



# Life with Cancer®

APRIL 2015

## HIGHLIGHTS

### Road to Renewal Retreat OLGC, Sat, Apr 18, 8am-3pm

The Northern VA Chapter of the Oncology Nursing Society presents the "Road to Renewal: A One-Day Retreat of Health Renewal for Cancer Survivors". Topics presented by health care professionals and survivors include Importance of Exercise, Genetics Counseling, Nutrition, Drumming, Life Coaching. To register call 703.523.1599 or e-mail NOVAONS@gmail.com.

### Tools for Couples FC, Wed, Apr 15-May 6, 7-8:30pm

Meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. Facilitators: Micheline Toussaint, MSW, LCSW, RYT, and Drucilla Brethwaite, LCSW, OSW-C.

### Orientation to Life with Cancer FC, Thu, Apr 9, 11:30am-12:30pm FC, Thu, Apr 23, 6-7pm

Take a tour and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day. If you can't make a scheduled orientation...just call Life with Cancer Connect 703.206-LIFE (5433) and arrange a personal tour.

### Your Brain on Ink: Journaling for Greater Well-Being FC, Wed, Apr 15-May 20, 7-8:30pm

Decades of research clearly establish the transformative power of journal writing. In this four-week series, you will learn at least 10 different journaling techniques designed to offer greater insight, awareness and well-being. Informed by the newer findings in neuroscience, the journal exercises will also offer options to work with "chemo brain." No prior writing or journaling experience is necessary and your entries will stay safely private. You will leave with a tool box of techniques that will help you author the next chapters of your life story. Instructor Deborah Ross LPC, CJT, is a licensed psychotherapist, certified journal therapist and author. Class size is limited. Bring a journal or note book. Suggested reading: Journal to the Self, by Kathleen Adams.

### Planning Ahead: A Guide for Living Fully to the End FC, Thu, Apr 16, 6:30-8pm

This is the first of a series of four sessions offered monthly on the third Thursday. In honor of National Healthcare Decision Day, attorney Elizabeth Wildhack will present "Healthcare Decisions, Advance Medical Directives and Healthcare Power of Attorney" Please register by Tue, April 14.

### Healing Touch 44084 RP, Wed, Apr 15, 5pm and 6pm



Healing Touch (HT) is an energy therapy in which nurses consciously use their hands and intent to help balance energy and promote physical and emotional health and well-being. HT uses only very light or near-body touch. A brief medical assessment will be taken on the first visit. Bring a sheet, blanket and pillow. Dress comfortably. Registration is required. Questions? Contact barbara.mcdonnell@inova.org or call 703.858.8867.

### Choosing Safer Personal Care and Beauty Products, Part 2 ILH-R, Wed, Apr 15, 6:30-8pm

This class will identify 10 chemicals to avoid when choosing safer personal care and beauty products. Learn about the impact of these toxic ingredients on your endocrine, immune, neurologic and reproductive systems. Many healthier products will be displayed. Presenter: Deborah Cook, RN, OCN®. Please register.



## About Life with Cancer®

Life with Cancer programs and services are offered throughout Northern Virginia. Our main facility is the Dewberry Life with Cancer Family Center; a home-like setting where people can come together to learn, share and find solutions to the questions that arise when one is diagnosed with cancer. Our staff is made up of experienced oncology nurses and social workers. Our programs and services (except massage) are FREE thanks to generous community support. Any one affected by cancer, including family members, may participate, regardless of where they live or receive treatment.

## Class Registration Information

- All classes are free, but registration is required unless otherwise specified.
- Register at [www.lifewithcancer.org](http://www.lifewithcancer.org) and click on the calendar and class registration page, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email [Mayra.Zepeda@inova.org](mailto:Mayra.Zepeda@inova.org) or call 703.698.2526.

**Location Key:**

<b>3580-005:</b>	Inova Fair Oaks Cancer Center, Life with Cancer Suite 3580 Joseph Siewick Drive, Fairfax, VA 22033
<b>3580-CR:</b>	Inova Fair Oaks Cancer Center, Conference Room, 3580 Joseph Siewick Drive, Lower Level, Fairfax, VA, 22033
<b>3580-ROC:</b>	Inova Fair Oaks Cancer Radiation Oncology Center 3580 Joseph Siewick Drive, Lower Level, Fairfax, VA, 22033
<b>44084 RP:</b>	44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
<b>CUMC-1:</b>	Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
<b>FC:</b>	Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031 www.lifewithcancer.org
<b>IAH-CCC:</b>	Inova Alexandria Hospital, Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA 22304
<b>IAH-CCW:</b>	Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
<b>IFMC:</b>	Inova Fairfax Medical Campus, Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
<b>IFOH-1:</b>	Inova Fair Oaks Hospital- Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA 22033
<b>ILH-R :</b>	Inova Loudoun Hospital- Radiation Oncology Center, 44035 Riverside Parkway, Ste. 100, Leesburg, VA, 20176
<b>ILPO-I:</b>	Inova Loudoun Physicians Offices I, 44055 Riverside Parkway, SUITE 210, Leesburg, VA, 20176
<b>IMVH-CC:</b>	Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
<b>LCSC:</b>	Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165
<b>OLGC:</b>	Our Lady of Good Counsel Church, DeSales Hall, 8601 Wolftrap Road, Vienna, VA, 22182

