

# Legacy Cancer Institute

## LEGACY CANCER HEALING CENTER GROUPS JANUARY - JUNE 2022

- Our classes and groups are offered for **FREE** to those affected by cancer, thanks to gifts (big and small) to the [Cancer Funds](#) of the Legacy Hospital Foundations. You *do not* need to be a Legacy patient to join.
- All classes and support groups have moved to **online virtual meetings** to minimize the spread of COVID-19 and protect the safety of our patients, staff and community. Contact staff to get more information and the virtual meeting link.
- Visit our website, [www.LegacyHealth.org/CancerClasses](http://www.LegacyHealth.org/CancerClasses), or scan the **QR code** with your phone for the latest information.



### VIRTUAL ART AND WRITING GROUPS

<b>FINDING CENTER: ART MAKING FOR MINDFULNESS AND STRESS-REDUCTION</b> During this weekly group you will use simple art processes and mindfulness exercises to connect with yourself and to set an intention for your week. No art experience necessary. Cancer patients, family & caregivers welcome to join for one or all sessions.		
<b>Mondays, 10:00 – 11:00 am</b> January 17 – May 16 (No group March 21)	<b>Facilitator:</b> Blair Allen, ATR, LAT ☎ 503-413-8418, <a href="mailto:blallen@lhs.org">blallen@lhs.org</a>	<a href="#">Registration link</a> on our website. Sponsored by Mount Hood
<b>Fridays, 1:30 – 2:30 pm</b> January 21 – May 20 (No group March 25)	<b>Facilitator:</b> Margaret Hartsook, LPC, ATR-BC ☎ 503-413-8404, <a href="mailto:mhartsoo@lhs.org">mhartsoo@lhs.org</a>	<a href="#">Registration link</a> on our website. Sponsored by Salmon Creek
<b>VIRTUAL OPEN ART STUDIO</b> Art making can bring joy and reduce stress—before, during or after cancer treatment. You are invited to join us for guided art making, from the comfort of your own home. Cancer patients, family & caregivers welcome to join for one or all sessions.		
<b>Thursdays, 1:30 – 3:30 pm</b> January 13 – April 28 (No group March 24)	<b>Facilitator:</b> Margaret Hartsook, LPC, ATR-BC ☎ 503-413-8404, <a href="mailto:mhartsoo@lhs.org">mhartsoo@lhs.org</a>	<a href="#">Registration link</a> on our website.
<b>WORDS FOR HEALING (SPONSORED BY THE SALMON CREEK FOUNDATION)</b> Writing with a group of peers in a safe, respectful environment creates community and connection, and can reduce stress while bolstering confidence and resiliency. Held monthly.		
<b>Third Friday of every month.</b> <b>10:00 am - 12:00 pm</b>	<b>Facilitator:</b> Dawn Thompson, MA ✉ <a href="mailto:dathomp@lhs.org">dathomp@lhs.org</a>	Margaret Hartsook, LPC, ATR-BC
<b>RETURNING TO SELF: EXPLORING GRIEF AND RESILIENCE THROUGH THE CREATIVE PROCESS</b> Held for 6-weeks, this group is for individuals who are done with primary cancer treatment, and wanting to explore and process the emotional aspects of life after cancer through peer-to-peer discussion and art-based techniques.		
<b>Wednesdays, 4:00 – 6:00 pm</b> February 9 – March 16	<b>Facilitators:</b> Art Therapists Blair Allen & Margaret Hartsook. Contact the facilitators (info above) to determine if this group is right for you.	





# VIRTUAL MOVEMENT, EXERCISE AND MIND-BODY CLASSES



## PILATES (SPONSORED BY THE GOOD SAMARITAN/JACOBI FUND)

Pilates is an excellent way to gain strength, flexibility, and overall conditioning, while minimizing impact on joints.

