



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 BONNIE & JERRY BAUER

Jerry Bauer, 66, describes himself as a “reasonably healthy male who is very happy to see daylight every morning.” However, he hasn’t always felt that way. Jerry admits to having had a very hard time learning to live with the fact that he had a life-threatening illness. His diagnosis of stage 3 esophageal cancer in late 2005 sent him into shock and despair. “I wanted quality of life, instead of quantity,” says Jerry. “So I began planning various ways to be sure I would not be a burden, including suicide.”

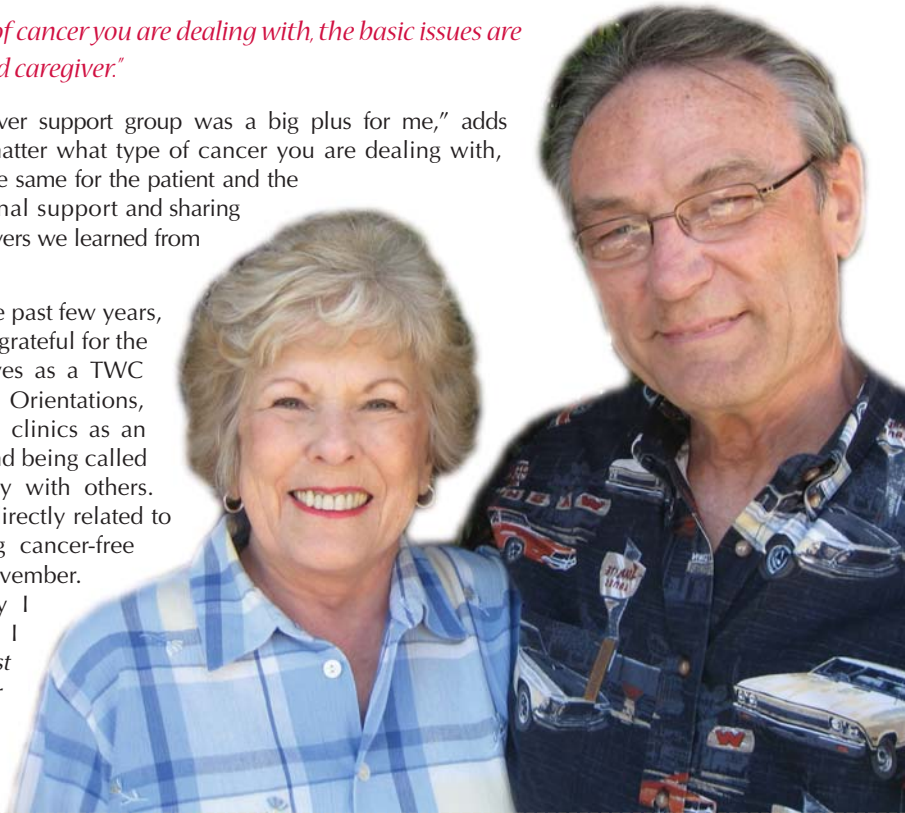
As it turns out, Jerry’s 10-hour surgery, the day before Valentine’s Day in 2006, went surprisingly well. “My chemo nurse referred me to The Wellness Community (TWC),” says Jerry. “The emotional impact was my greatest challenge. Without TWC, I’m not sure how I would have gotten through it.”

Bonnie, his wife and best friend of nearly 35 years, became his personal Florence Nightingale. “Without Bonnie’s help, love and support there is no way I could have completed this journey on my own.” Both Jerry and Bonnie found friendship, education and the all-important keys to being “patient-active” at TWC.

“It doesn’t matter what type of cancer you are dealing with, the basic issues are the same for both patient and caregiver.”

“Attending the caregiver support group was a big plus for me,” adds Bonnie. “It doesn’t matter what type of cancer you are dealing with, the basic issues are the same for the patient and the caregiver. The emotional support and sharing meant a lot. As caregivers we learned from each other.”

Looking back over the past few years, Jerry is tremendously grateful for the satisfaction he receives as a TWC host of Newcomers Orientations, visiting hospitals and clinics as an outreach volunteer and being called on to share his story with others. “My involvement is directly related to my success of being cancer-free for four years in November. The words I live by I share with those I meet: *“This is the first day of the rest of your life. Live it as though it is your last!”*



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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



The Wellness Community, 360 East Palm Lane, Phoenix

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SAVE THE DATE

Facing Cancer with the Faith Community

Thursday, September 10, 8 a.m.–3:30 p.m.

