



# Life with Cancer®

FEBRUARY 2016

## ABOUT LIFE WITH CANCER

Life with Cancer is Northern Virginia's leading cancer education and support organization with programs and services to help patients, survivors and their family members meet the challenges of living with cancer and survivorship. All programs and services are FREE (except massage and psychiatry). Our staff is comprised of oncology nurse navigators, oncology therapists, an oncology exercise trainer and a psychiatrist. Eighty percent of our funding comes through generous community support; twenty percent through Inova Health System.

## CLASS/GROUP REGISTRATION INFORMATION

- Classes and groups are FREE, but registration is required
- To register go to [www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703.698.2526, 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.

## CALENDAR KEY

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

- Fairfax, Falls Church
- Fair Oaks
- Loudoun
- Alexandria, Mt. Vernon, Arlington

## TABLE OF CONTENTS:

Information and Education	Pgs 1-2
Healthy Living	Pgs 2-3
Programas en Español	Pg 4
Stress Management	Pg 4
Support & Networking	Pgs 5-6
Children, Teens, Parents	Pg 6

## INFORMATION & EDUCATION

*Classes, workshops, and expert speakers, essentials of dealing with cancer, updates, help with practical issues, and managing side effects.*

### Breast Cancer Surgery Preparation - 3 Choices

● FO-LWC, Wed, Feb 10 & 24, 12:30-2pm

● FC, Thu, Feb 18, 6:30-8pm

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. Family members/friends welcomed. Please register (family members do not need to register).

### Breast Cancer Surgery Preparation at Inova Loudoun Hospital

● ILH-PER, Thu, Feb 4, 12-1:30pm

● ILH-PER, Tue, Feb 16, 4-5:30pm

If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology social worker. Registration is required; no exceptions. Family member may attend. Contact Christine Stone RN, MSN, OCN at 703-858-8867 or [christine.stone@inova.org](mailto:christine.stone@inova.org)

### Colorectal Surgery Education by Appointment

Learning what to expect during and after your colorectal surgery can help reduce your anxiety and improve your recovery experience. Schedule an educational session prior to your surgery with an oncology nurse navigator to learn what to expect throughout your hospital stay, requirements for going home, recovery process, tips for pain management, community concerns after surgery, and community resources. To schedule an appointment, contact Molly Kiesel, [molly.kiesel@inova.org](mailto:molly.kiesel@inova.org) or 703.391.3758.

## Clean Living Makeup Class

● 44084 RP, Thu, Feb 18, 1-2:30pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment using products using clean living ingredients. First time registrants will receive a makeup kit. Family members/friends may accompany participant but should not register.

## Look Good...Feel Better - 3 Choices

● FC, Mon, Feb 15, 7-9pm

● IAH-CCC, Mon, Feb 1, 6-8pm

● FO-LWC, Sat, Mar 5, 2-4pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment. First time registrants will receive a makeup kit. Family members/friends should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

## Weather Policy

In the interest of the safety and welfare of our clients, clinicians, and employees, our office(s) may close due to inclement weather. We also may have delayed office hours, or close the office(s) early based on the current weather conditions.

In times of bad weather, if you have a class, group or scheduled appointment, please call

**703.698.2520**

to verify Life with Cancer is open **or** check our homepage at

**[lifewithcancer.org](http://lifewithcancer.org)**

We recommend you verify one hour prior to your class to accommodate any changes in early closures.

## Location Key

- 44084 RP: 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- ABEHC: Alexandria Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, VA, 22304
- CUMC-1: Christ United Methodist Church, 7600 Ox Rd., Fairfax Station, VA, 22039
- FC: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 [www.lifewithcancer.org](http://www.lifewithcancer.org)
- FO-LWC: Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- FO-Rad Onc: Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 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
- IFMC: Inova Fairfax Medical Campus, 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
- ILH-PER : Inova Loudoun Hospital, 44035 Riverside Parkway, Second Floor, Patient Education Room, 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

## Compassion Cultivation Class

●FC, Tue, Feb 2-Mar 8, 3-4:30pm

Class continues for those already registered.

## Orientation to Life with Cancer - 2 Choices

●FC, Thu, Feb 11, 11:30am-12:30pm

●FC, Thu, Feb 25, 6-7pm

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

## San Antonio Breast Cancer Update

●FC, Thu, Feb 25, 6-7:15pm

Join us for a special presentation by Anne Favret, MD, who will discuss the latest research findings from the annual San Antonio Breast Cancer Conference. Light refreshments. Please register on-line by Tuesday, February 23. Facilitator: Marsha Komandt, RN, OCN.

