

Our Programs Can Improve Your Quality of Life...

Nationally-recognized research shows participation in TWC programs can:

- reduce anxiety and stress
- decrease pain and depression
- enhance long-term survival

Anyone Can Participate Free of Charge. At TWC, we serve...

- teen and adult cancer survivors
 - at any stage, from diagnosis to post-treatment
 - with any type of cancer
- caregivers
- families, including children
- friends

PARTICIPANT PROFILE

Mike Hattasch

At age 44, Mike Hattasch learned about his brain tumor while at work. The call came from the doctor who had just finished reviewing his MRI. "I was overwhelmed with fear because the doctor told me I was lucky not to be blind, paralyzed or even dead," says Mike. "I don't even remember saying good-bye. My thoughts immediately shifted to Pam, my wife of 23 years, and how she would take the news."

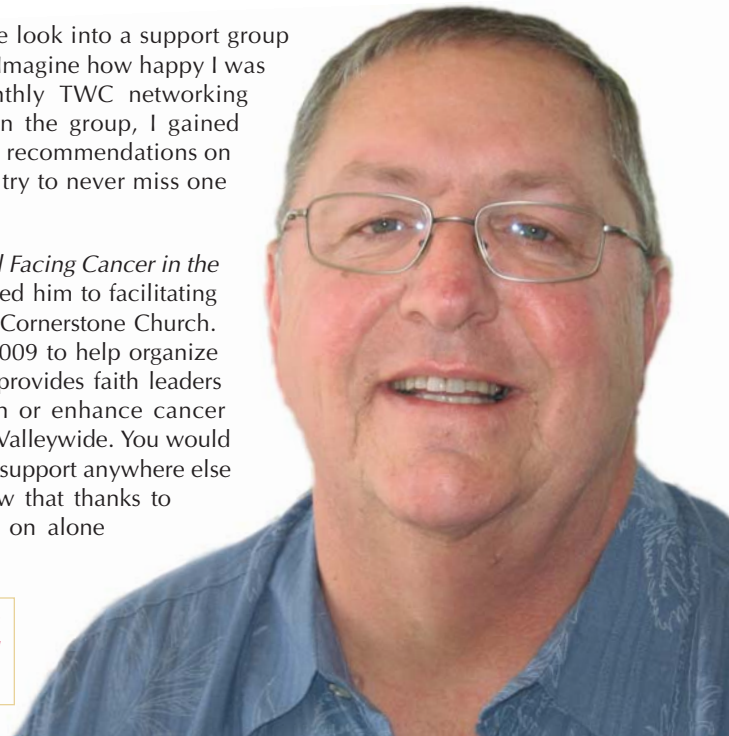
In January 2005, Mike's tumor was successfully removed in what the doctor's referred to as a "miracle surgery." In February, tests showed that Mike had a rare plasma cancer called multiple myeloma. Mike's faith, although always important to him, became even more so. "I knew I couldn't handle what was ahead of me without my faith in my Lord Jesus Christ."

"Thanks to The Wellness Community nobody has to take this battle on alone ever again!"

Mike's oncologist suggested that Mike look into a support group at The Wellness Community (TWC.) "Imagine how happy I was to learn that one of the nine monthly TWC networking groups is for multiple myeloma!" "In the group, I gained information from others and powerful recommendations on how to plan for my cancer journey. I try to never miss one of our monthly meetings."

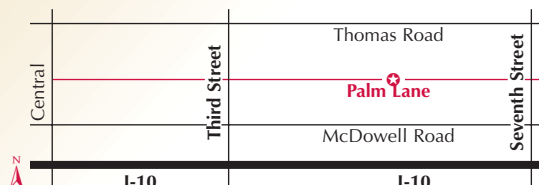
In 2008, he attended TWC's 1st Annual Facing Cancer in the Faith Community symposium, which led him to facilitating a cancer support group at Chandler's Cornerstone Church. Mike joined TWC's support team in 2009 to help organize their 2nd Annual symposium. "TWC provides faith leaders the tools and best practices to begin or enhance cancer support groups for their congregations Valleywide. You would be hard pressed to find this invaluable support anywhere else and it's free. I want everyone to know that thanks to TWC, nobody has to take this battle on alone ever again."

Look for TWC Brain Tumor programming in conjunction with Barrow Neurological Institute... coming soon.



THE WELLNESS COMMUNITY MAIN CAMPUS

Our Main Campus programs are held in a beautiful home-like setting at 360 East Palm Lane in Phoenix



