



In Philadelphia:

**The Suzanne Morgan Center
at Ridgeland**

Chamounix Drive, West Fairmount Park
Philadelphia, PA 19131

*Easily accessible from City Avenue,
Belmont Avenue and the Schuylkill
Expressway - Free Parking*

call: 215-879-7733

fax: 215-879-6575

web: www.twcp.org

email: info@twcp.org

In Montgomery County:

**The Anne McCouch
Center**

1000 West Main Street
Lansdale, PA 19466

(Full Services - call 215-393-9105)



In Chester County:

The Cancer Center of Paoli Hospital

255 West Lancaster Avenue
Paoli, PA 19301

(Weekly Support Group - call
215-879-7733)

Also In Philadelphia:

**Community Based
Programs**



**Haddington Multi-Services for Older
Adults** 5331- 41 Haverford Avenue

Mercy Hospital of Philadelphia
501 South 54th Street

**Tindley Temple United Methodist
Church** 750-762 South Broad Street

Temple Cancer Center

3340 North Broad Street

Student and Faculty Center

Einstein Cancer Center

5501 Old York Road

Family Practice and Counseling

Service RHD Administration Building

4700 Wissahickon Ave, Suite 118

FACING CANCER *together*

March and April 2009

Calendar & News

**The Wellness Community of
Philadelphia Combines its
Calendar and Newsletter**

Welcome! This debut edition of **The Wellness Community of Philadelphia's** new combined calendar and newsletter, designed to provide more comprehensive information about programs and happenings at **TWCP**, has arrived. This publication has expanded to eight pages, which provides more room for program descriptions, special events and more. Included are the programs held at The Suzanne Morgan Center at Ridgeland in Philadelphia **and** The Anne McCouch Center in Lansdale. The new layout shows not only the McCouch programs but also the Community Based Programs on the calendar grids (pages 4-5). Programs taking place at The Anne McCouch Center in Lansdale are indicated by **pink** bars on the grid; the Community Based Programs by the **gray** bar.

The contents are as follows:

Page 1 Title page

Page 2 Support Groups, Family Groups, Networking Groups, Mind Body Programs, Fitness Programs, and Creative Arts

Page 3 Educational Programs in Philadelphia and Lansdale

Pages 4-5 Calendar Grid of Programs

Pages 6-7 News of **TWCP** Special Events, Supporters, Speakers and Upcoming Special Programs

Page 8 Staff, Mission and Newcomer Information

Programs listed in RED on the calendar require an RSVP.

SAVE THESE DATES!

**Friday
June 5,
2009**



**A Free Symposium for People
with Cancer & Their Loved Ones**

*Recognizing National Cancer
Survivors' Day*

**Hyatt Regency Philadelphia at
Penn's Landing**

201 S. Christopher Columbus Blvd.
Philadelphia, Pennsylvania 19106

**Saturday
May 9, 2009
6:00 PM**

**Evening in the
Park**

Hip Hop for Health

An Evening in the Park

at TWCP's Suzanne Morgan Center
to benefit

**The Wellness Community
of Philadelphia**

Honorees include:

John Glick, M.D.

President, Abramson Family Cancer
Research Institute
and Vice President, Penn Medicine

**Grant Bianchi, Will Field,
and Kaitlin Tarte**

Co-Chairs, Mini Golf Event

Dinner Co-Chairs

Iliana Strauss

Maripeg Bruder

SUPPORT TWCP

RECEIVE CALENDAR AND NEWS ELECTRONICALLY

Call 215-879-7733 or email info@twcp.org

SUPPORT

WEEKLY SUPPORT GROUPS *Strength in Numbers*

A support group can be an important complement to cancer treatment and recovery. There is tremendous value in being able to share experiences with others who understand. TWCP support groups include people with all types of cancer and they focus on managing the change and uncertainty of cancer and living life fully. Each group is a committed group that meets weekly at the same time and is facilitated by a licensed professional. Information shared is always confidential. *We ask everyone considering a support group to attend a **Newcomer Orientation** to learn more about groups and the process of joining a group.*

Group times in Philadelphia (Suzanne Morgan Center)

Tuesdays - 1:00 - 3:00 PM and 6:30 - 8:30 PM

Wednesdays - 10:30 AM - 12:30 PM

Group time in Paoli (Paoli Cancer Center)

Tuesdays - 6:30 - 8:30 PM (Call 215-879-7733)

Group time in Lansdale (Anne McCouch Center)

Thursdays - 10:00 AM - Noon (Call 215-393-9105)

♥ STRENGTH FOR FAMILIES

Caring for Loved Ones with Cancer

The Wellness Community recognizes cancer as an illness that impacts an entire family. Our programs for people with cancer are also open to those who provide emotional support and physical care. In addition, **Family and Friends Groups** offer an opportunity to meet with others to learn how to help a loved one with cancer and to manage the stress of caregiving. **No RSVP is required.** (See calendar for dates.)

