

# Legacy Cancer Institute

## LEGACY CANCER HEALING CENTER CLASSES AND GROUPS January - June 2021

- Our classes and groups are offered for **FREE** to those affected by cancer, thanks to gifts (big and small) to the [Cancer Funds](#) of the Legacy Hospital Foundations. You *do not* need to be a Legacy patient to join.
- All classes and support groups have moved to **online virtual meetings** to minimize the spread of COVID-19 and protect the safety of our patients, staff and community. Contact the facilitator to get more information and the virtual meeting link.
- Visit our website, [www.LegacyHealth.org/CancerClasses](http://www.LegacyHealth.org/CancerClasses), or scan the **QR code** with your phone for the latest information.



### VIRTUAL ART AND WRITING GROUPS

#### SUMMER EXPRESSIONS

Art making can bring joy and reduce stress—before, during or after cancer treatment. You are invited to join us for guided art making, from the comfort of your own home.

**Thursdays, 1:30 – 3:30 pm**  
June 3 – 24

**Facilitator:** [Registration link](#) on our website.  
Margaret Hartsook, LPC, ATR-BC  
☎ 503-413-8404, [mhartsoo@lhs.org](mailto:mhartsoo@lhs.org)

#### FINDING CENTER: ART MAKING FOR MINDFULNESS AND STRESS-REDUCTION

During this weekly group you will use simple art processes and mindfulness exercises to connect with yourself and to set an intention for your week. No art experience necessary. Cancer patients, family & caregivers welcome to join for one or all sessions.

**Mondays, 11:15 am – 12 noon**  
February 8 – May 24

**Facilitator:** Blair Allen, MA [Registration link](#) on our website.  
☎ 503-413-8418, [ballen@lhs.org](mailto:ballen@lhs.org)

#### WORDS FOR HEALING: MONTHLY WRITING SERIES (SPONSORED BY THE SALMON CREEK FOUNDATION)

Writing with a group of peers in a safe, respectful environment creates community and connection, and can reduce stress while bolstering confidence and resiliency. Facilitated by writer, Dawn Thompson.

**Third Friday of every month.**  
10:00 am - 12:00 pm

**Facilitator:** Dawn Thompson, MA Margaret Hartsook, LPC, ATR-BC  
✉ [dathomp@lhs.org](mailto:dathomp@lhs.org)





# VIRTUAL MOVEMENT, EXERCISE AND MIND-BODY CLASSES



## YOGA FOR ADULTS WITH CANCER (SPONSORED BY THE GOOD SAMARITAN FOUNDATION/JACOBI FUND)

A gentle way to develop strength, flexibility, breathing and relaxation, in a supportive group environment. Offered twice weekly.

**Mondays, 12:00–1:30 pm and  
Fridays, 10:30 am–12:00 pm**

**Registration and medical clearance required**  
[Registration link](#) at:  
[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

**Instructor:** Patti Stone, e-RYT500, C-IAYT 1000, TIYT, AYS, Certified Yoga Therapist  
☎ 503-708-8392, [pattistone123@gmail.com](mailto:pattistone123@gmail.com)

## YOGA FOR HEALING FROM CANCER (SPONSORED BY THE MERIDIAN PARK FOUNDATION/LAMATTA FUND)

This weekly class uses gentle breath and movement to focus on cancer healing, wellness and community.

**Tuesdays, 5:00–6:00 pm**

**Registration and medical clearance required**  
[Registration link](#) at:  
[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

**Instructor:** Andrea Fastenow, E-RYT 200, Certified Yoga Instructor  
✉ [MeridianParkYoga@gmail.com](mailto:MeridianParkYoga@gmail.com)

## YOGA FOR ADULTS WITH CANCER (SPONSORED BY THE MOUNT HOOD FOUNDATION/CANCER SERVICES FUND)

A gentle way to develop strength, flexibility, breathing and relaxation, in a supportive group environment. Offered twice weekly.

