



Life with Cancer®

MAY 2018

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

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).

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 (FC)
- Fair Oaks (FO)
- Loudoun (ILH)
- Alexandria, Mt. Vernon, Arlington (IAH)
- ★ Breast Cancer Class

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INOVA®

Schar Cancer Institute

INFORMATION & EDUCATION

Orientation to Life with Cancer

● FC, Thu, May 10, 11am-12pm

Take a tour of our Family Center and learn about our many programs, classes, groups and services for children and adults. Registration is required. Can't make a scheduled orientation? Call us at 703.698.2534 to arrange a personal session.

Ask the Expert: Benefits of Acupuncture in Cancer Care

● FC, Wed, May 16, 6-7:30pm

Teerawong Kasiolarn, ND, MSAC, Lac, naturopathic physician and licensed acupuncturist with Inova Traditional Chinese Medicine Center will provide a presentation on the "Benefits of Acupuncture in Cancer Care."

Ask the Expert: Medical Imaging for Screening and Surveillance for Breast Cancer

● FC, Thu, May 10, 6:30-8pm

Board Certified Diagnostic Radiologist, Lee Spangler, MD of Fairfax Radiological Consultants will explain the use of medical imaging for screening and surveillance for Breast Cancer.

Lung Cancer Symposium

● ICPH, Wed, May 9, 6-8pm

Join Lung Cancer experts, Dr. Joan Schiller, Dr. Hiran "Chris" Fernando, and Life with Cancer's Dr. Sam Lolak, for an evening of information and new updates in lung cancer. Dinner provided. Register at Inova.org/lungsymposium, 703-204-6347 or katherine.cosgrove@inova.org. No online registration.

Strategies for Improving Brain Fog

● FC, Thu, May 3 & 10, 10-11:30am

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. Facilitators: 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. Registration is required.

Sign up for Life with Cancer Updates

You will receive timely information on

Program Highlights and Fundraisers
It's Easy!

1. Go to www.lifewithcancer.org
2. Scroll all the way down to the bottom of the page and look for the Subscribe for Updates box
3. Type your email in the Email window and click Submit.

Inova Medical Spa Open House: A Holistic Approach to Beauty and Wellness



IMS, Tues, May 22, 6-8pm

Join us for an evening of pampering and education at the Inova Medical Spa. Learn more about the benefits of restorative skin care therapies and comfort-oriented massage. Our team of licensed master aestheticians and massage therapists are certified in Oncology Aesthetics and Oncology Massage. Enjoy short educational lectures, meet-and-greets with the team, mini spa treatments, and more.

The Role of Endocrine Therapy in Early Stage Breast Cancer

★● ILH-PER, Thu, May 24, 6-7pm

Mei Firestone, 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.

The Role of Adjuvant Endocrine Therapy in Early Stage Breast Cancer

★● FC, Wed, May 30, 3-4pm

If you have been prescribed endocrine therapy you may be wondering: Why is endocrine therapy a vital part of my treatment?...Do studies on show a reduction in recurrence when it's used?...What are the benefits vs.

LOCATION KEY

● 44084 RP:	44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
● FC:	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA 22031 www.lifewithcancer.org
● FO-B:	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-E&T 1&2:	Inova Alexandria Hospital Health Education Center, Alexandria, VA 22304
● IAH-HEC 3-5:	Inova Alexandria Hospital Health Education Center, 4320 Seminary Road, Alexandria, VA, 22304
● IAH-LWC:	Inova Alexandria Hospital, Life with Cancer Office, Suite 1.NE.5.4, 4320 Seminary Road, Alexandria, VA 22304
● ICPH:	Inova Center for Personalized Health, 3225 Gallows Road, Falls Church, VA 22042
● ILH-PER :	Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA
● ILH-RO:	Inova Loudoun Hospital, Radiation Oncology Center, 44035 Riverside Parkway, Suite 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

risks of side effects?...How do I manage side effects?...What do I need to know about bone health and healthy living during treatment?... and What resources are available to me as I navigate my survivorship journey? Join us as Dr. Mary Wilkinson discusses and answers your questions about endocrine therapy. Registration is required.

Fighting Cancer with a Fork

● FO-RO, Tue, May 15, 12-1pm
Registered Dietitian, Sara Negron will provide an overview of nutritional recommendations for cancer patients and survivors. Registration is required.

