



MAY 2017

Program Calendar

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

“Those we love don’t go away... they walk beside us every day; unseen, unheard, but always near, still loved, still missed and very dear.”

-anonymous

Come join us in the remembering of the ones we’ve lost, but whose memories still live on in our hearts and are woven into the fabric of Cancer Support Community Greater Philadelphia.

Celebrations will be held at Gilda’s Club on Thursday, May 11 • 6:30pm and at Ridgeland on Saturday, May 20 • 11am-1pm

Registration required; please call Gilda’s Club at 215-441-3290 or Ridgeland at 215-879-7733 to register. Family and friends are always welcome.

Tribute gifts to a favorite organization are a beautiful way to honor or memorialize a loved one. At Cancer Support Community Greater Philadelphia we offer tribute bricks for placement at either Ridgeland or Gilda’s Club. Purchasing a brick in honor or memory of a loved one at either location gives them a visible, lasting association with the CSCGP and our work to help local families living with cancer. More information on how to purchase a tribute brick can be found at <http://cancersupportphiladelphia.org/giving/tribute-gifts/>.

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
215-707-6207

SAVE THE DATES

Designer Bag Bingo • Sunday, June 4, 2017

**Ben Wilson Senior Center
580 Delmont Avenue
Warminster, PA 18974**

Join us for a fun afternoon of designer bag bingo with family and friends.

Cost per ticket is \$30 which includes admission and three bingo cards each for 10 games. Extra cards will be available for purchase at the event for regular games and special games.

Doors open at 1:30pm • Games begin at 2:30pm

Reserved seating available for groups of 6 or more at a discounted rate of \$25 per ticket. Food and beverages will be available for sale. Guests are permitted to bring in your own food and beverages. So organize a fun afternoon out with friends while supporting free programs for local adults and children affected by cancer so that no one has to face cancer alone.

Register at <http://cancersupportphiladelphia.org/designer-bag-bingo/>

Monday	Tuesday	Wednesday	Thursday	Saturday
<p>Writing for Wellness 10-11:30am</p> <p>NIA Holistic Dance at Focus Fitness* 11am-12pm</p> <p>Relax with Qigong 12:30-1:30pm</p> <p style="text-align: right;">1</p>	<p>Ridgeland Art Collective: Canvas Painting Class <i>facilitated by professional artist Jerry Puryear</i> 11am-1pm</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;">2</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>Singing Circle 6:30-7:30pm</p> <p style="text-align: right;">3</p>	<p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">4</p>	<p style="text-align: center;"><i>May is Melanoma Skin Cancer Detection and Prevention Month</i></p> <p style="text-align: right;">6</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>Telling Your Story: An Interactive Workshop for Women <i>facilitated by Christine Wilson, healthcare communications consultant & narrative medicine expert</i> 6-8pm</p> <p style="text-align: right;">8</p>	<p>The Healing Power of Nature at John Heinz National Wildlife Refuge: The Practice of Mindful Walking, Self-Reflection and Sharing <i>facilitated by Karin Marcus, Life Coach & Author of Birding Through Cancer: A Seasons of Change Journey</i> 10am-1pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">9</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>Singing Circle 6:30-7:30pm</p> <p>New! Volunteer Orientation 6:30-7:30pm</p> <p style="text-align: right;">10</p>	<p>Knitting Circle 12-1:30pm</p> <p>Yoga 1:30-2:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">11</p>	<p>Mindfulness Workshop: Mini-Mindfulness Retreat 10am-12pm</p> <p style="text-align: right;">13</p>
<p>NIA Holistic Dance at Focus Fitness* 11am-12pm</p> <p>Relax with Qigong 12:30-1:30pm</p> <p style="text-align: right;">15</p>	<p>Ridgeland Art Collective: Canvas Painting Class <i>facilitated by professional artist Jerry Puryear</i> 11am-1pm</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;">16</p>	<p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>Divine Sleep Yoga Nidra: A Guided Meditation Experience <i>facilitated by Michelle Stortz, certified yoga instructor specializing in cancer care</i> 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p>Singing Circle 6:30-7:30pm</p> <p style="text-align: right;">17</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>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">18</p>	<p>Day of Remembrance 11am-1pm</p> <p style="text-align: right;">20</p>
<p>Mindful Meditation 10-11am</p> <p>NIA Holistic Dance at Focus Fitness* 11am-12pm</p> <p>Relax with Qigong 12:30-1:30</p> <p style="text-align: right;">22</p>	<p>Living Well with Metastatic Breast Cancer 11am-1pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">23</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>Spirituality & Cancer: Finding Meaning & Purpose in Times of Uncertainty <i>facilitated by Dr. Lynn Bornfriend, Psychiatrist; Wendell Scanterbury, Chaplain; & Dr. Imran Shariff, Palliative Care Physician</i> 6-8pm</p> <p>Singing Circle 6:30-7:30pm</p> <p style="text-align: right;">24</p>	<p>Knitting Circle 12-1:30pm</p> <p>Yoga 1:30-2:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">25</p>	<p style="text-align: right;">27</p>
<p style="text-align: center;">Closed</p> <p style="text-align: right;">Memorial Day 29</p>	<p>Own Your Story: Crushing the Stigma Surrounding Men and Cancer Writing Workshop <i>facilitated remotely via phone conferencing by professional writer, Ryan Hart</i> 11:30am-1pm</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;">30</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>Singing Circle 6:30-7:30pm</p> <p>New! Volunteer Orientation 6:30-7:30pm</p> <p style="text-align: right;">31</p>		

