



# CALENDAR OF EVENTS

FREE CANCER SUPPORT

## ARE YOU NEW TO THE WELLNESS COMMUNITY?

We provide free programs of education, emotional support, and hope for adults with cancer and their loved ones. Use this calendar to find out about our programs. **Learn more about our services by attending an Orientation Meeting, held Tuesday evenings at 7pm and Friday mornings at 10am.** A cancer survivor will introduce you to The Wellness Community programs and services. Adults with cancer, family members and friends meet with members of The Wellness Community, get valuable information about coping with cancer, and learn they are not alone.

## THE HEART OF OUR PROGRAM: WEEKLY SUPPORT GROUPS

On-going, professionally facilitated support groups for people with cancer and/or support persons are the heart of The Wellness Community. Adult group members of all ages and different types of cancer come together each week to support and learn from each other. Family members or significant others can explore new ways to support a loved one and healthy self-care. **Attendance at an Orientation Meeting and a brief preparation interview is necessary before joining a weekly Participant or Family support group.**

## PARTICIPANT GROUPS

(for person with cancer)

Tuesday, 10am

Joyce Boucher, LCSW, MFT

Tuesday, 1pm

Joyce Boucher, LCSW, MFT, in Oxnard, women only. Sponsored by the Cancer Center of Ventura County. No orientation or interview required.

Tuesday, 6pm

Joyce Boucher, LCSW, MFT

Wednesday, 10am

Jodi McIntosh, MFT, in Chatsworth

Wednesday, 6:30pm

Marty Nason, R.N., M.N.

Wednesday, 6pm

Maryana Palmer, MFT, in Camarillo, for family & cancer patients

Thursday, 10am

Anne Gessert, MFT

Thursday, 10am

Maryana Palmer, MFT

Thursday, 1:30pm

Maryana Palmer, MFT, at Ventura satellite, for women with breast cancer only

## FAMILY AND FRIENDS GROUP

(orientation meeting and interview required)

Wednesday, 6:30pm

Peggy Johnston, MA, MFT

## DROP-IN FAMILY AND FRIENDS GROUP

(no orientation or interview required)

Thursday, 10am

Jodi McIntosh, MFT

## PROGRAMS

### MIND/BODY PROGRAMS, RELAXATION AND STRESS MANAGEMENT

#### Yoga

These popular yoga classes utilize gentle stretching, movement, awareness, and breath to increase flexibility, aid in stress reduction, and promote a sense of well being. No previous yoga experience required. Please wear comfortable clothing and bring a mat, towel, or blanket to lie on.

#### Yoga for Stress Management

Mondays, 11:30am

Dave Kite, Registered Yoga Teacher, Certified Yoga Therapist

#### Beginning Yoga

Wednesdays, 4:30pm

Maggie Mellor, Certified Yoga Instructor

#### Gentle Yoga & Relaxation

Wednesdays, 7pm

Beth Cook & Linda Minoo, Certified Yoga Instructors

#### Gentle Yoga (Chatsworth)

Thursdays, 11am

Facilitated by Wendy Banks, Registered Yoga Teacher (RYT 500). Located at the **Jennifer Diamond Cancer Foundation**, 9410 Owensmouth Ave, Chatsworth. To RSVP call 818.407.1695.

#### Simple Guided Imagery Movement

Thursdays, 9:30am

Anne Gessert, MA, MFT. This simple practice combines beautiful music, gentle movement, and a simple guided imagery to help you feel connected to your inner strength. A peaceful and relaxing way to start the day.

#### Relaxation & Guided Imagery

Fridays, 12pm

Paula Getty-Shearer, Certified Hypnotherapist and former participant. Learn to take an active role in your healing process using imagery and relaxation techniques. Benefits may include reduced anxiety, enhanced immune system, more effective management of surgery and treatment side effects.

#### Qigong

Saturdays, 9am (No mtg April 24)

Jerry Durr; Victoria Cobb. Qi Gong is an ancient Chinese form of exercise that helps to “rebalance” the body’s healing capacities by activating energetic currents that flow through the body using mental focus, breath, and gentle movements.

Pictured above: Lianne Ingalla, a two-year survivor of breast cancer and a Wellness Community participant.

Opposite masthead: Rosemarie Zimmerman, a survivor of stomach cancer and a Wellness Community participant.