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- Education
 Emotional Support
 Nutrition & Exercise
 Stress Management
 Family Programs
 Teen Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Participant/Family Groups require a brief interview to determine appropriate group placement.</p>	<p>1 Participant Group* 10 a.m.–12 noon Kid2Kid/ Family2Family Canine Connection 6–7:30 p.m. Participant Group* 6–8 p.m.</p>	<p>2 Newcomer Meeting 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>3 Networking Groups: Multiple Myeloma 10 a.m.–12 noon Cooking for Life 3–5 p.m. Prostate 6–8 p.m.</p>	<p>4 Friday Fitness 12:30–1:30 p.m.</p>	<p>5 <i>Celebrate</i> Cancer Survivor Day 10 a.m.–1 p.m. Due to Cancer Survivor Day Networking Groups will meet next Saturday</p>
<p>7 Writing for Wellness 11:15 a.m.–12:45 p.m. Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Meeting 6 p.m.</p>	<p>8 Participant Group* 10 a.m.–12 noon Bunco 12:30–2:30 p.m. Participant Group* 6–8 p.m.</p>	<p>9 Newcomer Meeting 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Mind-Body Connections 2–3 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>10 Music/Express. Arts 10 a.m.–12 noon Cooking for Life 3–5 p.m. Advances in Head and Neck Cancer Davis Romney, MD 6–8 p.m. 5 Wishes Advanced Directive Workshop 6–8 p.m.</p>	<p>11 Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m. LGBT Facing Cancer Together 6–8 p.m.</p>	<p>12 Look Good Feel Better 10 a.m.–12 noon Networking Groups 10 a.m. – 12 noon: Lymphoma, Ovarian Pancreatic 1–3 p.m.: Lung, Breast, Carcinoid Teen Capoeira Angola Group 4–7 p.m.</p>
<p>14 Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Meeting 6 p.m.</p>	<p>15 Participant Group* 10 a.m.–12 noon Kid2Kid/ Family2Family 6–7:30 p.m. Participant Group* 6–8 p.m. Colorectal Networking Group 6–8 p.m. Special Presentation</p>	<p>16 Newcomer Meeting 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>17 Cooking for Life 3–5 p.m. Clinical Trials Raoul Tibes, MD, PhD 6–8 p.m.</p>	<p>18 Friday Fitness 12:30–1:30 p.m.</p>	<p>19</p>
<p>21 Writing for Wellness 11:15 a.m.–12:45 p.m. Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Meeting 6 p.m.</p>	<p>22 Participant Group* 10 a.m.–12 noon Participant Group* 6–8 p.m. TWC 360 Meeting 5–6 p.m. TWC 360 Special Presentation Integrative Medicine for Survivorship Jake Psenka, NMD 6–8 p.m.</p>	<p>23 Newcomer Meeting 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Mind-Body Connections 2–3 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>24 Music/Expressive Arts 10 a.m.–12 noon Cooking for Life 3–5 p.m.</p>	<p>25 Creative Arts in Healing 10 a.m.–12 noon Friday Fitness 12:30–1:30 p.m.</p>	<p>26 Teen Cooking Class 11 a.m.–2 p.m.</p>
<p>28 Participant/Family Group* 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Meeting 6 p.m.</p>	<p>29 Participant Group* 10 a.m.–12 noon Participant Group* 6–8 p.m.</p>	<p>30 Newcomer Meeting 10 a.m. Tai Chi Chih for Balance 11 a.m.–12 noon Yoga for Recovery 12:15–1:45 p.m. Relaxation/Visualization 5:15–6 p.m. Participant/Family Group* 6–8 p.m.</p>	<p>PARTNERSHIPS BRINGING SUPPORT CLOSER TO YOU... OFFSITE PROGRAMMING For additional TWC programs offered closer to you at offsite locations, see pages 10 through 14.</p> <p>ARE YOU A NEWCOMER TO TWC? Newcomer Meetings led by a cancer survivor / TWC participant. Details on page 15.</p>		



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Cancer-Specific Educational Programs:

- Bladder Cancer (see details on page 5)
- Liver Cancer (see details on page 13)
- Thyroid Cancer (see details on page 5)

1
Networking Groups:
Multiple Myeloma
10 a.m.–12 noon
Cooking for Life
3–5 p.m.
Prostate
6–8 p.m.

2
CLOSED FOR INDEPENDENCE DAY



3
Due to Holiday
Networking
Groups will
meet next
Saturday

5
Writing for Wellness
11:15 a.m.–12:45 p.m.
Participant/Family Group*
1–3 p.m.
Yoga for Recovery
5–6:30 p.m.
Newcomer Meeting
6 p.m.

6
Participant Group*
10 a.m.–12 noon
**Kid2Kid/
Family2Family
Canine Connection**
6–7:30 p.m.
Participant Group*
6–8 p.m.

7
Newcomer Meeting
10 a.m.
Tai Chi Chih for Balance
11 a.m.–12 noon
Yoga for Recovery
12:15–1:45 p.m.
Relaxation/Visualization
5:15–6 p.m.
Participant/Family Group*
6–8 p.m.

8
**Music/Expressive
Arts**
10 a.m.–12 noon
Cooking for Life
3–5 p.m.
**Environmental
Toxins**
Marianne
Marchese, ND
6–8 p.m.

9
Friday Fitness
12:30–1:30 p.m.
**LGBT Facing
Cancer Together**
6–8 p.m.

10
Networking Groups:
Lymphoma
10 a.m.–12 noon
Ovarian
10 a.m.–12 noon
Pancreatic
10 a.m.–12 noon
Breast
1–3 p.m.
Carcinoid
1–3 p.m.
Lung
1–3 p.m.



12
Participant/Family Group*
1–3 p.m.
Yoga for Recovery
5–6:30 p.m.
Newcomer Meeting
6 p.m.

13
Participant Group*
10 a.m.–12 noon
Bunco
12:30–2:30 p.m.
Participant Group*
6–8 p.m.

14
Newcomer Meeting
10 a.m.
Tai Chi Chih for Balance
11 a.m.–12 noon
Yoga for Recovery
12:15–1:45 p.m.
Mind-Body Connections
2–3 p.m.
Relaxation/Visualization
5:15–6 p.m.
Participant/Family Group*
6–8 p.m.

