

SEPTEMBER

Support Groups & Workshops



COMPREHENSIVE
CANCER CENTER

DESERT REGIONAL MEDICAL CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>New! Friday Fitness Class for patients in treatment. This program offers guidance on gentle exercise techniques that may help improve fitness and well-being as you go through treatment. For more information, please call (760) 416-4807.</p> <p>1180 N. Indian Canyon Drive, Suite E218 Palm Springs, CA 92262 • 760.416.4800 www.desertccc.com</p>				
		1	2	3
				<ul style="list-style-type: none"> Adaptive Yoga 9:30 – 10:30 am Massage Therapy 10 am – 1:30 pm Fitness Class 10:30 – 11:30 am
6	7	8	9	10
Labor Day	<ul style="list-style-type: none"> Pet Therapy 9 – 11 am Massage Therapy 10 am – 1:30 pm Tai-Chi 3:30 pm Fourth Floor West Lobby, El Mirador Medical Plaza 	<ul style="list-style-type: none"> Tai-Chi 8:45 am Fourth Floor West Lobby, El Mirador Medical Plaza Spiritual Reflection Group 1:30 pm 	<ul style="list-style-type: none"> Visualization/Meditation Class 3:30 - 4:30 pm Stergios Building 	<ul style="list-style-type: none"> Adaptive Yoga 9:30 – 10:30 am Massage Therapy 10 am – 1:30 pm Fitness Class 10:30 – 11:30 am
13	14	15	16	17
<ul style="list-style-type: none"> New Patient Orientation Lunch 12 – 1:30 pm 	<ul style="list-style-type: none"> Pet Therapy 9 – 11 am Massage Therapy 10 am – 1:30 pm Tai-Chi 3:30 pm Fourth Floor West Lobby, El Mirador Medical Plaza 	<ul style="list-style-type: none"> Tai-Chi 8:45 am Fourth Floor West Lobby, El Mirador Medical Plaza 	<ul style="list-style-type: none"> Journallage 1:30 pm 	<ul style="list-style-type: none"> Adaptive Yoga 9:30 – 10:30 am Massage Therapy 10 am – 1:30 pm Fitness Class 10:30 – 11:30 am GYN Cancer Talk 2 pm
20	21	22	23	24
	<ul style="list-style-type: none"> Pet Therapy 9 – 11 am Massage Therapy 10 am – 1:30 pm Tai-Chi 3:30 pm Fourth Floor West Lobby, El Mirador Medical Plaza 	<ul style="list-style-type: none"> Tai-Chi 8:45 am Fourth Floor West Lobby, El Mirador Medical Plaza Spiritual Reflection Group 1:30 pm 	<ul style="list-style-type: none"> Spanish Speaking Support Group 12:30 – 1:30 pm Visualization/Meditation Class 3:30 - 4:30 pm Stergios Building 	<ul style="list-style-type: none"> Adaptive Yoga 9:30 – 10:30 am Massage Therapy 10 am – 1:30 pm Fitness Class
27	28	29	30	
	<ul style="list-style-type: none"> Pet Therapy 9 – 11 am Massage Therapy 10 am – 1:30 pm Tai-Chi 3:30 pm Fourth Floor West Lobby, El Mirador Medical Plaza 	<ul style="list-style-type: none"> Tai-Chi 8:45 am Fourth Floor West Lobby, El Mirador Medical Plaza 	<ul style="list-style-type: none"> Blood Cancer Talk 2 pm 	

September
2010



YOU'RE INVITED

NEW PATIENT
ORIENTATION LUNCH

MONDAY
SEPTEMBER 13, 2010
12 - 1:30 P.M.

Third Floor
East Conference Room
Comprehensive Cancer Center
Reservations: 760-416-4802

Classes meet
in the Comprehensive
Cancer Center, Third Floor
East Conference Room,
unless noted otherwise.

Support Groups & Workshops

Classes meet in the Comprehensive Cancer Center, Third Floor, East Conference Room unless otherwise noted.

New Patient Orientation Luncheon

Are you a new patient? Join us for lunch and an introduction to services at the Comprehensive Cancer Center and what to expect during your course of chemotherapy or radiation therapy. The Orientation Luncheon is held the 2nd Monday of the month from 12:00-1:30pm. Cost is free. Please call (760) 416-4802 to register.

