



# September 2019 Calendar

## Highlights and Community Events

- **Guided Imagery for Two: Thursday, Sept. 5, 6:30-8:30pm** – Learn how to give someone the gift of relaxation with this simple and effective tool. This class is intended to be done with your spouse, partner, caregiver, friend, or adult family member. Open to all clients. Space is limited. Each person attending needs to register.
- **(NEW) So, What's Next? Community Group: Saturday, Sept. 7, 9:30-11:00am** – A monthly group for participants who have previously attended Cancer CAREpoint's six-week Survivorship Workshop. Participants will be able to share needs and feelings that arise beyond treatment and the workshop, build on tools and techniques developed from the six-week curriculum and reconnect with peers from the series. Registration required.
- **Ovarian and Gynecologic Cancer Panel Discussion: Thursday, Sept. 12, 6:30-8:00pm** – A panel discussion with Dr. Marie Holzapfel, who specializes in Gynecologic Oncology, and Kathleen Cavanaugh, NP, who specializes in Integrative Oncology. Treatments and management options for ovarian cancer and other gynecological cancers will be discussed. Open to all clients. Registration required.
- **Sound Meditation Experience: Monday, Sept. 16, 12:30-1:30pm** – Experience sound meditation listening to singing bowls and the human voice. Open to all clients. Space is limited. Registration required.
- **Eyebrows = Solved: Tuesday, Sept. 17, 12:00-12:45pm and 12:45-1:30pm** – Learn how to create your perfect brow shape. For cancer patients and survivors who have chemotherapy eyebrow hair loss. Registration required.
- **So, What's Next? Cancer Survivorship Workshop: Wednesdays, Sept. 18-Oct. 23, 6:30-8:30pm** – 6-week workshop for survivors who completed active treatment and have not had a recurrence or stage IV diagnosis. Participants must be available for all 6 sessions. Assessment required before registration. Contact Cherry Aslarona at 408-402-6612 or [cherry@cancercarepoint.org](mailto:cherry@cancercarepoint.org)
- **Getting Movement Back After Treatment: Monday, Sept. 23, 6:30-8:00pm** – Learn about how to get a healthy range of motion back in a safe and pain-free way after surgery and other cancer treatments. Open to patients and survivors. Space is limited. Registration required.
- **(Register Now) So, What's Next? Cancer Survivorship Workshop** – Six-week workshop on Tuesdays, October 1-November 5, 11:00am-1:00pm. Assessment required before registration. To register, contact Cherry Aslarona at 408-402-6612 or [cherry@cancercarepoint.org](mailto:cherry@cancercarepoint.org)

## Looking Forward

- So, What's Next? Cancer Survivorship Workshop: Tuesdays, Oct. 1-Nov. 5, 11:00am-1:00pm** – Six-week workshop for survivors who completed active treatment and have not had a recurrence or stage IV diagnosis. Participants must be available for all six sessions. Assessment required before registration. To register, contact Cherry Aslarona at 408-402-6612 or [cherry@cancercarepoint.org](mailto:cherry@cancercarepoint.org)
- Sound Meditation Experience: Monday, Oct. 7, 6:30-7:30pm and Monday, Oct. 21, 12:30-1:30pm** – Experience sound meditation listening to singing bowls and the human voice. Open to all clients. Space is limited.
- Care for Yourself – Mindfulness Seminar for Caregivers: Wednesday, Oct. 16, 6:30-8:00pm** – Janet Fouts, author of "When Life Hits the Fan," will guide you through caring for yourself while caring for others. Open to caregivers. Space limited.
- Cannabis: Saturday, Oct. 19, 1:00-2:30pm** – Eloise Theisen, MSN, RN, AGPCNP-BC, presenting on cannabinoids. Open to all clients.
- Breast Cancer Panel Discussion: Tuesday, Oct. 22, 6:30-8:00pm** – A panel discussion about surgical options, choices, and outcomes, and the emotional aspects of breast cancer. Presenters: Dr. Kendra Chun and Laura Crutchlow, LCSW. Open to all clients.
- Grief Support Group: Mondays, Oct. 21-Nov. 25, 6:00-7:30pm** – A six-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 for all six sessions. Assessment required before registration. To register, contact Laura Crutchlow at 408-402-6286 or [laura@cancercarepoint.org](mailto:laura@cancercarepoint.org)
- Family CARE Workshop: Saturday, Oct. 26, 9:00am-1:00pm** – For families with a parent diagnosed with cancer and have a child(ren) ages 5-17. Parents learn how to help their child cope and children learn how to communicate their feelings. Assessment required before registration. To register, contact Laura Crutchlow at 408-402-6286 or [laura@cancercarepoint.org](mailto:laura@cancercarepoint.org)

