



Dorothy S. O'Brien Center
6522 Fremont Avenue North
Seattle, WA 98103

(206) 297-2100

www.cancerlifeline.org

RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Seattle, WA
Permit #896

MAY - AUGUST 2017 CLASS SCHEDULE



FREE CLASSES, SUPPORT GROUPS, AND EVENTS



Cancer Lifeline provides emotional support, resources, classes and exercise programs in the Puget Sound area. We serve all people living with cancer – patients, survivors, family members, friends and co-workers. For more information contact us at (206) 297-2500, (800) 255-5505, or visit cancerlifeline.org.

Registration

Register early for our classes as they can fill up quickly. All programs, including those at hospital sites, are free and open to the public. Please join us!

There are two ways to register:

1) ONLINE – IT’S SO EASY!

- Visit www.cancerlifeline.org and click on the “Classes & Registration” tab.
- Click on the class you want and follow the directions to register.
- Once you have submitted your registration, if you enter your email, you will receive a confirmation email. Otherwise you can print the confirmation page for your records.

2) BY TELEPHONE

- Call our Lifeline at (206) 297-2500 or (800) 255-5505. We can answer your questions about programs and walk you through the registration process.

Registration begins on
Tuesday, April 18 at 9am

Health & Safety Policy

Many of our clients are immune-suppressed. If you have symptoms of cold, flu or other contagious illnesses, please refrain from attending our programs. Cancer Lifeline programs are scent and fragrance free. For those considering attending exercise classes, we strongly recommend each participant obtain a doctor’s clearance, and alert the class facilitator regarding any pain medications you might be taking. Cancer Lifeline reserves the right to request people leave our programs if one’s own safety and/or the safety of others might be compromised.

Program Cancellations

If bad weather or an emergency occurs, we may have to cancel programs. Please call the Dorothy S. O’Brien Center for detailed closure information at (206) 297-2100, or visit our home page at www.cancerlifeline.org. Information about closures or program cancellations will be posted by 9:00am

Holidays

We will be closed for the following holidays. Regularly scheduled programs will be cancelled on these days:

- Monday, May 29 Memorial Day
- Tuesday, July 4..... Independence Day

Table of Contents

Registration	2
Health & Safety Policy	2
Program Cancellations	2
Holidays	2
Site Indexes	
Cancer Lifeline at EvergreenHealth Medical Center, Kirkland	4
Cancer Lifeline at the Dorothy S. O’Brien Center, Seattle	4-5
Cancer Lifeline at Northwest Hospital, Seattle.....	5
Cancer Lifeline at Valley Medical Center, Renton	5
(new to come)	6
Hospital Partners	6
Cancer Lifeline Sponsors	7
Emotional Support Services	
The Lifeline (206) 297-2500, (800) 255-5505.....	8
Ongoing Emotional Support	8
Couple & Family Meetings	8
Parenting Meetings	8
Share the Care® Support	8
Therapist Referral Program	8
Financial Services	
Komen Patient Assistance Fund	8
Cancer Lifeline Patient Assistance Fund	9
Cancer Patient Financial Resources	9
Cancer Support Consultation Services	
Workplace Consultations.....	9
Support Group Facilitation Training	9
Active Listening Training.....	9
Support Groups	
Eastside Support Groups.....	10-12
North Seattle Support Groups.....	12
Seattle Support Groups.....	13-14
South Seattle Support Groups.....	14-15
Classes & Events	
Artistic Expression.....	15-18
Exercise & Movement	18-20
Nutrition	21-23
Presentation & Events.....	24-33
Stress Reduction & Relaxation.....	33
Cancer Lifeline Board	34
Cancer Lifeline Staff Directory	34
Program Locations	35

Evergreenhealth (Kirkland) Index**SUPPORT GROUPS**

- Bosom Buddies Breast Cancer Networking Group (p.10)
- Living With Cancer Support Group (p.10)
- Oral, Head & Neck Cancer Support Group (p.10)
- Breast Friends-Breast Cancer Support Group (p.11)
- Living With Metastatic Cancer Support Group (p.11)
- Prostate Cancer Networking Group (p.11)
- Colon Cancer Support Group (p.12)

ARTISTIC EXPRESSION

- Ikebana Flower Arranging (p.17)
- Spring & Summer Card Making (p.17)
- Monogram Art (p.18)

EXERCISE & MOVEMENT

- Gentle Yoga (p.19)
- Managing Peripheral Neuropathy (p.20)
- Qigong (p.21)

NUTRITION

- Supercharge Gut Health (p.21)
- Going Greek For Summer (p.21)
- Raw Foods For Vitality (p.21)
- Super Snacks (p.21)
- Gluten Free Basics (p.22)
- Mighty Veggies (p.22)

PRESENTATIONS & EVENTS

- Healthy Skin Care & Makeup (p.27)
- Strategies For Better Sleep (p.27)
- Dietary Supplements (p.28)
- Medical Marijuana & Cancer (p.28)
- Writing For The Moment (p.29)
- Chemo Brain 101 (p.29)
- Laughter & Healing (p.29)
- Combating Chemo Brain (p.29)
- Women's Health & Cancer (p.29)
- Music As Therapy (p.29)
- Ask The Nutritionist (p.29)
- Listening With Empathy (p.30)
- Small Steps For Stress Reduction (p.30)
- Sexual Complications Of Treatment (p.30)
- New Trends For Treating Metastatic Prostate Cancer (p.30)

EVERGREENHEALTH CONTINUED

- Sexuality & Intimacy During & After Treatment (p.28)
- Managing Urinary Side Effects (p.30)
- Coping With Cancer & Post-Traumatic Stress (p.31)
- Ostomy Bag 101 (p.31)
- Healthy Home Cleaning Alternatives (p.31)
- Navigating Transitions (p.31)
- A Forum For Young Adults Facing Cancer (p.31)

STRESS REDUCTION & RELAXATION

- Meditation (p.33)
- Stress & Sleep Resilience (p.33)

All programs at Evergreenhealth are located in the Halvorson Cancer Center conference room, Green 1270/1272 unless noted otherwise.

Dorothy S. O'Brien Center (Green Lake) Index**SEATTLE SUPPORT GROUPS**

- Women's Metastatic Cancer Group (p.13)
- Thyroid Cancer Support Group (p.13)
- Young Survival Coalition (p.13)
- Young Adult Cancer Support Group (p.13)
- Lymphedema Support Group (p.14)

ARTISTIC EXPRESSION

- Open Studio (p.16)
- Writing For The Moment (p.17)
- Writing For The Moment-Peer Led (p.17)
- Practicing Mindfulness With Creative Expression (p.16)
- Storytelling With A Twist (p.16)
- Ikebana Flower Arranging (p.17)
- Fun With Portrait Drawing (p.16)
- Health Benefits of Nature (p.16)
- Pressed Flower Boxes (p.17)

EXERCISE & MOVEMENT

- Qigong For Health And Wellness: Practice Sessions (p.18)
- Healthy-Steps, Moving You To Better Health (p.18)
- Gentle Yoga (p.19)
- Moving With Awareness (p.19)
- Tai Chi & Qigong: Movement As Medicine (p.19)
- Promoting Bone Health With Gentle Movement (p.20)

*DOROTHY S. O'BRIEN CONTINUED***NUTRITION**

- Help Prevent & Survive Cancer Thru Diet (p.21)

PRESENTATIONS & EVENTS

- Financial Resources For Young Adults With Cancer (p.24)
- The Benefits Of Aqua Therapy For Lymphedema (p.24)
- Speaking Of Dying: Living Deeply-Dying Well (p.24)
- Communication For Connection & Understanding (p.24)
- Chemicals That Disrupt Hormones & Cancer (p.25)

STRESS REDUCTION & RELAXATION

- Tools To Manage Stress & Improve Immune Function (p.33)

Northwest Hospital (North Seattle) Index**SUPPORT GROUPS**

- Living with Cancer Support Group (p.12)
- Women's Cancer Support Group (p.12)

ARTISTIC EXPRESSION

- Processing Anger With Creative Expression (p.18)

EXERCISE & MOVEMENT

- Gentle Yoga (p.19)
- Healthy-Steps-Moving You To Better Health (p.20)
- Walking Your Way To Better Health (p.20)

NUTRITION

- What To Eat When Nothing Tastes Good (p.22)
- Foods To Fight Fatigue (p.22)
- Healthy BBQ (p.22)
- Link Between Sugar & Cancer (p.23)
- Eating Well on a Budget (p.22)

PRESENTATIONS & EVENTS

- Benefits Of East Asian Medicine During & After Treatment (p.25)
- Talking With Your Children When A Parent Has Cancer (p.25)
- Five Wishes (p.25)
- Boost Your Immune System With Acupressure & Tai Chi (p.25)
- Communication For Connection & Understanding (p.26)
- Retirement & Cancer (p.26)
- Addressing Fears Of Recurrence (p.26)
- Coping With Chemo-Brain (p.26)

NORTHWEST HOSPITAL CONTINUED

- BRCA 1 & 2 And Beyond: Latest Trends In Genetic Testing For Breast Cancer (p.26)

- Importance Of Sleep During & After Treatment (p.27)

- Healthy House Cleaning Products (p.27)

- Benefits Of Journal Writing (p.27)

STRESS REDUCTION & RELAXATION

- Meditation In Everyday Life (p.33)

All Northwest Hospital programs located in the Medical Arts Building, Suite 112 unless noted otherwise.

