

Program Calendar

Providing **FREE** professional programs and emotional support, education and hope for people impacted by cancer, **so that no one faces cancer alone.**

Join Us

The New Member Meeting is an opportunity to meet with staff to learn about CSCGP's programs and support groups. To schedule a "New Member Meeting" and begin taking part in our FREE programming, please call the corresponding locations phone number to schedule a time to meet with us.

Locations

Ridgeland (Philadelphia)
215-879-7733

Gilda's Club (Warminster)
215-441-3290

Abington Jefferson Health
215-481-6700

Doylestown Hospital
215-345-2022

Temple University Hospital
215-707-8050

Hello everyone!

June is a month of beginnings and endings. Summer begins just as graduation commences; June brides become newlyweds and individuals look forward to new jobs and vacations. CSCGP recognizes these physical and emotional conflicts by offering more social activities, mind body and spirit programs and free summer camps for children and teens. As always, we strive to provide activities that are meaningful and supportive. Your input is crucial to us in keeping our calendar filled with an array of diverse offerings.


*We are excited to announce our sponsorship of the **Colorectal Cancer Summit: In Honor of Adriana Halper** in partnership with Cancer Treatment Center of America on Friday ~~June 16~~, 2017. The free conference aims to empower through knowledge. **September 22***

Lunch will be provided to all registered participants, free parking and easily accessible by SEPTA. Cancer Treatment Centers of America is located at 1331 E. Wyoming Avenue, Philadelphia, PA 19124.

For more information or to register; please contact Alexis at 215-879-7733 or alexis@cancersupportphiladelphia.org.



2017 It's Always Something Teen Essay Contest Reception at Gilda's Club on May 10, 2017. To read their touching stories, visit <http://cancersupportphiladelphia.org/teen-essay-contest/>.

Monday	Tuesday	Wednesday	Thursday	Saturday
			<p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p style="text-align: right;">1</p>	3
<p>National Cancer Survivors Day!</p> <p style="text-align: right;">Sunday 4</p> <p>Writing for Wellness 10-11:30am</p> <p>NIA Holistic Dance at Focus Fitness* 11am-12pm</p> <p>Relax with Qigong 5 12:30-1:30pm</p>	<p>Jammin' with Joy! 11:30am-12:30pm</p> <p>Zumba Gold: Chair 1-1:45pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">6</p>	<p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>Multi-Level Yoga 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">7</p>		<p>Post-Treatment Series: Approaches to Life After Cancer Treatment</p> <p>Topic #1) Waiting for the Other Shoe to Drop: Managing Anxiety over Recurrence facilitated by CSCGP CEO, social worker, and cancer survivor, Kelly Harris, MSS, LCSW 10am-12pm</p> <p>Mindfulness Workshop: Mini-Mindfulness Retreat 12-2pm 10</p>
<p>Mindful Meditation 10-11am</p> <p>NIA Holistic Dance at Focus Fitness* 11am-12pm</p> <p>Relax with Qigong 12:30-1:30pm</p> <p>Colorectal Cancer Meeting 1:30-3:30pm</p> <p>National Men's Health Week June 12-18 12</p>	<p>The Healing Power of Nature at John Heinz National Wildlife Refuge: The Practice of Mindful Walking, Self-Reflection and Sharing facilitated by Karin Marcus 10am-1pm</p> <p>Book Reading of Birding Through Cancer: A Seasons of Change Journey by author and certified life coach, Karin Marcus at The Narberth Bookshop** 7-8:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm 13</p>	<p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>Multi-Level Yoga 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p>Volunteer Orientation 6:30-7:30pm 14</p> <p style="text-align: center;">Flag Day</p>	<p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Yoga 1:30-2:30pm</p> <p style="text-align: right;">15</p>	<p>Colorectal Cancer Summit: In Honor of Adriana Halper sponsored by Cancer Support Community Greater Philadelphia (CSCGP) and Cancer Treatment Centers of America (CTCA) 9am-1pm (RSVP is required)</p> <p style="text-align: right;">Friday 16</p> <p>Men's Club Breakfast 10am-12pm 17</p>
<p>NIA Holistic Dance at Focus Fitness* 11am-12pm</p> <p>Tranquil Sounds: Music and Meditation 1-2:30pm</p> <p style="text-align: right;">19</p>	<p>Ridgeland Art Collective: Canvas Painting Workshop facilitated by professional artist, Jerry Puryear 11am-1pm</p> <p>Zumba Gold: Chair 1-1:45pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm 20</p>	<p style="text-align: center;">Summer Solstice</p> <p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>The Impact of the 2016 Election on Health Insurance Options presented remotely via phone conferencing by Sara Mabry, legislative assistant to the office of U.S. Senator Bob Casey (D-PA) and Gregory A. Firmbach, insurance expert and CEO of AEGIS Insurance Consulting 12:30-2pm</p> <p>Multi-Level Yoga 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm 21</p>	<p>Knitting Circle 12-1:30pm</p> <p>Yoga 1:30-2:30pm</p> <p style="text-align: right;">22</p>	24
<p>Mindful Meditation 10-11am</p> <p>NIA Holistic Dance at Focus Fitness* 11am-12pm</p> <p style="text-align: right;">26</p>	<p>Living Well with Metastatic Breast Cancer 11am-1pm</p> <p>Beat Cancer With Your Fork presentation and interactive cooking class facilitated by Susan Silberstein, PhD, founder of BeatCancer.org 12-2pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm 27</p>	<p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>Multi-Level Yoga 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p>Volunteer Orientation 6:30-7:30pm 28</p>	<p>Ice Cream Social and Line Dancing with Leslie! 1-3pm</p> <p style="text-align: right;">29</p>	<p style="text-align: center;">June is LGBT Pride Month!</p>

