



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 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

Katherine Chyka, MPH
Communications & Development Manager

Sherry Lomax
Office Administrator

TAKE ON CANCER TOGETHER

JOIN. GIVE. ACT.

NON-PROFIT ORG.
U.S. POSTAGE PAID
KNOXVILLE, TN
PERMIT #195

Return Service Requested

Cancer Support Community PROGRAM CALENDAR

November & December



2018

JOIN OTHERS FACING CANCER FOR

Support Groups • Educational Workshops • Health & Wellness Programs



Friends of CSC Casting Call

Wednesday, November 7
Various programs running from 12:00-7:30 PM

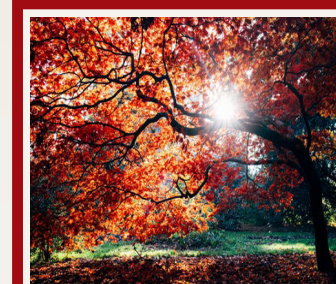


We're making a video about our services & looking for past & present members to participate. Attend one or more of the programs scheduled on Nov. 7th. Full list of programs below & complete program descriptions inside. Filming will take place throughout the day (video only – no audio).

RSVP by calling (865)546-4661, emailing info@CancerSupportET.org, or visiting CancerSupportET.org/calendar

NOVEMBER 7 CLASSES & PROGRAMS

- Wellness Workout at 12:00 PM
- Art Class at 1:00 PM
- Yoga at 3:00 PM
- Family Fun for families with kids & grand kids at 4:30 PM
- Guest Chef: Tomato Head at 6:00 PM



Cancer Treatments & Side Effects Management

Tuesday, November 27
12:00-1:30 PM

Jo Phillips, RN, ONN-CG & Lucy Davis, RN, BSN

Unwanted side effects from cancer treatments can be uncomfortable & intensify life's disruptions. Learn about common & troublesome side effects, including fatigue, infection, pain, & gastrointestinal changes. Gather tips to better manage or possibly prevent side effects during treatment & survivorship. Light lunch provided. RSVP.



Ask the Doctor: Gynecologic Cancers

Thursday, December 13
6:00-7:30 PM

Kristopher J. Kimball, MD
Gynecologic Oncologist

Join Dr. Kimball as he provides updates on the latest treatments for gynecological cancers including a discussion about clinical trials. He will also discuss future trends in treatment & ways of maximizing quality of life. Bring your questions. Light meal provided. RSVP.

All programs are held at Cancer Support Community unless noted (2230 Sutherland Ave. Knoxville, TN 37919).

All programs offered FREE of charge

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

FOLLOW US FIND US



We're 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!



We hope to see you at the Friends of CSC Casting Call on November 7th!

It will be an exciting day to catch up with past members & meet new ones. Call us at (865) 546-4661 if you have any questions.

Hospital & Program Sponsors:

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

Akima • Arts & Culture Alliance of Greater Knoxville/Tennessee Arts Commission
Clayton Family Foundation • Genentech • Haslam Family Foundation
Katherine Collins Roddy and J. P. Roddy, Sr. Fund • Kroger • L5 Foundation
Mount Rest Fund of East Tennessee Foundation • Publix Charities • Regal Foundation
Tennessee Cancer Coalition • The Wal-Mart Foundation • WUOT 91.9 FM

education, nutrition & special programs

Quick & Tasty Cooking: Crock Pot Meals

Tuesday, November 6, noon-1:30 PM
Missy Kennedy, Cooking Instructor
Want to simplify your time in the kitchen? Learn ways to use the crock pot to your advantage. RSVP.



Guest Chef: Tomato Head

Wednesday November 7, 6:00-7:30 PM
Mahasti Vafaie, Owner Tomato Head
If you like eating at Tomato Head, you'll love this program! Never heard of Tomato Head? Do yourself a favor & come to this program. Engage all your senses as owner & chef Mahasti introduces creative vegetarian recipes to try at home. RSVP.



Nutrition Ammunition: Digestion 101

Tuesday, November 13, noon-1:30 PM
Beth Booker, MS, MPH, RD
How much do you know about your digestive system? Learn how your gastrointestinal tract works to support your health & ways to improve your digestion with a few simple steps. Light lunch provided. RSVP.

Thanksgiving Potluck Social

Wednesday, November 14, 6:00-7:30 PM
CSC Staff & Volunteers
Join CSC family & friends for food, fellowship, & the tastes & smells of Thanksgiving. We'll provide the turkey & drinks. You're invited to bring yourself, family, friends, & a favorite side dish, salad, or dessert. Music provided. RSVP.

Panning for Gold: Finding & Writing the Stories of Your Life

Wednesday, November 28, 1:30-3:00 PM
Wednesday, December 19, 1:30-3:00 PM
Donna Doyle, Writing Instructor
These monthly relaxed workshops will help you find the small nuggets of gold shining in the vast stream of your life. No writing experience necessary. RSVP.