Survivorship Nutrition

● FC, Tue, May 8, 10:30am-12:30pm
Registered Dietitian, Lauren Fay, will review the latest evidenced based recommendations for diet and nutrition following cancer treatment, and provide ideas and resources on how to adjust your current diet to follow these recommendations. Cooking demo included.



Planning a Memorial or Celebratory Service

● FC, Mon, May 21, 6:30-8pm
Oncology Therapist Michelle Bronzo, MA, LPC, CT, will give an overview of memorial service rituals and, with the aid of worksheets and templates, guide you in designing a personalized service of remembrance and thanksgiving that involves family and friends. Registration is required.

Look Good...Feel Better

● FC, Mon, May 21, 5-7pm
● ILH-RO, Mon, May 7, 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, the Look Good...Feel Better Foundation

and the Professional Beauty Association. To register call 1-800-227-2345 or go to lookgoodfeelbetter.org.

Breast Surgery Pre-Op Class

★● FO-LWC, Wed, May 9 and 30, 12:30-2pm
★● FO-LWC, Wed, May 23, 6-7:30pm
★● FC, Fri, May 4, 12:30-2pm
★● FC, Mon, May 7, 5-6:30pm
★● FC, Mon, May 21, 11am-12:30pm
★● FC, Wed, May 30, 2-3:30pm
★● IAH-LWC, Call 703.504.3019 for appointment

Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, and more. Family/friends welcome. Registration required.

Breast Surgery Pre-Op Class

★● ILH-PER, Tue, May 8, 4-5:45pm
★● ILH-PER, Thu, May 24, 1-2:45pm
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 without registration. Instructor: Christine Stone RN, MSN, OCN. Registration is required; no exceptions.

Chemotherapy Class

● ILH-PER, Fri, May 4, 12-1:30pm
● IAH-LWC, Call 703.504.3019 for appointment
An oncology nurse navigator will explain what to expect during chemotherapy treatments, how to prepare for your appointment, tips for managing side effects, and resources available during treatment and into survivorship. Registration is required.

Registration is required for all groups and programs

*Feeling 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)**.

Chemotherapy for Breast Cancer

★● FC, Mon, May 14, 4-5:30pm

★● FC, Fri, May 25, 10-11:30am

An oncology nurse navigator will explain what to expect during chemotherapy treatments for breast cancer, how to prepare for your appointment, an overview on nutrition and exercise, managing side effects and available online resources. Registration is required.

MOVEMENT

Notice Something Different?

Dates and times are intentionally missing. Up-to-date class dates and times can be found on our online calendar (www.lifewithcancer.org, "Register for a Class or Group" tab).

Barre Tone

● FC, dates, times found online

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.

Cardio-Core

● ILH, dates, times found online

Target your core muscles using variations of familiar moves, while increasing cardio endurance by adding interval training exercises.

Chair-Based Exercise

● FC, dates, times found online

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.

Cross-Train Challenge

● FC, dates, times found online

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.

Evening Gentle Yoga

● 44084 RP, dates, times found online

This class needs more people! It's best for those in active treatment or recovering from surgery. Blending gentle movement, breathing

and relaxation you'll learn movements that stretch, strengthen, relax muscles and increase stamina and flexibility. Please bring a blanket and a small towel. Registration is required.

Evening Gentle Yoga

● FC, dates, times found online

This class needs more people! Blending gentle movement, breathing and relaxation you'll learn movements that stretch, strengthen, relax muscles and increase stamina and flexibility. Please bring a blanket and a small towel. Registration is required.

Exercise for Breast Cancer Recovery

★● FC, dates, times found online

A gentle, 6-week post-operative therapeutic exercise class designed for individuals within one year after breast cancer treatment. The class focuses on restoring mobility and strength using basic Pilate's movement and breathing techniques. Participants must be cleared for exercise by a physician. This program should not be used in lieu of prescribed physical therapy. Registration is required.



EZ Tai Chi

● FC, dates, times found online

Using the protocols developed in the "Harvard Medical School Guide to Tai Chi", you will learn 5 basic movements that are easy to learn and can be practiced at home. The Harvard protocol does not feature the fluid movements of Yang Style Tai Chi but provides many of the health benefits and may encourage pursuing further studies of the complete form. Registration is required.

