



Life with Cancer®

MAY 2015

Life with Cancer Connect

A direct link to your support team
703.206.LIFE (5433)

HIGHLIGHTS

Ask the Expert: What you Need to know about Dental Health When you Have Cancer FC, Wed, May 13, 7-8pm

Pamela J. Gardner, DMD, Cert Oral Medicine, Dipl ABOM, Chief, Dental Consult Services at NIH will address oral complications of cancer treatment and how to minimize risk before, during and after treatment.

Healing Touch 44084 RP, Wed, May 20, 5-6pm and 7-8pm

Healing Touch is an energy therapy in which practitioners consciously use their hands and intent to promote health and wellbeing. Hands placed just above the body or with actual light touch. Bring a sheet, blanket and pillow. Dress comfortably. Registration is required. For further information please call Barbara McDonnell RN, MSN, CBCN 703.858.8867.

Planning Ahead: A Guide for Living Fully to the End FC, Thu, May 21, 6:30-8pm.

Marsha Komandt, RN, BSN, OCN® will present, "The Circle of Life: Beginnings

and Endings," comparing the natural process of birthing and dying and the changes that occur in the body. Register by May 19.

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

Join us for this last class in a series of four, and learn tools for communicating, taking care of one another and managing stresses related to illness. Facilitators: Micheline Toussaint, MSW, LCSW, RYT, and Drucilla Brethwaite, LCSW, OSW-C.

Orientation to Life with Cancer FC, Thu, May 14, 11:30am-12:30pm FC, Thu, May 28, 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.

Your Brain on Ink: Journaling for Greater Well-Being FC, Wed, May 6-20, 7-8:30pm

Decades of research clearly establish the transformative power of journal writing. In this six-week series, you will learn at least 10 different journaling techniques designed to offer greater insight, awareness and well-being. Informed by the newer findings in neuroscience, the journal exercises will also offer options to work with "chemo brain." No prior writing or

journaling experience is necessary and your entries will stay safely private. You will leave with a tool box of techniques that will help you author the next chapters of your life story. Instructor Deborah Ross LPC, CJT, is a licensed psychotherapist, certified journal therapist and author. Class size is limited. Bring a journal or note book. Suggested reading: Journal to the Self, by Kathleen Adams.

Look Good...Feel Better FC, Mon, May 18, 7-9pm

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

Survivorship: Open Discussion with Dr. Sarma regarding Late Effects of Cancer Treatments. 44084 RP, Tues, May 12, 6:30-8pm

Survivorship is an area that brings many questions from patients after they complete their cancer treatments. What are some of the late effects of treatments and how should they be managed if they occur. Dr. Amit Sarma from Virginia Cancer Specialists will have an open dialogue with you to answer your survivorship questions and provide you with helpful information. Please register.

About Life with Cancer®

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

Class Registration Information

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

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BREAST CANCER SUPPORT GROUPS/CLASSES

Advanced Breast Cancer Support Group

ILH-R , Mon, May 18, 6:30-8pm

For those who have had a recurrence or have metastatic breast cancer. Please register. Facilitators: Sabine Gnesdiloff, LCSW, OSW-C and Christine Stone, RN, MSN.

Breast Cancer Support Group IFMC, Wed, May 6 & 20, 5:30-7pm

Learn, discuss and gain support from others who understand the concerns and challenges you face. On May 20, Dr. Michael Stamatakos will share his expertise as a pathologist at Inova Fairfax Medical Campus. Co-facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®.

Breast Cancer Support and Education IMVH-CC, Wed, May 18, 6-8pm

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

Breast Cancer Support Group ABEHC, Wed, May 13, 6-7:30pm

Current and former breast cancer patients are invited to join oncology nurse navigator Michele Reddick and an oncology therapist to discuss, learn, and share the challenges of breast cancers. Please call Michele Reddick 703.664.7488 to register.

Breast Cancer Support Group ILH-R , Mon, May 18, 5-6:30pm

For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Please register. Facilitators: Sabine Gnesdiloff, LCSW, OSW-C and Christine Stone, RN, MSN.

Breast Cancer Support Group 3580-001, Wed, May 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.

Breast Cancer Surgery Preparation

3580-005, Mon, May 11, 12-1:30pm

3580-005, Wed, May 20, 12-1:30pm

Nurse Navigator Gale Towery, RN, BSN, OCN®, CABCN, 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. Lots of information; bring a friend or relative. To register call 703.391.4673.

