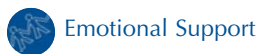


About Our Program Calendar

The Wellness Community provides free programs that complement traditional medical care for cancer. These include support groups, nutrition, exercise, education, and more. Look inside, these icons lead you to our four cornerstones:



Emotional Support



Education



Nutrition & Exercise



Stress Management

Nationally-recognized research studies show that participation in professional support groups decreases distress, improves quality of life and may increase the potential of long-term survival.



FROM A PARTICIPANT LETTY SINON

"My grandchildren derive a lot of comfort from the Family Circle Program."

One of the first things Letty Sinon did after she was diagnosed with pancreatic cancer was to find and talk to other cancer survivors like her. She found them at The Wellness Community (TWC).

Letty's niece, Jennifer, searched the Internet for support groups and found TWC, a pancreatic cancer group plus family support programs, exercise and art classes, and caregiver groups.

"We discovered that their monthly pancreatic networking group was featuring a naturopathic oncologist. After that special presentation, I just *knew* TWC was the place to be. Because of the inspiration and hope that I receive through my regular participant group and other programs," explains Letty, "my attitude has remained positive. I haven't had time to cry or be angry."

In fact, my whole family is involved, including my daughters Shari and Stephanie. We call ourselves Team Letty!" Even Letty's grandchildren participate by attending the monthly Family Circle program. The Family Circle is one of TWC's free support programs for children ages 5-16 who have a parent, grandparent or close relative with cancer.

"My grandchildren derive a lot of comfort from the program. The facilitators use artwork, storytelling and games to help them express their fears about what's happening to Grandma. I've noticed a marked improvement in their well-being, which gives me one more reason to be grateful for TWC."

Born in Iowa, and raised in Phoenix, Letty, 56, and her boyfriend, Phil, love to take road trips. "Prescott is our favorite spot in Arizona," says Letty. "But our dream trip is to travel to the New England states. Being diagnosed with cancer has set my life on a whole new course. My parents have always told me 'to enjoy the present because the past is dead and the future is out of sight.' Thanks to TWC, I'm living that advice. My hope is to give back somehow. If I can help one person gain the same benefits that I've received then I will be very happy. Every day I become more certain that it was not an accident that I found The Wellness Community."



The Wellness Community, 360 East Palm Lane, Phoenix

LEARN MORE ABOUT THE WELLNESS COMMUNITY

Last year, cancer survivors and family members made nearly 6,600 visits to this beautiful home for support, education, and cancer wellness programs.

At The Wellness Community (TWC), we serve anyone, at any stage of their cancer diagnosis. Family members, friends, partners, and caregivers are welcome. All programs are offered in a beautiful home and garden setting.

TWC is considered the gold standard of cancer support with 28 Wellness Communities across the country. Our national headquarters is in Washington, D.C.

Contact us locally by visiting our website at www.thewellnesscommunityaz.org, by phoning (602) 712-1006, or attending a Newcomer Orientation. Contact TWC nationally at www.thewellnesscommunity.org or (888) 793-WELL (9355).

YOUR PLACE FOR FREE CANCER SUPPORT

DEC 2007 | JAN 2008 CALENDAR OF EVENTS



Clinical Corner

When I talk about The Wellness Community, I cannot express the warmth I feel. The moment you step onto their facility you are greeted with kindness and compassion. The staff possesses a sense of professionalism and caring. Their research-proven program based on education and support is available to anyone effected by cancer. There is Hope with The Wellness Community.

—Lori A. Murphy, RN BSN

ONS Chemotherapy Provider
National Association of Hispanic Nurses—Member
Abrazo Institute—Clinical Instructor
United Methodist Women, Central West District—Officer



*Thanks to all of
our donors and
Circle of Life
members.
Your generous
support makes
our free
programs possible!*



The Wellness Community can receive your workplace giving donations through *Results that Matter*, United Way ID #1033.

