



Life with Cancer®

NOVEMBER

ABOUT LIFE WITH CANCER

Life with Cancer is Northern Virginia's leading cancer education and support organization with programs and services to help patients, survivors and their family members meet the challenges of living with cancer and survivorship. All programs and services are FREE (except massage and psychiatry).

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

CLASS/GROUP REGISTRATION INFORMATION

- Classes and groups are FREE, but registration is required
- To register go to www.lifewithcancer.org or call 703.698.2526, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email Mayra.Zepeda@inova.org or call 703.698.2526.

CALENDAR KEY

Programs and groups are organized by geographic location using the following color key:

- Fairfax, Falls Church
- Fair Oaks
- Loudoun
- Alexandria, Mt. Vernon, Arlington

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INFORMATION & EDUCATION

Seventh Annual Shine a Light on Lung Cancer

● ICPH, Thu, Nov 17, 6-8:30pm

Join us for this special event in honor of Lung Cancer Awareness Month. Listen to expert physician speakers discuss the latest and most state-of-the-art treatments for lung cancer. Dinner provided.

Orientation to Life with Cancer

● FC, Thu, Nov 10, 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. Can't make a scheduled orientation? Just call Life with Cancer Connect 703.206-LIFE (5433) and arrange a personal tour.

Ask the Expert: Functional Medicine in Cancer Survivorship

● FC, Thu, Nov 3, 7-8pm

Functional medicine is an integrative approach which combines conventional and complementary therapies, emphasizing nutrition, exercise and lifestyle adjustments for optimum health, to facilitate healing for acute and chronic conditions. Marie Steinmetz MD, Inova Steinmetz Integrative and Functional Medicine Center will talk on "The Role of Functional Medicine in Cancer Survivorship." Please register.

Ask the Expert: Understanding Pain and an Alternative to High Potency Opioids

● FC, Thu, Nov 17, 6:30-8pm

Dr. Michael Byas-Smith, Medical Director of The Capital Caring Adler Center and Center for Pain and Palliative Care, will discuss interventions performed to reduce the intake of oral opioids and the advantages of interventional blocks for reduction of side effects of oral medication such as drowsiness, dizziness and constipation. Please register.

Head and Neck Cancer Symposium: Special Event

● FC, Wed, Nov 9, 6-8:30pm

Head and Neck Cancer experts will discuss the latest treatments, late effects, and nutritional issues related to these types of cancer. Dinner provided.

Planning Ahead: Help with Tough Conversations

● FC, Tue, Nov 1-22, 6:30-8pm

Wherever you are in your cancer experience, this series will give you strategies to ensure that yours or your loved ones' affairs are in order. Sessions include: Managing Financial Issues Related to Advanced Planning; Palliative Care; Making Your Funeral Arrangement Wishes Known in Advance; and Planning a Memorial or Celebratory Service. For dates of specific topics, or questions, contact Marsha Komandt, RN, OCN, 703.698.2530. Please register by the previous Friday of each session.

As you think about your charitable donations, please remember that donations can be made to Life with Cancer during the upcoming Fall campaigns.

For donations through the **Combined Federal Campaign, and United Way Campaign** designate the numbers listed below
AND
email sandra.white@inova.org with your name and gift amount. She will ensure that your gift is designated to Life with Cancer

United Way-designate # 8225
Combined Federal Campaign-designate #46283



Location Key

- **44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- **CC:** Christ Church, 7600 Ox Road, Room 250, Fairfax Station, VA 22039
- **FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 www.lifewithcancer.org
- **FO-LWC:** Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **FO-RO** Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **IAH-CCC:** Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA 22304
- **IAH-CCW:** Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- **IAH-HEC 1&2:** Inova Alexandria Hospital Health Education Center 4320 Seminary Road, Alexandria, VA. Enter through Visitor Entrance
- **IAH-LWC:** Inova Alexandria Hospital-Life with Cancer Office, 4320 Seminary Road, Ste 1.NE.5.4, Alexandria, VA, 22304
- **ICPH:** Inova Center for Personalized Health, 3225 Gallows Road, Fairfax, VA 22037
- **ILH-PER :** Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA, 20176
- **ILH-R :** Inova Loudoun Hospital Radiation Oncology Center, 44035 Riverside Parkway, Ste 100, Leesburg, VA, 20176
- **ILPO-I:** Inova Loudoun Physicians Offices I, 44055 Riverside Parkway, SUITE 210, Leesburg, VA, 20176
- **IMVH-CC:** Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
- **LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

Planning Ahead

● **ILPO-I, Wed, Nov 2 & 9, 6:30-8pm**

This series is for anyone, wherever you are in your cancer experience. An Oncology Nurse and an Oncology Therapist will provide information on the circle of life and guidance in creating and crafting a legacy. Please register.

