



**MAY 2011
CALENDAR**

Life with Cancer®

Experience a Community of Hope

Printable Class Calendar is Now Available Online

By subscribing to our online calendar you will help us to be good stewards of Life with Cancer's donated funds and the environment. You will also enjoy earlier notification of Life with Cancer programming.

Here is how you can receive our online monthly calendar:

- If you already receive our Email News, you can click on a link to our website to view and print our traditional monthly calendar.
- If you do not receive our Email News, you can subscribe by going to www.lifewithcancer.org and write your email address in the "Sign Up for Email News" box.
- You may also go to www.lifewithcancer.org to view and print our traditional monthly calendar; Look for the "Printable Class Calendar" box on the right side of the page.

Thanks for doing your part to help save trees and use our precious resources wisely.

How to register for classes:

1. Unless otherwise specified, register online at www.lifewithcancer.org or call 703-698-2526.
2. Registration for all classes is required so that we may notify you in case of a change in class schedule.
3. If attending a support group for the first time, please register or call the facilitator..

Important facts about Life with Cancer®

- All classes are free
- Family members and partners in care may attend classes, as appropriate
- Anyone who has been diagnosed with cancer and is affected by the disease may register for classes regardless where one receives/d treatment. Consultation with staff may be required prior to attendance.

MAY HIGHLIGHTS

Life with Cancer Orientation

FC, Mon, May 9 and 16, 6-7pm

FC, Mon, May 23, 5-6pm

FC, Thu, May 12, 11am-12pm

If you are new to Life with Cancer, please come to learn more about our many program offerings, support groups, and support services for both children and adults affected by cancer. Overview will include who we are and what we do, how and where you can get started, staff and services available at our various locations, tour of our Family Center, and your specific questions addressed. Please call or register on our website by preceding day.

Partners in Care: Refresh Yourself!!

FC, Sat, Jun 4, 9:30am-4:30pm

This day has been designed to renew and re-energize yourself from the daily activities of providing care to your loved ones. There will be activities that will bring relaxation, fun and awareness to maintaining a healthy you. Save the date and look for more information in the June calendar. Sponsored by the Leukemia, Lymphoma Society in partnership with Life with Cancer.

SAVE THE DATE

After Cancer: Women Moving Forward

ILPO, Thu, May 19 & 26, 6:30-8pm

Connect with other women after cancer treatment and gain helpful information to care for yourself both physically and emotionally. Series will include topics on fitness, nutrition, sexuality, life coaching, stress management, and wellness tips. Registration required for each session, Questions on class specifics call Saundra Weller, LCSW-OSW-C 703-858-8466

Job Club-Returning to Work?

FC, Mon, May 9 & 16, 1-3pm

Roz Levy will provide two interactive and practical sessions for those looking at returning to work after their cancer experience - how to find a job while managing issues resulting from having had cancer treatment. Come to one or both sessions, but please register by previous Friday.

Seminars for Survivors:

Managing Anxiety & Depression

FC, Thu, May 12, 7-8:30pm

Colleen Blanchfield, MD, board-certified in neurology and psychiatry, returns for our annual presentation, addressing the two most commonly experienced emotional reactions by cancer survivors. Learn about their biological basis, what role medications play, as well as what you can do for yourself. Please register. Joint meeting with monthly Leukemia group.

Spirituality Quest: Visit Green Spring Gardens!

Tue, May 10, 10:30am-12pm

Join us monthly as we explore, discover, and navigate our spiritual paths. Enjoy the blessings of spring and come to Green Spring Gardens at 4603 Green Spring Rd, Alexandria, VA 22312. We will meet at the picnic tables near the visitor parking lot. Jeanne Evans, LPC, returns as our guest speaker on "Tilling One's Soil, Cultivating One's Soul". For directions, go to www.greenspring.org or call 703-642-5173. Please register with Life with Cancer by preceding Monday.

Visit to Cancer Treatment Garden at the Meadowlark Botanical Gardens

MBG, Thu, May 26, 10am-12pm

Join us for our annual visit to this lovely garden featuring plants used in the treatment of cancer, or being researched for such use. Keith Tomlinson, Gardens Manager and Fellow of the Washington Academy of Science, will provide an overview of this particular collection and remind us of the healing power of nature. Bring sunscreen and hat and meet at the Visitor Center. Please register by May 25.

