

# Legacy Cancer Institute

## LEGACY CANCER HEALING CENTER SUPPORT GROUPS, CLASSES & EVENTS

July - December 2023

Free!

- Our classes and groups are offered for **FREE** to those affected by cancer, thanks to generous donations to the [Cancer Funds](#) of the Legacy Hospital Foundations. You *do not* need to be a Legacy patient to join.
- Most classes and groups are held as **online virtual meetings**. Some are **in-person** at our medical centers, and others are a **hybrid** of the two.
- Visit our website, [www.LegacyHealth.org/CancerClasses](http://www.LegacyHealth.org/CancerClasses), or scan the **QR code** with your phone for the latest information, including cancellations.



### IN-PERSON & HYBRID NUTRITION CLASSES



#### CANCER SUPERFOODS

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 the latest science behind cancer and nutrition, offer practical info on how to use ‘superfoods’ in your every day life, and provide easy-to-follow recipes. Each class has a drawing for a FREE cookbook for those who attend in-person! Two class formats to choose from:

- ◆ **In-Person Classes:** Live educational presentation, Q & A, food demonstration, and tasting of recipes.
- ◆ **Hybrid Classes:** 1 hour pre-recorded, self-paced educational presentation sent out via e-mail 1-week before in-person portion. 1-hour in-person food demo, Q & A and tasting of recipes held 1-week *after* e-mailed presentation.

**Saturday, July 15 (HYBRID)**  
10:00 am – 11:00 am  
Salmon Creek Medical Center

Presentation video e-mailed week of July 1;  
in-person held July 15. Register at:  
[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

**Instructor:** Maran Scott RD, CD,  
CSO ☎ 360-487-1721,  
✉ [mavscott@lhs.org](mailto:mavscott@lhs.org)

**Wednesday, November 15 (IN-PERSON)**  
12:00 – 1:30 pm  
Mount Hood Medical Center

Space limited and registration required at:  
[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

**Instructor:** Marci Reed RD,  
CSO, LD ☎ 503-413-6679,  
✉ [mareed@lhs.org](mailto: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. All cancer types welcome.

**Last Thursday of every month, 5:00 – 6:30 pm**

July 27      September 28      November 30  
August 31    October 26      December 28

Facilitators: Catherine Patterson, LCSW & Caroline Murphy, M.Div  
☎ 360-487-5468, [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**

**\*\*Weds, July 5\*\***    September 7      November 2  
August 3              October 5      December 7

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 Thursday of every month, 5:00–6:30 pm**

July 13      September 14      November: **CANCELED**  
August 10    October 12      December 14

Facilitator: Kate Leonard, PhD  
☎ 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).

**\*NEW DAY\* Last Wednesday of every month, 4:00–5:30 pm**

July 26      September 27      November 29  
August 30    October 25      December 27

Facilitator: Sara Butler, LCSW, OSW-C  
☎ 503-413-7932, [sebutler@lhs.org](mailto:sebutler@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**

July 12      September 13      November 8  
August 9    October 11      December 13

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)

## BREAST CANCER SUPPORT GROUP

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

**First Tuesday of every month, 5:30–7:00 pm**

July: **CANCELED**    September 5      November 7  
August 1              October 3      December 5

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)



# VIRTUAL & IN-PERSON MOVEMENT AND EXERCISE CLASSES



## Medical Clearance and Registration Required

A [Physician Release Form](#) needs to be filled out by a doctor, before you participate in your first exercise class, either virtual or in-person. Class registration links and Physician Release Forms are available at our website [www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses).

### GENTLE YOGA WITH ADDIE (VIRTUAL AND IN-PERSON)

This weekly gentle yoga class will encourage strength, flexibility, confidence, calm and wellbeing through a gradual exploration and expansion of movement. We will combine yoga postures, breath practices and mindfulness techniques to create a meaningful and well-rounded practice. Wherever you are in your cancer journey—from diagnosis to treatment and beyond—you are welcome to join us for mindful movement in a supportive environment. Sponsored by Salmon Creek.

