FREE

SO THAT NO ONE FACES CANCER ALONE.®

PROGRAM CALENDAR

APRIL/MAY 2018 • CANCERSUPPORTGLV.ORG

CANCER SUPPORT COMMUNITY
GREATER LEHIGH VALLEY

Cancer Support Community of the Greater Lehigh Valley

is a nonprofit organization whose mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. We offer a wide variety of free support programs to help anyone affected by cancer to connect with others, engage in healthy lifestyle activities, and restore hope for a better quality of life.

CSCGLV Programs Key

- Children, Teen and Family
- Education
- Healthy Lifestyle/Stress Reduction
- Social
- Support Group

INDICATES OFF-SITE

INDICATES ONGOING

All programs are FREE but require advance registration.

For more information or to register for any program:

- **Call 610-861-7555**
- **Visit cancersupportglv.org**
- **Email info@cancersupportglv.org**

Welcome to CSCGLV!

THE FIRST STEP: NEWCOMERS ORIENTATION

New visitors explore programs to discover which methods will help improve their quality of life. Family and friends are welcome.

WEDNESDAYS BY APPOINTMENT • 10:00 AM OR 6:00 PM

SUPPORT GROUP

PEOPLE LIVING WITH CANCER (PLWC)

Mondays, 1 - 2:30 pm • Mondays, 6:30 - 8 pm • Tuesdays, 6:30 - 8 pm • Call for participation criteria and to arrange a pre-group meeting.

FRIENDS/FAMILY

Mondays, 6:30 - 8 pm • Call for participation criteria and to arrange a pre-group meeting.

BREAST CANCER SUPPORT

1st Monday of month, 11 am - 12:30 pm

GYN CANCER SUPPORT

1st Wednesday of month, 6:30 - 8 pm

BREAST FRIENDS BREAKFAST

3rd Tuesday of month, 8:30 - 9:30 am • All women cancer survivors are welcome. Offered in conjunction with Breast Friends of PA

THYROID CANCER SUPPORT

2nd Wednesday of month, 6:30 - 8 pm

PANCREATIC CANCER SUPPORT

4th Tuesday of month, 10 - 11:30 am • Family and friends are welcome to attend. Sponsored by J's Run organization.

LYMPHEDEMA GROUP

2nd Wednesday of month, 11 am - 12:30 pm

CIRCULO DE APOYO/ CIRCLE OF CARING

3rd Friday of month, 11:30 am - 1 pm • Spanish speaking group. • Located at LVHN 17th and Chew Streets, Allentown

This calendar printing made possible by: KSA&D

HEALTHY LIFESTYLE/STRESS REDUCTION

YOGA NIDRA AND PRANAYAMA

Mondays, 6:30 - 8pm • Learn how to bring awareness to the five layers of your being through gentle movement, breathing techniques, and guided relaxation.

GENTLE YOGA

Tuesdays, 9:30 - 10:45am • Practice mild stretching accompanied with breathing techniques to quiet the mind and promote healing. The class is a combination of chair and mat work.

KARATE FOR ADULTS - KEMPO

Thursdays, 9:30 - 10:30am • Try this fun way to get your mind and body into shape! In this style of martial arts, learn basic self-defense moves, katas, QiGong meditative breathing techniques, and exercises to improve overall health and wellness.

T'AI CHI

Thursdays, 10:45 - 11:45am • Engage in gentle postures to help reduce stress and fatigue, develop mental relaxation and physical stamina.

WELLNESS WORKOUT

Mondays, 9:30 - 10:30am • A safe but progressive work out. All exercises are taught to target the level you're currently at using interval, functional and core training methods that will keep you moving and burning calories. *Instructor: Regina Heiserman, NASM certified personal trainer from GYMGUYZ*

BLOGGING/JOURNALING TO KEEP YOU SANE

1st Tuesday of month from 11am - 12:30pm • Located at Hackerman-Patz House at LVHN Cedar Crest • Learn how writing can be simple and fun. With the help of a group and talented instructor, you can quickly move through writer's block or any other challenge. *Instructor: Heidi Kelly*

FIT RHYTHMS™

1st Thursday of month, 6:30 - 7:30pm • This festive technique combines drumming with your own natural movement! Open to women and men who are interested in improving health and wellness with music and rhythm. Instruments provided.

