

PRESS RELEASE*PRESS RELEASE*PRESS RELEASE*PRESS RELEASE

FOR IMMEDIATE RELEASE
NOVEMBER 1, 2011
(215) 879-7733, ext. 206
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MARKETING &
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THE CANCER SUPPORT COMMUNITY OF PHILADELPHIA CALENDAR OF EVENT HIGHLIGHTS FOR NOVEMBER – DECEMBER 2011

NOTE TO EDITORS: All workshops, special events, etc. are free and open to the general public. They are held on-site at the **Cancer Support Community of Philadelphia (CSCP)** in Fairmount Park unless otherwise noted. *Off-site programs are in italics.* Schedule is subject to change without notice.

“Open to Options” is a service of the **Cancer Support Community of Philadelphia**. A trained specialist will help people with cancer to prepare questions about treatment options in advance of doctors’ appointments. This service can be provided in person or by phone at no cost to **CSCP** members. Those who have utilized this service have reported decreased feelings of distress and anxiety and increased confidence in working with their medical team. Please contact Kathleen Coyne, LCSW, program director, at (215) 879-7733, ext. 203 or kcoyne@cancersupport-philadelphia.org for more information or to schedule an appointment

ONGOING PROGRAMS

QIGONG FOR PEOPLE IMPACTED BY CANCER MONDAYS, 5:15 P.M. – 6:15 P.M.

Qigong incorporates slow, meditative movements with deep abdominal breathing that can counteract the chronic stress and strain of daily life. No RSVP is required. Please call (215) 879-7733 for information about this program.

NIA -- THE JOY OF MOVEMENT FOR PEOPLE IMPACTED BY CANCER TUESDAYS, 3:30 P.M. – 4:30 P.M.

Discover the joy of movement through the practice of NIA, a fusion fitness class that combines movement forms from the dance arts, the martial arts, and the healing arts. All fitness levels are welcome for this program led by Suzanne O’Grady. Please call (215) 879-7733 for more information.

NEWCOMER’S ORIENTATION FOR PEOPLE IMPACTED BY CANCER THE FIRST AND THIRD TUESDAY EACH MONTH AT 6:00 P.M. AND THURSDAYS AT 11:00 A.M.

Come to the **Cancer Support Community of Philadelphia** and attend an introductory meeting to learn about **CSCP’s** free programs and services that support people with cancer, their families and friends. Meetings last around 90 minutes; no appointments are necessary. Please call (215) 879-7733 to learn more.

SUPPORT GROUP FOR PEOPLE IMPACTED BY CANCER TUESDAYS, 6:30 P.M. – 8:30 P.M.

The **Cancer Support Community of Philadelphia** offers support groups for people with cancer that meet every Tuesday evening. Daytime groups are also available. Please call (215) 879-7733 for information about joining any of these groups.

SINGING CIRCLE FOR PEOPLE IMPACTED BY CANCER TUESDAYS, 6:30 P.M. -- 7:30 P.M. (THROUGH DECEMBER 6, 2011)

Join **CSCP’s** group of singers led by composer, performer, and educator, Julia Haines. No talent is necessary – just a willingness to have fun! Please call (215) 879-7733 to learn more.

SUPPORT GROUP FOR PEOPLE IMPACTED BY CANCER TUESDAYS, 6:30 P.M. – 8:30 P.M.

*The **Cancer Support Community of Philadelphia** offers a support group for people with cancer that meets every Tuesday evening. Please call (215) 879-7733 for information about joining this group.*

Location: The Cancer Center at Paoli Hospital

255 West Lancaster Avenue
Paoli, Pennsylvania 19301

T'AI CHI FOR PEOPLE IMPACTED BY CANCER

WEDNESDAYS, 9:30 A.M. – 11:00 A.M.

T'ai Chi, an ancient Chinese energy practice, is a flowing series of movements and poses believed to “center the mind” and promote healing and relaxation. It builds awareness of the body and its muscles, distributing one’s attention throughout the body, an important element to one’s health. No RSVP is required. Please call (215) 879-7733 to learn more.

SUPPORT GROUP FOR FAMILY AND FRIENDS SUPPORTING A LOVED ONE WITH CANCER

WEDNESDAYS, 10:30 A.M. -- 12:30 P.M.