🧵 NETWORKING GROUPS

These are drop-in groups that meet monthly or every other month for sharing information and experiences and are open to adults with cancer and their loved ones. (See calendar for dates and locations.)

Current groups in Philadelphia:

🧵 Lung Cancer

🧵 Gynecologic Cancers

🧵 Advanced Breast Cancer

🧵 Thyroid Cancer with THYCA

🧵 Young Women with Breast Cancer

Current Groups in Lansdale:

🧵 Breast Cancer

🧵 Men's Roundtable

🧵 Gynecologic Cancers

🧵 Lung Cancer

in partnership with *Young Survival Coalition (YSC)*

COMMUNITY BASED PROGRAMS (CBP) *Programs held throughout Philadelphia*



These programs offer drop-in support meetings, educational workshops, and fitness programs at several locations in city neighborhoods, open to people with cancer and their support persons. (Locations listed on front page, meeting times on calendar.)

Contact **Barbara Davis** at 215-879-7733 for more information.

STRESS REDUCTION & FITNESS

Mind Body Classes

Gabriel Rocco, Instructor in Philadelphia

Sandra Bernstein, Instructor in Lansdale

See Education page and Calendar pages for dates/times in Lansdale.

Harness Your Imagination *Wednesdays, March 4, 11, 18, 25 - 1:30 - 3:30 PM*

This series will explain how the imagination can cultivate worry, anxiety and other destructive emotions, or become a resource for generating positive emotions and feelings of well-being. **RSVP by March 2.**

April Fools - Playing Mind Body Games! *Wednesdays, April 1, 8 - 1:30 - 3:30 PM*

This 2-week series is about letting go of those serious concerns, at least for a couple of hours, and having some fun with mind body practice. **RSVP by March 30.**

Healing Breath *Wednesdays, April 22, 29 - 1:30 - 3:30 PM*

This 2-week series will explore the importance of breathing for stress release, and cultivating powerful positive emotions. **RSVP by April 20.**

Mind Body Approaches to Wellness *Saturday, March 14 - 1:30 - 3:30 PM*

Gabriel Rocco will be the presenter for this month's meeting of the **Philadelphia Multiple Myeloma Networking Group.** Learn how mind body practices have the potential to support one's capacity to live with difficulties and the unpredictable nature of cancer in everyday life.

The meeting takes place at RALSTON HOUSE, 3615 Chestnut Street, Philadelphia, PA 19104.

Art for Life *Mondays, 1:00 - 3:00 PM*

This networking group meets weekly in the barn for art-making and sharing. Members share the common interest of cultivating or maintaining creativity in their life, which for many is an effective practice to manage the stress of cancer. Support persons welcome. *No artistic talent required.* Art supplies are available.

Evening Workout - *Thursdays, beginning March 12 - 6 weeks - 6:00 - 7:00 PM*

An opportunity to move, stretch and restore. Please call for more information and to **RSVP by March 10.**

Relax with Qigong - *Tuesdays, 5:15 - 6:15 PM*

Qigong incorporates slow, meditative movements with deep abdominal breathing that can counteract the chronic stress and strain of daily life.

T'ai Chi

Fridays, 9:30 - 11:00 AM in Philadelphia

Wednesdays, Beginners at 6:30 PM and Intermediate at 7:00 PM in Lansdale

This form of Chinese exercise is practiced for its relaxation, energizing effects, and health benefits.

Gentle Yoga

Thursdays, 1:15 - 2:45 PM in Philadelphia

Fridays, 10:00 AM in Lansdale

This is a restorative yoga that can help your flexibility, strength, and balance - regardless of your state of physical fitness. Participants learn yoga breathing that provides increased energy and deeper relaxation.

Breathing Class with **Bobbi Tighe** is held monthly in Philadelphia to support participants in specific, gentle, and simple breathing instruction to release tension and open healing energy in the body.


