

FACING CANCER together

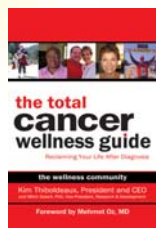
FREE CANCER SUPPORT CALENDAR OF EVENTS JULY/AUG 2007

The Wellness Community Celebrates 25 Years of Service!

The Wellness Community–Greater Boston has been serving people locally with cancer for almost 14 years.

This year, the larger organization that we are proud to be a part of will celebrate 25 years of supporting and empowering people with cancer and their families, thus enabling them to live their lives well while facing the challenge of cancer.

With 21 facilities across the United States, 5 in development, 56 satellite and offsite programs, 3 centers abroad and the Virtual Wellness Community, the reach of our programs is vast. The need for psychosocial support grows each year, as more and more people are surviving and living with cancer. TWC–Greater Boston is fortunate to be part of this growing organization.



In celebration of the 25th anniversary, TWC is excited to present *The Total Cancer Wellness Guide*.

This comprehensive book offers valuable information for patients and caregivers as they navigate the cancer experience.

Free copies are available at TWC for our participants.

TWC at Sue's Circle of Hope (North Shore) and TWC at Pathways Center for Cancer Support (South Shore) Open the Doors!

Open House at TWC North Shore

Wednesdays, 2–5 p.m.
every week except August 15
76 Lafayette St., Salem, MA
(978) 745-0541

Open House at TWC South Shore

Wednesdays, 2–5 p.m.
every week starting July 11
273 Hanover St., Hanover, MA
(781) 829-4823

The need for cancer support in Massachusetts is far greater than the reach of The Wellness Community–Greater Boston. The American Cancer Society estimates the incidence of new cancer cases in Massachusetts for 2007 at 34,920. With this in mind, TWC is looking towards increasing the availability of our services to more people in the Commonwealth. The introduction of TWC services at Dimock Community Health Center in October, 2004 brought services to the population of the city of Boston, increasing our reach into neighborhoods previously underserved in the areas of cancer support and education. Now, with the opening of two new TWC satellite facilities, our reach expands and makes it possible for many more communities to find the hope, friendship and inspiration that our programs provide.

In July, TWC at Sue's Circle of Hope in Salem, MA and TWC at Pathways Center for Cancer Support in Hanover, MA will officially open. While regularly scheduled programs will begin in September, this summer we are inviting anyone who is interested in participating in programs,

volunteering or contributing in any way, to visit and learn about TWC in these new locations. Come meet the staff, tour the facility and learn about how TWC hopes to serve the North Shore and South Shore communities and become a part of the fabric of life there.

Jerry Schwartz, Ph.D. is our new Associate Program Director for Sue's Circle. Jerry is a clinical psychologist who comes to us with a wealth of experience working with people with serious illness. He is a long time North Shore resident (aside from an interlude in the California Bay Area), and is full of wonderful ideas and energy for Sue's Circle.

Kathleen Armany, RN, BS, HN-BC is the Associate Program Director at Pathways. Kathleen is a registered nurse, with years of experience in multiple areas, including oncology and holistic nursing, program development and group facilitation. Kathleen brings great strength to this endeavor through her experience with Pathways Center for Cancer Support, familiarity with the landscape of healthcare on the South Shore and enthusiasm for the work of TWC.

WHAT'S HAPPENING

AT WELLNESS COMMUNITY GREATER BOSTON

GIFTS OF HOPE

Many thanks to those who have designated TWC for donations in honor and memory of their loved ones.

These gifts of hope make it possible for us to continue to provide our free programs to families facing cancer.

In April and May, TWC received donations in memory/honor of:

Lisa Bissett

Iris Bloom

Arthur Cadel

Bobbi and Stan Davis

Kathy Delaney-Smith

Lillian Fitzgerald

Ray Gasnick

Richard Gleckman

Richard Glovsky

Jane Grier

Cynthia Gruber

Rany Kanaan

Joyce Kaplan

Alex Krashikow

Robbie Lacritz Deitch

Rhona Lennerton

Peter Martin

Christine Micklitsch

Christine Micklitsch's mother

Matilda Nucci

Evelyne Segal

Shonda Shilling

Rona Siegel

Robert Spear

Joseph Stone

Bert Tackett

John Tosti

Ed Trumbull

Eileen & Raymond Tye

Maryellen Valanzia

Phyllis Wallace

Al Wickham

The Wellness Community



team up to save you money!