15
Cooking for Life
3–5 p.m.
**Bladder Cancer
Presentation**
Michael
Roberts, MD
6–8 p.m.

16
Friday Fitness
12:30–1:30 p.m.
TGen Tour
2–3:30 p.m.
Teen Social Group
5–8 p.m.

17
**Therapeutic Writing
Workshop**
Sue Meyn, LPC
10 a.m.–12 noon

19
Writing for Wellness
11:15 a.m.–12:45 p.m.
Participant/Family Group*
1–3 p.m.
Yoga for Recovery
5–6:30 p.m.
Newcomer Meeting
6 p.m.

20
Participant Group*
10 a.m.–12 noon
Book Club
12:15–1:30 p.m.
**Kid2Kid/
Family2Family**
6–7:30 p.m.
**Colorectal
Networking Group**
6–8 p.m.
Participant Group*
6–8 p.m.

21
Newcomer Meeting
10 a.m.
Tai Chi Chih for Balance
11 a.m.–12 noon
Yoga for Recovery
12:15–1:45 p.m.
TWC 360
5–8 p.m.
Relaxation/Visualization
5:15–6 p.m.
Participant/Family Group*
6–8 p.m.

22
**Music/Expressive
Arts**
10 a.m.–12 noon
Cooking for Life
3–5 p.m.
**Thyroid Cancer
Presentation**
Michael
Demeure, MD, MBA
6–8 p.m.
FSAC: Liver Cancer
Neil Goldstein, MD
6–8 p.m.

23
Friday Fitness
12:30–1:30 p.m.

24
**Feathers, Fur
and Family**
10–11 a.m.

26
Participant/Family Group*
1–3 p.m.
Yoga for Recovery
5–6:30 p.m.
Newcomer Meeting
6 p.m.

27
Participant Group*
10 a.m.–12 noon
BRCAtees
6–7:30 p.m.
Participant Group*
6–8 p.m.

28
Newcomer Meeting
10 a.m.
Tai Chi Chih for Balance
11 a.m.–12 noon
Yoga for Recovery
12:15–1:45 p.m.
Mind-Body Connections
2–3 p.m.
Relaxation/Visualization
5:15–6 p.m.
Participant/Family Group*
6–8 p.m.

29
Cooking for Life
3–5 p.m.
Chemobrain
Michael Robb, MD
6–8 p.m.

30
Friday Fitness
12:30–1:30 p.m.

31
**Teen Water
Play Day**
3–6 p.m.

***Participant/Family
Groups require
a brief interview
to determine
appropriate group
placement.**

"TWC feels like home. There is no need to explain why I am there. Staff and participants provide support and a feeling of family." —Gloria F.

Your Keys to Quality of Life: Main Campus Programs

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

strength given and received



March for Mammaries Hikers



Participant Stretching during Friday Fitness



Glazing Pottery at Creative Arts in Healing



Emotional Support

STRENGTH GIVEN AND RECEIVED

Newcomer Meeting
Mondays at 6 p.m. and
Wednesdays at 10 a.m.

Led by a cancer survivor and experienced TWC participant, this informal orientation introduces and provides background on our free programs. All welcome.

Weekly Support Groups
Times and dates vary.
See Calendar.

Professionally-facilitated weekly support groups for people with cancer and their family, friends and caregivers. Group members experience a caring, uplifting, and supportive community with others.

A brief interview is required to determine appropriate group placement. Please call (602) 712-1006.

Networking Groups, Cancer-Specific
Times and dates vary.
See Calendar.

Individuals with specific cancers meet in monthly groups to support and to learn from one another, and to discuss aspects of living with cancer, their diagnosis, treatment, and recovery. Open to family and friends.

Facing Cancer Together:
For LGBT Couples, Family and Friends
Fridays, June 11 and July 9, 6–8 p.m.

Group for the Lesbian, Gay, Bisexual, Transgendered (LGBT) community, addressing the many ways cancer affects our relationships with partners, family and friends. We will discuss tools and resources to nurture and support our most important relationships.

American Cancer Society Look Good Feel Better
Saturday, June 12, 10 a.m.–12 noon

For women undergoing cancer treatment, a professional cosmetologist assists participants with make-up applications and interesting ways to wear scarves and wigs. **RSVP.**

BRCAters
Tuesday, July 27, 6–7:30 p.m.

Support and information for those who have tested positive for the BRCA gene. Facilitated by genetic counselors. **RSVP** to Katherine Hunt 480-301-4585.



Education

KNOWLEDGE IS POWER

Recent Advances in Head and Neck Cancer
Thursday, June 10, 6–8 p.m.

Davis Romney, MD, Radiation Oncologist, will present the most recent information on head and neck cancers. Dr. Romney will discuss treatment options, latest research, side-effect management and ways to improve medical outcomes. **RSVP.**

5 Wishes

Thursday, June 10, 6–8 p.m.

Ann Corssen, CRNA, and Shannon Schiefer, MA, LPC will present on the five wishes that are involved in creating a living will that addresses your personal, emotional, and spiritual needs as well as your medical wishes should you become seriously ill. Ann and Shannon will guide you through choosing the person you would like to make health care decisions for you if you are not able and have a legal document you can take with you when you leave. **RSVP.**

**Special Presentation
for Colorectal Networking Group**

Tuesday, June 15, 6–8 p.m.

Cathy McCann, MS, Certified Genetics Counselor with St. Joseph's Hospital and Medical Center, Comprehensive Cancer Center will talk about what you need to know with regard to genetic testing for colorectal cancer. Learn how to pay for it, where it's available, what testing entails and who should get tested.

Clinical Trials

Thursday, June 17, 6–8 p.m.