# CALENDAR OF EVENTS



## NETWORKING GROUPS

These cancer-specific groups are an opportunity to connect with others facing similar challenges. Each meeting is a drop-in forum to share solutions, experiences, and inspiration. Family and friends welcome. No interview or RSVP required.

### Brain Tumor

1st Thursday: 6:30pm  
Facilitators: Rebecca Dekker, MFT & Jodi McIntosh, MFT. Co-sponsored by National Brain Tumor Foundation.

### Colorectal Cancer

2nd and 4th Tuesdays: 6pm  
Facilitator: Maryana Palmer, MFT. At the Cancer Center of Ventura County, 1700 N. Rose Ave., Ste. 145, Oxnard. Sponsored by St. John's Regional Medical Center.

### Westlake ABC (After Breast Cancer) Group

2nd Thursday: 7pm  
Peer Facilitators: Sue Benvenuto & Irene Burns. Open to women who have or had breast cancer, newly diagnosed through long-term survival. Call Sue 805.750.4655 or Irene 805.495.5293.

### Multiple Myeloma

2nd Saturday: 11:30am  
Call Marty Nason at 805.379.4777 for details. Sponsored by International Myeloma Foundation.

### Gynecological Cancer (for women only)

1st and 3rd Mondays: 6:30pm  
Facilitator: Maryana Palmer, MFT. For women who have or had gynecological cancer.

### Prostate Cancer

3rd Saturday: 10:30am  
Facilitator: Kevin Axelrad, PhD.

### Leukemia and Lymphoma Society Group

3rd Thursday: 6:30pm (All blood cancers)  
Facilitator: Barbara Harris, LCSW. Sponsored by the Leukemia and Lymphoma Society and Los Robles Regional Medical Center.

## INFORMATION

### "Buddy Book"

Connect with someone with your type of cancer who has "been there."

### The Jennifer Diamond Cancer Research Library

Features books, pamphlets, and state of the art computers. Open Mon-Fri and Saturdays by appt. Library hours subject to change; please call ahead for library availability.

## SPECIAL CONCERNS GROUPS

### Transition Group - Thursdays: 6:30pm

For those who have experienced the loss of someone from cancer. Call Anne Gessert at 805.379.4777 prior to attending.

## CREATIVE EXPRESSIONS AND SOCIAL EVENTS

### Watercolor Class (Chatsworth)

Six-week watercolor classes offered on Tuesdays. Choose from morning class (10 am – 12:30 pm) or afternoon class (1:30 – 3:30 pm). Located at the **Jennifer Diamond Cancer Foundation**, 9410 Owensmouth Ave, Chatsworth. No experience needed. Enrollment is limited and pre-registration is required, 818.407.1695.

### Needle Arts: Women's Circle (Chatsworth)

Tuesdays: 1-3pm  
This drop-in women's group honors all traditional needle arts including knitting, crocheting, needlework, hand sewing, and quilting. Group leader Virginia Dare over 40 years experience in quilting and knitting. All levels of skill welcome; no experience or special equipment needed. Bring an ongoing project to work on or start a new one! Located at the **Jennifer Diamond Cancer Foundation**, 9410 Owensmouth Ave, Chatsworth. For more information call 818.407.1695.

### Knitting Club - "Knotty Knitters"

Tuesdays: 1pm  
Facilitator: Sherry Stern. Open to all levels of ability. Bring your yarn and needles or borrow ours!

### Kids Circle - Jump into Art and other Creative Activities

Tuesdays: 4pm  
Facilitated by Joyce Boucher, LCSW, MFT and Peggy Johnston, MA, MFT. For children 5-11 who have a parent or grandparent with cancer. Children are encouraged to express feelings through creative activities; parents are welcome to stay and chat. Call Joyce at 310.455.1779 or Peggy at 805.449-8318.

### Quilting Club

1st and 3rd Wednesdays: 1pm  
(Call for meeting location 805.379.4777)  
A dynamite group honoring the art of quilting. Express yourself and connect with others. Experience not necessary.

### Watercolor Art Class

2nd and 4th Tuesdays: 1pm  
Instructor: Smadar Knobler. Explore your imagination through the use of watercolors. No experience necessary.

