oncology nurse educator will explain medical terms, what to be aware of, do's and don'ts, and tips to optimize your quality of life throughout treatment. Same class is offered every Friday. Facilitated by Lynn Magrum, MSN, CANP. Registration is required.

### **Young Adult Group** **FC, Thu, Nov 21, 7:30-9pm**

Note: Group will meet on the 3rd Thursday in November due to Thanksgiving holiday. 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. Facilitator: Sage Bolte, PhD, LCSW, OSW-C. Please register.

## **MIND-BODY WELLNESS: EXPRESSIVE ARTS**

### **Art for Wellness and Growth**

**FC, Mon, Nov 18\*, 12-3pm**

**FC, Thu, Nov 21\*, 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. Artistic ability is NOT necessary - just a willingness to explore, have some fun and be part of a supportive, creative community. Facilitator: Art therapist, Jean McCaw, MA, ATR-BC. Registration required.

### **Knitting and Crocheting Circle**

**FC, Tue, Nov 5, 7-8:30pm**

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

### **Quilting with Sandi**

**FC, Tue, Nov 26, 1:30-3:30pm**

Come and learn the art of quilting from one of the masters! Master quilter Sandi Goldman will

teach some basic hand-piecing and quilting techniques in this monthly program to get you started or keep you going. Please register by preceding Friday.

### **Writing Your Memoirs and Life Stories**

**FC, Tue, Oct 8-Nov 12, 2:30-4pm**

Class continues for those already registered.

## **MIND-BODY WELLNESS: FITNESS**

### **Level I Exercise: Launching into Fitness**

**FC, Tue, Nov 12-Dec 10\*, 1-1:45pm**

*\*No meeting Nov 26.* Those new to LWC's exercise program are invited to attend this four-week introductory exercise series. The classes will help to assess your fitness level. Participation in at least two classes is required 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. Instructor: ACSM Certified Cancer Exercise Trainer Susan Gilmore.

### **Level II Exercise: Chair-Based**

**FC, Wed, Nov 13-Dec 18\*, 2-2:45pm**

**FC, Mon, Nov 18-Dec 16, 2-2:45pm**

*\*No meeting Nov. 27.* LEVEL I EXERCISE IS A PREREQUISITE. This five-week exercise 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. May attend EITHER or BOTH Monday and Wednesday sessions, but MUST REGISTER SEPARATELY. Instructor: Susan Gilmore, ACSM Certified Cancer Exercise Trainer.

### **Levels III & IV Exercise: Keeping Fit & Fitness Fusion Combo**

**FC, Mon & Wed, Nov 13-Dec 18, 3-4pm**

LEVELS III and IV are joining together for six-weeks 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.

### **Zumba**

**FC, Tue, Nov 5 & 19, 7-8pm**

Zumba involves dance and aerobic elements. Its movements are inspired by hip-hop, samba,



**Life with Cancer™ en Español**

### **Vamos Adelante- Conferencia para Sobrevivientes Hispanos** **FC, Sat, Nov 23, 8am-4:30pm**

Inova Life with Cáncer, la Sociedad de Leucemia y Linfoma y la Sociedad Americana del Cáncer te invitan a esta conferencia regional gratis para hispanos sobrevivientes de cáncer. Mejora tu calidad de vida informándote sobre necesidades médicas, salud emocional y intimidad con expertos de nuestra comunidad Latina. Registración Mandataria llamando al 855-MY-INOVA (855-694-6682).

### **Latinos Unidos**

**AFC, Wed, Nov 13, 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 mas información, llamar a David McGinness 703-698-2529.

### **Zumba - Bilingual**

**FC, Tue, Nov 5 & 19, 7-8pm**

For English language participants too! 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 mas 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.*

## *Shop for a Cause - Bloomingdale's, Tysons Corner*

**November 14, 2013, 6 pm**

Bloomingdale's will donate 10% of the evening's purchases to Life with Cancer. Enjoy delectable nibbles and refreshments from local restaurants including a cooking demonstration by Austin Fausett, Executive Chef, Trummer's on Main. Beat the holiday rush and enjoy special savings.





salsa, meringue, mambo and martial arts. If you love to dance, you will love Zumba. Register online under Zumba-Bilingual.

