

OVER 100 FREE PROGRAMS FOR CANCER SURVIVORS AND THEIR FAMILIES

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

Our Programs Can Improve Your Quality of Life...

Nationally-recognized research shows participation in TWC programs can:

- decrease pain and nausea
- reduce anxiety and stress
- enhance long-term survival

Anyone Can Participate Free of Charge...

At TWC, we serve anyone at any stage of their cancer diagnosis.

Our programs serve:

- cancer survivors at any stage
- any cancer
- diagnosis to post-treatment
- caregivers
- teen cancer survivors
- adult cancer survivors
- the entire family and friends

A CANCER SURVIVOR'S JOURNEY

Meredith Malone

Meredith Malone's quick sense of humor gives way to easy laughter and her clear, sky-blue eyes sparkle with a hint of mischievousness.

In January, 2007, Meredith struggled as she faced the devastating news of a breast cancer diagnosis. Then, in March, the discovery of a malignant tumor in her left lung sent her reeling. As if that wasn't enough, a carcinoid tumor was discovered in the process of a lobectomy. "I was in a total tailspin, unlike anything I'd ever experienced," says Meredith. "Thank God for my three great kids and a doting brother." She spent months trying to get the correct diagnosis for the lung cancer, while the breast cancer diagnosis hung in the air. "My thoughts turned dark," admits Meredith.

Her son, Sepp, found The Wellness Community's calendar in one of her doctor's offices. He made certain that his Mother made her way to TWC. There, she learned that sharing her terror with those in similar situations was her "first step toward normalcy in many months."

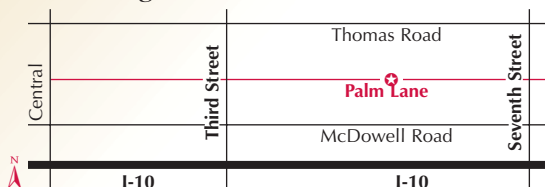
"At The Wellness Community, I found new friends and a safe place to laugh and cry."

She joined the Tuesday morning support group where laughter and tears are the order of the day. "The others understand where I'm coming from. They listen, encourage and care for one another," says Meredith. She also attends the monthly Saturday lung cancer networking group where she met another participant who has the same diagnosis. "Linda and I commiserate but we never engage in pity parties!"

Meredith's "patient-active" approach, learned at TWC, drew her to the popular clay class, the fun, monthly bunco group and, in time, volunteering. "I found new friends and a safe place to laugh and cry. I wish I could say this was the end of cancer but I was recently diagnosed with another malignant tumor in my right lung. I've just finished a round of radiation and I'm hopeful that the tumor will shrink. Right now, I'm not a happy camper, but this time around I'm guided by well-lit lanterns, thanks to my family and The Wellness Community."



Our programs are held in a beautiful home-like setting at 360 East Palm Lane in Phoenix



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

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. Newcomer Meeting 6 p.m. Mindfulness 6:30–8 p.m.</p>	<p>2 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>3 Newcomer Meeting 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 Groups: Multiple Myeloma 10 a.m.–12 noon Prostate 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 CAREing/COPEing 10 a.m.–12 noon Networking Groups: Ovarian 10 a.m.–12 noon Breast Special Presentation 1–3 p.m. Teen Western Party 2–5 p.m.</p>
<p>8 Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Meeting 6 p.m. Mindfulness 6:30–8 p.m.</p>	<p>9 Participant Group* 10 a.m.–12 noon Bunco 12:30–2:30 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>10 Newcomer Meeting 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Mind-Body Connections 2–3 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. Ask the Tax Preparer Ellen Mishler 6–7:30 p.m. Esophageal Cancer 101 Presentation 6–8 p.m.</p>	<p>12 Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m.</p>	<p>13 CAREing/COPEing 10 a.m.–12 noon Look Good/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>15 TWC CLOSED FOR PRESIDENT'S DAY</p>	<p>16 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>17 Newcomer Meeting 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. Ask the Doctor Bodour Salhia 6–7:30 p.m. Pancreatic Cancer Presentation Ramesh Ramanathan, MD 6–8 p.m.</p>	<p>19 Friday Fitness 12:30–1:30 p.m. TGEN Tour 2–3:30 p.m. LGBT Facing Cancer Together 6–8 p.m.</p>	<p>20 CAREing/COPEing 10 a.m.–12 noon</p>
<p>22 Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Meeting 6 p.m. Mindfulness 6:30–8 p.m.</p>	<p>23 Participant Group* 10 a.m.–12 noon Participant/Family Group* 6–8 p.m. TWC 360 6–8 p.m.</p>	<p>24 Newcomer Meeting 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Mind-Body Connections 2–3 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>25 Music/Expressive Arts 10 a.m.–12 noon Leukemia Presentation Raoul Tibes, MD 6–8 p.m.</p>	<p>26 Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m. Teen Social Group 5–8 p.m.</p>	<p>27</p>