Wellness Workout - *begins Tuesday, March 12 - for 6 weeks*

The class will take place at:

Mercy Wellness Center, 508 Baltimore Ave., 2nd floor

The class focuses on total body conditioning and includes gentle stretching, balance, strengthening, and low-impact aerobics. *Written permission from a physician is required for attendance.*

Please register with Barbara Davis at 215-879-7733.

 Please RSVP at 215-879-7733
to all programs listed in **RED**.

EDUCATION

Clinical Trials and Minorities

Tuesday, March 3 - 12:30 - 2:00 PM

Jerilyn Baskett, M.S., will be the presenter for this workshop taking place at **Family Practice and Counseling Network**, RHD Administration Building, 4700 Wissahickon Ave, Suite 118. Topics include:

- What are clinical trials?
- Why are clinical trials important?
- Types of trials
- How new drugs are developed
- Risks, benefits and barriers to participating in clinical trials
- Questions to ask your doctor about clinical trials
- Resources for finding information about clinical trials

RSVP by March 2.

New to Cancer: Questions after Diagnosis

Tuesday, March 10 and April 7 - 5:00 - 6:00 PM

A class for those who are newly diagnosed or beginning their experience with cancer. Support people are welcome. Information will be provided on understanding a new vocabulary, asking the right questions, finding and evaluating information, partnering with your health care team, and connecting to resources. **RSVP by March 9, April 6.**

Lunch and Learn: What is Reiki?

Friday, March 20 - 11:30 AM - 1:00 PM

Vince Gilhool, Reiki master and teacher will demonstrate and explain this Japanese technique for stress reduction and relaxation that also can promote healing. *Please bring your lunch.* **RSVP by March 18.**

Equinox Drumming Circle

Saturday, March 21 - 10:00 - 11:30 AM

Drumming is an ancient practice that can induce inner peace and relaxation. Recent research has also suggested that it can boost the immune system and improve well-being. Please join us for this special drumming circle dedicated to the memory of **Veronica Lamb** who led drumming circles at TWCP for many years. Drums provided. **RSVP by March 19.**

“But I can’t find my way home...”

Understanding Cognitive Changes Related to Cancer and Cancer Treatment

Wednesday, March 25 - 6:30 - 8:00 PM

Pamela Joyce Shapiro, Ph.D., Assistant Member Fox Chase Cancer Center Psychosocial and Biobehavioral Medicine Program, will present information and research findings about the impact of cancer treatment on the brain and what can help memory and cognitive functioning. **RSVP by March 23.**

New Discoveries in Radiation Oncology featuring the Cyberknife – Cancer Surgery without the Surgery

Saturday, March 28 - 10:00 - 11:30 AM

Michael Good, R.N. Research Coordinator for Philadelphia Cyberknife will present current treatment options and new technologies with radiation therapy. **RSVP by March 26.**

Cooking For Life

Chef **Suzanne Weltman** brings her expertise to this “hands on” class. Each session includes a new cooking experience for participants while learning about ingredients and meal preparation.

Monday, March 9 - 6:30 - 8:00 PM **“Make It with a Few Ingredients”**

Delicious, nutritious meals using 5 or less basic pantry ingredients.

Monday, April 27 - 6:30 - 8:00 PM **“Breakfast Bonanza”**

New ideas and tastes for breakfast.

Ask the Expert: About the Benefits of Exercise for People Affected by Carcinoid and NET (Neuroendocrine Tumors)

Saturday, April 4 - 11:00 AM - 1:00 PM

Marci Christian, Certified Personal Trainer and Graduate of the Cancer Exercise Training Institute, will be the presenter for this educational and networking program offered in partnership with **Delaware Valley Carcinoid & NET Connection**. **RSVP by April 2.**

Ask the Doctor About Ovarian and Gynecologic Cancer

Wednesday, April 15 - 7:00 - 8:30 PM

Michael Bookman, M.D., Vice President, Ambulatory Care and Clinical Research, Fox Chase Cancer Center, will provide an update of current treatment options and issues for women with gynecologic cancers. **RSVP by April 13.**

Lunch and Learn: Getting Back to Work after Cancer

Friday, April 17 - 12:30 - 2:30 PM

Richard Massaro, of *Hireability*, will present useful information about how cancer survivors can seek employment after cancer treatment. He will discuss suggestions for internet resources, and tips on networking, how to talk about your “disability”, and resume writing. *Please bring your lunch.* Speaker will be at 1:00 PM. **RSVP by April 15.**

Ask the Expert about Nutrition:

Learn about the “Slow Food Movement”