## MIND-BODY WELLNESS: MEDITATION

### **Guided Meditation with Jenn Fay** **FC, Thu, Nov 7-21, 2-3pm**

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

### **Meditation and Guided Imagery with Micheline**

#### **FC, Wed, Nov 13 & 20, 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. Note: only two meetings in August!

## MIND-BODY WELLNESS: NUTRITION

### **Cooking for the Health of it: Simple Sweet Treats**

#### **FC, Thu, Dec 5, 12-1pm**

'Tis the season to indulge! The great news is we can indulge in sweet treats that are actually good for us too. We will feature two sweet treats that will leave you feeling good about the food you just ate! Plus, learn some easy healthful tips for creating balance during the holidays with Vanessa Spiller, cancer

survivor and certified Nutrition and Wellness consultant. Space is limited; registration necessary by Tuesday, Dec. 3.

### **Fighting Cancer with a Fork** **FC, Mon, Nov 18, 5:30-7pm**

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 Friday.

### **Nutrition to Nourishment this Holiday Season**

#### **FC, Mon, Nov 11, 2:30-4pm**

Keep stress down as the holidays approach! Learn how to nourish your body during stressful times through food and mindful practices in your daily life. By keeping your body clean and less stressed, you improve your immune system and balance your emotions even when the holidays bring visitors, special meals and expectations. Your presenter, Anu Kaur, MS, RDN, RYT, is a Registered Dietitian Nutritionist and Certified Wellness Coach. Celebrate with mindfulness this holiday season. Please register by Wednesday, 11/8.

### **Integrative Nutrition and Cancer** **FC, Tue, Nov 5, 12-1:30pm**

Special Speaker: Eric Cohen, RN, MS, OCN on *Integrative Nutrition and Cancer*. 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 (this presentation is doubling as a meeting for the Brain Tumor Support Group; All are welcome.

## MIND-BODY WELLNESS: SPIRITUALITY

### **Spiritual Support Group** **CUMC-1, Thu, Nov 21, 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** **PCC, Fri, Nov 8, 10:30am-12pm**

We will meet at a different time this month so that we can take advantage of a special activity. Please join us as labyrinth facilitator, Judi Hangen, explains how walking the labyrinth can be a significant means of releasing stress, meditating, praying, finding insight and connecting with one's spiritual self or inner wisdom. We will then walk the labyrinth in the company of LWC friends. Please register by the preceding day.

## MIND-BODY WELLNESS: YOGA

### **Gentle Yoga with Jenn Fay** **FC, Thu, Nov 7-21, 1-2pm**

Help yourself and reduce your stress over the holidays - 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 full, preference given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT. Please register by Tuesday, November 5.

### **Restorative Yoga with Judi** **FC, Fri, Nov 8-22, 9:45-11am**

This practice is designed to balance the nervous system and release tension from the body and mind. Restorative yoga uses 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 restorative poses to deepen your practice. This class is appropriate for everyone but has limited space available; you may come to one or all sessions, but please register separately for each class. Instructor: Judi Eskovitz, RYT.

## MIND-BODY WELLNESS: REIKI /TAI CHI /QI GONG

### **Qigong for Mindful Stress Release**

#### **FC, Mon, Nov 4, 6:45-8pm**

Learn gentle Qigong movements and breath practices to help you de-stress, relax, and support your healing process. Take this opportunity to try out Qi Gong, and see

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

**Mon. –  
Fri.**

**Life with Cancer  
Family Center**

8411 Pennell Street,  
Fairfax, VA 22031

**Tues.,  
& Sat.**

**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

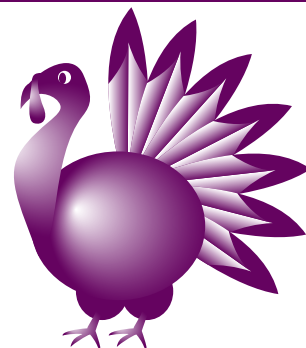
*\*Please note: If you are absent for your appointment more than 3 times without calling in advance, we will no longer be able to schedule appointments for you.*

# 25<sup>th</sup> Annual Virginia Run Thanksgiving Day Turkey Trot—5k run/2k walk

Thursday, November 28, 8:00 am

Get a healthy start to Thanksgiving Day by signing up you, your family and friends for the 25th annual Virginia Run 5K run or 2K Fun Walk presented by Mitchell Eye Institute. All proceeds from the Virginia Run Turkey trot benefit "Life with Cancer," an Inova Health System non-profit program for cancer patients and their families. The Turkey Trot has donated over \$850,000 to Life with Cancer. Last year over 4500 people participated in the event and \$95,000 was raised for Life with Cancer. For more info about Life with Cancer please visit the LWC Website.

