

# Calendar of Free Events

## October•November•December 2017

### Educational Opportunities

#### **Immunotherapy for Cancer**

Monday, October 9, 6:30-8:00 pm  
Join Dr. Gino K. In, MD, MPH, Assistant Professor of Medicine, from the USC Norris Comprehensive Cancer Center, Division of Medical Oncology, to learn about exciting new discoveries and treatments for cancer. Learn how the immune system interacts with cancer, treatments that are currently available, treatments that are being developed, and tips to manage common side effects.

#### **Frankly Speaking About the Cost of Care**

Tuesday, October 10, 3:00-4:30 pm  
Join Stephanie Fajuri of the Cancer Legal Resource Center for a practical guide to navigating the numerous and complex challenges of managing the cost of cancer care. This program streamlines information about the crucial financial resources available to people undergoing cancer treatment.

#### **Essential Oils - the Basics**

Monday, October 16, 12:30-2:00 pm  
Essential oils have been used medicinally throughout history, and simply are the oil of the plant from which they were extracted. Interest in essential oils has revived in recent decades with the popularity of aromatherapy, a branch of alternative medicine that uses essential oils and other aromatic compounds. Join Hannah Kapp to learn more about the potential benefits of various essential oils.

#### **Card Making Workshop**

Tuesday, October 17, 10:00 am-12:00 pm  
Join art instructor and cancer survivor, Sharon Palmiter. Make and take creative note cards using a variety of media including stamps, stickers, colored pencils and more. Materials will be provided. **Space is limited.**

#### **Complementary and Natural Therapies**

Thursdays, 5:30-6:45 pm  
October 19  
November 16  
December 21  
Join Dr. Robert Chu, L.Ac and learn how acupuncture, nutrition and exercise can help reduce the side effects of cancer treatment and improve overall health and vitality.

#### **Bead Weaving**

Monday, October 23, 1:00-5:00 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.**

#### **Self-Hypnosis for Stress Relief & Pain Management**

Monday, October 23, 6:30-8:00 pm  
Tuesday, December 5, 6:30-8:00 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.



#### **What is Brachytherapy?**

Monday, October 30, 6:30-8:00 pm  
Learn more from Dr. Mitchell Kamrava, from Cedars-Sinai, about a form of radiotherapy used as an effective treatment for prostate, cervical, breast, and skin cancers as well as other tumor sites. Brachytherapy radiation sources can be precisely positioned at the tumor treatment site enabling a high dose of radiation to be applied to a small area.

#### **Quiet the Mind Meditation A Four Week Series**

Tuesdays, 1:30-2:30 pm,  
November 7, 14, 21 & 28  
Join Emily Gonzales, Chopra Center™ Certified Instructor to learn techniques for quieting the mind and shifting to a calm and balanced state of well-being. Learn tools to develop your own personal meditation practice.

#### **Understanding Medicare Benefits**

Monday, November 13, 3:00-5:00 pm  
Join Cristina Garcia from the Center for Health Care Rights (CHCR) for a discussion about Medicare and Medi-Cal eligibility, Medicare enrollment choices, and costs. Learn about critical dates for enrollment and details about all the different parts of coverage.

#### **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	Event Coordinator Danielle Gay
Director of Development Patricia Ostiller, JD, CFRE	Office Manager Richelle Mascaro
Program Director Laura Wending, MA, LMFT	Database Manager Julie Dungca
Program Coordinator Rachel Koonse, MA	

## Educational Opportunities

### Healthy Holiday Cooking

Tuesday, November 14, 6:30-8:00 pm  
The traditional holiday meal can still be a healthy meal. Pam Braun, late-stage cancer survivor, and author of *The Ultimate Anti-Cancer Cookbook*, will demonstrate how to make healthy versions of some of our fat-laden favorites. Kick off the holiday season with a healthy flair and impress this year's guests. Come hungry! There is usually lots of info, food, laughs, and hugs when Pam comes to visit.