Location Key for May 2011

3700-A	Fair Oaks Medical Plaza, Conf. Rm. A, 3700 Joseph Siewick Dr, Fairfax, VA, 22033
CFH	Connections for Hope, 13525 Dulles Technology Dr. Herndon, VA, 20171
CUMC-1	Christ United Methodist Church Trailer B, 8285 Glen Eagles Lane Fairfax Station, VA, 22039
CUMC-2	Crossroads United Methodist Church, 43454 Crossroads Dr. Ashburn, VA
FC	Life with Cancer Family Center 8411 Pennell Street Fairfax, VA, 22031, www.lifewithcancer.org
IAH-CCW	Inova Alexandria Hospital Cancer Center 4320 Seminary Rd. Alexandria, VA, 22304
IFHC	Inova Fairfax Hospital for Children- Radiation Oncology Conf. Rm., 3300 Gallows Road Falls Church, VA, 22042
IFOH-3	Inova Fair Oaks Hospital- Conf. Rm. 3, 3600 Joseph Siewick Dr. Fairfax, VA, 22033
IFOH-R:	Inova Fair Oaks Hospital- 2nd floor, Radiology Women's Waiting Area 3600 Joseph Siewick Dr, Fairfax, VA, 22033
ILH-PER:	Inova Loudoun Hospital Patient Education Room 44045 Riverside Pkwy. Leesburg, VA
ILH-R:	Inova Loudoun Hospital- Radiation Oncology Ctr. 44035 Riverside Pkwy. Leesburg, VA, 20176
ILPO:	Inova Loudoun Physicians Offices, 44055 Riverside Pkwy. SUITE 210, Leesburg, VA, 20176
LCSC:	Loudoun County Senior Center 21060 Whitfield Place Sterling, VA, 20165
MBG:	Visitor Ctr, Meadowlark Gardens 9750 Meadowlark Gardens Ct. Vienna, VA
PCC:	Physicians Conference Center 3300 Gallows Road Falls Church, VA, 22042
RRL:	Reston Regional Library 11925 Bowman Towne Dr. Reston, VA, 20130
TJL:	Thomas Jefferson Library 7415 Arlington Boulevard Falls Church, VA, 22042
TPL:	Tysons-Pimmit Regional Library 7584 Leesburg Pike Falls Church, VA, 22043

GENERAL INTEREST

Clinical Trials

IFOH-3, Tue, May 17, 7-8:30pm

Learn what a clinical trial is and whether entering one is the right thing to do for you. Recognize the benefits and risks, separate myth from fact as Deborah Cook, RN, OCN, oncology nurse educator helps you make sense of this scientific process. Understand how clinical trials are the avenue for successful cancer treatment advances and the resources available to find them. Please register for this class by Monday, 5/16.

Combating "Chemobrain!"

ILPO, Wed, May 25, 6:30-8pm

It's true! You're not just imagining it! Cancer-related "chemobrain," or neurocognitive dysfunction, does exist! Learn more about this often frustrating and challenging side- and after- effect of treatment, and how to better manage it with LWC Oncology Patient Educator, Deborah Cook, RN, OCN*. Please register by Tuesday, 5/24.

Life Beyond Diagnosis

ILH-R, Wed, May 4-25, 6:30-8:30pm

For more information call Karen Archer, 703-858-8857.

Look Good...Feel Better

FC, Tue, May 17, 1pm-3pm

A professional cosmetologist will show you how to manage the cosmetic effects of cancer treatment. Also learn about head coverings and wigs to help you look your best before, during, or after treatment. Participants will receive a personalized make-up kit. Co-sponsored with American Cancer Society. Registration is essential.

Look Good-Feel Better

IAH-CCW, Thu, May 26, 10am-12pm

See description, above. Registration is necessary, call Maureen Broderick, 703-504-7921.

Ostomy Support Group of Northern Virginia

PCC, Sun, May 1, 1:30-3:30pm

Join us for our Annual Ostomy Products & Service Fair.

Partners in Care

ILH-R, Mon, May 2 & 16, 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. ILH-R facilitator: Saundra Weller, LCSW. Please register.

Partners in Care

FC, Mon, May 9, 7-8:30pm

Same description as above. Please register. FC facilitator: Drucilla Brethwaite, LCSW and Eric Cohen, RN, OCN.

Stem Cell/BMT Group

FC, Thu, May 26, 12:30-2pm

This monthly meeting welcomes past, current, and upcoming Stem Cell and Bone Marrow Transplant patients and/or caregivers. Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Donna Eichna, MSN, APRN-BC, OCN, Inpatient Stem Cell Coordinator. Co-sponsored with Leukemia & Lymphoma Society. Please register by preceding Tuesday.

Understanding Lab Values

FC, Wed, May 25, 7:15-8:30pm

Miranda Gingerich, RN, BSN, Oncology Educator will take you step by step through the most common lab tests and what they measure. Bring a copy of your latest lab results and follow along. Please register by Tuesday, 5/24.

