



CANCER SUPPORT COMMUNITY™

NORTH TEXAS

JULY 2017

Our mission...

Cancer Support Community North Texas' mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

Who we are...

Cancer Support Community is an international non-profit dedicated to providing support, education and hope to people affected by cancer. Likely the largest employer of psychosocial oncology mental health professionals in the United States, Cancer Support Community North Texas, your local clubhouse, offers a menu of personalized services and education for ALL people affected by cancer.

To become a member...

Membership at CSCNT is FREE.
It is a simple, two step process.
Call (214) 345-8230 to learn more.



September 23, 2017

Reverchon Park, Dallas
3505 Maple Ave @ Turtle Creek Blvd

Schedule of Events

7am Registration

8:00am 1K Walk

8:30am 5K Run/Walk

8:45 -11am Celebration

Registration Online (CSCNT member discount given in clubhouses) | OneRunTexas.org

Interested in becoming a sponsor? Contact Roxann Pishnick at (214) 345-8230.

One Run supports Cancer Support Community North Texas, your local haven for cancer support for the patient and their loved ones - at no cost to the individual!

Dallas County
Clubhouse
214-345-8230

Collin County
Clubhouse
972-981-7020

Tarrant County
Clubhouse
682-212-5400



DALLAS COUNTY CLUBHOUSE: JULY

8196 Walnut Hill Lane | Dallas, TX 75231 | Phone: (214) 345-8230 | Mon • Tues • Thurs: 9am-8pm | Wed • Fri: 9am-5pm | Selected Saturdays
 New Member Meetings: Saturday, July 8th, 10-11:30am | Monday, July 17th, 2:30-4pm | Tuesday, July 25th 12:30-2pm

M	T	W	T	F	S
3 Pet Partner 9am-1pm Clubhouse Close @ 1pm	4 Clubhouse Closed	5 Wellness Group 12-2pm	6 Chair Strength & Stretch 9:50am Strength & Stretch 10-11:30am Summer BBQ 6-7:30pm Metastatic Group 6:30-8pm	7 24 Form Tai Chi 10-11am Meditation 11:30am-12:30pm Game Time 1-3:30pm	8 New Member Meeting 10-11:30am
9-10am Writing For Healing 2-4pm Amigos Unidos 6-8pm Family & Friends 6-8pm Noogie Nights 6-8pm Wellness I & II 6-8pm	10 Yoga w/ Jennifer 5-6pm Post Treatment 6-8pm Conversation Project 6:15-7:45pm	11 Sewing Social 12-2pm Wellness Group 12-2pm	12 Chair Strength & Stretch 9:50am Strength & Stretch 10-11:30am Sleep Solutions 6-7:30pm Metastatic Group 6:30-8pm	13 Clubhouse Closed	14 Breast Cancer Networking 10-12pm
Camp Noogie 9am-12pm New Member Meeting 2:30-4pm	15 Camp Noogie 9am-12pm Healing Within 10-11:30am Jewelry Making 12-2pm Yoga w/ Jennifer 5-6pm Bereavement Group 6-8pm Conversation Project 6:15-7:45pm	16 Camp Noogie 9am-12pm Wellness Group 12-2pm	17 Camp Noogie 9am-12pm Metastatic Group 6:30-8pm	18 Camp Noogie 9am-12pm Meditation 11:30am-12:30pm Red Door Readers 1-3pm	19 Clubhouse Closed
Yoga 9-10am Passing the Hat 10-11am Writing For Healing 2-4pm Group Dinner 5-6pm Amigos Unidos 6-8pm Family & Friends 6-8pm Noogie Nights 6-8pm	20 New Member Meeting 12:30-2pm Yoga w/ Jennifer 5-6pm Post-Treatment Group 6-8pm Conversation Project 6:15-7:45pm	21 Wellness Group 12-2pm	22 Chair Strength & Stretch 9:50am Strength & Stretch 10-11:30am Metastatic Group 6:30-8pm	23 24 Form Tai Chi 10-11am Meditation 11:30am-12:30pm Bollywood Dance 2-3:30pm	24 Clubhouse Closed
31 Family & Friends 6-8pm Noogie Nights 6-8pm Wellness I & II 6-8pm	Notes:				