Thursday, March 19, 3:00 - 4:30 PM

Debra DeMille, M.S., R.D., C.S.O., Nutrition Counselor, Joan Karnell Cancer Center at Pennsylvania Hospital, will discuss the principles behind the “Slow Food Movement” and how they can be used by cancer survivors wishing to re-evaluate diet and lifestyle. **RSVP by March 17.**

“Taking Charge of your Diet After Cancer:

What Every Survivor Needs to Know”

Thursday, April 23 - 6:30 - 8:00 PM

Linda Goldsmith M.A., R.D., Oncology Dietician of Cooper Cancer Institute, will provide information on healthy diet, and weight management for cancer survivors. **RSVP by April 21.**

Programs in LANSDALE at the Anne McCouch Center, 1000 West Main Street - call 215-393-9105 to RSVP.

Legal Issues in Cancer Care Saturday, March 7, 10:00 AM

Rodney Warner of the *Legal Clinic for the Disabled, Inc.*, will present information and answer questions regarding legal concerns such as power of attorney, living wills, disability questions, and wills. **RSVP by March 5.**

Acupuncture in Cancer Care Saturday, April 4, 10:00 AM

Andrea Deardorff of *Inner Garden Acupuncture*, discusses acupuncture and how it can be used to treat symptoms and side effects of cancer treatment. **RSVP by April 2.**

Refresh and Renew - These classes focus on how to care and nurture oneself - for people dealing with cancer and for the support persons.

Mind Body - Learn techniques for reducing stress through meditation, imagery and breathing practices.

Nutrition Matters - **Pat Dinunzio**, R.D. presents the latest information about eating well during and after cancer.

Bereavement Group - This group meets weekly and an interview precedes joining. Please call for information.

Bereavement Group in Philadelphia: 10-week series will begin Spring of 2009. *Please call 215-879-7733 for information.*

