



Life with Cancer®

DECEMBER 2019

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

ABOUT LIFE WITH CANCER

Life with Cancer is the psychosocial and educational arm of the Inova Schar Cancer Institute within the Inova Health System. For more than 30 years, Life with Cancer has transformed community cancer care by distilling evidence-based research into unique and innovative services. All programs welcome patients, survivors, and loved ones regardless of where they receive(d) treatment. All programs and services are free of charge (except massage, acupuncture 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 calling 703.698.2526; this will allow another person to attend.
- Class dates may change. For the most up-to-date information check the online calendar.

CALENDAR KEY

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

- Family Center, Fairfax
- Fair Oaks
- ISCI
- Loudoun
- Alexandria
- ★ Breast Cancer-Related

TABLE OF CONTENTS

Education	Pgs 1-2
Fitness	Pgs 2-4
Programas en Español	Pg 3
Stress Reduction	Pgs 4-5
Support and Networking	Pgs 5-7
Children, Teens, & Parents	Pg 7



Life with Cancer® Mission Statement To enhance the quality of life of those affected by cancer by providing education, information and support

EDUCATION

Orientation

- FC, Thu, Dec 12, 11am-12pm
- FC, Mon, Dec 23, 6:30-7:30pm

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 a Dietitian

- FC, Mon, Dec 2, 5-6pm

Nutrition can be a complicated science, and confusion surrounding what you choose to eat can become stressful! Spend an evening with Registered Dietitian, Lauren Fay, to ask nutrition-related questions and receive evidence-based answers to clarify any confusion you may have. Registration is required.

Survivorship Nutrition

- FC, Wed, Dec 18, 5-6:30pm

Registered Dietitian Lauren Fay, will review the latest evidence provided by The American Institute for Cancer Research, and provide ideas and resources on how to adjust your own diet to help decrease the risk of cancer recurrence. A Cooking demonstration is included! Registration is required.

Breast Surgery Pre-Op Class

- ★ FC, Wed, Dec 18, 2-3:30pm
- ★ FO-LWC, Mon, Dec 2, 12:30-2pm
- ★ FO-LWC, Wed, Dec 11, 12:30-2pm
- ★ FO-LWC, Wed, Dec 18, 4-5:30pm
- ★ ILH-PER, Tue, Dec 10, 4-5:45pm
- ★ ILH-PER, Thu, Dec 26, 1-2:45pm
- ★ ISCI-RR, Mon, Dec 2, 5-6:30pm
- ★ ISCI-RR, Mon, Dec 9, 10am-11:30am

An oncology nurse navigator will explain what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, and more. Family/friends welcome. Registration is required.

Making Your Funeral Arrangement Wishes Known in Advance

- FC, Mon, Dec 16, 6:30-8pm

Representatives from Money and King Funeral Home will review what is necessary when making funeral arrangements and the costs involved. Burial options (including

for the military), state regulations, probate, social security and much more will also be addressed.

Chemotherapy for Breast Cancer

- ★ ISCI, Call 571.472.0744 for an 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.



For timely information on program highlights sign up for the Life with Cancer E-Newsletter at www.lifewithcancer.org.

Scroll down to the bottom of the page and enter your email address in the Subscribe for Updates box.



Weather Policy

Information about cancellations due to inclement weather or an area emergency can be obtained by calling 703.698.2520

Class cancellations do not always follow local public school closings.

To verify Life with Cancer is open check the Cancellations Page at lifewithcancer.org

Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

LOCATION KEY

- 44084 RP: 44084 RP, 44084 Riverside Parkway, Suite 400, Lower Level, Leesburg, VA 20176
- 44055 RP: 44055 RP, 44055 Riverside Parkway, Suite 424, Lower Level, Leesburg, VA 20176
- FC: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA 22031 www.lifewithcancer.org
- FO-D: Fair Oaks Cancer Center, Conference Room D, Lower Level, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- FO-LWC: Fair Oaks Cancer Center, Life with Cancer Suite, 3580 Joseph Siewick Drive, Lower Level, Suite 005, Fairfax, VA 22033
- FO-RO: Fair Oaks Cancer Center, Radiation Oncology, 3580 Joseph Siewick Drive, Lower Level, Suite 001, Fairfax, VA 22033
- 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, 4320 Seminary Road, Suite 1.NE.5.4, Alexandria, VA 22304
- ILH-NBC: ILH Natural Birth Center, 44055 Riverside Parkway, Suite 110, Leesburg, VA, 20176
- ILH-PER : Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA 20176
- ILH-RO: Inova Loudoun Hospital, Radiation Oncology Center, 44035 Riverside Parkway, Suite 100, Leesburg, VA 20176
- ISCI-LWC: Inova Schar Cancer Institute-Life with Cancer, 2nd Floor, 8081 Innovation Park Drive, Fairfax, VA 22031
- ISCI-RR: Inova Schar Cancer Center, 8081 Innovation Park Drive, 2nd Floor, LWC, Resource Room, Fairfax, VA 22031
- LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA 20165

