



# Life with Cancer®

MAY 2017

## 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, groups & counseling are FREE
- REGISTRATION IS REQUIRED for all groups & classes. Registration enables us to appropriately plan for materials and staff time.
- If you cannot attend a class/group for which you are registered, CANCEL your registration within 24 hours by calling 703.698.2526; this will allow another person to attend.

## 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

### Adjuvant Endocrine Therapy for Early Stage Breast Cancer

●FC, Wed, May 3, 5-6pm

Mary Wilkinson, MD, will discuss the role of hormonal therapy in treatment for breast cancer, what studies show regarding its effectiveness, benefits versus risks of side effects, and what you need to know about healthy living during treatment.

### Breast Surgery Pre-Op Class

●ILH-PER, Tue, May 2, 4-5:45pm

●ILH-PER, Thu, May 25, 12-1:45pm

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. Family member may attend. Instructor: Christine Stone RN, MSN, OCN. Registration is required; no exceptions.

### Breast Surgery Pre-Op Class

●IAH-LWC, Mon, May 1, 12:30-2pm

●IAH-LWC, Tue, May 16, 12:30-2pm

●FO-LWC, Wed, May 10 & 24, 12:30-2pm

●FC, Mon, May 1, 5-6:30pm

●FC, Mon, May 15, 10-11:30am

●FC, Thu, May 11 & 25, 12:30-2pm

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. Registration is required.

### Orientation

●FC, Thu, May 11, 11:30am-12:30pm

●FC, Thu, May 25, 6-7pm

Take a tour and learn about our many programs, classes, groups and services for children and adults. Registration is required. Can't make a scheduled orientation? Just call us at 703.206.5433 to arrange a personal session.

### Cultivating Compassion

●FC, Tue, May 2 & 9, 2:30-4pm

Class continues for those already registered.

### Look Good...Feel Better

●FC, Mon, May 15, 5-7pm

●FO-LWC, Tue, May 9, 11am-1pm

●IAH-LWC, Tue, May 2, 6-8pm

●ILH-R, Mon, May 8, 12-2pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy 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. Registration is required.

### Managing your Weight During and After Treatment

●FC, May 9, 10:30-11:30am

Julie Thorsen, MS, RD, CSO, Certified Specialist in Oncology Nutrition, ACSM Health Fitness Specialist, Certificate in Weight Management will give a research update from the American Institute for Cancer Research regarding maintaining a healthy weight and managing cancer outcomes/ treatment side effects and reducing risk of recurrence.

## 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](http://www.lifewithcancer.org)
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.



## Location Key

- **44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- **FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505
- **FO-C&D:** Fair Oaks Cancer Center, Conference Rooms, Lower Level, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **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-AUD:** Inova Alexandria Hospital-Auditorium , 4320 Seminary Road, Alexandria, VA, 22304
- **IAH-CCW:** Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- **IAH-LWC:** Inova Alexandria Hospital-Life with Cancer Office, 4320 Seminary Road, Ste 1.NE.5.4, Alexandria, VA, 22304
- **ILH-PER:** Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA
- **ILH-R:** Inova Loudoun Hospital Radiation Oncology Center, 44035 Riverside Parkway, Ste 100, Leesburg, VA, 20176
- **LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165
- **MBG:** Visitor Center, Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Ct., Vienna, VA

## Myths and Facts about Cancer and Nutrition

● **FC, Thu, May 25, 6:30-8pm**

Carrie Friedman, RN, OCN and Gale Towery, RN, BSN, OCN, CBON will address the common misconceptions about nutrition and cancer. Please register.

## Strategies for Improving Brain Fog

● **FC, Thu, May 4, 10am-11:30pm**

Understand the cognitive consequences of cancer treatment as well as the impact of co-existing factors and learn strategies to mitigate the impact that can accompany cognitive decline. Please register for all four sessions. Sessions facilitated by Sam Lolak, MD, Drucilla Brethwaite, MSW, LCSW, OSW-C, Molly Boehm, MSW, LSW and Michelle Ferretti, MSW. For more information contact Drucilla Brethwaite, MSW, LCSW, OSW-C drucilla.brethwaite@inova.org 703.698.2538.

