



# Cancer CAREpoint

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

## December 2018 Calendar

### Highlights and Community Events

- **With the busy holiday season in full swing, we hope you give yourself time for self-care. Stop by for a cup of hot tea and stay to read a book in our library. On December 18, 20, and 27, we will host an afternoon tea, complete with holiday snacks and some simple art supplies and activities, for anyone that would like to come by and spend a little time with us. We're thankful to be a part of your community, and hope we'll have a chance to visit with you during the holidays.**
- **We will have our ongoing programs from December 1-14. Our regular class schedule will resume on January 2, 2019. The social workers will still be available for appointments throughout December. Come visit us for counseling and support.**

I'm kind of regretting this decision....



**Do holiday food choices have you a little stressed out?** Are you worried about making the right decisions about what to eat and how to support your body with good nutrition during the busy holiday season? Come by and join us for our Monday nutrition classes! **Did you know that Cancer CAREpoint provides one-on-one nutrition consultations with Nancy?** Give us a call and we'll help you make an appointment.

### Looking Forward

**Lymphedema: Thursday, January 17, 6:30-8:00pm** – Lymphedema is a highly treatable and often preventable condition that manifests itself after damage to the lymph system from surgery, chemotherapy or radiation. What is the lymphatic system and how does it work? Join Daya Fisch, MS, to learn about prevention and treatment.

**Survivorship: Eating for Health – Four-Part Nutrition Series: Tuesdays, January 8, 15, 22, & 29, 6:30-8:30pm** – Survivors join Nancy Birang, BS, MT (ASCP), NC, to learn how to make changes in their lives through nutrition. Plan to attend all four evenings.

**Cancer and Your Pelvis: Wednesday, January 30, 6:30-8:00pm** – Cancer can affect your pelvic health in many ways, and the effects aren't limited to individuals with pelvic area cancers. If you have noticed a change in your pelvic floor strength, pain, or any other issues that may have developed due to physical or hormonal interventions, this seminar can help you learn more about tools and exercises that may help you regain your pelvic health.

**Grief & Loss Support Group Series: Tuesdays, January 29, February 5, 12, & 19, 6:30-8:00pm** – This is a 4-part series in a supportive environment to help process the grief associated with losing a loved one to cancer. Open to caregivers of Cancer CAREpoint clients. Please be available to attend all four sessions. Registration is required. Please contact Debbie at 408-458-8300 or [debbie@cancercarepoint.org](mailto:debbie@cancercarepoint.org).

**For more information, contact Cancer CAREpoint: [info@cancercarepoint.org](mailto:info@cancercarepoint.org) or call 408.402.6611**

Registration required: [info@cancercarepoint.org](mailto:info@cancercarepoint.org) or call 408.402.6611

All programs start promptly. Latecomers may be disappointed.

**Note: Closed December 24, 25 and 31.**

**Note: Regular ongoing programs will be paused from 12/17-12/28:**

**Counseling Appointments are still Available and Tea Time on 12/18, 12/20, & 12/27.**

**Nutrition – Nancy Birang, BS, MT (ASCP), NC**

**Nutrition Q & A -- Mondays, 11:30 am–12:30pm**

**(No class 12/17, 12/24 & 12/31)**

Bring your questions and concerns. Nutritionist Nancy Birang will provide you with information and answers.

**Cancer-Fighting Nutrition – Beginner -- Mondays, 1:00–2:30pm (No class 12/17, 12/24 & 12/31)**

Beginner class on the basics of using food to sustain and heal you before, during and after cancer treatment.

**Cancer-Fighting Nutrition – Intermediate --Mondays, 3:00–4:30pm (No class 12/17, 12/24 & 12/31)**

Follow-up classes with more advanced nutritional information.

12/3 – Favorite Winter Soups

12/10 – Dietary Tips to Reclaim and Boost Brain Power

**Exercise & Movement**

**Chair Yoga -- Wednesdays, 8:45–10:00am**

**(No class 12/19 & 12/26)**

Traditional, gentle yoga on a chair for cancer patients and survivors.

**Yoga -- Thursdays, 8:45–10:00am (No class 12/20 & 12/27)**

Traditional, gentle floor yoga for cancer patients and survivors.

