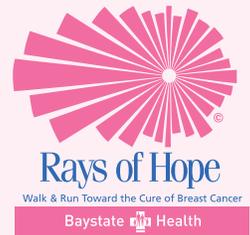


Spring 2017 Program Guide for Breast Cancer Survivors



The following programs have received grant funds from Rays of Hope to offer programs, free of charge, for breast cancer survivors.

Water Fitness for Breast Cancer Survivors

Low-aerobic-impact class with core strengthening using water weights and noodles set to music. Session II classes are two days a week, Mondays, March 6-June 12, 2017 and Wednesdays, March 1- June 7, 2017, 7-8 p.m., Elms College Maguire Center, 291 Springfield Street, Chicopee, MA. **Contact Debra Pacitti at 413-786-8051 or email Pacitti28@aol.com.** Class is limited to 25 participants.

Art from the Heart

Awaken your creativity in this series of fun and uplifting art workshops facilitated by art therapist Pat Hayes. Workshops this winter/spring include creating decorative and marbled papers, handmade books, reverse collage glass plates, hand dyed silk scarves, landscape drawing, and painted flower pots. Workshops take place on Saturdays throughout the Valley. **For program flier and more information, call Pat at 413-585-5740 or email Phayesdesigns@gmail.com**

The Healing Art of Yoga for Ongoing Cancer Recovery

Those newly diagnosed, in treatment, or post-treatment as well as friends and family are welcome to attend these group Yoga classes. Practice user-friendly yoga; learn how to modify movement using props provided. Listen to your body, mind and spirit. Participants report improved balance, strength, flexibility and relaxation. Join us at CHD Cancer House of Hope (CHH), 1999 Westfield St., West Springfield garden studio, Thursdays: September-March, 11 a.m. & 2 p.m.; and April- August, 11 a.m. & 6 p.m. Drop-ins welcome. Patricia "Niti" Martin, BA, E-RYT500, founded and has taught this program since 2001.

See www.doingwellyoga.com.

LIVESTRONG at the YMCA

This YMCA cancer survivor program focuses on improving wellness by using cardiovascular, strength, flexibility, and balance exercises and complementary programs such as Yoga, foot reflexology, meditation, nutrition workshops, water aerobics, and other special topics to help you achieve and maintain a healthy lifestyle. Specially trained staff offer small group personal training two times weekly for 75-90 minute sessions at the YMCA of Greater Springfield Family Centers in Wilbraham and at the

downtown Springfield Y. LIVESTRONG participants receive a no cost 3-month YMCA membership running concurrently with the 12-week program. Our staff trained in cancer rehabilitation will help you will focus on building muscle mass and general strength, increasing flexibility and endurance, developing functional abilities, and improving confidence and self-esteem. The LIVESTRONG at the YMCA Program provides a safe and supportive environment to assist those in remission and those living with cancer, and is dedicated to increasing the quality of life of participants.

For more information and to register contact Dawn Lapierre, program manager, at 413-206-5707 or dawn.livestrong@gmail.com

PVRC Dragon Rays Dragon Boat Team

Join the Pioneer Valley Riverfront Club (PVRC)'s Dragon Rays! Springfield's dragon boat team welcomes women and men who have had breast cancer as well as their supporters. Through a generous grant from Rays of Hope, our breast cancer survivors paddle at no cost. **Contact PVRC for more information at dragonrays@pvrivierfront.org or 413-736-1322. Find us on Facebook ("PVRIVERFRONT") for timely updates, and visit the PVRC website for more info about the team: www.pvrivierfront.org.**

Cancer Connection

41 Locust Street, Northampton, MA
Cancer Connection offers a haven where people living with cancer, their families and their caregivers can learn how to cope with their changed lives and bodies and emotional challenges through one-on-one guidance; integrated therapies (Reiki, reflexology, therapeutic massage, acupuncture, CranioSacral therapy, therapeutic facials, calming strategies and guided imagery); adapted exercise classes (yoga dance, Pilates, rowing and others); creative workshops and classes (writing, storytelling, clay and others) and mindfulness training. All are free of charge. We welcome participants living with all cancer diagnoses. For those diagnosed with breast cancer, we offer a vibrant breast cancer support group, a celebrated meditative art workshop to create and embellish plaster torsos, a support group for families and caregivers, and many other programs.

Thursday afternoon Living Room Talks at Cancer Connection

Cancer Connection's Thursday afternoon program series continues this spring with presentations and workshops several Thursdays each month. Pour a cup of tea, relax in our comfortable living room and participate in programs ranging from using art to navigate through your cancer experience to learning about local breast cancer research. All Thursday talks and workshops will be held 2:30-5:30 p.m. at our center in Northampton; specific program times vary.

Call Cancer Connection at 413-586-1642 to register and verify meeting times and locations (www.cancer-connection.org).

Cancer House of Hope

1999 Westfield St., West Springfield, MA
The CHD Cancer House of Hope is committed to providing free access to services and therapies that bring comfort, care, strength, resilience, and hope to patients with cancer and their loved ones. **Please call Cancer House of Hope at 413-733-1858 for more information or visit www.chd.org/chh.**

Available programming includes:

Support Groups

- All Cancers Support Group
- Family and Friends Support Group
- Introductory information session group for open discussion and recommendation of services
- Breast Cancer Support Group

Therapies

- Relaxation Group
- Reiki
- Massage therapy (facilitated by certified oncology massage therapist)
- Yoga

Other support

- Wig and Accessories Boutique featuring new and refreshed wigs, as well as hats and scarves; professional wig consultation and styling by appointment
- Mastectomy bras and forms
- Lending and resource library
- Meditation garden

Walk-ins welcome – take some time for yourself or speak with one of our compassionate volunteers.