What to Expect When You're Expecting Chemo

ILH-R, Thu, May 5 & 19, 1:30-3pm

If you are about to start, or recently started chemotherapy, this class is for you. An oncology nurse educator will explain medical terms, what to be aware of, do's and don'ts, and tips to optimize your quality of life throughout treatment. Same class offered weekly. Please register by preceding day.

What to Expect When You're Expecting Chemo

FC, Fri, May 6-27, 10am-12pm

Same description as above.

Young Adult Group

FC, Thu, May 26, 7:30-9pm

Meet with others ages 18 to 30-something to discuss treatment side effects, work and health insurance concerns, body image, intimacy, dating, fears of recurrence, sustaining a normal lifestyle and other issues of concern to young people with cancer. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Eric Cohen, RN, BSN, OCN®.

CanSurvive

TPL, Thu, May 5-19, 1-3pm

TJL, Thu, May 26, 1-3pm

This weekly patient-led self-help group welcomes anyone with any type of cancer (loved ones also welcomed). For location and more information contact CanSurvive at 301-294-0566, linsil@usermail.com, or www.Can-Survive.net.

MIND / BODY & WELLNESS

Art for Wellness and Growth

FC, Mon, May 23, 2-4pm

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. Facilitator: Art therapist Jean McCaw, MA, ATR-BC. Please register by preceding Friday.

Finding Your Way with Clay

Wed, April 20 & May 11, 10:30am-12:30pm

In the first session, students will create fun pieces in wet clay and then return to paint colorful glazes on their work in the second session (must be able to attend both sessions). Professional ceramic artist and cancer survivor Susan Fox-Hirshman will guide you as you relax, enjoy, and find your hidden (?) creative self. Limited space; registration required. Class located in the artist's backyard studio, 4810 Tabard Place, Annandale, VA 22003.

Fitness: Launching Into Fitness

FC, Tue, May 3-24, 1-1:45pm

This class is for participants that are new to LWC's exercise programs. ACSM Certified Cancer Exercise Trainer Susan Gilmore will lead this fun, introductory class that will enhance your flexibility and stamina after which you can progress to one of the other exercise classes. Registration is required. Please complete a waiver (available online or in class).

Fitness: Chair-Based Exercise

FC, Mon & Wed, May 11-June 29*, 2-2:45pm

*No class May 30, June 1 & 6

Exercise series led by ACSM Certified Cancer Exercise Trainer Susan Gilmore and designed particularly for those with treatment limitations such as neuropathy, balance and low energy issues. Increase heart rate, range of motion and flexibility, tone and strengthen muscles while sitting in a chair! Registration required; class size limited. New participants must complete a waiver (available online or in class).

Fitness: Fitness Fusion

FC, Wed, May 11-Jun 29*, 3-4pm

*No class June 1

Exercise series led by ACSM Certified Cancer Exercise Trainer Susan Gilmore. Covers a variety of exercise modalities including dance aerobics, interval training, resistance and core training. For new participants, Chair-Based or Launching Into Fitness is a prerequisite. Registration closed after May 18.

Fitness: Keeping Fit

FC, Mon, May 16-June 27*, 3-4pm

*No class May 30

Aerobic exercise series led by ACSM Certified Cancer Exercise Trainer Susan Gilmore. Classes are designed to increase strength and flexibility, improve endurance and fatigue and enhance overall well being. For new participants, Launching into Fitness or Chair-Based Exercise is a prerequisite. Call Marsha Komandt, RN, with any questions, 703-698-2530.

Guided Meditation:

Life with Imagination

FC, Thu, May 5-19, 2-3pm

Join us weekly for relaxing exploration of the power and benefits of meditation, facilitated by Jenn Fay, MA, RYT. Each session begins with breathwork and a relaxation technique that leads into a guided meditation. Please register by preceding day; come to one or come to all sessions.

Knitting and Crocheting Circle

FC, Tue, May 3, 7-8:30pm

Join us for our get-together for knitters and crocheters who are interested in practicing their craft in the companionship of others. Bring your own project to work on or one to donate. Past, new, experienced or inexperienced participants are welcome. Facilitator: Carolyn Sam, M.Ed.



Nutrition: Fighting Cancer with a Fork

IAH-CCW, Wed, May 11, 1-2pm

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

Nutrition: Fighting Cancer with a Fork

FC, Monday, May 23, 6-7:30pm

Same description as above. Please register



Life with Cancer® en Español

Alimentación Saludable

FC, lunes, 9 & 16 de mayo, 6:30-8:30pm

Alimentarse bien es una de las mejores cosas que puede hacer para mantener la buena salud. Una dieta sana le brinda más energía, mejora el bienestar, y disminuye sus riesgos de contraer enfermedades. Durante estas dos sesiones te invitamos a explorar los beneficios de un

estilo de vida sano, ¡Y Sabroso!