Breast Surgery Preparation

● **IAH-CCC, Mon, Nov 7, 12:30-2pm**

● **IAH-CCC, Tue, Nov 15, 12:30-2pm**

● **FO-LWC, Wed, Nov 9 & 30, 12:30-2pm**

● **FC, Tue, Nov 15, 12-1:30pm**

Learn 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 member/friend may attend. Please register.

Breast Surgery Preparation at Inova Loudoun Hospital

● **ILH-PER, Tue, Nov 1, 4-5:30pm**

● **ILH-PER, Thu, Nov 17, 12-1:30pm**

If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology social worker. Registration is required; no exceptions. Family member may attend. Contact Christine Stone RN, MSN, OCN at 703-858-8867 or christine.stone@inova.org.

Endocrine Therapy and Bone Health for Women with Breast Cancer

● **FO-LWC, Wed, Nov 30, 4:30-5:30pm**

Dr. Mary Wilkinson will discuss current recommendations for bone health for women on endocrine/hormonal therapy.

Hormones and Breast Cancer: Managing Side Effects

● **FO-LWC, Wed, Nov 16, 4:30-6pm**

Maureen Broderick, LCSW, and Gale Towery RN, BSN, OCN, CBCN will discuss managing the side effects of hormonal therapy, including hot flashes, sleep disruption, joint pain and sexual side effects.

Look Good...Feel Better

● **FC, Mon, Nov 21, 7-9pm**

● **FO-LWC, Mon, Nov 14, 2-4pm**

● **ILH-R, Mon, Nov 14, 12-2pm**

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemo-

therapy and radiation. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

Compassion Cultivation

● **FC, Tue, Nov 1-29, 2:30-4pm**

Class continues for those already registered.

Mindfulness-Based Cancer Recovery Program for Women in Maintenance or Recently in Recovery

● **FC, Wed, Nov 2 & 9, 1-2:30pm**

● **ILH-R, Wed, Nov 2-16, 6:30-8pm**

Class continues for those already registered.

Write to Heal: Processing Trauma through Journaling

● **FC, Mon, Nov 7, 1:30-3pm**

Class continues for those already registered.

STRESS MANAGEMENT

Art Therapy for Long-Term Survivors

● **FC, Fri, Nov 11, 12:30-3pm**

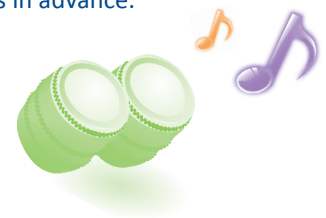
Experience the power of art therapy, relaxation and guided imagery as you explore the creative process and make meaning of your life after cancer. This group is for those off treatment for more than 2 years and provides an opportunity for reflection and personal growth inspired by the art of creating. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Registration for this group begins on the 1st of each month. Once registered please call to cancel if you cannot attend so someone else may attend. Jean McCaw, ATR-BC, LCPAT.

Drumming

● **FC, Mon, Nov 21, 10-11am**

● **44084 RP, Mon, Nov 21, 12-1pm**

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. Group facilitated by Jennifer Brothers, MSW. Please register 24 hours in advance.



Healing through Art Therapy

●FC, Thu, Nov 17, 12:30-3pm

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. Registration for this group begins on the 1st of each month. Once registered please call to cancel if you cannot attend so someone else may attend. Jean McCaw, ATR-BC, LCPAT.

Healing Touch

●44084 RP, Wed, Nov 9, 6:15-7:15pm

Registration opens on the first business day of the month at 9:15am. Healing Touch practitioners employ the 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. Space is limited; registration opens on the first business day of the month at 10 am and is required.

Knitting and Crocheting Circle

●FC, Tue, Nov 1, 7-8:30pm

●FC, Fri, Nov 18, 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. Please register.

Making Sense of Your Story

●FC, Wed, Nov 9, 12:30-2:30pm

Group continues for those already registered.

Meditation and Guided Imagery

●FC, Thu, Nov 3-17, 2-3pm

●FC, Wed, Nov 2 & 16, 3-4pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each weekly session begins with breathwork 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 3-17, Dec 1-22, 11:30am-1pm

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.