Monday	Tuesday	Wednesday	Thursday	Saturday
<p>Mindful Meditation 10-11am</p> <p>Tai Ji and Qigong 10-11am</p> <p>May Day Craft 11am-12:30pm</p> <p style="text-align: right;">1</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Meditation with Melissa 11am-12:30pm</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Dinner & Lecture: Medical Marijuana Perspectives 6:30-8pm</p> <p>Lung Cancer Networking Group 6:30-8pm</p> <p style="text-align: right;">2</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>Beaded Jewelry Making 1-3pm</p> <p>Yoga 6:30-7:45pm</p> <p>Young Survivors Coalition 6:30-8pm</p> <p style="text-align: right;">3</p>	<p>NIA Holistic Dance <i>sponsored by The Bob Brockman NIA Fund</i> 10-11am</p> <p>Living with Cancer Support Group and Lunch 1-2:30pm</p> <p>Quatro de mayo: Member Social 6-7:30pm</p> <p style="text-align: right;">4</p>	<p style="text-align: right;">6</p>
<p>Tai Ji and Qigong 10-11am</p> <p>Beat Cancer with your Fork "Cooking Demo" <i>presented by BeatCancer.org</i> 11am-12:30pm</p> <p style="text-align: right;">8</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Polymer Clay Crafts 11am-12:30pm</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Ovarian Cancer Networking Group 6:30-8pm</p> <p style="text-align: right;">9</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Lunch and Lecture: Right At Home In Home Care and Assistance 11am-12:30pm</p> <p>Relaxation Workshop 1-2:30pm</p> <p>Yoga 6:30-7:45pm</p> <p style="text-align: right;">10</p>	<p>Morning Walk 10-10:30am</p> <p>Metastatic Cancer Networking Group 11am-12:30pm</p> <p>Living with Cancer Support Group and Lunch 1-2:30pm</p> <p>Night of Remembrance 6:30-7:30pm</p> <p style="text-align: right;">11</p>	<p>MPN Networking Group Whole Foods Community Room 1575 The Fairways Jenkintown 10-11:30am</p> <p style="text-align: right;">13</p>
<p>Mindful Meditation 10-11am</p> <p>Tai Ji and Qigong 10-11am</p> <p>Mental Fitness Activities with Leigh 11am-12pm</p> <p>Meditative Walk 11:30am-12:30pm</p> <p style="text-align: right;">15</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Blood Cancer Networking Group <i>sponsored by Leukemia and Lymphoma Society</i> 6:30-8pm</p> <p style="text-align: right;">16</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>Book Club: My Sister's Keeper <i>by Jodi Picoult</i> 1:30-2:30pm</p> <p>Yoga 6:30-7:45pm</p> <p>Breast Cancer Networking Group <i>with Jay Ann Intimates</i> 6:30-8pm</p> <p style="text-align: right;">17</p>	<p>Morning Walk 10-10:30am</p> <p>Living with Cancer Support Group and Lunch 1-2:30pm</p> <p>Movie Discussion and Trivia: La La Land 1-4pm</p> <p>Emotional Support Animals 5-7pm</p> <p>Reiki Share 6-8pm</p> <p>Mindful Meditation 7-8pm</p> <p style="text-align: right;">18</p>	<p>The Marshall Saturday Men's Breakfast <i>presented by The Tom McDermitt Fund</i> 8-10am</p> <p style="text-align: right;">20</p>
<p>Living with The Loss of a Child 11am-1pm <i>RSVP by 5/18/17</i></p> <p style="text-align: right;">Sunday 21</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Friends and Family Networking Group: Stress Management Workshop 6:30-8pm</p> <p style="text-align: right;">23</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Meditative Gardening 11am-12:30pm</p> <p>Coffee and Crayons 1-2pm</p> <p>Women Sharing Wisdom <i>with Dr. Ginsberg</i> 6-7:30pm</p> <p>Yoga 6:30-7:45pm</p> <p style="text-align: right;">24</p>	<p>Morning Walk 10-10:30am</p> <p>Metastatic Cancer Networking Group 11am-12:30pm</p> <p>Arleen Boyes Quilting Circle 11am-3pm</p> <p>Living with Cancer Support Group and Lunch 1-2:30pm</p> <p>New! Mahjong 1-3pm</p> <p>Volunteer Training 6-7:30pm</p> <p style="text-align: right;">25</p>	<p style="text-align: right;">27</p>
<p style="text-align: center;">Closed</p> <p style="text-align: right;">Memorial Day 29</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Kick off Summer! 6-8pm</p> <p style="text-align: right;">30</p>	<p>Chair Yoga Online 9:30-10:30am</p> <p>Journaling and Beyond: Writing for Health and Happiness 10-11:30am</p> <p>Yoga 6:30-7:45pm</p> <p>Dinner and Lecture: I Want A Fun Funeral 6:30-8pm</p> <p style="text-align: right;">31</p>		