COLLIN COUNTY CLUBHOUSE: JULY

6300 W. Parker Rd., MOB 2, Suite 129A | Plano, TX 75093 | Phone: (972) 981-7020 | Mon: 9am-8pm | Selected Tues • Wed • Thurs: 9am-8pm | Friday: 9am-5pm | Selected Saturdays
 New Member Meetings: Thursday July 13, 2017 10-11:30am & Tuesday July 25, 2017 6-7:30pm

M	T	W	T	F	S
3 Clubhouse Close @ 1pm	4 Clubhouse Closed	5 Cardmaking 9:30-11:30am Crochet w/ Michele 1-3pm Living w/Loss Group 6-8pm	6 Meditation 10-11am T'ai Chi Chih 1-2pm Mahjong 2-3:30pm Breast Cancer Networking Group 6:30-8pm	7 Mindfulness w/ Dr. Pam 10-11 Noogie Game Time 2-4pm Family Comedy Night 6:30-7:30	8 Clubhouse Closed
Wellness Group 1-3pm Yoga 6-7pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	9 24 Form Tai Chi 10-11am Metastatic Group 6-8pm	10 Family Movie Matinee 1-3pm	11 Meditation 10-11am New Member Meeting 10-11:30am Mahjong 2-3:30pm Salads in a Jar 6:30-8pm	12 Clubhouse Closed	13 Clubhouse Closed
Wellness Group 1-3pm Yoga 6-7pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	14 24 Form Tai Chi 10-11am Summer BBQ 6-8pm	15 Horticulture 10-11:30am Crochet w/ Michele 1-3pm Living w/Loss Group 6-8pm	16 Meditation 10-11am T'ai Chi Chih 1-2pm Mahjong 2-3:30pm	17 Family Game Time 10am-12pm Red Door Readers 2-4pm	18 NoogieLand Super Saturday 10am-12pm
Wellness Group 1-3pm Yoga 6-7pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	19 24 Form Tai Chi 10-11am New Member Meeting 6-7:30pm Herb Garden 6:30-7:30pm	20 Scrapbooking 10am-12pm Art Workshop 1-3pm	21 Meditation 10-11am T'ai Chi Chih 1-2pm Mahjong 2-3:30pm Breast Cancer Networking Group 6:30-8	22 Family Game Time 10am-12pm Noogie Movie Time 1-3pm	23 Clubhouse Closed
Wellness Group 1-3pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	Notes:				



TARRANT COUNTY CLUBHOUSE: JULY

10840 Texas Health Trail, Suite 120 Fort Worth, TX 76244 | Phone: (682) 212-5400 | Mon - Fri : 9am-5pm | Selected Tue & Thurs: 9am-8pm | Selected Saturdays
 NEW MEMBER MEETINGS: Friday, July 7th, 3:30-5pm & Monday, July 31st, 12-1:30pm

