

Your best resource for cancer support and education



Whether you have cancer or are a survivor, have a family member or friend with cancer, or just want to know more about prevention, early detection, and treatment, Community Hospital's Comprehensive Cancer Center offers classes, support groups, and resources to help guide you through the cancer journey.

For additional information call (831) 625-4753 or go online to www.chomp.org.

Cancer Journey

8-WEEK SESSION OFFERED 3 TIMES PER YEAR, 4-6 P.M.
CANCER CENTER CLASSROOM

Learn simple and practical ways to help yourself during diagnosis, treatment, and recovery. Each weekly session covers a different topic and coping "tool" for patients and their support people.

JANUARY 12: Cancer 101

Thomas Bradley, MD, *medical oncologist*

Learn about the unique characteristics of cancer cells, diagnostic studies used to stage the cancer, and treatment options.

JANUARY 19: Mending the Spirit

Mark Wendland, *Community Hospital chaplain*

When cancer strikes it can shake our foundation. Chaplain Wendland will share his cancer experience from the perspective of patient and chaplain. Come listen and share your thoughts and feelings with others.

JANUARY 26: Herbs and Supplements

Brian Ellinoy, PharmD, *holistic pharmacist consultant*

Discuss nutritional supplements to help prevent cancer and treat symptoms related to cancer care.

FEBRUARY 2: Sexuality and Intimacy

Maren Martin, *licensed clinical social worker*

Opening doors to intimacy for those with a cancer diagnosis.

FEBRUARY 9: Managing Symptoms

Joy Smith, RN, *oncology educator*

Learn what to expect and how to treat symptoms related to cancer care.

FEBRUARY 16: Quality of Life Decisions

John Hausdorff, MD, *medical oncologist*

Participate in a discussion intended to clarify healthcare wishes.

FEBRUARY 23: Stop, Relax, and Breathe: A Little Nurturing Goes a Long Way

Mary Welschmeyer, RN, *marriage and family therapist*

Learn ways to more peacefully navigate your cancer journey through a variety of relaxation techniques.

MARCH 2: Survivorship

Grant Swanson, MD, *medical director, Community Hospital Comprehensive Cancer Center*

Be involved and informed for the best possible outcome.

Breast Cancer Early Support Group

WEDNESDAYS, 1–2:30 P.M. ■ CANCER CENTER CLASSROOM
PREREGISTRATION REQUIRED, 625-4753

This informal discussion group, led by an oncology educator, is for anyone newly diagnosed with breast cancer. Topics include preparing for surgery, radiation therapy, or chemotherapy; staying well during treatment; and coping with emotions.

Cancer Wellness® Support Group

MONDAYS AND/OR TUESDAYS, 4–6 P.M.
CANCER CENTER CLASSROOM

Take charge of your health and well-being in this uplifting group. Find tools for pain reduction and successfully managing strong emotions. Facilitated by Sandra Kahn, licensed marriage and family therapist.

Caregivers' Drop-in Program

TUESDAYS, 1–2 P.M. ■ TERRACE WEST CONFERENCE ROOM

Are you taking care of someone with cancer? Learn the importance of taking care of yourself and finding time for quiet reflection. Receive support, learn coping skills and practical tips, and share your experiences with others in this weekly group meeting.

Chronic Pain Support Group

WEDNESDAYS, 10 A.M.–NOON ■ CANCER CENTER CLASSROOM
PREREGISTRATION REQUIRED, 625-4753

Living with chronic pain can be isolating and depressing. This weekly group offers support and compassion. Members learn communication techniques enabling them to participate more fully in their healing. Speakers present valuable information for managing pain. Facilitated by Mary Welschmeyer, RN, MFT.

Healing Art Retreat

9 A.M.–3 P.M. ■ JANUARY 14 | FEBRUARY 11 | MARCH 11 | APRIL 8
CANCER CENTER CLASSROOM

\$20 FOR MATERIALS. PREREGISTRATION REQUIRED, 625-4753

A day of creativity using various art media for healing mind, body, and spirit. Art training is not necessary — just a willingness to try something new to promote well-being. Facilitated by Mary Welschmeyer, RN, MFT.

Health Resource Library

8:30 A.M.–4:30 P.M. ■ LOCATED IN THE CANCER CENTER
FOR INFORMATION, CALL 622-2746

This community lending library has an extensive collection of books, videos, and audiotapes on cancer and other health topics. Our professional librarian and volunteer staff can also provide guided tours of internet resources and we offer a large selection of wigs and caps to loan.

Look Good . . . Feel Better

10 a.m.–noon ■ JANUARY 24 | FEBRUARY 28 | MARCH 28
APRIL 25 ■ CANCER CENTER CLASSROOM
PREREGISTRATION REQUIRED, 622-2746

Cancer treatment can cause many changes in your appearance. A licensed cosmetologist shares tips and techniques about make-up, wearing head scarves, and choosing and styling wigs. Offered in a group setting with other patients going through treatment. Participants receive a free make-up kit.

Cosponsored by the American Cancer Society

Patient Navigator

CALL 625-4753 TO SIGN UP FOR A NAVIGATOR, BECOME A NAVIGATOR, OR FOR MORE INFORMATION.

Peer support — or just having a “buddy” to talk with — can be very helpful to patients and families experiencing cancer. Please call to meet with a specially trained personal patient navigator. Or, if you are interested in volunteering for this unique program, contact us for more information.

Cosponsored by the American Cancer Society

Prostate Cancer Self-Help Group

WEDNESDAYS, 5–7 P.M. ■ JANUARY 5 | MARCH 2
WESTLAND HOUSE MULTIPURPOSE ROOM
100 BARNET SEGAL LANE, MONTEREY
FOR INFORMATION, PLEASE CALL 625-4753

This group offers encouragement, support, and information on the latest medical treatments for prostate cancer.

Radiation Therapy Orientation

WEDNESDAYS, 3 P.M., AND FRIDAYS, 11:30 A.M.
CALL 625-4630 FOR MORE INFORMATION.

If radiation is part of your cancer treatment, knowing what to expect can make a difference. Tour the department, meet the staff, and get your questions answered before you start treatment.

Women's Cancer Support Group

TUESDAYS, 1–2:30 P.M. ■ CANCER CENTER CLASSROOM
PREREGISTRATION REQUIRED, 625-4753

Women with cancer have unique concerns. Come share and listen to one another, and learn that you are not alone. Facilitated by Joy Smith, RN, oncology educator.

Your Personal Cancer Guide: A Prescription for Healing

CALL 625-4753 TO SCHEDULE YOUR FREE SESSION.

Schedule a one-on-one session with an oncology nurse educator, who will design a personal program for coping with the many physical and emotional issues surrounding a cancer diagnosis. This can cover a wide variety of topics and skills including disease and treatment information, access to support services, body-image concerns, and coping skills.

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