

LEGACY CANCER HEALING CENTER SUPPORT GROUPS, CLASSES & EVENTS

January - June 2024

- Our classes and groups are offered for **FREE** to those affected by cancer, thanks to generous donations to the [Cancer Funds](#) of the Legacy Hospital Foundations. You *do not* need to be a Legacy patient to join.
- Most classes and groups are held as **online virtual meetings**. Some are **in-person** at our medical centers, and others are a **hybrid** of the two.
- Visit our website, www.LegacyHealth.org/CancerClasses, or scan the **QR code** with your phone for the latest information, including cancellations.



STRONG SURVIVOR SERIES



GOAL SETTING AND PHYSICAL ACTIVITY (VIRTUAL)

New Year's health resolutions on your mind? During the first part of this virtual interactive class, you will learn about what makes a successful goal, as well as tips and tricks for sticking with your health goals for 2024, from Niani Dunner (Cancer Healing Center Coordinator). Ready to get moving and add more physical activity to your life? Dr. Stacia Akers (Doctor of Physical Therapy) will explain the benefits of exercise after cancer treatment, how to start your own active routine, and offer resources for free and low-cost movement programs for cancer survivors.

Monday, January 8

4:30 – 6:00 pm

Presented by: Stacia Akers, PT, DPT, OCS, TPS and Niani Dunner, MPH

Questions: ✉ CancerClasses@LHS.ORG, ☎ 503-413-7284

CANCER SUPERFOODS (VIRTUAL)

Come learn about the cancer fighting powers and health benefits of different food groups during this 60-minute, virtual class. Maran Scott (Certified Oncology Dietitian) will explain which foods help the body fight inflammation and cancer, give you useful tips to inspire you to enjoy these superfoods every day. Includes time for questions and answers. Caregivers and loved ones welcome.

Thursday, January 25

12:00 pm – 1:00 pm

Presented by: Maran Scott RD, CD, CSO Questions: ✉

CancerClasses@LHS.ORG, ☎ 503-413-7284



MOVEMENT AND EXERCISE CLASSES



Medical Clearance and Registration Required

A [Physician Release Form](#) needs to be filled out by a doctor, before you participate in your first exercise class, either virtual or in-person. Class registration links and Physician Release Forms are available at our website www.legacyhealth.org/cancerclasses.

GENTLE YOGA WITH ADDIE (VIRTUAL AND IN-PERSON)

This weekly gentle yoga class will encourage strength, flexibility, confidence, calm and wellbeing through a gradual exploration and expansion of movement. We will combine yoga postures, breath practices and mindfulness techniques to create a meaningful and well-rounded practice. Wherever you are in your cancer journey—from diagnosis to treatment and beyond—you are welcome to join us for mindful movement in a supportive environment. Sponsored by the Salmon Creek Foundation.

Tuesdays, 5:15–6:15 pm

Offered virtually AND in-person in Vancouver.

Instructor: Addie deHilster, C-IAYT, E-RYT 500,
Certified Yoga Therapist

✉ mail@movedtomeditate.com

☎ 503-413-7284

YOGA WITH PATTI (VIRTUAL AND IN-PERSON)

A gentle way to develop strength, flexibility, breathing and relaxation, in a supportive group environment. Held virtually four times a week, with an in-person option offered once a month in Gresham.

Good Samaritan Foundation Sponsored classes:

Mondays, 1:00–2:30 pm and

Fridays, 10:45 am–12:15 pm

Mount Hood Foundation Sponsored class:

Mondays, 11:00 am–12:30 pm and

Fridays, 1:00–2:30 pm **

Instructor: Patti Stone, e-RYT500, C-IAYT 1000, TIYT, AYS,
Certified Yoga Therapist

✉ pattistone123@gmail.com

☎ 503-708-8392

****Held in-person in Gresham on the second Friday of every month, as well as virtually.**

QIGONG & T'AI CHI WITH WENDY (VIRTUAL)

A gentle movement, breath and meditation practice that improves strength and balance, while supporting a peaceful state of mind. Held two times a week. Sponsored by the Good Samaritan Foundation.

