



# Life with Cancer®

NOVEMBER 2015

## HIGHLIGHTS

### Gathering for Sarcoma Survivors and Families FC, Thu, Nov 5, 6:30-8PM

Join us for a gathering of sarcoma survivors and families. Come for fellowship, food, and sarcoma updates with Felasfa M. Wodajo, MD, of Virginia Cancer Specialists.

### Proteomics and Personalized Medicine Today FC, Wed, Nov 11, 6:30-8pm

Lance Liotta, MD, PhD and Emanuel Petricoin III, PhD, Co-Directors of The Center for Applied Proteomics and Molecular Medicine who are leaders in researching the role of proteins in multiple myeloma, breast, brain, prostate, lung, ovarian, skin and colorectal cancers will provide an "Update of Where we are Today with Proteomics and Personalized Medicine." Join us for a most informative and insightful evening.

### Pancreatic Cancer Overview FC, Thu, Nov 19, 6:30-8pm

In 2015, about 48,960 Americans will be diagnosed with pancreatic cancer, men and women equally, and almost always after age 45. It barely makes the top 10 most common cancers in the U.S., but the need for education and support is great. Join Dr. Timothy Cannon who will present an overview of pancreatic cancer: its potential symptoms, diagnosis, treatment, tests, and available resources. Join us for this informative presentation. Please register by Nov 17.

### Drumming for Well-Being FC, Fri, Nov 20, 2-3pm

Therapeutic drumming can promote wellness and self-expression. It can boost the immune system, induce relaxation, reduce stress and increase focus and a sense of well-being. No experience necessary and all instruments are provided. Facilitators: Drucilla Brethwaite, MSW, LCSW, OSW-C and Jennifer Brothers, MSW Intern. Please register 24 hours in advance.

### Gratitude: A How-To Guide FC, Wed, Nov 11, 7-8pm

Gratitude brings joy, peace and connection to life. These, in turn, help with sleep, appetite and a more active immune system- a very positive path. But how do you get started when you or a loved one has a diagnosis of cancer? That is what this class is about. Different tools and techniques to help you with a personal practice of gratitude, designed just for you. Facilitator: Psychologist, Marc Shepanek.

### Infertility and Cancer I44084 RP, Wed, Nov 11, 6-7pm

Cancer treatments can affect the reproductive system and fertility. Dr. Andrea Reh, fertility preservation specialist will have an open discussion on fertility issues and cancer treatments. Q & A to address your concerns. Registration required.

PHYSICIAN  
SPEAKER

### Look Good...Feel Better FC, Mon, Nov 23, 7-9pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment. First time registrants will receive a makeup kit. Family members/friends should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

### Managing Holiday Havoc FC, Thu, Nov 19, 7-8:30pm

What...Holidays and Cancer? Meet to explore strategies to step back from the stress and chaos that holidays can bring to create a meaningful and more manageable season. Facilitator: Drucilla Brethwaite, LCSW, OSW-C.

### Mind Over Matter: How to manage your anxiety and/or depression before it manages you.

FC, Wed, Nov 4-Dec 9\*, 6:30-8pm

\*No class Nov. 25. This 5-session skill-based program teaches evidenced-based tools for managing strong feelings and emotions that often accompany a cancer diagnosis and treatment. Using cognitive behavioral and relaxation strategies, each of these professionally facilitated sessions build on the previous one. Attendance at all sessions is encouraged. Learn how a few basic skills can facilitate a greater sense of control, reduce anxiety, and promote healthier functioning. Facilitators: Licensed Oncology Therapists, Rebecca McIntyre, MA, M.Ed., LCSW, OSW-C and Micheline Toussaint, LCSW, RYT.

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### 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](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 [Mayra.Zepeda@inova.org](mailto:Mayra.Zepeda@inova.org) or call 703.698.2526.

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## Location Key

<b>44084 RP:</b>	44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
<b>ABEHC:</b>	Alexandria Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, VA, 22304
<b>CUMC-1:</b>	Christ United Methodist Church, Trailer 6- until August, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
<b>FC:</b>	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 <a href="http://www.lifewithcancer.org">www.lifewithcancer.org</a>
<b>FO-LWC:</b>	Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
<b>FO-Rad Onc:</b>	Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
<b>IAH-CCC:</b>	Inova Alexandria Hospital, Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA 22304
<b>IAH-CCW:</b>	Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
<b>IFMC:</b>	Inova Fairfax Medical Campus, 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 22033
<b>ILH-R :</b>	Inova Loudoun Hospital Radiation Oncology Center, 44035 Riverside Parkway, Ste 100, Leesburg, VA, 20176
<b>ILPO-I :</b>	Inova Loudoun Physicians' Offices I, 44055 Riverside Parkway, Suite 210, Leesburg, VA 20176
<b>IMVH-CC:</b>	Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
<b>LCSC:</b>	Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165
<b>Tysons Corner:</b>	Tysons Corner, 8405 Greensboro Drive, McLean, VA

## Mini Yoga Retreat FC, Sat, Nov 21, 9am-1pm

Join Jenn Fay, RScP, for a mini yoga retreat on "LifeForce Yoga: Creating a Daily Practice". Learn how to move energy and release it through LifeForce Yoga techniques. Please eat breakfast at least an hour before we begin. Light snacks will be available. Space is limited, so please register by Wednesday, Nov 4.

