

## JULY/AUGUST 2011 PROGRAM CALENDAR



### Are you new to Cancer Support Community?

We provide free services for people with cancer and their loved ones. We suggest you learn more by attending a Newcomers Meeting, held **Mondays at 7 pm** or **Fridays at 11 am**. These informal sessions are led by a cancer survivor who will introduce you to our programs. Call us at 925.933.0107 for information. **You may attend workshops, stress reduction programs and networking groups prior to attending a Newcomers Meeting.**

### Would you like to be in a weekly support group?

Ongoing professionally facilitated support groups for people with cancer and/or support persons are the heart of our program. Support groups have been shown to decrease distress and improve quality of life.

Attendance at a Newcomers Meeting and a brief group preparation interview are necessary before joining a weekly group.

### Weekly Group Times

Mondays 7–9 pm  
Tuesdays 11 am–1 pm  
Wednesdays 10:30 am–12:30 pm  
Thursdays 7–9 pm

## SPECIAL PROGRAMS & SERIES

Please call 925-933-0107 to register.

### Cancer Fighting Nutrition & Cooking Series

**Friday:**

**July 8, 6–8 pm**

With Stephanie Roston, RD.

This session is limited to those who began the series in June.

### Kids Circle & Teen Talk

**Saturdays:**

**July 9 and August 13  
10 am–1 pm**

With CSC therapists.

For families with school-age children when a parent has cancer. Each workshop has an activity based group for children where they identify feelings and learn coping skills; a support group for teens; and a group for parents. The workshop ends with lunch and a family activity to enhance communication.

### Nutrition & Cancer Treatment

**Saturday:**

**July 16, 10 am–1 pm**

With Tinrin Chew, RD.

Learn what to eat during and after treatment, how to establish nutritional goals, and how foods help in maintaining and regaining health. Sample tasty, nutrition-packed foods to support your body's recovery. Tinrin has been an oncology dietitian for more than 20 years.

### Healing with Acupressure

**Tuesday:**

**July 19, 6–8 pm**

With Kathryn Chess, CMP.

Stimulate and balance your body using your own internal healing powers with acupressure, gentle yoga, and meditation. Discover how to use these ancient methods to gently restore your health during and after cancer treatment. Kathryn is a certified acupressurist and yoga instructor.

### Newly Diagnosed Breast Cancer Series

**Wednesdays:**

**July 20 through November 2  
10:30 am–12:30 pm**

With Ilene Scharlach, PhD.

For those in or just starting treatment. Guest oncology experts present information about breast cancer issues. Group support allows for sharing experiences and provides tools to assist in coping.

### African Drumming

**Thursdays:**

**July 21 and August 18, 4:30–5:30 pm**

With Patricia Frame.

Experience this way to get “good vibrations.” Drumming has been shown to boost immune system function and metabolism. No rhythmic or musical ability needed! Patricia is a talented musician and brings a multitude of drums to enjoy.

### Survivorship 101

**Saturday:**

**July 23, 10 am–Noon**

With Shell Portner, RN.

Focusing on post-treatment recovery and beyond, learn how to create a summary of your treatment and map out a care plan for survivorship. You will leave empowered with the tools to improve your quality of life and achieve a greater sense of well-being. Shell is the survivorship nurse navigator at John Muir Cancer Institute and also a cancer survivor.

### Palliative Care for Quality of Life

**Tuesday: July 26, 2–4 pm.**

With Lisa Buffum RN, MS, Nurse Practitioner. Learn about what palliative care is, how it can help improve pain control, manage difficult symptoms and side effects, and improve quality of life. Lisa is a nurse practitioner with John Muir Health's Palliative Care Program.

# special PROGRAMS & SERIES

## JULY/AUGUST 2011 SPECIAL PROGRAMS

### SPECIAL PROGRAMS & SERIES —CONTINUED FROM PAGE 1

Please call 925-933-0107 to register.

#### Feldenkrais Awareness Through Movement

**Saturday:**

**July 30, 10 am–1 pm**

With Peter Boffey, GCFT.

