



The Rachael Young Center  
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September & October 2023

# CALENDAR OF FREE PROGRAMS

join others facing cancer for



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY



## New East Knoxville Series!!!

Cancer Support Community is providing a bimonthly series of programs in East Knoxville.  
Series Kick-Off Cook Out September 7 from 5:30-8:00 pm  
at the Urban League (1514 E 5th Ave, Knoxville, TN 37917 ) Come join us and learn more!

**Our Mission:** to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community

**All CSCET services are offered at no charge.**

### Our programs are made possible by our hospital and program sponsors:

Covenant Health - Thompson Cancer Survival Center | Tennova Healthcare | UT Medical Center Cancer Institute  
Akima Club | Arts & Culture Alliance of Greater Knoxville/Tennessee Arts Commission  
Clayton Homes | Pilot Company | Sequoyah Hills Presbyterian Church  
State of Tennessee Department of Health

### CSCET STAFF

Beth A. Hamil | Executive Director  
Debra Sullivan, PhD | Program Director  
Jackie Dallas, MEd | Development & Communications Manager  
Renee G. Dawson, MA | Office Administrator  
Denise Stillman, PhD | Program Associate  
Natalie Depp, LCSW | Program Associate

### GET SOCIAL WITH US!



# CALENDAR OF FREE PROGRAMS

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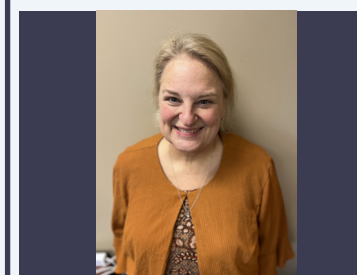
KIDS & FAMILY



### Wigs 101

Friday, October 6  
10:00-11:30 AM

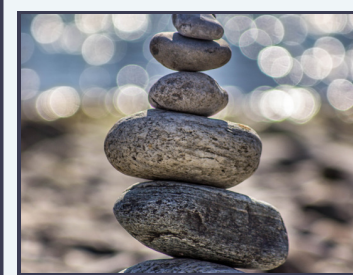
Siobian Jones, Wig Designer  
Hair loss due to cancer treatment can be one of the more challenging milestones of the cancer experience. Siobian will help make the process of coping with hair loss less stressful and a little more fun, providing education on choosing the right wig and how to care for and maintain both synthetic and natural hair wigs. Bring your own wig or stop by CSC prior to the program and choose a wig to work with. Light refreshments. In-person only. Pre-register.



### Ask The Pharmacist: Drugs, Side-effects, and Interactions

Thursday, October 19  
6:00-7:30 PM

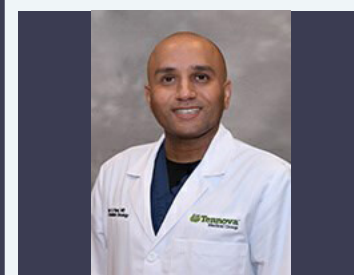
Joy Gibson, PharmD  
Your oncology pharmacist is an important member of your healthcare team! Learn ways to leverage the expertise of your pharmacist to learn about the medications prescribed to treat your cancer, common side effects to look out for, and potential interactions with medications commonly prescribed to treat other medical conditions. In-person with light meal and virtual. Pre-register.



### 4-Week Mindfulness Series: Discovering Balance, Wisdom and Compassion in Challenging Times

Sundays, Oct. 22, 29, Nov. 5, 12  
5:00-7:00 PM

Dianne Lemieux, PhD  
Meeting life's difficulties in a mindful way can awaken greater wisdom, understanding and compassion which in turn promotes healing and growth. This series is for anyone interested in focusing on skills to release from "the grip of fear" and to live more intentionally and openheartedly. In-person only. Pre-register.



### Ask the Doctor: Prostate Cancer

Thursday, October 26  
6:00-7:30 PM

Niles Patel, MD  
Radiation Oncologist  
Treatment for prostate cancer is determined by whether the diagnosis is low, intermediate or high risk. Join Dr. Patel as he describes a range of treatment recommendations from active surveillance for low-risk cancers to precision treatments for high-risk metastatic disease. Also learn what you can do to stay as healthy as possible through & beyond treatment. In-person with light meal and virtual. Pre-register.