Valley Medical Center (Renton) Index**SUPPORT GROUPS**

- Living with Cancer Support Group (p.14)
- Women's Cancer Support Group (p.14)
- Reclaiming Your Life In Survivorship (p.15)

ARTISTIC EXPRESSION

- Collage- Unlock Your Creativity (p.15)
- Jewelry Making: Earrings (p.15)
- Creative Cardmaking (p.15)
- Table Top Summer Gardens (p.15)

EXERCISE & MOVEMENT

- Gentle Yoga (p.19)
- Healthy-Steps-Moving You To Better Health (p.18)

NUTRITION

- Nutrition To Boost Metabolism (p.23)
- Bountiful Breakfasts (p.23)
- Sublime Spices: Adding Nutrition Powerhouses To Every Day Meals (p.23)
- Healthy BBQ Alternatives (p.23)

PRESENTATIONS & EVENTS

- Addressing Fears Of A Recurrence (p.32)
- Benefits Of Bone Broth (p.32)
- Palliative Care: An Important Component Of Cancer Treatment (p.32)
- Mindfulness For Everyday (p.32)
- Chemo Brain: What Is It & How To Live With It (p.32)
- What It Means To Be A Woman Post-Cancer Treatment (p.32)
- Post Menopause Nutritional Support (p.33)

Please refer to page # for description, date and time.

Please refer to page # for description, date and time.

How You Can Help

The classes and support groups you attend through Cancer Lifeline are funded completely by donations from individuals and businesses in our community.

You can ensure that these programs remain available by making a contribution to Cancer Lifeline today. A Sustaining **Gift of \$5 or \$10** charged automatically to your credit card each month is an easy way to support someone else who will be diagnosed with cancer tomorrow.

Go online to www.cancerlifeline.org to set up a monthly contribution or send a check to: Cancer Lifeline, 6522 Fremont Avenue North, Seattle, WA 98103.

If you have questions about donating please call: 206-297-2100

You can also support Cancer Lifeline by becoming involved & volunteering, for more information on volunteer opportunities call: 206-832-1290

Hospital Partners

Thank you to Cancer Lifeline's partners for supporting our programs and services!



Community Partners

We extend our appreciation to Cancer Lifeline's Community Partners



Thank You!

We extend our sincere appreciation to Cancer Lifeline's event Sponsors and in-kind partners:



The bank for business.



Emotional Support Services

THE LIFELINE (206) 297-2500 OR (800)255-5505

Our Lifeline is a place to seek emotional support and cancer related resources for anyone touched by cancer, including patients, friends, families, or co-workers. Trained staff and volunteers are available to provide warm, non-judgmental listening, support, and information over the telephone at your convenience, Monday through Friday, 9am-5pm.

ONGOING EMOTIONAL SUPPORT

If you are dealing with cancer as a patient, caregiver, family member, friend or co-worker and would like extended support through the Lifeline, our trained staff and volunteers can arrange to provide regular times for you to talk about feelings or concerns that may come up as you navigate the cancer experience.

COUPLE & FAMILY MEETINGS

A family consultant will meet with family members or a group of friends at one of our sites or a hospital. You'll get assistance in finding ways to talk together about cancer and its impact and in finding ways to manage the challenges of living with cancer.

PARENTING MEETINGS

Our family consultants speak on the phone or meet with parents/guardians to help find ways to support children when a family member has cancer.

SHARE THE CARE® SUPPORT

A Share The Care team allows friends and family to provide care without getting burned out or overwhelmed and relieves the patient/family from having to ask for the help they need. A Cancer Lifeline facilitator will conduct an organizational meeting with friends and family to set up the team.

THERAPIST REFERRAL PROGRAM

Our therapist referral program provides the names of therapists who have experience working with people living with a cancer diagnosis. Referrals are free. The therapist's rate is arranged directly between the caller and the therapist.

Financial Services

KOMEN PATIENT ASSISTANCE FUND

(FOR BREAST CANCER PATIENTS & SURVIVORS)

Cancer Lifeline is happy to partner with Susan G. Komen - Puget Sound Affiliate - to provide financial assistance to low-income patients with breast cancer. The fund can be used for living or medical expenses. Eligible applicants must be within a three month window of active treatment for breast cancer, live or receive treatment in a Western Washington county and meet low-income requirements. For more information about eligibility and the application process, call (206) 832-1282 or visit <http://www.cancerlifeline.org/services>. To apply, please contact your social or healthcare worker.



FINANCIAL SERVICES CONTINUED

CANCER LIFELINE PATIENT ASSISTANCE FUND

(FOR NON-BREAST CANCER PATIENTS)

The Cancer Lifeline Patient Assistance Fund provides financial assistance to low-income patients with cancer other than breast cancer. The fund can be used for living or medical expenses. Eligible applicants must be within a three month window of active treatment, live or receive treatment in a Western Washington county, and meet low-income requirements. For more information about eligibility and the application process, call (206) 832-1282 or visit <http://www.cancerlifeline.org/services>. To apply, please contact your social or healthcare worker

CANCER PATIENT FINANCIAL RESOURCES

Our staff works to help cancer patients stay in treatment by providing resources to help meet basic needs or access medical care, including medications, health insurance, co-pays or transportation to treatment.

Cancer Support Consultation Services

Looking for expert training on how to best deliver cancer support? We offer individually customized consultation services based on your needs including:

WORKPLACE PROGRAMMING

Work with a Cancer Lifeline professional to identify cancer related needs in the workplace

- Learn about ways to support a co-worker who is going through cancer treatment
- Provide managers and human resource personnel with guidance and tips on how to support an employee with cancer
- Opportunity to have on site cancer support services based on workplace needs

SUPPORT GROUP FACILITATION TRAINING

- Understand value of support group structure
- Understand threats to group process
- Learn and enact basic behaviors to facilitate group process

ACTIVE LISTENING TRAINING

- Extensive active listening training facilitated by a trained Cancer Lifeline professional
- Cancer specific peer role play scenarios
- Educational materials including cancer related articles and information on the psychosocial impact of cancer
- Purchase of training curriculum and right to share materials

East Side Support Groups

BOSOM BUDDIES BREAST CANCER NETWORKING GROUP

Monthly meetings provide educational presentations and a supportive environment to share with other women living with breast cancer. Join us whether you are newly diagnosed, going through treatment, or consider yourself a survivor.

Kirkland: EvergreenHealth - Halvorson Cancer Center, Conference Room, Green 1270/1272

Facilitated by Dianne Graham, MA, LMHC

3rd Wednesdays, May 17, June 21, July 19, Aug 16: 10am-12pm

Presentations:

May 17; Healthy Skin Care & Makeup *See Page 27*

July 19; Strategies For Better Sleep *See Page 27*

LIVING WITH CANCER SUPPORT GROUP

Whether you are just diagnosed, in treatment or post-treatment, join us to get support and learn from educational presentations and discussion. Group is open to those with any type of cancer diagnosis. Caregivers, family and friends are welcome.