To register go to: <https://runsignup.com/Race/VA/Centreville/2013VirginiaRunThanksgivingDayTurkeyTrot>



what it can offer you, with longtime QG instructor Pauline Reid. Please register by preceding Friday.

## Reiki for Relaxation

FC, Mon, Nov 11, 4:30, 5:30pm & 7pm

FC, Thu, Nov 21\*, 4:30, 5:30pm & 7pm

\*Different weekday this month. 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.

## BREAST CANCER

### Breast Cancer Support Group

IFHC, Wed, Nov 6 & 20, 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\*. For information, call Corinne Cook at 703-776-2813.

### Coalesce: An Advanced Breast Cancer Support Group

FC, Fri, Nov 1-22, 00pm

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, Nov 5, 12 & 19, 5:30-6:45pm

Class continues for those already registered.

### Young Women with Breast Cancer Support Group

FC, Tue, Nov 5, 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.

## DIAGNOSIS-SPECIFIC

### Blood Cancers Group

FC, Thu, Nov 14, 7-8:30pm

This group features topics of interest to individuals with leukemia or lymphoma and their support people. Special Guest Speaker: TBD. 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. Please register by preceding Tuesday. For more information contact, Drucilla at 703.698.2538 or drucilla.brethwaite@inova.org.

### Brain Tumor Group

FC, Tue, Nov 5, 12-1:30pm

Special Speaker: Eric Cohen, RN, MS, OCN on *Integrative Nutrition and Cancer*. 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, Nov 16, 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. Questions? Call Bea Lehming, 703-255-0519.

### Colo-Rectal Cancer Group Meeting

This group meets quarterly. Our next meeting will be in December.

### Cutaneous Lymphoma Support Group

FC, Wed, Nov 6, 7-8:30pm

This group is for individuals with cutaneous lymphoma, and their support partners. Patients with all forms and stages of this cancer are welcome to attend our monthly meetings (first Wednesdays) to meet and connect with others who share this disease. For more

information visit [www.clfoundation.org/clf-dc](http://www.clfoundation.org/clf-dc). Please register by November 4: <http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP>.

### GYN Cancers Group

FC, Wed, Nov 20\*, 5:30-7pm

\*Due to Thanksgiving holiday, group will meet on 3rd Wednesday this month. 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 Miranda Gingerich, RN, OCN\*.

### Hereditary Breast and Ovarian Cancer Support Network

Due to Thanksgiving holiday, we will not meet in November. Check December Calendar for next meeting.

### Head and Neck Cancers: Heads Up!

IFHC, Wed, Nov 13, 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 or click, 703-776-3731, [corinne.cook@inova.org](mailto:corinne.cook@inova.org).

### Shine a Light on Lung Cancer

FC, Thu, Nov 14, 6:30-8:30pm

See description on front page.

### Lung Cancer Support Group

In lieu of our monthly meeting, please join us on November 14, 6-8:30pm, for the 4th Annual Shine a Light of Lung Cancer Seminar. See front page for details.

### Melanoma Support Group

This group meets quarterly. The next meeting will be in December.

## Multiple Myeloma

**FC, Tue, Nov 19,  
11:45am-1:30pm**

Special speaker this month will be Julie Thoreson MS, RD, CSO addressing "Nutritious Eating during Stressful Times." There will also be time for patients and families to discuss, learn, and share the challenges of living with multiple myeloma. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the LWC website!