The Feldenkrais Method is designed to open up new possibilities for movement and well-being through a gentle, guided, pain-free approach, leading to greater ease and comfort. For both beginners and ongoing students, this experiential workshop incorporates rest periods and ample opportunities for questions and discussion. Please wear comfortable clothes that allow you to move both in chairs and on mats. A direct beneficiary of this approach to wellness, Peter is a Guild Certified Feldenkrais Teacher.

#### Depression & Anxiety: How Much Is it Too Much?

**Tuesday:**

**August 2, 6:30–8 pm**

With Burton Presberg, MD.

This workshop will address the wide range of emotions experienced by people affected by cancer (and their loved ones). Psychological and physiological aspects of diagnosis, treatment, and post-treatment periods will be discussed. Deciding when it may be helpful to use psychotherapy or medications can be challenging and will be a major focus of the workshop. Dr. Presberg is a psychiatrist in private practice who specializes in working with cancer patients and their families.

#### Managing Symptoms & Side Effects

**Saturday:**

**August 6, 10 am–Noon**

With Diana Longacre, OCN.

Learn what you can do to feel better

during cancer treatment. In this informal workshop, Diana, an oncology nurse and cancer survivor herself, will discuss methods for managing treatment side effects.

#### Making Memories: Fall Is Just Around the Corner

**Tuesdays:**

**August 9 & 16, 2–4 pm**

With Alisa Scarano.

Love being creative? Let your creativity blossom as we get ready for the fall with a beautiful wreath using our favorite papers and embellishments. For those who want to start getting ready for Halloween, no problem, the wreath easily adapts! All level crafters welcome. Please bring small craft scissors.

#### Jin Shin Jyutsu

**Tuesday:**

**August 9, 6–8 pm**

With Kathy O'Hare.

Learn to work with specific areas of your body to reduce and better manage the effects of cancer and treatment. Similar to acupressure, this can help support the immune system and reduce the physical and emotional impact of stress on your body.

#### Let's Sing: Karaoke Party

**Friday:**

**August 12, 6–8:30 pm**

With United We Sing.

Enjoy a wonderful performance about the cancer journey through popular song performed by this dynamic trio. Then, you can take the stage, choosing from over 9,000 songs and perform with backup in a supportive, fun atmosphere. Light refreshments provided.

#### Frankly Speaking About Melanoma

**Tuesday:**

**August 16, 6–8 pm**

With Amir Modarressi, MD.

Learn about the latest treatments for melanoma along with side effect management. The social and emotional challenges of the diagnosis will be discussed as well. Dr. Modarressi is a medical oncologist with Contra Costa Oncology.

#### Bead Creative

**Tuesday:**

**August 23, 2–4 pm**

With Pam Taylor.

Design your own bracelet using stone, crystal and silver. Everything you need is provided in this fun, interactive class. Pam is an artist and long-time cancer survivor. Priority is given to those who have not previously attended.

#### The Healing Power of Writing

**Saturday:**

**August 27, 10 am–Noon**

With Janet Kettelhut, MFT.

Experience a nonjudgmental, deep sensing and curious approach to writing which has been shown to strengthen health, build community and tune into your spirit. Janet is a therapist and cancer survivor.

#### Art for Healing

**Tuesday:**

**August 30, 6–8 pm**

With Caroline Thomas, LCSW.

Using acrylic paints and guided exercises, participants will access and express their feelings through painting. Caroline is an art and creativity for healing trained facilitator.



## ONGOING PROGRAMS & COMMUNITY NEWS

### ONGOING PROGRAMS

#### NETWORKING GROUPS

No need to RSVP.

