



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

CHARLIE BROWN

After two years of fruitless tests and visits with specialists, Charlie Brown was finally diagnosed in 2006 with Hairy Cell Leukemia, a rare form of cancer. "In a way it was a relief to find out exactly what my diagnosis was so I could start researching it on the Internet," says Charlie.

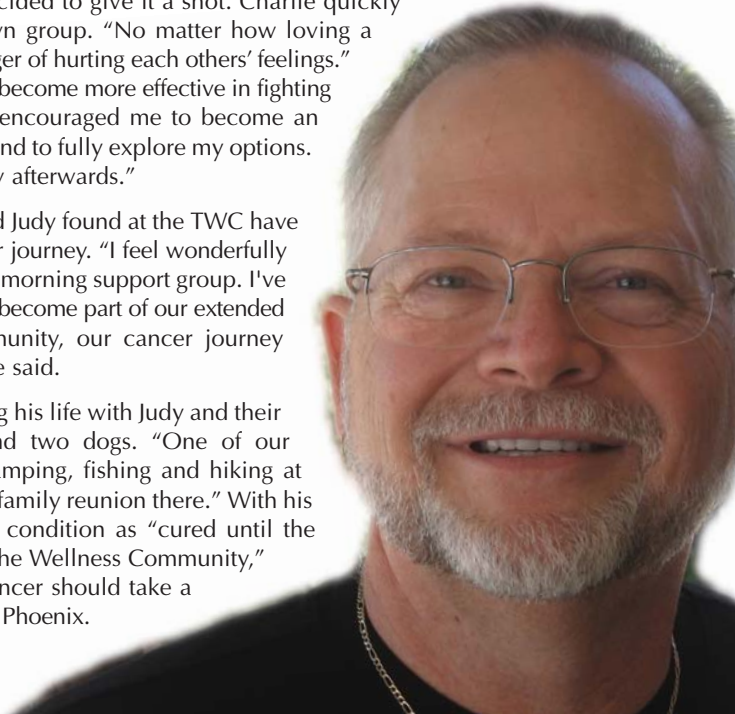
Charlie learned that Hairy Cell Leukemia is a chronic disease that can be effectively treated with chemotherapy, producing complete or partial remissions that can last for years. With his wife Judy supporting him, Charlie embarked on his cancer journey determined to retain his sense of humor and to derive as much pleasure as possible from his hard-earned retirement.

"Without The Wellness Community, our cancer journey would have been bleak and scary."

While accompanying Charlie to visit one of his doctors, Judy noticed a calendar of events from The Wellness Community on the physician's bulletin board. "I suggested we visit TWC and check out the support groups they offer for participant and caregivers," she said. Charlie agreed, and initially thought they would be in the same group together. When he learned this was not the case, Charlie was hesitant but decided to give it a shot. Charlie quickly realized the benefit of having his own group. "No matter how loving a couple may be, there's always the danger of hurting each others' feelings." "The members of my group helped me become more effective in fighting this difficult cancer," he said. "They encouraged me to become an active member of my treatment team and to fully explore my options. I always had a lot to discuss with Judy afterwards."

The education and support Charlie and Judy found at the TWC have sustained them throughout their cancer journey. "I feel wonderfully safe and secure in my weekly Tuesday morning support group. I've made so many friends there, who have become part of our extended family. Without The Wellness Community, our cancer journey would have been bleak and scary," he said.

Today, Charlie is in remission, enjoying his life with Judy and their three children, six grandchildren and two dogs. "One of our favorite activities is spending time camping, fishing and hiking at Christopher Creek. We recently had a family reunion there." With his sense of humor, Charlie refers to his condition as "cured until the next time." "I'm so glad that I found The Wellness Community," he said. "Anyone contending with cancer should take a visit to their wonderful historic home in Phoenix. They'll be very glad they did."



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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

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

Tuesdays, October 20, 27 and November 3, 10, 1-3 p.m.

