

# 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 in English and Spanish that are offered at a variety of locations in the San Fernando Valley and Ventura County. **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 weekly groups that are starred (\*).**

#### SUPPORT GROUPS: For people with cancer

Tuesday, 10-11:30am\*  
Joyce Boucher, LCSW, MFT

Support Group for Women with Cancer  
Tuesday, 1-2:30pm  
Joyce Boucher, LCSW, MFT, in Oxnard

Tuesday, 6:30-8pm\*  
Joyce Boucher, LCSW, MFT

Wednesday, 6-8pm\*  
Marty Nason, R.N., M.N.

Thursday, 10-11:30am\*  
Anne Gessert, MFT

Thursday, 10-11:30am\*  
Maryana Palmer, MFT

Support Group for Women with Breast Cancer  
Thursday, 1:30-3pm  
Gina Cole, MFT, in Ventura

#### SUPPORT GROUPS: For family and friends

Wednesday, 6-8pm\*  
Peggy Johnston, MA, MFT

Thursday, 10-11:30am  
Marty Nason, R.N., M.N. Drop-in group: no orientation or interview required.

Thursday, 11:30-1pm (On Hiatus)  
Gina Cole, MFT, in Ventura

#### SUPPORT GROUPS: For family & cancer patients

Wednesday, 6-7:30pm  
Gina Cole, MFT, in Ventura

Wednesday, 6-7:30pm  
Maryana Palmer, MFT, in Camarillo

Thursday, 4-5:30pm  
Maryana Palmer, MFT, in Ventura

#### Online Support Groups

Professionally facilitated online support groups for people with cancer and loved ones. Visit [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org) for information.

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

#### Yoga

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

#### Beginning Yoga

Wednesdays, 4:30-5:30pm  
Beth Cook and Linda Minoo, Certified Yoga Instructors

Wednesdays, 7-8pm  
Beth Cook and Linda Minoo, Certified Yoga Instructors

Fridays, 10:30-11:30am (NO class 2/17)  
Phyllis Paul, Certified Yoga Instructor

#### Gentle Yoga (Winnetka)

Wednesdays, 11am-12pm  
Led by Angela Reiner, AFAA Certified Instructor. Our Redeemer Lutheran Church, North Hall, 8520 Winnetka Ave., Winnetka 818.407.1695

#### Yoga with Wendy (Winnetka)

Thursdays, 3-4pm  
Led by Wendy Banks, Registered Yoga Teacher. Our Redeemer Lutheran Church, North Hall 8520 Winnetka Avenue, Winnetka 818.407.1695

#### Restorative Yoga (Ventura)

Tuesdays, 2pm  
Tobi Redlich, Certified Yoga Instructor  
CMH Cancer Resource Center, 2900 Loma Vista Rd. Ste 103, Ventura

#### Level I Yoga (Ventura)

Tuesdays, 4pm  
Tobi Redlich, Certified Yoga Instructor  
CMH Cancer Resource Center, 2900 Loma Vista Rd. Ste 103, Ventura

#### Bilingual Gentle Yoga (Winnetka)

Wednesdays, 6:30-7:30pm, Mari Paz Garcia.  
Our Redeemer Lutheran Church, North Hall 8520 Winnetka Avenue, Winnetka 818.407.1695

#### Bilingual Strength-Training Yoga (Winnetka)

Wednesdays, 7:30-8:30pm, Mari Paz Garcia.  
Our Redeemer Lutheran Church, North Hall 8520 Winnetka Avenue, Winnetka 818.407.1695

#### Open Sitting Meditation Group

First Monday of the month, 7pm  
Catherine Baum. All meditators are welcome. We will check in with each other and discuss what we are taking in (mentally and physically) and how it affects us. We will practice silent sitting.

#### Relaxation & Guided Imagery

Learn how to take an active role in your healing process using imagery and relaxation techniques. Benefits may include reduced anxiety, enhanced immune system, and more effective management of surgery and treatment side effects.