**PARTNERSHIPS BRINGING SUPPORT CLOSER TO YOU...
OFFSITE PROGRAMMING**

*For additional TWC programs offered closer to you at
offsite locations, see pages 10 and 11.*



Your Greeters Jenny and Christina

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



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

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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. Newcomer Meeting 6 p.m.	30 Participant Group* 10 a.m.–12 noon Participant/Family Group* 6–8 p.m.	31 Newcomer Meeting 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.	<div style="display: flex; align-items: center;">  <div> <h2 style="margin: 0;">Red Balloon Birthday Celebration</h2> <p style="margin: 0;">Tuesday, March 2, 12 Noon–2 p.m.</p> <p style="margin: 0;">Join us for a catered picnic lunch on the lawn. Celebrating friendship, survivorship and life. RSVP.</p> </div> </div> <p style="font-size: small; margin-top: 10px;">*Participant/Family Groups require a brief interview to determine appropriate group placement.</p>		

Meredith Malone learned that sharing her terror with those in similar situations was her "first step toward normalcy in many months".

Your Keys to Quality of Life: 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."

strength given and received



TWC 360 members designed bead stations for the Cancer Connections Walk



Survivors, friends, and family walk together at TWC's Cancer Connections Walk



Glazing bowl during Creative Arts in Healing

Emotional Support STRENGTH GIVEN AND RECEIVED

Newcomer Meeting
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.

American Cancer Society
Look Good Feel Better
Saturday, February 13, 10–12 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, February 19 and March 12, 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.

BRCAters
Tuesday, March 23, 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

KNOWLEDGE IS POWER

Special Presentation for Breast Cancer Networking Group—Saturday, February 6, 1–3 p.m.

Raushanah Najeeullah, NMD, joins the group for an informal question and answer session specific to breast cancer.

Esophageal Cancer 101

Thursday, February 11, 6–8 p.m.



Banner Good Samaritan
Medical Center

Charles Castillo, MD, Surgeon,
Lawrence Kasper, MD, Medical
Oncologist, and Lauren Stegman,

MD, PhD, Radiation Oncologist to present on esophageal cancer. Learn about surgery options such as transhiatal esophagectomy, latest research, radiation treatment and how to manage side-effects. Time for Q&A. **RSVP.**

Ask a Tax Preparer: Medical Expenses

Thursday, February 11, 6–7:30 p.m.

Ellen Mishler, Certified Tax Preparer and registered with the IRS will discuss what you can and cannot deduct for medical expenses. Learn the differences between state and federal forms. Handouts given with time for Q & A. **RSVP.**

Pancreatic Cancer Presentation

Thursday, February 18, 6–8 p.m.

Ramesh Ramanathan, MD, Medical Director of TGEN Clinical Research Services will give an overview of pancreatic cancer. Dr. Ramanathan to discuss treatment options, side effect management, and the latest in research. **RSVP.**

Ask the Doctor about New Discoveries in Breast Cancer—Thursday, February 18, 6–7:30 p.m.

Bodour Salhia, PhD, cancer researcher from Translational Genomics Research Institute (TGen), will be available for an informal Q & A session on the new discoveries and innovations in research for breast cancer.

TGEN Tour—Friday, February 19, 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.**

Leukemia Event—Thursday, February 25, 6–8 p.m.



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



Dr. Molina shares information with participants at Valle Del Sol

Special Presentation Multiple Myeloma Networking Group

Thursday, March 4, 10 a.m.–12 noon

Join Dan Rubin, ND, for an informal question and answer session about the needs of those diagnosed with multiple myeloma.

Ovarian Cancer Program

Thursday, March 4, 6–8 p.m.

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



MAYO CLINIC



Lymphoma Event

Thursday, March 11, 6–8 p.m.



Ruben Mesa, MD, specialist in hematology oncology at Mayo Clinic, to present an overview of lymphoma along with its current treatments. Dr. Mesa will discuss how to manage lymphoma as well as the future of treatment with time for Q&A. **RSVP.**

Pain Management Series

Thursdays, March 11, 18, and 25, 6–8 p.m.