Coalesce

FC, Fri, May 1-29, call for time

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

Triple Negative Breast Cancer "Mocktail" Party!

44084 RP, Wed, May 27, 6:30-8pm

Come for "mocktails", cheese & crackers and learn more about Triple Negative Breast Cancer. Survivor Tracy Bunch will share the recent research efforts, educational programs and financial resources available including The Triple Negative Breast Cancer Foundation. Registration required.

Young Women with Breast Cancer - 2 Locations!

IAH-CCW, Tue, May 12, 6:30-8pm

FC, Tue, May 19, 6:30-8pm

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



Location Key:

3580-001: Inova Fair Oaks Cancer Center, 3580 Joseph Siewick Drive, Lower Level, Fairfax, VA 22033

3580-005: Inova Fair Oaks Cancer Center, Life with Cancer Suite 3580 Joseph Siewick Drive, Fairfax, VA 22033

3580-D: Inova Fair Oaks Radiation Oncology Center Conference Room D 3580 Joseph Siewick Drive, Lower Level, Fairfax, VA, 22033

44084 RP: 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176

ABEHC: Alexandria Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, VA, 22304

APS: Art Pottery Studio, 4810 Tabard Place, Annandale, VA, 22003

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, 22031-4505 www.lifewithcancer.org

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

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

Curious about Cancer**FC, Wed, May 6-27, 5:15-6:15pm**

Children ages 5-12 will learn about cancer through age appropriate discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer. For more information contact Jenny Eckert, LCSW, Children's Program Coordinator at 703.698.2536 or jennifer.eckert@inova.org.

Pediatric Oncology**Parent Night: Tools for Couples****FC, Tue, May 26, 6-8:30pm**

A child's diagnosis of cancer can be very stressful for parents and the couple's relationship. Come join us for a special program, focusing on communication, taking care of one another, and managing stresses related to your child's illness. Speaker: Drucilla Brethwaite, LCSW, OSW-C, Life with Cancer. A separate children's activity group for kids 5 - 12 will be offered. Co-sponsored by the Leukemia and Lymphoma Society and DC Candlelighters. Please register with Connie Connor, LCSW at 703.531.1515; constance.connor@inova.org.

SPECIAL
SPEAKER!

Want to receive weekly updates from Life with Cancer?

Sign up for
Life with Cancer Email News

You will receive timely information about

- Program Highlights
- Fundraisers
- Weather Closings

It's Easy!

1. Go to www.lifewithcancer.org
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.

Art for Wellness and Growth-2 Locations!**FC, Thu, May 21, 1-4pm****FC, Fri, May 22, 12-3pm****44084 RP, Fri, May 8, 12-2pm**

Explore your creativity, using art for wellness, insight, and personal growth. Experience is NOT necessary - just a willingness to explore, have some fun and be part of a supportive, creative community. Register by previous Tuesday. FC Art therapist Jean McCaw, LCPAT, ATR-BC. ILH-R Art Therapist, Sarah H. Schmidt, MA. Registration required.

Drumming for Well-Being**44084 RP, Thu, May 7, 6:30-8pm**

Come share the beat! Therapeutic drumming is an ancient approach that uses rhythm to promote self-expression and empowerment. Recent research reviews indicate that drumming boosts the immune system. Registration required.

**Finding Your Way with Clay****APS, Tue, May 12 & 26, 10:30-12:30am**

This 2-part class is open to those who are currently in treatment, recently off treatment, and who have never taken this class before. Award winning, professional ceramic artist and cancer survivor Susan Fox-Hirschmann will assist as students create fun pieces in wet clay in the first session and then return to paint colorful glazes on their work in the second session. Relax, enjoy and find your (hidden?) creative self. Must be able to attend both sessions! Classes are held Susan's studio in Annandale. Registration is required by preceding Friday.

**Knitting and Crocheting Circle****FC, Tue, May 5, 7-8:30pm****FC, Fri, May 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. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. Please register.

Making Sense of Your Story**FC, Wed, May 13, 12:30-2:30pm**

Class continues for those already registered. Remaining sessions are on Jun 10, Jul 8, Aug 12, Sept 9, Oct 14, Nov 11 & Dec 9. Facilitated by Oncology Therapist Micheline Toussaint, LCSW, RYT and Art Therapist Jean McCaw, LCPAT, ATR-BCMA, ATR-BC. Please call Micheline Toussaint if interested at 703.698.2521.

