



## FEBRUARY | MARCH 2009 CALENDAR OF EVENTS

### LEARN MORE ABOUT THE WELLNESS COMMUNITY

Last year, cancer survivors and family members made over 10,000 visits to this beautiful home for support, education, and cancer wellness programs.

At The Wellness Community (TWC), we serve anyone, at any stage of their cancer diagnosis. Family members, friends, partners, and caregivers are welcome. All programs are offered in a beautiful home and garden setting.

TWC is considered the gold standard of cancer support with 28 Wellness Communities across the country. Our national headquarters is in Washington, D.C.

Contact us locally by visiting our website at [thewellnesscommunityaz.org](http://thewellnesscommunityaz.org) by phoning (602) 712-1006, or attending a Newcomer Orientation.

Contact TWC nationally at [thewellnesscommunity.org](http://thewellnesscommunity.org) or (888) 793-WELL (9355).

*Nationally-recognized research studies show that participation in professionally-led support groups decreases distress, improves quality of life and may increase the potential of long-term survival.*

### A PARTICIPANT PROFILE

## SUE DELLA MADDALENA

CO-FOUNDER OF THE WELLNESS COMMUNITY and TWO-TIME, 17-YEAR CANCER SURVIVOR

In 1991, Sue Della Maddalena, 31, learned she had malignant cancer in both breasts, and it had spread to her lymph nodes. After a bilateral mastectomy and reconstructive surgery, she underwent months of chemo and radiation therapies. Sue recalled, "I needed support, and decided to attend programs at The Wellness Community (TWC) in Santa Monica." Sadly, her cancer aggressively returned in 1994 in her spine, pelvis and hips. "My chance of surviving was less than 10 percent." At her doctor's advice, she underwent a stem cell transplant.

After recovery, in 1995, Sue relocated to Phoenix. She set her sights on founding a Wellness Community in her new city, and teamed up with Jerry Hirsch who offered important advice on starting a non-profit, as well as a generous grant from his foundation, the Blue Sky Fund. Jerry later referred Sue to Bill Levine, who gave another generous grant to help open the facility.

*"At her doctor's advice, she underwent a stem cell transplant and added The Wellness Community to her fight."*

Around this time, Greta Shipman, along with her friend, Diane Walker, who belonged to a real estate investment group were invited into the loop. They found the 1908 Craftsman-style bungalow at 360 East Palm Lane in Phoenix, which they purchased to lease to TWC. The house's address—360—is what appealed to Greta. She liked the "full circle" feeling that it reflected.

"The property needed fixing up," Sue says. "Diane had recruited Roger Nelson as a board member and he knew Bob Hardison of hardison/downey construction." Bob agreed to help, as his father, Wilbur, had been supported by TWC in Ventura County. Through Bob, they were able to get the majority of the three year renovation to the acre property donated.

After five years, Sue came off the board and went on to become the Executive Director of PetSmart Charities. "It's amazing to see how much has changed and how TWC has grown after being away for almost five years," adds Sue. "I'm so proud to be here and I wish TWC a very happy 10th birthday!"



## About Our Program Calendar

The Wellness Community provides free programs that complement traditional medical care for cancer. These include support groups, nutrition, exercise, education, and more. Look inside, these icons lead you to our four cornerstones:

-  Emotional Support
-  Education
-  Nutrition & Exercise
-  Stress Management

# YOUR PLACE FOR FREE CANCER SUPPORT

FEBRUARY | MARCH 2009 CALENDAR OF EVENTS



## NEWS *to use*

### Clinical Corner

*"Having had patients participate in TWC's Live Well! Life Beyond Cancer (in collaboration with the Lance Armstrong Foundation), I am aware of The Wellness Community's role in improving cancer survivorship. Having attended the TWC educational session on exercise last month, I learned how effective TWC-Arizona is in delivering the message and providing psychosocial support and education to cancer survivors. They are to be commended not only for their programs but also in collaborating with other key community agencies."*

—Archie Bleyer, MD

- Director, Aflac/CureSearch Adolescent and Young Adult Cancer Program
- Research Director, St. Charles Cancer Treatment Center, Bend, Oregon
- Chair, Cascades Healthcare Community Institutional Review Board
- Clinical Research Professor, Oregon Health and Science University
- Professor of Pediatrics, University of Texas Medical School at Houston
- Founding Member, LiveStrong Young Adult Alliance
- Founder, DEFEAT Cancer ([www.defeatcancer.info](http://www.defeatcancer.info))



#### Support Groups Improve Survival

*Cancer, 2008; 113: pages 3450–8*

In a randomized trial, researchers studied 227 patients treated for breast cancer to see what effect patients placed in a professionally-led support group would have on survival rates. Researchers found that a 1-year, professionally-led group intervention was associated with improved survival and reduced risk for recurrence 11 years later. The groups had strategies for reducing stress, improving mood and adhering to cancer treatment. Participants with the greatest reductions in distress and physical symptoms frequently practiced progressive muscle relaxation and understood that continued stress could adversely affect their health.



