

JULY/AUGUST 2011 PROGRAM CALENDAR



Welcome to Cancer Support Community!

WE ARE LOCATED AT:

The Vineyard, 455 N. Whisman Road Suite 300, Mountain View, CA

ABOUT US:

Cancer Support Community is an affiliate of an international federation created by the joining of two organizations—The Wellness Community and Gilda's Club. We provide free support services for people with cancer and their loved ones. Learn more by attending a **Newcomers Meeting, held Tuesdays at 6 pm or Thursdays at 11 am**. These informal meetings will introduce you to our programs. You may attend workshops and stress reduction programs 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. Separate groups for those with cancer and support persons. Attendance at a Newcomers Meeting and a brief group preparation interview are necessary before joining a weekly support group.

Weekly Group Times for People with Cancer and Their Support Persons

Wednesday: 10 am–12 Noon
Thursday: 6:30–8:30 pm



SPECIAL PROGRAMS Please call 650-968-5000 to register.

Poetry, Community and the Flourishing Heart **Tuesday: July 5, 3–5:30 pm** With John Fox, CPT. In this workshop we will take some time to explore how community and poetry can help us in the mindset of our healing journey. What values and conditions help a community and the individuals within it to flourish? And especially when faced with illness such as cancer: what does it mean to have a community of caring? Poetry invites us to respond to this question: What is my story? Our attraction to real community may be rooted in the question: Where do I go to be renewed? Connection and growth are possible when we write, create and read poems together. Why? Poetry includes: pleasure and sadness, insight and feeling, our not knowing and hard questions, the natural world and intuitive appreciation of spirit — all of these feed the heart of community and the soulfulness of us a human beings. John is a nationally acclaimed poet and certified poetry therapist.

Foods for Health **Saturdays: July 9 and August 6, 11 am–1 pm** With Grace Avila, Certified Nutrition Educator and Cancer Guide. Each class will help you learn new ways to eat during and after treatment for cancer recovery, how to incorporate nutrient-dense, cancer-fighting foods, stay hydrated, and cope with changes in taste and tolerance. Both classes includes a short food preparation demonstration. Classes can be taken individually or together as new information will be presented at each.

Cultivating Life with Chinese Medicine and Acupuncture **Saturday: July 16, 1–3 pm** With Kari Knapstad, L.Ac. Chinese medicine treats the whole person, rather than the disease, focusing on cultivating a balanced life. In cancer care, Chinese medicine uses natural means to reduce chemotherapy-induced nausea and vomiting, decrease pain, support immune function and enhance quality of life. Self-care tools will be offered. Kari Knapstad is a licensed acupuncturist and herbalist with a private practice in Los Gatos. Come learn how this time-tested medicine can benefit you and your loved ones.

Creative Expressions **Saturday: July 23, 10 am–1 pm** With Tehila Eisenstat. The creation of art can be a life-affirming & healing experience. In this workshop, learn to create paintings with vibrant acrylics, working with colors and shapes to create depth and movement. Tehila is an experienced teacher and artist who demonstrates painting techniques in a supportive, nonjudgmental atmosphere. No art experience needed.

Art for Healing **Thursday: August 11, 2–4 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 and Cancer Support Community assistant program director. No art experience needed.

Making Decisions with Your Doctor **Saturday: August 20, 11 am–1 pm** With Michael Fischetti, MD. This discussion will include exploring who makes the decisions (alone or together with family), how you make decisions in your life (clarifying your goals, what decisions need to be made, asking questions, research, getting a second opinion) and what your comfort and trust level is with your doctor or other providers. Dr. Fischetti is a retired oncologist who was many years with Kaiser Santa Clara.

Beautiful and Whole Again After Breast Cancer **Thursday: August 25, 12–2 pm** With Polly Sherman, RN. Feeling good and looking beautiful after the diagnosis of breast cancer is the aim of this class. Learn about the use of garments, bras and prostheses after the treatment of breast cancer. Polly will also guide you on insurance coverage for items and the range of options for breast cancer survivors. She is a Breast Care Specialist of the HERS Breast Cancer Foundation whose mission is to help survivors feel like a woman again even after the sometimes devastating effects of cancer treatment. A light lunch will be served.

NEW ONGOING CLASSES AND GROUPS

Tai Chi **Tuesdays: beginning July 12, 3:15–4:15 pm** Tai chi is a martial art that has proven benefits for health, especially with regard to maintaining one's strength and balance. Join us to learn tai chi movements especially designed for those who are currently undergoing medical treatment. Linda Adler is a long time tai chi practitioner and teacher.