Raoul Tibes, MD, PhD, Director Hematological Malignancies Program with TGen Clinical Research Services will present. Learn and understand what clinical trials are, what the eligibility requirements might be and where to find them. Time for Q & A. **RSVP.**

Environmental Toxins

Thursday, July 8, 6–8 p.m.

Marianne Marchese, NMD, a naturopathic physician, will discuss which toxins in our environment are linked to cancer, how we are exposed to them in our everyday life and the role genetics plays in how our bodies handle toxins. Time for Q & A. **RSVP.**

Bladder Cancer Presentation

Thursday, July 15, 6–8 p.m.

Michael Roberts, MD, Medical Oncologist will discuss current treatments for bladder cancer, side-effect management as well as current and future areas of research. Plenty of time for Q&A. **RSVP.**

TGEN Tour

Friday, July 16, 2–3:30 p.m.

Learn from cancer researchers at working laboratories at the Translational Genomics Research Institute (TGen). Offsite at TGen. Space is limited to 15, please **RSVP.**

Thyroid Cancer Presentation

Thursday, July 22, 6–8 p.m.

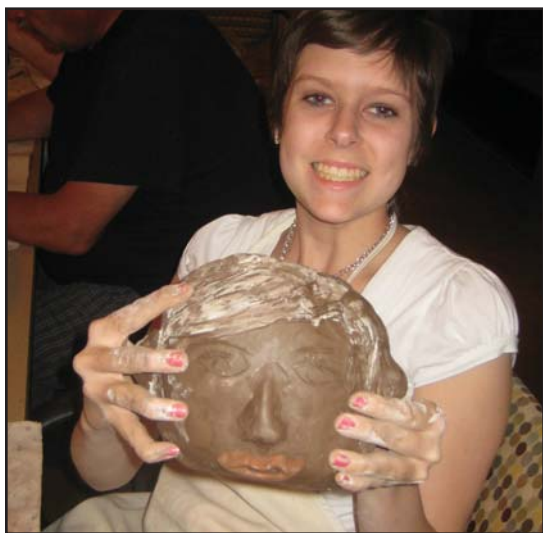
Michael J. Demeure, MD, MBA, surgeon with TGEN Clinical Research Services at Scottsdale Healthcare will present on the most recent information on thyroid cancer including treatment options, symptom/side effect management, and quality of life skills. This program will help individuals with thyroid cancer and their loved ones, at any stage of illness, become more active participants in treatment-decision making and will help them better cope with life during and after cancer treatment. **RSVP.**

Chemo Brain

Thursday, July 29, 6–8 p.m.

Michael J. Robb, MD, otoneurologist specializing in disorders of the ear and brain, presents on the effects of chemotherapy and radiation on cognitive functioning. Dr. Robb will talk about ways to improve functioning through treatment, what chemotherapy and other cancer treatments do to your cognitive functioning and will teach new skills to help you cope. **RSVP.**

Knowledge is power



Creating Clay Art for Our Garden



Dancing the Night Away at Teen Prom

Your Keys to Quality of Life: Main Campus Programs

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building blocks for better health

Nutrition/Exercise BUILDING BLOCKS FOR BETTER HEALTH

Yoga for Recovery
Mondays 5–6:30 p.m. and Wednesdays,
12:15–1:45 p.m.

Tai Chi Chih for Balance with May Swanson
Wednesdays 11a.m.–12 noon

Cooking for Life
Thursdays, 3–5 p.m.
Chef Jason Wyrick covers cancer-related nutrition topics. This series features meals loaded with antioxidants, phyto-chemicals, high-fiber, low-fat, healthy dairy alternatives. Healthy weight maintenance and meal planning included.

Friday Fitness
Fridays, 12:30–1:30 p.m.
Receive personalized instruction from Ryan Goldman, NASM, Certified Personal Trainer on proper exercise technique, cardiovascular training and stability. This is a great group for those who are not ready to start an exercise regimen by themselves. The program focuses on functional exercises, stability and recovery. Anyone at any fitness level is welcome.

Stress Management TOOLS TO MANAGE THE JOURNEY

Relaxation and Visualization
Wednesdays, 5:15 p.m.
Learn relaxation techniques and centering breath to help reduce daily stress and boost overall immune function.

Cancer Survivor Day
Saturday, June 5
10 a.m.–1 p.m.
Please join us for a celebration of life, laughter and fun. This free annual social event consists of activities for the whole family: Frank Thompson of AZ Rhythm Connections will lead a lively drum circle; James the Juggler will entertain all; Beads of Courage shows us bracelet making, and enjoy activities for kids like face painting and a balloon artist Free lunch provided. **RSVP.**

Writing for Wellness
Mondays, June 7, 21 and July 5, 19
11:15 a.m.–12:45 p.m.
This brown bag lunch group allows you to journal about different topics related to your health and wellbeing. Participants are invited to share their personal reflections with the group.



First Annual Teen Cancer Seaworld Tour... Sponsored by GoDaddy.com

Bunco

Tuesdays, June 8 and July 13

12:30–2:30 p.m.

A game played in teams with dice. No previous experience needed just come have fun. Bring a friend!

Mind-Body Connections

Wednesdays, June 9, 23 and July 14, 28

2–3 p.m.

Michael Liebman, MS, LPC, teaches how to enhance immune functioning, reduce treatment side-effects, and promote emotional resiliency through this interactive group that shows how to use the power of your mind to help your body.

Music and Expressive Arts

Thursdays, June 10, 24 and July 8, 27

10 a.m.–12 noon

Dalena Watson, LPC, FAMI, MT-BC, facilitates exploration and expression through a variety of ways including music making and listening, imagery, art, and writing. Each class has a different theme.

