NEW OFFSITE PROGRAM
IN ARMENIAN/ENGLISH
Hosted at Glendale Memorial Hospital

Take Your Life Back after Cancer
CSCP and the Colorectal Surgery Institute at Glendale Memorial Hospital are co-sponsoring a weekly program of information and education on Wednesdays from 5:30 – 7:00 pm for patients and their caregivers in Armenian.

For more information, please call Aline at (818) 465-8816

Educational Workshops

Self-Hypnosis
Tuesday, April 9, 6:30 – 7:30 pm
It is important to be aware of our thoughts because they have a lot of power in our lives. Hypnotherapist Mikaila Henderson teaches how to identify these thoughts to use them towards realizing relaxation and health. This class will also include a guided meditation.

Beading Basics – An instructional class for beginners, but veterans are always welcome!
Thursdays, April 11, May 9, & June 13 1 – 5 pm
Beading is an ancient art and a healing process which can help one cope with all kinds of stress and treatment. This is a basic workshop where you can learn the creative art of making beaded jewelry with Karla Barron. Materials will be provided and loaner tools are available for use. Class size is limited so please pre-register.

Beginning Bead Weaving
Mondays, April 15 & May 20, 1 – 5 pm
Come and learn the technique of bead weaving, the art of creating jewelry using a needle and thread, from Mary Holley. Bring your reading glasses and some patience to create a beautiful piece of jewelry. Class size is limited so please pre-register.

Complimentary and Natural Therapies
Thursdays, April 18, May 16, & June 20 5:30 – 6:45 pm
Join Dr. Robert Chu, L.Ac and learn how acupuncture, nutrition and exercise can be integrated with standard medical protocols to help reduce the side effects of cancer treatment and improve overall health and vitality.

Mindful Tune-Up
Tuesday, April 16, 6:30 – 8 pm
Join Daisy Rivera, LCSW, Kundalini and Meditation Teacher, for an interactive workshop that will leave you breathing more deeply, feeling more peaceful, and practicing meditation more often. You will learn the basics of meditation and walk away with a few practices you can incorporate into your life. As a part of the workshop, we will experience a few meditation practices.

Mind Mapping
Tuesday, April 30, 6 – 7:30 pm
Join Joana Breckner and Janet Solie for this hands-on workshop where participants are introduced to Mind Mapping, a problem-solving tool used for centuries by writers, scientists, educators and psychologists. Through creative brainstorming, each person will build an individualized “game plan” and will take home this personalized mind map as a valuable resource and reminder of the power each of us possesses to manage the chaos of cancer and overcome everyday obstacles.

Peripheral Neuropathy
Tuesday, May 7, 6 – 7:30 pm
Tired of living with the symptoms of peripheral neuropathy? Peripheral neuropathy occurs when the nerves branching out from the spinal cord to all parts of the body are damaged. While there is no cure for peripheral neuropathy, there are many factors that contribute to the onset of this disorder, thus making a comprehensive approach to treatment the best option. Join Dr. George C. Win, D.C. to learn the causes and newest solutions to neuropathy.

Quiet the Mind Meditation - 4 Week Series
Tuesdays, May 7, 14, 21, & 28
1:00 – 2:00 pm
Join Emily Gonzales, Chopra Center™ Certified Instructor to learn techniques for quieting the mind and shifting to a calm and balanced state of wellbeing. Learn tools to develop your own personal meditation practice.

Calendar of Free Services
April • May • June 2019

Our Mission
The mission of Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Educational Opportunities
Please call 626-796-1083 to register.

Become a Member
Orientation Meetings:
Every Tuesday 11 am
Every Thursday 6 pm
Learn about CSC services which include educational seminars, stress reduction classes and support groups. No appointment is necessary to attend an orientation meeting.