##### Brain Tumor

**2nd and 4th Wednesday:**  
7–8:30 pm

##### Breast Cancer

**2nd and 4th Thursday:**  
11 am–12:30 pm

##### Carcinoid Neuroendocrine Cancers

**1st Saturday, Even Months: 1–4 pm**  
Hosted but not facilitated by Cancer Support Community.

##### Colorectal Cancer

**2nd Wednesday: 4–5:30 pm**

##### Family Transition

**Wednesday: 6–8 pm**  
For bereaved CSC members.

##### Gynecologic/Ovarian Cancer

**1st and 3rd Thursday:**  
11 am–12:30 pm

##### Life After Cancer

**2nd and 4th Wednesday:**  
6–7:30 pm  
For those beyond day-to-day-treatment.

##### Lung Cancer

**2nd Wednesday:**  
4–5:30 pm

##### Metastatic Breast Cancer

**3rd Wednesday:**  
4:30–6 pm

##### Metastatic Prostate Cancer

**4th Thursday:**  
11 am–12:30 pm

##### Multiple Myeloma

**3rd Saturday April, August and December: 10 am–1 pm**  
Hosted but not facilitated by CSC.

##### Prostate Cancer

**4th Thursday: 1–2:30 pm**

#### MIND BODY

Ongoing Stress Reduction and Exercise Programs. No need to RSVP.

##### Pilates

**Mondays: 8:30–9:30 am**

This system of exercise combines the suppleness of yoga with strength training, creating a strong core for physical activities including recovery. Instructor: Ivy Noceto.

##### Yoga

**Mondays: 2–3 pm;**  
**Wednesdays: 8:45–10:15 am;**  
**Thursdays: 9:30–10:45 am & 5–6:30 pm**

Gentle breathing and stretching exercises improve muscle tone and aid in stress management. Instructors Sandy Stober, Mary Cameron Smith, Betsy Shandalov and Noel Sivazlian-Rodela.

##### Knitting Circle

**Tuesdays: 1:15–3 pm**

Knitting has been clinically shown to induce states of tranquility similar to meditation. The relaxed atmosphere of the group makes creating fun. Instructor: Janet Correia.

##### Mindfulness

**Wednesdays: 9:30–10:30 am**

Ongoing group meditation practice. Instructor: Margaret Cullen, MFT.

##### Tai Chi Chih/Qigong:

##### Always Beginning

**Fridays: 9:30–10:30 am**

Moving meditation. Twenty easy, gentle movements for calmness, balance and self healing. Instructor: Wendy Helms, PhD.

##### Feldenkrais:

##### Awareness Through Movement

**Fridays: 10:45 am–Noon**

This gentle approach to movement focuses on flexibility, balance and coordination to help overcome physical limitations brought on by treatment. Instructor: Peter Boffey.

### COMMUNITY NEWS

#### Open to Options Decision Support Program Available

Have you recently been diagnosed with a new or recurrent cancer? Do you need to make decisions about treatment options? Do you have an appointment scheduled to meet with your doctor?

Cancer Support Community now offers a question listing service to help you prepare for your upcoming oncology visit. This service is available at no cost to anyone diagnosed with a new or recurrent cancer who has to make decisions about treatment options. The goals of this program are to help you communicate clearly with your medical team, ask critical questions about your options, and help ensure that your treatment decisions fit your personal hopes and goals. To make an appointment, please call us at 925-933-0107.

#### Counseling Services

Cancer Support Community offers short-term counseling to members with cancer and their families who may be dealing with issues related to their cancer experience. Counseling is provided by doctor of psychology students under the supervision of our clinical staff.



Find Us On  
Facebook

Cancer Support Community  
San Francisco Bay Area



Please register for programs in **red** by calling 925-933-0107.

