



The Rachael Young Center
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November & December 2023

CALENDAR OF FREE PROGRAMS

join others facing cancer for



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY



Happy Holidays!!!

We hope you will join us in our new home in the new year!

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!



@CSCET

Keep Moving in the Winter Months

Tuesday, November 14
12:00-1:30 PM

Jason Fuller, PT, DPT
What movement class or activity is best for me? Have I done too much, or can I do more? What are reasonable movement goals during and after treatment? These are questions people have after a cancer diagnosis. Jason will talk about the importance of movement throughout the cancer continuum, ways to keep moving, the importance of rest, and when to seek professional help. In-person (recommended) and virtual. Pre-register.

Sleep Matters

Wednesday, December 6
6:00-7:30 PM

Denise Stillman, PhD
Having trouble falling or staying asleep? For those impacted by cancer, the effects of treatment and medications, along with the stress of cancer, may keep you and your loved ones from getting a good night's rest. CSCET's psychologist, Denise Stillman, Ph.D., will discuss why sleep matters and what steps you can take to improve the quality of your zzz's. In-person and virtual. Pre-register.

Afternoon Tea with Live Music

Sunday, December 10
3:00-4:30 PM

Brian Salesky & Jacqueline Brecheen
Join CSCET friends & family for an afternoon of tea, treats, and live music! Brian Salesky, former Director of Knoxville Opera, and soprano Jacqueline Brecheen will provide the entertainment for this community celebration. Experience the healing power of music at this engaging performance featuring popular Broadway favorites and beloved holiday songs at this family-friendly event. In-person only. Pre-register.

Eating Well Through Cancer

Tuesday, December 19
12:00-1:30 PM

Jackie Dallas, MEd, Certified Health Education Specialist
Take a midday break from holiday shopping and traffic! Join Jackie and CSCET staff for a cooking demonstration and lunch. Jackie will prepare and serve a nutritious meal from the pages of Holly Clegg's "Eating Well Through Cancer". Enjoy fellowship with the community and take home a copy of the cookbook as a holiday gift! In-person only. 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

EDUCATION & STRESS MANAGEMENT PROGRAMS

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
Group already in progress.



Navigating Insurance, Employment Benefits & Chemotherapy Costs

Thursday, Nov. 9 | 6:00-7:30 PM
Robert Arnett, Sr. Biopharma. Rep.
Tonia Mostella, HR Professional
Tammy Norwood, Patient Advocate
Cancer Support East Knoxville Series
Knoxville Area Urban League
1514 E. Fifth Ave.

Many stressors come with a cancer diagnosis beyond the cancer treatments themselves. Join our panel of experts as they help navigate understanding health insurance including how and when to sign up, employment benefits such as FMLA and disability, and benefits from pharmaceutical companies that may help cover the cost of treatment. Come with questions and leave with answers that can help alleviate stress in this challenging time. In-person only. Pre-register.

Keep Moving in the Winter Months

Tuesday, Nov. 14 | 12:00-1:30 PM
Jason Fuller, PT, DPT
See front cover for description.

Mindfulness in Everyday Life: Cultivating Gratitude

Saturday, Nov. 18 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Finding it hard to feel thankful as the holidays approach? A mindfulness practice can provide ways to expand our feelings of gratitude, even in challenging times. Virtual only. Pre-register.

Nutrition Tips: Eating Healthy on a Budget

Tuesday, Nov. 21 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
The holiday season can be expensive, but buying good healthy food doesn't have to be. This month Chelsea will walk you through choosing where to spend less and where to splurge when buying ingredients to get the most bang for your buck. In-person and virtual. Pre-register.



A Gift of Sound

Wednesday, Nov. 29 | 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 for this in-person program so sign up soon and gift yourself a calming and rejuvenating experience during the busy holiday season. Pre-register.



Sleep Matters

Wednesday, Dec. 6 | 6:00-7:30 PM
Denise Stillman, PhD
See front cover for description.

Afternoon Tea with Live Music

Sunday, Dec. 10 | 3:00-4:30 PM
Brian Salesky and Jacqueline Brecheen
See front cover for description.

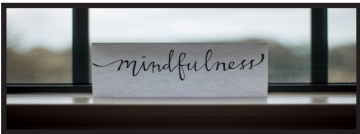


Nutrition Tips: Holiday Recipes

Tuesday, Dec. 12 | 12:00-1:30 PM
Amanda Mondini, RD, LD, CSO
Many people find eating healthy through the holidays challenging. Amanda will help you create holiday foods for you and your family, adjust for special dietary needs, and get inspired to use leftovers in new ways. In-person and virtual. Pre-register.