We are pleased to announce a new partnership with Washington Mutual Home Loans that will benefit anyone who mentions the Wellness Community when applying for a loan.

Specifically, when the borrower mentions they heard about Washington Mutual through the Wellness Community efforts, the borrower will **receive \$500 off the closing costs** at closing compliments of the Newton Washington Mutual Home Loan Center. In addition, Cori DiDonato will donate \$300 to the Wellness Community for each closed loan that she receives through this partnership.

To apply for a loan through this partnership and receive the discount, please contact Cori DiDonato at (617) 559-2529 or via e-mail at cori.didonato@wamu.net.

Programs subject to change. Certain restrictions and conditions apply. Reduced closing costs: Interest rate/APR may be higher than when these costs are paid by you. Low Doc: We reserve the right to request additional documentation. We have loan offices and accept applications in: Washington Mutual Bank, FA and Washington Mutual Home Loans, Inc. — many states; Washington Mutual Bank — ID, OR, UT, WA; and Washington Mutual Bank fsb — ID, MT, UT.



JANE ARANSKY
La Residencia Spa
THE FINE ART OF SKIN CARE

Indulge Yourself!

Jane Aransky and the staff of La Residencia Spa welcome The Wellness Community participants to one week of complimentary spa services.

Located just around the corner from The Wellness Community, a world of peace and tranquility awaits you. This event will take place the week of August 6–10, 2007 from 1–5 p.m. We suggest you make your reservation early because hours are limited.

Menu of Services

One hour Hydrating Facial • One hour Swedish Massage • One half hour Relaxation Massage of choice—hands, feet, shoulders, neck and scalp... or all! • Manicure • Make-Up Consultation and Application

336 Elliot Street, Newton Upper Falls, MA • (617) 244-2280 • www.laresidenciaspa.com

SPECIAL PROGRAMS

AT WELLNESS COMMUNITY GREATER BOSTON



MIND-BODY

Introduction to Yoga

Wednesday, July 11, 3:30–4:45 p.m.

If you always wanted to try yoga, but have been a bit nervous about taking the first step, this class is perfect for you. The class will offer you a step-by-step introduction to the fundamentals of yoga. All levels welcome. Please wear comfortable clothes.

Reiki—Energy Medicine for Self-Care

Thursday, July 19, 6:30 p.m. RSVP.

Ever wonder what you can do to help yourself relax and boost your immune system? Join Suzanne McCarthy, Psy.D. and learn about Reiki, acupuncture and other tools that allow you to participate in your self-care. Dr. McCarthy will discuss the historical roots of Reiki, the basics of the chakra system and hand placements. She will then facilitate a Reiki 1 attunement ceremony for the group, after which participants can practice Reiki on one another if they choose. Come dressed in comfortable clothing with a bottle of water. Dr. McCarthy is a long time student and practitioner of energy medicine, a former psychology intern at TWC and a practicing family and individual therapist.

Introduction to the Alexander Technique

Monday, July 30, 1–2:30 p.m. RSVP.

F.M. Alexander developed a technique to change habitual patterns, regain one's natural poise, and apply a new conscious awareness to a variety of activities. In this workshop, Karen Oosterbaan, professional violinist and AmSAT certified Alexander Technique teacher will introduce participants to the history and principles of the technique, and basic concepts of human anatomy. You will learn to eliminate unnecessary tension and stimulate your innate postural reflexes, which helps the body to work naturally as a coordinated whole. The technique is well known for reducing stress and eliminating tensions in every day life. Please wear comfortable clothing.

Stretch and Relax!

Wednesday, August 15, 3:30–4:45 p.m.

One of the simplest ways to relax is to stretch. Stretching improves coordination, balance, circulation, and posture, and what's more, it feels great! Terrific class to improve flexibility and calm the nervous system!

Pilates

Thursdays, August 16, 23 and 30, 9:15–10:10 a.m. RSVP.

Join Paula Wood, owner of Boston Pilates, Inc. and certified instructor to learn the basic Pilates Mat Exercises in this gentle yet invigorating class. You will be introduced to the principles of Pilates and how they are applied to movement. Strengthen your core muscles while gaining flexibility and having fun! Paula's message is clear: strive to achieve inner strength and self-awareness.