Tuesday	Wednesday	Thursday	Sunday
Family Night 6:30-8pm Essay Winners Announced 2	Hang Out 6:30-8pm 3	Hang Out 6:30-8pm 4	7
Kids Support Teen Support Parent Group 6:30-8pm 9	Essay Contest Awards Reception 7pm 10	Night of Remembrance <u>Ridgeland</u> Kids Support Teen Support Parent Group 6:30-8pm 11	14
Family Night 6:30-8pm 16	Teen Expressions 6:30-8pm 17	Hang Out 6:30-8pm <u>Ridgeland</u> Family Night 6:30-8pm 18	Living with Loss of a Child 11am-1pm RSVP by 5/18/17 21
Kids Support Teen Support Parent Group 6:30-8pm 23	Hang Out 6:30-8pm 24	Hang Out 6:30-8pm 25	28
Kids Support Teen Support Parent Group 6:30-8pm 30	Gamers and Crafts 6:30-8pm 31	SAVE THE DATE Christmas in July Saturday, July 22	

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.

"It's Always Something" Teen Essay Contests

We will be celebrating all of our entries in the essay contest and awarding the winners for their outstanding essays. Congratulations to all of our entries.

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. This group is now closed. Call for information about our next session.

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.

Family Nights

An opportunity for some quality family time. We will have games and an activity for you to do together. This is open to all our families no matter where you are in your cancer experience. This means you may be in treatment, you may be done treatment or you may have lost your person to cancer. Deadline to register is the day before each scheduled Night.

Camp Kids and Teen Camp

Camp Kids registration is open. Kids can pick one week to attend our free week long day camp.