**ASK THE EXPERT****Making Sense of Alphabet Soup  
FC, Thu, Apr 23, 7-8:30pm**

MRI, PET, CT, US !?! A radiologist from Fairfax Radiological Consultants will talk about the benefits and differences in diagnostic and medical imaging.

**Struggling with Sleep?  
FC, Thu, Apr 16, 7-8:30pm**

Insomnia is identified as one of the primary concerns of patients with cancer and caregivers. This session will provide evidence based tools for getting back to sleep. Presenters: Drucilla Brethwaite, MSW, LCSW, OSW-C and Darah Curran, MSW, LCSW, OSW-C.

**Feeling a Little Irritable?  
FC, Thu, Apr 30, 6:30-8pm**

Join us for an evening to understand and explore strategies to manage anger during the cancer experience. Presenters: Sandra Weller, LCSW, OSW-C and Drucilla Brethwaite, LCSW, OSW-C.

**What is Mindfulness?  
3580-CR, Wed, Apr 15, 5-6pm**

Are fears and anxiety keeping you up at night? Come find out what mindfulness means and how it can help. Presenter: Dan Towery, LPC, CSOTP.

**Look Good...Feel Better  
FC, Mon, Apr 27, 7-9pm**

A professional cosmetologist will teach women how to manage appearance-related side effects of chemotherapy, radiation and other forms of treatment. First time registrants will receive a makeup kit. Family member may attend, but should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

**EXPRESSIVE ARTS****Art for Wellness and Growth - Fairfax  
FC, Thu, Apr 16, 1-4pm  
FC, Fri, Apr 17, 12-3pm**

Explore your creativity, using art for wellness, insight, and personal growth. Artistic ability is NOT REQUIRED. To allow all interested individuals to participate, please register for either Thursday or Friday class, not both. Facilitator: Art therapist Jean McCaw, LCPAT, ATR-BC.

**Art for Wellness - Loudoun  
44084 RP, Fri, Apr 10, 12-2pm**

See description above. Art Therapist, Sarah H. Schmidt, MA. Registration required.

**Your Brain on Ink: Journaling  
for Greater Well-Being**

FC, Wed, Apr 15-May 20, 7-8:30pm

Decades of research clearly establish the transformative power of journal writing. In this four-week series, you will learn at least 10 different journaling techniques designed to offer greater insight, awareness and well-being. Informed by the newer findings in neuroscience, the journal exercises will also offer options to work with "chemo brain." No prior writing or journaling experience is necessary and your entries will stay safely private. You will leave with a tool box of techniques that will help you author the next chapters of your life story. Instructor Deborah Ross LPC, CJT, is a licensed psychotherapist, certified journal therapist and author. Class size is limited. Bring a journal or note book. Suggested reading: Journal to the Self, by Kathleen Adam

**Knitting and Crocheting Circle  
FC, Tue, Apr 7, 7-8:30pm  
FC, Fri, Apr 17, 1-2:30pm**

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

**Making Sense of Your Story  
FC, Wed, Apr 8, 12:30-2:30pm**

This nine month series (Apr 8, May 13, Jun 10, Jul 8, Aug 12, Sept 9, Oct 14, Nov 11, Dec 9) provides an opportunity for women out of treatment to explore the impact the cancer experience has had on their lives through guided imagery, meditation, art therapy, psychodrama, yoga and journaling. Attendance at all sessions is expected. Facilitated by Oncology Counselor Micheline Toussaint, LCSW,RYT and Art Therapist Jean McCaw, MA, ATR-BC. Please call Micheline Toussaint if interested at 703.698.2521.

**Words for Healing  
IAH-CCC, Tue, Apr 28, 6-8pm**

This class is all about tapping into your inner voice for creative self-expression through writing, word art and journal making. Writing or artistic ability is NOT required, just a willingness to explore your creative self in a supportive environment. Facilitators: Cancer Survivor and Writer Michelle Berberet, MCRP, and Christine Makris. Limited space, please register.

## Writing your Memoirs and Life Stories

FC, Tu, Apr 9-30, 2:30-4pm

In this four-week series, Lynn Magrum, MSN, CANP, AOCN will guide you through the process of capturing some of your favorite memories in writing, NO writing experience is needed. All writing levels are welcome. Plan to attend all four session. Please register.