This group, for family and friends of people with cancer, will offer those caregivers the opportunity to meet with others who are also concerned about a loved one with cancer and to learn new strategies to manage stress. Please call (215) 879-7733 to learn more.

MIND-BODY PROGRAM FOR PEOPLE IMPACTED BY CANCER

WEDNESDAYS, 1:30 P.M. -- 3:30 P.M.

These classes with Gabriel Rocco, MA, teach relaxation techniques and meditation practices that enhance the capacity to manage stress and live more fully in the present. Open to people with cancer and their support persons. Please call (215) 879-7733 to learn more.

BEREAVEMENT GROUP FOR PEOPLE IMPACTED BY CANCER

WEDNESDAYS, 6:00 P.M. -- 7:30 P.M.

This weekly group is for adults who have experienced the death of a loved one from cancer within the past two years. The group provides an opportunity for bereaved persons to share their feelings and experiences, get support and suggestions, and learn how to go on with life. A phone interview with the facilitator is a prerequisite. Please call (215) 879-7733 to learn more.

YOGA FOR PEOPLE IMPACTED BY CANCER

THURSDAYS, 1:15 P.M. – 2:45 P.M.

This is a restorative yoga that can help develop flexibility, strength and balance regardless of one’s state of physical fitness. Participants learn yoga breathing that provides increased energy and deeper relaxation. No RSVP is required. Please call (215) 879-7733 to learn more.

NOVEMBER PROGRAMS AND EVENTS

YOUNG WOMEN WITH BREAST CANCER

MONDAYS, NOVEMBER 5 AND DECEMBER 7, 6:30 P.M. – 8:30 P.M.

Presented in partnership with the Young Survival Coalition, this drop-in group for young women with breast cancer (40 or younger at time of diagnosis) provides an opportunity to address concerns and issues that are unique to them. Women can share information and resources and support one another as they move through the breast cancer experience. Please call (215) 879-7733 for more information.

WRITING FOR WELLNESS FOR PEOPLE IMPACTED BY CANCER

MONDAY, NOVEMBER 7 AND DECEMBER 5, 10:00 A.M. -- 11:30 A.M.

This monthly workshop with Janet Ruth Falon, MLA, will help those interested in creative writing, journaling, or poetry. No writing experience or expertise is required to come, learn, and have fun. Please RSVP by November 2 and December 1 at (215) 879-7733.

GENTLE YOGA SERIES (SEATED YOGA) FOR PEOPLE IMPACTED BY CANCER

MONDAYS, NOVEMBER 7, 14, 21, AND DECEMBER 5, 12 AND 19, 11:00 A.M. -- 12:30 P.M.

Michelle Stortz leads this class that adapts traditional yoga poses and movements to meet individual needs. Participants are seated for much of this class which makes it comfortable for those still in active treatment and for yoga beginners. Please RSVP at (215) 879-7733.

YOUNG WOMEN WITH BREAST CANCER

MONDAYS, NOVEMBER 7 AND DECEMBER 5, 6:30 P.M. – 8:00 P.M.

Presented in partnership with the Young Survival Coalition, this drop-in group for young women with breast cancer (40 or younger at time of diagnosis) provides an opportunity to address concerns and issues that are unique to them. Women can share information and resources and support one another as they move through the breast cancer experience. Please call (215) 879-7733 for more information.

LIVING WELL WITH ADVANCED BREAST CANCER NETWORKING GROUP

TUESDAYS, NOVEMBER 8 AND DECEMBER 13, 11:00 A.M. – 1:00 P.M.

This drop-in networking meeting provides an opportunity for women living with metastatic breast cancer to share information with others who face similar treatment and concerns, experiences and coping strategies. Women support one another in living life to the fullest through ongoing treatment. Please call (215) 879-7733 for more information.

COOKING FOR LIFE FOR PEOPLE IMPACTED BY CANCER

THURSDAYS, NOVEMBER 10 (“ONE POTATO, TWO POTATOES”) AND DECEMBER 8 (“HOLIDAY TREATS WITHOUT GUILT”), 6:30 P.M. -- 8:00 P.M.

Chef Suzanne Weltman brings her expertise to this “hands on” class that will introduce or re-connect members to the essence of good food and great cooking. Learn about ingredients and cooking techniques. Please RSVP by November 4 and December 6, respectively at (215) 879-7733.