Tuesdays, 11:30 am–12:30 pm and

Thursdays, 10:00–11:00 am

Instructor: Wendy Tucker, ATR, CYT,

Certified T'ai Chi, Qigong, Yoga Instructor

✉ wendy.awenarts@gmail.com

☎ 503-277-8976

PILATES WITH MARTHA (VIRTUAL)

Pilates is an excellent way to gain strength, flexibility, and overall conditioning, while minimizing impact on joints. Held weekly. Sponsored by the Good Samaritan Foundation.

Wednesdays, 5:00–6:00 pm

Instructor: Martha Lundberg, BSPT

STOTT PILATES® Certified Instructor

✉ CancerClasses@LHS.ORG

☎ 503-413-7284



MIND-BODY EVENTS



FOREST BATHING: MEDITATION IN NATURE (IN-PERSON)

Forest bathing is a guided nature connection experience inspired by the Japanese practice of *Shinrin-Yoku*. These immersive experiences offer the opportunity to shift away from the stress of daily life, and find support and nourishment through engagement with the natural world. Forest bathing allows our nervous system to access a state of peacefulness, that helps reduce stress, anger, anxiety, and depression. Join us as we slow down, tune into our senses, and relax into the beauty around us. Presented by Irene Bailey of *Temenos Rising*. Patients and survivors given priority registration, followed by caregivers.

Space is limited and pre-registration is required. After registration and closer to event date, you will receive info about where to meet and what to bring.

Saturday, April 20

9:30–11:30 am
Hoyt Arboretum
SW Portland, OR

Sunday, June 23

9:30–11:30 am
Mary S. Young Park
West Linn, OR

Questions:

✉ CancerClasses@LHS.ORG, ☎
503-413-7284

GONG MEDITATION (IN-PERSON)

This musical experience bathes every cell of the body in therapeutic sound and vibration, promoting stress reduction and deep relaxation. The gongs acoustically create a deep, spontaneous meditative state that restores harmony and vitality to the mind, body and soul. The 90-minute event includes a brief discussion on the health benefits of sound, followed by a 45-minute Gong Meditation. Presented by Wayne Marto of *Beneficial Sound*. Patients, loved ones and staff welcome!

Space is limited and pre-registration is required.

Saturday, 9:00–10:30 am

February 3
April 6

Location:

Meridian Park Medical Center
Community Health Education Center
Tualatin, OR

Questions:

✉ CancerClasses@LHS.ORG, ☎
503-413-7284

YOGA NIDRA FOR DEEP RELAXATION (VIRTUAL)

Yoga nidra means "yogic sleep." Yoga nidra refers to a specific multi-step process for the integration of body and mind, that promotes deep rest and relaxation. The position of the body is usually reclined face-up, using blankets and pillows for support, with the eyes closed and the body still and quiet. No medical release required. All are welcome!

Wednesday, 1:30–2:30 pm

February 21
April 24
June 19

Guided by: Patti Stone, e-RYT500, C-IAYT 1000, TIYT, AYS,
Certified Yoga Therapist

✉ pattistone123@gmail.com; ☎ 503-708-8392

{ Register for all events at www.legacyhealth.org/cancerclasses }





WRITING AND ART THERAPY GROUPS



WORDS FOR HEALING (VIRTUAL)

Writing with a group of peers in a safe, respectful environment creates community and connection, and can reduce stress while bolstering confidence and resiliency. Held virtually twice a month. Join for one or all!

First Friday of every month. 10:00 am - 12:00 pm

January 5 March 1 May 3
February 2 April 5 June 7

Facilitators:

Dawn Thompson, MA and Blair Allen, ATR, LAT
✉ dathomp@lhs.org

Third Friday of every month. 10:00 am - 12:00 pm

January 19 March 15 May 17
February 16 April 19 June 21

Facilitators:

Dawn Thompson, MA and Margaret Hartsook, LPC, LCAT, ATR-BC
✉ dathomp@lhs.org

OPEN ART STUDIO (VIRTUAL)

Art making can bring joy and reduce stress—before, during or after cancer treatment. You are invited to join us for weekly guided art making, from the comfort of your own home. Cancer patients, family and caregivers welcome to join for one or all sessions.

Thursdays, 1:30 – 3:30 pm

January 18 – April 25 (No group March 28)

Facilitators:

Margaret Hartsook, LPC, LCAT, ATR-BC and Blair Allen, ATR, LAT
✉ ArtTherapy@lhs.org

FINDING CENTER: ART MAKING FOR MINDFULNESS AND STRESS-REDUCTION (VIRTUAL)

During this group you will use simple art processes and mindfulness exercises to connect with yourself and to set an intention for your week. No art experience necessary. Cancer patients, family and caregivers welcome to join for one or all virtual sessions.