Amigas Unidas

CFH, martes, 10 de mayo, 6:30-8:30pm

Grupo de apoyo para mujeres latinas con diagnóstico de cáncer. Apoyo, crecimiento personal y relajación guiada para mujeres sobrevivientes de cáncer. Donde sea que estés en el proceso, recibirás los beneficios de poder compartir y aprender junto a otras compañeras con experiencias y necesidades similares. En Herndon, para mas informacion, llamar a Verónica Martínez

703-698-2539.

Latinas Unidas

FC, lunes, 23 de mayo, 6:30-8:30pm

Grupo de apoyo para mujeres latinas con diagnóstico de cáncer. Apoyo, crecimiento personal y relajación guiada para mujeres sobrevivientes de cáncer. Donde sea que estés en el proceso, recibirás los beneficios de poder compartir y aprender junto a otras compañeras con experiencias y necesidades similares. Enfoque holístico, integrando la conexión de mente-cuerpo-espíritu, en un ambiente de confianza, positivismo y amistad Para mas informacion, llamar a Verónica Martínez 703-698-

2539 o Claudia Campos 202-223- 9100.

Qigong

FC, sábado, 14 de mayo, 10am-12pm

Esta clase se sigue para los ya registrados.

Sanando Juntos

FC, jueves, 5 de mayo, 6:30-8:30pm

Grupo general de apoyo para hombres y mujeres. Aprenderás técnicas y ejercicios para favorecer una mejor calidad de vida, liberar el estrés y manejar efectos secundarios del tratamiento. Enfoque holístico, integrando la conexión de mente-cuerpo-espíritu, en un ambiente de confianza, positivismo y amistad. Para mas informacion, llamar a David McGinness 703-698-2529.

Meditation and Guided Imagery

FC, Wed, May 4-18, 3-4pm

Join us for this weekly 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 one session, come to all, but please register by preceding day.

Meditation and Guided Imagery

ILH-R, Tue, May 31, 6:30-8pm

Learn about and practice the art of Meditation in this monthly session. To register, call Karen Archer, 703-858-8857.

Reiki for Relaxation

FC, Mon, May 9, 4:30pm, 5:30pm, 7pm

FC, Wed, May 25, 4:30pm, 5:30pm, 7pm

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, releasing tension and discomfort, and enhance well-being. Dress comfortably. Appointments are limited and do not open until the first of each month.

Reiki for Relaxation

IFOH-R, Wed, May 18, 5:30-6:15pm

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, releasing tension and discomfort, and enhance well-being. Dress comfortably. Appointments are limited and do not open until the first of each month.

Reiki for Relaxation

ILH-R, Thu, May 26, 6:45-8pm

To help you relax and re-balance. Class size is limited. To register, call Karen Archer at 703-858-8857.

Spiritbeads

FC, Wed, May 4, 6:30-8:30pm

Through a unique process of choosing and stringing decorative beads, we will engage in self-exploration and learn about the symbolism of colors. What does healing mean to you? What would make your life more fulfilling, relaxing, or joyful? Artist Debbie Gudelsky will guide us through this unique process as we produce Spiritbeads: a tactile and visual reminder to bring our desires into our lives for healing, well-being or for meaningful ritual. Space limited; please register ASAP.

Spiritual Support Group

CUMC-1, Thu, May 26, 7-8:30pm

This support group with a spiritual focus is for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. For more information contact facilitator Dana Neese, Christ United Methodist Church, 703-690-3401.

Writing for Wellness

FC, Thu, May 19, 10:30am-12pm

Join certified poetry therapist Ingrid Tegner, MSW, in this monthly program and tap into your own well of creativity, using poetry and creative journaling techniques. Writing experience is not necessary, just a willingness to explore the healing journey in a supportive small group community for empowerment, insight, and support. Please register at least two days before session.

Yoga: Gentle Yoga

FC, Thu, May 5-19, 1-2pm

Class continues, through May 19, for those already registered with Certified Yoga Instructor, Jenn Fay, MA, RYT.

Yoga: Gentle Yoga

IAH-CCW, Tue, May 3 & 10, 4:30-5:30pm

Long-time yoga instructor Suzanne Leitner-Wise will teach gentle yoga stretches, poses, and relaxation techniques to help increase strength, range of motion, and reduce stress in this series running March 22-May 10. Registration is closed at this time.

Yoga: Gentle Yoga

3700-A, Tue, May 10-Jun 14, 12-1pm

Certified Yoga instructor Marti Badila, RYT, will teach movements to stretch, strengthen, and relax muscles. Dress comfortably and experience yoga which can be done in a chair or on the floor. Bring a yoga mat if practicing on the floor. Space is limited; registration closes on May 17. New participants must complete a class participation form (available online) before or upon arrival to class.