Sue Meyn, LPC, teaches this four-week interactive workshop designed to help people with breast cancer 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.**

<p>1 Networking Groups: Multiple Myeloma 10 a.m.–12 noon Prostate 6–8 p.m. Cooking for Life 3–5 p.m.</p>	<p>2 Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m.</p>	<p>3 Networking Groups: Ovarian Special Presentation 10 a.m.–12 noon Breast Special Presentation 1–3 p.m. Ask the Doctor Dr. Salhia 12 noon–1 p.m.</p>
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<p>5 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.</p>	<p>6 Participant Group* 10 a.m.–12 noon Participant/Family Group* 6–8 p.m.</p>	<p>7 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>8 Music/ Expressive Arts 10 a.m.–12 noon Cooking for Life 3–5 p.m.</p>	<p>9 Friday Fitness 12:30–1:30 p.m. LGBT Facing Cancer Together 6:30–8:30 p.m.</p>	<p>10 Look Good Feel Better 10 a.m.–12 noon Networking Groups: Lymphoma 10 a.m.–12 noon Pancreatic 10 a.m.–12 noon Lung 1–3 p.m.  Carcinoid 1–3 p.m.</p>
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<p>12 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.</p>	<p>13 Participant Group* 10 a.m.–12 noon Bunco 12:30–2:30 p.m. Personal Growth Through Cancer Shelley Uram, MD 3–4:30 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>14 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>15 Cooking for Life 3–5 p.m. Creating Helpful Rituals in Daily Life 6–8 p.m.</p>	<p>16 Friday Fitness 12:30–1:30 p.m. Teen Art Group 5–7:30 p.m.</p>	<p>17 Kid2Kid/ Family2Family Canine Connection 10–11:30 a.m.</p>
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<p>19 Writing for Wellness 11:15 a.m.–12:45 p.m. Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomers Orientation 6 p.m.</p>	<p>20 Participant Group* 10 a.m.–12 noon Cancer Fatigue 12:30–2:30 p.m. CAREing/COPEing 1–3 p.m. Part/Family Group* 6–8 p.m. Kid2Kid/ Family2Family 6–7:30 p.m. Colorectal Group 6–8 p.m.</p>	<p>21 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>22 Music/ Expressive Arts 10 a.m.–12 noon Cooking for Life 3–5 p.m. Hypnotherapy and Cancer 6–8 p.m.</p>	<p>23 Friday Fitness 12:30–1:30 p.m.</p>	<p>24</p>
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<p>26 Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomers Orientation 6 p.m.</p>	<p>27 Participant Group* 10 a.m.–12 noon CAREing/COPEing 1–3 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>28 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>29 Cooking for Life 3–5 p.m. Nutritional Needs for Pancreatic Cancer Stephanie Higley, RD 6–7:30 p.m. Recent Advances in Head and Neck Cancer Davis Romney, MD 6–8 p.m.</p>	<p>30 Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m. Teen Halloween Group 7–10 p.m.</p>	<p>31</p>
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*Participant/Family Groups require a brief interview to determine appropriate group placement. ▲ Denotes offsite programming.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 Writing for Wellness 11:15 a.m.–12:45 p.m. Ask the Doctor Dr. Sahlia 12 noon–1 p.m. Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomers Orientation 6 p.m.</p>	<p>3 Participant Group* 10 a.m.–12 noon CAREing/COPEing 1–3 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>4 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>5 Networking Groups: Multiple Myeloma 10 a.m.–12 noon Prostate 6–8 p.m. Cooking for Life 3–5 p.m. Five Wishes Anne Corsen, CRNA 6–8 p.m.</p>	<p>6 Bracelets for Hope 10 a.m.–12 noon Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m. Teen PJ Party 7–11 p.m.</p>	<p>7 Feathers, Fur and Family Offsite at Phoenix Zoo 10–11 a.m. Networking Groups: Ovarian 10 a.m.–12 noon Breast 1–3 p.m.</p>
<p>9 Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomers Orientation 6 p.m.</p>	<p>10 Participant Group* 10 a.m.–12 noon Bunco 12:30–2:30 p.m. CAREing/COPEing 1–3 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>11 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>12 Music/Arts 10 a.m.–12 noon Healthy Holiday Eating Ellen Ostrand 1–2:30 p.m. Cooking for Life 3–5 p.m. Brain Tumor Program David Brachman, MD 6–8 p.m. Medicare 101 6–8 p.m.</p>	<p>13 Friday Fitness 12:30–1:30 p.m. LGBT Facing Cancer Together 6:30–8:30 p.m.</p>	<p>14 Networking Groups: Lymphoma 10 a.m.–12 noon Pancreatic 10 a.m.–12 noon Carcinoid 1–3 p.m. Lung 1–3 p.m.</p> 
<p>16 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. Teen "Meet a Cardinal" 5–7 p.m. Newcomers Orientation 6 p.m.</p>	<p>17 Participant Group* 10 a.m.–12 noon Book Club 12:15–1:45 p.m. BRCAtteers 6–7:30 p.m. Kid2Kid 6–7:30 p.m. Colorectal Group 6–8 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>18 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>19 Cooking for Life 3–5 p.m.</p>	<p>20 Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m.</p>	<p>21 Kid2Kid/Family2Family Canine Connection 10–11:30 a.m.</p>
<p>23 Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomers Orientation 6 p.m.</p>	<p>24 Participant Group* 10 a.m.–12 noon Participant/Family Group* 6–8 p.m.</p>	<p>25 Newcomers Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>26</p> <p>27</p> <p>28</p> <p>CLOSED NOVEMBER 26 AND 27 FOR THANKSGIVING</p> 		
<p>30 Writing for Wellness 11:15 a.m.–12:45 p.m. Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomers Orientation 6 p.m.</p>	<p>CALENDAR KEY</p> <ul style="list-style-type: none">  Emotional Support  Education  Nutrition & Exercise  Stress Management  Family Programs  Teen Programs 	<div style="border: 2px solid red; padding: 10px;"> <p style="text-align: center;">SAVE THE DATE... CANCER CONNECTIONS & HOPE Saturday, December 5 <small>WALK</small> </p> <p style="text-align: center;">A Walk & Celebration Connecting Everyone Touched by Cancer.</p> <p>Join us for the only cancer walk encompassing all people at every stage of any type of cancer, their family, friends and loved ones. Bring your family, friends, co-workers and neighbors to walk together in a spirit of community, hope and joy. Please register your attendance online at www.twccaz.org. If you need assistance please contact Darcy Ljunggren at (602) 712-1006.</p> </div>			