Music Therapy

●FO-LWC, Thu, Nov 3, 11am-12:30pm

A series of six 90 minute music therapy group meetings that will use music to express, explore and inspire the human condition, increasing socialization and the human connection. No music background necessary.

Intro to Qi Gong

●IAH-LWC, Tue, Nov 8-Dec 13, 3:30-4:30pm

In this six-week series you will learn to use the internal tools of your mind, body, and breath to promote wellness. Explore how breathing, guided meditation, and gentle movement may impact your emotional and physical well-being, as well as gain knowledge about the theoretical background for Qi Gong. For greatest benefit, practice between classes and attendance at each session are strongly encouraged.

Reiki for Relaxation

●FO-LWC, Tue, Nov 8, 6 & 7pm

●FO-LWC, Wed, TBD

●FC, Mon, Nov 14, 6 & 7pm

●44084 RP, Thu, Nov 17, 6:45-8pm

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. Please note: Registration opens on the first business day of the month at 9:15. Please schedule just one appointment per month, per all locations, so that others may take advantage of this opportunity.

Writing Your Life Stories

●FC, Tue, Nov 8-29, 2:30-4pm

This 4 week series will give you an opportunity to capture some of your favorite memories in writing, which you may want to share later with your loved ones. Writing experience is not necessary and all writing levels are welcome. Lynn Magrum, MSN, CANP, ACON will provide prompts and guidance to help make the experience easy and fun as well as meaningful. Attendance at all four sessions is expected and a total of at least 5 participants are needed to conduct this class.

Zentangle: Gratitude and Appreciation

●44084 RP, Tue, Nov 8, 1:30-3pm

Add some new Tangles to your repertoire and explore ways to combine them for a unique piece of art. Bring a word, phrase or saying that inspires you or expresses gratitude or appreciation. No prior experience is needed. Our focus is on Zentangle as a therapeutic tool for meditation, stress relief and increased focus. All supplies provided. If you have attended a workshop in the past, please bring your basic kit. Advance registration is required.

HEALTHY LIVING

Barre Tone

●FC, Thu, Nov 17-Dec 22, 7:15-8:15pm

NO CLASS NOVEMBER 24, 2016. Jazz up your routine and experience the latest trend in full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility, while enjoying the infusion of dance, aerobics with the benefits of the ballet barre at its core. Leave with renewed energy, a calmer spirit, and a new passion for life. A signed waiver is required before you can participate in class.

Building Strength While in Treatment

●FO-LWC, Tue, Nov 1-22, 1-2pm

Class continues for those already registered

Circuit Training

●44084 RP, Thu, Nov 3-Dec 22, 9-10am

Class continues for those already registered. No class Nov. 25.

Cross-Train Challenge

●FC, Wed, Nov 2-Dec 7, 3-3:45pm

If you crave variety this is the class for you! Fusing together different intensities and types of movement we'll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be 2 months post-surgery.

Fighting Cancer with a Fork

●FO-RO, Tue, Nov 15, 12-1pm

●IAH-CCW, Wed, Nov 9, 1-2pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register.



Fitness for Wellness, Level I

● 44084 RP, Mon, Nov 7-Dec 19, 10:30-11:30am

● 44084 RP, Wed, Nov 2-Dec 21, 10:30-11:30am


For those who are new to fitness this class will help you to 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 2016, bring a signed Participation Waiver (available online to first class.

Fitness for Wellness, Level II

● 44084 RP, Tue, Nov 1-Dec 20, 10:15-11:15am

● 44084 RP, Thu, Nov 3-Dec 22*, 10:15-11:15am

We'll use a combination of standing and floor exercises to improve strength and endurance. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online) to first class. Registration required. *No Class Nov 25.

 The following Level I-III Exercises classes are taught by ACSM Certified Cancer Exercise Trainer Susan Gilmore, MS. 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.

Level I Exercise: Launching into Fitness

● FC, Tue, Nov 29-Dec 13, 1-1:45pm

For those who are new to LWC's exercise program, this series will help to assess your fitness level, improve strength, flexibility and stamina. If you've had surgery within the last 6 weeks a note from your doctor is necessary before you may begin class.

Level II Exercise: Chair-Based, Mon

● FC, Mon, Nov 7-Dec 12, 2-2:45pm

LEVEL I EXERCISE IS A PREREQUISITE. This class is designed to increase mobility, build strength, flexibility and balance. No class Nov 21.

