

NOVEMBER/DECEMBER 2009 PROGRAM CALENDAR

Are you new to The Wellness Community?

We provide free support services for people with cancer and their loved ones. Use this calendar to find out about our programs. We suggest that you learn more by attending a Newcomers Meeting, held Mondays at 7 pm or Fridays at 11 am. These informal meetings are led by a cancer survivor who will introduce you to the Wellness Community programs. Psychosocial services include educational seminars, stress reduction programs, creative expressive programs and support groups. The Wellness Community also offers brief individual, couples and family counseling to participants and their loved ones dealing with issues related to their cancer experience. Call us at 925-933-0107 for information.

You may attend workshops, stress reduction programs and networking groups prior to attending a Newcomers Meeting.

Would you like to be in a weekly support group?

Ongoing professionally facilitated support groups for people with cancer and/or support persons are the heart of our program. Support groups have been shown to decrease distress and improve quality of life. Adult group members of different ages and with different types of cancer come together each week to get support and learn from each other.

Attendance at a Newcomers Meeting and a brief group preparation interview are necessary before joining a weekly group.

Weekly Group Times for People with Cancer and Their Support Persons

Monday	7 pm–9 pm
Tuesday	11 am–1 pm
Wednesday	10:30 am–12:30 pm
Thursday	7 pm–9 pm

Special Programs and Series Please call 925-933-0107 to register.

Stress Reduction and Guided Imagery

Tuesday: November 3, 6–8 pm

With Julie Kaldveer, M.A. Learn how to focus and relax the body and mind to help experience relief from negative emotional states. Guided imagery can help stimulate the immune system, decrease pain, and reduce the impact of stress on the body.

Survivorship 101

Saturday: November 7, 10 am–12 noon

With Rachelle Portner, RN. You've finished treatment, now what? Learn survivorship care planning, creating a cancer treatment summary, tips for developing a personal recovery plan, including ways to regain strength and ease back into your "normal" life.

Making Memories

Tuesdays: November 10 and 17, 2–4 pm

With Alisa Scarano. Love being creative? Join us as we create colorful Holiday garlands using your favorite photos, paper and embellishments. All level crafters welcome! Project sheets available at sign up.

Frankly Speaking About Colorectal Cancer

Tuesday: November 10, 6–8 pm

With Drs. Diana Superfin and Richard Carmel. Current treatments will be discussed along with advances and future directions. Symptom and side effect management strategies will be outlined and the social and emotional challenges of the diagnosis will be addressed.

Kids Circle and Teen Talk

Saturdays:

November 14 and December 12, 10 am–1 pm

For families with school-age children when a parent has cancer. Each workshop has an activity-based group for children where they identify feelings and learn coping skills; a support group for teens, and a group for parents. The workshop ends with lunch and a family activity to enhance communication.

Cancer Transitions—Moving Beyond Treatment Booster Session

Tuesday: November 17, 6–8:30 pm

With Margaret Stauffer, MFT. This meeting will help participants problem solve and stay on track with health-promoting behaviors. Support persons welcome. Only open to those who participated in the Sept/Oct series.

African Drumming Circle

Thursdays:

November 19 and December 17, 4:30–5:30 pm

With Patricia Frame. Come experience this way to get "good vibrations." Drumming has been shown to boost immune system function and metabolism. No rhythmic or musical ability needed!

Update on Lung Cancer Treatment

Saturday:

November 21, 10 am–12 noon

With Drs. Shoba Kankipati and Maylin Tao. This workshop covers the latest treatments for lung cancer. You will also learn about side effect management, and the social and emotional challenges of the diagnosis.

Hypnotherapy and Cancer Treatment

Tuesday:

December 1, 6–8 pm

With Wieslaw "Wes" Rocki, MD, PhD, MIM, CHT. Hypnotherapy can help reduce side effects of cancer treatment, facilitate the development of coping skills, reduce stress, and assist in exploring potential deeper meanings of living with cancer. This is an experiential workshop.

TWC's Annual Holiday Party and Potluck

Friday:

December 4, 6–8 pm

Join with other participants, staff and volunteers as we enjoy good food, great company and wonderful entertainment provided by the San Ramon Valley High School Chamber Singers. Bring your favorite main dish, side dish or salad to share. Dessert and beverages provided.