NEWS *to use*



Relaxation and Guided Imagery Can Improve Quality of Life

Psycho-Oncology, Vol. 16, Issue 11, Nov. 2007, pgs 971–979

Research was conducted on participants who were undergoing brachytherapy for gynecologic and breast cancer. Participants received training on relaxation and guided imagery techniques during their course of treatment. Those that received this demonstrated a statistically significant reduction in anxiety, depression and body discomfort compared to the control group that received no such training. This simple and inexpensive intervention enhances the psychological wellness in patients undergoing brachytherapy.



Physical Activity Linked to Improved Quality of Life in Cancer Patients

Psycho-Oncology, online publication Sept. 11, 2007

There is growing evidence that physical activity can improve quality of life (QOL) and reduce fatigue in cancer survivors. Research staff or healthcare providers delivered physical activity interventions by phone encouraging physical activity to cancer populations. Check-ins were made at 12 and 24 weeks of intervention and showed significant increases in participants' physical activity and improvements in fatigue, QOL, and vigor.



The Relationship Between Vegetable Intake and Pancreatic Cancer

Cancer Epidemiology Biomarkers & Prevention Vol. 14, Sept. 2005, pgs 2093–2097

Researchers in the San Francisco Bay Area studied the effects of eating fruits and vegetables as it relates to pancreatic cancer. In the study, vegetable consumption was inversely associated with risk of developing pancreatic cancer. The risk for people consuming more than five servings per day of vegetables was less than half that of low consumers. Specifically, dark leafy vegetables, cruciferous vegetables, yellow vegetables, beans, onions, garlic and carrots were associated with a reduced risk of pancreatic cancer.

Wellness Community Special Programs

So that we may plan for set up and/or contact you if there is a schedule change, please call The Wellness Community at (602) 712-1006 to register for the programs marked "RSVP."

EMOTIONAL SUPPORT



Look Good, Feel Better—Saturday, December 1, 10 a.m.–12 noon. Offered in collaboration with the American Cancer Society for women undergoing cancer treatment. With the help of a professional cosmetologist, participants practice make-up applications as well as learn ways to wear scarves and wigs. **RSVP.**

Soul Survivors—Mondays, December 10 and January 7 and 28, 7–8:30 p.m. Laura Fial, local performer and breast cancer survivor, conducts this choir that has national recognition. Heal through music with 90 minutes of voice training, singing your favorite tunes, and preparing for local performances. No audition required, bring your musical spirit! **RSVP.**

Journey to "Thrivorship"—Mondays, December 17 and January 21, 6–7:30 p.m. (formerly Wellness Connection). Connect with others striving to maintain wellness following treatment. This is a perfect place to transition from your weekly support group and stay connected, post treatment.

Sponsored by:



Family Circle—Tuesdays, December 18 and January 15, 6–7:30 p.m. **Dinner provided for all.** For adults with cancer and children ages 5–16. Age appropriate art and play activities help children understand and process feelings. Adults share parenting concerns, ideas, and feelings separately. **RSVP.**

BRCAters—Tuesday, January 29, 6–7:30 p.m. Support and information for women who have tested positive for the BRCA gene. Facilitated by genetic counselors from local hospitals. **RSVP.** to Katherine Hunt, (480) 301-4585.

EDUCATION



Ask the Doctor—Tuesday, December 4, and Saturday, January 12, 12 noon–1 p.m. Dr. Bodour Salhia, researcher from Transitional Genomics Research Institute (TGen), will be available for an informal Q & A discussion on current research and treatments in cancer. **RSVP.**

Dental Care and Cancer—Tuesday, December 4, 6–7:30 p.m. Brent Bauer DDS will discuss ways to improve your dental health in those critical periods before and during cancer treatment as well as how to help decrease the negative effects of cancer treatment on the mouth during the course of survivorship. **RSVP.**

Everything You Wanted to Know about Medicare—Tuesday, December 11, 6–7:30 p.m. Ann Marie Grande, MS, RD, Program Director from the Area Agency on Aging, will answer questions about how to apply for Medicare, who is covered, and what benefits are offered, including benefit coverage for prescriptions. **RSVP.**

