

# CALENDAR OF FREE PROGRAMS

join others facing cancer for



## Lots of changes!!

### We have moved!

- Our new location is 6204 Baum Drive, Knoxville, TN 37919
- Come to our Member Open House on March 31 from 9:00-11:00 AM. Light Refreshments.
- **Our COVID policy has changed.**
- Masks will be available and are optional.
- CSCET recommends using masks to support your level of comfort.
- In accordance with CDC guidelines, CSCET strongly encourages everyone eligible to get vaccinated against the flu and COVID-19
- Our policies are continually reviewed and revised.

**We will have in-person and virtual offerings beginning in March and hope to see you all soon!**

**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.**

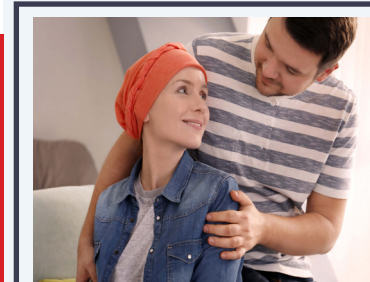
### Our programs are made possible by our hospital and program sponsors:

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

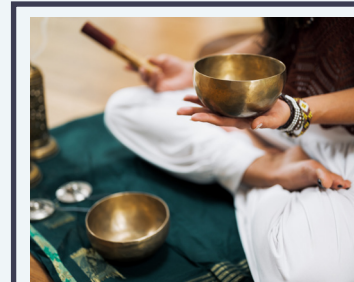
Beth A. Hamil | Executive Director  
Debra Sullivan, PhD | Program Director  
Jackie Dallas, MEd | Development & Communications Manager  
Renee G. Dawson, MA | Office Administrator  
Denise Stillman, PhD | Program Associate

### GET SOCIAL WITH US!



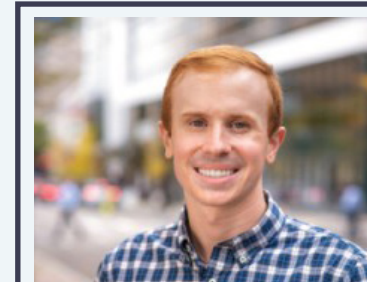
### Managing Blood Cancer Side Effects

Saturday, March 25  
10:30 AM-12:00 PM  
Clark Cutrer, MD  
Rod Ramchandren, MD  
In partnership with the Leukemia and Lymphoma Society, acute and long-term side effect management during and after blood cancer treatment will be discussed. Topics include neuropathy, fatigue, libido, and fertility, as well as cardiac and kidney issues. Effective strategies for ongoing symptoms management will be covered. Educational materials and a box lunch provided! In-person only. Pre-register.



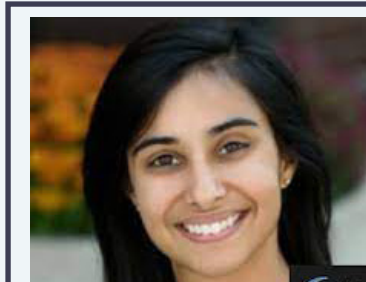
### A Gift of Sound

Thursday, March 30  
6:00-7:30 PM  
Jan Coe, Whole Notes Harmony  
Sound has been used since ancient times for healing, ceremony and relaxation. Join Jan as she provides individuals with a healing sound session using singing bowls, gongs and chimes to create soothing sound vibrations. Come relax with CSCET friends on socially distanced yoga mats and experience the Cloud of Sound all around. Space is limited so sign up soon and gift yourself a calming and rejuvenating experience. In-person only. Pre-register.



### Neuropathy: Symptoms and Management

Tuesday, April 11  
12:00-1:30 PM  
Robert Knoerl, PhD, RN, UMich  
Neuropathy is a nerve condition caused by certain chemotherapies that can result in numbness, tingling and pain in parts of the body while undergoing treatment. Join Dr. Knoerl as he describes the known causes, symptoms, and management of neuropathy during and after cancer treatments. You will learn the most up to date research for managing this challenging side effect. Virtual only. Pre-register.



### Ask the Doctor: Palliative Care and Hospice

Thursday, April 27 6:00-7:30 PM  
Veera N Motashaw, DO, HMDC  
Nicole Campbell, APRN, FNP-BC  
What's the difference between palliative care and hospice? How and when would they benefit me or my loved one? Can I ask for a palliative care consult? Can I utilize palliative care when I am in active treatment for cancer? Come learn about these valuable resources and join the discussion about quality-of-life care throughout the cancer care continuum. In-person or virtual. Pre-register.

We have moved!!!!

