At WellStar, we understand that people living with cancer have needs that extend far beyond the medical aspects of care. We have developed these programs to provide the additional support that is so important to those living with cancer.

All of the support groups are complimentary, but registration is required. To register for most classes, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

CANCER CENTER HOLIDAY CLOSINGS
Thanksgiving Day – Thursday, November 22nd
Christmas Day – Tuesday, December 25th

NOTE: There will not be a Tai Chi class on October 18th

“Live and Learn” short programs are designed to provide knowledge and information about a variety of topics affecting anyone experiencing cancer. People diagnosed with cancer as well as those close to them will benefit from these programs.

INSIDE: Schedule of Classes, Services and Events >>
Exciting Update on Genetic Testing for Breast Cancer Patients

Kimberly King-Spohn, MS CGC
Director, WellStar Center for Genetics

For almost 20 years, we have offered genetic testing for patients concerned about hereditary breast and ovarian cancer syndrome (HBOC). This testing of the BRCA1 and BRCA2 genes helped some patients understand the cause of their disease, determine their risk for additional cancers, and identify additional at-risk relatives. Patients and their families sometimes made medical decisions based on this information, such as removing their ovaries because they were at significant increased risk to develop ovarian cancer.

In 2017, a clinical trial was released that showed women with a BRCA gene mutation and metastatic breast cancer had a better response to one class of chemotherapy drugs (PARP Inhibitors) compared to traditional chemo-therapy options. For the first time, genetic testing for HBOC was offered not just to prevent additional cancers within the patient and their family, but to ensure that the best treatment is offered for the patient’s current diagnosis.

The release of this exciting data prompted a change in national guidelines for genetic testing for hereditary cancer syndromes (the NCCN Guidelines). Now ALL women with metastatic breast cancer should be offered genetic testing for HBOC regardless of their age of onset, type of breast cancer, or family history. This allows us to ensure that all patients that could meet criteria for a PARP inhibitor are identified and offered the best treatment.

This guideline was one of many added to identify potential candidates for PARP inhibitors. Additional patient populations that should now be offered genetic testing include: ALL patients with metastatic prostate cancer, ALL patients with pancreatic cancer, and ALL patients with a BRCA gene mutation identified on analysis of their tumor (such as Foundation One testing).

If you have been diagnosed with metastatic breast cancer and have not yet had genetic testing, talk to your oncologist about the potential role of genetic testing. For more information, contact our WellStar Center for Genetics at 1-877-366-6032, option 5 or genetics@wellstar.org.

MANAGING CANCER WITH MINDFULNESS

Facilitated by Jennifer Kilkus, Clinical Psychologist

Mindfulness emphasizes a “here and now” focus to help manage uncertainty, stress and worry in response to challenges in life that are outside of our control. This class will introduce mindfulness and provide instruction that can help you relate to life in a more peaceful way.

Where: WellStar Kennestone Cancer Center for Survivorship and Support
320 Kennestone Hospital Blvd, Ste 137
Marietta, GA 30060

When: Tuesday, October 16 | 11:00 a.m. – 12:00 p.m.
Monday, November 26 | 3:00 p.m. – 4:00 p.m.
Tuesday, December 18 | 11:00 a.m. – 12:00 p.m.

MANAGING SIDE EFFECTS

Facilitated by Jennifer Kilkus, Clinical Psychologist

This workshop will focus on different tools for managing common side effects of treatment, including nausea, pain and physical changes such as hair loss.

Where: WellStar Kennestone Cancer Center for Survivorship and Support
320 Kennestone Hospital Blvd, Ste 137
Marietta, GA 30060

When: Tuesday, October 23 | 11:00 a.m. – 12:00 p.m.
FINDING YOUR NEW NORMAL
Facilitated by Leena Nehru, MSW, LCSW, OSW-C.
As cancer treatment comes to an end, survivors may need to find their "new normal." We’ll discuss what to expect and how to adjust over the coming months and years. To register, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

Where: WellStar Kennestone Cancer Center for Survivorship and Support
320 Kennestone Hospital Blvd, Ste 137
Marietta, GA 30060
When: Thursday, October 11 | 1:00 p.m. – 2:00 p.m.
Thursday, November 8 | 1:00 p.m. – 2:00 p.m.
Thursday, December 13 | 1:00 p.m. – 2:00 p.m.

