Metastatic Breast Cancer Retreat
Sunday, March 29
9:30 AM - 3:30 PM
Join with others to share strength and inspiration.
Lunch and snacks will be provided.
Funding for this program provided by Rays of Hope.
Image used with permission of Dana-Farber Cancer Institute.

Monte’s Cancer Connection Camp Out
February 26 - 27, 2020
Thank you to our Camp Out Champion:

USA Track and Field-sanctioned event. Race starts at 8 AM. Shirts & medals for all participants. Raise $300 and receive free race registration! All proceeds from this event benefit Cancer Connection.
Welcome to Cancer Connection

Cancer Connection is at heart a living room where people facing the trauma of a cancer diagnosis can talk to staff or a volunteer for help sorting out priorities, medical questions, family, work, or legal issues. Although we can offer referrals and information, our goal is to give our participants time ... time to figure out what they need to cope and to thrive. We understand what it’s like to face the unknown.

- Thanks to the generosity of the individuals, corporations, and foundations that support our work, all of our programs are free of charge.
- Don’t forget to shop, donate, or volunteer at our award-winning Thrift Shop at 375 South Street! Every penny raised goes to support the programs and services of Cancer Connection.

Volunteering

Cancer Connection is supported by many dedicated volunteers, who help us with all sorts of projects throughout the year. Check our website for more info and to download our volunteer form at: cancer-connection.org/volunteer or contact us to have one sent to you.

Survivorship

If you are out of treatment, but are still looking for some emotional support or a reason to get up and move, consider the following programs:

- Hands in Clay (Mondays)
- Knitting (Mondays)
- Monthly Mindfulness Practice (Mondays)
- Creating Collage (Tuesdays)
- Spirit of the Written Word (Tuesdays)
- Self-Care Skills and Support (Wednesdays)
- Music & Movement (Thursdays)
- To Be or Not to Be (Improv) (Thursdays)

Knitting ➤ with Wendy Sinton

Mondays, 2 – 4 PM, ongoing through May 16

Knitting can be meditative, relaxing, and a lot of fun. Come learn how to knit and purl at your own pace. This class is appropriate for new or returning knitters. No experience necessary!

Spirit of the Written Word ➤ with Pam Roberts

Tuesdays, 2 – 4 PM, begins March 10

Open yourself to the transformational power of writing as a tool for healing and connecting with yourself and others. Pam provides “prompts” (perhaps a word, phrase or object) as inspiration and starting point. Writing within the safe, confidential confines of the group feels therapeutic, but we focus on our writing.

“To Be or Not to Be” ➤ with Bev Boykan

Thursdays, 6:30 – 8 PM (Northampton)

Come join our humble group of people who get together every Thursday to laugh, have fun, and enjoy each other’s company through improv. Bev teaches you the basic skills, so no prior experience is needed! Relax, laugh with others who know what you are going through, and spend some time letting go . . . to just Be.

Death Café

Death Café ➤ Sunday, May 17, 2:30 – 4:30 PM with Sarah Malzone

Our fifth Death Café goes outdoors at Amherst’s Wildwood Cemetery. Join returning and new participants to discuss death in an open, non-religious atmosphere. Feel free to bring your own folding chair for sitting outside.

In case of inclement weather, we will meet indoors.

Hands in Clay ➤ with Valerie Gilman, MFA

Mondays, 10 AM – 12 PM, begins March 3 (Northampton)

There is something so grounding and satisfying about crafting a handmade bowl, or pushing the clay around and seeing what sculptural forms are calling to you. Val teaches hand building and wheel techniques. She is flexible and attentive to any technical need so that you can explore at your own pace in a relaxed atmosphere.

Collage Creations ➤ with Valerie Gilman, MFA

Tuesdays, 10 AM - 12 PM, March 10, 17, 24, and 31 (Hadley)

Surprises happen when you place objects together and lay them out just so. Images suddenly become playful, meaningful, expressive or funny! This is a class of letting go of expectations and following your whim. Val will provide demonstrations and all materials will be provided, but bring anything you would like to include. No art experience needed.

Outdoor Container Garden

Outdoor Container Garden ➤ Saturday, June 6, 10 AM - 12 PM with Priscilla Touhey

Learn the principles of container garden design and cultivation while creating a garden for your home or for someone going through treatment. As this is a popular workshop, preference is given to those who have not yet been in any container garden workshop with Priscilla.

