



APRIL | MAY | JUNE 2023

EDUCATIONAL WORKSHOPS

APRIL

05 Wednesday

Lunch and Learn, 12:00 – 1:00pm

Join Dr. Michael Trythall for a workshop focusing on the hearing-related impacts of cancer treatment. Learn about the mechanics of hearing, treatment-related side effects, and potential preventative measures that you can take to preserve hearing. (In-Person)

11 Tuesday

Self Hypnosis for Calming and Relaxing Mind & Body, 6:00 – 7:00pm

Join Certified Clinical Consulting Hypnotist, Carmela Tunzi, for a guided progressive relaxation, customized for individual needs. (In-Person)

20 Thursday

How to Dry Brush to Maintain a Healthy Lymphatic System, 10:00 – 11:00am

Did you know that dry brushing and taking a warm shower afterwards can move your lymphatic system. What are the benefits? Reduce the edema in the body, promotion detoxification, increase your immune system, and can also increase your energy and much more. (In-Person)

MAY

01 Monday

Skin Health, 6:00 – 7:00pm

Join Tiffany Loh M.D., dermatologist and Mohs surgeon at City of Hope, for this interactive workshop on Melanoma and Skin Cancer. Dr. Loh will discuss screening practices, treatment options, and health monitoring for the disease. (Virtual)

15 Monday

Meals that Heal: Vegetables Re-Imagined!

6:00 – 7:30pm

Let Chef Denà show you how to put a new spin on your vegetable vocabulary. There is nothing quite like learning to bring fresh vegetables together to form a sumptuous recipe that, with the proper techniques, results in a variety of dishes that awaken the senses and please the taste buds. (In-Person)

23 Tuesday

Clinical Trials, 6:00 – 7:00pm

Clinical trials have led to major advances in the field of oncology today by validating the benefits of new and improved cancer treatments – this workshop will highlight the importance of research and how clinical trials work. Presented by Dr. Tanya Dorff. (Virtual)

30 Tuesday

Write Your Heart Out and Heal, 6:00 – 7:00pm

Heavy emotions need releasing. Happy emotions need celebrating. Pen, paper, laptop -- all help our spirits open like sunflowers to the light. This workshop will explore the written options seeding this healing process – everything from 10-word stories to flash fiction to letters to blog posts to poetry to emails. (Yes, emails!) Or you can ignore the prompt and work on your memoir, novel, or screenplay. The point is to write your heart out. (Virtual)

JUNE

13 Tuesday

5 Practical Ways to Eat an Anti-Inflammatory Diet, 6:00 – 7:00pm

You may have heard of an anti-inflammatory diet but as you learned more about it, got lost in the details and felt overwhelmed. In this workshop we'll break down what an anti-inflammatory diet is and discuss simple ways to make your meals pack an antioxidant punch! (Virtual)

22 Thursday

Department of Labor & Covered CA, 3:00 – 4:00pm

Representatives from the Department of Labor and Covered California will provide information and education focusing on federal health benefit laws including ERISA, COBRA, and HIPAA. Learn about health insurance options for the uninsured. (Virtual)

26 Monday

Understanding Your Thyroid, 6:00 – 7:00pm

Join breast and endocrine surgeon Azadeh A. Carr, MD, from Keck Medicine of USC in for a talk on everything you need to know about thyroid disease. Dr. Carr will discuss diagnosis and management of thyroid nodules, thyroid cancer, and hyperthyroidism. We will also review how some cancer treatments may cause thyroid issues and learn about how to manage them. (Virtual)

SUPPORT GROUPS

Mondays:

11:00am – 12:30pm Patient Groups (Virtual)
6:00 – 7:30pm Bereavement Groups (Virtual & In-Person)
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)

Wednesdays:

11:30am – 1:00pm Early Stage B.C. Group (Virtual)
6:00 – 7:30pm Patient Groups (Virtual)
6:00 – 7:30pm Family & Friends Group (Virtual)

Thursdays:

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

Saturdays:

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

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 CSCP y Zoom)

Yoga en español

Todos los martes, 6:00 – 7:00pm

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

Meditación Guiada

**Sábados, 15 de abril, 13 de mayo, y 10 de junio
10:30 – 11:30pm**

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

Planeando Su Futuro

Miércoles, 19 de abril, 6:00 – 7:00pm

Este taller educativo le ayudará a navegar el complicado mundo del proceso legal y proporcionarle tranquilidad. Algunas de nuestras especializaciones se enfocan en Testamentos, fideicomisos en vida, directiva médica, Poder Notarial, y tutelas. Facilitado por Reyna, ProSe Legal, Inc. (En persona y Zoom)



BIG NEWS!

Cancer Support Community has purchased a permanent home and is moving this summer!

A home is where a sense of community, belonging, and comfort can be found. For over 33 years, CSC has made a home in many leased settings, but for the first time in its history, CSC has found a permanent home.