*Participant/Family Groups require a brief interview to determine appropriate group placement. ▲ Denotes offsite programming.

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 Participant/Family 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.

Cancer Specific Networking Groups

Times and dates vary. See Calendar.

Individuals with specific cancers meet in a 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, October 9 and November 13,
6:30–8:30 p.m.**

Group for the Lesbian, Gay, Bisexual, Transgendered (LGBT) community, addressing the

many ways cancer affects our relationships with partners, family and friends. We will discuss tools and resources to nurture and support our most important relationships. **RSVP.**

American Cancer Society

Look Good Feel Better

Saturday, October 10, 10 a.m.–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.**

BRCAters

Tuesday, November 17, 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

Special Presentation for Ovarian and Breast Networking Groups – Saturday, October 3, 10 – 12 p.m. and 1- 3 p.m.

Leticia Niemuth shares her story from a survivor's perspective. Leticia is both an ovarian and breast cancer survivor who will share strategies that helped get her through treatment as well as her perspective now, including changes she has made since her cancer diagnosis.



Participants Enjoy Annual Red Balloon Event



Cancer Wellness Forum Event



TWC Participants - Volunteer Appreciation Luncheon

Ask the Doctor

**Saturday, October 3, 12 noon–1 p.m. and
Monday, November 2, 12 noon–1 p.m.**

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

Brain Tumor Program

Thursday, November 12, 6–8 p.m.

Join David Brachman, MD, medical director of Radiation Oncology at St. Joseph's Hospital and Medical Center, Barrow Neurological Institute for an informative presentation on brain tumors. Both primary and metastatic tumors will be explained and treatment options discussed. **RSVP.**

Personal Growth Through Cancer

Tuesday, October 13, 3–4:30 p.m.