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

All services provided at no cost to patients, families and caregivers no matter where they receive medical care or their cancer type.

### Exercise & Movement

#### Tai Chi Easy – Fridays, 9:00–10:00am

Beneficial and fun class designed to improve quality of life.

#### Gentle Flow Yoga – Saturdays, 9:30–10:45am

Gentle flowing yoga that will strengthen and stretch your body. Some yoga experience helpful but not necessary. Yoga mat needed.

#### Gentle Restorative Yoga – Saturdays, 11:15am–12:30pm

Gentle movements, breath work and restorative postures. No prior yoga experience required. All health levels welcome. Yoga mat needed.

#### Chair Yoga – Mondays, 8:45–10:00am (No class 9/2)

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

#### Yoga – Thursdays, 8:45–10:00am

Traditional, gentle floor yoga for cancer patients and survivors.

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

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

#### Qigong – Wednesdays, 3:00–4:00pm

Use stretching, active and passive movements, and form work to unify body, energy and mind.

#### Finding Balance Exercise – Thur., Sept. 26, 11:00am–12:00pm (No Class 9/12)

A class about techniques to promote strength and balance.

### Mind-body Skills with Cynthia McDonald, Ph.D.

#### Meditation Class – Wed., Sept. 25, 1:15–2:45pm (No class 9/11)

#### Guided Imagery to Boost Immune Functioning – Tues., Sept. 10, 1:15–2:45pm

#### Self-Reiki – Tues., Sept. 24, 1:15–2:45pm

### Seminars & Special Programs

#### Guided Imagery for Two – Thurs., Sept. 5, 6:30–8:30pm

#### Ovarian and Gynecologic Cancer Panel Discussion – Thurs., Sept. 12, 6:30–8:00pm

#### Sound Meditation Experience – Mon., Sept. 16, 12:30–1:30pm

#### Eyebrows=Solved – Tues., Sept. 17, 12:00–12:45pm and 12:45–1:30pm

#### What's Next? Cancer Survivorship Workshop – Wednesdays, Sept. 18–October 23, 6:30–8:30pm

#### Getting Movement Back After Treatment – Mon., Sept. 23, 6:30–8:30pm

### Massage & Energy Work & Guided Imagery Consult

Available by appointment only

### Wig Bank

Available by appointment only

### Nutrition with Nancy Birang, BS, MT(ASCP), NC

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

(No class 9/2)

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

#### Your Healing Kitchen and Easy, Cancer-Fighting Menu Plans -- Mondays, 1:00–2:30pm (No class 9/2)

9/9 – Jump Start Your Day with Breakfast

9/16 – Power Lunch Ideas

9/23 – What's for Dinner

9/30 – Energizing Snacks and Hydrating Drinks

#### Cancer-Fighting Nutrition -- Mondays, 3:00–4:30pm (No class 9/2)

Topic-based classes with in-depth nutritional information.

9/9 – Cancer-Fighting Benefits of the Mediterranean Diet

9/16 – Add Healing Herbs to Your Daily Diet

9/23 – Meatless Mondays-Easy Vegetarian Meals

9/30 – Need to Gain or Lose Weight? Set up a Personalized Plan for Healthy Weight Management

### Support Groups

#### Breast Cancer Support Group – Fri., Sept. 6, 1:00–2:30pm,

Wed., Sept. 18, 3:30–5:00pm, and Wed., Sept. 25, 6:00–7:30pm

Open to breast cancer patients/survivors.