Managing Symptoms and Side Effects

Saturday:

December 5, 10 am–12 noon

With Diana Longacre, RN, OCN. Learn what you can do to feel better during cancer treatment. In this informal workshop, Diana, an oncology nurse and cancer survivor herself, will discuss methods for managing fatigue, nausea and other treatment side effects.

Getting a Good Night's Sleep

Saturday:

December 5, 1–3 pm

With Barbara Anson, M.A.. Learn natural, holistic strategies for improving sleep and managing insomnia.

Bead Creative

Tuesday:

December 8, 3–5 pm

With Pam Taylor. Design your own bracelet using stone, crystal and silver. Everything you need is provided in this fun, interactive class.

Mindful Chi Kung & Healthy Being

Tuesday: December 15, 2–4 pm

With Chau Yoder. Chi Kung means energy cultivation. It is a moving meditation that integrates mind, body and spirit to enhance health and strengthen the immune system.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>2</p> <p>8:30–9:30 am Pilates</p> <p>10 am–12 noon Integral Tai Chi</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>3</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p> <p>6–8 pm Stress Reduction & Guided Imagery</p>	<p>4</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>4–5:30 pm Colorectal Cancer Group</p> <p>4–5:30 pm Lung Cancer Group</p> <p>6–7:30 pm Survivorship Café</p> <p>6–8 pm Family Transition Group</p>	<p>5</p> <p>9:30–10:45 am Yoga</p> <p>11 am–12:30 pm Gynecologic/Ovarian Cancer Group</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>6</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p> <p>1–3 pm Mindfulness Meditation Series</p>	<p>7</p> <p>10 am–12 noon Survivorship 101</p> <p>1–3 pm Gourmet Salad Preparation Party (Class full)</p>
	<p>9</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>10</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p> <p>2–4 pm Making Memories</p> <p>6–8 pm Frankly Speaking About Colorectal Cancer</p>	<p>11</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>5–7 pm Vallejo Workshop Frankly Speaking About Cancer Treatment</p> <p>6–7:30 pm Life After Cancer</p> <p>6–8 pm Family Transition Group</p> <p>7–8:30 pm Brain Tumor Group</p>	<p>12</p> <p>9:30–10:45 am Yoga</p> <p>11 am–12:30 pm Breast Cancer Group</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>13</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p> <p>1–3 pm Mindfulness Meditation Series</p>	<p>14</p> <p>10 am–1 pm Kids Circle & Teen Talk</p>
	<p>16</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>17</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p> <p>2–4 pm Making Memories</p> <p>6–8:30 pm Cancer Transition: Moving Beyond Treatment Booster</p>	<p>18</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>6–7:30 pm Survivorship Café Night</p> <p>6–8 pm Family Transition Group</p>	<p>19</p> <p>9:30–10:45 am Yoga</p> <p>11 am–12:30 pm Gynecologic/Ovarian Cancer Group</p> <p>11 am–12:30 pm Metastatic Prostate Group</p> <p>1–2:30 pm Prostate Cancer Group</p> <p>4:30–5:30 pm African Drumming Circle</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>20</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p> <p>1–3 pm Mindfulness Meditation Series</p>	<p>21</p> <p>10 am–12 noon Update on Lung Cancer Treatment</p> <p>1–4 pm Carcinoid Neuroendocrine Group</p>
	<p>23</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>24</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p>	<p>25</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>6–7:30 pm Life After Cancer</p> <p>7–8:30 pm Brain Tumor Group</p>	<p>26</p> <p>CLOSED Thanksgiving Holiday</p>	<p>27</p> <p>CLOSED Thanksgiving Holiday</p>	<p>28</p> <p>CLOSED Thanksgiving Holiday</p>
	<p>30</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>Offsite Workshops Please call 925-933-0107 for more information.</p> <p>VALLEJO: Frankly Speaking About Cancer Treatment Wednesday, November 11, 5–7 pm With Yelena Krijanovski, MD. Sutter Solano Cancer Center, 1st Floor Conference Room, 100 Hospital Drive. Dr. Krijanovski will discuss how to manage treatment side effects such as fatigue, anemia, infection, pain and emotional distress. She will also address how to optimize quality of life during treatment.</p> <p>ANTIOCH: Guided Imagery for Stress Reduction Wednesday, December 9, 6–8 pm With Julie Kaldveer, MA. Sutter Delta Medical Center, Main Hospital, Community Education Room, 3901 Lone Tree Way. Learn to focus and relax the mind and body to experience relief from negative emotional states. Guided imagery can help stimulate the immune system and reduce the impact of stress on the body.</p>				