This three-week series will highlight different ways to manage pain. Week one will feature Marie Niechwiadowicz, ND, to discuss natural ways to decrease pain. In week two Matt Taylor, PT, PhD, will discuss how to utilize physical therapy and yoga to manage pain. In week three Michael Liebman, MS, LPC, certified hypnotherapist will teach hypnosis techniques to help with pain control and stress. Come to one or all three. **RSVP.**

Ask the Doctor about New Discoveries in Brain Cancer Tuesday, March 16, 2–3:30 p.m.

Bodour Salhia, PhD, cancer researcher from Translational Genomics Research Institute (TGen), will be available for an informal Q & A session on the new discoveries and innovations in research for brain cancer.

Knowledge is power

Your Keys to Quality of Life: Special Programs

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building blocks for better health

Nutrition/Exercise BUILDING BLOCKS FOR BETTER HEALTH

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 11a.m.–12 noon

Cooking for Life – Thursdays, 3–5 p.m.
Please note: NO CLASS on February 25
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.



Volunteers at the Cancer Connections Walk and Hope Cafe

Stress Management TOOLS TO MANAGE THE JOURNEY

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

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

Writing for Wellness
Mondays, February 1, 15 and
March 1, 15 and 29, 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 well-being. Participants are invited to share their personal reflections with the group.

Bunco
Tuesdays, February 9 and March 9, 12:30–2:30 p.m.
A game played in teams with dice. No previous experience needed, just come have fun. Bring a friend!

Mind-Body Connections—Wednesdays,
February 10, 24 and March 10, 24, 2–3 p.m.
Michael Liebman, MS, LPC, teaches how to enhance immune functioning, reduce treatment side-effects,



Families shared the day together at the Cancer Connections Walk and Hope Cafe



Teens enjoy time together to socialize at a Pajama Party

and promote emotional resiliency through this interactive group that shows how to use the power of your mind to help your body.

Music and Expressive Arts

Thursdays, February 11, 25 and March 11, 25,
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.

Creative Arts in Healing

Fridays, February 12, 26 and March 12, 26,
10 a.m.–12 noon

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

Book Club

Tuesday, March 16, 12:15–1:45 p.m.

TWC Facilitator, Anne Lackey, M Ed, LPC, leads an ongoing bimonthly discussion – March's book is *Olive Kitteridge* by Elizabeth Strout. No need to read or finish the book to join. All welcome.

Day of Mindfulness

Saturday, March 27, 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.**



Teen participants make scrapbook pages



Arizona Cardinals visit teen group



Upcoming Teen Events

TEENS HELPING TEENS

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

Teen Western Party

Saturday, February 6, 2–5 p.m.

Calling all cowgirls and cowboys to this western-themed party. Dress up in your best western garb. Enter the horseshoe contest and learn how to line dance. Food provided. Co-sponsored by the Junior League of Phoenix. **RSVP.**



Teen Social Group

Friday, February 26, 5–8 p.m.

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

Teen Spring Training Game—Friday, March 5

We'll be heading to Hohokam Stadium in Mesa to watch the Chicago Cubs play the Arizona Diamondbacks. Please contact Tracy for this group as there are limited seats available. **RSVP.**

Teen Art Group—Friday, March 26, 5–8 p.m.

Joy Kockerbeck, from Creative Arts in Healing, will lead this group where we will play with clay. No prior experience needed. Materials and dinner provided. **RSVP.**

tools to manage the journey

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."

strength & support for the family

F Family Programs STRENGTH & SUPPORT FOR THE FAMILY

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



Children enjoyed working with beads at TWC's Cancer Connections Walk

Kid2Kid Canine Connection Tuesday, February 2 and March 2, 6–7:30 p.m.

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.**

Kid2Kid/Family2Family—Tuesdays, February 16 and March 16, 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.**

TWC Volunteer Corner

Help Impact TWC... Volunteer!



Heather Tompkins

Cancer impacted Heather Tompkins early. Sadly, when she was four, breast cancer took her mother. Heather, 19, wants to make a difference from the experience. She attends

ASU's honors program studying Biochemistry, Medicine and Biotechnology to pursue cancer research. And, for two years she has volunteered at TWC. "We've come to depend on Heather's 'get it done,' optimistic spirit. She continues to make a difference here," says Volunteer Coordinator Darcy Ljunggren.

Volunteers play an essential role at TWC. Here are some opportunities...

