



The Rachael Young Center
6204 Baum Drive
Knoxville, TN 37919

www.CancerSupportET.org
(865) 546-4661
info@CancerSupportET.org

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May & June 2023

CALENDAR OF FREE PROGRAMS

join others facing cancer for



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY



Summer Fun for Kids!!!

A FREE 4-day in-person only fun week for school-age children who have a loved one with cancer.

July 10 - 13 9am - 2pm

Parent Orientation with facilitator Kathleen Williams, LCSW
Wednesday, June 28, 4:30-6:00pm



We are in our new home!

- Our new location is 6204 Baum Drive, Knoxville, TN 37919
- **Our COVID policy:**
- Masks will be available and are optional.
- If you have any symptoms of cold, flu, or COVID-19, please refrain from coming in person.

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

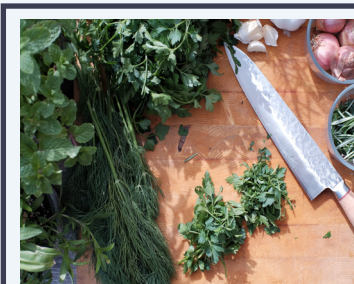
Renee G. Dawson, MA | Office Administrator

Denise Stillman, PhD | Program Associate

GET SOCIAL WITH US!



@CSCET



Growing and Cooking with Herbs

Friday, May 12
1:00-2:30 PM

Neal Denton, BS, MS
Heather Kyle-Harmon, BS, MS
Herbs are a great way to give food a big flavor PLUS they come with health benefits. UT Institute of Agriculture Outreach Educators will answer all your herb, gardening, and preservation questions. Green thumb not required! An herb cutting sample will be provided to start or enhance your herb garden and a sample of cooking with herbs also will be provided. In-person and virtual. Pre-register.



Let's Talk about Female Sexual Health

Wednesday, May 17
6:00-7:30 PM

Noel Arring, DNP, PHD, RN
Cancer changes everything. For many, this includes sexual changes that are not often talked about. Many women experience lower body image, loss of desire and/or arousal and discomfort with sexuality or sensuality during or after cancer treatments. Whether you are currently partnered, between relationships or happily single, sexual health is a part of overall health. Join others in a frank and easy conversation. In-person only. Pre-register.



Cancer Imaging: What, When, Why?

Thursday, May 25
6:00-7:30 PM

Garth Graham, MD, Radiologist
Many people with cancer have had some type of imaging to diagnose their cancer and/or to evaluate how treatments are working. Dr. Graham will describe common imaging scans, such as CT, MRI, and PET. Learn what information each scan provides, the risks and benefits associated with each scan, why one scan may be ordered versus another, and the latest developments in cancer imaging. In-person and virtual. Pre-register.



Relaxation and Music

Tuesday, June 20 2:00-3:30 PM

Holly Solis, MT-BC (Board Certified Music Therapist)
Explore how music can aid in relaxation and learn the types of music that may be most effective in relieving stress and anxiety. As we welcome the summer season, we will practice some summer-themed relaxation exercises that you can add to your wellness routine. In-person 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



Email us at
info@CancerSupportET.org

GETTING STARTED & SUPPORT SESSIONS

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. Choose to attend in person or virtually. Call, email, or visit our website to pre-register or schedule your appointment.

EDUCATION & STRESS MANAGEMENT PROGRAMS

Growing and Cooking with Herbs

Friday, May 12 | 1:00-2:30 PM
Neal Denton, BS, MS
Heather Kyle-Harmon, BS, MS
See front cover for description.

Let’s Talk about Female Sexual Health

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Mindfulness in Everyday Life: Body Wisdom

Saturday, May 20 | 11:00 AM-12:30 PM
Ann Pendley, Meditation Instructor
Awareness of the body is fundamental to relaxation of body & mind. It can help cultivate a kind and compassionate attitude toward your body, which is beneficial to healing & wellness. Virtual only. Pre-register.

Nutrition Tips: The Power of Plants

Tuesday, May 23 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
Plant-based proteins, herbs, and vegetables play a powerful role in fighting several types of cancers. Learn from a registered dietitian about integrating plants into your diet to get the most health benefit. Explore creative recipes to maximize flavors in plant-based dishes. In-person and virtual. Pre-register.



Cancer Imaging: What, When, Why?

Thursday, May 25 | 6:00-7:30 PM
Garth Graham, MD, Radiologist
See front cover for description.



