

# Legacy Cancer Institute

## LEGACY CANCER HEALING CENTER – CLASSES AND GROUPS July - December 2019

For more information about individual support groups and classes, visit [legacyhealth.org/CancerClasses](http://legacyhealth.org/CancerClasses), or contact the staff listed below. 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.

### FREE parking at all class locations

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[Legacy Good Samaritan Medical Center](#)  
1015 NW 22<sup>nd</sup> Ave., Portland, OR 97210  
503-413-7711

[Legacy Meridian Park Medical Center](#)  
19300 SW 65th Ave., Tualatin, OR 97062  
503-692-1212

[Legacy Mount Hood Medical Center](#)  
24800 SE Stark St., Gresham, OR 97030  
503-674-1122

[Legacy Salmon Creek Medical Center](#)  
2211 NE 139th St., Vancouver, WA 98686  
360-487-1000



### Food As Medicine

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**Meals That Heal** - An evening with a professional chef and an oncology certified dietician, demonstrating meal planning and preparation with cancer-fighting foods. You will have the opportunity to sample dishes and take recipes home. Register at [www.legacyhealthevents.org](http://www.legacyhealthevents.org), search 'Cancer.'

**Meridian Park Medical Center:** Monday, **October 7**. 6:00 – 7:30 pm.

Contact Marci Reed RD, LC, CD at [mareed@lhs.org](mailto:mareed@lhs.org) or 503-413-6679 for information.



### Mind-Body Classes

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**\*NEW\* Gong Bath Meditation** - Come and enjoy a musical experience of sound and vibration that promotes stress reduction and deep relaxation, by Wayne Marto of *Beneficial Sound*. Psychologist, Dr. Valerie Correa, will moderate an optional group conversation after the gongs. Participants can share thoughts, feelings, or questions that arise during the experience. Reserve your spot at [www.legacyhealthevents.org](http://www.legacyhealthevents.org), search 'Cancer.'

**Good Samaritan Medical Center.** Saturday, **September 7** and **November 2**. 9:00-10:30 am

Building 2, Lower Level, Wellness Center Classroom

Contact Niani Dunner, MPH at [ndunner@lhs.org](mailto:ndunner@lhs.org) or 503-413-7284 for information.

**Mindfulness Meditation** - An on-going, drop-in class for patients, caregivers, family members and staff to explore and develop meditation skills. Contact Reza Antoszewski, MS, ANP, [rantosze@lhs.org](mailto:rantosze@lhs.org) or 503-413-6550 for information.

**Good Samaritan Medical Center.** 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 10:00-10:45 am

Building 2, 3<sup>rd</sup> floor, room 306

**Meridian Park Medical Center.** 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, 11:15 am-12 noon.

Main Hospital, conference room A



**Gardening Workshop for Individuals with Cancer** - Explore the benefits of nature and gardening for restoration and renewal. Learn adaptive gardening strategies, garden tasks for the season, and year-round indoor and outdoor techniques for energy conservation with Horticultural Therapist, Teresia Hazen. Registration required 4 days prior to session.

**Good Samaritan Medical Center:** Thursday, **August 22**. 3:00 - 4:00 pm

Contact [thazen@lhs.org](mailto:thazen@lhs.org) or 503-413-6507 for more information and to register.



**Stenzel Garden Tour and Guided Nature Walks** - Enjoy a garden tour of seasonal plants and design ideas. No registration. Walks held rain or shine. Meet at the covered pavilion in the garden. Garden tours at 10 am, nature walk at 10:30 am, lunch together in hospital café at 11:30.

**Good Samaritan Medical Center:** Tuesdays, 10:00 -11:30 pm

**July 16; August 20; September 17; October 15; November 12**



## Art and Writing Groups

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Art Therapist, **Margaret Hartsook**, LPC, ATR-BC, coordinates all art and writing groups. Space is limited, and pre-registration is required. To register, and for more information, please contact Margaret at [mhartsoo@lhs.org](mailto:mhartsoo@lhs.org) or **503-413-8404**.

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**\*NEW\* Words for Healing: A Writing Workshop for Healing from Cancer** - Connect more deeply with yourself by honoring the stories that live inside of you. You'll have the opportunity to share stories with others on the same path of healing, in a safe, respectful environment. No prior writing experience needed. Register at [www.legacyhealthevents.org](http://www.legacyhealthevents.org), search 'Cancer.'

**Good Samaritan Medical Center:** Stand alone, 2-hour workshops.

Wednesday, **October 23**. 6:00 - 8:00 pm. Saturday, **December 7**. 10:00 am - 12 noon

Facilitated by writer Dawn Thompson.