Functional Fitness

● FC, dates, times found online

Using resistance equipment, body weight and different movement patterns you'll build strength, cardio, flexibility and balance. Registration is required.

Gentle Yoga

● FC, dates, times found online

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. Registration is required.



Are you a woman diagnosed with cancer?

Still in treatment? Recent or long-term survivor? One of the most important things you can do for yourself is to...

Get Up and Move! • Coming May 7, 2018!

Let us connect you to a fitness partner and great resources! Visit www.2Unstoppable.org for more information.

PROGRAMAS EN ESPAÑOL

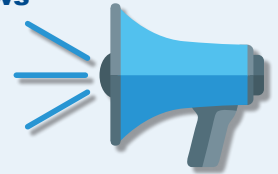
Grupo de Apoyo Para Pacientes, Sobrevivientes y Familias Hispanohablantes

● ILH-RO, Mon, May 14, 6-7:30pm

Conéctese con pacientes, sobrevivientes y seres queridos afectados por los diferentes diagnósticos de cáncer para enfrentar los desafíos del tratamiento y la supervivencia. Regístrese en www.lifewithcancer.org.

Life with Cancer Fitness Program News

In anticipation of expanding our fitness program and increasing access for newly diagnosed patients we are asking that participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies) consider a suggested donation of \$5 per class to help offset the costs of fitness classes. Donations can be made in class or by using the Donate tab on our website; select the Life with Cancer Fitness Program designation when making your donation. Please know that Life with Cancer is committed to you and no one is turned away from programs/classes due to financial hardship. Registration is required for all classes.



Also: Many but not all classes that were previously offered as part of a series are now being offered as individual classes. This change will make it possible for participants to pick and choose which class dates suit their schedules and will allow new people to join classes mid series, thereby maximizing attendance. Our registration system allows registration for just one month at a time; if a class spans two or three months, participants will need to fill in their registration information for each month.

2018 Waivers: Please complete new Physical Activity Waivers for all new fitness classes you attend in 2018. You'll find the waiver at lifewithcancer.org. Hover over the "Register for a Class" tab then click on the third item down, "Class Forms". The physical-activity-waiver-fill in is at the bottom of the list.

Notice Something Different?

Dates and times are intentionally missing. Up-to-date class dates and times can be found on our online calendar (www.lifewithcancer.org, "Register for a Class or Group" tab).

Gentle Yoga

● IAH-LWC, dates, times found online

Blending gentle movement to increase flexibility and stamina, breath work and guided relaxation to help restore balance and harmony to your body and mind. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Registration is required.

Joyful Belly Dance

● FC, dates, times found online

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. Registration is required.

Keeping Fit

● FC, dates, times found online

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! Registration is required.

Men's Fitness Workshop

● FO-LWC, dates, times found online

Is it time to regain strength, flexibility and balance? Need a program you can complete at home with those weights hanging out in the back of your closet? Our Men's Fitness Workshop will help you create



a program you can easily do on your own. Equipment is provided. Dress comfortably and bring water and a small towel. Registration is required.

Move Your Body

● FO-LWC, dates, times found online

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.

Restorative Yoga

● 44084 RP, dates, times found online

● FC, dates, times found online

Using bolsters, blocks and blankets to support your body, you'll easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. Please bring a blanket. Registration is required.

Strengthen with Barre and Pilates

● FO-LWC, dates, times found online

You'll combine barre and pilates movements set to motivating music to create an invigorating workout. Registration is required.

Tai Chi

● FC, dates, times found online

Class continues for those already registered.



Total Body Conditioning

● 44084 RP, dates, times found online

An energizing workout combining cardio, strengthening, balance and core in one workout. Registration is required.

Yin Yoga for Those in Treatment

● FO-LWC, dates, times found online

Appropriate for all levels. Incorporating gentle movement and supported positions, Yin Yoga targets the deepest tissues of the body allowing increases in range of motion and promoting

optimal health and vitality. Props and mats are provided. Please dress comfortably; bring a light blanket and water. Registration is required.

Yoga for Strength and Flexibility

● 44084 RP, dates, times found online

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. Please bring a blanket and a small towel. Registration is required.

