

THE WELLNESS COMMUNITY
AT ST. JOHN'S
CANCER CENTER

FEB
& MAR
CALENDAR OF EVENTS



FREE CANCER SUPPORT



women who have completed treatment within the past 12 months. Call 805.988.2641 for information.

Latino Cancer Support Group for Survivors and Caregivers

Second and Fourth Friday, 6:30-7:30pm
Facilitator: A. Diane Martell, LMFT
Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste. 145, Oxnard, CA 93030. Call 805.988.2641 for information.

MIND/BODY, RELAXATION & STRESS MANAGEMENT

Relaxation Therapy
Monday-Thursday, 9am-4pm
Tuesday 5:30-7:30pm
Tuesday and Thursday in Camarillo 9am-12pm
Friday 9am-12pm
Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste 145, Oxnard, CA 93030. Practitioners strategically place their hands on various positions of the body so Energy can begin to flow. Patients often report they have less pain and nausea and are able to sleep better and think more clearly. Call 805.988.2641 to make an appointment.

Gentle Yoga for Your Journey with Cancer

Thursdays, 1:45-3pm
Instructor: Audrey Waltzer, owner and director of Camarillo Yoga Center
Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste 145, Oxnard, CA 93030. Call 805.988.2641 for information.

Feeling Better and Stronger with Yoga

Thursdays, 3-4:30pm
Instructor: Audrey Waltzer
Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste 145, Oxnard, CA 93030. Yoga uses gentle stretching, movement, awareness, and breath to 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 to lie on. Call 805.988.2641 for information.

***NEW* Latino Group Meditation**

First Saturday, 9am
Instructor: Amalia Sperberg, Reiki Master
Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste 145, Oxnard, CA 93030. Call 805.988.2641 for information.



St. John's Regional Medical Center
St. John's Pleasant Valley Hospital
St. John's Cancer Center
of Ventura County
A member of CHW

THE HEART OF OUR PROGRAM: SUPPORT GROUPS
Cancer Support Groups

These professionally facilitated support groups are for people with cancer, family and friends. People with different types of cancer and their loved ones come together to support and learn from each other. Benefits include feeling less alone, getting help managing side effects and anxiety, feeling more hopeful and in control, and being with people who understand.

Women with Cancer
Tuesdays, 1-2:30pm

Facilitator: Joyce Boucher, LCSW, MFT
Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste. 145, Oxnard, CA 93030. Call 805.988.2641 for information.

Prostate Cancer Support Group
Third Tuesday, 10-11:30am

Facilitator: Helmut K. Hoenigsberg
Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste. 145, Oxnard, CA 93030. Co-sponsored by American Cancer Society. Call 805.988.2641 for information.

Colorectal Cancer Support Group
Second and Fourth Tuesday, 6-7:30pm

Facilitator: Maryana Palmer, MS, MFT
Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste. 145, Oxnard, CA 93030. Call 805.988.2641 for information.

Cancer Survivors and Caregivers Support Group
Wednesdays, 6-7:30pm

Facilitator: Maryana Palmer, MFT
Location: Camarillo Health Care District, 3639 E. Las Posas Road, #117, Camarillo, CA 93010. Call 805.988.2641 for information.

Kids and Teens Circle (Bilingual)
Thursdays, 6:30-8pm

Facilitator: A. Diane Martell, LMFT
Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste. 145, Oxnard, CA 93030. For kids whose loved one has cancer. Call 805.988.2641 for information.

SPANISH PROGRAMS

Latino Breast Cancer Support Group
First and Third Thursday, 12-1pm

Facilitator: Rosie Hernandez, MSW
Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste. 145, Oxnard, CA 93030. A supportive group setting for women with breast cancer, women under treatment and

ARE YOU NEW TO THE WELLNESS COMMUNITY AND ST. JOHN'S CANCER CENTER?

The Wellness Community is proud to partner with the St. John's Cancer Center of Ventura County and other organizations to provide free programs of education, emotional support, and hope for adults with cancer and their loved ones.