Cancer Support Community Staff
Executive Director
Meg Symes
Director of Development
Patricia Ostiller, JD, CFRE
Program Director
Laura Wending, MA, LMFT
Program Manager
Rachel Koonse, MA, LMFT
Director of Events
Danielle Gay
Operations Manager
Julie Stevens
Office Manager
Stephanie Esber

76 East Del Mar Boulevard, Suite 215 • Pasadena, California 91105 • www.cspasadena.org • 626.796.1083
**Educational Opportunities**

**Healthy Lifestyle**

- **Walking for Wellness at the Rose Bowl**
  Mondays & Fridays, 6:00 pm
  Holly (626)319-9542 - CALL TO RSVP

- **Zumba Sentao**
  Mondays, 11:00 am - 12:00 pm
  Adrienne Aguirre, Licensed Zumba Instructor

- **Guided Meditation**
  Mondays, 1:00-2:00 pm
  Dr. Shirley Cox, PsyD

- **Feldenkrais**
  Mondays, 2:00-3:00 pm
  Andrew Hefferman, GCFP

**Spanish Programs**

- **Mitos y hechos sobre Hospicio y cuidados Paliativos**
  Sábado, 13 de abril
  10:30 am – 12 pm
  Únete con Kristina Tafoya LVN y Blanca Leyva de VITAS Healthcare, para aprender las diferencias entre el cuidado de hospicio y cuidados paliativos. Hay que desacreditar mitos comunes sobre el cuidado de hospicio y discutir cómo los pacientes con cáncer pueden beneficiarse de cuidados paliativos desde la fecha de diagnóstico.

**Anticipatory Grief**

- **Tuesday, June 4, 6:30 – 8 pm**
  Anticipatory grief, or grief that occurs before death, combines thoughts about the past, present, and future without a loved one. Although the symptoms of anticipatory grief resemble the pain of loss, it is often exacerbated by caregiver stress and the multitude of losses occurring with illness. Jennifer R. Levin, MFT, PhD, FT is a licensed therapist who works with adolescents, adults, families, and couples experiencing health crises, traumatic grief, life threatening illness and post traumatic growth. Join Jennifer in this workshop to learn how to identify experiences of anticipatory grief, and how to cope with the pain and process losses associated with cancer.

**Fun And Games**

- **Fun And Games**
  Tuesday, May 14, 6 – 8 pm
  ¡Expresiones Creativas! Cada quien puede traer un platillo para compartir y disfrutar la comedia de “comedian” en compañía de CSC Pasadena y familia.

**Personalized Medicine**

- **Tuesday, June 25, 6:30 – 8 pm**
  Join Dr. Steve Rosen, Provost and Chief Scientific Officer at City of Hope, for a lecture on personalizing your treatment with the array of opportunities available. In this workshop, Dr. Rosen will present on building awareness among patients and caregivers about talking with their healthcare team about personalized medicine testing, targeted therapy, immunotherapy, and inheritable cancers.

**Special Events**

- **Love and Laughter with Jason Love**
  Tuesday, May 28, 6:30 – 8:30 pm
  Join professional comedian Jason Love and a couple of his closest friends for laughter, joy, and a whole lotta fun in the SCP Community Room! Enjoy an evening of PG-13 comedy for CSPC adult members. Each Love & Laughter features different, but equally hilarious, comedians.

**Return to Wellness- An eight-week recovery program for women who have recently completed treatment for breast cancer**

This program provides yoga, strength training, survivorship education, and emotional support for women who currently have no evidence of disease and have completed active treatment (surgery, chemotherapy and/or radiation therapy) between 6 weeks and up to 24 months ago. Pre-registration and physician’s consent required. Call Laura at (626) 796-1083 for more information.

**Stretching**

- **Wednesdays, 12:00-1:00 pm**
  Kelly Etter, Certified Pilates Instructor

**Focus on Fun: Photography**

- **Wednesdays, 3:00-5:00 pm**
  Catherine Bicknell

**Tai Chi**

- **Wednesdays, 5:00-6:00 pm**
  John DiLullo

**Watercolor Painting**

- **Thursdays, 9:00 am - 12:00 pm**
  Richard Gutschow

**Qi Gong**

- **Thursdays, 12:30-1:30 pm**
  Robert Chu, L.Ac

**Mindfulness For Health**

- **Thursdays, 2:00-3:00 pm**
  Louise Wannier, Sylvia Holmes, and Jo Anne Kindler