Level II Exercise: Chair-Based, Wed

● FC, Wed, Nov 2-Dec 7*, 2-2:45pm

LEVEL I EXERCISE IS A PREREQUISITE. The class is designed to increase mobility, build strength, flexibility and balance. *No class Nov 23.

Level III Exercise: Keeping Fit

● FC, Mon, Nov 7-Dec 12, 3-4pm

PREREQUISITE: LEVELS I & II EXERCISE. You'll build strength, balance and flexibility while moving to energizing music in this cardio dance based class.

Gentle Yoga,

● 44084 RP, Mon, Nov 7-Dec 19, 7-8:30pm

● 44084 RP, Tue, Nov 1-Dec 20, 11:30am-1pm

● FC, Thu, Nov 3-Dec 15*, 1-2pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility while bringing a sense of calm. Learn movements that stretch, strengthen and relax muscles. Feel the benefits on every level of mind, body and spirit. Bring a blanket. Registration required. *No class Nov 24.

Joyful Bellydance

● FC, Wed, Nov 2-Dec 14, 6-7pm

Immerse yourself in the music, rhythms, patterns and pure joy of middle eastern bellydance! Learn shimmies, bellyrolls, undulations, isolations and more as you feel your body getting stronger, more relaxed and more limber. Aid digestion, strengthen the core, add flexibility, a tune your natural alignment, improve memory and so much more! Bellydance is an amazing workout, a tone of fun and absolutely beautiful! Wear comfortable clothing and bare feet. Registration required.

Restorative Yoga

● FC, Fri, Nov 4-18, 10:15-11:30am

This class uses 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. Please bring a blanket.

Yoga Nidra for Patients in Treatment

● FO-LWC, Wed, Nov 2-16, 10-11:30am

Class continues for those already registered.

Yoga for Strength and Flexibility

● 44084 RP, Wed, Nov 2-Dec 21*, 5-6:30pm

Bring your yoga practice to a new level. This yoga class will focus on strengthening your body and increasing flexibility. Registration required. Bring a blanket. *No class on Nov 23.

Shape Up

● FC, Thu, Nov 3-10, 7:30-8:30

Class continues for those already registered.

Yin Yoga for Patients in Treatment

● FO-LWC, Friday, Nov 4-Dec 2*, 1-2pm

Class continues for those already registered. *No class on Nov 25.

Zumba Gold

● 44084 RP, Fri, Nov 4-Dec 16*, 10:30-11:30am

Zumba Gold combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix can help lift your mood and improve your general wellbeing. This class can be modified for your level of activity. If attending for the first time please bring a signed waiver to first class. *No class Nov 25.

Zumba!

● FC, Tue, Nov 1-22, 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 wellbeing.

SUPPORT & NETWORKING

Book Club

● ILH-R, Wed, Nov 30, 6:30-8pm

W;t: A Play by Margaret Edson, is a Pulitzer

Prize winning play that "dives into timeless questions with no final answers: How should we live our lives knowing that we will die? . . . What will seem most important to each of us about life as that life comes to an end?" Journey

with fictional character, Professor Vivian Bearing following her diagnosis of advanced ovarian cancer to explore those questions and others.

Brain Tumor Group

● FC, Tue, Nov 8, 6-7:30pm

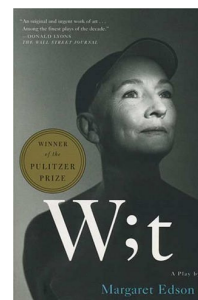
Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

Young Women with Breast Cancer

● IAH-CCW, Tue, Nov 8, 6:30-8pm

● FC, Tue, Nov 15, 6:30-8pm

A group for women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. If attending for the first time call, 703.698.2522.



Breast Cancer Group

- FC, Thu, Nov 3, 5:30-7pm
- ILH-R, Mon, Nov 28, 5-6:30pm
- IAH-CCW, Mon, Nov 21, 5:30-7pm
- FO-RO, Wed, Nov 9, 5:30-7pm
- FC, Tue, Nov 22, 12-1:30pm
- IMVH-CC, Wed, Nov 9, 6-7:30pm

**SPECIAL
SPEAKER**

Breast Cancer Support Group

●FC, Wed, Nov 2, 5:30-7pm
For women with stage 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Register online at www.lifewithcancer.org or call 703.698.2526. Lee Spangler, MD of Fairfax Radiology will present "An Update on the Latest in Breast Cancer Screening".