A full-day educational conference to help care leaders support those whose lives are touched by cancer in their congregations. To register please call ResourceLink Information and Referral Service at 1-877-602-4111, Monday through Friday, between 7:30 a.m. and 5:30 p.m. to speak with a Registration Coordinator.

For more information, call The Wellness Community at (602) 712-1006.

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

3
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.

4
Participant Group*
10 a.m.–12 noon
Participant/Family Group*
6–8 p.m.

5
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.

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

7
Creative Arts in Healing
10 a.m.–12 noon
Friday Fitness
12:30–1:30 p.m.

8
Networking Groups:
Lymphoma
10 a.m.–12 noon
Pancreatic
10 a.m.–12 noon
Carcinoid
1–3 p.m.
Lung
1–3 p.m.

10
Participant/Family Group*
1–3 p.m.
Yoga for Recovery
5–6:30 p.m.
Newcomers Orientation
6 p.m.

11
Participant Group*
10 a.m.–12 noon
Bunco
12:30–2:30 p.m.
Networking:
20s/30s Group
6–8 p.m.
Participant/Family Group*
6–8 p.m.

12
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.

13
Music/Express Arts
10 a.m.–12 noon
Cooking for Life
3–5 p.m.
Dynamics of Forgiveness
Rabbi Goldstein
6–7:30 p.m.

14
Friday Fitness
12:30–1:30 p.m.
LGBT Facing Cancer Together
6–8 p.m.

15
Kid2Kid/Canine Connection
10–11:30 a.m.
Teen Learn a Hobby Day
12–2 p.m.

17
Writing for Wellness
11:15 a.m.–12:45 p.m.
Participant/Family Group*
1–3 p.m.
Mindfulness 3:15–4:45 p.m.
Yoga for Recovery 5–6:30 p.m.
Newcomers Orientation
6 p.m.

18
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.

19
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.

20
Cooking for Life
3–5 p.m.
Dynamics of Forgiveness
Rabbi Goldstein
6–7:30 p.m.
Multiple Myeloma Presentation
Raushanah Najeeullah
6–8 p.m.

21
Creative Arts in Healing
10 a.m.–12 noon
Friday Fitness
12:30–1:30 p.m.

22

24
Participant/Family Group*
1–3 p.m.
Mindfulness 3:15–4:45 p.m.
Yoga for Recovery 5–6:30 p.m.
Newcomers Orient. 6 p.m.

25
Participant Group*
10 a.m.–12 noon
Cancer Transitions
2–4 p.m.
Participant/Family Group*
6–8 p.m.

26
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.

27
Music/Express Arts
10 a.m.–12 noon
Cooking for Life
3–5 p.m.
Dynamics of Forgiveness
Rabbi Goldstein
6–7:30 p.m.
Integrative Oncology
Rubin/Alschuler, ND
6–7:30 p.m.

28
Friday Fitness
12:30–1:30 p.m.
Teen Ice Cream Social
5–8 p.m.

29

31
Writing for Wellness
11:15 a.m.–12:45 p.m.
Participant/Family Group*
1–3 p.m.
Mindfulness 3:15–4:45 p.m.
Yoga for Recovery 5–6:30 p.m.
Newcomers Orientation
6 p.m.

SEE PG. 10

SEE PG. 9

SEE PG. 8/9

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Women's Cancer Conference

Saturday Sept. 12
8 a.m.–2 p.m.

For survivors, family, friends and caregivers. Conference and lunch are provided free of charge.



1 Participant Group*
10 a.m.–12 noon
Cancer Transitions
2–4 p.m.
Participant/Family Group*
6–8 p.m.

2 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.

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

4 Creative Arts in Healing
10 a.m.–12 noon
Friday Fitness
12:30–1:30 p.m.

5 Networking Groups: Ovarian
10 a.m.–12 noon
Breast
1–3 p.m.

7 TWC CLOSED FOR LABOR DAY



8 Participant Group*
10 a.m.–12 noon
Bunco
12:30–2:30 p.m.
Cancer Transitions
2–4 p.m.
Networking: 20s/30s Group
6–8 p.m.
Participant/Family Group*
6–8 p.m.