\*Requires attendance at a newcomers meeting and brief interview prior to placement in group.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>All of the programs and services at Cancer Support Community are provided free of charge</b> in order to be readily accessible to people affected by cancer. This is made possible by gifts, grants and sponsorships from over 2,000 individuals and organizations each year. Every contribution makes a difference and is greatly appreciated.</p> <p><b>We would like to give special acknowledgement to our Leadership Sponsors,</b> who have provided extraordinary support during the past year:</p> <ul style="list-style-type: none"> <li>• Genentech</li> <li>• John Muir Health</li> <li>• Safeway</li> <li>• Kaiser Permanente</li> <li>• McKesson</li> <li>• Verizon</li> </ul> <p><b>For more information</b> on how you can support Cancer Support Community, please call us at 925-933-0107 or visit our website at <a href="http://www.cancersupportcommunity.net/donate.html">www.cancersupportcommunity.net/donate.html</a>.</p>				<p><b>1</b> 9:30–10:30 am Tai Chi Chih Qigong 10:45 am–Noon Feldenkrais: Awareness Through Movement 11 am Newcomers Meeting</p>	<p><b>2</b></p>
<p><b>4</b> HOLIDAY — Cancer Support Community Closed</p>	<p><b>5</b> 11 am–1 pm* Weekly Participant &amp; Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle</p>	<p><b>6</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm* Weekly Participant &amp; Support Person Groups 6–8 pm Family Transition Group</p>	<p><b>7</b> 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 5–6:30 pm Yoga 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>8</b> 9:30–10:30 am Tai Chi Chih Qigong 10:45 am–Noon Feldenkrais: Awareness Through Movement 11 am Newcomers Meeting 6–8 pm <b>Cancer Fighting Nutrition &amp; Cooking Series</b></p>	<p><b>9</b> 10 am–1 pm Kids Circle &amp; Teen Talk</p>
<p><b>11</b> 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>12</b> 11 am–1 pm* Weekly Participant &amp; Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle</p>	<p><b>13</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm* Weekly Participant &amp; Support Person Groups 4–5:30 pm Colorectal Cancer Group 4–5:30 pm Lung Cancer Group 6–8 pm Family Transition Group 6–7:30 pm Life After Cancer 7–8:30 pm Brain Tumor Group</p>	<p><b>14</b> 9:30–10:45 am Yoga 11 am–12:30 pm Breast Cancer Group 5–6:30 pm Yoga 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>15</b> 9:30–10:30 am Tai Chi Chih Qigong 10:45 am–Noon Feldenkrais: Awareness Through Movement 11 am Newcomers Meeting</p>	<p><b>16</b> 10 am–1 pm Nutrition &amp; Cancer Treatment</p>
<p><b>18</b> 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>19</b> 11 am–1 pm* Weekly Participant &amp; Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 6–8 pm Healing with Acupressure</p>	<p><b>20</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm* Weekly Participant &amp; Support Person Groups 4:30–6 pm Metastatic Breast Cancer Group 6–8 pm Family Transition Group</p>	<p><b>21</b> 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 4:30–5:30 pm African Drumming Circle 5–6:30 pm Yoga 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>22</b> 9:30–10:30 am Tai Chi Chih Qigong No Feldenkrais Class Today 11 am Newcomers Meeting</p>	<p><b>23</b> 10 am–Noon Survivorship 101</p>
<p><b>25</b> 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>26</b> 11 am–1 pm* Weekly Participant &amp; Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 2–4 pm Palliative Care for Quality of Life 5–7 pm VALLEJO Workshop Nutrition &amp; Cancer Treatment</p>	<p><b>27</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm* Weekly Participant &amp; Support Person Groups 6–8 pm Family Transition Group 6–7:30 pm Life After Cancer 7–8:30 pm Brain Tumor Group</p>	<p><b>28</b> 9:30–10:45 am Yoga 11 am–12:30 pm Breast Cancer Group 11 am–12:30 pm Metastatic Prostate Group 1–2:30 pm Prostate Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant &amp; Support Person Groups</p>	<p><b>29</b> 9:30–10:30 am Tai Chi Chih Qigong 10:45 am–Noon Feldenkrais: Awareness Through Movement 11 am Newcomers Meeting</p>	<p><b>30</b> 10 am–1 pm Feldenkrais Awareness Through Movement</p>



Please register for programs in red by calling 925-933-0107.