ABOUT THE WELLNESS COMMUNITY

Celebrating its 20th Anniversary in 2011, The Wellness Community Valley/Ventura is an independently governed and funded affiliate of the Cancer Support Community, serving more than 3,000 community members affected by cancer each year with programs in the San Fernando Valley and throughout Ventura and Santa Barbara Counties. Programs are offered in English and Spanish. By offering professionally led support groups, educational workshops, nutrition and exercise programs, and stress-reduction classes, The Wellness Community provides support, education and hope to all people affected by cancer.

ABOUT ST. JOHN'S CANCER CENTER OF VENTURA COUNTY

St. John's Cancer Center of Ventura County, located at St. John's Regional Medical Center in Oxnard, is a one-stop resource for cancer information, therapy planning, and support, offering comprehensive cancer care, including:

- A comprehensive breast care program
- Innovative treatments, including new forms of chemotherapy, surgical interventions, and focused-beam radiation
- Sophisticated radiation therapies
- Participation in Clinical Trials, including the world-renowned Star Trials
- Support groups
- Peer and professional counseling
- Community education and outreach programs
- Exceptional care from skilled medical professionals
- Relaxation therapies, including relaxation training, art expression, yoga, stress management, and relaxation therapy
- Wig and prosthesis fittings

THE WELLNESS COMMUNITY

AT ST. JOHN'S
CANCER CENTER

FEB & MAR CALENDAR OF EVENTS



NUTRITION & EXERCISE

Nutrition Counseling
Thursdays, 9am-3pm

Nutrition Counselor: Susan J. Speer, MS, RD, CSO, FADA

Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste 145, Oxnard, CA 93030.

Susan J. Speer is available for individual one-hour sessions. Susan is a certified nutritionist specializing in diets for cancer that can help you eat better and feel better. She can explain problems related to your individual condition and develop a dietary plan to meet your special needs. Call 805.988.2641 to make an appointment.

Exercise is Wise - An After Breast Cancer Surgery Exercise Class

Wednesdays, 4-5pm

Location: St. John's Outpatient Therapy Center, 961 N. Rice Ave #3, Oxnard, CA 93030. Call 805.988.2641 for information.

CREATIVE EXPRESSION

The Color of Love Group

First and Third Thursdays, 7-8:30pm

Facilitator: Kathleen Hagen

Location: St. John's Cancer Center, 1700 N. Rose Ave., Ste 145, Oxnard, CA 93030.

This group is designed to allow cancer patients and their families to express themselves through art. Kathleen Hagen is a local artist with more than eight years of experience leading this group. Call 805.988.2641 for information.

OTHER SERVICES

Lymphedema Education and Screening Clinic
Third Friday, 3:30-4:30pm

Location: St. John's Outpatient Physical Therapy Department, 961 Rice Avenue #3, Oxnard, CA 93030.

Individual risk assessments and valuable information for the prevention of chronic lymphedema will be provided. Call 805.988.2641 for information.

WELLNESS COMMUNITY PROGRAMS IN WESTLAKE VILLAGE

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 RSVP necessary.

Brain Tumor Networking Group

First Thursday, 6:30-8pm

Facilitators: Rebecca Dekker, MFT & Maryana Palmer, MFT

Location: The Wellness Community Valley/Ventura, 530 Hampshire Rd, Westlake Village, CA 91361.

Co-sponsored by the National Brain Tumor Foundation. Call 805.379.4777 for information.

Multiple Myeloma Networking Group

Second Saturday, 11:30am-1:30pm

Location: The Wellness Community Valley/Ventura, 530 Hampshire Rd, Westlake Village, CA 91361.

Email westlakemyeloma@yahoo.com for details. Sponsored by the International Myeloma Foundation.

Childrens Program

Kids Circle: Jump into Art & Other Creative Activities
Tuesdays, 4-5:30pm

Facilitators: Joyce Boucher, LCSW, MFT and Peggy Johnston, MA, MFT.

Location: The Wellness Community Valley/Ventura, 530 Hampshire Rd, Westlake Village, CA 91361.

For children age 5-11 who have a parent or grandparent with cancer. Children are encouraged to express their feelings through creative activities; parents are welcome to stay and chat. Registration is required. Call Joyce at 310.455.1779 or Peggy at 805.449.8318.

