

# A Time for Healing

## In this Issue:

- On Volunteering .....2
- The Mind-Body Connection .....3
- Major League Pitcher Scores  
Homerun at Survivors Day .....5
- Tools for Quality of Life .....6
- Ways to Give Support .....6
- Strides Raises Nearly \$46k .....7
- Honoring Our 2003 Donors .. 8-10
- Aliados Graduates .....11
- Home Tour Notes .....11
- Calendar ..... 12



**“Open up and share. Somewhere there is a gift for someone.**

**Find that person.”**

**-Daniel Jacoby**

*The Wellness Community Valley/Ventura mourns the loss of a dear friend and past Board Chairman, Daniel Jacoby. Daniel passed away Saturday, March 13, 2004 in his home in Malibu, surrounded by those he loved. He was 37 years old. It had been nearly seven years since he was diagnosed with an incurable tumor in his brain stem.*

*Daniel did not waste a moment of the time left to him. The company he co-founded, Digital Insight, went public, and he retired in 2001. Following the footsteps of his hero, Ernest Shackleton, he traveled to Antarctica and began a career in digital photography. One of his photographs of Elephant Island is now on permanent display in Dulwich, England next to the lifeboat James Caird, which carried members of the Shackleton Expedition to safety. Daniel discovered The Wellness Community Valley/Ventura following his diagnosis, and became deeply involved, eventually serving as Board Chairman. In the days prior to his death, he founded his own non-profit, Interfaith Inventions, Inc., on the vision of providing summer camp programs for children of all faiths to meet and make friends.*

*Daniel remained an intrepid explorer even as the tumor took its toll. He explored the end of life from many perspectives and across many faiths through reading and meditation. As he said, “I have reached the realization that ‘healing’ does not necessarily mean getting better.” He outlined a philosophy of getting through rough times based on his reading. “Live in love. Be in the moment,” it said. “You are who you are at any given moment, and change is the only constant. Hope for healing. A healing of the soul works in life and death.” And, he said: “Open up and share. Somewhere there is a gift for someone. Find that person.”*

*Daniel’s legacy took shape in July, 2004, when 15 children from the Muslim, Jewish and Christian communities in Albuquerque met at Rose Mountain, NM for a one-week retreat. The event was overwhelmingly successful, and laid a blueprint for growing a national network of interfaith peace camps.*

*Daniel is greatly missed by all at The Wellness Community Valley/Ventura. In tribute to his fun-loving and adventurous spirit, we will host an annual Daniel’s Magic Night for participants and families at TWC in Westlake Village. This night of laughter and fun, complete with magicians from the Magic Castle, is being planned for March, 2005.*

*-Article by Barbara Hoyt*

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## NEWSLETTER EDITOR

Barbara Hoyt

**the wellness community**  
valley/ventura  
cancer support, education, hope

## On Being a TWC Volunteer

*How has volunteering at the Wellness Community affected my wellness? The definition of well-being is "the state of being well, happy or prosperous." I feel that my volunteering has made my life abundantly richer and happier.*

*I have had the pleasure to volunteer with the kind and hard working Staff at The Wellness Community for about seven years. I feel by contributing, I make the world a better place and myself a better person. I have found that what I give comes back to me in many beautiful and unexpected ways. Some examples of this are the opportunity to observe and to feel the strength and compassion of the Participants, to join in the laughter and joy at Cancer Survivor Day and the many wonderful people I have met through the Wellness Community. Each person has enriched my life.*

*To share a hug, a smile, and a kind word - that is what makes me feel well, physically and emotionally. During my volunteer day, I have the opportunity to pick up the phone and share my love with the voice on the phone, or to meet and greet whoever walks through the front door. I hope that I may make a difference in that person's wellness at that moment and I am definitely making a difference in how I feel.*

*Through volunteering at the Wellness Community, I continue to make new friends and experience a fulfilling life. Helping others is a great way for me to give thanks for my own good fortune and to give back. I have grown through the positive interaction I see and experience between the Staff, the Participants, and the Volunteers.*

*I feel that our body; emotions and mind thrive on love, caring, sharing, and serving. The Wellness Community has given me the opportunity to do all these things. As a result, I experience wellness/well-being in my every day life. So (a little pitch now), if you want to experience a greater wellness become a volunteer!*