## FITNESS

**Please Note:** Registration and waiver forms are available online and must be completed by the first class. ACSM Certified Cancer Exercise Trainer Susan Gilmore, MS teaches Level I – IV Exercise classes.

### Level I Exercise: Launching into Fitness

FC, Tue, Apr 7-21, 1-1:45pm

For individuals who are new to LWC's exercise program, this series will help to assess your fitness level and help you to gain strength, flexibility and stamina, especially if you have treatment limitations such as neuropathy, balance and low energy issues. Attendance at two classes is required after which you may progress to Level II. Please NO new registrants after April 14.

### Level II Exercise: Chair-Based

FC, Mon, Mar 9-Apr 20\*, 2-2:45pm

FC, Wed, Mar 11-Apr 22\*, 2-2:45pm

\*No class Mar 30. LEVEL I EXERCISE IS A PREREQUISITE. Continuation of series that will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles. Attend Monday and/or Wednesday sessions, but please register separately.

### Level III Exercise: Keeping Fit

FC, Mon, Mar 9-Apr 20\*, 3-4pm

\*No class Mar 30. PREREQUISITE: LEVELS I & II EXERCISE. Continuation of series that offers a combination of standing and floor exercises. Level II participants may move to this class, but will need to register.

### Level IV Exercise: Fitness Fusion

FC, Wed, Mar 11-Apr 22\*, 3-4pm

\*No class Apr 1. PREREQUISITE: LEVELS I, II, III. Continuation of series that offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training. Level III participants may progress to Level IV, but will need to register.

## Core Strengthening

3580-005, Wed, Apr 1-29, 1:30-2:30pm

Build core strength and stability by focusing on the muscles of the abdominal region, lower back, pelvis, and hips. Exercises will help with posture, daily functional activities, and overall strength and balance. Dress comfortably and bring a water bottle. Registration for this series is required. Instructor: Jackie Le.

## Dancing to Wellness

FC, Wed, Apr 8, 7-8:30pm

Music and dance are therapeutic, provide great exercise and fun for singles and couples. Group members vote for the evening theme for dances ranging from waltz to blues, swing to salsa, Argentine tango to merengue. Dance technique customized person by person or couple. Marc Shepanek, dance teacher, performer and cancer survivor, makes it easy and fun. Please register by preceding Monday.

## Fitness for Wellness

44084 RP, Mon, Apr 6-Jun 15, 10:30-11:30am

44084 RP, Fri, Apr 10-Jun 19, 10:30-11:30am

This class can help to increase endurance, range of motion, flexibility, balance, energy level, muscle strength and reduce stress. Registration is required. Dress comfortably. Attend Monday and/or Friday classes, but please register separately for each class. Attendance for all classes is encouraged.

## Stronger Body after Cancer

3580-D, Wed, Apr 1-29, 7-8pm

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

## Zumba!

FC, Tue, Apr 7-28, 7-8pm

Please register under "Zumba-Bilingual". Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of wellbeing.

## Life with Cancer en Español

### Aprendiendo Juntos

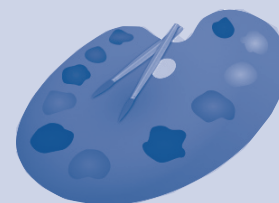
FC, Lunes, 27 de abril, 7-8:30pm

¡Talleres de Bienestar! Talleres educativos con el enfoque en enseñar herramientas y compartir información útil para sobrevivientes, sus seres queridos y cuidadores. Registración mandatorio. Para más información, llamar a Débora Haynes al 703.698.2539.

### Arte Para Salud y Crecimiento

FC, Jueves, 16 de abril, 1-4pm

Una nueva oportunidad - Explorar su creatividad utilizando arte para salud, una nueva percepción y crecimiento personal. No se necesita experiencia artística - solo tiene que estar dispuesto a explorar, divertirse y ser parte de una comunidad de apoyo y creatividad. Dirigida por terapeuta de arte, Jean McCaw, MA, ATR-BC. Este grupo es solo para adultos. Requiere registrarse; llamar a Débora Haynes al 703.698.2539.



### Luzca Bien...Siéntase Mejor

FC, Jueves, 16 de abril, 6-8pm

Programa de belleza gratuito para mujeres en tratamiento de quimioterapia y/o radioterapia. Una cosmetóloga les enseñará técnicas de maquillaje, cuidado de la piel, uso de pelucas y pañuelos, etc. Venga a fortalecer su espíritu y confianza en sí misma. Recibirás cosméticos personalizados. REGISTRACIÓN ES MANDATORIA vía nuestro sitio de Internet: [www.lifewithcancer.org](http://www.lifewithcancer.org). o llamando a Debra al 703.698.2539.