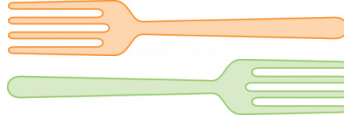
EDUCATION (CONTINUED)

Chemotherapy Class

● 703.206.5433 for an appointment
See description, previous listing. Registration is required.

Colorectal Surgery Pre-op Education

● ILH-NBC, Wed, Dec 4, 4-5:30pm
If you are scheduled for colorectal surgery at Inova Loudoun Hospital, this class will help you prepare. An oncology nurse navigator, an ostomy nurse, and a registered dietitian will present an overview of what to expect. Family members may attend without registration. Facilitator: Mary Kay Mecca RN, BSN, OCN. Questions? Contact MaryKay.Mecca@Inova.org or call 703.858-6615.



Fighting Cancer with a Fork

● FO-LWC, Tue, Dec 17, 12-1pm
Registered Dietitian, Sara Negron, MS, RD, CSO, will provide an overview of nutritional recommendations for cancer patients and survivors. Registration is required.

Look Good...Feel Better

● ILH-RO, Mon, Dec 9, 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 this class. Co-sponsored with the Look Good Feel Better Alliance and Personal Care Products Council. To register or for more information, go to <http://lookgoodfeelbetter.org/programs/program-finder/>. No registration through Life with Cancer.

FITNESS

Barre Tone

● FC, Thu, Dec 5 & 12, 7-8pm
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.

Breast Cancer Rehabilitation & Lymphedema Management

●★ FC, Wed, Dec 11, 5:30-6:30pm
This class features a full body workout including light weightlifting, floor, and standing exercises set to upbeat music. Modifications to exercise can be made based on individual needs. Occupational Therapist and Certified Lymphedema Therapist, Danielle Ferris, will provide information and tips for management of lymphedema, risk reduction and Q&A.



Buff Bones

● FO-LWC, Thu, Dec 5 & 12, 11:30am-12:30pm
Fun and functional, these workouts help to build stronger bones as well as tone and fine-tune major muscle groups for strength and total-body conditioning. You'll build strength by performing different types of movements using hand weights, bands, exercise balls, and body weight. Registration is required.

Cardio & Core

● 44084 RP, Wed, Dec 4 & 11, 10-11am
● FO-LWC, Wed, Dec 4 & 11, 10:30-11:30am
Target your core muscles using variations of familiar moves, while increasing cardio endurance by adding interval training exercises. Registration is required.

Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

Nutrition Counseling

Nutrition priorities may change throughout cancer treatment and recovery, and figuring out the best foods and beverages to consume can be difficult. Using evidence-based research, our registered dietitians can help you modify your diet to support you before, during and after cancer treatment.

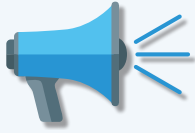
Common areas of nutrition recommendations during cancer treatment and recovery include:

- Managing treatment-related side effects
- Nutrition support (tube feedings, IV nutrition)
- Weight management (loss/gain)
- Vitamins, minerals, & nutrition supplements
- Survivorship recommendations to help reduce risk of cancer recurrence

Our experts can also help with the following concerns:

- Loss of appetite
- Irregular bowel movements
- Nausea
- Weight loss/gain
- Taste changes

FITNESS (CONTINUED)



Important Information for All Fitness Classes

- 1. Registration:** Registration is required for all classes. Classes with fewer than 5 participants will be cancelled.
- 2. Cancelling Your Registration:** If you cannot attend a class/group for which you are registered, CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.
- 3. 2019 Waivers:** Please complete new Physical Activity Waivers for all new fitness classes you attend in 2019. 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.
- 4. Participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies):** please consider a suggested donation of \$5 per class to help offset the costs of fitness classes. Donations can be made in class or online at www.lifewithcancer.org/donate. Please know that Life with Cancer is committed to you and no one is turned away from programs/classes due to financial hardship.

Cardio Drumming

● FC, Thu, Dec 5 & 12, 10:30-11:15am

Combining drumming, cardio and strength training, Cardio Drumming is an energetic, get lost in the music, full-body, 45-minute workout. Registration is required.