**GUEST  
SPEAKER!**

## Prostate Cancer Support Group

**FC, Mon, Nov 8\*, 7:30-9pm**

\*Please Note: This group will meet on Monday, Nov. 8 this month for a special guest and well known speaker Charles "Snuffy" Myers, MD who will present, "The Latest Developments of Prostate Cancer Treatments".

**GUEST  
SPEAKER!**

## Kid and Sib Day

**FC, Mon, Nov 4, 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. For more information call, Darah Curran, 703-776-8798.

## Good Grief Dinner for Teens

**FC, Wed, Nov 20, 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.

## Parenting Alone

**FC, Tue, Nov 12, 7-8:30pm**

Monthly meeting for parents who have lost a spouse or partner to cancer while raising children. Share thoughts, challenges and solutions, and hear from professionals who will share information and ideas you might find helpful. For more information and to register, please contact Darah Curran, LCSW, at 703-776-8798. or Darah.Curran@inova.org

## GRIEF, LOSS AND RECOVERY

### Good Grief for Adults

**FC, Tue, Sept 17-Nov 5, 7:15-9pm**

Class continues for those already registered. The next eight-week series is scheduled to begin in January 2014. For information contact Drucilla Brethwaite, LCSW, OSW-C, 703-698-2538 or drucilla.brethwaite@inova.org. 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.

## CHILDREN, TEENS, PARENTS

### Curious about Cancer

**FC, Wed, Nov 6, 13, 20, Dec 4, 11, 18,  
5:15-5:15pm**

Children ages 5-12 will 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. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

### Good Grief for Children

**FC, Tue, Nov 12-Dec 17, 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. For more information and to register contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

## ALEXANDRIA/MT. VERNON

### Advanced Cancer Group for Women

**IAH-CCC, Tue, Nov 12 & 26, 2-3:30pm**

This guided discussion group focuses on issues of interest to women with advanced cancers. Topics may include, dealing with difficult feelings, communicating with friends and family, identifying ways of coping and finding hope in the present. Early registration is preferred. Please contact facilitators Maureen Broderick, LCSW at 703-504-7921 or Shara Sosa, LCSW at 703-698-2522 for more information or to register.

### Breast Cancer Group

**IMV-Conf. Rm. C, Wed,  
Nov 13, 6pm-7:30pm**

Meet with Dr. David Weintritt and Nurse navigator Michele Reddick and other team members 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.

**NEW  
GROUP!**

### Young Women with Breast Cancer Support Group

**IAH-CCW, Tue, Nov 12, 6:30-8pm**

For women in their 20s, 30s and 40s with non-metastatic breast cancer. Facilitators: Shara Sosa, LCSW and Maureen Broderick, LCSW. Registration requested. If attending for the first time, please call 703-698-2522 or 703-504-7921.

## Look Good...Feel Better

**IAH-CCW, Thu, Nov 21, 10am-12pm**

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. To register at this location call Maureen Broderick, LCSW, 703-504-7921.

## Prostate Cancer Support Group

**IAH-CCW, Tue, Nov 19, 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.

## Fighting Cancer with a Fork

**IAH-CCC, Wed, Nov 13, 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 with Elizabeth

**IAH-HEC, Mon, Nov 4-Dec 16\*,  
6:15-7:30pm**

\*Note: No meeting on Nov 11. 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.

## FAIR OAKS

### Fighting Fatigue

**IFOH-3, Tue, Nov 12, 1-2:30pm**

Fatigue is the most common side effect to cancer treatment and can alter one's quality of life. Learn what research has taught us about the best approaches to lessening fatigue as well as some simple practices you can do at home that will make a difference. Presented by Deborah Cook, RN, BSN, OCN®, Oncology Patient Educator. Register by Monday, 11/11.

### Living with Advanced Disease

**IFOH-3, Fri, Nov 8 & 22, 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®.

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

**3700 B, Fri, Nov 15-Dec 27\*,  
1:30-2:30pm**

\*Skip Nov 29. 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, enhanced sleep and calmness. Dress comfortably and bring a water bottle. Class size is limited.