-Article by Marilyn Way

**"To share a hug, a smile, and a kind word - that is what makes me feel well, physically and emotionally."**

-Marilyn Way

## Virtual Wellness Community

*Cancer support services are available anytime, anywhere.*

*Visit The Wellness Community National at [www.thewellnesscommunity.org](http://www.thewellnesscommunity.org) and click on Virtual Wellness Community. Cancer patients find weekly, real-time online support groups facilitated by trained professionals such as our own Anne Gessert. Also available are educational resources, mind-body exercises, and nutritional information.*

*The Virtual Wellness Community is presented by Amgen and supported by Lilly, GlaxoSmithKline Oncology, and Roche.*



# The Mind-Body Connection

Writing an article about the mind-body connection seems like a daunting experience. It involves talking about scientific research and concepts such as psychoneuroimmunology, neuropeptide receptors, stress hormones, and so on. And, indeed, it is important to talk about the advances in science and research.

But, when I think about the mind/body connection, I think first about a woman diagnosed in 1955 with a rare and serious cancer. Though her prognosis was not good, she was determined to live 5 years to see her children grown. And she did. She was my mother and the reason I am here at The Wellness Community.

And I also think of Doug Askegard, a cancer participant at The Wellness Community, who after completing a Mindfulness-Based Stress Reduction class, said "I feel like I am better prepared for my fight against cancer." When all is said and done, his words will undoubtedly be the most important ones of this article because they say it all.

There are many stories like my mother's and many people like Doug who have experienced the connection between mind and body.

Let's look a little bit at how we have come over the years to appreciate the mind/body connection.

Eugene Taylor, an esteemed historian and philosopher of psychology, in the December 2003 issue of the magazine *Spirituality & Health* outlined a bit of the history of the discoveries in the field of the mind/body connection, a field known now as Behavioral Medicine. These are some of the highlights:

- In 1915, American physician Walter Cannon identified the hypothalamus as the brain's emotional center. He identified the fight-or-flight reflex as the body's first line of defense against danger, whereby blood rushes to the skeletal muscles and chemicals are dumped into the nervous system.
- During the 1930's and 1940's Edmund Jacobson, Ph.D. wrote "You Must Relax," B. F. Skinner worked with operant conditioning, which paved the way for others to develop the theory of the placebo effect, and conventional medical researchers began to acknowledge that psychological factors may accompany physical illness.
- In 1974, Herbert Benson published his classic work on the relaxation response, a simple method for lowering heart rate and blood pressure, decreasing metabolism, and controlling pain.
- In the 1970's and 1980's the science of psychoneuroimmunology was born, birthed by researchers like Robert Ader and David McLellan who showed that ideas may affect the natural immune

Participants in The Wellness Community Valley/Ventura seminars on the Mind-Body Connection learn integrated mind-body practices.

## Mind-Body Connection *(continued)*

system. Neuroscience began to link physics and biology, integrating molecular genetics, neurology, immunology, endocrinology, and psychiatry. Endorphins were discovered and research was focused on communication between the brain and the body via an array of chemical messengers such as neuropeptides.

*There is much more, of course, but you get the idea.*

*In the 1980's Harold Benjamin started The Wellness Community, with its cornerstone "Patient Active" concept encompassing the belief that patients who actively participate with their physicians and medical team in their fight for recovery can improve the quality of their lives and may enhance the possibility of their recovery.*

*We are continuing to learn more about the mind/body connection, and there is still much we don't understand. What we do understand is that a rapidly growing body of research suggests that integrating mind/body practices into cancer treatment can reduce stress, enhance immunity and quality of life, and perhaps even increase the length of survival.*

*At The Wellness Community we certainly integrate mind/body practices.*

*Through our support groups, cancer participants join with others who are walking the same walk and who understand their stress. They learn to be active participants with their health care team. They come to understand that optimism doesn't exclude sadness, sorrow, grief, or hurt and a positive attitude doesn't mean suppressing negative emotions. They learn to find and share hope. And they report, over and over again, that being in a group lessens their stress.*