Healthy Holiday Eating—Thursday, December 13, 12:30–2 p.m. Holiday celebrations often involve high calorie foods. However, special occasion foods can be both delicious and nutritional. Toni Vaughan, NMD, from Acupuncture & Integrative Medicine Center will share handouts and healthy recipes to help you avoid gaining those five holiday pounds. **RSVP.**

Pancreatic Cancer Event—Thursday, December 20, 6–8 p.m. Ramesh K. Ramanathan MD a Deputy Director for the Clinical & Translational Division of the Translational Genomics Research Institute (T-Gen) will present up-to-date information on pancreatic cancer, including current treatments and future implications for the research that is being performed today. There will be time for questions and answers. **RSVP.**

Communicating for Your Life—Thursday, January 10, 6–8:30 p.m. Join communication coach, Kristi Dee Doden, and hone your skills for asserting your voice when you need it the most. Honoring your own "knowing" and advocating for your preferences in response to the opinions expressed by health care providers, family & friends. **RSVP.**

Healthy Living Program—Tuesdays, January 15, 22, 29 and February 12, 19, 26, 1–3:30 p.m. The six-session program, created by the Stanford School of Medicine, covers: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and, 6) how to evaluate new treatments. This class is designed for people to come to all six classes. It is not the usual TWC drop-in model. **Please reserve time to come to all classes in this program. RSVP.**

continued on page 6

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Join us at the 2nd Annual
HOPE
Café

Celebrate **LIFE** and
Cancer **SURVIVORSHIP**
through Community and Art
Friday, December 7, 6-10 p.m.

1
Look Good, Feel Better
10 a.m.–12 noon
Networking Groups:
Ovarian
10 a.m.–12 noon
Breast
1–3 p.m.

For more information contact Cassie Robles at crobles@twccaz.org or (602) 712-1006

<p>3 Writing for Wellness 11:15 a.m.–12:45 p.m. Relaxation and Visualization 12:15–1 p.m. Participant/Family Groups 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Orientation 6–8 p.m.</p>	<p>4 Participant Group 10 a.m.–12 noon Ask the Doctor with Dr. Salhia 12 noon –1 p.m. Dental Care and Cancer 6–7:30 p.m.</p>	<p>5 Newcomer Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yolates Exercise 4:15–5:30 p.m. Relaxation and Visualization 5:15–6 p.m. Participant/Family Groups 6–8 p.m.</p>	<p>6 Networking: Multiple Myeloma 10 a.m.–12 noon Prostate 6–8 p.m. Dream Workshop 10 a.m.–12 noon</p>	<p>7</p>	<p>8 Networking Groups: Pancreatic 10 a.m.–12 noon Lymphoma 10 a.m.–12 noon Carcinoid 1–3 p.m. Lung 1–3 p.m.</p>
<p>10 Relaxation and Visualization 12:15–1 p.m. Participant/Family Groups 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Orientation 6 p.m. Soul Survivors 7–8:30 p.m.</p>	<p>11 Participant Group 10 a.m.–12 noon Bunco 12:30–2:30 p.m. Sound Connections with Julie Murillo 6–8 p.m. Medicare Presentation 6–7:30 p.m.</p>	<p>12 Newcomer Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yolates Exercise 4:15–5:30 p.m. Relaxation and Visualization 5:15–6 p.m. Participant/Family Groups 6–8 p.m.</p>	<p>13 Music and Expressive Arts 10 a.m.–12 noon Healthy Holiday Eating 12:30–2 p.m.</p>	<p>14 Creative Arts in Healing 10 a.m.–12 noon</p>	<p>15</p>
<p>17 Writing for Wellness 11:15 a.m.–12:45 p.m. Relaxation and Visualization 12:15–1 p.m. Participant/Family Groups 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Orientation 6–8 p.m. Journey to "Thrivorship" 6–7:30 p.m.</p>	<p>18 Participant Group 10 a.m.–12 noon Family Circle 6–7:30 p.m. Networking Group: Colorectal 6–8 p.m.</p>	<p>19 Newcomer Orientation 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yolates Exercise 4:15–5:30 p.m. Relaxation and Visualization 5:15–6 p.m. Participant/Family Groups 6–8 p.m.</p>	<p>20 Pancreatic Cancer Event with Ramesh Ramanathan from TGen 6–8 p.m.</p>	<p>21</p>	<p>22</p>
<p>24/31 CLOSED DECEMBER 24 THROUGH JANUARY 1 FOR THE HOLIDAYS</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>



MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

CALENDAR KEY

 Emotional Support

 Education

 Nutrition & Exercise

 Stress Management

<p>1</p> <p>NEW YEARS OFFICE CLOSED</p>	<p>2</p> <p>Newcomer Orientation 10 a.m.–12 noon</p> <p>Yolates Exercise 4:15–5:30 p.m.</p> <p>Relaxation and Visualization 5:15–6 p.m.</p> <p>Participant/Family Groups 6–8 p.m.</p>	<p>3</p> <p>Networking Groups:</p> <p>Multiple Myeloma 10 a.m.–12 noon</p> <p>Prostate 6–8 p.m.</p> <p>Dream Workshop 10 a.m.–12 noon</p>	<p>4</p> <p>Creative Arts in Healing 10 a.m.–12 noon</p> <p>Teen Pamper Yourself Day 1–4 p.m.</p>	<p>5</p> <p>Networking Groups: Ovarian Breast 10 a.m.–12 noon 1–3 p.m.</p>
<p>7</p> <p>Writing for Wellness 11:15 a.m.–12:45 p.m.</p> <p>Relaxation 12:15–1 p.m.</p> <p>Participant/Family Groups 1–3 p.m.</p> <p>Yoga for Recovery 5–6:30 p.m.</p> <p>Newcomer Orientation 6 p.m.</p> <p>Soul Survivors 7–8:30 p.m.</p>	<p>8</p> <p>Participant Group 10 a.m.–12 noon</p> <p>Bunco 12:30–2:30 p.m.</p> <p>Sound Connections with Julie Murillo 6–8 p.m.</p>	<p>9</p> <p>Newcomer Orientation 10 a.m.–12 noon</p> <p>Tai Chi Chih for Balance 11 a.m.–12 noon</p> <p>Yolates Exercise 4:15–5:30 p.m.</p> <p>Relaxation and Visualization 5:15–6 p.m.</p> <p>Participant/Family Groups 6–8 p.m.</p>	<p>10</p> <p>Music and Expressive Arts 10 a.m.–12 noon</p> <p>Communicating for Your Life 6–8:30 p.m.</p>	<p>11</p> <p>12</p> <p>Networking Groups: Pancreatic Lymphoma 10 a.m.–12 noon</p> <p>Carcinoid Lung 1–3 p.m.</p> <p>Ask the Doctor with Dr. Salhia 12 noon–1 p.m.</p>
<p>14</p> <p>Relaxation and Visualization 12:15–1 p.m.</p> <p>Participant/Family Groups 1–3 p.m.</p> <p>Yoga for Recovery 5–6:30 p.m.</p> <p>Newcomer Orientation 6–8 p.m.</p>	<p>15</p> <p>Participant Group 10 a.m.–12 noon</p> <p>Healthy Living 1–3:30 p.m.</p> <p>Family Circle 6–7:30 p.m.</p> <p>Networking Group: Colorectal 6–8 p.m.</p>	<p>16</p> <p>Newcomer Orientation 10 a.m.–12 noon</p> <p>Tai Chi Chih for Balance 11 a.m.–12 noon</p> <p>Yolates Exercise 4:15–5:30 p.m.</p> <p>Relaxation and Visualization 5:15–6 p.m.</p> <p>Participant/Family Groups 6–8 p.m.</p>	<p>17</p> <p>Hope Series 6–8 p.m.</p>	<p>18</p> <p>Creative Arts in Healing 10 a.m.–12 noon</p> <p>19</p>
<p>21</p> <p>Writing for Wellness 11:15 a.m.–12:45 p.m.</p> <p>Relaxation 12:15–1 p.m.</p> <p>Participant/Family Groups 1–3 p.m.</p> <p>Creative Teen Event 3–5 p.m.</p> <p>Yoga for Recovery 5–6:30 p.m.</p> <p>Newcomer Orientation 6 p.m.</p> <p>Journey to Thrivorship Group 6–7:30 p.m.</p>	<p>22</p> <p>Participant Group 10 a.m.–12 noon</p> <p>Healthy Living 1–3:30 p.m.</p>	<p>23</p> <p>Newcomer Orientation 10 a.m.–12 noon</p> <p>Tai Chi Chih for Balance 11 a.m.–12 noon</p> <p>Yolates Exercise 4:15–5:30 p.m.</p> <p>Relaxation and Visualization 5:15–6 p.m.</p> <p>Participant/Family Groups 6–8 p.m.</p>	<p>24</p> <p>Music and Expressive Arts 10 a.m.–12 noon</p> <p>Hope Series 6–8 p.m.</p>	<p>26</p> <p>Women, Cancer and Sexuality Women only Conference with Dr. Loprinzi 9 a.m.–12 noon</p> 
<p>28</p> <p>Relaxation and Visualization 12:15–1 p.m.</p> <p>Participant/Family Groups 1–3 p.m.</p> <p>Yoga for Recovery 5–6:30 p.m.</p> <p>Newcomer Orientation 6–8 p.m.</p> <p>Soul Survivors 7–8:30 p.m.</p>	<p>29</p> <p>Participant Group 10 a.m.–12 noon</p> <p>Healthy Living 1–3:30 p.m.</p> <p>BRCateers 6–7:30 p.m.</p>	<p>30</p> <p>Newcomer Orientation 10 a.m.–12 noon</p> <p>Tai Chi Chih for Balance 11 a.m.–12 noon</p> <p>Yolates Exercise 4:15–5:30 p.m.</p> <p>Relaxation and Visualization 5:15–6 p.m.</p> <p>Participant/Family Groups 6–8 p.m.</p>	<p>31</p> <p>The "New Normal" 6–8 p.m.</p>	 <p><i>Your Greeters at TWC (l to r) Christina & Jenny</i></p>

