



# Life with Cancer™

Experience a Community of Hope

FEBRUARY 2014

FAIRFAX/FALLS CHURCH

## 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. To learn more about this FREE community resource visit

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

## Class Registration Information

- All classes are free, but registration is required unless otherwise specified.
- To register, go to [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 [angelina.waldon@inova.org](mailto:angelina.waldon@inova.org) or call 703.698.2526.
- Before you attend, check our website, your email and voicemail for program updates.
- If attending a support group for the first time, please contact the facilitator.

## Keep Up to Date!

Sign up for weekly program announcements and weather cancellations. Go to [www.lifewithcancer.org](http://www.lifewithcancer.org) and click on the light blue "Sign Up for Email New" box, 4th down on the right side of the page.

## GENERAL INTEREST

### Orientation to LWC

**FC, Mon, Feb 3 & 17, 6-7pm**

**FC, Thu, Feb 13 & 27, 11am-12pm**

This hour-long class is offered four times monthly for those who are new to Life with Cancer. Learn about our many programs, support groups and services for children and adults. Overview includes who we are, what we do, staff and services available at our various locations, tour of our Family Center, and your specific questions addressed. Please call, or register on our website, by preceding day.

### Caregiver Connection

**FC, Mon, Feb 10, 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.

## Chocolate Therapy for Valentine's Day

**FC, Wed, Feb 12, 2-4pm**

Pampering yourself with chocolate may be the best therapy. In this hands-on workshop you will learn how to make two different kinds of Belgian chocolates. Please note: If you have a nut allergy, or have previously participated program, please refrain from registering for this workshop. Facilitator: Robbin Warner, Belgian-trained chocolatier and breast cancer survivor. Space limited; register ASAP and if unable to make it, PLEASE call by Tuesday to cancel.

## Dancing to Wellness

**FC, Wed, Feb 5, 7-8:30pm**

Music and dance are therapeutic and can provide great exercise and fun for singles and couples. This dance class will focus on positive music from the 1930s to today and the dances that go with them. Partner dances like waltz, swing, and salsa will be on the agenda. Come alone or bring a partner. Marc Shepanek, dance teacher, performer and cancer survivor, makes it easy and fun. Please register by preceding Monday.

## Knitting and Crocheting Circle

**FC, Tue, Feb 4, 7-8:30pm**

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday. You may work on your own project or one to donate. Facilitator: Carolyn Sam, M.Ed. New participants please register.

## Look Good...Feel Better

**FC, Mon, Feb 10, 7-9pm**

A professional cosmetologist will teach women how to manage appearance-related side effects chemotherapy and radiation. Registration required. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

## Ostomy Support Group of Northern Virginia

**PCC, Sun, Feb 2, 1:30-3:30pm**

Join us for food, fun and fellowship. For more information visit us at [www.ostomysupportofnova.org](http://www.ostomysupportofnova.org).

## Weather Policy

- ❖ If county public schools are closed for the day, all groups and classes for that day will be cancelled.
- ❖ If schools open on a 2-hour delay, groups and classes will go on as scheduled.
- ❖ If schools close early, all evening groups and classes will be cancelled.
- ❖ If you have an appointment with a counselor, nurse or massage therapist, please call him or her directly to confirm or cancel your appointment.

## FAIRFAX/FALLSCHURCH

### Location Key

- 3700 A:** Fair Oaks Medical Plaza, Conference Room A, 3700 Joseph Siewick Drive, Fairfax, VA, 22033
- 3700 A&B:** Fair Oaks Medical Plaza, Conference Rooms A&B, Medical Plaza Building, 3700 Joseph Siewick Drive, Fairfax, VA, 22031
- 44084 RP:** 44084 Riverside Parkway, 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- AFC:** Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204
- CUMC-1:** Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
- FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031  
www.lifewithcancer.org
- IAH-CCC:** Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA
- IAH-CCW:** Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- IAH-HEC:** Inova Alexandria Hospital Health Education Center, 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
- IFOH-2:** Inova Fair Oaks Hospital-Conference Room 2, 3700 Joseph Siewick Drive, Fairfax, VA
- IFOH-3:** Inova Fair Oaks Hospital-Conference Room 3, 3600 Joseph Siewick Drive, Fairfax, VA, 22033
- ILH-R:** Inova Loudoun Hospital-Radiation Oncology Center, 44035 Riverside Parkway, 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

### Quilting with Sandi

**FC, Tue, Feb 25, 1-3pm**

Come and learn the art of quilting from one of the masters! Master quilter Sandi Goldman will teach some basic hand-piecing and quilting techniques in this monthly program to get you started or keep you going. Please register by preceding Friday.

### Relaxation Workshop

#### For Teens, Mothers, & Women Diagnosed with Cancer

**FC, Sat, Feb 15, 1-3:30pm**

High school senior, Alex Kirk, is working toward her Girl Scout Gold Award and has designed an afternoon of pampering for teens and mothers. This no-cost workshop features yoga taught by a certified yoga teacher, mini massage taught by a massage therapist and do it yourself natural facial mask and make up application taught by Alex. Organic snacks provided. Dress comfortably and be prepared to be pampered. Please register.