Carcinoid Cancer Group

●FC, Sat, Nov 12, 10am-12pm
Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information email mitchmberger@msn.com.

Care for the Caregiver

●FC, Sat, Dec 3, 8:15am-12pm
If you are the caregiver of someone with cancer we understand the importance of support and community. Please join us for a morning of connection and self-care. In addition to opportunities to meet other caregivers in a casual and supportive environment we call "Caregiver Conversations"; you will have the opportunity to sign-up for various self-care workshops such as gentle yoga, guided meditation, art therapy and topic-specific discussion groups. Space is limited and registration is required. Participants can sign-up for workshops the morning of the event. Please register by preceding Wednesday.

**COMING IN
DECEMBER
REGISTER
NOW!**

Caregiver Connection

●FO-LWC, Wed, Nov 9, 5:30-7pm
●FC, Mon, Nov 14, 7-8:30pm
●ILH-R, Mon, Nov 14, 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 Monday. Facilitator: Karen Archer, MSW.

Coalesce I: An Advanced Breast Cancer Group

●FC, Fri, Nov 4-18, call for time
Meet weekly with women of all ages to share life's joys and sorrows. Prior screening is required as this is a closed group; please call facilitator, Shara Sosa, 703.698.2522.

Coalesce II: An Advanced Breast Cancer Group

●FC, Tue, Nov 8 & 22, 10:30am-12pm
Meet weekly with women of all ages to share life's joys and sorrows. Contact Micheline Toussaint, LCSW, RYT for more information, micheline.toussaint@inova.org or 703.698.2521.

Colorectal Cancer Connect Group

●ILH-R, Wed, Nov 16, 6-7:30pm
Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship. Facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN

Cutaneous Lymphoma Support Group

●FC, Wed, Nov 2, 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

●IAH-LWC, Thu, Nov 3-Dec 8*, 2:30-4pm
●FO-LWC, Thu, Nov 3-Dec 1*, 6-8pm
●FC, Tue, Nov 1, 7:15-9pm
Group continues for those already registered. *No group Nov 24.

GYN Cancers Group

●FC, Wed, Nov 16, 5:30-7pm
Note: November's meeting is on the third Wednesday due to Thanksgiving holiday. Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another. Facilitators: Rebecca McIntyre, MA, MEd, LCSW, OSWC and Christine Bloom, MSN, RN.

Head and Neck Cancers Symposium

●FC, Wed, Nov, 9, 6-8:30pm
See page 1.

Leukemia and Lymphoma Support Group

●FC, Mon, Nov 21, 1-2:30pm
This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. Each month we will focus on a specific topic (e.g. coping with uncertainty, fear of recurrence, etc.) in addition to open discussion.

Living with Advanced Disease

●FO-LWC, Thu, Nov 10, 1-2:30pm
●ILH-R, Mon, Nov 28, 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. Join others who can support you on this road. Registration encouraged.

It's a Win-Win!

Join us for four awesome community races benefitting Life with Cancer

2nd Annual Breakaway Fitness 5K,
November 6

27th Annual Virginia Run Turkey Trot
November 24

Ringling In Hope, Walk, Run & Fun,
December 31

16th Annual Mantua Raccoon Run,
May 13- Save the Date!!

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

Lung Cancer Support Group

●FC, Wed, Nov 2, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments.

Shine a Light on Lung Cancer

●ICPH, Thu, Nov 17, 6-8:30

See page 1.

Multiple Myeloma:

Special Speaker:

William Matsui, MD

●FC, Tue, Nov 15, 11:45-1:30pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. Special guest speaker: William Matsui, MD, Director of the Multiple Myeloma Program at Johns Hopkins will talk on "Multiple Myeloma and High Risk Disease." Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register via the LWC website!

Us Too Prostate Cancer Support Group

●ICPH, Tue, 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 Group

●IAH-HEC 1&2, Thu, Nov 10, 6-7:30pm

This monthly group will include a 20-30 minute presentation by a physician or other health professional on an area relevant to prostate cancer, followed by an opportunity to share and learn with other survivors both in and out of treatment.

Us Too Prostate Cancer Support Group

●LCSC, Tue, Nov 8, 6-8pm

These meetings provide an opportunity to network with others, gain valuable resources and listen to professional speakers as arranged by the group. Special program in November to include a physician panel: Radiation Oncologist, Dr. Jason Sun, Urologist, Dr. Jennifer Young, and Medical Oncologist, Dr. Amit Sarma.