Creative Arts in Healing

Fridays, June 11 and 25

10 a.m.–12 noon

Create your own designs working with clay with ceramicist Joy Kockerbeck. No previous experience needed. Materials provided.

Therapeutic Writing Workshop

Saturday, July 17

10 a.m.–12 noon

Sue Meyn, MC presents on current research on the benefits of expressive and therapeutic writing. Learn how to deepen your own writing and explore your inner wisdom in this interactive workshop. **RSVP.**

Book Club

Tuesday, July 20

12:15–1:45 p.m.

TWC Facilitator, Anne Lackey, M Ed, LPC, leads an ongoing bimonthly discussion – July's book is *Bird by Bird: Some Instructions on Writing and Life* by Anne Lamott. No need to read or finish the book to join. All welcome.



Kids Learn Value of Play in Canine Connections Group



Participants Warming Up in Friday Fitness Class



Creating Faces for Our Garden in Teen Clay Class

tools to manage the journey

TWC Family & Teen Programs at the Main Campus

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

strength & support for the family



TWC Teen Feeding Sealions...oops, feeds Seagull instead

Family Programs STRENGTH & SUPPORT FOR THE FAMILY

Activities for the whole family, designed for children (age 5 to 15) with parents/grandparents diagnosed with cancer.

Kid2Kid Canine Connection Tuesdays, June 1 and July 6, 6–7:30 p.m.

This program includes a dog/person team that will be part of each group. Families are invited to explore ways they can tackle cancer including topics such as stress reduction, communication, having fun together, taking care of yourself and changes in the family. **RSVP.**

Kid2Kid/Family2Family Tuesdays, June 15 and July 20, 6–7:30 p.m.

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

Feathers, Fur and Family Saturday, July 24, 10–11 a.m.

The Phoenix Zoo Mobile will be at TWC to explain how the zoo takes care of sick and injured animals in this high-touch workshop. Learn how zoo staff examines, diagnoses and treats animals so they can live a long, happy life. **RSVP.**

Upcoming Teen Events TEENS HELPING TEENS

Activities planned by teens living with cancer, for other teens with cancer, to share experiences while building support and friendships.

Teen Capoeira Angola Group Saturday, June 12, 4–7 p.m.

Join us as Eric Block teaches us this special Afro-Brazilian martial art that combines dance movements, acrobatics, fighting, music, history and philosophy. Dinner provided. **RSVP.**

Teen Cooking Class Saturday, June 26, 11 a.m.–2 p.m.

Travis Vierthaler, professional chef, leads this fun and interactive group. We'll learn some new techniques while cooking our lunch. Parents are encouraged to attend. **RSVP.**

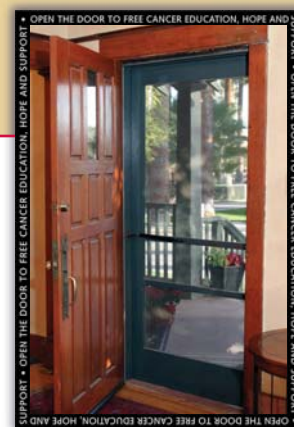
Teen Social Group Friday, July 16, 5–8 p.m.

Hang out and socialize with other teens. We've got lots of games, music and more. Eat, relax and meet new friends. Dinner provided. **RSVP.**

Teen Water Play Day Saturday, July 31, 3–6 p.m.

Beat the heat by joining us as we find ways to play in the water. We'll be getting soaked, so dress accordingly. Snacks provided. **RSVP.**

"I have been impressed with the wide scope and depth of support services and programs that TWC has to offer." —Michael H. Trujillo, MD, MPH, MS



NEWS *to use*



Exercise Improves Fatigue for Cancer Survivors

Medscape Medical News (2010, March 12)

A group of newly diagnosed non-metastatic cancer survivors participated in a randomized study on the benefits of exercise on fatigue. 68 participants were assigned to the exercise group and 58 were assigned to the usual-activity group. Participants in the exercise group were asked to walk briskly for 10 minutes, increasing to 30 minutes over the course of the study, five days a week. The walking was designed to reach 50% to 70% of maximum heart rate. Results of the study showed increased aerobic exercise to be significantly associated with less fatigue. Participants who exercised throughout the study period reported having 7.5% more energy than when they started.



Participating in Pleasant Social Programs Can Improve Mood

Journal General Internal Medicine 2009:24 (Suppl. 2): 417-424

1,801 cancer patients diagnosed with major depression took part in a study on the effects of collaborative care on depression. Half of the patients were randomized to usual care consisting of antidepressants and referrals to mental health services, the other half to collaborative care. The collaborative care program involved a depression care manager (DCM), antidepressants, structured psychotherapy program of six to eight sessions, and scheduling pleasant events to overcome avoidance behaviors. Patients were monitored every two weeks during treatment and monthly thereafter. A year later patients in the collaborative care group were twice as likely to have responded to their depression treatment as those in the usual care group and reported significantly more days free from depression. In addition, there was a decrease in suicidal thoughts in the collaborative care group as compared to an increase in the usual care group.

NEW. Nutrition Bites by Christine Sardo, MPH, RD,

Partnerships and Policies Director at The Canyon Ranch Institute in Tucson, AZ



Berry Good For You!

Why berries for cancer prevention? The reasons are many, starting with the high concentration of nutrients such as vitamin C, selenium, zinc, folate, and a host of non-nutritive substances that work together to produce an effect that is greater than any one of the phytochemicals on their own.

