

New
Expanded
Calendar!

LEARN MORE ABOUT THE WELLNESS COMMUNITY

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

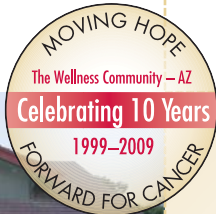
At The Wellness Community (TWC), we serve anyone, at any stage of their cancer diagnosis. Family members, friends, partners, and caregivers are welcome. All programs are free and offered in a beautiful home and garden setting.

TWC is considered the gold standard of cancer support with 27 Wellness Communities across the country. Our national headquarters is in Washington, D.C.

Contact us locally by visiting our website at thewellnesscommunityaz.org, by phoning (602) 712-1006, or attending a Newcomers Orientation.

Contact TWC nationally at 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 CANCER SURVIVOR PROFILE MICHELLE HASTINGS

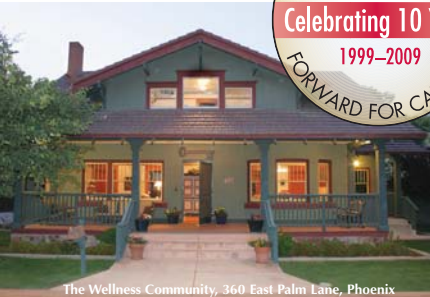
Ask those with cancer the date of their diagnosis and most likely they'll be able to tell you without thinking twice. Michelle Hastings, 32, is no exception. "Friday, May 23, 2008, was my mother's birthday and a week before my son, Kevin's second birthday," says Michelle wistfully. "When I was diagnosed with colon cancer, it was devastating and my only reaction was to cry."

Several sessions into Michelle's chemo, both her surgeon and oncologist recommended that she visit The Wellness Community.

That Friday was the beginning of Memorial Day weekend. Michelle had to deal with getting through three long days with little information other than "you have cancer." "I remember going to dinner that night and trying to keep a smile on my face for our children. I kept thinking, 'How am I going to tell sweet little Kevin and Julia, our beautiful 6-year old autistic daughter, that Mommy has cancer?'" Michelle continues, "Wednesday morning was my surgery and I had high hopes that it hadn't spread to the lymph nodes and that chemo wasn't going to be needed." As it turns out, Michelle had 20 lymph nodes that needed to be pulled, and upon further testing, five of them had cancer. Chemo would be part of her treatment.

Several sessions into Michelle's chemo, both her surgeon and oncologist recommended that she visit The Wellness Community (TWC). "I kind of brushed off their suggestion," says Michelle with a grin. "I thought 'I can do this on my own.'"

In time, Michelle decided to check out TWC. "The staff treated me so warmly that I joined a weekly participant group which became my lifeline. When you are diagnosed with cancer you can lose most of your other identities—mother, wife, sister, daughter, employee—they all get overshadowed. Not at TWC. There, I get to be the real Michelle, not Michelle, the cancer patient."



The Wellness Community, 360 East Palm Lane, Phoenix

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Our free programs include support groups, nutrition, exercise, education, and more. Look inside, these icons lead you to our cornerstones:

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 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.</p>	<p>2 Participant Group* 10 a.m.–12 noon Participant/Family Group* 6–8 p.m.</p>	<p>3 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>4 Networking: Multiple Myeloma 10 a.m.–12 noon Prostate Group 6–8 p.m. Cooking for Life 3–5 p.m.</p>	<p>5 Friday Fitness 12:30–1:30 p.m.</p>	<p>6 Cancer Survivor Day 10 a.m.–1 p.m. Look Good-Feel Better 10 a.m.–12 noon Networking: Ovarian 10 a.m.–12 noon Breast 1–3 p.m.</p>
<p>8 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.</p>	<p>9 Participant Group* 10 a.m.–12 noon Bunco 12:30–2:30 p.m. Drumming Circle 6–8 p.m. Networking: 20s/30s Group 6–8 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>10 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>11 Music/ Expressive Arts 10 a.m.–12 noon Cooking for Life 3–5 p.m. Coping with Multiple Loss Rabbi Goldstein 6–7:30 p.m.</p>	<p>12 Friday Fitness 12:30–1:30 p.m. LGBT Facing Cancer Together 6–8 p.m.</p>	<p>13 Networking Groups: Lymphoma 10 a.m.–12 noon Pancreatic 10 a.m.–12 noon Carcinoid 1–3 p.m. Lung 1–3 p.m.</p>
<p>15 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.</p>	<p>16 Participant Group* 10 a.m.–12 noon Kid2Kid/ Family2Family 6–7:30 p.m. Networking: Colorectal Group 6–8 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>17 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>18 Cooking for Life 3–5 p.m. Coping with Multiple Loss Rabbi Goldstein 6–7:30 p.m. Peripheral Neuropathy Dr. Levine 6–8 p.m.</p>	<p>19 Friday Fitness 12:30–1:30 p.m. Teen Social Group 2–5 p.m.</p>	<p>20 Kid2Kid/ Canine Connection 10–11:30 a.m. Day of Mindfulness 10 a.m.–4 p.m.</p>
<p>22 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.</p>	<p>23 Participant Group* 10 a.m.–12 noon The Hidden "Gifts" of Cancer Dr. Uram 2–3:30 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>24 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>25 Music/Express Arts 10 a.m.–12 noon Cooking for Life 3–5 p.m. Coping with Multiple Loss Rabbi Goldstein 6–7:30 p.m. Skin Cancer Presentation Dr. Birdsall and Dr. Litvak 6–7:30 p.m.</p>	<p>26 Friday Fitness 12:30–1:30 p.m. Jewelry Making Class 2–3:30 p.m. Teen Social Group 5–8 p.m.</p>	<p>27</p>
<p>29 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.</p>	<p>30 Participant Group* 10 a.m.–12 noon Participant/Family Group* 6–8 p.m.</p>	<p>Coping with Multiple Loss: Cancer, Love and Spirit Thursdays, June 11, 18, and 25, 6–7:30 p.m.</p> <p>Rabbi Rafael Goldstein presents on the issues of multiple loss in the journey with cancer during this three-part series. Rabbi Goldstein will discuss sources of comfort in various sources of literature sharing the inspiration needed to find strength to live with and overcome the challenges of cancer. People of all faiths welcome as presentation does not espouse any religious orientation. RSVP.</p>			

*Participant/Family Groups require a brief interview to determine appropriate group placement.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**FEATHERS, FUR,
AND FAMILY**

Saturday, July 25, 10–11 a.m.

The Phoenix Zoo visits us again as we learn survival skills of animals in this high-touch workshop. Discover adaptations like the silent flight of the owl, snake scales, prickly spines of a hedgehog and other fascinating survival tactics. RSVP.

1
Newcomers Orientation
10 a.m.
Tai Chi Chih for Balance
11 a.m.–12 noon
Yoga for Recovery
12:15–1:45 p.m.
Ask the Doctor with Dr. Salhia
5–6 p.m.
Relaxation/Visualization
5:15–6 p.m.
Participant/Family Group*
6–8 p.m.

2
Networking:
Multiple Myeloma
10 a.m.–12 noon
Prostate Group
6–8 p.m.
Cooking for Life
3–5 p.m.

3
TWC CLOSED
FOR HOLIDAY



4
Due to Holiday,
Networking Groups
will meet next
Saturday

6
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.

7
Participant Group*
10 a.m.–12 noon
Participant/Family Group*
6–8 p.m.

8
Newcomers Orientation
10 a.m.
Tai Chi Chih for Balance
11 a.m.–12 noon
Yoga for Recovery
12:15–1:45 p.m.
Relaxation/Visualization
5:15–6 p.m.
Participant/Family Group*
6–8 p.m.