MARCH 2009

Community Based Programs (CBP) are in (GRAY)
 Programs at The Anne McCouch Center
 (LANSDALE) are in (PINK)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Art for Life 1:00 - 3:00 PM	3 Relax with Qigong 5:15 - 6:15 PM CBP - Mercy Hospital Group 9:30 - 11:00 AM Family Practice - Program Learn about Clinical Trials 12:30 - 2:00 PM	4 ♥ Family and Friends 10:30 AM - 12:30 PM Mind Body Series: "Harness Your Imagination" 1:30 - 3:30 PM (week 1) CBP - Haddington Sr. Center T'ai Chi 10:00 - 11:00 AM	5 Newcomer Orientation 11:00 AM Gentle Yoga 1:15 - 2:45 PM	6 T'ai Chi 9:30 - 11:00 AM CBP - Temple Cancer Center 10:00 - 11:30 AM	7 First Saturday: Legal Concerns 10:00 AM
		LANSDALE T'ai Chi <i>Beginners 6:30 PM</i> <i>Intermediate 7:00 PM</i> Bereavement 7:00 PM		Support Group 10:00 AM Newcomer Noon Crafty Needle 1:30 PM ♀ Breast Cancer 6:30 PM	Yoga 10:00 AM Potluck Lunch Noon Refresh and Renew: <i>"Relax" 1:30 PM</i>
9 Art for Life 1:00 - 3:00 PM Newcomer Orientation 6:30 PM Cooking for Life "Make It with a Few Ingredients" 6:30 - 8:00 PM	10 Relax with Qigong 5:15 - 6:15 PM "New" to Cancer 5:00 - 6:00 PM CBP - Mercy Hospital Group 9:30 - 11:00 AM New - Wellness Workout at Mercy Wellness 2:00 - 4:00 PM (6 weeks)	11 ♥ Family and Friends 10:30 AM - 12:30 PM Mind Body Series: 1:30 - 3:30 PM (2)	12 Newcomer Orientation 11:00 AM Gentle Yoga 1:15 - 2:45 PM Evening Workout 6:00 - 7:00 PM (week 1)	13 T'ai Chi 9:30 - 11:00 AM Yoga 10:00 AM Nutrition: Herbs and Supplements 11:00 PM Potluck Lunch Noon Quilting 1:30 PM	14 ♀ Lung Cancer 10:00 AM ♀ Thyroid Cancer 10:30 AM - Noon Mind Body Approaches to Wellness at Phila. Multiple Myeloma Networking Group 1:30 - 3:30 PM
		LANSDALE T'ai Chi <i>Beginners 6:30 PM</i> <i>Intermediate 7:00 PM</i> Bereavement 7:00 PM		Support Group 10:00 AM Newcomer Noon Mind Body: "Imagery" 1:30 PM	♀ Lung Cancer 10:00 AM Men's Roundtable 10:00 AM
16 Art for Life 1:00 - 3:00 PM	17 Relax with Qigong 5:15 - 6:15 PM ♥ Family and Friends 6:30 - 8:00 PM CBP - Mercy Hospital Group 9:30 - 11:00 AM CBP - Family Practice Group 12:30 - 2:00 PM Wellness Workout at Mercy Wellness 2:00 - 4:00 PM (2)	18 ♥ Family and Friends 10:30 AM - 12:30 PM Mind Body Series 1:30 - 3:30 PM (3)	19 Newcomer Orientation 11:00 AM Gentle Yoga 1:15 - 2:45 PM Nutrition: Learn about "The Slow Food Movement" 3:00 - 4:30 PM Evening Workout 6:00 - 7:00 PM (2) ♀ Young Women with Breast Cancer (YSC) 6:30 - 8:00 PM	20 T'ai Chi 9:30 - 11:00 AM Lunch and Learn: What is Reiki? 11:30 AM - 1:00 PM Breathing Class 1:15 - 2:45 PM CBP - Temple Cancer Center Group 10:00 - 11:30 AM	21 <div style="border: 1px dashed black; border-radius: 50%; padding: 10px; text-align: center;"> Equinox Drumming Circle 10:00 - 11:30 PM </div>
		LANSDALE T'ai Chi <i>Beginners 6:30 PM</i> <i>Intermediate 7:00 PM</i> Bereavement 7:00 PM		Support Group 10:00 AM Newcomer Noon Crafty Needle 1:30 PM	Yoga 10:00 AM Potluck Lunch Noon Refresh and Renew: 1:30 PM
23 Art for Life 1:00 - 3:00 PM Newcomer Orientation 6:30 PM	24 ♀ Living Well with Advanced Breast Cancer 11:00 AM - 1:00 PM Relax with Qigong 5:15 - 6:15 PM CBP - Mercy Hospital Group 9:30 - 11:00 AM Wellness Workout at Mercy Wellness 2:00 - 4:00 PM (3)	25 ♥ Family and Friends 10:30 AM - 12:30 PM Mind Body Series 1:30 - 3:30 PM (4) ♀ Gynecologic Cancers 6:30 - 8:00 PM Understanding Cognitive Changes Related to Cancer 6:30 - 8:00 PM CBP - Einstein Cancer Center Group 10:00 - 11:30 AM	26 Newcomer Orientation 11:00 AM Gentle Yoga 1:15 - 2:45 PM Evening Workout 6:00 - 7:00 PM (3)	27 T'ai Chi 9:30 - 11:00 AM	28 <div style="border: 1px solid black; padding: 5px;"> New Discoveries in Radiation Oncology featuring the Cyberknife 10:00 - 11:30 AM </div>
		LANSDALE T'ai Chi <i>Beginners 6:30 PM</i> <i>Intermediate 7:00 PM</i> Bereavement 7:00 PM		Support Group 10:00 AM Newcomer Noon Mind Body: Compassion 1:30 PM	Yoga 10:00 AM Potluck Lunch Noon
30 Art for Life 1:00 - 3:00 PM	31 Relax with Qigong 5:15 - 6:15 PM CBP - Mercy Hospital Group 9:30 - 11:00 AM Wellness Workout at Mercy Wellness 2:00 - 4:00 PM (4)				

 Please RSVP at 215-879-7733
to all programs listed in **RED**.