**Tuesdays, 5:15–6:15 pm**

Offered virtually AND in-person in Vancouver, WA.

Instructor: Addie deHilster, C-IAYT, E-RYT 500,  
Certified Yoga Therapist

✉ [mail@movedtomeditate.com](mailto:mail@movedtomeditate.com)

☎ 503-413-7284

### YOGA WITH PATTI (VIRTUAL AND IN-PERSON)

A gentle way to develop strength, flexibility, breathing and relaxation, in a supportive group environment. Held virtually four times a week, with once a month option to practice in-person in Gresham.

Good Samaritan Sponsored classes:

**Mondays, 1:00–2:30 pm** and

**Fridays, 10:45 am–12:15 pm**

Mount Hood Sponsored class:

**Mondays, 11:00 am–12:30 pm** and

**Fridays, 1:00–2:30 pm** \*\*

Instructor: Patti Stone, e-RYT500, C-IAYT 1000, TIYT, AYS,  
Certified Yoga Therapist

✉ [pattistone123@gmail.com](mailto:pattistone123@gmail.com)

☎ 503-708-8392

**\*\*Held in-person in Gresham, OR on the second Friday of every month, as well as virtually.**

### QIGONG & T'AI CHI WITH WENDY (VIRTUAL)

A gentle movement, breath and meditation practice that improves strength and balance, while supporting a peaceful state of mind. Held two times a week. Sponsored by Good Samaritan.

**Tuesdays, 11:30 am–12:30 pm** and

**Thursdays, 10:00–11:00 am**

Instructor: Wendy Tucker, ATR, CYT,

Certified T'ai Chi, Qigong, Yoga Instructor

✉ [wendy.awenarts@gmail.com](mailto:wendy.awenarts@gmail.com)

☎ 503-277-8976

### PILATES WITH MARTHA (VIRTUAL)

Pilates is an excellent way to gain strength, flexibility, and overall conditioning, while minimizing impact on joints. Held weekly. Sponsored by Good Samaritan.

**Wednesdays, 5:00–6:00 pm**

**NO CLASS August 16–November 8;**

classes will resume November 15, 2023

Instructor: Martha Lundberg, BSPT

STOTT PILATES® Certified Instructor

✉ [ndunner@lhs.org](mailto:ndunner@lhs.org)

☎ 503-413-7284



# IN-PERSON & VIRTUAL ART THERAPY AND WRITING GROUPS



{ Register for all Art Therapy groups at [www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses) }

## WORDS FOR HEALING (VIRTUAL)

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 virtually twice a month. Join for one or all!

### First Friday of every month. 10:00 am - 12:00 pm

July 7      September 1      November 3  
August 4      October 6      December 1

#### Facilitators:

Dawn Thompson, MA and Blair Allen, ATR, LAT

✉ [dathomp@lhs.org](mailto:dathomp@lhs.org)

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

July 21      September 15      November 17  
August 18      October 20      December 15

#### Facilitators:

Dawn Thompson, MA and Margaret Hartsook, LPC, LCAT, ATR-BC

✉ [dathomp@lhs.org](mailto:dathomp@lhs.org)

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

During this 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 and caregivers welcome to join for one or all virtual sessions.

### Wednesdays, 1:30 – 2:30 pm

May 17 – August 16

#### Facilitators:

Margaret Hartsook, LPC, LCAT, ATR-BC and Blair Allen, ATR, LAT

✉ [ArtTherapy@lhs.org](mailto:ArtTherapy@lhs.org)

### Mondays, 1:00 – 2:00 pm

September 11 – December 11

#### Facilitator:

Blair Allen, ATR, LAT; ✉ [blallen@lhs.org](mailto:blallen@lhs.org)

### Fridays, 1:00 – 2:00 pm

September 15 – December 15 (no group 11/24)

#### Facilitator:

Margaret Hartsook, LPC, LCAT, ATR-BC; ✉ [mhartsoo@lhs.org](mailto:mhartsoo@lhs.org)

## EXPRESSIONS OF HEALING (IN-PERSON)

Come explore your creativity with this in-person art group. All materials will be provided, and no art experience is necessary. Patients, family, and caregivers welcome to join for one or all sessions. Space is limited, and pre-registration—at least 1 day in advance—is required. Held in the Cancer Healing Center at each location.