- Fridays, 12pm  
Paula Getty-Shearer
- Mondays, 10:30am-12pm (Winnetka)  
Marilyn Stolzman, PhD MFT  
Our Redeemer Lutheran Church, North Hall, 8520 Winnetka Avenue, Winnetka 818.407.1695

#### Qigong

Saturdays, 9am  
Jerry Durr and 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.



# 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 & Maryana Palmer, MFT. Co-sponsored by National Brain Tumor Foundation.

### Colorectal Cancer (Oxnard)

2nd and 4th Tuesdays: 6pm  
Facilitator: Maryana Palmer, MFT

### Gynecological Cancer (for women only)

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

### Leukemia and Lymphoma Society Group

3rd Thursday: 6:30pm (NO mtg 2/16)  
(All blood cancers)  
Facilitator: Barbara Harris, LCSW. Sponsored by the Leukemia and Lymphoma Society and Los Robles Regional Medical Center.

### Lung Cancer Networking Group

1st and 3rd Tuesday: 6:30pm  
Facilitator: Peggy Johnston, MA, MFT. People with lung cancer can connect with others.

### Multiple Myeloma

2nd Saturday: 11:30am  
Email westlakemyeloma@yahoo.com for details.  
Sponsored by International Myeloma Foundation.

### Prostate Cancer

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

### Men's Prostate Cancer Support Group

2nd and 4th Wednesday, 6:30-8pm  
Facilitator: Kevin Axelrad, PhD. This group is in addition to the Prostate Networking Group, which continues as usual.

### 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.

### Wellness Alumni Group

1st and 3rd Wednesday: 6:30-8pm  
Open to care partners and cancer survivors who have finished treatment.

### Support Group for Young Adults

1st and 3rd Monday: 6:30pm  
Open to men and women, ages 18-39, who are in search of a support circle with fellow cancer survivors. Facilitated by Gina Cole, MFT.

## 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; call ahead.

## SPECIAL CONCERNS GROUPS

### Stage IV - A Discussion Group

First Thursday of the month, 6:00-7:30 pm  
Facilitated by Marty Nason, RN, MN, Vice-President of Programs. Limited to individuals with stage IV cancer. Please RSVP by calling 805.379.4777.

### Bereavement 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

### Community Lunches

Last Thursday of the month, 11:30am  
Join us for lunch and connect with other participants. Please RSVP by calling 805.379.4777.

### Knitting Club - "Knotty Knitters"

Tuesdays: 1pm  
Facilitator: Sherry Stern. Open to all ability levels. Bring your supplies or borrow ours!

### 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. This is not a class.

### Quilting

1st and 3rd Tuesdays: 10-11:30am  
Our Redeemer Lutheran Church, North Hall  
8520 Winnetka Avenue, Winnetka, CA 91306.  
Call 818.407.1695.

### Watercolor Art Class

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

## CHILDREN'S PROGRAMS

Support, Education and Hope for Families with a Child with Cancer. Counseling available.

### Family Dinner and Support groups for parents, child with cancer and siblings

1st Thursday of the month, 6-8pm  
Location: the CMH Cancer Resource Center  
Provided in collaboration with The Wellness Community, Landon Pediatric Foundation, Ventura County Medical Center's Pediatric Hematology/Oncology, St. John's Cancer Center, The Teddy Bear Foundation, American Cancer Society and CMH Cancer Resource Center. Please RSVP and for information 805-652-5459 or 805-308-9941.

### Kids and Teen Circle

For children 5 and up who have a parent or grandparent with cancer. Children are encouraged to express feelings through creative activities; parents are welcome to stay and chat. Kids and Teen Circle is offered at the following locations:

- Westlake Village: Tuesdays: 4pm  
Facilitated by Joyce Boucher, LCSW, MFT and Peggy Johnston, MA, MFT. Call Joyce, 310.455.1779 or Peggy, 805.449.8318.