## Orientation to Life with Cancer FC, Thu, Nov 12, 11:30am-12:30pm

Take a tour and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day.

## Planning Ahead: The Final Checklist

### FC, Tue, Nov 10, 6:30-8pm

This month we'll focus on Estate Care Planning with lawyer, Chad Leitch, JD, who will discuss the benefits of estate planning, the need for advance directives, a will or trust, and how you can prepare these documents long before they are needed. All important and helpful information wherever you may be on your cancer journey. Knowledge is power! Join us.

## BREAST CANCER GROUPS & CLASSES

## Breast Cancer Education and Support

### IMVH-CC, Wed, Nov 11, 6-7:30pm

Current and former breast cancer patients are invited to learn, share and discuss ways of meeting the challenges of breast cancer. Please register. Facilitator: Oncology Nurse Navigator, Michele Reddick, RN, BSN.

## Breast Cancer Support Group ILH-R, Mon, Nov 23, 5-6:30pm

For women newly diagnosed, making decisions about treatment and currently in treatment. Please register. Facilitator: Elise Schneider, MSW, LCSW and Christine Stone, RN, MSN, OCN.

## Breast Cancer Support Group ABEHC, Mon, Nov 23, 6-7:30pm

Current and former breast cancer patients are invited to come gain support, share, and learn from others regarding living with breast cancers. Please register at [www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703.698.2526. Facilitator: Michelle Ferretti, MSW and Gerry Higgins, MSN, RN-BC, OCN.

## Breast Cancer Support Group FO-Rad Onc, Wed, Nov 11, 5:30-7pm

A support and education group for women diagnosed with early stage breast cancer within the past three years. Meet other women who are in the process of making treatment decisions, receiving treatment or navigating survivorship. Registration is required. Call 703.391.4673 if this is your first time coming. Facilitators: Maureen Broderick, MSW, LCSW and Gale Towery, RN, BSN, OCN, CBCN.

## Breast Cancer Support Group IFMC, Wed, Nov 4 & 18, 5:30-7pm

Learn, discuss and gain support from others who understand the concerns and challenges you face as a breast cancer survivor. The November 4th meeting will include information on different kinds of supplemental nutritional products. Co-facilitators: Corinne Cook, LWCW, OSW-C and Marsha Komandt, RN, BSN, OCN. For questions, call either Corinne at 703-776-2813 or Marsha at 703-698-2530.

## Breast Cancer Surgery Pre-Op Class FO-LWC, Wed, Nov 4, 12:30-2pm

### FO-LWC, Mon, Nov 16, 12:30-2pm

A Nurse Navigator will explain what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Family members/friends welcome. To register call 703.391.4673.

## Coalesce: An Advanced Breast Cancer Group

### FC, Fri, Nov 6-20, Call for Time

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

## Living with Breast Cancer: Education

### FC, Thu, Nov 5, 7-8:30pm

An oncology nurse navigator will present, "Exploring Survivorship Tools". Please register.

## Living with Breast Cancer: Exercise

### FC, Thu, Nov 5, 6-6:45pm

Learn aerobic exercises that will help increase strength, flexibility and restore mind/body balance after breast cancer surgery. Instructor: ACSM certified Cancer Exercise Trainer and LWC's Fitness instructor, Susan Gilmore. Please register.

## **Yoga for Breast Cancer Survivors FC, Tue, Nov 3 & 10, 5:30-6:45pm**

Learn yoga poses specifically for Breast Cancer patients/survivors. Wear comfortable clothing and bring a blanket and water bottle. Registration is required and physician approval is required if you have had surgery within six weeks of class. If attending for the first time in 2015, please bring a signed Participation Waiver (available online) to first class. Instructor: Catherine Syron, RYT.

## **Yoga for Breast Cancer Survivors**

**FC, Tue, Nov 17-Dec 15, 5:30-6:45pm**

Join a new five-week series. See class description, above.

## **Young Women with Breast Cancer – 2 Choices**

**IAH-CCW, Tue, Nov 10, 6:30-8pm**

**FC, Tue, Nov 17, 6:30-8pm**

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitators: Shara Sosa, LCSW and an oncology nurse navigator. Please register and call if attending for the first time, 703.698.2522.

## **CHILDREN, TEENS & PARENTS**

### **Curious About Cancer**

**FC, Wed, Nov 4-18, 5:30-6:30pm**

This group is for children 5-12 who have a loved one with cancer. Through age appropriate discussion, art therapy and meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur when someone in the family has cancer. To register, contact Jean McCaw MA, ATR-BC, LCPAT Children's Program Coordinator at 703.698.2537 or jean.mccaw@inova.org.

