



The Rachael Young Center
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January & February 2024

CALENDAR OF FREE PROGRAMS

join others facing cancer for



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY



Our mission is to uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

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

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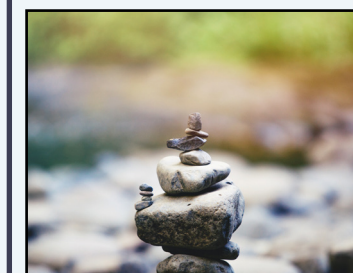
Denise Stillman, PhD | Program Associate

Natalie Depp, LCSW | Program Associate

GET SOCIAL
WITH US!



@CSCET



8-Week Mindful Self-Compassion Series

Sundays, January 21 - March 10
4:30-6:30 PM In-Person.

Required Virtual Orientation is
Wed., January 17, 6:00-7:00 PM
Dianne Lemieux, PhD

Research shows that increased self-compassion is linked to a greater sense of well-being, and less anxiety and depression. According to Dr. Neff, self-compassion “is a courageous attitude” that helps us meet difficult emotions and challenges with more calm, strength, resilience, and self-care. Pre-register for the orientation or speak to staff prior to January 18 to sign up for the series.



Understanding Lab Results

Tuesday, January 23
12:00-1:30 PM

Karen Gentile, RN, BSN, OCN
Understanding lab results will help you make more informed decisions regarding treatment options. Join Karen as she explains blood lab results with emphasis on CBC and CMP results. Learn about the functions of white blood cells, red blood cells and platelets, what “normal ranges” are, and when to investigate further. Ways to improve lab results will be discussed. In-person and virtual. Light meal provided. Pre-register.



Ask the Doctor: Immunotherapy

Thursday, February 15
6:00-7:30 PM

Daniel Ibach, MD
Researchers have been interested in using the body's natural defense system to treat cancer for years and now it is possible. Immunotherapy is a treatment that uses a person's immune system to fight cancer. Learn about the multiple types of immunotherapies, how they work in the body to treat cancer and the side effects associated with immunotherapy. In-person and virtual. Light meal provided. Pre-register.



Guest Artist: Fun with Acrylic Paints

Thursday, February 29
6:00-8:00 PM

Michelle Baker, Art Instructor
Get out of the house and come have some fun with your CSC friends while painting a colorful and creative bouquet of spring flowers. Michelle will provide step by step instructions so you can allow your inner Monet to shine through on the canvas. Preregistration required for this in person only program.

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Programs are offered in person and virtually.



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Register for programs at
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Email us at
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EDUCATION & STRESS MANAGEMENT PROGRAMS



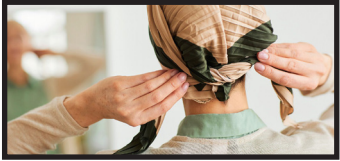
East Knox Off-Site Series: Eating Well and Staying Active
Thursday, Jan. 11 | 6:00-7:30 PM
Stephanie Chunn, Certified Personal Trainer
Amanda Mondini, RD, LD, CSO
Location: Knoxville Area Urban League 1514 E. Fifth Ave. 37917
The New Year is a great time to add healthy eating and movement into your routine. Learn how nutrition and fitness can support an active lifestyle before, during, and after cancer treatment. Amanda will share tips on choosing what foods provide the best fuel for your body, and Stephanie will help with practical ideas on how to incorporate training into your regular schedule. In-person only. Light meal provided. Pre-register.

Nutrition Tips: Nutrition for Brain Fog
Tuesday, Jan. 16 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
Cancer treatment, whether chemotherapy or another treatment modality, often comes with complaints of “brain fog”. Join Chelsea as she shares nutrition tips and tactics to combat the experience frequently termed “chemobrain”. Learn about the role of Omega-3s, Vitamin D, and antioxidants in promoting healthy brain functioning. In-person and virtual. Pre-register.