### Seminars for Survivors: San Antonio Breast Cancer Update

**FC, Thu, Feb 20, 6-7:15pm**

Join us for a presentation with Anne Favret, MD, who will discuss the latest research findings from the annual San Antonio Breast Cancer Conference, the largest international scientific symposium on breast cancer. Bring family and friends. Light refreshments. Please register by Tues, 2/18.

### Tools for Couples

**FC, Wed, Feb 12-Mar 5, 7-8:30pm**

Meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. Attendance is recommended at all four sessions. Facilitators: Micheline Toussaint, MSW, LCSW, RYT, and Drucilla Brethwaite, LCSW, OSW-C. For more information contact Drucilla at 703.698.2538 or drucilla.brethwaite@inova.org.

### What to Expect During Chemo

**FC, Thu, Feb 13, 9:30-11am**

If Chemotherapy is new to you, this class is for you. Oncology Nurse Educator: Lynn Magrum, MSN, CANP will explain medical terms, what to be aware of, do's and don'ts, and tips to optimize your quality of life throughout treatment. Registration required by previous day. If you must cancel your registration please call 703-698-2526 ASAP.

### Young Adult Group

**FC, Thu, Feb 27, 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.

## EXPRESSIVE ARTS

### Art for Wellness and Growth

**FC, Mon, Feb 10, 12-3pm**

**FC, Thu, Feb 13, 1-4pm**

\*To enable more people to experience this class, please register for just ONE session per month (not both). Explore your creativity using art for wellness, insight, and personal growth. No artistic experience needed - just a willingness to explore, have some fun and be part of a supportive, creative community. Facilitators: Art therapist, Jean McCaw, MA, ATR-BC and Sarah Huffman, art therapy intern. Registration required.

### Creative Writing for Busy People

**FC, Thu, Feb 20-Mar 13, 11am-12:30pm**

Do you want to record your family history? Write that book you have always dreamed of writing? Or just juice up your letter writing skills? Come join wordsmith, author and breast cancer survivor Donna La Verde for a few fun sessions of "Creative Writing for Busy People." Please register by Tuesday, 2/18.

### Drumming for Well-Being

**FC, Thu, Feb 6, 7-8:30pm**

**FC, Fri, Feb 14, 10:30am-12pm**

Share the beat! Therapeutic drumming can promote wellness and empowerment. It is part of all of our history. No experience necessary and all instruments are provided. Group facilitated by Paul Clark, PhD, and LCSW, Drucilla Brethwaite, MSW, LCSW, OSW-C. Please register by preceding Wednesday.

### Writing Your Memoirs and Life Stories

**FC, Tue, Feb 11, 2:30-4pm**

This monthly meeting is intended for those who already completed the previous 6 week series. Come for an opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Limited is space, register, ASAP.

## FITNESS

**Please Note:** Level I-IV Exercise Classes are taught by Susan Gilmore, ACSM Certified Cancer Exercise Trainer and require completed 2014 Registration and Waiver forms (available on line) for the New Year. For questions, contact Marsha Komandt, RN, OCN, 703-698-2530 or marsha.komandt@inova.org.

## Level I Exercise: Launching into Fitness

**FC, Tue, Jan 21-Feb18\*, 1-1:45pm**

Class continues for those already registered. A new session will begin soon for those who are new to LWC's exercise program. This introductory exercise series will help to assess your fitness level. \*No class 2/4.

## Level II Exercise: Chair-Based

**FC, Mon, Feb 10-24, 2-2:45pm**

**FC, Wed, Feb 12-26, 2-2:45pm**

LEVEL I EXERCISE IS A PREREQUISITE. Class continues for this five-week class series which is tailored for those with treatment limitations such as neuropathy, balance and low energy issues. It will help to Increase heart rate, range of motion, flexibility, tone and strengthen muscles. Attend EITHER or BOTH Monday and Wednesdays sessions, but REGISTER SEPARATELY. \*No class 2/3 & 2/5.

## Level III Exercise: Keeping Fit

**FC, Mon, Jan 20-Mar 3, 3-4pm**

(no class 2/3) PREREQUISITE: LEVELS I & II EXERCISE. This five-week series of exercises offers a combination of standing and floor exercises to improve strength, flexibility, endurance, fatigue and to enhance overall well-being.

## Level IV Exercise: Fitness Fusion

**FC, Wed, Jan 15-Feb 12-Mar 5, 3-4pm**

(no class 2/5) PREREQUISITE: LEVELS I, II, III. This six-week series offers a sampling of more intensive exercise modalities including dance aerobics, interval training, resistance and core training.

## Zumba -Bilingual!

**FC, Tue, Feb 4 & 18, 7-8pm**

Zumba is a fusion of Latin rhythms and easy to follow steps. Our goal is simple: exercise while having fun! 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. This is a bilingual class; register under "Zumba-Bilingual".