GENERAL OFFICE ACTIVITIES

Program set-up, clean-up and registration

EVENT SUPPORT

Red Balloon, Tuesday, March 2, 2010

Cancer Survivor Day, Saturday, June 5, 2010



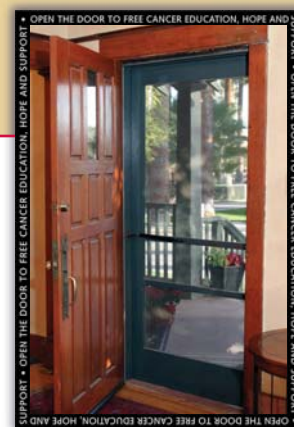
TWC 360 is a volunteer and outreach group dedicated to post-treatment cancer survivors and their loved ones. Everyone is welcome to TWC 360 monthly events. Dinner and beverages are provided. Meet at TWC, 360 East Palm Lane, Phoenix.

February 23, 2010, 6–8 p.m.

March 23, 2010, 6–8 p.m.

For volunteer information, please email dljunggren@twccaz.org or contact Darcy Ljunggren at (602) 712-1006.

"I encourage my patients to attend TWC's programs and be an active member of their own treatment." —Jake Psenka, NMD



NEWS *to use*

SHARING THE LATEST CANCER NEWS WITH YOU



Changes in Nutrition and Lifestyle May Alter Prostate Cancer Gene

The National Academy of Sciences, (2008, June 16) vol. 105 no. 24

Thirty men with low-risk prostate cancer, who declined immediate surgery, hormonal therapy, or radiation, participated in an intensive three-month nutritional and lifestyle intervention. During this time period, careful surveillance for tumor growth was made while participants ate an all-vegan diet with one hour of medium impact strength training and cardiovascular exercise each day. Gene expression profiles were taken from all participants, pairing RNA samples taken before intervention to RNA samples from the same participants three-months post-intervention. Post-intervention biopsy profiles showed significant improvements in weight, abdominal obesity, blood pressure and lipids for all participants. This research suggests that intensive nutrition and lifestyle changes may change gene expression in the prostate post-diagnosis.



New Research on the Affects of Avastin for Brain Tumor Patients

Science Daily; University of California – Los Angeles, (2009, August 8)

A recent UCLA study uncovered a new way to view tumors and forecast which patients are most likely to benefit from Avastin before starting treatment. Eighty-two patients who had undergone surgery and radiation therapy to remove glioblastoma received infusions of Avastin every two-weeks. Avastin blocks a growth hormone called VEGF that spurs the growth of new tumor blood vessels, and starves the tumor. All participants underwent monthly MRI brain scans to monitor change and researchers analyzed the scans of the patients whose tumors returned. By measuring the amount of water motion within a tumor, researchers were able to predict, within 70 percent accuracy, that the more water movement found in the tumor, the better a patient would respond to Avastin.



Exercise for Cancer Patients May Decrease the Risk of Reoccurrence

WebMD; University of Alberta in Edmonton, (2009, April 7)

A recent study suggests that higher levels of physical activity are associated with a reduced risk of cancer reoccurrence. Sixty-three colorectal and breast cancer survivors who were between one and three years post-treatment participated in at least 30 to 60 minutes of moderate to vigorous physical activity at least five days a week. Each participant completed a full physical examination and then participated in activities including aerobic exercises and weight training. After six months variables that may increase your risk for reoccurrence such as cardiovascular disease, diabetes, and obesity were assessed through a post-assessment physical. Forty-one participants completed the study and were found to have lowered their risk for a heart attack, diabetes, and their fat-to-mass ratio, decreasing their risk for cancer reoccurrence.

Clinical Corner

The Wellness Community provides so much hope to everyone who walks through their door. Their programs help people become active and educated in their own care. As a Naturopathic Physician, I encourage my patients to attend their programs and be an active member of their treatment. TWC's programming promotes empowerment, which in turn cultivates hope and makes all things possible.

Jake Psenka, NMD
Naturopathic Physician

Adjunct Faculty – Rio Salado College, Kaplan University

Adjunct Clinical Faculty – Southwest College of Naturopathic Medicine

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Our Offsite Partnerships



Paradise Valley United Methodist Church

4455 East Lincoln Drive,
Building F-Fellowship Ctr.,
Paradise Valley, AZ 85253
Tatum & Lincoln Drive
These programs are open to everyone.



Yavapai Regional Medical Center—West Prescott, Arizona

1003 Willow Creek Road
Prescott, AZ 86301
(928) 445-2700



Premier Oncology of Arizona Scottsdale, Arizona

9055 East Del Camino Drive,
Scottsdale, AZ 85258
Near the corner of East Via De Ventura and North Pima Roads
(480) 860-5000



Ezperanza & Salud

Valle Del Sol Latino Cultural Center
1209 South First Avenue,
Phoenix, AZ 85003
En el Centro Cultural Latino
(602) 248-8101



FEBRUARY 2010

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
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Frankly Speaking About Lung Cancer— Wednesday, February 10, 6-8 p.m.