Words for Healing**IAH-CCC, Tue, May 26, 6-8pm**

This class will help you tap into your inner voice for creative self-expression through writing, word art and journal making. No writing or artistic ability is required, just a willingness to explore your creative self in a safe and supportive environment. Facilitators: Cancer Survivor and Writer Michelle Berberet, MCRP, and Christine Makris. Limited space, please register.

Writing Your Memoirs and Life Stories**FC, Thu, May 21, 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. Facilitator: Lynn Magrum, MSN, CANP, AOCN. Please register, ASAP.

**Your Brain on Ink: Journaling for Greater Well-Being****FC, Wed, May 6-20, 7-8:30pm**

See front page 1 for details.

Gift In-Kind Donations

Life with Cancer accepts gently used wigs, which we collect for refurbishing and redistribution by E-Beauty.com.

We cannot accept any other used items including books, CDs, or personal items.

New items may be accepted at our discretion.

Dancing to Wellness

FC, Wed, May 13, 7-8:30pm

Music and dance are therapeutic; provide great exercise and fun for singles and couples. Group members vote for the evening's dance theme ranging from waltz to blues, swing to salsa, Argentine tango to merengue. Marc Shepanek, dance teacher, performer and cancer survivor, makes it easy and fun. Registration is required. If attending for the first time in 2015, bring a signed "Physical Activity Waiver" (available online) to class.

Feldenkrais

3580-005, Thu, May 7-28, 10:30am-12pm

The Feldenkrais Method® is a mental and physical improvement system based on discovering natural and efficient ways of moving your mind and body. It is intended to improve the sensibility, awareness, and quality of movement through one's own body feedback. Monica Browne, GCFP, teaches gentle and effective movement sequences to offer ways to move better, improve posture, and reduce pain. Registration required. Bring a signed "Physical Activity Waiver" (available online) to first class.

Fitness for Wellness

44084 RP, Fri, May 1-29, 10:30-11:30am

44084 RP, Mon, May 4-18*, 10:30-11:30am

*Note: No class May 25. This class can help to increase endurance, range of motion, flexibility, balance, energy level, muscle strength and reduce stress. Attend either or both Monday and Friday sessions, but register separately for each. Attendance for all classes is encouraged. Dress comfortably. If attending for the first time in 2015, bring a signed "Physical Activity Waiver" (available online) to first class. Easy and fun. Registration is required.



Level I-IV Exercise Classes,

Please Note: These classes are taught by Susan Gilmore, MS who is certified by the American College of Sports Medicine as a Cancer Exercise Trainer. Registration is required for each class series. If attending any of these classes for the first time in 2015, bring a signed "Physical Activity Waiver" (available online) to first class.

Level I Exercise: Launching into Fitness

FC, Tue, May 5-26, 1-1:45pm

This series is required before advancing to Levels II-IV exercise classes. It will help to assess your fitness level and help you to gain strength, flexibility and stamina, especially if you are experiencing neuropathy, balance or low energy issues.

Level II Exercise: Chair-Based

FC, Mon, May 4-Jun 22, 2-2:45pm

FC, Wed, May 6-Jun 24, 2-2:45pm

Note: No class May 25. This class will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles. Register separately for Monday and/or Wednesday classes.

Level III Exercise: Keeping Fit

FC, Mon, May 4-Jun 22, 3-4pm

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

Level IV Exercise: Fitness Fusion

FC, Wed, May 6-Jun 24, 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.

Stronger Body After Cancer

3580-D, Wed, May 6-27, 7-8pm

Whether you are a survivor in treatment or perhaps years out, this class will help you build a stronger body with the use of bands, medicine balls, light weights and low impact body weight exercises. This class will help you build muscle, teach you the proper way to exercise and can be modified for all physical strengths and limitations. Attend each class for greatest benefit. Equipment is provided. Dress comfortably and bring a water bottle. If attending for the first time in 2015, bring a signed "Physical Activity Waiver" (available online) to first class.

Zumba!

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

Please register under "Zumba-Bilingual". Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of wellbeing. If attending for the first time in 2015, bring a signed "Physical Activity Waiver" (available online) to first class.

MEDITATION, QIGONG, REIKI, TAI CHI, YOGA

Gentle Yoga with Jenn- Day & Evening!