Kirkland: EvergreenHealth - Halvorson Cancer Center, Conference Room, Green 1270/1272

Facilitated by Tricia Matteson, LICSW, MSW

2nd Tuesdays, May 9, June 13, July 11, Aug 8; 6:30-8:30pm

Presentations:

May 9; Dietary Supplements; 6:30-7:30pm *See Page 28*

June 13; Medical Marijuana & Cancer; 6:30-7:30pm *See Page 28*

July 11; Writing For The Moment; 6:30-7:30pm *See Page 28*

Aug 8; Chemo Brain 101; 6:30-7:30pm *See Page 29*

ORAL, HEAD & NECK CANCER SUPPORT GROUP

Join us at this monthly group for educational speakers and open discussion in a safe and non-judgmental environment. Group is open to those diagnosed with oral, head or neck cancer and their family and friends.

Kirkland: EvergreenHealth - Halvorson Cancer Center, Conference Room, Green 1270/1272

Facilitated by Tricia Matteson, LICSW, MSW

2nd Wednesdays, May 10, June 14, July 12, Aug 9; 6:30-8:30pm

Presentations:

May 10, Sexuality & Intimacy During & After Treatment; 6:30-7:30pm *See Page 28*

June 14; Laughter & Healing; 6:30-7:30pm *See Page 29*

July 12 ; Combating Chemo Brain; 6:30-7:30pm *See Page 29*

EAST SIDE SUPPORT GROUPS CONTINUED

BREAST FRIENDS-BREAST CANCER SUPPORT GROUP

Come be with other women living with breast cancer in a relaxing, confidential and supportive environment. Through education and discussion, gain information and tools to help navigate the journey. Open to women who are newly diagnosed, going through treatment and those finished with treatment.

Kirkland: EvergreenHealth - Halvorson Cancer Center, Conference Room, Green 1270/1272

Facilitated by Suzanne Ditter, RN, BSN, OCN

1st and 3rd Tues, May 2 & 16, June 6 & 20, July 21, Aug 1 & 15; 6:30-8pm

**No Group July 4*

Presentations

May 16; Women's Health & Cancer; 6:30-7:30pm *See Page 29*

Aug 1; Music As Therapy; 6:30-7:30pm *See Page 29*

LIVING WITH METASTATIC CANCER SUPPORT GROUP

These monthly meetings provide an opportunity to share with others living with any type of advanced stage cancer. The group provides a supportive environment to express emotions, engage in discussion and learn from educational presentations. This group is also open to caregivers.

Kirkland: EvergreenHealth - Halvorson Cancer Center, Conference Room, Green 1270/1272

Facilitated by Lisa Magnusson, RN, MN OCN

2nd and 4th Saturdays, May 13, June 10 & 24, July 8 & 22, Aug 12 & 26; 10am-12pm

**No Group May 27*

Presentations

June 24; Ask The Nutritionist; 10-11am *See Page 29*

July 22; Listening With Empathy; 10-11am *See Page 30*

** Metastatic Cancer Retreat July 1 & 2 See Page 24 for more details*

PROSTATE CANCER NETWORKING GROUP

These monthly meetings will include educational presentations followed by group discussion on topics important to those living with prostate cancer. Discover and share new information and give and receive support in a safe and confidential environment. Group is also open to caregivers.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Room, Green 1270/1272

Facilitated by Joe Bradlo, RN

3rd Wednesdays, May 17, June 21, July 19, Aug 16; 6:30-8pm

Presentations

May 17; Small Steps For Stress Reduction, 6:30-7:30pm *See Page 30*

June 21; Sexual Complications Of Treatment, 6:30-7:30pm *See Page 30*

July 19; New Trends For Treating Metastatic Prostate Cancer; 6:30-7:30pm *See Page 30*

Aug 16; Managing Urinary Side Effects; 6:30-7:30pm *See Page 30*

EAST SIDE SUPPORT GROUPS CONTINUED

COLON CANCER SUPPORT GROUP

Come meet with others living with colon cancer. This monthly group provides an opportunity to share and receive support in a safe, non-judgmental environment.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Room, Green 1270/1272

Facilitated by Danielle Baird, MSW, LSWAIC

1st Wednesdays, May 3, June 7, July 5, Aug 2; 7-8:30pm

Presentations:

May 3; Coping With Cancer & Post-Traumatic Stress; 7-8pm *See Page 31*

Aug 2; Ostomy Bag 101; 7-8pm *See Page 31*

North Seattle Support Groups**LIVING WITH CANCER SUPPORT GROUP**

Feeling overwhelmed and uncertain about what lies ahead as you travel through the unfamiliar world of cancer? Come meet others who are just diagnosed, in treatment or post-treatment. Learn from educational presentations and open discussions. Family and friends are welcome!

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Basha Brownstein, MSW

1st Wednesdays; May 3, June 7, July 5, Aug 2; 6-8pm

Presentations:

May 3; Communication For Connection & Understanding; 6-7pm *See Page 24*

June 7; Retirement & Cancer; 6-7pm *See Page 26*

July 5; Addressing Fears Of Recurrence; 6-7pm *See Page 26*

Aug 2; Coping With Chemo-Brain; 6-7pm *See Page 26*

WOMEN'S CANCER SUPPORT GROUP

Women with any type of cancer diagnosis are welcome at this group, whether you are newly diagnosed, working your way through or just finishing treatment. In a safe, confidential and non-judgmental environment talk and get support. Through educational speakers and open discussion learn ways to help manage your cancer and not be managed by your cancer.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Basha Brownstein, MSW

2nd Tuesdays, May 9, June 13, July 11, Aug 8; 1-3pm

Presentations:

May 9; BRCA 1 & 2 And Beyond: Latest Trends In Genetic Testing For Breast Cancer *See Page 26*

June 13; Importance Of Sleep During & After Treatment *See Page 27*

July 11; Healthy House Cleaning Products *See Page 27*

Aug 8; Benefits Of Journal Writing *See Page 27*

Seattle Support Groups**WOMEN'S METASTATIC CANCER GROUP**

Come be with other women in a safe place to express emotions, thoughts, and challenges that come up when living with advanced cancer. Caregivers are welcome at the 2nd meeting of the month.

Seattle: Dorothy S. O'Brien Center, Multi-Purpose Room

Facilitated by Vivian Foxx, MSW

1st & 3rd Saturdays, May 6 & 20, June 3 & 17, July 15, Aug 5 & 19; 10am-12pm

No Group July 1

THYROID CANCER SUPPORT GROUP

This group brings together survivors, family members and friends. Whether newly diagnosed or living with thyroid cancer for years, come for mutual support, education and information. This group is offered by ThyCa: Thyroid Cancer Survivors' Association, Inc.

Seattle: Dorothy S. O'Brien Center, Healing Arts Room

Facilitated by Roselle Kovitz, MPA & Peter Crane

3rd Saturdays, May 20, June 17, July 15, Aug 19; 10-11:30am

YOUNG ADULT CANCER SUPPORT GROUP

Are you a young adult (20's to 40's) living with a cancer diagnosis? Come meet, talk and form friendships with other young adults who are also dealing with cancer. Through speakers and open discussion, you'll gain tools to better manage cancer. Family and friends welcome!

Seattle: Dorothy S. O'Brien Center, Healing Arts Room

Facilitated by Lauren Rainbow, MSW

2nd Saturdays, May 13, June 10, July 8, Aug 12; 11am-1pm

Presentations:

June 10; Financial Resources For Young Adults With Cancer *See Page 24*

YOUNG SURVIVAL COALITION

This group is open to survivors and women diagnosed with any stage of breast cancer under the age of 45 to share resources and provide emotional support. For more info, contact Mary Ajango at (317) 288-5204 or majango@youngsurvival.org , more at www.youngsurvival.org

Seattle: Dorothy S. O'Brien Center, Multi-Purpose Room

Facilitated by Jamie Lynne Tingey, MSW

1st Mondays, May 1, June 5, July 10, Aug ; 6:30-8:30pm



SEATTLE SUPPORT GROUPS CONTINUED

LYMPHEDEMA SUPPORT GROUP

Come to this safe & non-judgmental place to give and receive emotional support and learn ways that can help you manage this challenging condition. Sponsored by the Northwest Lymphedema Center.