Mondays, 1:00 – 2:00 pm

January 15 – April 22 (No group March 25)

Facilitator:

Blair Allen, ATR, LAT; ✉ blallen@lhs.org

Fridays, 1:00 – 2:00 pm

January 19 – April 26 (No group March 29)

Facilitator:

Margaret Hartsook, LPC, LCAT, ATR-BC; ✉ mhartsoo@lhs.org

****NEW**** Third Tuesdays, 6:00 – 7:30 pm

March 19 May 21
April 16 June 18

Facilitator:

Margaret Hartsook, LPC, LCAT, ATR-BC; ✉ mhartsoo@lhs.org

EXPRESSIONS OF HEALING (IN-PERSON)

Come explore your creativity with this in-person art group. All materials will be provided, and no art experience is necessary. Patients, family, and caregivers welcome to join for one or all sessions. **Pre-registration—at least 1 day in advance—is required.** Held in the Cancer Healing Center at each location.

Monday, 2:30 – 4:30 pm

February 5
April 15

Mount Hood Medical Center
MOB 1 – Suite 211
Gresham, OR

Facilitator: Blair Allen, ATR, LAT
✉ blallen@lhs.org

Wednesday, 2:30 – 4:30 pm

January 31
April 3

Good Samaritan Medical Center
MOB 3 – Suite LL10
NW Portland, OR

Facilitator: Margaret Hartsook, LPC, LCAT, ATR-BC
✉ mhartsoo@lhs.org

Thursday, 10:30 am – 12:30 pm

March 14
May 9

Meridian Park Medical Center
MOB 2 – Suite 140
Tualatin, OR

Facilitator: Blair Allen, ATR, LAT
✉ blallen@lhs.org

Friday, 2:30 – 4:30 pm

March 8
April 26

Salmon Creek Medical Center
MOB B – Suite 160
Vancouver, WA

Facilitator: Margaret Hartsook, LPC, LCAT, ATR-BC
✉ mhartsoo@lhs.org

RETURN TO SELF: EXPLORING GRIEF AND RESILIENCE THROUGH THE CREATIVE PROCESS (IN-PERSON)

Return To Self offers a unique opportunity to process the grief and loss related to having cancer, and nurture resilience, hope and growth moving forward. This group is for individuals who are done with primary cancer treatment and wanting to explore and process the emotional aspects of life after cancer through peer-to-peer discussion and art-based techniques, including mixed media and writing. No art experience necessary. Visit our website for more info, or e-mail the facilitators to determine if this group is right for you. Held in-person at Good Samaritan Medical Center.

Wednesdays, 2:00 – 4:00 pm
May 1 – June 5

Facilitators:
Art Therapists, Blair Allen & Margaret Hartsook
✉ ArtTherapy@lhs.org

{ Register for all Art Therapy groups at www.legacyhealth.org/cancerclasses }



VIRTUAL SUPPORT GROUPS



Groups offer peer-to-peer support and education for adults coping with diagnosis, treatment and recovery from various cancers. Groups are on-going monthly with a drop-in format. **Registration:** Contact staff below with questions and for virtual meeting link.

WOMAN'S ADVANCED & METASTATIC CANCER SUPPORT GROUP CO-SPONSORED BY PINK LEMONADE PROJECT

Support for women coping with advanced cancer, or cancer that has metastasized. All cancer types welcome.

Fourth Thursday of every month, 5:00 – 6:30 pm
January 25 **March 21** May 23
February 22 April 25 June 27

Facilitators: Caroline K. Murphy, Sara Butler, LCSW, OSW-C
M.Div., BCC ☎ 360-487-5453, ☎ 503-413-7932, sebutler@lhs.org
ckmurphy@lhs.org

PROSTATE CANCER SUPPORT GROUP

Support for individuals with a prostate cancer diagnosis. Spouses and partners are respectfully asked not to attend.

Second Wednesday of each month, 5:30–7:00 pm
January 10 March 13 May 8
February 14 April 10 June 12

Facilitators: Kurt Neilson, M.Div., MTS, BCCC, S.I.T.
☎ 503-413-7284, ☎ 503-413-6124, kbnilson@lhs.org
CancerClasses@LHS.ORG

BREAST CANCER SUPPORT GROUP

Open and topical discussion to support women in any stage of breast cancer, from diagnosis to post-treatment.