Berries have a profound effect on human health. Berries, like all food that we consume, have a physiologic effect on our bodies and can affect the way we express certain genes, release hormones and regulates many other cellular processes including inflammation. As Hippocrates said, "let food be your medicine and medicine be your food." There is tremendous truth to this statement.

Clinical Corner

"I have been impressed with the wide scope and depth of support services and programs that TWC has to offer patients and families who are affected by cancer. The comprehensive approach and the sensitivity that staff provides to those who come to TWC is special. The Wellness Community plays a critical role in the lives of so many locally and in the state."

**Michael H. Trujillo,
MD, MPH, MS**

Director of Health
Research, Inter-Tribal
Council of AZ (ITCA)
Board Member, TWC AZ

“

JUNE 2010

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JULY 2010

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Our Offsite Partnerships



Paradise Valley United Methodist Church

4455 East Lincoln Drive,
Building F-Fellowship Ctr.,
Paradise Valley, AZ 85253
Tatum & Lincoln Drive
These programs are open to everyone.



Premiere Oncology of Arizona

Scottsdale, Arizona
9055 East Del Camino Drive,
Suite 100,
Scottsdale, AZ 85258
Near the corner of East Via De Ventura and North Pima Roads
(480) 860-5000



Spanish-Speaking Programs

Held at three different locations. See descriptions on page 11 for details.

Special Offsite Programs

Paradise Valley United Methodist Church

These programs are open to everyone.

Tai Chi Chih—Wednesdays

Starting June 16, 6:30-7:30 p.m.

Tony Pagliarulo teaches this class of meditative movement found to have physical and spiritual health benefits, including stress relief. No prior experience necessary, appropriate for all levels. Modifications can be made for those with physical limitations.

Ins and Outs of Health Insurance

Thursday, June 17, 6–8 p.m.

Erin Klug, Public Information Officer for the Arizona Department of Insurance, educates on the importance of making your doctor an “insurance ally,” understanding your insurance rights, and other mandates under AZ health insurance policies. She will also talk about the “new” high-risk pool as well as changes under the new healthcare reform. Time for Q & A.

Drumming Circle

Thursdays, June 24 and July 29, 6–7:30 p.m.

Frank Thompson, Founder of the AZ Rhythm Connection and REMO trained facilitator, guides you through a session of rhythmical harmony used to relieve stress and help your body relax. Research shows that drumming helps boost your immune system and increase Natural Killer (NK) cell activity. Bring only your heartbeat and hands as you experience wellness through rhythm, no musical ability is required or needed.

How to Talk to Your Kids/ Grandkids About Cancer

Thursday, July 15, 6–8 p.m.

TWC Facilitator, Carole Foster-Pitts, LCSW, will discuss strategies for empowering children and protecting their need for normalcy. Learn how

their developmental stages impact what and how you tell them about your diagnosis. Time for Q&A.

Premiere Oncology of Arizona

Cancer Support Group Thursdays, June 17 and July 15, 6–8 p.m.

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

Valle Del Sol Latino Cultural Center

Los ABCs de Diagnosticar y de Tratar el Cáncer

Jueves 17 de Junio de las 6–8 p.m.

LOCATION: Valle Del Sol Latino Cultural Center.

1209 South First Avenue, Phoenix, AZ 85003.

(602) 248-8101

Sharon Levey, RN, OCN, Directora de Servicios a la Comunidad del Centro de Cáncer de la Clínica Mayo en Arizona. Ella hablará sobre qué son exámenes de radiología y pruebas de laboratorio y de porqué pueden ser pedidos por su médico. Ella también describirá los tipos de tratamiento que se utilizan durante el cáncer (por ejemplo la quimioterapia, radioterapia, cirugía, y trasplante de la médula ósea) explicara los diversos tipos de especialistas del cáncer y de médicos que un paciente pueda encontrar en su jornada de cáncer.

Conexión Emocional al Cáncer

Jueves 15 de Julio, 6–8 p.m.

Gloria Full, LMSW, discutirá como nuestra mente y estado emocional se comparte cuando ay un diagnóstico de cáncer. Ella hablará sobre la importancia de hablar sobre el cáncer y como impacta nuestra

vidas y la familia. Aprenda como puede sobrellevar un diagnóstico de cáncer en un modo saludable.

Curándose con Artes Creativas Viernes, Junio 11 y 25 de 10 a.m. a 12:00 p.m.

LOCATION: The Wellness Community.

360 East Palm Lane, Phoenix

Críe sus propios diseños de barro con la ceramista Joy Kockerbeck. No se necesita experiencia. Los materiales serán proporcionados. Este programa está diseñado para personas diagnosticadas con cáncer y sus seres queridos. Solo mayores de 18 años. Un intérprete de habla Hispana estará disponible.

Grupo de Apoyo Emocional En Español

Fechas: Martes, Junio 8 y Martes, Julio 13, de 6 p.m. a 7:30 p.m.

LOCATION: Banner Desert Medical Center (Rosati Education Center, Salon Aspen A) 1400 South Dobson Road, Mesa, AZ 85202.

Un grupo nuevo y interactivo para sobrevivientes de cáncer de habla Hispana donde amigos, familias y quien los cuida puedan conectarse uno al otro. Este grupo será facilitado profesionalmente y esta disponible a cualquier estado de tratamiento con cualquier diagnóstico de cáncer. Este programa ase bien venir a todos no importa donde usted reciba su tratamiento.