## HEALTHY LIVING

*For each class you are attending in 2017, please bring a signed Physical Activity Waiver Form, found on [www.LifewithCancer.org](http://www.LifewithCancer.org), Class Registration tab, Class Forms page. Registration is required for all classes.*

## Barre Tone

● **FC, Thu, May 4 & 11, 7:15-8:15pm**

This class is appropriate for all fitness levels. Jazz up your routine and experience the latest trend in a full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility, while enjoying the infusion of dance. Registration is required.

## Building Strength While in Treatment

● **FO-LWC, Tue, May 2, 1:30-2:30pm**

Class continues for those already registered

## Building Strength While In Treatment

● **FO-LWC, Tue, May 16-Jul 18\*, 1:30-2:30pm**

No class July 4\*. Learn how to build strength and increase energy with gentle, low intensity and low impact resistance exercises. With emphasis on increasing overall strength, endurance and range of motion, this class will help you cope with the physical issues associated with your treatment. Equipment is provided. Dress comfortably and bring water and a small towel. Physician approval is required if you have had surgery within 6 weeks. Registration is required.

## Chair-Based Exercise

● **FC, Mon, May 1-Jun 5, 2-2:45pm**

● **FC, Wed, May 3-Jun 7, 2-2:45pm**

Appropriate for all fitness levels of fitness. Designed for people with limited mobility, you'll increase your stamina, aerobic endurance, core strength, flexibility and balance through the use of resistance equipment and body weight exercises. Registration is required.

**Registration is required for all groups and programs**

## Cross-Train Challenge

● **FC, Wed, May 3-Jun 7, 3-3:45pm**

Appropriate for medium to experienced fitness levels. 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. Registration is required.

## Fighting Cancer with A Fork

● **IAH-CCW, Wed, May 10, 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. Registration is required.



## Functional Circuit Training

● **44084 RP, Thu, May 4, 9-10am**

Class continues for those already registered.

## Functional Circuit Training

● **44084 RP, Thu, May 18-Jul 20, 9-10am**

Appropriate for medium to advanced fitness levels. Using timed stations and different movement patterns, you'll develop agility, strength, balance and flexibility. Registration is required. Instructor: Jenny Townsend.

## Functional Fitness

● **FO-LWC, Mon, May 1, 10-11am**

Class continues for those already registered.

## Functional Fitness

● **FO-LWC, Mon, May 15-Jul 17\*, 10-11am**

\*No class July 3. Using resistance equipment, body weight and different movement patterns you'll build strength, cardio, flexibility and balance. Physician approval is required if you have had surgery within 6 weeks. Registration is required.

## Joyful Belly Dance

●FC, Thu, May 4, 6-7pm

Immerse yourself in the music, rhythms, patterns and pure joy of middle eastern belly dance! Learn shimmies, belly rolls, undulations, isolations and more as you feel your body getting stronger, more relaxed and more limber. Belly dance is an amazing workout, a ton of fun and absolutely beautiful! Wear comfortable clothing and bare feet.

## Keeping Fit

●FC, Mon, May 1-Jun 5\*, 3-4pm

\*No class May 29. Appropriate for all fitness levels. If you love to dance, this is the class for you! Moving to energizing music, you'll build strength and balance. Add in resistance equipment and you've got the perfect class! You must be able to get up and down from the floor. Registration is required.

## Move Your Body

●FO-LWC, Wed, May 3-24, 3-4pm

Appropriate for medium to advanced levels of fitness. Kick up your energy and fitness levels with a cardio workout designed to increase strength and endurance. Incorporates body weight exercises and a moderately intense pace. Registration is required. Instructor: Jackie Le.

## PiYo

●FO-LWC, Wed, May 3 & 10, 7-8pm

Class continues for those already registered.

## PiYo

●FO-LWC, Wed, May 24-Jul 12, 7-8pm

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. It's all about energy, power, and using your body to sculpt your body. Physician approval is required if you have had surgery within 6 weeks. Registration is required.

## Strength, Balance, Stretch

●44084 RP, Mon, May 1, 9-10am

●44084 RP, Thu, May 4, 11:30am-12:30pm

Class continues for those already registered.

