



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.



PARTICIPANT PROFILE

Ellen Mishler

Ask Ellen Mishler, 53, if she lives by any special motto and she'll quickly respond that there are two. "Shortly after I was diagnosed with bladder cancer, I made the conscious decision that I will always give myself the best chance; no matter what card was dealt from the deck...and when my urologist told me that my cancer was high grade, I looked at him with tear-filled eyes and said, 'I can adapt to anything. I just want to live!'"

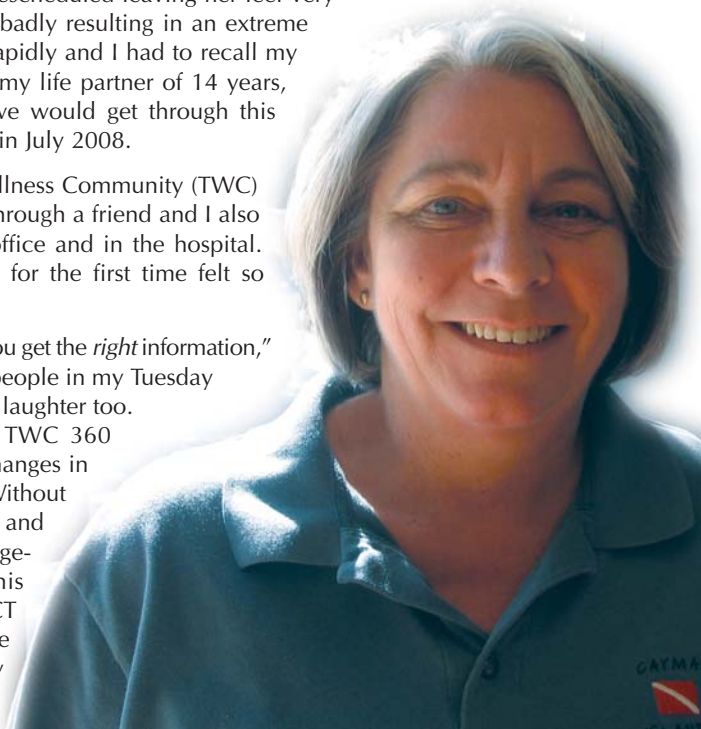
In January 2008, Ellen's diagnosis came as a complete shock, followed by a whirlwind of tests and procedures, all detecting the very worst results. She remembers thinking, "Possible stage IV cancer? Not fair! Why could I not get a whack at I, II, or III? I had never spent a night in a hospital. I am a *healthy* woman. This is where I took my position on this enemy and planned my approach. I threw everything I had at it. I must have paced 100 miles."

"Stepping into The Wellness Community for the first time felt so comfortable. It felt like coming home."

Finally, a radical cysectomy with urinary diversion was scheduled and performed. Her chemo kept getting postponed and rescheduled leaving her feel very anxious. Her first round of chemo went badly resulting in an extreme allergic reaction. "I was wearing down rapidly and I had to recall my special mottos often. The real hero was my life partner of 14 years, Michelle. There was no question that we would get through this together." Her last chemo treatment was in July 2008.

In mid-August Ellen walked into The Wellness Community (TWC) for the first time. "I learned about TWC through a friend and I also saw their calendars in my oncologist's office and in the hospital. Stepping into The Wellness Community for the first time felt so comfortable. It felt like coming home."

"Through TWC's programs and resources you get the *right* information," adds Ellen. "I feel very connected to the people in my Tuesday night support group and we share a lot of laughter too. I also volunteer for Outreach and the TWC 360 volunteer group. Cancer creates many changes in our lives and can be very challenging. Without the support of Michelle, family, friends and TWC, I would not have had the encouragement and support I needed to tackle this difficult journey...and, by the way, my CT scan as of October shows 'no gross evidence of metastatic disease.' It doesn't get any better than that."