Spirituality Quest: Feeling the Magic of Gratitude

●FC, Tue, Nov 8, 10:30-12pm

Frequent guest facilitator, Jenn Fay, RScP, will help us explore this month's theme. Come ready to share your expressions of gratitude. Please register by Nov 7.

Women's Survivorship Group

●ILH-R, Thu, Nov 10, 6:30-8pm

Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. Through discussion, problem solving, art and other modalities, this group will help you gain insight and balance to your life after cancer.

Young Adult Group

●FC, Thu, Nov 17, 7:30-9pm

Note: November's group will meet on the third Thursday 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.

CHILDREN, TEENS, PARENTS



For information and to register for the following groups, unless otherwise indicated, please contact Jean McCaw, MA, ATR-BC, LCPAT, Child & Adolescent Program Coordinator at Life with Cancer, 703.698.2537, jean.mccaw@inova.org.

Curious about Cancer

●FC, Wed, Nov 2 and Nov 9, 5:30-6:30pm

Group continues for those already registered. No online registration.

Kid and Sib Day

●FC, Tue, Nov 8, 10am-2pm

Children ages 5-12 with cancer and their brothers and sisters, ages 5-12 are invited for a day of connection with peers, art therapy, yoga and other meaningful activities. Lunch will be provided.

Loss of a Child: Bereavement Support Group for Parents

●FC, Tue, Nov 1-29, 6-7:30pm

Group continues for those already registered.

Parenting Alone

●FC, Thu, Nov 3-Dec 22, 6:30-8:30pm

This 6 week group (no group on 11/24) is for parents of children and teens who are navigating the death of a spouse or partner to cancer. Meet other parents, share ideas, challenges and helpful solutions. Negotiate the challenges of your new role as a single parent and address ways to support your child or teen in their grief. Participants are encouraged to attend all 6 sessions. No online registration.

Pediatric Oncology Parent Night

●FC, Tue, Nov 22, 6-8:30pm

What to do when counting sheep isn't working- helping your child get a good night's sleep. Topics presented by Darah W Curran, MSW, LCSW; LWC Oncology therapist II will include insomnia, why is sleep important, how much sleep do you need?, strategies to getting a good night sleep, sleep environment, quieting the racing mind at bedtime, experiential relaxation strategies and yoga. Dinner and children's activity group included. RSVP to Cathy Bottrell, LCSW at 703.531.1515 or cathy.bottrell@inova.org by 11/28.



Oncology Massage and Body Work

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

To schedule with Fran Arnold, call 703.851.0995
To schedule with Cindy Rocca, call 703.598.4321

Life with Cancer Studio
44084 Riverside Pkwy, LL, Ste 400
Leesburg, VA 20176

Tuesdays and some Saturdays
To schedule with Fran Arnold call 703.851.0995

- Appointments are for patients/survivors and their family members
- Physician approval is required; ask for written permission at your next appointment
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on 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.

Surviving Cancer Competently Program [SCCIP-ND]: For parents of children newly diagnosed with cancer

●FC, Thu, Oct 27, Nov 10 & Dec 1, 6-7pm
Program continues for those already registered.

Talking to Your Children about Cancer

●ILH-R, Mon, Nov 14, 6:30-8pm

Regardless of who is diagnosed with cancer, the whole family is affected. Cancer is a complicated disease to understand and challenging to explain to a child or teen. Discussing it with your child or teen is an important thing you can do to help your children understand and cope. But what is the best approach? Jean McCaw, MA, ATR-BC, LCPAT, Life with Cancer’s Child and Adolescent Program.

Life with Cancer Programs and Services for Children, Teens and Parents

- Individual and family counseling for children, teens, and parents
- Art therapy, play therapy, sand tray therapy
- Guidance in how to talk with your child or teen about cancer
- SCCIP-ND: a three-session program intervention which provides techniques to help parents/caregivers cope more effectively when they have a child diagnosed with cancer.
- Support in navigating the end of treatment and survivorship
- Grief support
- Information and referral to services in the community

For more information or to schedule an appointment please contact Jean McCaw, MA, ATR-BC, LCPAT, Child and Adolescent Program Coordinator. 703.698.2537 or jean.mccaw@inova.org.

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)**.

Want to receive weekly updates from Life with Cancer?

Sign up for Life with Cancer Email News

You will receive timely information about

- Program Highlights
- Fundraisers
- Weather Closings

It's Easy!

