



Located at Cherokee Mills
2230 Sutherland Avenue
Knoxville, TN 37919
(865) 546-4661
www.CancerSupportET.org

OFFICE HOURS
Monday through Friday
9 am - 5 pm
Program hours are noted.
Free Parking

OUR MISSION

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

We seek to help members reduce isolation, regain a sense of control in their lives and rediscover hope for the future.

All services are made available at no charge.

STAFF

- Beth Hamil
Executive Director
- Debra Sullivan, PhD
Program Director
- Kathleen M. Williams, LCSW
Program Associate
- Denise Stillman, PhD
Program Associate
- Sherry Lomax
Office Administrator
- Katherine Chyka, MPH
Communications & Development Manager



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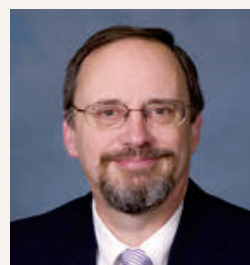
Cancer Support Community PROGRAM CALENDAR



2017

September & October

JOIN OTHERS FACING CANCER FOR
Support Groups • Educational Workshops • Health & Wellness Programs



5 Essential Skills for Managing Pain

Wednesday, Sept. 20
6:00-7:30 PM
Ted Jones, PhD,
Behavioral Medicine
Institute

Dr. Ted Jones, a leading expert in the field of pain management, will present 5 skills useful to anyone who experiences pain. He will discuss the differences between acute and chronic pain and between pain and suffering. Learn practical tools and techniques to manage your pain in order to have the highest quality of life possible. Light meal provided. RSVP.



Enhancing Our Relationships through Mindfulness

Sundays, Oct. 8, 15, 22, 29
5:00-7:00 PM
Dianne Lemieux, PhD

Mindfulness is the awareness that arises out of intentionally paying attention in the moment in an open, kind, and discerning way. This practice helps us learn to develop greater care & compassion for ourselves. In this intermediate MBSR series, we will explore the power of mindfulness and compassion practices to enhance our relationships with ourselves & others. Prior experience with MBSR recommended. RSVP.



Frankly Speaking about Immunotherapy

Wednesday, Oct. 11
6:00-7:30 PM
Jill Weberding, MPH, BSN,
RN, OCN

Researchers have been interested in using the body's natural defense system to treat cancer for years. Learn about the latest information on the immune system's role in fighting cancer, clinical trials for immunotherapy as well as response patterns and side effects associated with immunotherapy. Light meal provided. RSVP.



A Crooked Smile: Laughter is the Best Medicine

Wednesday, Oct. 18
6:00-7:30 PM
Terri Tate, RN, Comedian,
Author

Terri Tate is a clinical nurse specialist and down-to-earth inspirational teacher disguised as a standup comedian. Sharing her experience with a challenging oral cancer, Terri infuses stories of some of the darkest moments of her life with a spritely humor. Join others impacted by cancer for this evening of fun, laughter, and community. Light meal provided. RSVP.

FOLLOW US FIND US



We are located at the corner of Sutherland Avenue and Concord Street, just off of Interstate 40 near the University of Tennessee campus. Our door is always open - come learn more about us!



SAVE THE DATE

**Celebrating the Art of Survivorship
Fall Luncheon & Silent Auction
Wednesday, October 18, 2017
11:00 AM – 1:00 PM
Tickets are \$70**

Hospital & Program Sponsors:

Covenant Health - Thompson Cancer Survival Center • Provision Center for Proton Therapy • Tennova Healthcare • UT Medical Center Cancer Institute

Akima • Arts & Culture Alliance of Greater Knoxville/Tennessee Arts Commission
Blue Cross Blue Shield of Tennessee Community Trust • Clayton Family Foundation
Enterprise Holdings Foundation • Genentech • Haslam Family Foundation
Katherine Collins Roddy and J. P. Roddy, Sr. Fund • Kroger • Mazda Knoxville
Mount Rest Fund of East Tennessee Foundation • Pfizer Inc. • Publix Charities
Regal Foundation • The Wal-Mart Foundation

All programs offered FREE of charge

Call & talk to a member of our program staff at 546-4661

Schedule an individual appointment

Drop in at 5PM on Tuesdays for a tour & orientation

education, nutrition & special programs*

Nutrition Ammunition: The Skinny on Protein

Tuesday, Sept. 12, noon-1:30 PM
Beth Booker, MS, MPH, RD

How much protein do you need? What kind of proteins should you be eating during cancer treatments and beyond? Learn the latest opinions on protein requirements and what to consider when calculating your protein needs. RSVP.