Cross-Train Challenge

● FC, Wed, Dec 4 & 11, 3-3:45pm

If you crave variety this is the class for you! Fusing 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 two months post-surgery. Registration is required.

Evening Gentle Yoga

● 44084 RP, Mon, Dec 2 & 9, 6:30-7:30pm

● FC, Mon, Dec 2, 7-8:30pm

● FO-LWC, Mon, Dec 2 & 9, 7-8:30pm

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.

EZ Tai Chi

● FC, Tue, Dec 3 & 10, 12-1pm

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. This 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

● FO-LWC, Mon, Dec 2 & 9, 10-11am

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



Gentle Yoga

● FC, Thu, Dec 5 & 12, 1-2pm

● IAH-HEC 3-5, Mon, Dec 2 & 9, 4-5:30pm

Blending gentle movement, breathing, and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Registration is required.

Joyful Belly Dance

● FC, Wed, Dec 11, 11am-12pm

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, Mon, Dec 2 & 9, 3-4pm

If you love to dance, this is the class for you! Moving to energizing music, you'll build

PROGRAMAS EN ESPAÑOL

Latinos Unidos

● IAH-LWC, martes, 11 de diciembre, 6:30-8pm

Aprenderás técnicas y ejercicios para favorecer tu auto-sanación y crecimiento personal, manejar mejor el estrés y los efectos del tratamiento y mejorar tu calidad de vida. Todo esto en un ambiente de confianza, positividad y amistad. Llamar a David McGinness al 703 504 3083 para más información.

strength and balance. Add in resistance equipment and you've got the perfect class! Registration is required.

Launch into Fitness

● FC, Mon, Dec 2 & 9, 2-2:45pm

● FC, Wed, Dec 4 & 11, 2-2:45pm

● ISCI-LWC, Wed, Dec 4 & 11, 11-11:45am

An energizing workout combining cardio, strength, and flexibility all modified to accommodate anyone with balance issues, recent surgeries or is just getting back into exercise. Participants move at their own pace. Chairs are provided so that the class can be done while seated or standing. Registration is required.

Pickleball

● FC, Wed, Dec 18, 10-11:30am

USA Pickleball Association District Ambassador and breast cancer survivor Helen White will introduce attendees to Pickleball, a fun, easy-to-learn, and very social mini-tennis like game that is the fastest growing racket sport in the USA. Come prepared to work out while having fun! Paddles and balls provided. Please wear tennis shoes (or a good pair of athletic shoes). Registration is required. The class is limited to 8 participants.



Oncology Massage and Body Work

Life with Cancer Family Center

8411 Pennell Street

Fairfax, VA 22031

Call 571.472.0750 to schedule

Inova Schar Cancer Institute

8081 Innovation Park Drive

Fairfax, VA 22031

Call 571.472.0750 to schedule

Life with Cancer Studio

44084 Riverside Parkway

LL, Suite 400

Leesburg, VA 20176

Call 703.554.1130 to schedule

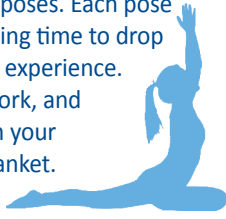
- Mention Life with Cancer for a special rate of \$60 for a 1-hour massage. Cash or check payment directly to massage therapist; no credit cards. Gratuities are at your discretion.
- Physician approval is required for patients; ask for written permission at your next appointment.
- To schedule an appointment call us at 571-472-0750; mention Life with Cancer.
- 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.

FITNESS (CONTINUED)

Restorative Yoga

● FC, Fri, Dec 6 & 13, 10:15-11:45am

You'll learn how to use yoga props such as bolsters, blocks, and blankets to support your body while in restful yoga poses. Each pose is held 2-10 minutes allowing time to drop deeper into the relaxation experience. Gentle stretches, breathwork, and guided meditation deepen your practice. Please bring a blanket. Registration is required.



StayStrong

● IAH-HEC 3-5, Tue, Dec 3 & 10, 6:30-7:30pm

Need to build muscle and strength as well as maintain your cardio fitness? StayStrong is what you're looking for. This all-level class builds muscle and strength by incorporating exercise bands and body weight to get and keep you strong.

Tai Chi

● FC, Tue, Dec 3 & 10, 6-7pm

● ISCI-LWC, Wed, Dec 4, 2:30-3:30pm

This ancient practice embodies China's most profound concepts and principles of health and movement. Based on softness and awareness (rather than force and resistance) it has been recognized for thousands of years as both a method of self-cultivation born out of a form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, balance, and flexibility. This class will teach basic movements. Registration is required.