M	T	W	T	F	S
3 Clubhouse Close @ 1pm	4 Clubhouse Closed	5 Yoga 11am-12pm Meditation 12:15-12:45pm Smoothies 1-2pm	6 Crocheting 10:30am-12:30pm Metastatic Group 2-4pm Living w/ Loss Group 4-6pm Family & Friends Group 6-8pm Noogie Nights 6-8pm	7 Mandalas 10am-12pm Movie Matinee 1-3pm New Member Meeting 3:30-5pm Teens Connect 6-7:30pm	8 Summer BBQ 12-2pm
10 Red Door Readers 10am-12pm Scrapbooking 10:30am-12:30pm Color Me Calm 2-3pm Mets Group 2-4pm	11 Kid Support 10am-12pm Post Treatment Group 10am-12pm Quilting 10am-12pm Wellness Group 2-4pm Neuropathy Treatments 6:30-8pm	12	13 Crocheting 10:30am-12:30pm Kids Art Project 2-4pm Metastatic Group 2-4pm	14 Clubhouse Closed	15 Breast Cancer Networking Group 10:30-12pm
17 Juicing 11am-12pm Color Me Calm 2-3pm Mets Group 2-4pm	18 Kid Support 10am-12pm Quilting 10am-12pm Wellness Group 2-4pm	19 Yoga 11am-12pm Meditation 12:15-12:45pm Smoothies 1-2pm SS & Disability 2-3:30pm	20 Crocheting 10:30am-12:30pm Metastatic Group 2-4pm Living w/ Loss Group 4-6pm Family & Friends Group 6-8pm	21 Exploration in Color 10am-12pm Open Quilting 2-4pm	22 Clubhouse Closed
24 Scrapbooking 10:30am-12:30pm Color Me Calm 2-3pm Mets Group 2-4pm	25 Kid Support 10am-12pm Post Treatment Group 10am-12pm Stability Ball 12:15-1pm Zumba w/ Eleanor 1-1:45pm Smoothies 1-2pm Wellness Group 2-4pm	26 Yoga 11am-12pm Meditation 12:15-12:45pm Master Gardener Series 2-3:30pm	27 Crocheting 10:30am-12:30pm Metastatic Group 2-4pm	28 Creating w/ Pastels 10am-12pm Open Quilting 12-2pm AccuQuilting 2-4pm	29 Clubhouse Closed
31 New Member Meeting 12-1:30pm Color Me Calm 2-3pm Mets Group 2-4pm	Notes:				

Dallas County Monthly Activity Descriptions

WORKSHOPS FOR MEMBERS ONLY. RSVP REQUIRED.

NEW! Yoga with Micaiah Mondays July 10th & 24th, 9-10am Start your week of right with restorative yoga and gentle deep stretching facilitated by Micaiah Galpin, Registered Yoga Teacher and Junior League Dallas Volunteer.

Passing the Hat Monday, July 24th 10-11am Come learn how to loom hats for individuals who have been diagnosed with cancer. All levels of knowledge welcome! Find your favorite hat pattern and join us. Knitting material provided.

Writing for Healing Mondays, July 10th & 24th, 2-4pm CSCNT member Pam Holloway, MS, author, coach and breast cancer "thrivor" will teach us to express thoughts and feelings, make sense of the cancer journey and nurture physical, emotional and spiritual well-being through writing. Research shows that writing boosts health, improves immune system function, and helps with pain reduction. Bring whatever medium is most comfortable to you: pen and paper, notebook or a laptop.

Zumba Monday July 17th 7:15-8pm Ready to kick up your exercise routine to the next level? Join Zumba instructor VaRita Wilson Newton, in this upbeat, Latin dance inspired workout. This class and will be at a lower intensity and can be modified as needed.

Healing Within Tuesday, July 18th, 10-11:30am Join Ethel LaBranche to explore the possibilities to heal within. You will learn about gentle, purposeful movement of the body, investigate self-message, breathing practice, deep relaxation, meditation, and prayer. This will guide you in a self-practice for daily use.

Jewelry Making Tuesday July 18th 12-2pm Creative arts enthusiast, jewelry designer, and CSCNT member, Kathy Groppe, will teach us how to make beautiful scrapbooking pages for our friends, loved ones, family and ourselves! Scrapbooking supplies available at the clubhouse and no experience necessary!

Yoga w/ Jennifer Tuesdays, July 11th, 18th, & 25th, 5-6pm Yoga can lessen chronic pain, arthritis, and headaches, lower blood pressure, and reduce insomnia. Yogi, Jennifer Gallian facilitates this workshop. Wear comfortable clothes!

Sewing Social Wednesday, July 12th, 12-2pm Learn to make a new, simple, sewing project from start to finish. With hands on instruction, you will have something to enjoy yourself or share with someone else. Materials provided.

