



Life with Cancer®

AUGUST 2014

GENERAL INTEREST

Orientation to Life with Cancer
FC, Mon, Aug 4 & 18, 6-7pm
FC, Thu, Aug 14 & 28, 11:30am-12:30pm

This is a one-hour session offered multiple times monthly for those who are new to Life with Cancer. Learn about who we are, what we do, staff and services available at our various locations, take a tour of our Family Center and have your specific questions answered. Please register by preceding day.

Look Good...Feel Better
FC, Mon, Aug 11, 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 make up kit. Family members/friends should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

Fighting Cancer with a Fork
FC, Thu, Aug 21, 5:30-6:30pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register via lifewithcancer.org or call 703.698.2526.

EXPRESSIVE ARTS

Art for Wellness and Growth
FC, Thu, Aug 21, 1-4pm
FC, Fri, Aug 22, 12-3pm

Explore your creativity using art for wellness, insight and personal growth. Artistic ability is NOT necessary- just a willingness to explore, have some fun and be part of a supportive, creative community. Please register by previous Friday. Art therapists: Jean McCaw, MA, ATR-BC and Sarah Huffman, MA.

Knitting and Crocheting Circle
FC, Tue, Aug 5, 7-8:30pm
FC, Fri, Aug 15, 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. Facilitator: Carolyn Sam, M.Ed. New participants, please register.

Making Sense of Your Story
FC, Wed, Aug 27, 12:30-2:30pm

Class continues for those already registered. Dates for remaining classes are: Sep 24, Oct 22, Nov 19 and Dec 17.

Writing Your Memoirs and Life Stories

FC, Thu, Aug 21, 11am-12:30pm

Monthly meeting for those who completed previous 6 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Limited space, so please register, ASAP.

FITNESS

Please note: Levels I-V Exercise classes require a completed registration/waiver form (available online) at first class. These classes are taught by ACSM Certified Cancer Exercise Trainer, Susan Gilmore. For more information call Marsha Komandt, RN, BSN, OCN.* 703.698.2530.

Level I Exercise: Launching into Fitness

FC, Tue, Aug 5 & 12, 1-1:45pm

Class continues for those already registered.

Level II Exercise: Chair-Based

FC, Mon, July 28-Aug 25, 2-2:45pm

FC, Wed, July 23-Aug 27, 2-2:45pm

LEVEL I EXERCISE IS A PREREQUISITE. This five-week series will help to help increase heart rate, range of motion and flexibility and to



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 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 maria.rodriquez@inova.org or call 703.698.2526.

Calendar Table of Contents:

Highlights.....Page 1
 Fairfax and Falls Church programs.....Pgs 1-3
 Alexandria /Mount Vernon programs.....Page 3

Fair Oaks programs.....page 3-4
 Loudoun programs.....pages 4
 Calendar overview.....Insert



Life with Cancer Mission Statement

To enhance the quality of life of those affected by cancer by providing education, information and support.

Location Key:

- FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031 www.lifewithcancer.org
- FO-3580- 001/A/D:** Inova Fair Oaks Radiation Oncology Center, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- IAH-CCC:** Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA 22304
- IAH-CCW:** Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- IFHC:** Inova Fairfax Hospital for Children- Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
- IFOH-1:** Inova Fair Oaks Hospital-Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA 22033
- ILH-R :** Inova Loudoun Hospital-Radiation Oncology Center, 44035 Riverside Parkway, Ste. 100, Leesburg, VA, 20176
- ILPO-I:** Inova Loudoun Physicians Offices I, 44055 Riverside Parkway, SUITE 210, Leesburg, VA, 20176
- IMVH-CC:** Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
- LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165
- PCC:** Physicians Conference Center, 3300 Gallows Road, Falls Church, VA, 22042

tone and strengthen muscles. REGISTER SEPARATELY for Monday and Wednesday classes.

Level III Exercise: Keeping Fit FC, Mon, Jul 28-Aug 4-25, 3-4pm

PREREQUISITE: LEVELS I & II EXERCISE. This five-week series offers a combination of standing and floor exercises to increase strength and flexibility, improve endurance and fatigue and enhance overall well-being.

Level IV Exercise: Fitness Fusion

FC, Wed, Jul 23-Aug 6-27, 3-4pm
PREREQUISITE: LEVELS I, II, III. This six-week series offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training.

Zumba!

FC, Tue, Aug 5-26, 7-8pm

Please register under "Zumba-Bilingual". Zumba is a fusion of Latin rhythms and easy to follow steps. It 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 well being.