### Monday, 1:30 – 3:30 pm

August 14      October 16  
*September: canceled*      November 13

Mount Hood Medical Center  
MOB 1 – Suite 211  
Gresham, OR

Facilitator: Blair Allen, ATR, LAT

✉ [blallen@lhs.org](mailto:blallen@lhs.org)

### Thursday, 1:30 – 3:30 pm

August 3  
*September: canceled*

### Saturday, 1:30 – 3:30 pm

October 7  
November 4

Good Samaritan Medical Center  
MOB 3 – Suite LL10  
NW Portland, OR

Facilitator: Blair Allen, ATR, LAT

✉ [blallen@lhs.org](mailto:blallen@lhs.org)

### Friday, 1:30 – 3:30 pm

August 25      October 27  
September 29      November 17

Salmon Creek Medical Center  
MOB B – Suite 160  
Vancouver, WA

Facilitator: Margaret Hartsook,  
LPC, LCAT, ATR-BC

✉ [mhartsoo@lhs.org](mailto:mhartsoo@lhs.org)

## OPEN ART STUDIO (VIRTUAL)

Art making can bring joy and reduce stress—before, during or after cancer treatment. You are invited to join us for weekly guided art making, from the comfort of your own home. Cancer patients, family and caregivers welcome to join for one or all sessions.

### Thursdays, 1:30 – 3:30 pm

September 14 – December 14  
(No group Thanksgiving)

#### Facilitators:

Margaret Hartsook, LPC, LCAT, ATR-BC and Blair Allen, ATR, LAT

✉ [ArtTherapy@lhs.org](mailto:ArtTherapy@lhs.org)

## RETURN TO SELF: EXPLORING GRIEF AND RESILIENCE THROUGH THE CREATIVE PROCESS (IN-PERSON)

*Return To Self* offers a unique opportunity to process the grief and loss related to having cancer, and nurture resilience, hope and growth moving forward. This group is for individuals who are done with primary cancer treatment and wanting to explore and process the emotional aspects of life after cancer through peer-to-peer discussion and art-based techniques, including mixed media and writing. No art experience necessary. Visit our website for more info, or e-mail the facilitators to determine if this group is right for you.

**Wednesdays, 10:30 am – 12:30 pm**

October 11 – November 15  
(No group October 25)

Facilitators:

Art Therapists, Blair Allen & Margaret Hartsook

✉ [ArtTherapy@lhs.org](mailto:ArtTherapy@lhs.org)



## IN-PERSON & VIRTUAL MIND-BODY EVENTS



### FOREST BATHING: MEDITATION IN NATURE (IN-PERSON)

Forest bathing is a guided nature connection experience inspired by the Japanese practice of *Shinrin-Yoku*. These immersive experiences offer the opportunity to shift away from the stress of daily life, and find support and nourishment through engagement with the natural world. Forest bathing allows our nervous system to access a state of peacefulness, that helps reduce stress, anger, anxiety, and depression. Join us as we slow down, tune into our senses, and relax into the beauty around us. Presented by Irene Bailey of *Temenos Rising*. Patients and survivors given priority registration, followed by caregivers.