FC, Mon, May 4, 7-8:30pm

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

Gentle Yoga uses conscious breathing and postures to promote body awareness and postural alignment which brings a deep sense of peace. Each class includes movements that stretch, strengthen and relax muscles. These movements improve flexibility of the spine and general range of movement. Joints are lubricated as bone density strengthens. Concentration is improved along with balance. Register separately for day and/or evening classes. Bring a blanket for comfort. Registration is required. If attending for the first time in 2015, bring a signed "Physical Activity Waiver" (available online) to first class. Instructor: Jenn Fay RYT.

Gentle Yoga- Loudoun- Day & Evening!

44084 RP, Mon, May 4-Jun 15*, 7-8:30pm.

44084 RP, Thu, May 7-Jun 18, 11am-12:30pm

*No class May 25. This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen your body, increase stamina and flexibility while helping you detoxify. Restore your body and emotional balance and connect with your inner healing forces. Attendance at all sessions is recommended for greatest benefit. Register separately for day and/or evening classes. Bring a blanket for comfort. Registration is required. If attending for the first time in 2015, bring a signed "Physical Activity Waiver" (available online) to first class. Monday instructor: Vicki Vo.; Thursday instructor: Ladan Judge.

Laughter Yoga

FC, Thu, May 14, 2-3pm

Practiced while sitting in a chair, Laughter yoga is a combination of intentional, playful laughs and deep breathing exercises that provide the benefits of improved oxygen levels, lung capacity and reduced stress. Instructor: Jenn Fay, MA, RYT. Please register.

Meditation

FC, Wed, May 6 and 20, 3-4pm

FC, Thu, May 7, 2-3pm

Join in a relaxing exploration of the power and benefits of meditation. Each weekly session begins with breath-work and a relaxation technique that leads into a guided meditation. Come to one or come to all, but please register by preceding day. Wednesday facilitator: Micheline Toussaint, LCSW, RYT. Thursday facilitator: Jenn Fay, RYT.

Reiki for Relaxation

FC, Mon, May 11, 4:30, 5:30 and 7pm

FC, Wed, May 27, 4:30, 5:30 and 7pm

Call 703.698.2526 after May 1 to schedule your appointment. 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. Bring a blanket! Dress comfortably. If you must cancel your appointment, please call ASAP, 703.698.2526.

Reiki for Relaxation

44084 RP, Thu, May 28, 6:45-8pm

Rebalance and recharge your body's energy systems while relaxing to live harp music. Registration is required.

Restorative Yoga with Ladan

44084 RP, Tue, May 5-Jun 16, 11am-12:30pm

This class includes gentle stretches, breath work and guided meditation combined with restorative poses to deepen the relaxation response. Registration required. If attending for the first time in 2015, please bring a signed "Physical Activity Waiver" (available online) to first class. Instructor: Ladan Judge, RYT.

Restorative Yoga with Judi

FC, Fri, May 1-15 and 29*, 10:15-11:30am

*No class May 22. This class uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. If attending for the first time in 2015, please

bring a signed "Physical Activity Waiver" (available online) to first class. Instructor: Judi Eskovitch, RYT.

Tai Chi

3580-005, Thu, May 7-Jun 25, 1-2:30pm

Tai Chi Ch'uan is a Chinese martial art that uses slow, fluid body movements to enhance wellness, longevity and internal peace. Kurt Von Quintus will teach movements of the Wu-style form. Learn simple steps and then build upon them to perform more complex movements. Exercises in breathing and postural alignment will also be shown. Dress comfortably; wear closed-toed shoes. If attending for the first time in 2015, please bring a signed "Physical Activity Waiver" (available online) to first class.

Yoga for Breast Cancer Survivors

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

Join us for these last two sessions. New session begins May 19; see description, below.

Yoga for Breast Cancer Survivors

FC, Tue, May 19-June 23, 5:30-6:45pm

In this six-week series, Catherine Syron, RYT, will teach yoga poses for Breast Cancer patients/survivors. Wear comfortable, loose clothing. Registration is required by May 15. Bring completed waiver (available online) to first class. Physician approval is required if you have had surgery within six weeks. If attending for the first time in 2015, bring a signed "Physical Activity Waiver" (available online) to first class.