Chair Class Strength & Stretch w/ Ethel Thursdays, July 6th, 13th & 27th 9-9:50am Cancer survivor, Ethel LaBranche, leads this Basic Pilates Class, using a chair for ease and stability, to strengthen core muscles and increase flexibility. Wear comfortable clothes!

Mat Class Strength & Stretch w/ Ethel Thursdays, July 6th, 13th & 27th 10-11:30am Cancer Survivor, Ethel LaBranche, leads this Beginners Pilates Class to strengthen core muscles and increase flexibility. Wear comfortable clothes!

24 Form Tai Chi Fridays, July 7th & 28th 10-11am Tai Chi helps cancer survivors with fatigue, immune system function, stress reduction, balance, concentration, and overall quality of life. This workshop is facilitated by Jim Williams. Wear comfortable clothes!

Clearing & Renewing Meditation Fridays, July 7th, 21st & 28th 11:30-12:30pm Loving, supportive, nurturing and rejuvenating energy is here for you! Effectively access this energy for pain relief, clearer thinking, mood lifting, reduced anxiety, increased calm, improved sleep, feelings of contentment and joy, increased energy levels, and to generally feel more alive! This workshop is facilitated by Laura Sama of Healing Directions.

Bollywood Dance Friday, July 28th, 2-3:30pm With easy, choreographed moves to novel beats, Ruby Pandey will make your day a little more exciting and adventurous with dance moves from Bollywood, a grandeur cinema industry in India. No matter what range of expertise you have in dance, join us for this fun light exercise.

Red Door Readers Friday, July 21st 1-3pm There's nothing quite as relaxing and rewarding as reading a good book then sharing the experience with good friends. Come to our book club to discuss "Same Kind of Different As Me" by Ron Hall & Denver Moore and pick up next month's book. RSVP by 7/19.

Collin County Monthly Activity Descriptions

WORKSHOPS FOR MEMBERS ONLY. RSVP REQUIRED.

Gentle Yoga for the Soul Mondays, July 10th, 17th, 24th, 31st, 6-7pm Yoga is an outstanding form of exercise and relaxation with many benefits. Caren Lock facilitates this workshop. Suitable for all levels.

24 Form Tai Chi Tuesdays, July 11th, 18th, 25th, 10-11am Tai Chi can help cancer survivors with fatigue, immune system function, stress reduction, balance, concentration and overall quality of life. This workshop is facilitated by Jim Williams, who has over 20 years of Tai Chi experience. Wear comfortable clothes!

Card Making Wednesday, July 5th, 9:30-11:30am Come make cards! Materials are provided. CSC member Laura Venvertloh facilitates this workshop.

Crochet w/ Michele Wednesday, July 5th, 19th 1-3pm Join Michele McNicol to create an updated version of a granny square blanket. All skill levels are welcome. If you don't know how to crochet, Michele will teach you. Supplies will be provided.

Scrapbooking Wednesday, July 26th, 10am-12pm Bring your pictures to document your memories on a variety of decorated pages with stickers and stamps available. You'll enjoy the company of other CSC members. Scrapbooking materials available.

Art Workshop Wednesday, July 26th, 1-3pm Jennifer Seibert, Professor of Art at Collin College, facilitates this workshop to help us learn expressions through art. A variety of art mediums are taught in the workshop and no experience necessary!

NEW! Meditation Thursdays, July 6th, 13th, 20th, 27th, 10-11am We will explore the origin, science & wisdom of meditation, understand why we should meditate and lastly, experience the place of infinite peace & tranquility through meditation. Our guide will be Humera Ahmed.

NEW! Healthy Moving & T'ai Chi Chih Thursdays, July 6th, 20th & 27th, 1-2pm Join CSCNT member Mariann Jacobson, a two time breast cancer survivor for a healthy movement class. T'ai Chi Chih is a method of harmonizing the chi energy. TCC can help to reduce stress, increase flexibility and balance, improve muscle strength and increase energy which benefits overall health.

Mahjong Thursdays, July 6th, 13th, 20th, 27th, 2-3:30pm Originating in China, this game of skill, strategy, calculation and some degree of chance uses tiles to play against opponents. Judith Fishman, our game host, will teach this classic game of chance. No experience necessary!

