

Legacy Cancer Institute

LEGACY CANCER HEALING CENTER CLASSES & GROUPS July - December 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 staff to get more information and the virtual meeting link.
- Visit our website, www.LegacyHealth.org/CancerClasses, or scan the **QR code** with your phone for the latest information.

Free!



VIRTUAL ART AND WRITING GROUPS

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, 11:00 am – 12 noon

August 23 – December 6
(No group Sept. 6, Nov. 1)

Facilitator: Blair Allen, ATR, LAT

☎ 503-413-8418, blallen@lhs.org

[Registration link](#) on our website.

Sponsored by Mount Hood

Fridays, 1:30 pm – 2:30 pm

August 27 – December 10
(No group Sept. 24, Oct. 29, Nov. 26)

Facilitator:

Margaret Hartsook, LPC, ATR-BC

☎ 503-413-8404, mhartsoo@lhs.org

[Registration link](#) on our website.

Sponsored by Salmon Creek

VIRTUAL OPEN ART STUDIO

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. Cancer patients, family & caregivers welcome to join for one or all sessions.

Thursdays, 1:30 – 3:30 pm

September 30 – December 16
(No group Oct. 28, Nov. 25)

Facilitator:

Margaret Hartsook, LPC, ATR-BC

☎ 503-413-8404, mhartsoo@lhs.org

[Registration link](#) on our website.

WORDS FOR HEALING (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. Held monthly.

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

Facilitator: Dawn Thompson, MA

✉ dathomp@lhs.org

Margaret Hartsook, LPC, ATR-BC





VIRTUAL MOVEMENT, EXERCISE AND MIND-BODY CLASSES



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

Instructor: Wendy Tucker, ATR, CYT,
Certified T'ai Chi, Qigong, Yoga Instructor
☎ 503-277-8976,
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

Instructor: Martha Lundberg, BSPT, STOTT
PILATES® Certified Instructor
☎ 503-413-7284, ndunner@lhs.org

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

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

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

Instructor: Patti Stone, e-RYT500, C-IAYT
1000, TIYT, AYS, Certified Yoga Therapist
☎ 503-708-8392, 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
starts August 17th

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

Instructor: Andrea Fastenow, E-RYT 200,
Certified Yoga Instructor
✉ ndunner@lhs.org

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

Contact Reza for registration and virtual meeting link.

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.

Wednesdays, 1:00–2:00 pm
July 14, September 22, December 1

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

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



VIRTUAL NUTRITION CLASSES



CANCER SUPERFOODS: EATING WITH THE SEASON

Learn about the cancer fighting powers and health benefits of different foods groups, and what it means to “eat with the season.” Our oncology-certified dietitians will give you practical info, provide easy-to-follow recipes, and do a cooking demonstration.

Saturday, October 9 11:00 am – 12:30 pm	Registration on our website opens September 1.	Instructor: Maran Scott RD, CD, CSO ☎ 360-487-1721, mavscott@lhs.org
Wednesday, November 10 3:30 – 5:00 pm	Registration on our website opens October 1.	Instructor: Marci Reed RD, CSO, LD ☎ 503-413-6679, mareed@lhs.org



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 7/29, 8/26, 9/30, 10/28, 11/18* (3 rd Thurs), 12/30	Facilitators: Catherine Patterson, LCSW & Caroline Murphy, M.Div ☎ 360-487-1727, cmpatter@lhs.org
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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 7/1, 8/5, 9/2, 10/7, 11/4, 12/2	Facilitator: Julia Robinson, M.S.CCC-SLP ☎ 503-413-2841, jurrobin@lhs.org
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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 7/14, 8/11, 9/8, 10/13, 11/10, 12/8	Facilitator: Kate Leonard, PsyD ☎ 503-292-9873, or ✉ ndunner@lhs.org
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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 7/7, 8/4, 9/1, 10/6, 11/3, 12/1	Facilitators: Annette Raab, RN, OCN ☎ 503-413-7259, araab@lhs.org	Sara Butler, LCSW, OSW-C ☎ 503-413-7932, sebutler@lhs.org
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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 7/15, 8/19, 9/16, 10/21, 11/18, 12/16	Facilitators: Sara Butler, LCSW, OSW-C ☎ 503-413-7932, sebutler@lhs.org	Margaret Hartsook, LPC, ATR-BC ☎ 503-413-8404, mhartsoo@lhs.org
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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 7/14, 8/11, 9/8, 10/13, 11/10, 12/8	Facilitators: Niani Dunner, MPH ☎ 503-413-7284, ndunner@lhs.org	Kurt Neilson, M.Div., MTS, BCCC, S.I.T. ☎ 503-413-6124, kbnilson@lhs.org
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JULY – DECEMBER 2021

ON-GOING CLASSES & SUPPORT GROUPS

- Schedule is subject to changes and cancelations. Always check with staff before attending.
- Visit our website—www.legacyhealth.org/cancerclasses—for updated information.

MONDAYS

YOGA with Patti sponsored by **GOOD SAM**
Every Monday
12:00 – 1:30 pm

FINDING CENTER with Blair sponsored by **MOUNT HOOD**
Mondays, August 23 – December 6
11:00 – 12 noon

TUESDAYS

YOGA with Patti sponsored by **MOUNT HOOD**
Every Tuesday
10:00 – 11:30 am

YOGA with Andrea sponsored by **MERIDIAN PARK**
Tuesdays, August 17 – December 28
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

VIRTUAL OPEN ART STUDIO
Thursdays, September 30 – December 16
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

FINDING CENTER with Margaret sponsored by **SALMON CREEK**
Fridays, August 27 – December 10
1:30 – 2:30 pm