“FRANKLY SPEAKING ABOUT LUNG CANCER”

SATURDAY, NOVEMBER 12, 10:00 A.M. -- 12:30 P.M.

This program will educate people affected by lung cancer about the most current lung cancer treatments, symptom/side effect management, and survivorship. Bradley W. Lash, MD, of The Lankenau Medical Center will be the presenter. The program is presented in partnership with the Pennsylvania Lung Cancer Partnership and sponsored by an unrestricted, educational grant from AstraZeneca, Eli Lilly, and GlaxoSmithKline Oncology. Refreshments will be served. Please RSVP by November 9 at (215) 879-7733.

THYROID CANCER NETWORKING GROUP

SATURDAYS, NOVEMBER 12 AND DECEMBER 10, 10:30 A.M. – 12:00 P.M.

Presented in partnership with the Thyroid Cancer Survivors’ Association, this drop-in group provides an opportunity to meet with those who face similar treatment and concerns, and to share information, experiences and coping strategies. Caregivers are also welcome. Please call (215) 879-7733 for more information.

PANCREATIC CANCER NETWORKING GROUP

SATURDAYS, NOVEMBER 12 AND DECEMBER 10, 10:30 A.M. – 12:00 P.M.

This networking meeting, in partnership with Pancreatic Cancer Action Network, is open to people with pancreatic cancer and their loved ones. Meet with others who face similar treatment and concerns to share information, and to support one another in living with pancreatic cancer. Please call (215) 879-7733 for more information.

COLORECTAL CANCER NETWORKING GROUP

MONDAY, NOVEMBER 14, 6:30 P.M. – 8:00 P.M.

Presented in partnership with The Delaware Valley Chapter of the Colon Cancer Alliance (CCA), this drop-in group provides an opportunity to meet with survivors, family members, and supporters who have been affected by colorectal cancer. This is an opportunity to share information, resources and support. Caregivers welcome. Please call (215) 879-7733 for more information.

“IN FASHION!” LUNCHEON AND FASHION SHOW WITH ADAM

WEDNESDAY, NOVEMBER 16, 11:00 A.M.

The Cancer Support Community of Philadelphia is hosting its ninth annual fashion show with special guest designer, Adam Lippes on Wednesday, November 16 at 11:00 a.m. Guests are invited to Gulph Mills Golf Club for a luncheon, a showing of Adam’s Fall/Winter 2011 Collection modeled by cancer survivors, and to meet the designer. Tickets are \$150 (\$1,350 for tables of 10) and benefit CSCP. Seating is limited; please call (215) 879-7733 for more information.

Location: Gulph Mills Golf Club

200 Swedeland Road

King of Prussia, Pennsylvania 19406-3667

GYNECOLOGIC CANCERS NETWORKING GROUP

WEDNESDAY, NOVEMBER 16, 6:30 P.M. – 8:00 P.M.

This drop-in networking meeting provides an opportunity for women living with ovarian, uterine, cervical and other gynecologic cancers to share information with others who face similar treatment and concerns, experiences and coping strategies. Please call (215) 879-7733 for more information.

“FRANKLY SPEAKING ABOUT ADVANCED BREAST CANCER”

SATURDAY, NOVEMBER 19, 9:30 A.M. -- 12:00 P.M.

This program includes the latest treatments for advanced (metastatic) breast cancer and tips on how to live as well as possible through ongoing treatment. The speaker is Paul Gilman, MD, chief of hematology/oncology, Lankenau Cancer Center. It is sponsored by an unrestricted, educational grant from GlaxoSmithKline, Abraxis BioScience and AstraZeneca. Light lunch is provided. Please RSVP by November 17 at (215) 879-7733.

ART STUDIO FOR PEOPLE IMPACTED BY CANCER: EXPRESSIONS OF GRATITUDE

MONDAY, NOVEMBER 21, 2:00 P.M. – 3:30 P.M.

Artist and cancer survivor, Monica Armstrong leads this workshop to create a “Gratitude Collage” using pictures, words, and symbols that affirm life. Please bring lunch and RSVP by November 17 at (215) 879-7733.

ART STUDIO FOR PEOPLE IMPACTED BY CANCER: BEADING WORKSHOP

MONDAY, NOVEMBER 28, 2:00 P.M. -- 4:00 P.M.