### **Tai Chi and Qi Gong for Health and Wellness**

**3700 B, Fri, Sept 20-Nov 8, 1:30-2:30pm**  
Class continues for those already registered.

### **Gentle Yoga with Ladan**

**3700 B, Tue, Sept 17-Nov 5, 10:30-11:30am**

Re-engage with your body through gentle movements to stretch, strengthen and relax muscles. Yoga will help to increase flexibility, improve circulation and concentration as it reduces stress. Registration required. Bring water bottle and dress comfortably. Attendance for all eight classes is encouraged, but not required.

## **LOUDOUN**

### **Breast Cancer Support Group I** **ILH-R, Mon, Nov 25, 5-6:30pm**

This group welcomes those newly diagnosed and/or starting treatment. Registration is requested if attending for the first time; Call Karen Archer to register, 703.858.8857.

### **Breast Cancer Support Group II** **ILH-R, Mon, Nov 25, 6:30-8pm**

This group welcomes those finished with treatment, who have a recurrence or metastatic breast cancer. Registration is requested if attending for the first time; Call Karen Archer to register, 703.858-8857.

### **Brain Tumor Support Group** **ILH-R, Tue, Nov 19, 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. To register contact Karen Archer at, karen.archer@inova.org or call 703-858-8857.

### **Fitness for Wellness**

**44084 RP, Mon, Nov 18-Dec 16, 10am-11:30pm**

Increase endurance, range of motion, flexibility, balance, energy level, muscle strength and reduce stress. Registration is required. Dress comfortably and bring water bottle. Attendance for all classes is encouraged for the maximum benefit.

### **Good Grief for Adults**

**ILPO-I, Thu, Sept 19-Nov 7, 7:15-9pm**  
Class continues for those already registered

### **Good Grief Dinner for Teens**

**CUMC-2, Thu, Nov 14, 7-8:30pm**

Meet other 13-18 year old teens who have lost a loved one to cancer to learn about the grief process, share what helps you and explore solutions to some of the challenges you face. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

### **Knitting & Crocheting Circle**

**ILPO-I, Thu, Nov 14, 11am-12:30pm**

Join our get-together for knitters and crocheters who are interested in practicing their craft in the companionship of others. If you are new to knitting and crocheting, experienced knitter and enthusiastic teacher, Mary Jane Escobar will gladly get you started. Bring your own project to work on or start a new one. Materials will be provided for beginners. Holidays are just around the corner!

### **Life Beyond Diagnosis**

**ILH-R, Sat, Nov 16, 10am-1pm**

A life coaching workshop for people who have been diagnosed with cancer, who are exploring their full life picture and creating their "new normal". Light refreshments. To register contact Karen Archer, MSW, karen.archer@inova.org or 703-858-8857.

### **Nutrition to Nourishment this Holiday Season**

**44084 RP, Thu, Nov 14, 12:30-2pm**

Keep stress down as the holidays approach! Learn how to nourish your body during stressful times through food and mindful practices in your daily life. By keeping your body clean and less stressed, you improve your immune system and balance your emotions even when the holidays bring visitors, special meals and expectations. Your presenter, Anu Kaur, MS, RDN, RYT, is a Registered Dietitian Nutritionist and Certified Wellness Coach. Celebrate with mindfulness this holiday season. Please register for this class by Wednesday, 11/13.

### **Man to Man**

**LCSC, Tue, Nov 12, 6-8pm**

A support group for men coping with prostate cancer, and their families. For more information call or click, 703-858-8857 or karen.archer@inova.org.

### **Reiki**

**ILH-R, Thu, Nov 21, 6:45-8pm**

To help you rebalance and recharge your body's energy systems while you relax to soothing music. Registration is required; please call Karen Archer, 703-858-8857.

### **Sounds of Meditation and Wellness**

**44084 RP, Thu, Nov 21, 6:30-7:30pm**

Sound is a powerful balancing of mind, body and spirit. It has been successfully used to reduce anxiety and stress and to create positive changes in both mood and emotional state. Experience how the calming sounds of Tibetan singing bowls can bring you deep relaxation and personal well-being. Facilitated by Karin Narusewicz.

### **Walking for Fitness**

**ILPO-I, Wed, Nov 6-20, 9:30-10:30am**

Enhance your fitness and enjoy the camaraderie of walking with others on paved paths in Lansdowne. Dress comfortably, bring a water bottle; pedometers will be provided. Class meets weekly (walk inside on rainy days). Registration is required.

