



Life with Cancer®

NOVEMBER 2014

HIGHLIGHTS

5th Annual Shine a Light on Lung Cancer **FC, Thu, Nov 20, 6-8:30pm**

Please join us for our 5th annual Shine a Light on Lung Cancer event cosponsored by Inova Life with Cancer and the Lung Cancer Alliance. Come hear from physicians and patients about the latest information in the lung cancer community. It will be a night filled with hope and education. Dinner provided. Registration necessary.

Ceremony of Remembrance **FC, Thu, Nov 6, 6:30-8pm**

Those who have lost a loved one to cancer are invited to attend a reception and ceremony of remembrance. Please bring a photograph or small memento to share. Registration is necessary. To register call 703-698-2526 and to give the name of your loved one to be remembered.

Elements of Mind-Body: Exploring Techniques to Reduce Distress, Ease Pain and Promote Wellness **FC, Wed, Oct. 22, 29, Nov 5, 12, 7-8:30pm**

During this four-week series you will learn a variety of mind-body techniques including 1. Stress Response and Breath work, 2. Eating and Movement, 3. Biofeedback and Guided Imagery, 4.

Body Scan, Progressive Muscle Relaxation and Mandalas. Attend one or all sessions but please register. Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Micheline Toussaint, LCSW, RYT.

Feeling a Little Irritable? **FC, Tue, Nov 18, 6:30-8:30pm**

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

Planning Ahead: A Guide for Living Fully to the End **FC, Tue, Nov 18-Dec 9, 6:30-8pm**

This four-week series is for anyone, wherever you are on your cancer journey. Sessions include Developing a Road Map to Dealing with a Chronic Disease, Reviewing the Circle of Life, Creating Your Legacy, Looking at Practical and Legal Issues, Planning a Celebration/Remembrance Service. For dates of specific topics and with questions, contact Marsha Komandt, RN, OCN® 703-698-2530.

Orientation to Life with Cancer **FC, Mon, Nov 3 & 17, 6-7pm** **FC, Thu, Nov 13, 11:30am**

This is a one-hour session offered multiple times monthly for those who are new to Life with Cancer. Learn about

who we are, what we do, staff and services available at our various locations, take a tour of our Family Center and have your specific questions answered. Please register by preceding day.

GENERAL INTEREST

Dancing to Wellness **FC, Wed, Nov 12, Dec 10, 7-8:30pm**

Music and dance are therapeutic and can provide great exercise and fun for singles and couples. This class will highlight music from the 1930's and 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.

Good Grief for Adults **FC, Tue, Nov 4, 7:15-9pm**

Series continues for those already registered. Next 8 week series will begin in January 2015. Individual grief counseling is also available.

Knitting and Crocheting Circle **FC, Tue, Nov 4, Dec 2, 7-8:30pm** **FC, Fri, Nov 21, Dec 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

About Life with Cancer®

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

Class Registration Information

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

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Location Key:

44084 RP: 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

FO-3580-001/CR/D:
Inova Fair Oaks Radiation
Oncology Center,
3580 Joseph Siewick Drive,
Fairfax, VA 22033

IAH-CCC: Inova Alexandria Hospital-
Cancer Center Conference
Room,
4320 Seminary Road,
Alexandria, VA 22304

IAH-CCW: Inova Alexandria Hospital
Cancer Center Waiting
Room, 4320 Seminary Road,
Alexandria, VA, 22304

IFHC: Inova Fairfax Hospital
for Children- Radiation
Oncology Conference Rm.,
3300 Gallows Road,
Falls Church, VA, 22042

IFOH-1: Inova Fair Oaks Hospital-
Conference Room 1,
3600 Joseph Siewick Drive,
Fairfax, VA 22033

ILH-R : Inova Loudoun Hospital-
Radiation Oncology Center,
44035 Riverside Parkway,
Ste. 100,
Leesburg, VA, 20176

ILPO-I: Inova Loudoun Physicians
Offices I,
44055 Riverside Parkway,
SUITE 210,
Leesburg, VA, 20176

IMVH-CC: Inova Mount Vernon Hospital,
2nd Floor, Conf. Rm C.,
2501 Parker's Lane,
Alexandria, VA, 22306

LCSC: Loudoun County Senior
Center,
21060 Whitfield Place,
Sterling, VA, 20165

PCC: Physicians Conference
Center
3300 Gallows Road,
Falls Church, VA, 22042

VA RUN: Virginia Run Community
Center,
15355 Wetherburn Court,
Centreville, VA, 20120

one to donate. All supplies will be provided.
Facilitator: Carolyn Sam, M.Ed. Please
register.