**The Resilience Toolkit**

- **Thursdays, 5:00-6:00 pm**
  Cibele Sousa, Certified Facilitator

**Open Mic Night**

- **Tuesday, June 11, 6 – 8 pm**
  Join CSCP in the community room to showcase your talent, skill, or tell a story or a joke! Sign up with your talent and bring an ice cream topping to share (National Charity League will be providing ice cream).
## Cancer Support Community

### April 2019

**76 East Del Mar Boulevard, 2nd Floor**  
**Pasadena, California 91105**  
**www.cscpasadena.org**  
**626.796.1083**

### Calendar

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<th>Monday</th>
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### Additional Information

- **Support Groups**: 6:00-7:30
- **Healthy Lifestyle**: 9:30-10:30
- **Ages 5-17**: 9:30-10:30

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**BLUE = Support Groups; RED = Special Programs; GREEN = Healthy Lifestyle; PURPLE = Ages 5-17**
## Cancer Support Community

**CSC HELPLINE**

(888)793-9355

**May 2019**

### Monday

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<th>6</th>
<th>11:00-12:00 Zumba</th>
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<th>2-3 Feldenkrais</th>
<th>4-6 Knit Together</th>
<th>6:30 Yoga</th>
<th>11:00 Support Groups</th>
<th>6:00 MML Group</th>
<th>6:30 Bereavement</th>
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<td><strong>ADDITIONAL FREE RESOURCES</strong></td>
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### Tuesday

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<th>12-1 Pilates</th>
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### Wednesday

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<th>11:00-12:00 Journaling</th>
<th>3-5 Photography</th>
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## June 2019

**Cancer Support Community Pasadena**

Pasadena, California 91105

www.cscpasadena.org

626.796.1083

### Monday

- **Cancer Support Community Pasadena** cares about the health of its employees, volunteers, its members, and the community.

- It is CSC’s policy to follow the protocol of the Centers for Disease Control which states that people with influenza-like illness should remain at home until at least 24 hours after they are free of fever (100 degrees F) or signs of fever without the use of fever-reducing medications.

- Symptoms include fever, cough, runny or stuffy nose, body aches, headache, chills, unusual fatigue, diarrhea or vomiting.

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Networking Groups
The following groups do not require reservations or attendance at an orientation meeting:

Grupo Fuerza Y Esperanza
Todos los Sábados 12-2pm
Grupo de apoyo semanal para pacientes y sus familiares.

Men's Group
2nd Monday of each month, 6-7:30 pm
Patients and survivors welcome.

Young Adults Group
3rd Monday of each month, 6-7:30 pm
For individuals diagnosed in their 20s and 30s.

Survivorship Group
4th Monday of each month, 6-7:30 pm
For individuals who have completed treatment and have ongoing cancer related issues.

Weekly Support Groups
Those wishing to participate in a weekly support group must attend an orientation meeting and have a brief interview prior to being assigned to a support group.

Mondays:  11 am–12:30 pm - Patient Groups
          6:30–8 pm - Bereavement Group *

Wednesdays:  6–7:30 pm - Patient Groups
             6–7:30 pm - Family & Friends Group
             6–7:30 pm - Children's Corner

Thursdays:  11:30 am-1 pm - Breast Cancer Group
            7–8:30 pm - Patient Group
            7–8:30 pm - Family & Friends Group

*This group is for those who have lost a loved one to cancer. Orientation not required. Call for interview.

Thank you to our 2019 Benefactors Society:
Benefactors ($20,000+):
Ellen and Harvey Knell
Julie and Scott Nesbit
Lee and Mickey Segal
Louise J. Wannier

Patrons ($10,000-$19,999):
The Agency
Melissa Alcorn/Anderson & Murison
Rosemari Annear
Laurie and Tom Daly
Bonnie and John DeWitt
Havner Family Foundation
LeAnn and Michael Healy
Dana and Michael Naples
Barbara and Tom Perrier/
Darla and Sam Longo
RBC Wealth Management
Sharp Seating Co./
Sindee and Steve Riboli
Sue and Steve Silk
Wells Fargo Private Banking