#### Yoga Can Improve Treatment-Related Symptoms and Anxiety

*Complementary Therapies in Medicine, 2008, Volume 17, Issue 1, pages 1–8*

Researchers studied 98 stage II and III breast cancer patients who were randomly assigned to receive yoga or brief supportive therapy. Those in the yoga group participated in sessions that lasted 60 minutes and assessments were collected throughout treatment stages with regard anxiety levels. Those in the yoga group showed decreases in self-reported state anxiety (short-term) and trait anxiety (long-term) indicating that yoga can be used to manage treatment-related symptoms and overall anxiety.

TWC – AZ IS...

# GROWING!

*In an effort to reach even more people impacted by cancer, The Wellness Community – Arizona is looking to expand offerings beyond our beautiful historic home on Palm Lane.*

### Programs at Paradise Valley United Methodist Church

Located at 4455 East Lincoln Drive, Paradise Valley. These programs are open and free to all.

#### Nutrition and Cancer—Thursday, February 19, 6–8 p.m.

Learn what foods to eat during cancer as well as how nutrition affects your recovery and treatment. Ellen Ostrand, RD, CSO (Board Certified Specialist in Oncology Nutrition) will present with ample time for Q & A.

#### Environmental Toxins—Thursday, March 19, 6–8 p.m.

Marianne Marchese, NMD, a naturopathic physician, will discuss which toxins in our environment are linked to cancer, how we are exposed to them in our everyday life and the role genetics plays in how our bodies handle toxins.

## The Wellness Community Special Programs

*So that we may plan for set up and/or contact you if there is a schedule change, please call The Wellness Community at (602) 712-1006 to register for the programs marked "RSVP."*

### EMOTIONAL SUPPORT



#### **Soul Survivors—Tuesdays, February 3 and March 3, 6:30–8 p.m.**

Laura Fial, local performer and breast cancer survivor, builds community through music with voice training, singing favorite tunes, and preparing for local performances. Bring your musical spirit! **RSVP.**

#### **American Cancer Society Look Good Feel Better—Saturday, February 7, 10 a.m.–12 p.m.**

For women undergoing cancer treatment, a professional cosmetologist assists participants with make-up applications and interesting ways to wear scarves and wigs. **RSVP.**

#### **Facing Cancer Together: For LGBT Couples, Family and Friends—Thursdays, February 12 and March 12, 6:30–8:30 p.m.**

Group for the Lesbian, Gay, Bisexual, Transgendered (LGBT) community, addressing the many ways cancer affects our relationships with partners, family and friends. We will discuss tools and resources to nurture and support our most important relationships. **RSVP.**

#### **Alumni Networking Group—Monday, March 16, 6–7:30 p.m.**

Maintain wellness following treatment, a perfect transition from your weekly support group.

#### **BRCAtees—Tuesday, March 24, 6–7:30 p.m.**

Support and information for those who have tested positive for the BRCA gene. Facilitated by genetic counselors. **RSVP** to Katherine Hunt 480-301-4585.

### EDUCATION



#### **Ask the Doctor—Tuesday, February 10, 5–6 p.m. and Saturday, March 7, Noon–1 p.m.**

Bodour Salhia, PhD, cancer researcher from Translational Genomics Research Institute (TGen), will be available for an informal Q & A session.

#### **TGEN Tour—Thursday, February 19, 2–3:30 p.m.**

Learn from cancer researchers at working laboratories at the Translational Genomics Research Institute (TGen). Offsite at TGen. Space is limited to 15, please **RSVP.**

#### **Ask the Lawyer: Social Security—Thursday, February 19, 6–7:30 p.m.**

Kathryn Dicus, Esq., Social Security Disability attorney, will host an informal question and answer session related to the basics of Social Security Disability. Kathryn will answer questions about navigating the system, where to get started and those rights to which you are entitled.