- Oxnard (Bilingual): Thursdays, 6:30-8pm  
Facilitated by A. Diane Martell, LMFT. 1700 N. Rose Avenue, Suite 145, Oxnard, 93030. 805.988.2641.
- Winnetka (Bilingual):  
Mondays except first Monday of month, 6:30-8:30pm  
Facilitated by Jacqueline Nederlk, MSW.  
Our Redeemer Lutheran Church, North Hall  
8520 Winnetka Avenue, Winnetka.  
818.407.1695

## OFF-SITE LOCATIONS

All off-site groups are facilitated by Wellness Community facilitators.

### Camarillo Support Group

Camarillo Health Care District, 3639 E. Las Posas Rd., Suite 117, Camarillo. 805.379.4777.

### Ventura Support Groups

CMH Cancer Resource Center, 2900 Loma Vista Rd. Ste 103, Ventura. 805.652.5459.

## SATELLITES

### Winnetka Satellite (Previously Chatsworth Satellite)

Our Redeemer Lutheran Church, North Hall  
8520 Winnetka Avenue, Winnetka  
Support Groups, Yoga and Kids Circle offered. Call 818.407.1695

### Oxnard Satellite

Cancer Center of Ventura County, St. John's Regional Medical Center, 1700 N. Rose Avenue, Suite 145, Oxnard. Call 805.988.2641. For details see the Oxnard Satellite calendar.

## PROGRAMS IN SPANISH

### San Fernando Valley (Winnetka Satellite)

"Bienvenidos A Wellness," a cancer support group, Mondays except 1st Mon. of month, 6:30-8:30pm, Our Redeemer Lutheran Church, 8520 Winnetka Avenue, Winnetka. Yoga, Kids Circle, Social Mondays and workshops offered; For more details see the Spanish calendar or call 818.407.1695

### Oxnard (Satellite)

Support groups for Latina women with cancer, women with breast cancer and both men and women with cancer and their loved ones. For details see the Oxnard Satellite calendar, Cancer Center of Ventura County, St. John's Regional Medical Center, 1700 N. Rose Avenue, #145, Oxnard. 818.988.2641.

## LOCATION GUIDE

**BLUE - WESTLAKE VILLAGE.** The Wellness Community Valley/Ventura  
530 Hampshire Rd, Westlake Village, CA 91361

### BROWN - WINNETKA (Previously the Chatsworth Satellite)

Our Redeemer Lutheran Church, North Hall  
8520 Winnetka Avenue, Winnetka, CA 91306

### ORANGE - VENTURA. Community Memorial Hospital Cancer Resource Center

2900 Loma Vista Rd Ste 103, Ventura, CA 93003  
Programs sponsored by Community Memorial Hospital.

**PURPLE - OXNARD.** St. John's Cancer Center of Ventura County  
1700 N. Rose Ave, Ste 145, Oxnard, CA 93030  
Programs sponsored by St. John's Regional Medical Center.