**Look Good...Feel Better
FC, Mon, Nov 10, Dec 8, 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
members/friends should not register. Co-
sponsored with American Cancer Society,
National Cosmetology Association and
Personal Care Products Council.

**Ostomy Support Group of
Northern Virginia
PCC, Sun, Nov 2, 1:30-3:30pm**

Join us for food, fun and fellowship.
For more information visit us at www.ostomysupportofnova.org.

EXPRESSIVE ARTS

**Art for Wellness and Growth
FC, Thu, Nov 20, 1-4pm
FC, Fri, Nov 21, 12-3pm**

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

**Drumming for Well-Being
FC, Wed, Nov 12, Dec 19, 10-11:30am**

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. No musical ability is and
all instruments are provided. Facilitators:
Drucilla Brethwaite, MSW, LCSW, OSW-C
and Jennifer Brothers. Register 24 hours in
advance.

Life with Cancer en Español



**Arte Para Salud y Crecimiento
FC, Thu, Nov 20, 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.

**Creando Caminos Nuevos:
Conferencia para Sobrevivientes
Hispanos
FC, Sat, Nov 8, 8:30-5pm**

Inova Life with Cáncer, la Sociedad de
Leucemia (LLS), y la American Society
of Clinical Oncology te invitan a esta
conferencia regional gratis para hispanos
sobrevivientes de cáncer. Mejora tu calidad
de vida informándote sobre necesidades
médicas, salud emocional y intimidad con
expertos de nuestra comunidad Latina.
Registración Mandataria llamando al 703-
698-2520.

**Latinas Unidas
FC, Mon, Nov 24, 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 más información,
llamar a Débora Haynes al 703.698.2539.

**Latinos Unidos
AFC, Wed, Nov 12, 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 mas
información, llamar a David McGinness al
703.698.2529.

**Zumba - Bilingual
FC, Tue, Nov 4-25, 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.

Making Sense of Your Story
FC, Wed, Nov 19, Dec 17, 12:30-2:30pm

Class continues for those already registered.

Poetry for Healing: Shimmering Voice on a Deep Ocean
FC, Mon, Nov 3, Dec 1, 12-2pm

Through poetry, journaling and writing we can pause and listen deeply to our bodies, hearts and minds. Through this process we can find our voices and find support. One need not be an experienced "writer" to attend this class; Wendi R. Kaplan, will show you how. Wendi MSW, CPT-M/S, LCSW, is the director of the Institute of Poetry Therapy and psychotherapist with more than twenty-five years' experience. Register by previous Friday.

Writing Your Memoirs and Life Stories

FC, Tue, Nov 4-Dec 2*, 3-4:30pm

*No class 11/25. This 4 week series will give you an opportunity to capture some of your favorite memories in writing.. No writing experience is necessary and all writing levels are welcome. Attendance at all four sessions is expected. Please register. Facilitator: Lynn Magrum , MSN, CANP, AOCN®.

FITNESS

Levels I-IV Exercise Classes are taught by ACSM certified Cancer Exercise Trainer Susan Gilmore. Completed registration and waiver (available online) are required each year. Questions? Contact Marsha Komandt, RN, OCN®, 703-698-2530.

Level I Exercise: Launching into Fitness

FC, Tue, Oct 28-Nov 18, 1-1:45pm

Those new to LWC's exercise program are required to attend at least two classes before progressing to other levels and no new registrants after Nov. 4). This series will help to assess your fitness level and is especially helpful for those with treatment limitations such as neuropathy, balance, and low energy.

Level II Exercise: Chair-Based
FC, Mon, Nov 17- Dec 8, 2-2:45pm
FC, Wed, Nov 12-Dec 10*, 2-2:45pm

*Note: No class Wed, Nov 26. LEVEL I EXERCISE IS A PREREQUISITE. This four week series will help to increase heart rate, range of motion, flexibility and tone and strengthen muscles. Attend either or

Support Life with Cancer . . .