### **Yoga: Gentle Yoga with Desiree**

**44084 RP, Tue, Nov 12-Dec 17, 10:30am-11:30am**

This series, appropriate for novices as well as those with yoga experience, will teach movements to stretch, strengthen and improve flexibility seated in a chair or on the floor. Instructor Desiree Polo. Registration required. Bring a water bottle and dress comfortably.

### **Yoga: Intermediate Gentle Yoga with Desiree**

**44084 RP, Tue, Nov 5-Dec 17, 6:30-7:30pm**

Yoga has many benefits with research showing better health outcomes. Yoga helps to increase flexibility, reduce anxiety and stress, enhance the immune system and support overall well-being. This class is designed for those who have previously attended the Gentle Yoga classes. This class will bring you to the next level. Dress comfortably and bring a water bottle. Registration is required. Instructor: Desiree Polo, RYT.

### **Survivors Offering Support 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 pamelacrum@inova.org

# NOVEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
 <b>Life with Cancer™</b> <i>Experience a Community of Hope</i>				<b>1</b> Coalesce, FC 10:30am Gentle Yoga with Ladan, 3700 B <b>2</b> <b>3</b> 1:30pm Ostomy Support Group, PCC
<b>4</b> Skyscapes Art Show through December, FC 10am Kid and Sib Day, FC 1pm Mah Jongg, cont'd, FC 6:15pm Gentle Yoga with Elizabeth, IAH-HEC 6:45pm Qigong for Mindful Stress Release	<b>5</b> 10:30am Gentle Yoga with Ladan, 3700 B 12pm Brain Tumor Group, FC 12pm Integrative Nutrition and Cancer, FC 2:30pm Writint your Memoirs & Life Stories, FC 5:30pm Yoga for Breast Cancer Survivors, FC 6pm Young Women with Breast Cancer, FC 6:30pm Planning Ahead, FC 6:30pm Intermediate Gentle Yoga, 44084 RP 7pm Knitting and Crocheting Circle, FC 7pm Zumba-Bilingual, FC 7:15pm Good Grief for Adults, FC	<b>6</b> 9:30am Walking for Fitness, ILPO-I 5:15pm Curious about Cancer, FC 5:30pm Breast Cancer Support Group, IFHC 7pm Cutaneous Lymphoma Support Group, FC 7pm Dancing to Wellness, FC	<b>7</b> 11am What to Expect..., FC 11am Orientation, FC 1pm Gentle Yoga with Jenn, FC 2pm Guided Meditation with Jenn, FC 7pm Need Sleep?, cont'd 7pm Good Grief for Adults, cont'd ILPO-I	<b>8</b> Coalesce, FC 9:45am Restorative Yoga, FC 10:30am Labyrinth, PCC 10:30am Spirituality Quest, PCC 1:30pm Tai Chi and Qi Gong, 3700-B 12pm Living with Advanced Disease, IFOH-3 <b>9</b> <b>10</b>
<b>11</b> 2:30pm Nutrition to Nourishment, FC 4:30, 5:30 & 7pm Reiki Appointments FC 6pm Orientation, FC 7pm Caregiver Connection, FC 7pm Look Good...Feel Better, FC 7:30pm Prostate Cancer Support Group, FC	<b>12</b> 10:30am Gentle Yoga with Desiree, 44084 RP 1pm Level I Exercise, FC 1pm Fighting Fatigue, IFOH-3 2pm Advanced Cancer Group for Women, IAH-CCC 2:30pm Writint your Memoirs & Life Stories, FC 5:30pm Yoga for Breast Cancer Survivors, FC 5:30pm Good Grief for Children, FC 6pm Man to Man, LCS 6:30pm Planning Ahead, FC 6:30pm Intermediate Gentle Yoga, 44084 RP 6:30pm Young Women with Breast