9 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.

10 Music/ Expressive Arts
10 a.m.–12 noon
TGen Tour
2–3:30 p.m.
Cooking for Life
3–5 p.m.
Frankly Speaking: Coping with the Cost of Cancer Care
Speakers Panel
6–8 p.m.

11 Friday Fitness
12:30–1:30 p.m.
Teen Movie Night
5–8 p.m.
LGBT Facing Cancer Together
6–8 p.m.

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



SEE PG. 8

14 Participant/Family Group*
1–3 p.m.
Mindfulness
3:15–4:45 p.m.
Yoga for Recovery
5–6:30 p.m.
Newcomers Orientation
6 p.m.

15 Participant Group*
10 a.m.–12 noon
Book Club
12:15–1:45 p.m.
Transitions 2–4 p.m.
Kid2Kid
6–7:30 p.m.
Networking: Colorectal 6–8 p.m.
Part/Family Group*
6–8 p.m.

SEE PG. 9

16 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.

17 Cooking for Life
3–5 p.m.

SEE PG. 8/9

18 Friday Fitness
12:30–1:30 p.m.

19 Kid2Kid/ Family2Family Canine Connection
10–11:30 a.m.
Day of Mindfulness
10 a.m.–4 p.m.
Teen Social Group
12–2 p.m.

21 Writing for Wellness
11:15 a.m.–12:45 p.m.
Participant/Family Group*
1–3 p.m.
Mindfulness
3:15–4:45 p.m.
Yoga for Recovery
5–6:30 p.m.
Newcomers Orientation
6 p.m.

22 Participant Group*
10 a.m.–12 noon
Ask The Doctor
Dr. Salthia
12–1 p.m.
Cancer Transitions
2–4 p.m.
BRCAtees
6–7:30 p.m.
Participant/Family Group*
6–8 p.m.

SEE PG. 10

23 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.

24 Music/ Expressive Arts
10 a.m.–12 noon
Cooking for Life
3–5 p.m.
The Beneficial Impact of Yoga
Matt Taylor
6–7:30 p.m.

SEE PG. 8/9

25 Creative Arts in Healing
10 a.m.–12 noon
Friday Fitness
12:30–1:30 p.m.

26

28 Participant/Family Group*
1–3 p.m.
Mindfulness
3:15–4:45 p.m.
Yoga for Recovery
5–6:30 p.m.
Newcomers Orientation
6 p.m.

29 Participant Group*
10 a.m.–12 noon
Cancer Transitions
2–4 p.m.
Participant/Family Group*
6–8 p.m.

30 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.



Your Greeters at TWC, Jenny & Christina

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."

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, August 1, 10 a.m.–12 noon

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



TWC Participants – 2009 Cancer Survivor Day

Facing Cancer Together:

For LGBT Couples, Family and Friends

Fridays, August 14 and September 11, 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.**

BRCAters

Tuesday, September 22, 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

Dynamics of Forgiveness

Thursdays, August 13, 20 and 27, 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.**

Multiple Myeloma Presentation

Thursday, August 20, 6–8 p.m.

Raushanah Najeeullah, ND will discuss etiology, current treatment options including both allopathic, naturopathic and integrative techniques, as well as symptom/side-effect management strategies for multiple myeloma. Q&A. **RSVP.**



Paula Hardison, ED, accepts the Phoenix Suns Charities Playmaker \$100,000 Award



TWC Participants – 2009 Cancer Survivor Day

Cancer Transitions

**Tuesdays, August 25 through September 29
2–4 p.m.**

This six-week workshop is designed to help cancer survivors make the transition from active treatment to life after treatment ends—from Patient Active to Life Active. Session topics are:

- 1) Get back to Wellness
- 2) Exercise for Wellness
- 3) Emotional Health and Well-being
- 4) Nutrition Beyond Cancer
- 5) Medical Management Beyond Cancer
- 6) Life Beyond Cancer

The Wellness Community – National has partnered with the Lance Armstrong Foundation to bring you this series of courses. Please plan to attend all six classes as they will build upon one another. Participants will need a medical release in order to participate as exercise is a strong component of the program. TWC has the blank releases to be signed. **RSVP.**

Integrative Oncology

Thursday, August 27, 6–7:30 p.m.