For updates visit cancer-connection.org and facebook.com/cancerconnection413

Please call 586-1642 to register, even if you have attended a class before.
Exercise and Physical Activity

**ROWING AT HOLYOKE ROWS**
with Stephanie Moore

* Introduction to Rowing ➢ Mondays and Wednesdays, 5:45 - 7 PM, May 11 - June 9
(No meeting on May 25)
Learn the basics of rowing indoors and then move outside to the Connecticut River. Sweep rowing and sculling will be offered. We will work on strength and conditioning as well as teamwork. Try a new sport and push yourself while having fun! Adapts for all abilities.

* Kayak 3/4 Day Trip ➢ Sunday, July 12, starting at 10 AM
We will paddle gently down a local river in recreational and sea kayaks to explore the local landscapes and history. Exact trip will be determined after consulting with participants. You may use your own kayak if you wish. RAIN DATE will be Sunday, July 19.

**Music & Movement ➢ with Robin Diamond, MSN**
Thursdays, 11 AM - 12 PM, March 5 and 19, April 2 and 16, May 7 and 21
Improve your well-being through a combination of balance, stretching, physical movement, and diverse styles of music. Robin will incorporate your music preferences on request! This class accommodates everyone. Absolutely no prior dance or yoga experience required.

* Pilates: Rebuilding your core strength and balance ➢ with Rosalie Peri, RN, CPT
Saturdays, 9 - 10 AM, March 7 - April 25
Strengthen core muscles in a safe, effective way. Increase joint mobility and the ability to move with less discomfort. Adapts for all abilities.

**Listening Skills**

Listening Skills ➢ Sunday, April 19 & Sunday, May 3, 10 AM - 12:30 PM
with Cancer Connection staff
Learn what is involved in providing informed and empathetic support for people affected by cancer. We will teach you basic listening skills and provide opportunities to practice with other participants. A packet of readings will be provided. Those who have attended in the past are welcome to join us. Please register by April 6 and plan to attend both sessions.

For updates visit cancer-connection.org and facebook.com/cancerconnection413

**Integrative Therapies**

- **Reiki**
- **Reflexology**
- **Calming Strategies & Relaxation**
- **Acupuncture**
- **Massage Therapy**
- **CranioSacral Therapy**
- **Therapeutic Facials**

*Doctor’s permission required for all participants including caregivers and family members

**Support Groups**

Support groups provide a space to draw on the experience, resources, and courage of others who are facing the same diagnosis or challenges.

- **Self-Care Skills and Support**
  - All Cancers - Northampton Group
  - All Cancers - Amherst Group
  - Advanced Cancer (phone support provided)
  - Breast Cancer
  - Caregivers & Families
  - Ovarian & Gynecological Cancers
  - Men Living with Cancer
  - Metastatic Breast Cancer

Funding for our cancer support groups is generously provided by RISA S. ROSEN GARD FOUNDATION, INC.

Monthly Reiki Night

Feb 19, March 16, April 15, May 18, June 17, July 20, No MRN in August
6:30 PM - 8:30 PM
Please plan to arrive by 8:00 PM
No appointment necessary for Monthly Reiki Night

**Rays of Hope**

We are open for unscheduled visits on
Mondays, Tuesdays & Thursdays
10:00 AM to 2:00 PM
Wednesdays
10:00 AM to 12:00 PM
or call to make an appointment

Looking for something new on the water?
Paradise City Dragon Boat has spaces for Cancer Connection participants.
Check them out at www.paradisedragons.org

Just to let you know . . .
We try to accommodate all requests, but priority for services and programs is given to those currently in treatment, along with their families and caregivers.

*Doctor’s permission required for all participants, including caregivers.
Thursday Programs

March 19 - Cards with a Twist, 3 - 5 PM with Diane Potter. What a joy it is to receive a thoughtful, handmade greeting card! Come join us and learn some new techniques that will take your cards beyond the ordinary. We will use a variety of colorful papers and interesting embellishments to stamp, cut and color in a way to a fun and relaxing afternoon. No experience needed. Please bring a small pair of craft scissors if you have any (we will have some available here). All other materials will be provided.