GIVING THANKS
Facilitated by Jennifer Kilkus, Clinical Psychologist
Practicing Gratitude: Research has shown the positive emotional (and physical!) benefits of practicing gratitude. Please join us for this workshop focusing on strategies for building gratitude.

Where: WellStar Kennestone Cancer Center for Survivorship and Support
320 Kennestone Hospital Blvd, Ste 137
Marietta, GA 30060
When: Tuesday, November 20 | 10:00 a.m. – 11:00 a.m.

COPING WITH CANCER
Facilitated by Jennifer Kilkus, Clinical Psychologist
This interactive, educational workshop provides an overview of a different technique for coping at each session; such as relaxation skills and strategies for managing worry and negative thoughts.

Where: WellStar Cancer Center at Kennestone Hospital Center for Survivorship & Support
320 Kennestone Hospital Blvd | Ste 137
Marietta, GA 30060
When: Monday, October 8 | 3:00 p.m. – 4:00 p.m.
Tuesday, November 6 | 11:00 a.m. – 12:00 p.m.
Monday, December 17 | 3:00 p.m. – 4:00 p.m.

COPING WITH CANCER DURING THE HOLIDAYS
Facilitated by Jennifer Kilkus, Clinical Psychologist
Holidays can be stressful – getting through the holidays while managing the fatigue and side effects from treatment can make this even more challenging. This workshop will review ideas for reducing stress during the holiday season.

Where: WellStar Cancer Center at Kennestone Hospital Center for Survivorship & Support
320 Kennestone Hospital Blvd | Ste 137
Marietta, GA 30060
When: Monday, December 10 | 2:00 p.m. – 3:00 p.m.

CLINICAL TRIALS
Research opportunities, through clinical trials, are an important option for people with cancer. The main purpose of clinical trials is to find better ways to prevent, diagnose and/or treat disease. WellStar patients have the opportunity to participate in the latest clinical trials and research, providing access to state-of-the-art treatment. For more information, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

This symbol means there is no fee for parking
If you see this letter, this is for anyone with a diagnosis of cancer that is currently undergoing treatment or for those who have completed cancer treatment.
**Cooking Demos**

**Where:** Manning Wellness Kitchen  
WellStar Kennestone Cancer Center  
320 Kennestone Hospital Blvd  
Marietta 30060

**When:** Tips or Treats:  
Tuesday, October 23 | 3:00 p.m. – 4:00 p.m.  
Healthy Holiday Cooking:  
Tuesday, December 18 | 3:00 p.m. – 4:00 p.m.

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**LOOK GOOD…FEEL BETTER®**

*Program provided by the American Cancer Society*

This free program for women going through cancer treatment provides a hands-on workshop dedicated to helping female cancer patients cope with, and combat, the appearance-related side effects of chemotherapy and radiation treatment. Learn makeup tips and hair/wig techniques and take home a complimentary, full-size name brand cosmetic. This program is provided by The American Cancer Society. Registration is required. To register, call 1-800-395-LOOK.

**Where:** WellStar Cancer Center at Kennestone Hospital  
Center for Survivorship & Support  
320 Kennestone Hospital Blvd | Ste 137  
Marietta, GA 30060

**When:** Tuesday, October 9 | 10:00 a.m. – 12:00 p.m.  
Tuesday, November 13 | 10:00 a.m. – 12:00 p.m.  
Tuesday, December 11 | 10:00 a.m. – 12:00 p.m.

**Where:** WellStar Paulding Hospital  
Radiation Oncology Conference Room  
2518 Jimmy Lee Smith Pkwy  
Hiram, GA 30141

**When:** Monday, October 8th | 10:00 a.m. – 12:00 p.m.  
*For additional dates and times for our Paulding location, please contact The American Cancer Society at the telephone number provided above.*

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**BETTER BREATHERS CLUB OF DOUGLAS**

The Better Breathers Club is certified by American Lung Association, and is a welcoming support group for patients and caregivers affected by chronic lung diseases including COPD, pulmonary fibrosis and lung cancer. Each session contains educational presentations on a wide range of relevant topics.

Meetings are held on the fourth Wednesday of every month, 11 a.m. – 12:15 p.m. at WellStar Douglas Hospital in the Main Campus Lobby.

Classes are FREE to attend and lunch is provided.