Dan Rubin, ND, FABNO, and Lise Alschuler, ND, FABNO, will speak on how to integrate complimentary treatment methods including naturopathic, homeopathic, and allopathic treatments into a comprehensive cancer treatment plan. Time for Q&A.

TGEN Tour

**Thursday, September 10
2–3:30 p.m.**

Learn from working laboratories and cancer researchers at the Translational Genomics



Research Institute (TGen). Offsite at TGen. Space is limited to 15, please **RSVP.**

Frankly Speaking About Cancer: Coping with the Cost of Cancer Care

Thursday, September 10, 6–8 p.m.

Join us for this presentation covering the importance of communicating with your health care team, health insurance and appeals, prescription assistance, employment, disability and other financial resources.

Presenters include Anne Marie Grande, MS, RD, Program Director at the Area Agency on Aging, Erin Klug from the Arizona Department of Insurance, Hilde Cuevas from American Cancer Society, Neil Bassett, VP of Investments at Webbus Morgan Securities and Dana Hooper, JD, Greenberg Traurig. Time for Q&A. **RSVP.**

Ask the Doctor

Tuesday, September 22, 12–1 p.m.

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

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

survivorboards

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."



Drumming Circle with Frank Thompson

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.

The Beneficial Impact of Yoga Thursday, September 24, 6–7:30 p.m.

Please join Matt Taylor, PT, PhD to learn about the science behind yoga and the beneficial impact it has on those diagnosed with cancer. Dr. Taylor is a Yoga Therapist and President of the International Association of Yoga Therapists. Some practical applications will be taught so wear comfortable clothing! **RSVP.**

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, August 3, 17 and 31
and September 21, 11:15 a.m.–12:45 p.m.
This brown bag lunch group allows you to journal about different topics related to your health and wellbeing. Participants are invited to share their personal reflections with the group.

Creative Arts in Healing Fridays August 7, 21 and September 4, 25 10 a.m.–12 noon

Create your own designs working with clay with ceramicist Joy Kockerbeck. No previous experience needed. Materials provided.

Bunco Tuesdays, August 11 and September 8 12:30–2:30 p.m.

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

Music and Expressive Arts Thursdays, August 13, 27 and September 10, 24 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.

Mindfulness-Based Stress Reduction Mondays, August 17 through October 12 3:15–4:45 p.m.

Denise Daup, MA, LPC, teaches how to consciously and systematically work with stress, pain, illness and the challenges of life. Each class builds upon the previous class. A full

commitment to the entire 8-week program is requested. Limited space. **RSVP**

Book Club

Tuesday, September 15, 12:15–1:45 p.m.

TWC Facilitator, Anne Lackey, M Ed, LPC, leads an ongoing bimonthly discussion—September's book is *My Stroke of Insight* by Jill Bolte Taylor. No need to read or finish the book to join. All welcome.

Day of Mindfulness

Saturday, September 19, 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.**

Upcoming Teen Events

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

Teen “Learn a New Hobby”

Saturday, August 15, 12–2 p.m.

Come learn something new at this fun group! We'll have people teaching guitar, drawing, beading and the art of henna. Learn a new skill or improve on one you already have. Lunch provided. **RSVP.**

Teen Ice Cream Social

Friday, August 28, 5–8 p.m.

Come meet other teens and enjoy some frozen goodies at the same time. Join other teens with cancer for activities, food and fun! **RSVP.**

Teen Movie Night

Friday, September 11, 5–8 p.m.

Get out the popcorn as we settle in for movie night! Join us for this fun and relaxing group. Dinner provided. **RSVP.**

Teen Social Group

Saturday, September 19, 12–2 p.m.

Come to 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 Luau



TWC Teens



Teen “Pamper Yourself” Day

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 Cancer Center at St. Joseph's Hospital & Medical Center

Lung Cancer Networking Group
Saturdays, August 8 and September 12,
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 to learn from one another, and to discuss aspects of living with lung cancer, treatment and recovery. Open to family and friends.

Women's Cancer Conference
Saturday, September 12, 8 a.m.–2 p.m.