Seattle: Dorothy S. O'Brien Center, Multi-Purpose Room

Facilitated by Dianne Graham, MA, LMHC

2nd Saturdays, May 13, June 10, July 8, Aug 12; 11am-1pm

Presentations:

Aug 12; The Benefits Of Aqua Therapy For Lymphedema *See Page 24*

South Seattle Support Groups

LIVING WITH CANCER SUPPORT GROUP

Whether you are just diagnosed, in treatment or post-treatment, join us to get support and learn from educational presentations and discussion. Group is open to those with any type of cancer diagnosis and caregivers, family and friends are welcome.

Renton: Valley Medical Center, Medical Arts Center, Breast Center Conference Rm

Facilitated by Anna Charbonneau, PhD

2nd & 4th Mondays, May 8 & 22, June 12 & 26, July 10 & 24, Aug 14 & 28; 7-8:30pm

Presentations:

May 22; Addressing Fears Of A Recurrence *See Page 32*

July 10; Benefits Of Bone Broth *See Page 32*

July 24; Palliative Care: An Important Component Of Cancer Treatment *See Page 32*

Aug 14; Mindfulness For Everyday *See Page 32*

WOMEN'S CANCER SUPPORT GROUP

Women with any type of cancer diagnosis are welcome at this monthly group, whether you are newly diagnosed, working your way through treatment or just finishing treatment. In a safe, confidential and non-judgmental environment talk and get support. Through educational speakers and open discussion learn ways to help manage your cancer and not be managed by your cancer.

Renton: Valley Medical Center, Medical Arts Center, Breast Center Conference Rm

Facilitated by TBD

3rd Wednesdays, May 17, June 21, July 19, Aug 16; 1-2:30pm

Presentations:

May 17; Chemo Brain: What Is It & How To Live With It *See Page 32*

June 21; What It Means To Be A Woman Post-Cancer Treatment *See Page 32*

July 19; Post Menopause Nutritional Support *See Page 33*

SOUTH SEATTLE SUPPORT GROUPS CONTINUED

RECLAIMING YOUR LIFE IN SURVIVORSHIP

Experiencing cancer can be life-changing and sometimes results in shifts in your priorities. This workshop is for survivors who are at least three months out from completion of treatment for any type of cancer. You will learn how to enhance coping strategies, re-examine life values, beliefs and priorities, and create a physically and mentally healthy lifestyle. Intake interview & registration are required. Please call (206) 832-1279 for more information

Renton: Valley Medical Center, Medical Arts Center, Breast Center Conference Rm

Facilitated by Anna Charbonneau, PhD

Saturday, June 3; 9:30am-4:30pm

Artistic Expression

COLLAGE- UNLOCK YOUR CREATIVITY

Magazine collage is a great place to begin experimenting with the exciting world of collage. With a wide variety of images and tools to choose from, give yourself permission to let go, explore, create and express your thoughts in a whole new way.

Renton: Valley Medical Center, Medical Arts Center, Room MAC-A

Facilitated by Ginny Rohan

Tuesday, May 23; 10am-12pm

CREATIVE CARDBMAKING

Explore stamping, embossing and 3-D image techniques in this fun filled card class. Handouts and all materials will be provided.

Renton: Valley Medical Center, Medical Arts Center, Room MAC-A

Facilitated by Ginny Rohan

Tuesday, July 18; 10am-12pm

JEWELRY MAKING: EARRINGS

After selecting from our generous assortment of beads, you will be given guidance on how to make your own earrings. Feel free to bring your own favorite beads to add. All other materials provided.

Renton: Valley Medical Center, Medical Arts Center, Room MAC-A

Facilitated by Teresa Perry

Tuesday, June 20; 10am-12pm

TABLE TOP SUMMER GARDENS

Make a mini-garden for summer filled with tiny plants. We will have tiny items, rocks and shells to add to it or bring a treasure or two from home.

Renton: Valley Medical Center, Medical Arts Center, Room MAC-A

Facilitated by Sheila Taft, HTR, Horticultural Therapist

Tuesday, Aug 22; 11am-1pm

ARTISTIC EXPRESSION CONTINUED

OPEN STUDIO

Indulge your creative side in a welcoming studio full of art supplies. Play and explore, or work on a project begun in another class. Drop in any time; no registration necessary. Materials provided.

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Tracy Pelltier, Patti Carey, Pamela Johnson

Saturdays, June 3, July 29, Aug 19; 12-3pm

PRACTICING MINDFULNESS WITH CREATIVE EXPRESSION NEW

Mindfulness is the simple practice of bringing one's attention back to the present moment. Join us as you create, through the medium of collage, a visual representation of what is happening in your present.

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Ginny Rohan

Saturday, July 15; 1-4pm

STORYTELLING WITH A TWIST

Explore storytelling with words and other creative elements meaningful to you. Bring momentos to include in your story: fabric, photos or other keepsakes. Additional supplies available in class.

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Donna Oiland

Saturday, July 29; 10am-12pm

FUN WITH PORTRAIT DRAWING NEW

Create fun and easy portrait-related art projects using photos. Bring 2 close-up head shot photos, one side-view, one face-on.

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Lori Davies

Saturday, Aug 5; 10am-12:30pm

HEALTH BENEFITS OF NATURE NEW

Explore the benefits for wellness by enjoying the natural world around us -even in the city! Bring your own stories for how to spend time in nature and gardens.

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Sheila Taft, HTR, Horticultural Therapist

Tuesday, May 16 ; 12:30-2:30pm

*“The resources you provide for patients and
caretakers is invaluable”*

– CANCER LIFELINE PARTICIPANT

ARTISTIC EXPRESSION CONTINUED

PRESSED FLOWER BOXES NEW

Use pressed flowers and leaves to decorate a small box. \$5 donation for supplies suggested.

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Sheila Taft, HTR, Horticultural Therapist

Tuesday, June 6; 12:30-2:30pm

WRITING FOR THE MOMENT

Discover the power of writing as a way to process everyday life. No matter your writing style or experience, this workshop will inspire you to put pen to paper. This class invites sharing rather than critiquing. Start any time.

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Peggy Sturdivant

Session I: Thursdays, June 1-22; 1-3pm

Session II: Thursdays, Aug 3-24; 1-3pm

WRITING FOR THE MOMENT-PEER LED

This program is so popular that participants continue to meet even when the instructor isn't facilitating. All are welcome to drop-in and participate.

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Ginny Rohan

Thursdays, June 29-July 20; 1-3pm

IKEBANA FLOWER ARRANGING

Learn and practice Ikebana, the Japanese art of flower arranging. Try to bring the following supplies: one frog or kenzan (a small metal form to hold flowers 2 ½" in diameter), a container of any shape for flowers (usually a ceramic bowl with shallow sides about 2" deep and 10" in diameter), and flower or garden scissors. All other materials provided.

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Nobuko Relnick, Ikebana Master, The Sogetsu School

Wednesdays, May 24-June 14; 1-3pm

Kirkland: EvergreenHealth - Halvorson Cancer Center, Conference Room, Green 1270/1272

Facilitated by Nobuko Relnick, Ikebana Master, The Sogetsu School

Session I: Monday; May 15; 1-3pm

Session II: Monday; June 12; 1-3pm

SPRING & SUMMER CARD MAKING

Enjoy the experience of making your choice of cards through basic stamping techniques. Create cards for spring and summer holidays, special occasions, and gratitude.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Ginny Rohan

Monday; May 1; 1-3pm

ARTISTIC EXPRESSION CONTINUED

MONOGRAM ART NEW

Have fun with lettering & words while creating a card or frameable art piece! Experiment with different types of lettering including 3D & Calligraphy to create a monogram card, and make a “kaleidoscope name” and/or a magazine scrap name or word art piece.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Erin Cunningham

Saturday; June 3; 10am-12pm

PROCESSING ANGER WITH CREATIVE EXPRESSION NEW

Join us as we use imagery as a tool to identify and process some of these strong emotions and bring them into greater balance using the medium of collage.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Ginny Rohan

Saturday; June 24; 10am-1pm

Exercise & Movement

QIGONG FOR HEALTH AND WELLNESS: PRACTICE SESSIONS

For students previously trained in the Qigong form, these sessions are a chance to practice using a training tape with other participants.

Seattle: Dorothy S. O'Brien Center, HA Room

Fridays, July 14- Aug 25; 10-11am

HEALTHY-STEPS, MOVING YOU TO BETTER HEALTH

Come learn gentle, low impact exercises that can help manage lymphedema. Great for survivors, caregivers and anyone affected by lymphedema.