Yoga: Interactive Yoga

FC, Tue, May 24-Jun 28, 2:30-4pm

This 6 week series, running May 24-June 28, teaches extra gentle movements to stretch, strengthen and relax muscles, along with an opportunity to share challenges and concerns. Dress comfortably and bring a yoga mat. Registration is necessary & space is limited. Facilitator: Micheline Toussaint, LCSW, RYT.

Yoga: Laughter Yoga

FC, Thu, May 12, 12-1pm

Laughter yoga is a combination of intentional, playful laughs and deep breathing exercises that have a number of benefits including improved oxygen levels in the body, improved lung capacity and reduced stress levels. No need to get on the floor; laughter yoga can be done seated in a chair. Join Jenn Fay, MA, RYT for this uplifting class and experience the benefits all day long. Please register by preceding day.



BREAST CANCER

Hereditary Breast and Ovarian Cancer Support Network

FC, Thu, May 12, 6:30-8pm



This newly formed support network is for women diagnosed with breast or ovarian cancer as a result of BRCA genes, and for those that carry a mutation.

Living with Breast Cancer: Education

FC, Tue, May 24, 6:30-7:30pm

FC, Tue, May 31-June 28, 7:30-8:30pm

This six-week series is a companion to the Living with Breast Cancer: Exercise series listed below. A variety of healthcare professionals will present information on breast cancer development, systemic therapy options, managing side effects, genetics counseling, nutritional guidelines, lymphedema, and the new normal, sexuality, and survivorship. The first two sessions will feature a radiation oncologist, a medical oncologist, and a pathologist. For weekly topics, call 703-698-2526. Attendance at each session is encouraged. Registration required.

Living with Breast Cancer: Exercise

FC, Tue, May 24, 7:45-8:45pm

FC, Tue, May 31-June 28, 6:30-7:30pm

This six-week series is a companion to the Living with Breast Cancer: Education series, and will introduce you to various exercise modalities that will improve strength and flexibility after breast cancer surgery. Wear comfortable, loose clothing. To get the full benefit of this class, you are encouraged to attend each session. Registration is required by preceding Monday. A waiver (available online) must be completed before or upon arrival to class. Physician approval is required if you have had surgery within six weeks.

Breast Cancer Support Groups

Learn, discuss and gain support from others who understand the concerns and challenges you face.

- **ILH-R, Mon, May 23, 5:30-6:30pm**
For those newly diagnosed and/or starting treatment. Registration is requested if attending for the first time; call Karen Archer, 703-858-8857.
- **ILH-R, Mon, May 23, 6:30-8pm**
For those finished with treatment, who have a recurrence or metastatic breast cancer. To register, call Karen Archer, 703-858-8857.
- **IAH-CCW, Tue, May 24, 6:30-8pm**
Facilitators: Maureen Broderick, LCSW and Shara Sosa, LCSW. For information, call 703-504-7921.
- **IFHC, Wed, May 4 & 18, 5:30-7pm**
Facilitated by Corinne Cook, LCSW, OSW-C.
- **FC, Fri, May 6-27, 00pm**
“Coalesce,” a metastatic breast cancer support group. Meet in a closed support group with women of all ages to share life’s joys and sorrows. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Arun Gopal, MD. Prior screening is required; call 703-698-2520.
- **FC, Tue, May 3, 6-7:30pm**
Young Women with Breast Cancer: a group for individuals in their 20s, 30s and 40s with non-metastatic breast cancer. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, Oncology Nurse Educator. Registration requested if attending for the first time, call 703-698-2522.
- **RRL, Mon, May 2, 7-8:30pm**
“Friends Like Me” This support group for women 2-50 years post-treatment is sponsored by Breast Cancer Network of Strength and facilitated by breast cancer survivors and a licensed clinical social worker. Call 703-437-9595 for information.

Metastatic Breast Cancer Counseling

Counseling appointments for individuals and their partners dealing specifically with metastatic breast cancer is available Tues, Wed, and Fri. Please call Sage Bolte, PhD, LCSW, OSW-C, 703-698-2520.

Did you know Life with Cancer Offers:

- **Short-term counseling**
Short-term counseling can provide an opportunity to discuss the challenges that follow a cancer diagnosis and to explore effective ways of coping. For more information on this free service offered by our oncology counselors, please call Life with Cancer Program Manager at 703-698-2535.
- **Educational consultations** with an oncology nurse are available to discuss questions and concerns about treatment, side effects, clinical trials, fertility, information about your cancer and more. To schedule a consultation, offered free of charge, contact Eric Cohen, Education Program Manager, 703-776-8786. Cancer Program Manager at 703-698-2535

DIAGNOSIS-SPECIFIC

Brain Tumor Group

FC, Tue, May 3, 12-1:45pm

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. Facilitators: Vera Hirshman, RN, and Micheline Tous-saint, LCSW.

