

Subject: *** TWC's eNews for February-March 2010 ***



A PARTICIPANT PROFILE

MEREDITH MALONE

Meredith Malone's quick sense of humor gives way to easy laughter and her clear, sky-blue eyes sparkle with a hint of mischief.

In January, 2007, Meredith struggled as she faced the devastating news of a breast cancer diagnosis. Then, in March, a malignant tumor in her left lung sent her reeling. As if that wasn't enough, a carcinoid tumor was discovered in the pancreas. "I was in a total tailspin, unlike anything I'd ever experienced," says Meredith. "Thank God for my three great kids and my supportive family." She spent months trying to get the correct diagnosis for the lung cancer, while the breast cancer diagnosis hung in the air. "It all turned dark," admits Meredith.

Her son, Sepp, found The Wellness Community's calendar in one of her doctor's offices. He made certain that his mother was at TWC. There, she learned that sharing her terror with those in similar situations was her "first step toward normalcy."

Read more of Meredith's story [here](#).



Please RSVP
by 2-22-10
602.712.1006

*11th Annual Red Balloon
Birthday Celebration
and Free Picnic Lunch
Catered by Cowgirls Forever*

Tuesday,
March 2, 2010
12 noon to 2 p.m.
Everyone is Welcome!



[The Cancer Support Network](#) (CSN) represents a growing number of partnerships between outstanding medical institutions and The Wellness Community – Arizona. The CSN is working to ensure that cancer patients receive comprehensive care including emotional and educational support programs.

Breast Cancer Networking Group *Thursdays, February 25 & March 25* **6 - 8 p.m.**

This monthly group is for individuals diagnosed with breast cancer to support and to learn from one another, and to discuss aspects of living with breast cancer, treatment and recovery. Open to family and friends.

[Click here](#) for more information.

Living with Colorectal Cancer *Saturday, March 20* **8:30 a.m. - 12 noon**

Medical experts from St. Joseph's Hospital will discuss all aspects of colorectal cancer including anatomy and physiology of the colon, incident rates, treatment options and genetic information. Doctors will talk about stages including advanced colon cancer and metastases. Nutritional information and survivorship issues will also be covered. Call **(877) 602-4111** for information and to register.

Members as of August 1, 2009



Comprehensive Cancer Center
St. Joseph's Hospital and Medical Center



NEWS *to use*

Changes in Nutrition and Lifestyle May Alter Prostate Cancer Gene

The National Academy of Sciences, (2008, June 16) vol. 105 no. 24

New Research on the Affects of Avastin for Brain Tumor Patients

Science Daily; University of California – Los Angeles, (2009, August 8)

Exercise for Cancer Patients May Decrease the Risk of Reoccurrence

WebMD; University of Alberta in Edmonton, (2009, April 7)

[Click here](#) to read more on these topics.

In an effort to reach even more people impacted by cancer, The Wellness Community – Arizona is looking to expand offerings beyond our beautiful historic home on Palm Lane.

PARADISE VALLEY

Paradise Valley United Methodist Church

Located at 4455 E. Lincoln Dr., Paradise Valley. These programs are open and free to all.

[View Map](#)

Drumming Circle - Thursday, February 25, 6–7:30 p.m.

Frank Thompson, Founder of the AZ Rhythm Connection and REMO trained facilitator, guides you through a session of rhythmical harmony used to relieve stress and help your body relax.

Peripheral Neuropathy - Thursday, March 18, 6–8 p.m.

Dr. Todd Levine, Co-Director Samaritan Peripheral Neuropathy Center, will discuss symptoms, treatment options, and current research. Peripheral neuropathy causes pain or numbness in hands or feet and is a common side effect of chemotherapy. Time for Q&A.

[RSVP.](#)

Drumming Circle - Thursday, March 25, 6–7:30 p.m.

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SCOTTSDALE, ARIZONA

Premiere Oncology of Arizona

Located at 9055 East Del Camino Drive, Suite 100, Scottsdale, AZ 85258

Near the corner of East Via De Ventura and North Pima Roads

(480) 860-5000

[View Map](#)

Cancer Support Group - Thursday, February 18 and Thursday, March 18, 6–8 p.m.