Total Body Conditioning

● 44084 RP, Tue, Dec 3 & 10, 10-11am

● 44084 RP, Thu, Dec 5 & 12, 10-11am

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

Yin Yoga for Those in Treatment

● FO-LWC, Fri, Dec 6 & 13, 1-2:30pm

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.

Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

Yoga Sculpt

● FO-LWC, Tue, Dec 3 & 10, 1-2pm

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!

● FC, Tue, Dec 3 & 10, 7-8pm

● IAH-HEC 3-5, Mon, Dec 2 & 9, 7-8pm

● 44084 RP, (Zumba Gold) Fri, Dec 6 & 13, 10:30-11:30am

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.



STRESS REDUCTION

Acupuncture

● FC, Wed, Dec 4-18, 10am-12pm

● FO-LWC, Thu, Dec 5-26, 9-11am

● 44055-Ste 242, Wed, Dec 4, 11, 18, 1-4pm

● ISCI-LWC, Tue, Dec 3-31, 10am-2pm

The National Comprehensive Cancer Network and the Society for Integrative Oncology endorse acupuncture as a complementary therapy in the treatment of pain, chemotherapy-induced nausea and vomiting. The value of acupuncture has not yet been established for the following, but limited studies have shown some possible patient benefits: dry mouth, fatigue, neuropathy, hot flashes. Call Inova Well at 571-472-1680 for an appointment.

Acupuncture at Life with Cancer



To schedule an appointment call Inova Well at 571.472.1680. Mention Life with Cancer for special rate.

LOCATIONS:

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

Life with Cancer, Fair Oaks
3580 Joseph Siewick Drive
LL, Suite 005, Fairfax, VA 22033

Life with Cancer
Inova Schar Cancer Institute
8081 Innovation Park Drive
Fairfax, VA 22031

Life with Cancer, Leesburg
44055 Riverside Parkway, Ste. 242
Leesburg, VA 20176

The National Comprehensive Cancer Network (NCCN) and the Society for Integrative Oncology (SIO)* endorse acupuncture as a complementary therapy in the treatment of pain and chemotherapy-induced nausea and vomiting. The value of acupuncture has not yet been established for the following, but limited studies have shown some possible patient benefits: dry mouth, fatigue, neuropathy, or hot flashes.

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.

Psychiatry Contact your oncologist or therapist for a referral, or call 703-206-5433 for more information. Payable through insurance.

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

STRESS REDUCTION (CONTINUED)

Art Therapy Series: Going Deeper than Words

● FC, Mon, Dec 2 & 16, 1-3:30pm

Group continues for those already registered.

Drop-In Mindfulness-Based Cancer Recovery Group

● FC, Tue, Dec 3, 11am-12pm

● FC, Tue, Dec 10, 7-8pm

● IAH-LWC, Tue, Dec 17, 6:30-7:30pm

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. Registration is required. Dec. 3 facilitator: Michelle Ferretti, LCSW, OSW-C; Dec 10 facilitator Micheline Toussaint, LCSW, RYT, OSW-C; IAH facilitator: Nancy Miller.

Drop-In Writing Your Life Stories Monthly Group

● FC, Fri, Dec 20, 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.

Energy Therapies

● FC, Mon, Dec 9, 6-7pm and 7-8

● FO-LWC, Tue, Dec 17, 6-7pm and 7-8pm

● ISCI-LWC, Wed, Dec 4 and 18, 10-11am and 11am-12pm

● 44084 RP, Thu, Dec 19, 5-6pm, 6:30-7:30pm, 7:30-8:30pm

Registration opens on the 4th Friday of the previous month by 9:15am. Patients and one support person may schedule appointments. Reiki practitioners and Healing Touch practices are relaxing, nurturing, heart-centered energy therapies, in which the practitioner places their hands just above the body or uses a light touch to clear, energize, and balance your energy fields. The intent is to improve physical, mental, emotional and spiritual health. Dress comfortably and bring a blanket.

Healing through Art Therapy

● FC, Mon, Dec 9, 1-3:30pm

Registration begins on the 1st business day of each 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 art with a variety of media and approaches. Artistic ability is not 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. Facilitator: Sarah Schmidt, MA, LPC, ATR-BC. Registration is required.

Knitting & Crocheting Circle

● FC, Fri, Dec 6, 1-2:30pm

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. Registration is required.



Laughter Yoga

● FC, Thu, Dec 12, 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 in the body, improved lung capacity, reduced stress and an enhanced feeling of well-being. No need to get on the floor; laughter yoga can be done seated in a chair. Registration is required.