Wellness Community Special Programs

So that we may plan for set up and/or contact you if there is a schedule change, please call The Wellness Community at (602) 712-1006 to register for the programs marked "RSVP."

EDUCATION (CONTINUED)



Co-sponsored by
the Arizona
Interfaith Movement

Series on Hope—Thursday, January 17 and 24, 6–8 p.m. Part one and two of a three part series on hope from a spiritual perspective. Each program will have clergy from different religions come and talk about hope from their unique spiritual perspectives. **RSVP.**

Women, Cancer, and Sexuality: Addressing Physical and Emotional Issues—Saturday, January 26, 9 a.m.–12 noon. A "women only" conference to tackle issues specific to women with cancer. Charles Loprinzi, MD will be flying in from The Mayo Clinic in Rochester to give a presentation on the special medical issues that effect women who have cancer, everything from hot flashes, to sexuality issues. We request this conference be attended by women only. **RSVP.**

The "New Normal"—Thursday, January 31, 6–8 p.m. Join Anne Lackey, MA, LPC, and TWC group facilitator and learn how to use the cancer experience to reassess our lives and create a life that may be more meaningful and enjoyable than ever.

NUTRITION & EXERCISE



Yoga for Recovery—Mondays, 5–6:30 p.m.

Tai Chi Chih for Balance with May Swanson—Wednesdays, 11 a.m.–12 noon.
(no class on January 2, 2008)

Yolates with Gladys Hunnicut—Wednesdays, 4:15–5:30 p.m. Gentle movement classes designed to enhance your recovery and well-being.

Cooking for Life—Beginning Thursday, Xxxxxxx X, from 3–5 p.m. Chef Kevin Breitbart will cover a variety of cancer-related nutrition topics. This 8-week series will feature eight full meals loaded with antioxidants, phyto-chemicals, and high-fiber, as well as low-fat, healthy dairy alternatives. An informative session on healthy weight maintenance and meal planning will also be included. **RSVP.**

STRESS MANAGEMENT



Writing for Wellness—Mondays, December 3, 17 and January 7, 21, 11:15 a.m.–12:45 p.m. This group is a very compatible replacement for our "Brown Bag Journaling Group." Based on the acclaimed book *Writing for Wellness—A Prescription for Health* by Julie Davey. Participants will create their own writings that follow a particular theme during each group.