Please call 215-879-7733 to register for all activities. If you no longer can attend, kindly call us to cancel. Our address is 4100 Chamounix Drive, Philadelphia, PA 19131 • *Focus Fitness is located at 1111 East Lancaster Avenue, Bryn Mawr, PA 19010 and can be reached by calling 610-525-5515. **The Narberth Bookshop is located at 221 Haverford Avenue, Narberth, PA 19072. All NIA classes offered by CSCGP are generously supported by the Bob Brockman NIA Fund.

Monday	Tuesday	Wednesday	Thursday	Saturday
			NIA Holistic Dance <i>sponsored by</i> <i>The Bob Brockman</i> <i>NIA Fund</i> 10-11am Living with Cancer Support Group and Lunch 1-2:30pm Mahjong 1-3pm	
National Cancer Survivors Day! Sunday 4	Pilates 9:30-10:30am Tea Time 10:30-11am Meditation with Melissa 11am-12:30pm Living After Cancer Support Group 1-3pm Lung Cancer Networking Group 6:30-8pm	Chair Yoga 9:30-10:30am Reiki Share 10:30-11:30am Beaded Jewelry Making 1-3pm Cancer and Careers Webinar: Career Change 1-2pm Yoga 6:30-7:45pm Cancerversary Celebration 6:30-8pm Young Survivors Coalition 6:30-8pm	Morning Walk 10-10:30am Yoga 10-11:15am Metastatic Cancer Networking Group 11am-12:30pm Living with Cancer Support Group and Lunch 1-2:30pm Mahjong 1-3pm Crochet Club 6-8pm	
Mindful Meditation 10-11am Tai Ji and Qigong 10-11am				
Tai Ji and Qigong 10-11am Beat Cancer with your Fork "Cooking Demo" <i>presented by</i> <i>BeatCancer.org</i> 11am-12:30pm	Pilates 9:30-10:30am Tea Time 10:30-11am Fabric Painting Crafts 11am-12:30pm Living After Cancer Support Group 1-3pm Ovarian Cancer Networking Group 6:30-8pm	Chair Yoga 9:30-10:30am Coffee and Crayons 1-2:30pm Living with Loss Support Group - Spouse/Partner 6:30-8pm Dinner and Lecture: Right At Home; In Home Care and Assistance 6:30-8pm Living with Loss Networking Group-Friends and Family 6:30-8pm Flag Day	Morning Walk 10-10:30am Arleen Boyes Quilting Circle 11am-3pm Living with Cancer Support Group and Lunch 1-2:30pm Reiki Share 6-8pm Mindful Meditation 7-8pm	The Marshall Saturday Men's Breakfast <i>presented by</i> <i>The Tom McDermitt Fund</i> 8-10am
Tai Ji and Qigong 10-11am Mental Fitness Activities with Leigh 11am-12pm	Pilates 9:30-10:30am Tea Time 10:30-11am Living After Cancer Support Group 1-3pm DIY Port Pillow 5:30-8pm Blood Cancer Networking Group <i>sponsored by</i> <i>Leukemia and Lymphoma Society</i> 6:30-8pm	Chair Yoga 9:30-10:30am Reiki Share 10:30-11:30am Book Club Movie: My Sister's Keeper 12-2:30pm Yoga 6:30-7:45pm Breast Cancer Networking Group: Managing Fatigue with Amanda Jenkinson 6:30-8pm	Morning Walk 10-10:30am Yoga 10-11:15am Metastatic Cancer Networking Group 11am-12:30pm Living with Cancer Support Group and Lunch 1-2:30pm Volunteer Training 6-7:30pm	
Living with The Loss of a Child Networking Group 11am-1pm Sunday 25	Pilates 9:30-10:30am Tea Time 10:30-11am Living After Cancer Support Group 1-3pm Friends and Family Networking Group: Blogging for Support 6:30-8pm	Chair Yoga 9:30-10:30am Journaling and Beyond: Writing for Health and Happiness 10-11:30am Women Sharing Wisdom with Dr. Ginsberg 6-7:30pm Yoga 6:30-7:45pm	Morning Walk 10-10:30am Mindful Meditation 10:30-11:30am Living with Cancer Support Group and Lunch 1-2:30pm Volunteer Training 6-7:30pm Summer Nature Series: Pollinator Houses 6:30-8pm	
Tai Ji and Qigong 10-11am Meditative Gardening 11:30am-12:30pm				