Family Dinner and Support groups for parents, child with cancer and siblings
First Thursday, 6-8pm

Location: the CMH Cancer Resource Center, 2900 Loma Vista Rd., #105, Ventura.

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.

The Wellness Community Valley/Ventura in Westlake Village also offers:

- Professionally led support groups
- Additional networking groups
- Mind/body programs
- Creative expression programs
- Social events
- Educational workshops led by experts
- Buddy Book program
- Bereavement Group for those who have experienced the loss of a loved one from cancer

Registration is required for some programs. To learn more, please call **805.379.4777** or visit **www.TwcVv.org**.

ONLINE SUPPORT GROUPS

Professionally facilitated online support groups for people with cancer and their loved ones are provided by the Cancer Support Community. Visit **www.cancersupportcommunity.org**.

Pictured above: Sally Mellman, a three-time cancer survivor and a Wellness Community participant. Opposite masthead: Janell Banit, four-year survivor of metastatic rectal cancer and a Wellness Community participant. All photos by Ginny Rickey.

FEBRUARY 2012 CALENDAR OF EVENTS

THE WELLNESS COMMUNITY AT ST. JOHN'S CANCER CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 9am-3pm Nutrition Counseling 9am-4pm Relaxation Therapy (9am-12pm in Camarillo) 12-1pm Latina Breast Cancer Grp 1:45-3pm Gentle Yoga 3-4:30pm Feel Stronger w/ Yoga 6pm Family Dinner 6:30-8pm Kids and Teens Circle 6:30-8:30pm Brain Tumor Networking Grp (Westlake) 7-8:30pm Color of Love	3 9am-12pm Relaxation Therapy	4 9am Latino Group Meditation
5	6 9am-4pm Relaxation Therapy	7 9am-4pm & 5:30-7:30pm Relaxation Therapy (9am-12pm in Camarillo) 1-2:30pm Women w/ Cancer Grp 4-5:30pm Kids Circle (Westlake- Registration Required)	8 9am-4pm Relaxation Therapy 4-5pm Exercise is Wise 6pm Cancer Survivors and Caregivers Support Group	9 9am-3pm Nutrition Counseling 9am-4pm Relaxation Therapy (9am-12pm in Camarillo) 1:45-3pm Gentle Yoga 3-4:30pm Feel Stronger w/ Yoga 6:30-8pm Kids and Teens Circle	10 9am-12pm Relaxation Therapy 6:30-7:30pm Latino Cancer Support Group	11 NO Multiple Myeloma Networking Group (Westlake)
12	13 9am-4pm Relaxation Therapy	14 9am-4pm & 5:30-7:30pm Relaxation Therapy (9am-12pm in Camarillo) 1-2:30pm Women w/ Cancer Grp 4-5:30pm Kids Circle (Westlake- Registration Required) 6-7:30pm Colorectal Cancer Support Grp	15 9am-4pm Relaxation Therapy 4-5pm Exercise is Wise 6pm Cancer Survivors and Caregivers Support Group	16 9am-3pm Nutrition Counseling 9am-4pm Relaxation Therapy (9am-12pm in Camarillo) 12-1pm Latina Breast Cancer Grp 1:45-3pm Gentle Yoga 3-4:30pm Feel Stronger w/ Yoga 6:30-8pm Kids and Teens Circle 7-8:30pm Color of Love	17 9am-12pm Relaxation Therapy 3:30-4:30pm Lymphedema Education & Screening Clinic (RICE ROAD FACILITY)	18
19	20 9am-4pm Relaxation Therapy	21 9am-4pm & 5:30-7:30pm Relaxation Therapy (9am-12pm in Camarillo) 10-11:30am Prostate Cancer Support Group 1-2:30pm Women w/ Cancer Grp 4-5:30pm Kids Circle (Westlake- Registration Required)	22 9am-4pm Relaxation Therapy 4-5pm Exercise is Wise 6pm Cancer Survivors and Caregivers Support Group	23 9am-3pm Nutrition Counseling 9am-4pm Relaxation Therapy (9am-12pm in Camarillo) 1:45-3pm Gentle Yoga 3-4:30pm Feel Stronger w/ Yoga 6:30-8pm Kids and Teens Circle	24 9am-12pm Relaxation Therapy 6:30-7:30pm Latino Cancer Support Group	25
26	27 9am-4pm Relaxation Therapy	28 9am-4pm & 5:30-7:30pm Relaxation Therapy (9am-12pm in Camarillo) 1-2:30pm Women w/ Cancer Grp 4-5:30pm Kids Circle (Westlake- Registration Required) 6-7:30pm Colorectal Cancer Support Grp	29 9am-4pm Relaxation Therapy 4-5pm Exercise is Wise 6pm Cancer Survivors and Caregivers Support Group			