**Poetry for Healing: A Writing Workshop for Healing from Cancer** - This writing workshop offers a safe, nurturing and confidential setting to promote creative expression. Using poetry and other prompts, group members are invited to explore relevant themes in their lives. No prior writing experience needed. **Good Samaritan Medical Center:** Saturday, **November 9**, 1:00 - 5:00 pm

Co-facilitated with psychiatrist & poet Diane Leslie Kaufman.

**Pop-Up Open Art Studio** - Taking time to do hands-on art making can be a helpful part of the healing process. Patients, family, caregivers and staff are invited to drop-by any time during Pop-Up hours to make art in a creative, calming environment. Art supplies and different mediums provided.

**Good Samaritan Medical Center:**

Summer: **July 11 – August 1**. Thursdays, 1:00 - 4:00 pm

Fall: **October 2 – December 11**. Wednesdays, 2:00 - 5:00 pm

Medical Building 3, Lower Level Atrium (outside of Radiation-Oncology)

**Expressions of Healing: Art and Community** - Learn and use simple, art-based processes to create insight, healing and community for those who wish to explore their cancer journey.

**Salmon Creek Medical Center:** 3<sup>rd</sup> Saturdays, 2:00 - 5:00 pm

**July 20; September 21; October 19; November 16; Closed in August and December.**

**Finding Center: Art Making for Mindfulness and Stress Reduction** - An art-based group that combines the healing power of art with mindfulness. We will focus our attention through silent art making, to calm our inner selves to reduce stress and anxiety.

**Meridian Park Medical Center:** 1:00 - 3:00 pm. Weds., **August 14** & Thurs., **October 31**

**Mt. Hood Medical Center:** 1:00 - 3:00 pm. Weds., **August 21** & Thurs., **November 7**

**Salmon Creek Medical Center:** 11:00 - 1:00 pm. Last Friday of each month.

**July 26; August 30; October 25; November 29; Closed September and December.**

**Creative Felting Workshop: Fiber Arts for Adults with Cancer** - Felting is a simple process of separating, tangling, and combining wool fibers into small sculptures and colorful 3-D designs. A fun and creative 1-day workshop open to all levels (beginner to advanced) of felters. Participants work at their own pace to complete projects. All materials are provided.

**Good Samaritan Medical Center.** 1:00 – 4:00 pm. **August 10**



## **Movement and Exercise Classes**

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All movement and exercise classes require a [Physician Release Form](#) be filled out by a doctor, before you attend your first class. Please bring this completed form with you when starting a new class. Forms are available for download at: [www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses). Or to request a blank form, please contact Niani Dunner at [ndunner@lhs.org](mailto:ndunner@lhs.org) or 503-413-7284.

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**\*NEW\* Yoga for Healing from Cancer** - A gentle way to develop strength, flexibility, breathing and relaxation, in a supportive group environment. Pre-registration and medical clearance required. *Register at [www.legacyhealthevents.org](http://www.legacyhealthevents.org), search 'Cancer.'*

**Meridian Park Medical Center:** Tuesdays, 4:30 - 6:00 pm

Instructor: Andrea Fastenow, e-RYT200.

Contact Niani Dunner at [ndunner@lhs.org](mailto:ndunner@lhs.org) or 503-413-7284 for information.

**Yoga for Adults with Cancer** - A gentle way to develop strength, flexibility, breathing and relaxation, in a supportive group environment. Registration at class; medical clearance required.

**Good Samaritan Medical Center:** Tuesdays, 4:15 - 5:45 pm; Fridays, 10:30 -12 noon

Building 2, Lower Level, Wellness Center Classroom

**Mount Hood Medical Center:** Tuesdays, 10:00 - 11:30 am; Fridays, 1:30 - 3:00 pm

Cascade Building, Rooms 1 & 2.

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

Contact [pattistone123@gmail.com](mailto:pattistone123@gmail.com) or 503-708-8392 for information.

**Pilates for Adults with Cancer** - This movement class enhances flexibility, core strength and body awareness. Registration at class; medical clearance required.

**Good Samaritan Medical Center:** Wednesdays, 5:00 - 6:00 pm

Building 2, Lower Level, Wellness Center Classroom

Instructor: Martha Lundberg, BSPT, STOTT PILATES® Certified Instructor

Contact Niani Dunner at [ndunner@lhs.org](mailto:ndunner@lhs.org) or 503-413-7284 for information.