#### **Ovarian Cancer Program—Thursday, February 26, 6–8 p.m.**

Paul Magtibay, MD, Chair of Obstetrics-Gynecology at Mayo Clinic, will give an overview of ovarian cancer, its treatments and their side effects, as well as future research. Time allotted for Q&A. **RSVP.**



#### **Dynamics of Forgiveness—Thursday, March 5, 6–7:30 p.m.**

Join Rabbi Rafael Goldstein as he shares strategies to let go of guilt, grief, resentment and anger that can get in the way of treatment. People of all faiths welcome as presentation does not espouse any religious orientation. **RSVP.**

#### **Leukemia Event—Thursday, March 12, 6–8 p.m.**



Join us for this educational presentation about different types of leukemia, current treatments, their side effects, and current and future research areas. Presented by Raoul Tibes, MD, PhD, a physician and scientist at TGen Clinical Research Services at Scottsdale Healthcare with a specialty in leukemia. Q&A. **RSVP.**

*continued on page 6*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**2**  
**Writing for Wellness**  
11:15 a.m.–12:45 p.m.  
**Participant/Family Group\***  
1–3 p.m.  
**Yoga for Recovery**  
5–6:30 p.m.  
**Newcomers Orientation**  
6 p.m.  
**Mindfulness**  
6:30–8:30 p.m.

**3**  
**Participant Group\***  
10 a.m.–12 noon  
**Part/Family Group\***  
6–8 p.m.  
**Tools for Caregivers**  
6–7:30 p.m.  
**Soul Survivors**  
6:30–8 p.m.  
**How to Talk to Your Kids About Cancer**  
6–8 p.m. Offsite

**4**  
**Newcomers Orientation**  
10 a.m.–12 noon  
**Tai Chi Chih for Balance**  
6–8 p.m.  
**Yoga for Recovery**  
12 noon–1:30 p.m.  
**Relaxation/Visualization**  
5:15–6 p.m.  
**Participant/Family Group\***  
6–8 p.m.

**5**  
**Networking:**  
**Multiple Myeloma**  
10 a.m.–12 noon  
**Prostate**  
6–8 p.m.  
**Cooking for Life**  
3–5 p.m.

**6**  
**Friday Fitness**  
12:30–1:30 p.m.

**7**  
**Look Good/Feel Better**  
10 a.m.–12 noon  
**Networking: Ovarian**  
10 a.m.–12 noon  
**Networking: Breast**  
1–3 p.m.

**9**  
**Creative Arts in Healing**  
10 a.m.–12 noon  
**Participant/Family Group\***  
1–3 p.m.  
**Yoga for Recovery**  
5–6:30 p.m.  
**Newcomers Orientation**  
6 p.m.  
**Mindfulness**  
6:30–8:30 p.m.

**10**  
**Participant Group\***  
10 a.m.–12 noon  
**Bunco**  
12:30–2:30 p.m.  
**Ask the Doctor—**  
**Dr. Salhia** 5–6 p.m.  
**Tools for Caregivers**  
6–7:30 p.m.  
**Part/Family Group\***  
6–8 p.m.  
**20s/30s Group**  
6–8 p.m.  
**Drum Circle** 6–8 p.m.

**11**  
**Newcomers Orientation**  
10 a.m.–12 noon  
**Tai Chi Chih for Balance**  
11 a.m.–12 noon  
**Yoga for Recovery**  
12 noon–1:30 p.m.  
**Relaxation/Visualization**  
5:15–6 p.m.  
**Participant/Family Group\***  
6–8 p.m.

**12**  
**Music/Expressive Arts**  
10 a.m.–12 noon  
**Cooking for Life**  
3–5 p.m.  
**Facing Cancer: For LGBT Couples**  
6–8 p.m.

**13**  
**Bracelets for Hope**  
Leticia Neimuth  
10 a.m.–12:30 p.m.  
**Friday Fitness**  
12:30–1:30 p.m.

**14**  
**Networking Groups:**  
**Lymphoma**  
10 a.m.–12 noon  
**Pancreatic**  
10 a.m.–12 noon  
**Carcinoid**  
1–3 p.m.  
**Lung**  
1–3 p.m.

**16**  
TWC Closed for President's Day




**17**  
**Participant Group\***  
10 a.m.–12 noon  
**Kid2Kid/Family2Family**  
6–7:30 p.m.  
**Tools for Caregivers**  
6–7:30 p.m.  
**Networking: Colorectal**  
6–8 p.m.  
**Part/Family Group\***  
6–8 p.m.