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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

CALENDAR KEY

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

<p>1 Participant Group* 10 a.m.–12 noon Participant/Family Group* 6–8 p.m.</p>	<p>2 Welcome to Wellness 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>3 Networking Groups: Multiple Myeloma 10 a.m.–12 noon Prostate 6–8 p.m. Cooking for Life 3–5 p.m.</p>	<p>4 Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m.</p>	<p>5 Networking Groups: Ovarian 10 a.m.–12 noon Breast 1–3 p.m. Cancer Connections Walk & Hope Café 12 noon–5 p.m.</p> 	
<p>7 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. Welcome to Wellness 6 p.m.</p>	<p>8 Participant Group* 10 a.m.–12 noon Bunco 12:30–2:30 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>9 Welcome to Wellness 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>10 Music/Expressive Arts 10 a.m.–12 noon Cooking for Life 3–5 p.m. Medical Imaging Ralph Drosten, MD 6–8 p.m.</p>	<p>11 Friday Fitness 12:30–1:30 p.m. LGBT Facing Cancer Together 6–8 p.m.</p>	<p>12 Look Good/Feel Better 10 a.m.–12 noon 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>13 Sunday Teen Holiday Brunch 12 noon–2 p.m.</p> <p>14 Monday Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Welcome to Wellness 6 p.m.</p>	<p>15 Offsite Program. See Pg. 9 Participant Group* 10 a.m.–12 noon Kid2Kid/Family2Family 6–7:30 p.m. Participant/Family Group* 6–8 p.m. Networking: Colorectal Group 6–8 p.m.</p>	<p>16 Welcome to Wellness 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>17 Offsite Pgm. See Pg. 8 & 9 Cooking for Life 3–5 p.m. Post Treatment Considerations Jake Psenka, ND 6–8 p.m.</p>	<p>18 Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m.</p>	<p>19 Day of Mindfulness 10 a.m.–4 p.m.</p>
<p>21 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. Welcome to Wellness 6 p.m.</p>	<p>22 Participant Group* 10 a.m.–12 noon Participant/Family Group* 6–8 p.m.</p>	<p>23 Welcome to Wellness 10 a.m. 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>HAPPY HOLIDAYS! TWC WILL BE CLOSED FROM DECEMBER 24, 2009 THROUGH JANUARY 3, 2010</p> 		
<p>28 Open Participant Group 1–3 p.m. See Page 4</p>	<p>29</p> <p style="text-align: center;">HAPPY HOLIDAYS! TWC WILL BE CLOSED FROM DECEMBER 24, 2009 THROUGH JANUARY 3, 2010</p> 	<p>30 Open Participant Group 6–8 p.m. See Page 4</p>	<p>31</p>	<p>Medical Imaging Thursday, December 10, 6–8 p.m.</p> <p>Ralph Drosten, MD, ever wonder why your doctor chose a test? Q&A and presentation. RSVP. See page 4.</p>	

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Cancer, Women, and Sexuality

Saturday, January 23, 9 a.m.–12 noon

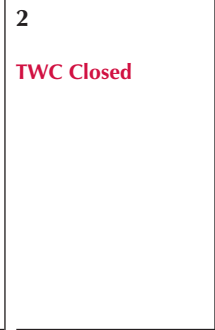
Registration starts at 8:30 a.m.



This "women only" conference is straight talk from experts on cancer, your sexuality, and your sex life by addressing real life physical and emotional challenges. Speakers include: Ivor Benjamin, MD, Director, Division of Gynecological Oncology at St. Joseph's; Marianne Marchese, NMD and Tania Katan, performer/comedian. **RSVP.**