## NUTRITION

## ABC's of Successful Weight Loss

**FC, Mon, Feb 24, 4:30-6pm**

Avoiding excess body fat can boost our body's capacity to resist cancer and its recurrence. In this class, we'll discuss the pros and cons of different diets, the role of exercise, how to determine a calorie goal, what is a serving size, glycemic index and more. Instructor: Deb Rowland, RD, CSO. Register by Fri, 2/ 21.

## Cooking for the Health of It:

### Health Benefits of Soup

**FC, Tue, Feb 11, 12-1pm**

It's time to think beyond soup as just an

appetizer. Soups can be very healthy and filling. Come learn the benefits and try a delicious soup made from leeks and potatoes. Instructor: Vanessa Spiller, cancer survivor and certified Nutrition and Wellness consultant. Limited space so register ASAP, or by Mon, 2/10.

## SPIRITUALITY

### Spiritual Support Group

**CUMC-1, Thu, Feb 27, 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 Group

**FC, Tue, Feb 11, 10:30am-12pm**

Join us monthly on the second Tuesdays as we explore our spiritual paths. Come join us for Valentine's month as we explore the topic "Is it Love that Makes the World Go Around?" Facilitator: Marsha Komandt, RN, BSN, OCN, 703-698-2530. Please register by the preceding day.

## YOGA, TAI CHI, QI GONG

### Gentle Yoga with Jenn Fay

**FC, Thu, Jan23-Mar 13, 1-2pm**

Current series in progress. Join us for some gentle yoga sessions and learn movements to stretch, strengthen and relax muscles, seated in a chair or on the floor. Space is limited, register ASAP. If class is full, preference is given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT. Please register by preceding day.

### Guided meditation with Jenn Fay

**FC, Thu, Jan23-Mar 13, 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. Come to one or come to all, but please register by the preceding day.

### Meditation and Guided Imagery with Micheline

**FC, Wed, Feb 5, 12 and 26\*, 3-4pm**

\*No meeting 2/19. 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.

### Reiki for Relaxation

**FC, Mon, Feb 10, 4:30, 5:30pm and 7pm**

**FC, Wed, Feb 26, 4:30, 5:30pm and 7pm**

Appointments do not open until the first of the month. A certified Reiki practitioner will help you experience the benefits of this ancient



**Life with Cancer™ en Español**

### Latinas Unidas

**FC, lunes 24 de febrero, 6:30-8:30pm**

Grupo de apoyo y crecimiento personal para mujeres con diagnóstico de cáncer. Recibe los beneficios de poder compartir y aprender junto a otras compañeras con experiencias y necesidades similares. Para mas información, llamar a Debra Haynes 703-698-2539.

### Latinos Unidos

**AFC, miércoles, 12 de febrero, 6:30-8pm**

Aprenderás técnicas y ejercicios para favorecer tu auto-sanación y crecimiento personal, manejar mejor el estrés y los efectos del tratamiento y mejorar tu calidad de vida. Todo esto en un ambiente de confianza, positivismo y amistad. Para más información, llamar a David McGinness 703-698-2529.

### Zumba - Bilingual

**FC, martes, 4 y 18 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 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, 703-698-2529.

### Arte Para Salud y Crecimiento

**FC, jueves, 13 de febrero, 12-3pm**

Una nueva oportunidad - Explorar su creatividad utilizando arte para salud, una nueva precepción 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 Debra Haynes al 703-698-2539.

*Unless otherwise indicated, please register at [www.lifewithcancer.org](http://www.lifewithcancer.org). If unable to attend call 703-776-2820 to cancel so that someone else can take your place.*

practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably. Please let us know if you cannot make your appointment; call 703-698-2526.

**Restorative Yoga with Judi**  
**FC, Fri, Feb 21-Apr 4, 10:15am-11:30pm**

This practice is designed to balance the nervous system and release tension from the body and mind. Restorative yoga uses 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 restorative poses to deepen your practice. Register for each individual class. Instructor: Judi Eskovitz, RYT.

**Yoga for Breast Cancer Survivors**  
**FC, Tue, Feb 4-Apr 8, 5:30-6:45pm**

Join us for these yoga sessions designed to reduce stress, regain mobility and strength. Catherine Syron, RYT, is a yoga instructor specifically trained to work with breast cancer survivors. Please register for one or for all, by the preceding day. Instructor: Catherine Syron, RYT.



**Breast Cancer Update**

**San Antonio Breast Cancer Update**

**FC, Thu, Feb 20, 6-7:30pm**

Join us for a special presentation with Anne Favret, MD, who will discuss the latest research findings from the annual San Antonio Breast Cancer Conference, the largest international scientific symposium on breast cancer. Bring family and friends. Light refreshments. Please register by February 18.

**BREAST CANCER**

**Breast Cancer Support Group**  
**IFHC, Wed, Feb 5 and 19, 5:30-7pm**

Learn, discuss and gain support from others who understand the concerns and challenges you face. Group generally meets 1st and 3rd Wednesdays. Facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®.