**18**  
**Newcomers Orientation**  
10 a.m.–12 noon  
**Tai Chi Chih for Balance**  
11 a.m.–12 noon  
**Yoga for Recovery**  
12 noon–1:30 p.m.  
**Relaxation/Visualization**  
5:15–6 p.m.  
**Participant/Family Group\***  
6–8 p.m.

**19**  
**TGEN Tour**  
2–3:30 p.m. Offsite  
**Cooking for Life**  
3–5 p.m.  
**Ask the Lawyer**  
with Kathryn Dicus  
6–7:30 p.m.  
**Nutrition & Cancer**  
Ellen Ostrand  
6–8 p.m. Offsite

**20**  
**Friday Fitness**  
12:30–1:30 p.m.


**21**  
**Kid2Kid/Family2Family Canine Connection**  
10–11:30 a.m.

**22**  
  
**Teen Oscar Party**  
12–3 p.m.


**23**  
**Creative Arts in Healing**  
10 a.m.–12 noon  
**Participant/Family Group\***  
1–3 p.m.  
**Yoga for Recovery**  
5–6:30 p.m.  
**Newcomers Orientation**  
6 p.m.  
**Mindfulness**  
6:30–8:30 p.m.

**24**  
**Participant Group\***  
10 a.m.–12 noon  
**Tools for Caregivers**  
6–7:30 p.m.  
**Participant/Family Group\***  
6–8 p.m.

**25**  
**Newcomers Orientation**  
10 a.m.–12 noon  
**Tai Chi Chih for Balance**  
11 a.m.–12 noon  
**Yoga for Recovery**  
12 noon–1:30 p.m.  
**Relaxation/Visualization**  
5:15–6 p.m.  
**Participant/Family Group\***  
6–8 p.m.

**26**  
**Music/Expressive Arts**  
10 a.m.–12 noon  
**Cooking for Life**  
3–5 p.m.  
  
**Ovarian Cancer Program**  
Dr. Magtibay  
6–8 p.m.

**27**  
**Friday Fitness**  
12:30–1:30 p.m.

**28**  
**Teen "Murder" Mystery Theater**  
6:30–9 p.m.  


**Ovarian Cancer Program**  
Thursday, February 26, 6–8 p.m.



Paul Magtibay, MD, Chair of Obstetrics-Gynecology at Mayo Clinic, will give an overview of ovarian cancer, its treatments and their side effects, as well as future research.

Time allotted for Q&A. **RSVP.**



Your Greeters at TWC (l to r) Jenny & Christina

**CALENDAR KEY**

-  Emotional Support
-  Education
-  Nutrition & Exercise
-  Stress Management
-  Family Programs
-  Teen Programs