**We are in our new home!!!!** 6204 Baum Drive, Knoxville, TN 37919  
Programs are offered in person and virtually.



Call **(865) 546-4661** to speak with our program staff



Register for programs at  
**[www.CancerSupportET.org](http://www.CancerSupportET.org)**



Email us at  
**[info@CancerSupportET.org](mailto:info@CancerSupportET.org)**



# EDUCATION & STRESS MANAGEMENT PROGRAMS

**New East Knoxville Series!**  
**Thursday, Sept. 7 | 5:30-8:00 PM**  
**Series Kick-off Cook Out**  
See back cover for description.

**Nutrition Tips: Nutrition for Bone Health**  
**Tuesday, Sept. 19 | 12:00-1:30 PM**  
**Chelsea Johnson, MS, RD, LDN, CSO**  
Many people who have had treatment for cancer are at risk for bone loss, which can affect treatment options and managing daily activities. Eating certain foods can promote bone strength during and after treatment. Come learn about foods, dietary supplements, recipes, and activities that can optimize your bone health. In-person and virtual. Pre-register.

**How Am I Supposed to Feel?**  
**Wednesday, Sept. 27 | 12:00-1:30 PM**  
**Debra Sullivan, PhD;**  
**Christina Cutcher, APN, OCN, ONN-CG**  
Wondering what “normal” emotions are these days? Debra and Christina will talk about the signs and symptoms of depression and anxiety. They will help you understand the emotional roller coaster that comes with a cancer diagnosis, both for the person who is diagnosed and their loved ones. Learn to look for ways to cultivate joy and meaning in the midst of challenge. In-person with light lunch and virtual. Pre-register.

**The Truth About Herbs and Supplements**  
**Thursday, Sept. 28 | 6:00-7:30 PM**  
**Noël Arring, DNP, PhD, RN**  
Noël’s research and clinical focus on cancer symptom management and integrative health have yielded an advanced understanding of the power of herbs and supplements- including how to identify safe products, what they are being used for, and what works or does not work. Learn how to harness the power of nature to complement cancer treatment and combat common cancer side effects. In-person with light meal and virtual. Pre-register.



**Mindfulness in Everyday Life: Cultivating Acceptance**  
**Saturday, Sept. 30 | 11:00 AM-12:30 PM**  
**Ann Pendley, Mindfulness Instructor**  
Cultivating acceptance is bringing into the present a very intentional way of looking at the world. Come learn how cultivating acceptance can be one of the most helpful practices we can bring to adversity. Virtual only. Pre-register.

**Wigs 101**  
**Friday, Oct. 6 | 10:00-11:30 AM**  
**Siobian Jones, Wig Designer**  
See front cover for description.

**The Bounty of Fall Nutrition**  
**Thursday, Oct. 12 | 5:30-7:00 PM**  
**Chelsea Johnson, MS, RD, LDN, CSO**  
**Cancer Support Oak Ridge Series**  
**Thompson Cancer Survival Center Oak Ridge (102 Vermont Ave., Radiation Oncology Waiting Room)**  
The blazing colors of fall bring hearty and nutritious vegetables and grains, and warm spices to add to the delicious flavors of the season. Join our registered dietician as she discusses fall nutrition. In-person only. Pre-register.



**Coffee House Concert: Unplugged**  
**Tuesday, Oct. 17 | 2:00-3:30 PM**  
**Danny Schmidt, Singer/Songwriter**  
Join us for an intimate, coffee house-style, acoustic concert with Nashville-based singer/songwriter Danny Schmidt. He was named to the Chicago Tribune's list of the "50 Most Significant Songwriters in the Last 50 Years." As a cancer survivor himself, Danny brings an emotional honesty to his songwriting, using his creativity to overcome adversity and thrive personally and professionally. In-person only with light refreshments. Pre-register.

**Ask The Pharmacist: Drugs, Side-effects, and Interactions**  
**Thursday, Oct. 19 | 6:00-7:30 PM**  
**Joy Gibson, PharmD**  
See front cover for description.

**4-Week Mindfulness Series: Discovering Balance, Wisdom and Compassion in Challenging Times**  
**Sundays, Oct. 22 & 29, Nov. 5 & 12, 5:00-7:00 PM**  
**Dianne Lemieux, PhD**  
See front cover for description.