JULY 2007 CALENDAR OF EVENTS

The Wellness Community-Greater Boston
(617) 332-1919 • wellnesscommunity.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 4:30 Meditation 5:00 Strength Training @ Healthfit 5:45 Yoga	3 No Yoga 4:00 Qi Gong 4:15 Tai Chi 5:30 Newcomers 5:30 Breast Cancer Networking 5:30 Men's Group	4 CLOSED 4th of July 	5 9:15 Yoga 10:00 Newcomers 10:30 Meditation 5:00 Yoga 5:30 Ovarian Cancer Networking 5:45 Support Group @ Dimock 5:45 Family Support @ Dimock	6 10:30 Painting	7
9 4:30 Meditation 5:00 Strength Training @ Healthfit 5:45 Yoga	10 9:15 Yoga 11:00 Yoga @ Dimock 4:00 Qi Gong 4:15 Tai Chi 5:30 Newcomers 5:30 Bereavement 6:00 Alumni 6:30 Ballroom Dance	11 10:30 Support Group @ Dimock 2:00–5:00 Open House @ Pathways 2:00–5:00 Open House @ Sue's Circle 3:30 Introduction to Yoga	12 9:15 Yoga 10:00 Newcomers 10:30 Meditation 12:15 Nutrition Matters 5:00 Yoga 5:45 Support Group @ Dimock 5:45 Family Support @ Dimock	13 10:30 Painting	14
16 4:30 Meditation 5:00 Strength Training @ Healthfit 5:45 Yoga	17 9:15 Yoga 11:00 Yoga @ Dimock 10:30 Writing 4:00 Qi Gong 4:15 Tai Chi 5:30 Newcomers 5:30 Lung Cancer Networking 6:30 Ballroom Dance	18 10:30 Support Group @ Dimock 2:00–5:00 Open House @ Pathways 2:00–5:00 Open House @ Sue's Circle 3:30 Yoga	19 9:15 Yoga 10:00 Newcomers 10:30 Meditation 5:00 Yoga 5:45 Support Group @ Dimock 5:45 Family Support @ Dimock 6:00 Lymphoma 6:30 Reiki	20 10:30 Painting	21 10:00 Multiple Myeloma Networking
23 4:30 Meditation 5:00 Strength Training @ Healthfit 5:45 Yoga 7:15 Maintaining Healthy Weight	24 9:15 Yoga 10:30 Writing 11:00 Yoga @ Dimock 4:00 Qi Gong 4:15 Tai Chi 5:30 Newcomers 5:30 Bereavement 6:30 Ballroom Dance 6:30 Ask the Doctor: Multiple Myeloma	25 10:30 Support Group @ Dimock 2:00–5:00 Open House @ Pathways 2:00–5:00 Open House @ Sue's Circle 3:30 Yoga	26 9:15 Yoga 10:00 Newcomers 10:30 Meditation 5:00 Yoga 5:45 Support Group @ Dimock 5:45 Family Support @ Dimock 6:00 Young Women's Breast Cancer	27 10:30 Painting	28
30 1:00 Alexander Technique 4:30 Meditation 5:00 Strength Training @ Healthfit 5:45 Yoga	31 9:15 Yoga 10:30 Writing 11:00 Yoga @ Dimock 4:00 Qi Gong 4:15 Tai Chi 5:30 Newcomers 6:30 Ballroom Dance	CALENDAR KEY  Support  Education  Mind-Body  Expression & Exploration			

Calendar produced by **KASE PRINTING**
(603) 883-9223 kaseprinting.com

AUGUST 2007 CALENDAR OF EVENTS

The Wellness Community-Greater Boston
(617) 332-1919 • wellnesscommunity.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