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Meryl Shier, Certified Lebed Instructor

Tuesdays, July 11-Aug 1; 1-2pm

HEALTHY-STEPS-MOVING YOU TO BETTER HEALTH

Come learn gentle, low impact exercises that can help manage lymphedema. Great for survivors, caregivers and anyone affected by lymphedema.

Renton: Valley Medical Center, Medical Arts Center, Room MAC-D

Facilitated by Melanie Hendershot, Certified Healthy Steps Instructor

Session I: Tuesdays, May 23-June 27; 6-7pm *No Class May 30, June 13*

Session II: Tuesdays, July 11-Aug 22; 6-7pm

EXERCISE & MOVEMENT CONTINUED

MOVING WITH AWARENESS

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Mary Morrison, MBS Advanced Practitioner

Using gentle, easy movements, discover the possibility of increased flexibility and balance. Lessons are done mostly on the floor in various positions but can be adapted to a chair. For more information visit www.mbsacademy.org.

Tuesdays, May 9-30; 10:45am-12:15pm

TAI CHI & QIGONG:MOVEMENT AS MEDICINE

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Dennis Cole, Certified Qigong Instructor

Learn the basic concepts and movements of these two interrelated modalities that can increase balance, focus attention and reduce stress. Able to modify for those who need to sit or recovering from surgery.

Tuesdays, June 6-Aug 1; 10-11:30am *No Class July 4*

GENTLE YOGA

Practice easy stretches, postures, guided meditation and breathing exercises in one of these gentle therapeutic yoga classes. Bring your own mat and arrive 5 minutes before scheduled class time. Due to the popularity of these classes, register only if you believe you can commit to the majority of classes in each session. For EvergreenHealth, register for Monday or Friday, not both. Register for Phinney Ridge or Northwest Hospital, not both

Renton: Valley Medical Center, Medical Arts Center, Room MAC-E & F

Facilitated by Ann Ford, Registered Yoga Teacher, CES

Session I: Thursdays, May 11-June 22; 6-7pm

Session II: Thursdays, July 6-Aug 17; 6-7pm *No Class July 13*

Seattle: Phinney Ridge Yoga Center, 6615 Dayton Ave N

Facilitated by Christy Fisher, Certified Yoga Instructor

Session I: Thursdays, May 11-June 15; 12-1pm

Session II: Thursdays, July 20-Aug 10; 12-1pm

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Kathryn Burgomaster, Certified Registered Yoga Teacher

Session I: Mondays, May 8- June 26; 9:45-11am *No Class May 29*

Session II: Mondays, July 17- Aug 21; 9:45-11am

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Kathryn Burgomaster, Certified Registered Yoga Teacher

Session I: Fridays, May 5- June 16; 9:45-11am *No Class May 26*

Session II: Fridays, July 7- Aug 18; 9:45-11am

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Pat Talcott, RYT

Session I: Tuesdays, May 9-June 20; 6:30-7:30pm

Session II: Tuesdays, July 11-Aug 15; 6:30-7:30pm

EXERCISE & MOVEMENT CONTINUED

PROMOTING BONE HEALTH WITH GENTLE MOVEMENT NEW TIME

Cancer, its treatment, as well as aging can all contribute to bone loss. In this series, based on the work of Ruthy Alon, PhD, Bones for Life (R), you'll learn simple techniques to help maintain bone integrity. Ability to get down and up from the floor required. Wear comfortable clothing.

Seattle: Dorothy S. O'Brien Center, HA Room

Facilitated by Meryl Shier

Wednesdays, July 12-26; 5:30-7pm

HEALTHY-STEPS-MOVING YOU TO BETTER HEALTH

Come learn gentle, low impact exercises that can help manage lymphedema. Great for survivors, caregivers and anyone affected by lymphedema

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Meryl Shier, Certified Lebed Instructor

Session I: Thursdays; May 11-June 22; 5:30-6:30pm

Session II: Thursdays; July 6-Aug 17; 5:30-6:30pm

MANAGING PERIPHERAL NEUROPATHY NEW

Learn to improve coordination, balance, numbness and weakness through gentle movement exercises designed to engage and enrich the nervous system.

Kirkland: EvergreenHealth, Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Becci Parsons, Guild Certified Feldenkrais Practitioner

Monday; June 19; 1-3pm

QIGONG

The practice of Qigong can take many forms such as movement, breath work and visualization. Qigong can improve energy levels, increase mental clarity, and enhance emotional balance. All ability levels encouraged to attend.

Kirkland: EvergreenHealth, Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Ekaterina Bespyatova, Certified ZY Qigong Instructor & Qigong Therapist

Session I: Friday; May 19; 12-1:30pm

Session II: Monday; July 10; 6:30-8pm

WALKING YOUR WAY TO BETTER HEALTH

Walking is a low-impact, health promoting exercise accessible to many. Learn simple, principles from Tai Chi that will enhance your walking practice. This workshop is for people of all fitness levels.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Laura Houston, Certified ChiWalking Master Instructor

Saturday; June 17; 1:30-3:30pm

Nutrition**HELP PREVENT & SURVIVE CANCER THRU DIET**

You'll learn how to prepare several simple, well-balanced meals made from the "New Four Food Groups". Learn how and why to build a diet from fiber-rich, low fat, antioxidant-filled, immune-boosting plant foods, loaded with cancer-fighting nutrients. Sponsored by the Leukemia & Lymphoma Society. Hosted by PCC Natural Markets.

Seattle: PCC Natural Markets, Greenlake Village, 450 NE 71st St Seattle, WA 98115

Facilitated by Ami Karnosh, MS, CN

Thursday, June 8; 11am-1pm

SUPERCHARGE GUT HEALTH

Learn how to help heal and boost digestive processes while eating delicious foods.

Kirkland: EvergreenHealth, Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Ami Karnosh, MS, CN

Friday; May 12; 12:30-2:30pm

GOING GREEK FOR SUMMER

Learn how a mediterranean diet can help reduce inflammation and boost energy.

Kirkland: EvergreenHealth, Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Ami Karnosh, MS, CN

Friday; June 9; 12:30-2:30pm

RAW FOODS FOR VITALITY

This nutrition demo will cover some of the basics of raw, cultured and dried foods and how they can bring energy and vibrancy to daily life. Learn easy to make, healthy recipes for every meal.

Kirkland: EvergreenHealth, Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Ami Karnosh, MS, CN

Friday; June 23; 12:30-2:30pm

SUPER SNACKS

Discover crunchy treats, creamy dips, and protein bars that will nourish you in between meals. You'll receive recipes for combinations you can alter to your personal preferences.

Kirkland: EvergreenHealth, Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Ami Karnosh, MS, CN

Friday; July 7; 12:30-2:30pm



NUTRITION CONTINUED

GLUTEN FREE BASICS

Exploring gluten free diets can be overwhelming. We'll cover the basics and learn recipes.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Ami Karnosh, MS, CN

Friday; July 21; 12:30-2:30pm

FOODS TO FIGHT FATIGUE

The foods we crave aren't always the most nutritious or supportive for sustained energy. Learn how to retrain your body by eating nutrient-dense foods that will nourish and boost your energy. Sponsored by Northwest Hospital, hosted by PCC Natural Markets.

Seattle: PCC Natural Markets, Greenlake Village, 450 NE 71st St, Seattle, WA 98115

Facilitated by Ami Karnosh, MS, CN

Thursday; May 11; 11am-1pm

HEALTHY BBQ NEW

Learn healthy recipe alternatives for summer eating from the grill that are delicious too! Sponsored by Northwest Hospital, hosted by PCC Natural Markets.

Seattle: PCC Natural Markets, Greenlake Village, 450 NE 71st St, Seattle, WA 98115

Facilitated by Ami Karnosh, MS, CN

Thursday; June 15; 11am-1pm

MIGHTY VEGGIES

Learn how to adapt familiar recipes into healthful, plant-based meals to benefit your health. Recipes and samples provided.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Ami Karnosh, MS, CN

Friday; Aug 18; 12:30-2:30pm

WHAT TO EAT WHEN NOTHING TASTES GOOD

Join us to discuss strategies to make sure you're getting the nutrients you need when eating anything is tough!