1. Go to www.lifewithcancer.org
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.

Gift In-Kind Donations

Life with Cancer accepts gently used wigs, which we collect for refurbishing and redistribution by E-Beauty.com.

We cannot accept any other used items including books, CDs, or personal items.

New items may be accepted at our discretion.

NOVEMBER 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRI/SAT/SUN |
|--|--|---|---|---|
| | 1 10:15am Fitness for Wellness, Level II (44084 RP) 11:30am Gentle Yoga (44084 RP) 1pm Building Strength... (FO-LWC) 2:30pm Compassion Cultivation (FC) 4pm Breast Surgery Preparation (ILH-PER) 6pm Loss of a Child (FC) 6:30pm Planning Ahead (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC) | 2 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness, Level I (44084 RP) 1pm Mindfulness-Based Cancer Recovery Program (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 3pm Meditation and Guided Imagery (FC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30pm Curious About Cancer (FC) 5:30pm Breast Cancer Support Group-Special Speaker (FC) 6pm Joyful Bellydance (FC) 6:30pm Lung Cancer Group (FC) 6:30pm Planning Ahead (ILPO-I) 6:30pm Mindfulness-Based Cancer Recovery (ILH-R) 7pm Cutaneous Lymphoma Support Group (FC) | 3 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness (44084 RP) 11am Music Therapy (FO-LWC) 11:30am Mindfulness (44084 RP) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Good Grief (IAH-LWC) 5:30pm Breast Cancer Group (FC) 6pm Good Grief (FO-LWC) 6:30pm Parenting Alone (FC) 7pm Ask the Expert: Functional Medicine (FC) 7:30pm Shape Up (FC) | 4 Coalesce(FC) 10:30am Zumba Gold (44084RP) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Yin Yoga, Fair Oaks (FO-LWC) 5 6 |
| 7 10:30am Fitness for Wellness, Level I (44084 RP) 12:30pm Breast Surgery Preparation (IAH-CCC) 1:30pm Write to Heal (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 7pm Gentle Yoga (44084RP) | 8 10:15am Fitness for Wellness, Level II (44084 RP) 10:30am Coalesce II (FC) 10:30am Spirituality Quest (FC) 11:30am Gentle Yoga (44084 RP) 1pm Building Strength... (FO-LWC) 1:30pm Zentangle (44084-RP) 2:30pm Compassion Cultivation (FC) 2:30pm Writing Your Life Stories (FC) 3:30pm Qi Gong (IAH-LWC) 6pm Us Too Prostate Cancer Group (LCSC) 6pm Brain Tumor Group (FC) 6pm Loss of a Child (FC) 6:30pm Planning Ahead (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC) 7:30pm Us Too Prostate Cancer Group (FC) | 9 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness, Lv I (44084 RP) 12:30pm Making Sense of Your Story (FC) 12:30pm Breast Surgery Class (FO-LWC) 1pm Mindfulness-Based Cancer Recovery (FC) 1pm Fighting Cancer with a Fork (IAH-CCW) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 3pm Meditation and Guided Imagery (FC) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Caregiver Connection (FO-LWC) 5:30pm Breast Cancer Group (FO-RO) 5:30pm Curious About Cancer (FC) 6pm Breast Cancer Group (IMVH-CC) 6pm Head and Neck Cancer Symposium (FC) 6pm Joyful Bellydance (FC) 6:15pm Healing Touch (44084 RP) 6:30pm Mindfulness-Based... (ILH-R) 6:30pm Planning Ahead (ILPO-I) 7pm Cutaneous Lymphoma Support Group (FC) | 10 10:15am Fitness for Wellness, Level II (44084 RP) 11:30am Orientation to Life with Cancer (FC) 11:30am Mindfulness (44084 RP) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 2:30pm Good Grief, Alexandria (IAH-LWC) 6pm Prostate Cancer Support Group (IAH-CCC) 6pm Good Grief (FO-LWC) 6pm Surviving Cancer Competently Program (FC) 6:30pm Parenting Alone (FC) 6:30pm Women's Survivorship Group (ILH-R) 7:30pm Shape Up (FC) | 11 Coalesce: An Advanced Breast Cancer Group (FC) 10:30am Zumba Gold (44084RP) 10:15am Restorative Yoga (FC) 13:30pm Art therapy for Long-Term Survivors (FC) 1pm Yin Yoga (FO-LWC) 12 10am Carcinoid Cancer Group (FC) 13 |