**Nutrition Tips: Avoiding Anemia**  
**Tuesday, Oct. 24 | 12:00-1:30 PM**  
**Amanda Mondini, RD, LD, CSO**  
Have you or a loved one been told that you are anemic or at risk for anemia? In this class, Amanda will describe the different types of anemia and why they occur. She will also provide practical nutrition advice to aid you in overcoming anemia. In-person and virtual. Pre-register.



**Ask the Doctor: Prostate Cancer**  
**Thursday, Oct. 26 | 6:00-7:30 PM**  
**Nilesh Patel, MD, Radiation Oncologist**  
See front cover for description.

**Mindfulness in Everyday Life: Living with the Unknown**  
**Saturday, Oct. 28 | 11:00 AM-12:30 PM**  
**Ann Pendley, Mindfulness Instructor**  
Fear of the unknown is something we all experience. We can’t predict the future, so it’s often difficult to stay grounded when we can’t see what’s coming. A mindfulness practice can help you face the “what-ifs” and live more fully into the “what is”. Virtual only. Pre-register.

**Newcomer Orientation**  
**Mondays | 4:00-5:00 PM or by appointment**  
New to CSCET? Come meet with a licensed mental health professional to discuss the psychological and social impact of your or your loved one’s cancer diagnosis. Let’s work together to find programs to decrease stress, find more joy, and connect with others at this challenging time in life. In-person and virtual. Call or pre-register online.

# EXERCISE CLASSES

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

**Wellness Workout**  
**Mondays | 11:00-11:45 AM VIRTUAL**  
**Wednesdays | 11:00-11:45 AM IN-PERSON & VIRTUAL**  
**Stephanie Chunn, Certified Personal Trainer**  
Practice total body conditioning: gentle stretching, resistance training and low-impact aerobic exercises. Pre-register.

**Chair Yoga**  
**Mondays | 1:00-1:45 PM IN-PERSON & VIRTUAL**  
**Randy Rainey, Certified Yoga Instructor**  
This class is accessible to most people and offers benefits of yoga without getting up and down from the floor. Pre-register.

**Yoga**  
**Wednesdays | 1:00-2:00 PM VIRTUAL**  
**Randy Rainey, Certified Yoga Instructor**  
**Saturdays | 10:00-11:00 AM IN-PERSON & VIRTUAL**  
**Allison Bradley, Certified Yoga Instructor**  
Improve flexibility and strengthen muscles through gentle yoga poses. Pre-register.

**Tai Chi/Qigong**  
**Fridays | 12:00-1:00 PM VIRTUAL**  
**Russell Sauls, Instructor**  
Improve balance, flexibility, and muscle strength with this gentle class. Qigong is a mind/body practice that provides relaxation and healing. Pre-register.

# CREATIVE CONNECTIONS

**Knitting for Relaxation**  
**Thursday, Sept. 7 & 21 | 1:00-3:00 PM**  
**Thursday, Oct. 5 & 19 | 1:00-3:00 PM**  
**Shelley Hecht, Knitting Instructor**  
New to knitting? Old Pro? Learn to knit or bring your own project to work on. In-person only. Pre-register

**Writing for Wellness**  
**Wednesday, September 20 | 2:00-3:30 PM**  
**Wednesday, October 11 | 2:00-3:30 PM**  
**Donna Doyle, Writing Instructor**  
Writing regularly can decrease stress, promote personal growth, complement a mindfulness practice, and enhance wellness. Whether you want to start a daily writing habit, write once a month, or pen a memoir, this relaxed class will help you feel comfortable and inspired about writing. Prompts and tips will be provided. Beginner and experienced writers are welcome. In-person only. Pre-register.

**Healing Through Art: Acrylic Painting: “Quilt Squares”**  
**Thursday, September 14 | 1:00-3:00 PM**  
**Kelly Sullivan, Art Instructor**  
Join Kelly by creating a “quilt square” by painting with acrylics onto a square wood panel. We will look at different kinds of quilt squares for inspiration and discuss how to use fast drying acrylics to create unique quilt squares. In-person only. Pre-register.

**Healing Through Art: Clay Pumpkins**  
**Tuesday, October 10 | 1:00-3:00 PM**  
**Kelly Sullivan, Art Instructor**  
Roll, press and cut your way into making an iconic Fall decoration - the pumpkin! Add some texture and a stem and some leaves and you will have your very own pumpkin! Pumpkins will be fired and glazed after class and picked up at a later time. In-person only. Pre-register.