Shelley Uram, MD, Harvard-trained, board-certified psychiatrist, will share ways to find personal meaning in the journey of cancer. Learn how cancer can serve as an impetus for positive change in this interactive program. **RSVP.**

Creating Helpful Rituals in Daily Life

Thursday, October 15, 6–8 p.m.

Candice Courtney shares ways to incorporate meaningful rituals into our daily lives. Learn how creating rituals can decrease stress, increase feelings of control and provide more stability in our everyday life. **RSVP.**

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

**Tuesdays, October 20, 27 and
November 3, 10, 1–3 p.m.**

Sue Meyn, LPC, teaches this four-week interactive workshop designed to help people with

breast cancer 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.**

Cancer-Related Fatigue

Tuesday, October 20, 12:30–2:30 p.m.

Barbara Piper, DNSc, RN, AOCN, FAAN, Scottsdale Healthcare/University of Arizona Chair of Nursing Research, will present on Cancer-Related Fatigue (CRF) including what causes fatigue as well as tools to combat it.

Dr. Piper will discuss how CRF is different from tiredness and will answer questions you might have related to your fatigue.

Hypnotherapy and Cancer

Thursday, October 22, 6–8 p.m.

David Monier-Williams, MS, MP, MLP, MPEH, will discuss how hypnotherapy can be used to reduce stress and manage pain for those diagnosed with cancer. **RSVP.**

Recent Advances in Head and Neck Cancer

Thursday, October 29, 6–8 p.m.

Davis Romney, MD, Radiation Oncologist, will present the most recent information on head and neck cancers. Dr. Romney will discuss treatment options, latest research, side effect management and ways to improve medical outcomes. **RSVP.**

special programs

The Wellness Community Special Programs

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

5 Wishes

Thursday, November 5, 6–8 p.m.

Anne Corssen, CRNA, will present on the five wishes that are involved in creating a living will that addresses your personal, emotional, and spiritual needs as well as your medical wishes, should you become seriously ill.

Anne will guide you through choosing the person you would like to make health care decisions for you if you are not able and have a legal document you can take with you when you leave. **RSVP.**

Medicare 101

Thursday, November 12, 6–8 p.m.

Anne Marie Grande, program director at the Area Agency on Aging, will cover all of the basics of Medicare including who is eligible, how you get on Medicare, and what prescription benefits are included. Anne Marie will also discuss what you need to know for the open enrollment period. **RSVP.**



Nutrition/Exercise

Yoga for Recovery with Susan B. Smith

Mondays, 5–6:30 p.m.

and Wednesdays, 12:15–1:45 p.m.

Tai Chi Chih for Balance with May Swanson

Wednesdays 11 a.m.–12 noon

Cooking for Life

Thursdays, 3–5 p.m.

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

Friday Fitness

Fridays, 12:30 –1:30 p.m.

Join Ryan Goldman, NASM, and Certified Personal Trainer, basic exercise class for balance,

building "core" muscles, and stabilization. Anyone at any fitness level welcome. Research shows exercise improves emotional and overall health.

Nutritional Needs for Pancreatic Cancer

Thursday, October 29, 6–7:30 p.m.

Stephanie Higley, RD, will talk about diet recommendations to help combat the side effects of pancreatic cancer. Learn tips for maintaining weight, diet tips for after surgery and ways to ensure you are getting adequate nutrition in order to fight for recovery. **RSVP.**

Healthy Holiday Eating

Thursday, November 12, 1–2:30 p.m.

Ellen Ostrand, RD, CSO, will teach strategies to maintain a balance between merry-munching and your ultimate health goals. Learn nutrition tips for home, the office, and parties as well as healthy tips for hosting guests. Recipe sharing is welcome so feel free to bring your favorite healthy holiday recipe. **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.

Creative Arts in Healing

Fridays October 2, 30 and November 6, 20, 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, October 5, 19 and November 2, 16, and 30, 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.



Bracelets for Hope

Music and Expressive Arts

Thursdays, October 8, 22 and November 12, 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.

Bunco

Tuesdays, October 13 and November 10, 12:30–2:30 p.m.