| 14 10:30am Fitness for Wellness, Level I (44084 RP) 12 pm Look Good... Feel Better (ILH-R) 2pm Level II Exercise: Chair-Based (FC) 2pm Look Good...Feel Better (FO-LWC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Reiki for Relaxation at Fairfax (FC) 6:30pm Caregiver Connection (ILH-R) 6:30pm Talking to Your Children about Cancer (ILH-R) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC) 7pm Gentle Yoga (44084RP) | 15 10:15am Fitness for Wellness, Lv II (44084 RP) 11:30am Gentle Yoga (44084 RP) 11:45am Multiple Myeloma: Dr. Matsui (FC) 12pm Fighting Cancer with A Fork (FO-RO) 12:30pm Breast Surgery Preparation (IAH-CCC) 12:30pm Breast Surgery Preparation (FC) 1pm Building Strength... (FO-LWC) 2:30pm Writing Your Life Stories (FC) 2:30pm Compassion Cultivation (FC) 3:30pm Qi Gong (IAH-LWC) 6pm Loss of a Child (FC) 6:30pm Planning Ahead (FC) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba! (FC) | 16 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness, Level I (44084 RP) 2pm Level II Exercise: Chair-Based(FC) 3pm Meditation and Guided Imagery (FC) 3pm Cross-Train Challenge (FC) 4:30pm Hormones & Breast Cancer: Managing ... (FO-LWC) 5:30pm GYN Cancer Group 6pm Colorectal Cancer Connect Group (ILH-R) 6pm Joyful Bellydance (FC) 6:30pm Mindfulness-Based Cancer Recovery Program (ILH-R) | 17 10:15am Fitness for Wellness, Lv II (44084 RP) 11:30am Mindfulness (44084 RP) 12pm Breast Surgery Preparation (ILH-PER) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories (FC) 2:30pm Good Grief, Alexandria (IAH-LWC) 6pm Good Grief, Fair Oaks (FO-LWC) 6pm Shine a Light on Lung Cancer (ICPH) 6:30pm Parenting Alone (FC) 6:30pm Ask the expert: Understanding Pain... (FC) 6:45pm Reiki (44084-RP) 7:15pm Barre Tone (FC) 7:30pm Young Adult Group (FC) | 18 Coalesce: An Advanced Breast Cancer Group (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084RP) 1pm Yin Yoga, Fair Oaks (FO-LWC) 1pm Knitting and Crocheting Circle (FC) 19 20 |
| 21 10am Drumming for Wellbeing (FC) 10:30am Fitness for Wellness, Lv I (44084 RP) 11:30am Gentle Yoga (44084 RP) 12pm Drumming for Wellbeing (44084 RP) 1pm Leukemia and Lymphoma Support Group (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5:30pm Breast Cancer Group (IAH-CCW) 7pm Look Good...Feel Better (FC) 7pm Gentle Yoga (44084RP) | 22 10:15am Fitness for Wellness, Lv II (44084 RP) 10:30am Coalesce II (FC) 11:30am Gentle Yoga (44084 RP) 12pm Breast Cancer Group (FC) 1pm Building Strength... (FO-LWC) 2:30pm Writing Your Life Stories (FC) 2:30pm Compassion Cultivation (FC) 3:30pm Qi Gong (IAH-LWC) 6pm Loss of a Child Bereavement Group (FC) 6:30pm Planning Ahead (FC) 7pm Zumba! (FC) | 23 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 5:30pm GYN Cancers Group (FC) 6pm Joyful Bellydance (FC) | 24 Thanksgiving Holiday | 25 Life with Cancer Closed 26 27 |
| 28 10:30am Fitness for Wellness, Lv I (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Group (ILH-R) 6:30pm Living with Advanced Disease (ILH-R) 7pm Gentle Yoga (44084RP) | 29 10:15am Fitness for Wellness, Lv II (44084 RP) 11:30am Gentle Yoga (44084 RP) 2:30pm Writing Your Life Stories (FC) 2:30pm Compassion Cultivation (FC) 3:30pm Qi Gong (IAH-LWC) 6pm Loss of a Child(FC) | 30 12:30pm Breast Surgery Prep (FO-LWC) 2pm Level II Exercise: Chair-Based(FC) 3pm Cross-Train Challenge (FC) 4:30pm Endocrine Therapy and Bone Health (FO-LWC) 6pm Joyful Bellydance (FC) 6:30pm Book Club: W;t (ILH-R) | | |