Wednesdays, 5:00–6:00 pm	<b>Registration and medical clearance required</b> <a href="#">Registration link</a> at: <a href="http://www.legacyhealth.org/cancerclasses">www.legacyhealth.org/cancerclasses</a>	<b>Instructor:</b> Martha Lundberg, BSPT, STOTT PILATES® Certified Instructor ☎ 503-413-7284, <a href="mailto:ndunner@lhs.org">ndunner@lhs.org</a>
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## QIGONG & T'AI CHI (SPONSORED BY THE GOOD SAMARITAN/JACOBI FUND)

A gentle movement, breath and meditation practice that improves strength and balance, while supporting a peaceful state of mind

Tuesdays, 11:30 am–12:30 pm <u>and</u> Thursdays, 10:00–11:00 am	<b>Registration and medical clearance required</b> <a href="#">Registration link</a> at: <a href="http://www.legacyhealth.org/cancerclasses">www.legacyhealth.org/cancerclasses</a>	<b>Instructor:</b> Wendy Tucker, ATR, CYT, Certified T'ai Chi, Qigong, Yoga Instructor ☎ 503-277-8976, <a href="mailto:wendy.awenarts@gmail.com">wendy.awenarts@gmail.com</a>
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## YOGA (SPONSORED BY THE MOUNT HOOD FOUNDATION/CANCER SERVICES FUND)

A gentle way to develop strength, flexibility, breathing and relaxation, in a supportive group environment. Offered twice weekly.

Monday, 11:00–12:30 am <u>and</u> Fridays, 1:00–2:30 pm	<b>Registration and medical clearance required</b> <a href="#">Registration link</a> at: <a href="http://www.legacyhealth.org/cancerclasses">www.legacyhealth.org/cancerclasses</a>	<b>Instructor:</b> Patti Stone, Certified Yoga Therapist e-RYT500, C-IAYT 1000, TIYT, AYS ☎ 503-708-8392, <a href="mailto:pattistone123@gmail.com">pattistone123@gmail.com</a>
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## YOGA (SPONSORED BY THE GOOD SAMARITAN FOUNDATION/JACOBI FUND)

A gentle way to develop strength, flexibility, breathing and relaxation, in a supportive group environment. Offered twice weekly.

Mondays, 1:00–2:30 pm <u>and</u> Fridays, 11:00 am–12:30 pm	<b>Registration and medical clearance required</b> <a href="#">Registration link</a> at: <a href="http://www.legacyhealth.org/cancerclasses">www.legacyhealth.org/cancerclasses</a>	<b>Instructor:</b> Patti Stone, e-RYT500, C-IAYT 1000, TIYT, AYS, Certified Yoga Therapist ☎ 503-708-8392, <a href="mailto:pattistone123@gmail.com">pattistone123@gmail.com</a>
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### Medical Clearance

A [Physician Release Form](#) needs to be filled out by a doctor, before you participate in your first exercise class. Please provide this completed form to the instructor, or Healing Center Coordinator.

Forms are available for download at our website [www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses).

## YOGA NIDRA FOR DEEP RELAXATION

Yoga nidra means "yogic sleep." Yoga nidra refers to a specific multi-step process for the integration of body and mind, that promotes deep rest and relaxation. The position of the body is usually reclined face-up, using blankets and pillows for support, with the eyes closed and the body still and quiet. No medical release required. All are welcome.

Tuesdays, 1:30–2:30 pm March 8 and May 17	<a href="#">For more info and registration link</a> visit: <a href="http://www.legacyhealth.org/cancerclasses">www.legacyhealth.org/cancerclasses</a>	<b>Guided by:</b> Patti Stone, Certified Yoga Therapist e-RYT500, C-IAYT 1000, TIYT, AYS ☎ 503-708-8392, <a href="mailto:pattistone123@gmail.com">pattistone123@gmail.com</a>
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## CULTIVATING COURAGE: AN EMPOWERING SERIES FOR CANCER SURVIVORS

How do I let go of fear and allow myself to dream again? How do I envision my new future? In this 4-week group, you will explore these questions through guided meditation, discussion, creative exploration (art and/or writing) and other skills to promote well-being. This group is most appropriate for individuals up to 3-years post active cancer treatment (chemo, surgery, radiation).