*Participants who come to our numerous classes focusing on getting in touch with and befriending the body – yoga, yoga for stress management, qigong – experience the joy in realizing that there is so much more right than wrong with their bodies. Through workshops and lectures and the information readily available in the Jennifer Diamond Library, participants can make informed, active choices in their treatment.*

*Participants who attend the Mindfulness-Based Stress Reduction class, the relaxation/visualization sessions, and creative art classes learn how stress affects the body and how some easily-learned tools can help to reduce stress by practicing awareness of each moment. They experience first-hand what Jon Kabat-Zinn describes in his book, *Full Catastrophe Living*—“times of great emotional upheaval and turmoil, times of sadness, anger, fear and grief...are times when we most need*

**Visualization and relaxation sessions are important elements of the Mind-Body Connection seminar**

*to know that the core of our being is stable and resilient and that we can weather these moments...”*

*And then there are the social events, and, oh, yes, the parties that mobilize the healing that laughter and camaraderie bring.*

*So the research goes on and we are all still learning how attitude, stress reduction, and a strengthened immune system affect outcome – a direct biological route, behavioral change, or perhaps both. Either way, The Wellness Community is an important provider of psychosocial support. Through our programs, people with cancer learn to make informed, active choices in their treatment, learn that they can improve their quality of life no matter what the course of the disease, and experience first-hand that life does not end with a diagnosis of cancer.*

*There you have it. I find it humbling that I have taken over 1,000 words to talk about the advantages of using mind/body technique when Doug Askegard, quoted at the beginning of this article said it in 12: “I feel like I am better prepared for my fight against cancer.”*

*Article by Anne Gessert  
Assistant Program Director*

# Dravecky Pitches at National Cancer Survivor's Day Dinner

National Cancer Survivors Day (NCSD) was an extra special event in 2004. The annual picnic for cancer survivors, their loved ones, caregivers and healthcare professionals was held on Saturday, June 5th; and this year, a dinner, silent auction and live auction were also held Friday night at the Renaissance Hotel. Addressing the nearly 200 dinner guests, Dave Dravecky, former San Francisco Giants pitcher and cancer survivor, spoke candidly of his personal story of hope and inspiration.

Dravecky burst into the public spotlight in the late 1980's when his career took off as a 'southpaw' pitcher for the San Francisco Giants. Shortly after realizing this lifelong dream, he was diagnosed with a soft tissue cancer in the deltoid muscle of his pitching arm. The next few years were filled with surgeries, radiation, pain and depression – all in the glaring light of the media.

In the minds of baseball fans worldwide, Dave has left two indelible images. The first – August 10, 1989 – when he triumphantly pitched a 4-3 win for the San Francisco Giants in his first appearance following cancer surgery. The second was five days later in Montreal, Canada, when a loud crack was heard in the stadium. Dave was lying on the mound in excruciating pain from a broken

arm. His cancer had returned. Eventually, Dave's arm and shoulder were amputated. Dave's courage, together with the strength garnered from his family and loved ones, struck a chord with the audience.

Former Los Angeles Dodger and Anaheim Angel, Jay Johnston filled Master of Ceremonies duties superbly with his sense of humor and skill in conducting the live auction. Roger 'the Peanut Man' Owens delighted the crowd as he threw bags of peanuts and quick quips around the room as he still does at Dodger Stadium. Special guests Pepper Davis, Gina Casey and Alice Fracasso, charter members of the Women's Professional Baseball League, were also in attendance.

More than 400 people attended the annual NCSD picnic the next day. The Thousand Oaks Kiwanis Club once again provided the food and handled the barbecue. National Charity League of the Conejo Valley provided cookies. The Dixieland band Angel City offered entertainment; Cover 2 Cover filled DJ duties.

The event sponsor was Amgen. Our other sponsors were: Haas Automation, City of Thousand Oaks, Transamerica, Occidental Life Insurance Company, Greenberg & Bass, Los Robles Hospital and Medical Center, Neftin Westlake,



Former San Francisco Giants pitcher and cancer survivor, Dave Dravecky.