ROH BREAST CANCER SURVIVORSHIP PROGRAMS

Sponsored by Rays of Hope

Survivors' Day 2017

20th Annual Survivor's Day

Saturday, May 13, 2017, 8 a.m.- 2 p.m.

MassMutual Center, Main Street, Springfield, MA

Keynote Speaker: Rhonda Kallman

Co-founder of The Boston Beer Co. & Founder/CEO of Boston Harbor Distillery.

Attendees will be able to choose 2 of 12 different workshops, visit with vendors/exhibitors and participate in some hands-on activities. There is a small registration fee of \$35 per participant; the rest of the event costs are underwritten by Rays of Hope.

Evening Survivorship Programs

Rays of Hope holds three free evening programs on various topics from 6:30-8:30 p.m. at the Baystate Health Education Center, 361 Whitney Ave, Holyoke MA.

Call 413-794-9556 or email

Sue-Ann.Hilton@baystatehealth.org for more information on any of the above survivorship programming or to make sure you are on the survivorship mailing list.

Baystate Regional Cancer Program Offerings

*D'Amour Center for Cancer Care
3350 Main Street, Springfield, MA*

Hypnosis Therapy

For patients actively in treatment at the D'Amour Center for Cancer Care. Sessions are held by appointment. **Contact Marlene Quinlan, LICSW at 413-794-2510.**

Support for Children Who Have a Parent with Cancer

Support for children of a parent with cancer is offered on an individual basis through the Social Work department at the D'Amour Center for Cancer Care. **For more information, call Marlene Quinlan at 413-794-2510 or Melanie Toro at 413-794-9702.**

*Baystate Franklin Medical Center
164 High Street, Greenfield*

The following groups are available at Baystate Regional Cancer Program at Baystate Franklin Medical Center. **Contact Sarah Killion, LICSW at 413-773-2570 for information.**

Newly Diagnosed Breast Cancer Support Group

This group meets the first Wednesday of the month in Conference Room A from 5:15-7 p.m. This free group welcomes all women within their first 24 months of diagnosis and treatment.

Breast Cancer Support Group

This group meets the second Wednesday of the month in Conference Room A from 5:30-7:30 p.m. This free group welcomes all women with breast cancer who are two years and beyond initial diagnosis.

Yoga

Offered by the Baystate Regional Cancer Program at BFMC and held at the Greenfield YMCA. **Please call Pam Roberts at 413-625-2402 for more information.**

Spirit of the Written Word: For Those Touched by Cancer

Ten-week sessions at the Artspace in Greenfield, held in the fall and late spring each year. **Call Pam Roberts at 413-625-2402 for more information.**

*Baystate Mary Lane Outpatient Center
85 South Street, Ware*

Contact Camille St. Onge, LICSW at 413-967-2245 for information on attending the following groups:

General Cancer Support Group

First Wednesday of the month, 11 a.m.-12:30 p.m. Open to all cancer diagnoses.

Expressive Writing through Cancer

Third Wednesday of the month, 11 a.m.-1p.m. A topic-driven group for those experiencing cancer. Open to all cancer diagnoses.

Breast Cancer Support Group

Fourth Wednesday of the month, 11 a.m.-12:30 p.m. Open to all women with breast cancer regardless of stage of treatment.

Partners in Caregiving

Second Tuesday of the month, 5-6:30 p.m. An early evening support group for caregivers of people with cancer.

Circle of Angels Quilting Support Group

Tuesdays, 11 a.m.-1 p.m., twice monthly. Those whose lives have been touched by cancer gather to make quilts for patients undergoing cancer treatment. No experience with sewing or quilting needed.

Additional Resources

Paradise City Dragon Boat

Paradise City Dragon Boat is a team of cancer survivors and supporters paddling on the Connecticut River in Northampton, Massachusetts. Our goals include developing into a top notch racing team, paddling our way to health and fitness, and building camaraderie and support among team members.

For more information visit www.paradisedragons.org or call 413-588-7315.

American Cancer Society Programs

Look Good, Feel Better

This free program teaches beauty techniques to women actively undergoing cancer treatment to help them combat appearance-related side effects of radiation and chemotherapy.

Springfield: Offered monthly on Mondays from 4-6 p.m. Location rotates between the D'Amour Center for Cancer Care and Sr. Caritas Cancer Center. **Call 800-ACS-2345 (800-227-2345) for more information.**

Greenfield: Offered at Baystate Franklin Medical Center, 164 High Street. Facilitated by Cherie Rowland; groups are small and often held every other month on Monday afternoons at BFMC (dates vary). **Call Sarah Killion, LICSW, at 413-773-2570 for more information.**

Ware: Offered quarterly at Baystate Mary Lane Outpatient Center for women undergoing cancer treatment within last 12 months. **For more information contact Camille St. Onge, LICSW at 413-967-2245.**

Reach to Recovery

Trained volunteers who have undergone breast cancer surgery visit women newly diagnosed with breast cancer either before or after surgery to provide resources and emotional support. **For more information, call the American Cancer Society at 800-ACS-2345 (800-227-2345).**

Survivor Journeys

Established in March 2015, Survivor Journeys is a community-based support network of professionals from diverse clinical and community backgrounds including physicians, behavioral health specialists, integrative treatment providers, cancer survivors and community leaders dedicated to providing cancer survivors, caregivers, and loved ones unique survivorship services in western Massachusetts and northern Connecticut.

Survivor Journeys' offerings include: a breast cancer support group, two blood cancer support groups, a bereavement support group, an all cancer support group, a melanoma support group and Pet Therapy. A mentoring program was launched in January 2017. In development is remote support group availability.

Groups meet at various sites in Western MA and Enfield, CT. **For more information or to register for groups, call 413-276-6100 or visit them at www.survivorjourneys.org.**