9
Music/
Expressive Arts
10 a.m.–12 noon
Cooking for Life
3–5 p.m.
Cancer Related Fatigue
Dr. Piper
6–8 p.m.

SCOTTSDALE HEALTHCARE
Virginia G. Piper Cancer Center
www.shc.org

10
Friday Fitness
12:30–1:30 p.m.
LGBT Facing Cancer Together
6–8 p.m.

11
Networking Groups:
Lymphoma
10 a.m.–12 noon
Ovarian
10 a.m.–12 noon
Pancreatic
10 a.m.–12 noon
Breast 1–3 p.m.
Carcinoid
1–3 p.m.
Lung
1–3 p.m.

13
Participant/Family Group*
1–3 p.m.
Yoga for Recovery
5–6:30 p.m.
Newcomers Orientation
6 p.m.

14
Participant Group*
10 a.m.–12 noon
Bunco
12:30–2:30 p.m.
Drumming Circle
6–8 p.m.
Special Presentation
Networking:
20s/30s Group
6–8 p.m.
Participant/Family Group*
6–8 p.m.

15
Newcomers Orientation
10 a.m.
Tai Chi Chih for Balance
11 a.m.–12 noon
Yoga for Recovery
12:15–1:45 p.m.
Relaxation/Visualization
5:15–6 p.m.
Participant/Family Group*
6–8 p.m.

16
Ask the Lawyer
Melissa Costello, JD
1:30–3 p.m.
Cooking for Life
3–5 p.m.
Breast Cancer Treatment
Dr. Benaderet
6–8 p.m.

John C. Lincoln
BREAST HEALTH AND RESEARCH CENTER
Honored by Experts. Honored to Serve.

17
Friday Fitness
12:30–1:30 p.m.

18
Kid2Kid/
Family2Family
Canine Connection
10–11:30 a.m.
Teen Group:
Winter in July
3–6 p.m.

20
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.

21
Participant Group*
10 a.m.–12 noon
Book Club
12:15–1:30 p.m.
Kid2Kid/
Family2Family
6–7:30 p.m.
Networking:
Colorectal Group
6–8 p.m.
Participant/Family Group*
6–8 p.m.

22
Newcomers Orientation
10 a.m.
Tai Chi Chih for Balance
11 a.m.–12 noon
Yoga for Recovery
12:15–1:45 p.m.
Relaxation/Visualization
5:15–6 p.m.
Participant/Family Group*
6–8 p.m.

23
Music/
Expressive Arts
10 a.m.–12 noon
Cooking for Life
3–5 p.m.
Nutritional Needs for Cancer Care
Stephanie Higley, RD
5:15–6:45 p.m.

Comprehensive Cancer Center
at Scottsdale Medical Clinic

24
Friday Fitness
12:30–1:30 p.m.

25
Feathers, Fur and Family
10–11 a.m.



27
Participant/Family Group*
1–3 p.m.
Yoga for Recovery
5–6:30 p.m.
Newcomers Orientation
6 p.m.

28
Participant Group*
10 a.m.–12 noon
Participant/Family Group*
6–8 p.m.

29
Newcomers Orientation
10 a.m.
Tai Chi Chih for Balance
11 a.m.–12 noon
Yoga for Recovery
12:15–1:45 p.m.
Relaxation/Visualization
5:15–6 p.m.
Participant/Family Group*
6–8 p.m.

30
Cooking for Life
3–5 p.m.

31
Friday Fitness
12:30–1:30 p.m.
Teen Social Group
2–5 p.m.

CALENDAR KEY

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

*Participant/Family Groups require a brief interview 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."



Left: TWC participants—Jewelry Making Class
Right: TWC participant—a day at Chase Field

Emotional Support

Newcomers Orientation

Mondays at 6 p.m. and Wednesdays at 10 a.m.

Led by a cancer survivor and experienced TWC participant, this informal orientation introduces and provides background on our free programs. All welcome.

Weekly Support Groups

Times and dates vary. See calendar.

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

Times and dates vary. See Calendar.

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.