Quick & Tasty Cooking: "Easy on the Stomach"

Monday, Sept. 25, noon-1:30 PM
Missy Kennedy, Cooking Instructor

Everyone has days when nothing tastes good, especially those living with a cancer diagnosis. Missy will share some of her "go-to" recipes to add to your own repertoire. RSVP.

Knoxville Opera Performance at CSC

Thursday, Sept. 28, 6:00-7:30 PM
Brian Salesky, KO Exective Director and Conductor

If you haven't had an opportunity to hear high caliber live music up close and personal, this program is for you! Brian Salesky is a captivating storyteller and talented musician. He will be joined by an equally talented soloist. Experience the healing power of live music at this engaging performance featuring Broadway tunes and more. RSVP.



Calmer Body; Calmer Mind

Thursday, Oct. 5, 11:30-1:00 PM
Denise Stillman, PhD

Cancer is physically and emotionally stressful. Dr. Stillman will discuss our bodies' response to stress and demonstrate relaxation exercises to calm the body and the mind. Come as you are but be prepared to leave relaxed. RSVP.

Nutrition Ammunition: Superfoods for Cancer Care

Tuesday, Oct. 10, noon-1:30 PM
Beth Booker, MS, MPH, RD

What are superfoods and what makes them so super? Learn what fall superfoods have to offer and how you can prepare them to increase their nutritional impact! RSVP.

Cancer 101

Tuesday, Oct. 24, noon-1:30 PM
Victoria Spry, RN, BSN, OCN

Learn the basics about cancer and different options used to treat this disease. Whether you are newly diagnosed, currently in treatment, post treatment or have a family member or friend who has been diagnosed, this program is for you. It will provide basic knowledge and understanding to give you tools to take control of your health or better support someone going through their cancer journey. RSVP.

*A light meal is provided with all education, nutrition, & programs listed above.

Sleep Matters

Off-site Program

Held at Oak Ridge Thompson Cancer Survival Center, Resource Room located at 102 Vermont Ave., Oak Ridge, 37830
Thursday, Oct. 26, 6:00-7:30 PM
Denise Stillman, PhD

Having trouble falling or staying asleep? For those impacted by cancer, the effects of treatment and medications along with the stressors associated with a cancer diagnosis may keep you and your loved ones from getting a good night's rest. Learn why sleep matters and what steps you can take to improve the quality of your zzz's. RSVP.

Quick & Tasty Cooking: Fall Fun in the Kitchen

Monday, Oct. 30, noon-1:30 PM
Missy Kennedy, Cooking Instructor

Join Missy as she shares some of her favorite fall recipes for quick and tasty meals. RSVP.

To make a reservation for supportive, structured play for children during featured programs, please call 48 hours in advance.

social connections

Knit Your Way to Wellness

Thursday, Sept. 7 & 21, 1:00-3:00 PM
Thursday, Oct. 5 & 19, 1:00-3:00 PM

Shelley Hecht, Loopville Instructor
New to knitting? Old Pro? Join these "knit-wits" to learn how to knit or bring your own project to work on.



HEALING THROUGH ART

No experience is necessary!

Decorating Beach Shells

Thursday, Sept. 14, 1:00-3:00 PM
Dana Barnes, Art Instructor

If you love the beach, you will love this class. Dana will provide shells collected from her recent travels and offer creative ideas for you to decorate your very own shell to take home. No experience necessary. RSVP.



Fun with Glaze

Thursday, Oct. 12, 1:00-3:00 PM
Cheri Pollack, Art Instructor

We will offer assorted clay pieces for you to glaze with bright colors and create your own unique piece of art. No experience necessary. Please wear casual attire. RSVP.

Please RSVP to programs by going to cancersupportet.org or by calling (865) 546-4661.

family & kids

Call for a phone consultation or individualized appointment to address your questions & concerns about helping your family through the challenges that having cancer presents.

Kid-To-Kid: Fun with a Purpose

Tuesday, Sept. 12, 3:30-5:00 PM
Tuesday, Oct. 10, 3:30-5:00 PM

Kathleen Williams, LCSW

*Please call before your first visit.

Fun activities that can help kids ages 5-12 identify feelings and learn coping skills when cancer is in the family. RSVP.

Family Fun Halloween Party

Saturday, Oct. 21, 11:00AM -12:30PM
Kathleen Williams, LCSW

With cancer in your family, chances are everyone has more STRESS. Saturday Family Fun Day is a chance to hang out and spend time with other families living with a cancer diagnosis. Wear your favorite costume (or not) and gather with other families for some Halloween fun. Light lunch provided. RSVP.



support & networking groups

SUPPORT GROUPS

We are here to support you during your cancer journey. Our on going professionally-led, weekly support groups for people with cancer and their loved ones connect you with others so that no one faces cancer alone.