\*A brief interview is required to determine appropriate group placement.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>2</b></p> <p><b>Creative Arts in Healing</b> 10 a.m.–12 noon</p> <p><b>Writing for Wellness</b> 11:15 a.m.–12:45 p.m.</p> <p><b>Participant/Family Group*</b> 1–3 p.m.</p> <p><b>Yoga</b> 5–6:30 p.m.</p> <p><b>Newcomers</b> 6 p.m.</p> <p><b>Mindfulness</b> 6:30–8:30 p.m.</p>	<p><b>3</b></p> <p><b>Participant Group*</b> 10 a.m.–12 noon</p> <p><b>Red Balloon</b> 12 noon–2 p.m.</p> <p><b>Tools for Caregivers</b> 6–7:30 p.m.</p> <p><b>Participant/Family Group*</b> 6–8 p.m.</p> <p><b>Soul Survivors</b> 6:30–8 p.m.</p>	<p><b>4</b></p> <p><b>Newcomers Orientation</b> 10 a.m.–12 noon</p> <p><b>Tai Chi Chih for Balance</b> 11 a.m.–12 noon</p> <p><b>Yoga for Recovery</b> 12 noon–1:30 p.m.</p> <p><b>Relaxation/Visualization</b> 5:15–6 p.m.</p> <p><b>Participant/Family Group*</b> 6–8 p.m.</p>	<p><b>5</b></p> <p><b>Networking:</b> <b>Multiple Myeloma</b> 10 a.m.–12 noon</p> <p><b>Prostate</b> 6–8 p.m.</p> <p><b>Cooking for Life</b> 3–5 p.m.</p> <p><b>Dynamics of Forgiveness</b> with Rabbi Goldstein 6–7:30 p.m.</p>	<p><b>6</b></p> <p><b>Friday Fitness</b> 12:30–1:30 p.m.</p>	<p><b>7</b></p> <p><b>Networking Groups:</b> <b>Ovarian</b> 10 a.m.–12 noon</p> <p><b>Breast</b> 1–3 p.m.</p> <p><b>Ask the Doctor—</b> Dr. Salhia 12 noon–1 p.m.</p>	
<p><b>9</b></p> <p><b>Participant/Family Group*</b> 1–3 p.m.</p> <p><b>Yoga for Recovery</b> 5–6:30 p.m.</p> <p><b>Newcomers Orientation</b> 6 p.m.</p>	<p><b>10</b></p> <p><b>Participant Group*</b> 10 a.m.–12 noon</p> <p><b>Bunco</b> 12:30–2:30 p.m.</p> <p><b>Tools for Caregivers</b> 6–7:30 p.m.</p> <p><b>Part/Family Group*</b> 6–8 p.m.</p> <p><b>Drum Circle</b> 6–8 p.m.</p> <p><b>20s/30s Group</b> 6–8 p.m.</p>	<p><b>11</b></p> <p><b>Newcomers Orientation</b> 10 a.m.–12 noon</p> <p><b>Tai Chi Chih for Balance</b> 11 a.m.–12 noon</p> <p><b>Yoga for Recovery</b> 12 noon–1:30 p.m.</p> <p><b>Relaxation/Visualization</b> 5:15–6 p.m.</p> <p><b>Participant/Family Group*</b> 6–8 p.m.</p>	<p><b>12</b></p> <p><b>Music/ Expressive Arts</b> 10 a.m.–12 noon</p> <p><b>Cooking for Life</b> 3–5 p.m.</p> <p><b>Facing Cancer: LGBT</b> 6:30–8 p.m.</p> <p> <b>Leukemia Event</b> with Dr. Tibes 6–8 p.m.</p>	<p><b>13</b></p> <p><b>Friday Fitness</b> 12:30–1:30 p.m.</p>	<p><b>14</b></p> <p><b>Networking Groups:</b> <b>Pancreatic</b> 10 a.m.–12 noon</p> <p><b>Lymphoma</b> 10 a.m.–12 noon</p> <p><b>Carcinoid</b> 1–3 p.m.</p> <p>Special Presentation</p> <p><b>Lung</b> 1–3 p.m.</p>	
<p><b>16</b></p> <p><b>Writing for Wellness</b> 11:15 a.m.–12:45 p.m.</p> <p><b>Participant/Family Group*</b> 1–3 p.m.</p> <p><b>Yoga</b> 5–6:30 p.m.</p> <p><b>Newcomers</b> 6 p.m.</p> <p><b>Alumni Networking Group</b> 6–7:30 p.m.</p>	<p><b>17</b></p> <p><b>Participant Group*</b> 10 a.m.–12 noon</p> <p><b>Book Club</b> 12:15–1:30 p.m.</p> <p><b>Kid2Kid</b> 6–7:30 p.m.</p> <p><b>Tools for Caregivers</b> 6–7:30 p.m.</p> <p><b>Part/Family Group*</b> 6–8 p.m.</p> <p><b>Networking: Colorectal</b> 6–8 p.m.</p>	<p><b>18</b></p> <p><b>Newcomers Orientation</b> 10 a.m.–12 noon</p> <p><b>Tai Chi Chih for Balance</b> 11 a.m.–12 noon</p> <p><b>Yoga for Recovery</b> 12 noon–1:30 p.m.</p> <p><b>Relaxation/Visualization</b> 5:15–6 p.m.</p> <p><b>Participant/Family Group*</b> 6–8 p.m.</p>	<p><b>19</b></p> <p><b>Cooking for Life</b> 3–5 p.m.</p> <p><b>Environmental Toxins</b> with Dr. Marchese 6–8 p.m. Offsite</p>	<p><b>20</b></p> <p><b>Friday Fitness</b> 12:30–1:30 p.m.</p> <p><b>Teen Spring Training Game</b> Offsite</p>	<p><b>21</b></p> <p><b>Kid2Kid</b> <b>Canine Connection</b> 10–11:30 a.m.</p> <p><b>Day of Mindfulness</b> 10 a.m.–4 p.m.</p>	
<p><b>23</b></p> <p><b>Creative Arts in Healing</b> 10 a.m.–12 noon</p> <p><b>Participant/Family Group*</b> 1–3 p.m.</p> <p><b>Yoga for Recovery</b> 5–6:30 p.m.</p> <p><b>Newcomers Orientation</b> 6 p.m.</p>	<p><b>24</b></p> <p><b>Participant Group*</b> 10 a.m.–12 noon</p> <p><b>BRCAters</b> 6–7:30 p.m.</p> <p><b>Tools for Caregivers</b> 6–7:30 p.m.</p> <p><b>Part/Family Group*</b> 6–8 p.m.</p> <p><b>Working Through Cancer</b> with Denise Blommel &amp; Sue Pearl 6:30–8:30 p.m.</p>	<p><b>25</b></p> <p><b>Newcomers Orientation</b> 10 a.m.–12 noon</p> <p><b>Tai Chi Chih for Balance</b> 11 a.m.–12 noon</p> <p><b>Yoga for Recovery</b> 12 noon–1:30 p.m.</p> <p><b>Relaxation/Visualization</b> 5:15–6 p.m.</p> <p><b>Participant/Family Group*</b> 6–8 p.m.</p>	<p><b>26</b></p> <p><b>Music/ Expressive Arts</b> 10 a.m.–12 noon</p> <p><b>Cooking for Life</b> 3–5 p.m.</p> <p> <b>Lymphoma Event</b> with Dr. Roberts 6–8 p.m.</p>	<p><b>27</b></p> <p><b>Friday Fitness</b> 12:30–1:30 p.m.</p>	<p><b>28</b></p> <p> <b>Teen Luau Party</b> 3–6 p.m.</p>	
<p><b>30</b></p> <p><b>Writing for Wellness</b> 11:15 a.m.–12:45 p.m.</p> <p><b>Participant/Family Group*</b> 1–3 p.m.</p> <p><b>Yoga for Recovery</b> 5–6:30 p.m.</p> <p><b>Newcomers Orientation</b> 6 p.m.</p>	<p><b>31</b></p> <p><b>Participant Group*</b> 10 a.m.–12 noon</p> <p><b>Tools for Caregivers</b> 6–7:30 p.m.</p> <p><b>Participant/Family Group*</b> 6–8 p.m.</p>	<div data-bbox="641 1669 885 1963" data-label="Image"> </div>				<p><b>Red Balloon Birthday Celebration</b> Tuesday, March 3, Noon–2 p.m.</p> <p>Come celebrate our 10th anniversary and join us for a picnic lunch on the lawn. Cowgirls Forever will cater this annual event. <b>RSVP.</b></p>