American Cancer Society

Look Good Feel Better

Saturday, June 6, 10 a.m.–12 noon

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

Fridays, June 12 and July 10, 6–8 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.**



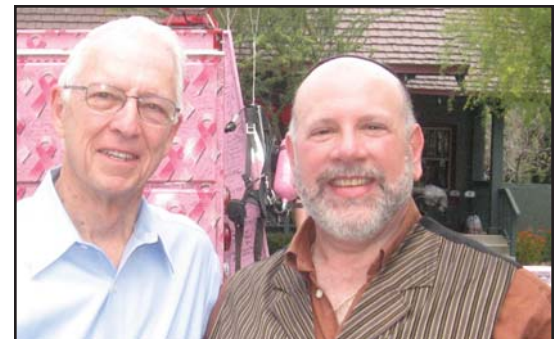
Education

Coping with Multiple Loss:

Cancer, Love and Spirit

Thursdays, June 11, 18, and 25, 6–7:30 p.m.

Rabbi Rafael Goldstein presents on the issues of multiple loss in the journey with cancer during this three-part series. Rabbi Goldstein will discuss sources of comfort in various sources of literature sharing the inspiration needed to find strength to live with and overcome the challenges of cancer. People of all faiths welcome as presentation does not espouse any religious orientation. **RSVP.**



TWC participants—2009 Red Balloon Anniversary Event



Top: TWC participants—Tour of Translational Genomics Research Institute (TGen)
Left: TWC participants—2009 Volunteer Appreciation Luncheon; Right: Dr. Bodour Salhia (TGEN)

Peripheral Neuropathy

Thursday, June 18, 6–8 p.m.

Dr. Todd Levine, Co-Director Samaritan Peripheral Neuropathy Center, will discuss symptoms, treatment options, and current research. Peripheral neuropathy causes pain or numbness in hands or feet and is a common side effect of chemotherapy. Time for Q&A. **RSVP.**

The Hidden “Gifts” of Cancer

Tuesday, June 23, 2–3:30 p.m.

Shelley Uram, MD, Harvard-trained, board-certified psychiatrist, will present on the psychological impact of the cancer diagnosis and how it pushes us to dig to find the meaning of our life. Learn ways to find your “gifts” as you learn about your own new normal. **RSVP.**

Skin Cancer Presentation

Thursday, June 25, 6–7:30 p.m.

Dr. Shauna Birdsall, Director of Naturopathic Medicine and Dr. David Litvak, Director of Surgical Services, both with Cancer Treatment Centers of America, will discuss treatment issues surrounding skin cancer. People with weakened immune systems are more susceptible to skin cancer. Join us for this frank discussion and have your questions answered. **RSVP.**



Ask the Doctor

Wednesday, July 1, 5–6 p.m.

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

Cancer-Related Fatigue

Thursday, July 9, 6–8 p.m.

Barbara Piper, DNSc, RN, AOCN, FAAN, Scottsdale Healthcare/University of Arizona Chair of Nursing Research, will present on Cancer-Related Fatigue (CRF) including what causes fatigue as well as tools to combat it. Dr. Piper will discuss how CRF is different from tiredness and will answer questions you might have related to your fatigue. **RSVP.**



Special Presentation for

20/30 Networking Group
Tuesday, July 14, 6–8 p.m.

Wes Foster, RN, CMSRN, OCN, Senior Clinical Manager of Medical/Surgical Oncology at Banner Thunderbird Medical Center will discuss fertility issues and cancer. We will talk about causes of infertility, options available and resources for local physician groups active in fertility issues. Q&A.

special programs

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."



Left: Your Greeters at TWC, Jenny & Christina; Right: TWC participants—2009 Volunteer Appreciation Luncheon

Ask the Lawyer—Thursday, July 16, 1:30–3 p.m.

Melissa Costello, JD, labor and employment lawyer will be available to answer questions about employment issues such as FMLA, employee rights, and legal issues with regard to interviews in order to have a smooth transition back to work. She will also address the recent changes to the Americans with Disabilities Act and how that affects cancer survivors.