Yoga Sculpt

● FO-LWC, dates, times found online

Yoga Sculpt combines yoga, light weight training, core work and cardio, for a full body workout. It is designed to help tone and strengthen muscles, and improve balance and overall fitness. Bring a small towel and water. Registration is required.

Zumba Gold

● 44084 RP, dates, times found online

Come party to a fusion of Latin and International music/dance themes that create a dynamic, exciting, easy to do and FUN workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Registration is required.



Zumba!

● FC, dates, times found online

● IAH-HEC, dates, times found online

● IAH-E&T, dates, times found online

Come party to a fusion of Latin and International music/dance themes that create a dynamic, exciting, easy to do and FUN workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Oncology Massage and Body Work

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

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

- \$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 call us at 703.698.2526.
- Arrive 15 minutes early for your first appointment 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.

STRESS REDUCTION

Meditation and Guided Imagery

● FC, Thu, May 10-31, 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. Register separately for each class. Registration is required.

Registration is required for all groups and programs

Reiki for Relaxation

● FC, Mon, May 14, 6-7pm or 7-8pm

● FC, Wed, May 23, 6-7pm or 7-8pm

● 44084 RP, Thu, May 24, 6:45-8pm

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. Registration is required.

Level II Reiki Training

May 5 and 6 in Northern Virginia

Those who have taken our Level I Reiki Training may be interested in this Second Degree Reiki Jin Kei Do class offered by Stella Koch and Anne Aden. Tuition will be discounted to \$200 for graduates of our Level I class. For questions or to register, please contact Stella Koch at smkoch@aol.com. No online registration.

Art Therapy for Long-Term Survivors

● FC, Fri, May 11, 1-3:30pm

This group will meet on the 2nd Friday of the month in May, August and November. 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. No experience is 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.

Art Therapy Series:

Going Deeper than Words

● IAH-LWC, Tue, May 1-22, 1-3pm

Group continues for those already registered. No new registrations after May 1.



Healing through Art Therapy

● FC, Thu, May 17, 1-3:30pm

● FO-LWC, Mon, May 21, 1-3:30pm

Registration opens on the first of the month. 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 art experience is necessary, just a willingness to explore and be 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 is required. Please note: FO-LWC is across from the hospital. There is free valet parking. 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 14, 6-7pm

Registration begins on the first business day of the month by 9:15. Returning clients, please sign up every other month to give new clients a chance to experience Healing Touch. 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 & Crocheting Circle

● FC, Fri, May 4 and 18, 1-2:30pm

Beginning in May, this group will meet monthly on the 1st and 3rd Fridays. Past, new, experienced and inexperienced participants are welcome to join us to work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed.



Mindfulness-Based Cancer Recovery Drop-In Group

● FC, Tue, May 1, 11am-12pm

● FC, Thu, May 17, 5:30-6:30pm

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. Contact Rebecca McIntyre at 703.698.2524 or Rebecca.McIntyre@inova.org. Registration is required by the Friday prior to group.

Mindfulness-Based Cancer Recovery for Patients and Caregivers

● FO-LWC, Mon, May 7-Jun 18*, 2-3:30pm

*No class May 28. This is a six week series during which you will learn practices that focus on the connection and integration of the mind and body to effect changes on physical, emotional, and spiritual levels for the purpose of promoting health and well-being. Requirements for registration: Purchase of the book Mindfulness-

Based Cancer Recovery, regular attendance, commitment to assigned reading and home-based practice. For more information please contact Maureen Broderick at 703-391-4180.

Mindfulness-Based Cancer Recovery

● Orientation, IAH-LWC, Thu, May 10, 2:00pm

● IAH-LWC, IAH-LWC, Thu, May 17, 24*, June 7-28, 2-3:30pm

*No class May 31. Learn practices that focus on the connection and integration of the mind and body to effect changes on physical, emotional, and spiritual levels for the purpose of promoting health and well-being. **Requirements for registration:** Attendance at orientation 5/10/18 at 2pm; purchase of the book Mindfulness-Based Cancer Recovery; regular attendance; assigned reading and commitment to home-based practice. Registration is required and space is limited. For more information please contact Michelle Ferretti, 703-504-7921.