Your participation in fundraising events will help us continue to provide programs and services in the community at no cost to cancer patients/survivors and their loved ones. Invite your friends and relatives!

26th Annual Virginia Run Thanksgiving Day Turkey Trot 5K Run/2K Walk

VA RUN, Thu, Nov 27, 8am

Register online NOW! Prices go up November 2

Join other Life with Cancer supporters and get a healthy start to Thanksgiving Day by signing up you, your family and friends today. Register before prices go up! Thank you Virginia Run Turkey Trot for the more than one million dollars this race has generated in support of Life with Cancer over the past 17 years. To register go to <http://varunturkeytrot.wix.com/2014>.

Shop for a Cause!

Bloomington's Tysons Corner

Thu, Nov 13, 6-9pm

Join fellow Life with Cancer Supporters for a fun shopping night. Ticket price includes a tantalizing sampling of the area's best restaurants and caterers. Beat the holiday rush with special savings! Check our website, www.lifewithcancer.org for information on ticket sales.

Life with Cancer's Annual Market Place

FC, Wed, Nov 19, 11am-3pm

Do some holiday shopping and support Life with Cancer. Your free admission includes lunch provided by Glory Days Grill and access to merchandise we all love, including: Pampered Chef, Tastefully Simple, etc.

both Monday and Wednesday sessions, but REGISTER SEPARATELY.

Level III Exercise: Keeping Fit
FC, Mon, Nov 17-Dec 8, 3-4pm

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

Level IV Exercise: Fitness Fusion

FC, Wed, Nov 12-Dec 10*, 3-4pm

*No class Nov 26. PREQUISITE: LEVELS I, II, III. This four-week series offers more intensive exercise modalities including dance aerobics, interval, resistance and core training.

Zumba!

FC, Tue, Nov 4-25, 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 well-being.

NUTRITION

Cooking for the Health of It
FC, Th, Nov 16, 12-1pm

It's a tempting time of year approaching, which means it's important to maintain some of our healthy eating habits along the way. Join Certified Nutritionist, Vanessa Spiller for another fun, interactive cooking demonstration class. She'll share her tips on the top GREENS to eat throughout this holiday season, plus she'll make them taste good!

Fighting Cancer with a Fork
FC, Wed, Nov 19, 5:30-6:30pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register 1 n 2 days in advance.

MEDITATION, REIKI, YOGA

Gentle Yoga with Jenn Fay
FC, Thu, Oct 9-Nov 20, 1-2pm

Learn movements to stretch, strengthen and relax muscles. Gentle yoga can be practiced while seated in a chair or on the floor. Space is limited; register ASAP. If full, preference given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT.

Laughter Yoga

FC, Thu, Nov 20, 2-3pm

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

Meditation with Jenn Fay

FC, Thu, Oct 9-Nov 13, 2-3pm

Join in a relaxing exploration of the power and benefits of meditation, facilitated by Jenn Fay, MA, RYT. We'll begin 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.

Meditation and Guided Imagery

FC, Wed, Nov 5, 12 & 19, 3-4pm

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

Life with Cancer is a member of
the Combined Federal Campaign

46283

and

United Way

#8225

Designate

Inova Health System Foundation
AND email sandra.white@inova.org

org

with a copy of your
signed designation form.

She will ensure that your gift is
designated to Life with Cancer.



Thank you for your support!

Reiki for Relaxation

FC, Mon, Nov 10, 4:30, 5:30, 7pm

Appointments do not open until the first of the month. A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably. Please register. If you cannot make your appointment, call 703-698-2526.

Restorative Yoga with Judi Eskovitz, RYT

FC, Fri, Nov 7-21, 10:15-11:30am

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. Please register separately for each class.

SPIRITUALITY

Spiritual Support Group

CUMC-1, Thu, Nov 20, 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, Nov 11, 10:30am-12pm

Join us on the second Tuesdays of the month to explore our spiritual paths. November's topic will be "Giving and Expressing Our Thanks". Please register by the preceding day.

BREAST CANCER

Breast Cancer Support Group

IFHC, Wed, Nov 5 & 19, 5:30-7pm

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

Coalesce

FC, Fri, Nov 7, 14, 21, call for time

FC, Fri, Dec 5, 12, 19

Women of all ages with advanced breast cancer are invited to 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.