APRIL 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
ON-GOING SUPPORT GROUPS Group times in Philadelphia (Suzanne Morgan Center) Tuesdays - 1:00 - 3:00 PM and 6:30 - 8:30 PM Wednesdays - 10:30 AM - 12:30 PM Group time in Paoli (Paoli Cancer Center) Tuesdays - 6:30 - 8:30 P Group time in Lansdale (Anne McCouch Center) Thursdays - 10:00 AM - Noon		1 ♥ Family and Friends 10:30 AM - 12:30 PM Mind Body Series: "Playing Mind Body Games!" 1:30 - 3:30 PM (week 1)	2 Newcomer Orientation 11:00 AM Gentle Yoga 1:15 - 2:45 PM Evening Workout 6:00 - 7:00 PM (4)	3 T'ai Chi 9:30 - 11:00 AM	4 "Let's Get Physical – What you Need to Know about Staying Active if you have Carcinoid/NET Cancer" 11:00 AM – 1:00 PM		
		CBP - Haddington Sr. Center T'ai Chi 10:00 - 11:00 AM	LANSDALE T'ai Chi Beginners 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM	Support Group 10:00 AM Newcomer Noon Crafty Needle 1:30 PM ♀ Breast Cancer 6:30 PM	CBP - Temple Cancer Center Group 10:00 - 11:30 AM Yoga 10:00 AM Nutrition: Whole Grains 11:00 PM Potluck Lunch Noon Refresh and Renew: "Humor" 1:30 PM	First Saturday: Acupuncture 10:00 AM	
6 Art for Life 1:00 - 3:00 PM Newcomer Orientation 6:30 PM	7 Relax with Qigong 5:15 - 6:15 PM "New" to Cancer 5:00 - 6:00 PM	8 ♥ Family & Friends 10:30 AM - 12:30 PM Mind Body Series: 1:30 - 3:30 PM (2)	9 Newcomer Orientation 11:00 AM Gentle Yoga 1:15 - 2:45 PM Evening Workout 6:00 - 7:00 PM (5)	10 T'ai Chi 9:30 - 11:00 AM	11 ♀ Thyroid Cancer 10:30 AM - Noon		
	CBP - Mercy Hospital Group 9:30 - 11:00 AM Family Practice Group 12:30 - 2:00 PM Wellness Workout at Mercy Wellness 2:00 - 4:00 PM (5)	CBP - Einstein Cancer Center Group 10:00 - 11:30 AM	CBP - Tindley Temple T'ai Chi 11:30 AM - 1:00 PM	LANSDALE T'ai Chi Beginners 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM	Support Group 10:00 AM Newcomer Noon Mind Body: "Everyday Mindfulness" 1:30 PM	Yoga 10:00 AM Potluck Lunch Noon	♀ Gynecologic Cancers 10:00 AM
13 Art for Life 1:00 - 3:00 PM Newcomer Orientation 6:30 PM	14 Relax with Qigong 5:15 - 6:15 PM ♥ Family & Friends 6:30 - 8:00 PM	15 ♥ Family & Friends 10:30 AM - 12:30 PM	16 Newcomer Orientation 11:00 AM Gentle Yoga 1:15 - 2:45 PM Evening Workout 6:00 - 7:00 PM (6)	17 T'ai Chi 9:30 - 11:00 AM Breathing Class 1:15 - 2:45 PM	18 3rd Annual Conference for Women Living with Advanced Breast Cancer Saturday, April 18 - Sunday, April 19 Presented by Living Beyond Breast Cancer taking place at the Philadelphia Marriott West in West Conshohocken, PA call 610) 645-4567		
	CBP - Mercy Hospital Group 9:30 - 11:00 AM Wellness Workout at Mercy Wellness 2:00 - 4:00 PM (6)	♀ Ask the Dr. about Ovarian & GYN Cancers 6:30 - 8:00 PM	♀ Young Women with Breast Cancer (YSC) 6:30 - 8:00 PM	Lunch and Learn: Getting Back to Work after Cancer 12:30 - 2:30 PM			
		LANSDALE T'ai Chi Beginners 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM	Support Group 10:00 AM Newcomer Noon Crafty Needle 1:30 PM Family & Friends 6:30 PM	CBP - Temple Cancer Center Group 10:00 - 11:30 AM	Yoga 10:00 AM Potluck Lunch Noon		
20 Art for Life 1:00 - 3:00 PM	21 Relax with Qigong 5:15 - 6:15 PM ♥ Family and Friends 6:30 - 8:00 PM	22 ♥ Family & Friends 10:30 AM - 12:30 PM Mind Body Series "Healing Breath" 1:30 - 3:30 PM (week 1)	23 Newcomer Orientation 11:00 AM Gentle Yoga 1:15 - 2:45 PM	24 T'ai Chi 9:30 - 11:00 AM	25 Mind Body Weekend Retreat: "The Wisdom of Letting Go" Saturday April 25, 9:00 AM - 7:00 PM & Sunday, April 26, 9:00 AM - 3:00 PM This yearly event is an opportunity to learn meditation and breathing practices that can help reduce stress, and techniques to manage the challenge of cancer. People with cancer and their support persons are invited to participate Please call for more information and to register by April 17.		
	CBP - Mercy Hospital Group 9:30 - 11:00 AM Family Practice Group 12:30 - 2:00 PM	CBP - Einstein Cancer Center Group 10:00 - 11:30 AM	Nutrition: Taking Charge of Your Diet after Cancer 6:30 - 8:00 PM				
		LANSDALE T'ai Chi Beginners 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM	Support Group 10:00 AM Newcomer Noon	Yoga 10:00 AM Potluck Lunch Noon			
27 Art for Life 1:00 - 3:00 PM Newcomer Orientation 6:30 PM Cooking for Life: "Breakfast Bonanza" 6:30 - 8:00	28 Relax with Qigong 5:15 - 6:15 PM ♀ Living Well with Advanced Breast Cancer 11:00 AM - 1:00 PM	29 ♥ Family & Friends 10:30 AM - 12:30 PM Mind Body Series 1:30 - 3:30 PM (2)	30 Newcomer Orientation 11:00 AM Gentle Yoga 1:15 - 2:45 PM				
	CBP - Mercy Hospital Group 9:30 - 11:00 AM	LANSDALE T'ai Chi Beginners 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM	Support Group 10:00 AM Newcomer Noon				