Fridays, 10:00 am – 12:00 pm May 6 – 27	Contact the facilitators for more information and to determine if this group is right for you.	<b>Facilitators:</b> Blair Allen (Art Therapist) ☎ 503-413-8418, <a href="mailto:blallen@lhs.org">blallen@lhs.org</a> , and Angela Paquin (Social Worker) ☎ 503-413-7921, <a href="mailto:apaquin@lhs.org">apaquin@lhs.org</a>
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## VIRTUAL NUTRITION CLASSES



### CANCER SUPERFOODS: EATING WITH THE SEASON

Learn about the cancer fighting powers and health benefits of different foods groups, and what it means to “eat with the season.” Our oncology-certified dietitians will give you practical info, provide easy-to-follow recipes, and do a cooking demonstration.

<b>Wednesday, April 27</b> 11:00 am – 12:30 pm	<a href="#">Registration</a> on our website opens March 30.	Instructor: Marci Reed RD, CSO, LD ☎ 503-413-6679, <a href="mailto:mareed@lhs.org">mareed@lhs.org</a>
<b>Saturday, June 18</b> 11:00 am – 12:30 pm	<a href="#">Registration</a> on our website opens May 20.	Instructor: Maran Scott RD, CD, CSO ☎ 360-487-1721, <a href="mailto:mavscott@lhs.org">mavscott@lhs.org</a>



## VIRTUAL SUPPORT GROUPS



Groups offer peer-to-peer support and education for adults coping with diagnosis, treatment and recovery from various cancers. Registration: Groups are on-going monthly, and a drop-in format. Contact staff below with questions and for virtual meeting link.

### WOMAN’S ADVANCED & METASTATIC CANCER SUPPORT GROUP (CO-SPONSORED BY THE PINK LEMONADE PROJECT)

Support for women coping with advanced cancer, or cancer that has metastasized.

<b>Last Thursday of every month, 5:00 – 6:30 pm</b> 1/27, 2/24, 3/31, 4/28, 5/26, 6/30	Facilitators: Catherine Patterson, LCSW & Caroline Murphy, M.Div ☎ 360-487-5468, <a href="mailto:cmpatter@lhs.org">cmpatter@lhs.org</a>
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### HEAD AND NECK CANCER SUPPORT GROUP

Support for individuals and their loved ones coping with the impact of a head, neck or oral cancer diagnosis.

<b>First Thursday of every month, 4:00–5:30 pm</b> 1/6, 2/3, 3/3, 4/7, 5/5, 6/2	Facilitator: Julia Robinson, M.S.CCC-SLP ☎ 503-413-2841, <a href="mailto:jurrobin@lhs.org">jurrobin@lhs.org</a>
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### GYNECOLOGICAL CANCER SUPPORT GROUP

Support for individuals and their loved ones coping with diagnosis, treatment and recovery from gynecological cancers.

<b>Second Wednesday of every month, 12:00–1:30 pm</b> 1/12, 2/9, 3/9, 4/13, 5/11, 6/8	Facilitator: Kate Leonard, PhD ☎ 503-292-9873, or ✉ <a href="mailto:ndunner@lhs.org">ndunner@lhs.org</a>
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### BRAIN TUMOR SUPPORT GROUP

Support for individuals, adult family members and caregivers coping with diagnosis, treatment and recovery from a primary brain tumor (cancer and non-cancer).

<b>First Wednesday of every month, 4:00–5:30 pm</b> 1/5, 2/2, 3/2, 4/6, 5/4, 6/1	Facilitators: Annette Raab, RN, OCN ☎ 503-413-7259, <a href="mailto:araab@lhs.org">araab@lhs.org</a>	Sara Butler, LCSW, OSW-C ☎ 503-413-7932, <a href="mailto:sebutler@lhs.org">sebutler@lhs.org</a>
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### BREAST CANCER SUPPORT GROUP

Open and topical discussion to support women in any stage of breast cancer, from diagnosis to post-treatment.