## Tools for Couples

●FC, Tue, Feb 9-Mar 1, 7-8:30pm

During this four-week series, you will meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. Registration is required by Feb 7.

## Tools for Couples

●ILH-R, Tue, Feb 2 & 9, 6:30-8pm

Join us for the last two classes in this series. See description, above.

## Understanding Peripheral Neuropathy

●FO-LWC, Wed, Feb 3, 5-6pm

Numbness, sensitivities, and tingling are some of the symptoms one feels with peripheral neuropathy - a side effect of some cancers and several chemotherapeutic agents. An Occupational Therapist will describe what it is; how it occurs, and approaches you can take to minimize and manage these neurological side effects.



## HEALTHY LIVING

*Classes to maintain an active and healthy lifestyle, nutrition, exercise, yoga*

### ●●One-on-One Consults with a Physical Trainer

You know you should exercise, but you're not sure how to begin? A certified trainer in oncology will assist you in creating an exercise program that you'll actually want to do! Please contact Susan Gilmore MS, ACSM-CET to schedule an appointment at the Family Center: 703.698.2523 or [susan.gilmore@inova.org](mailto:susan.gilmore@inova.org). For a consult at Fair Oaks please contact Dan Mikeska, MS at: [dmikeska@outlook.com](mailto:dmikeska@outlook.com).

## EXERCISE

### Barre Tone

●FC, Thu, Feb 11-Mar 17\*, 7:15-8:15pm

\*NO CLASS FEB 17. Jazz up your routine and experience the latest trend in full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility, while enjoying the infusion of dance, aerobics with the benefits of the ballet barre at its core. Leave with renewed energy, a calmer spirit, and a new passion for life. If attending for the first time in 2016, bring a signed waiver to first class.



### Core Strengthening

●FO-LWC, Wed, Feb 3 & 10, 3-4pm

We still have a couple of openings! Build core strength and stability by focusing on the abdominal, back, pelvis, and hip muscles. Exercises will help with posture, daily functional activities, and overall strength and balance. Bring a yoga mat. If attending for the first time in 2016, bring a signed waiver to first class.

### Feldenkrais

●FO-LWC, Thu, Feb 4-25, 10:30am-12pm

Class continues for those already registered.

## Fitness for Wellness-Level I

- 44084 RP, Mon, Feb 1-Mar 14, 10:30-11:30am
- 44084 RP, Wed, Feb 3-Mar 16, 10:30-11:30am

For those who are new to fitness this class will help you to improve strength, flexibility and stamina and is appropriate for those with neuropathy, balance and low energy issues. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online to first class. Registration is required.

## Fitness for Wellness- Level II

- 44084 RP, Mon, Feb 1-Mar 14, 12-1pm
- 44084 RP, Wed, Feb 3-Mar 16, 12-1pm

PREREQUISITE: LEVEL I. This series is for people who have taken level I and have been recommended to progress to Level II. We'll use a combination of standing and floor exercises to improve strength and endurance. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online) to first class. Registration Required.



Levels I-IV Exercise are taught by Susan Gilmore, MS, ACSM Certified Cancer Exercise Trainer. If attending for the first time in 2016, bring a signed waiver to first class.

## Level I Exercise: Launching into Fitness

- FC, Tue, Feb 2 & 9, 1-1:45pm

Class continues for those already registered.

## Level II Exercise: Chair-Based Exercise

- FC, Mon, Feb 1-29, 2-2:45pm
- FC, Wed, Feb 3-Mar 2, 2-2:45pm

LEVEL I EXERCISE IS A PREREQUISITE. This class will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles. Attend EITHER or BOTH Monday and Wednesdays sessions, but REGISTER SEPARATELY.

## Level III Exercise: Keeping Fit

- FC, Mon, Feb 1-29, 3-4pm

PREREQUISITE: LEVELS I & II EXERCISE. A combination of standing and floor exercises.

## Level IV Exercise: Fitness Fusion

- FC, Wed, Feb 3-Mar 2, 3-4pm

PREREQUISITE: LEVELS I, II, III. This class offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training.

## Functional Movement

- 44084 RP, Fri, Feb 5-Mar 18, 12-1pm
- FO-LWC, Tue, Feb 2-Mar 22, 9:30-10:30pm

Functional Movement is the process the body uses to accomplish everyday tasks. Using medicine balls, dumbbells and stability balls you will challenge your movement system, increase your functional capacity.

## Stronger Body after Cancer

- FO-LWC, Wed, Feb 3-24, 7-8pm

Class continues for those already registered.

## Tai Chi

- FC, Tue, Feb 16-Apr 5, 1-2pm

This series 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. Wear comfortable clothing and closed-toed shoes. Registration required. If attending for the first time in 2016, bring a signed "Physical Activity Waiver" (available online) to first class.