# SUPPORT GROUPS

**WEEKLY SUPPORT GROUPS**  
Our ongoing professionally-led, weekly support groups connect you with others who understand the challenges of cancer. **You must meet with a program staff member (virtually or in person) before joining a weekly group. Schedule your appointment by calling (865) 546-4661. Weekly support groups are offered VIRTUALLY via Zoom.**

**Groups For People with Cancer**  
**Mondays | 6:00-7:30 PM**  
**Tuesdays | 6:00-7:30 PM**  
**Thursdays | 10:00-11:30 AM**

**Group For Family Members & Loved Ones**  
**Tuesdays | 6:00-7:30 PM**

**MONTHLY GROUPS**  
**Bereavement Group**  
**Wednesday, Sept. 6 | 3:30-5:00 PM**  
**Wednesday, Oct. 4 | 3:30-5:00 PM**  
**Debra Sullivan, PhD**  
Connect with others experiencing bereavement in this monthly group. Call before your first group to speak with our program staff. In-person only.

**Prostate Cancer Group**  
**Friday, Sept. 8 | 10:00-11:30 AM**  
**Friday, Oct. 13 | 10:00-11:30 AM**  
**Larry Brown, PhD**  
Connect with others who have prostate cancer in this group. Call before your first visit to talk with our program staff. Virtual only. Pre-registration required.

**SHORT-TERM SUPPORT SESSIONS**  
**By appointment only**  
Our licensed psychologists and social workers are available for short-term, cancer-focused individual and family support sessions. In-person and virtual. Call or email us to schedule your first appointment.

# September

**PRE-REGISTER FOR ALL PROGRAMS** by calling (865) 546-4661 or visiting [www.CancerSupportET.org](http://www.CancerSupportET.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>WEEKLY SUPPORT GROUP NOTE</b> You must meet with a program staff member (virtually or in person) before joining these groups. Call or email us to get started!	<b>PROGRAM NOTE</b> Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.			<b>1</b>  Tai Chi/Qigong 12:00-1:00 PM	<b>2</b>  Office Closed No Programs
<b>3</b>	<b>4</b>  Office Closed No Programs	<b>5</b>  Support Groups 6:00-7:30 PM	<b>6</b> Wellness Workout 11:00-11:45 AM  Yoga 1:00-2:00 PM  Bereavement Support Group 3:30-5:00 PM	<b>7</b> Support Group 10:00-11:30 AM  Knitting for Relaxation 1:00-3:00 PM  East Knoxville Series Kick-Off Cook Out 5:30-8:00 PM	<b>8</b>  Prostate Cancer Support Group 10:00 AM-11:30 PM  Tai Chi/Qigong 12:00-1:00 PM	<b>9</b>  Yoga 10:00-11:00 AM
<b>10</b>	<b>11</b> Wellness Workout 11:00-11:45 AM  Chair Yoga 1:00-1:45 PM  Newcomer Orientation 4:00-5:00 PM  Support Group 6:00-7:30 PM	<b>12</b>  Support Groups 6:00-7:30 PM	<b>13</b>  Wellness Workout 11:00-11:45 AM  Yoga 1:00-2:00 PM	<b>14</b>  Support Group 10:00-11:30 AM  Healing Through Art: Acrylic Painting: "Quilt Squares" 1:00-3:00 PM	<b>15</b>  Tai Chi/Qigong 12:00-1:00 PM	<b>16</b>  Yoga 10:00-11:00 AM
<b>17</b>	<b>18</b> Wellness Workout 11:00-11:45 AM  Chair Yoga 1:00-1:45 PM  Newcomer Orientation 4:00-5:00 PM  Support Group 6:00-7:30 PM	<b>19</b> Nutrition Tips: Nutrition for Bone Health 12:00-1:30 PM  Support Groups 6:00-7:30 PM	<b>20</b> Wellness Workout 11:00-11:45 AM  Yoga 1:00-2:00 PM  Writing for Wellness 2:00-3:30 PM	<b>21</b>  Support Group 10:00-11:30 AM  Knitting for Relaxation 1:00-3:00 PM	<b>22</b>  Tai Chi/Qigong 12:00-1:00 PM	<b>23</b>  Yoga 10:00-11:00 AM
<b>24</b>	<b>25</b> Wellness Workout 11:00-11:45 AM  Chair Yoga 1:00-1:45 PM  Newcomer Orientation 4:00-5:00 PM  Support Group 6:00-7:30 PM	<b>26</b>  Support Groups 6:00-7:30 PM	<b>27</b> Wellness Workout 11:00-11:45 AM  How am I Supposed to Feel? 12:00-1:30 PM  Yoga 1:00-2:00 PM	<b>28</b>  Support Group 10:00-11:30 AM  The Truth About Herbs and Supplements 6:00-7:30 PM	<b>29</b>  Tai Chi/Qigong 12:00-1:00 PM	<b>30</b>  Yoga 10:00-11:00 AM  Mindfulness in Everyday Life 11:00 AM-12:30 PM

