Calendar of Free Services
July•August•September 2019

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 Opportunities

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.

Cream or lotion? Which one do I want to buy?
Monday, July 15, 6:30–8:00 pm
So many choices. This will be a chance to make your own. Come join Dr. Janice DaVolio, MD, Dermatologist, for an evening of fun making homemade skin lotion using 5 simple ingredients. Everything provided to make one 2-ounce supply of lotion to take home with you.

Complimentary and Natural Therapies Thursdays, July 18, August 15, & September 19, 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.

Beginning Bead Weaving
Mondays, July 15 & August 19, 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. Pre-register as class size is limited.

Body Centered Medicine™ with Tarnie Fulloon, PT, MA Healing Pain, Anxiety and Awakening Self Leadership
Monday, July 22 and July 29, 6:00–7:30 pm (Two-part series)
Using the Body-Centered approach, Tarnie’s experiential TALK (Part 1) will introduce healing and empowerment through body centered practices. She will share more techniques in a class setting to unlock the body’s messages of pain, anxiety and emotional stresses using movement, sensation tracking and more in Part 2. You will leave with tools for healing and self-leadership and the freedom Body Centered Medicine™ brings. Each talk is independent and feel free to attend either one or both.

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.

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Cancer Support Community Staff
Executive Director
Meg Symes
Director of Development
Patricia Ostiller, JD, CFRE
Program Director
Laura Wending, MA, LMFT
Program Coordinator
Cristina Chavez, AMFT

Director of Events
Danielle Gay
Operations Manager
Julie Stevens
Office Manager
Natalie Morant

Quiet the Mind Meditation – 4 Week Series
Tuesdays, August 6, 13, 20, & 27
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.

End of Life Choices California (EOLCCA)
Tuesday, August 6, 6:30–8:00 pm
Join Karen Morin Green, RN, member of EOLCCA, who will present the various choices for end-of-life and also the basic steps and requirements for utilizing the California End of Life Option law.

What side are you on? New insights into Colorectal Cancer
Tuesday, August 13, 6:30 – 8:00 pm
Presented by Dr. Heinz-Josef Lenz, MD, FACP. Learn about the most current colorectal cancer treatments, side effect management strategies, social and emotional challenges of the diagnosis, and survivorship issues specific to colorectal cancer.
**Educational Opportunities**

**Self-Hypnosis for Stress Relief & Pain Management**
Monday, August 26, 6:30–7:30 pm  
Monday, September 30, 6:30–7:30 pm  
Carmela Tunzi of Mind Flow Hypnosis will present a fun and informative talk about the benefits of self-hypnosis to help manage treatment symptoms, reduce stress, and help manage pain. Learn valuable skills that you can use on a daily basis for patients and family members alike.

**One in Eight: Will you be the One?**
Tuesday, September 17, 6:30–8:00 pm  
Meet Dr. María E. Nelson, MD, Assistant Professor of Clinical Surgery at USC Verdugo Hills Hospital for an informative discussion about breast cancer prevalence, diagnostic work-up, and treatment options focusing on current surgical choices. Learn from her clinical focus and expertise in benign and malignant breast disease.

**What’s So Great About Stretching?**
Wednesdays in September, 10–11 am  
Learn about the importance of stretching as a practice and discipline with Dr. Catherine Budincich, D.C. This daily practice connects your mind to your body, build strength, help joints articulate smoothly reducing joint pain, and feel younger and healthier. Wear comfortable clothing.

**Healthy Lifestyle**

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

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

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

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

**Yoga**  
Mondays, 12:30-1:30 pm  
Nicole Galli, Certified Yoga Instructor

**Qi Gong**  
Thursdays, 12:00-1:00 pm  
Richard Gutschow

**Cancer: Ensayos Clínicos**
Frankly Speaking About Cancer: Ensayos Clínicos  
Sábado, 20 de Julio, 10:30 am – 12:00 pm

Los ensayos clínicos han dado lugar a avances importantes en el campo actual de la oncología, al validar los beneficios de los nuevos y mejorados tratamientos contra el cáncer: este taller destacará la importancia de la investigación y cómo funcionan los ensayos clínicos. No todas las personas participarán en un ensayo clínico o necesitan participar en uno, pero deben saber que un ensayo clínico puede ser una opción de tratamiento. Presentado por Mariela Gallo, MPH, de City of Hope.

**Spanish Language Programs**

**Pregúntale al Experto**  
Sábado, 7 de Septiembre  
10:00 am – 12:00 pm  
Únase con nosotros para una discusión con el Dr. Bernard Lewinsky, MD, Médico, Investigador, y Oncólogo Radioterápico. Haga sus preguntas, obtenga las respuestas y conozca al médico que ha estado tratando a pacientes con cáncer en el área de Los Ángeles por más de 40 años.

**La Ley: Opción de Fin de Vida**  
Sábado, 28 de septiembre,  
10:30am – 12pm  
Samantha Trad y Anthony Hinojosa, miembros de Compasión y Opciones, presentarán las varias opciones para el fin de la vida y también los pasos básicos y requisitos para utilizar esta ley de California. También hablarán de otras opciones como el hospicio y la atención hospitalaria.

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**Special Events**

**Return to Wellness - An ten-week recovery program for women who have completed treatment for breast cancer**
Tuesdays and Thursdays,  
July 9-August 29th, 5:30-7:30 pm  
Call Laura at (626)796-1083 for more info.

**29th Anniversary Party**
Honoring our Volunteers  
Saturday, August 24, 5:30–8:30 pm  
Join with CSCP members and volunteers past and present to celebrate life. Bring the family and a dish to share. Please sign up so we know how many tables and chairs we need. Desserts and drinks provided.

**Fun and Games**
Tuesday, July 16, 3:00–5:00 pm  
Tuesday, September 3, 6:00–8:00 pm  
Join us in the community room for some good ol’ fashioned games! Activities will include card games, board games, puzzles, and more! Bring a dish to share.

**Love and Laughter**
Tuesdays, July 23 and September 24, 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 at CSCP.

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**CSC Helpline**

English & Spanish  
(888)793-9355
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**Notes:**
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- **RED** = Special Programs
- **GREEN** = Healthy Lifestyle
- **PURPLE** = Ages 5-17

July 2019
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<td>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. Employees or volunteers who report to work ill will be sent home in accordance with this policy and the CDC health guidelines.</td>
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# Cancer Support Community

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

## September 2019

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

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

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.

Thank you to our 2019 Benefactors Society:
Benefactors ($20,000+):  
Terri and Jerry Kohl  
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  
Rosemarie 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