Ventura County Radiation Oncology Medical Group, Santa Barbara Bank & Trust. Our Friends sponsors were Nancy Jo Bush, M.N. , MWS Wireless Industries, SearchTrafficSchool.com, Southern California Edison, and Western Tumor Medical Group. Table sponsors were First California Bank, The Law Offices of Kenneth Kossoff, and Wellpoint.

The Wellness Community Valley/Ventura thanks all of those who so generously gave of their time to help make the 2004 National Cancer Survivors Day event special.



At Left: Members from the Women's Baseball League, from left to right Gina Casey, Pepper Davis and Alice Fracasso  
Below: National Cancer Survivors Day Picnic



## Tools for Quality of Life



Hugh J. Ralston,  
President, Ventura County  
Community Foundation

The Ventura County Community Foundation's mission includes enhancing the quality of life for those living in Ventura County. It also includes strengthening the non-profits who are so important to so many. By using planned giving tools, such as the **charitable gift annuity**, individuals can enhance the quality of their own lives while at the same time supporting organizations like The Wellness Community.

Charitable Gift Annuities let the donor make a **charitable gift** in exchange for a **lifetime income**, based on life expectancy tables, with the remainder of the **gift designated to a charity**. You make a contribution – stocks, bonds, cash or tangible assets to VCCF and, in return, you get two things: stable cash flow for the balance of your life, and a gift to a charity or to support a cause you believe in.

You will be paid income for the balance of your life based on your age and rates existing when you first establish your gift annuity. Currently, for a single person age 60, the interest rate is 5.7%; age 70, 6.5%. For annuity payments based on two lives, the current rate for 60 year olds is 5.4%; if you are age 70, the rate is 5.9%. Rates increase with age – a single life annuity at age 90 is paid at an 11.3% annual rate.

The charity you benefit can be one charity such as The Wellness Community, or several charities through a fund in your name at VCCF. Depending which vehicle you choose, up to 100% of the balance will find its way to your favorite charity or charities.

You need to talk to your accountant or estate lawyer to make sure that this option achieves your objectives, that the annuity fits within your estate plan and that it is an appropriate gift for you and your family. There are modest fees involved in setting up the annuity.

If you would like more information about VCCF, please contact Susan Klipp at VCCF at 805-988-0196 or visit our web site at [www.vccf.org](http://www.vccf.org). VCCF would be pleased to help you strengthen your income and benefit your favorite charities.

Also for more information regarding The Wellness Community's planned giving opportunities, please call us at (805) 379-4777.

-Article by Hugh J. Ralston, President, VCCF

## Ways to Give Support

### eScrip

Shop with your pre-registered credit card or Vons Club card and up to 2% goes to The Wellness Community. Registration is easy at [www.escrip.com](http://www.escrip.com), or call 805-379-4777 for the eScrip form or more information. Our Group ID number is 7240121.

### Vehicle Donations

Cars 4 Causes - 800-766-2273

### Business Contributions

- **Albertson's:** Pick up a *Community Partners* card at The Wellness Community and have it scanned when you buy groceries.
- **Commercial Capital Bank:** If you are a customer and designate The Wellness Community, Commercial Capital Bank will give a donation.

### Planned Giving

People generally include The Wellness Community Valley/Ventura in their wills or living trusts using one of the following methods:

General or Outright Bequest.

"I leave (choose one) \$ \_\_\_\_\_ or \_\_\_\_\_ percent of my estate to The Wellness Community Valley/Ventura, Westlake Village, California."

Specific Bequests, which name specific assets such as shares of stock or a residence, a vehicle, a collection of art or antiques, as well as Residuary Requests gifting the remainder of an estate, are also popular methods of planned giving. Please call us regarding Planned Giving opportunities: 805-379-4777.

### United Way

You can designate TWC in your United Way contributions by filling in the name and address of The Wellness Community Valley/Ventura in the pledge designation space.

### TWC Wishlist - Donated Items

We need the following items. If you can help, donations can be dropped at our Westlake Village office.

- LCD Projector
- Laser labels, 30 per sheet



Group lesson at the Jennifer Diamond Cancer Research Library

## Jennifer Diamond Cancer Research Library Celebrates One Year!

The Jennifer Diamond Cancer Research Library has now been open a year. The library houses state of the art computer systems, user friendly software, high-speed internet access and the latest books, videos, and more dealing with cancer. This resource is available to those in the community looking for information and answers. The library is open every weekday and most evenings. Appointments are required after business hours and on weekends. Call (805) 379-4777 for info.