Grupos de Apoyo en Español Los invitamos a participar y recibir el cariño y apoyo de esta comunidad con una comida ligera. Recibirán educación sobre el cáncer y podrán conocer otras personas que están enfrentando el cáncer. Nuestros Grupos son facilitados por Jana Schustack, MFT, donde los individuales pueden compartir información y experiencias en un ambiente de apoyo. Para más información, favor de llamar a Cyndi Lezcano al 1-800-556-0477.

4–6 pm: Segundo Lunes del Mes, Christ the King Catholic Church, 5284 Monterey Highway, San Jose
4–6 pm: Cuarto Lunes del Mes, Cancer Support Community, 455 North Whisman Road, Suite 300, Mountain View

JULY 2011 PROGRAM CALENDAR

Please call 650-968-5000 for programs in red.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All of the programs and services at Cancer Support Community are provided free of charge in order to be readily accessible to people affected by cancer. This is made possible by gifts, grants and sponsorships from individuals and organizations each year. Every contribution makes a difference and is greatly appreciated.</p> <p>We would like to give special acknowledgement to our Leadership Sponsors, who have provided extraordinary support during this year:</p> <ul style="list-style-type: none"> • Cadence Design Systems • El Camino Hospital Community Benefit <p>For more information on how you can support Cancer Support Community, please visit our website at www.cancersupportcommunity.net/siliconvalley/donate.html or call us at 650-968-5000.</p>				1	2
4	<p>2-3 pm Mindfulness</p> <p>3-5:30 pm Poetry, Community & the Flourishing Heart</p> <p>6 pm Newcomers Meeting</p>	<p>6</p> <p>10 am-Noon* Weekly Participant & Support Person Groups</p> <p>1:15-2:30 pm Yoga</p>	<p>7</p> <p>11 am Newcomers Meeting</p> <p>11 am-Noon Fitness for Every Body</p> <p>4:30-5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30-8:30 pm* Weekly Participant & Support Person Groups</p>	8	<p>9</p> <p>11 am-1 pm Foods for Health</p>
11	<p>12</p> <p>2-3 pm Mindfulness</p> <p>3:15-4:15 pm Tai Chi</p> <p>6 pm Newcomers Meeting</p> <p>7-9 pm Young Adult Networking Group</p>	<p>13</p> <p>10 am-Noon* Weekly Participant & Support Person Groups</p> <p>1:15-2:30 pm Yoga</p>	<p>14</p> <p>11am Newcomers Meeting</p> <p>No Fitness for Every Body Class</p> <p>4:30-5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30-8:30 pm* Weekly Participant & Support Person Groups</p>	15	<p>16</p> <p>11 am-1 pm Cultivating Life with Chinese Medicine & Acupuncture</p>
18	<p>19</p> <p>2-3 pm Mindfulness</p> <p>3:15-4:15 pm Tai Chi</p> <p>6 pm Newcomers Meeting</p>	<p>20</p> <p>10 am-Noon* Weekly Participant & Support Person Groups</p> <p>1:15-2:30 pm Yoga</p>	<p>21</p> <p>11am Newcomers Meeting</p> <p>11 am-Noon Fitness for Every Body</p> <p>4:30-5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30-8:30 pm* Weekly Participant & Support Person Groups</p>	22	<p>23</p> <p>10 am-1 pm Creative Expressions</p>
25	<p>26</p> <p>2-3 pm Mindfulness</p> <p>3:15-4:15 pm Tai Chi</p> <p>6 pm Newcomers Meeting</p>	<p>27</p> <p>10 am-Noon* Weekly Participant & Support Person Groups</p> <p>1:15-2:30 pm Yoga</p>	<p>28</p> <p>11 am Newcomers Meeting</p> <p>11 am-Noon Fitness for Every Body</p> <p>4:30-5:30 pm Feldenkrais Awareness Through Movement</p> <p>6:30-8:30 pm* Weekly Participant & Support Person Groups</p>	29	30