Week 1: June 26-30

Week 2: July 10-14

Teen Camp: July 18 and 19

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

May 1 – 10-11am **Chair Yoga**

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

12:30-2pm **Meditation and Technology: Explore the various ways technology can support meditation at home**

May 8 – 10-11am **Chair Yoga**

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

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

May 15 – 10-11am **Chair Yoga**

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

Lecture: Cancer and Genetics 101 *presented by Meredith Kohn, RN, MS*

12:30-2pm **Meditation** (Held on the 2nd floor in “Quiet Room” in Inpatient Oncology)

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

May 22 – 10-11am **Chair Yoga**

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

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

May 29 – Closed

Temple University Hospital • 215-707-6207

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

May 8 – 1-2:30pm **Head/Neck and Esophageal Support Group** (Basement, Classroom A)

TUESDAYS

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

May 16 – 1-2:30pm **Lung Support Group**
 (Basement, Classroom A)

WEDNESDAYS

May 17 – 1:30-3:30pm **Latino Support Group**
 (Conference Room)

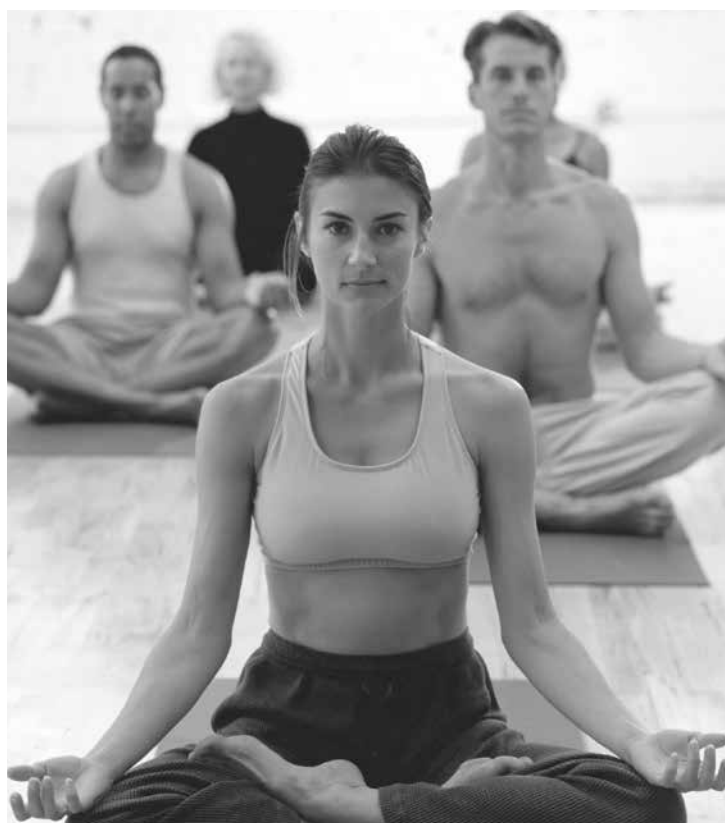
May 24 – 1:30-3:30pm **Breast Cancer Support Group**
 (Conference Room)

THURSDAYS

May 11 – 1:30-3:30pm **Art Therapy** (Conference Room)

May 25 – 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

- May 2** – 12-1pm **Mindfulness Meditation**
2-4pm **Stress Management Workshop**
5-6pm **All Levels Yoga**
7-7:30pm **Guided Meditation and Imagery**
7:30-9pm **Bereavement Group**
7:30-9pm **Reiki Share**
- May 9** – 10-11:30am **Yoga Therapy with Dianne Miller**
11am-12:30pm **Living with Cancer Support Group**
2-4pm **Beaded Jewelry Workshop – Mother's Day Necklace**
5-6pm **All Levels Yoga**
6-7pm **Mindfulness Meditation**
7-8:30pm **Breast Cancer Support Group – Trinity Acupuncture** – *Speaker: Mary Ellen DeVito*
- May 16** – 10-11:30am **Yoga Therapy with Dianne Miller**
12-1pm **Mindfulness Meditation**
2-4pm **Stress Management Workshop**
5-6pm **All Levels Yoga**
6-7pm **Relaxation Workshop**
7-8:30pm **Prostate Cancer Support Group**
Conference Room A – Speaker: Dr. Michael Bickel – Incontinence and Erectile Dysfunction
- 7-8:30pm **My Spouse Has Cancer Support Group**
- May 23** – 10-11:30am **Yoga Therapy with Dianne Miller**
11am-12:30pm **Living with Cancer Support Group**
12:30-2pm **Brain Cancer Networking Group**
2-4pm **Creating Mosaic pots for outdoor or indoor gardening**
5-6pm **All Levels Yoga**
7-8:30pm **Newly Diagnosed Breast Cancer Group**
- May 30** – **Self Care Spa Day**
11:30am-12pm **Sign in, Refreshments**
12-1pm **Self Manicures and Hand Massages**
1-2pm **Lunch/Healthy Eating**
2-3pm **Nature Walk**
3-4pm **Autogenic Relaxation**
4-5pm **Mindfulness Meditation**
5-6pm **All Levels yoga**
6-9pm **Create your own jewelry or artwork**