We have raised over \$3.1 million for the purchase and renovation of a 7,000 square foot facility in Sierra Madre on the corner of Sierra Madre Blvd. and Lima Street. The open floor plan boasts a large and inviting living room, welcoming participants into warm group rooms with the sun visible through striking skylights. Exposed brick skirts the walls of the building, a cozy nod to the rich history of the space that was once a beloved community grocery store. CSC prioritized a community space that opens to a kitchen, allowing for immersive community

events, nutrition workshops, and potluck gatherings. The space also features a new-and-improved healthy lifestyle exercise room with ample storage, equipment, mirrors, and its own entrance directly off the large private parking lot. And perhaps the crowning jewel of the space, the outdoor oasis is a green sanctuary where participants can reflect in an environment of natural beauty with a view of the San Gabriel mountains.

A home is only a home when a family is welcomed into it. We look forward to welcoming you, and making our new facility our home, in the Summer of 2023. **Visit our website at [bethekey.cscpasadena.org](https://www.bethekey.cscpasadena.org) for more updates on our capital campaign and renovation progress.**

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, Yoga en español (Hybrid)**
6:00pm - 7:00pm, Ana Maria Delgado
 - > **Wednesdays, 5:30 - 6:30pm (Virtual)**
Tatevik Sarkisian
 - > **Thursdays, 11:00am - 12:00pm (Hybrid)**
Korie Beth Brown
 - > **Saturdays, 10:00 - 11:00am (Virtual)**
Arlene Vidor
- **Feldenkrais (Virtual)**
Mondays, 3:00 - 4:00pm
Jenna Blaustein
- **Knit Together (Hybrid)**
Mondays, 4:00 - 5:00pm
Cathy Fabre
- **Pilates (Virtual)**
Tuesdays, 12:00 - 1:00pm
Kelly Etter, Certified Pilates Instructor
- **Up, Down & Around: Cardio and Strength Training (Virtual)**
Wednesdays, 11:30am - 12:30pm
Charletha Tatum, Certified Fitness Instructor
- **Intro to Photography (In-Person)**
Wednesdays, 1:00 - 2:00pm
Catherine Bicknell
- **Focus on Fun! Photography (In-Person)**
Wednesdays, 2:00 - 4:00pm
Catherine Bicknell
- **Pilates Mixed Level Mat Class (Hybrid)**
Wednesdays, 2:00 - 3:00pm
Jacque James, Certified Pilates Instructor
- **Mindful Movement and Meditation (Virtual)**
3rd Wednesday/month, 4:00 - 5:00pm
Viki Brown, Certified Life Coach and Embodied Movement Teacher
- **Reiki Meditation (Virtual)**
2nd & 4th Friday/month, 2:00 - 3:00pm
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
- **Healing with Art (Virtual)**
Every other Saturday, 11:30 am - 12:30pm
Armie Pasa

SPECIAL EVENTS

- **Community Dinner in Sierra Madre**
Wednesday, April 26, 5:30 - 7:00 pm
Join us for a brief tour of Cancer Support Community's new home in Sierra Madre followed by a BYOW (bring your own wallet) dinner. This will be the first of many opportunities for us to explore our new neighborhood together as a community. (In-Person)
- **Summer Flower Arranging**
Thursday, May 11, 12:30 - 1:30 pm
Join us for a summer flower arranging workshop. We will work with seasonal blooms and learn how to create beautiful arrangements that will welcome in the summer. (In-Person)
- **Love and Laughter**
Tuesday, May 16, 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)
- **Awaken the Digital Photographer in You: Beginning Digital Photography**
Thursdays, May 4, 11, 18 & 25 and June 1, 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 through the understanding of apertures, shutter speeds, depth of field, exposure modes, etc. We'll learn from the masters and from sharing our creations with one another. (Virtual)



Programs and formats are subject to change.

Visit cscp.link/calendar or scan the QR code below 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

Melissa Alcorn/
DFA Family Holdings
Anonymous
Karen and Frank Beardsley
Terry Beyer
Bonnie and John DeWitt
The Havner Family
Foundation
LeAnn and Michael Healy
Shelley Anne and Bob Kohorst
Vicki Laidig
Gloria Podres and George
Mack
Serge Melkizian
Chris Mitchell
Dana and Mike Naples
Julie and Scott Nesbit
Sue and Steve Ralph
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 2023 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 6pm

Virtual Orientation:

Start the process by visiting cscpasadena.org/gettingstarted if you prefer an orientation virtually on Zoom.

Our Mission

The mission of Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Health and Safety

CSC cares about the health of its community, many of whom are immunocompromised. Masks are required regardless of vaccination status, and our facility is fragrance free.

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

Cancer Support Community Staff

Patricia Ostiller, JD, CFRE

Executive Director

Alison G. Wong, Ph.D., LMFT

Program & Clinical Director

Rachimah "Rae" Magnuson

Director of Events

Julie Stevens

Director of Operations & Diversity, Equity and Inclusion

Phillip Herrera

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Rachel Koonse, MA, LMFT

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