

SEPTEMBER/OCTOBER 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.

Kids Circle and Teen Talk

Saturdays:

September 12 and October 10, 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

Tuesdays:

September 15 through October 20, 6–8:30 pm

With Margaret Stauffer, MFT. This six week series targets many of the physical, psychosocial and practical issues that you may face once cancer treatment is over. You will learn ways to improve your lifestyle, establish and incorporate exercise and nutrition goals, and understand medical monitoring during survivorship. Please plan to attend all six sessions plus a booster session on November 17.

Mindful Chi Kung & Healthy Being

Tuesdays: **September 15 and October 20, 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.

African Drumming Circle

Thursdays:

September 17 and October 15, 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!

Working Through Grief and Loss

Saturday: **September 19, 10 am–12 noon**

With Radhe Lesney, MFT. Grief and loss are part of dealing with a cancer diagnosis. Join us as we explore this topic with discussion and experiential exercises. For both patients and caregivers. Radhe is herself a survivor of breast cancer.

Update on Prostate Cancer Treatment Lunch and Lecture

Thursday: **September 24, 12–2 pm**

With Patrick Swift, MD. Dr. Swift will present the latest in treatment options for prostate cancer and talk about future directions for treatment.

Reclaiming Your Sexuality

Saturday: **September 26, 10 am–12 noon**

With Sandra Lindholm Norman, PsyD, NP. Learn strategies to manage changes in body image, sexual desire, arousal, orgasm and pain with sex.

Increase your ability to communicate with your partner about your sexual needs and enhance the sexual intimacy of your relationship.

Nutrition & Cancer Treatment

Saturday: **October 3, 10 am–1 pm**

With Tinrin Chew, RD. Learn what to eat during and after treatment, how to establish nutritional goals, and how foods help in maintaining and regaining health.

Update on Ovarian Cancer Treatment

Saturday: **October 17, 10 am–12 noon**

With Lee Mai Chen, MD, UCSF. Learn the latest treatment options for ovarian cancer, clinical trials and future treatment possibilities.

The Many Faces of Breast Cancer

Saturday: **October 24, 10 am–12 noon**

At Leshner Center for the Arts, Knight Stage 3 Theatre, 1601 Civic Drive, Walnut Creek. With Drs. Tiffany Svahn and Sachin Kamath. This event speaks to issues that directly affect breast cancer survivors, including the latest data surrounding treatment and exploring key survivorship issues.

Frankly Speaking About New Discoveries in Cancer

Tuesday: **October 27, 6–8 pm**

With Robert Robles, MD. Learn about the advanced and innovative treatments for people living with cancer. New discoveries about emotional support and stress management will also be addressed.

Frankly Speaking About Advanced Breast Cancer Lunch and Lecture

Thursday: **October 29, 12–2 pm**

With Lesley Martin, MD. This workshop covers the latest treatments for advanced breast cancer. You will also learn about side effect management, and the social and emotional challenges of the diagnosis.

Karaoke Party—Let’s Sing

Friday: **October 30, 6–8 pm**

United We Sing will present a program about the cancer journey using popular song. After the short program, you’ll have the opportunity to select from over 9,000 songs and perform in a supportive, fun, atmosphere.

Bead Creative

Saturday: **October 31, 10 am–12 noon**

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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Calendar Key Green: Mind/Body/Creative Expressive Blue: Support Red: Special Programs Orange: Special Series</p> <p>Please register for programs in red and orange by calling 925-933-0107.</p>	<p>1 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle</p>	<p>2 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Groups 4–5:30 pm Colorectal Group 4–5:30 pm Lung Cancer Group 6–7:30 pm Survivorship Café 6–8 pm Family Transition Group</p>	<p>3 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>4 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting</p>	<p>5 CLOSED: Labor Day Weekend</p>
	<p>7 CLOSED: Labor Day Weekend</p>	<p>8 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle</p>	<p>9 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed BC Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 6–7:30 pm Life After Cancer 6–8 pm Family Transition Group 7–8:30 pm Brain Tumor Group</p>	<p>10 9:30–10:45 am Yoga 11 am–12:30 pm Breast Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>11 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting</p>	<p>12 10 am–1 pm Kids Circle & Teen Talk</p>
	<p>14 8:30–9:30 am Pilates 10 am–12 noon Integral Tai Chi 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>15 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 2–4 pm Mindful Chi Kung and Healthy Being 6–8:30 pm Cancer Transition: Moving Beyond Treatment Series</p>	<p>16 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 3–5 pm Integral Tai Chi Series 6–7:30 pm Survivorship Café Night 6–8 pm Family Transition Group</p>	<p>17 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 4:30–5:30 pm African Drumming Circle 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>18 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 6–8 pm Food for Life Nutrition and Cooking Series</p>	<p>19 10 am–12 noon Working Through Grief and Loss</p>
	<p>21 8:30–9:30 am Pilates 10 am–12 noon Integral Tai Chi 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>22 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 6–8:30 pm Cancer Transition: Moving Beyond Treatment Series</p>	<p>23 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 6–7:30 pm Life After Cancer 6–8 pm Family Transition Group 7–8:30 pm Brain Tumor Group</p>	<p>24 9:30–10:45 am Yoga 11 am–12:30 pm Breast Cancer Group 11 am–12 noon Metastatic Prostate Cancer Group 12–2 pm Update on Prostate Cancer Treatment Lunch & Lecture 2–3 pm Prostate Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>25 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 6–8 pm Food for Life Nutrition and Cooking Series</p>	<p>26 10 am–12 noon Reclaiming Your Sexuality</p>
	<p>28 8:30–9:30 am Pilates 10 am–12 noon Integral Tai Chi 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>29 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 6–8:30 pm Cancer Transition: Moving Beyond Treatment Series</p>	<p>30 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 6–8 pm Family Transition Group</p>	<p>Do you have a blood cancer? We offer support... 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, Program Director at 925.933.0107 or e-mail mstauffer@twcoba.org.</p>		