**PINK - CAMARILLO.** Camarillo Health Care District  
3639 E. Las Posas Rd., Ste 117, Camarillo, CA 93010

**TEAL-OFFSITE Programs-see description**

# FEBRUARY 2012 CALENDAR OF EVENTS

*National Cancer Prevention Month*

## SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			<b>1</b> 11am Gentle Yoga (Winnetka) 1pm Quilting Club 4:30pm Beginning Yoga 6:30pm Wellness Alumni Group 6:30pm Bilingual Gentle Yoga (Winnetka) 7pm Gentle Yoga 7:30pm Bilingual Strength-Training Yoga (Winnetka)	<b>2</b> 10am Family & Friends Drop-In Group 3pm Yoga with Wendy (Winnetka) 6pm STAGE IV - A DISCUSSION GROUP 6pm Family Dinner Support Group (child with cancer) (Ventura) 6:30pm Bereavement Group 6:30pm Kids and Teen Circle (Oxnard) 6:30pm Brain Tumor Networking Group	<b>3</b> 10am Orientation 10:30am Gentle Yoga 12pm Relaxation & Guided Imagery	<b>4</b> 9am Qigong
<b>5</b>	<b>6</b> 10:30am Relaxation & Visualization (Winnetka) 6:30pm Gynecological Cancer Networking Group 6:30pm Young Adult Survivor Group 7pm Meditation Group	<b>7</b> 10am Quilting (Winnetka) 1pm Knitting Club 4pm Kids and Teen Circle 4pm Yoga (Ventura) 6:30pm Lung Cancer Networking Group 6:30pm There's HOPE in HOsPicE 7pm Orientation	<b>8</b> 11am Gentle Yoga (Winnetka) 4:30pm Beginning Yoga 6:30pm Prostate Cancer Support Grp 6:30pm Bilingual Gentle Yoga (Winnetka) 7pm Gentle Yoga 7:30pm Bilingual Strength-Training Yoga (Winnetka)	<b>9</b> 10am Family & Friends Drop-In Group 3pm Yoga with Wendy (Winnetka) 6:30pm Bereavement Group 6:30pm Kids and Teen Circle (Oxnard) 7pm Westlake ABC Group	<b>10</b> 10am Orientation 10:30am Gentle Yoga 12pm Relaxation & Guided Imagery	<b>11</b> 9am Qigong  11:30am Multiple Myeloma Networking Group  Book Sale at the Oaks runs everyday thru February 19 *FUNDRAISER*
<b>12</b>	<b>13</b> 10:30am Relaxation & Visualization (Winnetka) 6:30pm Kids and Teen Circle (Winnetka) 7pm MERV'S COMEDY NIGHT	<b>14</b> 1pm Knitting Club 1pm Watercolor Class 4pm Kids and Teen Circle 4pm Yoga (Ventura) 6pm Colorectal Networking (Oxnard) 7pm Orientation	<b>15</b> 11am Gentle Yoga (Winnetka) 1pm Quilting Club 4:30pm Beginning Yoga 6:30pm Wellness Alumni Group 6:30pm Bilingual Gentle Yoga (Winnetka) 7pm Gentle Yoga 7:30pm Bilingual Strength-Training Yoga (Winnetka)	<b>16</b> 10am Family & Friends Drop-In Group 3pm Yoga with Wendy (Winnetka) 6:00pm LOOK GOOD...FEEL BETTER 6:30pm Bereavement Group 6:30pm Kids and Teen Circle (Oxnard) NO Leukemia & Lymphoma Grp	<b>17</b> 10am Orientation NO Gentle Yoga 12pm Relaxation & Guided Imagery	<b>18</b> 9am Qigong  10:30am Prostate Cancer Networking Group
<b>19</b>  Book Sale at the Oaks Last Day *FUNDRAISER*	<b>20</b> 10:30am Relaxation & Visualization (Winnetka) 6:30pm Kids and Teen Circle (Winnetka) 6:30pm Gynecological Cancer Networking Group 6:30pm Young Adult Survivor Group	<b>21</b> 10am Quilting (Winnetka) 1pm Knitting Club 4pm Kids and Teen Circle 4pm Yoga (Ventura) 6:30pm Lung Cancer Networking Group 7pm Orientation	<b>22</b> 11am Gentle Yoga (Winnetka) 4:30pm Beginning Yoga 6:30pm Prostate Cancer Support Grp 6:30pm Bilingual Gentle Yoga (Winnetka) 7pm Gentle Yoga 7:30pm Bilingual Strength-Training Yoga (Winnetka)	<b>23</b> 10am Family & Friends Drop-In Grp 11:30am COMMUNITY LUNCH 3pm Yoga with Wendy (Winnetka) 4pm VEGETARIAN MEALS WITH HEART 6:30pm Kids and Teen Circle (Oxnard) 6:30pm Bereavement Group	<b>24</b> 10am Orientation 10:30am Gentle Yoga 12pm Relaxation & Guided Imagery	<b>25</b> 9am Qigong