**Tuesdays, 10:00–11:30 am and  
Fridays, 1:00–2:30 pm**

**Registration and medical clearance required**  
[Registration link](#) at:  
[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

**Instructor:** Patti Stone, Certified Yoga Therapist e-RYT500, C-IAYT 1000, TIYT, AYS  
☎ 503-708-8392, [pattistone123@gmail.com](mailto:pattistone123@gmail.com)

## QIGONG & T'AI CHI FOR ADULTS DIAGNOSED WITH CANCER (SPONSORED BY THE GOOD SAMARITAN/JACOBI FUND)

A gentle movement, breath and meditation practice that improves strength and balance, while supporting a peaceful state of mind

**Thursdays, 10:00 –11:00 am**

**Registration and medical clearance required**  
[Registration link](#) at:  
[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

**Instructor:** Wendy Tucker, ATR, CYT, Certified T'ai Chi, Qigong, Yoga Instructor  
☎ 503-277-8976,  
[wendy.awenarts@gmail.com](mailto:wendy.awenarts@gmail.com)

## PILATES FOR ADULTS DIAGNOSED WITH CANCER (SPONSORED BY THE GOOD SAMARITAN/JACOBI FUND)

Pilates is an excellent way to gain strength, flexibility, and overall conditioning, while minimizing impact on joints.

**Wednesdays, 5:00–6:00 pm**

**Registration and medical clearance required**  
[Registration link](#) at:  
[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

**Instructor:** Martha Lundberg, BSPT, STOTT PILATES® Certified Instructor  
☎ 503-413-7284, [ndunner@lhs.org](mailto:ndunner@lhs.org)

### Medical Clearance

A [Physician Release Form](#) needs to be filled out by a doctor, before you participate in your first exercise class. Please provide this completed form to the instructor, or Healing Center Coordinator. Forms are available for download at our website [www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses).

## MINDFULNESS MEDITATION

An ongoing, drop-in class for patients, caregivers, family members and staff to explore and develop mindfulness skills. Mindfulness can help reduce stress and anxiety, and promote relaxation and wellbeing. Offered twice a month.

**Second Thursdays, 6:00-7:00 pm and  
Fourth Wednesdays, 10:00-11:00 am**

**Instructor:** Reza Antoszewka, MS, ANP  
☎ 503-413-6550, [rantosze@lhs.org](mailto:rantosze@lhs.org)  
Contact Reza for registration and virtual meeting link.

**\*\* SPECIAL EVENT \*\* YOGA NIDRA FOR DEEP RELAXATION**

Yoga nidra means "yogic sleep." Yoga nidra refers to a specific multi-step process for the integration of body, mind and spirit, that promotes deep rest and relaxation. The position of the body is usually reclined face-up, using blankets and pillows for support, with the eyes closed and the body still and quiet. No medical release required. All are welcome.

**Wednesday, April 21**  
**1:00–2:00 pm**

[For more info and registration link](#) visit:  
[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

Guided by: Patti Stone, Certified Yoga Therapist e-RYT500, C-IAYT 1000, TIYT, AYS  
☎ 503-708-8392, [pattistone123@gmail.com](mailto:pattistone123@gmail.com)



## VIRTUAL SUPPORT GROUPS



**Groups offer peer-to-peer support and education for adults coping with diagnosis, treatment and recovery from various cancers.**

Registration: Groups are on-going monthly, and a drop-in format. Contact staff below with questions and for virtual meeting link.

### **WOMAN'S ADVANCED & METASTATIC CANCER SUPPORT GROUP (CO-SPONSORED BY THE PINK LEMONADE PROJECT)**

Support for women coping with advanced cancer, or cancer that has metastasized.

**Last Thursday of every month, 11:00 am – 12:30 pm**  
1/28, 2/25, 3/25, 4/29, 5/27, 6/24

Facilitators: Catherine Patterson, LCSW & Caroline Murphy, M.Div  
☎ 360-487-1727, [cmpatter@lhs.org](mailto:cmpatter@lhs.org)

### **HEAD AND NECK CANCER SUPPORT GROUP**

Support for individuals and their loved ones coping with the impact of a head, neck or oral cancer diagnosis.

**First Thursday of every month, 4:00–5:30 pm**  
1/7, 2/4, 3/4, 4/1, 5/6, 6/3

Facilitator: Julia Robinson, M.S.CCC-SLP  
☎ 503-413-2841, [jurrobin@lhs.org](mailto:jurrobin@lhs.org)

### **GYNECOLOGICAL CANCER SUPPORT GROUP**

Support for individuals and their loved ones coping with diagnosis, treatment and recovery from gynecological cancers.