Sacred Songs of the Universe

● FC, Fri, May 4, 1-2pm

Experience the powerful vibration of voice with the crystal bowls leading you on a journey of stillness and renewal. The energies of love and light are channeled through this experience on behalf of all who are present. You are invited to rest in quiet meditation while the tones and vibrations surround you and move through your body, opening you to a deeper relationship with your soul and the spirits of love and light.

Writing your Life Stories

● FC, Tue, May 1, 2:30-4pm

Class continues for those already registered.

Writing your Life Stories

● FC, Thu, May 17, 2:30-4pm

This writing group is for those who previously completed the 4 week series, giving you the opportunity to continue writing about the significant events in your life as a legacy for your family, expression of feelings about an experience or to process an event. No writing experience needed. Writing exercises will help get you started and classmates' feedback will enhance your efforts. Facilitator: Lynn Magrum, MSN, CANP, AOCN.

Zentangle

● 44084 RP, Tue, May 8, 1:30-3pm

May theme is "Fantasycapics". Take a mental vacation from cancer and enjoy Zentangle. It's an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns, and can increase focus and creativity, and provide artistic satisfaction along with an increased sense of well-being. A new theme is explored in each monthly class. Supplies are provided, but if you have attended this class in the past, please bring your kit. Registration is required.

SUPPORT & NETWORKING

Eight-Week Meaning-Centered Group Psychotherapy for Patients

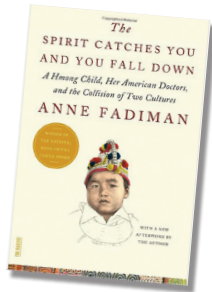
● FC, Wed, May 2-Jun 20*, 1-2:30pm

*No group May 30. This 8-session, weekly program developed by William Breitbart and colleagues at Memorial Sloan-Kettering Cancer Center is designed to help patients sustain or enhance a sense of meaning, peace and purpose in their lives. No new registrations after May 2. Please contact Rebecca McIntyre, LCSW, 703-698-2524 for additional information. Registration is required.

Book Club: "The Spirit Catches You and You Fall Down"

● FO-LWC, Wed, May 16, 6-7:30pm

This book by Anne Fadiman is a tale of the cultural chasm between a Hmong family in California and the healthcare system in the 1990's.



Brain Tumor Group

● FC, Wed, May 16, 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 David McGinness, LCSW. Registration is required.

Breast Cancer Group

● FC, Wed, May 2, 6:45-8pm

● FO-LWC, Wed, May 9, 5:30-7pm

● IAH-LWC, Mon, May 21, 5:30-7pm

● ILH-RO, 5:30-7pm, Check online calendar for date

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

Breast or Gynecological Cancer Survivorship Group

★● FC, Wed, May 16, 5:30-7pm

For women in maintenance therapy or completed treatment within the last 3 years: 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. Facilitators: Oncology Therapist,

Alexandra Russo, LCSW and Oncology Nurse Navigator, Becca Dipatri, RN, BSN, OCN. Registration is required.

Carcinoid Cancer Group

● FC, Sat, May 12, 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.

Caregiver Connection

● FC, Mon, May 14, 7-8:30pm

● FO-B, Wed, May 9, 5:30-7pm

● ILH-RO, Mon, May 14, 6-7:30pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Facilitated by an Oncology Therapist and an Oncology Nurse Navigator.



Coalesce: An Advanced Breast Cancer Group

★● FC, Fri, May 4-25, Call 703.698.2522 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, May 8 & 22, 10:30am-12pm

Meet 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. Registration is required.

Colorectal Cancer Support Group, Early Stage

● FC, Thu, May 10, 6-7:30pm

This group is for people impacted by a stage 0-3 colorectal cancer diagnosis. Connect with patients, survivors, and loved ones to discuss the changes that treatment and survivorship can bring. Facilitators: Michelle Bronzo, MA, LPC, CT and Mary Kay Mecca, RN, BSN, OCN. Registration is required.

Colorectal Cancer Support Group, Advanced Disease

● FC, Tue, May 15, 6-7:30pm

This group is for any patient living with metastatic colorectal cancer and/or their family

caregivers. Join us as we explore how to live well with an advanced cancer diagnosis and cope with associated challenges. Facilitators: Michelle Bronzo, MA, LPC, CT, and Amy Siegel, RN, BSN. Registration is required.