### Beading Basics

Monday, November 20, 1:00-5:00 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 Licia Ramos. Materials will be provided and loaner tools are available for use. **Class size is limited so please pre-register.**

### Dietary Supplements and Meal Planning for Cancer Patients

Monday, November 27, 6:30-8:00 pm  
Join Dr. Amaliya Santiago, Naturopathic Doctor, to learn how dietary supplements and eating the right foods can improve your body's ability to fight cancer, reduce the side effects of treatment, and enhance recovery.

### Enhancing Communication in Stressful Times- A Three Part Series

Monday, Dec. 4, Dec. 11 & Dec. 18  
6:30-8:00 pm  
Join Nazare Magaz, PhD, to learn how to better manage communication in the family when strong feelings occur and wholesome communication breaks down. This three-part workshop series will give mentalization tools and teach techniques to enhance communication.

### Look Good, Feel Better

Tuesday, December 12, 10:00 am - 12:30 pm  
Women in active treatment learn to mitigate the appearance-related side effects of chemotherapy and radiation, demonstrated by a licensed cosmetologist sponsored by the ACS. Pre-registration required.

## Arcadia Community Center Programs

### Mandarin Cancer Patient Support Group

Second Wednesday of the Month

2:30 pm - 4:00 pm

普通話/國語癌症患者支持小組

每個月第二個星期三, 從下午 2:30 到 4:00

### English Cancer Patient Support Group

Second Tuesday of the Month

11:30 - 1:00 pm

沒有預先登記要求

No pre-registration required for Arcadia Groups

## Healthy Lifestyle

### Walking for Wellness

(at the Pasadena Rose Bowl)  
Mondays & Fridays, 5:00 pm  
Holly (626)296-3449 - CALL TO RSVP  
Wednesdays, 5:00 pm  
Vicki (626)905-1691 - CALL TO RSVP

### Yoga

Mondays, 12:30-1:30 pm  
Lorena Tapiero, Certified Yoga Instructor  
Tuesdays, 2:30-3:30 pm (Yin Yoga)  
Veronica Lockett, Certified Yoga Instructor  
Thursdays, 11:00 am-12:00 pm  
Korie Beth Brown, Certified Yoga Instructor  
Saturdays, 10:00-11:30 am (Gentle)  
Arlene Vidor, Certified Yoga Instructor  
Saturdays, Yoga En Espanol, 2:00-3:00 pm  
Lluvia Higuera, Certified Yoga Instructor

### 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 Heffernan, GCFP

### Crochet & Knitting

Mondays, 4:00-6:00 pm  
Maranda Ngue

### Pilates at Noon

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

### Dynamic Strength Training

Tuesdays, 5:30-6:15 pm  
Brandon Flowers and Rick Caputo, Certified Fitness Trainers

### Foto Fun with your Smart Phone

Wednesdays, 2:00-3:00 pm  
Catherine Bicknell

### Focus on Fun: Photography

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

### Tai Chi

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

### Journaling

Wednesdays, 11:00 am - 1:00 pm  
Thursdays, 11:00 am-1:00 pm  
Teri Poet

### 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, 1:30-2:30 pm  
Sylvia Holmes, Jo Anne Kindler, and Louise Wannier

### TRE® (Tension Release Exercises)

Thursdays, 5:00-6:00 pm  
Paula Cohen, Certified TRE Provider

## Special Events

### Love and Laughter with Jason Love

Tuesday, October 10  
6:30-8:30 pm  
Tuesday, November 28  
6:30-8:30 pm  
Join professional comedian, Jason Love and a couple of his closest friends, for laughter, food, and joy in the CSCP Community Room! An evening of PG-13 comedy for all CSCP members. Snacks will be provided by the CSCP Social Activities Committee and National Charity League Pasadena.

### Lunch and Learn About Charitable Gift Annuities

Monday, October 16  
11:30 am-1:00 pm  
Join Dan Maljanian from the Pasadena Community Foundation to learn how those individuals and couples 65 and older with a \$10,000+ investment can receive a secure, fixed income annuity in retirement for life all while making a generous gift to a favorite charity at the same time. A light lunch will be provided.