MEDITATION, REIKI, AND YOGA

Gentle Yoga with Jenn Fay

FC, Thu, Aug 7 & 14, 1-2pm

Class continues for those already registered. Next yoga series will begin in September.

Laughter Yoga

FC, Thu, Aug 14, 2-3pm

Laughter yoga is a combination of intentional, playful laughs and deep breathing exercises that have a number of benefits, including improved oxygen levels and lung capacity and reduced stress levels. Laughter yoga is practiced while sitting in a chair. Facilitator: Jenn Fay, MA, RYT. Please register by preceding day.

Meditation with Jenn Fay

FC, Thu, Aug 7, 2-3pm

Join in a relaxing exploration of the power and benefits of meditation, facilitated by Jenn Fay, MA, RYT. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Please register by preceding day.

Reiki for Relaxation

FC, Mon, Aug 11, 4:30, 5:30 & 7pm

Appointments do not open until the first of the month. 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. Please register. If you cannot make your appointment, call 703-698-2526.

Restorative Yoga

FC, Fri, Aug 1-15, 10:15-11:30am

This practice is designed to balance the nervous system and release tension from the body and mind. We'll use bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation are combined with poses to deepen your practice. This class is appropriate for everyone but has limited space available; come to one or all sessions, but please register separately for each class. Instructor: Judi Eskovitz, RYT.

SUPPORT GROUPS

The following groups will not meet in August:

- Blood Cancers Group
- Brain Tumor Group, Fairfax
- Colo-Rectal Cancer Group
- Cutaneous Lymphoma
- Living with Lymphedema
- Multiple Myeloma Group
- Lung Cancer Group
- Melanoma Group
- Prostate Cancer Group, Fairfax
- Spirituality Quest

Breast Cancer Support Group

IFHC, Wed, Aug 6 & 20, 5:30-7pm

Learn, discuss and gain support from others who understand the concerns and challenges you face. Facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®. Questions? Call facilitators at 703.776.2813 or 703.698.2530.

Coalesce

FC, Fri, Aug 1-29, 00pm

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.

**Carcinoid Cancer Group
FC, Sat, Aug 9, 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.

**Caregiver Connection
FC, Mon, Aug 11, 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. Co-facilitators: Drucilla Brethwaite, LCSW, OSW-C and Lynn Magrum, MSN, CANP.

**GYN Cancers Group
FC, Wed, Aug 27, 5:30-7pm**

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in on this monthly group to share experiences and learn from one another. Facilitators: Micheline Toussaint, LCSW, RYT and Marcy Osterhaus, RN MS OCN.

**Head and Neck Cancers Group
IFHC, Wed, Aug 13, 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.

**Young Adult Group
FC, Thu, Aug 28, 7:30-9pm**

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Ray Wadlow, MD. Please register.

ALEXANDRIA/MOUNT VERNON

**Breast Cancer Support and Education Group
IMVH-CC, Wed, Aug 13, 6-8pm**

Meet with Nurse Navigator Michele Reddick and Surgical Physician Assistant Leah Basch to learn about, discuss and share ways of meeting the challenges of a breast cancer diagnosis. Group is open to current and former breast cancer patients. Park at yellow entrance; signs will be posted for directions to conference room C on the second floor.

**Fighting Cancer with a Fork
IAH-CCC, Wed, Aug 13, 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. Register by calling 703.504.7923.

**Prostate Cancer Support Group
IAH-CCW, Thu, Aug 21, 6-7:30pm**

Now on Thursday nights! Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitator: David McGinness, LCSW, 703-698-2529.

**Words for Healing: Writing, Word Art and Journal Making
IAH-CCC, Tue, Aug 26, 11am-1pm**

Listen to the wise voice inside you, the one we so often ignore. By writing in a supportive environment you'll be amazed by your own insights. We'll honor your thoughts and words by embellishing them in a variety of artistic ways-collage, word art and journal making. No writing or artistic ability required. Facilitators: Cancer Survivor and Writer Michelle Berberet, MCRP, and Christine Makris. Limited space, please register.

FAIR OAKS

**Breast Cancer Support Group
FO 3580-001, Wed, Aug 13, 5:30-7pm**

This is a support and education group for women diagnosed with an early stage breast cancer within the past three years. The group will provide a supportive environment to meet other women, gather information and learn how to best navigate survivorship. Facilitated by oncology nurse navigator, Gale Towery, RN, BSN, OCN and social worker Shereena Rodney. Register online at www.lifewithcancer.org, or call 703-698-2526.