An interview is required before attending. Schedule yours by calling (865) 546-4661.

Groups for People with Cancer

Mondays, 6:00-7:30 PM
Tuesdays, 6:00-7:30 PM

Groups for Family Members & Loved Ones

Tuesdays, 6:00-7:30 PM

NETWORKING GROUPS

Connect with others facing the same type of cancer in our monthly drop-in groups. Please call before your first visit and talk to a member of our program staff.

Breast Cancer Networker

Thursday, Sept. 21 & Oct 19
6:00-7:30 PM, Kathy Ehrnschwender, PhD

Leukemia, Lymphoma & Myeloma Networker

Thursday, Sept. 21 & Oct. 19
4:00-5:30 PM, Kathleen Williams, LCSW

This group is for those affected by blood cancers and their support person.

Prostate Cancer Networker

Saturday, Sept. 9 & Oct. 14
10:00-11:30 AM, Phil Johnson, PhD

Family Bereavement Group

Thursday, Sept. 21 & Oct. 19
6:00-7:30 PM, Kathleen Williams, LCSW

wellness & stress reduction

DROP-IN WORKOUT & YOGA CLASSES

Please check with your medical team before attending. Most classes are gentle enough for those in active treatment and can be modified by CSC instructors.

Wellness Workout *note time change*

Mondays, noon-1:00 PM
Holly Frantz, MEd

Practice total body conditioning: gentle stretching, resistance training and low-impact aerobic exercises.

Chair Yoga

Mondays, 1:00-1:45 PM
Randy Rainey, Certified Yoga Instructor

This yoga class is accessible to most people and offers all the benefits of a normal yoga class without getting up and down from the ground.

Qigong

Tuesdays, 5:00-6:00 PM
Russell Sauls, Instructor

Improve balance, flexibility & muscle strength with this gentle movement class. Qigong is a mind/body practice that has provided relaxation and soothing states of mind and body for centuries.

Yoga

Wednesdays, 3:00-4:00 PM
Saturdays, 10:00-11:00 AM
Pam Bradshaw, Certified Yoga Instructor

Improve flexibility and strengthen muscles through gentle yoga poses.

Restorative Yoga

Thursdays, 3:00-4:00 PM
Dagny Vigander, Certified Yoga Instructor

Deep relaxation helps combat stress and heals the body. Learn simple techniques to guide your body into a state of deep, restful healing.

Gentle Yoga

Fridays, 10:00-10:45 AM
Randy Rainey, Certified Yoga Instructor

Gentle stretching and ease of movement through yoga. This class includes gentle chair, standing and floor poses.

STRESS REDUCTION PROGRAMS

Mindfulness in Everyday Life: Body Wisdom

Saturday, Sept. 23, 10:00 AM-noon
Ann Pendley, Meditation Instructor

Mindfulness of the body is fundamental to relaxation of body and mind. The use of guided meditation and a mindfulness practice can help cultivate a kind and compassionate attitude toward your body, which is beneficial to healing and wellness. RSVP.

Mindfulness in Everyday Life: Cultivating Happiness

Saturday, Oct. 28, 10:00 AM-noon
Ann Pendley, Meditation Instructor

Learn how our conditioned tendency toward negative thoughts blocks our experience of happiness. Ann will offer two mindfulness practices that can lead to experiencing more peace and openheartedness. RSVP.

Check out our new Movement Classes!

