



March 2019 Calendar

Highlights and Community Events

- **Movie Night at Cancer CAREpoint: Friday, March 1, 6:00-8:00pm** – Join us to watch WALL-E and enjoy some pizza and snacks. All cancer patients, survivors, families and caregivers are welcome. Suggested donation: \$5/person for pizza and snacks. Space is limited and registration is required.
- **Managing Your Pain: Monday, March 4, 6:30-8:00pm** - Pain is a common experience during and after cancer treatment. 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.
- **Mind & Body Skills 4-Part Series for Survivors: Thursdays, March 7-28, 2:00pm-4:00pm** – Dr. Cynthia McDonald presents a four-part series of mind-body skills classes for cancer survivors. Please plan to attend all four classes and register at least one week before the first meeting of the series. Registration required.
- **Family CARE Workshop: Saturday, March 9, 9:00am-1:00pm** – For families with a parent diagnosed with cancer. Parents learn how to help their child cope and children learn how to communicate their feelings.
- **Talking about Keto and Low Carb Diets- An evening with a dietitian: Tuesday, March 12, 6:30-8:30pm** – Join us to learn about the use and limitation of nutrient restrictions and diet/ lifestyle modifications in the management of cancer. Anzouette Pittet, RD. - a Board Certified Oncology Nutrition Specialist –will discuss the research and diets and important considerations for cancer patients and survivors. Registration required.
- **Cannabis: Friday, March 22, 6:30-8:00pm** – Many cancer patients and survivors look to cannabis, aka medical marijuana, for relief of symptoms associated with treatment. But who do you talk to about use and interactions, and how do you find a reputable source? Eloise Theisen, MSN, RN, AGPCNP-BC will discuss cannabinoid therapeutics and current research. Come to speak openly about cannabis use and develop some questions and thoughts to take back to your medical team. Registration required.
- **Eyebrows = Solved: Tuesday, March 19, 12:00-1:30pm** – Learn how to create your perfect brow shape. For cancer patients and survivors who have chemotherapy eyebrow hair loss. Registration required.



Register Now!

May 20, 2019

Golf Tournament benefitting Cancer
CAREpoint at Cinnabar Hills Golf Club, 23600
McKean Rd, San Jose, CA 95141

<https://cancercarepoint.org/events/golf-tournament/>

Looking Forward

Striking a Balance - Effective Pain Management for Cancer Patients: Thursday, April 4, 6:30pm-8:00pm – We are continuing to explore cancer and cancer treatment related pain and associated coping techniques. Please join us for an evening with Christine Miaskowski, RN, PhD, FAAN, to discuss her research into the relationship with and causes of pain from cancer treatment, including **peripheral neuropathy**. Registration required.

Wig Bank & Salon Day at Salon Amnesia: Sunday, April 7, 10:00am-1:00pm – Salon Amnesia has offered to host us again in their wonderful and welcoming space, allowing us to provide our Wig Bank services as well as trims of new hair growth after chemotherapy hair loss. Registration is required. Please call Denise Garlick at: (669) 222-1535 or email: denise@cancercarepoint.org.

Lymphedema: Monday, April 29, 6:30-8:00pm – Lymphedema is a highly treatable and often preventable condition that manifests itself after damage to the lymph system from surgery, chemotherapy or radiation. What is the lymphatic system and how does it work? Join Daya Fisch, MS, to learn about prevention and treatment. Registration required.

Registration required: info@cancercarepoint.org or call 408.402.6611

All programs start promptly. Latecomers may be disappointed.

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.

Your Cancer-Fighting Plate -- Mondays, 1:00–2:30pm

Build your own personalized cancer-fighting plate.

3/4 – Carbohydrates

3/11 – Fruits & Vegetables

3/18 – Proteins

3/25 – Fats/Desserts

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

Topic-based classes with in-depth nutritional information.

3/4 – Super Foods for Stronger Bones

3/11 – Immune-Boosting Foods

3/18 – Eating for Better Energy and Stamina

3/25 – Spring Cleansing Foods

Exercise & Movement:

Chair Yoga -- Wednesdays, 8:45–10:00am

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

Please only register for one Yoga (Chair or Floor) class per week.

Yoga -- Thursdays, 8:45–10:00am

Traditional, gentle floor yoga for cancer patients and survivors.

Please only register for one Yoga (Chair or Floor) class per week.

Gentle Movement -- Wednesdays, 10:30–11:30am and 12:00–1:00pm

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.*

Finding Balance Exercise -- Thursday, March 14 and 28, 11:00am–12:00pm

A class about techniques to promote strength and balance.

Mind & Body Skills: Cynthia McDonald, Ph.D.