**Fighting Cancer with A Fork
FO 3580-001, Tue, Aug 19, 12-1pm**

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register via lifewithcancer.org or call 703.698.2526.

**Living with Advanced Disease
IFOH-1, Fri, Aug 8 & 22, 12-1:30pm**

This group welcomes people who are exploring ways to learn to live with advanced cancer and the many questions

 **Life with Cancer en Español**

Para obtener más información sobre los programas y servicios en español, llame a Deborah Haynes 703-698-2539 or David McGinness 703-698-2529. Por favor regístrese para TODOS los grupos

Latinos Unidos y Latinas Unidas

Los grupos de apoyo de Latinos Unidos y Latinas Unidas no tendrán sus reuniones en el mes de agosto. Por favor nos acompañen nuevamente en el mes de septiembre.

**Arte Para Salud y Crecimiento
FC, jueves, 21 agosto, 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.

**Zumba - Bilingual
FC, martes, 5-26 agosto, 7-8pm**

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que haga ejercicio, y que lo disfrute. 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.

and life decisions that come along with the diagnosis. Feel free to bring your lunch and join others who can support you on this road. Facilitators: Suzanne Freeman, MSW, and Gale Towery, RN, BSN, OCN. Please call 703.391.4673 for more information. Registration encouraged.

**Mindfulness and Core Strengthening
FO-3580-A, Fri, Aug 1-Oct 3*, 1:30-2:30pm**

*This class will not meet on August 29. This class incorporates elements of Yoga, Tai Chi and Pilates. Potential benefits

include improved strength, coordination, flexibility, better balance, reduced pain and stiffness, enhanced sleep and calmness. Attendance for all classes is encouraged. Dress comfortably and bring a water bottle. Instructor: Jennifer Nagy, AFPA certified trainer. Please register.

Stronger Body After Cancer FO-3580-D, Mon, Aug 4-Sep 29, 7-8pm

When cancer treatments finish, survivors often find themselves asking "How do I begin to get back to the gym or a regular exercise routine?". This exercise series is focused on helping survivors begin to gain confidence in building back a stronger body. Use of bands, medicine balls and other low impact and body weight exercises will be used. Appropriate for all athletic capabilities. Attend each class for greatest benefit. Instructor: Jennifer Nagy, AFPA certified trainer. Please register via www.lifewithcancer.org or call 703-698-2526.

LOUDOUN

Register for classes and groups 48 hours in advance via www.lifewithcancer.org.

Art for Wellness and Growth ILPO-I, Tue, Aug 26, 1-3pm

Explore your creativity, using art for wellness, insight, and personal growth. Artistic ability is NOT necessary - just a willingness to explore, have some fun and be part of a supportive, creative community. Art Therapist, Sarah Huffman. Registration required.

Look Good....Feel Better ILH-R , Sat, Aug 9, 10am-12pm

A professional cosmetologist will show you how to manage the cosmetic effects of cancer treatment. Also learn about head coverings and wigs to help you look your best before, during, or after treatment. New participants will receive a personalized make-up kit based on skin tone. Co-sponsored with American Cancer Society. Please register online or with Karen Archer , 703-858-8857 or karen.archer@inova.org.

Reiki for Relaxation ILH-R , Thu, Aug 28, 6:45-8pm

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. Rebalance and recharge your body's energy systems while relaxing to live harp music. Class meets monthly on the fourth Thursday. Class size is limited and registration is required. Register via www.lifewithcancer.org or call 703-698-2526.

SUPPORT GROUPS

Advanced Breast Cancer Support Group

ILH-R , Mon, Aug 25, 6:30-8pm

This group welcomes women who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time. Register via www.lifewithcancer.org.

Brain Tumor Support Group

ILH-R , Tue, Aug 19, 5:30-7pm

Adults with primary brain tumors and their family members and friends are invited to discuss issues, explore coping strategies,

share and learn ways to meet the challenges of living with a primary brain tumor. Facilitated by Neurological Care Registered Nurse, Vera Hirschman and Oncology Social Worker, Karen Archer. If attending for the first time, please register via www.lifewithcancer.org or call 703-858-8857.

Breast Cancer Support Group ILH-R , Mon, Aug 25, 5-6:30pm

For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Registration is requested if attending for the first time. Please register via www.lifewithcancer.org.

Caregiver Connection

ILH-R , Mon, Aug 11, 6:30-8pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Friday via www.lifewithcancer.org. Facilitator: Sandra Weller, LCSW, OSW-C.