<b>26</b>  1pm Conejo Valley Cupcake Camp *FUNDRAISER*	<b>27</b> 10:30am Relaxation & Visualization (Winnetka) 6:30pm Kids and Teen Circle (Winnetka) 6:30pm TRAVEL DOWN UNDER	<b>28</b> 12pm TAMALES MAKING 1pm Knitting Club 1pm Watercolor Class 4pm VEGETARIAN MEALS WITH HEART 4pm Kids and Teen Circle 4pm Yoga (Ventura) 6pm Colorectal Networking (Oxnard) 7pm Orientation	<b>29</b> 11am Gentle Yoga (Winnetka) 4:30pm Beginning Yoga 6:30pm Bilingual Gentle Yoga (Winnetka) 7pm Gentle Yoga 7:30pm Bilingual Strength-Training Yoga (Winnetka)
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<b>LOCATION GUIDE</b> BLUE - WESTLAKE VILLAGE. The Wellness Community Valley/ Ventura 530 Hampshire Rd., Westlake Village, CA 91361  BROWN - WINNETKA (Previously the Chatsworth Satellite) Our Redeemer Lutheran Church, North Hall 8520 Winnetka Avenue, Winnetka, CA 91306	ORANGE - VENTURA. Community Memorial Hospital Cancer Resource Center 2900 Loma Vista Rd Ste 103, Ventura, CA 93003. Programs sponsored by Community Memorial Hospital.  PURPLE - OXNARD. St. John's Cancer Center of Ventura County 1700 N. Rose Ave, Ste 145, Oxnard, CA 93030. Programs sponsored by St. John's Regional Medical Center.  PINK - CAMARILLO. Camarillo Health Care District 3639 E. Las Posas Rd., Ste 117, Camarillo, CA 93010
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# MARCH 2012 CALENDAR OF EVENTS

National Colorectal Cancer Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>LOCATION GUIDE</b> (See Feb. calendar for addresses)</p> <p><b>BLUE - WESTLAKE VILLAGE.</b></p> <p><b>BROWN - WINNETKA</b> (Previously the Chatsworth Satellite)</p>		<p><b>ORANGE - VENTURA.</b> Sponsored by Community Memorial Hospital.</p> <p><b>PURPLE - OXNARD.</b> Programs sponsored by St. John's Regional Medical Center.</p> <p><b>PINK - CAMARILLO.</b></p>			<p><b>1</b> 10am Family &amp; Friends Drop-In Group 3pm Yoga with Wendy (Winnetka) 6pm STAGE IV - A DISCUSSION GROUP 6pm Family Dinner Support Group (child with cancer) (Ventura) 6:30pm Bereavement Group 6:30pm Kids and Teen Circle (Oxnard) 6:30pm Brain Tumor Networking Group</p>	<p><b>2</b> 10am Orientation 10:30am Gentle Yoga 12pm Relaxation &amp; Guided Imagery</p>	<p><b>3</b> 9am Qigong</p>
<p><b>4</b></p>	<p><b>5</b> 10:30am Relaxation &amp; Visualization (Winnetka) 6:30pm Gynecological Cancer Networking Group 6:30pm Young Adult Survivor Group 7pm Meditation Group</p>	<p><b>6</b> 10am Quilting (Winnetka) 1pm Knitting Club 4pm Kids and Teen Circle 4pm Yoga (Ventura) 6:30pm Lung Cancer Networking Group 7pm Orientation</p>	<p><b>7</b> 11am Gentle Yoga (Winnetka) 1pm Quilting Club 4:30pm Beginning Yoga 6:30pm Wellness Alumni Group 6:30pm Bilingual Gentle Yoga (Winnetka) 7pm Gentle Yoga 7:30pm Bilingual Strength-Training Yoga (Winnetka)</p>	<p><b>8</b> 10am Family &amp; Friends Drop-In Group 3pm Yoga with Wendy (Winnetka) 6:30pm Bereavement Group 6:30pm Kids and Teen Circle (Oxnard) 7pm Westlake ABC Group</p>	<p><b>9</b> 10am Orientation 10:30am Gentle Yoga 12pm Relaxation &amp; Guided Imagery</p>	<p><b>10</b> 9am Qigong 11:30am Multiple Myeloma Networking Group 1:30pm THE "WRITE" WAY TO FIND A JOB</p>	
<p><b>11</b> 2-4pm DANIEL'S DAY OF MAGIC</p>	<p><b>12</b> 10:30am Relaxation &amp; Visualization (Winnetka) 6:30pm Kids and Teen Circle (Winnetka) 7pm MERV'S COMEDY NIGHT</p>	<p><b>13</b> 1pm Watercolor Class 1pm Knitting Club 4pm Kids and Teen Circle 4pm Yoga (Ventura) 6pm Colorectal Networking (Oxnard) 7pm Orientation</p>	<p><b>14</b> 11am Gentle Yoga (Winnetka) 4:30pm Beginning Yoga 6:30pm Prostate Cancer Support Group 6:30pm Bilingual Gentle Yoga (Winnetka) 7pm Gentle Yoga 7:30pm Bilingual Strength-Training Yoga (Winnetka)</p>	<p><b>15</b> 10am Family &amp; Friends Drop-In Group 3pm Yoga with Wendy (Winnetka) 6:30pm Bereavement Group 6:30pm Kids and Teen Circle (Oxnard) 6:30pm Leukemia &amp; Lymphoma Networking Group 6:30pm CHEMO BRAIN</p>	<p><b>16</b> 10am Orientation 10:30am Gentle Yoga 12pm Relaxation &amp; Guided Imagery</p>	<p><b>17</b> 9am Qigong 10:30am Prostate Cancer Networking Group</p>	
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# WHAT'S HAPPENING IN FEBRUARY & MARCH...