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)



# 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.

## 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.

# EDUCATION & STRESS MANAGEMENT PROGRAMS



## Nutrition Tips: Fuel for the Future

**Tuesday, March 14 | 12-1:30 PM**

**Amanda Mondini, RD, LD, CSO**

March is National Nutrition Month, and this year's theme is "Fuel for the Future". Our bodies are similar to cars- we both need fuel to go! Sometimes, though, it can be challenging to determine what type of "fuel" is best. During this program, Amanda will discuss nutrition recommendations you can put into practice today that will help foster a healthier tomorrow. No matter where you are in your journey with cancer, there will be something in this program for you. Pre-registration required for in-person and virtual attendance.

## Mindfulness in Everyday Life: Working With Fear

**Saturday, Mar. 18 | 11:00 AM-12:30 PM**

**Ann Pendley, Meditation Instructor**

Fear is a natural and intelligent emotion but when it goes into overdrive, our body, heart, & mind contract. By facing fear with mindfulness & compassion, we can reconnect with our capacity for being grounded and at ease. This program is only offered virtually. Pre-registration required.



## Managing Blood Cancer Side Effects

**Saturday, Mar. 25 | 10:30 AM-12:00 PM**

**Clark Cutrer, MD**

**Rod Ramchandren, MD**

See front cover for description.

## A Gift of Sound

**Thursday, Mar. 30 | 6:00-7:30 PM**

**Jan Coe, Whole Notes Harmony**

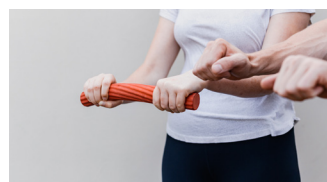
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## Neuropathy: Symptoms and Management

**Tuesday, April 11 | 12:00-1:30 PM**

**Robert Knoerl, PhD, RN, Univ of Michigan**

See front cover for description.



## Lymphedema: What is it and how is it treated?

**Thursday, April 13 | 5:30-7:00 PM**

**Julia Adams, OTD, OTR/L, CLT**

**Rachel Ledford, PT, DPT, CLT**

**Cancer Support Oak Ridge Series**

**Thompson Cancer Survival Center Oak Ridge (102 Vermont Ave., Radiation Oncology Waiting Room)**

Cancer treatment involving lymph node removal and/or radiation therapy may cause swelling in the arms, legs, trunk, head, or neck. Our Physical and Occupational Therapists specializing in Lymphedema will help you understand this condition and teach you specific actions you can take to manage symptoms and limit risk after cancer treatment. This program is especially relevant for individuals with breast, prostate, colon and gynecologic cancers. In-person. Pre-registration required.

## Managing Cancer and Other Chronic Diseases: The Role of Nutrition

**Tuesday, April 18 | 12:00-1:30 PM**

**Chelsea Johnson, MS, RD, LDN, CSO**

Many people find it challenging to balance their nutrition needs while being treated for cancer, especially if they have pre-existing health conditions or develop them during treatment, such as diabetes, heart disease or high blood pressure. Chelsea will explore healthy eating tips and recipes that can help you manage common chronic diseases and get the nutrition you need during and after cancer treatment. Bring questions to this informative program. Pre-registration required for in-person and virtual attendance.

## Ask the Doctor: Palliative Care and Hospice

**Thursday, April 27 | 6:00-7:30 PM**

**Veera N Motashaw, DO, HMDC**

**Nicole Campbell, APRN, FNP-BC**

See front cover for description.

## Mindfulness in Everyday Life: Taking Care of Anger

**Saturday, April 29 | 11:00 AM-12:30 PM**

**Ann Pendley, Mindfulness Instructor**

Anger is a natural emotion that energizes the body, can get the mind racing and can lead to actions that are either helpful or harmful. Come learn how mindfulness techniques can bring clarity to the feeling of anger and can help ease anger to enable you to maximize helpful actions for yourself and those around you. Pre-registration is required for this virtual program.

# 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, March 2, 16 & 30 | 1:00-2:30 PM**

**Thursday, April 6 & 20 | 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. Pre-registration required for in-person or virtual attendance.

## Writing for Wellness

**Wednesday, March 15 | 2:00-3:30 PM**

**Wednesday, April 19 | 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. This program is only offered virtually. Pre-registration required.

## Healing Through Art: Cubism

**Tuesday, March 21 | 1:00-2:30 PM VIRTUAL**

**Kelly Sullivan, Art Instructor**

We will take a simple drawing and then break it up into smaller shapes using dissecting lines. With primary colors and white we will create different color fields to make our paintings pop and look like cubist paintings! Supplies available for pick up at CSCET the week of class. Pre-registration required for this virtual program.