\*A brief interview is required to determine appropriate group placement.

## The Wellness Community Special Programs

*So that we may plan for set up and/or contact you if there is a schedule change, please call The Wellness Community at (602) 712-1006 to register for the programs marked "RSVP."*

### EDUCATION (CONTINUED)

#### **Working Through Cancer—Tuesday, March 24, 6:30–8:30 p.m.**

Denise Blommel, a private employment attorney and Sue Pearl, Vice-President of Human Resources at Viad Corporation, will present the recent changes to the Americans with Disabilities Act. They will also discuss employment issues such as FMLA, how to interview as a survivor and how to transition smoothly back to work. Time for Q&A. **RSVP.**

#### **Lymphoma Event—Thursday, March 26, 6–8 p.m.**



Join Dr. Michael Roberts, specialist in hematology oncology, to present an overview of lymphoma along with its current treatments. Dr. Roberts will talk about the future of treatment and allow time for Q&A. **RSVP.**

### NUTRITION & EXERCISE



#### **Yoga for Recovery with Susan B. Smith,**

**Mondays 5–6:30 p.m. and NEW class Wednesdays, Noon–1:30 p.m.**

#### **Tai Chi Chih for Balance with May Swanson—Wednesdays 11a.m.–Noon**

#### **Cooking for Life—Thursdays, 3–5 pm**

Chef Jason Wierack covers cancer-related nutrition topics. This series features meals loaded with antioxidants, phyto-chemicals, high-fiber, low-fat, healthy dairy alternatives. Healthy weight maintenance and meal planning included. **RSVP.**

#### **Friday Fitness—Fridays, 12:30 to 1:30 p.m.**

Join Ryan Goldman, NASM, and Certified Personal Trainer, basic exercise class for balance, building "core" muscles, and stabilization. Anyone at any fitness level welcome. Exercise improves emotional and overall health.