\*See first page of calendar for weekly support groups and the second page for networking support groups\*

**THE WELLNESS COMMUNITY VALLEY/VENTURA HAS RELOCATED ITS CHATSWORTH SATELLITE TO OUR REDEEMER LUTHERAN CHURCH, NORTH HALL, 8520 WINNETKA AVE., WINNETKA. FOR MORE INFORMATION, PLEASE CALL 818.269.9582.**

## CHILDREN WITH CANCER

Family Dinner and Support groups for parents, child with cancer and siblings

1st Thursday of the month, 6-8pm

Held at Community Memorial Hospital Cancer Resource Center

2900 Loma Vista Rd Ste. # 105, Ventura, CA 93003

For more information or to RSVP, please call 805-652-5459 or 805-308-9941.

## STAGE IV - A DISCUSSION GROUP

Thursday, February 2 & March 1, 6:00-7:30 pm

Facilitated by Marty Nason, RN, MN, Vice-President of Programs, this is an opportunity to meet others with Stage IV cancer and to share your thoughts, feelings and experiences with this special group. Limited to individuals with stage IV cancer. R.S.V.P. 805.379.4777.

## There's HOPE in HOspice: with Beth Kin, MS OCN

Tuesday, February 7, 6:30-8:00 pm

What is hospice? How will I know it's time to call hospice? What services are provided for me and my family? Who pays for it? These are just a few of the questions that will be discussed at this informal workshop led by Hospice expert and Wellness Community Co-Founder Beth Kin. Hospice can be a scary topic to consider, but learning about it can demystify it and increase your sense of control. Learning about hospice is not giving up... it is about finding hope for one's final journey---whenever that may be. Beth Kin, an Oncology Nurse Specialist for over 25 years, has a vast amount of oncology experience including working at Los Robles Hospital on Oncology, doing cancer research for Amgen's Oncology products (NEUPOGEN and NEULASTA), and providing home health and hospice care. Beth has most loved working with the dying and considers this to be her specialty. She is the co-founder of the Wellness Community Valley/Ventura. Space is limited, please RSVP 805.379.4777.