Offsite at Goldman Auditorium at St. Joseph's Hospital and Medical Center

Women dealing with breast, ovarian, cervical, or uterine cancer, at any stage and caregivers/friends are welcome. Topics include exercise, genetics, survivorship, nutrition, psychosocial support, latest research, and side effects including lymphedema and chemobrain. Call (877) 602-4111 for information and to register. **RSVP.**



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

John C. Lincoln Hospital Breast Health and Research Center

Breast Cancer Networking Group
Thursdays, August 27 and September 24, 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 Breast Health and Research Center. This monthly group is for individuals diagnosed with breast cancer to support and to learn from one another, and to discuss aspects of living with breast cancer, treatment and recovery. Open to family and friends.

Diagnostic Tools for Breast Cancer
Thursday, September 17, 6–8 p.m.

Offsite at Cowden Center, 9202 N. Second Street, Phoenix, on the campus of John C. Lincoln North Mountain Hospital

Corliss Chun, MD, and Linda Greer, MD, Radiologists with the John C. Lincoln Breast Health and Research Center present on the different types of diagnostic tools used to identify and diagnose breast cancer. They will cover MRI, CT scan, PET scan, ultrasound and mammography. Learn the differences in scans, when they are utilized and how they help determine treatment planning and prognosis. Time allotted for Q&A. **RSVP.**



Cancer Support Network members as of July 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

Frankly Speaking About Cancer Treatment—Thursday, August 20, 6–8 p.m.

Jason Salganick, MD, Hematology Oncologist 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 for Q&A.

Innovations in the Detection and Treatment of Prostate Cancer Thursday, September 17, 6–8 p.m.

Gil Brito, MD of Urology Associates, Ltd. and Jerry Lucas, MD of Arizona Oncology will present on the different types of diagnostic testing for prostate cancer, innovations in treatment options, side effect management and future research. Time for Q&A. **RSVP.** (This program is provided in partnership with The Wellness Community's Leadership Council.)

Drumming Circle—Thursdays, August 27 and September 24, 6–7:30 p.m.

Frank Thompson, Founder of the AZ Rhythm Connection and REMO-trained facilitator, guides you through a session of rhythmical harmony used to relieve stress and help your body relax. Research shows that drumming helps boost your immune system and increase Natural Killer (NK) cell activity. Bring only your heartbeat and hands as you experience wellness through rhythm, no musical ability is required or needed.

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

Spanish Speaking Programs



Ayuda emocional 101 Jueves 20 de Agosto del 2009 de las 6–8 p.m.

Mauro Pando, MD, Consejero, presentará sobre el apoyo emocional y los beneficios que pueden tomar los sobrevivientes del cáncer y sus seres queridos ya sea la ansiedad, mejores relaciones, regresar al trabajo más rápidamente y menos dolor. La pesquisa muestra que puede haber aumento en la calidad de vida. Habrá tiempo para sus preguntas.

Recursos en la comunidad para pacientes con cáncer Jueves 17 de Septiembre del 2009 de las 6–8 p.m.

Hildy Cuevas, Patient Navigator, con la Sociedad Americana del Cáncer, presentará información sobre cómo identificar recursos financieros, la ayuda para los medicamentos, el cuidado médico en casa, preguntas del seguro médico, el transporte, y otros puntos de interés. Habrá tiempo para preguntas del público en general.

Arizona Oncology Associates

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

Frankly Speaking About Cancer Treatment Tuesday, September 15, 6–8 p.m.

Learn how to manage the physical and psychosocial effects of advanced (metastatic) breast cancer and its treatment. Jodi Pelusi, FNP, PhD, will focus on the needs of women newly diagnosed with advanced breast cancer and will also include information relevant to women who have lived two to five years with metastatic breast cancer. Time allotted for Q&A. **RSVP.**

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 touched by cancer in the West Valley. If you are interested in volunteering, please contact Catherine Keedy at (602) 620-2060.

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."



TWC Participants – 2009 Cancer Survivor Day

Family Events

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

U.S AIRWAYS

Fly with us. Thank You

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

Kid2Kid Canine Connection

Saturdays, August 15 & September 19, 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.**

Kid2Kid/Family2Family

Tuesdays, August 18 and September 15, 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.**

SAVE THE DATE

**Hope Cafe and
Cancer Connections Walk**
Saturday, December 5

Details to follow. Contact Darcy Ljunggren at (602) 712-1006 for more information.

TWC Volunteer Corner



TWC 360 is a volunteer service group dedicated to supporting TWC and its participants. TWC 360 is attended monthly by 30 plus TWC cancer survivors and caregivers.