## Strength, Balance, Stretch

●44084 RP, Mon, May 15-Jul 17\*, 9-10am

●44084 RP, Thu, May 18-Jul 13, 11:30am-12:30pm

\*No class July 2. Appropriate for beginners and those in treatment. This class is designed to develop muscular strength, balance and flexibility. You'll use a variety of resistance equipment that will challenge every major muscle. Registration is required.

## Strengthen with Bar and Pilates

●FO-LWC, Thu, May 4 & 11, 11:30am-12:30pm

Class continues for those already registered.

## Strengthen with Barre and Pilates

●FO-LWC, Thu, May 25-Jul 20, 11:30am-12:30pm

Appropriate for all fitness levels. You'll combine barre and pilates movements set to motivating music to create an invigorating workout. Physical approval is required if you have had surgery within 6 weeks. Registration is required.



## Total Body Conditioning

●44084 RP, Mon, May 1, 10:15-11:15am

●44084 RP, Thu, May 4, 10:15-11:15am

Class continues for those already registered.

## Total Body Conditioning

●44084 RP, Mon, May 15-Jul 17\*, 10:15-11:15am

●44084 RP, Tue, May 16-Jul 18\*, 6:30-7:30pm

●44084 RP, Thu, May 18-Jul 20, 10:15-11:15am

\*No class July 3 and 4. Appropriate for all fitness levels. An energetic workout that combines cardio, strengthening, balance and core. If you are attending this class for the first time in 2017, please bring a signed Physical Activity Waiver, available on lifewithcancer.org, Register for a Class, Class Forms. Registration is required. Instructor: Jenn Townsend.

**Registration is required for all groups and programs**

## Zumba

●FC, Tue, May 2-30, 7-8pm

Now EVERY Tuesday! Please register under Zumba-Bilingue. 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. Registration is required.

**Please Note:**  
For the most up-to-date program information, please check the Class Registration page at [lifewithcancer.org](http://lifewithcancer.org)

## Zumba Gold

●44084 RP, Fri, May 5 & 19, 10:30-11:30am

Appropriate for all fitness levels. Easy to follow choreography that promotes balance, range of motion and coordination. Come prepared to sweat! Registration is required.

## YOGA

### Gentle Yoga

●FC, Thu, May 4, 1-2pm

●FC, Thu, May 18-Jun 29, 1-2pm

This class is appropriate for all fitness levels. Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. If this is your first time attending this class in 2017, please bring a signed activity participation waiver (found on the Class Forms page, under the Class Registration tab) Registration is required.

### Evening Gentle Yoga

●44084 RP, Mon, May 1, 7-8:30pm

●44084 RP, Mon, May 15-Jun 26, 7-8:30pm

●FC, Mon, May 1 & 22\*, 7-8pm

\*No class May 8, 15, or 29. This class is appropriate for all fitness levels. Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Physician approval is required if you have had surgery within 6 weeks. Registration is required.

### Laughter Yoga

●FC, Thu, May 4, 2-3pm

Laughter Yoga uses a combination of rhythmic clapping, simulated laughter and yoga-like breathing exercises that have a number of benefits including improved oxygen levels, improved lung capacity, reduced stress and an enhanced feeling of wellbeing. In Laughter Yoga you don't have to have a sense of humor. Simply follow the instructor and do the "games". No need to get on the floor; laughter yoga can be done seated in a chair.

## Restorative Yoga

● 44084 RP, Fri, May 5, 11:45am-1:15pm

● 44084 RP, Fri, May 19-Jun 30, 11:45am-1:15pm

● FC, Fri, May 5-Jun 23\*, 10:15-11:30am

\*No classes on May 26 or June 9, 2017. This class is appropriate for all fitness levels. Using bolsters, blocks and blankets to support your body, you'll easily melt into a pose. Gentle stretches, breastwork and guided meditation deepen your practice. Please bring a blanket. If this is your first time attending this class, please bring a signed physical activity waiver (look for Class Forms page under Class Registration tab). Please register for each class you plan to attend.

*For each class you are attending in 2017, please bring a signed Physical Activity Waiver Form, found on [www.LifewithCancer.org](http://www.LifewithCancer.org), Class Registration tab, Class Forms page. Registration is required for all classes.*

## Yin Yoga for Patients in Treatment

● FO-LWC, Fri, May 12 & 19, 1-2:30pm

Note: No class May 5. Class continues for those already registered.