### **Kid and Sib Day**

**FC, Tue, Nov 3, 10am-2pm**

Children ages 5-12 with cancer, and their brothers and sisters, ages 5-12, are invited for a day of Art therapy, Yoga for Kids, and a guest appearance from Teddy, a mini horse from the Northern Virginia Therapeutic Riding Center. Lunch will be provided. For more information and to register contact, Jean McCaw, ATR, BC, LCPAT, 703.698.8537 or Jean.McCaw@inova.org.

## **Pediatric Oncology Parent Night FC, Tue, Nov 17, 6-8:30pm**

Life with Cancer therapist, Rebecca McIntyre, MA, M.Ed., LCSW, OSW-C will provide an introduction to the "Surviving Cancer Competently Program" for parents of children newly diagnosed with cancer. This evidence and skill-based program helps promote individual and family coping, competence and resilience. Normally a 3 session program, come for this introduction and learn the basics to help you survive and thrive. Open to all who have a child with a cancer diagnosis. Co-sponsored by the Leukemia and Lymphoma Society and DC Candlelighters. A separate Kids Activity Group for children 5 - 12 and dinner for all. Register with Connie Connor, LCSW at 703.531.1515 or at constance.connor@inova.org.

## **EXPRESSIVE ARTS**

### **Healing through Art Therapy**

**FC, Tue, Nov 10, 12:30-3pm**

**FC, Tue, Nov 10, 6:30-8:30pm**

Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Please register for either the day or evening group by the previous Friday. Facilitator: Art therapist Jean McCaw, MA, ATR-BC, LCPAT

### **Knitting and Crocheting Circle**

**FC, Tue, Nov 3, 7-8:30pm**

**FC, Fri, Nov 20, 1-2:30pm**

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday and/or third Friday. Work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. Please register.

### **Moving Forward Through Art Therapy**

**FC, Fri, Nov 13, 12:30-3pm**

Experience the power of art therapy, relaxation and guided imagery as you explore and make meaning of your life after cancer. This group is for those off treatment for more than 2 years and provides an opportunity for reflection and personal growth inspired by the creative process. No experience is necessary, just a willingness to explore and be part of a supportive, creative community.

## **PROGRAMAS EN ESPAÑOL**

### **Conferencia Para Sobrevivientes Hispanos FC, sábado, 7 de noviembre, 8:30am-5pm**

Inova Life with Cáncer y la Sociedad de Leucemia (LLS) te invitan a esta conferencia regional gratis para hispanos sobrevivientes de cáncer. Mejora tu calidad de vida informándote sobre necesidades médicas, salud emocional e intimidad con expertos de nuestra comunidad Latina. Registración Mandataria llamando al 703.698.2520.

### **Zumba FC, martes, 3-24 de noviembre, 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 el sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general. Para más información, llamar a David McGinness al 703.698.2529. Si está asistiendo por primera vez en 2015, favor de firmar un permiso antes de empezar la primera clase.

### **Making Sense of Your Story**

**FC, Wed, Nov 11, 12:30-2:30pm**

This class is now closed for enrollment. Only those who were previously registered may attend.

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

**FC, Thu, Nov 19, 2:30-4pm**

Monthly meeting for those who completed previous 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Please register, ASAP.

### **Zentangle**

**44084 RP, Tue, Nov 10, 1-2:30pm**

Treat yourself to the experience of Zentangle®, a therapeutic art form used for meditation, stress relief, increased focus, and pain management. You need NO special talents, just an open mind and a willingness to explore a new dimension of yourself. Roberta Hughes, Certified Zentangle® Teacher (CZT).

**Level I Exercise: Launching into Fitness**

**FC, Tues, Nov 3-24, 1-1:45pm**

For those who are new to LWC's Level I-IV exercise program, this class will help to assess your fitness level, improve strength, flexibility and stamina. Two classes are required after which you may progress to Level II. If you've had surgery within the last 6 weeks a note from your doctor is necessary before you may begin class. Registration and a signed waiver (available online) is required before you can participate in class. NO NEW REGISTRANTS AFTER NOV 11. Instructor: ACSM certified Cancer Exercise Trainer Susan Gilmore, MS.

**Level II Exercise: Chair-Based**

**FC, Mon, Nov 9-Dec 14, 2-2:45pm**

**FC, Wed, Nov 11-Dec 16, 2-2:45pm**

LEVEL I EXERCISE IS A PREREQUISITE. This class will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles. Attend EITHER or BOTH Monday and Wednesdays sessions, but REGISTER SEPARATELY. Instructor: Susan Gilmore, MS - ACSM Certified Cancer Exercise Trainer.

**Level III Exercise: Keeping Fit**

**FC, Mon, Nov 9-Dec 14, 3-4pm**

PREREQUISITE: LEVELS I & II EXERCISE. This class offers a combination of standing and floor exercises. Registration and a signed waiver (available online) is required before you can participate in class. Instructor Susan Gilmore, MS - ACSM Certified Cancer Exercise Trainer.