8-Week Mindful Self-Compassion Series
Sundays, Jan. 21 - Mar.10, 4:30-6:30 PM
Required orientation: Wednesday, Jan.17, 6:00-7:00 PM (or speak to program staff by January 18)
Dianne Lemieux, PhD
See front cover for description.

Wig/Scarf Shopping with Siobian
Friday, Jan. 19 | 10:00-11:30 AM
Siobian Jones, Wig Designer
As we enter the colder months of the winter season, head coverings can become a challenge for individuals experiencing hair loss from cancer treatment. Have you tried on wigs or scarves only to feel uncomfortable, or find that you don’t like the look? Join Siobian for a “shopping” expedition in the CSCET wig room, to help find the right fit and a style that feels great. Or bring a wig or scarf that you love but can’t seem to make work. In-person only. Light refreshments. Pre-register.



Understanding Lab Results
Tuesday, Jan. 23 | 12:00-1:30 PM
Karen Gentile, RN, BSN, OCN
See front cover for description.

Mindfulness in Everyday Life: Letting Go
Saturday, Jan. 27 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
A new year is here and with it comes new opportunities. Explore the intentional practice of letting go of habits or behaviors that no longer serve you. Virtual only. Pre-register.

Nutrition Tips: Straight from the Heart
Wednesday, Feb. 14 | 12:00-1:30 PM
Amanda Mondini, RD, LD, CSO
Good nutrition is important for all body systems, including your heart and cardiovascular system. Different cancer treatments may affect cholesterol levels, triglyceride levels, blood pressure, weight, and more. In this program, Amanda will discuss recommendations from the American Heart Association and how to implement and potentially modify them both during and after a cancer diagnosis. In-person and virtual. Pre-registration required.



Ask the Doctor: Immunotherapy
Thursday, Feb. 15 | 6:00-7:30 PM
Daniel Ibach, MD
See front cover for description.



Finding Meaning in Difficult Times
Tuesday, Feb. 20 | 12:00-1:30 PM
Debra Sullivan, PhD
People find meaning in their lives in different ways. A cancer diagnosis brings many life changes and challenges that can disrupt one's sense of purpose and meaning. Based on the work of researchers at Memorial Sloan Kettering Cancer Center, Debra will help you identify sources of meaning in your life and learn new ways to connect to and cultivate that meaning throughout your life. In-person and virtual. Light meal provided. Pre-register.

Mindfulness in Everyday Life: Working with Emotions
Saturday, Feb. 24 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Our emotions can be our best teachers. Mindfulness can help us befriend all of our emotions and learn what they can teach us. Virtual only. Pre-register.

Guest Artist: Fun with Acrylic Paints
Thursday, Feb. 29 | 6:00-8:00 PM
Michelle Baker, Art Instructor
See front cover for description.

Newcomer Orientation
Mondays | 4:00-5:00 PM or by appointment
New to CSCET? Come meet with a member of our program staff to learn about the variety of programs we offer to decrease stress, find more joy, and connect with others at this challenging time. 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 | 2:00-3:00 PM VIRTUAL *NEW TIME*****
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. *****Note: Sat., Jan. 13, VIRTUAL ONLY*****

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, Jan. 4 & 18 | 1:00-3:00 PM
Thursday, Feb. 1,15 & 29 | 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, January 24 | 2:00-3:30 PM
Wednesday, February 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. In-person only. Pre-register.

Healing Through Art: Gelli-Printed Collages
Thursday, January 11 | 1:00-3:00 PM
Kelly Sullivan, Art Instructor
Join Kelly in this really fun and fast printmaking process! We will print some papers by layering colors on top of each other. Then we will make a collage out of the papers and print some imagery from magazines and photocopies onto our collage. Gelli-printing is so fun that you will get hooked after the first print! In-person only. Pre-register.