## Yoga for Breast Cancer

● FC, Wed, May 3, 10, 17 and 31\*, 5:30-6:30pm

\*No class on May 24, 2017. Breast cancer patients/survivors are invited to learn yoga poses designed especially for you! Wear comfortable clothing and bring a blanket and water bottle. Physician approval is required if you have had surgery within 6 weeks. \*Note: this class does not meet on the 4th Wednesday of the any month. Registration is required.



## Yoga for Strength and Flexibility

● 44084 RP, Wed, May 3, 17, and 31, 5-6:30pm

This class meets every other week between March and June. Best for those 6 weeks out from surgery and ready for more active yoga. Bring your yoga practice to a new level as you strengthen your body and improve flexibility. Bring a blanket. Registration is required.

## PROGRAMAS EN ESPAÑOL

### Zumba-Bilingual

● FC, Tue, May 2-30, 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. Para más información, llamar a 703-698-2526. Si está asistiendo por primera vez en 2016, favor de firmar un permiso antes de empezar la primera clase.

## STRESS MANAGEMENT

### Art Therapy for Long-Term Survivors

● FC, Fri, May 12, 1-3pm

Note: Registration for this group begins on the first business day of the month. 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. Artistic ability is NOT necessary, just a willingness to explore and be a part of a supportive, creative community. Experience the power of art therapy, relaxation and guided imagery as you explore the creative process and make meaning of your life after cancer. Registration is required. Once registered please call to cancel if you cannot attend so someone else may attend. Jean McCaw, ATR-BC, LCPAT.

### Singing for Healing

● FC, Mon, May 1-Jun 19 and Thurs, Jun 29, 11am-12:30pm

An eight-week therapeutic singing program for adult patients, caregivers, or family members of a loved one touched by cancer. Are you someone who enjoys singing and wants to include singing in your personal healing process? Then this group is for you! We'll be singing a range of popular songs from various decades and musical genres, specifically selected for the themes present. There will also be time for sharing and discussion. All levels of singing ability are welcome.



## Weaving Your Own Rainbow Art Workshop

NEW!

● FC, Thu, May 4, 12:30-2:30pm

Utilizing art as a healing modality, we invite you to explore your ideas, desires, dreams, emotions and creativity through guided imagery and the Soul Collage technique. Artistic ability is NOT necessary, just a willingness to explore and be a part of a supportive, creative community. Facilitator: Artist and Poet Nora Bertognotti.



### Healing Through Art Therapy—New Location

● FC, Thu, May 18, 1-3:30pm

● FO-LWC, Fri, May 26, 1-3:30pm

Registration opens on the first business day of the month. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. 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. Artistic ability is NOT necessary, just a willingness to explore and be part of a supportive, creative community. Registration is required. Once registered please call 703.698.2526 to cancel if you cannot attend. Facilitator: Jean McCaw, ATR-BC, LCPAT.

### Healing Touch

● 44084 RP, Mon, May 8, 6-7pm

Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to 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.

### Knitting and Crocheting Circle

● FC, Tue, May 2, 7-8:30pm

● FC, Fri, May 19, 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. Registration is required.

## Meditation and Guided Imagery

●FC, Thu, May 18 & 25, 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 weekly session begins with breath work and a relaxation technique that leads into a guided meditation. Separate registration is required for each class.

## Mindfulness-Based Cancer Recovery Drop-In Group

●FC, Tue, May 2, 11am-12pm

For those that completed the 6-session Mindfulness-Based Cancer Recovery Program this monthly drop-in group is designed to support your practice. Stop by and see former group members, engage in some meditation and guided imagery; and talk about the benefits and challenges of maintaining "mindful-awareness" in your daily life. Registration is required by the Friday prior to group.

## Mindfulness-Based Cancer Recovery for Patients in/ or Recently Completed Treatment

●FC, Wed, May 3-17, 1-2:30pm

Class continues for those already registered.

## Reiki for Relaxation

●44084 RP, Thu, May 25, 6:45-8pm

●FC, Mon, May 8, 6-7pm and 7-8pm

●FC, Wed, May 24, 6-7pm and 7-8pm

●FO-LWC, Tue, May 9, 6-7pm

Registration opens on the first business day of each month. This ancient practice involves positioning the hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Registration is required. Once registered please call if you need to cancel so that someone else may attend. If you miss two appointments without prior notice we may need to refer you to Reiki practitioners in the community.