Nutrition Tips: The Sugar and Cancer Connection

Tuesday, June 13 | 12:00-1:30 PM
Amanda Mondini, RD, LD, CSO
What’s the connection between sugar and cancer? Sugar feeds every cell in our body – even cancer cells. Join in the conversation as we cover sugar facts and myths from a registered dietitian’s perspective. In-person and virtual. Pre-register.

How am I Supposed to Feel?

Thursday, June 15 | 5:30-7:00 PM
Debra Sullivan, PhD, Psychologist
Cancer Support Oak Ridge Series
Thompson Cancer Survival Center Oak Ridge (102 Vermont Ave., Radiation Oncology Waiting Room)
Wondering what “normal” emotions are these days? Debra will talk about the signs and symptoms of depression and anxiety. She 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. She will also help you look for ways to cultivate joy and meaning in the midst of challenge. In-person only. Pre-register.

Relaxation and Music

Tuesday, June 20 | 2:00-3:30 PM
Holly Solis, MT-BC
See front cover for description.

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. These one-on-one sessions are offered in person and virtually. Call or email us to schedule your first appointment.

Coping with Cancer and Isolation

Thursday, June 22 | 6:00-7:30 PM
Denise Stillman, PhD, Psychologist
Most people experience some degree of “aloneness” in their cancer experience. Many experienced that feeling even more during the past three years with the pandemic. Denise will talk about isolation and will provide strategies for you and your loved ones to feel more connected to others. In-person and virtual. Pre-register.

Mindfulness in Everyday Life: Taking in the Positive

Saturday, June 24 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
When life is very stressful, it is sometimes difficult to pay attention to the positive experiences large and small. Using mindfulness to savor even simple experiences can provide balance to life. Virtual only. Pre-register.



Cancer: Is It in Your Genes?

Tuesday, June 27 | 12:00-1:30 PM
Erin Campbell, MS, LCGC
Hereditary cancers are caused by genetic changes passed down through the family. Learn what features in a person’s history alert healthcare providers to a potential hereditary syndrome and how identifying these markers can prevent the future development of cancer. Get the most recent information in this rapidly advancing field. In-person and virtual. Pre-register.

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 | 12:00-1:00 PM
Wednesdays | 12:00-1:00 PM
Stephanie Chunn, Certified Personal Trainer
Practice total body conditioning: gentle stretching, resistance training and low-impact aerobic exercises. Class offered virtually. Pre-registration required.

Chair Yoga

Mondays | 1:00-1:45 PM
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. Class offered virtually. Pre-registration required.

Yoga

Wednesdays | 1:00-2:00 PM
Randy Rainey, Certified Yoga Instructor

Saturdays | 10:00-11:00 AM

Allison Bradley, Certified Yoga Instructor
Improve flexibility and strengthen muscles through gentle yoga poses. Both classes are offered virtually. Pre-registration required.

Tai Chi/Qigong

Fridays | 12:00-1:00 PM
Russell Sauls, Instructor
Improve balance, flexibility, and muscle strength with this gentle class. Qigong is a mind/body practice that provides relaxation and healing. Class offered virtually. Pre-registration required.

CREATIVE CONNECTIONS

Knitting for Relaxation

Thursday, May 4 & 18 | 1:00-2:30 PM
Thursday, June 1, 15 & 29 | 1:00-2:30 PM
Shelley Hecht, Knitting Instructor
New to knitting? Old Pro? Learn to knit or bring your own project to work on. In-person and virtual. Pre-register
May 4 - Knitting 911 - Learn to fix mistakes!

Writing for Wellness

Wednesday, May 24 | 2:00-3:30 PM
Wednesday, June 21 | 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. Class offered virtually. Pre-register.



Healing Through Art: Fortune Cookie Mixed Media Collage

Thursday, May 11 | 1:00-2:30 PM
Kelly Sullivan, Art Instructor
In this class participants will receive a handmade paper fortune cookie with a lovely saying inside. We will then use the art of collage to interpret that saying. We will cut or tear paper, glue it down and then use paint, ink and possibly some objects to create our collage. The collage will incorporate not only the saying from the cookie but also the paper that makes the cookie too. 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

Wed., May 3 | 3:30-5:00 PM
Wed., June 7 | 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, May 12 | 10:00-11:30 AM
Friday, June 9 | 10:00-11:30 AM
Larry Brown, PhD
Connect with others who have prostate cancer in this virtual group. Call before your first visit to talk with our program staff. Pre-registration required.