Please call 215-441-3290 to register for all activities. If you no longer can attend, kindly call us to cancel.
 Our address is 200 Kirk Road • Warminster, PA 18974.

Tuesday	Wednesday	Thursday
		Hang Out 6:30-8pm <u>Ridgeland</u> Summer Crafts: Painting and Planting Flower Pots 6:30-8pm 1
Talking about Relationships with Dr. Christina Carson-Sacco 6:30-8pm Opening Day Gilda's Railroad 6:30-8pm 6	Teen Expressions 6:30-8pm 7	Hang Out 6:30-8pm <u>Ridgeland</u> Family Dinner Night 6:30-8pm 8
Crafts with Jewel 6:30-8pm Gilda's Railroad 6:30-8pm 13	Living with Loss 6:30-8pm Flag Day 14	Hang Out 6:30-8pm <u>Ridgeland</u> Mosaic Art Part 1 6:30-8pm 15
Gilda's Railroad 6:30-8pm Hang Out 6:30-8pm 20	Youth Activities Committee 6:30-8pm 21	Hang Out 6:30-8pm <u>Ridgeland</u> Mosaic Art Part 2 6:30-8pm 22
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Camp Kids at Gilda's Club • Monday-Friday </div>		
27	28	29

Children and Teen Program

All programs are held at Gilda's Club in Warminster unless designated for Ridgeland.

To register or to request information about all Children and Teen Programs please contact Christina at 215-441-3290, ext. 115 or christina@cancersupportphiladelphia.org and/or liz@cancersupportphiladelphia.org.

Please register for all programs at least 48 hours in advance unless specially noted.

Talking about Relationships with Dr. Christina Carson-Sacco Tuesday, June 6 • 6:30-8pm

Dr. Christina Carson-Sacco, a clinical psychologist at The Center for Neuropsychology and Counseling in Warrington, is speaking about maintaining your relationship with your partner/spouse while living with cancer in your life and also raising kids. Topics are based on a survey sent to members. www.TheCenterinWarrington.com

Gilda's Railroad Opening Day Tuesday, June 6 • 6:30-8pm

First day of the season. Come out and watch our G-scale trains on our Bachmann Train Garden. Please note that we do not run the trains in the rain.

Kid Support, Teen Support and Parent Group at Warminster and Ridgeland

Kid Support (4-11), Teen Support (12-16) and Parent Group are peer support groups for kids and their parents/guardians who have cancer in their life. It offers an opportunity to talk together, to learn together and to support each other. Call for information about our next session in the fall.

Hang Out • Various Nights • 6:30-8pm

While parents are attending their own group or activity, kids/teens can enjoy all the games, activities and craft supplies we have in our program. 48 hour pre-registration required.

Teen Camp Tuesday, July 18 and Wednesday, July 19 • 9:30am-3:30pm

Just for teens 12-18. Be ready to play the Teen Camp favorite game from last year "Mafia".