## Strides for Hope Marathon Raises \$50k

In May of this year, twelve intrepid individuals representing The Wellness Community Valley/Ventura joined 12,000 runners/walkers at the Plaza of Nations in Vancouver, BC Canada for the Adidas Vancouver International Marathon and Half Marathon. For some, this wasn't a first marathon experience; for all, it was an experience not to be forgotten. Vancouver is a beautiful city. The course went through Stanley Park giving marathoners a chance to see parts of the city the typical tourist might not see.

Our team of twelve runners/walkers raised \$50,278. Valerie Woods raised the most, bringing in \$8,270. James and Sherry Pena brought in \$7,630. For all members of our team, it wasn't just about raising funds for TWC. It was about honoring a family member or dear friend or remembering a loved one.

On Saturday evening, the TWC V/V team met teams from 16 other Wellness Communitys. A pasta dinner was served to the sounds of laughter and stories of marathon preparations.

Individuals were recognized for donations brought in. The marathon was just a few hours away.

Sunday morning, under overcast skies and cool temperatures, our runners/walkers hit the pavement. Some set out for the 26.2 mile adventure; while most opted for the 13.1 mile run/walk. At the post-event gathering, personal experiences were intermingled with humor and pride for all who had accomplished the completion of the marathon.

On Monday, May 3, with muscles still aching, the Strides for Hope teams said goodbye to old friends and new and headed home. Many pledged to compete again next year.

TWC V/V invites all to participate in the next Strides for Hope Marathon scheduled again in Vancouver, BC Canada on May 1, 2005. For more information, please contact Ellyn Wallen at (805) 379-4777.



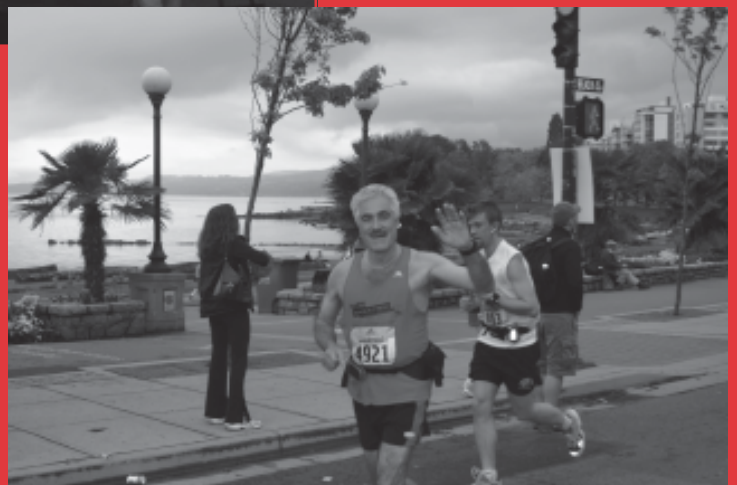
Below: Full marathon runner (26.2 miles) Darius Zahbar rallies for the last three mile stretch.

### The Strides for Hope 2004 Marathon Team

Back row (left to right): Maria Zuoaga, Euri Mills, Coach Robert Mills, James Pena, Debbie Wilson, Ellyn Wallen.

Middle row: Darius Rahbar, Anna Leonard, Valerie Woods, Redonna Carpenter, Sherry Howard, Suzanne Drace.

Front row: Amy Regenstreif, Sumner Davenport and Katherine Barshay.



# The Wellness Community Valley/Ventura Victors Circle 2003

## Friend's Club \$100 - \$999

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Daniel Jacoby

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TWC National  
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Peggy & Kevin Hart  
Los Angeles Times  
Valley and Ventura Editions  
Los Robles Regional  
Medical Center  
McCune Foundation  
PacificCare  
Public Health Foundation  
Carol Skolnik  
Swift Memorial Health Care  
Foundation  
The Boeing Company  
The California Wellness  
Foundation  
The Jennifer Diamond  
Foundation  
Ventura County Community  
Foundation  
Wellpoint Health Networks