**Qigong/T'ai Chi for Adults with Cancer** - A gentle movement, breath and meditation practice that improves strength, balance and a peaceful state of mind. Pre-registration and medical clearance required. **Good Samaritan Medical Center:** Wednesdays, 10:00 -11:30 am. **Closed in August.**

Building 2, Lower Level, Wellness Center Classroom

Instructor: Wendy Tucker, ATR, CYT, Certified T'ai Chi, Qigong, Yoga Instructor

Contact Niani Dunner at [ndunner@lhs.org](mailto:ndunner@lhs.org) or 503-413-7284 for information and to register.

**Step into Fitness: 6-week series** - Ready to boost your energy, drop extra weight and uplift your mood after completing your cancer treatment? Research shows exercising, eating fresh foods and a supportive community helps reduce your chances of recurrence. Come learn about eating anti-cancer foods and starting a safe fitness routine, alongside other survivors. Pre-registration and medical clearance required. *Register at [www.legacyhealthevents.org](http://www.legacyhealthevents.org), search 'Cancer.'*

**Mt. Hood Medical Center:** Mondays, 5:00-6:30 pm. **September 9 – October 14.**

Instructors: Marci Reed RD, CSO, LD and Stacia Akers PT

Contact Marci at [mareed@lhs.org](mailto:mareed@lhs.org) or 503-413-6679 for information.



## Support Groups

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**\*NEW\* Men's Metastatic and Advanced Cancer Support Group:** Come for coffee and conversation with other men living with advanced cancer (stage IV or incurable, of any type), or cancer that has metastasized. Men are welcome to bring family members, friends, or caregivers with them.

**Salmon Creek Medical Center:** 2<sup>nd</sup> Tuesdays, 11:00 am - 12:30 pm

Main Hospital, 3<sup>rd</sup> Floor, Rooms 3C & 3D.

*Contacts: Catherine Patterson, LCSW at [cmpatter@lhs.org](mailto:cmpatter@lhs.org) or 360-487-1727*

*David Tinney, MA, MDiv.*

**Women's Metastatic and Advanced Cancer Support Group:** Gain support and learn tools for coping with advanced cancer (stage IV or incurable, of any type), or cancer that has metastasized, from guest speakers, facilitators, and other women.

**Salmon Creek Medical Center:** Last Thursdays, 11:00 am - 12:30 pm

Main Hospital, 3<sup>rd</sup> Floor, Rooms 3C & 3D

*Contacts: Catherine Patterson, LCSW at [cmpatter@lhs.org](mailto:cmpatter@lhs.org) or 360-487-1727*

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

**Good Samaritan Medical Center:** 1<sup>st</sup> Wednesdays, 4:00 - 5:30 pm

Building 3, 2<sup>nd</sup> Floor, Room 219

*Contacts: Annette Raab, RN, OCN at [araab@lhs.org](mailto:araab@lhs.org) or 503-413-7259*

*Sara Butler, LCSW [sebutler@lhs.org](mailto:sebutler@lhs.org) or 503-413-7932*

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

**Good Samaritan Medical Center:** 3<sup>rd</sup> Thursdays, 5:30 – 7:00 pm

Building 3, 2<sup>nd</sup> Floor, Room 219

*Contacts: Margaret Hartsook LPC-BC, ATR at [mhartsoo@lhs.org](mailto:mhartsoo@lhs.org) or 503-413-8404*

*Sara Butler, LCSW [sebutler@lhs.org](mailto:sebutler@lhs.org) or 503-413-7932*

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

**Good Samaritan Medical Center:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, noon-1:30 pm

Building 3, 2<sup>nd</sup> Floor, Room 219

*Contact: Kate Leonard, PsyD., at 503-292-9873*

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

**Good Samaritan Medical Center:** 1<sup>st</sup> Thursdays, 4:00 - 5:30 pm

Building 3, 2<sup>nd</sup> Floor, Room 219

*Contact: Julia Robinson, M.S.CCC-SLP at [jurrobin@lhs.org](mailto:jurrobin@lhs.org) or 503-413-2841*

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

**Good Samaritan Medical Center:** 2<sup>nd</sup> Wednesdays, 5:30-7:00 pm

Building 3, 2<sup>nd</sup> Floor, Room 219

*Contacts: Niani Dunner, MPH at [ndunner@lhs.org](mailto:ndunner@lhs.org) or 503-413-7284*

*Josh Casey, LMT at [joscasa@lhs.org](mailto:joscasa@lhs.org) or 503-413-6871*