Meditation Class – Wednesdays, March 13 and 27, 1:15–2:45pm

Loving-kindness Meditation to Increase Coping and Relaxation -- Tuesday, March 12, 1:15–2:45pm

(New) Guided Imagery to Boost Lymphatic Functioning -- Tuesday, March 26, 1:15–2:45pm

Special Programs:

Movie Night at Cancer CAREpoint: Friday, March 1, 6:00-8:00pm

Managing Your Pain: Monday, March 4, 6:30-8:00pm

Mind & Body Skills 4-Part Series for Survivors: Thursdays, March 7-28, 2:00pm-4:00pm

Family CARE Workshop: Saturday, March 9, 9:00am-1:00pm

Talking about Keto and Low Carb Diets - An evening with a dietitian: Tuesday, March 12, 6:30-8:30pm

Eyebrows = Solved: Tuesday, March 19, 12:00-1:30pm

Cannabis: Friday, March 22, 6:30-8:00pm

Support Groups:

Caregivers Support Group -- Wednesdays, March 6 and 20, 6:00–7:30pm and Friday, March 29, 10:00-11:30am

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

Breast Support Group -- Friday, March 1, 1:00–2:30pm, Wednesday, March 20, 3:30-5:00pm, and Wednesday, March 27, 6:00-7:30pm

Open to breast cancer patients/survivors.

Support Group for All Cancers – Tuesday, March 5, 11:30am-1:00pm and Wednesday, March 27, 4:00-5:30pm

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

Ovarian Support Group – Friday, March 15, 12:00–1:30pm

Open to newly-diagnosed through post-treatment survivors.

GI-Colorectal Support Group -- Tuesday, March 26, 6:00–7:30pm

Open to anyone impacted by GI-Colorectal cancers.

Living and Thriving with Grace -- Thursdays, March 14 and 28, 12:00–1:30pm

For those dealing with recurrence or metastatic disease.

Conversation & Creativity – Fridays, March 8 and 22, 10:00–11:30am

Meaningful discussion while creating simple art.

Healing Through Art Class – Thursday, March 7 and 21, 10:45am–12:30pm

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

Healing Through Art classes provide a safe, warm and welcoming environment for

participants to express themselves through making art. **Expressive Arts is more about the process of being creative than the product that results.**

Each class incorporates a journal prompt, mindfulness exercise, movement to music and creating with various art mediums such as paint, clay, mix media, watercolors, pastels and more. The goal is to encourage participants to open themselves to free expression through art. Participants report reduced stress, ease in expressing emotions, and a feeling of a connection to others who share an experience with cancer. No art experience is ever required.



Kimberly has been using art to heal herself for 30 years. She found that being able to express what she couldn't put into words through art was very powerful and resulted in a release of tension and dismay in her body and mind. When she was diagnosed with breast cancer, she found using art freely without a specific focus allowed for her to express emotions she had

difficulty sharing with others. Through her years of teaching she found that many people were fearful of making art, claiming they were not artistic. Kimberly found that by having participants journal, meditate and move to music before making art, they were less stressed and less fearful of creating art. She has witnessed in her classes those struggling with chronic pain, cancer, and depression find relief from their pain, thoughts, and intense emotions. Participants would share that they feel lighter, happier, and energized.

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Healing Through Art has provided a way to channel the many ups and downs of my cancer journey. Each time I attend, Kimberly welcomes us with love and encouragement. I know I am always welcome no matter what I am feeling at that present moment. She guides us through each session, using many expressive modalities: journal writing, music, meditation, movement, and a creative art project. We are able to create in a supportive, non-judgmental environment.

One of the many benefits comes at the end of each class. We have the option of sharing our process with the group. I always find this verbal expression a way to sum up my feelings. Afterwards, I am able to continue to reflect on that day's topic.

Words I would use to describe expressive art:

<i>Healthy</i>	<i>Comforting</i>	<i>Calming</i>	<i>Creative</i>
<i>Beneficial</i>	<i>Acceptance</i>	<i>Confidence building</i>	<i>Courage</i>
	<i>Support</i>	<i>Uplifting</i>	

-K. (Client)

The long table is set with flower petals or sparkling mini lights. The light is dimmed. It is quiet. That is the room we meet in twice a month to take pen or crayon or paintbrush or fingers to clay or paper or canvas. But first there is a theme to write briefly about: self-care, self-acknowledgement, wisdoms learned on our arduous journey. Then a meditation, brief, followed by five minutes or seven minutes of music to stretch, to move in whatever shape or age or stage of cancer recovery we each are in. Release. An oasis of calm.

When I'm there I don't think about scars or radiation or bone ache or the future. I just am, and sometimes, paintbrush in hand, I have wings. I soar. I remember joy. Such freedom: a sisterhood engaged in creative self-expression.

I never miss a class. Why would I?

-M. (Client)

No one should have to face cancer alone.

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