MARCH 2012 CALENDAR OF EVENTS

THE WELLNESS COMMUNITY AT ST. JOHN'S CANCER CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1 9am-3pm Nutrition Counseling 9am-4pm Relaxation Therapy (9am-12pm in Camarillo) 12-1pm Latina Breast Cancer Grp 1:45-3pm Gentle Yoga 3-4:30pm Feel Stronger w/ Yoga 6pm Family Dinner 6:30-8pm Kids and Teens Circle 6:30-8:30pm Brain Tumor Networking Grp (Westlake) 7-8:30pm Color of Love</p>	2 9am-12pm Relaxation Therapy	3 9am Latino Group Meditation
4	5 9am-4pm Relaxation Therapy	6 9am-4pm & 5:30-7:30pm Relaxation Therapy (9am-12pm in Camarillo) 1-2:30pm Women w/ Cancer Grp 4-5:30pm Kids Circle (Westlake -Registration Required)	7 9am-4pm Relaxation Therapy 4-5pm Exercise is Wise 6pm Cancer Survivors and Caregivers Support Group	8 9am-3pm Nutrition Counseling 9am-4pm Relaxation Therapy (9am-12pm in Camarillo) 1:45-3pm Gentle Yoga 3-4:30pm Feel Stronger w/ Yoga 6:30-8pm Kids and Teens Circle	9 9am-12pm Relaxation Therapy 6:30-7:30pm Latino Cancer Support Group	10 11:30am-1:30pm Multiple Myeloma Networking Group (Westlake)
11	12 9am-4pm Relaxation Therapy	13 9am-4pm & 5:30-7:30pm Relaxation Therapy (9am-12pm in Camarillo) 1-2:30pm Women w/ Cancer Grp 4-5:30pm Kids Circle (Westlake -Registration Required) 6-7:30pm Colorectal Cancer Support Grp	14 9am-4pm Relaxation Therapy 4-5pm Exercise is Wise 6pm Cancer Survivors and Caregivers Support Group	15 9am-3pm Nutrition Counseling 9am-4pm Relaxation Therapy (9am-12pm in Camarillo) 12-1pm Latina Breast Cancer Grp 1:45-3pm Gentle Yoga 3-4:30pm Feel Stronger w/ Yoga 6:30-8pm Kids and Teens Circle 7-8:30pm Color of Love	16 9am-12pm Relaxation Therapy 3:30-4:30pm Lymphedema Education & Screening Clinic (RICE ROAD FACILITY)	17
18	19 9am-4pm Relaxation Therapy	20 9am-4pm & 5:30-7:30pm Relaxation Therapy (9am-12pm in Camarillo) 10-11:30am Prostate Cancer Support Group 1-2:30pm Women w/ Cancer Grp 4-5:30pm Kids Circle (Westlake -Registration Required)	21 9am-4pm Relaxation Therapy 4-5pm Exercise is Wise 6pm Cancer Survivors and Caregivers Support Group	22 9am-3pm Nutrition Counseling 9am-4pm Relaxation Therapy (9am-12pm in Camarillo) 1:45-3pm Gentle Yoga 3-4:30pm Feel Stronger w/ Yoga 6:30-8pm Kids and Teens Circle	23 9am-12pm Relaxation Therapy 6:30-7:30pm Latino Cancer Support Group	24
25	26 9am-4pm Relaxation Therapy	27 9am-4pm & 5:30-7:30pm Relaxation Therapy (9am-12pm in Camarillo) 1-2:30pm Women w/ Cancer Grp 4-5:30pm Kids Circle (Westlake -Registration Required) 6-7:30pm Colorectal Cancer Support Grp	28 9am-4pm Relaxation Therapy 4-5pm Exercise is Wise 6pm Cancer Survivors and Caregivers Support Group	29 9am-3pm Nutrition Counseling 9am-4pm Relaxation Therapy (9am-12pm in Camarillo) 1:45-3pm Gentle Yoga 3-4:30pm Feel Stronger w/ Yoga 6:30-8pm Kids and Teens Circle	30 9am-12pm Relaxation Therapy	31