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Rose Epstein  
Jean Erbacher  
Rita Etcheverry  
Cindy Lou & Basilio Faccone  
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Fanta C Designs  
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Ellen & Joe Feldman  
Linda & Dennis Fenton  
Bob Ferber  
Doris & Elmer Ferber  
Una Hart & Kenneth Ferber

Steven Ferry  
Debra & Thomas Fields  
Fine Funeral Service, Inc  
Robert Ferring  
First California Bank  
Valerie & David Fitzharris  
Jeanette FitzPatrick  
Kathleen Flinders  
Joe Flowers  
Lorelei Foll  
Shirley Ford  
Teddie & Paul Foreman  
James Foschaar  
Nedjelka & David Fourney  
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## Congratulations to Seven Aliados!

The first Aliados for the Ventura County Latino Outreach Cancer Project graduated this year. The five Ventura County Aliados are: Emelda Almanza, Clara Ramos, Sylvia Becerra, Rosaura Luna and Karina East. Emelda and Clara currently are members of the Advisory Board for the Latino Outreach Cancer Project and both work for the Oxnard School District. Sylvia and Rosaura are homemakers, and Karina is a radiology technician.

Two San Fernando Valley Aliados trained and graduated with this group. They are Lorena and Edith Rubio, daughters of a participant in the San Fernando Valley. Lorena is a certified acupuncturist and Edith is a florist.

Aliados assist TWC V/V in its efforts to help Spanish-speaking cancer patients of Los Angeles and Ventura County by giving peer-support, assisting program facilitators and conducting outreach in the community. Training consisted of a two-day, 16-hour workshop covering cancer basics and peer counseling skills.

To celebrate their achievement, a potluck supper was held at the home of one of the new Aliados. Family members shared in this event.

If you would like more information about TWC V/V's Latino Outreach Cancer Project, to become a program sponsor, or become an Aliado, please call TWC at (805) 379-4777 or 1-888-707-9355.



TWC and the Latino Outreach Cancer Project welcome new Aliados: Emelda Almanza, Clara Ramos, Sylvia Becerra, Rosaura Luna, Karina East, Lorena Rubio, and Edith Rubio.

## A Merry, Merry Holiday Homes Tour 2004 Tour is Here!

**2004 Holiday Homes Tour:  
Saturday, Dec 4, 10 am - 8 pm Sunday,  
Dec 5, from 10 am - 6 pm**

Three more hours have been added to this year's event to help ease some of the traffic crunch experienced in 2003.

And who could forget last year's Holiday Homes Tour? Four spectacular homes... close to 500 volunteers and over 3,400 guests! The 2003 Tour netted \$118,000, making it the most successful Tour to date for TWC Valley/Ventura.

If you would like to volunteer to work at the 2004 Holiday Homes Tour, please contact Ellyn Wallen, (805) 379-4777.

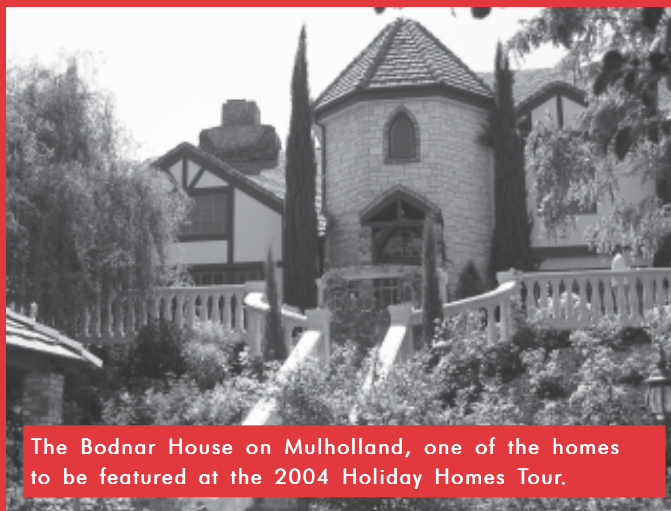
## Harley-Davidson Raffle

Congratulations to the winner of TWC V/V's raffle for a Harley-Davidson 100<sup>th</sup> anniversary 2003 Screamin' Eagle® motorcycle. One of only a few hundred manufactured, this motorcycle had a retail value of \$35,000.