Holiday Party

Wednesday, December 5, 6:00-7:30 PM
CSC Staff & Volunteers
Join CSC friends & family for the annual Holiday Party! This will include the infamous "small gift exchange game." Bring your own idea of a small gift, gag gift, or re-gift a hidden treasure for this fun evening. Light meal provided. RSVP.

Nutrition Ammunition: Sugar & Cancer

Tuesday, December 11, noon-1:30 PM
Beth Booker, MS, MPH, RD
What's the connection between sugar & cancer? Sugar feeds every cell in our body – even cancer cells. Join Beth to get sugar facts & myths from a nutritionist's perspective. Light meal provided. RSVP.

Oak Ridge OFF-SITE Series: Cancer Fighting Superfoods

Thursday, December 13, 5:30-7:30 PM
* TCSC Cancer Resource Center *
(102 Vermont Ave. Oak Ridge, TN 37830)
Susan Smith, RD
Join nutritionist, Susan Smith, as she talks about cancer-fighting superfoods. Learn what superfoods have to offer & how you can prepare them to increase their nutritional impact. Enjoy a sampling of superfoods at this relaxing evening. RSVP.

Quick & Tasty Cooking: Make Ahead Recipes

Tuesday, December 18, noon-1:30 PM
Missy Kennedy, Cooking Instructor
Join Missy as she shares some of her favorite recipes that can be prepared ahead of time so you can spend less time in the kitchen. RSVP.

RSVP to programs by going to CancerSupportET.org/calendar or by calling (865) 546-4661.

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

wellness & stress reduction

DROP-IN WORKOUT & YOGA CLASSES
Check with your medical team before attending. Most classes are gentle enough for those in active treatment & can be modified by CSC instructors.

Wellness Workout

Mondays, noon-1:00 PM
Wednesdays, noon-1:00 PM
Stephanie Chunn, Personal Trainer
Practice total body conditioning: gentle stretching, resistance training & low-impact aerobic exercises.

Chair Yoga

Mondays, 1:00-1:45 PM
Randy Rainey, Certified Yoga Instructor
This class is accessible to most people & offers all the benefits of a normal yoga class without getting up & down.

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 provides relaxation & healing.

Yoga

Wednesdays, 3:00-4:00 PM
Saturdays, 10:00-11:00 AM
Pam Bradshaw, Certified Yoga Instructor
Improve flexibility & strengthen muscles through gentle yoga poses.

Gentle Yoga

Fridays, 10:00-11:00 AM
Randy Rainey, Certified Yoga Instructor
This class includes gentle chair, standing, & floor poses.

Mindfulness in Everyday Life: Cultivating Gratitude in the Midst of Challenge

Saturday, November 17, 10:00 AM-noon
Ann Pendley, Meditation Instructor
Explore the benefits of cultivating more gratitude in your daily life through mindfulness meditation practice. RSVP.

Mindfulness in Everyday Life: Maintaining Inner Peace

Saturday, December 15, 10:00 AM-noon
Ann Pendley, Meditation Instructor
Gift yourself an opportunity to experience some moments of inner peace during this busy season and learn ways to maintain this peace throughout the year. RSVP.

creative connections

Knit Your Way to Wellness
Thursday, Nov. 1 & 15, 1:00-3:00 PM
Thursday, Dec. 6 & 20, 1:00-3:00 PM
Shelley Hecht, Loopville Instructor
New to knitting? Old Pro? Learn to knit or bring your own project to work on. Supplies are available.



HEALING THROUGH ART

No experience necessary!



Mixed Media on Canvas

Wednesday, November 7, 1:00-3:00 PM
Cheri Pollack, Art Instructor
We'll supply the canvas & mixed media supplies & you'll create your own unique piece to take home or share with others. RSVP.

Holiday Decor

Thursday, December 6, 1:00-3:00 PM
Cheri Pollack, Art Instructor
Create a fun and colorful holiday project for yourself or for someone special in your life. RSVP.



family & kids

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

Family Fun Saturdays

*Please call before your first visit. With cancer in your family, chances are everyone has more STRESS. Hang out & spend time with other families living with a cancer diagnosis. RSVP.



Family Fun with Yoga

Wednesday, November 7, 4:30-6:00 PM
Kathleen Williams & Dagny Vigander
Learn some fun yoga moves to do as a family AND experience the joy of "toega". RSVP.

Family Fun in Holiday Art

Saturday, December 8, 11:00 AM-12:30 PM
Kathleen & Friends
Tis the season to be crafty! Bundle up & join us to create some fun holiday art. RSVP.

support & networking groups

SUPPORT GROUPS

We're here to support you during your cancer journey. Our ongoing 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

Note only one group each month
Thursday, Nov. 15 & Dec. 20, 6:00-7:30 PM
Kathy Ehrnschwender, PhD

Prostate Cancer Networker

Saturday, Nov. 10 & Dec. 8, 10:00-11:30 AM
Phil Johnson, PhD

Leukemia, Lymphoma & Myeloma Networker

This group is on hiatus. Please call Debra Sullivan, PhD at (865) 546-4661 if you want to learn more about this group.