**Coalesce: An Advanced Breast Cancer Support Group**  
**FC, Fri, Feb 7-28, 00pm**

Meet weekly in a closed support group with women of all ages to share life's joys and sorrows. Facilitator: Shara Sosa, LCSW. Prior screening is required as this is a closed group. If interested in attending, please call 703-698-2522.

**Yoga for Breast Cancer Survivors**  
**FC, Tue, Feb 4-25, 5:30-6:45pm**

Join us for these yoga sessions designed to reduce stress, regain mobility and strength. Yoga instructor, Catherine Syron, RYT, is specifically trained to work with breast cancer survivors. Please register for one or for all, by the preceding day.

**Young Women with Breast Cancer Support Group**

**FC, Tue, Feb 4, 6-7:30pm**

For women in their 20s, 30s and 40s with non-metastatic breast cancer. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN®. Registration requested. If attending for the first time, please call 703-698-2522.

**FAIRFAX/FALLS CHURCH**

**DIAGNOSIS-SPECIFIC**

**Blood Cancers Group**  
**FC, Thu, Feb 13, 7-8:30pm**

This group is for individuals with leukemia or lymphoma and their support people. This month 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. and Lynn Magrum, MSN, CANP. Please register by preceding Tuesday. For more information contact, Drucilla at 703-698-2538 or drucilla.brethwaite@inova.org.

**Brain Tumor Group**  
**FC, Tue, Feb 4, 12-1:30pm**

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

**Carcinoid (neuroendocrine) Cancer Group**

**FC, Sat, Feb 8, 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.

**Cutaneous Lymphoma Support Group**

**FC, Wed, Feb 5, 7-8:30pm**

This group is for individuals with cutaneous lymphoma, and their support partners. Patients with all forms and stages of this cancer are welcome to attend our monthly meetings (first Wednesdays) to meet and connect with others who share this disease. [www.clfoundation.org/clf-dc](http://www.clfoundation.org/clf-dc). Please register by February 3rd : <http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP>

**Oncology Massage and Body Work – Now in Two Locations!**

**Mon. – Life with Cancer**  
**Fri. Family Center**

8411 Pennell Street,  
 Fairfax, VA 22031

**Tues., Life with Cancer,**  
**& Thurs. Loudoun County**

Landsdowne Medical Offices III,  
 Suite 400, Lower Level  
 44084 Riverside Pkwy,  
 Leesburg, VA, 20176

- Call 703-698-2526 to schedule 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](http://www.lifewithcancer.org)
- Physician approval is required; ask for written permission at your next appointment
- \$50 / 1-hour session. Fee payable to massage therapist; sorry, no credit cards

*\*Please note: 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.*

## **GYN Cancers Group**

**FC, Wed, Feb 26, 5:30-7:30pm**

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, 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, Feb 12, 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 call or click, 703-776-3731, corinne.cook@inova.org.

## **Lung Cancer Support Group**

**FC, Wed, Feb 12, 6:30-8pm**

Join other patients, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Paul Clark, PhD, LCSW and Carrie Friedman RN, BS.

## **Melanoma Group**

**FC, Thu, Feb 13, 6:30-8pm**

The topic for this quarterly meeting is "Sharing Informational Tid-Bits". Sponsored by the Ashley Fister Cole Foundation. Facilitated by Marsha Komandt, RN, BSN, OCN and David McGinness, LCSW. Please register by Tues, 2/11.

## **Multiple Myeloma Group**

**FC, Tue, Feb 18, 11:45am-1:30pm**

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

## **Prostate Cancer Support Group-Fairfax**

**FC, Tue, Feb 11, 7:30-9pm**

Learn about the Pros and Cons of Robotic Surgery with survivor Steve Haraczak.

## **GRIEF**

### **Good Grief for Adults**

**FC, Tue, Jan 28-Mar 18, 7:15-9pm**

Group continues for those already registered. Next eight-week session will begin in the spring and offers the opportunity for people to 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 is closed after Jan 28. For

more information contact Drucilla Brethwaite, LCSW, OSW-C, 703-698-2538 or drucilla.brethwaite@inova.org .

## **FAIRFAX/FALLS CHURCH**

### **CHILDREN, TEENS & PARENTS**

### **Pediatric Oncology Parent Night 3rd Annual Mother/Daughter Spa Night!**

**FC, Tue, Feb 25, 6-8:30pm**

Attention: Girls and teens with cancer, their sisters, and mothers. Come for fun & for "glam and bling" makeovers with make-up, wigs, jewelry and accessories, nail polish, and photos by Flashes of Hope. Enjoy dinner, hand, foot, and chair massages, swag bags, prizes, and more! Register with Connie Connor, LCSW at 703-531-1515, constance.connor@inova.org or with dccandlelighters@gmail.com.