Look Good...Feel Better

Sponsored by the American Cancer Society, this program gives cancer patients a hands-on experience using make-up, turbans, scarves, and wigs to enhance their personal appearance during and after radiation therapy and chemotherapy. Held the 1st Monday of the month except August from 1:30-3:30pm. Those interested in participating can call (800) 227-2345.

Navigator Program

Have you been diagnosed with Prostate, Breast or Gyn-Cancer? We can provide you with a mentor to help provide support and education along the way. For information, please call (760) 416-4790.

Spiritual Reflection Group

The experience of cancer leaves many individuals with great insight about themselves and their lives. The Spiritual Reflection Group is designed to help patients explore these insights and to develop greater understanding about the impact of cancer. This group meets on the 2nd and 4th Wednesday of the month at 1:30 pm. Please contact JoAnn Becker, L.C.S.W. at (760) 416-4808.

Lenscape Program

Using photography, patients can create meaningful works of art to chronicle their cancer experience. No art experience is required and all materials are provided. For more information, contact JoAnn Becker, L.C.S.W. at (760) 416-4808.

Art Therapy Program

Learn how art can help you cope with the cancer experience. Our clinician will meet with patients and family members during treatment. Materials are provided. For more information, contact JoAnn Becker, L.C.S.W. at (760) 416-4808.

NEW! Journallage

This program combines Journaling and support arts such as scrapbooking to help patients sort through emotions as they go through the cancer experience. Held every 3rd Thursday of the month at 1:30 p.m. For more information, please call JoAnn Becker, L.C.S.W. at (760) 416-4808.

Complementary Medicine Program

This program offers patients referrals to a wide variety of complementary medicine modalities, including Chinese Medicine, chiropractics, nutrition, education regarding herbs/supplements, biofeedback, spiritual care counseling and strengthening/physical rehabilitation. Contact Mercy Perez, M.S.W., at (760) 416-4790 for more information.

Massage Therapy

Massage therapy is available to patients. Please contact Dr. Anita Chatigny at (760) 416-4834 to schedule an appointment.

Adaptive Yoga

Yoga classes are geared for patients of all abilities and those with physical limitation. No experience is necessary. Patients and family members are welcome to attend. Physician permission required. Meets every Friday from 9:30 am -10:30 am. Cost per session is \$5.00. To register, please call (760) 416-4864.

Want to Quit Smoking?

Smoking cessation classes are now available through the Comprehensive Cancer Center at reasonable cost to patients and family members. Instructor VJ Sleight was trained at the Mayo Clinic and works with the American Cancer Society to help smokers quit the habit. To learn more about the program or to register, please call (760) 333-1270.

NEW: Children's Support Group

This group meets periodically and offers support to the children of family members with cancer. For more information, please contact Vicky Pulido, L.C.S.W. (760) 416-4809.

NEW: Visualization/Meditation Class

This program offers techniques to help minimize stress and other side effects of the cancer journey. Meets 2nd and 4th Thursday of the month, 3:30 to 4:30 pm in the Stergios Building at Desert Regional Medical Center. Cost per session is \$5.00. To register, please call (760) 416-4807.

PATIENT EDUCATION

TELEPHONE CONFERENCES



CancerCare offers telephone conferences periodically on a range of cancer topics. Please log on to www.cancercare.org for more information, or contact the Comprehensive Cancer Center at (760) 416-4834.

NEW: Fitness Class for patients in treatment.

This program offers guidance on gentle exercise techniques that may help improve fitness and well-being as you go through treatment. Held every Friday 10:30 - 11:30am. Physician permission required. For more information, please call (760) 416-4807.

Tai-Chi Class

The Arthritis Foundation offers a free Tai-Chi program to help strengthen, stretch and bring balance to your body. Meets at Desert Regional Medical Center, El Mirador Medical Plaza, 1180 N. Indian Canyon Drive, Palm Springs, Fourth Floor West Lobby. Information: (760) 773-3076.

Pet Therapy



A 'Paws and Hearts' specially trained doggie visits the Comprehensive Cancer Center every Tuesday from 9 to 11 am to offer companionship to you and your family.

New! Living Beyond Cancer

This program is designed to help CCC patients/family members following the conclusion of treatment. The emphasis will be on improving patient/family education regarding cancer surveillance/survivorship, fitness for improved strength/coordination/endorurance, and support. There is no charge for the program. Information: (760) 416-4834.