Legacy Cancer Healing Center
Support Groups & Classes
September - December 2022

- 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.
- Visit our website, www.LegacyHealth.org/CancerClasses, or scan the QR code with your phone for the latest information and to find registration links.

Taking Care of You in 2022: A Workshop Series for Cancer Survivors

For those who have finished cancer treatment (chemo, radiation, surgery) in the past 3 years, facilitators will offer info and activities to get you re-focused on your wellness goals for 2022 and beyond. Meant to be taken as a series, or stand-alone 90-minute workshops, each will cover a different aspect of wellness. Held virtually.

<table>
<thead>
<tr>
<th>Mondays and Tuesdays, 5:00-6:30 pm</th>
<th>September 26 – October 10</th>
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<tbody>
<tr>
<td>Registration link at:</td>
<td><a href="http://www.legacyhealth.org/cancerclasses">www.legacyhealth.org/cancerclasses</a></td>
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<tr>
<td>Questions:</td>
<td><a href="mailto:ndunner@lhs.org">ndunner@lhs.org</a>, 503-413-7284</td>
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SETTING YOURSELF UP FOR SUCCESS • Monday, September 26
Foundations for goal setting and sticking to your wellness plan after treatment. Wellness includes your physical, mental and social wellbeing. Led by Stacia Akers (Physical Therapist) & Niani Dunner (Coordinator of the Cancer Healing Center).

STAYING CALM AFTER THE STORM OF CANCER TREATMENT • Tuesday, September 27
Join us for a restorative evening exploring techniques to manage ongoing stress/anxiety, and promote wellbeing. We hope this intro will inspire simple practices you can take with you as you navigate life after treatment. Led by Blair Allen (Art Therapist) & Angela Paquin (Oncology Social Worker).

STAYING ACTIVE AFTER TREATMENT • Monday, October 3
Having a hard time becoming or staying active after cancer treatment? You’re not alone! Learn how to jump-start a simple fitness routine for yourself from Stacia Akers (Physical Therapist), who will provide tips and tricks to get motivated and stay moving.

SLEEP WELL • Tuesday, October 4
Learn about the benefits of good sleep and how it impacts your overall well-being. Dr. Cynthia Aks (Surgeon) will give you great info and practical tips to help you get a better night’s sleep. You will have the opportunity experience the benefits of Yoga Nidra with Kelly Carsley (Yoga Therapist), that contributes to a peaceful mind and body.

CANCER SUPERFOODS • Monday, October 10
Learn about the cancer fighting powers and health benefits of different types of foods. Maran Scott (Oncology Dietician) will give you practical tips and easy-to-follow recipes, so you can begin using these anti-cancer foods at home.
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.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Facilitators</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Last Thursday of every month, 5:00 – 6:30 pm</td>
<td>9/29, 10/27, 11/17*(3rd Thurs), 12/22*(4th Thurs)</td>
<td>Catherine Patterson, LCSW &amp; Caroline Murphy, M.Div</td>
<td>360-487-5468, <a href="mailto:cmpatter@lhs.org">cmpatter@lhs.org</a></td>
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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.

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<tbody>
<tr>
<td>First Thursday of every month, 4:00–5:30 pm</td>
<td>9/1, 10/6, 11/3, 12/1</td>
<td>Julia Robinson, M.S.CCC-SLP</td>
<td>503-413-2841, <a href="mailto:jurrobin@lhs.org">jurrobin@lhs.org</a></td>
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**Gynecological Cancer Support Group**
Support for individuals and their loved ones coping with diagnosis, treatment and recovery from gynecological cancers.

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<th>Date</th>
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<tbody>
<tr>
<td>Second Wednesday of every month, 12:00–1:30 pm</td>
<td>9/14, 10/12, 11/9, 12/14</td>
<td>Kate Leonard, PhD</td>
<td>503-292-9873, <a href="mailto:ndunner@lhs.org">ndunner@lhs.org</a></td>
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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).

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<tr>
<td>First Wednesday of every month, 4:00–5:30 pm</td>
<td>9/7, 10/5, 11/2, 12/7</td>
<td>Annette Raab, RN, OCN, Sara Butler, LCSW, OSW-C</td>
<td>503-413-7259, <a href="mailto:araab@lhs.org">araab@lhs.org</a> 503-413-7932, <a href="mailto:sebutler@lhs.org">sebutler@lhs.org</a></td>
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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.

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<tr>
<td>Second Wednesday of each month, 5:30–7:00 pm</td>
<td>9/14, 10/12, 11/9, 12/14</td>
<td>Niani Dunner, MPH, Kurt Neilson, M.Div., MTS, BCCC, S.I.T.</td>
<td>503-413-7284, <a href="mailto:ndunner@lhs.org">ndunner@lhs.org</a> 503-413-6124, <a href="mailto:kbneilson@lhs.org">kbneilson@lhs.org</a></td>
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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.

