



Life with Cancer®

MAY 2019

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

ABOUT LIFE WITH CANCER

Life with Cancer is the psychosocial and educational arm of the Inova Schar Cancer Institute within the Inova Health System. For more than 30 years, Life with Cancer has transformed community cancer care by distilling evidence-based research into unique and innovative services. All programs welcome patients, survivors, and loved ones regardless of where they receive(d) treatment. All programs and services (except massage, acupuncture and psychiatry are free of charge.

CLASS/GROUP REGISTRATION INFORMATION

- Classes, groups & counseling are FREE. REGISTRATION IS REQUIRED for all groups & classes. Registration enables us to appropriately plan for materials and staff time.
- If you cannot attend a class/group for which you are registered, CANCEL your registration within 24 hours by calling 703.698.2526; this will allow another person to attend.
- Class dates may change. For the most up-to-date information, go to Register for a Class page at www.lifewithcancer.org.

CALENDAR KEY

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

- Fairfax, Falls Church (FC)
- Fair Oaks (FO)
- Loudoun (ILH)
- Alexandria, Mt. Vernon, Arlington (IAH)
- ★ Breast Cancer Class

TABLE OF CONTENTS

Information and Education	Pgs 1-3
Movement	Pgs 3-4
Stress Reduction	Pgs 5-6
Support and Networking	Pgs 6-7
Children, Teens, & Parents	Pg 7

INFORMATION & EDUCATION

Orientation to Life with Cancer

- FC, Wed, May 29, 6:30-7:30 pm
- FC, Thu, May 9, 11am-12 pm
- ISCI-LWC, Call 571.472.0768

Take a tour and learn about our many programs, classes, groups and services for children and adults. Registration is required. Can't make a scheduled orientation? Call us at 703.698.2526 to arrange a personal session.

Cancer-Related Fatigue

- FC, Thu, May 2 & 9, 10-11:30 am

Class continues for those already registered. For information on the next class, contact Michelle Bronzo, MA, LPC, CTat 703.698.2539 or michelle.bronzo@inova.org

Strategies for Building Resilience

- FC, Mon, May 20, 6-7:30 pm

Explore strategies to build resilience during the cancer journey and survivorship. Facilitator: Teassa Eddy, MSW. Registration is required.

Journey to a Healthier You

- ILH-PEC, Thu, May 9, 16, and 23, 6-8pm

Come join us for this three-part series as we explore the importance of nutrition (May 9), stress reduction (May 16), and exercise (May 23) in creating and sustaining a healthier you! This series is open to anyone looking to improve overall well-being!

Planning a Memorial or Celebratory Service

- FC, Mon, May 20, 6:30-8pm

Oncology Therapist, Michelle Bronzo, will give an overview of memorial service rituals and, with the aid of worksheets and templates, guide you in designing a personalized service of remembrance and thanksgiving that involves family and friends. Registration is required.

Head and Neck Cancer Symposium

- FC, Wed, May 8*, 6-8pm

In recognition of Head and Neck Cancer Awareness Month we are offering a free presentation featuring a panel of specialists. The panel will address many of the concerns faced by those impacted by a head and neck cancer diagnosis as they complete treatment and live into survivorship. There will be time for Q&A following our panel presentation. *This event will be in place of our regularly scheduled May support group. Patients, caregivers and loved ones are encouraged to attend. Registration is required.



THE LOBSTER EXTRAVAGANZA

Saturday, May 4, Fairfax, VA

Hurry before it's too late!

Join us for fresh Maine lobster, live and silent auctions and dancing to live music.

The Lobster Extravaganza provides significant funds that specifically support Life with Cancer. We hope that you will support this year's Lobster Extravaganza by purchasing a sponsorship or ticket. Please feel free to share this with your friends, family, colleagues, and corporations should they want to be involved in supporting as well. If you have already bought tickets – THANK YOU!!!

For information and tickets:

www.lobstereextravaganza.org

For volunteer opportunities:

www.lifewithcancer.org/get-involved/volunteer/

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.



INOVA®

Schar Cancer Institute

LOCATION KEY

- 44084 RP: 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- FC: Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031
- FO-D: Fair Oaks Cancer Center, Conference Room D, Lower Level, Conf Rm D, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- FO-LWC: Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA 22033
- IAH-HEC 3-5: Inova Alexandria Hospital Health Education Center, 4320 Seminary Rd, Alexandria, VA, 22304
- IAH-LWC: Inova Alexandria Hospital Life with Cancer Office, 4320 Seminary Road, Ste 1.NE.5.4, Alexandria, VA, 22304
- IAH-HEC 3-5: Inova Alexandria Hospital Health Education Center, 4320 Seminary Rd, Alexandria, VA, 22304
- IAH-LWC: Inova Alexandria Hospital Life with Cancer Office, 4320 Seminary Road, Ste 1.NE.5.4, Alexandria, VA, 22304
- ILH-NBC: ILH-NBC, 44055 Riverside Parkway, Suite 110, Leesburg, VA, 20176
- ILH-PER: Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA
- ILH-RO: Inova Loudoun Hospital, Radiation Oncology Center, 44035 Riverside Parkway, Suite 100, Leesburg, VA 20176
- ISCI-LWC: Inova Schar Cancer Institute Life with Cancer Suite, 8081 Innovation, Park Dr, Fairfax, VA, 22031
- LCSC: Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165
- MBG: Visitor Center, Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Ct. Vienna, VA

Registration is required for all groups and programs

INFORMATION AND EDUCATION (CONTINUED)

Fighting Cancer with a Fork

- FO-LWC, Tue, May 21, 12-1 pm

Registered Dietitian, Sara Negron, will provide an overview of nutritional recommendations for cancer patients and survivors. Registration is required.