**Gentle Movement -- Wednesdays, 10:30–11:30am and 12:00–1:00pm (No class 12/19 & 12/26)**

Move to music and increase flexibility using the Rosen Movement Method. *Please only register for one Gentle Movement class per week.*

**Qigong -- Wednesdays, 3:00–4:00pm at Breathe Together Studio {14107 Winchester Blvd., Ste. H, Los Gatos, 95032} (No class 12/26)**

Use stretching, active and passive movements, and form work to unify body, energy and mind. *No registration required, just drop in.*

**Finding Balance Exercise -- Thursday, December 13, 11:00am–12:00pm (No class 12/27)**

A class about techniques to promote strength and balance.

**Tea Time at Cancer CAREpoint – Tuesday, December 18, 1:00-3:00pm, Thursday, December 20, 1:00-3:00pm, and Thursday, December 27, 1:00-3:00pm**

Stop by for a cup of tea and snacks. During the busy holiday time, give yourself a gift of a tea break, support, and community. Simple art supplies will be provided. *No registration required.*

**Mind & Body Skills – Cynthia McDonald, Ph.D.**

**Meditation Class – Wednesdays, December 12, 1:15–2:45pm**

**Mind-Body Skills: EFT (Tapping) -- Tuesday, December 11, 1:15–2:45pm**

**Support Groups**

**Caregivers Support Group -- Wednesdays, December 5, 6:00–7:30pm and Friday, December 14, 10:00-11:30am (No group 12/19 and 12/28)**

Open to adult caregivers (relatives or friends) of cancer patients.

**Breast Support Group -- Friday, December 7, 1:00–2:30pm and Wednesday, December 12, 6:00-7:30pm (No group 12/19 & 12/26)**

Open to breast cancer patients/survivors.

**General Support Group – Tuesday, December 11, 11:30am-1:00pm (No group 12/26)**

Open to people diagnosed with all kinds of cancers.

**Ovarian Support Group – Friday, December 14, 12:00-1:30pm**

Open to newly-diagnosed through post-treatment survivors.

**GI-Colorectal Support Group – (Next group January 28, 6:00–7:30pm)**

Open to anyone impacted by GI-Colorectal cancers.

**Living and Thriving with Grace -- Thursday, December 13, 12:00–1:30pm (No group 12/27)**

For those dealing with recurrence or metastatic disease.

**Conversation & Creativity – Friday, December 14, 10:00–11:30am (No group 12/28)**

Meaningful discussion while creating simple art.

**Healing Through Art Class – Thursday, December 6, 10:45am–12:30pm (No class 12/20)**

Combine art, movement and mindfulness.

**ALL PROGRAMS AND SERVICES ARE PROVIDED WITHOUT COST** to cancer patients, survivors, families and caregivers. Donations are welcome.