## NUTRITION

### Fighting Cancer with a Fork

- FO-Rad Onc, Tue, Feb 16, 12-1pm
- IAH-CCW, Wed, Feb 10, 1-2pm

A dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register.

### Healthy Cooking

- FC, Thu, Feb 4, 12:30-2pm

Are you feeling too tired to cook? Do you still want to eat healthy? Registered Dietitian, Anu Kaur, MS, RD will teach tips and ideas that could make your life simpler and still have you eating healthy and yummy foods that nourish your body. Also tips on how to meal plan in an easy way.

### Nutrition and You: Quick Hearty Stews

- 44084 RP, Thu, Feb 25, 12:30-2pm

Quick hearty stews for the winter months sounds comforting! Anu Kaur MS, RD will demonstrate how to use healthy fiber and seasonings to make a delicious stew, provide a sample for you to taste and recipes for you to take home. Registration is required.



## YOGA

### Gentle Yoga\* - 3 Choices

- 44084 RP, Tue, Feb 2-23, 11am-12:30pm
- 44084 RP, Mon, Feb 1-Mar 14, 7-8:30pm
- FO-LWC, Thu, Feb 4 & 11, 3-4pm

- \* FC class will resume in March

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility while bringing a sense of calm. Learn movements that stretch, strengthen and relax muscles. Feel the benefits on every level of mind, body and spirit. Bring a blanket. Registration required.

### Restorative Yoga

- \*will resume in March

### Yoga for Breast Cancer

- FC, Thu, Feb 4 & 11, 5:30-6:45pm

Join us for the last two sessions. See description, below.

### Yoga for Breast Cancer

- FC, Thu, Feb 18-Mar 17, 5:30-6:45pm

Breast Cancer patients/survivors are invited to learn yoga poses designed especially for you! Wear comfortable clothing and bring a blanket and water bottle. Registration is required. Physician approval is required if you have had surgery within six weeks. If attending for the first time in 2016, please bring a signed Participation Waiver (available online) to first class. Instructor: Catherine Syron, RYT.

### Yoga Nidra

- FO-LWC, Mon, Feb 1-29, 10-11:30am

Class continues for those already registered.

### Zumba

- FC, Tue, Feb 2-23, 7-8pm

Please register under "Zumba - Bilingüe/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 well-being. If attending for the first time in 2016, bring a signed waiver to first class.

### Zumba Gold

- 44084 RP, Fri, Feb 5-Mar 18, 10:30-11:30am

Have fun and exercise at the same time. Zumba Gold focuses on all elements of fitness, cardiovascular, muscular conditioning and flexibility at a gentler pace but still maintains the enthusiasm of the music. Registration required. Facilitator: Vivian Monroe. If attending for the first time in 2015, bring a signed waiver to first class.



## PROGRAMAS EN ESPAÑOL

### Aprendiendo Juntos

●FC, lunes, 22 de febrero, 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. Registro mandatorio. Para más información, llamar a Débora Haynes al 703-698-2539.

### Zumba - Bilingüe/Bilingual

●FC, martes, 2-23 de febrero, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que hagas ejercicio, y que lo disfrutes. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y el sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general. Para más información, llamar 703-698-2526. Si está asistiendo por primera vez en 2016, favor de firmar un permiso antes de empezar la primera clase.

## STRESS MANAGEMENT

*Classes and groups that lessen the stress brought on by cancer, from meditation and Reiki to self-expression through art/music*

### Dancing to Wellness

●FC, Wed, Feb 10, 7-8:30pm

We are preparing for Valentine's day social dance class. Vote for the dance you would like when you sign up for class. Romantic Waltz (Regular or Viennese), Elegant Foxtrot, Passionate Tango (Ballroom or Argentine), Playful Swing or Sizzling Salsa. Dance partners welcome but not required. Bring a significant other, a son or daughter, friend. Or just come and learn to dance and practice with other wonderful people from LWC! And please let us know if you would like us to extend this from one session to a series of 3 sessions in the dance of your choice. Instructor: Marc Shepanek.

### Drumming for Well-Being Series

●FC, Thu, Feb 4-25, 10:30am-12pm

Therapeutic drumming can promote wellness and self-expression. It can boost the immune system, induce relaxation, reduce stress and increase focus and a sense of well-being. Participation in all classes in this four-week series is suggested. No musical experience necessary and all instruments are provided. Please register 24 hours before the class.

### Drumming for Well-Being

●44084 RP, Tue, Feb 16, 6:30-8pm

Therapeutic drumming is not only fun but the health benefits of drumming have been known to boost the immune system, induce relaxation, reduce stress, increase focus and a sense of well-being. No musical experience necessary and all instruments are provided. Registration required.