**Level IV Exercise: Fitness Fusion**

**FC, Wed, Nov 11-Dec 16, 3-4pm**

PREREQUISITE: LEVELS I, II, III. This class offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training. Registration and a signed waiver (available online) is required before you can participate in class. Instructor: Susan Gilmore, MS - ACSM Certified Cancer Exercise Trainer.

**Core Strengthening**

**FO-LWC, Wed, Nov 4-18, 3-4pm**

Build core strength and stability by focusing on the muscles of the abdominal region, lower back, pelvis, and hips. Exercises

will help to with posture, daily functional activities, and overall strength and balance. Dress comfortably; bring a water bottle. Registration is required. If attending for the first time in 2015, bring a signed waiver to first class. Instructor: Jackie Le.

**Evening Fitness**

**44084-RP, Tues, Nov 3-Dec 8, 6:30-7:30pm**

Too busy during the day to exercise? This class is for YOU. Exercises can be modified for all fitness levels. Registration is Required. If attending for the first time in 2015, bring a signed waiver to first class. Instructor: Jackie Le. Facilitator: Jenn Townsend, A.C.E.

**Feldenkrais**

**FO-LWC, Thu, Nov 5-19, 10:30am-12pm**

Based on discovering natural and efficient ways of moving your body and mind, Feldenkrais can help to improve the sensibility, awareness, and quality of movement. Monica Browne, GCFP, teaches gentle and effective movements to improve movement and posture, and reduce pain. If attending for the first time in 2015, bring a signed waiver to first class.

**Fitness for Wellness, Level I 2 Choices**

**44084 RP, Mon, Nov 2-Dec 7\*, 10:30-11:30am**

**44084 RP, Wed, Nov 4-Dec 9\*, 10:30-11:30am \*No Class Thanksgiving week**

Fitness for Wellness, Level I, Wednesday For those who are new to fitness or are currently in treatment, this class will help you improve strength, flexibility and stamina and is appropriate for those with neuropathy, balance and low energy issues. Register for either or both classes. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class. Registration is required. Instructor: Nancy Ryan MA Ed., A.C.E.

**Fitness for Wellness, Level II 2 Choices**

**44084 RP, Mon, Nov 2-Dec 7\*, 12-1pm**

**44084 RP, Wed, Nov 4-Dec 9\*, 12-1pm \*No Class Thanksgiving week**

PREREQUISITE LEVEL I: This series is for people who are not in active treatment. We'll use a combination of standing and floor exercises to improve strength and endurance. Register for wither or both classes. If attending for the first time in 2015, bring a signed Participation Waiver (available online) to first class. Registration required. Instructor: Jenny Townsend A.C.E.

**Functional Movement**

**FO-LWC, Tue, Nov 3-24, 1-2pm**

Functional Movement is the process the body uses to accomplish everyday tasks. Using medicine balls, dumbbells, stability balls, and BOSUs, you will challenge your movement system, increase your functional capacity, and improve your activities of daily living. Instructor: Dan Mileska, MS, PES, CES.

**Stronger Body After Cancer FO-LWC, Wed, Nov 4-18, 7-8pm**

This class will help you build a stronger body with the use of bands, medicine balls, light weights and low impact body weight exercises. This class will help build muscle, teach you the proper way to exercise, and can be modified for all physical strengths and limitations. Attend each class for greatest benefit. Equipment is provided. Dress comfortably and bring a water bottle.

**Walking for Fitness**

**44084 RP, Tue, Nov 3-17, 9:30-10:30am**

Walking is a great form of exercise. Enhance your fitness and enjoy the camaraderie of walking with others on paved paths in Lansdowne. Dress comfortably, bring a water bottle. Facilitator: Jenny Townsend A.C.E. If attending for the first time in 2015, bring a signed waiver to first class.

**Zumba Gold**

**44084 RP, Fri, Nov 6-Dec 11\*, 10:30-11:30am**

**\*No class on Nov. 27.**

Have fun and exercise at the same time. Zumba Gold focuses on all elements of fitness, cardiovascular, muscular conditioning and flexibility at a gentler pace but still maintains the enthusiasm of the music. Registration required. Facilitator: Vivian Monroe. If attending for the first time in 2015, bring a signed waiver to first class.

**Zumba!**

**FC, Tue, Nov 3-24, 7-8pm**

Please register under "Zumba - Bilingüe/ Bilingual". Zumba 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. If attending for the first time in 2015, bring a signed waiver to first class.

## HEALING TOUCH, MEDITATION, YOGA, QIGONG, REIKI, TAI CHI

### Gentle Yoga – 5 Choices

- FC, Thu, Nov 5-Dec 10\*, 1-2pm
  - FC, Mon Nov 16-Dec 7, 7-8:30pm
  - FO-LWC, Thu, Nov 5-19, 3-4pm
  - 44084 RP, Tue, Nov 3-Dec 8\*, 11am-12:30pm \*No class Nov 24
  - 44084 RP, Mon, Nov 2-Dec 7\*, 7-8:30pm
- \*No class Thanksgiving week

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility and bring a sense of calm. Registration is required. Please bring a blanket. If attending for the first time in 2015, bring a signed waiver to first class.