### **Curious About Cancer**

**FC, Wed, Jan-Mar 19, 5:15-6:15pm**

This group continues for children 5-12 who have a loved one with cancer to 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 Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

### **Good Grief for Children**

**FC, Tue, Feb 4-Mar 18, 5:30-6:30pm**

Through age-appropriate discussion, games and art children will be invited to share thoughts and feelings and work through the grief process. For more information and to register contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

### **Good Grief for Teens**

**FC, Wed, Feb 12-Mar 26, 6:30-7:45pm**

This monthly dinner offers the opportunity to meet with other 13-18 year olds who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings. For more information contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

### **Knitting for Teens**

**FC, Thu, Feb 13, 6-8pm**

Have you always wanted to knit something for yourself or someone else? Here is your chance to learn the basics of knitting and begin a knitted project for yourself or a friend: a lightweight cowl, chunky acrylic/wool scarf or pair of fingerless gloves. Project Knitwell will provide all supplies. This class welcomes both experienced and inexperienced knitters.

# **COMING SOON**

## **Elements of Mind-Body**

Coming in spring, this four-week series will teach a variety of mind-body techniques including, Stress Response and Breathwork, Eating and Movement, Biofeedback and Guided Imagery, and Body Scan, Progressive Muscle Relaxation and Mandalas.

## **Need Sleep?**

Coming in April, this four week series will provide evidence based tools for getting back to sleep. For more information on this group or to discuss individual strategies for insomnia, please contact, Drucilla Brethwaite, MSW, LCSW, OSW-C, 703-698-2538 or drucilla.brethwaite@inova.org.



## **Teens: Meet the Nurse**

**FC, Tue, Feb 18, 6:30-8pm**

Teens are invited to come for dinner and meet with an oncology nurse who will help to explain various cancer treatments, possible side-effects and answer questions about a loved one's cancer. Meet other teens who are also living with cancer in their family.

## **ALEXANDRIA/MOUNT VERNON**

### **Women Living with Cancer**

**IAH-CCC, Tue, Feb 25, 2-3:30pm**

This is a guided discussion group for women with any type of advanced cancer. Topics are generated by the group and may include, dealing with difficult feelings, communicating with friends and family, identifying ways of coping and finding hope in the present. Facilitators: Maureen Broderick, LCSW and Shara Sosa, LCSW. Early registration is suggested. For more information contact Maureen Broderick at 703-504-7921 or maureen.broderick@inova.org.

## Survivors Offering Support

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Are you facing breast cancer? A diagnosis of breast cancer can be overwhelming. The SOS program brings together those newly diagnosed with trained volunteer mentors. These mentors, all breast cancer survivors themselves, provide knowledge, support, encouragement, and a shoulder to lean on. With SOS, you are not alone.

Whether you're facing breast cancer and could benefit from the help of a mentor or you are a breast cancer survivor and can offer help to another, SOS is for you.

To learn more about the program, please contact Pamela Crum, Coordinator, Survivors Offering Support at 703-698-2532 or [pamela.crum@inova.org](mailto:pamela.crum@inova.org)

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### Look Good...Feel Better

**IAH-CCW, Thu, Feb 13, 10am-12pm**

A professional cosmetologist will teach women how to manage appearance-related side effects chemotherapy and radiation. Registration required. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council. Register online.

### Breast Cancer Support and Education Group

**IMVH-CC, Wed, Feb 12, 6-8pm**

Meet with Dr. David Weintritt, Nurse Navigator Michele Reddick and Dr. Blair, radiologist, for discussion on 3D mammograms, ultrasounds and Breast MRI's. Join with others to share and discuss ways of meeting the challenges of breast cancer. Group is open to current and former breast cancer patients. Register online.

### Fighting Cancer with a Fork

**IAH-CCW, Wed, Feb 12, 1-2pm**

Deb Rowland, RD, Dietitian and certified specialist in oncology nutrition, will provide an overview of nutritional recommendations for cancer patients and survivors. Register online by previous day.

### Gentle Yoga for Cancer Survivors

**IAH-HEC, Mon, Feb 3-Mar 24, 6:15-7:30pm**

Reduce stress, regain mobility and strength and tap into your body's innate healing powers. Please bring a yoga mat and wear comfortable clothes. Please register online. Instructor: Elizabeth Kanter, RYT.

### Prostate Cancer Support Group

**IAH-CCW, Tue, Feb 18, 6-8pm**

Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitators: David McGinness, LCSW, 703-698-2529 and Maureen Broderick, LCSW.

### Young Women with Breast Cancer

**IAH-CCW, Tue, Feb 11, 6:30-8pm**

A group for individuals in their 20s, 30s and 40s with non-metastatic breast cancer. For more information, or if attending for the first time, please call Maureen Broderick, LCSW at 703-504-7921. Facilitators: Maureen Broderick, LCSW and Shara Sosa, LCSW.

## FAIR OAKS

### Ask the Expert: Understanding How Integrative Wellness Techniques Can Enhance and Aid Your Healing

**IFOH-2, Wed, Feb 19, 5-6pm**

Research shows that complementary and alternative approaches can have a positive impact on mental health, fatigue, pain management and other side effects of cancer treatment. Johanna Gaskins, RN, BSN, Nurse Manager, Inova Fair Oaks Hospital, is a practicing Certified Clinical Aromatherapy Practitioner (CCAP) and has been working with clients newly diagnosed with cancer; using essential oil therapy and meditation within the body/mind/spirit framework for healing. Come learn, listen and ask questions on how integrative healing approaches might be helpful to you or your loved one. Please register.

