

APRIL | MAY | JUNE 2024

## EDUCATIONAL WORKSHOPS

All educational workshops are open to the general public. Register online at [cancersupport.link/calendar](https://cancersupport.link/calendar)

### APRIL

#### 03 Wednesday

##### Self-Hypnosis for Calming and Relaxing Mind & Body

1:00 – 2:00pm

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

#### 11 & 18 Thursday

##### Unwind and Recharge: 2-Part Restorative Yoga Workshop

5:00 – 6:00pm

Pause, unwind, and learn the art of doing less with our Restorative Yoga workshop. Perfect for beginners, this workshop is your gateway to peace, relaxation, and rejuvenation. (Hybrid)

#### 16 Tuesday

##### Lunch & Learn: Fear of Recurrence, 12:00 – 1:30pm

Join us for lunch and conversation with Anne Reb, PhD, NP, who will teach us mindfulness skills to help us feel calm and resilient even when things are uncertain. This workshop will provide on-the-go skills to break the cycle of worry so we can make thoughtful choices and move forward with confidence and hope. Please register to help us plan for lunch. (In-Person)

#### 30 Tuesday

##### Pelvic Floor Health, 6:00 – 7:00pm

Join physical therapist Tammy Uliantzeff to learn about pelvic floor health. Learn about how cancer treatment can impact pelvic floor health, and measures that can be taken to improve pelvic floor health. We will also be learning basic pelvic floor strengthening for a healthier pelvic floor. (In-Person)



Lunch and Learn with Dr. Cary Present: Surviving American Medicine

### MAY

#### 06 Monday

##### Harnessing the Power of the Immune System to Fight Cancer 6:00 – 7:00pm

Join Dr. Scott Goldstein from City of Hope to learn the basics on cellular and immunotherapies to fight blood cancers and beyond. He will discuss the different therapies, how they work, their indications, and what to expect before, during, and after receiving those treatments. (In-Person)

#### 16 Thursday

##### Lunch & Learn: Pain Management - Medications, Medical Cannabis, and Complementary Therapies, 12:00 – 1:30pm

Dr. Amaliya Santiago, ND will address medications, naturopathic medicine, and the use of medical cannabis for addressing pain that can be associated with cancer diagnoses and treatments. Please register to help us plan for lunch. (In-Person)

#### 28 Tuesday

##### What I Wish My Patients Knew About Radiotherapy

6:00 – 7:00pm

Dr. Rose Li will explain what radiation therapy is, how it is used in cancer care, combining radiation with other therapies, and advanced novel modalities. She will provide an overview of quality of life and common toxicity concerns, as well as how metabolic interventions may mitigate treatment side effects. (In-Person)

### JUNE

#### 18 Tuesday

##### Lunch & Learn: The Truth Behind Common Cancer Myths 12:00 – 1:30pm

Does sugar cause cancer growth? If a family member has cancer, will I definitely get it too? Can my annual labs with my primary care physician detect cancer? Join us for lunch and conversation with Dr. Evangelia Kirmis to discuss common cancer myths and more. (In-Person)

#### 25 Tuesday

##### Navigating Insurance and Finances, 6:00 – 7:00pm

This webinar covers tips to navigate health insurance and reduce out-of-pocket costs. This includes how to compare options, appeal denials of coverage, manage medical bills and health care expenses, and protect your credit. (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:

6:00 – 7:30pm Patient Groups (Virtual & In-Person)  
6:00 – 7:30pm Family & Friends Groups (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)

## GETTING STARTED

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

### In-Person Orientations:

Every Tuesday at 11 am  
Every Thursday at 5pm

### Virtual Orientations:

Visit [cancersupport.link/start](https://cancersupport.link/start)  
to sign up for a virtual  
orientation on Zoom.