**Second Wednesday of every month, 12:00–1:30 pm**  
1/13, 2/10, 3/10, 4/14, 5/12, 6/9

Facilitator: Kate Leonard, PsyD  
☎ 503-292-9873, or ✉ [ndunner@lhs.org](mailto:ndunner@lhs.org)

### **BRAIN TUMOR SUPPORT GROUP**

Support for individuals, adult family members and caregivers coping with diagnosis, treatment and recovery from a primary brain tumor (cancer and non-cancer).

**First Wednesday of every month, 4:00–5:30 pm**  
1/6, 2/3, 3/3, 4/7, 5/5, 6/2

Facilitators: Annette Raab, RN, OCN      Sara Butler, LCSW, OSW-C  
☎ 503-413-7259, [araab@lhs.org](mailto:araab@lhs.org)      ☎ 503-413-7932, [sebutler@lhs.org](mailto:sebutler@lhs.org)

### **BREAST CANCER SUPPORT GROUP**

Open and topical discussion to support women in any stage of breast cancer, from diagnosis to post-treatment.

**Third Thursday of every month, 5:30–7:00 pm**  
1/21, 2/18, 3/18, 4/15, 5/20, 6/17

Facilitators: Sara Butler, LCSW, OSW-C      Margaret Hartsook, LPC, ATR-BC  
☎ 503-413-7932, [sebutler@lhs.org](mailto:sebutler@lhs.org)      ☎ 503-413-8404, [mhartsoo@lhs.org](mailto:mhartsoo@lhs.org)

### **PROSTATE CANCER SUPPORT GROUP**

Support for individuals with a prostate cancer diagnosis. Spouses and partners are respectfully asked not to attend.

**Second Wednesday of each month, 5:30–7:00 pm**  
1/13, 2/10, 3/10, 4/14, 5/12, 6/9

Facilitators: Niani Dunner, MPH      Kurt Neilson, M.Div., MTS, BCCC, S.I.T.  
☎ 503-413-7284, [ndunner@lhs.org](mailto:ndunner@lhs.org)      ☎ 503-413-6124, [kbnilson@lhs.org](mailto:kbnilson@lhs.org)

# JANUARY – JUNE 2021

## ON-GOING CLASSES & SUPPORT GROUPS

- Schedule is subject to changes and cancelations. Always check with staff contact before attending.
- Visit our website—[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)—for updated class information.

### MONDAYS

**YOGA with Patti** sponsored by **GOOD SAM**

Every Monday  
12:00 – 1:30 pm

**FINDING CENTER**

Mondays, February 8 – May 24  
11:15 – 12 noon

### TUESDAYS

**YOGA with Patti** sponsored by **MOUNT HOOD**

Every Tuesday  
10:00 – 11:30 am

**YOGA with Andrea** sponsored by **MERIDIAN PARK**

Every Tuesday  
5:00 – 6:00 pm

### WEDNESDAYS

**BRAIN TUMOR SUPPORT GROUP**

1st Wednesday of every month  
4:00 – 5:30 pm

**PILATES** sponsored by **GOOD SAM**

Every Wednesday  
5:00 – 6:00 pm

**PROSTATE SUPPORT GROUP**

2nd Wednesday of every month  
5:30 – 7:00 pm

**GYNO SUPPORT GROUP**

2nd Wednesday of every month  
12:00 – 1:30 pm

**MINDFULNESS MEDITATION**

4th Wednesday of every month  
10:00 – 11:00 am

### THURSDAYS

**T'AI CHI/QIGONG** sponsored by **GOOD SAM**

Every Thursday  
10:00 – 11:00 am

**SUMMER EXPRESSIONS ART STUDIO**

Thursdays, June 3 – 24  
1:30 – 3:30 pm

**BREAST SUPPORT GROUP**

3rd Thursday of every month  
5:30 – 7:00 pm

**HEAD & NECK SUPPORT GROUP**

1st Thursday of every month  
4:00 – 5:30 pm

**WOMEN'S ADVANCED/METASTATIC SUPPORT GROUP**

Last Thursday of every month  
11:00 am – 12:30 pm

**MINDFULNESS MEDITATION**

2nd Thursday of every month  
6:00 – 7:00 pm

### FRIDAYS

**YOGA with Patti** sponsored by **GOOD SAM**

Every Friday  
10:30 am – 12:00 pm

**YOGA with Patti** sponsored by **MOUNT HOOD**

Every Friday  
1:00 – 2:30 pm

**WORDS FOR HEALING** sponsored by **SALMON CREEK**

Third Fridays, 10:00 am – 12:00 pm