

JANUARY | FEBRUARY | MARCH 2024

## EDUCATIONAL WORKSHOPS

### JANUARY

#### 09 Tuesday

##### **Lunch and Learn with Dr. Cary Presant: Surviving American Medicine, 12:00 – 1:30pm**

Join us for lunch and conversation with Dr. Cary Presant, medical oncologist and hematologist at City of Hope and author of *Surviving American Medicine*. Dr. Presant will share patient advocacy tips, such as how to get the right doctor, the right hospital, and the right treatment. (In-Person)

#### 17 Wednesday

##### **De-Clutter 101: From Chaos to Clarity, 12:00 – 1:00pm**

De-Clutter 101: From Chaos to Clarity will teach you dozens of techniques and strategies to help you make the best possible choices about what to do with all your stuff!

Dr. Regina Lark is the owner of A Clear Path: Professional Organizing and Productivity. (Virtual)

#### 22 Monday

##### **The Very Best Trader Joe's Food Hacks, 6:00 – 7:00pm**

Trader Joe's is a cult favorite grocery store, but it can feel overwhelming with so many one-of-a-kind options! In this fun and tasty workshop, Chef Denà Brummer shares her personal favorites products, recipe hacks, and strategies to save time and money every visit! (In-Person)

#### 29 Monday

##### **Plastic Surgery for Breast Cancer Patients: What's Possible? 6:00 – 7:00pm**

After breast cancer diagnosis you may be offered surgery in the form of mastectomy or lumpectomy. In this session, Dr. Wai-Yee Li, a female board-certified plastic reconstructive surgeon specializing in cancer care, will give you an overview of what your plastic surgeon can achieve for you, including how to choose a plastic surgeon. (In-Person)

### FEBRUARY

#### 07 Wednesday

##### **Let There Be – Writing and Mindfulness Workshop, 11:00am – 12:30pm**

A mindfulness based workshop that leans on neuroscience and mindfulness concepts—as well as literary tools—to help us find center, increase hope, and strengthen our capacity for navigating the uncertainty that life throws at us. (Virtual)

#### 22 Thursday

##### **Lunch & Learn with Jacob Berlin, PhD: Advancements in Therapeutics, 12:00 – 1:30pm**

Join us for lunch and conversation with Jacob Berlin, PhD, CEO of Terray Therapeutics. Dr. Berlin will share about the work that Terray Therapeutics is doing to blend experimentation and computation to deliver on the promise of generative AI for small-molecule drug discovery to solve the toughest therapeutic challenges. (In-Person)

#### 27 Tuesday

##### **Loving your Heart after Cancer Treatment, 6:00 – 7:00pm**

Join us for a presentation and open discussion about certain chemotherapy and radiation treatments that may have long term side effects on your heart including coronary artery disease, weakening of the heart muscle, rhythm disturbances, and high blood pressure. Learn how to watch for signs of damage and ways to keep your heart as healthy as possible. Presented by Dr. R. Fernando Roth, MD, Cardiologist. (Hybrid)

### MARCH

#### 5 Tuesday

##### **Is My Cancer Hereditary? 6:00 – 7:00pm**

In this workshop, the presenter will explain the ins and outs of hereditary cancer testing - who should consider pursuing genetic testing, how it's performed, the pros and cons, and what to do with those results. Facilitated by Danielle Dondanville, certified genetic counselor, and John Lee, Associate Director of Clinical Operations at Samuel Oschin Comprehensive Cancer Institute. (In-Person)

#### 12 Tuesday

##### **Lunch & Learn with Dr. Howard Kaufman: Advancements in Colorectal Cancer Treatment, 12:00 – 1:30pm**

Join us for lunch and conversation with Dr. Howard Kaufman, colorectal surgeon and Chair of the Huntington Hospital Cancer Committee. Dr. Kaufman will discuss screening practices, the latest advancements in surgery, and health monitoring for the disease. (In-Person)