Red Door Readers Club Friday, July 21st, 2-4pm MEMBERS ONLY: There's nothing quite as relaxing and rewarding as reading a good book then sharing the experience with good friends. Join us to discuss "Under the Tuscan Sun" by and pick up next month's book. Books will be provided. RSVP to (972) 981-7020 by 7/20.

DALLAS COUNTY CLUBHOUSE

Penny the Pet Partner Monday, July 3rd, 9am-1pm

OPEN TO THE PUBLIC: Positive human-animal interactions have been proven to improve people's physical, emotional and psychological lives. Penny will be in the Clubhouse to give love and accept pets. Penny is a Registered Therapy Dog through Pet Partners and lives with Program Director, Nicole Huff.

Sensational Summer BBQ Thursday, July 6th, 5:30-7:30pm

MEMBERS ONLY: Hot off the grill! Members, it's time for our annual Sensational Summer Cookout! Bring a guest and help us celebrate summer, and community with mouth-watering burgers, juicy hot dogs, potato salad, beans and yummy dessert. RSVP required by Monday, July 3rd.

The Conversation Project Tuesdays, July 11th, 18th & 25th, & August 1st, 6:15-7:45pm

OPEN TO THE PUBLIC: This four-part series explores the American struggle with communication and preparation for end-of-life choices and seeks to inspire dialogue between all parties involved in decision making. The weekly topics covered are: Week 1-Consider the Conversation; Week 2-Getting Prepared; Week 3-Loss and Survival; Week 4-Myths Meet Reality. Valerie Sanchez, LCSW, CT, will explore this topic with us.

Healthy Sleep Solutions Tuesday, July 13th, 6-7:30pm

OPEN TO THE PUBLIC: Did you know that sleep is a key factor in helping your body more effectively handle diseases and can influence cancer treatment and recovery? Desiré S. Taylor, Ph.D., Medical Psychologist at Baylor Scott & White Plano, leads a conversation regarding ways to develop healthier sleep habits and improve the quality of your sleep. Dr. Taylor will discuss common sleep disorders, the relationship between sleep, health and cancer, and most importantly, provide direction on how to improve your sleep.

Camp Noogie Monday, July 17th - Friday, July 22nd, 9am-12pm

MEMBERS ONLY: Camp Noogie is our summer day camp for children (ages 4-12) whose lives have been impacted by cancer. Each day the kids will enjoy different activities, lessons, crafts, delicious snacks and more! Space is limited so be sure to reserve a spot for your child or grandchild today! RSVP by July 10th to (214) 345-8230.

Bereavement Group 1st & 3rd Tuesdays (for 6 sessions) starting July 18th

MEMBERS ONLY: A six-session, structured grief support group for any adult who has experienced the death of a loved one to cancer. Topics discussed include myths of grief, feelings of loss, clichés of grief, and healing through the holidays and special occasions. Meeting the 1st and 3rd Tuesdays of the month for 6 sessions. Must be able to attend all sessions. Please call to join the group by 7/13/17.

COLLIN COUNTY CLUBHOUSE

Member BBQ Tuesday, July 18th, 6-8pm

MEMBERS ONLY: Come and join us for a summer BBQ dinner. We'll provide the food and the fixins. You provide the appetite.

Parent/Child Horticulture Wednesday, July 19th, 10-11:30am

MEMBERS ONLY: Lisa Brashier, Master Gardener, will teach us about the different types of terrariums & help us make our own mason jar terrarium! All supplies will be provided.

Family Game Time

Friday, July 21st, 28th, 10am-12pm

MEMBERS ONLY: Let's play games! Family game time can consist of Monopoly, cards, Yahtzee, or any number of other games we have in our closets here at the Clubhouse. We also have an ongoing puzzle that can be worked on. Join us for some fun.

Noogieland Super Saturday

Saturday, July 22nd, 10am-12pm

MEMBERS ONLY: It's summertime so let's have some watermelon and other summertime goodies while we decorate summer hats to keep the sun off our faces.