First Tuesday of every month, 5:30–7:00 pm
January 2 March 5 May 7
February 6 April 2 June 4

Facilitators: Sara Butler, LCSW, OSW-C Margaret Hartsook, LPC, ATR-BC
☎ 503-413-7932, sebutler@lhs.org ☎ 503-413-8404, mhartsoo@lhs.org

HEAD AND NECK CANCER SUPPORT GROUP

Support for individuals and their loved ones coping with the impact of a head, neck or oral cancer diagnosis.

First Thursday of every month, 4:00–5:30 pm
January 4 March 7 May 2
February 8 April 4 June 6

Facilitator: Julia Robinson, M.S.CCC-SLP
☎ 503-413-2841, jurrobin@lhs.org

NEW SPECIAL EVENTS

COPING WITH FEAR OF RECURRENCE (VIRTUAL)

After treatment ends, one of the most common fears patients have is that the cancer will come back, also called recurrence. Anxiety about recurrence is very normal, but doesn't need to hold you back from the life you wish to live. Join us to learn simple strategies for managing the fear and uncertainty that come with having had a cancer diagnosis, including triggers and anxiety related to follow-up scans or tests. Presented by Michelle Lee, Oncology Psychologist.

Tuesday, February 27
5:30 – 6:30 pm

Presented by: Michelle Lee, PsyD, Oncology Psychologist
Questions: ✉ CancerClasses@LHS.ORG, ☎ 503-413-7284

BUSTING MYTHS OF BREAST CANCER AND FOODS WORKSHOP (VIRTUAL)

CO-SPONSORED BY BREAST FRIENDS

There are a lot of myths out there about what type of foods are helpful and harmful after a breast cancer diagnosis. Curious about what the science says about blueberries, soy, red meat, alcohol and sugar? In this workshop, our oncology trained nutritionists will explain what foods can help fight and reduce risk of recurrence for those with a breast cancer diagnosis. The dietitians will also answer questions you may have about common myths. Caregivers and loved ones welcome.

Wednesday, March 6
12:00 pm – 1:00 pm

Register through Breast Friends:
www.breastfriends.org or
www.legacyhealth.org/cancerclasses

Presented by: Marci Reed RD, CSO, LD and
Maran Scott RD, CD, CSO,
Oncology Certified Dietitians
✉ mareed@lhs.org, ☎ 503-413-6679

MEDITATION FOR PEOPLE WHO CAN'T SIT STILL (IN-PERSON)

If you're interested in learning to meditate, but find it challenging to sit in stillness and quiet, give this workshop a try! One of the secrets to meditation is preparing your body and mind beforehand. We will start with gentle movements that release tension, getting you out of your head and into your body. You'll also learn how easy breathing practices can calm the nervous system and decrease agitation. Then we will explore some guided mindfulness meditation practices seated in a chair, because it's key to find a posture that is comfortable and supportive. By the end of this workshop, you may be surprised to find that you CAN settle into stillness and actually enjoy meditation! Can be taken together or as stand-alone workshops. **Pre-registration is required.**

Sunday, 1:30 – 3:30 pm
March 17
May 19

Salmon Creek Medical Center
MOB B – Suite 160
Vancouver, WA

Instructor: Addie deHilster, IMTA CMT-P,
C-IAYT, Mindfulness Meditation Teacher and
Yoga Therapist
✉ mail@movedtomeditate.com
☎ 503-413-7284

MANAGING HORMONAL THERAPY SYMPTOMS FOR BREAST CANCER SURVIVORS (VIRTUAL)

Struggling with the side effects of hormonal therapy? Many breast cancer survivors struggle with menopausal and other symptoms from lower estrogen levels. Come learn more about how to manage these symptoms using a holistic approach, from Integrative Medicine expert, Megan Barckert.

Monday, June 24
5:30 – 6:30 pm

Presented by: Megan Barckert, MSN, FNP-C, Integrative
Medicine Nurse Practitioner Questions: ✉
CancerClasses@LHS.ORG ☎ 503-413-7284



{ Register for all events at www.legacyhealth.org/cancerclasses }