Satellite Locations

Abington Jefferson Health • 215-481-6700

Open Mondays • 1200 Old York Road • Abington, PA 19001
 Located in the Garden Training Room on the Ground Floor of the Widener Building, Parking Passes Provided

MONDAYS

June 5 – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Support Group**

June 12 – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Support Group**

12:30-2pm **Writing Workshop for Health and Healing**

June 19 – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Support Group**

1-2pm **Prostate Cancer Support Group**

June 26 – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Support Group**

12:30-2pm **Life After Cancer Support Group and Bag Lunch**

Continued... Children and Teen Program

Family Dinner Night at Ridgeland

Thursday, June 8 • 6:30-8pm

Come to prepare and share a meal with other families affected by cancer. Food will be provided.

Mosaic Art at Ridgeland

Thursday, June 15 and 22 • 6:30-8pm

Complete a personal work of mosaic art! Due to the time needed to complete this project, families are asked to attend both scheduled nights.

SAVE THE DATE

Christmas in July with Dessert Potluck, Family Photos and Starlite Movie

Saturday, July 22 • 6:30pm-?

Will be held at Gilda's Club.

Please bring a dessert to share. Pre-registration required no later than Monday July 17. Brenda Jankowski, of Bren Photography, will be here to take family pictures.

Back to School Party at Gilda's Club

Tuesday, August 1 • 6:30-8pm

MUST REGISTER by Monday, July 24 for both sites. We are getting ready for the new school year. Come play some games, enter raffles and take home school supplies.

Back to School Party at Ridgeland

Thursday, August 3 • 6:30-8pm

MUST REGISTER by Monday, July 24 for both sites. We get ready for the new school year. Play some games, do some raffles, get some school supplies.

Temple University Hospital • 215-707-8050

Open Tuesdays, Wednesdays and Thursdays
 3401 N. Broad St. • Philadelphia, PA 19140

Located in the Cancer Center Conference Room on the Fourth Floor of the Ambulatory Care Center (ACC Building), Zone D

MONDAY

June 12 – 1-2:30pm **Head/Neck and Esophageal Support Group** (Basement, Classroom A)

TUESDAYS

June 6 – 2-3pm **Smoking Cessation**
 (Fifth Floor, Conference Room-5ACC, Zone D)
 Please Call (267) 707-9067

June 20 – 1-2:30pm **Lung Support Group**
 (Basement, Classroom A)

WEDNESDAYS

June 21 – 1:30-3:30pm **Latino Support Group**
 (Conference Room)

June 28 – 1:30-3:30pm **Breast Cancer Support Group**
 (Conference Room)

THURSDAYS

June 8 – 1:30-3:30pm **Art Therapy** (Conference Room)

June 22 – 4:45-6pm **Friends and Family Support Group: Keeping It All Together** (Conference Room)

June 29 – 5-6:30pm **Prostate Support Group**
 (Basement, Classroom A)

**The programs highlighted in red are facilitated by Temple University Hospital staff.*

Cancer Specific Support Groups

Various cancer specific groups meet monthly to provide the emotional support for cancer patients and their loved ones. Support groups address various issues related to initial diagnosis, treatment, medication management, lifestyle changes, and other relevant concerns.

Creative Expression Therapy and Art Therapy

Both support groups use creative activities to address the effects of cancer, promote self-awareness, stress management, and more.

Latino Support Group

Latino cancer support group meets monthly to provide emotional well-being services to cancer patients and their families.

Look Good Feel Better

Look Good Feel Better is a program that teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment.

Recreational Activities

Fun filled activities for patients and their guest to relax and enjoy. Activities will be hosted in the lobby area in the form of arts and crafts, games, group activities, and more.

Continued... Satellite Locations

Doylestown Hospital • 215-345-2022

Open Tuesdays, Wednesdays and Thursdays
595 West State Street • Doylestown, PA 18901

Located on the hospital's first level near the main entrance

Doylestown now has Breast Cancer and Prostate Support Groups

TUESDAYS

June 6 – 12-1pm Mindfulness Meditation

2-3pm Nature Walk

5-6pm All Levels Yoga

6-7pm Pilates with Lisa Visco

7-7:30pm Guided Meditation and Imagery

7:30-9pm Bereavement Group

7:30-9pm Reiki Share

June 13 – 11am-12:30pm Living with Cancer Support Group

2-4pm Beaded Jewelry Workshop – Sea Glass Pendants

5-6pm All Levels Yoga

6-7pm Pilates with Lisa Visco

7-8:30pm Breast Cancer Support Group –
Meditation and Reiki with Barbara Marini

June 20 – 12-1pm Mindfulness Meditation

2-4pm Ocean Sunset Painting Workshop

5-6pm All Levels Yoga

6-7pm Pilates with Lisa Visco

7-8:30pm Prostate Cancer Support Group
Conference Room A – *Speaker: Paolo Propato,
Bridge Acupuncture*