### Healing through Art Therapy

●FC, Thu, Feb 18, 12:30-3pm

Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Artistic ability is NOT required. Please register by the previous Tuesday.

### Healing Touch

●44084 RP, Wed, Feb 10, 6-7pm

Healing Touch practitioners use their hands, placed just above the body or with actual light touch, to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the flow from the energy field to the physical body. This non-invasive technique can clear, energize, and balance human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

### Knitting and Crocheting Circle

●FC, Tue, Feb 2, 7-8pm

●FC, Fri, Feb 19, 1-2:30pm

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

### Making Sense of Your Story

●FC, Wed, Apr 13-Dec 14, 12:30-3:30pm

You may register now for this upcoming monthly series, April – December, which provides an opportunity for those who are 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 encouraged. Facilitated by Oncology Counselors Micheline Toussaint, LCSW,RYT and Jean McCaw, LCPAT, ATR-BC. If interested please call Micheline Toussaint at 703-698-2521 or Jean McCaw at 703-698-2537.

### Meditation and Guided Imagery\*

●FC, Wed, Feb 3 and 17, 3-4pm

●\*FC, Thu class will resume in March

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all sessions, but please register by preceding day.

### Reiki for Relaxation - 3 Choices

●FC, Mon, Feb 8, 4:30, 5:30pm, and 7pm

●FC, Wed, Feb 24, 4:30, 5:30pm, and 7pm

●44084 RP, Wed, Feb 24, 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. Dress comfortably and bring a blanket. Schedule your appointment online on the first business day of the month at 9:15am. If you need to cancel your appointment, please call ASAP, or by the morning of your appointment, 703-698-2526.

### Mindfulness: Caring for the Mind and Body

●44084 RP, Thu, Feb 4-Mar 17, 11am-12:30pm

Blending meditation, breath work and deep relaxation, the practice of mindfulness can boost the immune system, increase positive emotions, reduce negative emotions and stress, and improve memory and attention skills. Please bring a blanket.

### Writing Your Life Stories

●FC, Thu, Feb 18, 2:30-4pm

Monthly meeting for those who completed previous 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Please register ASAP.

### Zentangle®

●44084 RP, Tue, Feb 9, 1:30-3pm

This class will focus our hearts and words of inspiration for Valentine's Day. Create a small beautiful and unique project using simple, repetitive strokes and go home with the supplies and basic knowledge needed to continue the adventure on your own. The focus of our series is on Zentangle as a therapeutic tool for meditation, stress relief, increased focus, and pain management. Instructor: Roberta Hughes, certified Zentangle teacher.



## SUPPORT & NETWORKING

Weekly and monthly groups

*Most support groups are facilitated by an oncology nurse navigator and an oncology therapist. Registration is required and available at [www.lifewithcancer.org](http://www.lifewithcancer.org) or by calling 703.698.2526.*

### Brain Tumor Group

●FC, Tue, Feb 9, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting.

### Young Women with Breast Cancer -2 Choices

●FC, Tue, Feb 16, 6:30-8pm

●IAH-CCW, Tues, Feb 9, 6:30-8pm

A group for women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. If attending for the first time call, 703.698.2522.

### Breast Cancer Group at Mt. Vernon

●IMVH-CC, Wed, Feb 10, 6-7:30pm

Current and former breast cancer patients are invited to learn, share and discuss ways of meeting the challenges of breast cancer.

### Breast Cancer Group at Fairfax

●FC, Tue, Feb 23, 12-1:30pm

A lunchtime group for women with stage 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship.



### Breast Cancer Group at Falls Church

●IFMC, Wed, Feb 3 & 17, 5:30-7pm

A group for women with stage 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship.

### Breast Cancer Group at Fair Oaks

●FO-Rad Onc, Wed, Feb 10, 5:30-7pm

For women diagnosed with early stage breast cancer within the past three years. Meet other women who are in the process of making treatment decisions, receiving

treatment or navigating survivorship. Call 703.391.4673 if this is your first time coming.

### Breast Cancer Group at Loudoun

●ILH-R, Mon, Feb 22, 5-6:30pm

For women newly diagnosed, making decisions about treatment and currently in treatment. Please register.

### Breast Cancer Group at Alexandria

●ABEHC, Mon, Feb 15, 6-7:30pm

Current and former breast cancer patients are invited to learn, share and discuss ways of meeting the challenges of breast cancer.