### Healing Touch

44084 RP, Wed, Nov 18, 6-7pm

Healing Touch practitioners (usually nurses) use hands placed just above the body or with actual light touch, to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the flow from the energy field to the physical body. This non-invasive technique can clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required. For further information please call Barbara McDonnell RN, MSN, CBCN, 703.858.8867

### Meditation and Guided Imagery – 2 Choices

FC, Wed, Nov 4 & 18, 3-4pm  
FC, Thu, Nov 5 & 12, 2-3pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each session begins with breath-work and a relaxation technique that leads into a guided meditation. Come to one or come to all sessions, but please register by preceding day.

### Mindfulness: Caring for the Mind and Body

44084 RP, Thu, Nov 5-Dec 10\*, 11am-12:30pm \*No class Nov 26

This class blends meditation, breath work and deep relaxation to release stress and restore balance. Through the reduction of stress you can generate emotional and physical healing. Registration is required. Please bring a blanket for your comfort. Facilitator: Ladan Judge.

### Qi Gong

44084 RP, Wed, Nov 4, 1:30-2:30pm

Get a taste of Qi Gong in this, the last class of an 8 week series. Learn to use your mind, body and breath to promote wellness and to explore how movement, guided meditation and breathing may impact your emotional and physical well-being. Registration is required. If attending for the first time in 2015, bring a signed waiver to first class.

### Reiki for Relaxation - 2 Choices

FC, Mon, Nov 9, 4:30, 5:30 and 7pm  
44084 RP, Thu, Nov 19, 6:45-8pm

Schedule your appointment online on the first business day of the month at 9:15am. 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 and bring a blanket. If you need to cancel your appointment, please call ASAP, or by the morning of your appointment, 703.698.2526.

### Restorative Yoga

FC, Fri, Nov 6-20, 10:15-11:30am

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 deepen your practice. If attending for the first time in 2015, please bring a signed waiver to first class.

### Yin Yoga

FO-LWC, Fri, Nov 6-20, 1:30-2:30pm

This is a meditative style of yoga, in which poses/stretchers are held for long periods of time. By applying moderate stress to the connective tissues of the body, benefits consist of increased circulation in the joints and improved flexibility. Dress comfortably. Registration is required. Instructor: Jackie Le. If attending for the first time in 2015, bring a signed waiver to first class.

## NUTRITION

### Fighting Cancer with A Fork - 3 Choices

IAH-CCC, Wed, Nov 11, 1-2pm  
FO-Rad Onc, Tue, Nov 17, 12-1pm  
FC, Wed, Nov 18, 5:30-6:30pm

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.



### Nutrition and YOU

44084 RP, Tue, Nov 17, 1-2:30pm

Nutrition is an important component of your cancer treatment both during and post treatment. This month Anu Kaur MS, RD will be presenting on Healthy Holiday Eating incorporating more grains and fiber in your diets during the holidays. Registration required.

## SPIRITUALITY

### Spiritual Support Group

CUMC-1, Thu, Nov 19, 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. Contact Christ United Methodist Church, 703.690.3401, for more information.

### Spirituality Quest: Gratitude

FC, Tue, Nov 10, 10:30am-12pm

Join us on the second Tuesdays of the month to explore our spiritual paths. For this month of Thanksgiving, Jenn Fay, RScP will present, "A Circle of Gratitude and Affirmations". Caregivers welcome, too. Facilitator Marsha Komandt, RN, BSN, OCN.

## Give A Little, Help A Lot

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

## SUPPORT GROUPS

### **Brain Tumor Group – 2 Choices**

**FC, Tue, Nov 10, 6-7:30pm**

**ILH-R, Tue, Nov 17, 5:30-7pm**

This monthly meeting invites adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. Facilitators: an oncology therapist and an oncology nurse navigator.

### **Carcinoid Cancer Group**

**FC, Sat, Nov 21, 10am-1pm**

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? Email [mitchmberger@msn.com](mailto:mitchmberger@msn.com).

### **Caregiver Connection - 2 Choices**

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

**ILH-R, Mon, Nov 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. Facilitators: Oncology Nurse Navigator and an Oncology Therapist.

### **Cutaneous Lymphoma Support Group**

**FC, Wed, Nov 4, 7-9pm**

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease. To register go to <http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP>.

### **Good Grief**

**FC, Tue, Nov 3, 7:15-9pm**

**FO-LWC, Mon, Oct 19-Dec 7, 6-8pm**

**ILPO-I, Wed, Oct 7-Dec 2, 6:30-8:30pm**

These groups are in process. New eight-week groups will begin in early spring. If you would like to schedule a bereavement counseling appointment, call 703.206.5433.

### **GYN Cancer Support Group – 2 Choices**

**FO-LWC, Tue, Nov 17, 6:30-8pm**

**FC, Wed, Nov 18\*, 5:30-7pm**

\*date change due to holiday

Women diagnosed with ovarian, cervical and all GYN cancers are invited to drop in to this monthly group to share experiences and learn from one another. Facilitators: an oncology therapist and an oncology nurse navigator.