Living with Breast Cancer: Education

FC, Tue, Nov 3-11, 6:30-8pm

This educational series continues with the following topics: Lymphedema, Relationships, and Survivorship.

Living with Breast Cancer: Exercise

FC, Tue, Oct 7-Nov 11, 5:30-6:15pm

This six-week series is paired with the education series which directly follows. Participation in the whole series is recommended for full benefit. Catherine Syron, RYT, will teach yoga poses for Breast Cancer patients/survivors. Wear comfortable, loose clothing. Registration is required. Bring completed waiver (available online) to first class. Physician approval is required if you have had surgery within six weeks.

Yoga for Breast Cancer Survivors

FC, Tue, Oct 7-Nov 11, 5:30-6:45pm

In this six-week series, paired with the education series directly following, Catherine Syron, RYT, will teach yoga poses for Breast Cancer patients/survivors. Wear comfortable, loose clothing. Registration is required by preceding Thursday. Bring completed waiver (available online) to first class. Physician approval is required if you have had surgery within six weeks.



Young Women with Breast Cancer Support Group

FC, Tue, Nov 18, Dec 16, 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. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN®. If attending for the first time, please call 703.698.2522.

SUPPORT GROUPS

Brain Tumor Support Group

FC, Tue, Nov 11, Dec 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. Please note new time! Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

Caregiver Connection

FC, Mon, Nov 10, Dec 8, 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. Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Lynn Magrum, MSN, CANP.

Carcinoid Cancer Group

PCC, Sat, Nov 15, 9am-2pm

Meet for a special program in the Inova Fairfax Hospital Physician's Conference Center. Note: THIRD Saturday in November. For more information email mitchmberger@msn.com.

Cutaneous Lymphoma Support Group

FC, Wed, Nov 5, 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.

Head and Neck Cancers Group

IFHC, Wed, Nov 12, Dec 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. Facilitator: Corinne Cook, LCSW, and a Radiation Oncology team member. For more information contact, corinne.cook@inova.org.

Lung Cancer Group Meeting

FC, Wed, Nov 5, Dec 3, 6:30-8pm

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

Multiple Myeloma

FC, Nov 18, 11:45am-1:30pm

Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. This meeting will feature Kevin Brigle, PhD, ANP, Oncology Nurse Practitioner at VCU Massey Cancer Center who will provide an audio program on "Managing Myeloma – A Journey for Success." Robin

Tuohy, IMF, Senior Director Support Groups will also provide an update on IMF activities including the Black Swan initiative. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register.

Prostate Cancer Support Group

FC, Tue, Nov 11, 7:30-9pm

Renowned prostate cancer oncologist and survivor, Dr. Charles "Snuffy" Myers will present the latest on prostate cancer treatment.

CHILDREN/TEENS/PARENTS

Curious About Cancer

FC, Wed, Nov 5, 5:15-6:15pm

Series continues for those already registered. For more information contact Jenny Eckert, LCSW, Children's Program Coordinator at 703-698-2536 or jennifer.eckert@inova.org.

Good Grief for Children

FC, Tue, Nov 4, 5:30-6:30pm

Series continues for those already registered. For more information contact Jenny Eckert, LCSW, Children's Program Coordinator at 703-698-2536 or jennifer.eckert@inova.org.

ALEXANDRIA/MOUNT VERNON

Breast Cancer Support and Education Group

IMVH-CC, Wed, Nov 12, 6-8pm

Current and former breast cancer patients/survivors are invited to meet with Nurse Navigator Michele Reddick and Surgical Physician Assistant Leah Basch to learn, discuss and share ways of meeting the challenges of a breast cancer diagnosis. Park at yellow entrance; signs will be posted for directions to conference room C on the second floor.

Fighting Cancer with a Fork

IAH-CCC, Wed, Nov 12, 1-2pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Register by calling 703.504.7923.



Prostate Cancer Support Group

IAH-CCW, Thu, Nov 20, 6-7:30pm

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

Women Living with Cancer

IAH-CCC, Tue, Nov 25, 2-3:30pm

Women with any type of advanced cancer are invited to join this guided discussion group. 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. Early registration is suggested. Facilitator: Shara Sosa, LCSW.