### Carcinoid Cancer Group

●FC, Sat, Feb 13, 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 – 3 Choices

●FC, Mon, Feb 8, 7-8:30pm

●FO-LWC, Wed, Feb 10, 5:30-7pm

●ILH-R, Mon, Feb 8, 6:30-8pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Monday.

### Coalesce: An Advanced Breast Cancer Group

●FC, Fri, Feb 5-26, Call for time

Meet weekly with women of all ages to share life's joys and sorrows. Prior screening is required as this is a closed group; please call facilitator, Shara Sosa, 703.698.2522.

### Colorectal Cancer Meeting: Dr. Cannon

●FC, Wed, Feb 17, 6:30-8pm

Join us for an informative evening of discussion with Dr. Timothy Cannon on the topic of Clinical Trials.

### Cutaneous Lymphoma

●FC, Sat, Feb 13, 10am-12pm

This patient-led group welcomes patients/survivors and their support partners to meet monthly and connect with others who share this disease. [www.clfoundation.org/clf-dc](http://www.clfoundation.org/clf-dc). To register go to <http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP>

### GYN Cancers Group – 2 Choices

●FC, Wed, Feb 24, 5:30-7pm

●FO-LWC, Tue, Feb 16, 6:30-8pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another.

### Head and Neck Cancers Group

●IFMC, Wed, Feb 10, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another.

### Leukemia and Lymphoma\*

●\*Next meeting will be in March

### Living with Advanced Disease

●IFOH-1, Fri, Feb 12 & 26, 12-1:30pm

●ILH-R, Mon, Feb 22, 6:30-8pm

Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis. Join others who can support you on this road. Feel free to bring your lunch to Fair Oaks meeting.

### Lung Cancer Group

●FC, Wed, Feb 3, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments.

### Melanoma Quarterly Meeting

●FC, Thu, Feb 4, 6:30-8pm

For discussion and in preparation for our May symposium, come to share "What are Your Informational Needs as a Melanoma Survivor?" This quarterly meeting is sponsored by the Ashley Fister Cole Foundation, with light refreshments provided.

### Multiple Myeloma

●FC, Tue, Feb 16, 11:45-1:30

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. February will be an open discussion group. Co-sponsored with Leukemia & Lymphoma Society. Light lunch; please register.

### Spiritual Support Group

●CUMC-1, Thu, Feb 25, 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, Feb 9, 10:30am-12pm

Join us on the second Tuesdays of the month to explore our spiritual paths. Using the new coloring concept for adults as a meditative device, we will doodle and/or color our thoughts of love for self and others with cancer survivor Helen Albanese in "Meditating in Color". Caregivers welcomed.

## Us Too Prostate Cancer Support Group - 3 Choices

●FC, Tue, Jan 9, 7:30-9pm

Join us for a group panel discussion on Active Surveillance.

## Us Too Prostate Cancer Support Group

●LCSC, Tue, Feb 9, 6-8pm

●IAH-CCW, Thu, Feb 18, 6-7:30pm

Join our monthly group for an opportunity to share your experiences and learn from one another.

## Women's Survivorship Group

●ILH-R, Thu, Feb 11, 6:30-8pm

Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. Through discussion, problem solving, art and other modalities, this group will help you gain insight and balance to your life after cancer.

## Young Adult Group

●FC, Thu, Feb 25, 7:30-9pm

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range.

## CHILDREN, TEENS, PARENTS

To register and for more information on programs for children and teens, contact **Jean McCaw MA, ATR-BC, LCPAT Child & Adolescent Program Coordinator at 703-698-2537 or [jean.mccaw@inova.org](mailto:jean.mccaw@inova.org).**

## Curious about Cancer

●FC, Wed, Jan 20-Feb 24, 5:30-6:30pm

This group is for children 5-12 who have a loved one with cancer. Through age appropriate discussion, art therapy and meaningful activities children will learn ways to manage the emotions, challenges and the many changes that often occur when someone in the family has cancer.

## Kid and Sib Day

●FC, Thu, Feb 18, 10am-2pm

Children ages 5-12 with cancer and their brothers and sisters, ages 5-12 are invited for a day of art therapy, movement, and more. Lunch will be provided.

## Pediatric Oncology Parent Night: Mother-Daughter Spa Night

●FC, Tue, Feb 23, 6-8:30pm

Please join us for the 5th annual Candlelighter's Mother Daughter Spa Night for girls and teens with cancer, their moms and sisters. Enjoy a night of pampering and "bling" with spa treats and dinner, manicures, massages and Reiki, hair styling, crafts/games and prizes galore! To register contact [dccandlelighters@gmail.com](mailto:dccandlelighters@gmail.com), [contance.connor@inova.org](http://contance.connor@inova.org), or call 703-531-1515.



