Legacy Health

CANCER CLASSES AND SUPPORT GROUPS
January - June 2014

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

SPECIAL EVENTS

Cancer Survivors Day Celebration: A celebration of life for cancer survivors, their friends and families. An afternoon of creative activities, music, food and celebration. FREE.
Moda Center, 1 N Center Court Street # 150; Sunday June 1, 2-4pm

Meals that Heal: Special event with Rebecca Katz national speaker and cookbook author.
Saturday, April 19; Registration required.
Contact: Marci Reed, RD, CSO, LD mareed@lhs.org or 503-413-6679

Getting Your Groove Back after Cancer Treatment: A special class with practical information and resources to address intimacy issues for women who have had cancer.
Legacy Good Samaritan Medical Center, Breast Health Center
Wednesday, February 19, 7-8:30 p.m.
Pre-registration required at www.legacyhealth.org/classes

MIND / BODY CLASSES

Living with Uncertainty and Change: A 4-week series for individuals living with advanced cancer and/or metastatic disease. Explore issues of living with cancer and learn skills to cope and enrich life. Registration required.
Legacy Good Samaritan Medical Center: Wednesdays 1:30-3 p.m., Feb. 5, 12, 19, and 26
Instructors: Kate Leonard, Ph.D., 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.*

Meditation: A 4-week series for adults with a cancer diagnosis, care givers and their family members. Explore and apply time-honored methods to enhance inner resources of strength, stability, serenity and improve immune function and painful conditions. Registration required.
Legacy Good Samaritan Medical Center: Thursdays 6:30-7:30 p.m., February 6, 13, 20, 27
Facilitator: Reza Antoszewska, ANP
Contact Michelle Orton at morton@lhs.org or 503-413-6550 for more information.

LEGACY
HEALTH

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

Instructors: Legacy Cancer Institute staff

East West College of the Healing Arts: February 22, 2014

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

EXPRESSIVE ARTS

Expressions of Healing: Art and Community: This 4-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: 4-week series: Wednesdays, 6:30-8 p.m.

January 8, 15, 22, 29; March 5, 12, 19, 26; May 7, 14, 21, 28

Legacy Salmon Creek Medical Center: Saturdays, 2-4:30 p.m.

Jan. 18, Feb. 15, March 15, April 19, May 17, June 21

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

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

Instructor: Heather Mikes, D.O.

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. Registration required.

Instructor: Teresia Hazen, Horticultural Therapist

Legacy Good Samaritan Medical Center: Mondays, 4:30 - 6 p.m.

Jan. 6, Feb. 10, March 3, April 4, May 12 at Good Samaritan; June 16 at Portland Nursery

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

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, Noon-12:30 p.m.

Jan. 20, Feb. 3, March 17, April 21, May 19, June 23

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

MOVEMENT AND EXERCISE

Dance for Couples: A 6-week series of Latin dance classes for couples when one partner has a cancer diagnosis. Registration and medical release required.
January 16 - February 20

Trinity Episcopal Cathedral, Kempton Hall: Thursday evenings, 7-8:30 p.m.

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

Exercise and Nutrition: A 12-week series to learn about the role of exercise and nutrition following a cancer diagnosis. Develop and exercise and eating program with the use of the FitBIt.

Instructors: Martha Lundberg BSPT and Marci Reed RD, CSO, LD
Legacy Good Samaritan Medical Center: Spring 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 a.m.
Contact sannala@lhs.org or 503-413-7284 for more information.

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

Instructor: Martha Lundberg, BSPT
Good Samaritan Medical Center: Wednesdays 5-6 p.m.
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 is available at class.

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

SUPPORT GROUPS

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

Legacy Good Samaritan Medical Center: 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
Legacy Mount Hood Medical Center: 2nd Thursday 4-5 p.m.
Medical Office Building 3, Conference Room A, 3rd floor.
Contact Wendy Talbot, LCSW OSW-C at wtalbot@lhs.org or 503-413-7921
Legacy Salmon Creek Medical Center: Dates and times to be determined
Location to be determined
Contact: Becky Price, R.N. at rlprice@lhs.org or 360-487-1726

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.

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

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 p.m.
Conference Room 219, Good Samaritan Building 3, 2nd floor
Contact Kate Leonard, Ph.D., at 503-292-9873 or
Selma Annala, R.T., 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 p.m.
Conference Room 219, Good Samaritan Building 3, 2nd floor
Contact Julia Robinson, M.S., CCC-SLP at jurrobin@lhs.org or 503-413-2841

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, R.T., CLC at sannala@lhs.org or 503-413-7284

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

Legacy Good Samaritan Medical Center: 2nd Wednesday, 5:30-7 p.m.
Conference Room 219, Building 3, 2nd floor
Contact Paul Dorsey, M.S., at pdorsey@lhs.org or 503-413-6050.

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, OR 97030
503-674-1122

Legacy Meridian Park Medical Center
19300 SW 65th Avenue, Tualatin, OR 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/foundations

Commission on Cancer

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