#### **Special Presentation for Carcinoid Networking Group—Saturday, March 14, 1–3 p.m.**

Registered Dietitian, Jodi Newson, MS, RD, CSO (Board Certified Specialist in Oncology Nutrition), will talk about typical carcinoid symptoms, amine contents of specific foods (often common triggers) as well as novel approaches to symptom management that include foods and supplements.

### STRESS MANAGEMENT



**US AIRWAYS**  
*Fly with US.*

*A special THANK YOU to  
US Airways for sponsoring  
TWC's stress management  
programs in 2008–2009.*

#### **Relaxation and Visualization—Wednesdays at 5:15 p.m.**

Meditation assists in healing the body, mind, and spirit.

#### **Writing for Wellness—Mondays, February 2, and March 2, 16, 30, 11:15 a.m.–12:45 p.m.**

Based on the book "Writing for Wellness—A Prescription for Healing" by Julie Davey. A focused writing class that can positively change thoughts and feelings about cancer.

#### **Creative Arts in Healing—Mondays, February 9, 23 and March 2, 23, 10 a.m.–Noon**

Create clay sculptures with ceramicist, Joy Kockerbeck. No experience needed. All materials provided.

#### **Bunco –Tuesdays, February 10 and March 10, 12:30–2:30 p.m.**

A game played in teams with dice. No experience needed. Bring a friend! Great prizes!

#### **Drumming Circle—Tuesdays, February 10 and March 10, 6–8 pm**

Julie Murillo, MT-BC (Music Therapist-Board Certified), shows you how to make drumming part of your personal prescription for wellness. Experience an energy-charged evening of stress relief and unity through rhythm. No musical skill necessary.

#### **Music and Expressive Art—Thursdays, February 12, 26 and March 12, 26, 10 a.m.–Noon**

Dalena Watson, LPC, FAMI, MT-BC, facilitates exploration and expression through a variety of ways, including music making and listening, imagery, art, and writing. Each class has a different theme.

*continued on page 7*

# Special Programs (continued)

## STRESS MANAGEMENT

### Bracelets for Hope—Friday, February 13, 10 a.m.–12:30 p.m.

Join jewelry designer Leticia Neimuth and design a Love Cures Awareness Bracelet to either keep or give to someone you love. All materials provided, free of charge. **RSVP.**

### Book Club—Tuesday, March 17, 12:15–1:30 p.m.

TWC Facilitator, Anne Lackey, MEd, LPC, leads an ongoing bimonthly discussion—March's book is *Happiness in a Storm: Facing Illness and Embracing Life as a Healthy Survivor* by Wendy Harpham, MD. No need to read or finish the book to join. All welcome.


### Day of Mindfulness—Saturday, March 21, 10 a.m.–4 p.m.

Join TWC Facilitator, Denise Daup, MA, LPC for a day of mindful attention and self-care. Use this day to develop your ability to be more present and aware in each moment with meditation, gentle yoga, tai chi, deep relaxation and journal writing. Light lunch and snacks provided. **RSVP.**

## FAMILY EVENTS

### Activities for the whole family, designed for children (age 5–15) with adults diagnosed with cancer.

#### How to Talk To Your Kids about Cancer—Tuesday, February 3, 6:30–8 p.m.

  
Banner Thunderbird Medical Center  
TWC Facilitator, Carole Foster-Pitts, MSW, LCSW, will discuss strategies for empowering children and protecting their need for normalcy. Held offsite at Banner Thunderbird Hospital, 5555 West Thunderbird Road, Conference Room 1. Programming for kids held simultaneously.

#### Kid2Kid/Family2Family—Tuesdays, February 17 and March 17, 6–7:30 p.m.

(Formerly Family Circle) For adults with cancer and their children or grandchildren ages 5–15. Art and play activities help children understand their feelings. Adults share parenting concerns, ideas, and feelings separately. Dinner provided. **RSVP.**

#### Kid2Kid Canine Connection—Saturdays, February 21 and March 21, 10–11:30 a.m.

Please note: Our new program includes a dog/person team that will be part of each group. Parents/grandparents with cancer and their children ages 5 to 15 are invited to explore ways families can deal with cancer, including topics such as stress reduction, communication, having fun together, taking care of yourself and changes in the family. **RSVP.**

## UPCOMING TEEN EVENTS

### Activities planned by teens living with cancer, for other teens with cancer, to share experiences while building support and friendships.