At the prize drawing earlier this year, ticket holders and others gathered at TWC for wine and cheese. There was suspense in the air as Vice President Robin Campbell drew the name Larry Spicer, Jr. of Thousand Oaks. Spicer, as it turned out, was on his way to

TWC and was in the parking lot. He burst through the doors, hugging all. He could not believe his good fortune as he sat on his new bike.

Special thanks go to: Al & Robin Martino, Barger Harley-Davidson and Mad Dog Custom Cycles for all their support on this special project.



The Bodnar House on Mulholland, one of the homes to be featured at the 2004 Holiday Homes Tour.

# Calendar of Events

## Weekly:

Orientation meetings led by cancer survivors  
Tuesdays, 7pm; Fridays, 10 am

### Participant and Family Groups

Ongoing weekly support groups in Westlake Village and Camarillo. Orientation and interview required.

*Family and Friends Drop-In Group*  
Tuesdays, 6pm-8pm Westlake Village

### Programs in Spanish

*Bienvenidos A Wellness*, a cancer support group, meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, and *Martes Social* (social activities), meets on the 3<sup>rd</sup> Tuesday, 7pm, Our Lady of the Valley Catholic Church, Gault St., Room 1, Canoga Park

Cancer support group, 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, 7pm; and *Martes Social* (social activities), 3<sup>rd</sup> Tuesday, 7pm, Our Lady of the Valley Catholic Church.

Sylmar - Prostate Cancer Group, 3<sup>rd</sup> Wednesday, 10am-12noon, L.A. County UCLA Medical Center.

Oxnard - Cancer support group, 2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 7pm, Cancer Center of Ventura County, St. John's Regional Medical Center.

Spanish Helpline: 1-888-707-9355

*Bridge Club*  
Mondays, 1pm-3pm

*Knitting Club*  
3<sup>rd</sup> Tuesday, 2pm

*Beginning Yoga*  
Wednesdays, 4:15pm-5:15pm

*Quilting Club*  
2<sup>nd</sup> Wednesday, 1pm-4pm  
4<sup>th</sup> Saturday, 1pm-4pm

*Relaxation/Visualization sessions*  
Fridays, 1pm-2pm

*QiGong*  
Saturdays, 9am-10am

## Special Programs:

*Kids' Circle, A Support Program for Children with a Parent or Grandparent with Cancer*  
Children 5-12 years of age. Call for schedule.

*Mindfulness Based Stress Reduction* – 8-week course. Offered throughout the year. Call for next class dates at The Cancer Center of Ventura County  
Call (805) 988-2641 to register

*Yoga for Stress Management* – 8-week course  
Mondays, 11:30am-12:45pm.  
Call for schedule.

*The Questions that Won't Go Away*, with Rabbi Ed Feinstein, cancer survivor -  
Monday, November 8, 7pm-9pm

## Monthly:

*Gynecological Cancer Networking Group*  
1<sup>st</sup> Mondays, 7:00pm-9:00pm

*Breast Cancer Networking Group*  
1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 6:30pm-8:30pm

*Brain Tumor Networking Group*  
1<sup>st</sup> Thursdays, 6:30pm-8:30pm

*The Wellness Connection*  
For those beyond the day-to-day fight for recovery  
1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 11:00am-1:00pm  
2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, 6:30pm-8:30pm

*Transition Group*  
2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 6:30pm-8:30pm

*Prostate Cancer Networking Group*  
3<sup>rd</sup> Saturdays, 10:30am-12:30pm

## Social Events

**Movie Nights**  
Call for details

**Thanksgiving Feast**  
November 19, 2004  
6-9pm

**Holiday Party**  
December 10, 2004

Call 805-379-4777 to be added to our monthly calendar mailing list or visit our website for a complete list of Wellness Community Valley/Ventura programs.

**the wellness community**  
valley/ventura

530 Hampshire Road  
Westlake Village, CA 91361

The Wellness Community is a national nonprofit organization with the mission to help people with cancer and their loved ones enhance their health and well being by providing a professional program of emotional support, education and hope.

"News"  
Published twice a year by  
The Wellness Community Valley/Ventura

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