Attend TWC 360 to Hear More!

Tuesday, August 25, 2009, 6–7:30 p.m.

Fun and social activities. *Please RSVP.*

Tuesday, September 22, 2009, 6–8 p.m.

Polynesian Party. Dinner Served. *Please RSVP.*

For additional information on TWC 360 or volunteering, please contact Darcy Ljunggren at (602) 712-1006 or email dLjunggren@twccaz.org.



TWC 360 at Cancer Survivor Day

TWC 360 Group Mission:

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

NEWS *to use*

AUGUST | SEPTEMBER 2009 CALENDAR OF EVENTS



Expressive Writing May Increase Feelings of Support

Psycho-Oncology, published online Feb 12, 2009

A 2008 study assessed the effectiveness of an expressive writing intervention on perceptions of emotional support in women completing treatment for early stage breast cancer. Eighty women participated in the study. Those in the writing group wrote for 20 minutes on four consecutive days. Those in the control group received normal care. For both groups, perceptions of emotional support, quality of life, mood, and healthcare utilization were assessed at baseline, one month, three months and six months. Participants in the writing group reported higher levels of satisfaction with their emotional support as compared to the control group up to six months post-intervention.



Social Support After Diagnosis Important in the Long Term

Psycho-Oncology, published online Feb 27, 2009

Researchers examined the relationship between emotional support and experiencing long term positive consequences of the illness (the ability to find the “gifts of cancer”) in 206 cancer survivors. Participants were asked questions about the social support they received and the extent to which they believed their illness had a positive benefit despite the negative consequences of being ill. These were assessed at three months and eight years after diagnosis. Findings showed that the more emotional support participants received after diagnosis, the more likely they were to experience the positive consequence from illness at the eight year follow-up. Social support was characterized by reassuring, comforting and problem-solving from friends and family.



Flavonoids Could Block Tumor Growth

Molecular Nutrition & Food Research, Volume 52, Issue 1, January 2008, pg: 79-104

A recent scientific focus dedicates research to understanding the mechanisms behind the protective effects of fruit and vegetables on various types of cancers. Studies link polyphenols such as berries, tea, grapes, olive oil, chocolate/cocoa, coffee, walnuts, peanuts, pomegranates, and other fruits and vegetables to their antioxidant effects. The largest and best-studied polyphenols are the flavan-3-ols or flavonoids. Evidence suggests that flavonoids function as aromatase inhibitors which block tumor growth by reducing circulating estrogen levels. Substantial evidence suggests that diets rich in flavonoid containing foods may provide such positive benefits.



Thank You!

On behalf of all the participants at The Wellness Community – Arizona, we express our heartfelt thanks to the individuals, corporations, and foundations that give generously to support the FREE cancer support programs provided by TWC. Your contributions lend a hand of hope and give encouragement to countless individuals.



Clinical Corner

It is a great honor to be a member of The Wellness Community Board of Directors. After just a short span of involvement with the organization, I have learned of the outstanding psychosocial cancer support that The Wellness Community provides cancer survivors and their families. The support provided by TWC is a crucial element in the over-all care of those diagnosed with cancer.

I feel privileged to have been given the opportunity to serve and be a part of this great body of humanitarian professionals who are dedicated, caring and passionate in their desire to provide refuge from the fears and the uncertainties that the disease engenders.

James M. Campbell, MD
Diplomate of the American Board Psychiatry and Neurology
Distinguished Life Fellow, American Psychiatric Association



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

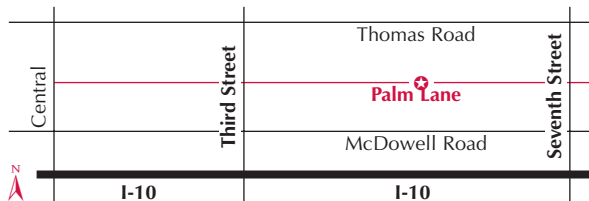
Journaling, working with clay, painting, meditation, stress reduction classes, expressive music classes and more to assist with your recovery. No previous classes required. Materials are provided.

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.



AUG | SEPT 2009 CALENDAR OF EVENTS

FREE CANCER SUPPORT

YOUR PLACE FOR

the wellness community®
arizona
cancer support, education and hope



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Phoenix, AZ 85004
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www.thewellnesscommunityaz.org

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