For more information or to register, call 770-956-STAR (7827).
WellStar Kennestone Hospital
Neuro STAT Clinic
340 Kennestone Hospital Blvd. | Suite LL20
Marietta, GA 30060

The Neuro STAT (Specialty Teams And Treatments) Clinic is a multidisciplinary, and comprehensive clinic established to create a positive sense of urgency for patients with primary or metastatic brain and spine tumors or disease. It is a patient-centric model with goals to improve access and streamline care by bringing multiple providers to the patient during one clinic visit.

Phone: 877-366-9032 option 0 or 470-793-7470
Fax: 770-999-2470
Email: neuro_stat_kh@wellstar.org

Wellness Studio
EXERCISE CLASSES

Where: Wellness Studio at the WellStar Cancer Center at Kennestone Hospital
320 Kennestone Hospital Blvd | 2nd Floor
Marietta, GA 30060

Stretching: Mondays | 9:00 a.m. – 9:30 a.m.
Resistance Training: Mondays | 9:45 a.m. – 10:45 a.m.
Yoga: Mondays | 11:00 a.m. – 12:00 p.m.
Tai Chi: Thursdays | 2 p.m. – 3 p.m.

There will not be a Tai Chi class on October 18th

To register for any of the exercise classes listed above, call 770-793-7300.

RESOURCE CENTER
at WellStar Kennestone Cancer Center

What’s in it for you
- Access to interactive resources for Cancer Patients & Caregivers
- Kiosks with direct interface to American Cancer Society (ACS)
- Complimentary reading material
- Brochures, pamphlets, and booklets

Where: WellStar Cancer Center at Kennestone
320 Kennestone Hospital Blvd.
Marietta, GA 30060

When: Monday – Friday | 8:00 a.m. – 4:30 p.m.

For more information, please call 1-877-366-6032, option 0.
**JOURNEYING WITH HOPE**

Facilitated by Sarah Murray, WellStar Chaplain

WellStar cares for you – Body, Mind, and Spirit. Join us to share about the significance of a cancer diagnosis on your spirituality and explore spiritual resources that will offer hope on your journey.

All patients and their loved ones are welcome. The group is open to those of any belief or faith.

Where: WellStar Cancer Center for Survivorship and Support  
320 Kennestone Hospital Blvd. | Suite 137  
Marietta, GA 30060

When: First Thursdays of each month:  
October 4, November 1, December 6  
1:00 p.m. – 2:00 p.m.

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**SURVIVORS OFFERING SUPPORT (SOS) FOR BREAST CANCER**

SOS is a peer-to-peer support program which connects breast cancer patients with volunteers who have gone through breast cancer treatment. The SOS program will try to match you with a survivor who has had a similar breast cancer experience, is at a similar life stage, and can give you their own unique insight. However much, or little, help you want from your SOS volunteer is completely up to you. Contact your breast nurse navigators, Lisa Sherman (470-793-0067) or Sara Owens (470-793-0070).

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**WOMEN’S SURVIVORS SUPPORT GROUP**

Facilitated by Margie Apacible-Mancao, Nurse Navigator, and Hayley Schneider, Social Worker, LMSW

Designed for GYN and breast cancer survivors at every stage of their journey, this group is devoted to both sharing and learning. The group offers guest speakers, special programs and the sharing of resources. To register, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

Where: WellStar Cobb Hospital  
3950 Austell Road | Magnolia Room  
Austell, GA 30106

When: Tuesday, October 9 | 1:00 p.m. – 2:00 p.m.  
Tuesday, November 13 | 1:00 p.m. – 2:00 p.m.  
Tuesday, December 11 | 1:00 p.m. – 2:00 p.m.

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**OSTOMY SUPPORT GROUP**

Facilitated by Outpatient Rehab

WellStar Kennestone Ostomy Nurses, with support from the Greater Atlanta Ostomy Association, invite you to attend this group, featuring guest speakers, special programs and community resources. To register, call 770-793-7171.

Where: WellStar Kennestone Outpatient Rehabilitation  
100 Lacy Street, Marietta, GA 30060

When: Wednesday, October 3 | 6:00 p.m. – 7:00 p.m.  
Wednesday, November 7 | 6:00 p.m. – 7:00 p.m.  
Wednesday, December 5 | 6:00 p.m. – 7:00 p.m.
WELLSTAR COBB HOSPITAL
SURVIVORS TALKING ABOUT
RECOVERY (STAR)

Facilitated by Raymond Coffman, Pastoral Care

This group is to help patients and their families feel more hopeful and less alone through the mutual sharing of thoughts, feelings and concerns related to living with, and surviving cancer. To register, call 470-732-3780.