## New and Used Book Sale at The Oaks \*Fundraiser\*

February 11-19, 2012

New and Used Book Sale at The Oaks Shopping Center in Thousand Oaks. All proceeds benefit The Wellness Community Valley/Ventura. To learn how to donate books, please call 805.379.4777. Please DO NOT drop books off at the Wellness Community! Thank you!!

## Merv's Comedy Night: Laughter IS the Best Medicine!

Monday, February 13 & March 12, 7:00 - 8:00 pm

Laugh the night away as a stand-up comedian entertains you and your friends! This ongoing series was created by Merv Kopp, who truly believed that laughter was the best medicine. Comedian TBA. Please RSVP 805.379.4777.

## Look Good... Feel Better

Thursday, February 16, 6:00-8:00 pm

Look Good, Feel Better helps women in active cancer treatment learn techniques to restore their self-image and cope with appearance-related side effects. Certified beauty professionals provide tips on caring for your skin, hair styling with wigs and accessories, and makeup techniques. This program is provided by the American Cancer Society in partnership with the Professional Beauty Association/National Cosmetology Association. Space is limited. Please RSVP 800.227.2345.

## Vegetarian Meals with Heart with Christine Carr, Certified Nutrition Educator

Thursday, February 23, 4:00-5:30 pm and February 28, 4:00-5:30 pm

Come explore a heart healthy, plant-based diet that does not rely on soy or dairy products as meat substitutions. Tantalize your taste buds with a smoky mushroom-filled quesadilla, braised broccoli and white beans over whole grain pasta, and a Moroccan vegetable stew over whole wheat couscous. Christine Carr earned her nutrition certification from Bauman College of Holistic Nutrition & Culinary Arts. Christine is a Nutrition Educator and cooking instructor who offers individual and group programs that teach simple straightforward methods of preparing whole, fresh, seasonal foods. Space is limited. Please RSVP 805.379.4777.

## Conejo Valley Cupcake Camp \*Fundraiser\*

Sunday, February 26, 1:00-4:00 pm

Held at the Westlake Village Inn

Presented by Cupcakes for Cancer to benefit The Wellness Community. For more information, call 805.379.4777.

## Travel Down Under: Escape on a Virtual Excursion to Australia and New Zealand

by Maureen Augustyn and Leean Nemeroff

Monday, February 27, 6:30-8:00 pm

Take a break from every day stressors, energize your body and enrich your soul during a virtual excursion to Australia and New Zealand. Boost your immune system and let your imagination run wild on TWC's first virtual vacation. See pictures and films of this beautiful part of the world, hear stories from a world traveler, taste Aussie snacks, enjoy an interactive trivia game and win fun Aussie-inspired prizes! Go down under with us on this stress-free virtual escape! Kids and adults of all ages are welcome. Maureen Augustyn has traveled throughout North America and Europe and is a Wellness Community participant. Leean Nemeroff is a world traveler who has visited all seven continents and traveling "down under" was her all-time favorite.

## Tamale Making with Kathy Magnone

Tuesday, February 28, 12:00-1:30 pm

Kathy is a Wellness Community participant who will demonstrate her Christmas tradition of making fresh tamales. The workshop will be followed by a tamale tasting lunch. Space is limited.

## The "Write" Way to Find a Job with Clair Levy, career coach and survivor

Saturday, March 10, 1:30-4:30 pm

Transitioning back into the workforce or into a new career after surviving cancer can be very challenging. Are you unemployed or just thinking about changing jobs? When was the last time you updated your resume? Developing the right written communications strategy in your job search is the first step toward successfully obtaining gainful employment. Clair Levy is a Professional Career Coach and both a thyroid and breast cancer survivor. She has been helping clients take charge of their careers in both the outplacement services industry and in her own practice, Ideal Life Now Coaching & Consulting. Clair will help you create and refine your resume, develop a cover letter template, and introduce other written strategies that will facilitate the beginning of a successful job search. If you are looking for a new job or just want to be prepared, please join us for this interactive and informational workshop. Friends and family are welcome. Please be prepared to take notes and bring in your old resume if you have one. Sign up early - limited to 25 people. Please RSVP at 805.379.4777.