Nutrition/Exercise

Yoga for Recovery with Susan B. Smith
Mondays 5–6:30 p.m. and
Wednesdays, 12:15–1:45 p.m.

Tai Chi Chih for Balance with May Swanson
Wednesdays 11 a.m.–12 noon

Cooking for Life—Thursdays, 3–5 p.m.
Chef Jason Wyrick 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.

Friday Fitness—Fridays, 12:30–1:30 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. Research shows exercise improves emotional and overall health.



Stress Management

Relaxation and Visualization
Wednesdays at 5:15 p.m.

Learn relaxation techniques and centering breath to help reduce daily stress and boost overall immune function.

Writing for Wellness
Mondays, June 1, 15, 29 and July 6 and 20,
11:15 a.m.–12:45 p.m.

Based on the book “Writing for Wellness – A Prescription for Healing” by Julie Davey. Participants create their own writings. Each group follows a particular theme.

Cancer Survivor Day
Saturday, June 6
10 a.m.–1 p.m.



Please join us for a celebration of life, laughter and fun. This free annual social event consists of activities for the whole family: Frank Thompson of AZ Rhythm Connections will lead a lively drum circle, Lisa Heaney, a comedian jokes about the lighter side of cancer; James the Juggler will entertain all; Beads of Courage shows us bracelet making, and play around in our bubble pool. Free lunch provided.
RSVP.

Creative Arts in Healing

Mondays, June 8 and 22, 10 a.m.–12 noon

Create sculptures with ceramicist, Joy Kockerbeck. No previous experience needed. Materials provided.

Bunco

Tuesdays, June 9 and July 14, 12:30–2:30 p.m.

A game played in teams with dice. No previous experience needed just come have fun. Bring a friend! Great prizes!

Community Drum Circle

Tuesdays, June 9 and July 14, 6–8 p.m.

Presented by Julie Murillo, MT-BC (Music Therapist-Board Certified). 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 Arts

Thursdays, June 11 and 25,

and July 9 and 23, 10 a.m.–12 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.

Day of Mindfulness

Saturday, June 20, 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.**

Jewelry Group

Friday, June 26, 2–3:30 p.m.

Join Jennifer Wingenroth as she leads this informal and fun group. Make your own bracelet to keep or give to someone you love. All materials provided, free of charge. **RSVP.**

Book Club

Tuesday, July 21, 12:15–1:30 p.m.

TWC Facilitator, Anne Lackey, M Ed, LPC, leads an ongoing bimonthly discussion—July's book is *Plainsong* by Kent Haruf. No need to read or finish the book to join. All welcome.



TWC Teens & Friends enjoy Murder Mystery Dinner Theater

Upcoming Teen Events

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

Teen Social Groups—Fridays, June 19 and July 31, 2–5 p.m. and June 26, 5–8 p.m.

Come hang out and socialize with other teens. We've got lots of new video games, music and more! We'll eat, relax and take a break from the heat. Snacks provided. **RSVP.**

Teen Group: Winter in July Saturday, July 18, 3–6 p.m.

Beat the heat and enjoy winter in July! We'll celebrate like its December and try to forget the hot temps outside. Free dinner provided. **RSVP.**

special programs

THE WELLNESS COMMUNITY BRINGING SUPPORT,



A Message from TWC Chairman of the Board

Our goal is to grow and expand The Wellness Community services throughout metropolitan Phoenix and eventually the state, to serve those who are unable to travel to our main facility. We expect to achieve this principally through strategic alliances with healthcare providers and other social service and community-based entities.

—Raymond Hunter, p.c., Chairman of the Board, The Wellness Community-Arizona



The Cancer Support Network (CSN) represents a growing number of partnerships between outstanding medical institutions and The Wellness Community – Arizona. The CSN is working to ensure that cancer patients receive comprehensive care including emotional and educational support programs.