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Katrina Gangsaas, BSN Nutrition Educator

Friday; June 30; 1-2:30pm

EATING WELL ON A BUDGET

Healthy food doesn't have to break the bank. Join us to learn how to make the most of your grocery dollars.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Katrina Gangsaas, BSN Nutrition Educator

Friday; May 12 ; 1-2:30pm



NUTRITION CONTINUED

LINK BETWEEN SUGAR & CANCER

Join us for a conversation on how sugar and cancer are connected and strategies to reduce your sugar intake.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Katrina Gangsaas, BSN Nutrition Educator

Friday; June 9; 1-2:30pm

NUTRITION TO BOOST METABOLISM

Take advantage of the natural rhythm of spring and re-set your metabolism with food. In this class we will explore the importance of what you eat and how you can eat to enhance pleasure and energy while promoting weight loss through nutrition for balanced hormones. Sponsored by Valley Medical Center.

Renton: Merrill Gardens, 104 Burnett Ave S

Facilitated by Katrina Gangsaas, BSN, Nutrition Educator

Saturday, May 20; 2-4pm

BOUNTIFUL BREAKFASTS

In this class we will discuss healthy alternatives to the foods you are already making for breakfast. You'll learn how to make simple, filling, flavorful and nutritious foods to get your days started right. Sponsored by Valley Medical Center.

Renton: Merrill Gardens, 104 Burnett Ave S

Facilitated by Katrina Gangsaas, BSN, Nutrition Educator

Saturday, June 24; 2-4pm

SUBLIME SPICES: ADDING NUTRITION POWERHOUSES TO EVERY DAY MEALS

Herbs and spices are their own nutrient super heroes. Come learn how to add more to your everyday foods and taste recipes created during class in order to spice up your diet without adding heat. Sponsored by Valley Medical Center.

Renton: Merrill Gardens, 104 Burnett Ave S

Facilitated by Katrina Gangsaas, BSN, Nutrition Educator

Saturday, July 29; 2-4pm

HEALTHY BBQ ALTERNATIVES

Create your own veggie burgers using simple, wholesome ingredients for the grill or stovetop. We'll also demonstrate great side dishes to make summer eating deliciously healthy. Sponsored by Valley Medical Center.

Renton: Merrill Gardens, 104 Burnett Ave S

Facilitated by Katrina Gangsaas, BSN, Nutrition Educator

Saturday, Aug 26; 2-4pm

Presentations & Events

FINANCIAL RESOURCES FOR YOUNG ADULTS WITH CANCER

An overview of SSDI and Medicaid, including eligibility, coverage, and how to navigate the system structured for young adults.

Seattle: Dorothy S. O'Brien Center, MP Room

Facilitated by Victoria Doyle, SHIBA

Saturday, June 10; 11am-12pm

THE BENEFITS OF AQUA THERAPY FOR LYMPHEDEMA

Learn how water exercises can improve Lymphedema symptoms by reducing pain and improving strength, balance & energy.

Seattle: Dorothy S. O'Brien Center, MP Room

Facilitated by Julia Szilard, DPT

Saturday, Aug 12; 11am-12pm

SPEAKING OF DYING: LIVING DEEPLY-DYING WELL NEW

This brief film will be followed by a discussion highlighting the importance of speaking openly about all aspects of the dying process and end-of-life choices while providing information on life support, hospice, palliative care, and more.

Seattle: Dorothy S. O'Brien Center, MP Room

Facilitated by Martha VanDeMark, RN, INC

Tuesday, May 16; 6:30-8:30pm

COMMUNICATION FOR CONNECTION & UNDERSTANDING NEW

Gather tools for deeper listening & connecting with others to support improved communications.

Seattle: Dorothy S. O'Brien Center, MP Room

Facilitated by Marcia Christen, CNVC

Saturday, May 20; 12:30-3:30pm

METASTATIC CANCER RETREAT

Join Cancer Lifeline & EvergreenHealth for a free overnight retreat focused on education and support activities for patients & caregivers living with metastatic cancers. This is a safe place for those affected by advanced stage cancers to be heard, gain knowledge and to be with others who understand your unique challenges. For more information or to register, please call 206-832-1296. Open to patients with metastatic disease and their caregivers – adults only please.

Rainbow Lodge Retreat Center, North Bend WA

Saturday July 1st & Sunday July 2nd

PRESENTATIONS & EVENTS CONTINUED

CHEMICALS THAT DISRUPT HORMONES & CANCER NEW

In a presentation that will focus on breast, testicular and prostate cancers, Dr. Solomon will discuss the link between cancer and endocrine disrupting chemicals in the environment and how to reduce exposure.

Seattle: Dorothy S. O'Brien Center, MP Room

Facilitated by Fran Solomon, PhD

Wednesday, June 28; 6:30-8pm

BENEFITS OF EAST ASIAN MEDICINE DURING & AFTER TREATMENT NEW

East Asian medicine is a combination of acupuncture, herbal therapy, acupressure, and mindful practices to create internal healing. Learn how these techniques can help facilitate detoxification and energize the spirit.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Fred Russo, DAOM, EAMP, Lac, Dipl.OM

Friday; May 19; 1-2:30pm

TALKING WITH YOUR CHILDREN WHEN A PARENT HAS CANCER NEW

Children often have questions about a parent's or grandparent's cancer and sometimes have worries they aren't able to state. Join us for a discussion of how to approach these conversations and learn how to respond to children's concerns.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Mary Ellen Shands, RN, MN

Monday; June 19; 1-2:30pm

FIVE WISHES

Five Wishes is a living will that clearly & comprehensively addresses the personal, emotional, spiritual and medical wishes for you & your loved ones. It is a binding legal document in Washington State and can be completed without a lawyer or healthcare professional. Plan on attending both parts of this class to receive support for writing your own Five Wishes.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Donna Oiland, Volunteer Evergreen Department of Spiritual Care

Friday & Saturday; Aug 4 & 5; 1-2:30pm

BOOST YOUR IMMUNE SYSTEM WITH ACUPRESSURE & TAI CHI

Learn how these ancient East Asian modalities can support and enhance your immune function.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Fred Russo, DAOM, EAMP, Lac, Dipl.OM

Saturday, July 22, 1-2:30pm

PRESENTATIONS & EVENTS CONTINUED

COMMUNICATION FOR CONNECTION & UNDERSTANDING NEW

Are you interested in discovering new ways to connect more compassionately with yourself and others? Would you like to learn to express yourself in ways that you are most likely to be heard while also remaining fully present to others? We'll explore the basics of Nonviolent Communication and learn ways to connect compassionately while also getting your own needs met.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Marcia Christen, CNVC

Wednesday; May 3; 6-7pm

RETIREMENT & CANCER NEW

Retiring with or without cancer can be a challenging transition. Learn more about how Medicare, disability and other retirement health plans can be managed to make the process less stressful.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Victoria Doyle, SHIBA

Wednesday; June 7; 6-7pm

ADDRESSING FEARS OF RECURRENCE

Do the fear and anxiety of having a cancer recurrence hold you back from the life you wish to live? Join us to learn simple strategies for managing the fear and uncertainty that come with having had a cancer diagnosis.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Norma Lee, MA, MD, LMFT

Wednesday; July 5; 6-7pm

COPING WITH CHEMO-BRAIN

Are you struggling with concentration, name recall, or keeping track of things following your cancer treatment? This presentation will highlight the nature of cognitive difficulties cancer patients face after treatment and discuss current research findings, resources for patients and families, and practical tips for how to improve memory and cognition.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Lisa Price, ND

Wednesday; Aug 2; 6-7pm

BRCA1 & 2 AND BEYOND: LATEST TRENDS IN GENETIC TESTING FOR BREAST CANCER NEW

In this presentation we will discuss BRCA 1 & 2 and the new extended gene panels that are now available. We will also discuss the resources that are available for genetic counseling and testing.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Mercy Laurino, MS, CGC, PhD

Tuesday; May 9; 1-2pm

PRESENTATIONS & EVENTS CONTINUED

IMPORTANCE OF SLEEP DURING & AFTER TREATMENT NEW

Sufficient sleep during and after cancer treatment is a necessary component of healing. Learn how sleep affects health & healing, and how you can identify barriers to getting a good night's rest. We will also discuss ways to promote restful sleep.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Eleonora Naydis, ND, FABNO, LAC

Tuesday; June 13; 1-2pm

HEALTHY HOUSE CLEANING PRODUCTS

Come learn about safe, effective and inexpensive alternatives to more toxic household cleaners.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Basha Brownstein, MSW

Tuesday; July 11; 1-2pm

BENEFITS OF JOURNAL WRITING NEW

Studies show that journal writing can boost your immune system and reduce stress when you focus on your inner feelings about life. Come learn how to jumpstart your journaling efforts. No writing experience required.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Peggy Sturdivant

Tuesday; Aug 8; 1-2pm

HEALTHY SKIN CARE & MAKEUP

We'll cover basic skincare maintenance and make-up application using high quality, natural and organic skin care products. You'll learn about healthy alternatives for feeling beautiful while going through or recovering from cancer treatment. At Bosom Buddies Breast Cancer Networking Group.