#### Caregivers Support Group – Wed., Sept. 4 and 18, 6:00–

7:30pm and Fri., Sept. 27, 10:00–11:30am

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

#### Conversation & Creativity – Fri., Sept. 13 and 27,

10:30am–12:00pm Meaningful discussion while creating simple art.

#### Healing Through Art Class – Thurs., Sept. 5, 10:45am–12:30pm

(No class 9/19) Combine art, movement and mindfulness.

#### Living and Thriving with Grace – Thurs., Sept. 12 and 26,

12:00–1:30pm

For those dealing with recurrence or metastatic disease.

#### Ovarian Support Group – Fri., Sept. 20, 12:00–1:30pm

Open to newly-diagnosed through post-treatment survivors.

#### Support Group for All Cancers – Tues., Sept. 10, 11:30am–

1:00pm and Wed., Sept. 25, 4:00–5:30pm

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

#### (NEW) So, What's Next? Community Group – Sat., Sept. 7,

9:30–11:00am

For participants who have previously attended the 6-week Survivorship Workshop.

#### Stitch & Unwind – Mon., Sept. 9 and 23, 1:00–2:30pm

More of a social gathering than support group – we invite you to have tea and knit or crochet with others. No instruction provided.

### Individual Counseling

Available Monday-Friday by appointment only

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7/8</b>
<b>CLOSED</b>	<b>10:00</b> Energy Work* <b>11:15</b> Energy Work* <b>1:00</b> Guided Imagery Consultation* <b>3:00</b> Guided Imagery Consultation*	<b>10:30</b> Gentle Movement <b>12:00</b> Gentle Movement <b>3:00</b> Qigong <b>6:00</b> Caregivers Support Group <b>6:00</b> Reflections on Paper	<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> Guided Imagery for Two	<b>9:00</b> Tai Chi Easy™ <b>10:00</b> Massage* <b>11:30</b> Massage* <b>1:00</b> Breast Support Group <b>1:30</b> Massage*	<b>Saturday, Sept. 7</b> <b>9:30</b> Flow Yoga <b>9:30</b> What's Next? Community Group <b>10:00</b> Energy Work* <b>11:15</b> Restorative Yoga
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14/15</b>
<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> Your Healing Kitchen <b>1:00</b> Stitch & Unwind <b>3:00</b> Cancer-Fighting Nutrition	<b>9:00-12:00</b> Wig Bank* <b>10:00</b> Energy Work* <b>11:15</b> Energy Work* <b>11:30</b> Support Group for All Cancers <b>1:15</b> Mind-Body Skills Class	<b>10:30</b> Gentle Movement <b>12:00</b> Gentle Movement <b>3:00</b> Qigong <b>6:00</b> Reflections on Paper	<b>8:45</b> Yoga <b>12:00</b> Living and Thriving with Grace <b>12:30</b> Massage* <b>2:00</b> Massage* <b>6:30</b> Ovarian & Gynecologic Cancer Panel	<b>9:00</b> Tai Chi Easy™ <b>10:00</b> Massage* <b>10:30</b> Conversation & Creativity <b>11:30</b> Massage* <b>1:30</b> Massage*	<b>Saturday, Sept. 14</b> <b>9:30</b> Flow Yoga <b>10:00</b> Energy Work* <b>11:15</b> Restorative Yoga
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21/22</b>
<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>12:30</b> Sound Meditation Experience <b>1:00</b> Your Healing Kitchen <b>3:00</b> Cancer-Fighting Nutrition	<b>10:00</b> Energy Work* <b>11:15</b> Energy Work* <b>12:00-3:00</b> Wig Bank* <b>12:00</b> Eyebrows=Solved <b>12:45</b> Eyebrows=Solved <b>1:00</b> Guided Imagery Consultation* <b>3:00</b> Guided Imagery Consultation*	<b>10:30</b> Gentle Movement <b>12:00</b> Gentle Movement <b>3:00</b> Qigong <b>3:30</b> Breast Support Group <b>6:00</b> Caregivers Support Group <b>6:30</b> Survivorship Workshop	<b>8:45</b> Yoga <b>12:30</b> Massage* <b>2:00</b> Massage*	<b>9:00</b> Tai Chi Easy™ <b>10:00</b> Massage* <b>11:30</b> Massage* <b>12:00</b> Ovarian Support Group <b>1:30</b> Massage*	<b>Saturday, Sept. 21</b> <b>9:30</b> Flow Yoga <b>10:00</b> Energy Work* <b>11:15</b> Restorative Yoga
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28/29</b>
<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> Your Healing Kitchen <b>1:00</b> Stitch & Unwind <b>3:00</b> Cancer-Fighting Nutrition <b>6:30</b> Getting Movement Back After Treatment	<b>9:00-12:00</b> Wig Bank* <b>10:00</b> Energy Work* <b>11:15</b> Energy Work* <b>1:15</b> Mind-Body Skills Class	<b>10:30</b> Gentle Movement <b>12:00</b> Gentle Movement <b>1:15</b> Meditation <b>3:00</b> Qigong <b>4:00</b> Support Group for All Cancers <b>6:00</b> Breast Support Group <b>6:30</b> Survivorship Workshop	<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>9:00</b> Tai Chi Easy™ <b>10:00</b> Massage* <b>10:00</b> Caregivers Support Group <b>10:30</b> Conversation & Creativity <b>11:30</b> Massage* <b>1:30</b> Massage*	<b>Saturday, Sept. 28</b> <b>9:30</b> Flow Yoga <b>10:00</b> Energy Work* <b>11:15</b> Restorative Yoga
<b>30</b>					
<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> Your Healing Kitchen <b>3:00</b> Cancer-Fighting Nutrition					