Comprehensive Cancer Center
St. Joseph's Hospital and Medical Center

Comprehensive Care Center at St. Joseph's Hospital & Medical Center

Lung Cancer Networking Group
Saturdays, June 13 and July 11, 1–3 p.m.

Onsite at TWC
with our Cancer Care Network Partner:
Comprehensive Cancer Center at St. Joseph's Hospital and Medical Center

This monthly group is for individuals diagnosed with lung cancer to support and learn from one another, and to discuss aspects of living with lung cancer, treatment and recovery. Open to family and friends.

Nutritional Needs for Cancer Care
Thursday, July 23, 5:15–6:45 p.m.

Onsite at TWC
with our Cancer Care Network Partner:
Comprehensive Cancer Center at St. Joseph's Hospital and Medical Center

Stephanie Higley, RD, a Registered Dietician working for the Comprehensive Cancer Center at St. Joseph's Hospital will discuss foods to boost our immunity, otherwise known as "superfoods." She will talk about antioxidants, omega-3 rich foods, lycopene and more. Time for Q&A. **RSVP.**



John C. Lincoln Hospital's New Breast Health and Research Center

Breast Cancer Networking Group
Thursdays, June 25 and July 30, 6–8 p.m.

Offsite at
19646 North 27th Avenue, Suite 205, Phoenix 85027
623-780-HOPE (4673) • JCL.com/breasthealth

Located at John C. Lincoln Hospital's New Breast Health and Research Center. This monthly group is for individuals diagnosed with breast cancer to support and learn from one another, and to discuss aspects of living with breast cancer, treatment and recovery. Open to family and friends.

Breast Cancer Treatment
Thursday, July 16, 6–8 p.m.

Onsite at TWC
with our Cancer Care Network Partner
John C. Lincoln Breast Health and Research Center

Linda Benaderet, DO, Medical Oncologist, to present on the different types of breast cancer and their treatment options. Dr. Benaderet will explain the difference between ductal and lobular breast cancers as well as explaining stages, myths, and what considerations go into determining treatment plans. Time for Q&A. **RSVP.**



Cancer Support Network Members as of May 2009. Additional healthcare members forthcoming.

EDUCATION, AND HOPE CLOSER TO YOU

Paradise Valley United Methodist Church

Located at 4455 East Lincoln Drive, Paradise Valley, 85253 (Tatum & Lincoln Drive)

These programs are open to everyone.



Paradise Valley

Genomics in Cancer

Thursday, June 18, 6–8 p.m.

Bodour Salhia, PhD, cancer researcher at Translational Genomics Research Institute (TGen) to present the basics of Genomics in cancer treatment. Dr. Salhia will explain how using our specific DNA can help personalize medical care. Time allotted for Q&A.

Naturopathic Care and Oncology

Thursday, July 16, 6–8 p.m.

Dan Rubin, ND, FABNO, naturopathic physician, topic: the role naturopathic care can play during and after treatment. Dr. Rubin will explain Naturopathy and Integrative Medicine and give tips to create a plan for incorporating this evidence-based information into your cancer treatment.

Drumming Circle

Thursdays, June 25 and July 30, 6–7:30 p.m.

Frank Thompson, Founder, AZ Rhythm Connection and REMO trained facilitator, guides a session of rhythmical harmony to relieve stress and help your body relax. Research shows that drumming helps boost your immune system and increase Natural Killer (NK) cell activity. No musical skill is necessary.

Ezperanza & Salud

Both are offsite at Valle Del Sol Latino Cultural Center (en el Centro Cultural Latino), 1209 South First Avenue, Phoenix 85003 • (602) 248-8101



For the Hispanic Community!

Los ABCs de Diagnosticar y de Tratar el Cáncer—Jueves 18 de Junio de las 6–8 p.m.