### Fighting Fatigue

**IFOH-3, Tue, Feb 11, 12:30-2pm**

Fatigue is the most common side effect to cancer treatment and can alter one's quality of life. Learn what research has taught us about the best approaches to lessening fatigue as well as some simple practices you can do at home that will make a difference. Presented by Oncology Patient Educator, Lynn Magrum, MSN, CANP. Please register.

### Living with Advanced Disease

**IFOH-1, Fri, Feb 14 & 28, 12-1:30pm**

This group is for people 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 and join others who can support you on this road. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Gale Towerly, RN, BSN, OCN®.

### Mind Body Stress Reduction-Gentle Yoga with Ladan

**3700 A, Mon, Jan 27-Feb 24, 12-1pm**

This class is a blend of gentle movement, breathing exercises and deep relaxation. The movement and yoga postures strengthen your body, increase stamina and flexibility while helping you detoxifying. The breathing exercises and deep relaxation calm the nervous system helping you release stress. The class is designed to help you restore your body and emotional balance while connecting you with your inner healing forces. This is a 7 week series; you benefit most by attending all classes sequentially. Registration is required.

### Tai Chi and Qi Gong for Health and Wellness

**3700 A&B, Fri, Jan 24-Feb 28, 1:30-2:30pm**

Both Tai Chi and Qi Gong are ancient Chinese systems of breathing exercises, body postures, movements, and mental concentration intended to maintain good health and control the flow of vital energy. Potential benefits of these modalities include improved strength, coordination, flexibility, better balance, reduced pain, stiffness, enhanced sleep and calmness. Registration is required as class size is limited. Instructor: Debbie Payne. Attendance at each class is recommended.

## LOUDOUN

### Advanced Breast Cancer Support Group

**ILH-R, Mon, Feb 24, 6:30-8pm**

For those who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time. Register online or contact Karen Archer, MSW, 703-858-8857 or [karen.archer@inova.org](mailto:karen.archer@inova.org).

### Brain Tumor Support Group

**ILH-R, Tue, Feb 18, 5:30-7pm**

Adults with primary brain tumors and their family members and friends are invited to attend these monthly meetings 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. Please register online or with

Karen Archer, 703-858-8857 or karen.archer@inova.org.

**Breast Cancer Support Group**

**ILH-R, Mon, Feb 24, 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. Register online or contact Karen Archer, 703-858-8857 or karen.archer@inova.org.

**Fitness for Wellness with Nancy**

**44084 RP, Mon, Feb 3-Mar 3, 10:30-11:30am**

Exercise is an integral part of your wellness plan. This class is designed to increase endurance, range of motion, flexibility, balance, energy level, muscle strength and reduce stress. Registration is required. Dress comfortably. Attendance for all classes is encouraged for the maximum benefit.

**Knitting & Crocheting Circle**

**ILPO-I, Thu, Feb 13 & 27, 11am-12:30pm**

Experienced and inexperienced knitters and crocheters are invited to practice their craft in the companionship of others. Work on your own project or start a new one; materials are provided. Facilitated by Mary Jane Escobar, an experienced and enthusiastic instructor. Please register.

**Look Good....Feel Better**

**ILH-R, Sat, Feb 8, 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.

**Prostate Cancer Support Group**

**LCSC, Tue, Feb 11, 6-8pm**

This monthly support group, for men coping with prostate cancer, and their families, meets on monthly on the second Tuesday. Registration is not required.

**Mind Body Stress Reduction-**

**Gentle Yoga with Ladan Judge**

**44084 RP, Thu, Feb 6-27, 11am-12:30pm**

This class blends gentle movement, breathing exercises and deep relaxation. The movement and yoga postures strengthen your body, increase stamina and flexibility. The breathing exercises and deep relaxation calm the nervous system, helping you release stress. Restore your body and emotional balance while connecting you with your inner healing. Register online or with Karen Archer, 703-858-8857 or karen.archer@inova.org.

**Mind Body Stress**

**Reduction-Gentle Yoga with**

**Pat Fitzsimmons, RYT**

**44084 RP, Tue, Feb 4-Mar 4, 11am-12:30pm**

This class is a blend of gentle movement, breathing exercises and deep relaxation. The movement and yoga postures strengthen your body, increase stamina and flexibility. The breathing exercises and deep relaxation calm the nervous system helping you release stress. The class is designed to help you restore your

body and emotional balance while connecting you with your inner healing.

**Reiki for Relaxation**

**ILH-R, Thu, Feb 27, 6:45-8pm**

For those touched by cancer (patients, family, & friends). Rebalance and recharge your body's energy systems while you relax to live "healing harp" music. Group meets monthly on the fourth Thursday. Class size is limited and registration is required. Register online or contact Karen Archer, 703-858-8857 or karen.archer@inova.org.