LIVING LIFE TO THE FULLEST

3rd Wednesday of month, 11am - 1pm • With an open heart, you'll learn to accept who you are, identify what has meaning for you, and rejuvenate your appreciation for life.

CREATIVE EXPRESSION

2nd and 4th Tuesday of month, 11am - 12:30pm • Use art as supportive expression by creating artwork that promotes healing, mindfulness and wellness.

MIDWEEK MINDFUL COMPASSION PRACTICE

Wednesdays, 9:30 -10:30am • Learn to use yoga to increase mindfulness. Gentle movement with longer held poses will decrease stress and anxiety and restore well-being. *Instructor: Maryanne Godbout DNP, PMHCNS-BC*

REIKI FOR BALANCING LIFE

Tuesdays, April 3, 17, May 1, 15 and 29, 5:30 - 6:30pm.
Wednesdays, April 11, 25, May 9 and 23, 10:45 - 11:45am • We will discuss life challenges that tend to deplete our energy (work, family, money, politics, responsibilities) and how Reiki can assist in clearing these emotional drains. Meditation included. *Instructor: Carrie Beleno*

OFFSITE ART SERIES

Located at Forks Area Art Society Cottage in the Woods. 700 Zucksville Road, Easton • Instructor: Penny Hochella

Block Butterfly • *Friday, April 7, 10-11:30am*

Acrylic Pour • *Friday, May 5, 10-11:30am*

ZUMBA

Friday, May 4, 11:30am - 12:30pm • Celebrate Cinco de Mayo with a festive class that combines fitness and Latin rhythms in an energetic, but low impact workout. Men and women of all ages are welcome. *Instructor: Sheryl Gerkovich*

PADDLE BOARD YOGA

Sunday, April 15 and May 6, 1:30 - 2:30pm • Located at Allentown YMCA • Try a new practice with the board as your mat. *Instructor: Melanie Smith*

CHILDREN, TEEN AND FAMILY

FAMILY SERIES offered in conjunction with Pediatric Cancer Foundation of the Lehigh Valley

The Power of Music • *Wednesday, April 11, 6 - 7:30pm* • Through drumming, instrument playing, singing, and moving to music, the entire family will gain firsthand experience of the benefits of music therapy, including strategies to help decrease pain, anxiety, depression and grief. *Instructors: Kathy Purcell, MT-BC and Mary Cate Carr, MT-BC*

Family Wellness Program • *Wednesday, May 2, 6 - 7:30pm* • Adults will spend time with a healthcare advocate, learning how to take steps to feel more prepared during medical appointments. Kids will enjoy a visit from the Reading Squad for creative storytelling, playful activities, and festive face painting! *Presenters: Melissa Hakim, MD and Erika Hanna*

KIDS KARATE PROJECT - KEMPO

Wednesdays, 4:15 - 5pm • Martial arts activities can help children improve balance, increase focus, boost confidence, build stamina, reduce stress and improve overall wellness. Open to childhood cancer survivors as well as kids and teens with cancer in the family. *In conjunction with Aikido Masters*

EDUCATION

WHAT'S A PREVIVOR?

Wednesday, April 4, 5:30 - 6:30pm • What happens when a loved one participates in genetic testing and is identified as a carrier of an inherited gene mutation? This may put a person at a higher risk of developing certain cancers, such as breast and/or ovarian. What are the next steps in making treatment decisions? Join us for a sensitive discussion with representatives from FORCE, Facing Our Risk for Cancer Empowered. Spouses, adult children, siblings welcome.