### **Head and Neck Cancers Group**

**IFMC, Wed, Nov 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.

### **Leukemia & Lymphoma Education & Support Group**

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

This month will feature a *Panel of Experts: Exercise, Nutrition & Relaxation: The Importance of the Mind/Body Connection*. Co-sponsored with the Leukemia and Lymphoma Society and Lymphoma Research Foundation and facilitated by Rebecca McIntyre, MA, MEd, LCSW, OSW-C and Peter Clement, RN, BSN, OCN. Please register by preceding Tuesday.

### **Living with Advanced Disease – 2 Choices**

**IFOH-1, Fri, Nov 13, 12-1:30pm**

**ILH-R, Mon, Nov 23, 6:30-8pm**

Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis. Groups are facilitated by an oncology nurse navigator and an oncology therapist. Bring your lunch to Fair Oaks meeting. Registration encouraged.

### **Lung Cancer Group Meeting**

**FC, Wed, Nov 4, 6:30-8pm**

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

### **6th Annual Shine a Light on Lung Cancer**

**FC, Wed, Nov 18, 6-9pm**

Join us for the 6th Annual Shine a Light on Lung Cancer event for an evening full of information on the latest treatments for lung cancer. You will hear from physician speakers who have an expertise in treating lung cancer. This is an event for anyone in the community affected by lung cancer. Dinner will be served.

### **Multiple Myeloma: What's New at the IMF**

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

Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. This month Robin Tuohy, Senior Director Support Groups for the IMF will report on "What's New at the IMF." Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch; please register.

### **Us Too Prostate Cancer Support, Fairfax Chapter**

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

Renowned prostate cancer oncologist and survivor, Dr. Charles "Snuffy" Myers will present the latest on prostate cancer treatment. Space is limited. Please register.

### **Us Too Prostate Cancer Support, Loudoun Chapter**

**LCSC, Tue, Nov 10, 6-8pm**

Please join this monthly group for an opportunity to share your experiences and learn from one another. Guest speakers invited periodically. Facilitator: Roberta Quirk, MSW. For questions call 703.858.8857.

## Oncology Massage and Body Work

**Life with Cancer Family Center**

**8411 Pennell Street**

**Fairfax, VA 22031**

**Monday – Friday**

- Appointments are for patients/survivors and their family members
- Physician approval is required; ask for written permission at your next appointment
- Call 703-698-2526 to schedule or cancel your appointment
- 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)

**Please Note:** Our massage therapists have private practices and generously set aside time to meet the special needs of our Life with Cancer family. As a courtesy to these thoughtful professionals, please provide 24 hour notice if you need to cancel an appointment. We certainly understand the unpredictable nature of disease, however if committing to your massage appointments at Life with Cancer becomes problematic, we can refer you to massage businesses in the community.

**Life with Cancer Studio**

**44084 Riverside Pkwy, LL, Ste 400**

**Leesburg, VA 20176**

**Tuesdays and some Saturdays**

**Us Too Prostate Cancer Support, Alexandria Chapter**  
IAH-CCW, Thu, Nov 19, 6-7:30pm

Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitator: David McGinness, LCSW and Gerry Higgins, MSN, RN-BC, OCN.

**Waldenstrom's Macroglobulinemia Support Meeting**

FC, Sat, Nov 14, 2:30-4pm

International Waldenstrom's Macroglobulinemia Foundation to host National Institute's for Health, National Heart, Lung, and Blood Institute, presentation by Dr. Adrian Wiestner and Dr. Clare Sun, principal investigator, for a natural history study to clarify processes involved in disease progression and possibly lead to the discovery or validation of treatments. Participation is for both those not yet treated following WM diagnosis and those already treated who will have the opportunity to record their own therapy protocols for involvement in this study (anonymously). Be a part of making progress for our own future health. To register, send name, name of guest or state "none" to lukleppinger@verizon.net, IWMF Support Group Leader, Northern Virginia/DC.

**Women's Survivorship Group**  
ILH-R, Thu, Nov 12, 6:30-8pm

Many women find it difficult to resume life as they knew it prior to cancer. Transitioning from treatment may be difficult and have an impact on quality of life. Through discussion, problem solving, art and guided meditation, this group will help you gain insight and restore balance to your life after cancer. Please register for this group if you have completed treatment. Facilitator: Saundra Weller, LCSW, OSW-C.

**Young Adult Group**  
FC, Thu, Nov 19, 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.

**2015 Breakaway 5K & 1K Run/Walk**  
at Tysons Corner



**Tysons Corner, Sun, Nov 1, 8am**

Join us for the 1st Annual BREAKAWAY 5K Run/Walk & 1K Run/Walk in McLean, VA. All proceeds from the race will benefit Life with Cancer. To register, go to [www.PotomacRiverRunning.com](http://www.PotomacRiverRunning.com) and Search "Breakaway".