Herb Gardens Tuesday, July 25th 6:30-7:30pm

OPEN TO THE PUBLIC: Join Master Gardener, Lisa Brashier, as she teaches us about herbs. We will talk about what culinary herbs are & how they are used. Also we will explore the wonderful aromas!

Noogie Movie Time Friday, July 28th, 1-3pm

MEMBERS ONLY: While school is out, the kids can watch a movie in the Clubhouse. We will make popcorn and lounge around. They can choose from Finding Dory or Peter Pan (the live action version) or we can all agree on something available.

TARRANT COUNTY CLUBHOUSE

Tarrant County Monthly Activity Descriptions

WORKSHOPS FOR MEMBERS ONLY. RSVP REQUIRED.

Red Door Readers Club: The Trapped Girl Monday, 10am-12pm (7/10) This month's book is the 4th in the Tracy Cross White Series. When a woman's body is discovered submerged in a crab pot in the chilly waters of Puget Sound, Detective Tracy Crosswhite finds herself with a tough case to untangle.

Scrapbooking & Card Making Mondays, 10:30am-12:30pm (7/10 & 7/24) Punches, stencils, gems and ribbons - oh my! Preserve your memories of times with family and friends with style. Interested in making cards and learning to scrapbook? Then this is the workshop for you! The ladies of Hillside Community Church will introduce you the basics of scrapbooking and card making. All materials provided.

Color Me Calm Mondays, 2-3pm (7/10, 7/17, 7/24 & 7/31) Coloring is the activity everyone's raving about. It's calming and reduces anxiety, bringing you to a meditative state. Join us for coloring, pastries and fellowship.

Quilting Tuesdays 10am-12pm (7/11 & 7/18) Tumbling block quilt patterns are interesting, as they have a 3 dimensional look due to the blocks looking like they are tumbling down the quilt. Christy Doughty will show you how to make this beautiful quilt utilizing half triangles.

Stability Ball Tuesdays, 12:15-1pm (7/25) Besides providing balance training, an overlooked component in most exercise programs, stability ball training works your core in almost every exercise that is performed, in addition to working multiple muscles at one time while forcing your body to balance itself. Join Eleanor Nebe in better preparing your core to support your body in whatever you do!

Zumba w/ Eleanor Tuesdays, 1-1:45pm (7/25) Ready to kick up your exercise routine to the next level? Join Zumba instructor Eleanor Nebe, long time Non-Hodgkin's Lymphoma survivor, in this upbeat, Latin dance inspired workout. This is a Zumba Basic class and will be at a lower intensity than the average class.

Yoga w/ Douglas Wednesdays, 11-12pm (7/5, 7/12, 7/19 & 7/26) Douglas Reynolds, RYT 200, teaches a combination of Happy yoga and Vinyasa yoga, utilizing a range of postures and breathing techniques that promotes overall health, wellness, and happiness. Accommodations can be made to perform sessions from a chair.

Meditation (Yoga Nidra) w/ Douglas Wednesdays, 12:15-12:45pm (7/5, 7/12, 7/19 & 7/26) Douglas Reynolds, RYT 200, will help you to identify sensations throughout your body and focus on your breath, while remaining in a state of relaxed awareness that encourages an overall sense of well-being.

Coffee, Crocheting & More Thursdays, 10:30am-12:30pm (7/6, 7/13, 7/20 & 7/27) Join the ladies from the Met Church in Keller for a fun afternoon of Coffee, Crocheting and more.

AccuQuilt Friday, 2-4pm (7/28) Always wanted to make a quilt, but never thought you had the time? Join Program Manager Cynthia Cervantes in this monthly quilt project and you will have a completed quilt by the end of the year! All supplies provided, but bring your own sewing machine.

Open Quilting Fridays, 12-2pm (7/21 & 7/28) Have an unfinished quilting project to finish or just need some extra table space to lay out all of your pieces? Then come for two full hours of uninterrupted quilting!