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Offsite Workshops—Please call 925-933-0107 for more information.</p> <p>VALLEJO: Laughter Yoga Wednesday, October 14, 5–7 pm With Aseem Rawal, MD and Carmela Carlyle. Learn breathing, movement, and laughter exercises to bypass intellectual barriers and inspire contagious laughter while benefiting health.</p> <p>ANTIOCH: Update On Breast Cancer Treatment Wednesday, October 28, 6–8 pm With Drs. Samuel Choi, Mary Cardoza, May Lin Tao, and Shoba Kankipati. This expert panel will provide updates on advances in breast cancer diagnostics, surgical options, radiation and chemotherapy both at initial diagnosis and in the case of recurrence.</p>			<p>1 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>2 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 6–8 pm Food for Life Nutrition and Cooking Series</p>	<p>3 10 am–1 pm Nutrition and Cancer Treatment</p>
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<p>26 8:30–9:30 am Pilates 10 am–12 noon Integral Tai Chi 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>27 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 6–8 pm Frankly Speaking About New Discoveries in Cancer</p>	<p>28 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Weekly Participant & Support Person Groups 6–7:30 pm Life After Cancer Group 6–8 pm Antioch Workshop: Update on Breast Cancer Treatment 6–8 pm Family Transition Group 7–8:30 pm Brain Tumor Group</p>	<p>29 9:30–10:45 am Yoga 12–2 pm Frankly Speaking About Advanced Breast Cancer 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>30 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1–3 pm Mindfulness Meditation Series 6–8 pm Karaoke Party —Let's Sing</p>	<p>31 10 am–12 noon Bead Creative</p>



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WALNUT CREEK, CA

Special Series

Call 925-933-0107 to register.

Integral Tai Chi Special Series

Mondays: September 14 thru November 5, 10 am–12 noon

This 8 week class teaches a series of exercises and relaxation techniques that combine Yoga, Tai Chi, Chi Kung and meditation. It increases balance, awareness, endurance, flexibility, flow, concentration and energy. Instructors: Mabel Lee and Chau Yoder

Food For Life Nutrition & Cooking Classes

Fridays: September 18 thru October 9, 6–8 pm

With Stephanie Roston, RD, Millenium Chef. This four week series provides information about how certain foods and nutrients work to promote or discourage cancer growth. Includes recipes and cooking demonstrations.

Newly Diagnosed Breast Cancer Series

Tuesdays: October 6 thru January 26, 11 am–1 pm

For those in or just starting treatment. Guest oncology experts along with group support provide tools to assist in coping and sharing experiences. The Wednesday group is for those who started in July. With Ilene Scharlach, PhD

Mindfulness Meditation

Fridays: October 16 thru December 11, 1–3 pm

With Margaret Cullen, MFT. Meditation practice aids in achieving emotional balance, managing pain, and using the wisdom of body and mind. It is a powerful way to manage stress, be present in the moment, and enhance quality of life. Please plan to attend all sessions.

Ongoing Networking Groups

No need to RSVP

Brain Tumor

2nd and 4th Wednesdays: 7–8:30 pm

Breast Cancer

2nd and 4th Thursdays: 11 am–12:30 pm

Colorectal Cancer

1st Wednesday: 4–5:30 pm

Carcinoid Neuroendocrine Cancers

No group until November

Gynecologic/Ovarian Cancer

1st and 3rd Thursday: 11 am–12:30 pm

Family Transition

Wednesdays: 6–8 pm

For bereaved TWC members who have experienced a loved one's death from cancer.

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

4th Thursday: 11 am–12:30 pm

Prostate Cancer

4th Thursday: 1–2:30 pm

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

PLEASANTON, Tuesdays: 2–4 pm

Weekly drop-in group for people with cancer and their loved ones. ValleyCare Health Library and Ryan Comer Cancer Resource Center, 5725 West Las Positas Boulevard, Suite 270

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 & 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.