



## June 2019 Calendar

### Highlights and Community Events

- **(CHANGE) Chair Yoga: Moving to Mondays, 8:45-10:00am, starting June 3** – The Chair Yoga class is moving from Wednesdays to Mondays starting in June. Registration required.
- **Grief Support Group: Tuesdays, June 4, 11, 18 and 25, 1:00-2:30pm** – This is a four-part series in a supportive environment to help process the grief associated with losing a loved one to cancer. Open to Cancer CAREpoint clients. Please be available to attend all four sessions. Registration required. To register, contact Laura Crutchlow at 408-402-6286 or [laura@cancercarepoint.org](mailto:laura@cancercarepoint.org)
- **Eyebrows = Solved: Wednesday, June 26, 6:00-6:45pm and 6:45-7:30pm** – Learn how to create your perfect brow shape. For cancer patients and survivors who have chemotherapy eyebrow hair loss. Registration required.
- **Where's the Protein? You Don't Have to Go Vegan to Have a Plant-based Diet: Tuesday, June 11, 6:30-8:00pm** – Anzouette Pittet, RD, will present a practical approach to plant-based/whole foods eating. Learn how to navigate the grocery store, simplify meal preparation, use herbs and spices, and what are plant-based proteins. Registration required.
- **Embracing Wellness: Survivor-cise: Wednesday, June 12, Tuesday, June 18, and Wednesday, June 26, 6:30-8:00pm** – For cancer survivors and their co-survivors (caregivers). Enjoy a Qigong class, Yoga class, and an end-of-month Survivorship celebration. Registration required.
- **Can We Offer You Some Tea?:** Spend a little time with the Cancer CAREpoint community! **Join us on Thursday, June 13, 1:00-3:00pm and Friday, June 21, 11:00am-1:00pm** as we enjoy some tea (we'll have some iced!) and light snacks and some great conversation with new and old friends. Hope to see you there!

### Check Out Our Online Offerings for June

Visit our website for more details at:  
[www.CancerCAREpoint.org](http://www.CancerCAREpoint.org)



### Looking Forward

**Qigong Returns to Cancer CAREpoint, Starting Wednesday, July 3, 3:00-4:00** – We are moving the Qigong class back to the Cancer CAREpoint Resource Center. Same day, Wednesdays, and same time, 3:00pm. The class will no longer be at the Breathe Together Yoga Studio. Registration required.

**Evening Healing Through Arts with Singing Bowls: Thursday, July 18, 6:30-8:00pm** – Come bath yourself in the sound of singing bowls while expressing yourself creatively. No art experience necessary. Registration required.

**Managing Your Pain: Monday, July 22, 6:30-8:00pm** - Pain is something that a lot of cancer patients are dealing with. For people with pain, it gets harder and harder to talk about because people don't know what to say. This class will look at the current research about pain and strategies to help you advocate for yourself and explore treatment options. Registration required.

**Two-Hour Survivorship Seminar: Wednesday, July 24, 6:30-8:30pm** – This two-hour seminar is for people who are out of active treatment and are interested in processing the emotional impact of their cancer experience. Join us to learn some practical tools and resources to move forward in a healthy way after cancer.

**Eyebrows = Solved: Tuesday, July 16, 12:00-12:45pm and 12:45-1:30pm** – See above for description. Registration required.

For more information, contact Cancer CAREpoint: [info@cancercarepoint.org](mailto:info@cancercarepoint.org) or call 408.402.6611

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All programs start promptly. Latecomers may be disappointed.

### **Community:**

**Stitch & Unwind – Monday, June 10 and 24, 1:00–2:30pm**  
Have tea and knit or crochet with others. No instruction provided.

### **Exercise & Movement:**

**(CHANGE) Chair Yoga -- Mondays, 8:45–10:00am**

Traditional, gentle yoga on a chair for cancer patients and survivors.

**Yoga -- Thursdays, 8:45–10:00am (No Class 6/13)**

Traditional, gentle floor yoga for cancer patients and survivors.