Join Susan Papada and Courtney Daly of “Carrie Rose Jewelry” and learn how to make a beaded bracelet. Attendance is limited. Please bring lunch and RSVP by November 21 at (215) 879-7733.

“FRANKLY SPEAKING ABOUT CANCER: SPOTLIGHT ON BREAST RECONSTRUCTION”

MONDAY, NOVEMBER 28, 6:30 P.M. -- 8:30 P.M.

Learn about breast reconstruction and non-reconstruction options, treatment decisions and the factors that influence it, and how to prepare for and what to expect after surgery. The speaker is Suhail K. Kanchwala, MD, assistant professor of surgery, Division of Plastic Surgery at the Hospital of the University of Pennsylvania. This workshop is presented with the Young Survival Coalition and is made possible with a charitable contribution from Mentor Worldwide LLC. Refreshments will be served. Please RSVP by November 23 at (215) 879-7733.

LIVING WELL WITH ADVANCED BREAST CANCER NETWORKING GROUP

TUESDAYS, NOVEMBER 29 AND DECEMBER 20, 11:00 A.M. – 1:00 P.M.

This drop-in networking meeting provides an opportunity for women living with metastatic breast cancer to share information with others who face similar treatment and concerns, experiences and coping strategies. Women support one another in living life to the fullest through ongoing treatment. Please call (215) 879-7733 for more information.

DECEMBER PROGRAMS AND EVENTS

“FRANKLY SPEAKING ABOUT CANCER: COPING WITH THE COST OF CARE”

SATURDAY, DECEMBER 3, 9:30 A.M. -- 12:00 P.M.

This workshop provides a practical guide to managing the cost of cancer care. Topics include health insurance and appeals, prescription assistance, employment, and disability. Presenters include Luanne Amato, MBA, CHAM, executive director, Ambulatory Surgery Center, Holy Redeemer Hospital and Terri Hendrie, BS, manager at Fox Chase Cancer Center. The program is sponsored by an unrestricted, educational grant from Genentech & Lilly. Continental breakfast will be provided. Please RSVP by December 1 at (215) 879-7733.

LUNG CANCER NETWORKING GROUP

SATURDAY, DECEMBER 10, 10:30 A.M. – 12:00 P.M.

This monthly meeting is an opportunity to connect with others who face similar treatment and concerns, and to share information, experiences and coping strategies. People with lung cancer and support persons are welcome. Please call (215) 879-7733 for more information.

CELEBRATE FUN! BOOST CAMP FOR KIDS IMPACTED BY CANCER

SUNDAY, DECEMBER 11, 1:00 P.M. -- 4:00 P.M.

BOOST Camp, part of the Junior League of Philadelphia, hosts these events at CSCP for children six-15 who have a loved one with cancer. Parents are invited. Food, fun, and support. Please RSVP by December 7 at (215) 879-7733.

TIPS FOR HEALTHY HOLIDAY EATING FOR PEOPLE IMPACTED BY CANCER

MONDAY, DECEMBER 12, 3:00 P.M. -- 4:30 P.M.

Cyndi Dinger, RD, LDN, director of nutrition and client services, MANNA, will present strategies to eating healthier during the holidays. Please RSVP by December 8 at (215) 879-7733.

CSCP HOLIDAY PARTY FOR PEOPLE IMPACTED BY CANCER

WEDNESDAY, DECEMBER 14, 6:00 P.M. -- 8:00 P.M.

All CSCP participants, family members, friends, volunteers, board, and staff and are invited to celebrate the season and share camaraderie and holiday cheer! Dinner will be provided but please bring a dessert to share. Please RSVP by December 12 at (215) 879-7733.

The **Cancer Support Community of Philadelphia (CSCP)** is dedicated to providing, at no cost to members, a comprehensive and professional program of emotional support and education designed to enhance the mind, body and spirit of people whose lives have been impacted by cancer. CSCP offers programs at Ridgeland in Fairmount Park and other Philadelphia-area locations. Please call the **Cancer Support Community of Philadelphia** at (215) 879-7733 or toll free at (888) 819-3553. Visit CSCP’s website at cancersupport-phila.org for more information, “like” CSCP on Facebook, and follow CSCP on Twitter.