April 2 - Tree of Life Papercut Workshop, 2:30 - 5:30 PM with Tamar Shadur. Learn this beloved folk tradition of many cultures from fine artist, tapestry weaver, and experienced papercut instructor, Tamar Shadur. Using simple techniques and materials, you’ll create at least one papercut to take home. All supplies and tools provided.

April 16 - Fun Painting with Alcohol Inks, 2 - 4 PM with Barbara Sullivan. Relax, experiment, and enjoy the brilliant colors and transparent movement of alcohol inks as you create vibrant images that will delight you. All materials provided; no prior art experience needed. NOTE: Although this workshop will use a brand of alcohol ink that has relatively little odor, some people may find the smell unpleasant, especially if you are in treatment or sensitive to strong odors. Please consider attending the March 19 or April 2 workshop instead.

April 30 - Navigating Major Life Changes, 3 - 4:30 PM with Mary Lou Meddaugh. Life coach and author Mary Lou will share what she has learned from her experience of five major life changes, which includes cancer. In this workshop you will create a vision statement or vision board that will help you no matter what stage you are at in your journey. All supplies and tools provided.

May 7 - Lymphedema: Everything You Wanted to Know But Were Afraid To Ask, 2:30 - 5:30 PM with Kathryn Fleming, PT, CLT-LANA. It’s time to take the mystery out of lymphedema! Learn about your lymph system, what it does for you, what happens when it gets damaged, and what can help. Local lymphedema specialist Kathryn Fleming will update us on current issues and best practice in prevention and treatment. The program will focus on lymphedema as it relates to breast cancer, but Kathryn will address other lymphedema questions you may have as well.

Mindfulness and Self Care

Self-Care Reiki Level One Training with Nancy Carter-Price, Usui/Tibetan & Karuan Reiki Master/Teacher and Kyle Ricci, Usui/Tibetan Reiki Master/Teacher
Saturday, March 28, 12 - 4 PM AND Saturdays, April 11 and 25, 1 - 4 PM

Learn how to give Reiki to yourself. Reiki is an amazing tool for the overall health benefits it has to offer the patient and the caregiver. Reiki can reduce stress, anxiety, and the negative effects of treatments. Caregivers and support people can replenish their vitality, allowing for more clear focus and more energy for their important role as caregivers.

Please register by Monday, March 16. Must be able to attend all classes.

A Mindful Practice for Well Being with Leslie Smith Frank
Mondays, 4:30 - 6 PM, March 16 - April 27 (no meeting March 30) (Northampton) OR Tuesdays, 10 - 11:30 AM, March 17 - April 28 (no meeting March 31) (South Amherst)
This shortened 6-week class is based on the Mindfulness-Based Stress Reduction program developed by Jon Kabat-Zinn, PhD. The quality and practice of mindfulness can open you to a greater sense of connection to your inner life and the life around you, as well as a calmness that will help you better cope with stress, pain, illness, and worry. Yoga exercises, meditation skills, and audio recording for home practice included.

Please plan to attend all sessions as they build on each other.

Breast Cancer Programs

Breast Cancer Programs: Are We Meeting Your Needs? with Beverly Herbert, Elizabeth Cahn, and guests
Saturday, March 21, 1 - 2:30 PM AND Thursday, April 9, 3 - 4:30 PM

Cancer Connection wants to offer more programs that specifically meet the needs of those affected by breast cancer. Please join us for one or both of these discussion groups to share your thoughts and ideas.

For updates visit cancer-connection.org and facebook.com/cancerconnection413

Please call 413-586-1642 to register, even if you have attended a class before.

Please . . . When you register for a program, make a note on your calendar and let us know if your plans change. There may be others waiting to join.

Rest to Heal

Rest to Heal: A Daring to Rest Yoga Nidra Program with Jaimee Roncone
Sundays, 3 - 5 PM, March 8, March 22, and April 5

Yoga Nidra is a sleep-based meditation that only requires you to lie down and rest. Sleep and rest can be difficult for those with a diagnosis as well as caregivers. Yoga Nidra can ease pain, relieve anxiety, reduce sleep issues, and bring you to deeper levels of calmness. Jaimee guides you every step of the way through this multi-week program, including a recording and guidance emails between meetings.

Please plan to attend all sessions as they build on each other.