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

Bracelets for Hope

Friday, November 6, 10 a.m.–12 noon

Join jewelry designer and cancer survivor Leticia Niemuth to create your own Loves Cures Awareness Bracelet to either keep or give to someone you love. All materials provided, free of charge. **RSVP.**

Book Club

Tuesday, November 17, 12:15–1:45 p.m.

TWC Facilitator, Anne Lackey, M Ed, LPC, leads an ongoing bimonthly discussion-November's book is **Defiance: The Belski Partisans** by Nechama Tec. No need to read or finish the book to join. All welcome.



Teens Enjoy Winter in July



Teen "Learn a New Hobby" Group

T Upcoming Teen Events

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

Teen Art Group

Friday, October 16, 5–7:30 p.m.

Join us as we work on a fun and creative art project. Friends welcome. Dinner provided. **RSVP.**

Teen Halloween Party

Friday, October 30, 7–10 p.m.

Calling all ghouls and goblins to join in our Halloween fun with a costume contest, haunted house, games and a DJ. Bring a friend along too! **RSVP.**

Teen PJ Party

Friday, November 6, 7–11 p.m.

Dress in your comfy clothes for this fun group. We'll hang out, watch movies, play games and enjoy snacks. **RSVP.**

Teen "Meet a Cardinal"

Monday, November 16, 5–7 p.m.

It's your chance to play Madden Football with a real life pro! An Arizona Cardinals player will join us for the night. Dinner provided. **RSVP.**

survivor board joins

THE WELLNESS COMMUNITY BRINGING SUPPORT,

A Message from the Vice President of John C. Lincoln Health Network



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

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



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, October 10 and November 14,
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.

Lung Cancer Presentation
Saturday, November 21,
8 a.m.–2:30 p.m.

Offsite at St. Joseph's Goldman Auditorium
350 West Thomas, Phoenix

This multi-speaker presentation is open to those diagnosed with lung cancer, survivors, and loved ones. Topics include exercise, genetics, survivorship, nutrition, psychosocial support, latest research and side effect management. Call (877) 602-4111 for information and to register.



John C. Lincoln Hospital Breast Health and Research Center

Breast Cancer Networking Group
Thursdays, October 29 and November 19, 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.

After a Mastectomy: What You Need to Know
Wednesday, November 11, 6–8 p.m.

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

Lise Walker, MD, surgeon at Breast Care Center of the Southwest, will talk about specifics on wound and bandage care, warning signs of an infection and when to call the doctor.

Dr. Walker will also discuss nutritional needs during recovery, how to manage lymphedema, and intimacy issues post mastectomy.



Cancer Support Network members as of October 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

Boosting Your Immune System—Thursday, October 15, 6–8 p.m.

Jake Psenka, ND, will discuss how your immune system functions as well as natural ways to increase its ability to fight disease. Learn how nutrients, foods and other things in your environment can help boost your immune system.

Drumming Circle—Thursday, October 29, 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.

Benefits of Drumming Circles—Thursday, November 19, 6–8 p.m.

Frank Thompson, founder of the AZ Rhythm Connection and REMO—trained facilitator, will talk about the benefits of being in a drumming circle. Frank will discuss how wellness through rhythm can help boost your immune system naturally. This group will include an interactive piece as well.

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



Presentación del Cáncer del Seno Jueves 19 de Noviembre 6–8 p.m.

Edgardo Hernández, MD, cirujano que se especializa en salud del seno, hablará de diagnóstico y del cáncer de seno y de la perspectiva de un cirujano. El Dr. Hernández discutirá opciones y la cirugía reconstructiva del tratamiento. Habrá tiempo para preguntas.

Arizona Oncology Associates

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

Mindfulness-Based Stress Reduction Tuesday, October 20, 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. **RSVP.**

Prescott Valley!

COMING SOON to the West Valley

West Valley Cancer Connection Committee

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.