WEDNESDAYS

- May 3** – 11am-12:30pm **Colorectal Cancer Support Group**
12:30-1pm **NEW! Ostomy Networking Group with Jeanette Delaney, RN**
- May 10** – 11-12:30pm **NEW! Pancreatic Cancer Networking Group**
1-2 **Beaded Jewelry Workshop**
- May 17** – 11am-12:30 **Blood Cancer Support Group**
12-12:30pm **Guided Imagery and Meditation**
12:30-2pm **Reiki Share**
- May 24** – 11am-12:30pm **NEW! Gynecological Cancer Networking Group**
1-2pm **Relaxation Workshop**
- May 31** – **Self Care Spa Day**
10-11am **Mindfulness Meditation**
11-12pm **Stretching and Self Massage**
12-1pm **Lunch/Healthy Eating**
1-2pm **Self Manicures and Hand Massages**



The Suzanne Morgan Center at Ridgeland (Philadelphia)

Telling Your Story: An Interactive Workshop for Women facilitated by *Christine Wilson, healthcare communications consultant and narrative medicine expert*

Monday, May 8 • 6-8pm

We all have powerful, unique stories. In this workshop for women, we'll talk about different ways of thinking about and telling your story. Then, we'll do some "hands-on" work that will give you the opportunity to do some actual storytelling, and share your stories with the other participants. Whether you are talking to the media, or writing a journal, this workshop will open the windows to fresh ideas and approaches to thinking about and expressing your experience. RSVP is required.

The Healing Power of Nature at John Heinz National Wildlife Refuge: The Practice of Mindful Walking, Self-Reflection and Sharing facilitated by *Karin Marcus, Life Coach and Author of Birding Through Cancer: A Seasons of Change Journey*

Tuesday, May 9 • 10am-1pm

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. RSVP is required!

Divine Sleep Yoga Nidra: A Guided Meditation Experience facilitated by *Michelle Stortz, certified yoga instructor specializing in cancer care*

Wednesday, May 17 • 5-30-7pm

Are you having sleepless nights? Struggling with anxiety? Suffering from a distracted, wandering mind? Divine Sleep Yoga Nidra is a guided meditation that systematically leads you into a deep state of relaxation. This experience will bring awareness to every part of your being. RSVP is required.

Spirituality and Cancer: Finding Meaning and Purpose in Times of Uncertainty facilitated by *Dr. Lynn Bornfriend, Psychiatrist; Wendell Scantebury, Chaplain; and Dr. Imran Shariff, Palliative Care Physician*

Wednesday, May 24 • 6-8pm

Navigating uncertainty during the cancer experience can often lead to questions of meaning and purpose for individuals who are living with a cancer diagnosis; family members and friends who identify as caregivers; and anyone who has lost a loved one to cancer. This workshop will provide an opportunity to learn about the intersection of spirituality and cancer while also allowing time to discuss the individual impact of spirituality on the cancer experience. All are welcome to participate in this workshop, regardless of religious or spiritual beliefs, and also inclusive of those who do not identify with any faith tradition. RSVP is required.

Own Your Story: Crushing the Stigma Surrounding Men and Cancer Writing Workshop *facilitated remotely via phone conferencing by professional writer, Ryan Hart*
Tuesday, May 30 • 11:30am-1pm

This workshop will allow men who have been affected by cancer directly or indirectly to collaborate and have their experiences heard. Everyone experiences cancer differently; this workshop provides the opportunity to crush the stigma against talking about the “c” word by writing your unique story. All men are welcome to participate in this workshop via phone conference from home or any remote location. RSVP is required and phone conference line information will be provided at the time of registration.