**Understanding "Chemobrain"**

**ILPO-I, Tue, Feb 18, 12:30-2pm**

It's true! You're not just imagining it! Cancer-related "Chemobrain," or neurocognitive dysfunction, does exist! Learn more about this often frustrating and challenging side- and after- effect of treatment, and how to better manage it with Oncology Patient Educator, Lynn Magrum, MSN, CANP. Please register by preceding day; if registration must be cancelled, please call 703-698-2526 ASAP.

**Walking for Fitness**

**44084 RP, Tue, Feb 4-Mar 25,**

**9:30-10:30am**

Enhance your fitness and enjoy the camaraderie of walking with others on paved paths in Lansdowne. Dress comfortably, bring a water bottle; pedometers will be provided. Class meets weekly (walk inside on rainy days). Facilitator: Jenny Townsend. Registration is required.



Life with Cancer programs and services are available at no cost thanks to the generosity of individual donors, corporations and foundations. Each contribution to Life with Cancer is fully tax deductible and directly helps people in our community who are living with cancer. Can you help?

Yes! I want to help Life with Cancer support individuals and families living with cancer.

I am enclosing the following donation:

\$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 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRI/SAT/SUN



**Life with Cancer™**  
Experience a Community of Hope



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1 2 1:30pm Ostomy Group of Northern Virginia, PCC
3 10:30am Fitness for Wellness with Nancy, 44084 RP 12pm Mind Body Stress Reduction-Gentle Yoga with Ladan, 3700 A 6pm Orientation to LWC, FC 6:15pm Gentle Yoga for Cancer Survivors, IAH-HEC	4 9:30am Walking for Fitness, 44084 RP 11am Mind Body Stress Reduction...Pat Fitzsimmons, 44084 RP 12pm Brain Tumor Group-Fairfax, FC 5:30pm Yoga for Breast Cancer Survivors, FC 5:30pm Good Grief for Children, FC 6pm Young Women with Breast Cancer Support Group, FC 7pm Zumba - Bilingual,FC 7pm Knitting and Crocheting Circle,FC 7:15pm Good Grief for Adults, FC	5 3pm Meditation and Guided Imagery with Micheline, FC 5:15pm Curious About Cancer, FC 5:30pm Breast Cancer Support Group, IFHC 7pm Dancing to Wellness, FC 7pm Cutaneous Lymphoma Support Group, FC	6 11am Mind Body Stress Reduction-Gentle Yoga with Ladan, 44084 RP 1pm Gentle Yoga with Jenn Fay, FC 2pm Guided meditation with Jenn Fay, FC 7pm Drumming for Well-Being, FC	7 00pm Coalesce: An Advanced Breast Cancer Support Group, FC 1:30pm Tai Chi and Qi Gong for Health and Wellness, 3700 A 8 10am Carcinoid (neuroendocrine) Cancer Group, FC 10am Look Good....Feel Better, ILH-R 9
10 10:30am Fitness for Wellness with Nancy, 44084 RP 12pm Art for Wellness and Growth, FC 12pm Mind Body Stress Reduction-Gentle Yoga with Ladan, 3700 A 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 6:15pm Gentle Yoga for Cancer Survivors, IAH-HEC 7pm Reiki for Relaxation, FC 7pm Look Good...Feel Better, FC 7pm Caregiver Connection, FC	11 9:30am Walking for Fitness, 44084 RP 10:30am Spirituality Quest Group, FC 11am Mind Body Stress Reduction...Pat Fitzsimmons, 44084 RP 12pm Cooking for the Health of It: Health Benefits of Soup, FC 12:30pm Fighting Fatigue, IFOH-3 1pm Level I Exercise: Launching into Fitness, FC 2:30pm Writing Your Memoirs and Life Stories, FC 5:30pm Good Grief for Children, FC 5:30pm Yoga for Breast Cancer Survivors, FC 6pm Man to Man: A Prostate Cancer Support Group, LCSC 6:30pm Young Women with Breast Cancer, IAH-CCW 7:15pm Good Grief for Adults, FC 7:30pm Prostate Cancer Support Group, FC	12 1pm Fighting Cancer with a Fork, IAH-CCW 2pm Chocolate Therapy for Valentine's Day, FC 2pm Level II Exercise: Chair-Based, FC 3pm Level IV Exercise: Fitness Fusion, FC 3pm Meditation and Guided Imagery with Micheline, FC 5:1 pm Curious About Cancer, FC 5:30pm Head and Neck Cancers Group, IFHC 6pm Breast Cancer Support and Education Group, IMVH-CC 