Carcinoid Cancer Group

FC, Sat, May 14, 10-12pm

Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information call 703-255-0519 or visit www.members.cox.net/cacsva/index.htm.

GYN Cancer Group

FC, Wed, May 25, 5:30-7pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another. Facilitators: Micheline Tous-saint, LCSW, RYT and Miranda Gingerich, RN.

9th Annual Run/Walk to Break the Silence on Ovarian Cancer

Sat, May 14

The National Ovarian Cancer Coalition’s, Northern VA Chapter will hold this event at the Reston Town Center, Reston VA. To learn more and register visit www.ovarian.org and go to the news and events section.

Head and Neck Cancer Group

IFHC, Wed, May 11, 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. Facilitators: Corinne Cook, LCSW, and a Radiation Oncology team member.

Leukemia Group

FC, Thu, May 12, 7-8pm

This group meets monthly on the second Thursday and is co-sponsored with the Leukemia and Lymphoma Society. This month we are combining with Seminars for Survivors for Dr. Colleen Blanchfield’s presentation, “Managing Anxiety and Depression”. Please register by the preceding Tuesday.

Lung Cancer Group

FC, Wed, May 11, 5:30-7pm

Join other patients, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Paul Clark, PhD, LCSW and Miranda Gingerich, RN.

Lymphedema Group

FC, Wed, May 11, 7-8:30pm

This quarterly group is designed help participants learn about and meet with others to discuss physical and emotional concerns about hereditary or secondary lymphedema resulting from surgery, radiation, or trauma to the lymphatic system. Facilitators: Shara Sosa, LCSW 703 698-2522 and Teri Tebelman, PTA, a certified lymphedema therapist. Next meeting will be Sept. 14.

Melanoma Group

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

**SPECIAL
SPEAKER**

Knowledge is power! In recognition of Melanoma Awareness Month, our special guest speaker, Gordon Hafner, MD, will share his knowledge on “The Management of Lymph Nodes and Surgical Options for Melanoma”. This quarterly meeting is sponsored by The Ashley Fister Cole Foundation. Light refreshments. Please register by preceding Tuesday.

Multiple Myeloma Group

FC, Tue, May 17, 11:45-1:30pm

**SPECIAL
SPEAKER**

Medical oncologist and MM specialist Ivan Borello, MD, of Johns Hopkins’ Kimmel Cancer Center will present the latest on MM and its treatments, including immuno-therapy based treatment strategies. Co-sponsored with The Leukemia & Lymphoma Society. Light refreshments. Facilitators: Sabine Gnesdilloff, LCSW and Susan Carlson, RN. Please register!

Prostate Cancer Groups

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

- **FC, Tue, May 10, 7:30-9pm**

For further information call Eric Cohen, RN, BSN, OCN, 703-698-8786.

- **LCSC, Tue, May 10, 6-8pm**

"Man to Man," for more information call 703-858-8857

- **IAH-CCW, Tue, May 17, 6-8pm**

For further information contact Fred Gersh, 703-768-6001.

GRIEF, LOSS AND RECOVERY

Good Grief

FC, Tue, May 3-Jun 14, 7:15-9pm

Join with others who have experienced the loss of a loved one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. This is an 8-week group running April 26-June 14. Registration necessary; please obtain registration form and information by contacting Drucilla Brethwaite, LCSW, 703-776-8798.

Parent Bereavement Group

FC, Thu, May 12, 7-8pm

Monthly support group for parents who have lost a child, 18 and under, to cancer. Share memories and helpful suggestions in a supportive environment. Facilitators: bereaved parents, Jay and Amber McClain and Connie Connor, LCSW, Pediatric Oncology Counselor. For more information call Connie Connor at 703-531-1515.

Remembering Your Mother on Mother's Day

FC, Thurs, May 12, 6:30-8pm

We all carry memories of our mothers and the qualities that made her special. This evening's class will elicit those qualities and you will fashion them into a special memento that represents the special spirit that was hers. You will also learn about grief and how to incorporate the loss into your life. Registration is required.

CHILDREN, TEENS AND PARENTS

For more information and to register for children's or teens programs, please contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org, unless otherwise specified.

Curious about Cancer

FC, Wed, May 4-25, 5:15-6:15pm

Children ages 5-12 are invited to join us as we learn about cancer through discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer.

Good Grief Dinner for Teens

CUMC-2, Thu, May 12, 7-8pm

This monthly dinner offers an opportunity to meet with other teens who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings.