**27th Annual Virginia Run Turkey Trot**  
**5K Run/2K Walk**

Virginia Run Community Center, 15355  
Wetjerburn Ct, Centreville, VA 20120



**Register online NOW! Prices go up September 30!**

Get a healthy start to Thanksgiving Day by signing up you, your family and friends today. All proceeds benefit Life with Cancer.

**5K Entry Fees: \$35**

No race day registration in the 5K.

**2K Walk Entry Fees:**

- Age 12 and under and seniors 65 and over: \$10 now - Nov 25; \$15 Nov 26

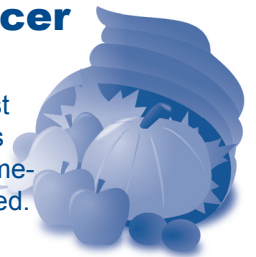
- Adult (Age 13-64): \$15 now - Nov 25; \$20 Nov 26

Race day registration will be available.

**Fall Marketplace at Life with Cancer**

FC, Thu, Nov 5, 11am - 2pm

Save the date and get an early start to holiday shopping. Host rewards merchandise will be contributed to Life with Cancer's Lobster Extravaganza silent auction. A variety of popular home-based and catalog businesses will be featured. Lunch provided. Stay tuned for specifics.



**Feeling a little overwhelmed? Life with Cancer can help...**

**A Life with Cancer Oncology Nurse Navigator** is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

**A Life with Cancer Oncology Therapist** is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

To determine if you or your family might benefit from these professionals, just call **Life with Cancer Connect 703-206-LIFE (5433)**.

# NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p><b>2</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 6pm Good Grief (FO-LWC) 7pm Evening Gentle Yoga (44084 RP)</p>	<p><b>3</b></p> <p>9:30am Walking for Fitness (44084 RP) 10am Kid and Sib Day (FC) 11am Gentle Yoga (44084) 1pm Level I Exercise: Launching into Fitness (FC) 1pm Functional Movement (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 6:30pm Evening Fitness (44084 RP) 7pm Zumba! (FC) 7pm Knitting and Crocheting Circle (FC) 7:15pm Good Grief (FC)</p>	<p><b>4</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 12:30pm Breast Cancer Surgery Pre-Op (FO-LWC) 1:30pm Qi Gong (44084 RP) 3pm Core Strengthening (FO-LWC) 3pm Meditation and Guided Imagery (FC) 5:30pm Curious About Cancer (FC) 5:30pm Breast Cancer Support Group (IFMC) 6:30pm Good Grief (ILPO-I) 6:30pm Mind Over Matter (FC) 6:30pm Lung Cancer Group Meeting (FC) 7pm Cutaneous Lymphoma Support (FC) 7pm Stronger Body After Cancer (FO-LWC)</p>	<p><b>5</b></p> <p>10:30am Feldenkrais (FO-LWC) 11am Mindfulness . . . (44084 RP) 11am Fall Marketplace (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 3pm Gentle Yoga, Fair Oaks (FO-LWC) 6pm Living with Breast Cancer: Exercise (FC) 6:30pm Gathering for Sarcoma Survivors and Families (FC) 7pm Living with Breast Cancer: Education (FC)</p>	<p><b>1</b> 8am Breakaway 5K &amp; 1K Run/Walk at Tysons Corner</p> <p><b>6</b> Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1:30pm Yin Yoga (FO-LWC)</p> <p><b>7</b> 8:30am Conferencia Para Sobrevivientes Hispanos (FC) 9am Mini Yoga Retreat (FC)</p> <p><b>8</b></p>
<p><b>9</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (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) 6pm Good Grief (FO-LWC) 6:30pm Caregiver Connection (ILH-R) 7pm Evening Gentle Yoga (44084 RP) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection-Fairfax (FC) 7:30pm Us Too Prostate Cancer Support (FC)</p>	<p><b>10</b></p> <p>9:30am Walking for Fitness (44084 RP) 10:30am Spirituality Quest (FC) 11am Gentle Yoga (44084) 12:30pm Healing through Art Therapy (FC) 1pm Level I Exercise: Launching into Fitness (FC) 1pm Functional Movement (FO-LWC) 1pm Zentangle (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 6pm Brain Tumor Group (FC) 6pm Us Too Prostate Cancer Support (LCSC) 6:30pm Evening Fitness (44084 RP) 6:30pm Healing through Art Therapy (FC) 6:30pm Planning Ahead (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC)</p>	<p><b>11</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 12:30pm Making Sense of Your Story (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Core Strengthening (FO-LWC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Head and Neck Cancers Group (IFMC) 5:30pm Breast Cancer Support Group (FO-Rad Onc) 5:30pm Curious About Cancer (FC) 6pm Infertility and Cancer (44084 RP) 6pm Breast Cancer Education and Support (IMVH-CC) 6:30pm Good Grief (ILPO-I) 6:30pm Mind Over Matter (FC) 6:30pm Proteomics &amp; Personalized Medicine Today (FC) 7pm Stronger Body After Cancer (FO-LWC) 7pm Gratitude (FC)</p>	<p><b>12</b></p> <p>10:30am Feldenkrais (FO-LWC) 11am Mindfulness . . . (44084 RP) 11:30am Orientation (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 3pm Gentle Yoga (FO-LWC) 6:30pm Women's Survivorship (ILH-R) 7pm Leukemia &amp; Lymphoma (FC)</p>	<p><b>13</b></p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold, Sept-Dec (44084 RP) 12pm Living with Advanced Disease, Fair Oaks (IFOH-1) 12:30pm Moving Forward Through Art Therapy (FC) 1:30pm Yin Yoga (FO-LWC)</p> <p><b>14</b> 2:30pm Waldenstrom's Macroglobulinemia Support Group Meeting (FC)</p> <p><b>15</b></p>
<p><b>16</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 12:30pm Breast Cancer Surgery Preparation (FO-LWC) 2pm Level II Exercise: Chair-Based, Mon (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Good Grief (FO-LWC) 7pm Evening Gentle Yoga (44084 RP) 7pm Look Good...Feel Better (FC)</p>	<p><b>17</b></p> <p>11am Gentle Yoga (44084) 9:30am Walking for Fitness (44084 RP) 11:45am Multiple Myeloma: What's New at the IMF (FC) 12pm Fighting Cancer with A Fork-Fair Oaks (FO-Rad Onc) 1pm Level I Exercise: Launching into Fitness (FC) 1pm Functional Movement (FO-LWC) 1pm Nutrition and YOU (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Brain Tumor Support Group (ILH-R) 6pm Pediatric Oncology Parent Night (FC) 6:30pm Evening Fitness (44084 RP) 6:30pm Young Women with Breast Cancer Support Group-Fairfax (FC) 6:30pm GYN Cancer Support Group, Fair Oaks (FO-LWC) 7pm Zumba! (FC)</p>	<p><b>18</b></p> <p>2pm Level II Exercise: Chair-Based, Wed (FC) 2pm Level II Exercise: Chair-Based, Wed (FC) 3pm Meditation and Guided Imagery (FC) 3pm Core Strengthening (FO-LWC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Curious About Cancer (FC) 5:30pm Breast Cancer Support Group (IFMC) 5:30pm Fighting Cancer with a Fork-FC (FC) 5:30pm GYN Cancers Support Group- (FC) 6pm 6th Annual Shine a Light on Lung Cancer (FC) 6pm Healing Touch (44084 RP) 6:30pm Good Grief (ILPO-I) 6:30pm Mind Over Matter [MOM]: How to manage your anxiety and/or depression before it manages you (FC) 7pm Stronger Body After Cancer (FO-LWC)</p>	<p><b>19</b></p> <p>10:30am Feldenkrais (FO-LWC) 11am Mindfulness . . . (44084 RP) 1pm Gentle Yoga (FC) 2pm Drumming for Well-Being, Fairfax (FC) 2pm Laughter Yoga- Halloween Style (FC) 2:30pm Writing Your Memoirs and Life Stories (FC) 3pm Gentle Yoga, Fair Oaks, 10- (FO-LWC) 6pm Us Too Prostate Cancer Support (IAH-CCW) 6:30pm Pancreatic Cancer Overview (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Managing Holiday Havoc (FC) 7pm Spiritual Support Group (Christ United Methodist Church) (CUMC-1) 7:30pm Young Adult Group (FC)</p>	<p><b>20</b></p> <p>Coalesce(FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold, Sept-Dec (44084 RP) 1pm Knitting and Crocheting Circle (FC) 1:30pm Yin Yoga (FO-LWC)</p> <p><b>21</b> 10am Carcinoid Cancer Group (FC) 9am Mini Yoga Retreat (FC)</p> <p><b>22</b></p>
<p><b>23</b></p> <p>2pm Level II Exercise: Chair-Based, Mon (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Support Group - Loudoun (ILH-R) 6pm Breast Cancer Support Group, ABEHC (ABEHC) 6pm Good Grief (FO-LWC) 6:30pm Living with Advanced Disease, ILH (ILH-R)</p>	<p><b>24</b></p> <p>1pm Level I Exercise: Launching into Fitness (FC) 1pm Functional Movement (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 7pm Zumba! (FC)</p>	<p><b>25</b></p> <p>2pm Level II Exercise: Chair-Based, Wed (FC) 2pm Level II Exercise: Chair-Based, Wed (FC) 3pm Level IV Exercise: Fitness Fusion (FC)</p>	<p><b>26</b></p> <p>8am Virginia Run Thanksgiving Day Turkey Trot</p> 	<p><b>27</b></p> <p>10:30am Zumba Gold, Sept-Dec (44084 RP)</p> <p><b>28</b></p> <p><b>29</b></p>
<p><b>30</b></p> <p>10:30am Fitness for Wellness, Level I (44084 RP) 12pm Fitness for Wellness, Level II (44084 RP) 2pm Level II Exercise: Chair-Based, Mon (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Good Grief (FO-LWC) 7pm Evening Gentle Yoga (44084 RP)</p>				