Ask a Dietitian

- FC, Mon, May 20, 5-6 pm

Nutrition can be a complicated science, and confusion surrounding what you choose to eat can become stressful! Registered Dietitian, Lauren Fay, will be available for you to ask any nutrition-related questions to receive evidence-based answers and clarify any confusion you may have. Registration is required.

Survivorship Nutrition

- FC, Wed, May 22, 5-6:30 pm

Did you know the American Institute for Cancer Research released its latest recommendations for survivorship nutrition less than a year ago? This class, taught by Registered Dietitian, Lauren Fay, will review the latest evidence, and provide ideas and resources on how to adjust your own diet to help decreased risk of cancer recurrence. Includes cooking demonstration!

If you cannot attend a class/group for which you are registered, please CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.

Breast Cancer and Nutrition

- FO-LWC, Wed, May 15, 5-6 pm

Registered Dietitian, Lauren Fay, will shed some light on all the claims, online, in the news and from your friends, to make the best decisions for your health. Registration is required.

Breast Surgery Pre-Op Class

- FC, Mon, May 6, 5-6:30 pm
- FC, Wed, May 15 and 22, 2-3:30 pm
- FC, Wed, May 29, 5-6:30 pm
- FO-LWC, Wed, May 8 and 22, 12:30-2 pm
- FO-LWC, Wed, 29, 5:30-7pm
- ILH-PER, Tue, May 14, 4-5:45 pm
- ILH-PER, Thu, May 23, 1-2:45 pm

Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, and more. Family/friends welcome. Registration is required.

Acupuncture at Life with Cancer



Acupuncture Appointments

- **Life with Cancer Family Center**
8411 Pennell Street
Fairfax, VA 22031
 - Tuesdays, 10-11:30am
 - Thursdays, 4:30-6pm
- **Life with Cancer, Fair Oaks**
3580 Joseph Siewick Drive
LL, Suite 005, Fairfax, VA 22033
 - Thursdays, 9am-11:30pm

Acupuncture has been shown to help with chemotherapy-induced nausea and vomiting, pain, depression and anxiety, hot flashes, fatigue, neuropathy, insomnia, radiation-induced dry mouth, and difficult or labored breathing.

To schedule your appointment:

- Go to www.inova.org/TCM
- Click the green button-"Book Appointment"
- Choose LWC for location on the right side corner.
- Select Life with Cancer under the "Choose a Service" drop down.



THE 19th ANNUAL MANTUA RACCOON RUN SATURDAY, MAY 11

Get your family, friends and co-workers together and kick off Mother's Day weekend with this great community race benefiting Life with Cancer. USATF-Certified 5K & 1-Miler. Mantua neighborhood in Fairfax, VA.

Find out more and register at raccoonrun.org.

INFORMATION AND EDUCATION (CONTINUED)



Life with Cancer® Offices and Classes Are Now at The Inova Schar Cancer Institute 8081 Innovation Park Drive, Fairfax, VA 22031

Classes at this location will be identified like this: ● ISCI-LWC.

Chemotherapy Class

- ISCI-LWC, Call 571.472.0768 for an appointment.

An oncology nurse navigator will explain what to expect during chemotherapy treatments, how to prepare for your appointment, tips for managing side effects, and resources available during treatment and into survivorship.

Chemotherapy for Breast Cancer

- Call 703.776.8768 for an appointment

An oncology nurse navigator will explain what to expect during chemotherapy treatments for breast cancer, how to prepare for your appointment, an overview of nutrition and exercise, managing side effects and available online resources.

Look Good...Feel Better

- FO-LWC, Tue, May 14, 11am-1 pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with National Cosmetology Association and Personal Care Products Council. To register or for more information, go to lookgoodfeelbetter.org.

Important Information for All Movement Classes

- 1. Registration:** Registration is required for all classes. Classes with fewer than 5 participants will be cancelled.
- 2. Cancelling Your Registration:** If you cannot attend a class/group for which you are registered, CANCEL your registration as soon as possible by calling 703.698.2526; this will allow another person to attend.
- 3. 2019 Waivers:** Please complete new Physical Activity Waivers for all new fitness classes you attend in 2019. You'll find the waiver at lifewithcancer.org. Hover over the "Register for a Class" tab then click on the third item down, "Class Forms". The physical-activity-waiver-fill in is at the bottom of the list.
- 4. Participants who are more than 2 years out of completing active treatment (chemotherapy, radiation, surgery, targeted therapies, and immunotherapies):** please consider a suggested donation of \$5 per class to help offset the costs of fitness classes. Donations can be made in class or online at www.lifewithcancer.org/donate. Please know that Life with Cancer is committed to you and no one is turned away from programs or classes due to financial hardship.

Life with Cancer Classes at the ISCI/Schar

Look for classes identified as

- ISCI-LWC for Life with Cancer at the ISCI/Schar on Innovation Drive- a convenient location for those who are receiving care in the building.

MOVEMENT

Barre Tone

- FC, Thu, May 2-23, 7-8pm

Jazz up your routine and experience the latest trend in a full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility while enjoying the infusion of dance. Registration is required.

Cardio & Core

- FO-LWC, Wed, May 1-22, 10:30-11:30 am
- 44084 RP, Wed, May 1-22, 10-11am
- IAH-HEC 3-5, Tue, May 7-21, 6:30-7:30 pm

Use own body weight and light resistance, this class will help build endurance, stamina, while strengthening all the muscles that make up your core. If looking to get your heat and body stronger, this class is for you! Registration is required.