Kirkland: EvergreenHealth, Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Christina Threlkeld, Licensed & Oncology Trained Esthetician & Compassionate Skincare Specialist

Wednesday; May 17; 10-11am

STRATEGIES FOR BETTER SLEEP

For many, sleeping can be a constant struggle. Come learn ways to achieve a better nights sleep through practical tools and discussion.

Kirkland: EvergreenHealth, Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Erin Sweet, ND, MPH, FABNO

Wednesday; July 19; 10-11am

PRESENTATIONS & EVENTS CONTINUED

DIETARY SUPPLEMENTS

Join us for an update and discussion about the benefits and contraindications of many popular herbal and dietary supplements often used during & after cancer treatment.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Eleonora Naydis, ND, FABNO

Tuesday; May 9; 6:30-7:30pm

MEDICAL MARIJUANA & CANCER NEW

This presentation will focus on new research and medical uses of marijuana. Clinical experience will be shared on the use of this plant for assistance with side effects of treatment and for its appropriate and safe use in oncology.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Leslie Morical, ND & Tabitha Werblud, ND

Tuesday; June 13; 6:30-7:30pm

WRITING FOR THE MOMENT

Discover the power of writing as a way to process everyday life. No matter your writing style, this presentation will inspire you to put pen to paper.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Peggy Sturdivant

Tuesday; July 11; 6:30-7:30pm

SEXUALITY & INTIMACY DURING & AFTER TREATMENT

There are common experiences and feelings about intimacy for during and after cancer treatment. It may take some work to define a new normal to get comfortable with. We will touch on self-esteem, body image, communication, how we feel about sexuality, and low libido. The good news is the new normal can be fantastic and we will discuss strategies on how to get there. For oral, head & neck cancer patients & their caregivers.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Room, Green 1270/1272

Facilitated by Shannon Solie, LMHC

Wednesday, May 10; 6:30-7:30pm

“This (creative expression) class helped me express my feeling about cancer without talking. I felt a freedom from pain while engaging in the collage process.”

– CANCER LIFELINE PARTICIPANT

PRESENTATIONS & EVENTS CONTINUED

CHEMO BRAIN 101

Are you frustrated by concentration and memory loss that seems to have become worse with treatment? Learn ways to manage cognitive changes associated with chemo therapy. Open to those with any type of cancer and their caregivers.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Megan Swan, PhD

Tuesday; Aug 8; 6:30-7:30pm

LAUGHTER & HEALING

Bring your grouchiness or bring your glee. It doesn't matter if it's real or fake, research shows laughter to be a truly powerful medicine for strengthening the immune system, reducing cortisol levels, increasing growth hormone levels, endorphins, and more.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Tammy Lianu, MA

Wednesday; June 14; 6:30-7:30pm

COMBATING CHEMO BRAIN

Come learn ways to manage the cognitive and physiological changes associated with chemo therapy through complementary care.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Eleonora Naydis, ND, FABNO

Wednesday; July 12; 6:30-7:30pm

WOMEN'S HEALTH & CANCER

Learn about the health impacts of cancer on women's bodies and ways to better manage your health. Open to women affected by breast cancer.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Eleonora Naydis, ND, FABNO

Tuesday; May 16; 6:30-7:30pm

MUSIC AS THERAPY NEW

Learn about how engaging in music can help heal the body, mind and spirit in this fun and interactive presentation. The group will experience the healing power of music through singing, songwriting and creative movement. No prior musical experience required!

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Gayle Cloud, MT-BC, Owner of Cloud Music Therapy

Tuesday; Aug 1; 6:30-7:30pm

ASK THE NUTRITIONIST

Join us for this lively question and answer session with a certified nutritionist with years of experience working with those living with cancer. Bring your prepared questions to turn in at the beginning of this presentation.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Ami Karnosh, MS, CN

Saturday; June 24; 10-11am

PRESENTATIONS & EVENTS CONTINUED

LISTENING WITH EMPATHY NEW

By understanding the basic components of non-violent communication, you will leave with a process to support you and your relationships so that you can listen and speak in ways that lead to more connection and understanding.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Marcia Christen, Certified Trainer with the Center for Nonviolent Communication

Saturday; July 22; 10-11am

SMALL STEPS FOR STRESS REDUCTION

In this class you will be introduced to some simple ways to feel less anxious, stressed and overwhelmed. Learn the best approaches to becoming more focused, relaxed and better able to cope with daily stresses.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Susan Pullen, Kaizen Coach

Wednesday; May 17; 6:30-7:30pm

SEXUAL COMPLICATIONS OF TREATMENT NEW

Join us for a video viewing and discussion on the truths and myths surrounding the sexual side effects of prostate cancer treatment addressing comprehensive solutions for erectile dysfunction. Open to those affected by prostate cancer.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Joe Bradlo, RN

Wednesday, June 21; 6:30-7:30pm

NEW TRENDS FOR TREATING METASTATIC PROSTATE CANCER NEW

Join in a presentation and discussion on the newest trends for treating metastatic prostate cancer. Open to those affected by prostate cancer.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Alex Hsi, MD

Wednesday; July 19; 6:30-7:30pm

MANAGING URINARY SIDE EFFECTS NEW

Learn how to manage the urinary side effects of prostate cancer treatment through practical exercises and medical insights. Presentation will include information on behavioral training, biofeedback, fluid intake and the physiology of the bladder. Come with questions! Open to those affected by prostate cancer.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Mandi Murtaugh, PT, DPT, WCS

Wednesday; Aug 16; 6:30-7:30pm

PRESENTATIONS & EVENTS CONTINUED

COPING WITH CANCER & POST-TRAUMATIC STRESS

For many people who have experienced cancer, seemingly ordinary situations present feelings that "it's happening all over again." In this workshop you'll learn about differences between typical stress and cancer-related PTS, managing common triggers, and strategies to help yourself.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Danielle Baird, MSW, LSWAIC

Wednesday; May 3; 7-8pm

OSTOMY BAG 101 NEW

Living with an ostomy bag can be life changing. Gain practical tips and information while hearing from others facing similar challenges. Open to patients, family members and caregivers.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by EvergreenHealth Wound & Ostomy Clinic

Wednesday; Aug 2; 7-8pm

HEALTHY HOME CLEANING ALTERNATIVES NEW

You'll leave this class with simple, easy to follow recipes for creating safe and effective home cleaning products.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Basha Brownstein, MSW

Friday; June 2; 1-3pm

NAVIGATING TRANSITIONS NEW

During this exploratory workshop you will learn ways to bring compassion and wisdom to whatever transition you're facing. Using Nonviolent Communication we will explore how to use the power of empathy to tap into wisdom and compassion. We will also learn about patterns that occur when we face life transitions.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Marcia Christen, Certified Trainer with the Center for Nonviolent Communication

Monday; June 26; 6-8pm

A FORUM FOR YOUNG ADULTS FACING CANCER NEW

Join Cancer Lifeline staff for an open discussion for young adults with cancer! This is a chance to voice your opinions, concerns and needs with other young adults facing similar life experiences. Open to young adults aged 18-40 from active cancer treatment through post-treatment.

Kirkland: EvergreenHealth , Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Meghan Wilkins Melanson, LMHC

Tuesday; May 31; 6:30-8pm

PRESENTATIONS & EVENTS CONTINUED

ADDRESSING FEARS OF RECURRENCE

Do the fear and anxiety of having a cancer recurrence hold you back from the life you wish to live? Join us in this class to learn simple strategies for managing the fear and uncertainty that come with having had a cancer diagnosis.