LOCATION: Yavapai Regional Medical Center—West

Jody 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 lung cancer.

Cancer Support Group Thursday, February 18, 6–8 p.m.

LOCATION: Premier Oncology of Arizona

New interactive group for cancer survivors and their friends and family looking to connect with others. This professionally-facilitated group is open to persons at any stage of treatment, with any diagnosis. Program welcomes everyone, regardless of where you receive treatment.

Genetic Counseling Thursday, February 18, 6–8 p.m.

LOCATION: Paradise Valley United Methodist Church

Jane Congleton, MS, RN, CGC, genetic counselor talks about what genetic testing is and how it can be used to your advantage as well as when it might not be helpful. Learn how to manage the cost of genetic testing and whether to consider if cancer runs in your family. Q & A. **RSVP.**

Necidades de nutrición para los pacientes con cáncer—jueves, 18 febrero 2010, 6–8 p.m.

LOCATION: Valle Del Sol Latino Cultural Center

Drumming Circle Thursday, February 25, 6–7:30 p.m.

LOCATION: Paradise Valley United Methodist Church

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.

MARCH 2010

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Cancer Support Group Thursday, March 18, 6–8 p.m.

LOCATION: Premier Oncology of Arizona

New interactive group for cancer survivors and their friends and family looking to connect with others. This professionally-facilitated group is open to persons at any stage of treatment, with any diagnosis. Program welcomes everyone, regardless of where you receive treatment.

Peripheral Neuropathy Thursday, March 18, 6–8 p.m.

LOCATION: Paradise Valley United Methodist Church

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.**

Relajación y manejo del estrés/tensión jueves, 18 marzo 2010, 6–8 p.m.

LOCATION: Valle Del Sol Latino Cultural Center

Oral Therapy for Cancer Treatment Wednesday, March 24, 6–8 p.m.

LOCATION: Yavapai Regional Medical Center—West

Jody Pelusi, FNP, PhD, will present on types of oral cancer therapies, the importance of compliance and financial concerns. Survivors and loved ones will learn how to make an informed decision when considering oral cancer treatment therapy.

Drumming Circle Thursday, March 25, 6–7:30 p.m.

LOCATION: Paradise Valley United Methodist Church

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.



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.

FEBRUARY 2010

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MARCH 2010

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Lung Cancer Networking Group Saturday, February 13, 1–3 p.m.

LOCATION:
The Wellness Community, 360 East Palm Lane, Phoenix with our Cancer Support Network Partner: Comprehensive Care 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.

Breast Reconstruction Thursday, February 25, 6–8 p.m.

LOCATION:
The Wellness Community, 360 East Palm Lane, Phoenix with our Cancer Support Network Partner: John C. Lincoln Hospital Breast Health and Research Center

L. Albert Andres, MD, reconstructive surgeon will present on breast microsurgeries and their different types such as DIEP, SIEA and ALT, including the benefits of each. He will also cover other breast reconstruction procedures such as perforator flap reconstruction. Q & A. **RSVP.**

Breast Cancer Networking Group Thursday, February 25, 6–8 p.m.

LOCATION:
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.

Lung Cancer Networking Group Saturday, March 13, 1–3 p.m.

LOCATION:
The Wellness Community, 360 East Palm Lane, Phoenix with our Cancer Support Network Partner: Comprehensive Care 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.

Living with Colorectal Cancer Saturday, March 20, 8:30 a.m.–12 noon

LOCATION:
Comprehensive Cancer Center at St. Joseph's Hospital and Medical Center, Goldman Auditorium

Medical experts from St. Joseph's Hospital will discuss all aspects of colorectal cancer including anatomy and physiology of the colon, incident rates, treatment options and genetic information. Doctors will talk about stages including advanced colon cancer and metastases. Nutritional information and survivorship issues will also be covered. Call (877) 602-4111 for information and to register.

Breast Cancer Networking Group Thursday, March 25, 6–8 p.m.

LOCATION:
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.

Cancer Support Network members as of February 2010.



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

350 West Thomas Road
Phoenix, AZ 85013
(602) 406-6621
StJosephs-Phx.org



John C. Lincoln Hospital Breast Health and Research Center

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

Additional healthcare members forthcoming.

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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.



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

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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.

The Heart of The Wellness Community

NEWCOMERS MEETING

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.