Legacy Health

CANCER CLASSES AND SUPPORT GROUPS

July–December 2013

For more information about individual support groups and classes,
view our website **www.legacyhealth.org/classes** or call the numbers listed below.

Brain Tumor Support Group: Education and support for individuals and their families coping with diagnosis, treatment and recovery from a primary brain tumor**.**

Legacy Good Samaritan Medical Center: 1st & 3rd Wednesday, 4-5:30 p.m.
Conference Room 219, Building 3, 2nd floor
Contact Wendy Talbot, LCSW, OSW-C, at wtalbot@lhs.org or 503-413-7921.

Breast Cancer Support Group: Education and support for women coping with diagnosis, treatment and recovery from breast cancer.

Legacy Good Samaritan Medical Center: 1st and 3rd Monday, 5:30–7 p.m.
Women's Wellness Center Conference Room, Good Samaritan Building 2, Lower Level
Contact Wendy Talbot, LCSW, OSW-C, at wtalbot@lhs.org or 503-413-7921.

Legacy Meridian Park Medical Center: 3rd Tuesday, Noon–1 p.m.
Community Health Education Center, Room 107
Contact Joanne Ohanesian, MSW, at johanesi@lhs.org or 503-692-8634

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Legacy Mount Hood Medical Center: 2nd and 4th Thursday 4:00-5:00pm
Medical Office Building 3, Conference Room A, 3rd floor.
Contact Wendy Talbot, LCSW OSW-C at wtalbot@lhs.org or 503-413-7921

Expressions of Healing: Art and Community: This four-week series uses simple, art based processes to create insight, healing and community for those who wish to explore their cancer journey.

Instructor: Margaret Hartsook, LPC, ATR Art Therapist
Legacy Good Samaritan Medical Center: Four-week series Wednesdays 6:30–8 p.m.
July 10-31 and September 11-October 2. Holiday workshop Saturday, Nov. 9, 1–5 p.m.
Legacy Salmon Creek Medical Center: Call for dates and times
Contact mhartsook@lhs.org or 503-413-8404 for more information and to register.

Families and Cancer: Where Do We Go from Here? A workshop for families with an adult diagnosed with cancer offering a place to come together to explore the issues a family experiences.

Instructors: Legacy Cancer Healing Center Staff
Legacy Good Samaritan Medical Center: Saturday, Oct. 5, 1–4 p.m.
Contact mhartsook@lhs.org or 503-413-8404 for more information and to register.

LEGACY HEALTH

Family Caregiver Support Group: This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend.

Facilitator: Christen Moore, LCSW

Legacy Good Samaritan Medical Center: 1st Thursday of month 3–4:30 p.m.

Contact chmoore@lhs.org or 503-413-7841 for more information

Felting Workshop: For adults diagnosed with cancer. Create soft, colorful pins and scarves using wool and felt.

Instructor: Heather Mikes, DO

Legacy Good Samaritan Medical Center: Call for dates and times

Contact mhartsook@lhs.org or 503-413-8404 for more information and to register.

Gardening Workshop for Individuals with Cancer:

Learn adaptive gardening strategies, garden tasks for the season, and year-round indoor and outdoor techniques for energy conservation. Explore the benefits of nature and gardening for restoration and renewal.

Instructor: Teresia Hazen, Horticultural Therapist

Legacy Good Samaritan Medical Center: Mondays, 4:30 - 6:00 pm. 7/8 at Cornell Farm, 8/26 at Portland Nursery, 10/28, 11/4 at Legacy Good Samaritan

Contact thazen@lhs.org or 503-413-6507 for more information and to register.

Gynecological Cancer Support Group: Education and support for women and their families coping with the diagnosis, treatment and recovery from gynecological cancers.

Legacy Good Samaritan Medical Center: 2nd & 4th Wednesdays, noon-1:30 pm

Conference Room 219, Good Samaritan Building 3, 2nd floor

Contact Kate Leonard, PhD, at 503-292-9873 or

Selma Annala, RT, CLC at sannala@lhs.org or 503-413-7284.

Head & Neck Cancer Support Group: Education and support for individuals and families coping with the impact of a head, neck or oral cancer diagnosis.

Legacy Good Samaritan Medical Center: 1st Thursday, 4-5:30 pm

Conference Room 219, Good Samaritan Building 3, 2nd floor

Contact Julia Robinson, MS CCC-SLP at jurobin@lhs.org or 503-413-2841

Living with Uncertainty and Change: A 4 week series for individuals living with advanced cancer and or metastatic disease. This course will explore issues of living with cancer and provide tools for coping and enriching life. Registration required.

Legacy Good Samaritan Medical Center: Wednesdays 2:30-4:00pm Sept 25-Oct 23

Instructors; Kate Leonard, PhD, and Reza Antoszewska, ANP

Contact Reza Antoszewska at rantosze@lhs.org or 503-413-6550

Look Good, Feel Better: ACS program for women coping with skin and hair changes

Meets monthly at various locations. *For more information contact ACS at 1-800-227-2345*

Lymphedema Support Group: Education and support for individuals coping with the diagnosis, treatment and long-term effects of lymphedema.

Legacy Meridian Park Medical Center: 2nd Tuesday, 4-5:30 p.m.