NUTRITION

Ask the Expert - Nutrition

FO 3580-CR, Wed, May 19, 5-6pm

Deb Rowland, RD, CSO will present, "Hot Topics in Cancer and Nutrition", including the latest research to help you decipher what you need to know. Come with your questions- she is ready to bust some myths!

Diet, Exercise and a Healthy You

FC, Tue, May 12, 10:30-11:30pm

Going through cancer treatments and getting back to "normal" can wreak havoc with one's appetite and activity level. Certified specialist in oncology nutrition and fitness expert Julie Thorsen, RD, will provide an overview of diet and physical activity recommendations for patients, survivors, and family members. Register by preceding Friday.

Fighting Cancer with a Fork - 3 Locations!

3580-001, Tue, May 19, 12-1pm

FC, Wed, May 20, 5:30-6:30pm

IAH-CCC, Wed, May 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 online for 3580-001 and FC classes, Call 703.507.7923 to for IAH-CCC class.



SPANISH

Arte Para Salud y Crecimiento

FC, jueves, 21 de mayo, 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.

Tomando Control de Su Salud

FC, jueves, 4 de junio-9 de julio, 6:30-8pm

¡Un Taller Especial. Una nueva serie de seis semanas. Aprender a tomar control de su salud. La Dra. María Schaart nos compartirá un programa durante seis semanas que nos dará las herramientas necesarias para manejar nuestros síntomas y problemas de salud. Asistencia requerida a todas las seis sesiones. Cupo limitado. Registración mandataria llamando a Débora Haynes al 703-698-2539.

Zumba - Bilingual

FC, Martes, 5-26 de mayo, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que hagas ejercicio, y que lo disfrutes. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general. Para más información, llamar a David McGinness al 703.698.2529.

SPIRITUALITY

Spiritual Support Group **CUMC-1, Thu, May 28, 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. For more information, contact Dana Neese, Christ United Methodist Church, 703.690.3401.

Spirituality Quest **FC, Tue, May 12, 10:30am-12pm**

Join us on the second Tuesday of the month to explore our spiritual paths. Topic and guest speaker for May: "The Power of Thoughts and Words" with Jenn Fay, RScP. Facilitator: Marsha Komandt, RN, OCN®. Please register by preceding day.



primary malignant or benign brain tumors. FC facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW. ILH-R facilitators: Neurological Care Nurse, Vera Hirshman, RN, and Roberta Quirk, MSW.

Carcinoid Cancer Group **FC, Sat, May 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 **3580-005, Wed, May 27, 6:30-8pm**

Connect with others who are caring for a loved one with cancer or chronic illness and explore topics of concern. This month's educational topic will be nutrition. Facilitated by an oncology nurse navigator and an oncology therapist. Registration required.

Caregiver Connection **FC, Mon, May 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. Facilitator: Drucilla Brethwaite, LCSW, OSW-C.

Caregiver Connection **ILH-R, Mon, May 11, 6:30-8pm**

Meet for ongoing support in dealing with the challenges of care-giving. Learn coping strategies and information related to cancer and its treatments. Please register. Facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN, BSN.

Cutaneous Lymphoma Support Group

FC, Wed, May 6, 7-9pm

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease.

Good Grief

FC, Tue, May 5-Jun 9, 7:15-9pm

Group continues for those already registered. For information on the next eight-week session or to arrange individual bereavement counseling please contact David McGinness, MSW, LCSW, 703.698.2529 david.mcginness@inova.org.

GYN Cancer Support Group - 2 Locations!

3580-001, Tu, May 19, 6:30-8pm **FC, Wed, May 27, 5:30-7pm**

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

Head and Neck Cancers Group **IFMC, Wed, May 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.

Living with Advanced Disease **IFOH-1, Fri, May 8 & 22, 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. Please call 703.391.3758 for more information. Registration encouraged.

Lung Cancer Support Meeting **FC, Wed, May 6, 6:30-8pm**

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. FC facilitators: Carrie Friedman, RN, BS, OCN® and David McGinness, LCSW.

SUPPORT GROUPS

Blood Cancers Group **FC, Thu, May 14, 7-8:30pm**

This group is for individuals with leukemia or lymphoma and their support people. Aarthi Ganesh Shenoy, M.D., MedStar Washington Hospital Center will provide an update on the American Society of Hematology Conference. 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 Wednesday.