### Halloween Party

Wednesday, October 25  
6:00-7:30 pm  
Members of Children's Corner and their families are invited to join in the Halloween festivities for some food, fun, games, crafts, costumes and more! Dress in costume for Halloween prizes.










### Holiday Party

Friday, December 1  
6:00-8:30 pm  
Joins with CSCP members past and present to celebrate the holidays. Bring the family and a dish to share. Please sign up so we know how many tables and chairs we need. Desserts and drinks will be provided by the CSCP Social Activities Committee and National Charity League Pasadena.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>2</b></p> <p>11am-12pm Zumba 12:30-1:30pm Yoga 1-2pm Meditation 2-3pm Feldenkrais 4-6pm Knitting</p> <p>11am Support Groups 6:30pm Bereavement</p>	<p><b>3</b></p> <p>11am-1pm Orientation 12-1pm Pilates 2:30-3:30pm Yin Yoga 5:30-6:15pm Dynamic Strength Training</p>	<p><b>4</b></p> <p>1am-1pm Journaling 2-3pm Foto Fun 3-5pm Photography 5-6pm Tai Chi</p> <p>6pm Support Groups Children's Corner</p>	<p><b>5</b></p> <p>9am-12pm Watercolor 11am-12pm Yoga 11am-1pm Journaling 12:30-1:30pm Qi Gong 1:30-2:30pm Mindfulness 5-6pm TRE® 6-8pm Orientation 11:30am Lunch Bunch 7pm Support Groups</p>	<p><b>6</b></p> <p>CLOSED</p>	<p><b>7</b></p> <p>10-11:30am Gentle Yoga 12-2pm Grupo Fuerza Y Esperanza 2-3pm Yoga En Espanol</p>
<p><b>9</b></p> <p>11am-12pm Zumba 12:30-1:30pm Yoga 1-2pm Meditation 2-3pm Feldenkrais 4-6pm Knitting 6:30-8pm Immunotherapy 11am Support Groups 6:30pm Bereavement</p>	<p><b>10</b></p> <p>11am-1pm Orientation 11:30am-1pm Arcadia English Group 12-1pm Pilates 2:30-3:30pm Yin Yoga 3-4:30pm Cost of Care 5:30-6:15pm Dynamic Strength Training 6:30-8:30pm Love and Laughter</p>	<p><b>11</b></p> <p>11am-1pm Journaling 2-3pm Foto Fun 2:30-4pm Arcadia Mandarin Group 3-5pm Photography 5-6pm Tai Chi 6pm Support Groups Children's Corner</p>	<p><b>12</b></p> <p>9am-12pm Watercolor 11am-12pm Yoga 11am-1pm Journaling 12:30-1:30pm Qi Gong 1:30-2:30pm Mindfulness 5-6pm TRE® 6-8pm Orientation 11:30am Lunch Bunch 7pm Support Groups</p>	<p><b>13</b></p> <p>CLOSED</p>	<p><b>14</b></p> <p>10-11:30am Gentle Yoga 12-2pm Grupo Fuerza Y Esperanza 2-3pm Yoga En Espanol</p>
<p><b>16</b></p> <p>11am-12pm Zumba 11:30am-1pm Annuities 12:30-1:30pm Yoga 12:30-2pm Essential Oils 1-2pm Meditation 2-3pm Feldenkrais 4-6pm Knitting 11am Support Groups 6:30pm Bereavement</p>	<p><b>17</b></p> <p>10am-12pm Card Making Workshop 11am-1pm Orientation 12-1pm Pilates 2:30-3:30pm Yin Yoga 5:30-6:15pm Dynamic Strength Training</p>	<p><b>18</b></p> <p>11am-1pm Journaling 2-3pm Foto Fun 3-5pm Photography 5-6pm Tai Chi 6pm Support Groups Children's Corner</p>	<p><b>19</b></p> <p>9am-12pm Watercolor 11am-12pm Yoga 11am-1pm Journaling 12:30-1:30pm Qi Gong 1:30-2:30pm Mindfulness 5-6pm TRE® 5:30-6:45pm Dr. Chu 6-8pm Orientation 11:30am Lunch Bunch 7pm Support Groups</p>	<p><b>20</b></p> <p>CLOSED</p>	<p><b>21</b></p> <p>10-11:30am Gentle Yoga 12-2pm Grupo Fuerza Y Esperanza 2-3pm Yoga En Espanol</p>
<p><b>23</b></p> <p>11am-12pm Zumba 12:30-1:30pm Yoga 1-5pm Beadweaving 1-2pm Meditation 2-3pm Feldenkrais 4-6pm Knitting 6:30-8pm Self-Hypnosis 11am Support Groups 6pm Survivorship 6:30pm Bereavement</p>	<p><b>24</b></p> <p>11am-1pm Orientation 12-1pm Pilates 2:30-3:30pm Yin Yoga 5:30-6:15pm Dynamic Strength Training</p>	<p><b>25</b></p> <p>11am-1pm Journaling 2-3pm Foto Fun 3-5pm Photography 5-6pm Tai Chi 6-7:30pm Halloween Party 6pm Support Groups</p>	<p><b>26</b></p> <p>9am-12pm Watercolor 11am-12pm Yoga 11am-1pm Journaling 12:30-1:30pm Qi Gong 1:30-2:30pm Mindfulness 5-6pm TRE® 6-8pm Orientation 11:30am Lunch Bunch 7pm Support Groups</p>	<p><b>27</b></p> <p>CLOSED</p>	<p><b>28</b></p> <p>10-11:30am Gentle Yoga 12-2pm Grupo Fuerza Y Esperanza 2-3pm Yoga En Espanol</p>