Call for Individual Bereavement Services

We offer Short-Term Support Sessions
CSC clinical & program staff are available for short-term individual support sessions & family consultations. If you're interested, call to talk with one of our program staff to schedule your appointment.



Nov. 7 Casting Call Schedule

Wellness Workout at 12:00 PM

Art Class at 1:00 PM

Yoga at 3:00 PM

Family Fun for families with kids & grand kids at 4:30 PM

Guest Chef: Tomato Head at 6:00 PM



November

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>			<p>Friends of CSC Casting Call NOV. 7</p>	1 Knitting 1:00-3:00 PM	2 Gentle Yoga 10:00-11:00 AM	3 Yoga 10:00-11:00 AM
4	5 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	6 Quick & Tasty Cooking noon-1:30 PM Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	7 Wellness Workout 12-1 PM Healing Through Art 1-3 PM Yoga 3-4 PM Family Fun 4:30-6 PM Guest Chef: Tomato Head 6-7:30 PM	8	9 Gentle Yoga 10:00-11:00 AM	10 Yoga 10:00-11:00 AM Prostate Cancer Networker 10:00-11:30 AM
11	12 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	13 Nutrition Ammunition noon-1:30 PM Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	14 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM Thanksgiving Potluck 6:00-7:30 PM	15 Knitting 1:00-3:00 PM Breast Cancer Networker 6:00-7:30 PM	16 Gentle Yoga 10:00-11:00 AM	17 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 10:00 AM-noon
18	19 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	20 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	21 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM	22 Office Closed	23 Office Closed	24 Office Closed
25 Office Closed	26 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	27 Cancer Treatments & Side Effects Management noon-1:30 PM Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	28 Wellness Workout noon-1:00 PM Finding & Writing the Stories of Your Life 1:30-3:00 PM Yoga 3:00-4:00 PM	29	30 Gentle Yoga 10:00-11:00 AM	

Please RSVP to events in a RED BOX by calling (865) 546-4661 or registering online at www.CancerSupportET.org. Most other events are "drop-in" and registration is not required. Please note, groups or networkers may require a phone call or interview. Cancer Support Community can provide supportive, structured play for children of members attending monthly education or featured programs. Reservations for structured play must be made 48 hours in advance by calling (865) 546-4661.

December

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>						<p>1</p> <p>Yoga 10:00-11:00 AM</p>
2	<p>3</p> <p>Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM</p>	<p>4</p> <p>Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM</p>	<p>5</p> <p>Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM</p> <p>Holiday Party 6:00-7:30 PM</p>	<p>6</p> <p>Knitting 1:00-3:00 PM</p> <p>Healing Through Art 1:00-3:00 PM</p>	<p>7</p> <p>Gentle Yoga 10:00-11:00 AM</p>	<p>8</p> <p>Yoga 10:00-11:00 AM</p> <p>Prostate Cancer Networker 10:00-11:30 AM</p> <p>Family Fun with Holiday Art 11:00 AM-12:30 PM</p>
9	<p>10</p> <p>Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM</p>	<p>11</p> <p>Nutrition Ammunition noon-1:30 PM</p> <p>Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM</p>	<p>12</p> <p>Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM</p>	<p>13</p> <p>Ask the Doctor: Gynecologic Cancers 6:00-7:30 PM</p> <p>Oak Ridge Series: Cancer Fighting Superfoods 5:30-7:30 PM (*off-site*)</p>	<p>14</p> <p>Gentle Yoga 10:00-11:00 AM</p>	<p>15</p> <p>Yoga 10:00-11:00 AM</p> <p>Mindfulness in Everyday Life 10:00 AM-noon</p>
16	<p>17</p> <p>Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM</p>	<p>18</p> <p>Quick & Tasty Cooking noon-1:30 PM</p> <p>Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM</p>	<p>19</p> <p>Wellness Workout noon-1:00 PM</p> <p>Finding & Writing the Stories of Your Life 1:30-3:00 PM</p> <p>Yoga 3:00-4:00 PM</p>	<p>20</p> <p>Knitting 1:00-3:00 PM</p> <p>Breast Cancer Networker 6:00-7:30 PM</p>	<p>21</p> <p>Gentle Yoga 10:00-11:00 AM</p>	<p>22</p> <p>Yoga 10:00-11:00 AM</p>
23/30	24/31	25	26	27	28	29
Office Closed	Office Closed	Office Closed	Office Closed	Office Closed	Office Closed	Office Closed

Please RSVP to events in a RED BOX by calling (865) 546-4661 or registering online at www.CancerSupportET.org. Most other events are "drop-in" and registration is not required. Please note, groups or networkers may require a phone call or interview. Cancer Support Community can provide supportive, structured play for children of members attending monthly education or featured programs. Reservations for structured play must be made 48 hours in advance by calling (865) 546-4661.