## OFF-SITE PROGRAMS

### Camarillo Support Group

Wednesdays: 6pm  
For people with cancer and their family and friends. Camarillo Health Care District, 3639 E. Las Posas Rd., Suite 117, Camarillo.

For information call Marty Nason at 805.379.4777.

### Chatsworth Support Group

Wednesdays: 10am  
At the **Jennifer Diamond Cancer Foundation**, 9410 Owensmouth Ave, Chatsworth. Facilitated by Jodi McIntosh, MFT. Call 818.407.1695.

### Oxnard-Women's Support Group

Tuesdays: 1pm  
At The Cancer Center of Ventura County, 1700 N. Rose Ave., Ste 145, Oxnard. Sponsored by The Cancer Center of Ventura County, St. John's Regional Medical Center; facilitated by Wellness Community facilitator. Call 805.988.2641.

## SATELLITES

### Chatsworth Satellite

Located at the Jennifer Diamond Cancer Foundation, 9410 Owensmouth Ave, Chatsworth, CA 91311. Call Jodi McIntosh at 818.407.1695 for information or visit the Program Calendar page at [www.TwcVv.org](http://www.TwcVv.org).

### San Fernando Valley Satellite

19725 Sherman Way, Suite 270, Winnetka, CA 91306. Call 805.379.4777 for information or visit our website at [www.TwcVv.org](http://www.TwcVv.org).

### Ventura Satellite

Temporary location: Community Memorial Hospital Center for Family Health, 120 N. Ashwood Ave., Ventura, CA 93003. Call Marty Nason at 805.652.5612 or 805.379.4777 for information or visit our website at [www.TwcVv.org](http://www.TwcVv.org).

## PROGRAMS IN SPANISH

### West San Fernando Valley

"Bienvenidos A Wellness," a cancer support group, Tuesdays, 7pm, and Viernes Social, social activities, 3rd Fri, 7pm at 19725 Sherman Way, Ste. 270, Winnetka, CA 91306. Yoga, Kids Circle, and workshops also offered; call 805.379.4777 for details or visit [www.TwcVv.org](http://www.TwcVv.org).

### Oxnard

"Bienvenidos A Wellness," a cancer support group, 4th Friday, 6:30pm, at The Cancer Center of Ventura County, St. John's Regional Medical Center, 1700 N. Rose Avenue, #145, Oxnard. Call 805.379.4777 for information.

### Spanish Language Resources

Help line: 888.707.WELL (9355)  
<http://espanol.thewellnesscommunity.org>

# MARCH 2010 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 11:30am Yoga for Stress Management 6:30pm Gynecological Cancer Networking Group	<b>2</b> 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 7pm Orientation	<b>3</b> 4:30pm Beginning Yoga 6:30pm Quilting Club (not here) 7pm Gentle Yoga	<b>4</b> 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 6:30pm Brain Tumor Networking Grp	<b>5</b> 10am Orientation 12pm Relaxation & Guided Imagery	<b>6</b> 9am Qigong
<b>7</b> 2-4pm DANIEL'S DAY OF MAGIC 	<b>8</b> 11:30am Yoga for Stress Management 7-8pm COMEDY NIGHT	<b>9</b> 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1pm Watercolor Class 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 6pm Colorectal Networking Group 7pm Orientation	<b>10</b> 4:30pm Beginning Yoga 7pm Gentle Yoga	<b>11</b> 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 7pm Westlake ABC Group	<b>12</b> 10am Orientation 12pm Relaxation & Guided Imagery	<b>13</b> 9am Qigong 11:30am Multiple Myeloma Networking Group
<b>14</b>	<b>15</b> NO Yoga for Stress Management 6:30pm Gynecological Cancer Networking Group	<b>16</b> 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 7pm Orientation	<b>17</b> 4:30pm Beginning Yoga 6:30pm Quilting Club (not here) 7pm Gentle Yoga	<b>18</b> 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Leukemia & Lymphoma Networking Group 6:30pm Transition Group	<b>19</b> 10am Orientation 12pm Relaxation & Guided Imagery	<b>20</b> 9am Qigong 10:30am Prostate Cancer Networking Group LA Marathon *FUNDRAISING EVENT*
<b>21</b>	<b>22</b> 11:30am Yoga for Stress Management	<b>23</b> 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 1pm Watercolor Class 4pm Kids Circle 6pm Colorectal Networking Group 7pm Orientation	<b>24</b> 4:30pm Beginning Yoga 7pm Gentle Yoga	<b>25</b> 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 6:30-8:30pm MAINTAINING ORAL HEALTH	<b>26</b> 10am Orientation 12pm Relaxation & Guided Imagery	<b>27</b> 9am Qigong
<b>28</b>	<b>29</b> 11:30am Yoga for Stress Management	<b>30</b> 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 7pm Orientation	<b>31</b> 4:30pm Beginning Yoga 7pm Gentle Yoga			