Words for Healing: Writing, Word Art and Journal Making

IAH-CCC, Tue, Nov 18, 11am-1pm

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



Young Women with Breast Cancer

IAH-CCW, Tue, Nov 11, 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.

FAIR OAKS CLASSES

Ask the Expert: Lymphedema

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

Lymphedema has a number of myths attached to it. Studies have shown that there are some things you can do to avoid, manage and control it. Kathy Webster, RPT will offer new information and will answer your questions. Please call 703-698-2526 to register or www.lifewithcancer.org

Fighting Cancer with A Fork
FO-3580-001, Tue, Nov 18, 12-1pm

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

Mindfulness and Core Strengthening

FO 3580-A, Fri, Nov 7-Dec 19, 1:30-2:30pm

Incorporating elements of Yoga, Tai Chi and Pilates, potential benefits include improved strength, coordination, flexibility, better balance, reduced pain and stiffness, enhanced sleep and calmness. Registration for this series is required. Dress comfortably and bring a water bottle. Instructor: Jackie Le. Please register.



Stronger Body After Cancer

FO 3580-D, Mon, Nov 3-Dec 15, 7-8pm

This exercise series can help survivors gain confidence in building back a stronger body. Use of bands, medicine balls and other low impact and body weight exercises will be used. Appropriate for all athletic capabilities. Attend each class for greatest benefit. Instructor: Schatem Boyd. Please register.

FAIR OAKS GROUPS

Breast Cancer Support Group

FO-3580, Wed, Nov 12, 5:30-7pm

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

Good Grief Group

FO 35580-001, Mon, Nov 3, 7-9pm

Group continues for those already registered.

NEW!

GYN Support Group

FO 3580-CR, Wed, Nov 19, 6:30-8pm

This is a new support group to meet the needs of women diagnosed with or who have had treatment for a gynecological cancers (ovarian, cervical, endometrial, vaginal and vulvar cancer). The group will provide a supportive environment to meet other women, gather information and learn how to best navigate survivorship. Facilitated by Maureen Broderick, LCSW and Molly Kiesel, RN, BSN OCN®.

Living with Advanced Disease

IFOH-1, Fri, Nov 14, 12-1:30pm

This group welcomes 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: Gale Towery, RN, BSN, OCN® and Suzanne Freeman, MSW. Questions? Registration encouraged.

Handling the Holidays after the Death of a Loved One

44084 RP, Tue, Nov 11, 6:30-8pm

If your family has been changed by the death of a loved one this year, you may be anticipating the holiday season with anxiety and sadness and feeling separate from the joy and celebration of others. Meet for mutual support and discussion on handling holiday traditions, tips on getting through the season, and an overview of the grief process. Please register by preceding Monday. Facilitated by Sandra Weller LCSW, OSW-C Please register by Nov 7.

Art for Wellness and Growth

ILPO-I, Tue, Nov 18, 1-3pm

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

Curious about Cancer

ILH-R, Thu, Oct 2-Nov 13, 5-6pm

This group is for children ages 5-12 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.

Fitness for Wellness

44084 RP, Mon, Nov 3-24, 10:30-11:30am

Exercise is an integral part of your wellness plan. This class is designed to increase endurance, range of motion, flexibility,

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 _____

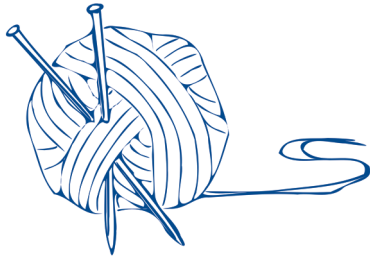
Phone # _____ Email _____

Please send your tax-deductible contribution to:
 Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031

balance, energy level, muscle strength and reduce stress. Registration is required. Dress comfortably. Attendance for all classes is encouraged.

Knitting & Crocheting Circle ILPO-I, Thu, Nov 13, 11am-12:30pm

Join us for our get-together for knitters and crocheters and enjoy learning and practicing your craft in companionship of others. Start a new project which will be selected by our facilitator. All materials are provided. Facilitated by Mary Jane Escobar, an experienced and enthusiastic instructor.