Smoothies! 7/5, 7/12, 7/19 & 7/25 We have loads of fruit ready for blending. Just bring your special add-ins and we'll provide the rest!

Art: Mandala Friday, July 7th, 10am-12pm MEMBERS ONLY: Mandalas are typically symmetrical designs, often geometric patterns, which can be representational and symbolic of many things! Mandalas are constructions in form and color and are often used as a tool in meditation.

Movie Matinee: A Dog's Purpose Friday, July 7th, 1-3pm MEMBERS ONLY: In 1962, eight-year-old Ethan and his mother rescue a Golden Retriever puppy, Bailey, from a hot car. The two are inseparable during Ethan's childhood and teen years. After passing away, Bailey continues to return in different reincarnations, and he will discover that the purpose of his many lifetimes is more crucial to his boy than he could have ever imagined.

Member BBQ Saturday, July 8th, 12-2pm MEMBERS ONLY: Join us for our annual member BBQ at the Keller Sports Park Pavilion! Loads of fun for the whole family, including a bounce house for the kids and the kids at heart! We'll provide the burgers, hotdogs and all the fixins and you bring your favorite BBQ side dish.

Neuropathy Treatments Tuesday, July 11th, 6:30-8pm

OPEN TO THE PUBLIC: Neuropathy does not have to be debilitating. In this presentation, Jason Meyers, D.C. with Neuropathy and Pain Centers of Texas will share how new advances can help to alleviate and even get rid of the devastating symptoms of neuropathy.

Kid Support Tuesday, July 11th, 18th, 25th, 10am -12pm MEMBERS ONLY: Kid Support is a program for children whose lives have been impacted by a cancer. The aim is to reach young people living with cancer in their family by offering a 6 session support program to help children acquire a greater sense of control over their lives and to live well with cancer in the family.

Juicing to Reduce High Blood Pressure Monday, July 17th, 11am-12pm OPEN TO THE PUBLIC: Learn how these 4 juice recipes can help in lowering your blood pressure, while relieving stress and improving your overall health. Samples and recipes provided.

Social Security & Disability Wednesday, July 19th, 2-3:30pm OPEN TO THE PUBLIC: Interested in learning the rules of qualifying for Social Security and if you are eligible for Medicare? Join Lee Avilar of the Social Security Administration in a detailed workshop about SS benefits, how workers earn credits to be eligible for benefits, Supplemental Security Income (SSI), and how to use online services.

Painting Creatively: Color and Composition Friday, July 21st, 10am-12pm

MEMBERS ONLY: Stacey Birst-Yates, your new creative and artistic Program Coordinator, will encourage and guide color-filled explorations in painting. All painting materials will be supplied, so please join us in colorful creating. No experience necessary.

Master Gardner Series: Hummingbirds Wednesday, July 26th, 2-3:30pm

OPEN TO THE PUBLIC: Hummingbirds, the smallest birds in the world, live where flowers bloom. Master Gardner Sher Dunaway will help us identify some of the most popular North American hummers, their unusual characteristics, their habitat, their amazing aerobatic skill in flight, their display of glittering plumage, their important role as a plant pollinators and how to attract them to your yard.

Creating with Pastels Friday, July 28th, 10am-12pm MEMBERS ONLY: Come in and learn a variety of techniques that will give you a new appreciation of this medium and inspire you to explore the creative possibilities that pastel has to offer! Program Coordinator Stacey Birst-Yates will teach you how to begin using pastels to create your own works of fine art!

THANK YOU'S ARE IN ORDER...

Vivian Sanchez, Dr. Desire S. Taylor, Miciaiah Galpin, VaRita Wilson Newton, Barbara Gollman, Humera Ahmed, Mariann Jacobson, Pam Garcia, Ph.D., Michele McNichol, Jennifer Seibert, Laura Venverloh, Judith Fishman, Lisa Brashier, Carinsa Gaston, and Melanie Jewell.

MEMBER INFORMATION

Location Icons

Be sure to note the color coding on the calendar indicating the clubhouse hosting each event.