Cutaneous Lymphoma Support Group

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

Gynecologic Cancer Group

● FC, Wed, May 23, 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 required.

Good Grief

● FC, Tue, May 1-Jun 5, 7:15-9pm

● ILH-RO, Tue, May 1-15, 6-8pm

Groups continue for those already registered. Check calendar for future groups.

Head and Neck Cancers Group

● FC, Wed, May 9, 5:30-7pm

This support group is open to any patient, survivor and loved ones impacted by a diagnosis of head and neck cancer. Join us to learn from and connect with one another while discussing the challenges of diagnosis, treatment and survivorship. Registration is required. Facilitators: Oncology Therapist Alexandra Russo, MSW, LCSW, and Oncology Nurse Navigator Gerry Higgins, MSN, RN-BC, OCN.

Just for the Guys

● FC, Tue, May 1 & 8, 6-7:30pm

Group continues for those already registered.

Just for the Guys Monthly Drop-In Group

● IAH-LWC, Thu, May 17, 6-7:30pm

This monthly group supports men with any cancer, in treatment or within 3 years post-treatment. This will be an open-discussion group that addresses the challenges of being a man diagnosed with cancer. For more information contact David McGinness at david.mcginness@inova.org.



Registration is required for all groups and programs

Leukemia and Lymphoma Support Group

● **FC, Mon, May 21, 10-11:30am**

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. Facilitator: Sarah Brooks, LCSW and Oncology Nurse Navigator, Lynn Magrum, MSN, CANP. Registration is required by previous Friday.

Living with Advanced Disease

● **FO-LWC, Thu, May 10 & 24, 1-2:30pm**

Held twice monthly, this group is for men and women to 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 required.

Lung Cancer Group

● **FC, Wed, May 2, 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.

Multiple Myeloma: Dr. Orloff

● **FC, Tue, May 15, 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 Gregory Orloff, MD, of Virginia Cancer Specialists will present on, "What's New in Multiple Myeloma." Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, please register.

Spirituality Quest: All Invited

MBG, Tue, May 8, 10:30am-12pm

All survivors are invited to join us at Meadowlark Botanical Gardens to experience the "Spiritual Magnitude of Nature" and for a walk/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. Entrance fee will be waived for participants. Registration is required by Monday, May 7. For directions, go to www.nvrpa.org/park/meadowlark_botanical_gardens. Facilitator: Marsha Komandt, RN, BSN, OCN.

Us Too Prostate Cancer Group: Genetic Research for Cancer

● **FC, Tue, May 8, 7:30-9pm**

Amanda Schott, MS, CGC, Inova Translational Medicine Institute will address this important topic. Registration is required.

Us Too, Prostate Cancer Group

● **IAH-AUD, Thu, May 10, 6-8pm**

This monthly group includes a presentation by a physician or other health professional followed by an opportunity to share with and learn from other survivors both in and out of treatment. Spouses/Partners/Loved ones welcome! Facilitator: David McGinness, 703.698.2526 or david.mcginness@inova.org. Registration is required.

Us Too Prostate Cancer Support Group

● **LCSC, Tue, May 8, 6-8pm**

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

Women's Survivorship Group

● **ILH-RO, Thu, May 10, 6:30-8pm**

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

Woman's Survivorship 3+

● **FC, Tue, May 8, 5-6:30pm**

This group is for women who completed treatment for any type of cancer, more than 3 years ago. Many women who have completed treatment find that they can experience challenges well into survivorship. This group is designed to help you gain insight and balance in your life through discussion, problem-solving and various other modalities. Facilitated by oncology therapist, Drucilla Brethwaite, MSW, LCSW, OSW-C. Registration is required.

Young Adult Group

● **FC, Thu, May 24, 7:30-9:15pm**

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 Molly Boehm, JD,MSW, LSW. Registration is required.