Reiki for Relaxation ILH-R, Thu, Nov 20, 6:45-8pm

For patients/survivors and their family & friends. Rebalance and recharge your body's energy systems while you relax to live "healing harp" music. Class size is limited and registration is required.

Therapeutic Gentle Yoga with Pat 44084 RP, Tue, Nov 18-Dec 16, 11am-12:30pm

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 6 sessions is recommended for greatest benefit. Instructor: Pat Fitzsimmons RN, RYT. Registration required.

Therapeutic Gentle Yoga with Ladan 44084 RP, Thu, Nov 13-Dec 18*, 11am-12:30pm

*No class Nov 27. See description, above. Registration is required.

LOUDON SUPPORT GROUPS

Brain Tumor Support Group ILH-R, Tue, Nov 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, MSW. Please register.

Caregiver Connection ILH-R, Mon, Nov 10, 6:30-8pm

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

Advanced Breast Cancer Support Group

ILH-R, Mon, Nov 24, 6:30-8pm

For those who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time.

ILH Breast Cancer Support Group

ILH-R, Mon, Nov 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.

Loudoun Prostate Cancer Support Group

LCSC, Tue, Nov 18, 6-8pm

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

Lung Cancer Support Group ILPO-I, Mon, Nov 17, 6:30-8pm

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

Women's Survivorship Group ILH-R, Thu, Nov 13, 6:30-8pm

For women who are post treatment (surgery, chemotherapy & radiation) that are navigating new territory and need support and direction moving forward. Please register if attending for the first time or if you have questions, call us at 703-698-2526.

Oncology Massage and Body Work

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

Life with Cancer, Loudoun County
44084 Riverside Pkwy, LL, Ste. 400
Leesburg, VA 20176
Tuesdays and some Saturdays

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

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

NOVEMBER 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRI/SAT/SUN

**Gyn Patients/Survivors Volunteers Needed
for Life with Cancer Insomnia Research Study**

"Need Sleep? A Cognitive Behavioral Intervention For Cancer Patients with Insomnia"

To participate: You must be 18 years of age or older and have a diagnosis of a gynecologic cancer.

Description of Research Study:

Life with Cancer is researching a cognitive behavioral intervention to improve sleep quality and decrease psychological distress. We will ask you to fill out several questionnaires, collect salivary cortisol samples and participate in five weekly group sessions at the Life with Cancer Family Center where you will learn evidence based strategies that may improve your sleep. Total participation will take about 9 hours.

To learn more: Contact Research Manager, Drucilla Brethwaite, MSW, LCSW, OSW-C 703.698.2538 or drucilla.brethwaite@inova.org

This research is conducted under the direction of Principle Investigator James Zabora, ScD, Director, Life with Cancer and the Inova Health System Institutional Review Board.

