

## Service News:

### Childrens Wigs and Wig Boutique Reminder

Did you know that we will provide up to \$125 toward the payment of childrens wigs? The child does not have to qualify financially and is able to receive this assistance one time per year.

Also, please remember that the Cancer Services Wig Boutique has wigs of all types, colors and sizes for women who have lost hair due to treatment for cancer. Please contact us at (225) 927-2273 or visit [cancerservices.org](http://cancerservices.org) for additional information.



## Program News:

### New Times for Fit & Fearless

Beginning in January, Fit & Fearless will be offered at the following times:

- Mondays, 5:15 pm
- Tuesdays, 9:30 am
- Thursdays, 9:30 am



Please don't forget that we also have a DVD that you can purchase, which features a one-hour session of the Fit & Fearless class. DVDs are available at Cancer Services for \$15 with all proceeds benefiting the program. There are limited copies available for loan through our Library/Resource Center as well. Contact us at (225) 927-2273 for information.

## Volunteer News:

### Youth Donate Time to Cancer Services

We want to thank our youth volunteers who donated many hours of their time during 2009. Whether wrapping gifts for the Children's Holiday Party, stuffing envelopes for a mail out or cleaning durable medical equipment, they have made a great impact in helping our clients.



Photo: National Charity League youth volunteers helped children make crafts at the Holiday Party.

In the new year, please remember the impact that you can have by simply donating a few hours of your time. Contact Cindi T., Volunteer Coordinator, at (225) 927-2273 to begin volunteering today.

## Giving Back to Our Community:

In November, Cancer Services hosted a Thanksgiving food drive for the hungry. We would like to thank the staff, volunteers and clients who generously donated enough food to fill two full bins, which will feed an entire family of four for one month!



Due to the overwhelming need, we will continue to keep one bin in our office at all times to donate to the Greater Baton Rouge Food Bank at the end of each month. If you are visiting our office and would like to contribute, please place non-perishable food items in the bin. Thank you for your support of one of our fellow United Way agencies.

## ◆◆◆ Support Groups ◆◆◆

Unless noted otherwise, all meetings are held at Cancer Services.  
Please call us at (225) 927-2273 for questions.

- Brain Cancer Support Group  
*2nd Monday each month, 12 noon*
- Breast Cancer Support Group  
*3rd Tuesday each month, 12 noon  
Held at The Red Shoes*
- Caregiver Support Group  
*3rd Thursday each month, 12 noon*
- Colorectal/Bladder/Liver Cancer Support Group  
*3rd Monday each month, 12 noon*
- Community Grief Support Group  
*Every Tuesday, 11:30 am-12:30 pm*
- Fit and Fearless Exercise Program  
*Every Mon. at 5:15pm and Tues. & Thurs. at 9:30am*
- General Cancer Support Group  
*Every Wednesday at 6:30 pm  
Held at St. Luke's Church*
- Holistic Healing Support Group  
*1st Friday each month, 12 noon*
- Lung Cancer Support Group  
*3rd Friday each month, 12 noon*
- Lymphoma/Leukemia and Myelodysplasia Support Group  
*Last Friday each month, 12 noon*
- Multiple Myeloma Support Group  
*2nd Wednesday each month, 12 noon*
- Oral, Head and Neck Cancer Group  
*3rd Wednesday each month, 4 pm*
- Make Today Count General Cancer Support Group Speaker Meeting  
*4th Thursday each month, 12 noon*
- Make Today Count in Outlying Parishes:  
Ascension:  
*First United Methodist, Gonzales  
4th Wednesday each month, 12 noon*  
West Feliciana:  
*First United Methodist, St. Francisville  
1st Wednesday each month, 6 pm*  
St. James:  
*Lutcher Library, Lutcher  
1st Thursday each month, 5 pm*
- YogaThrive  
*Every Monday at 10:30 a.m. at The Red Shoes*

**Quarterly Newsletter**  
January, February,  
& March 2010

★ **Welcome to our NEW**  
★ **Quarterly Newsletter!**

For better efficiency, we are moving to a quarterly newsletter format. Calendars are now available at our office and online at [cancerservices.org](http://cancerservices.org). If you have any questions, please contact us at (225) 927-2273.

We hope you enjoy the convenience of the new format!

**On the back:**

- Support group list
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**We wish each of you a safe and happy 2010.**

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[www.cancerservices.org](http://www.cancerservices.org)

Hours:  
Monday — Friday  
8:30 am to 4:30 pm



The Cancer Services' Newsletter is published quarterly, beginning in January.

**Our Mission:**  
To improve life for those living with cancer.

## Thriving and Surviving

### Clients Take Charge with Survivorship Programs

One Monday morning two months ago, a group of people met for a unique yoga class. For some, it was their first time trying yoga. Others were seasoned veterans. For all, it was a way of showing cancer who's boss.

Yoga Thrive is a free program offered by Cancer Services in partnership with The Red Shoes at their location at 2303 Government Street. It's one of several programs we offer to help clients during and beyond treatment... like Ewa Rainey. "I was so exhausted and looking for something to help renew my energy," said Rainey. "I tried Fit & Fearless and really enjoyed it. Now I attend Yoga Thrive too for stretching, meditation and relaxation."

Yoga Thrive and Fit & Fearless are part of our Survivorship Program: activities that help the mind, body and spirit for those living with, through and beyond cancer. These classes offer an environment where clients can have physical exercise in addition to a unique support group.

The instructors are also accustomed to the needs of those affected by cancer. According to the Clinical Journal of Oncology Nursing (Vol. 12, No. 1), fitness instructors that are experienced with cancer survivors are more aware of their specific needs. "Balancing poses may be more challenging, yet helpful for people experiencing chemotherapy-induced neuropathies," said Susan A. DiStasio, a hematology/oncology nurse practitioner and author of *Integrating Yoga into Cancer Care*, February 2008 issue of the journal. "People who have had chest, breast or axilla surgery may benefit from postures that open and expand the chest and shoulder region." DiStasio's article also states that preliminary research shows that yoga and exercise can benefit a cancer survivor by improving their fatigue, insomnia, moods and stress.

Yoga Thrive is free and open to anyone who is in or out of cancer treatment. A doctor's consent is required. Classes are held every Monday at 10:30 am at The Red Shoes.

Fit & Fearless classes are open to those who have completed treatment. Classes are held three times a week at the BREC Independence Park recreation facility across from Cancer Services. A doctor's consent is required. If interested, please contact our program department at (225) 927-2273 to register.



Above: Yoga Thrive includes gentle stretching and meditation. The Red Shoes hosts the Cancer Services' Yoga class Mondays at 10:30 a.m.



Above: Fit & Fearless participants follow instructor Laura LeBlanc (right) in cardio exercises. The class features limbering, cardio, chair work and meditation. It takes place at BREC Independence Park recreation facility.

### Cancer Q & A:

**Q: I am currently going through chemotherapy treatment and will soon be finished. I know that exercise is important to my recovery. What advice do you have for me?**

**A:** Exercise is a great way to help with some of the side effects of treatments and of the cancer itself. Experts suggest three to five hours of moderate to vigorous exercise a week, but that level might not be possible depending on your condition. Make sure to ask your doctor what is best for you. A little exercise is better than none, so do what you can. Keep in mind that low impact activities can still be very effective and work well for individuals who are going through treatment or recovering from treatment. Talk to your doctor about starting an exercise program and see what he/she suggests. No matter what exercise you choose, it should be one that you enjoy.

**Each Sunday edition of The Advocate features a Cancer Q&A written by our librarian. To submit a question, contact us at (225) 927-2273.**