# APRIL 2010 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 6:30pm Brain Tumor Networking Grp	<b>2</b> 10am Orientation 12pm Relaxation & Guided Imagery	<b>3</b> 9am Qigong
<b>4</b>	<b>5</b> 11:30am Yoga for Stress Management 6:30pm Gynecological Cancer Networking Group	<b>6</b> 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 7pm Orientation	<b>7</b> 1pm Quilting Club (not here) 4:30pm Beginning Yoga 7pm Gentle Yoga	<b>8</b> 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 7pm Westlake ABC Group	<b>9</b> 10am Orientation 12pm Relaxation & Guided Imagery	<b>10</b> 9am Qigong 11:30am Multiple Myeloma Networking Group
<b>11</b>	<b>12</b> 11:30am Yoga for Stress Management 7-8pm COMEDY NIGHT	<b>13</b> 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Watercolor Class 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 6pm Colorectal Networking Group 7pm Orientation	<b>14</b> 4:30pm Beginning Yoga 7pm Gentle Yoga	<b>15</b> 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30-8pm FENG SHUI BEAUTY 6:30pm Transition Group 6:30pm Leukemia & Lymphoma Networking Group	<b>16</b> 10am Orientation 12pm Relaxation & Guided Imagery	<b>17</b> 9am Qigong 10:30am Prostate Cancer Networking Group
<b>18</b>	<b>19</b> 11:30am Yoga for Stress Management 6:30pm Gynecological Cancer Networking Group 6:30pm MINDFULNESS-BASED STRESS REDUCTION	<b>20</b> 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 7pm Orientation	<b>21</b> 1pm Quilting Club (not here) 4:30pm Beginning Yoga 7pm Gentle Yoga	<b>22</b> 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30-8pm ESTATE PLANNING, TRUSTS & WILLS 6:30pm Transition Group	<b>23</b> 10am Orientation 12pm Relaxation & Guided Imagery  7:30-9pm KIDS CIRCLE STORY TIME	<b>24</b> NO Qigong
<b>25</b>	<b>26</b> 11:30am Yoga for Stress Management 6:30pm MINDFULNESS-BASED STRESS REDUCTION	<b>27</b> 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1pm Watercolor Class 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 6pm Colorectal Networking Group 7pm Orientation	<b>28</b> 4:30pm Beginning Yoga 7pm Gentle Yoga	<b>29</b> 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group	<b>30</b> 10am Orientation 12pm Relaxation & Guided Imagery  1:30-3pm CARING FOR THE CAREGIVER	

# WHAT'S HAPPENING IN MARCH & APRIL...

## Run for Hope: The LA Marathon 5K \* FUNDRAISING EVENT \*

**Saturday, March 20**

Join Team Wellness to run or walk the LA Marathon 5K while raising money for TWC V/V! Participate in honor of someone you know who has been touched by cancer, celebrate your survivorship, or just show your support, all while meeting new people and making a difference in the lives of people affected by cancer. Details and registration available at [www.TwcVv.org](http://www.TwcVv.org).

## Maintaining Oral Health During Cancer Treatment with Flora Stay, DDS

**Thursday, March 25, 6:30-8:30 pm**

Aggressive cancer therapy can have a powerful effect on normal cells, as well as cancer cells. The mouth is especially prone to damage from cancer treatments. Flora Stay, D.D.S. will discuss the importance of oral health for cancer patients, managing side effects, and preventing painful oral complications during cancer treatment. Dr. Stay earned her Doctor of Dentistry degree from UC San Francisco; she is a professor in the Department of Diagnostic Sciences at USC and clinical instructor in the Department of Periodontology at UCLA. Please RSVP 805.379.4777.