7-8:30pm My Spouse Has Cancer Support Group

June 27 – 11am-12:30pm Living with Cancer Support Group

12:30-2pm Brain Cancer Networking Group

2-4pm Sea Glass Picture Frames

5-6pm All Levels Yoga

6-7pm Pilates with Lisa Visco

7-8:30pm Newly Diagnosed Breast Cancer Group

WEDNESDAYS

June 7 – 11am-12:30pm Colorectal Cancer Support Group

12:30-1pm **NEW!** Ostomy Networking Group with
Jeanette Delaney, RN

June 14 – 11-12:30pm **NEW!** Pancreatic Cancer
Networking Group

1-2 Beaded Jewelry Workshop – Summer Earrings

June 21 – 11am-12:30 Blood Cancer Support Group

12-12:30pm Guided Imagery and Meditation

1-2pm Reiki Share

June 28 – 11am-12:30pm **NEW!** Gynecological Cancer
Networking Group

1-2pm Painted Rock Garden Markers

Please Note: Cancer Support Community at Doylestown Hospital hours have changed, we are now open Tuesdays, 10am-9pm and Wednesdays, 10am-2pm. Come visit us during these hours!



The Suzanne Morgan Center at Ridgeland (Philadelphia)

Please register for all Ridgeland programs by calling 215-879-7733 or by emailing alexis@cancersupportphiladelphia.org

Post-Treatment Series: Approaches to Life After Cancer Treatment • Saturday, June 10 • 10am-12pm

Topic #1) Waiting for the Other Shoe to Drop: Managing Anxiety over Recurrence *facilitated by CSCGP CEO, social worker, and cancer survivor, Kelly Harris, MSS, LCSW*

Our post-treatment series will provide opportunities to connect with fellow members who are working through the process of transitioning into life after cancer treatment.

The first topic of our series will focus on the fear of recurrence and methods for managing anxiety related to this stressor. All are welcome to attend and we encourage everyone to check out the **Mindfulness Workshop:**

Mini-Mindfulness Retreat *facilitated by Maria Fanelli from 12-2pm* immediately following this post-treatment workshop. RSVP is required!

NATURE LOVERS AND BOOK WORMS

The Healing Power of Nature at John Heinz National Wildlife Refuge: The Practice of Mindful Walking, Self-Reflection and Sharing
Tuesday, June 13 • 10am-1pm and

Book Reading of Birding Through Cancer: A Seasons of Change Journey at The Narberth Bookshop
by author and certified life coach, Karin Marcus
Tuesday, June 13 • 7- 8:30pm

Join us for this monthly walk at the scenic John Heinz National Wildlife Refuge! This leisurely walk on flat terrain will provide many opportunities for self-reflection and sharing. Be sure to bring a pen, journal, water, lunch, and snacks to enjoy along the way. All members are also invited to join us at The Narberth Bookshop for a reading of Karin Marcus' book, *Birding Through Cancer: A Seasons of Change Journey!* RSVP is required.

NATIONAL MEN'S HEALTH WEEK: JUNE 12-18

Men's Club Breakfast • Saturday, June 17 • 10am-12pm

Delicious breakfast, great conversation, and opportunities to connect with the men of Ridgeland! These are just a few reasons for visiting our monthly Men's Club Breakfast. We would love for you to join us if you identify as male and your life has been impacted by cancer. This group is inclusive of men who have been diagnosed with any cancer diagnosis, men who have lost a loved one to cancer, and men who are caregivers for a family member or friend diagnosed with cancer. The focus for our June meeting will be on the topic of men's health in observance of National Men's Health Week. RSVP is required!

Understanding the Influence of Politics and Policy on Access to Care • Wednesday, June 21 • 12:30-2pm

The Impact of the 2016 Election on Health Insurance Options presented remotely via phone conferencing by Sara Mabry, legislative assistant to the office of U.S. Senator Bob Casey (D-PA) and Gregory A. Firmbach, insurance expert and CEO of AEGIS Insurance Consulting.