Please Be Considerate

If you are ill, we ask that you be considerate of fellow members whose immune systems may be compromised, and visit the clubhouse when you are feeling better. Thank you!

No Cologne, Perfume or Tobacco

Due to member's strong reaction to smells during treatment, please do not wear cologne or perfume when at CSCNT. CSCNT is also a tobacco free environment.

RSVP For ALL Events

Please remember to RSVP for all events by calling the clubhouse or emailing RSVP@CancerSupportTexas.org in advance. Activities without sufficient enrollment will be cancelled.

UPCOMING EVENTS

- Kid Support
- Genetic Counseling
- One Run Kick Off Dinner



If you are newly diagnosed or facing a new treatment decision, we can help. Open to Options is designed to help you identify important questions about your treatment options based upon your personal needs.

Available at no cost to anyone in the community, this service will help you to:

- Communicate more clearly with your medical teams.
- Ask critical questions about your options.
- Work with your health care team to make treatment decisions that best fit your personal needs and goals.

Call us today if you have any questions or to schedule an Open to Options appointment please call 214-345-8230.

SOCIAL MEDIA



[Facebook.com/CSCNT](https://www.facebook.com/CSCNT)

@CSCNorthTX

VISIT OUR WEBSITE



CancerSupportTexas.org

Scan the QR Code with your smartphone

Non-profit Organization
U.S. Postage
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CANCER SUPPORT COMMUNITY
NORTH TEXAS
PO Box 601744
Dallas, TX 75360-1744

JUNIOR LEAGUE DALLAS
EST. 1922
Calendar sponsored by
Junior League of Dallas, Inc.

SUPPORT GROUPS

Amigos Unidos Latino Support Group

Support group for Latinos living with cancer. Offered twice a month.

Bereavement Support Group

Six-week, structured grief support group for anyone who has experienced the death of a loved one to cancer. Call to register.

Family & Friends Support Group

Support group for people supporting a loved one who is living with cancer. Offered weekly.

Grief Busters

A six-week support group for children, school age through teen, who have had a loved one or friend die from cancer. Call to register.

Living with Loss Group

Support group for people whose loved one has died of cancer. Offered twice a month.

Metastatic Support Group

Support group for individuals who have metastatic cancer. Offered twice a month at the Tarrant and Collin County clubhouses and weekly at the Dallas County clubhouse.

Post-Treatment Group

This group provides an opportunity for people with cancer who are post-treatment, to share expertise and deepen their insight on the cancer experience. Offered twice a month.

Wellness Support Group

Support group for people living with cancer. Offered weekly.

NETWORKING GROUPS

Breast Cancer Networking Group

Networking group for individuals with breast cancer. Offered monthly.

Lymphedema Networking Group

A support group for individuals dealing with lymphedema. Meet other people who are facing similar challenges. This is an opportunity to learn from others and gain support. This group currently meets monthly and is only offered for cancer patients.

Teens Connect

A networking group for teens ages 13-17. Teens come together to have fun, plan events and volunteer in the clubhouse.

Community Group Meetings Hosted at CSCNT:

Pretty'n Pink African American women's breast cancer survivor group. For more information, please contact Gail Winn at (214) 810-2546.

Sisters Networking Group African American women's breast cancer survivor group. For more information, please contact Zolean Bruner at (972) 693-5337.

THD Smoking Cessation Group Smoking support hosted by Texas Health Dallas. For more information, please contact Ben Garcia at (214) 345-8955.

Us TOO Prostate Cancer Group Prostate cancer support group through North Texas Prostate Cancer Coalition for patients, survivors, and caregivers. Meets 1st Tuesday monthly. Contact Tom Dillon (972) 998-5221.

All CSC groups are facilitated by licensed mental health professionals. Please see clubhouse calendars for meeting days and times or contact your local clubhouse for assistance.

RSVP is *required* for every program offering at all clubhouses. To RSVP, call your clubhouse or visit CancerSupportTexas.org.