WHAT'S HAPPENING IN FEBRUARY & MARCH...

February is National Cancer Prevention Month

According to the American Institute for Cancer Research (AICR), the 3 guidelines for cancer prevention are:

1. Choose mostly plant foods, limit red meat & avoid processed meats.
2. Be physically active every day in any way for 30 minutes or more.
3. Aim to be a healthy weight throughout life.

March is Colon Cancer Awareness Month

According to the American Cancer Society (ACS):

1. Colon cancer is the third leading cancer in males and fourth in females.
2. Symptoms usually appear with more advanced disease.
3. Regular screening can often find colon cancer early, when it is most likely to be curable or prevent colon cancer by removing polyps that can become cancerous.
4. Risk factors include: certain types of diets, physical inactivity, obesity, smoking, diabetes and heavy alcohol use.

Signs and symptoms of colorectal cancer:

Colorectal cancer may cause one or more of the symptoms below. If you have any of the following you should see your doctor:

- A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days
- A feeling that you need to have a bowel movement that is not relieved by doing so
- Rectal bleeding, dark stools, or blood in the stool (often, though, the stool will look normal)
- Cramping or abdominal (belly) pain
- Weakness and fatigue
- Unintended weight loss

Noche de la Familia (Family Night): A night for children with cancer & their families

Thursday, February 2nd, 6-8pm

&
Thursday, March 1st, 6-8pm

PROGRAM GUIDE

Programs take place at the St. John's Cancer Center, 1700 North Rose Avenue, Oxnard, CA 93030 unless otherwise noted. Call 805.988.2641 for information and registration.

RED—Spanish-Language Programs

PINK—Programs for Women Only

BLUE—Prostate Cancer Programs

BROWN—Colorectal Cancer Programs

MAROON—Mind/Body Programs

GREEN—Nutrition Programs

TEAL—Expressive Arts

ORANGE—Exercise and Lymphedema

LILAC—Programs for Kids and Teens

PURPLE—Programs held at The Wellness Community Valley/Ventura, 530 Hampshire Road, Westlake Village. Call 805.379.4777 for info.

BLACK—Special Educational Workshop

Programs provided
by the following
organizations:



FREE CANCER SUPPORT



Evette McAlister, a breast cancer survivor, and her family, all Wellness Community participants.



St. John's Regional Medical Center
St. John's Pleasant Valley Hospital

Members of CHW

OXNARD/CAMARILLO
FEB/MAR 2012 CALENDAR OF EVENTS



VISIT US ONLINE!

ST. JOHN'S CANCER CENTER WEBSITE:

www.stjohnshealth.org/Medical_Services/Cancer_Care

- List of Cancer Treatments and Support with Detailed Descriptions
- Contact Information for All Locations
- Additional Links and Resources
- Mammography Information

THE WELLNESS COMMUNITY VALLEY/VENTURA

WEBSITE: www.TwcVv.org

- Program Calendars for All Locations
- Subscribe to Our e-Newsletter
- Detailed Descriptions of Programs and Services
- Special Events
- Programas en Español
- Photos from Recent Events



530 Hampshire Road

Westlake Village, CA 91361

805.379.4777 / www.TwcVv.org

OXNARD/CAMARILLO

FEB/MAR 2012 CALENDAR OF EVENTS

PRESORTED
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US POSTAGE
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ANAHEIM, CA
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RETURN SERVICE REQUESTED