### Zumba – Bilingual

FC, Martes, 7-28 de abril, 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 sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general. Para más información, llamar a David McGinness al 703.698.2529.

**Mindfulness and Restorative Yoga**  
3580-005, Fri, Apr 3-24, 1:30-2:30pm

Learn simple breathing techniques, gentle movements, and long held poses, to help bring calmness and relaxation to the mind and body. Various props are used to provide comfort and support. Potential benefits include reduced pain and stiffness, deep relaxation, and enhanced sleep. Dress comfortably. Registration for this series is required. Instructor: Jackie Le.

**Meditation with Jenn Fay**  
FC, Thu, Apr 16-30, 2-3pm

\*Please bring a blanket! Join in a relaxing exploration of the power and benefits of meditation. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all, but please register by preceding day.

**Meditation and Guided Imagery with Micheline**  
FC, Wed, Apr 1-29, 3-4pm

\*Please bring a blanket! Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Facilitator: Micheline Toussaint, LCSW, RYT. Come to any or all sessions, but please register by preceding day.

**Relaxation and Guided Meditation with Esther**  
ILH-R, Thu, Apr 2, 6:30-8pm

\*Please bring a blanket! This group offers patients and family the opportunity to learn about and practice the art of relaxation and guided meditation. Please register.

**Evening Gentle Yoga with Jenn Fay**  
FC, Mon, Apr 20-May 4, 7-8:30pm

\*Please bring a blanket! Conscious breathing and postures promote body awareness and postural alignment to bring about a deep sense of peace. Learn movements that stretch, strengthen and relax muscles to improve flexibility of the spine and general range of movement. Joints are lubricated as bone density strengthens. Concentration is improved along with balance. Feel the benefits on every level, mind, body, and spirit.

**Evening Therapeutic**

**Yoga with Vicki**  
44084 RP, Mon, Apr 6-Jun 15, 7-8:30pm

New spring session! \*Please bring a blanket! This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen your body, increase stamina and flexibility while helping you detoxify. Restore your body and emotional balance and connect with your inner healing forces. Bring a blanket for comfort. Registration is required.

**Gentle Yoga with Jenn**  
FC, Thu, Apr 16-May 14, 1-2pm

\*Please bring a blanket! Learn movements to stretch, strengthen and relax muscles. Space is limit. If class is full, preference will be given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT. Attend each class for greatest benefit. Please register.

**Therapeutic Gentle Yoga with Ladan**

44084 RP, Thu, Apr 9-Jun 18, 11am-12:30pm

\*Please bring a blanket! New spring session! This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen your body, increase stamina and flexibility while helping you detoxify. Restore your body and emotional balance and connect with your inner healing forces. Bring a blanket for comfort. Registration is required.

**Yoga for Breast Cancer Survivors**

FC, Tue, Apr 7-May 12, 5:30-6:45pm

\*Please bring a blanket! This six-week series will teach yoga poses for Breast Cancer patients/survivors. Wear comfortable, loose clothing. Registration is required by preceding Thursday. Bring your own blanket and completed waiver (available online) to first class. Physician approval is required if you have had surgery within six weeks. Instructor: Catherine Syron, RYT.

**Qigong**

FC, Tue, Apr 7-21, 2-3:30pm

Learn to use the internal tools of your mind, body, and breath to promote wellness. This series will explore how movement, guided meditation, and breathing may impact your emotional and physical well-being. Attendance at each session is encouraged. For questions contact facilitator Michelle Ferretti, 703.698.2535, michelle.ferretti@inova.org. Registration is required.

**Reiki for Relaxation**

FC, Mon, Apr 13, 4:30, 5:30 and 7pm  
FC, Wed, Apr 22, 4:30, 5:30 and 7pm

\*Please bring a blanket! A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably. Call 703.698.2526 to schedule or cancel your appointment.

**Reiki**

44084 RP, Thu, Apr 23, 6:45-8pm

\*Please bring a blanket! Rebalance and recharge your body's energy systems. Registration is required.

**Restorative Therapeutic Yoga with Ladan**

44084 RP, Tue, Apr 7-Jun 16, 11am-12:30pm

\*Please bring a blanket. New spring session. This class includes gentle stretches, breath work and guided meditation combined with restorative poses to deepen the relaxation response. Registration required.

**Restorative Yoga with Judi**  
FC, Fri, Apr 10-May 15, 10:15-11:30pm

\*Please bring a blanket. This class uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice.

**Tai Chi with Kurt**

44084 RP, Wed, Mar 4-Apr 29\*, 1-2:30pm

This 8-week series (\*no class 4/1) uses slow, fluid body movements to enhance wellness, longevity and internal peace. Students will learn simple steps and then build upon them to perform more complex movements. Please submit a completed waiver form (available online) at the first session. Wear comfortable clothing and closed-toed shoes. Registration required.