CALENDAR KEY



Support



Education



Mind-Body



Expression & Exploration

		1 10:30 Support Group @ Dimock 2:00–5:00 Open House @ Pathways 2:00–5:00 Open House @ Sue's Circle 3:30 Yoga	2 No Yoga (a.m.) 10:00 Newcomers 10:30 Meditation 5 :00 Yoga 5:30 Ovarian Cancer Networking 5:45 Support Group @ Dimock 5:45 Family Support @ Dimock	3 10:30 Painting	4
6 4:30 Meditation 5 :00 Strength Training @ Healthfit 5:45 Yoga	7 10:30 Writing 11:00 Yoga @ Dimock 4:00 Qi Gong 4:15 Tai Chi 5:30 Newcomers 5:30 Breast Cancer Networking 5:30 Men's Group	8 10:30 Support Group @ Dimock 2:00–5:00 Open House @ Pathways 2:00–5:00 Open House @ Sue's Circle 3:30 Yoga	9 No Yoga (a.m.) 10:00 Newcomers 10:30 Meditation 12:15 Nutrition and Immune System 5 :00 Yoga 5:45 Support Group @ Dimock 5:45 Family Support @ Dimock	10 10:30 Painting	11
13 4:30 Meditation 5 :00 Strength Training @ Healthfit 5:45 Yoga	14 10:30 Writing 11:00 Yoga @ Dimock 4:00 Qi Gong 4:15 Tai Chi 5:30 Bereavement 5:30 Newcomers 6:00 Alumni	15 10:30 Support Group @ Dimock 2:00–5:00 Open House @ Pathways 3:30 Stretch & Relax	16 9:15 Pilates 10:00 Newcomers 10:30 Meditation 5:00 Yoga 5:45 Support Group @ Dimock 5:45 Family Support @ Dimock 6:00 Lymphoma Networking	17 10:30 Painting	18 10:00 Multiple Myeloma Networking
20 4:30 Meditation 5 :00 Strength Training @ Healthfit 5:45 Yoga 7:15 Nutrition Matters	21 10:30 Writing 11:00 Yoga @ Dimock 4:00 Qi Gong 4:15 Tai Chi 5:30 Newcomers 5:30 Lung Cancer Networking	22 10:30 Support Group @ Dimock 2:00–5:00 Open House @ Pathways 2:00–5:00 Open House @ Sue's Circle 3:30 Yoga	23 9:15 Pilates 10:00 Newcomers 10:30 Meditation 5:00 Yoga 5:45 Support Group @ Dimock 5:45 Family Support @ Dimock 6:00 Young Women's Breast Cancer	24 10:30 Painting	25
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SPECIAL PROGRAMS (CONTINUED)



EXPRESSION AND EXPLORATION

Ballroom Dancing

Tuesdays, July 10, 17, 24 and 31, 6:30–7:30 p.m. RSVP.

Across the country people are learning or re-learning the joys of ballroom dancing. Here's your chance to join them and master the most popular dances —waltz, foxtrot and swing. By the end of our session you'll be prepared for any social event. The class accommodates beginner through advanced students. Michele Cloutier has taught adults and children, private and group dance lessons in Brookline and the greater Boston area since 1993. She has had her own studio “Dance in Boston”, in Brookline since 2001.



EDUCATION

Eating Well While Maintaining a Healthy Weight

Monday, July 23, 7:15 p.m.

Eating good, wholesome foods is an important ingredient in weight control and maintenance. Join Sheila Wolfson, Wellness Community Nutritionist, for a class that will focus on ways to think about your diet that can enhance your efforts to lose weight or stay at a healthy weight. Topics to be discussed are controlling portions, limiting added sugars, reading labels, and eating smart snacks.

Ask The Doctor: Multiple Myeloma

Tuesday, July 24, 6:30–8 p.m. RSVP.

Dr. Noopur Raje, Director of the Center for Multiple Myeloma at Massachusetts General Hospital will discuss current thinking about the treatment and monitoring of multiple myeloma. Dr. Raje is widely published and has a special interest in understanding the biology of multiple myeloma and developing novel treatment strategies to target the tumor cell and the bone marrow microenvironment in an attempt to overcome drug resistance and improve patient outcome.

ONGOING PROGRAMS

AT WELLNESS COMMUNITY GREATER BOSTON



SUPPORT

Newcomers Orientation

If you are new to The Wellness Community, we request that you attend a Newcomers Orientation Meeting. Adults with cancer, family members and friends are invited to join us for a one-hour overview of our services to learn more about the variety of programs offered free of charge. These meetings are typically led by a cancer survivor. *Meetings are held twice weekly: Tuesdays at 5:30 p.m. and Thursdays at 10 a.m., no appointment necessary.*

Weekly Support Groups

Ongoing groups for people with cancer and/or primary caregivers are the heart of our program.

In Participant Groups, people with cancer offer support to one another, explore new ways of dealing with the stresses of cancer and learn techniques to become partners with their health care team. In Family/ Caregiver Groups, people explore ways of supporting loved ones in their fight for recovery from cancer, while getting some much needed personal support for themselves.