HEALTHY COOKING/NUTRITION

Simple and Nutritious • *Thursday, April 12 and Wednesday, May 23, 5:30 - 7:30 pm* • Located at Phillipsburg High School, 1 Stateliner Blvd Phillipsburg, NJ • You'll learn cooking tips and safe shortcuts. • *Instructor: Tina Brandes*

Vegan Selections • *Thursday, April 19, 5:30 - 8pm* • Located at Northampton Community College, 511 E. Third Street, Fowler Family Southside Center, Bethlehem • We'll make Thai-flavor tomato soup, pressed tofu salad, fiery noodles and mango sorbet. *Instructor: Gale Maleskey, RD*

Spring Menu • *Thursday, May 10, 5:30 - 8pm* • Located at Northampton Community College, 511 E. Third Street, Fowler Family Southside Center, Bethlehem • A creamy greens soup, lemony lentil salad, asparagus gratin, and strawberry tarts are on this seasonal menu. *Instructor: Gale Maleskey, RD*

FEAR OF RECURRENCE

Wednesday, April 18, 1 - 3 pm • Feeling anxious? Learn techniques and strategies to better manage the source of this stress. *Facilitator: Carole Moretz, PhD*

BRAIN FITNESS SERIES

Thursday, April 5, 12, 19 and 26, 6 - 7:30pm • Our brain has the amazing ability to change, adapt, and even rewire itself. Learn how with DVDs and a review of techniques and tools to improve neuroplasticity and brain function.

CAREGIVER WORKSHOP

Friday, April 20, 2 - 3:30pm • Located at LVHN Pocono, East Stroudsburg • Learn self-care strategies to cope through the cancer caregiving experience. Taking time for yourself is important too!

NUTRITIONAL STRATEGIES FOR ORAL/HEAD/NECK CANCER SURVIVORS

Friday, April 20, 11am - 12:30pm • Learn ways to manage oral health problems associated with treatment. *Presenters: Jessica Novrosky, M.S., CCC-SLP and Kate Kozak, RD, LDN from St. Luke's University Health Network*

FRANKLY SPEAKING ABOUT MELANOMA

Tuesday, May 1, 11am - 12pm and Wednesday, May 30, 6 - 7:30 pm • Join us for presentations on new treatments, side effect management, and tips to improve quality of life for skin cancer and melanoma survivors. *Presenter: Alyson F. McIntosh, MD, Radiation Oncologist, and Suresh Nair, MD Physician-in-Chief, Cancer Institute from Lehigh Valley Health Network. Made possible through unrestricted educational grants from Bristol-Myers Squibb and Merck*

WHEN COUNTING SHEEP FAILS

Wednesday, May 16, 1 - 3pm • Nearly half of all cancer survivors experience sleep disturbances. To allow the body to rest and heal, It's important to learn ways to manage this frustrating side effect. *Facilitator: Carole Moretz, PhD*

TRUE NORTH, THE SEAN SWARNER STORY

Thursday, May 24, 6:30 - 8pm • This unflinching documentary is about a two-time cancer survivor's relentless quest to prove that nothing is stronger than the human spirit. Watch his daunting trek to the North Pole in this jaw-dropping look at how far a man will go to feel alive and bring hope to millions affected by cancer. Appropriate for all ages.

SOCIAL

KNITTERS UNITE

Wednesday, April 11 and May 9, 11am - 12:30pm • Located at Hackerman-Patz House at LVHN, Allentown • During this monthly get-together, we will learn to create "Comfort Dolls" for children undergoing treatment at LVHN, or help you catch up on your existing projects.

JEWELRY MAKING

1st and 3rd Monday of month, 12 - 2pm • Join the fun, create beautiful designs, and participate in the camaraderie. Some basic supplies will be provided, or bring your own treasures.