## Writing Your Life Stories Monthly Drop-In Group

●FC, Thu, May 18, 2:30-4pm

This writing group is for those who previously completed the 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Registration is required.



## Zentangle

●44084 RP, Tue, May 9, 1:30-3pm

Take a mental vacation from cancer and enjoy the experience of Zentangle- It's is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The experience of doing Zentangle increases focus and creativity, and provides artistic satisfaction along with an increased sense of wellbeing. A new theme is explored in each monthly class. All supplies are provided, but if you have attended this class in the past, please bring your kit. Registration is required.

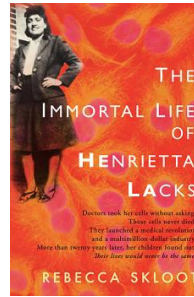
## SUPPORT & NETWORKING

*Support groups are facilitated by experienced, professional Oncology Therapists and Oncology Nurse Navigators.*

## Book Group: The Immortal Life of Henrietta Lacks

●ILH-R, Wed, May 24, 6:30-8pm

Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor black tobacco farmer whose cells, taken without her knowledge in 1951, became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, and more. Henrietta's cells have been bought and sold by the billions, yet she remains virtually unknown. This is a riveting story of the collision between ethics, race and medicine; of scientific discovery and faith healing; and of a daughter consumed with questions about the mother she never knew. Author: Rebecca Skloot.



## Brain Tumor Group

●FC, Tue, May 9, 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.

## Breast Cancer Group

●FC, Wed, May 3, 6:45-8pm

●FO-RO, Wed, May 10, 5:30-7pm

●IAH-LWC, Mon, May 15, 5:30-7pm

●ILH-R, Mon, May 22, 6-7:30pm

These groups are for women diagnosed with stage 0-3 breast cancer and no more than 2 years out of active treatment (see Women's Survivorship Group for those more than 2 years out of active treatment). Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Registration is required.

## Young Women with Breast Cancer

●FC, Tue, May 16, 6:30-8pm

●IAH-CCW, Tue, May 9, 6:30-8pm

Women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment are invited to meet with others in a supportive environment to learn how to best navigate survivorship. If attending for the first time call, 703.698.2522. Registration is required.

## Coalesce: An Advanced Breast Cancer Group

●FC, Fri, May 5-26, 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. Registration is required.

## 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

## Coalesce II: An Advanced Breast Cancer Group

●FC, Tue, May 9 & 23, 10:30am-12pm

Meet with women of all ages to share life's joys and sorrows. Registration is required.

## Living with Advanced Disease

●FO-LWC, Thu, May 11 & 25, 1-2:30pm

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 is required.

**Registration is required for all groups and programs**

## Carcinoid Cancer Group

●FC, Sat, May 13, 10am-12pm

Meet with other patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting for those with neuroendocrine tumors. For more information email [mitchmberger@msn.com](mailto:mitchmberger@msn.com).

## Caregiver Connection

●FC, Mon, May 8, 7-8:30pm

●FO-C&D, Wed, May 10, 5:30-7pm

●ILH-R, Mon, May 8, 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. Registration is required 48 hours in advance.

## Colorectal Cancer Group

●ILH-R, Wed, May 17, 6-7:30pm

Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treat-

ment and survivorship. Facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN, BSN. Registration is required.

## Colorectal Cancer Connect Group

●FC, Tue, May 16, 6-7:30pm

Now a MONTHLY group! Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship. Facilitators: Michelle Bronzo, MA. LPC, CT and Amy Siegel, RN, BSN.



## Cutaneous Lymphoma Support Group

●FC, Wed, May 3, 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.clfoundation.org/CLF-DC>.

*Support groups are facilitated by experienced, professional Oncology Therapists and Oncology Nurse Navigators.*

## Good Grief

●FC, Tue, May 2-Jun 20, 7:15-9pm

This eight-week series offers the opportunity to 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. Group facilitated by Sarah Brooks, LPC. Registration is required. For information contact Drucilla Brethwaite, LCSW, OSW-C, 703-698-2538 or [drucilla.brethwaite@inova.org](mailto:drucilla.brethwaite@inova.org)

## GYN Cancers Group

●FC, Wed, May 24, 5:30-7pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to this monthly group to share experiences and learn from one another. Facilitator: Rebecca McIntyre, LCSW, OSW-C. Registration is required.