Community Health Education Center, Room 105

Contact Selma Annala, RT, CLC at sannala@lhs.org or 503-413-7284

Meals that Heal: Learn healthy creative food preparation, sample foods and take home recipes

Contact: Marci Reed, RD, CSO, LD mareed@lhs.org or 503-413-6679 for more information

Meditation: For adults with a cancer diagnosis, care givers and their family members. Explore and apply time-honored methods that enhance our inner resources of strength, stability, serenity and improve immune function and painful conditions. Registration required.

Facilitator: Reza Antoszewska, Nurse Practitioner

Legacy Good Samaritan Medical Center: Thursdays 6:00-7:00pm

4 class series: Sept 8, 12, 26 and Oct 10

Contact Mary Orth morth@lhs.org or 503-413-6550 for more information.

Nature Walk and Stenzel Healing Garden Tour: Enjoy a 30-minute garden tour of seasonal feature plants, design ideas. Bring your favorite plant book for discussion. No reservation necessary. Walks held rain or shine. Meet at the pavilion in the garden.

Legacy Good Samaritan Medical Center: **Stenzel Healing Garden** Mondays 12:00-12:30 pm

7/22, 8/19, 9/16, 10/14, 11/11

Contact Teresia Hazen, thazen@legacy.org or 503-413-6507.

Prostate Cancer Support Group: Education and support for men with prostate cancer.

Legacy Good Samaritan Medical Center: 2nd Wednesday, 5:30-7 pm

Conference Room 219, Building 3, 2nd floor

Contact Paul Dorsey, MS, at pdorsey@lhs.org or 503-413-6050.

Touch Healing and Cancer Workshop: A one day workshop providing hands on instruction in touch for individuals with a cancer diagnosis and their partners. Space limited, pre-registration required

Instructors: Legacy Cancer Staff

East West College of the Healing Arts: September 28, 2013

Contact Eileen Dolan, BS, LMT, at edolan@lhs.org or 503-413-6871

Transitions: Moving Beyond Cancer Treatment: A six-week series promoting healthy lifestyle practices that incorporates a weekly 30-minute exercise session. Pre-registration and medical clearance required.

Instructors: Legacy Cancer Staff

Legacy Good Samaritan Medical Center: Wednesdays 6pm-8pm Oct 9 -Nov 13, 2013

Contact Wendy Talbot LCSW, OSW-C at wtalbot@lhs.org or 503-413-7921

MOVEMENT / EXERCISE CLASSES:

Dance for Couples: A six-week series of Latin dance classes for couples when one partner has a cancer diagnosis. Registration and medical release required.

September 12 - Oct 17 and Oct 24 - Dec 5

Trinity Episcopal Cathedral, Kempton Hall: Thursday evenings 7-8:30pm,

Contact Margaret Hartsook at mhartsook@lhs.org or 503-413-8404

Exercise and Nutrition: A four-week series to learn about the role of exercise and nutrition before, during and after a cancer diagnosis. Practice strength and flexibility exercises that you can perform at home.

Instructors: Martha Lundberg BSPT and Marci Reed, RD, CSO, LD

Legacy Good Samaritan Medical Center: January 2014

Women's Wellness Center Classroom, Building 2, Lower Level

Contact mareed@lhs.org or 503-413-6679 for more information.

Nia: Mind-body exercise class for cancer survivors incorporating movement in a playful, supportive environment. Registration and medical clearance required.

Instructor: Nia studio instructors
Studio Nia classroom, 918 SW Yamhill, Portland, OR
Tuesdays and Thursdays 10:30-11:30 am
Contact sannala@lhs.org or 503-413-7284 for more information.

Pilates for Individuals with Cancer: This movement class enhancing flexibility, core strength and body awareness. Registration and medical clearance required.

Instructor: Martha Lundberg BSPT
Good Samaritan Medical Center: Wednesdays 5:00-6:00pm
Women's Wellness Center Classroom, Building 2, Lower Level
Contact sannala@lhs.org or 503-413-7284

Yoga for Individuals with Cancer: A gentle way to develop strength, flexibility, breathing and relaxation. Registration and medical clearance required. Information available at class.

Instructor: Kathleen Perkins
Legacy Good Samaritan Medical Center: Tuesdays, 4:30-6 pm; Fridays, 10:30 am-noon.
Women's Wellness Center Classroom, Building 2, Lower Level
Contact kiperkins@comcast.net or 503-292-3653 for more information.

LOCATIONS FOR CLASSES AND GROUPS LISTED ABOVE:

Legacy Good Samaritan Medical Center
1015 NW 22nd Avenue
Portland, OR 97210
503-413-7711

Legacy Mount Hood Medical Center
24800 SE Stark Street
Gresham, Oregon 97030
503-674-1122

Legacy Meridian Park Medical Center
19300 SW 65th Avenue
Tualatin, Oregon 97062
503-692-1212

Legacy Salmon Creek Medical Center
2211 NE 139th Street
Vancouver, WA 98686
360-487-1000

These services are supported by the Legacy Health Foundations. To make a gift:
P.O. Box 4484, Portland, OR 97208; call 503-413-2786, or visit *www.legacyhealth.org/giving*

Commission on Cancer

NAPBC
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