Meditation and Guided Imagery

● FC, Thu, Dec 5, 2-3pm

● ISCI-LWC, Thu, Dec 12, 3:30-4:30pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each session begins with breath work and a relaxation technique that leads into a guided meditation. Registration is required.

Mindfulness-Based Cancer Recovery

● FC, Wed, Dec 4, 2:30-4pm

Class continues for those already registered.

Zentangle

● 44084 RP, Tue, Dec 10, 1:30-3pm

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It 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. Instructor: Roberta Hughes, CZT. Registration is required.

SUPPORT & NETWORKING

Brain Tumor Support Group

● FC, Wed, Dec 18, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant brain tumors at this monthly meeting. Facilitators: Sarah Schmidt, MA, LPC, ATR-BC, and Ashley Thompson, BSN, RN, OCN. Registration is required.

Breast Cancer Support Group

●★ FC, Wed, Dec 4, 6:30-8pm

●★ FO-LWC, Wed, Dec 11, 5:30-7pm

●★ IAH-LWC, Mon, Dec 16, 5:30-7pm

●★ ILH-RO, Mon, Dec 23, 5:30-7pm

This group is for women diagnosed with stage 0-3 breast cancer, no 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. Facilitators: FC-Lauren Kaminski, RN, BSN, OCN and Tyler Pudleiner, MSW; FO-Maureen Broderick; IAH-Darah Curran, MSW, LCSW, OSW-C and Maria Ramirez, RN, BSN, OCN; ILH-Christine Stone, RN, MSN, OCN, 703-858-8867 and Elise Schneider, LCSW.



Carcinoid Cancer Group

● FC, Sat, Dec 14, 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, and to register, email mitchmberger@msn.com.

Caregiver Connection

● FC, Mon, Dec 9, 7-8:30pm

● FO-D, Wed, Dec 11, 5:30-7pm

● ILH-RO, Tue, Dec 10, 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. Facilitators: FC-Rebecca Babb, MSN, RN, CPNP-AC LSW, and Tyler Pudleiner, MSW; FO-facilitators: Karen Archer, LCSW and Shairna Bluesteen, RN, BSN, OCN; ILH-Rebecca Babb, MSN, APRN, CPNP-AC, CPHON, and Elise Schneider, LCSW. Registration required by the previous Friday.

Registration is required for all groups and programs

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If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

SUPPORT & NETWORKING (CONTINUED)

Caregiver Tea and Talk

● ISCI, Tue, Dec 3-24, 12-1pm

Do you support or care for someone with cancer?

Join us and connect with

other caregivers as we

share experiences, discuss

challenges, and enhance

copied strategies. Light

refreshments will be available. Facilitator:

An oncology clinical therapist.



Coalesce: An Advanced Breast Cancer Group

●★ FC, Fri, Dec 6-27, call for time

Meet with women of all ages to share life's joys and sorrows. This group has limited enrollment. For more information, time, and to register, contact facilitator, Shara Sosa, LCSW, OSW-C: shara.sosa@inova.org, 703.698.2522, Tuesdays, Wednesdays and Fridays.

Coalesce II: An Advanced Breast Cancer Group

●★ FC, Tue, Dec 10, call for time

Meet with women of all ages to share life's joys and sorrows. This group has limited enrollment. For more information, time, and to register, contact facilitator, Micheline Toussaint, LCSW, RYT, OSW-C: micheline.toussaint@inova.org, 703.698.2521 on Tuesdays and Wednesdays.

Colorectal Cancer Support Group, Advanced Stage

● FC, Tue, Dec 17, 6-7:30pm

This support group is for any patient, or their loved ones, living with metastatic colorectal cancer. 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 Anissa Nahabedian, RN. Registration is required.

Cutaneous Lymphoma Group

● FC, Sat, Dec 14, 10am-12pm

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>.

Registration is required for all groups and programs

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If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

Gynecologic Cancer Group

● FC, Wed, Dec 18, 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. Note: In December we'll meet on the 18th due to the Christmas holiday. Facilitators: Rebecca Babb, MSN, RN, PNC-AC and Teassa Eddy, LCSW. Registration is required.

Head and Neck Cancers Group

● FC, Wed, Dec 11, 5:30-7pm

● FO-RO, Mon, Dec 16, 6-7:30pm

This support group is open to patients, survivors and loved ones impacted by a diagnosis of head and neck cancer. Join us to connect with and learn from one another while discussing the challenges of diagnosis, treatment, and survivorship. Facilitators: FC-Lauren Broschak, MSW, LCSW, and Kate Skoczylas, RN, BSN, OCN; FO-Maureen Broderick, LCSW, and Amy Bohoslav, BSN, RN, OCN. Registration is required.