Cancer, IAH-CCW 7pm Parenting Alone, FC	<b>13</b> 9:30am Walking for Fitness, ILPO-I 1pm Fighting Cancer with a Fork, IAH-CCC 2pm Level II Exercise, FC 3pm Level III & IV Exercise, FC 3pm Med & GI with Micheline, FC 5:15pm Curious about Cancer, FC 5:30pm Head and Neck Cancer Group, IFHC 6pm Breast Cancer Support Group, IMV 6:30pm Latinos Unidos, AFC 7pm Handling the Holidays, FC	<b>14</b> 11am Knitting and Crocheting Circle, ILPO-I 12:30pm Nutrition to Nourishment, 44084 RP 1pm Gentle Yoga with Jenn, FC 2pm Guided Meditation with Jenn, FC 6:pm Shop for a Cause, Bloomingdale's 6:30pm Shine a Light on Lung Cancer, FC 7pm Blood Cancers Group, FC 7pm Good Grief for Teens, CUMC-2	<b>15</b> Coalesce, FC 9:45am Restorative Yoga, FC 1:30pm Tai Chi and Qi Gong, 3700-B <b>16</b> 10am Carcinoid Cancer Group, FC 10am Life Beyond Diagnosis, ILH-R <b>17</b>
<b>18</b> 10:30am Fitness for Wellness, 44084 RP 2pm Level II Exercise, FC 3pm Level III & IV Exercise, FC 5:30pm Fighting Cancer with a Fork, FC 6:15pm Gentle Yoga with Elizabeth, IAH-HEC 7pm Yoga Nidra, FC	<b>19</b> 10:30am Gentle Yoga with Desiree, 44084 RP 11:45am Multiple Myeloma, FC 1pm Level I Exercise, FC 5:30pm Yoga for Breast Cancer Survivors, FC 5:30pm Good Grief for Children, FC 5:30pm Brain Tumor Group, ILH-R 6pm Prostate Cancer Group, IAH-CCW 6:30pm Planning Ahead, FC 6:30pm Intermediate Gentle Yoga, 44084 RP 7pm Zumba-Bilingual, FC	<b>20</b> 9:30am Walking for Fitness, ILPO-I 10am LWC Marketplace, FC 2pm Level II Exercise, FC 3pm Level III & IV Exercise, FC 3pm Med & GI with Micheline, FC 5:15pm Curious about Cancer, FC 5:30pm Breast Cancer Support Group, IFHC 5:30pm GYN Cancers Group, FC 6:30pm Good Grief for Teens, FC 7pm Dancing to Wellness, FC 7:15pm Understanding Lab Values, FC	<b>21</b> 10am Orientation, FC 10am Look Good...Feel Better, IAH-CCW 11am What to Expect..., FC 11am Knitting & Crocheting, ILPO-I 1pm Art for Wellness and Growth, FC 1pm Gentle Yoga with Jenn, FC 2pm Guided Meditation with Jenn, FC 4:30, 5:30 & 7pm Reiki Appointments FC 6:30pm Sounds of Meditation..., 44084 R 6:30pm Chocolate Therapy, FC 6:45pm Reiki, ILH-R 7pm Spiritual Support Group, CUMC-1 7:30pm Young Adult Group, FC	<b>22</b> Coalesce, FC 9:45am Restorative Yoga, FC 11:30am Drumming, FC 12pm Living with Advanced Disease, IFOH-3 1:30pm Tai Chi and Qi Gong, 3700 B <b>23</b> 8am Vamos Adelante..., FC <b>24</b>
<b>25</b> 10am Fitness for Wellness, 44084 RP 2pm Level II Exercise, FC 3pm Level III & IV Exercise, FC 5pm Breast Cancer Support Group I, ILH-R 6:30pm Breast Cancer Support Group II, ILH-R 6pm Orientation, FC 6:15pm Gentle Yoga with Elizabeth, IAH-HEC 7pm Yoga Nidra, FC	<b>26</b> 10:30am Gentle Yoga with Desiree, 44084 RP 1:30pm Quilting with Sandi, FC 2pm Advanced Cancer Group for Women, IAH-CCC 5:30pm Good Grief for Children, FC 6:30pm Intermediate Gentle Yoga, 44084 RP	<b>27</b> 2pm Level II Exercise, FC 3pm Level III & IV Exercise, FC	<b>28</b> Thanksgiving 8am Turkey Trot, see page 5 	<b>29</b> Coalesce, FC <b>30</b>