\*Requires attendance at a newcomers meeting and brief interview prior to placement in group.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b> 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>2</b> 11 am–1 pm* Weekly Participant &amp; Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 6:30–8 pm Depression &amp; Anxiety: How Much Is Too Much?</p>	<p><b>3</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm* Weekly Participant &amp; Support Person Groups 6–8 pm Family Transition Group</p>	<p><b>4</b> 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 5–6:30 pm Yoga 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>5</b> 9:30–10:30 am Tai Chi Chih Qigong 10:45 am–Noon Feldenkrais: Awareness Through Movement 11 am Newcomers Meeting</p>	<p><b>6</b> 10 am–Noon Managing Symptoms &amp; Side Effects 1–4 pm Carcinoid Neuroendocrine Cancer Group</p>
	<p><b>8</b> 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>9</b> 11 am–1 pm* Weekly Participant &amp; Support Person Groups 1:15–3 pm Knitting Circle 2–4 pm Making Memories: Fall Is Just Around the Corner 6–8 pm Jin Shin Jyutsu</p>	<p><b>10</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm* Weekly Participant &amp; Support Person Groups 4–5:30 pm Colorectal Cancer Group 4–5:30 pm Lung Cancer Group 6–7:30 pm Life After Cancer 6–8 pm Family Transition Group 7–8:30 pm Brain Tumor Group</p>	<p><b>11</b> 9:30–10:45 am Yoga 11 am–12:30 pm Breast Cancer Group 5–6:30 pm Yoga 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>12</b> 9:30–10:30 am Tai Chi Chih Qigong 10:45 am–Noon Feldenkrais: Awareness Through Movement 11 am Newcomers Meeting 6–8:30 pm Let's Sing: Karaoke Party</p>	<p><b>13</b> 10 am–1 pm Kids Circle &amp; Teen Talk</p>
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	<p><b>29</b> 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>30</b> 11 am–1 pm* Weekly Participant &amp; Support Person Groups 1:15–3 pm Knitting Circle 6–8 pm Art for Healing</p>	<p><b>31</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm* Weekly Participant &amp; Support Person Groups 6–8 pm Family Transition Group</p>	<p><b>Do you know?</b> The Wellness Community San Francisco East Bay has provided support for over 20 years. Last year, we changed our name. This is an outcome of our national Wellness Community organization joining with Gilda's Clubs to form an international federation called Cancer Support Community. Cancer Support Community San Francisco Bay Area now has two locations. In addition to Cancer Support Community East Bay in Walnut Creek, we now are offering programs at Cancer Support Community Silicon Valley in Mountain View. Information for both locations can be accessed online at <a href="http://www.cancersupportcommunity.net">www.cancersupportcommunity.net</a>. You are also welcome to call us at: 925.933.0107 East Bay; or 650.968.5000 Silicon Valley.</p>		

## OFFSITE SUPPORT GROUPS

Call 925-933-0107 for more information.

### ANTIOCH

**Monday: 1:30–3:30 pm.**

Weekly drop-in group for people with cancer and their loved ones. Sutter Delta Medical Center (Fallman Education Center), 3901 Lone Tree Way.

### SAN RAMON

**2nd Tuesday: 7:30–9 pm**

Drop-in Prostate Cancer Group for men and their loved ones. San Ramon Regional Medical Center, South Building, West Day Room.

### VALLEJO

**1st and 3rd Wednesday: 4–5:30 pm**

Twice monthly drop-in group for people with cancer and their loved. Sutter Solano Cancer Center, First Floor Conference Room, 100 Hospital Drive.

### Grupos De Apoyo Emocional en Español

**Los Viernes De: 12–2 pm**

Los grupos estan localizados en Pittsburg, Martinez, San Pablo y WalnutCreek. Si necesita un grupo de apoyo en español, por favor llame Cyndi Lezcano al 1-800-556-0477.

## OFFSITE WORKSHOPS

### VALLEJO:

#### Nutrition & Cancer Treatment

**Tuesday: July 26, 5–7 pm**

Sutter Solano Cancer Center, First Floor Conference Room. With Tinrin Chew, RD. Learn what to eat during and after treatment, how to establish nutritional goals, and how foods help in maintaining and regaining health. Tinrin has been an oncology dietitian for more than 20 years at Alta Bates Summit.

### ANTIOCH:

#### Employment Rights & Disability Benefits

**Wednesday: August 24, 6–8 pm**

Sutter Delta Medical Center, Board Room. With Rachael Langston, Esq. Learn about the laws that protect people with cancer as well as the different disability benefits available. Also learn about family leave to care for loved ones. Rachael is an attorney with the Employment Rights Center of the Legal Aid Society.

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www.cancersupportcommunity.net

*Formerly The Wellness Community*



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