**FREE COUNSELING SUPPORT** – By Appointment Only

**FREE WIG BANK** – By Appointment Only

**SERVICES BY APPOINTMENT:** Massage, Nutrition

Consultations, Healing Touch, Guided Imagery Consultations

MON	TUE	WED	THU	FRI	SAT/SUN
					1
					2
<b>3</b> 11:30 Nutrition Q & A 1:00 Cancer-Fighting Nutrition – Beginner 3:00 Nutrition: Favorite Winter Soups	<b>4</b> 10:00 Healing Touch* 11:15 Healing Touch* 1:00 Guided Imagery Consultation* 3:00 Guided Imagery Consultation*	<b>5</b> 8:45 Chair Yoga 10:30 Gentle Movement 12:00 Gentle Movement 3:00 Qigong @ Breathe 6:00 Caregiver Group	<b>6</b> 8:45 Yoga 10:45 Healing Through Art 12:30 Massage* 2:30 Massage* 4:00 Massage*	<b>7</b> 10:00 Massage* 11:30 Massage* 1:00 Breast Group 1:30 Massage*	<b>8</b>
					9
<b>10</b> 11:30 Nutrition Q & A 12:00-3:00 Wig Bank* 1:00 Cancer-Fighting Nutrition – Beginner 3:00 Nutrition: Dietary Tips to Reclaim and Boost Brain Power	<b>11</b> 10:00 Healing Touch* 11:15 Healing Touch* 11:30 General Group 1:15 Mind-Body Skills: EFT (Tapping)	<b>12</b> 8:45 Chair Yoga 10:30 Gentle Movement 12:00 Gentle Movement 1:15 Meditation 3:00 Qigong @ Breathe 6:00 Breast Group	<b>13</b> 8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 12:30 Massage* 2:30 Massage* 4:00 Massage*	<b>14</b> 10:00 Conversation & Creativity 10:00 Caregiver Group 10:00 Massage* 11:30 Massage* 12:00 Ovarian Group 1:30 Massage*	<b>15</b>
					16
<b>17</b> Office Open Counseling Available by Appointment Stop by for a visit.	<b>18</b> Office Open 9:00-12:00 Wig Bank* 1:00 Tea Time @ Cancer CAREpoint Counseling Available by Appointment Stop by for a visit.	<b>19</b> Office Open 3:00 Qigong @ Breathe Counseling Available by Appointment Stop by for a visit.	<b>20</b> Office Open 1:00 Tea Time @ Cancer CAREpoint Counseling Available by Appointment Stop by for a visit.	<b>21</b> Office Open Counseling Available by Appointment Stop by for a visit.	<b>22</b>
					23
<b>24</b> Closed	<b>25</b> Closed	<b>26</b> Office Open Counseling Available by Appointment Stop by for a visit.	<b>27</b> Office Open 1:00 Tea Time @ Cancer CAREpoint Counseling Available by Appointment Stop by for a visit.	<b>28</b> Office Open Counseling Available by Appointment Stop by for a visit.	<b>29</b>
					30
<b>31</b> Closed	<b>January 1</b> Closed				

Programs in **BLUE** – Requires Registration

\*Programs in **ORANGE** – By Appointment Only

**Registration is required! Free Consultations/Counseling with Social Workers available by appointment.**

**Call 408.402.6611 or email [info@cancercarepoint.org](mailto:info@cancercarepoint.org) to register or schedule an appointment.**

**Happy December! We realize that the holiday season can be a stressful time. Stop by for tea and a visit or take some time for yourself. Here are some tips to help you get through the hustle and bustle of the holiday season.**

## **Tips for Relaxing During the Holiday Season**

The holidays can be filled with both joy and stress. So how can you cultivate the relaxation response this Holiday Season? Here are some tips to help you start thinking of different ways to get your daily dose of holiday comfort and joy!

1. Sometimes we do things every year out of habit or “tradition” and not because we really want to do it. To decrease your stress over the holidays – simplify. Ask yourself: “Is this really necessary?” or “Do I really want to do this?” or “What do I really value about the Holidays?”
2. Traditionally, the holidays are times for giving to others. How about giving a gift to yourself this year? What will give you joy? What do YOU need? Treat yourself to something pleasurable!
3. If you are tired of everything being about your health, then give yourself permission to NOT talk about yourself or answer questions about your health when you are with family and friends. You can even prepare a response in advance. For example: when asked, simply say: “Right now, I am okay. Thanks for asking.” Then change the subject by asking a question about their life or by offering them information about another part of your life: work, family, hobby, friends, etc.
4. Honor your own rhythms. Physical and emotional energy can change daily or hourly. Go with the flow of it by finding joy in the little things: the smell of the tree, the sparkling lights, a hand to hold, or a smile to give. And, when your energy is a bit higher, then go to that party, do that shopping, wrap that gift!
5. Give your mind a vacation from health issues – even if it is just for a few moments, hours, or days. Consciously choose to focus your awareness on all that you enjoy about the holidays. Use the power of imagination to “close the door” on intruding thoughts, and “open the door” to thoughts of enjoyment, connection with those you love, and the sensory treats of the season. Or, if that doesn’t work, then use the power of distraction by pulling out those favorite holiday movies, sing those songs, decorate that tree, write those cards, or invite those friends over.
6. BREATHE. Close your eyes and come back to resting awareness gently on your own breath for a few moments. Take the holiday season one breath at a time.

**Provided by:** Cynthia McDonald, Ph.D.

**No one should have to face cancer alone.**

*Cancer CAREpoint is dedicated to transforming support for cancer patients, survivors, family members, and caregivers through personalized, one-on-one Counseling, Assistance, Resources, and Education at no cost.*