## DANIEL'S DAY OF MAGIC

Sunday, March 11, 2:00-4:00pm

As a tribute to Wellness Community participant and past Board Chair Daniel Jacoby's fun-loving adventurous spirit and love of magic, the Board of Directors created Daniel's Day of Magic for our participants and their families. Join us for a magical afternoon starring a professional magician. Light refreshments provided, seating is limited. Please RSVP 805.379.4777.

## Chemo Brain: The Effects of Chemotherapy on the Brain with Carole Superfine and Jeanette Nagai

Thursday, March 15, 6:30-8:00 pm

Chemo brain is a common term used by cancer survivors to describe thinking and memory problems that can occur after chemotherapy. Learn strategies to promote attention, concentration, memory, word finding and processing of information to help with daily activities. Participants will be provided with handouts outlining these strategies as well as resources to help promote brain function. Carole Superfine has a master's degree in Speech Language Pathology. She has worked for Los Robles Hospital and Medical Center since 2001 providing outpatient therapy addressing speech, language, cognitive and swallowing deficits impacting adults. Jeanette Nagai has a master's degree in Speech Language Pathology. She has worked at Los Robles Hospital since 1992 where she currently manages the Speech Pathology Department. Ms. Nagai also spent 9 years working in Speech Pathology at Cedars-Sinai Medical Center.

## Super Smoothie Making with Jodie Robitaille and Chris Schirber

Thursday, March 22, 6:30-8:00 pm

Discover how simple, affordable and tasty better health can be. Why? Eating too many FRUITS & VEGGIES has never been blamed for causing disease, obesity or lack of energy! Learn how to simply incorporate more greens and high nutrient foods into your diet in a delicious and refreshing way. Smoothie making demonstrations, recipes and tastings will be provided. Jodie Robitaille is a Certified Raw Foods Chef, Whole Foods Coach and cancer survivor. Chris Schirber is a burn survivor who has experienced firsthand the powerful benefits of adding smoothies and whole foods to her diet.

## Ask the Doctor about Colorectal Cancer with Heinz-Josef Lenz, MD, FACP

Saturday, March 31, 11am-12:30pm

Dr. Lenz will present state-of-the-art information about colorectal cancer: current and cutting-edge treatments, symptom/side-effect management strategies, the social and emotional challenges of the diagnosis and survivorship issues specific to people with colorectal cancer. His presentation will be followed by questions and answers. Dr. Lenz is Professor of Medicine and Professor of Preventive Medicine in the Division of Medical Oncology at Keck School of Medicine at USC. He is Co-Director of both the Colorectal Center and the GI Oncology Program at USC/Norris Comprehensive Cancer Center in Los Angeles. Please RSVP 805.379.4777. A light brunch will be provided.

## FREE CANCER SUPPORT



Deborah Peters, a four-year survivor of breast cancer and a Wellness Community participant.

### THANK YOU TO THE GENEROUS DONORS UNDERWRITING SUPPORT GROUPS FOR CANCER PATIENTS AND THEIR FAMILIES

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- The City of Westlake Village

*Pictured on mastheads: Lisa DeVillers, a four-year breast cancer survivor and Wellness Community participant. Gail Crawford, a twelve-year survivor of breast cancer and a Wellness Community participant.*

*All Photos by Ginny Rickey.*



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**FEB/MAR 2012 CALENDAR OF EVENTS**  
**NOW OFFERING PROGRAMS FOR CHILDREN WITH CANCER**



*Celebrating 20 Years of Service*

**FEB/MAR 2012**

**CALENDAR OF EVENTS**

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