CALENDAR KEY

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



<p>4 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. Welcome to Wellness 6 p.m.</p>	<p>5 Participant Group* 10 a.m.–12 noon Kid2Kid/ Family2Family Canine Connection 6–7:30 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>6 Welcome to Wellness 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>7 Cooking for Life 3–5 p.m. Facing Cancer as a Couple 6–8 p.m. Networking Groups: Multiple Myeloma 10 a.m.–12 noon Prostate 6–8 p.m.</p>	<p>8 Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m. Teen Hang Out Day 5–8 p.m. LGBT Facing Cancer Together 6–8 p.m.</p>	<p>9 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.</p> 
<p>11 Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Welcome to Wellness 6 p.m. Mindfulness 6:30–8 p.m.</p>	<p>12 Offsite Program. See Pg. 9 Participant Group* 10 a.m.–12 noon Bunco 12:30–2:30 p.m. Participant/Family Group* 6–8 p.m. Understanding Lymphedema Andrea Brennan, OTR/L 6–8 p.m.</p>	<p>13 Welcome to Wellness 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>14 Music/ Expressive Arts 10 a.m.–12 noon Cooking for Life 3–5 p.m. Exercise and Cancer 6–8 p.m.</p>	<p>15 Card Making Class 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m.</p>	<p>16</p>
<p>18 Writing for Wellness 11:15 a.m.–12:45 p.m. Participant/Family Group* 1–3 p.m. Teen Pamper Yourself Day 3–6 p.m. Yoga for Recovery 5–6:30 p.m. Welcome to Wellness 6 p.m. Mindfulness 6:30–8 p.m.</p>	<p>19 Participant Group* 10 a.m.–12 noon Book Club 12:15–1:30 p.m. Deciphering the Language of Food 2–4 p.m. Colorectal Group 6–8 p.m. Kid2Kid 6–7:30 p.m. Part/Family Group* 6–8 p.m.</p>	<p>20 Welcome to Wellness 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>21 Offsite Program. See Pg. 9 Cooking for Life 3–5 p.m. Ask the Lawyer Melissa Costello 6–8 p.m. Navigating Tools for the Newly Diagnosed David Brachman, MD 6–8 p.m.</p>	<p>22 Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m.</p>	<p>23 Cancer, Women and Sexuality Registration 8:30 a.m. 9 a.m.–12 noon</p> 
<p>25 Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Welcome to Wellness 6 p.m. Mindfulness 6:30–8 p.m.</p>	<p>26 Participant Group* 10 a.m.–12 noon BRCAtees 6–7:30 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>27 Welcome to Wellness 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>28 Offsite Pgm. See Pg. 8 & 9 Music/ Expressive Arts 10 a.m.–12 noon Cooking for Life 3–5 p.m.</p>	<p>29 Friday Fitness 12:30–1:30 p.m.</p>	<p>30 CAREing and COPEing Workshop 10 a.m.–12 noon</p>

*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

Welcome to Wellness
(Previously known as 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 group 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.

Facing Cancer Together:
For LGBT Couples, Family and Friends
Fridays, December 11 and January 8, 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.



TWC 360 — Pumpkin Carving

American Cancer Society
Look Good Feel Better
Saturday, December 12, 10–12 noon

Please note: We are changing to the second Saturday of even months. For women undergoing cancer treatment, a professional cosmetologist assists participants with make-up applications and fashionable ways to wear scarves and wigs. **RSVP.**

Open Participant Group
Monday, December 28, 1–3 p.m. and
Wednesday, December 30, 6–8 p.m.

An open group for anyone looking to give or receive support during the holiday season. You do not have to be in a weekly support group to attend.

BRCAters
Tuesday, January 26, 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

Medical Imaging
Thursday, December 10, 6–8 p.m.

Ralph Drosten, MD, oncologic radiologist, helps sort out the differences between different types of medical tests. Ever wonder why your doctor chose a certain test? Dr. Drosten will share what a PET scan, MRI, CT scan and other tests are as well as how they are used for diagnosis and treatment. Ample time for Q&A. **RSVP.**



TWC 360 — Game Night

Post-Treatment Considerations

Thursday, December 17, 6–8 p.m.

Jake Psenka, ND, will discuss things to consider when you are post-treatment including nutrients, diet, lifestyle recommendations, how to integrate allopathic and homeopathic treatment and how to take an active part in your healthcare team. **RSVP.**

Facing Cancer as a Couple

Thursday, January 7, 6–8 p.m.

Denise Daup, MA, LPC addresses the many ways cancer affects our most intimate relationships. Learn tools and resources to nurture and support your relationship during your journey with cancer. This program is for couples to attend together. **RSVP.**

Understanding Lymphedema

Tuesday, January 12, 6–8 p.m.

Andrea Brennan, OTR/L, CLT-LANA, DAPWCA, a lymphedema therapist will present an overview of lymphedema, treatment and management options. Lymphedema is the lymphatic system's inability to eliminate waste products, resulting in fluid retention. **RSVP.**

Ask The Lawyer

Thursday, January 21, 6–8 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 discuss the recent changes made to the Americans with Disabilities Act and how that affects cancer survivors. **RSVP.**

Navigating Tools for the Newly-Diagnosed

Thursday, January 21, 6–8 p.m.