Cardio Drumming

- FC, Thu, May 2, 23 and 30, 10:30-11:15 am

Combining drumming, cardio and strength training, Cardio Drumming is energetic, get lost in the music, full body, 45-minute workout. Registration is required.

Chair-Based Exercise

- FC, Wed, May 1, 22 and 29, 2-2:45 pm

Designed for people with limited mobility, you'll increase your stamina, aerobic endurance, core strength, flexibility and balance through the use of resistance equipment and body weight exercises. Registration is required.

Cross-Train Challenge

- FC, Wed, May 1, 22, and 29, 3-3:45 pm

If you crave variety this is the class for you! Fusing together different intensities and types of movement we'll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be two months post-surgery. Registration is required.

**Registration is required for
all groups and programs**

MOVEMENT (CONTINUED)

Evening Gentle Yoga

- 44084 RP, Mon, May 6-20, 7-8:30 pm
- FC, Mon, May 6 and 20*, 7-8:30 pm
- FO-LWC, Mon, May 6, 13, and 20, 7-8:30 pm

*No class 13. Best for those in active treatment or recovering from surgery. Blending gentle movement, breathing, and relaxation you'll learn movements that stretch, strengthen, relax muscles and increase stamina and flexibility. Please bring a blanket and a small towel. Registration is required.

EZ Tai Chi

- FC, Tue, May 7 and 21*, 12-1 pm

*No class May 14 Using the protocols developed in the "Harvard Medical School Guide to Tai Chi", you will learn 5 basic movements that are easy to learn and can be practiced at home. This protocol does not feature the fluid movements of Yang Style Tai Chi but provides many of the health benefits and may encourage pursuing further studies of the complete form. Registration is required

Functional Fitness

- FO-LWC, Mon, May 6-20, 10-11am

Using resistance equipment, body weight, and different movement patterns you'll build strength, cardio, flexibility, and balance. Registration is required.

Gentle Yoga

- FC, Thu, May 2-23, 1-2 pm
- IAH-HEC 3-5, Mon, May 6-20, 4-5:30 pm

This class is appropriate for all fitness levels. Blending gentle movement, breathing, and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Registration is required.

Joyful Belly Dance

- FC, Wed, May 22, 11am-12 pm

Immerse yourself in the music, rhythms, patterns and pure joy of Middle Eastern belly dance! Learn shimmies, belly rolls, undulations, isolations and

more as you feel your body getting stronger, more relaxed and more limber. Belly dance is an amazing workout, a ton of fun and absolutely beautiful! Wear comfortable clothing and bare feet. Registration is required.

Restorative Yoga

- 44084 RP, Fri, May 3-24, 12-1:30 pm
- FC, Fri, May 3, 10, and 17* 10:15-11:45 am
- ISCI-LWC, Mon, May 13-20, 1-2 pm

*No class May 24 or 31. You'll learn how to use yoga props such as bolsters, blocks, and blankets to support your body while in restful yoga poses. Each pose is held 2-10 minutes allowing time to drop deeper into the relaxation experience. Gentle stretches, breath work, and guided meditation deepen your practice. Please bring a blanket. Registration is required.

Strengthen with Barre and Pilates

- FO-LWC, Thu, May 2-23, 11:30 am-12:30 pm

You'll combine barre and Pilate's movements set to motivating music to create an invigorating workout. Registration is required.

Tai Chi

- FC, Tue, May 7-21, 6-7pm

Based on the concepts of softness and awareness (rather than force and resistance) this practice has been recognized for thousands of years as both a method of self-cultivation and form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance. This class will teach basic movements. Registration is required.

Total Body Conditioning

- 44084 RP, Thu, May 2-23, 10-11am
- 44084 RP, Mon, May 6-20, 10-11am

An energizing workout combining cardio, strengthening, balance, and core in one workout. Registration is required.

Yin Yoga for Those in Treatment

- FO-LWC, Fri, May 3-24, 1-2:30 pm

Appropriate for all levels. Incorporating gentle

movement and supported positions, Yin Yoga targets the deepest tissues of the body allowing increases in the range of motion and promoting optimal health and vitality. Props and mats are provided. Please dress comfortably; bring a light blanket and water. Registration is required.

Yoga for Breast Cancer Survivors

- ★ FC, Wed, May 1, 8, 15 and 29*, 5:30-6:30 pm

*There will be no class May 22. Breast cancer patients/survivors are invited to learn yoga poses designed especially for you! Wear comfortable clothing and bring a blanket and water bottle. Registration is required.

Yoga Sculpt

- FO-LWC, Tue, May 7-21, 1-2 pm

Yoga Sculpt combines yoga, light weight training, core work, and cardio, for a full body workout. It is designed to help tone and strengthen muscles, and improve balance and overall fitness. Bring a small towel and water. Registration is required.

Zumba!

- FC, Tue, May 7-21, 7-8pm
- IAH-HEC 3-5, Mon, May 6-20, 7-8pm
- 44084 RP, (Gold) Fri, May 3-24, 10:30-11:30 am

Come party to a fusion of Latin and International music/dance themes that create a dynamic, exciting, easy to do and FUN workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Registration is required.

STRESS REDUCTION

Acupuncture Appointment

- FO-LWC, Thu, May 2-30, 9-11:30 am
 - FC, Thu, May 2-30, 4:30-6 pm
 - FC, Tu, May 7-28, 10-11:30 am
- Fee \$50

Acupuncture has been shown to help with: chemotherapy-induced nausea and vomiting, pain, depression and anxiety, hot Flashes, fatigue, neuropathy, insomnia, radiation-induced xerostomia (dry mouth), and dyspnea (difficult or labored breathing). To schedule your appointment go to www.inova.org/TCM. Please click the green button - "Book Appointment", and then choose LWC at "Location" on the right side corner. Select Life with Cancer under the "Choose a Service" drop down. Please direct any questions regarding your appointment to TCM at 571.665.6700.