#### Teen Oscars Party—Sunday, February 22, Noon–3 p.m.

Celebrate the Oscars with our own party, including movie trivia and other games. Co-sponsored by the Junior League, refreshments provided. **RSVP.**



#### Teen "Murder" Mystery Theater—Saturday, February 28, 6:30 p.m.

Come laugh, witness a murder, and help solve the mystery. Everyone's a suspect in this classic whodunit case. Dinner included. Co-sponsored with HopeKids. **RSVP.**

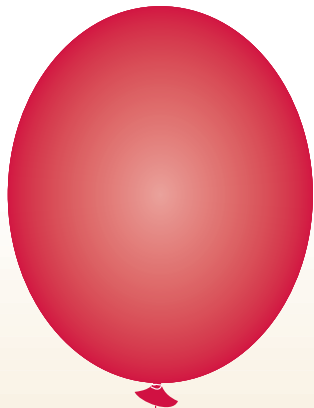


#### Teen Spring Training Game—Friday, March 20

Once again we'll head to Hohokam Stadium to watch the Chicago Cubs play the San Diego Padres. Tailgate lunch provided prior to the game. Please contact Tracy as there are limited seats available. **RSVP.**

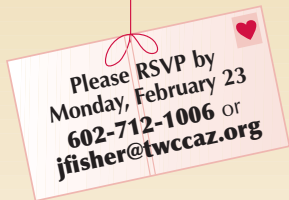
#### Teen Luau Party—Saturday, March 28, 3–6 p.m.

Join the Junior League as we welcome in the warm weather Hawaiian-style with food, games, and crafts all in the theme of the Islands. **RSVP.**



## 10th Annual Red Balloon Birthday Celebration

Tuesday,  
**March 3, 2009**  
12 noon to 2 p.m.  
Everyone is Welcome!



*Celebrate.  
Honor.  
Support.  
Remember.*

*Ask  
About our  
Memorial  
Balloons*

**the wellness.**  
**community**<sup>®</sup>  
arizona  
cancer support, education and hope



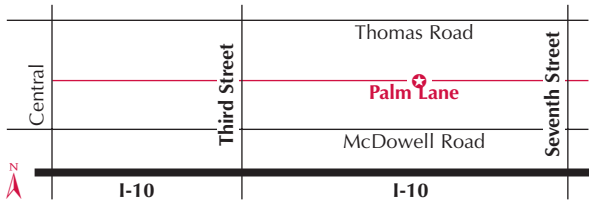
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FEB | MAR 2009 CALENDAR OF EVENTS



Keys to Quality of Life

**EDUCATIONAL SEMINARS** Monthly presentations by doctors, nurses, researchers, and other professionals. Includes Q&A sessions.

Become a more informed and active member of your treatment team.

**NUTRITION AND EXERCISE CLASSES**

Certified instructors guide movement and teach nutrition techniques designed specifically to help cancer patients learn to deal with pain, side effects of treatment, and find assistance in boosting their immune system.

**STRESS MANAGEMENT TOOLS**

Journaling, working with clay, painting, meditation, stress reduction classes, music therapy and more to assist with your recovery. No previous classes required. Materials are provided.

**FAMILY PROGRAM**

Activities for the whole family, these activities are for children and adults alike—designed for parents or grandparents with cancer and the children in their lives ages 5–15.

**TEEN PROGRAM**

Activities by and for teens living with cancer.

The Heart of The Wellness Community

**NEWCOMER ORIENTATIONS**

Led by a cancer survivor and experienced TWC participant, this informal orientation introduces and provides background on our free programs. Mondays at 6 p.m. and Wednesdays at 10 a.m. All welcome.

**WEEKLY SUPPORT GROUPS**

Professionally-facilitated weekly support groups for people with cancer and their family, friends, and caregivers. Group members experience a caring, uplifting, and supportive community with others. A brief interview is required to determine appropriate group placement. Please call (602) 712-1006.

**NETWORKING GROUPS—CANCER SPECIFIC**

Individuals with specific cancers meet in monthly groups to support and to learn from one another, and to discuss aspects of living with cancer, their diagnosis, treatment, and recovery. Open to family and friends.

**CURRENT NETWORKING GROUPS:**

Breast, Carcinoid, Colorectal, Lymphoma, Lung, Multiple Myeloma, Ovarian, Pancreatic, Prostate, 20s/30s Group. Open to individuals 18 and older.