David Brachman, MD, medical director of Radiation Oncology at St. Joseph's Hospital and Medical Center, discusses how to level the playing field with your doctor. Learn what questions to ask your doctor in order to determine the best treatment needs for you. **RSVP.**

Cancer, Women, and Sexuality

Saturday, January 23, 9–12 noon

Registration at 8:30 a.m.

This "women only" conference to cover sexuality from a biomedical model, intimacy issues and relationships and naturopathic ways to address sexuality. Speakers include Ivor Benjamin, MD, Director Division of Gynecologic Oncology at St. Joe's, Marianne Marchese, NMD and Tania Katan, performer/comedian. **RSVP.**

CAREing and COPEing: A Workshop for People with Breast Cancer and Loved Ones

Saturdays, January 30 and February 6, 13, and 20, 10 a.m.–12 noon

Lynn Brysacz, LPC, teaches this four-week interactive workshop designed to help people with breast cancer



Bracelets of Hope



Bracelets of Hope



Bracelets of Hope

and a loved one learn to live through and beyond cancer with a method of problem solving known as the COPE model. Learn new methods to solve problems and improve communication through your cancer journey. Please note: this workshop is designed for you and a loved one to attend together. There will be a short interview prior to attending the first group. Space is limited. **RSVP.**

survivorboards

The Wellness Community Special Programs

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2009 Red Balloon Day



Creative Arts in Healing

Nutrition/Exercise

Yoga for Recovery—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
No class Dec 23

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.
Receive personalized instruction from Ryan Goldman, NASM, Certified Personal Trainer on proper exercise technique, cardiovascular training and stability. This is a great group for those who are not ready to start an exercise regimen by themselves. The program focuses on functional exercises, stability and recovery. Anyone at any fitness level is welcome.

Exercise and Cancer —Thursday, January 14, 6–8 p.m.
Nancy Howe, MS, and Linda Larkey, PhD, CRTT, discuss why physical activity is important during and after cancer as well as current research supporting this. Wear comfortable clothes as you work out with Ryan Goldman, NASM, Certified Personal Trainer.

Deciphering the Language of Food Tuesday, January 19, 2–4 p.m.

Joe Brown, NMD, helps us figure out what nutrients in food can help us in our journey with cancer. Learn what antioxidants, phytochemicals, and flavinoids are and what they do for us. Dr. Brown will discuss key vitamins we should all be taking and common things many people do that lead to toxicity in our bodies. Time for Q & A. **RSVP.**

Stress Management

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

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

Creative Arts in Healing Fridays, December 4 and 18 and January 8 and 22, 10 a.m.–12 noon

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

Writing for Wellness Mondays, December 7 and 21 and January 4 and 18, 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.

Bunco

**Tuesdays, December 8 and January 12,
12:30–2:30 p.m.**

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



TGEN Tour

Book Club—Tuesday, January 19, 12:15–1:45 p.m.

TWC Facilitator, Anne Lackey, M Ed, LPC, leads an ongoing bimonthly discussion. January's book is *Don't Let's Go to the Dogs Tonight: An African Childhood* by Alexandra Fuller. No need to read or finish the book to join. All welcome.



TWC Teens

Music and Expressive Arts

**Thursdays, December 10 and
January 14 and 28, 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, December 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 present and aware in each moment with meditation, gentle yoga, tai chi, deep relaxation and journal writing. Light lunch and snacks provided. **RSVP.**

Mindfulness-Based Stress Reduction

**Mondays, January 11 through March 8,
6:30–8 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. **RSVP.**

Card Making Class

Friday, January 15, 10 a.m.–12 noon

Learn a fun and easy way to make personal greeting cards for your choice of occasions. No experience necessary. Materials 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 Holiday Brunch

**Sunday, December 13,
12 noon–2 p.m.**

Our third annual holiday brunch hosted in conjunction with The Junior League. This teen only event allows you to create gifts to give to friends/family, decorate cookies and enjoy brunch. We'll have a "White Elephant Gift Exchange" with gifts provided by Junior League. **RSVP.**



Teen Social Group

**Friday, January 8,
5–8 p.m.**

Hang out and socialize with other teens. We've got lots of video games, music and more! We'll eat, relax and meet new friends. Snacks provided. **RSVP.**