**Gentle Movement -- Wednesdays, 10:30–11:30am and 12:00–1:00pm (No Class 6/5)**

Move to music and increase flexibility using the Rosen Movement Method. *Please only register for one Gentle Movement class per week.*

**Qigong -- Wednesdays, 3:00–4:00pm at Breathe Together Studio {14107 Winchester Blvd., Ste. H, Los Gatos, 95032}**

Use stretching, active and passive movements, and form work to unify body, energy and mind. *No registration required, just drop in.*

**NOTE: Qigong will be moving back to the Cancer CAREpoint Resource Center in July.**

**Finding Balance Exercise -- Thursday, June 13 and 27, 11:00am–12:00pm**

A class about techniques to promote strength and balance.

**Mind-body Skills: Cynthia McDonald, Ph.D.**

**Meditation Class – Wednesday, June 26, 1:15–2:45pm (No Class 6/12)**

**Guided Imagery to Boost Lymphatic Functioning -- Tuesday, June 11, 1:15–2:45pm**

**(NEW) Healing Mind, Body and Spirit with Guided Imagery -- Tuesday, June 25, 1:15–2:45pm**

**Nutrition: Nancy Birang, BS, MT (ASCP), NC**

**Nutrition Basics -- Mondays, 11:30am–12:30pm**

Learn the basics of using food to sustain and heal before, during, and after cancer treatment.

**(NEW) Your Healing Kitchen and Easy, Cancer-Fighting Menu Plans -- Mondays, 1:00–2:30pm**

6/3 – Create a Healing Kitchen with All You Need to Make Simple, Cancer-Fighting Meals

6/10 – Jump Start Your Day with Breakfast

6/17 – Power Lunch Ideas

6/24 – What's for Dinner?

**Cancer-Fighting Nutrition -- Mondays, 3:00–4:30pm**

Topic-based classes with in-depth nutritional information.

6/3 – Need to Lose or Gain Weight? Healthy Weight Management

6/10 – Enjoy Healthy Alternatives for Favorite Comfort Foods

6/17 – Make Your Own Mason Jar Fermented Veggies for Better Digestion and Stronger Immunity

6/24 – Top Cancer-Fighting Smoothies

### **Special Programs:**

**Grief Support Group – Tuesdays, June 4, 11, 18, and 25, 1:00–2:30pm**

**Eyebrows = Solved: Tuesday, June 26, 6:00–6:45pm and 6:45–7:30pm**

**Where's the Protein? You Don't Have to Go Vegan to Have a Plant-based Diet – Tuesday, June 11, 6:30–8:00pm**

**Embracing Wellness: Survivor-cise – Movement classes for Survivors & Co-survivors – June 12, 18 and 26, 6:30–8:30pm**

**Can We Offer You Some Tea? – Thursday, June 13, 1:00–3:00pm and Friday, June 21, 11:00am–1:00pm**

### **Support Groups:**

**Caregivers Support Group -- Wednesdays, June 5 and 19, 6:00–7:30pm and Friday, June 28, 10:00–11:30am**

Open to adults, relatives or friends who take care of cancer patients.

**Breast Support Group -- Friday, June 7, 1:00–2:30pm, Wednesday, June 19, 3:30–5:00pm, and Wednesday, June 26, 6:00–7:30pm**

Open to breast cancer patients/survivors.

**Support Group for All Cancers – Wednesday, June 26, 4:00–5:30pm (No Group 6/11)**

Open to people diagnosed with all cancers from diagnosis to survivorship.

**Ovarian Support Group – Friday, June 21, 12:00–1:30pm**

Open to newly-diagnosed through post-treatment survivors.

**Living and Thriving with Grace -- Thursdays, June 13 and 27, 12:00–1:30pm**

For those dealing with recurrence or metastatic disease.

**Conversation & Creativity – Fridays, June 14 and 28, 10:00–11:30am**

Meaningful discussion while creating simple art.