Gilda's Club (Warminster)

Dinner and Lecture: Medical Marijuana Perspectives
Tuesday, May 2 • 6:30-8pm

Join Dr. Amy Davis, DO, MS, FACP, FAAHPM for an enlightening discussion on medical marijuana. So many questions surround the topic and Dr. Davis looks forward to hearing concerns and answering questions. Dr. Davis is board certified sub-specialist in Hospice and Palliative Medicine. She works with people facing serious illness to help them live, not just exist, while managing any symptoms that develop.

Quatro de Mayo New Member Social
Thursday, May 4 • 6-7:30pm

Come and meet other members at our New Member social, and enjoy some Mexican-themed refreshments. Members new to the clubhouse in the last 3 months are strongly encouraged to attend, and our more seasoned members are encouraged to come and bring a friend! This will be a great opportunity to meet others who may attend different programs, and cross paths with new and old friends alike! Be sure to RSVP for food and planning purposes!

**Lunch and Lecture: Right At Home;
In Home Care and Assistance**
Wednesday, May 10 • 11am-12:30pm

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.

Breast Cancer Networking Group: Jay Ann Intimates
Wednesday, May 17 • 6:30-8pm

Informative discussion about Mastectomy Fitting Services available at Jay Ann Intimates, including sample expandable prosthesis and a demonstration of customized breast prosthesis. Jay Ann Intimates is proud to offer customized scanning in order to allow women to create prosthesis that are sculpted to match the exact topography of the chest wall and restore precise symmetry. Presented by Jay Ann Intimates Farrell Friedenber, CMF & Susan Stanton, CMF

Emotional Support Animals • Thursday, May 18 • 5-7pm

Come and meet our emotional support animals, and experience the benefits of small animal companionship! We will have small critters available to play with, pet, and hold—please do not bring your own pets, as this could stress or endanger our animals.

**The Marshall Saturday Men's Breakfast:
Holocaust Awareness Program**

Presented by the Tom McDermitt Fund
Saturday May 20 • 8-10am

Living with the Loss of a Child
Sunday, May 21 • 11am-1pm

Silence isn't always golden; especially after the death of a child. People are fearful of saying the “wrong thing” or bringing up painful memories, leaving grieving parents feeling isolated and unable to share their experience and child with others. Gilda's Club is excited to partner with CHOP to offer meet up opportunities for parents who have experienced the death of their child to cancer. These events are open to any grieving parents after the loss of their young child regardless of when or where they received treatment. Carolyn Long, MSW bereavement social worker on the Pediatric Advanced Care Treatment at CHOP will be facilitating the monthly discussions. Meet ups are scheduled at Gilda's Club on Sunday, April 30, May 21, June 25, July 30, August 7 and September 24 from 11am-1pm. Advance registration is required; please speak with Beth Cribb or Christina Wise if you are interested.

Dinner and Lecture: I Want A Fun Funeral
Presented by Kyle Tevlin

Wednesday, May 24 • 6:30-8pm

It's rarely easy talking about funerals, but a little light-heartedness can go a long way toward realizing they're an event we all have in common, and that bringing it out in the open can be liberating. With humor and support, a dreaded discussion becomes not only easier, but creative and meaningful. There are many new alternatives and options today that aren't commonly known, and they truly offer a way for “life celebrations” to be deeper and more healing. Saying goodbye can include both tears and laughter. By talking ahead of time, fears are allayed and so much more is possible. For more information please check out the website <http://iwantafunfuneral.com/>

Kick off Summer! Frozen Treats
Tuesday, May 30 • 6-8pm

Make frozen summer treats to kick off the season with us! We will be making simple ice cream, instant popsicles, and some healthy frozen snacks. Bring a friend and come cool off!



CANCER SUPPORT COMMUNITY

GREATER PHILADELPHIA

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

Address Service Request

2017 May Program Calendar



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Providing **FREE** Cancer Support
for All People Affected
by Cancer.

Locations

- Ridgeland in Philadelphia
215-879-7733
- Gilda's Club in Warminster
215-441-3290
- Abington Jefferson Health
215-481-6700
- Doylestown Hospital
215-345-2022
- Temple University Hospital
215-707-6207

The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive • Philadelphia, PA 19131
215-879-7733

Gilda's Club
200 Kirk Road • Warminster, PA 18974
215-441-3290

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