Dream Workshop—Thursdays, December 6 and January 3, 10 a.m.–12 noon. Learn to communicate with the unconscious parts of yourself by journaling to collect dreams. Barbara A. Rossman, RN, BSN will facilitate. **RSVP.**

Bunco—Tuesdays, December 11 and January 8, 12:30–2:30 p.m. Bunco is a game played with dice and in teams. You do not need to know how to play, you just need to know how to have fun. All supplies and directions will be provided. Bring a friend!

Sound Connections—Tuesdays, December 11 and January 8, 6–8 p.m. Learn toning, humming and drumming techniques in ways that help heal. Presented by Julie Murillo, MT-BC (Board Certified Music Therapist).

Music and Expressive Arts—Thursdays, December 13 and January 10, 24, 10 a.m.–12 noon. Explore, heal, and express through a variety of expressive arts including music making and listening, imagery, art, and writing. Each class will have a different theme and mediums for expression and connection. Facilitated by Dalena Watson, LPC, FAMI, MT-BC. **RSVP.**

Creative Arts in Healing—Fridays, December 14 and January 4 and 18, 10 a.m.–12 noon. Create your own sculptures with ceramicist Joy Kockerbeck and friends. No previous experience needed. All materials provided.

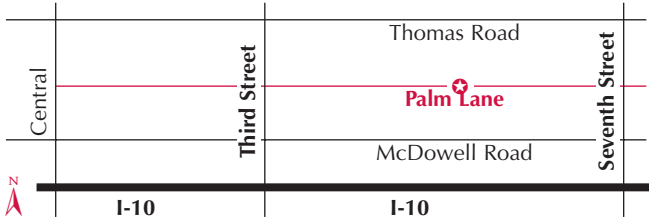
Relaxation and Visualization—Mondays at 12:15 p.m. and Wednesdays at 5:15 p.m. The energy of meditation is healing to the spirit/mind/body. Join in centering breath, visualization and relaxation.

360 East Palm Lane • Phoenix, AZ 85004
(602) 712-1006 • www.thewellnesscommunityaz.org



DEC 2007 | JAN 2008
CALENDAR OF EVENTS

free EDUCATION
free SUPPORT
free HOPE



EDUCATIONAL SEMINARS Monthly presentations by doctors, nurses, researchers, and other professionals. Includes Q&A sessions. Become a more informed and active member of your treatment team.

NUTRITION AND EXERCISE CLASSES Certified instructors guide movement and teach nutrition techniques designed specifically to help cancer patients learn to deal with pain, side effects of treatment, and find assistance in boosting their immune system.

STRESS MANAGEMENT TOOLS Journaling, scrapbooking, working with clay, painting, meditation, stress reduction classes, music therapy and more to assist with your recovery. No previous classes required. Materials provided.

TEEN PROGRAM Activities by and for teens living with cancer.

CURRENT NETWORKING GROUPS: Breast, Carcinoid, Colorectal, Lymphoma, Lung, Multiple Myeloma, Ovarian, Pancreatic, Prostate. Open to individuals aged 18 and older.

NEWCOMER ORIENTATIONS Led by a cancer survivor and experienced TWC participant, this informal orientation introduces and provides background on our free programs. Mondays at 6 p.m. and Wednesdays at 10 a.m. All welcome.

WEEKLY SUPPORT GROUPS Professionally-facilitated weekly support groups for people with cancer and their family, friends, and caregivers. Group members experience a caring, uplifting, and supportive community with others who are "in the same shoes." A brief interview is required to determine appropriate group placement. Please call (602) 712-1006.

NETWORKING GROUPS—CANCER SPECIFIC Monthly, individuals with specific cancers meet in groups to support and to learn from one another, and to discuss aspects of living with cancer, their diagnosis, treatment, and recovery. Open to family and friends.

The Heart of The Wellness Community

Keys to Quality of Life