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	<p>Calendar Key</p> <p>Green: Mind/Body/Creative Expressive</p> <p>Blue: Support</p> <p>Red: Special Programs</p> <p>Orange: Special Series</p> <p>Please register for programs in red and orange by calling 925-933-0107.</p>	<p>1</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p> <p>6–8 pm Hypnotherapy and Cancer Treatment</p>	<p>2</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>4–5:30 pm Colorectal Cancer Group</p> <p>4–5:30 pm Lung Cancer Group</p> <p>6–7:30 pm Survivorship Café</p> <p>6–8 pm Family Transition Group</p>	<p>3</p> <p>9:30–10:45 am Yoga</p> <p>11 am–12:30 pm Gynecologic/Ovarian Cancer Group</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>4</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p> <p>1–3 pm Mindfulness Meditation Series</p> <p>6–8 pm Annual Holiday Party & Potluck</p>	<p>5</p> <p>10 am–12 noon Managing Symptoms & Side Effects</p> <p>1–3 pm Getting a Good Night's Sleep</p>		
	<p>7</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>8</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p> <p>3–5 pm Bead Creative</p>	<p>9</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>6–7:30 pm Life After Cancer</p> <p>6–8 pm Family Transition Group</p> <p>6–8 pm Antioch Workshop Stress Reduction & Guided Imagery</p> <p>7–8:30 pm Brain Tumor Group</p>	<p>10</p> <p>9:30–10:45 am Yoga</p> <p>11 am–12:30 pm Breast Cancer Group</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>11</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p> <p>1–3 pm Mindfulness Meditation Series</p>	<p>12</p> <p>10 am–1 pm Kids Circle & Teen Talk</p>		
	<p>14</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>15</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p> <p>2–4 pm Mindful Chi Kung and Healthy Being</p>	<p>16</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>6–7:30 pm Survivorship Café</p> <p>6–8 pm Family Transition Group</p>	<p>17</p> <p>9:30–10:45 am Yoga</p> <p>11 am–12:30 pm Gynecologic/Ovarian Cancer Group</p> <p>11 am–12:30 pm Metastatic Prostate Group</p> <p>1–2:30 pm Prostate Cancer Group</p> <p>4:30–5:30 pm African Drumming Circle</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>18</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p>	<p>19</p> <p>10 am–1 pm Multiple Myeloma Group</p>		
	<p>21</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>22</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p>	<p>23</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>6–7:30 pm Life After Cancer</p> <p>6–8 pm Family Transition Group</p> <p>7–8:30 pm Brain Tumor Group</p>	<p>24</p> <p>The Wellness Community offices will be closed from December 24 through January 3rd, except as indicated on this calendar. We will reopen on Monday, January 4th. Wishing you Wellness for the New Year.</p>			<p>25</p>	<p>26</p>
	<p>28</p> <p>7–9 pm Open Combined Participant & Support Person Group</p>	<p>29</p>	<p>30</p> <p>10:30 am–12:30 pm Open Combined Participant & Support Person Group</p>	<p>31</p> <p>Do you have a blood cancer? We offer support...</p> <p>The Wellness Community is offering individual sessions to explore treatment options and concerns through a pilot study called Open to Options. We believe that decision support will help you better plan for your medical appointments and help you ask the questions you need to help ensure that your treatment decisions fit your personal objectives. To learn more or schedule an appointment, call Margaret Stauffer at 925.933.0107 or e-mail mstauffer@twcba.org.</p>				



3276 McNutt Avenue
Walnut Creek, CA 94597
925-933-0107 • Fax: 925-933-0249
www.twcba.org

NON-PROFIT ORG.
US POSTAGE
PAID
PERMIT NO. 840
WALNUT CREEK, CA

Special Series

Call 925-933-0107 to register.