## Head and Neck Cancers Group

●FC, Wed, May 10, 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 Gerry Higgins, MSN, RN-BC, OCN. Registration is required.

## Leukemia and Lymphoma Group

●FC, Mon, May 15, 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. For more information please contact Rebecca McIntyre, LCSW, OSW-C at 703.698.2524.

## Lung Cancer Group

●FC, Wed, May 3, 6:30-8pm

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

## Melanoma Support & Networking

●FC, Thu, May 4, 6:30-8pm

Come for an evening of open discussion and networking with Co-Facilitators David McGinness, MSW, LCSW, OSW-C and Rebecca Babb, RN. Registration is required.

## Multiple Myeloma - Dr. David Heyer

●FC, Tue, May 16, 11:45am-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, David Heyer, MD, Inova Medical Group will talk about Multiple Myeloma and Immunotherapy: Please check the website. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

*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)**.



### Spirituality Quest

●MBG, Tue, May 9, 10:30am-12pm

All survivors are invited to join us at Meadowlark Botanical Gardens to experience the "Healing Power of Nature" and for a walk and talk with Keith Tomlinson, Gardens Manager and fellow of the Washington Academy of Science. We will meet in the lobby of the Visitor's Center. Registration is required by May 8. Location: 9750 Meadowlark Gardens Ct. For directions, go to [www.nvrpa.org/park/meadowlark\\_botanical\\_gardens](http://www.nvrpa.org/park/meadowlark_botanical_gardens). Facilitator: Marsha Komandt, RN, OCN.

### Us Too Prostate Cancer Support Group

●LCSC, Tue, May 9, 6-8pm

Join other men for an opportunity to network and learn about valuable prostate cancer information and resources. Registration is required.

### Us Too, Prostate Cancer Support Group

●IAH-AUD, Thu, May 11, 6-7:30pm

This monthly group includes a 20-30 minute presentation by a physician or other health professional on a relevant topic, followed by an opportunity to learn and share with other survivors both in and out of treatment. Facilitators: David McGinness, LCSW and Bob Wallace. Questions? Email [david.mcginness@inova.org](mailto:mcginness@inova.org). Registration is required.

**Registration is required for all groups and programs**

### Us Too, Prostate Cancer Support Group

●FC, Tue, May 9, 7:30-9pm

Registered Dietitian, Debra Rowland, will provide a Nutritional Update.

### Women's Survivorship Group

●ILH-R, Thu, May 11, 6:30-8pm

●FC, Wed, May 17, 5:30-7pm

For women in maintenance therapy or completed treatment. Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. This group is designed to help you gain insight and balance in your life through discussion, problem-solving and other modalities. Registration is required.

### Young Adult Group

●FC, Thu, May 25, 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. Registration is required.

### CHILDREN, TEENS, PARENTS

### Pediatric Oncology Parent Night: Father Son Night

●FC, Mon, May 22, 6-8:30pm

Annual Father/Son Night. For boys of all ages with cancer and teens in treatment, their brothers and dads. Come and enjoy an evening of fun with a cookout, games, sports challenges, water activities, tons of prizes...plus visits from local Fire and Rescue team, and Ambulance Crew. Co-sponsored by DC Candlelighters. Register with [dccandlelighters@gmail.org](mailto:dccandlelighters@gmail.org).

### 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](http://www.lifewithcancer.org)
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.

### 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](mailto:jean.mccaw@inova.org).*

### 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.

### Oncology Massage and Body Work

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

Life with Cancer Studio  
44084 Riverside Pkwy, LL, Ste 400  
Leesburg, VA 20176  
Tuesdays and some Saturdays

- \$60 for 1-hour massage. Cash or check payment directly to massage therapist; no credit cards. Gratuities are at your discretion.
- Physician approval is required for patients; ask for written permission at your next appointment
- To schedule an appointment in Loudoun call Fran Arnold, 703.851.0995. To schedule an appointment in Fairfax call Cindy Rocca, 703.598.4321 or Fran Arnold, 703.851.0995
- For your first appointment, arrive 15 minutes early to complete paperwork
- Please provide 24 hour notice if you need to cancel an appointment
- After two missed appointments without notification, massage options in the community will be provided.

# MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p><b>1</b> 9am Strength, Balance, Stretch (44084 RP) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 11am Singing for Healing (FC) 12:30pm Breast Surgery Pre-Op Class (IAH-LWC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 5pm Breast Surgery Pre-Op Class (FC) 7pm Evening Gentle Yoga (FC) 7pm Gentle Yoga (44084 RP)</p>	<p><b>2</b> 11am Mindfulness-Based Drop-In Group (FC) 1:30pm Building Strength While in Treatment (FO-LWC) 2:30pm Cultivating Compassion (FC) 4pm Breast Surgery Pre-Op Class (ILH-PER) 6pm Look Good...Feel Better, Alexandria (IAH-LWC) 6:30pm Total Body Conditioning (44084 RP) 7pm Zumba-Bilingual (FC) 7pm Zumba (FC) 7pm Knitting and Crocheting Circle (FC) 7:15pm Good Grief, Fairfax, May-June (FC)</p>	<p><b>3</b> 1pm Mindfulness-Based Cancer Recovery (FC) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge (FC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Women's Survivorship Group (FC) 6pm Colorectal Cancer Connect Group (ILH-R)</p>	<p><b>4</b> 9am Functional Circuit Training (44084 RP) 10am Strategies for Improving Brain Fog (FC) 10:15am Total Body Conditioning (44084 RP) 11:30am Strength, Balance, Stretch (44084 RP) 11:30am Strengthen with Bar and Pilates (FO-LWC) 12:30pm Weaving Your Own Rainbow (FC) 1pm Gentle Yoga (FC) 2pm Laughter Yoga (FC) 6pm Joyful Belly Dance (FC) 6:30pm Melanoma Group (FC) 7:15pm Barre Tone (FC)</p>	<p><b>5</b> Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 11:45am Restorative Yoga (44084 RP)</p> <p><b>6</b></p> <p><b>7</b></p>
<p><b>8</b> 11am Singing for Healing (FC) 12pm Look Good...Feel Better (ILH-R) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 6pm Reiki for Relaxation (FC) 6pm Healing Touch (44084 RP) 6:30pm Caregiver Connection (ILH-R) 7pm Caregiver Connection (FC) 7pm Reiki for Relaxation (FC)</p>	<p><b>9</b> 10:30am Coalesce II (FC) 10:30am Spirituality Quest (MBG) 10:30am Managing Your Weight... (FC) 11am Look Good...Feel Better (FO-LWC) 1:30pm Zentangle (44084 RP) 2:30pm Cultivating Compassion (FC) 6pm Reiki for Relaxation (FO-LWC) 6pm Brain Tumor Group (FC) 6pm Us Too Prostate Cancer Group (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba (FC) 7:15pm Good Grief, Fairfax (FC) 7:30pm Us Too, Prostate Cancer Group (FC)</p>	<p><b>10</b> 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Mindfulness-Based Cancer (FC) 1pm Fighting Cancer with a Fork (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Caregiver Connection (FO-C&amp;D) 5:30pm Head and Neck Group (FC) 5:30pm Breast Cancer Group (FO-RO) 7pm PiYo (FO-LWC)</p>	<p><b>11</b> 11:30am Strengthen with Bar and Pilates (FO-LWC) 11:30am Orientation (Fairfax) 12:30pm Breast Surgery Pre-Op Class (FC) 1pm Living with Advanced Disease (FO-LWC) 6pm Us Too, Prostate Cancer Group (IAH-AUD) 6:30pm Women's Survivorship Group (ILH-R) 7:15pm Barre Tone (FC)</p>	<p><b>12</b> Coalesce Group (FC) 10:15am Restorative Yoga (FC) 1pm Yin Yoga for Patients in Treatment (FO-LWC) 1pm Art Therapy for Long-Term Survivors (FC)</p> <p><b>13</b> 10am Carcinoid Cancer Group (FC)</p> <p><b>14</b></p>