Teen Pamper Yourself Day

**Monday, January 18,
3–6 p.m.**

This fun group is a chance to get makeup done, play with hair, get manicures and enjoy being pampered. Professional cosmetologist will provide makeovers and tips for applications. Refreshments provided. **RSVP.**

special programs

THE WELLNESS COMMUNITY BRINGING SUPPORT,



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

A Message from the Director of The Comprehensive Cancer Center at St. Joseph's Hospital and Medical Center

St Joseph's has always had an unwavering commitment to deliver care that addresses the needs of the whole person. As our Comprehensive Cancer Center grew, we knew that incorporating the full menu of outstanding programs and services of The Wellness Community was a natural step. This collaboration ensures the needs of anyone touched by cancer are fully met. Ensuring that modern cancer care treats the person not just the disease is a mission we both share.

Mary Schneider MHA,
Director, Comprehensive Cancer Center, St. Joseph's Hospital and Medical Center



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, December 12 and January 9,
1–3 p.m.

Onsite at TWC—360 East Palm Lane, Phoenix
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.



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

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

Breast Cancer Networking Group
Thursdays, December 17 and January 28,
6–8 p.m.

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

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.



Cancer Support Network members as of December 2009.
Additional healthcare members forthcoming.

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EDUCATION, AND HOPE CLOSER TO YOU

Paradise Valley United Methodist Church

Offsite at 4455 East Lincoln Drive,
Building F-Fellowship Center,
Paradise Valley, 85253
(Tatum & Lincoln Drive)

These programs are open to everyone.



Paradise Valley

Drumming Circle—Thursdays, December 15 and January 28, 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 increases Natural Killer (NK) cell activity. Experience wellness through rhythm. No musical ability or instruments are required.

Chemobrain—Thursday, December 17, 6–8 p.m.

Michael J. Robb, MD, otoneurologist specializing in disorders of the ear and brain, presents on the effects of chemotherapy on cognitive functioning. Dr. Robb will talk about ways to improve functioning through treatment, what chemotherapy and other cancer treatments do to your cognitive functioning and will teach new skills to help you cope.

Mindfulness-Based Stress Reduction—Thursday, January 21, 6–8 p.m.

Denise Daup, MA, LPC provides an introduction to Mindfulness-Based Stress Reduction (MBSR) practices which are designed to help handle the stressors of a serious illness. This workshop is open to participants as well as caregivers to learn techniques for consciously and systematically work with stress, pain, illness and the challenges of life.

Ezperanza & Salud

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

Curándose con Artes Creativas el viernes 4 y 18 de Diciembre y 8, 22 de Enero por la mañana de 10 a.m.–12 noon

Críe sus propios diseños de barro con la ceramista Joy Kockerbeck. No se necesita experiencia. Los materiales serán proporcionados. Este programa está diseñado para personas diagnosticadas con cáncer y sus seres queridos. Solo mayores de 18 años. Un intérprete de habla Hispana estará disponible.

Fortaleciendo Su Sistema Inmune jueves 17 de Diciembre de las 6–8 p.m.

Melissa Behler, RN y Ruby Carbajal, RN del Hospital Good Samaritan hablarán cómo alzar su sistema inmune durante y después de quimioterapia y de otros tratamientos. Durante esta etapa de gripe, los individuos con los sistemas inmunes disminuidos por el tratamiento de cáncer deben tomar precauciones adicionales para no contraer enfermedades. Aprenda las herramientas para mantener su sistema inmune fuerte. Venga con sus preguntas preparadas.

Como navegar o aprender el sistema de AHCCCS- el jueves, 21 enero 6–8 p.m.

John Molina, MD, Director Médico de AHCCCS, hablará sobre el plan de seguro financiado por el estado de Arizona (AHCCCS). Descubra si usted califica, como calificar y los beneficios que le cubren a usted y a su familia en su jornada contra el cáncer. Por favor prepare sus preguntas para el Dr. Molina.

Arizona Oncology Associates

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

Frankly Speaking About Colorectal Cancer—Tuesday, January 12, 6–8 p.m.

Jodi Pelusi, FNP, PhD, presents this workshop for participants and caregivers discussing current treatments, symptom/side-effect management strategies, social and emotional challenges of the diagnosis and survivorship issues specific to colorectal cancer.

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."