<p><b>30</b></p> <p>11am-12pm Zumba 12:30-1:30pm Yoga 1-2pm Meditation 2-3pm Feldenkrais 4-6pm Knitting 6:30-8pm Brachytherapy 11am Support Groups 6:30pm Bereavement</p>	<p><b>31</b></p> <p>11am-1pm Orientation 12-1pm Pilates 2:30-3:30pm Yin Yoga 5:30-6:15pm Dynamic Strength Training</p>	<p>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</p>			<p>(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. Symptoms include fever, cough, runny or stuffy nose, body aches, headache, chills, unusual fatigue, diarrhea or vomiting.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 9 <sup>am</sup> -12 <sup>pm</sup> Watercolor 11 <sup>am</sup> -12 <sup>pm</sup> Yoga 11 <sup>am</sup> -1 <sup>pm</sup> Journaling 12:30-1:30 <sup>pm</sup> Qi Gong 1:30-2:30 <sup>pm</sup> Mindfulness 5-6 <sup>pm</sup> TRE ® 6-8 <sup>pm</sup> Orientation 11:30 <sup>am</sup> Lunch Bunch 7 <sup>pm</sup> Support Groups	3 CLOSED	4 10-11:30 <sup>am</sup> Gentle Yoga 12-2 <sup>pm</sup> Grupo Fuerza Y Esperanza 2-3 <sup>pm</sup> Yoga En Espanol
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27 11 <sup>am</sup> -12 <sup>pm</sup> Zumba 12:30-1:30 <sup>pm</sup> Yoga 1-2 <sup>pm</sup> Meditation 2-3 <sup>pm</sup> Feldenkrais 4-6 <sup>pm</sup> Knitting 6:30-8 <sup>pm</sup> Dietary Supplements & Meals 11 <sup>am</sup> Support Groups 6 <sup>pm</sup> Survivorship 6:30 <sup>pm</sup> Bereavement	28 11 <sup>am</sup> -1 <sup>pm</sup> Orientation 12-1 <sup>pm</sup> Pilates 1:30-2:30 <sup>pm</sup> Quiet the Mind Meditation 2:30-3:30 <sup>pm</sup> Yin Yoga 5:30-6:15 <sup>pm</sup> Dynamic Strength Training 6:30-8:30 <sup>pm</sup> Love and Laughter	29 11 <sup>am</sup> -1 <sup>pm</sup> Journaling 2-3 <sup>pm</sup> Foto Fun 3-5 <sup>pm</sup> Photography 5-6 <sup>pm</sup> Tai Chi 6 <sup>pm</sup> Support Groups Children's Corner	30 9 <sup>am</sup> -12 <sup>pm</sup> Watercolor 11 <sup>am</sup> -12 <sup>pm</sup> Yoga 11 <sup>am</sup> -1 <sup>pm</sup> Journaling 12:30-1:30 <sup>pm</sup> Qi Gong 1:30-2:30 <sup>pm</sup> Mindfulness 5-6 <sup>pm</sup> TRE ® 6-8 <sup>pm</sup> Orientation 11:30 <sup>am</sup> Lunch Bunch 7 <sup>pm</sup> Support Groups	Additional Resources in English & Spanish at the CSCP Helpline (888)793-9355	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>facebook.</b>	 <b>Instagram</b>		<b>1</b> 6-8:30pm <b>CSCP Holiday Party!</b> 	<b>2</b> 10-11:30am Gentle Yoga  12-2pm Grupo Fuerza Y Esperanza  2-3pm Yoga En Espanol	
<b>4</b> 11am-12pm Zumba 12:30-1:30pm Yoga 1-2pm Meditation 2-3pm Feldenkrais 4-6pm Knitting 6:30-8pm <b>Enhancing Communication</b> 11am Support Groups 6:30pm Bereavement	<b>5</b> 11am-1pm Orientation 12-1pm Pilates 2:30-3:30pm Yin Yoga 5:30-6:15pm Dynamic Strength Training 6:30-8pm <b>Self-Hypnosis</b>	<b>6</b> 11am-1pm Journaling 2-3pm Foto Fun 3-5pm Photography 5-6pm Tai Chi 6pm Support Groups Children's Corner	<b>7</b> 9am-12pm Watercolor 11am-12pm Yoga 11am-1pm Journaling 12:30-1:30pm Qi Gong 1:30-2:30pm Mindfulness 5-6pm TRE® 6-8pm Orientation 11:30am Lunch Bunch 7pm Support Groups	<b>CLOSED</b>	<b>9</b> 10-11:30am Gentle Yoga  12-2pm Grupo Fuerza Y Esperanza  2-3pm Yoga En Espanol
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CSCP hopes everyone enjoys their holidays with their families. We will be closed to spend time with ours from December 22nd to January 1st.