## COMING SOON - REGISTER NOW!

## Tools for Couples

●Fairfax, Tue, Feb 9-Mar 1, 7:00-8:30pm

Learn how you and your partner can navigate the life changes brought about by a cancer diagnosis while maintaining a strong relationship. Learn strategies for coping with the emotions that can interfere with your relationship--anger, mood swings, spouse's fears, and depression, and how to create a powerful team and avoid common conflict points.

## San Antonio Breast Cancer Update

●Fairfax, Thu, Feb 25, 6:00-7:30pm

Anne Favret, MD will report on the latest research findings from the 38th Annual San Antonio Breast Cancer Conference.

## Change Your Age-2 Choices

●Fairfax, Sat, Feb 6, 2:00-5:00pm

●Fair Oaks, Sat, March 5, 2-5pm

This movement-based program, based on the Feldenkrais Method, weaves in cognitive challenges that will help keep both your brain and your body youthful. The program leverages new and unusual movements to help generate new brain cells. Potential benefits include improved strength, increased mobility, while learning to avoid injuries.



## Oncology Massage and Body Work

### Life with Cancer Family Center

8411 Pennell Street

Fairfax, VA 22031

Monday – Friday

- 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.

### Life with Cancer Studio

44084 Riverside Pkwy, LL, Ste 400

Leesburg, VA 20176

Tuesdays and some Saturdays

## Sign up for weekly updates from Life with Cancer

### It's Easy!

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

## You will receive timely information about

- Program Highlights
- Fundraisers
- Weather Closings



## Deep Breathing for Overall Health

● Fair Oaks, Wed, Mar 2, 5-6pm

Deep Breathing can have a significant positive impact on your overall health. Breathing is something we all do but we don't all do it correctly or fully enough to take advantage of its FREE health benefits. Melanie H. Dorn MA CCC-SLP, RYT 200, Outpatient Speech Language Pathologist, will explain the many benefits of deep breathing, how to correctly breathe deeper, share tips to get in the habit of practicing deep breathing and demonstrate some deep breathing exercises.

## Look Good...Feel Better

● Fair Oaks, Sat, Mar 5, 2-4pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment. First time registrants will receive a makeup kit. Family members/friends should not register. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

*Surviving Cancer Competently Intervention Program for caregivers of children newly diagnosed with Cancer [SCCIP-ND]*

Coping with cancer is difficult; all families experience challenges and it is common to struggle with emotional distress, feelings of isolation, changes in roles, and disruption in family life. SCCIP-ND is a three-session intervention that teaches proven tools for helping caregivers cope more effectively.

Developed at The Children's Hospital of Philadelphia, the program helps caregivers regain a sense of control by learning how to cope more effectively so they can better help their child with cancer and other family members cope. For more information contact Rebecca McIntyre, MA, M.Ed., LCSW, OSW-C at 703-668-2524.

# Announcements



## Award!

Life with Cancer is proud to announce that our Lung Cancer Support Group recently received an award from the Lung Cancer Alliance (LCA) as the leading Lung Cancer Support Group across the country. Group facilitators, Carrie Friedman RN, BS, OCN, and David McGinness, LCSW attribute the success of the group to its wonderful participants, who share their stories, offer each other hope and support and work together in the fight against lung cancer.



## Heads Up!

In an effort to improve communication and provide statistics necessary for our program to move forward, we will be asking each program participant to complete a brief, one-time registration form.



## Did you know?

The Life with Cancer Family Center houses a library containing books and pamphlets on many topics of interest to cancer patients, survivors and family members. Internet and WIFI are also available. Next time you're in, feel free to stop by and take a look. A Resource room is also available in our suite at the Inova Fair Oaks Cancer Center.