## NUTRITION

### **Fighting Cancer with a Fork - 3 Locations**

**3580-001, Tue, Apr 21, 12-1pm**

**FC, Wed, Apr 22, 5:30-6:30pm**

**IAH-CCC, Wed, Apr 8, 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. To register for IAH-CCC location, call 703.507.7923. Other locations may register online or call 703.698.2526.



## SPIRITUALITY

### **Spiritual Support Group CUMC-1, Thu, Apr 30, 7-8:30pm**

A faith-based support group for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. Questions? Contact Dana Neese, Christ United Methodist Church, 703.690.3401.

### **Spirituality Quest FC, Tue, Apr 14, 10:30am-12pm**

Join us on the second Tuesdays of the month to explore our spiritual paths. Topic for discussion and sharing, "April Showers Bring May Color: Looking at Our Spiritual Lives Through Stained Glass". Facilitator: Marsha Komandt, RN, OCN®. Please register in advance.

## SUPPORT GROUPS

### **Blood Cancers Group FC, Thu, Apr 9, 7-8:30pm**

This group is for individuals with leukemia or lymphoma and their support people. April will be an open discussion meeting. Co-sponsored with the Leukemia and Lymphoma Society and Lymphoma Research Foundation and facilitated by Drucilla Brethwaite, MSW, LCSW, OSW-C. Please register by preceding day.

### **Brain Tumor Group - Fairfax FC, Tue, Apr 14, 6-7:30pm**

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

### **Brain Tumor Group - Loudoun ILH-R, Tue, Apr 21, 5:30-7pm**

This monthly meeting invites adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. Facilitators: Neurological Care Nurse, Vera Hirshman, RN, and an Oncology Social Worker.

### **Carcinoid Cancer Group FC, Sat, Apr 11, 10am-12pm**

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

### **Caregiver Connection - Fair Oaks 3580-005, Wed, Apr 22, 6:30-8pm**

Connect with others who are caring for a loved one with cancer or chronic illness and explore topics of concern. This month's guest speaker is Dr. Tom Sullivan from Optum Palliative Care. Facilitated by an oncology nurse navigator and an oncology therapist. Registration required.

### **Caregiver Connection - Fairfax FC, Mon, Apr 13, 7-8:30pm**

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. Please register by preceding Friday. FC Facilitator: Drucilla Brethwaite, LCSW, OSW-C.

### **Caregiver Connection - Loudoun ILH-R, Mon, Apr 13, 6:30-8pm**

Meet for ongoing support in dealing with the challenges of caregiving. Topic of discussion "How Do I Do It All?" Facilitators: Sandra Weller LCSW, OSW-C and Gillian Phillips MSW. Please Register.

### **Cutaneous Lymphoma Group FC, Sat, Apr 11, 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.

### **Good Grief Group ILPO-I, Tue, Mar 17-May 5, 6:30-8:30pm**

Series continues for those already registered. For information on the next eight-week series, contact Sandra Weller 703.858.8466, [sandra.weller@inova.org](mailto:sandra.weller@inova.org).

### **Good Grief FC, Tue, Apr 21-Jun 9, 7:15-9pm**

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. Registration for all 8 sessions is required. For information or to arrange individual bereavement counseling contact David McGinness, MSW, LCSW, 703.698.2529 or [david.mcginness@inova.org](mailto:david.mcginness@inova.org).

### **GYN Cancers Group 3580-001, Wed, April 15, 6:30-8pm**

**FC, Wed, Apr 22, 5:30-7pm**

Women diagnosed with ovarian, cervical and all GYN cancers are invited to drop in to this monthly group to share experiences and learn from one another. Facilitated by and oncology nurse and an oncology Social worker.

### **Head and Neck Cancers IFMC, Wed, Apr 8, 5:30-7pm**

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another. Facilitator: Corinne Cook, LCSW, and a Radiation Oncology team member. For more information contact, [corinne.cook@inova.org](mailto:corinne.cook@inova.org).

### **Living with Advanced Disease IFOH-1, Fri, Apr 10 & 24, 12-1:30pm**

This group welcomes individuals who are exploring ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis. Feel free to bring your lunch. Call 703-391-3758 for more information. Registration encouraged.

### **Lung Cancer Group - Fairfax FC, Wed, Apr 1, 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.

### **Lung Cancer Group - Loudoun ILH-R, Mon, Apr 20, 6:30-8pm**

Join other patients, survivors and family members to discuss the challenges of living with lung cancer. Registration required. Facilitated by Sandra Weller LCSW, OSW-C and an Oncology Nurse Navigator.

TWO LOCATIONS!

## Multiple Myeloma Group - Open Discussion

FC, Tue, Apr 21, 11:45am-1:30pm

This monthly meeting is for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. April meeting will feature open discussion. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register.