Sharon Levey, RN, OCN, Directora de Servicios a la Comunidad del Centro de Cáncer de la Clínica Mayo en Arizona. Ella hablará sobre qué son exámenes de radiología y pruebas de laboratorio y de porqué pueden ser pedidos por su médico. Ella también describirá los tipos de tratamiento que se utilizan durante el cáncer (por ejemplo la quimioterapia, radioterapia, cirugía, y trasplante de la médula ósea) explicará los diversos tipos de especialistas del cáncer y de médicos que un paciente pueda encontrar en su jornada de cáncer.

Arizona Oncology Associates

Located at 3188 North Windsong Drive, Suite A, Prescott Valley, Arizona 86312 • (928) 775-9430

Frankly Speaking About Cancer Treatment—Tuesday, July 21, 6–8 p.m.

Jodi Pelusi, FNP, PhD, will discuss strategies to manage treatment side effects such as fatigue, hair loss, anemia, infection and pain. Learn how to manage emotional distress and optimize your quality of life during and after cancer treatment. Time allotted for Q&A. **RSVP** to Arizona Oncology at (928) 775-9430.

Prescott Valley!

COMING SOON to the West Valley

West Valley Cancer Connection

A new grassroots, community-based initiative to provide emotional and educational programs for people in the West Valley touched by cancer. If you are interested in volunteering, please contact Catherine Keedy at (602) 620-2060.



Una Introducción a los Cánceres de La sangre—Jueves 16 de Julio del 2009 de las 6–8 p.m.

El Dr. Ruben Mesa, Especialista, División de Hematología y Oncología Médica, Clínica Mayo de Arizona hablará en los varios tipos de cánceres de la sangre (por ejemplo leucemia y mieloma múltiple, etc.) así como los tratamientos actuales para cada uno.

TWC Family 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."

Family Events

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

Kid2Kid/Family2Family

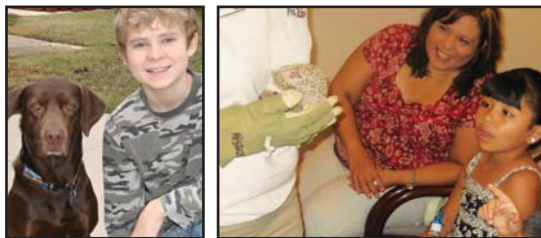
Tuesdays, June 16 and July 21, 6–7:30 p.m.

(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. Free dinner provided. **RSVP.**

Kid2Kid Canine Connection

Saturdays, June 20 and July 18, 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 tackle cancer including topics such as stress reduction, communication, having fun together, taking care of yourself and changes in the family. **RSVP.**



Left: TWC participant—Canine Connection
Right: TWC participant—Phoenix Zoo Event



Feathers, Fur, and Family Saturday, July 25, 10–11 a.m.

The Phoenix Zoo visits us again as we learn survival skills of animals in this high-touch workshop. Discover adaptations like the silent flight of the owl, snake scales, prickly spines of a hedgehog, and other fascinating survival tactics. **RSVP.**



Thank You

A special Thank You to US Airways for sponsoring TWC's Family Events in 2009–2010.

TWC Volunteer Corner



Hearts to Hands Volunteers

Join Our Volunteer Corps! Here's how:

1. Call Darcy

Volunteer opportunities are abundant at TWC. They include: special event set-up, registration and cleanup; library maintenance; maintaining the garden; writing thank you letters; answering phones; filing; stuffing envelopes and planning committees... call Darcy at 602.712.1006 to share your talents, interests and sign-up.

2. Join our TWC 360 Group

Gather with fellow TWC participants in fun-filled programming and volunteerism. Committees include; steering committee, Cancer Wellness Walk & Expo planning committee, communications committee, mission and logo committee and programming committee. **Next meeting is Tuesday, June 23, 2009.**

Keep Your Eye on this Spot to see our 360 logo and check out upcoming opportunities.

TWC 360 Group Mission:

To promote an enduring and caring community through the encouragement of continuing connections between TWC participants.