**Healing Through Art Class – Thursdays, June 6 and 20, 10:45am–12:30pm**

Combine art, movement and mindfulness.

**ALL PROGRAMS AND SERVICES ARE PROVIDED WITHOUT COST** to cancer patients, survivors, families and caregivers. Donations are welcome.

**FREE COUNSELING SUPPORT – By Appointment Only**

**FREE WIG BANK – By Appointment Only**

**SERVICES BY APPOINTMENT:** Massage, Nutrition Consultations, Energy Work, Guided Imagery Consultations

Mon	Tue	Wed	Thu	Fri	Sat/Sun
					1/2
<b>8:45</b> Chair Yoga <b>10:00</b> Energy Work* <b>11:15</b> Energy Work* <b>11:30</b> Nutrition Basics <b>12:00-3:00</b> Wig Bank* <b>1:00</b> NEW Your Healing Kitchen: Create a Healing Kitchen <b>3:00</b> Nutrition: Need to Lose Weight or Gain Weight? Healthy Weight Management.	<b>10:00</b> Energy Work* <b>11:00</b> Survivorship Workshop <b>11:15</b> Energy Work* <b>1:00</b> Grief Support Group <b>1:00</b> Guided Imagery Consultation* <b>3:00</b> Guided Imagery Consultation*	<b>3:00</b> Qigong @ Breathe <b>6:00</b> Caregivers Support Group <del>6:00 Eyebrows=Solved</del> <b>6:00-7:30</b> Wig Bank <del>6:45 Eyebrows=Solved</del>	<b>8:45</b> Yoga <b>10:45</b> Healing Through Art <b>12:30</b> Massage* <b>2:00</b> Massage* <b>6:30</b> Mind-Body Skills Series for Survivors - Part 2	<b>10:00</b> Massage* <b>11:30</b> Massage* <b>1:00</b> Breast Support Group <b>1:30</b> Massage*	8/9
<b>8:45</b> Chair Yoga <b>10:00</b> Energy Work* <b>11:15</b> Energy Work* <b>11:30</b> Nutrition Basics <b>1:00</b> NEW Your Healing Kitchen: Jump Start Your Day With Breakfast <b>1:00</b> Stitch & Unwind <b>3:00</b> Nutrition: Enjoy Healthy Alternatives for Favorite Comfort Foods	<b>9:00-12:00</b> Wig Bank* <b>10:00</b> Energy Work* <b>11:00</b> Survivorship Workshop <b>11:15</b> Energy Work* <b>1:00</b> Grief Support Group <b>1:15</b> Guided Imagery to Boost Lymphatic Functioning <b>6:30</b> Where's the Protein? -Plant-Based Nutrition	<b>10:30</b> Gentle Movement <b>12:00</b> Gentle Movement <b>3:00</b> Qigong @ Breathe <b>6:30</b> Embracing Wellness Series: Survivor-cise	<b>11:00</b> Finding Balance <b>12:00</b> Living and Thriving with Grace <b>12:30</b> Massage* <b>1:00</b> Community Tea <b>2:00</b> Massage*	<b>10:00</b> Massage* <b>10:00</b> Conversation & Creativity <b>11:30</b> Massage* <b>1:30</b> Massage*	15/16
<b>8:45</b> Chair Yoga <b>10:00</b> Energy Work* <b>11:15</b> Energy Work* <b>11:30</b> Nutrition Basics <b>12:00-3:00</b> Wig Bank* <b>1:00</b> NEW Your Healing Kitchen: Power Lunch Ideas <b>3:00</b> Nutrition: Make Your Own Mason Jar Fermented Veggies for Better Digestion and Stronger Immunity	<b>10:00</b> Energy Work* <b>11:00</b> Survivorship Workshop <b>11:15</b> Energy Work* <b>1:00</b> Grief Support Group <b>1:00</b> Guided Imagery Consultation* <b>3:00</b> Guided Imagery Consultation* <b>6:30</b> Embracing Wellness Series: Survivor-cise	<b>10:30</b> Gentle Movement <b>12:00</b> Gentle Movement <b>3:00</b> Qigong @ Breathe <b>3:30</b> Breast Support Group <b>6:00</b> Caregivers Support Group	<b>8:45</b> Yoga <b>10:45</b> Healing Through Art <b>12:30</b> Massage* <b>2:00</b> Massage* <b>6:30</b> Mind-Body Skills Series for Survivors - Part 3	<b>10:00</b> Massage* <b>11:00</b> Community Tea <b>11:30</b> Massage* <b>12:00</b> Ovarian Support Group <b>1:30</b> Massage*	22/23
<b>8:45</b> Chair Yoga <b>10:00</b> Energy Work* <b>11:15</b> Energy Work* <b>11:30</b> Nutrition Basics <b>1:00</b> NEW Your Healing Kitchen: What's for Dinner <b>1:00</b> Stitch & Unwind <b>3:00</b> Nutrition: Top Cancer-Fighting Smoothies	<b>9:00-12:00</b> Wig Bank* <b>10:00</b> Energy Work* <b>11:00</b> Survivorship Workshop <b>11:15</b> Energy Work* <b>1:00</b> Grief Support Group <b>1:15</b> Healing Mind, Body, and Spirit with Guided Imagery	<b>10:30</b> Gentle Movement <b>12:00</b> Gentle Movement <b>1:15</b> Meditation <b>3:00</b> Qigong @ Breathe <b>4:00</b> Support Group for All Cancers <b>6:00</b> Breast Support Group <b>6:00</b> Eyebrows=Solved <b>6:30</b> Embracing Wellness Series: Survivor-cise <b>6:45</b> Eyebrows=Solved	<b>8:45</b> Yoga <b>11:00</b> Finding Balance <b>12:00</b> Living and Thriving with Grace <b>12:30</b> Massage* <b>2:00</b> Massage* <b>6:30</b> Mind-Body Skills Series for Survivors - Part 4	<b>10:00</b> Massage* <b>10:00</b> Conversation & Creativity <b>10:00</b> Caregivers Support Group <b>11:30</b> Massage* <b>1:30</b> Massage*	29/30