Family Events

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



Phoenix Zoo Visit

Kid2Kid/Family2Family Tuesdays, December 15 and January 19, 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 Tuesday January 5, 6 - 7:30 p.m. Moving to the First Tuesday of the Month

Please note: This 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.**

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



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!

Saturday, December 5

12 noon-5 p.m. No regular Committee Meeting
TWC 360 members volunteering at Cancer Connections Walk and Hope Café.

Tuesday, January 26

5-6 p.m. TWC 360 Committee Meeting
6-8 p.m. Fun and social activities. **RSVP.**

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



TWC 360 Members

TWC 360 Group Mission:

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

NEWS *to use*

DEC 2009 | JAN 2010 CALENDAR OF EVENTS



A Weighty Matter — Lifting Weights Can Decrease Lymphedema

The New England Journal of Medicine, published, online, Volume 361:710-711 August 13, 2009, Number 7

A recent study of 141 breast cancer survivors with lymphedema focused on the correlation between lifting weights and the prevention of lymphedema one-year post surgery. Half of the 141 participants adhered to the traditional restrictions of not lifting anything heavier than 15 pounds post surgery, while the other half embarked on a slow, progressive program of weight lifting. Researchers found that women who worked out twice a week with weights had a significantly lower increase in limb swelling as compared with the women who did not do weight lifting one-year post surgery.



Social Isolation Speeds Up Breast Cancer Growth

Cancer Prevention Research 2:850-861 (October 1, 2009)

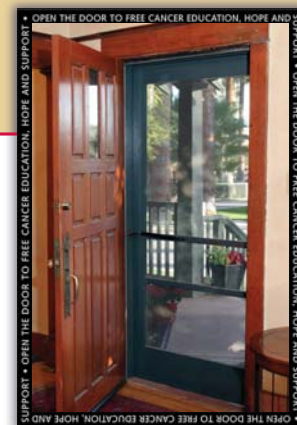
Researchers have recently turned their attention to how social environment affects the biology of cancer growth. University of Chicago scientists took mice that were genetically predisposed to develop breast cancer and raised them in two different environments- one in a group and the other isolated. After the same amount of time, the isolated mice grew larger tumors than those that were in a group. Social isolation resulted in altered gene expression and was accompanied by larger tumor growth.



Pre-Surgical Stress Management Improves Mood, Physical Functioning and Quality of Life for Prostate Cancer Patients

Journal of Clinical Oncology, Vol 27, No 19 (July 1), 2009: pp. 3169-3176

A recent study examined the benefits of psychosocial techniques for prostate cancer patients prior to surgery. A randomized study of 159 early stage prostate cancer patients, were assigned to either pre-surgical stress management techniques (including breathing and relaxing guided imagery); individual supportive attention sessions; or standard care. Assessments occurred short-term and long-term. Researchers found that in terms of short and long-term effects, men in the stress management group had the lowest levels of mood disturbance, reported a higher level of physical functioning and better quality of life as compared to the other two groups.



Clinical Corner

With the growing options for treatment services in the state of Arizona, it is heartening to know that a critical force addressing the needs of those affected by cancer, The Wellness Community, continues to provide stability and comprehensive support. In my years of association with TWC, I have been impressed with the professionalism and evidence-based psychosocial support services. I have been particularly thrilled by the foresight in the organization's recognition of the importance of supporting people in exercise and meditative movement.

**Linda Larkey, PhD,
CRTT
Professor
Scottsdale Healthcare
Chair of Biobehavioral
Oncology Research**

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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.



The Heart of The Wellness Community

WELCOME TO WELLNESS

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. 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

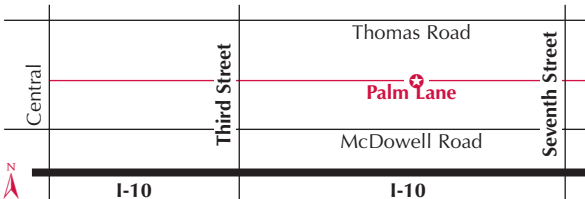
Journaling, working with clay, meditation, stress reduction classes, expressive music classes and more to assist with your recovery. No previous classes required. Materials are provided.

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.



DEC 2009 | JAN 2010 CALENDAR OF EVENTS

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

FREE CANCER SUPPORT

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