Book Club

- FO-LWC, Wed, May 15, 6-7:30 pm

May's book selection is, "A Cancer in the Family: Take control of your Genetic Inheritance", by Theodora Ross, MD. Oncologist and cancer gene hunter, Dr. Ross, delivers the first authoritative go-to for people facing a genetic predisposition to cancer. Registration is required.

Feeling overwhelmed? Life with Cancer can help...

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

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

Psychiatry : Contact your oncologist or therapist for a referral, or call 703-206-5433 for more information. Payable through insurance.

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

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

STRESS REDUCTION (CONTINUED)

Cultivating Compassion

- FC, Wed, May 1, 1-2:30 pm
Class continues for those already registered.

Healing through Art Therapy

- FC, Mon, May 13, 1-3:30 pm
Registration opens on the first of the month by 9:15. Experience the power of your creativity through art therapy, relaxation, and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. No art experience is necessary, just a willingness to explore and be part of a supportive, creative community. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Facilitator: Jean McCaw, MA, ATR-BC, LCPAT. Registration is required.

Healing Touch

- 44084 RP, Mon, May 13, 6-7pm
Registration begins on the first business day of the month by 9:15. Returning clients, please sign up every other month to give new clients a chance to experience Healing Touch. Healing touch providers employ the hands, placed just above the body or with an actual light touch, to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket, and pillow. Space is limited; registration is required. Questions? Call 703.858.8867, M-Th.

Introduction to Qigong

- FC, Thu, May 2-16, 6-7:15 pm
Class continues for those already registered.

Knitting & Crocheting Circle

- FC, Fri, May 3 & 17, 1-2:30 pm
Past, new, experienced and inexperienced participants are welcome to join us to work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. Registration is required.

Laughter Yoga

- FC, Thu, May 23, 2-3pm
Laughter Yoga uses a combination of rhythmic clapping, simulated laughter and yoga-like breathing exercises that have a number of benefits including improved oxygen levels in the body, improved lung capacity, reduced stress and an enhanced feeling of well-being. One can do Laughter yoga while seated in a chair. Registration is required.

Meaning-Centered Psychotherapy Group

- FC, Wed, May 15-Jul 17, 2:30-4pm
This 8-session weekly program (*no meeting Jun 5 and Jul 3) was developed by William Breitbart and colleagues at Memorial Sloan-Kettering Cancer Center and is designed to help patients sustain or enhance a sense of meaning, peace, and purpose in their lives. This class is open to patients and caregivers who have completed Mindfulness-Based Cancer Recovery program. The expectation is that participants commit to attending all the sessions and periodic homework. Please contact Michelle Ferretti, LCSW, 703-698-2524 for additional information. Registration is required.

Meditation and Guided Imagery

- FC, Thu, May 2-16, 2-3pm
Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress. Each weekly session begins with breath work and a relaxation technique that leads to a guided meditation. Registration is required.

Mindfulness for Healthy Living

- IAH-LWC, Wed, May 1-22, 6-7:30 pm
Class continues for those already registered.

Mindfulness-Based Cancer Recovery Drop-In*

- FC, Tue, May 7, 11 am-12 pm
- FC, Wed, May 8, 5:30-6:30 pm
*For those that completed the 6-session Mindfulness-Based Cancer Recovery Program, this monthly drop-in group is designed to support your practice. Stop by and see former group members, engage in some meditation and guided imagery; and talk about the benefits and challenges of maintaining "mindful-awareness" in your daily life. Registration is required. Facilitator: Micheline Toussaint, LCSW, RYT, OSW-C.

Reiki for Relaxation

- 44084 RP, Thu, May 23, 6:30-7:30 pm and 7:30-8:30 pm
- FC, Mon, May 13, 6-7pm and 7-8pm
- FC, Wed, May 22, 6-7pm and 7-8pm
Registration opens on the first business day of the month by 9:15 am for patients only (sorry, no caregivers). Reiki is an ancient practice that involves positioning the hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. If you miss two appointments

.....
: If you cannot attend a class/group for :
: which you are registered, please CANCEL :
: your registration as soon as possible by :
: calling 703.698.2526; this will allow :
: another person to attend. :
:.....

without prior notice we may need to refer you to Reiki practitioners in the community. Registration is required.

Writing Your Life Stories Monthly Drop-In*

- FC, Fri, May 17, 2:30-4pm
*This writing group is for those who previously completed the 4-week series, giving you the opportunity to continue writing about the significant events in your life as a legacy for your family, expression of feelings about an experience or to process an event. No writing experience needed. Writing exercises will help get you started and classmates feedback will enhance your efforts. Facilitator: Lynn Magrum, MSN, CANP, AOCN.

Zentangle

- 44084 RP, Tue, May 14, 1:30-3pm
Take a mental vacation from cancer and enjoy this easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Zentangle can increase focus and creativity, and provide artistic satisfaction along with an increased sense of well-being. A new theme is explored in each monthly class. Supplies are provided, but if you have attended this class in the past, please bring your kit. Registration is required. Instructor: Roberta Hughes, CZT.

SUPPORT & NETWORKING

Brain Tumor Group

- FC, Wed, May 15, 6-7:30 pm
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 David McGinness, LCSW. Registration is required.

Breast Cancer Support Group

- ★ FC, Wed, May 1, 6:30-8 pm
- ★ FO-LWC, Wed, May 8, 5:30-7pm
- ★ IAH-LWC, Mon, May 20, 5:30-7pm
- ★ ILH-RO, Mon, May 20, 5:30-7pm
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 David McGinness, LCSW. Registration is required.