## Comedy Night: Laughter IS the Best Medicine!

**Monday, April 12, 7:00 – 8:00 pm**

Laugh the night away as a stand-up comedian entertains you and your friends at The Wellness Community Valley/Ventura. Part of an ongoing series of Comedy Nights made possible by the funds raised at the Stand Up for Cancer Survivors fundraiser held in 2009. Performers TBA. Please RSVP 805.379.4777.

## Feng Shui Beauty with Billy Yamaguchi

**Thursday, April 15, 6:30 – 8:00 pm**

Celebrity hairstylist and Feng Shui Beauty Master Billy Yamaguchi utilizes the five elements of Feng Shui to identify each client's personal energy element. Billy has developed cutting, coloring, and massage techniques for each of the five elements. Billy will show how to apply this energy philosophy and learn how to improve confidence, make choices that match your energy element, and find better balance in your life. Learn beauty tips for minimizing hair loss including eyebrows and lashes. Billy Yamaguchi was the first to adapt Feng Shui techniques to the beauty industry. His salons, located in Ventura, La Quinta, Carlsbad, Coronado Island, and Westlake Village, have been voted among the top 20 salons in the U.S. He was selected by Hair Color USA among the top colorists internationally. Please RSVP 805.379.4777.

## Mindfulness-Based Stress Reduction

**Mondays from 6:30 to 8:30 pm, 8 weeks, April 19 - June 7.**

**(Except week of May 10 - class will be held on Tuesday, May 11)**

Combines meditation, gentle yoga, readings and group discussions to promote stress reduction and relaxation. Space is limited. Please RSVP 805.379.4777.

## Estate Planning, Trusts & Wills: What would you like to know? with Ken Kossoff, Esq.

**Thursday, April 22, 6:30 – 8:00 pm**

Bring your concerns and questions about estate planning, trusts, and wills to this lively discussion with attorney Ken Kossoff. Ken is qualified to discuss any type of estate planning issue from pet trust law to blended families and everything in between. No issue is too obscure! He will also provide an update on estate tax repeal. Ken Kossoff is a certified Specialist in Estate Planning, Probate & Trust Law by the State Bar of California Board of Legal Specialization. Ken teaches continuing education courses for attorneys, CPAs and other advisors. He is also a long time TWCVV board member and past Board Chair. Please RSVP 805.379.4777.

## Kids Circle Story Time

**Friday, April 23, 7:30 – 9:00pm**

Can giraffes dance? Do pandas wear shorts? Is there really a "Stinky Cheese Man"? Join us for a delightful evening of storytelling when invited guests John and Elly Schneider bring these fun stories to life. John Schneider has been in the public eye consistently for the past 30 years, beginning with his role as Bo Duke on the hit television show *The Dukes of Hazzard*. John and his wife Elly have supported TWCVV by participating in two Holiday Homes Tours and leading a Kids Circle Sing-Along in 2009. Kids of all ages, including parents and grandparents, are welcome. Giggling required; jammies optional. Cookies and hot cocoa provided. Please RSVP 805.379.4777.

## Care for the Caregiver with Molly Rockey

**Friday, April 30, 1:30 – 3pm**

We take care of our loved ones, while keeping all other areas of our busy lives together. We're available in the middle of the night, sometimes providing intimate care we don't feel trained or qualified for. In the midst of caring for someone with a life-threatening illness, we sometimes forget to take care of ourselves. Learn about the five important ways we can keep ourselves healthy and in balance, and in doing so take better care of our loved ones. Molly Rockey is an ordained minister and Spiritual Leader of Unity of the Oaks church in Thousand Oaks. As Patient Services Director of The ALS Association, Greater LA Chapter she created inspirational programs for caregivers, patients and healthcare professionals. She has been the caregiver for her husband Ed Rockey who is a two-time cancer survivor. Molly will share the tools that helped her most. Please RSVP 805.379.4777.

## SAVE THE DATE!

## 19th Anniversary Gala \* FUNDRAISING EVENT \*

**Friday, May 7, 6:30pm-midnight**

Help us celebrate our 19<sup>th</sup> anniversary Gala at the Four Seasons Hotel in Westlake Village! Look for details in the April/May calendar and at [www.TwcVv.org](http://www.TwcVv.org).