## Prostate Cancer, US TOO - Fairfax

FC, Tue, Apr 14, 7:30-9pm

Dr. Ravi Al Madan will present, "Principles of Immunotherapy for Prostate Cancer".

## Prostate Cancer, US TOO - Loudoun

LCSC, Tue, Apr 14, 6-8pm

Meet with others to share experiences and to learn from one another in these monthly meetings. Speakers will be scheduled for a portion of the meetings as members identify their interests. Questions? Call Sandra Weller, LCSW, OSW-C, 703.858.8466.

## Prostate Cancer, US TOO - Alex.

IAH-CCW, Thu, Apr 16, 6-7:30pm

Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitators: David McGinness, LCSW, and Laura Harty, MSW.

## Women's Survivorship Group

ILH-R, Thu, Apr 9, 6:30-8pm

For women who have completed treatment (surgery, chemotherapy & radiation) and are navigating new territory, please join us as we help you to define your new normal. Please register if attending for the first time. Questions? Contact [sandra.weller@inova.org](mailto:sandra.weller@inova.org) or 703.858.8466.



## Young Adult Group: Special Meeting

FC, Thu, Apr 23, 6:30-8:30pm

"Brain, Body Reconditioning" ... Come and learn from experts on two of the major concerns reported by Young Adults in treatment and into survivorship: Chemo Brain and Regaining Body Strength. This interactive lecture will provide a brief intro to Chemo Brain and techniques and tools that can help fight the effects and improve function. Additionally, a strength and body trainer will provide information and address questions around keeping a safe exercise routine, getting back to the gym or exercise program or finding the right exercise techniques to strengthen your body. Dinner will be provided by the LLS and of course, this is always a great time to socialize with others who "get it". RSVP at [lifewithcancer.org](http://lifewithcancer.org) or 703.698.2526 or email [Sage@inova.org](mailto:Sage@inova.org) with questions [sage.bolte@inova.org](mailto:sage.bolte@inova.org).

## BREAST CANCER SUPPORT GROUPS/CLASSES

### Advanced Breast Cancer

ILH-R, Mon, Apr 27, 6:30-8pm

For those who have had a recurrence or have metastatic breast cancer. Please register. Questions? Contact [sandra.weller@inova.org](mailto:sandra.weller@inova.org) or 703.858.8466.

### Breast Cancer - Falls Church

IFMC, Wed, Apr 1 & 15, 5:30-7pm

Learn, discuss and gain support from others who understand the concerns and challenges you face. Meets on first and third Wednesdays of the month. Co-facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®.

## Breast Cancer - Mt. Vernon

IMVH-CC, Wed, Apr 8, 6-8pm

Current and former breast cancer patients and survivors are invited to meet with Dr. David Weintritt, Nurse Navigator Michele Reddick, RN, BSN, and Social Worker Laura Harty, MSW to learn, share and discuss ways of meeting the challenges of breast cancer. Please register.

## Breast Cancer - Loudoun

ILH-R, Mon, Apr 27, 5-6:30pm

For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Please register. Questions? Contact [sandra.weller@inova.org](mailto:sandra.weller@inova.org) or 703.858.8466.

## Breast Cancer - Fair Oaks

3580-001, Wed, Apr 8, 5:30-7pm

This support and education group, for women diagnosed with an early stage breast cancer within the past three years, will provide a supportive environment to meet with others, gather information and learn how to best navigate survivorship. Facilitated by oncology nurse navigator, Gale Towery, RN, BSN, OCN® and social worker Shereena Rodney. Please register AND if it is your first time attending, please call Gale Towery at 703.391.4673.

## Breast Cancer Surgery Preparation

3580-005, Wed, Apr 15, 12-1:30pm

3580-005, Mon, Apr 27, 12-1:30pm

A Nurse Navigator will explain what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Bring a friend or relative. To register call 703.391.4673.

## Coalesce: An Advanced Breast Cancer Group

FC, Fri, Apr 3-24, call for time

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

## 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



## Yoga for Breast Cancer Survivors FC, Tue, Apr 7-May 12, 5:30-6:45pm

\*Please bring a blanket! This six-week series will teach yoga poses for Breast Cancer patients/survivors. Wear comfortable, loose clothing. Registration is required by preceding Thursday. Bring your completed waiver (available online) to first class. Physician approval is required if you have had surgery within six weeks. Instructor: Catherine Syron, RYT.

## Young Women with Breast Cancer - Fairfax

FC, Tue, Apr 21, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. If attending for the first time, please call 703.698.2522. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN®.

## Young Women with Breast Cancer - Alexandria

IAH-CCW, Tue, Apr 14, 6:30-8pm

See information, above. Facilitators: Shara Sosa, LCSW and Laura Harty, LCSW. If attending for the first time, please call 703.504.7921.