<p><b>15</b> 9am Strength, Balance, Stretch (44084 RP) 10am Functional Fitness (FO-LWC) 10am Functional Fitness (FO-LWC) 10am Breast Surgery Pre-Op Class (FC) 10:15am Total Body Conditioning (44084 RP) 11am Singing for Healing (FC) 11:30am Functional Circuit (44084 RP) 1pm Leukemia and Lymphoma Group (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 5pm Look Good...Feel Better (FC) 5:30pm Breast Cancer Group (IAH-LWC) 7pm Gentle Yoga, Loudoun (44084 RP)</p>	<p><b>16</b> 11:45am Multiple Myeloma (FC) 12:30pm Breast Surgery Pre-Op (IAH-LWC) 1:30pm Building Strength While In Treatment (FO-LWC) 6pm Colorectal Cancer Connect Group (FC) 6:30pm Total Body Conditioning (44084 RP) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)</p>	<p><b>17</b> 1pm Mindfulness-Based Cancer Recovery (FC) 2pm Chair-Based Exercise (FC) 3pm Move Your Body (FO-LWC) 3pm Cross-Train Challenge (FC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 5:30pm NEW! Women's Survivorship Group (FC) 6pm Colorectal Cancer Connect Group (ILH-R)</p>	<p><b>18</b> 9am Functional Circuit Training (44084 RP) 10:15am Total Body Conditioning (44084 RP) 11:30am Strength, Balance, Stretch (44084 RP) 1pm Gentle Yoga (FC) 1pm Healing through Art Therapy (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing Your Life Stories (FC)</p>	<p><b>19</b> Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 11:45am Restorative Yoga (44084 RP) 1pm Yin Yoga for Patients in Treatment (FO-LWC) 1pm Knitting and Crocheting Circle (FC)</p> <p><b>20</b></p> <p><b>21</b></p>
<p><b>22</b> 9am Strength, Balance, Stretch (44084 RP) 10am Functional Fitness (FO-LWC) 10am Functional Fitness (FO-LWC) 10:15am Total Body Conditioning (44084 RP) 11am Singing for Healing (FC) 11:30am Functional Circuit (44084 RP) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 6pm Pediatric Oncology Parent Night (FC) 6pm Breast Cancer Group (ILH-R) 7pm Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FC)</p>	<p><b>23</b> 10:30am Coalesce II (FC) 1:30pm Building Strength... (FO-LWC) 6:30pm Total Body Conditioning (44084 RP) 7pm Zumba-Bilingual (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)</p>	<p><b>24</b> 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 3pm Move Your Body (FO-LWC) 12:30pm Breast Surgery Pre-Op Class (FO-LWC) 5:30pm GYN Cancers Group (FC) 6pm Reiki for Relaxation (FC) 6:30pm Book Group: The Immortal Life... (ILH-R) 7pm PiYo (FO-LWC) 7pm Reiki for Relaxation (FC)</p>	<p><b>25</b> 9am Functional Circuit Training (44084 RP) 10:15am Total Body Conditioning (44084 RP) 11:30am Strengthen with Barre and Pilates (FO-LWC) 11:30am Strength, Balance, Stretch (44084 RP) 12pm Breast Surgery Pre-Op Class (ILH-PER) 12:30pm Breast Surgery Pre-Op Class (FC) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 6pm Orientation (FC) 6:30pm Myths and Facts... (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)</p>	<p><b>26</b> Coalesce (FC) 11:45am Restorative Yoga (44084 RP) 1pm Healing Through Art Therapy (FO-LWC)</p> <p><b>27</b></p> <p><b>28</b></p>
<p><b>29</b> 9am Strength, Balance, Stretch (44084 RP) 10am Functional Fitness (FO-LWC) 10am Functional Fitness (FO-LWC) 10:15am Total Body Cond. (44084 RP) 11am Singing for Healing (FC) 11:30am Functional Circuit (44084 RP) 2pm Chair-Based Exercise (FC) 7pm Gentle Yoga, Loudoun (44084 RP)</p>	<p><b>30</b> 1:30pm Building Strength While In Treatment (FO-LWC) 6:30pm Total Body Conditioning (44084 RP) 7pm Zumba (FC) 7:15pm Good Grief (FC)</p>	<p><b>31</b> 2pm Chair-Based Exercise (FC) 3pm Cross-Train Challenge (FC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 7pm PiYo (FO-LWC)</p>		