## Healing Through Art: Repurposed Journals

**Thursday, April 13 | 1:00-2:30 PM IN-PERSON**

**Tuesday, April 25 | 1:00-2:30 PM VIRTUAL**

**Kelly Sullivan, Art Instructor**

Kelly will demonstrate how to take old books and turn them into works of art. We will tear, fold, glue and stitch paper together. She will go over techniques to add color to the pages and personalize your journal! Supplies available for pick up (for the Virtual class) at CSCET the week of class. Pre-registration is required for these programs.

# 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., Mar. 1 | 3:30-5:00 PM**

**Wed., April 5 | 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.

### Prostate Cancer Group

**Friday, Mar. 10 | 10:00-11:30 AM**

**Friday, April 14 | 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!!!!**

**Member Open House**  
**March 31**  
**9:00-11:00 AM**  
**Light refreshments will be served.**



# March

**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>IN-PERSON PROGRAM NOTE</b> Early registration for in-person attendance is highly encouraged. Programs with few in-person registrants may be changed to virtual only.	<b>1</b> <b>Wellness Workout</b> 12:00-1:00 PM  <b>Yoga</b> 1:00-2:00 PM  <b>Bereavement Support Group</b> 3:30-5:00 PM	<b>2</b>  <b>Support Group</b> 10:00-11:30 AM  <b>Knitting for Relaxation</b> 1:00-2:30 PM	<b>3</b>  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>4</b>  <b>Yoga</b> 10:00-11:00 AM
<b>5</b>  <b>8-Week Mindfulness Series: WEEK 6 (Group already in Progress)</b> All Day	<b>6</b> <b>Wellness Workout</b> 12:00-1:00 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>7</b>  <b>Support Groups</b> 6:00-7:30 PM	<b>8</b>  <b>Wellness Workout</b> 12:00-1:00 PM  <b>Yoga</b> 1:00-2:00 PM	<b>9</b>  <b>Support Group</b> 10:00-11:30 AM	<b>10</b>  <b>Prostate Cancer Support Group</b> 10:00 AM-11:30 PM  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>11</b>  <b>Yoga</b> 10:00-11:00 AM
<b>12</b>  <b>8-Week Mindfulness Series: WEEK 7 (Group already in Progress)</b>	<b>13</b> <b>Wellness Workout</b> 12:00-1:00 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>14</b> <b>Nutrition Tips: Fuel for the Future</b> 12:00-1:30 PM  <b>Support Groups</b> 6:00-7:30 PM	<b>15</b> <b>Wellness Workout</b> 12:00-1:00 PM  <b>Yoga</b> 1:00-2:00 PM  <b>Writing for Wellness</b> 2:00-3:30 PM	<b>16</b> <b>Support Group</b> 10:00-11:30 AM  <b>Knitting for Relaxation</b> 1:00-2:30 PM	<b>17</b>  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>18</b>  <b>Yoga</b> 10:00-11:00 AM  <b>Mindfulness in Everyday Life</b> 11:00 AM-12:30PM
<b>19</b>  <b>8-Week Mindfulness Series: WEEK 8 (Group already in Progress)</b> 5:00-7:00 PM	<b>20</b> <b>Wellness Workout</b> 12:00-1:00 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>21</b> <b>Healing Through Art</b> 1:00-2:30 PM  <b>Support Groups</b> 6:00-7:30 PM	<b>22</b>  <b>Wellness Workout</b> 12:00-1:00 PM  <b>Yoga</b> 1:00-2:00 PM	<b>23</b>  <b>Support Groups</b> 10:00-11:30 AM	<b>24</b>  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>25</b>  <b>Yoga</b> 10:00-11:00 AM  <b>Managing Blood Cancer Side Effects</b> 10:30 AM-12:00PM
<b>26</b>	<b>27</b> <b>Wellness Workout</b> 12:00-1:00 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>28</b>  <b>Support Groups</b> 6:00-7:30 PM	<b>29</b>  <b>Wellness Workout</b> 12:00-1:00 PM  <b>Yoga</b> 1:00-2:00 PM	<b>30</b> <b>Support Group</b> 10:00-11:30 AM  <b>Knitting for Relaxation</b> 1:00-2:30 PM  <b>A Gift of Sound</b> 6:00-7:30 PM	<b>31</b>  <b>Member Open House</b> 9:00-11:00 AM  <b>Tai Chi/Qigong</b> 12:00-1:00 PM	<b>We have moved!!!!</b>  <b>Come see our new home at 6204 Baum Drive!</b>

# April

**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
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