## CHILDREN, TEENS & PARENTS

### Curious about Cancer

FC, Wed, Apr 15-May 27, 5:15-6:15 pm

Children ages 5-12 will learn about cancer through age appropriate discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer. For more information contact [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org), or 703.698.2536.

### Good Grief Dinner for Teens

FC, Wed, Apr 15, 6:30-8pm

Grief is a normal, healthy, and healing emotion. This monthly dinner offers the opportunity to meet with other 13-18 year olds who have experienced the loss of a loved one to cancer. Learn about the grief process and share thoughts and feelings. For more information contact [jennifer.eckert@inova.org](mailto:jennifer.eckert@inova.org), or 703.698.2536.

## Pediatric Oncology Parent Night: Bingo!

FC, Tue, Apr 28, 6-8:30pm

Join us for the 3rd annual Candlelighter's Family Bingo Night. Everyone's a winner. Prizes galore. For on and off treatment families; all ages welcome. Dinner provided. Please register with [constance.connor@inova.org](mailto:constance.connor@inova.org), 703.531.1515 or with [dccandlelighters@gmail.com](mailto:dccandlelighters@gmail.com).



## 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)**.

## 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

- Appointments are for patients/survivors and their family members
- Physician approval is required; ask for written permission at your next appointment
- Call 703-698-2526 to schedule or cancel your appointment
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on [www.lifewithcancer.org](http://www.lifewithcancer.org)