Fechas: Martes, Junio 22 y Martes, Julio 27, de 6 p.m. a 7:30 p.m.

LOCATION: St. Joseph's Hospital and Medical Center Comprehensive Cancer Center (Salón: Sala de Espera Centro de Cáncer) 500 West Thomas Road, Suite 650 (Sexto Piso), Phoenix, AZ 85013. Estacionamiento en el "6th Avenue Garage."

Un grupo nuevo y interactivo para sobrevivientes de cáncer de habla Hispana donde amigos, familias y quien los cuida puedan conectarse uno al otro. Este grupo será facilitado profesionalmente y esta disponible a cualquier estado de tratamiento con cualquier diagnóstico de cáncer. Este programa ase bien venir a todos no importa donde usted reciba su tratamiento.

JUNE 2010

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

The Cancer Support Network™ (CSN) is a partnership between outstanding hospitals and The Wellness Community to provide comprehensive cancer care. It is designed to meet the needs of the whole person by offering a full range of educational and emotional support programs.

JULY 2010

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

CSN MEMBER LEGEND:



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



John C. Lincoln Breast Health and Research Center

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Comprehensive Cancer Center

St. Joseph's Hospital and Medical Center

350 West Thomas Road
Suite 650, Phoenix, AZ 85013
(602) 406-6621
StJosephs-Phx.org

Central
Phoenix!

AT TWC

SPECIAL PROGRAMS

Lung Cancer Networking Group
Saturdays, June 12 and July 10, 1–3 p.m.

LOCATION:

The Wellness Community, 360 East Palm Lane, Phoenix
with our CSN Partner: Comprehensive Cancer Center at
St. Joseph's Hospital and Medical Center

This monthly group is for individuals diagnosed with lung cancer to support and learn from one another, and to discuss aspects of living with lung cancer, treatment and recovery. Open to family and friends. (Onsite at TWC with our Cancer Support Network Partner: Comprehensive Cancer Center at St. Joseph's Hospital and Medical Center.)

Frankly Speaking About Cancer:

Liver Cancer
Thursday, July 22, 6–8 p.m.

LOCATION:

The Wellness Community, 360 East Palm Lane, Phoenix
with our CSN Partner: Comprehensive Cancer Center at
St. Joseph's Hospital and Medical Center

Neil Goldstein, MD, Interventional Radiologist with St. Joseph's Hospital and Medical Center will provide a practical guide to navigating the numerous and complex challenges presented with a liver cancer diagnosis. Dr. Goldstein will cover treatment options, symptom/side effect management, and quality of life skills for those with liver cancer and their loved ones. (Onsite at TWC with our Cancer Support Network Partner: Comprehensive Cancer Center at St. Joseph's Hospital and Medical Center.) **RSVP.** (602) 712-1006.

AT TWC



John C. Lincoln

BREAST HEALTH AND RESEARCH CENTER

Honored by Experts. Honored to Serve.

19646 North 27th Avenue, Suite 205,
Phoenix 85027
(623) 780-HOPE (4673)
JCL.com/breasthealth

North
Phoenix!

AT JCL
COWDEN

SPECIAL PROGRAM

Genetic Testing and BRCA
Thursday, July 29, 6–8 P.M.

Location: John C. Lincoln North Mountain Cowden Center,
Room 1 AB, 9202 North Second Street Phoenix, Arizona 85020

Linda Liu, MD, Breast Surgery Specialist, will discuss genetic testing, the potential risk of developing breast disease, or a recurrence with a positive BRCA test. Guidelines offered to determine if you should get tested, provide information on testing availability, and the possible risks involved with genetic testing. Time for Q&A. **RSVP.**

MONTHLY PROGRAMS

The following programs are located at John C. Lincoln Hospital Breast
Health and Research Center: 19646 North 27th Ave., Ste. 205, Phoenix 85027

Exercise Program
Thursdays, June 3 and July 1, 6–8 p.m.

AT JCL
BHRC

Ryan Goldman, NASM, Certified Personal Trainer, educates breast cancer survivors on the benefits of physical activity and instructs group activities to improve stability and cardiovascular activity. This is a great group for those who are not ready to start an exercise regimen by themselves. Anyone at any fitness level is welcome.

Breast Cancer Networking Group
Thursdays, June 10, 24 and July 8, 22, 6–8 p.m.

AT JCL
BHRC

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

Cooking for Cancer—Thursday, June 17, 6–8 p.m.

AT JCL
BHRC

Maggie Tate, Registered Dietician, covers breast cancer-related nutrition topics. This series features meals loaded with antioxidants, phytochemicals, high-fiber, low-fat, and healthy dairy alternatives. Healthy weight maintenance and meal planning included.

Music and Expressive Arts
Thursday, July 15, 6–8 p.m.

AT JCL
BHRC

Dalena Watson, LPC, FAMI, MT-BC, facilitates exploration and expression through a variety of ways, including music-making and listening, imagery, art and writing.

Members as of June 2010. Additional healthcare members forthcoming.

everyone Celebrate

Cancer Survivor Day

FREE • MUSIC • ENTERTAINMENT • FOOD • KID'S ACTIVITIES

Everyone is Welcome to this Free Event

SATURDAY • JUNE 5, 2010 • 10 a.m. to 1 p.m.