We can’t wait for you to see our new home!!!!
6204 Baum Drive
Knoxville, TN 37919



May

PRE-REGISTER FOR ALL PROGRAMS by calling (865) 546-4661 or visiting www.CancerSupportET.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Wellness Workout 12:00-1:00 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	2 Support Groups 6:00-7:30 PM	3 Wellness Workout 12:00-1:00 PM Yoga 1:00-2:00 PM Bereavement Support Group 3:30-5:00 PM	4 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-2:30 PM	5 Tai Chi/Qigong 12:00-1:00 PM	6 Yoga 10:00-11:00 AM
7	8 Wellness Workout 12:00-1:00 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	9 Support Groups 6:00-7:30 PM	10 Wellness Workout 12:00-1:00 PM Yoga 1:00-2:00 PM	11 Support Group 10:00-11:30 AM Healing Through Art 1:00-2:30 PM	12 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM Growing & Cooking Herbs 1:00-2:30 PM	13 Yoga 10:00-11:00 AM
13	15 Wellness Workout 12:00-1:00 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	16 Support Groups 6:00-7:30 PM	17 Wellness Workout 12:00-1:00 PM Yoga 1:00-2:00 PM Let's Talk about Female Sexual Health 6:00-7:30 PM	18 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-2:30 PM	19 Tai Chi/Qigong 12:00-1:00 PM	20 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
21	22 Wellness Workout 12:00-1:00 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	23 Nutrition Tips: The Power of Plants 12:00-1:30 PM Support Groups 6:00-7:30 PM	24 Wellness Workout 12:00-1:00 PM Yoga 1:00-2:00 PM Writing for Wellness 2:00-3:30 PM	25 Support Group 10:00-11:30 AM Cancer Imaging: What, When, Why? 6:00-7:30 PM	26 Tai Chi/Qigong 12:00-1:00 PM	27 Office Closed No Programs
28	29 Office Closed No Programs	30 Support Groups 6:00-7:30 PM	31 Wellness Workout 12:00-1:00 PM Yoga 1:00-2:00 PM	WEEKLY SUPPORT GROUP NOTE You must meet with a program staff member (virtually or in person) before joining these groups. Call or email us to get started!		IN-PERSON PROGRAM NOTE Early registration for in-person attendance is highly encouraged. Programs with few in-person registrants may be changed to virtual only.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	WEEKLY SUPPORT GROUP NOTE You must meet with a program staff member (virtually or in person) before joining these groups. Call or email us to get started!	IN-PERSON PROGRAM NOTE Early registration for in-person attendance is highly encouraged. Programs with few in-person registrants may be changed to virtual only.		1 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-2:30 PM	2 Tai Chi/Qigong 12:00-1:00 PM	3 Yoga 10:00-11:00 AM
4	5 Wellness Workout 12:00-1:00 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	6 Support Groups 6:00-7:30 PM	7 Wellness Workout 12:00-1:00 PM Yoga 1:00-2:00 PM Bereavement Support Group 3:30-5:00 PM	8 Support Group 10:00-11:30 AM	9 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	10 Yoga 10:00-11:00 AM
11	12 Wellness Workout 12:00-1:00 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	13 Nutrition Tips: The Sugar and Cancer Connection 12:00-1:30 PM Support Groups 6:00-7:30 PM	14 Wellness Workout 12:00-1:00 PM Yoga 1:00-2:00 PM	15 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-2:30 PM How am I Supposed to Feel? 5:30-7:00 PM	16 Tai Chi/Qigong 12:00-1:00 PM	17 Yoga 10:00-11:00 AM
18	19 Wellness Workout 12:00-1:00 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	20 Relaxation and Music 2:00-3:30 PM Support Groups 6:00-7:30 PM	21 Wellness Workout 12:00-1:00 PM Yoga 1:00-2:00 PM Writing for Wellness 2:00-3:30 PM	22 Support Group 10:00-11:30 AM Coping with Cancer and Isolation 6:00-7:30 PM	23 Tai Chi/Qigong 12:00-1:00 PM	24 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
25	26 Wellness Workout 12:00-1:00 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	27 Cancer: Is It in Your Genes? 12:00-1:30 PM Support Groups 6:00-7:30 PM	28 Wellness Workout 12:00-1:00 PM Yoga 1:00-2:00 PM Parent Orientation for Kids Week 4:30-6:00 PM	29 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-2:30 PM	30 Tai Chi/Qigong 12:00-1:00 PM	