Loudoun Prostate Cancer Support Group

LCSC, Tue, Aug 12, 6-8pm

Meet with others to share experiences and to learn from one another in these monthly meetings.

Lung Cancer Support Group

ILPO-I, Mon, Aug 18, 6:30-8pm

Join other patients, survivors and family members to discuss the challenges of living with cancer and its treatments; Facilitators: Sandra Weller LCSW, OSW-C and Renee Dean RN, BSN, OCN. Contact Sandra Weller for more information 703-858-8466.

Oncology Massage and Body Work

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

Life with Cancer, Loudoun County
44084 Riverside Parkway, LL, Suite 100
Leesburg, VA 20176
Tuesdays and some Saturdays

- Call 703-698-2526 to schedule or cancel your appointment*
- Appointments are for patients and their family members
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on www.lifewithcancer.org
- Physician approval is required; ask for written permission at your next appointment
- \$50 / 1-hour session. Cash or check payable to massage therapist; sorry, no credit cards

*** If you are absent for your appointment more than 3 times without calling in advance, we will no longer be able to schedule appointments for you**

AUGUST 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				<p>1</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 1:30pm Mindfulness and Core Strengthening (FO-3580-A)</p> <p>2</p> <p>3</p>
<p>4</p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Orientation (FC) 7pm Stronger Body After Cancer (FO-3580-D)</p>	<p>5</p> <p>1pm Level I Exercise: Launching into Fitness (FC) 7pm Zumba! (FC) 7pm Knitting and Crocheting Circle (FC)</p>	<p>6</p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Breast Cancer Support Group (IFHC)</p>	<p>7</p> <p>1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC)</p>	<p>8</p> <p>Coalesce (FC) 10:15am Restorative Yoga (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Core Strengthening (FO-3580-A)</p> <p>9</p> <p>10am Carcinoid Cancer Group (FC) 10am Look Good...Feel Better (ILH-R)</p> <p>10</p>
<p>11</p> <p>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 Stronger Body After Cancer (FO-3580-D) 7pm Reiki for Relaxation (FC) 7pm Look Good...Feel Better (FC) 7pm Caregiver Connection (FC)</p>	<p>12</p> <p>1pm Level I Exercise: Launching into Fitness (FC) 6pm Loudoun Prostate Cancer Support Group (LCSC) 7pm Zumba! (FC)</p>	<p>13</p> <p>1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Head and Neck Cancers Group (IFHC) 5:30pm Breast Cancer Support Group (FO 3580-001) 6pm Breast Cancer Support and Education (IMVH-CC)</p>	<p>14</p> <p>11:30am Orientation (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Laughter Yoga (FC)</p>	<p>15</p> <p>00pm Coalesce (FC) 10:15am Restorative Yoga (FC) 1pm Knitting and Crocheting Circle (FC) 1:30pm Mindfulness and Core Strengthening (FO-3580-A)</p> <p>16</p> <p>17</p>
<p>18</p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Orientation (FC) 6:30pm Lung Cancer Support Group (ILPO-I) 7pm Stronger Body After Cancer (FO-3580-D)</p>	<p>19</p> <p>12pm Fighting Cancer with A Fork (FO-3580-001) 5:30pm Brain Tumor Support Group (ILH-R) 7pm Zumba! (FC)</p>	<p>20</p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Breast Cancer Support Group-Falls Church (IFHC)</p>	<p>21</p> <p>11am Writing Your Memoirs and Life Stories (FC) 1pm Art for Wellness and Growth (FC) 1pm Arte Para Salud y Crecimiento (FC) 5:30pm Fighting Cancer with a Fork (FC) 6pm Prostate Cancer Support Group (IAH-CCW)</p>	<p>22</p> <p>00pm Coalesce (FC) 12pm Art for Wellness and Growth (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Core Strengthening (FO-3580-A)</p> <p>23</p> <p>24</p>
<p>25</p> <p>2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Support Group (ILH-R) 6:30pm Advanced Breast Cancer Support Group (ILH-R) 7pm Stronger Body After Cancer (FO-3580-D)</p>	<p>26</p> <p>11am Words for Healing (IAH-CCC) 1pm Art for Wellness and Growth (ILPO-I) 7pm Zumba! (FC)</p>	<p>27</p> <p>12:30pm Making Sense of Your Story (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm GYN Cancers Group (FC)</p>	<p>28</p> <p>11:30am Orientation (FC) 6:45pm Reiki for Relaxation (ILH-R) 7:30pm Young Adult Group (FC)</p>	<p>29</p> <p>00pm Coalesce (FC)</p> <p>30</p> <p>31</p>