Carcinoid Cancer Group

- FC, Sat, May 11, 10 am-12 pm
Meet with other patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting for those with neuroendocrine tumors. For more information email mitchmberger@msn.com.

SUPPORT & NETWORKING (CONTINUED)

Caregiver Connection

- FC, Mon, May 13, 7-8:30 pm
- FO-D, Wed, May 8, 5:30-7pm
- ILH-R, Tue, June 11, 6-7:30 pm **New Location**

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. An oncology nurse navigator and an oncology therapist will facilitate the meetings.

Coalesce: An Advanced Breast Cancer Group

- ★ FC, Fri, May 2-31, 10 am-12 pm

Meet with women of all ages to share life's joys and sorrows. This group has limited enrollment. For more information and to register, contact facilitator, Shara Sosa, LCSW, OSW-C: shara.sosa@inova.org, 703.698.2522, Tue, Wed and Fri.

Coalesce II: An Advanced Breast Cancer Group

- ★ FC, Tue, May 14 & 28, call for time

Meet with women of all ages to share life's joys and sorrows. This group has limited enrollment. For more information and to register, contact facilitator, Micheline Toussaint, LCSW, RYT, OSW-C: micheline.toussaint@inova.org, 703.698.2521 on Tue and Wed.

Colorectal Cancer Support Group, Advanced Stage

- FC, Tue, May 21, 6-7:30 pm

Patients and family caregivers are invited to meet for ongoing support while living with metastatic colorectal cancer. Join us as we explore how to live well with an advanced cancer diagnosis and cope with associated challenges. Facilitators: Michelle Bronzo, MA, LPC, CT, and Amy Siegel, RN, BSN. Registration is required.

Cutaneous Lymphoma Group

- FC, Wed, May 1, 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. To register go to <http://www.cffoundation.org/CLF-DC>.

Gastrointestinal (GI) Cancer Support Group, Early Stage

- FC, Thu, May 9, 6-7:30 pm

This support group is for people impacted by a stage 0-3 gastrointestinal cancer diagnosis: esophagus, stomach, biliary system, pancreas, small intestine, large intestine, rectum, anus. Connect with patients, survivors, and loved ones to discuss the changes that treatment and survivorship can bring. Facilitators: Michelle Bronzo, MA, LPC, CT, and Mary Kay Mecca, RN, BSN. Registration is required.

Head and Neck Cancer Symposium

- FC, Wed, May 8*, 6-8pm

In recognition of Head and Neck Cancer Awareness Month we are offering a free presentation featuring a panel of specialists. The panel will address many of the concerns faced by those impacted by a head and neck cancer diagnosis as they complete treatment and live into survivorship. There will be time for Q&A following our panel presentation. *This event will be in place of the regularly scheduled May support group in Fairfax. Patients, caregivers and loved ones are encouraged to attend. Registration is required.

Good Grief

- FC, Tue, May 7-Jun 11, 7:15-9 pm
- ILH-RO, Tue, May 7, 6-8 pm

Group continues for those already registered. For information on the next FC series contact darah.curren@inova.org; for ILH-RO series, contact elise.schneider@inova.org.

Gynecologic Cancer Group

- FC, Wed, May 22, 5:30-7 pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to this monthly group to share experiences and learn from one another. Facilitators: Rebecca Babb, MSN, RN, PNC-AC and Darah Curran, LCSW. Registration required.

Head and Neck Cancers Group

Now at Fair Oaks

- FO-RO, Mon, May 20, 6-7:30

This support group is open to patients, survivors and loved ones impacted by a diagnosis of head and neck cancer. Join us to connect with and learn from one another while discussing the challenges of diagnosis, treatment, and survivorship. Facilitators: an Oncology Nurse Navigator and an Oncology Therapist. Registration is required.

Just for the Guys

- IAH-LWC, Thu, May 16, 6-7:30 pm

This monthly group supports men with any cancer, in treatment or within 3 years post-treatment. This open discussion group addresses the challenges of being a man diagnosed with cancer. For more information contact david.mcginness@inova.org

Leukemia and Lymphoma Group

- FC, Mon, May 20, 10-11:30 am

Patient and/or their caregivers are invited to 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. Facilitators: Sarah Brooks, LCSW, and Lynn Magrum, MSN, CANP, AOCN. Registration is required.

Living with Advanced Disease

- FO-LWC, Thu, May 9, 1-2:30 pm
- ILH-NBC, Wed, May 22, 1-2:30 pm

Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis.

FO Facilitator: Karen Archer, LCSW. ILH Facilitator: Courtney Weaver, LCSW. Registration is required.

Lung Cancer Group

- FC, Wed, May 1, 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, OCN, and David McGinness, LCSW, OSW-C. Registration is required.

Oncology Massage and Body Work

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

- \$60 for 1-hour massage. Cash or check payment directly to massage therapist; no credit cards. Gratuities are at your discretion.
- Physician approval is required for patients; ask for written permission at your next appointment
- To schedule an appointment, call us at 703.698.2526.
- Arrive 15 minutes early for your first appointment to complete paperwork
- Please provide 24-hour notice if you need to cancel an appointment
- After two missed appointments without notification, massage options in the community will be provided.

Life with Cancer Studio
44084 Riverside Pkwy, LL, Suite 400
Leesburg, VA 20176

SUPPORT & NETWORKING (CONTINUED)

Multiple Myeloma Meeting-Guest Speaker

● FC, Tue, May 21, 11:45 am- 1:30 pm

This monthly meeting is designed for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. Special guest speaker for May! Dipti Patel-Donnelly, MD, Virginia Cancer Specialists will present on "Update in the Treatment of Multiple Myeloma." Facilitators: Drucilla Brethwaite, LCSW, Rebecca DiPatri, RN, BSN OCN, and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch. Registration is required.