# October

**PRE-REGISTER FOR ALL PROGRAMS** by calling (865) 546-4661 or visiting [www.CancerSupportET.org](http://www.CancerSupportET.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>3</b>  <b>Support Groups</b> 6:00-7:30 PM	<b>4</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 1:00-2:00 PM <b>Bereavement Support Group</b> 3:30-5:00 PM	<b>5</b>  <b>Support Group</b> 10:00-11:30 AM <b>Knitting for Relaxation</b> 1:00-3:00 PM	<b>6</b>  <b>Wigs 101</b> 10:00 AM-11:30 AM <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>7</b>  <b>Yoga</b> 10:00-11:00 AM
<b>8</b>	<b>9</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>10</b>  <b>Healing Through Art: Clay Pumpkins</b> 1:00-3:00 PM <b>Support Groups</b> 6:00-7:30 PM	<b>11</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 1:00-2:00 PM <b>Writing for Wellness</b> 2:00-3:30 PM	<b>12</b>  <b>Support Group</b> 10:00-11:30 AM <b>The Bounty of Fall Nutrition</b> 5:30-7:00 PM	<b>13</b>  <b>Prostate Cancer Support Group</b> 10:00 AM-11:30 PM <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>14</b>  <b>Yoga</b> 10:00-11:00 AM
<b>15</b>	<b>16</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Chair Yoga</b> 1:00-1:45 AM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>17</b>  <b>Coffee House Concert: Unplugged</b> 2:00-3:30 PM <b>Support Groups</b> 6:00-7:30 PM	<b>18</b>  <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 1:00-2:00 PM	<b>19</b> <b>Support Group</b> 10:00-11:30 AM <b>Knitting</b> 1:00-3:00 PM <b>Ask the Pharmacist: Drugs, Side-effects, and Interactions</b> 6:00-7:30 PM	<b>20</b>  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>21</b>  <b>Yoga</b> 10:00-11:00 AM
<b>22</b>  <b>4-Week Mindfulness Series: WEEK 1</b> 5:00-7:00 PM	<b>23</b> <b>Wellness Workout</b> 11:00-11:45 PM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>24</b>  <b>Nutrition Tips: Avoiding Anemia</b> 12:00-1:30 PM <b>Support Groups</b> 6:00-7:30 PM	<b>25</b>  <b>Wellness Workout</b> 11:00-11:45 AM <b>Yoga</b> 1:00-2:00 PM	<b>26</b>  <b>Support Group</b> 10:00-11:30 AM <b>Ask the Doctor: Prostate Cancer</b> 6:00-7:30 PM	<b>27</b>  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>28</b>  <b>Yoga</b> 10:00-11:00 AM <b>Mindfulness in Everyday Life</b> 11:00 AM-12:30PM
<b>29</b>  <b>4-Week Mindfulness Series: WEEK 2 (Group already in Progress)</b> 5:00-7:00 PM	<b>30</b> <b>Wellness Workout</b> 11:00-11:45 AM <b>Chair Yoga</b> 1:00-1:45 PM <b>Newcomer Orientation</b> 4:00-5:00 PM <b>Support Group</b> 6:00-7:30 PM	<b>31</b>  <b>Support Groups</b> 6:00-7:30 PM		<b>WEEKLY SUPPORT GROUP NOTE</b> You must meet with a program staff member (virtually or in person) before joining these groups. Call or email us to get started!	<b>PROGRAM NOTE</b> Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.	