Just for the Guys

● IAH-LWC, Dec 19, 6-7:30pm

Cancer impacts relationships, work, self-image, and so much more – and some things are better kept between us guys. In this four-week series we will explore these themes and learn tools for coping. Join us in a place where you will be among brothers who truly understand. (note this group is for men with cancer not caregivers of others with cancer). Registration is required.

Leukemia and Lymphoma Support Group

● FC, Mon, Dec 16, 10-11:30am

Patients and/or their caregivers are invited to 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. Facilitators: Sarah Brooks, LCSW, and Jillian Powers, BSN, RN, OCN. Registration is required by previous Friday.

Living with Advanced Disease

● FO-LWC, Thu, Dec 12, 1-2:30pm

● ILH-NBC, Wed, Dec 18, 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. Facilitators: FO-Karen Archer, MSW, LCSW, and Kaitlyn Hegarty, RN, BSN, OCN; ILH- Courtney Weaver, LCSW, and Mary Kay Mecca, RN, BSN. Registration is required.

Lung Cancer Support Group

● FC, Wed, Dec 4, 6:30-8pm

Join other patients, survivors, family members, and friends to discuss the challenges of

living with lung cancer and its treatments.

Facilitators: Carrie Friedman, RN, BS, OCN, and David McGinness, LCSW, OSW-C. Registration is required.

Melanoma Support & Networking Quarterly Meeting

● FC, Thu, Dec 5, 6:30-8pm

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

Multiple Myeloma

● FC, Tue, Dec 17, 10:30am-12pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. This month will be an open discussion meeting. Facilitators: Drucilla Brethwaite, LCSW, OSW-C, Rebecca DiPatri, RN, BSN, OCN, and Susan Carlson, RN, BSN. Co-sponsored with the Leukemia and Lymphoma Society. Registration is required.

Myelodysplastic Syndromes (MDS) Support Group

● FC, Sat, Dec 14, 10:30am-12pm

This patient-led support group provides patients, caregivers, and families a safe place to explore the emotional aspects of MDS, share with others their feelings and challenges and to hear from local MDS other related healthcare professionals. Light refreshments. To register email Brian.S.Anderson65@gmail.com or call 703.984.9379.

Pancreatic Cancer Support Group

● FO-LWC, Wed, Dec 4, 1-2:30pm

Join us on the first Wednesday of each month as we explore ways to learn to live with pancreatic cancer and the many questions and challenges that come along with the diagnosis and treatment. This group is only for patients. Facilitators: Karen Archer, MSW, LCSW, and Shairna Bluesteen, RN, BSN, OCN. Registration is required.



Spirituality Quest: Sharing the Holiday Spirit

● FC, Tue, Dec 10, 10:30am-12pm

Join us as we close out 2019 and reflect on all that the year has brought us as a community and as friends: the good, the bad, the laughter, the tears, the joys, and the sorrows. Facilitator: Chaplain, Enyonam Tetteh. Registration is required.

SUPPORT & NETWORKING (CONTINUED)

Us Too Prostate Cancer Group

● FC, Tue, Dec 10, 7:30-9pm

Join others for open group discussion of various current prostate cancer topics. First-time attendees and newly diagnosed prostate cancer individuals are welcomed. Registration is required.

Us Too Prostate Cancer Group

● LCSC, Tue, Dec 10, 6-8pm

Join others for an opportunity to network and learn about valuable prostate cancer information and resources. Questions? Contact Courtney.Weaver@inova.org or call 703.858.8857. Registration is required.

Us Too, Prostate Cancer Group

● IAH-LWC, Thu, Dec 12, 6-7:30pm

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. Loved ones welcome! Facilitator: David McGinness, 703.698.2526 or david.mcginness@inova.org. Registration is required.

Weight Management after Breast Cancer Support Group

●★ FC, Wed, Dec 4, 5-6pm

Achieving a healthy weight after your diagnosis and treatment for breast cancer can be challenging. Meet with others who share a similar challenge, learn strategies and gain support to help you achieve your goals. Registration is required through Lauren Fay at lauren.fay@inova.org.



Women's Survivorship Group, Less than 3 yrs.

● ILH-RO, Thu, Dec 12, 6-7:30pm

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. Facilitators: Julie Ackerman, MSW, LCSW, and Christine Stone, RN, MSN, OCN. Registration is required.