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<tr>
<td>Third Thursday of every month, 5:30–7:00 pm</td>
<td>9/15, 10/20</td>
<td>Sara Butler, LCSW, OSW-C, Margaret Hartsook, LPC, ATR-BC</td>
<td>503-413-7932, <a href="mailto:sebutler@lhs.org">sebutler@lhs.org</a> 503-413-8404, <a href="mailto:mhartsso@lhs.org">mhartsso@lhs.org</a></td>
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* NEW DAY STARTING IN NOVEMBER *
First Tuesday of every month, 5:30–7:00 pm
11/1, 12/6

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.

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<th>Date</th>
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<th>Registration</th>
<th>Instructor</th>
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<td>Wednesday, December 7</td>
<td>11:00 am – 12:30 pm</td>
<td>on our website opens November 1.</td>
<td>Marci Reed RD, CSO, LD 503-413-6679, <a href="mailto:mareed@lhs.org">mareed@lhs.org</a></td>
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www.legacyhealth.org/cancerclasses
Virtual 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.

*NEW* YOGA WITH ADDIE (SPONSORED BY SALMON CREEK HOSPITAL FOUNDATION)
This 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.

Tuesdays, 4:30–6:00 pm
Instructor: Addie deHilster, C-IAYT, E-RYT 500, Certified Yoga Therapist
✉️ mail@movedtomeditate.com,
📞 562-234-8745
Registration: www.legacyhealth.org/cancerclasses

YOGA WITH PATTI
A gentle way to develop strength, flexibility, breathing and relaxation, in a supportive group environment. Held 4 times a week.

Mount Hood Sponsored class:
Monday, 11:00 am—12:30 pm
Fridays, 1:00—2:30 pm
Good Samaritan Sponsored classes:
Monday, 1:00—2:30 pm and
Fridays, 10:45 am—12:15 pm
Instructor: Patti Stone, e-RYT500, C-IAYT 1000, TIYT, AYS, Certified Yoga Therapist
✉️ pattistone123@gmail.com,
📞 503-708-8392
Registration: www.legacyhealth.org/cancerclasses

QIGONG & T’AI CHI WITH WENDY
A gentle movement, breath and meditation practice that improves strength and balance, while supporting a peaceful state of mind

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,
📞 503-277-8976
Registration: www.legacyhealth.org/cancerclasses

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

Wednesdays, 5:00–6:00 pm
NO CLASS September & October
Class resumes November 2
Instructor: Martha Lundberg, BSPT, STOTT PILATES® Certified Instructor
✉️ ndunner@lhs.org,
📞 503-413-7284
Registration: www.legacyhealth.org/cancerclasses

Virtual Mind-Body

YOGA nidra for Deep Relaxation
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.

Tuesdays, 1:30–2:30 pm
- September 20
- December 6
Guided by: Patti Stone, e-RYT500, C-IAYT 1000, TIYT, AYS, Certified Yoga Therapist
✉️ pattistone123@gmail.com;
📞 503-708-8392
Registration: www.legacyhealth.org/cancerclasses
**Virtual Art Therapy and Writing Groups**

### Finding Center: Art Making for Mindfulness and Stress-Reduction

During this weekly virtual 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 – 12:00 pm**  
September 12 – December 12 (Fall)  
**Facilitator:** Blair Allen, ATR, LAT  
✉️ **blallen@lhs.org**, ☎️ 503-413-8418,

**Fridays, 1:30 – 2:30 pm**  
September 16 – December 16 (Fall)  
**Facilitator:** Margaret Hartsook, LPC, ATR-BC  
✉️ **mhartsoo@lhs.org**, ☎️ 503-413-8404

### Words for Healing

Writing workshops offer a safe and confidential setting to explore themes related to your cancer diagnosis, treatment and recovery, and share stories with others on a similar path of healing. Writing in a group creates community and connection, can reduce stress, bolster confidence and resiliency. No writing experience necessary. Held virtually.

**Various Fridays, 10:00 am - 12:00 pm**  
9/16, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16  
**Facilitator:** Dawn Thompson, MA; ✉️ **dathomp@lhs.org**  
**Registration:** [www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

### 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 15 – December 15  
**No group November 24**  
**Facilitator:** Blair Allen, ATR, LAT  
✉️ **blallen@lhs.org**, ☎️ 503-413-8418

### Returning to Self: Exploring Grief and Resilience Through the Creative Process

Held for 6-weeks, 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.

**Wednesdays, 4:00 – 6:00 pm**  
October 5 – November 16  
**No group October 26**  
**Faciliators:** Art Therapists Blair Allen & Margaret Hartsook.  
Contact the facilitators to determine if this group is right for you.

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Registration links and more info on our website:  
[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

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