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

Kid2Kid Canine Connection **Saturdays, October 17 and November 21,** **10–11:30 a.m.**

Please note: Our new program includes a dog/person team that will be part of each group. Parents/grandparents with cancer and their children ages 5 to 15 are invited to explore ways families can 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, October 20 and November 17,** **6–7:30 p.m.**

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.**

Feathers, Fur, and Family **Saturday, November 7,** **10–11 a.m.**

Get a special tour of the zoo. Visit the commissary, vet hospital and conservation center. At the conservation center, learn how the zoo helps endangered animals and takes care of animals that get sick at the vet hospital. Find out what foods are fed to what animals and get the inside scoop of the kitchen. After the tour, spend the rest of the day at the zoo with your family. Space is limited. **RSVP.**

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, October 27, 2009

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

Thursday, November 19, 2009

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

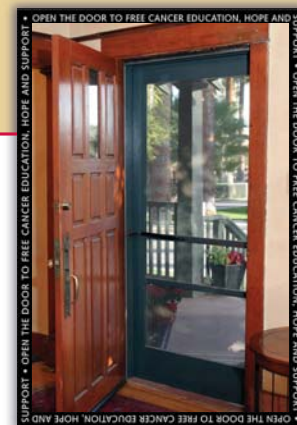
For additional information on TWC 360 or volunteering, please contact Darcy Ljunggren at (602) 712-1006 or email DLjunggren@twccaz.org.



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*

OCTOBER | NOVEMBER 2009 CALENDAR OF EVENTS



Regular Exercise is an Important Component to Cancer Care

The National Center on Physical Activity and Disability, published, online: Disabilities and Conditions, Cancer and Exercise, March 5, 2009

Thirty to 45 minutes of continuous activity or exercise three to five times per week is now being recognized as an important component in the fight against cancer. Research has linked aerobic exercise with several benefits for those diagnosed with cancer including: positively influencing psychological well-being; improved physical function; reductions in fatigue, nausea, anxiety, and depression; and, improvements in self-esteem. Although traditional recommendations for cancer patients include rest and reduction in physical activity, several controlled research investigations have shown that moderate-intensity aerobic exercise is a safe and effective method for maintaining health during and after cancer treatment.



Hypnotherapy to Reduce Pain and Anxiety Post-Surgery

Natural News (online), Friday, June 12, 2009

A recent study looked at the effects of hypnosis in reducing pain and anxiety in surgical patients. sixty patients were randomly selected to be part of either the control or study group. The control group received traditional stress reducing techniques while the study group received hypnosis to reduce anxiety both pre and post-surgery. Patients' pain and anxiety were measured before and after surgery as well at three hour intervals. Results showed that the hypnosis group reported significantly lower levels of pain and anxiety before and after the surgery as compared to the control group. The hypnosis group also required less pain medication following the surgery as compared to the group undergoing traditional stress reducing techniques.



Maximizing the Anti-Cancer Power of Broccoli

Science Daily (online), April 2005

Researchers at the University of Illinois have learned how to maximize the cancer-fighting power of broccoli. They have discovered that the combination of heating broccoli for ten minutes at 140 degrees maximizes the amount of the anticarcinogen sulforaphane found in it. Sulforaphane works by increasing the enzymes in your liver that destroy cancer-inducing chemicals ingested or encountered in the environment. Sulforaphane is one of the most powerful anticarcinogens naturally found in food.

Clinical Corner

The Wellness Community is, quite simply an invaluable conduit toward patient EMPOWERMENT.

TWC serves a necessary role through education, personal example and compassion in the oncological health system.

Phranq D. Tamburri, NMD
Naturopathic Physician
Naturopathic Family Care
Phoenix, Arizona

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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.



((one more logo to come))

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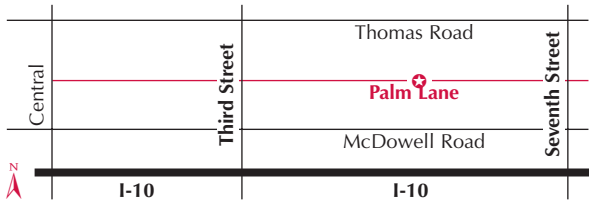
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(602) 712-1006
www.thewellnesscommunityaz.org

OCT | NOV 2009 CALENDAR OF EVENTS



- 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.

- 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.