Renton: Valley Medical Center, Medical Arts Center, Breast Center Conference Rm

Facilitated by Norma Lee, MA, MD

Monday, May 22; 7-8pm

BENEFITS OF BONE BROTH

Bone broths are extraordinarily rich in protein and can be a source of minerals as well. Learn how they're prepared and why they are the perfect food for building your strength while you are going through treatment and recovery.

Renton: Valley Medical Center, Medical Arts Center, Breast Center Conference Rm

Facilitated by Lisa Price, ND

Monday, July 10, 7-8pm

PALLIATIVE CARE: AN IMPORTANT COMPONENT OF CANCER TREATMENT

Palliative care is specialized medical care for people with serious illnesses. It is focused on providing patients with relief from the symptoms, pain and stress whatever the diagnosis. In this presentation, you'll learn how this service can enhance your treatment.

Renton: Valley Medical Center, Medical Arts Center, Breast Center Conference Rm

Facilitated by Wendy Wank, MSN, ARNP, ACHPN

Monday, July 24; 7-8pm

MINDFULNESS FOR EVERYDAY

Learn about the benefits of a mindfulness practice and experience simple routines that can easily become a part of your daily life.

Renton: Valley Medical Center, Medical Arts Center, Breast Center Conference Rm

Facilitated by Anna Charbonneau, PhD

Monday, Aug 14; 7-8pm

CHEMO BRAIN: WHAT IS IT & HOW TO LIVE WITH IT

Are you frustrated by concentration and memory loss that seems to have gotten worse with treatment? Come learn ways to manage the cognitive changes associated with chemo therapy.

Renton: Valley Medical Center, Medical Arts Center, Breast Center Conference Rm

Facilitated by Shari Bates, BSN, OCN, CCM

Wednesday, May 17; 1-2pm

WHAT IT MEANS TO BE A WOMAN POST-CANCER TREATMENT

There are many factors that go into creating a woman's identity. Cancer bombards us with the reality that our bodies change and often our perceptions of identity along with it. Explore what it means to be a woman. We'll examine femininity, self-esteem, body image, and the roles we play in society.

Renton: Valley Medical Center, Medical Arts Center, Breast Center Conference Rm

Facilitated by Mary Ellen Shands

Wednesday, June 21; 1-2pm

PRESENTATIONS & EVENTS CONTINUED

POST MENOPAUSE NUTRITIONAL SUPPORT

The decline of estrogen can impact energy levels, memory, bone health, hormones, and more. Join us for a discussion on how proper nutrition and lifestyle changes can minimize the effects on our overall health.

Renton: Valley Medical Center, Medical Arts Center, Breast Center Conference Rm

Facilitated by Katrina Gangsaas, BSN, Nutrition Educator

Wednesday, July 19; 1-2pm

Stress Reduction & Relaxation**TOOLS TO MANAGE STRESS & IMPROVE IMMUNE FUNCTION**

Stress Management & Relaxation Training, is a comprehensive, highly effective multi-week workshop series developed at Fred Hutchison Cancer Center by Dr. Bonnie McGregor. This presentation will give an overview of the program, including: its effectiveness in reducing everyday stress and increasing coping mechanisms.

Seattle: Dorothy S. O'Brien Center, MP Room

Facilitated by Bonnie McGregor, PhD

Saturday, May 13; 1:30-3:30pm

MEDITATION IN EVERYDAY LIFE

In the midst of difficult times, the practice of mindfulness can be a wonderful tool to promote calmness and stability. Learn more.

Seattle: Northwest Hospital, Medical Arts Building, Suite 112

Facilitated by Christine Prenovitz, MSW, E-RYT

Fridays; June 16 & 23; 1-2:30pm

MEDITATION

Join us to learn simple ways to quiet the mind and learn how meditation can be beneficial to your over-all health.

Kirkland: EvergreenHealth, Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Michelle Guske, Certified Yoga Instructor

Session I: Monday; May 1; 6-8pm

Session II: Monday; June 5; 12-2pm

Session III: Monday; July 17; 12-2pm

STRESS & SLEEP RESILIENCE NEW

Learn how to slow down and set the stage for a good night's sleep with calming and sleep inducing techniques inspired by current sleep research, meditation and somatic studies. Restore your ability to rest, recover and heal from the stress of daily life.

Kirkland: EvergreenHealth, Halvorson Cancer Center, Conference Rm, Green 1270/1272

Facilitated by Becci Parsons, Guild Certified Feldenkrais Practitioner

Monday; July 31; 1-3pm

BOARD OF DIRECTORS AND STAFF

CANCER LIFELINE BOARD OF DIRECTORS

David Stanley, President
 Jenna Beardsley Smith, Secretary
 Elizabeth Breakstone
 Lisa Dawson
 Benjamin Hicks
 Julie Hillers
 Kile Jackson
 Sandra S. Johnson
 Johnny Lewis, Treasurer
 Bill MacDonald
 Tina Nole
 Tracy Peltier

CANCER LIFELINE STAFF DIRECTORY

Jessica Adair206-832-1276
 Finance Director
 Nikki Bogden.....206-832-1284
 Development & Marketing Assistant
 Carol Brown, MS.....206-832-1271
 Special Events Coordinator
 Basha Brownstein, MSW206-832-1275
 Community Program Manager
 Brenna Driver206-832-1277
 Program Coordinator
 Ava Keating206-832-1282
 Program & Financial Services Coordinator
 Mary Ann Millican206-832-1272
 Development & Marketing Director
 Blair Rau206-832-1290
 Program & Volunteer Coordinator
 Mary Ellen Shands,
 RN, MN.....206-832-1279
 Clinical Program Manager/Family
 Consultant
 Meghan Wilkins Melanson,
 MS, LMHCA206-832-1296
 Clinical Program Manager
 Joseph Yurgevich206-832-1283
 Executive Director

To reach our main office reception, please call (206) 297-2100. See list to the right for full staff directory.

Classes, programs and concepts developed for this catalog are the property of Cancer Lifeline. They cannot be used without permission. © Cancer Lifeline, 2017

PROGRAM LOCATIONS

DOROTHY S. O'BRIEN CENTER

Cancer Lifeline - Green Lake
 6522 Fremont Avenue North
 Seattle, WA 98103
 (206) 297-2100
 Monday-Friday, 9 am - 5 pm

PARKING

There is free street parking available.

VALLEY MEDICAL CENTER

Cancer Lifeline At Valley Medical Center
 400 South 43rd Street
 Renton, WA 98055
 (425) 228-3450

DIRECTIONS TO ALL MAC ROOMS

The Medical Arts Center (MAC Building)
 Park in the parking garage. Take the sky bridge from the 3rd floor of the parking garage to the MAC building. Turn left at the end of the sky bridge and take the elevator down to the 1st floor, take a right off of the elevator and head down the hall.

DIRECTIONS TO THE BREAST CENTER CONFERENCE ROOM

Park in the parking garage. Take the sky bridge from the 3rd floor of the parking garage to the MAC building. Turn left at the end of the sky bridge and take the elevator up to the 4th floor. Breast Center Conference room will be located midway down the hall on your right.

PARKING

Free parking is available campus wide.

NORTHWEST HOSPITAL

Cancer Lifeline At Northwest Hospital
 1530 North 115th Street
 Seattle, WA 98133
 (206) 364-0500

THE MEDICAL ARTS BUILDING

When entering the main entrance to the hospital campus, head toward the hospital itself, the Medical Arts Building is on the left. Cancer Lifeline's room is Suite 112.

PARKING

Paid parking in front of the classroom. Free parking on 115th St. Free parking on Saturdays

EVERGREENHEALTH

Cancer Lifeline At Evergreenhealth
 12040 NE 128th Street
 Kirkland, WA 98034
 (425) 899-1000

DIRECTIONS TO ROOMS

Halvorson Cancer Center/Green Zone; Room 1270/1272

If your destination is the Green Zone, the Halvorson Cancer Center, follow the signs to the West Entrance on NE 128th St and park in the underground West Parking. Follow signs to the Halvorson Cancer Center/Green Zone.

PARKING

Free parking is available campus wide.