Myelodysplastic Syndromes (MDS) Support Group

● FC, Sat, May 11, 10:30 am-12 pm

This patient-led support group provides patients, caregivers, and families a safe place to explore the emotional aspects of MDS, share with others their feelings and challenges and to hear from local MDS other related healthcare professionals. Light refreshments. To register email Brian.S.Anderson65@gmail.com or call 703.984.9379.

Spirituality Quest: Meadowlark Gardens

MLG, Tue, May 14, 10:30-12 pm

All patients, survivors, and caregivers are invited to join us at Meadowlark Botanical Gardens to experience the "Spiritual Magnitude of Nature" and for a walk and talk with Keith Tomlinson, Gardens Manager. Meet in the lobby of the Visitor's Center. The entrance fee will be waived. Registration is required. For directions, go to http://www.nvrpa.org/park/meadowlark_botanical_gardens. Facilitators: Marsha Komandt, RN, BSN, OCN and Enyonam Tetteh, MDiv, BCC.

Us Too Prostate Cancer Group

● FC, Tue, May 14, 7:30-9pm

Caitlin Murphy, Mid-Atlantic Chapter Director of Project Zero will tell us about Project Zero's New MENTor Program and other ZERO developments. Please register.

Us Too Prostate Cancer Group

● IAH-LWC, Thu, May 9, 6-7:30 pm

This monthly group includes a presentation by a physician or other health professional followed by an opportunity to share with and learn from other survivors both in and out of treatment. Loved ones welcome! Facilitator: David McGinness, 703.698.2526 or david.mcginness@inova.org. Registration is required.

**Registration is required for
all groups and programs**

Us Too Prostate Cancer Group

● LCSC, Tue, May 14, 6-8pm

Join others for an opportunity to network and learn about valuable prostate cancer information and resources. If you have any questions, contact Courtney Weaver, 703.858.8857. Registration is required.

Waldenstrom's Macroglobulinemia Support Group

● FC, Sat, May 18, 10:30 am-12:30 pm

The Virginia/DC/W. Maryland IWMF Support Group is enthused to welcome Dr. Jeffrey Matous, Colorado Blood Cancer Institute, Denver as our presenter. Dr. Matous is a frequent and very highly-regarded speaker at IWMF Educational Forums around the country. Register with lukleppinger@outlook.com. Provide your name; Name(s) of your guest(s); Email address; City, State, and Zip Code.

Women's Survivorship Group, Less than 3 yrs.

● ILH-RO, Thu, May 9, 6-7:30 pm

For women who are in maintenance therapy or have completed treatment for any type of cancer. Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. This group can help you gain insight and balance in your life through discussion, problem-solving and other modalities. Julie Guido, LCSW, and Christine Stone, RN, MSN, OCN. Registration is required.

Young Adult Group

● FC, Thu, May 23, 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: Alexandra Russo, LCSW and Eric Cohen, RN, BSN, OCN. Registration is required.

Young Women with Breast Cancer

● FC, Tue, May 21, 6:30-8pm

● FO-LWC, Wed, May 1, 6-7:30 pm

● IAH-LWC, Tue, May 14, 6:30-8pm

Women in their 20s, 30s, and 40s with non-metas-

tatic breast cancer from diagnosis to one year post-treatment are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. If attending for the first time, please call 703.698.2522. Facilitators: An oncology nurse navigator and an oncology therapist. Registration required.

CHILDREN, TEENS & PARENTS

Art Therapy Group for Teens in Treatment

● FC, Mon, May 13, 5:30-7pm

Explore your creative side using a variety of techniques and materials. Artistic ability is NOT necessary just a willingness to have some fun and make art with other teens who are also impacted by cancer. To register contact Sarah.Schmidt@inova.org or call 703.776-2403. Registration is required.



Curious about Cancer

● FC, Wed, May 1-29, 6-7pm

Group continues for those already registered. For more information on the next group, contact Jean McCaw MA, ATR-BC, LCPAT Children & Adolescent Program Coordinator at 703-698-2537 or jean.mccaw@inova.org. No online registration.

Pediatric Oncology Parent Night: Father-Son Night

● FC, Tue, May 28, 6:30-8:30 pm

Father-Son Night! Don't miss this fun-filled event for boys and their fathers, brothers, uncles, and grandfathers. Lots of food, games and water balloon fights. Registration is required at dccandlelighters@gmail.com or Cathy Bottrell, LCSW at cathy.bottrell@inova.org or 703-531-1515.

Life with Cancer Programs and Services for Children, Teens and Parents

- Individual and family counseling for children, teens, and parents
- Art therapy, play therapy, sand tray therapy
- Guidance in how to talk with your child or teen about cancer
- SCCIP-ND: a three-session program intervention which provides techniques to help parents/caregivers cope more effectively when they have a child diagnosed with cancer
- Support in navigating the end of treatment and survivorship
- Grief support
- Information and referral to services in the community

For more information or to schedule an appointment please contact Jean McCaw, MA, ATR-BC, LCPAT, Child and Adolescent Program Coordinator. 703.698.2537 or jean.mccaw@inova.org.