The Wellness Community – Arizona
360 East Palm Lane, Phoenix
RSVPs appreciated at (602) 712-1006 or jfisher@twccaz.org

Sponsored by:



Our Photo Collage Needs You! Send us a photo of you or a loved one who is a cancer survivor, with diagnosis and date by May 24, 2010. Please submit your photo to jfisher@twccaz.org. For questions, contact Jenny or Jerry at 602-712-1006. Note: photos will not be returned.

Volunteer Corner! Help Impact TWC... Volunteer!



VOLUNTEER SPOTLIGHT

Marti Cutler

Four-year TWC Volunteer
and Outreach Ambassador

Six-year Breast Cancer Survivor

"Six years ago my partner gave me one of the greatest gifts: encouragement to check out The Wellness Community. At TWC, I was welcomed with open arms and was given the gift of joy, laughter, tears and wisdom. Every chance I get I try to pay it forward. When I walk up to the front door, I realize how much I am cherished at this magnificent, powerful, solid, little house on Palm Lane."

DAILY VOLUNTEER NEEDS AT TWC...

GENERAL OFFICE

- Filing
- Mailing
- Phones
- Organization

PROGRAMS

- Set-up
- Clean-up
- Registration

EVENT SUPPORT

- **Innovations in Corporate Wellness**
Thursday, August 19, 2010
- **Facing Cancer with the Faith Community**
Thursday, September 16, 2010

A monthly meeting of TWC participants, as volunteers, living "the new normal."



Tuesday, June 22, 2010

5–6 p.m.—Committee Meeting at TWC
6–8 p.m.—Jake Psenka, NMD, with Naturopathic Family Care will give an informative presentation on naturopathic care and survivorship issues while giving tips to create a plan for incorporating this into your daily life.

Wednesday, July 21, 2010

5–5:30 p.m.—Committee Meeting at TWC
5:30–8 p.m.—Trip to Phoenix Art Museum 1625 North Central Avenue, Phoenix, AZ 85004, (602) 257-1222

Call Darcy Ljunggren at (602) 712-1006 for additional information about volunteering and TWC 360.



JOIN US at a Newcomer Meeting in our living room of The Wellness Community's historic, beautiful 102-year-old home.

Every Monday, 6 p.m. or Every Wednesday, 10 a.m.

**ARE YOU A NEWCOMER TO THE WELLNESS COMMUNITY?
We are here for you.**



Hear from cancer survivors and caregivers who have **BEEN THERE... DONE THAT.**

Learn about our over 100 free monthly programs from which you select what you need.

Ask questions in an informal setting from someone who uniquely understands and knows what you are experiencing.

If you have any questions, do not hesitate to call The Wellness Community at (602) 712-1006.

Help TWC Educate Your HR Director and/or Faith Community About Supporting Survivors and Their Families

The Wellness Community is hosting two events to help educate your work and faith community about cancer. Please let us know if your employer or religious institution would be interested in participating.

Thursday, August 19, 2010—Innovations in Corporate Wellness: Facing Cancer in the Workplace

This educational event features employment attorneys and HR directors from large, medium and small corporations in the Valley. Discover best practices, tools, and strategies utilized by local HR experts for their employees whose lives have been touched by cancer. *Audience: Human Resource and Employee Benefit Professionals*

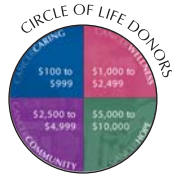
Thursday, September 16, 2010 Facing Cancer with the Faith Community

This non-denominational conference will help educate anyone within the faith community about cancer, will provide tools, information and best practices to support those whose lives are touched by cancer. *Audience: Congregational Care Directors, Parish Nurses, Clergy, Youth Directors, Pastoral and Faith Leaders*

Please contact Tina Bronson
at (602) 712-1006, ext. 212 or tbronson@twccaz.org
if you would be willing to share/invite either your employer or religious institution to these events.

Thank You!

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



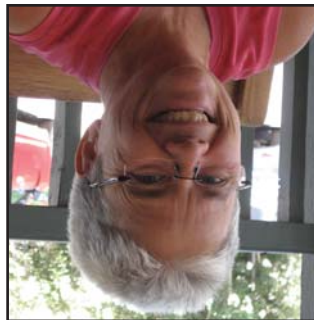
360 East Palm Lane, Phoenix, AZ 85004
www.thewellnesscommunityaz.org
(602) 712-1006



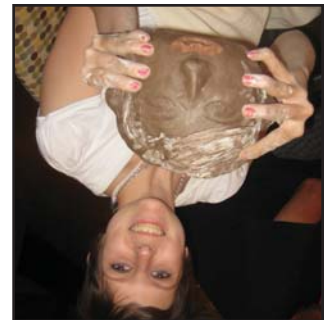
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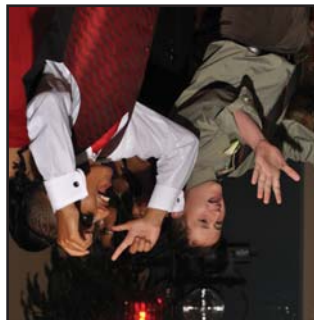
TWC 360
VOLUNTEERS
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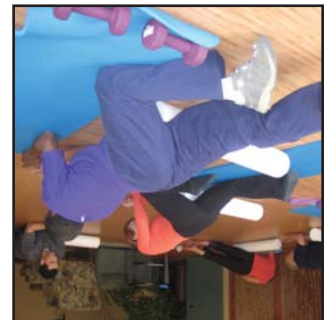
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TEEN PROGRAM
EVENTS
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NUTRITION
AND EXERCISE
PROGRAMS
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Look Whats Happening at The Wellness Community