Healing Through Art: Pop-Up Valentines and Handmade Envelopes
Thursday, February 8 | 1:00-3:00 PM
Kelly Sullivan, Art Instructor
Get in the spirit is Valentine’s Day! Make a Valentine or two or three! Kelly will teach you simple pop-up card techniques and how to make envelopes from a template! 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, Jan. 3 | 3:30-5:00 PM
Wednesday, Feb. 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, Jan. 12 | 10:00-11:30 AM
Friday, Feb. 9 | 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.

January

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Office Closed No Programs	2 Support Groups 6:00-7:30 PM	3 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Bereavement Support Group 3:30-5:00 PM	4 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	5 Tai Chi/Qigong 12:00-1:00 PM	6 Yoga 10:00-11:00 AM
7	8 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	9 Support Groups 6:00-7:30 PM	10 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	11 Support Group 10:00-11:30 AM Healing Through Art 1:00-3:00 PM East Knox Off-Site series: Eating Well and Staying Active 6:00-7:30 PM	12 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	13 Yoga VIRTUAL ONLY 10:00-11:00 AM
14	15 Office Closed No Programs Support Group 6:00-7:30 PM	16 Nutrition Tips: Nutrition for Brain Fog 12:00-1:30 PM Support Groups 6:00-7:30 PM	17 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Orientation for 8-Week Mindful Self-Compassion Series 6:00-7:00 PM	18 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	19 Wig/Scarf Shopping with Siobian 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	20 Yoga 10:00-11:00 AM
21 8-Week Mindfulness Series: WEEK 1 (Pre-orientation Required) 4:30-6:30 PM	22 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	23 Understanding Lab Results 12:00-1:30 PM Support Groups 6:00-7:30 PM	24 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Writing for Wellness 2:00-3:30 PM	25 Support Group 10:00-11:30 AM	26 Tai Chi/Qigong 12:00-1:00 PM	27 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
28 8-Week Mindfulness Series: WEEK 2 (Group already in Progress) 4:30-6:30 PM	29 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	30 Support Groups 6:00-7:30 PM	31 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 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!	PROGRAM NOTE Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.	

February

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

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!	PROGRAM NOTE Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.		1 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	2 Tai Chi/Qigong 12:00-1:00 PM	3 Yoga 10:00-11:00 AM
4 8-Week Mindfulness Series: WEEK 3 (Group already in Progress) 4:30-6:30 PM	5 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	6 Support Groups 6:00-7:30 PM	7 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Bereavement Group 3:30-5:00 PM	8 Support Group 10:00-11:30 AM Healing Through Art: Pop-Up Valentines and Handmade Envelopes 1:00-3:00 PM	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 8-Week Mindfulness Series: WEEK 4 (Group already in Progress) 4:30-6:30 PM	12 Wellness Workout 11:00-11:45 AM Chair Yoga 1:00-1:45 AM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	13 Support Groups 6:00-7:30 PM	14 Wellness Workout 11:00-11:45 AM Nutrition Tips: Straight from the Heart 12:00-1:30 PM Yoga 2:00-3:00 PM	15 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM Ask the Doctor: Immunotherapy 6:00-7:30 PM	16 Tai Chi/Qigong 12:00-1:00 PM	17 Yoga 10:00-11:00 AM
18 8-Week Mindfulness Series: WEEK 5 (Group already in Progress) 4:30-6:30 PM	19 Wellness Workout 11:00-11:45 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	20 Finding Meaning in Difficult Times 12:00-1:30 PM Support Groups 6:00-7:30 PM	21 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Writing for Wellness 2:00-3:30 PM	22 Support Group 10:00-11:30 AM	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 8-Week Mindfulness Series: WEEK 6 (Group already in Progress) 4:30-6:30 PM	26 Wellness Workout 11:00-11:45 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	27 Support Groups 6:00-7:30 PM	28 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	29 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM Guest Artist: Fun with Acrylic Paints 6:00-8:00 PM		