Restorative Yoga with Dagny on Thursdays




&

Gentle Yoga with Randy on Fridays








September

Programs offered free of charge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All programs are held at: Cancer Support Community 2230 Sutherland Avenue Knoxville, TN 37919 unless noted. www.CancerSupportET.org (865) 546-4661</p>					1	2
					Gentle Yoga 10:00 - 10:45 AM	No Yoga Today
3	4	5	6	7	8	9
	Office Closed	Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	Yoga 3:00-4:00 PM	Knitting 1:00-3:00 PM Restorative Yoga 3:00 - 4:00 PM	Gentle Yoga 10:00 - 10:45 AM	Yoga 10:00-11:00 AM Prostate Cancer Networker 10:00-11:30 AM
10	11	12	13	14	15	16
	Wellness Workout noon - 1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	 <div style="border: 1px solid red; padding: 2px;">Nutrition Ammunition noon - 1:00 PM</div> <div style="border: 1px solid red; padding: 2px;">Kid-to-Kid 3:30-5:00 PM</div> Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	Yoga 3:00-4:00 PM	 <div style="border: 1px solid red; padding: 2px;">Healing Through Art 1:00 - 3:00 PM</div> Restorative Yoga 3:00 - 4:00 PM	Gentle Yoga 10:00 - 10:45 AM	Yoga 10:00-11:00 AM
17	18	19	20	21	22	23
	Wellness Workout noon - 1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	 Yoga 3:00-4:00 PM <div style="border: 1px solid red; padding: 2px;">5 Essential Skills for Managing Pain 6:00 - 7:30 PM</div>	Knitting 1:00-3:00 PM Restorative Yoga 3:00-4:00 PM Leukemia, Lymphoma & Myeloma Networker 4:00-5:30 PM Breast Cancer Networker 6:00-7:30 PM Bereavement 6:00-7:30 PM	Gentle Yoga 10:00 - 10:45 AM	<div style="border: 1px solid red; padding: 2px;">Mindfulness in Everyday Life 10:00 AM - noon</div> Yoga 10:00-11:00 AM
24	25	26	27	28	29	30
	<div style="border: 1px solid red; padding: 2px;">Quick & Tasty Cooking noon - 1:30 PM</div> Wellness Workout noon - 1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	Yoga 3:00-4:00 PM	Restorative Yoga 3:00 - 4:00 PM <div style="border: 1px solid red; padding: 2px;">Knoxville Opera Performance at CSC 6:00 - 7:30 PM</div>	Gentle Yoga 10:00 - 10:45 AM	Yoga 10:00-11:00 AM

October

Programs offered free of charge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Wellness Workout noon - 1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	3 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	4 Yoga 3:00-4:00 PM	5 <div style="border: 1px solid red; padding: 2px;">Calmer Body; Calmer Mind 11:30 - 1:00 PM</div> Knitting 1:00-3:00 PM Restorative Yoga 3:00 - 4:00 PM	6 Gentle Yoga 10:00 - 10:45 AM	7 Yoga 10:00-11:00 AM
8 <div style="border: 1px solid red; padding: 2px;">Enhancing Our Relationships through Mindfulness Series 5:00 - 7:00 PM</div>	9 Wellness Workout noon - 1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	10  <div style="border: 1px solid red; padding: 2px;">Nutrition Ammunition noon - 1:30 PM Kid-to-Kid 3:30-5:00 PM</div> Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	11  Yoga 3:00-4:00 PM <div style="border: 1px solid red; padding: 2px;">Frankly Speaking about Immunotherapy 6:00 - 7:30 PM</div>	12  <div style="border: 1px solid red; padding: 2px;">Healing Through Art 1:00 - 3:00 PM</div> Restorative Yoga 3:00 - 4:00 PM	13 Gentle Yoga 10:00 - 10:45 AM	14 Yoga 10:00-11:00 AM Prostate Cancer Networker 10:00-11:30 AM
15 <div style="border: 1px solid red; padding: 2px;">Enhancing Our Relationships through Mindfulness Series 5:00 - 7:00 PM</div>	16 Wellness Workout noon - 1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	17 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	18  Yoga 3:00-4:00 PM <div style="border: 1px solid red; padding: 2px;">A Crooked Smile: Laughter is the Best Medicine 6:00 - 7:30 PM</div>	19 Knitting 1:00-3:00 PM Restorative Yoga 3:00-4:00 PM Leukemia, Lymphoma & Myeloma Networker 4:00-5:30 PM Breast Cancer Networker 6:00-7:30 PM Bereavement 6:00-7:30 PM	20 Gentle Yoga 10:00 - 10:45 AM	21  Yoga 10:00-11:00 AM <div style="border: 1px solid red; padding: 2px;">Family Fun Halloween Party 11:00 AM - 12:30 PM</div>
22 <div style="border: 1px solid red; padding: 2px;">Enhancing Our Relationships through Mindfulness Series 5:00 - 7:00 PM</div>	23 Wellness Workout noon - 1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	24 <div style="border: 1px solid red; padding: 2px;">Cancer 101 noon-1:30 PM</div> Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	25 Yoga 3:00-4:00 PM	26 Restorative Yoga 3:00 - 4:00 PM <div style="border: 1px solid red; padding: 2px;">Sleep Matters 6:00-7:30 PM (off-site)</div>	27 Gentle Yoga 10:00 - 10:45 AM	28 <div style="border: 1px solid red; padding: 2px;">Mindfulness in Everyday Life 10:00 AM - noon</div> Yoga 10:00-11:00 AM
29 <div style="border: 1px solid red; padding: 2px;">Enhancing Our Relationships through Mindfulness Series 5:00 - 7:00 PM</div>	30 <div style="border: 1px solid red; padding: 2px;">Quick & Tasty Cooking noon - 1:30 PM</div> Wellness Workout noon - 1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	31 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM				All programs are held at: Cancer Support Community 2230 Sutherland Avenue Knoxville, TN 37919 unless noted. www.CancerSupportET.org (865) 546-4661