Newly Diagnosed Breast Cancer Series

Tuesdays:

October 6 through January 26, 11 am–1 pm

With Ilene Scharlach, PhD

Mindfulness Meditation

Fridays:

October 16 through December 11, 1–3 pm

This series is for those who started in October.

Register now for the next series to start in 2010.

Ongoing Networking Groups

No need to RSVP

Brain Tumor

2nd and 4th Wednesdays: 7–8:30 pm

Breast Cancer

2nd Thursdays: 11 am–12:30 pm

(No 4th Thursday meetings in November or December)

Carcinoid Neuroendocrine Cancers

3rd Saturday, Odd Months: 1–4 pm

Colorectal Cancer

1st Wednesday: 4–5:30 pm

Family Transition

Wednesdays: 6–8 pm

For bereaved TWC members who have experienced a loved one's death from cancer. (No group November 25)

Gynecologic/Ovarian Cancer

1st and 3rd Thursdays: 11 am–12:30 pm

Life After Cancer

2nd and 4th Wednesdays: 6–7:30 pm

For those who are beyond day to day treatment.

Lung Cancer

1st Wednesday: 4–5:30 pm

Metastatic Prostate Cancer

3rd Thursday: 11 am–12:30 pm

(Meetings will resume on 4th Thursday in January)

Prostate Cancer

3rd Thursday: 1–2:30 pm

(Meetings will resume on 4th Thursday in January)

Survivorship Café Nights

1st and 3rd Wednesdays: 6–7:30 pm

Social get togethers for long term survivors.

Mind Body

Ongoing Stress Reduction and Exercise Programs.

No need to RSVP

Pilates

Mondays: 8:30–9:30 am

This system of exercise combines the suppleness of yoga with strength training, creating a strong core for physical activities including recovery. Instructor: Ivy Noceto

Yoga

Mondays: 2–3 pm;

Wednesdays; 9–10:15 am;

Thursdays; 9:30–10:45 am and 5–6:30 pm

Gentle breathing and stretching exercises improve muscle tone and aid in stress management. Instructors: Sandy Stober, Mary Cameron Smith, Betsy Shandalov and Susan Blackwood Reynolds

Chi Kung

Tuesdays: 9:30–10:45 am

These gentle, flowing movements are designed to increase flexibility, develop physical strength, build energy and improve overall health. Wear comfortable clothes and socks. Instructor: Lourdes Gonzales

Knitting Circle

Tuesdays: 1:15–3 pm

Knitting has been clinically shown to induce states of tranquility similar to meditation. The relaxed atmosphere of the group makes creating fun. Instructor: Janet Correia

Mindfulness

Wednesdays: 9:30–10:30 am

Ongoing group meditation practice. Instructor: Margaret Cullen, MFT

Tai Chi Chih/Qigong: Always Beginning

Fridays: 9:30–10:30 am

Moving meditation. Twenty easy, gentle movements for calmness, balance and self healing.

Instructor: Wendy Helms, PhD

Ongoing Offsite Support Groups

Please call 925-933-0107 for more information

ANTIOCH

Mondays: 1:30–3:30 pm.

Weekly drop-in group for people with cancer and their loved ones.

Sutter Delta Medical Center

(Fallman Education Center)

3901 Lone Tree Way

SAN RAMON

2nd Tuesday: 7:30–9 pm

Drop-in Prostate Cancer Group for men and their loved ones.

San Ramon Regional Medical Center

South Building, West Day Room

6001 Norris Canyon Road

VALLEJO

1st and 3rd Wednesdays: 4–5:30 pm

Twice monthly drop-in group for people with cancer and their loved ones.

Sutter Solano Cancer Center

1st Floor Conference Room

100 Hospital Drive

Grupos De Apoyo Emocional en Espanol

Los Jueves De: 12–2 pm

Los grupos estan localizados en Pittsburg, Concord, Martinez, San Pablo y Walnut Creek.

Si necesita un grupo de apoyo en espanol, por favor llame Cyndi Lezcano al 1-800-556-0477.