#### 26 Tuesday

##### **Advance Care Planning Conversations, 6:00 – 7:00pm**

This informative session will provide an overview of advanced care planning and how to have conversations with your loved ones. Presented by City of Hope palliative care physician Dr. Finly Zachariah and Erin Schweppe, BSN, ACM-RN, PHN. (In-Person)

## SUPPORT GROUPS

### **Mondays:**

11:00am – 12:30pm Patient Groups (Virtual)  
6:00 – 7:30pm Bereavement Groups (Virtual & In-Person)  
6:00 – 7:30pm Young Adult Patient & Survivor Group (Virtual)  
1st Monday: 6:30-8:00pm Multiple Myeloma Group (Hybrid)  
4th Monday: 6:00-7:30pm Survivorship Group (Hybrid)

### **Tuesdays:**

10:30am – 12:00pm Men's Patient Group (Hybrid)  
10:30am – 12:00pm Women's Patient Group (In-Person)

### **Wednesdays:**

11:30am – 1:00pm Early Stage B.C. Group (Virtual)  
6:00 – 7:30pm Patient Groups (Virtual & In-Person)  
6:00 – 7:30pm Family & Friends Group (Virtual & In-Person)  
6:00 – 7:30pm Children's Corner (In-Person)

### **Thursdays:**

11:30am – 1:00pm Early Stage B.C. Group (Virtual)  
5:30 – 7:00pm Armenian Group (In-Person)  
7:00 – 8:30pm Patient Group (Virtual)  
7:00 – 8:30pm Family & Friends Group (Virtual)  
1st Thursday: 7:00 – 8:30pm Black Support Circle (Virtual)

### **Saturdays:**

12:00 – 2:00pm Grupo Fuerza y Esperanza (Hybrid)

## REMAINDERS X CSC ART PROGRAMS

### **Remainders x CSC: Sparkle Journal Wednesday, January 24, 11:00am – 12:00pm**

Create a bedazzled collage/assemblage journal cover with colors, images, words and jewels that will inspire your artistic and journaling creativity. All materials will be provided. Registration is limited. (In-Person)

### **Remainders x CSC: "Words I Live By" Zine Wednesday, February 28, 11:00am – 12:00pm**

Come up with inspirational words and phrases you personally live by and create a Zine that illustrates those words and their meaning. All materials will be provided. Registration is limited. (In-Person)

### **Remainders x CSC: Mask Making Wednesday, March 20, 11:00am – 12:00pm**

Make a fun, colorful mask with construction paper, glue, and other gathered items from the vast resources of Remainders to create a beautiful representation of your best self or who you aspire to become. All materials will be provided. Registration is limited. (In-Person)

**REMAINDERS**  
creative reuse

## PROGRAMAS EN ESPAÑOL

### **Grupo fuerza y esperanza**

**Todos los sábados, 12:00 – 2:00pm**

Grupo de apoyo semanal para pacientes y sus familiares.  
(en persona a CSC y Zoom)

### **Yoga en español**

**Sábados, 6 de enero, 3 de febrero, y 2 de marzo**

**10:30 – 11:30am**

Yoga en español con Ana María Delgado, Instructora Certificada de Yoga. (en persona y Zoom)

### **Meditación guiada**

**Sábados, 13 de enero, 10 de febrero, y 9 de marzo**

**10:30 – 11:30am**

En esta clase la meditación guiada será ofrecida por Mikaila Henderson, una hipnoterapeuta certificada. (en persona y Zoom)

### **Entrenamiento de Fuerza**

**Sábados, 20 de enero, 17 de febrero, y 16 de marzo**

**10:30 – 11:30am**

Esta clase consistirá de movimientos para la estabilización del centro, estiramiento y fuerza funcional para mejorar la fuerza y el equilibrio. (en persona y Zoom)



### **¡Bailar Juntos!**

**Sábados, 27 de enero y 23 de marzo**

**10:30 – 11:30am**

Únase a una clase de movimiento corporal de bajo impacto que incorpora divertidos y diferentes estilos de baile. No se necesita experiencia. (en persona y Zoom)

### **Hábitos saludables para su cerebro**

**Sábado, 24 de febrero, 10:30 – 11:30am**

¿Le interesan los consejos para mantener su cerebro saludable? Obtenga información sobre los cambios en la memoria y el pensamiento relacionados con la edad, los factores de riesgo de la demencia y las formas de mantener su cerebro saludable. Facilitado por Angelica Arias de Alzheimer's Los Angeles.