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
		<p>1</p> <p>10 am Cardio & Core (44084 RP) 10:30 am Cardio & Core (FO-LWC) 1 pm Cultivating Compassion (FC) 2 pm Chair-Based Exercise (FC) 3 pm Cross-Train Challenge (FC) 5:30 pm Yoga for Breast Cancer Survivors (FC) 6 pm Mindfulness for Healthy Living (IAH-LWC) 6 pm Curious about Cancer (FC) 6 pm Young Women with Breast Cancer (FO-LWC) 6:30 pm Breast Cancer Group (FC) 6:30 pm Lung Cancer Group (FC) 7 pm Cutaneous Lymphoma Group (FC)</p>	<p>2</p> <p>9 am Acupuncture (FO-LWC) 10 am Cancer-Related Fatigue (FC) 10 am Total Body Conditioning (44084 RP) 10:30 am Cardio Drumming (FC) 11:30 pm Strengthen with Barre and Pilates (FO-LWC) 1 pm Gentle Yoga (FC) 2 pm Meditation and Guided Imagery (FC) 4:30 pm Acupuncture (FC) 6 pm Introduction to Qigong (FC) 7 pm Barre Tone (FC)</p>	<p>3</p> <p>Coalesce (FC) 10:15 am Restorative Yoga (FC) 10:30 am Zumba Gold (44084 RP) 12 pm Restorative Yoga (44084 RP) 1 pm Yin Yoga (FO-LWC) 1 pm Knitting & Crocheting Circle (FC)</p> <p>4</p> <p>LOBSTER</p> <p>5</p>
<p>6</p> <p>10 am Functional Fitness (FO-LWC) 10 am Total Body Conditioning (44084 RP) 4 pm Gentle Yoga (IAH-HEC 3-5) 5 pm Breast Surgery Pre-Op Class (FC) 7 pm Evening Gentle Yoga (FO-LWC) 7 pm Evening Gentle Yoga (FC) 7 pm Zumba (IAH-HEC 3-5) 7 pm Evening Gentle Yoga (44084 RP)</p>	<p>7</p> <p>10 am Acupuncture (FC) 11 am MBCR Drop-In Group (FC) 12 pm EZ Tai Chi (FC) 1 pm Yoga Sculpt (FO-LWC) 6 pm Good Grief (ILH-RO) 6 pm Tai Chi (FC) 6:30 pm Cardio & Core (IAH-HEC 3-5) 7 pm Zumba (FC) 7:15 pm Good Grief (FC)</p>	<p>8</p> <p>10 am Cardio & Core (44084 RP) 10:30 am Cardio & Core (FO-LWC) 12:30 pm Breast Surgery Pre-Op (FO-LWC) 5:30 pm Yoga for Breast Cancer Survivors (FC) 5:30 pm Caregiver Connection (FO-D) 5:30 pm MBCR Drop-In Group (FC) 5:30 pm Breast Cancer Group (FO-LWC) 6 pm Head and Neck Cancers Symposium (FC) 6 pm Curious about Cancer (FC) 6 pm Mindfulness for Healthy Living (IAH-LWC)</p>	<p>9</p> <p>9 am Acupuncture (FO-LWC) 10 am Cancer-Related Fatigue (FC) 10 am Total Body Conditioning (44084 RP) 11 am Orientation (FC) 11:30 pm Strengthen with Barre and Pilates (FO-LWC) 1 pm Living with Advanced Disease (FO-LWC) 1 pm Gentle Yoga (FC) 2 pm Meditation and Guided Imagery (FC) 4:30 pm Acupuncture (FC) 6 pm Introduction to Qigong (FC) 6 pm Us Too, Prostate Cancer Group (IAH-LWC) 6 pm Journey to a Healthier You (ILH-PEC) 6 pm GI Cancer Group (FC) 6 pm Women's Survivorship Group (ILH-RO) 7 pm Barre Tone (FC)</p>	<p>10</p> <p>Coalesce (FC) 10:15 am Restorative Yoga (FC) 10:30 am Zumba Gold (44084 RP) 12 pm Restorative Yoga (44084 RP) 1 pm Yin Yoga (FO-LWC)</p> <p>11</p> <p>10 am Carcinoid Cancer Group (FC) 10:30 am MDS Group (FC) RACCOON RUN</p> <p>12</p>
<p>13</p> <p>10 am Total Body Conditioning (44084 RP) 10 am Functional Fitness (FO-LWC) 1 pm Restorative Yoga (ISCI-LWC) 1 pm Healing through Art Therapy (FC) 4 pm Gentle Yoga (IAH-HEC 3-5) 5:30 pm Art Therapy Group for Teens (FC) 6 pm Healing Touch (44084 RP) 6 pm Reiki (FC) 7 pm Evening Gentle Yoga (FO-LWC) 7 pm Reiki (FC) 7 pm Caregiver Connection (FC) 7 pm Evening Gentle Yoga (44084 RP) 7 pm Zumba (IAH-HEC 3-5)</p>	<p>14</p> <p>Coalesce II (FC) 10 am Acupuncture (FC) 10:30 am Spirituality Quest (MBG) 11 am Look Good...Feel Better (FO-LWC) 12 pm EZ Tai Chi (FC) 1 pm Yoga Sculpt (FO-LWC) 1:30 pm Zentangle (44084 RP) 4 pm Breast Surgery Pre-Op Class (ILH-PER) 6 pm Us Too Prostate Cancer Group (LCSC) 6 pm Tai Chi (FC) 6:30 pm Cardio & Core (IAH-HEC 3-5) 6:30 pm Young Women with Breast Cancer (IAH-LWC) 7:30 pm Us Too Prostate Cancer Group (FC) 7 pm Zumba (FC) 7:15 pm Good Grief (FC)</p>	<p>15</p> <p>10 am Cardio & Core (44084 RP) 