<b>Third Thursday of every month, 5:30–7:00 pm</b> 1/20, 2/17, 3/17, 4/21, 5/19, 6/16	Facilitators: Sara Butler, LCSW, OSW-C ☎ 503-413-7932, <a href="mailto:sebutler@lhs.org">sebutler@lhs.org</a>	Margaret Hartsook, LPC, ATR-BC ☎ 503-413-8404, <a href="mailto:mhartsoo@lhs.org">mhartsoo@lhs.org</a>
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### PROSTATE CANCER SUPPORT GROUP

Support for individuals with a prostate cancer diagnosis. Spouses and partners are respectfully asked not to attend.

<b>Second Wednesday of each month, 5:30–7:00 pm</b> 1/12, 2/9, 3/9, 4/13, 5/11, 6/8	Facilitators: Niani Dunner, MPH ☎ 503-413-7284, <a href="mailto:ndunner@lhs.org">ndunner@lhs.org</a>	Kurt Neilson, M.Div., MTS, BCCC, S.I.T. ☎ 503-413-6124, <a href="mailto:kbnilson@lhs.org">kbnilson@lhs.org</a>
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# JANUARY – JUNE 2022

## ON-GOING CLASSES & SUPPORT GROUPS

- Schedule is subject to changes and cancelations. Always check with staff before attending.
- Visit our website—[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)—for updated information.

### MONDAYS

#### **YOGA with Patti** sponsored by **MOUNT HOOD**

Every Monday  
11:00 am – 12:30 pm

#### **YOGA with Patti** sponsored by **GOOD SAM**

Every Monday  
1:00 – 2:30 pm

#### **FINDING CENTER with Blair** sponsored by **MOUNT HOOD**

Mondays, January 17 – May 16 (No group March 21)  
10:00 – 11:00 am

### TUESDAYS

#### **T'AI CHI/QIGONG** sponsored by **GOOD SAM**

Every Tuesday  
11:30 am – 12:30 pm

### WEDNESDAYS

#### **BRAIN TUMOR SUPPORT GROUP**

1st Wednesday of every month  
4:00 – 5:30 pm

#### **PILATES** sponsored by **GOOD SAM**

Every Wednesday  
5:00 – 6:00 pm

#### **PROSTATE SUPPORT GROUP**

2nd Wednesday of every month  
5:30 – 7:00 pm

#### **GYNO SUPPORT GROUP**

2nd Wednesday of every month  
12:00 – 1:30 pm

### THURSDAYS

#### **T'AI CHI/QIGONG** sponsored by **GOOD SAM**

Every Thursday  
10:00 – 11:00 am

#### **VIRTUAL OPEN ART STUDIO**

Thursdays, January 13 - April 28 (no group March 24)  
1:30 – 3:30 pm

#### **BREAST SUPPORT GROUP**

3rd Thursday of every month  
5:30 – 7:00 pm

#### **HEAD & NECK SUPPORT GROUP**

1st Thursday of every month  
4:00 – 5:30 pm

#### **WOMEN'S ADVANCED/METASTATIC SUPPORT GROUP**

Last Thursday of every month  
5:00 – 6:30 pm

### FRIDAYS

#### **YOGA with Patti** sponsored by **GOOD SAM**

Every Friday  
11:00 am – 12:30 pm

#### **YOGA with Patti** sponsored by **MOUNT HOOD**

Every Friday  
1:00 – 2:30 pm

#### **WORDS FOR HEALING** sponsored by **SALMON CREEK**

Third Fridays, 10:00 am – 12:00 pm

#### **FINDING CENTER with Margaret** sponsored by **SALMON CREEK**

Fridays, January 21 - May 20 (no group March 25)  
1:30 – 2:30 pm