**Space is limited and registration is required. After registration and closer to event date, you will receive info about where to meet and what to bring.**

**Sunday, 9:30–11:30 am**

September 10  
Leach Botanical Gardens  
SE Portland, OR

**Saturday, 9:30–11:30 am**

October 28  
Mary S. Young Park  
West Linn, OR

Questions: Niani Dunner

✉ [ndunner@lhs.org](mailto:ndunner@lhs.org), ☎ 503-413-7284

**Register for all events at [www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)**

### GONG MEDITATION (IN-PERSON)

This musical experience bathes every cell of the body in therapeutic sound and vibration, promoting stress reduction and deep relaxation. The gongs acoustically create a deep, spontaneous meditative state that restores harmony and vitality to the mind, body and soul. The 90-minute event includes a brief discussion on the health benefits of sound, followed by a 45-minute Gong Meditation. Presented by Wayne Marto of *Beneficial Sound*. Patients, loved ones and staff welcome!

**Space is limited and registration is required.**

**Saturday, 9:00–10:30 am**

August 5  
December 2

Location:

Meridian Park Medical Center  
Community Health Education Center  
Tualatin, OR

Questions: Niani Dunner

✉ [ndunner@lhs.org](mailto:ndunner@lhs.org), ☎ 503-413-7284

### YOGA NIDRA FOR DEEP RELAXATION (VIRTUAL)

Yoga nidra means "yogic sleep." Yoga nidra refers to a specific multi-step process for the integration of body and mind, 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, 1:30–2:30 pm**

October 11  
December 20

Guided by: Patti Stone, e-RYT500, C-IAYT 1000, TIYT, AYS,  
Certified Yoga Therapist

✉ [pattistone123@gmail.com](mailto:pattistone123@gmail.com); ☎ 503-708-8392

# JULY – DECEMBER 2023

## 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](http://www.legacyhealth.org/cancerclasses)—for updated information.

### MONDAYS

**YOGA with Patti** sponsored by **MOUNT HOOD**  
Every Monday  
11:00 am – 12:30 pm

**YOGA with Patti** sponsored by **GOOD SAM**  
Every Monday  
1:00 – 2:30 pm

**FINDING CENTER**  
Mondays, September 11 - December 11  
1:00 – 2:00 pm

### TUESDAYS

**T'AI CHI/QIGONG** sponsored by **GOOD SAM**  
Every Tuesday  
11:30 am – 12:30 pm

**BREAST SUPPORT GROUP**  
1st Tuesday of every month  
5:30 – 7:00 pm

**YOGA with Addie** sponsored by **SALMON CREEK**  
Every Tuesday  
5:15 – 6:15 pm

### WEDNESDAYS

**BRAIN TUMOR SUPPORT GROUP**  
Last Wednesday of every month  
4:00 – 5:30 pm

**PILATES** sponsored by **GOOD SAM**  
Every Wednesday (NO class August 16–November 8)  
5:00 – 6:00 pm

**PROSTATE SUPPORT GROUP**  
2nd Wednesday of every month  
5:30 – 7:00 pm

**FINDING CENTER**  
Wednesdays, May 17 - August 16  
1:30 – 2:30 pm

### THURSDAYS

**T'AI CHI/QIGONG** sponsored by **GOOD SAM**  
Every Thursday  
10:00 – 11:00 am

**WOMEN'S ADVANCED/METASTATIC SUPPORT GROUP**  
Last Thursday of every month  
5:00 – 6:30 pm

**HEAD & NECK SUPPORT GROUP**  
1st Thursday of every month  
4:00 – 5:30 pm

**VIRTUAL OPEN ART STUDIO**  
Thursdays, September 14 - December 14  
1:30 – 3:30 pm

**GYNECOLOGICAL SUPPORT GROUP**  
2nd Thursday of every month  
5:00 – 6:30 pm

### FRIDAYS

**YOGA with Patti** sponsored by **GOOD SAM**  
Every Friday  
10:45 am – 12:15 pm

**YOGA with Patti** sponsored by **MOUNT HOOD**  
Every Friday  
1:00 – 2:30 pm

**WORDS FOR HEALING** sponsored by **SALMON CREEK**  
1st and 3rd Friday of every month  
10:00 am – 12:00 pm

**FINDING CENTER**  
Fridays, September 15 - December 15  
1:00 – 2:00 pm