Cancer Support at Dimock

TWC offers three ongoing groups for people in the Boston community at Dimock Community Health Center in Roxbury. Wednesdays 10:30 a.m.–12 p.m., Thursdays 5:45 p.m.–7:15 p.m., weekly drop-in support group for adults with cancer. Thursdays 5:45 p.m.–7:15 p.m., weekly drop-in support for caregivers of adults with cancer. For information call Jacquie Anderson at (617) 442-8800 X 1790.

Networking Groups

Networking groups are monthly or bi-monthly groups that are diagnosis and/or situation specific. These drop-in groups offer people an opportunity to share common feelings & concerns relevant to their situation.

Networking groups are open only to individuals with cancer, with the exception of Multiple Myeloma, which welcomes caregivers.

Due to occasional changes, always check the calendar or call us to confirm dates. These are all drop-in groups, so no RSVP is needed.

Individual Counseling

The Wellness Community offers individual, couple and family counseling sessions to participants and their loved ones to deal with issues related to their experience with cancer. For appointments, attend a Newcomers Orientation or call (617) 332-1919.

Families Facing Cancer Together, Planning the Journey

TWC offers families facing a new diagnosis of cancer the opportunity to come together with a TWC facilitator or intern. This is a chance for families to consider how they will manage finding the support needed for the everyday tasks of life as well as for the emotional challenges ahead. Call for an appointment.



MIND-BODY

Strength Training at Healthfit Fitness Center

Mondays, 5–6 p.m. Strength training is a great way to stay strong and healthy. This class will teach you the basics of strength training, and adapt a program to your special needs. Led by Mary Kennedy, BS, ACSM, HFI. Classes held at Healthfit Fitness Center 73 Chestnut Street, Needham www.healthfitneedham.com (781) 449-2332

Mind-Body Programs

Finding tools to care for yourself during the cancer experience is an important way to feel involved in your health-care. Through appropriate exercise and mind-body techniques, the immune system can be strengthened

and your quality of life improved. At TWC, we offer meditation, yoga, tai chi and qi gong classes designed to strengthen body and spirit. Check the calendar for times.



EXPRESSION AND EXPLORATION

Writing for Wellness

Tuesdays, 10:30 a.m.–12:30 p.m. No meetings July 3, 10. This weekly writing program, facilitated by Ruth Rohde, LICSW, is based on the therapeutic benefits of writing for people dealing with challenging life events, such as a cancer diagnosis. No writing experience required.

Drawing and the Art of Seeing

Class will not meet in the summer.

Painting with Evmorphia

Fridays, 10:30 a.m.–12:30 p.m. RSVP. Join artist and teacher Evmorphia Stratis in a painting class designed to help you explore and expand your artistic side! Using a variety of media, students will learn composition, perspective and color theory through still life, portraiture and landscape painting. Using non-traditional methods, students will explore their fantasies, memories and dreams through painting. All levels invited. No experience necessary.



EDUCATION

Nutrition Education

Join Sheila Wolfson, CNS and learn how to choose the healthiest diet for yourself so that you can participate in your efforts to recover from the effects of cancer. On July 12 at 12:15 p.m. and August 20 at 7:15 p.m., in Nutrition Matters, you will learn about food and dietary considerations that best serve the fight for recovery from cancer. In Nutrition and the Immune System, on August 9 at 12:15 p.m., learn how proper nutrients can help strengthen the immune system. A Weight Management session will meet on July 23 at 7:15 p.m.

FACING CANCER *together*

**the
wellness.
community®**

greater boston
cancer support, education and hope

CALENDAR OF EVENTS JULY/AUG 2007



OUR MISSION

At the Wellness Community, our mission is to help people with cancer and their loved ones enhance health and well-being by providing a professional program of support, education and hope. All of our programs and services are provided free of charge!

Ways to Learn More About The Wellness Community

Contact us at: The Wellness Community—Greater Boston
1039 Chestnut Street, Newton, MA 02464 • (617) 332-1919
www.wellnesscommunity.org or attend a Newcomers Orientation.

JULY/AUG 2007 CALENDAR OF EVENTS

greater boston
cancer support, education and hope

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- Located near the intersection of Route 95/128 and Route 9:
- from 95, take 9E
- take the Chestnut Street/Waban exit

1039 Chestnut Street, Newton, MA 02464
(617) 332-1919 • www.wellnesscommunity.org

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