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

# APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
		<p><b>1</b></p> <p>3pm Meditation with Micheline (FC) 5:30pm Breast Cancer Group (IFMC) 6:30pm Lung Cancer Group (FC) 7pm Stronger Body after Cancer (3580-D)</p>	<p><b>2</b></p> <p>6:30pm Meditation with Esther (ILH-R)</p>	<p><b>3</b></p> <p>Coalesce (FC) 7pm Mindfulness and Restorative Yoga (3580-005)</p> <p><b>4</b></p> <p><b>5</b></p>
<p><b>6</b></p> <p>10:30am Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 7pm Evening Therapeutic Gentle... (44084 RP)</p>	<p><b>7</b></p> <p>9:30am Walking for Fitness (ILPO-I) 11am Restorative Therapeutic Yoga (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 2pm QiGong (FC) 4pm Inova Fair Oaks Cancer Center Open House (3580-005) 5:30pm Yoga for Breast Cancer Survivors (FC) 6:30pm Good Grief (ILPO-I) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba - Bilingual (FC)</p>	<p><b>8</b></p> <p>12:30pm Making Sense of Your Story (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 1pm Tai Chi with Kurt(44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation with Micheline (FC) 5:30pm Head and Neck Cancers Group (IFMC) 5:30pm Breast Cancer Group (3580-001) 6pm Breast Cancer Group (IMVH-CC) 7pm Dancing to Wellness (FC) 7pm Stronger Body after Cancer (3580-D)</p>	<p><b>9</b></p> <p>11am Therapeutic Gentle Yoga (44084 RP) 11:30am Orientation to Life with Cancer (FC) 2:30pm Writing your Memoirs... (FC) 6:30pm Women's Survivorship Group (ILH-R) 7pm Blood Cancers Group (FC)</p>	<p><b>10</b></p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Art for Wellness (44084 RP) 12pm Living with Advanced Disease (IFOH-1) 7pm Mindfulness and Restorative Yoga (3580-005)</p> <p><b>11</b></p> <p>10am Carcinoid Cancer Group (FC) 10am Cutaneous Lymphoma Group (FC)</p> <p><b>12</b></p>
<p><b>13</b></p> <p>10:30am Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Reiki for Relaxation (FC) 7pm Caregiver Connection (FC) 7pm Evening Therapeutic Gentle... (44084 RP)</p>	<p><b>14</b></p> <p>9:30am Walking for Fitness (ILPO-I) 10:30am Spirituality Quest (FC) 11am Restorative Therapeutic Yoga (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 2pm QiGong (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Prostate Cancer Group (LCSC) 6pm Brain Tumor Group - (FC) 6:30pm Good Grief (ILPO-I) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba - Bilingual (FC) 7:30pm Prostate Cancer Group (FC)</p>	<p><b>15</b></p> <p>12pm Breast Cancer Surgery Preparation (3580-005) 1pm Tai Chi with Kurt (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Meditation with Micheline (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5pm Ask the Expert: Mindfulness (3580-CC) 5pm Healing Touch (44084 RP) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Group (IFMC) 6pm Healing Touch(44084 RP) 6:30pm Fair Oaks GYN Cancer Group (3580-001) 6:30pm Good Grief Dinner for Teens (FC) 6:30pm Choosing Safer Personal Care... (ILH-R) 7pm Stronger Body after Cancer (3580-D) 7pm Tools for Couples (FC) 7pm Your Brain on Ink... (FC)</p>	<p><b>16</b></p> <p>11am Therapeutic Gentle Yoga (44084 RP) 1pm Gentle Yoga with Jenn(FC) 1pm Art for Wellness and Growth (FC) 1pm Arte Para Salud y Crecimiento (FC) 2pm Meditation with Jenn (FC) 2:30pm Writing your Memoirs... (FC) 6pm Luzca Bien... Siéntase Mejor (FC) 6pm Prostate Cancer Group (IAH-CCW) 6:30pm Planning Ahead (FC) 7pm Ask the Expert: Struggling with Sleep? (FC)</p>	<p><b>17</b></p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi(FC) 10:30am Fitness for Wellness (44084 RP) 12pm Art for Wellness and Growth (FC) 1pm Knitting and Crocheting Circle (FC) 7pm Mindfulness and Restorative Yoga (3580-005)</p> <p><b>18</b></p> <p>8am Road to Renewal Retreat (OLGC)</p> <p><b>19</b></p>
<p><b>20</b></p> <p>10:30am Fitness for Wellness (44084 RP) 2pm Level II: Exercise-Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6:30pm Lung Cancer Group (ILH-R) 7pm Evening Gentle Yoga with Jenn (FC) 7pm Evening Therapeutic Gentle... (44084 RP)</p>	<p><b>21</b></p> <p>9:30am Walking for Fitness (ILPO-I) 11am Restorative Therapeutic Yoga (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with a Fork (3580-001) 1pm Level I Exercise: Launching into Fitness (FC) 2pm QiGong (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Brain Tumor Group (ILH-R) 6:30pm Good Grief (ILPO-I) 6:30pm Young Women with Breast Cancer(FC) 7pm Zumba - Bilingual (FC)</p>	<p><b>22</b></p> <p>1pm Tai Chi with Kurt (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation with Micheline (FC) 4:30pm Reiki for Relaxation (FC) 5:15pm Curious about Cancer (FC) 5:30pm GYN Cancers Group (FC) 5:30pm Reiki for Relaxation (FC) 5:30pm Fighting Cancer with a Fork (FC) 6:30pm Caregiver Connection (3580-005) 7pm Stronger Body after Cancer (3580-D) 7pm Tools for Couples (FC) 7pm Reiki for Relaxation (FC) 7pm Your Brain on Ink... (FC)</p>	<p><b>23</b></p> <p>11am Therapeutic Gentle Yoga (44084 RP) 1pm Gentle Yoga with Jenn (FC) 2pm Meditation with Jenn (FC) 2:30pm Writing your Memoirs... (FC) 6pm Orientation to Life with Cancer (FC) 6:30pm Young Adult Group (FC) 6:45pm Reiki (44084 RP) 7pm Ask the Expert: Alphabet Soup (FC)</p>	<p><b>24</b></p> <p>Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Living with Advanced Disease (IFOH-1) 7pm Mindfulness and Restorative Yoga (3580-005)</p> <p><b>25</b></p> <p><b>26</b></p>
<p><b>27</b></p> <p>10:30am Fitness for Wellness (44084 RP) 12pm Breast Cancer Surgery Preparation (3580-005) 5pm Breast Cancer Group (ILH-R) 6:30pm Advanced Breast Cancer Group (ILH-R) 7pm Look Good...Feel Better (FC) 7pm Evening Gentle Yoga with Jenn (FC) 7pm Aprendiendo Juntos (FC) 7pm Evening Therapeutic Gentle... (44084 RP)</p>	<p><b>28</b></p> <p>9:30am Walking for Fitness (ILPO-I) 11am Restorative Therapeutic Yoga (44084 RP) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Pediatric Oncology Parent Night: Bingo! (FC) 6pm Words for Healing (IAH-CCC) 6:30pm Good Grief (ILPO-I) 7pm Zumba - Bilingual (FC) 7pm Evening Therapeutic Gentle... (44084 RP)</p>	<p><b>29</b></p> <p>1pm Tai Chi with Kurt (44084 RP) 3pm Meditation with Micheline (FC) 5:15pm Curious about Cancer (FC) 7pm Stronger Body after Cancer (3580-D) 7pm Tools for Couples (FC) 7pm Your Brain on Ink... (FC)</p>	<p><b>30</b></p> <p>11am Therapeutic Gentle Yoga (44084 RP) 1pm Gentle Yoga with Jenn(FC) 2pm Meditation with Jenn (FC) 2:30pm Writing your Memoirs... (FC) 6:30pm Feeling a Little Irritable? (FC) 7pm Spiritual Group (CUMC-1)</p>	