New interactive group for cancer survivors and their friends and family looking to connect with others. This professionally-facilitated group is open to persons at any stage of treatment, with any diagnosis. Program welcomes everyone, regardless of where you receive treatment.

FOR SPANISH SPEAKING COMMUNITY

Spanish Programs at Valle Del Sol Latino Cultural Center

(en el Centro Cultural Latino)

Localizado en 1209 South First Avenue, Phoenix 85003

(602) 248-8101

[View Map](#)

Necesidades de nutrición para los pacientes con cáncer

Jueves, 18 febrero 2010, 6–8 p.m.

Relajación y manejo del estrés/tensión

jueves, 18 marzo 2010, 6–8 p.m.



TWC VOLUNTEER CORNER - Help impact TWC... Volunteer!

Heather Tompkins

Cancer impacted Heather Tompkins early. Sadly, when she was four, breast cancer took her mother. Heather, 19, has the experience. She attends ASU's honors program studying Biochemistry, Medicine and Biotechnology to pursue a degree in cancer research. Over the years she has volunteered at TWC. "We've come to depend on Heather's 'get it done,' optimistic spirit. She continues to inspire," says Volunteer Coordinator Darcy Ljunggren.

Volunteers play an essential role at TWC. Here are some opportunities...

GENERAL OFFICE ACTIVITIES

Program set-up, clean-up and registration

EVENT SUPPORT

Red Balloon, Tuesday, March 2, 2010

Cancer Survivor Day, Saturday, June 5, 2010

TWC 360 is a volunteer and outreach group dedicated to post-treatment cancer survivors and their loved ones. Events are held at TWC, 360 East Palm Lane, Phoenix. Beverages are provided. Meet at TWC, 360 East Palm Lane, Phoenix.

February 23, 2010, 6–8 p.m.

March 23, 2010, 6–8 p.m.

For additional information on TWC 360 or volunteering, please contact Darcy Ljunggren at **(602) 712-1006** or email darcy@twc360.org

Newsletter Spotlight

Kid2Kid Canine Connection

Tuesday, March 2, 6 - 7:30 p.m.

Please note: This program includes a dog/person team that will be part of each group. Parents/grandparents with cancer and their children ages 5 to 15 are invited to explore ways families can tackle cancer, including topics such as stress reduction, communication, having fun together, taking care of yourself and changes in the family.

[Click here](#) to RSVP.

Lymphoma Event

Thursday, March 11, 6–8 p.m.

Ruben Mesa, MD, specialist in hematology oncology at Mayo Clinic, will discuss lymphoma treatments. Dr. Mesa will discuss how to manage lymphoma as well as the latest in research.

[Click here](#) to RSVP.

Kid2Kid/Family2Family

Tuesday, March 16, 6 - 7:30 p.m.

(Formerly Family Circle) For adults with cancer and their children or grandchildren ages 5-15. Art and play activities help children understand their feelings. Adults share parenting concerns, ideas, and feelings separately. Dinner provided.

[Click here](#) to RSVP.

Ask the Doctor about New Discoveries in Brain Cancer

Thursday, March 16, 2-3:30 p.m.

Bodour Salhia, PhD, cancer researcher from Translational Genomics
Q & A session on the new discoveries and innovations in research

LEARN MORE ABOUT THE WELLNESS COMMUNITY

Last year, cancer survivors and family members made over 10,000 visits to this beautiful home for support, education, and resources.

At The Wellness Community (TWC), we serve anyone, at any stage of their cancer diagnosis. Family members, friends, and loved ones are warmly welcomed and supported. Support groups 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 network provides a wealth of resources and support.

Contact us locally by visiting our website at thewellnesscommunityaz.org by phoning **(602) 712-1006**, or attending a meeting.

Contact TWC nationally at thewellnesscommunity.org or **(888) 793-WELL (9355)**.

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

Download the complete Program Calendar [HERE](#).



Thank You!

On behalf of all the participants at The Wellness Community - Arizona, heartfelt thanks to the individuals, corporations, and foundations that support the FREE cancer support programs provided by TWC. Your contribution is a hand of hope and give encouragement to countless individuals.



The Wellness Community - Arizona
360 East Palm Lane - Phoenix, AZ 85004 - (602) 712-1006 - www.wellnesscommunity.org

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