Young Women with Breast Cancer

★● **FC, Tue, May 15, 6:30-8pm**

★● **FO-LWC, Wed, May 2, 6-7:30pm**

★● **IAH-LWC, Tue, May 8, 6:30-8pm**

Women in their 20s, 30s and 40s with non-metastatic breast cancer and from diagnosis up to one year completion of active treatment, are invited to meet with others in a supportive environment to learn how to best navigate survivorship.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● **FC, Tue, May 8, 5:30-7pm**

Explore your creative side using a variety of techniques and materials in this monthly group. Artistic ability is NOT necessary — just a willingness to have some fun and make art with other teens who are also impacted by cancer. To register contact Sarah.Schmidt@inova.org or call 703.776-2403.

Curious about Cancer

● **FC, Tue, May 1-22, 6-7pm**

Group continues for those already registered. For information on future groups, contact Jean McCaw MA, ATR-BC, LCPAT Child & Adolescent Program Coordinator at 703-698-2537 or jean.mccaw@inova.org.

Parenting Alone

● **FC, Wed, May 16-30, 6-7:15pm**

Group continues for those already registered.

Touchstone-Grief Support Group for Children

● **FC, Wed, May 16-30, 6-7:15pm**

Group continues for those already registered.

Pediatric Oncology Parent Night: Father-Son Night

● **FC, Mon, May 21, 6:30-8:30pm**

Father-son night is a fun filled event for boys and their fathers, brothers, uncles, and grandfathers. Lots of food, games and water balloon fights. Registration is required at dcandlelighters@gmail.com or Cathy Bottrell, LCSW at cathy.bottrell@inova.org or 703-531-1515.

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.

MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	<p>1</p> <p>11am Mindfulness-Based Cancer Recovery Drop-In Group (FC) 1pm Art Therapy Series: Going Deeper (IAH-LWC) 2:30pm Writing your Life Stories (FC) 6pm Curious about Cancer (FC) 6pm Good Grief (ILH-RO) 6pm Just for the Guys (FC) 7:15pm Good Grief (FC)</p>	<p>2</p> <p>1pm Meaning-Centered Group Psychotherapy (FC) 6pm Young Women with Breast Cancer (FO-LWC) 6:30pm Lung Cancer Group (FC) 6:45pm Breast Cancer Group, (FC) 7pm Cutaneous Lymphoma Support Group (FC)</p>	<p>3</p> <p>10am Strategies for Improving Brain Fog (FC)</p>	<p>4</p> <p>Coalesce: Advanced Breast Cancer (FC) 12pm Chemotherapy Class (ILH-PER) 12:30pm Breast Surgery Pre-Op (FC) 1pm Sacred Songs of the Universe (FC) 1pm Knitting & Crocheting Circle (FC)</p> <p>5</p> <p>6</p>
<p>7</p> <p>12pm Look Good... Feel Better (ILH-RO) 2pm Mindfulness-Based Cancer Recovery (FO-LWC) 5pm Breast Surgery Pre-Op (FC)</p>	<p>8</p> <p>10:30am Coalesce II: Advanced Breast Cancer (FC) 10:30am Spirituality Quest, May (MBG) 10:30am Survivorship Nutrition (FC) 1pm Art Therapy Series: Going Deeper (IAH-LWC) 1:30pm Zentangle (44084 RP) 4pm Breast Surgery Pre-Op (ILH-PER) 5pm Woman's Survivorship 3+ (FC) 5:30pm Art Therapy Group for Teens in Treatment (FC) 6pm Prostate Cancer Support Group (LCSC) 6pm Curious about Cancer (FC) 6pm Just for the Guys (FC) 6pm Good Grief (ILH-RO) 6:30pm Young Women with Breast Cancer (IAH-LWC) 7:15pm Good Grief (FC) 7:30pm Prostate Cancer Group (FC)</p>	<p>9</p> <p>1pm Meaning-Centered Group Psychotherapy (FC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Caregiver Connection (FO-B) 5:30pm Breast Cancer Group, (FO-LWC) 6pm Lung Cancer Symposium (ICPH)</p>	<p>10</p> <p>10am Brain Fog (FC) 11am Orientation (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 2pm Orientation: Mindfulness-Based (IAH-LWC) 6pm Colorectal Cancer... Early Stage (FC) 6:30pm Women's Survivorship Group (ILH-RO) 6pm Prostate Cancer Group (IAH-AUD) 6:30pm Ask the Expert: Medical Imaging (FC)</p>	<p>11</p> <p>Coalesce: Advanced Breast Cancer (FC) 1pm Art Therapy for Long-Term Survivors (FC)</p> <p>12</p> <p>10am Carcinoid Cancer Group (FC)</p> <p>13</p>
<p>14</p> <p>2pm Mindfulness-Based Cancer Recovery (FO-LWC) 4pm Chemotherapy for Breast Cancer (FC) 6pm Caregiver Connection (ILH-RO) 6pm Reiki for Relaxation (FC) 7pm Reiki for Relaxation (FC) 6pm Grupo de Apoyo (ILH-RO) 6pm Healing Touch (44084 RP) 7pm Caregiver Connection (FC)</p>	<p>15</p> <p>11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (FO-RO) 1pm Art Therapy Series: Going Deeper (IAH-LWC) 1pm Yoga Sculpt (FO-LWC) 6pm Good Grief (ILH-RO) 6pm Curious about Cancer (FC) 6pm Colorectal Cancer... Advanced Disease (FC) 6:30pm Young Women with Breast Cancer (FC) 7:15pm Good Grief (FC)</p>	<p>16</p> <p>1pm Meaning-Centered Group Psychotherapy (FC) 5:30pm Breast or Gynecological Cancer Survivorship Group (FC) 6pm Parenting Alone (FC) 6pm Ask the Expert: Benefits of Acupuncture (FC) 6pm Touchstone (FC) 6pm Book Club: The Spirit Catches You (FO-LWC) 6pm Brain Tumor Group (FC)</p>	<p>17</p> <p>1pm Healing through Art Therapy (FC) 2pm Meditation and Guided Imagery (FC) 2pm Orientation: Mindfulness-Based (IAH-LWC) 2:30pm Writing your Life Stories, monthly (FC) 5:30pm Mindfulness-Based Cancer Drop-In (FC) 6pm Just for the Guys Support Group (IAH-LWC)</p>	<p>18</p> <p>Coalesce: Advanced Breast Cancer (FC) 10:30am Zumba Gold (44084 RP) 1pm Knitting & Crocheting Circle (FC)</p> <p>19</p> <p>20</p>
<p>21</p> <p>10am Leukemia and Lymphoma Support Group (FC) 11am Breast Surgery Pre-Op (FC) 1pm Healing Through Art Therapy (FO-LWC) 2pm Mindfulness-Based Cancer Recovery (FO-LWC) 5pm Look Good... Feel Better (FC) 5:30pm Breast Cancer Group (IAH-LWC) 6:30pm Ped Onc Parent Night: Father-Son Night (FC) 6:30pm Planning a Memorial/Celebratory Service (FC)</p>	<p>22</p> <p>10:30am Coalesce II: Advanced Breast Cancer (FC) 1pm Art Therapy Series: Going Deeper (IAH-LWC) 6pm Curious about Cancer (FC) 6pm Med Spa Open House (IMS) 7:15pm Good Grief (FC)</p>	<p>23</p> <p>1pm Meaning-Centered Group Psychotherapy (FC) 5:30pm Gynecologic Cancer Group (FC) 6pm Breast Surgery Pre-Op (FO-LWC) 6pm Reiki for Relaxation (FC) 6pm Touchstone (FC) 6pm Parenting Alone (FC) 7pm Reiki for relaxation (FC)</p>	<p>24</p> <p>1pm Breast Surgery Pre-Op (ILH-PER) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 2pm Orientation: Mindfulness-Based (IAH-LWC) 6pm The Role of Endocrine Therapy (ILH-PER) 6:45pm Reiki for Relaxation (44084 RP) 7:30pm Young Adult Group (FC)</p>	<p>25</p> <p>Coalesce: Advanced Breast Cancer (FC) 10am Chemotherapy for Breast Cancer (FC)</p> <p>26</p> <p>27</p>
<p>28</p> <p>MEMORIAL DAY</p>	<p>29</p> <p>7:15pm Good Grief (FC)</p>	<p>30</p> <p>12:30pm Breast Surgery Pre-Op (FO-LWC) 2pm Breast Surgery Pre-Op (FC) 3pm The Role of Adjuvant Endocrine Therapy (FC) 6pm Touchstone (FC) 6pm Parenting Alone (FC)</p>	<p>31</p> <p>2pm Meditation and Guided Imagery (FC)</p>	