## COOKING AND NUTRITION

### Best Salad Recipes for a Filling Lunch or Dinner

**Monday, May 13, 6:00 – 7:00pm**

Craving a salad? Chef Dená Brummer has got you covered with her ultimate list of salad recipes, ranging from light and fresh to rich and creamy. In this fun and interactive workshop, you'll find one or two that satisfy your cravings or match what's in your pantry! (In-Person)

### Cooking with Chef Juana

Join us in our kitchen for connection, conversation, and cooking. Learn how to cook a tasty and nutritious meal with Chef Juana Sanchez. (In-Person)

### Creamy Tomato Bisque with Homemade Croutons

Thursday, June 6, 12:30 – 1:30pm

### Chicken Soup with Pasta and Arugula, Topped with a Poached Egg

Thursday, June 13, 12:30 – 1:30pm



*Chef Dená Brummer*

## SOCIAL AND CULTURAL EVENT

### Immigrant Heritage Month Celebration Potluck

**Tuesday, June 11, 5:00 – 6:30pm**

Let's come together to celebrate the richness of our community's diversity during Immigrant Heritage Month with a festive potluck that honors the culinary and cultural contributions of our histories. Bring a dish to share that reflects your cultural or ethnic heritage. (In-Person)

## 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 abril, 4 de mayo, y 1 de junio**

**10:30 – 11:30am**

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

### Meditación guiada

**Sábados, 13 de abril, 11 de mayo, y 8 de junio**

**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 abril, 18 de mayo, y 15 de junio**

**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 abril, 25 de mayo, y 22 de junio**

**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)

## HEALTHY LIFESTYLE CLASSES

- **Yoga** (All Led by Certified Yoga Instructors)
  - > **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
  - > **Primer sábado del mes, Yoga en español 10:30 - 11:30am** (en persona y Zoom)  
Ana Maria Delgado
- **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
- **Dynamic Strength Training** (In-Person)  
**Tuesdays, 4:00 - 4:45pm**  
Marlene Maroun Flowers
- **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

- **Spring Renewal Meditation & Sound Bath**  
**Tuesday, April 23, 6:00 – 7pm**  
This sound bath incorporates science-based techniques, music theory and spiritual lineages to cultivate a unique sound experience. A certified sound practitioner will weave soothing sounds together, creating harmonious vibrations that resonate through the body and mind. (In-Person)
- **Remainders x CSC Arts and Crafts Series**  
Join us for a fun morning of crafting and conversation. This series is a collaboration with Remainders, a nonprofit creative space and arts & crafts thrift store focused on creative reuse and sustainability. All materials will be provided. Register to secure your spot! (In-Person)  
**Cut Paper Shapes and Mobiles**  
Tuesday, April 23, 10:00 – 11:00am  
**Book Construction**  
Wednesday, May 29, 11:00 am – 12:00pm  
**Paper Weaving**  
Tuesday, June 25, 12:00 – 1:00pm
- **Beyond “Happy Snaps”: Introduction to the Art of Photography**  
**Wednesdays, May 1, 8, 15, and 22**  
**11:00 am – 12:30 pm**  
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)
- **Love and Laughter**  
**Tuesday, May 7, 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 Photography**  
**Thursdays, May 23, 30; June 6, 13, and 20**  
**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)

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

Melissa Alcorn/  
DFA Family Holdings  
Rosemary Annear  
Karen and Tom Capehart  
Terri and Jerry Kohl  
Shelley Allen and  
Bob Kohorst  
Ellen and Harvey Knell \*  
Dana and Mike Naples  
San Marino Motor Classic  
Lee and Mickey Segal  
Georgia Seid  
The Valenta Family  
*\*Lead Founding Benefactor*

### PATRONS

Terry Beyer  
Bonnie and John DeWitt  
The Havner Family  
Foundation  
LeAnn and Michael Healy  
Vicki Laidig  
Gloria Podres and  
George Mack  
Julia and Mark Meahl  
Serge Melkizian  
Julie and Scott Nesbit  
Sue and Steve Ralph  
Susan and Jack Reynolds  
Charlotte Streng  
Susie and Brad Talt

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

We invite you to join our Benefactors Society! Find out more at [cancersupport.link/BenefactorsSociety](https://cancersupport.link/BenefactorsSociety)

## GETTING STARTED

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### **Virtual Orientation:**

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## **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 immunocompromised. 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

**Rachimah "Rae" Magnuson**  
Director of Events and Marketing

**Phillip Herrera**  
Operations Manager

**Rachel Koonse, MA, LMFT**  
Virtual Program Manager

**Melissa Parra**  
Community Engagement Manager

**Peggy Smith**  
Development Associate

**Lanie Trinh**  
Office Manager

**Alexandra Cruz Switzer, MFA**  
Program Coordinator

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