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

AUGUST 2011 PROGRAM CALENDAR

Please call 650-968-5000 for programs in red.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 2-3 pm Mindfulness 3:15-4:15 pm Tai Chi 6 pm Newcomers Meeting	3 10 am-Noon* Weekly Participant & Support Person Groups 1:15-2:30 pm Yoga	4 11 am Newcomers Meeting 11 am-Noon Fitness for Every Body 4:30-5:30 pm Feldenkrais Awareness Through Movement 6:30-8:30 pm* Weekly Participant & Support Person Groups	5	6 11-1 pm Foods for Health
8	9 2-3 pm Mindfulness 3:15-4:15 pm Tai Chi 6 pm Newcomers Meeting 7-9 pm Young Adult Networking Group	10 10 am-Noon* Weekly Participant & Support Person Groups 1:15-2:30 pm Yoga	11 11 am Newcomers Meeting 11 am-Noon Fitness for Every Body 2-4 pm Art for Healing 4:30-5:30 pm Feldenkrais ATM 6:30-8:30 pm* Weekly Participant & Support Person Groups	12	13
15	16 2-3 pm Mindfulness 3:15-4:15 pm Tai Chi 6 pm Newcomers Meeting	17 10 am-Noon* Weekly Participant & Support Person Groups 1:15-2:30 pm Yoga	18 11 am Newcomers Meeting 11 am-Noon Fitness for Every Body 4:30-5:30 pm Feldenkrais ATM 6:30-8:30 pm* Weekly Participant & Support Person Groups	19	20 11-1 pm Making Decisions with Your Doctor
22	23 2-3 pm Mindfulness 3:15-4:15 pm Tai Chi 7-9 pm Young Adult Networking Group 6 pm Newcomers Meeting	24 10 am-Noon* Weekly Participant & Support Person Groups 1:15-2:30 pm Yoga	25 11 am Newcomers Meeting 11 am-Noon Fitness for Every Body 12-2 pm Beautiful & Whole Again After Breast Cancer 4:30-5:30 pm Feldenkrais ATM 6:30-8:30 pm* Weekly Groups	26	27
29	30 2-3 pm Mindfulness 3:15-4:15 pm Tai Chi 7-9 pm Young Adult Networking Group 6 pm Newcomers Meeting	31 10 am-Noon* Weekly Participant & Support Person Groups 1:15-2:30 pm Yoga	<p>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 650-968-5000.</p>		

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

ONGOING PROGRAMS No RSVP necessary.

MIND BODY PROGRAMS

Mindfulness Tuesdays: 2–3 pm

Ongoing group for both new and experienced meditators. Instructor: Caroline Thomas, LCSW

Tai Chi Tuesdays: 3:15–4:15 pm (beginning July 12)

Learn tai chi movements especially designed for those who are currently undergoing medical treatment. Instructor: Linda Adler

Yoga Wednesdays: 1:15–2:30 pm

Gentle restorative breathing and stretching exercises improve muscle tone and aid in stress management. Instructor: Michell Duguay

Fitness for Every Body Thursdays: 11 am–Noon

For both support persons and people at any stage of cancer treatment or recovery. Learn to safely exercise while improving your endurance, strength, balance and flexibility in this group fitness class. Gain tools to rebuild and improve your body, overall health and vitality. For any fitness level. Instructor: Stacey Novotny, ACSM, Cancer Exercise Trainer

Feldenkrais Awareness Through Movement Thursdays: 4:30–5:30 pm

This gentle approach to movement focuses on flexibility, balance and coordination to help overcome physical limitations. Instructor: Beth Sidlow Mann

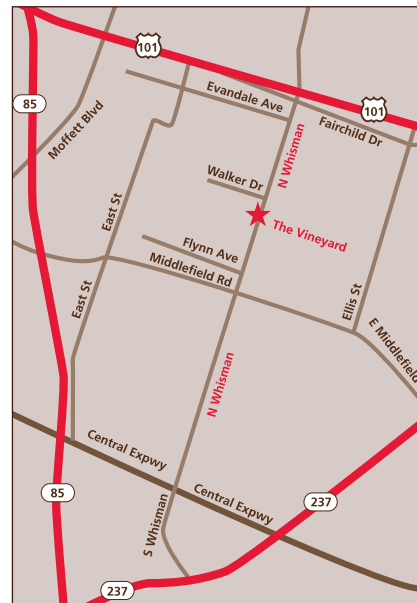
YOUNG ADULT NETWORKING GROUP **2nd Tuesday of Every Month: 7–9 pm**

This is a place where the young adult cancer patient can build comradie and share experiences, good and bad, with those newly diagnosed and others who have been there. Learn ways to deal with the physical and psychological effects of cancer and recovery. Facilitator: Pam Wrona, PhD.

CANCER SUPPORT COMMUNITY LOCATION

455 N. Whisman Road, Suite 300
Mountain View, CA 94043
650.968.5000

www.cancersupportcommunity.net



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The Vineyard

Formerly The Wellness Community
Silicon Valley



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