TWCP NEWS

Many Lives
onecommunity
THE ANNUAL CAMPAIGN

As we face daunting medical as well as financial realities, **TWCP** is committed to providing the same level of service to even more people affected by cancer. Today, there are more than 12 million cancer survivors in the United States. Over 1.4 million people will be newly diagnosed with cancer in the coming year. Countless more will be affected by cancer including caregivers, family members, and friends. A major concern for many of them is the significant financial burden they face in paying for their care. Your support of the free programs offered by **TWCP** alleviates one of these burdens for our participants. In this troubling and uncertain economy you may be wondering, "Why give to **The Wellness Community of Philadelphia** now?" The answer: our need for your support has never been greater.

In November, we launched our Annual Campaign for **The Wellness Community of Philadelphia** with an ambitious goal of \$110,000. We are so pleased to announce that we are half-way there. Thanks to those of you who so generously support us. If you haven't made your gift yet, **please do it now**. Remember, we have no revenue stream and are not reimbursed by hospitals or insurance for our services.

We urge you to open your heart and donate to a cause you can believe in and join the "Many Lives, One Community" Campaign. Please demonstrate your faith in what we do with a generous contribution to ensure that **TWCP** will continue to provide our programs and services that are offered at no charge to our participants. Together we can make sure nobody faces a cancer diagnosis alone. Please visit twcp.org to make a secure online donation, or do so by calling 215.879.7733. Thank you.

Kimerly Hinkelman
Executive Director

SPECIAL EVENTS

CALLING ALL RUNNERS, JOGGERS & WALKERS:
TWCP NEEDS PARTICIPANTS FOR ITS "STRIDES FOR HOPE" TEAM



(L-R) **TWCP** board member Jill Dolgin with last year's honorary team captain, NBC 10's Kristen Welker.

PENN RELAYS DISTANCE CLASSIC ON SUNDAY, APRIL 19, 2009

"Strides for Hope" is a training team for long distance running and walking in which members raise money to benefit **TWCP**. The team is comprised of **Wellness Community** participants, their family and friends, staff, board members, and those who believe in supporting the mission of **TWCP**. The next big "Strides" event is the 5-kilometer and 20-kilometer Penn Relays Distance Classic on April 19, 2009. Runners, walkers, and volunteers are invited. Food and drinks will be available following the race. This year's honorary chair is NBC 10 news reporter and co-host of "The 10! Show," Lori Wilson.

Please write Heather Baron at hbaron@twcp.org or call her at 215.879.7733 for more information or to make a donation.

The Wellness Community of Philadelphia
United Way Donor Option Number is 3912.
Please designate United Way gifts to
The Wellness Community of Philadelphia.

ANNE MCCOUCH CENTER HAPPENINGS

SAVE THE DATE: SUNDAY, MARCH 29TH

FASHION SHOW TO BENEFIT THE WELLNESS COMMUNITY



Featuring fashions modeled by cancer survivors.
Hosted by **TWCP** board member and cancer survivor Rachel Delano Schwartz. Fashions by Frox.



Cost: \$40.

Time: 12 noon

Location: Meadowlands Country Club
711 Boehms Church Road
Blue Bell, Pennsylvania 19422

Whole Foods Market® Gives Back to TWCP



Whole Foods Market® five percent days are one meaningful way they give back to the community. Shop at Whole Foods Market® at 339 East Lancaster Ave., Wynnewood,

Pennsylvania, on Thursday, April 2 from 8:00 a.m. to 9:00 p.m. and five percent of the day's net sales will be donated to **TWCP**. Please call 215.879.7733 to learn more.