Programs in **BLUE** – Requires Registration

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

**All programs start promptly. Out of respect for all clients, latecomers after 10 minutes will not be allowed in the class. Registration required.**

**To register or schedule an appointment: register online or email [info@cancercarepoint.org](mailto:info@cancercarepoint.org) or call 408.402.6611**

# Know your body...advocate for your health



## September is Gynecologic Cancer Awareness Month and Ovarian Cancer Awareness Month

Join us for an  
Ovarian and Gynecologic Cancer Panel Discussion  
Date: Thursday, September 12,  
Time: 6:30pm-8:00pm

Bring your questions and engage in the discussion with Dr. Marie Holzapfel, who specializes in Gynecologic Oncology, and Kathleen Cavanaugh, NP, who specializes in Integrative Oncology. They will explore treatments and management of ovarian cancer and other gynecologic cancers from diagnosis through survivorship.

Light snacks will be served.

### Know Your Body

Track the signs and symptoms of gynecologic cancers

The Centers for Disease Control and Prevention offers a Diary to help women track symptoms for two weeks ([https://www.cdc.gov/cancer/knowledge/publications/symptoms\\_diaries.htm](https://www.cdc.gov/cancer/knowledge/publications/symptoms_diaries.htm)). Symptoms may be caused by something other than cancer. If you experience symptoms lasting two weeks or longer that do not feel normal to you, go see a doctor.

### Advocate for Your Health

1. **Communication Is Key** – Be honest with your doctor.
2. **Ask Questions** – If you don't understand or didn't get all the information you need, ask questions.
3. **You Are the Expert** - When it comes to your body, you know best.
4. **Second Opinion** – It is OK to seek a second (third or fourth) opinion.
5. **Write It Down** – It helps to keep a list of symptoms, questions, and what you want to share with your doctor.
6. **Discuss It with a Doctor** – If you find information online or learn something from friends/families, discuss it with your doctor.

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.