The current political climate has resulted in heightened concerns within our community surrounding health insurance and access to care. This workshop will provide perspectives on the underlying politics that are influencing current healthcare policy while also providing information on the way in which this impacts health insurance options. All are welcome to participate in this workshop via phone from home or any remote location. RSVP is required and phone conference line information will be provided at the time of registration.

HEALTHY LIFESTYLES

Beat Cancer with Your Fork presentation and interactive cooking class facilitated by Susan Silberstein, PhD, founder of BeatCancer.org
Tuesday, June 27 • 12-2pm

Join Susan Silberstein, PhD, Founder and Educational Director of BeatCancer.Org, as she presents the powerful role of diet in cancer. Whether you wish to prevent cancer or have already been diagnosed, Susan will be sharing valuable information from thousands of studies published in the scientific literature documenting the relationship between diet and cancer survival and the role of diet in prevention of recurrence. Following the presentation, she and workshop participants will be preparing recipes together from Susan's recipe books, Hungry for Health and Hungrier for Health. RSVP is required.

MOVERS AND SHAKERS

Ice Cream Social and Line Dancing with Leslie!
Thursday, June 29 • 1-3pm

Let's kick off the summer season with ice cream and line dancing! If you enjoyed line dancing with us at the Ridgeland Holiday Party, then you'll love this summer gathering, too. Our member, Leslie Wilson, will teach us the steps to old favorites and maybe we'll learn a few new moves, too. We'll make sure to include the cupid shuffle, electric slide, the wobble, cha cha slide, and more! RSVP is required.

RESOURCE SPOTLIGHT

Angel Flight East provides free air transportation to children and adults in need of medical treatment far from home. Volunteer pilots use their own aircraft and pay for all costs of the flight, making it completely free to the passenger each time. AFE covers a 14 state footprint from Virginia to Ohio to Maine and for destinations beyond that, we link up with other volunteer pilot organizations. For more information about Angel Flight East, please visit www.angelflighteast.org.



Gilda's Club (Warminster)

"Cancerversary" Celebration
Wednesday, June 7 • 6:30-8pm

We will celebrate National Cancer Survivors Days. This day is a celebration for those who have survived and an inspirational day for those who are recently diagnosed. Join us in celebrating your "Cancerversary" on this day where we will give you a way to give back to the cancer community. We also want to celebrate you and all you have been through on your cancer journey.

Dinner and Lecture: Right at Home; In Home Care and Assistance • Wednesday, June 14 • 6:30-8pm

Concerned about leaving a loved one alone at home and confused about what options are available? Chris Campbell, owner of In Home Care and Assistance will share various in-home care options for seniors. The presentation will explore the differences between home care services through an agency or a registry as well as home care versus home health care, county waivers, VA programs and general expectations of Home Care. For more information please check out the website RightatHome.net.

DIY Port Pillows • Tuesday, June 20 • 5:30-8pm

Meet with our sewing expert and learn how to make a simple 'port pillow'. A port pillow attaches to a seatbelt to help alleviate discomfort when driving for someone who has a porta Cath in place. Whether you would like to make one for your own use, or make one to donate to someone in need, this craft is not only fun, but useful!

Book Club Movie: My Sister's Keeper
Wednesday, June 21 • 12-2:30pm

All are welcome! Fellow members enjoyed this novel in May and are awaiting the chance to discuss the ethics surrounding the story as well as how the novel and film differ. Conceived as a marrow donor for her gravely ill sister, Anna Fitzgerald has undergone countless surgeries and medical procedures in her short life. Though their older daughter's life has no doubt been prolonged, the unorthodox decision of Anna's parents has cracked the entire family's foundation. When Anna sues her parents for emancipation, it sets off a court case that threatens to destroy the family for good. Bring your lunch and tissues.

Breast Cancer Networking Group: Managing Fatigue with Amanda Jenkinson
Wednesday, June 21 • 6:30-8pm

Amanda is busy working towards her PhD at Villanova University of Nursing while working and serving as an adjunct faculty member at Villanova. She is actively examining the relationship between emotional health, quality of life and participation in health promoting activities within women cancer survivors. She will share her clinical knowledge of fatigue following cancer treatment and her passion for maximizing quality of life in all survivors of cancer- whether or not they are living with their disease.



CANCER SUPPORT COMMUNITY

GREATER PHILADELPHIA

The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive • Philadelphia, PA 19131
www.cancersupportphiladelphia.org

Address Service Request

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