### **Volver al bienestar**

**Serie de 8 semanas (12 de marzo - 2 de mayo), martes y jueves, 5:30-7:30p**

El programa es para mujeres sobrevivientes que han completado tratamiento de cáncer de mamas o cánceres ginecológico. Hable con Melissa Parra (213-262-8370)

## HEALTHY LIFESTYLE CLASSES

- **Yoga** (All Led by Certified Yoga Instructors)
  - > **Mondays, 6:00 - 7:00pm (Hybrid)**  
Jen Dall
  - > **Tuesdays, 11:00am - 12:00pm (Hybrid)**  
Korie Beth Brown
  - > **Tuesdays, 5:00 - 6:00pm (Virtual)**  
Tatevik Sarkisian
  - > **Thursdays, 11:00am - 12:00pm (Hybrid)**  
Korie Beth Brown
  - > **Saturdays, 10:00 - 11:00am (Virtual)**  
Arlene Vidor
  - > **Sábados, Yoga en español**  
Ver Programas en español
- **Pilates Mixed Level Mat Class** (Hybrid)  
**Mondays, 11:30am - 12:30pm**  
Jacque James, Certified Pilates Instructor
- **Feldenkrais** (Virtual)  
**Mondays, 4:00 - 5:00pm**  
Jenna Blaustein
- **Knit Together** (Hybrid)  
**Mondays, 3:00 - 4:30pm**  
Cathy Fabre
- **Pilates** (Virtual)  
**Tuesdays, 12:00 - 1:00pm**  
Kelly Etter, Certified Pilates Instructor
- **Focus on Fun! Photography** (In-Person)  
**Wednesdays, 2:00 - 3:00pm**  
Catherine Bicknell
- **Mindful Movement and Meditation** (Virtual)  
**3rd Wednesday/month, 4:00 - 4:45pm**  
Viki Brown, Certified Life Coach and Embodied Movement Teacher
- **Reiki Meditation** (Virtual)  
**2nd & 4th Friday/month, 4:00 - 5:00pm**  
Kristina Nikols
- **Watercolor Painting** (In-Person)  
**Thursdays, 9:00am - 12:00pm**  
Richard Gutschow
- **Mindfulness for Health** (Virtual)  
**Thursdays, 2:30 - 3:30pm**  
Sylvia Holmes
- **Complementary and Natural Therapies** (Virtual)  
**3rd Thursday/month, 5:30 - 6:30pm**  
Robert Chu, PhD, L.Ac., QME
- **Up, Down & Around: Cardio and Strength Training** (Virtual)  
**Fridays, 11:00am - 12:00pm**  
Charletha Tatum, Certified Fitness Instructor
- **Healing with Art** (Virtual)  
**Every other Saturday, 11:30 am - 12:30pm**  
Armie Pasa