Brain Tumor Group - 2 Locations! **FC, Tue, May 12, 6-7:30pm**

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

This monthly meeting invites adult patients and family members to share and learn ways to meet the challenges of living with

Feeling a little overwhelmed? Life with Cancer can help...

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

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

To determine if you or your family might benefit from these professionals, just call

Life with Cancer Connect 703-206-LIFE (5433).

Melanoma Group

FC, Thurs, May 7, 6:30-8pm

In honor of Melanoma Awareness Month, Drs. Suraj S. Venna and Sekwon Jang from Inova's new Melanoma and Skin Cancer Center will present the latest in Melanoma treatment and research. Co-facilitators David McGinness, LCSW, and Marsha Komandt, OCN. This quarterly group is sponsored by the Ashley Fister Cole Foundation. Light refreshments, please register by Tues, May 5.

MAY IS
MELANOMA
AWARENESS
MONTH!

Multiple Myeloma

FC, Tue, May 19, 11:45am-1:30pm

Mark Roschewski, M.D. Center for Cancer Research, Lymphoid Malignancies Branch National Cancer Institute will speak on "Clinical Trials and Multiple Myeloma." Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, please register.

SPECIAL
SPEAKER

Prostate Cancer Support Group - 2 Locations!

LCSC, Tue, May 12, 6-8pm

IAH-CCW, Thu, May 14, 6-7:30pm

Meet with others to share experiences and to learn from one another in these monthly meetings. Speakers will be scheduled for a portion of the meetings as members identify their interests.

SPECIAL
SPEAKER

Prostate Cancer Support Group

FC, Tue, May 12, 7:30-9pm

Dr. Robert Reid will present, "Treatment Options for Advanced Prostate Cancer Disease". Please register.

Women's Survivorship Group

ILH-R, Thu, May 14, 6:30-8pm

Many women find it difficult to resume their life as they knew it prior to cancer. Transitioning from treatment may be difficult and have an impact on quality of life. Through discussion, problem solving and other modalities such as art and guided meditation, this group will help you gain insight and balance to your life after cancer. Please register for this group if you have completed treatment. Facilitators: Karen Archer, MSW and Sandra Weller, LCSW, OSW-C.

Young Adult Group

FC, Thu, May 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.

Mantua Elementary School Kids Care Club

15th Anniversary

Mantua Raccoon Run

5K & 1 mile Fun Run/Walk

Saturday, May 9, 2015

8:00 AM

9107 Horner Court, Fairfax, VA 22031

Kick off Mother's Day week end with this great family- focused event while enjoying a run/walk on the tree-lined streets of the Mantua.

To register go to: www.raccoonrun.org

All proceeds benefit Inova Life with Cancer

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

Oncology Massage and Body Work

Life with Cancer Family Center

8411 Pennell Street

Fairfax, VA 22031

Monday – Friday

Life with Cancer Studio

44084 Riverside Pkwy, LL, Ste 400

Leesburg, VA 20176

Tuesdays and some Saturdays

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

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.

MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				<p>1 Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Fitness for Wellness (44084 RP)</p> <p>2 Lobster Extravaganza! www.lobstertextravaganza.org</p> <p>3</p>
<p>4 10:30am Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 7pm Evening Yoga with Vicki (44084 RP) 7pm Evening Gentle Yoga with Jenn Fay (FC)</p>	<p>5 11am Restorative Yoga with Ladan (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)</p>	<p>6 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation with Micheline (FC) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Group (IFMC) 6:30pm Lung Cancer Group (FC) 7pm Your Brain on Ink (FC) 7pm Tools for Couples (FC) 7pm Stronger Body After Cancer (3580-D) 7pm Cutaneous Lymphoma Group (FC)</p>	<p>7 10:30am Feldenkrais (3580-005) 11am Gentle Yoga with Ladan (44084 RP) 1pm Gentle Yoga with Jenn (FC) 1pm Tai Chi (3580-005) 2pm Meditation with Jenn Fay (FC) 6:30pm Melanoma Group (FC) 6:30pm Drumming for Well-Being (44084 RP)</p>	<p>8 Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Art for Wellness and Growth (44084 RP) 12pm Living with Advanced Disease (IFOH-1)</p> <p>9 8am Raccoon Run, Mantua 10am Carcinoid Cancer Group (FC)</p> <p>10</p>
<p>11 10:30am Fitness for Wellness (44084 RP) 12pm Breast Cancer Surgery Preparation (3580-005) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Reiki for Relaxation (FC) 7pm Evening Yoga with Vicki (44084 RP) 7pm Caregiver Connection (FC)</p>	<p>12 10:30am Spirituality Quest (FC) 10:30am Diet Exercise and a Healthy You (FC) 10:30am Finding Your Way with Clay (APS) 11am Restorative Yoga with Ladan (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Brain Tumor Group (FC) 6pm Prostate Cancer Group (LCSC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 6:30pm Survivorship: Open Discussion with (44084 RP) 7pm Zumba! (FC) 7:15pm Good Grief (FC) 7:30pm Prostate Cancer Group (FC)</p>	<p>13 12:30pm Making Sense of Your Story (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Group (3580-001) 5:30pm Head and Neck Cancers Group (IFMC) 6pm Breast Cancer Group (ABEHC) 7pm Ask the Expert: Dental Health (FC) 7pm Dancing to Wellness (FC) 7pm Your Brain on Ink (FC) 7pm Stronger Body After Cancer (3580-D)</p>	<p>14 10:30am Feldenkrais (3580-005) 11am Gentle Yoga with Ladan (44084 RP) 11:30am Orientation to Life with Cancer (FC) 1pm Tai Chi (3580-005) 1pm Gentle Yoga with Jenn (FC) 2pm Laughter Yoga (FC) 6pm Prostate Cancer Group (IAH-CCW) 6:30pm Women's Survivorship Group (ILH-R) 7pm Blood Cancers Group (FC)</p>	<p>15 Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Fitness for Wellness (44084 RP) 1pm Knitting and Crocheting Circle (FC)</p> <p>16</p> <p>17</p>
<p>18 10:30am Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5:30pm Breast Cancer Group (ILH-R) 6pm Breast Cancer Support and Education (IMVH-CC) 6:30pm Advanced Breast Cancer Group (ILH-R) 7pm Evening Yoga with Vicki (44084 RP) 7pm Look Good...Feel Better (FC)</p>	<p>19 11am Restorative Yoga with Ladan (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (3580-001) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Brain Tumor Group (ILH-R) 5pm Ask the Expert - Nutrition (FO 3580-CR) 6:30pm GYN Cancer Group (3580-001) 6:30pm Young Women with Breast Cancer Group (FC) 7pm Zumba (FC) 7:15pm Good Grief (FC)</p>	<p>20 12pm Breast Cancer Surgery Preparation (3580-005) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation with Micheline (FC) 5pm Healing Touch (44084 RP) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Group (IFMC) 5:30pm Fighting Cancer with a Fork (FC) 6pm Healing Touch (44084 RP) 7pm Your Brain on Ink (FC) 7pm Stronger Body After Cancer (3580-D)</p>	<p>21 10:30am Feldenkrais (3580-005) 11am Gentle Yoga with Ladan (44084 RP) 1pm Art for Wellness and Growth (FC) 1pm Tai Chi (3580-005) 1pm Arte Para Salud y Crecimiento (FC) 2:30pm Writing Your Memoirs and Life Stories (FC) 6:30pm Planning Ahead (FC)</p>	<p>22 Coalesce (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Living with Advanced Disease (IFOH-1) 12pm Art for Wellness and Growth (FC)</p> <p>23</p> <p>24</p>
<p>25 Memorial Day</p>	<p>26 10:30am Finding Your Way with Clay (APS) 11am Restorative Yoga with Ladan (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Words for Healing (IAH-CCC) 6pm Pediatric Oncology Parent Night (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)</p>	<p>27 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 4:30pm Reiki for Relaxation (FC) 5:15pm Curious about Cancer (FC) 5:30pm GYN Cancers Group (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Triple Negative Mocktail Party! (44084 RP) 6:30pm Caregiver Connection (3580-005) 7pm Reiki for Relaxation (FC) 7pm Stronger Body After Cancer (3580-D)</p>	<p>28 10:30am Feldenkrais (3580-005) 11am Gentle Yoga with Ladan (44084 RP) 1pm Tai Chi (3580-005) 6pm Orientation to Life with Cancer (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Spiritual Group (CUMC-1) 7:30pm Young Adult Group (FC)</p>	<p>29 Coalesce (FC) 10:15am Restorative Yoga with Judi (FC) 10:30am Fitness for Wellness (44084 RP)</p> <p>30</p> <p>31</p>