Good Grief Dinner for Teens

FC, Wed, May 18, 6:30-8pm

This monthly dinner offers an opportunity to meet with other teens who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings.

Good Grief for Children

FC, Tue, May 3-24, 5:30-6:30pm

This group continues through May 24, for children who are 5-12 years old and have lost a loved one to cancer. Through discussion, games and art they will be invited to share thoughts and feelings and work through the grief process.

Good Grief for Children

ILH-R, Thu, May 5-19, 5:30-6:30pm

This is a group for children who are 5-12 years old and have lost a loved one to cancer. Through discussion and art therapy they will be invited to share thoughts and feelings and work through the grief process.

Parenting Alone

FC, Wed, May 11, 7-8:30pm

Group for parents who have lost a spouse or partner to cancer while raising school-aged children. Meet other parents, share ideas, challenges, solutions and listen to professionals who will share information and ideas you might find helpful.

Parenting Alone

ILH-R, Thu, May 12, 5:30-6:30pm

Same description as above

Reiki for Children

FC, Tue, May 10, 4:30pm, 5:15pm, 6pm

Reiki utilizes specific techniques for restoring and balancing the natural life force energy within the body. Individual 30 minute appointments are performed by certified reiki practitioners, for children and their parents, free of charge. Children must be at least 5 years old and parents must accompany children and sign a waiver. Parent and child should register individually. Space is limited.



11th Annual Raccoon Run

Mantua Elementary School

9107 Horner Court, Fairfax, VA
Saturday, May 7

Start off Mother's Day at this great community event, established in memory of Roberta Romano, with proceeds benefitting Life with Cancer. Arrive early (rain or shine) for the 8 a.m. start of the 1 Mile Fun Run/Walk and 8:30 start of the 5K. Register online at <http://raccoonrun.mantuapta.org> or call 703-426-2490 for more information.

Oncology Massage and Body Work

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

Mondays, 2:15-6:15pm
Sabine Hutto, CMT

Wednesdays 12:15am-7pm
Leonora de Jong, CMT

- To schedule an appointment go to www.lifewithcancer.org and click on Calendar & Registration box or call 703-698-2526
- Schedule your appointment 24 hours in advance; if you must cancel or reschedule, call ASAP
- Appointments are available for patients and their family members
- Arrive time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on www.lifewithcancer.org.
- \$50 1-hour massage session with payment going directly to massage therapist (no tipping, please).

Physician approval is required; please ask for written permission at your next appointment.

Gifts that Count

Life with Cancer programs and services are available at no cost thanks to the generosity of members of our community. Each contribution to Life with Cancer is fully tax deductible and directly helps people in our community who are living with cancer. Can you help?

Yes! I want to help Life with Cancer support individuals and families living with cancer.

I am enclosing the following donation: \$100 \$50 \$25 other _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone # _____ Email _____



Please send your tax-deductible contribution to:

Joanne Royalty, Director of Development

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



MAY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1 1:30pm Ostomy Support Grp (PCC)
2 6:30pm Partners in Care (ILH-R) 7pm Friends Like Me (RRL)	3 12pm Brain Tumor Group (FC) 1pm Launching into Fitness (FC) 4:30pm Gentle Yoga (IAH-CCW) 5:30pm Good Grief Grp-Children (FC) 6pm Young Women w/BrCa (FC) 7pm Knitting & Crocheting (FC) 7:15pm Good Grief-Adults (FC)	4 3pm Meditation & GI (FC) 5:15 Curious about Cancer (FC) 5:30pm Breast Cancer Group (IFHC) 6:30pm Life Beyond Diagnosis (ILH-R) 6:30pm Spiritbeads (FC)	5 1pm CanSurvive (TPL) 1:30pm What to Expect . . . (ILH-R) 1pm Gentle Yoga (FC) 2pm Guided Meditation: Life with . . . (FC) 5:30pm Good Grief-Children (ILH-R) 6:30pm Sanando Juntos (FC)	6 Coalesce 10am What to Expect .(FC) 7 11th Annual Racoon Run 8
9 4:30-7pm Reiki (FC) 1pm Job Club (FC) 6pm LWC Orientation (FC) 6:30pm Alimentación Saludable (FC) 7pm Partners in Care (FC)	10 10:30am Spirituality Quest (Green Spring Gardens) 12pm Gentle Yoga (3700-A) 1pm Launching into Fitness (FC) 4:30pm Gentle Yoga (IAH-CCW) 4:30-6pm Reiki for Children (FC) 5:30pm Good Grief Grp-Children (FC) 6pm Man to Man (LCSG) 6:30pm Amigas Unidas (CFH) 7:15pm Good Grief (FC) 7:30pm Prostate Cancer Grp (FC)	11 10:30am Finding your Way . . . (Artist Studio) 1pm Fighting w/Fork (IAH-CCW) 2pm Chair-Based Exercise (FC) 3pm Meditation & GI (FC) 3pm Fitness Fusion (FC) 5:15 Curious about Cancer (FC) 5:30pm Head and Neck Grp (IFHC) 5:30pm Lung Cancer Grp (FC) 6:30pm Life Beyond Diagnosis (ILH-R) 7pm Lymphedema Grp (FC) 7pm Parenting Alone	12 11am LWC Orientation (FC) 12pm Laughter Yoga (FC) 1pm CanSurvive (TPL) 1pm Gentle Yoga (FC) 2pm Guided Meditation: Life with . . . (FC) 5:30pm Good Grief-Children (ILH-R) 5:30pm Parenting Alone (ILH-R) 6:30pm Remembering Your Mother . . . (FC) 7pm Good Grief Dinner: Teens (CUMC-1) 7pm Parent Bereavement Group (FC) 7pm Leukemia Grp (FC) 7pm Seminars for Survivors (FC) 7pm Hereditary Breast & Ovarian . . .(FC)	13 Coalesce 10am What to Expect . . . (FC) 14 9th Annual Run/Walk to Break the Silence on Ovarian Cancer 10am Qigong (FC) 1pm Carcinoid Cancer Group (FC) 15
16 1pm Job Club (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 6pm LWC Orientation (FC) 6:30pm Partners in Care (ILH-R) 6:30pm Alimentación Saludable (FC)	17 11:45am Multiple Myeloma Grp (FC) 12pm Gentle Yoga (3700-A) 1pm Look Good...Feel Better (FC) 1pm Launching into Fitness (FC) 1pm Clinical Trials (IFOH-3) 5:30pm Good Grief Grp-Children (FC) 6pm Prostate Cancer Support Group (IAH-CCW) 7:15pm Good Grief (FC)	18 2pm Chair-Based Exercise (FC) 3pm Fitness Fusion (FC) 3pm Meditation & GI (FC) 5:15 Curious about Cancer (FC) 5:30pm Breast Cancer Group (IFHC) 5:30-7pm Reiki (IFOH-R) 6:30pm Life Beyond Diagnosis (ILH-R) 6:30pm Good Grief Dinner: Teens (FC)	19 10:30am Writing for Wellness (FC) 1pm Gentle Yoga (FC) 1pm CanSurvive (TPL) 1:30pm What to Expect . . . (ILH-R) 2pm Guided Meditation: Life with . . . (FC) 5:30pm Good Grief-Children (ILH-R) 6:30pm After Cancer . . . (ILPO) 6:30pm Melanoma Group (FC)	20 Coalesce 10am What to Expect . . . (FC) 21 22
23 2pm Art for Wellness & Growth (FC) 2pm Chair-Based Exercise (FC) 3pm Keeping Fit (FC) 5pm LWC Orientation (FC) 5:30pm Breast Cancer Group (ILH-R) 6:30pm Breast Cancer Group (ILH-R) 6:30pm Latinas Unidas (FC) 6pm Fighting w/Fork (FC)	24 12pm Gentle Yoga (3700-A) 1pm Launching into Fitness (FC) 2:30pm Interactive Yoga (FC) 5:30pm Good Grief Grp-Children (FC) 6:30pm Breast Cancer Group (IAH-CCW) 6:30pm Living w/BrCa: Ed (FC) 7:15pm Good Grief (FC) 7:45pm Living w/BrCa: Ex (FC)	25 2pm Chair-Based Exercise (FC) 3pm Fitness Fusion (FC) 4:30-7pm Reiki (FC) 5:15 Curious about Cancer (FC) 5:30pm GYN Cancer Group (FC) 6:30pm Chemobrain (ILPO) 6:30pm Life Beyond Diagnosis (ILH-R) 7:15pm Understanding Lab Values (FC)	26 10am Look Good . . . Feel Better (IAH-CCW) 10am Meadowlark Botanical Gardens 12:30pm Stem Cell/BMT Group (FC) 1pm CanSurvive (JPL) 6:30pm After Cancer . . . (ILPO) 6:45-8pm Reiki (ILH-R) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)	27 Coalesce (FC) 10:30am What to Expect . . . Chemo (FC) 28 29
30	31 12pm Gentle Yoga (3700-A) 2:30pm Interactive Yoga (FC) 6:30pm Meditation & GI (ILH-R) 6:30pm Living w/BrCa: Ex (FC) 7:15pm Good Grief (FC) 7:30pm Living w/BrCa: Ed (FC)			