## Feeling overwhelmed? Life with Cancer can help...

**A Life with Cancer Oncology Nurse Navigator** is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

**A Life with Cancer Oncology Therapist** is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

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

## 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*

# FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p><b>1</b></p> <p>10am Yoga Nidra (FO-LWC)            10:30am Fitness for Wellness: Level I (44084 RP)            12pm Fitness for Wellness: Level II (44084 RP)            2pm Level II Exercise: Chair-Based (FC)            3pm Level III Exercise: Keeping Fit (FC)            6pm Look Good...Feel Better (IAH-CCC)            7pm Gentle Yoga (44084 RP)</p>	<p><b>2</b></p> <p>9:30am Functional Movement (FO-LWC)            11am Gentle Yoga (44084 RP)            1pm Level I Exercise: Launching into Fitness (FC)            3pm Compassion Cultivation(FC)            6:30pm Tools for Couples (ILH-R)            7pm Knitting and Crocheting Circle (FC)            7pm Zumba (FC)</p>	<p><b>3</b></p> <p>10:30am Fitness for Wellness: Level I (44084 RP)            12pm Fitness for Wellness: Level II (44084 RP)            2pm Level II Exercise: Chair-Based (FC)            3pm Level IV Exercise: Fitness Fusion (FC)            3pm Care Strengthening (FO-LWC)            5pm Understanding Peripheral Neuropathy (FO-LWC)            5:30pm Breast Cancer Group (IFMC)            5:30pm Curious about Cancer (FC)            6:30pm Lung Cancer Group (FC)            7pm Stronger Body After Cancer (FO-LWC)</p>	<p><b>4</b></p> <p>10:30am Feldenkrais (FO-LWC)            10:30am Drumming Series (FC)            11am Mindfulness (44084 RP)            12pm Breast Surgery Class (ILH-PER)            12:30pm Healthy Cooking (FC)            3pm Gentle Yoga (FO-LWC)            5:30pm Yoga for Breast Cancer (FC)            6:30pm Melanoma Quarterly Meeting (FC)            10:30am Drumming Series (FC)</p>	<p><b>5</b></p> <p>Coalesce (FC)            10:30am Zumba Gold (44084 RP)            12pm Functional Movement (44084 RP)</p> <p><b>6</b></p> <p><b>7</b></p>
<p><b>8</b></p> <p>10am Yoga Nidra (FO-LWC)            10:30am Fitness for Wellness: Level I (44084 RP)            12pm Fitness for Wellness: Level II (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            6:30pm Caregiver Connection (ILH-R)            7pm Caregiver Connection (FC)            7pm Gentle Yoga (44084 RP)            7pm Reiki for Relaxation (FC)</p>	<p><b>9</b></p> <p>9:30am Functional Movement (FO-LWC)            10:30am Spirituality Quest (FC)            11am Gentle Yoga (44084 RP)            1pm Level I Exercise: Launching into Fitness (FC)            1:30pm Zentangle (44084 RP)            3pm Compassion Cultivation(FC)            6pm Us Too (LCSC)            6pm Brain Tumor Group (FC)            6:30pm Tools for Couples (ILH-R)            6:30pm Young Women w/Breast Cancer (IAH-CCW)            7pm Zumba (FC)            7pm Tools for Couples (FC)            7:30pm Us Too (FC)</p>	<p><b>10</b></p> <p>10:30am Fitness for Wellness: Level I (44084 RP)            12pm Fitness for Wellness: Level II (44084 RP)            12:30pm Breast Cancer Surgery Preparation (FO-LWC)            1pm Fighting Cancer with a Fork (IAH-CCW)            2pm Level II Exercise: Chair-Based (FC)            3pm Level IV Exercise: Fitness Fusion (FC)            3pm Care Strengthening (FO-LWC)            5:30pm Breast Cancer Group (FO-Rad Onc)            5:30pm Caregiver Connection (FO-LWC)            5:30pm Curious about Cancer (FC)            5:30pm Head and Neck Cancers (IFMC)            6pm Healing Touch (44084 RP)            6pm Breast Cancer Group (IMVH-CC)            7pm Valentine Dance Class (FC)            7pm Stronger Body After Cancer (FO-LWC)</p>	<p><b>11</b></p> <p>10:30am Feldenkrais (FO-LWC)            10:30am Drumming Series (FC)            11am Mindfulness (44084 RP)            11:30am Orientation to Life with Cancer (FC)            3pm Gentle Yoga (FO-LWC)            5:30pm Yoga for Breast Cancer (FC)            6:30pm Women's Survivorship Group (ILH-R)            7:15pm Barre Tone (FC)</p>	<p><b>12</b></p> <p>Coalesce (FC)            10:30am Zumba Gold (44084 RP)            12pm Functional Movement (44084 RP)            12pm Living with Advanced Disease (IFOH-1)</p> <p><b>13</b></p> <p>10am Carcinoid Cancer Group (FC)            10am Cutaneous Lymphoma Support Group (FC)</p> <p><b>14</b></p>