				1 2 1:30pm Ostomy ... Group of Northern Virginia (PCC)
3 10:30am Fitness for Wellness (44084 RP) 12pm Poetry for Healing (FC) 6pm Orientation to Life with Cancer (FC) 7pm Stronger Body After Cancer (FO 3580-D) 7pm Good Grief Group (FO-3580-CR)	4 1pm Level I Exercise: Launching into Fitness (FC) 3pm Writing Your Memoirs and Life Stories (FC) 5:30pm Living with Breast Cancer: Exercise (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Good Grief for Children (FC) 6:30pm Living with Breast Cancer: Education (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba - Bilingual (FC) 7:15pm Good Grief for Adults (FC)	5 3pm Meditation and Guided Imagery (FC) 5:15pm Curious About Cancer (FC) 5:30pm Breast Cancer Group (IFHC) 6:30pm Lung Cancer Group Meeting (FC) 7pm Cutaneous Lymphoma Group (FC) 7pm Elements of Mind-Body (FC)	6 12pm Cooking for the Health of It (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 5pm Curious about Cancer (ILH-R) 6:30pm Ceremony of Remembrance (FC)	7 Coalesce (FC) 10:15am Restorative Yoga (FC) 1:30pm Mindfulness and Core ... (FO 3580-A) 8 8:30pm Conferencia para Sobrevivientes Hispanos (FC) 9
10 10:30am Fitness for Wellness (44084 RP) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Reiki for Relaxation (FC) 7pm Look Good...Feel Better (FC) 7pm Caregiver Connection-Fairfax (FC) 7pm Stronger Body After Cancer (FO 3580-D)	11 10:30am Spirituality Quest (FC) 1pm Level I Exercise: Launching into Fitness (FC) 3pm Writing Your Memoirs and Life Stories (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 5:30pm Living with Breast Cancer: Exercise (FC) 6pm Brain Tumor Group-Fairfax (FC) 6:30pm Handling the Holidays... (44084 RP) 6:30pm Living with Breast Cancer: Education (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba - Bilingual (FC) 7:30pm Prostate Cancer Group (FC)	12 10am Drumming for Well-Being (FC) 1pm Fighting Cancer with a Fork (IAH-CCC) 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 (FO-3580) (IFHC) 5:30pm Head and Neck Cancers Group (IFHC) 6pm Breast Cancer Support and Education (IMVH-CC) 6:30pm Latinos Unidos (AFC) 7pm Elements of Mind-Body (FC) 7pm Dancing to Wellness (FC)	13 11am Knitting & Crocheting Circle (ILPO-I) 11am Therapeutic Gentle Yoga with Ladan (44084 RP) 11:30am Orientation to Life with Cancer (FC) 1pm Gentle Yoga with Jenn Fay (FC) 2pm Meditation with Jenn Fay (FC) 5pm Curious about Cancer (ILH-R) 6pm Shop for a Cause- Bloomingdales! 6:30pm Women's Survivorship Group (ILH-R)	14 Coalesce (FC) 10:15am Restorative Yoga (FC) 12pm Living with Advanced Disease (IFOH-1) 1:30pm Mindfulness and Core ... (FO 3580-A) 15 9am Carcinoid Cancer Group (PCC) 16
17 10:30am Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Orientation to Life with Cancer (FC) 6:30pm Lung Cancer Group (ILPO-I) 7pm Stronger Body After Cancer (FO 3580-D)	18 11am Therapeutic Gentle Yoga w/ Pat (44084 RP) 11am Words for Healing (IAH-CCC) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (FO 3580-001) 1pm Art for Wellness and Growth (ILPO-I) 1pm Level I Exercise: Launching into Fitness (FC) 3pm Writing Your Memoirs and Life Stories (FC) 5:30pm Brain Tumor Group (ILH-R) 6pm Loudoun Prostate Cancer Group (LCSC) 6:30pm Young Women with Breast Cancer (FC) 6:30pm Planning Ahead (FC) 6:30pm Feeling a Little Irritable? (FC) 7pm Zumba - Bilingual (FC)	19 11am LWC Marketplace (FC) 12:30pm Making Sense of Your Story (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 3pm Meditation and Guided Imagery (FC) 5pm Ask the Expert: Lymphedema (FO-3580-CR) 5:30pm Fighting Cancer w/Fork (FO) 5:30pm Breast Cancer Group(IFHC) 6:30pm GYN Group (FO 3580-CR)	20 11am Therapeutic Gentle Yoga with Ladan (44084 RP) 1pm Arte Para Salud y Crecimiento (FC) 1pm Gentle Yoga with Jenn Fay (FC) 1pm Art for Wellness and Growth (FC) 2pm Laughter Yoga (FC) 6pm 5th Annual Shine a Light on Lung Cancer (FC) 6pm Prostate Cancer Group (IAH-CCW) 6:45pm Reiki for Relaxation (ILH-R) 7pm Spiritual Support Group (CJMC-1)	21 Coalesce (FC) 10:15am Restorative Yoga (FC) 12pm Art for Wellness and Growth (FC) 1pm Knitting and Crocheting Circle (FC) 1:30pm Mindfulness and Core ... (FO 3580-A) 22 23
24 10:30am Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm ILH Breast Cancer Group (ILH-R) 6:30pm ILH Advanced Breast Cancer Group (ILH-R) 6:30pm Latinas Unidas (FC) 7pm Stronger Body After Cancer (FO 3580-D)	25 11am Therapeutic Gentle Yoga w/ Pat (44084 RP) 2pm Women Living with Cancer (IAH-CCC) 6:30pm Planning Ahead(FC) 7pm Zumba - Bilingual (FC)	26	27 8am 26th Annual Virginia Run Thanksgiving Day Turkey Trot (VA RUN)	28 29 30