Programs in **BLUE** – Requires Registration

\*Programs in **ORANGE** – By Appointment

**All programs start promptly. Latecomers may be disappointed.**

**Registration is required! Free Consultations/Counseling with Social Workers available by appointment.**

**Call 408.402.6611 or email [info@cancercarepoint.org](mailto:info@cancercarepoint.org) to register or schedule an appointment.**

# June is Survivorship Month



What does it mean to be a cancer survivor? What about a co-survivor? There are common themes that emerge when you talk to survivors but, just like the experience of cancer and cancer treatment, everyone has different physical and emotional experiences in their survivorship. For some people “survivorship” isn’t even a term they use, preferring to find other ways to label their experience.

On behalf of the whole team we invite you to join us throughout June as we explore the many aspects of survivorship, including mind-body skills, exercise, community connections, support, and celebration.

## The Mind-body Skills Series for Survivors

starts May 30 and continues June 6, 20, & 27

## The 6-week Survivorship Series will begin on

June 4

We will be “Embracing Wellness” on June 12, 18, & 26 (for survivors and co-survivors)

On June 26th as part of “Embracing Wellness” we will be hosting a Survivorship celebration at 7:30pm after the movement class



And please join all Cancer CAREpoint clients and staff on June 13 and 21 for our community tea-times! Visit with new and old friends and share some tea (we’ll have iced!) and light snacks.

Open to patients, survivors, caregivers and family.

For the Community Tea, registration is not required but is appreciated. Hope to see you there!

No one should have to face cancer alone.

Cancer CAREpoint is dedicated to transforming support for cancer patients, families, and caregivers through personalized, one-on-one Counseling, Assistance, Resources, and Education at no cost.