VISIONS OF HOPE

Wednesday, April 18, 6 - 7:30pm • Experience powerful stories of cancer survivors, as their inspiration and hope is depicted in an exhibit from local artist, Susan H. Schaffer. She tells their stories through the windows to their souls … the eyes.

WALKING CLUB OUTINGS

Coplay Rail Trail • *Monday, April 23, 10am*

Louise W. Moore Park • *Monday, May 21, 10am*

OPEN ART STUDIO

Fridays, April 6, 13 and May 4, 11, 10:30am - 12pm

HOMEMADE POSTCARDS

Thursdays, May 2 and 9, 6 - 7:30pm • Located at Coventry Family Practice, 755 Memorial Pkwy #300, Phillipsburg, NJ • See how you can turn your artwork into a unique postcard. *Artist: Bonnie Winfield, PhD*

YOUNG ADULTS MEET-UP

Captured LV Escape Room • Saturday, April 14, 6:15 - 8pm

North Summit Climbing Gym • Saturday, *May 12, 3 - 5pm*

CANCER SUPPORT COMMUNITY
GREATER LEHIGH VALLEY

944 Marcon Blvd., Suite 110
Allentown, PA 18109
610-861-7555

Non-Profit Org.
U.S. POSTAGE
PAID
Lehigh Valley, PA
Permit No. 167

AMERICAN CANCER SOCIETY WIG SALON

Trained professionals are available for free wig fittings on Tuesdays and Wednesdays, by appointment only. Women in active cancer treatment can call us to schedule a convenient time.

SAVE THE DATE: Cancer Survivor Summit, June 15th
All are welcome for this FREE day of support, education, and hope. The day will include breakfast, lunch, break-out sessions and exhibitors.

SHORT-TERM COUNSELING

Call 610-861-7555 to schedule up to 6 free sessions. Open to all cancer survivors and caregivers.

Fun night at the Phillipsburg Floral Co. creating beautiful spring arrangements!

THANK YOU $1,000+ CORPORATE AND FOUNDATION SUPPORTERS

BSI Corporate Benefits, LLC • Burkholders HVAC • Cancer Support Community Headquarters • Emmaus High School Girls Soccer Team • Fragrance Manufacturing, Inc. • Gillespie Printing • Girling Foundation • Hogan Social Club of Allentown • Jaindl Farms LLC • Julius & Katheryn Hommer Foundation • J's Run • Lehigh Valley Community Foundation • Phantoms Charities • Phoebe Ministries • Saucon Valley Country Club Women Golfers • Stauffer Insurance Group • Sylvia Perkin Perpetual Charitable Trust • The Century Fund • The Charles Hoch Foundation • The Fleming Foundation The Vollrath Foundation • Trexler Trust • Trumbower Hospital Foundation, Inc.