Bryn Mawr Film Institute

HELP TWCP GO DIGITAL AND GREEN AND WIN PASSES OR A MEMBERSHIP TO BRYN MAWR FILM INSTITUTE!

TWCP is continuing to build its email list for distributing its new calendar/newsletter electronically. **TWCP** encourages all of its calendar/newsletter recipients to join this list today and save some trees in the process! Visit twcp.org and please click on the "Contact Us" tab on the left side of the home page and scroll down. Fill in the name and email boxes at the bottom of the page, and choose to receive the newsletter/calendar via email. Those who do are eligible to win one of 10 pairs of movie passes and one lucky grand prize winner will receive a "Producer Couple" membership valued at \$200 courtesy of Bryn Mawr Film Institute (some restrictions apply). This membership includes benefits like discounted admission to all films at all times, invitations to free member-only sneak previews of upcoming films (passes may be reserved by email), eight free movie passes and more. Winners will be announced at this year's *Celebration of Hope* and will be notified via email or by telephone. Anyone who has made the switch to email calendars/newsletters will be made eligible but the online contest closes June 4, 2009. **The Wellness Community of Philadelphia** thanks its generous returning partner, Bryn Mawr Film Institute. Learn more about them by visiting brynmawrfilm.org or call 610.527.9898.

THANK YOU FOR YOUR SUPPORT

Thanks to the following sponsors who help to underwrite TWCP's free programs:

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The Wellness Community of Philadelphia Extends its Thanks to the Following Speakers for Donating Their Time and Expertise from September 2008 Through February 2009

- Rev. Earl Ball, M. Div., S.T.M.
- Marc Bernstein, M.D.
- Lu Ann Cahn
- Katrina Claghorn, M.S., R.D., C.S.O., L.D.N.
- Gwen Darien
- Lisa DeVouno
- Lorraine Dougherty, M.D.
- Lisa Downs, M.S.N., C.R.N.P.
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- Karen Wagner, M.S., R.D.
- Rodney N. Warner
- Walene J. White, C.H.H.C., C.N.H.P., R.R.P., A.A.D.P.

DONOR AND TRIBUTES NOTE

Memorials and tributes may now be found online at twcp.org, by request at info@twcp.org, or by calling 215.879.7733. Those now listed include donations processed from October 1, 2008 through January 31, 2009. If an error or omission is discovered, please contact **The Wellness Community of Philadelphia** so that its records may be corrected.

CALENDAR & NEWS

LOOK INSIDE for March/April 2009 Programs - **Philadelphia and Lansdale**

Free Programs

for People with Cancer and their Loved Ones

Serving the Delaware Valley

Programs in Philadelphia,
Lansdale, and Paoli

To learn about our *free* services call 215-879-7733 to speak with a member of our staff or come to a **Newcomer Orientation**. This is an opportunity to meet with TWCP staff and cancer survivors to learn about TWCP programs and support groups. *No registration is needed.*

In Philadelphia, Newcomer Orientations are held the second and fourth Monday of each month at 6:30 PM and Thursdays at 11:00 AM.

In Lansdale, Newcomer Orientation is held Thursdays at Noon, or by appointment.

Decisional Support Services Now Available

Through a program called ENACCTing Wellness, funded by the Centers for Disease Control and Prevention, TWCP is now providing FREE decision-making assistance about treatment for people with blood cancers. Up to three sessions with a trained facilitator will help to clarify questions for your health care team. TO LEARN MORE AND TO SCHEDULE AN APPOINTMENT, CALL: Kathleen Coyne, L.C.S.W., Program Director at The Wellness Community of Philadelphia, at 215-879-7733.

Our Staff

Executive Director: *Kimerly Hinkelman*

Program Director:

Kathleen Coyne, M.S.S., L.C.S.W.

Marketing and Communications

Director: *Scott Bluebond, M.A.*

Outreach Director: *Theresa Donnelly*

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Community Based Program Director:

Barbara Davis, A.C.S.W., L.S.W.

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Facilities Manager / Special Projects

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John Levenson, M.S.W., L.C.S.W., B.C.D., C.G.P.

Gabriel Rocco, M.A.

Our Mission

The mission of The Wellness Community is to help people affected by cancer enhance health and well-being through a professional program of emotional support, education, and hope. All programs are provided at no charge to participants. Our program is not an alternative but a complement to conventional medical treatment. Each person decides for him or herself what activities to attend.