We'll see all of you January 2, 2018!



# Calendar of Free Events

## October•November•December 2017

### 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:** 11am–12:30 pm  
(2) Patient Groups  
6:30–8:00 pm  
Bereavement Group\*

**Wednesdays:** 6:00–7:30 pm  
(2) Patient Groups  
6:00–7:30 pm  
Family & Friends Group

**Thursdays:** 11:30 am - 1:00 pm  
Lunch Bunch Breast Cancer Group  
7:00–8:30 pm  
Patient Group  
7:00–8:30 pm  
Family & Friends Group

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

### Children's Corner

Wednesdays, 6-7:30 pm

For children and teens, ages 5 to 17 who have a parent or other loved one with, or recently deceased from, cancer.

Registration required:  
Call Laura Wending at 626-796-1083.

### 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.

#### Survivorship Group

4th Monday of each month, 6-7:30 pm  
This group is for people who have completed treatment and wish to discuss issues and concerns regarding survivorship.

### Thank you to our *Benefactors Society:*

#### 2017 Founding Benefactors

Anonymous  
General Finance Corporation  
Ellen and Harvey Knell  
Terri and Jerry Kohl  
Julie and Scott Nesbit  
RBC Wealth Management  
Rusnak Auto Group

#### 2017 Patrons

Melissa Alcorn  
Anderson & Murison  
Rosemari Annear  
Rebecca Bales  
LeAnn and Michael Healy  
Dana and Michael Naples  
Marie and John Queen  
Sue and Steve Silk  
Meg and John Symes  
Wells Fargo

Non-Profit Org.  
U.S. Postage  
PAID  
Pasadena, CA  
Permit No. 30

76 East Del Mar Boulevard  
Second Floor  
Pasadena, CA 91105  
626.796.1083  
626.796.0601 fax  
www.cscpasadena.org