Registration is required for all groups and programs

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

Women's Survivorship, More than 3 years

● FC, Tue, Dec 10, 6-7:30pm

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. Facilitator: Drucilla Brethwaite, MSW, LCSW, OSW-C. Registration is required.

Young Adult Group

● FC, Tue, Dec 10, 6:30-8pm

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. Note: Meeting dated change 10th due to the Christmas Eve holiday. Facilitators: Shara Sosa, LCSW, OSW-C, and Eric Cohen, RN, BSN, OCN. Registration is required.

Young Women with Breast Cancer

●★ FC, Tue, Dec 17, 6:30-8pm

●★ FO-LWC, Wed, Dec 4, 6-7:30pm

●★ IAH-LWC, Tue, Dec 10, 6:30-8pm

Women in their 20s, 30s, and 40s with non-metastatic breast cancer from diagnosis to one-year post-treatment are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitators: FC-Shara Sosa, MSW, LCSW, OSW-C, and Miranda Gingrich, RN, BSN, OCN. If attending for the first time, please call 703.698.2522, Tu, Wed, or Fri; FO- Maureen Broderick, LCSW and Shairna Bluesteen, RN, BSN, OCN. If attending for the first time, call Maureen Broderick, LCSW, 703-391-4180; IAH- Shara Sosa, LCSW, OSW-C, and Carrie Friedman, RN, BS, OCN. Registration required. Registration is required.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Mon, Dec 9, 5:30-7pm

Explore your creative side using a variety of techniques and materials. 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. Registration is required.



Touchstone Grief Group for Children

● FC, Wed, Dec 4, 11, and 18

Group continues for those already registered. For information on next group contact Michelle.Bronzo@inova.org or call 703.698.2539

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 Darah Curran, MSW, LCSW, OSW-C at 703.206.5435 or Darah.Curran@Inova.org.



DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
2 10am Functional Fitness (FO-LWC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Art Therapy Series: Going Deeper (FC) 2pm Launch into Fitness (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5pm Ask a Dietitian (FC) 5pm Breast Surgery Pre-Op (ISCI-RR) 6:30pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba! (IAH-HEC 3-5)	3 10am Total Body (44084 RP) 10am Acupuncture (ISCI-LWC) 11am Drop-In MBCR (FC) 12pm EZ Tai Chi (FC) 12pm Caregiver Tea & Talk (ISCI-LWC) 1pm Yoga Sculpt (FO-LWC) 6:30pm Stay Strong (IAH-HEC 3-5) 6pm Tai Chi (FC) 7pm Zumba (FC)	4 Touchstone (FC) 10am Acupuncture (FC) 10am Cardio & Core (44084 RP) 10am Energy Therapies (ISCI-LWC) 10:30am Cardio & Core (FO-LWC) 11am Energy Therapies (ISCI-LWC) 11am Launch into Fitness (ISCI-LWC) 1pm Acupuncture (44055-Ste 242) 1pm Pancreatic Cancer Support Group (FO-LWC) 2pm Launch into Fitness (FC) 2:30pm MBCR (FC) 2:30pm Tai Chi (ISCI-LWC) 3pm Cross-Train Challenge (FC) 4pm Colorectal Surgery Pre-op (ILH-NBC) 5pm Weight Management after BrCa (FC) 6pm Young Women with Breast Cancer (FO-LWC) 6:30pm Breast Cancer Support Group (FC) 6:30pm Lung Cancer Group (FC)	5 9am Acupuncture (FO-LWC) 10am Total Body (44084 RP) 10:30am Cardio Drumming (FC) 11:30am Buff Bones (FO-LWC) 1pm Gentle Yoga (FC) 2pm Meditation & Guided Imagery (FC) 6:30pm Melanoma Meeting (FC) 7pm Barre Tone (FC)	6 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1pm Knitting & Crocheting Circle (FC) 1pm Yin Yoga (FO-LWC)
				7
				8
9 10am Breast Surgery Pre-Op (ISCI-RR) 10am Functional Fitness (FO-LWC) 12pm Look Good...Feel Better (ILH-RO) 1pm Healing through Art Therapy (FC) 2pm Launch into Fitness (FC) 3pm Keeping Fit (FC) 4pm Gentle Yoga (IAH-HEC 3-5) 5:30pm Art Therapy Group for Teens (FC) 6pm Energy Therapies (FC) 6:30pm Evening Gentle Yoga (44084 RP) 7pm Caregiver Connection (FC) 7pm Energy Therapies (FC) 7pm Evening Gentle Yoga (FO-LWC) 7pm Zumba! (IAH-HEC 3-5)	10 Coalesce II (FC) 10am Acupuncture (ISCI-LWC) 10am Total Body (44084 RP) 10:30am Spirituality Quest (FC) 12pm Caregiver Tea & Talk (ISCI-LWC) 12pm EZ Tai Chi (FC) 1pm Yoga Sculpt (FO-LWC) 1:30pm Zentangle (44084 RP) 4pm Breast Surgery Pre-Op (ILH-PER) 6pm Caregiver Connection (ILH-RO) 6pm Prostate Cancer Group (LCSC) 6pm Tai Chi (FC) 6:30pm Latinos Unidos (IAH-LWC) 6:30pm Stay Strong (IAH-HEC 3-5) 6pm Women's Survivorship 3 years+ (FC) 6:30pm Young Adult Group (FC) 6:30pm Young Women with BrCa (IAH-LWC) 7pm Drop-In MBCR (FC) 7pm Zumba (FC) 7:30pm Prostate Cancer Group (FC)	11 Touchstone (FC) 10am Acupuncture (FC) 10am Cardio & Core (44084 RP) 10:30pm Cardio & Core (FO-LWC) 11am Joyful Belly Dance (FC) 11am Launch into Fitness (ISCI-LWC) 12:30pm Breast Surgery Pre-Op (FO-LWC) 1pm Acupuncture (44055-Ste 242) 2pm Launch into Fitness (FC) 3pm Cross-Train Challenge (FC) 5:30pm BrCa Rehab & Lymphedema Mgmt (FC) 5:30pm Breast Cancer Support Group (FO-LWC) 5:30pm Caregiver Connection (FO-D) 5:30pm Head & Neck Cancers Group (FC) 6:30pm Latinos Unidos (IAH-LWC)	12 9am Acupuncture (FO-LWC) 10am Total Body (44084 RP) 10:30am Cardio Drumming (FC) 11am Orientation (FC) 11:30am Buff Bones (FO-LWC) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Laughter Yoga (FC) 3:30pm Meditation & Guided Imagery (ISCI-LWC) 6pm Prostate Cancer Group (IAH-LWC) 6pm Women's Survivorship Group <3 yrs (ILH-RO) 7pm Barre Tone (FC)	13 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 1pm Yin Yoga (FO-LWC)
				14
				15
16 10am Leukemia & Lymphoma Group (FC) 1pm Art Therapy Series: Going Deeper (FC) 5:30pm Breast Cancer Group (IAH-LWC) 6pm Head & Neck Support Group (FO-RO) 6:30pm Making Your Funeral Arrangement Wishes (FC)	17 10am Acupuncture (ISCI-LWC) 10:30am Multiple Myeloma (FC) 12pm Caregiver Tea & Talk (ISCI-LWC) 12pm Fighting Cancer with a Fork (FO-LWC) 6pm Colorectal Cancer Group, Advanced Stage (FC) 6pm Energy Therapies (FO-LWC) 6:30pm Drop-In MBCR (IAH-LWC) 6:30pm Young Women with Breast Cancer (FC) 7pm Energy Therapies (FO-LWC)	18 Touchstone (FC) 10am Acupuncture (FC) 10am Energy Therapies (ISCI-LWC) 10am Pickleball (FC) 11am Energy Therapies (ISCI-LWC) 1pm Acupuncture (44055-Ste 242) 1pm Living with Advanced Disease (ILH-NBC) 2pm Breast Surgery Pre-Op (FC) 4pm Breast Surgery Pre-Op (FO-LWC) 5pm Survivorship Nutrition (FC) 5:30pm Gynecologic Cancer Group (FC) 6pm Brain Tumor Support Group (FC)	19 9am Acupuncture (FO-LWC) 5pm Energy Therapies-Leesburg (44084 RP) 6pm Just for the Guys Support Group (IAH-LWC) 6:30pm Energy Therapies (44084 RP) 7:30pm Energy Therapies (44084 RP)	20 Coalesce (FC) 2:30pm Drop-In Writing Life Stories (FC)
				21
				22
23 5:30pm Breast Cancer Group (ILH-RO) 6:30pm Orientation (FC)	24 10am Acupuncture (ISCI-LWC) 12pm Caregiver Tea & Talk (ISCI-LWC) LIFE WITH CANCER CLOSES AT 3PM	25  LIFE WITH CANCER IS CLOSED	26 9am Acupuncture (FO-LWC) 1pm Breast Surgery Pre-Op (ILH-PER)	27 Coalesce (FC)
				28
				29
30	31 10am Acupuncture (ISCI-LWC)			