NEWS *to use*

JUNE | JULY 2009 CALENDAR OF EVENTS



Caregivers are the "Other Cancer Survivors"

The Cancer Journal, Volume 14, Number 6, Nov/Dec 2008, pg 420 - 424

The Wellness Community, in partnership with the National Coalition for Cancer Survivorship, conducted a national survey of over 500 caregivers to look at the psychosocial impact of the disease on caregivers. Questions focused on the stress of caregiving, and its impact on the caregiver's personal life, including work, finances, anxiety, personal relationships, etc. Findings showed dramatic differences between the cancer patient's assessment of a caregiver's level of difficulty in balancing their personal lives and the caregiver's own assessment. For example, only 44% of cancer patients believed their caregivers felt regular distress during the cancer experience, whereas 76% of caregivers said they personally experienced regular distress during this time.



Fatigue During Cancer Treatment: Best Psychosocial Interventions Are Specific, Not General

Cochrane Database of Systematic Reviews (Online), 2009 Jan 21;(1).

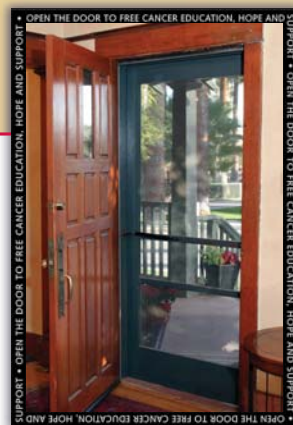
A meta-analysis was conducted to evaluate whether or not psychosocial interventions are effective in reducing fatigue in cancer patients receiving active treatment for cancer. Twenty-seven studies with a total of 3324 participants were used. Researchers discovered that interventions specific to fatigue were found to be much more effective than those interventions that were more general. Examples of these specific interventions are education about fatigue, self-care and coping techniques, and learned activity management (learning to balance activities and rest).



The Meaning of Hope and Social Support During Chemotherapy

Oncology Nursing Forum, Volume 35, Number 5, September 2008; pg: 822-829

Researchers in the Midwest studied patients at an ambulatory care oncology center using semi-structured interviews to assess the role of hope and social support in treatment. Questions were asked of those undergoing chemotherapy about their interpretations of hope and social support. Four themes emerged, including: Focusing on the Bigger Picture (adapting to the diagnosis and learning to live beyond it), Taking Cover in the Storm (sheltering oneself from the negative aspects of cancer), Keeping it Normal (desire to continue activities as they had prior to illness), and Reaching Out/Not in This Alone (need to seek faith and support in others for hope and support). The researchers found that patients felt that support from family, friends, and healthcare providers were valuable to their cancer journey and that having hope helped to aid in overall health and well-being.



Clinical Corner

The John C. Lincoln Breast Health and Research Center is delighted to work in partnership with The Wellness Community in the fight against cancer. The Wellness Community offers the support services and patient education so critical to women who have received the frightening diagnosis of cancer. The Wellness Community offers the comfort, support, and information that our patients need to win their battles against breast cancer.

Catherine C. Lindstrom, PhD
Vice President,
John C. Lincoln
Health Network

”

Coming Soon



New exercise & fitness programs in newly renovated space at TWC.

TWC has been awarded the Phoenix Suns **Charities Playmaker Award**. Thank you!

The Heart of The Wellness Community

NEWCOMERS 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.

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

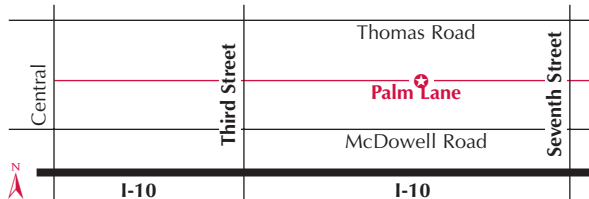
Journaling, working with clay, painting, meditation, stress reduction classes, music therapy and more to assist with your recovery. No previous classes required. Materials are provided.

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.



JUNE | JULY 2009 CALENDAR OF EVENTS

FREE CANCER SUPPORT

360 East Palm Lane
Phoenix, AZ 85004
(602) 712-1006
www.thewellnesscommunityaz.org

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