6:30pm Good Grief for Teens, FC 6:30pm Latinos Unidos, AFC 6:30pm Lung Cancer Support Group, FC 7pm Tools for Couples-Fairfax, FC	13 9:30am What to Expect During Chemo, FC 10amLook Good...Feel Better, IAH-CCW 11amOrientation to LWC, FC 11amMind Body Stress Reduction-Gentle Yoga with Ladan, 44084 RP 11amKnitting & Crocheting Circle, ILPO-I 12pm Arte Para Salud y Crecimiento, FC 1pm Gentle Yoga with Jenn Fay, FC 1pm Art for Wellness and Growth, FC 2pm Guided meditation with Jenn Fay, FC 6pm Knitting for Teens, FC 6:30pm Melanoma Group, FC 7pm Blood Cancers Group, FC	14 00pm Coalesce: An Advanced Breast Cancer Support Group, FC 10:30am Drumming for Well-Being, FC 12pm Living with Advanced Disease, IFOH-1 1:30pm Tai Chi and Qi Gong for Health and Wellness, 3700 A 15 1pm Relaxation Workshop, FC 16
17 10:30am Fitness for Wellness with Nancy, 44084 RP 12pm Mind Body Stress Reduction-Gentle Yoga with Ladan, 3700 A 2pm Level II Exercise: Chair-Based, FC 3pm Level III Exercise-Keeping Fit, FC 6pm Orientation to LWC, FC 6:15pm Gentle Yoga for Cancer Survivors, IAH-HEC	18 9:30am Walking for Fitness, 44084 RP 11am Mind Body Stress Reduction...Pat Fitzsimmons, 44084 RP 11:45am Multiple Myeloma Group, FC 12:30pm Understanding "Chemobrain", ILPO-I 1pm Level I Exercise: Launching into Fitness, FC 5:30pm Good Grief for Children, FC 5:30pm Yoga for Breast Cancer Survivors, FC 5:30pm Brain Tumor Support Group-Loudoun, ILH-R 6pm Prostate Cancer Support Group, IAH-CCW 6:30pm Teens: Meet the Nurse, FC 7pm Zumba - Bilingual, FC 7:15 pm Good Grief for Adults, FC	19 2pm Level II Exercise: Chair-Based, FC 3pm Level IV Exercise: Fitness Fusion, FC 5pm Ask the Expert: Integrative wellness techniques, IFOH-2 5:15pm Curious About Cancer, FC 5:30pm Breast Cancer Support Group, IFHC 6:30pm Good Grief for Teens, FC 7pm Tools for Couples, FC	20 11am Mind Body Stress Reduction-Gentle Yoga with Ladan, 44084 RP 11am- Creative Writing for Busy People, FC 1pm Gentle Yoga with Jenn Fay, FC 2pm Guided meditation with Jenn Fay, FC 6pm Seminars for Survivors, FC 6pm San Antonio Breast Cancer Update, FC	21 00pm Coalesce: An Advanced Breast Cancer Support Group, FC 10:15am Restorative Yoga with Judi, FC 1:30pm Tai Chi and Qi Gong for Health and Wellness, 3700 A 22 23
24 10:30am Fitness for Wellness with Nancy, 44084 RP 12pm Mind Body Stress Reduction-Gentle Yoga with Ladan, 3700 A 2pm Level II Exercise: Chair-Based, FC 3pm Level III Exercise-Keeping Fit, FC 4:30pm ABC's of Successful Weight Loss, FC 5pm Breast Cancer Support Group, ILH-R 6:15pm Gentle Yoga for Cancer Survivors, IAH-HEC 6:30pm Advanced Breast Cancer Support Group, ILH-R 6:30pm Latinas Unidas, FC	25 9:30am Walking for Fitness, 44084 RP 11am Mind Body Stress Reduction...Pat Fitzsimmons, 44084 RP 1pm Quilting with Sandi, FC 1pm Level I Exercise: Launching into Fitness, FC 2pm Women Living with Cancer, IAH-CCC 5:30pm Yoga for Breast Cancer Survivors, FC 5:30pm Good Grief for Children, FC 6pm Pediatric Oncology Parent Night, FC 7:15pm Good Grief for Adults, FC	26 2pm Level II Exercise: Chair-Based, FC 3pm Level IV Exercise: Fitness Fusion, FC 3pm Meditation and Guided Imagery with Micheline, FC 4:30pm Reiki for Relaxation, FC 5:15pm Curious About Cancer, FC 5:30pm Reiki for Relaxation, FC 5:30pm GYN Cancers Group, FC 6:30pm Good Grief for Teens, FC 7pm Tools for Couples, FC 7pm Reiki for Relaxation, FC	27 11am Creative Writing for Busy People, FC 11am Orientation to LWC, FC 11am Knitting & Crocheting Circle, ILPO-I 11am Mind Body Stress Reduction-Gentle Yoga with Ladan, 44084 RP 1pm Gentle Yoga with Jenn Fay, FC 2pm Guided meditation with Jenn Fay, FC 6:45pm Reiki for Relaxation, ILH-R 7pm Spiritual Support Group, CUMC-1 7:30pm Young Adult Group, FC	28 00pm Coalesce: An Advanced Breast Cancer Support Group, FC 10:15am Restorative Yoga with Judi, FC 12pm Living with Advanced Disease, IFOH-1 1:30pm Tai Chi and Qi Gong for Health and Wellness, 3700 A&B