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
2 Closed for Easter Monday No Programs	3 Gentle Yoga 9:30 - 10:45 am Blogging and Journaling 11am - 12:30 pm Reiki 5:30 - 6:30 pm PLWC 6:30 - 8 pm	4 Mindful Compassion 9:30 - 10:30 am Kids Karate 4:15 - 5 pm What's a Previvor? 5:30 - 6:30 pm GYN Cancer 6:30 - 8 pm	5 Karate for Adults 9:30 - 10:30 am T'ai Chi 10:45 - 11:45 am Brain Fitness 6 - 7:30 pm FitRhythms™ 6:30 - 7:30 pm	6 Open Art Studio 10:30 am - 12 pm	7 Art Series 10 - 11:30 am 8
9 Wellness Workout 9:30 - 10:30 am Breast Cancer Support 11am - 12:30 pm PLWC 1 - 2:30 pm, 6:30 - 8 pm Friends/Family 6:30 - 8 pm Yoga Nidra 6:30 - 8 pm	10 Gentle Yoga 9:30 - 10:45 am Creative Expression 11 am - 12:30 pm PLWC 6:30 - 8 pm	11 Mindful Compassion 9:30 - 10:30 am Reiki 10:45 - 11:45 am Knitters 11 - 12:30 pm Lymphedema 11 - 12:30 pm Kids Karate 4:15 - 5 pm Power of Music 6 - 7:30 pm Thyroid Cancer 6:30 - 8 pm	12 Karate for Adults 9:30 - 10:30 am T'ai Chi 10:45 - 11:45 am Brain Fitness 6 - 7:30 pm Healthy Cooking 5:30 - 7:30 pm	13 Open Art Studio 10:30 am - 12 pm	14 Young Adults Meet-Up 6:15 - 8 pm 15 Paddle Board Yoga 1:30 - 2:30 pm
16 Wellness Workout 9:30 - 10:30 am Jewelry Making 12 - 2 pm ACS Look Good...Feel Better ® 1 - 3 pm (ACS 1-800-227-2345) PLWC 1 - 2:30 pm, 6:30 - 8 pm Friends/Family 6:30 - 8 pm Yoga Nidra 6:30 - 8 pm	17 Breast Friends Breakfast 8:30 - 9:30 am Gentle Yoga 9:30 - 10:45 am Reiki 5:30 - 6:30 pm PLWC 6:30 - 8 pm	18 Mindful Compassion 9:30 - 10:30 am Living Life to the Fullest 11 am - 1 pm Fear of Recurrence 1 - 3 pm Kids Karate 4:15 - 5 pm Visions of Hope 6 - 7:30 pm	19 Karate for Adults 9:30 - 10:30 am T'ai Chi 10:45 - 11:45 am Healthy Cooking 5:30 - 8 pm Brain Fitness 6 - 7:30 pm	20 Nutrition for Oral/Head/Neck 11 am - 12:30 pm Circulo de Apoyo 11:30 am - 1 pm Caregiver Workshop 2 - 3:30 pm	21 22
23 Wellness Workout 9:30 - 10:30 am Walking Club 10 am PLWC 1 - 2:30 pm, 6:30 - 8 pm Friends/Family 6:30 - 8 pm Yoga Nidra 6:30 - 8 pm	24 Gentle Yoga 9:30 - 10:45 am Pancreatic Cancer Support 10 - 11:30 am Creative Expression 11 am - 12:30 pm PLWC 6:30 - 8 pm	25 Mindful Compassion 9:30 - 10:30 am Reiki 10:45 - 11:45 am Kids Karate 4:15 - 5 pm	26 Karate for Adults 9:30 - 10:30 am T'ai Chi 10:45 - 11:45 am Brain Fitness 6 - 7:30 pm	27	28 29
30 Wellness Workout 9:30 - 10:30 am PLWC 1 - 2:30 pm, 6:30 - 8 pm Friends/Family 6:30 - 8 pm Yoga Nidra 6:30 - 8 pm		All programs are FREE but require advance registration. For more information or to register for any program, call 610-861-7555, visit cancersupportglv.org or email us at info@cancersupportglv.org.	INDICATES OFF-SITE Program cancellations will be posted on cancersupportglv.org, our Facebook page, or you can call 610-861-7555 x 38.		KSA&D

MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
INDICATES OFF-SITE Program cancellations will be posted on cancersupportglv.org, our Facebook page, or you can call 610-861-7555 x 38.	1 **Gentle Yoga** 9:30 - 10:45 am **FSA: Melanoma** 11 am - 12 pm **Blogging and Journaling** 11am - 12:30 pm **Reiki** 5:30 - 6:30 pm **PLWC** 6:30 - 8 pm	2 **Mindful Compassion** 9:30 - 10:30 am **Kids Karate** 4:15 - 5 pm **GYN Cancer** 6:30 - 8 pm **Family Wellness Program** 6 - 7:30 pm **Postcards** 6 - 7:30 pm	3 **Karate for Adults** 9:30 - 10:30 am **T'ai Chi** 10:45 - 11:45 am **FitRhythms™** 6:30 - 7:30 pm	4 **Open Art Studio** 10:30 am - 12 pm **Zumba** 11:30 am - 12:30 pm	5 **Art Series** 10 - 11:30 am 6 **Paddle Board Yoga** 1:30 - 2:30 pm
7 **Wellness Workout** 9:30 - 10:30 am **Breast Cancer Support** 11am - 12:30 pm **Jewelry Making** 12 - 2 pm **PLWC** 1 - 2:30 pm, 6:30 - 8 pm **Friends/Family** 6:30 - 8 pm **Yoga Nidra** 6:30 - 8 pm	8 **Gentle Yoga** 9:30 - 10:45 am **Creative Expression** 11 am - 12:30 pm **PLWC** 6:30 - 8 pm	9 **Mindful Compassion** 9:30 - 10:30 am **Reiki** 10:45 - 11:45 am **Knitters** 11 - 12:30 pm **Lymphedema** 11 - 12:30 pm **Kids Karate** 4:15 - 5 pm **Postcards** 6 - 7:30 pm **Thyroid Cancer** 6:30 - 8 pm	10 **Karate for Adults** 9:30 - 10:30 am **T'ai Chi** 10:45 - 11:45 am **Healthy Cooking** 5:30 - 8 pm	11 **Open Art Studio** 10:30 am - 12 pm	12 **Young Adults Meet-Up** 3 - 5 pm 13
14 **Wellness Workout** 9:30 - 10:30 am **PLWC** 1 - 2:30 pm, 6:30 - 8 pm **Friends/Family** 6:30 - 8 pm **Yoga Nidra** 6:30 - 8 pm	15 **Breast Friends Breakfast** 8:30 - 9:30 am **Gentle Yoga** 9:30 - 10:45 am **Reiki** 5:30 - 6:30 pm **PLWC** 6:30 - 8 pm	16 **Mindful Compassion** 9:30 - 10:30 am **Living Life to the Fullest** 11 am - 1 pm **Counting Sheep** 1 - 3 pm **Kids Karate** 4:15 - 5 pm	17 **Karate for Adults** 9:30 - 10:30 am **T'ai Chi** 10:45 - 11:45 am	18 **Circulo de Apoyo** 11:30 am - 1 pm	19 20
21 **Wellness Workout** 9:30 - 10:30 am **Walking Club** 10 am **Jewelry Making** 12 - 2 pm **PLWC** 1 - 2:30 pm, 6:30 - 8 pm **Friends/Family** 6:30 - 8 pm **Yoga Nidra** 6:30 - 8 pm	22 **Gentle Yoga** 9:30 - 10:45 am **Pancreatic Cancer Support** 10 - 11:30 am **Creative Expression** 11 am - 12:30 pm **PLWC** 6:30 - 8 pm	23 **Mindful Compassion** 9:30 - 10:30 am **Reiki** 10:45 - 11:45 am **Kids Karate** 4:15 - 5 pm **Healthy Cooking** 5:30 - 7:30 pm	24 **Karate for Adults** 9:30 - 10:30 am **T'ai Chi** 10:45 - 11:45 am **True North** 6:30 - 8 pm	25	26 27
28 **Closed for Memorial Day** **No Programs**	29 **Gentle Yoga** 9:30 - 10:45 am **Reiki** 10:45 - 11:45 am **PLWC** 6:30 - 8 pm	30 **Mindful Compassion** 9:30 - 10:30 am **Kids Karate** 4:15 - 5 pm **FSA: Melanoma** 6 - 7:30 pm	31 **Karate for Adults** 9:30 - 10:30 am **T'ai Chi** 10:45 - 11:45 am	All programs are FREE but require advance registration. For more information or to register for any program, call 610-861-7555, visit cancersupportglv.org or email us at info@cancersupportglv.org.	KSA&D