## SPECIAL EVENTS

- **Beyond “Happy Snaps”: Introduction to the Art of Photography**  
**Wednesdays, Jan 10, 17, 24, and 31**  
**Wednesdays, Mar 6, 13, 20, and 27**  
**11:30 am – 12:30 am**  
An introduction to photography for people who want to explore images beyond “happy snaps.” Learn ways to make your photographs aesthetically pleasing and develop your own personal eye. No camera required. (In-Person)
- **Write Your Heart Out and Heal**  
**Wednesday, Jan 10, 2:00 – 3:00 pm**  
This workshop will explore the written options to seed the healing process – from 10-word stories to flash fiction to letters to blog posts to poetry to emails. The point is to write your heart out. (Virtual)
- **All of Us Research Program**  
**Wednesday, January 31, 9:00am – 2:00 pm**  
**Saturday, March 30, 9:00am – 2:00 pm**  
CSC welcomes the research team for All of Us, a large research program from the National Institutes of Health, seeking to build one of the largest and most diverse health databases to better reflect and understand the diversity of the United States. (In-Person)
- **Love and Laughter**  
**Tuesday, February 6, 6:00 – 7:00 pm**  
Enjoy an evening of PG-13 comedy with professional comedian, Jason Love and a couple of his closest friends, for laughter and joy! Each Love & Laughter features different, but equally hilarious, comedians. (In-Person)
- **Self-Love Sound Bath with El Larson**  
**Tuesday, February 13, 6:00 – 7:00 pm**  
Practice self-love by learning techniques to help balance energy through meditation, visualization and voice. Enjoy a group sound bath using Tibetan bowls and other instruments to release layers of stress and promote deep relaxation. (In-Person)
- **Awaken the Digital Photographer in You: Beginning Photography**  
**Thursdays, March 7, 14, 21, 28 and April 4, 6:00 – 7:00pm**  
An introductory course on photography basics on a smart phone or a DSLR. Start your photographic journey by learning how to make the most of your camera’s functions. (Virtual)
- **Parent and Child Taekwondo Workshop**  
**Wednesday, March 20, 5:00 – 6:00pm**  
Join us for a fun evening of moving and learning together! This workshop is intended for parents and their children ages 6-13. (In-Person)

**Programs and formats are subject to change. Visit [cancersupport.link/calendar](https://cancersupport.link/calendar) or scan this QR code for the most up-to-date information:**



## BENEFACTORS SOCIETY

CSC’s Benefactors Society recognizes the exceptional generosity of our compassionate supporters who share in the urgency of our mission and have chosen to make an annual commitment at a leadership level.

### BENEFACTORS

Karen and Tom Capehart  
Ellen and Harvey Knell \*  
Terri and Jerry Kohl  
Oak Tree Racing Association  
San Marino Motor Classic  
Lee and Mickey Segal  
*\*Lead Founding Benefactor*

### PATRONS

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Julie and Scott Nesbit  
Sue and Steve Ralph  
Georgia Seid  
Sue and Steve Silk  
Meg and John Symes  
Susie and Brad Talt  
The Valenta Family

*The power of charitable giving at a leadership level cannot be overestimated.*

*We invite you to join our Benefactors Society!*

## GETTING STARTED

All programs and services are free of charge. An orientation is required to participate at Cancer Support Community.

### In-Person Orientation:

Every Tuesday at 11am  
Every Thursday at 5pm

### Virtual Orientation:

Start the process by visiting [cancersupport.link/start](https://cancersupport.link/start) if you prefer a virtual orientation on Zoom.

### Our Mission

The mission of Cancer Support Community is to uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

### Health and Safety

CSC cares about the health of its community, many of whom are immuno-compromised. Face masks are highly recommended.

Please stay home if you are exhibiting signs of illness (i.e. fever, cough, sneezing).

Our facility is fragrance free.

### Cancer Support Community Staff

#### Patricia Ostiller, JD, CFRE

Chief Executive Officer

#### Alison G. Wong, Ph.D., LMFT

Program & Clinical Director

#### Julie Stevens

Director of Operations &  
Diversity, Equity and Inclusion

#### Rachimah "Rae" Magnuson

Director of Events

#### Phillip Herrera

Office Manager

#### Rachel Koonse, MA, LMFT

Virtual Program Manager

#### Melissa Parra

Community Outreach & Volunteer Coordinator

#### Peggy Smith

Development Associate

#### Alexandra Cruz Switzer, MFA

Program Coordinator

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**CANCER SUPPORT**  
**COMMUNITY**  
**GREATER SAN GABRIEL VALLEY**