Mindfulness in Everyday Life: Moments of Peace

Saturday, Dec. 16 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
A mindfulness practice can create the space to experience moments of peace, even in the flurry of activity holidays bring. Give yourself the gift of practicing mindful serenity this holiday season. Virtual only. Pre-register.



Eating Well Through Cancer

Tuesday, Dec. 19 | 12:00-1:30 PM
Jackie Dallas, MEd, Certified Health Education Specialist
See front cover for description.

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, Nov. 2, 16 & 30 | 1:00-3:00 PM
Thursday, Dec. 7 & 21 | 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, November 15 | 2:00-3:30 PM
Wednesday, December 13 | 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: Still Life in Oil Pastels

Tuesday, November 7 | 1:00-3:00 PM
Kelly Sullivan, Art Instructor
November is a bountiful month, a month to give thanks! Drawing is a sort of meditation and still life drawing helps with focus. In this class we will have a still life full of fruits and veggies to practice shape and color. We will use the bright and colorful media of oil pastels to create our still life drawings. In-person only. Pre-register.

Healing Through Art: Woven Star/Snowflake Ornaments

Thursday, December 14 | 1:00-3:00 PM
Kelly Sullivan, Art Instructor
The holidays and winter are upon us. In this class we will use colored basket reed to create a woven ornament for hanging. It looks complicated but you will find out that it is super easy and you will want to make more! 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, Nov. 1 | 3:30-5:00 PM
• Wednesday, Dec. 6 | 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, Nov. 10 | 10:00-11:30 AM
• Friday, Dec. 8 | 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.

November

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 Wellness Workout 11:00-11:45 AM Yoga 1:00-2:00 PM Bereavement Support Group 3:30-5:00 PM	2 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	3 Tai Chi/Qigong 12:00-1:00 PM	4 Yoga 10:00-11:00 AM
5 4-Week Mindfulness Series: WEEK 3 (Group already in Progress) 5:00-7:00 PM	6 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	7 Healing Through Art: Still Life in Oil Pastels 1:00-3:00 PM Support Groups 6:00-7:30 PM	8 Wellness Workout 11:00-11:45 AM Yoga 1:00-2:00 PM	9 Support Group 10:00-11:30 AM Navigating Insurance, Employment Benefits & Chemotherapy Costs (Offsite) 6:00-7:30 PM	10 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	11 Yoga 10:00-11:00 AM
12 4-Week Mindfulness Series: WEEK 4 (Group already in Progress) 5:00-7:00 PM	13 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	14 Keep Moving in the Winter Months 12:00-1:30 PM Support Groups 6:00-7:30 PM	15 Wellness Workout 11:00-11:45 AM Yoga 1:00-2:00 PM Writing for Wellness 2:00-3:30 PM	16 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	17 Tai Chi/Qigong 12:00-1:00 PM	18 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
19	20 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	21 Nutrition Tips: Eating Healthy on a Budget 12:00-1:30 PM Support Groups 6:00-7:30 PM	22 Wellness Workout 11:00-11:45 AM Yoga 1:00-2:00 PM	23 Office Closed No Programs Thanksgiving Day	24 Office Closed No Programs	25 Office Closed No Programs
26	27 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	28 Support Groups 6:00-7:30 PM	29 Wellness Workout 11:00-11:45 AM Yoga 1:00-2:00 PM A Gift of Sound 6:00-7:30 PM	30 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM		

December

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	PROGRAM NOTE Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.		1 Tai Chi/Qigong 12:00-1:00 PM	2 Yoga 10:00-11:00 AM
3 Afternoon Tea with Live Music 3:00-4:30 PM	4 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	5 Support Groups 6:00-7:30 PM	6 Wellness Workout 11:00-11:45 AM Yoga 1:00-2:00 PM Bereavement Group 3:30-5:00 PM Sleep Matters 6:00-7:30 PM	7 Support Group 10:00-11:30 AM Knitting for Relaxation 1:00-3:00 PM	8 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	9 Yoga 10:00-11:00 AM
10 Afternoon Tea with Live Music 3:00-4:30 PM	11 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	12 Nutrition Tips: Holiday Recipes 12:00-1:30 PM Support Groups 6:00-7:30 PM	13 Wellness Workout 11:00-11:45 AM Yoga 1:00-2:00 PM Writing for Wellness 2:00-3:30 PM	14 Support Group 10:00-11:30 AM Healing Through Art: Woven Star/Snowflake Ornaments 1:00-3:00 PM	15 Tai Chi/Qigong 12:00-1:00 PM	16 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
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24/31 Office Closed No Programs	25 Office Closed No Programs	26 Office Closed No Programs	27 Office Closed No Programs	28 Office Closed No Programs	29 Office Closed No Programs	30 Office Closed No Programs