<p><b>15</b></p> <p>10am Yoga Nidra (FO-LWC)            10:30am Fitness for Wellness: Level I (44084 RP)            12pm Fitness for Wellness: Level II (44084 RP)            2pm Level II Exercise: Chair-Based (FC)            3pm Level III Exercise: Keeping Fit (FC)            6pm Breast Cancer Support Group (ABEHG)            7pm Gentle Yoga (44084 RP)            7pm Look Good...Feel Better (FC)</p>	<p><b>16</b></p> <p>9:30am Functional Movement (FO-LWC)            11am Gentle Yoga (44084 RP)            11:45am Multiple Myeloma (FC)            12pm Fighting Cancer with a Fork (FO-Rad Onc)            1pm Tai Chi (FC)            3pm Compassion Cultivation (FC)            4pm Breast Surgery Class (ILH-PER)            6:30pm Drumming (44084 RP)            6:30pm Young Women with Breast Cancer (FC)            6:30pm GYN Cancers Group (FO-LWC)            7pm Tools for Couples (FC)            7pm Zumba (FC)</p>	<p><b>17</b></p> <p>10:30am Fitness for Wellness: Level I (44084 RP)            12pm Level II: Fitness for Wellness (44084 RP)            2pm Level II Exercise: Chair-Based (FC)            3pm Level IV Exercise: Fitness Fusion (FC)            3pm Meditation and Guided Imagery (FC)            5:30pm Breast Cancer Group (IFMC)            5:30pm Curious about Cancer (FC)            6:30pm Colorectal Cancer (FC)            7pm Stronger Body after Cancer (FO-LWC)</p>	<p><b>18</b></p> <p>10am Kid and Sib Day (FC)            10:30am Feldenkrais (FO-LWC)            10:30am Drumming Series (FC)            11am Mindfulness (44084 RP)            12:30pm Healing through Art Therapy (FC)            1pm Clean Living Makeup (44084 RP)            2:30pm Writing Your Life Stories 2016 (FC)            5:30pm Yoga for Breast Cancer (FC)            6pm Us Too (IAH-CCW)            6:30pm Breast Cancer Surgery Preparation (FC)            7:15pm Barre Tone (FC)</p>	<p><b>19</b></p> <p>Coalesce (FC)            10:30am Zumba Gold (44084 RP)            12pm Functional Movement (44084 RP)            1pm Knitting and Crocheting Circle (FC)</p> <p><b>20</b></p> <p><b>21</b></p>
<p><b>22</b></p> <p>10am Yoga Nidra (FO-LWC)            10:30am Fitness for Wellness: Level I (44084 RP)            12pm Fitness for Wellness: Level II (44084 RP)            2pm Level II Exercise: Chair-Based (FC)            3pm Level III Exercise: Keeping Fit (FC)            5pm Breast Cancer Support Group (ILH-R)            6:30pm Living with Advanced Disease (ILH-R)            7pm Gentle Yoga (44084 RP)            7pm Aprendiendo Juntos (FC)</p>	<p><b>23</b></p> <p>9:30am Functional Movement (FO-LWC)            11am Gentle Yoga (44084 RP)            12pm Breast Cancer Group (FC)            1pm Tai Chi (FC)            3pm Compassion Cultivation(FC)            6pm Pediatric Oncology Parent Night (FC)            7pm Zumba (FC)            7pm Tools for Couples (FC)</p>	<p><b>24</b></p> <p>10:30am Fitness for Wellness: Level I (44084 RP)            12pm Fitness for Wellness: Level II (44084 RP)            12:30pm Breast Cancer Surgery Preparation (FO-LWC)            2pm Level II Exercise: Chair-Based (FC)            3pm Level IV Exercise: Fitness Fusion (FC)            4:30pm Reiki for Relaxation (FC)            5:30pm GYN Cancers Group (FC)            5:30pm Reiki for Relaxation (FC)            5:30pm Curious about Cancer (FC)            6:45pm Reiki for Relaxation (44084 RP)            7pm Reiki for Relaxation (FC)            7pm Stronger Body After Cancer (FO-LWC)</p>	<p><b>25</b></p> <p>10:30am Feldenkrais (FO-LWC)            10:30am Drumming Series (FC)            11am Mindfulness (44084 RP)            12:30pm Nutrition and You (44084 RP)            5:30pm Yoga for Breast Cancer (FC)            6pm Orientation (FC)            6pm San Antonio Breast Cancer Update (FC)            7pm Spiritual Support Group (CUMC-1)            7:15pm Barre Tone (FC)            7:30pm Young Adult Group (FC)</p>	<p><b>26</b></p> <p>Coalesce (FC)            10:30am Zumba Gold (44084 RP)            12pm Functional Movement (44084 RP)            12pm Living with Advanced Disease (IFOH-1)</p> <p><b>27</b></p> <p><b>28</b></p>
<p><b>29</b></p> <p>10am Yoga Nidra (FO-LWC)            10:30am Fitness for Wellness: Level I (44084 RP)            12pm Fitness for Wellness: Level II (44084 RP)            2pm Level II Exercise: Chair-Based (FC)            3pm Level III Exercise: Keeping Fit (FC)            7pm Gentle Yoga (44084 RP)</p>				