10:30 am Cardio & Core (FO-LWC) 2 pm Breast Surgery Pre-Op Class (FC) 2:30 pm Meaning-Centered Psychotherapy Group (FC) 5 pm Breast Cancer and Nutrition (FO-LWC) 5:30 pm Yoga for Breast Cancer Survivors (FC) 6 pm Mindfulness for Healthy Living (IAH-LWC) 6 pm Curious about Cancer (FC) 6 pm Book Group (FO-LWC) 6 pm Brain Tumor Group (FC)</p>	<p>16</p> <p>9 am Acupuncture (FO-LWC) 10 am Total Body Conditioning (44084 RP) 11:30 pm Strengthen with Barre and Pilates (FO-LWC) 1 pm Gentle Yoga (FC) 2 pm Meditation and Guided Imagery (FC) 4:30 pm Acupuncture (FC) 6 pm Journey to a Healthier You (ILH-PEC) 6 pm Introduction to Qigong (FC) 6 pm Just for the Guys (IAH-LWC) 7 pm Barre Tone (FC)</p>	<p>17</p> <p>Coalesce (FC) 10:15 am Restorative Yoga (FC) 10:30 am Zumba Gold (44084 RP) 12 pm Restorative Yoga (44084 RP) 1 pm Yin Yoga (FO-LWC) 1 pm Knitting & Crocheting Circle (FC) 2:30 pm Writing Your Life Stories Monthly Group (FC)</p> <p>18</p> <p>10:30 am Waldenstrom's (FC)</p> <p>19</p>
<p>20</p> <p>10 am Leukemia and Lymphoma Group (FC) 10 am Total Body Conditioning (44084 RP) 10 am Functional Fitness (FO-LWC) 1 pm Restorative Yoga (ISCI-LWC) 4 pm Gentle Yoga (IAH-HEC 3-5) 5 pm Ask a Dietitian (FC) 5:30 pm Breast Cancer Group (IAH-LWC) 5:30 pm Breast Cancer Group (ILH-RO) 6 pm Strategies for Building Resilience (FC) 6 pm Head and Neck Group (FO-RO) 6:30 pm Planning a Memorial or Celebratory Service (FC) 7 pm Evening Gentle Yoga (FO-LWC) 7 pm Evening Gentle Yoga (44084 RP) 7 pm Zumba (IAH-HEC 3-5) 7 pm Evening Gentle Yoga (FC)</p>	<p>21</p> <p>10 am Acupuncture (FC) 11:45 am Multiple Myeloma Meeting (FC) 12 pm Fighting Cancer with a Fork (FO-LWC) 12 pm EZ Tai Chi (FC) 1 pm Yoga Sculpt (FO-LWC) 6 pm Tai Chi (FC) 6 pm Colorectal Cancer Group (FC) 6:30 pm Cardio & Core (IAH-HEC 3-5) 6:30 pm Young Women with Breast Cancer (FC) 7 pm Zumba (FC) 7:15 pm Good Grief (FC)</p>	<p>22</p> <p>10 am Cardio & Core (44084 RP) 10:30 am Cardio & Core (FO-LWC) 11 am Joyful Belly Dance (FC) 12:30 pm Breast Surgery Pre-Op (FO-LWC) 1 pm Living with Advanced Disease (ILH-NBC) 2 pm Breast Surgery Pre-Op Class (FC) 2 pm Chair-Based Exercise (FC) 2:30 pm Meaning-Centered ... (FC) 3 pm Cross-Train Challenge (FC) 5 pm Survivorship Nutrition (FC) 5:30 pm Gynecologic Cancer Group (FC) 6 pm Mindfulness for Healthy Living (IAH-LWC) 6 pm Curious about Cancer (FC) 6 pm Total Body Conditioning (44084 RP) 6 pm Reiki (FC) 7 pm Reiki (FC)</p>	<p>23</p> <p>9 am Acupuncture (FO-LWC) 10 am Total Body Conditioning (44084 RP) 10:30 am Cardio Drumming (FC) 11:30 am Strengthen with Barre and Pilates (FO-LWC) 1 pm Gentle Yoga (FC) 1 pm Breast Surgery Pre-Op Class (ILH-PER) 2 pm Laughter Yoga (FC) 4:30 pm Acupuncture (FC) 6 pm Journey to a Healthier You (ILH-PEC) 6:30 pm Reiki (44084 RP) 7 pm Barre Tone (FC) 7:30 pm Reiki (44084 RP) 7:30 pm Young Adult Group (FC)</p>	<p>24</p> <p>Coalesce (FC) 10:15 am Restorative Yoga (FC) 10:30 am Zumba Gold (44084 RP) 12 pm Restorative Yoga (44084 RP) 1 pm Yin Yoga (FO-LWC) 3 pm Life with Cancer closes</p> <p>25</p> <p>26</p>
<p>27</p> <p>Memorial Day Holiday. Life with Cancer is closed.</p>	<p>28</p> <p>Coalesce II (FC) 10 am Acupuncture (FC) 6:30 pm Peds-Onc Parent Night (FC) 7:15 pm Good Grief (FC)</p>	<p>29</p> <p>2 pm Chair-Based Exercise (FC) 2:30 pm Meaning-Centered ... (FC) 3 pm Cross-Train Challenge (FC) 5 pm Breast Surgery Pre-Op (FC) 5:30 pm Yoga for Breast Cancer Survivors (FC) 5:30 pm Breast Surgery Pre-Op (FO-LWC) 6 pm Curious about Cancer (FC) 6:30 pm Orientation (FC)</p>	<p>30</p> <p>9 am Acupuncture (FO-LWC) 10:30 am Cardio Drumming (FC) 4:30 pm Acupuncture (FC)</p>	<p>31</p> <p>Coalesce (FC) 10:15 am Restorative Yoga (FC)</p>