Where:  WellStar Cobb Hospital
         Dogwood Room, 3950 Austell Road
         Austell, GA 30106

When:  Thursday, October 25 | 11:30 a.m. – 12:30 p.m.
       Thursday, December 27 | 11:30 a.m. – 12:30 p.m.

HEAD AND NECK CANCER
SUPPORT GROUP

Facilitated by Pascale Bourne, Outpatient Rehab

Head and neck cancer survivors, their families, caregivers and friends are all encouraged to attend, as well as rehabilitation therapists, physicians and nurses. To register, call 770-793-7600 or email pascale.bourne@wellstar.org.

Where:  WellStar Kennestone Outpatient Rehabilitation
         100 Lacy Street, Marietta, GA 30060

When:  Monday, October 1 | 5:00 p.m. – 6:00 p.m.
       Monday, November 5 | 5:00 p.m. – 6:00 p.m.
       Monday, December 3 | 5:00 p.m. – 6:00 p.m.

PROSTATE SURVIVORS
SUPPORT GROUP

Facilitated by Michelle Guibault, Nurse Navigator

Prostate cancer patients are encouraged to come and talk with other men who have “been there, done that” with prostate cancer treatment. Family members are welcome to join. To register, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

Where:  Wellness Studio at the WellStar Cancer
         Center at Kennestone Hospital
         320 Kennestone Hospital Blvd | 2nd Floor
         Marietta, GA 30060

When:  Thursday, October 11 | 7:00 p.m. – 8:00 p.m.
       Thursday, November 8 | 7:00 p.m. – 8:00 p.m.
       Thursday, December 13 | 7:00 p.m. – 8:00 p.m.

VOLUNTEERS NEEDED

At WellStar, exceptional cancer outcomes and compassionate care are our highest priorities. The purpose of WellStar Cancer Program’s Patient Family Advisory Board is to improve the patient experience. With patients, families, cancer care professionals and administrators working together, we strive to:

• Enhance communication and collaboration related to programs and services.
• Establish channels for patient advocacy and representation.
• Explore needs and options for additional and varying programs and services.

We are currently seeking volunteers for a one-year term on our Patient Family Advisory Board. If you are interested in learning more about this volunteer opportunity, please contact TJ Touran, Director, Oncology Services at 470-793-5149 or tj.touran@wellstar.org.
BUCKHEAD ACUPUNCTURE AND HERBAL CENTER

Customized acupuncture treatment, which not only treats symptoms, but is designed to address the root of your medical condition, according to the principles of Chinese medicine. Consultations are scheduled by appointment only. For more information, call 678-549-7848 or visit www.atlanta-acupuncture.net.

CANCER SUPPORT SERVICES TEAM

If a group environment does not meet your current needs, we encourage you to make an appointment with one of our oncology specialists by calling the WellStar Cancer Connect Line at 1-877-366-6032, option 0. These services are free of charge.

• Nurse Navigator
• Registered Dietitian
• Social Worker

The WellStar Cancer Support Services Team also includes professionals to care for your emotional health and quality of life. Our behavioral health team includes clinical psychologist Jennifer Kilkus, Ph.D., psychiatrist Kajal Patel, M.D., as well as a doctoral student therapist practicing under supervision. Most insurance is accepted and self-pay rates range depending on the provider. Common issues addressed by the behavioral health team include:

• Adjustment to diagnosis
• Anxiety and depression
• Stress management
• Insomnia

• Coping with side effects
• Pain management
• Caregiver stress

Please call 770-514-6760 to schedule an appointment.

LACEY DRUG MASTECTOMY

For mastectomy fitting appointments, call 770-880-7074.

INTERFAITH SERVICE OF HOPE AND COMFORT

A service is held every Wednesday in the WellStar Cancer Center at Kennestone Hospital’s Gray Chapel from 11:05 a.m. – 11:15 a.m. The Chapel is located in the 320 Building and is available daily for staff, patients and families. Prayer request forms are also available.

ILLUMINATIONS MEDICAL HAIR LOSS SALON

Please call 770-827-2100 or visit the Alpharetta location to schedule a consultation.

LYMPHEDEMA SCREENING

L-Dex lymphedema screening, a technology that assists your physician in clinically assessing and diagnosing lymphedema 4-10 months earlier than other methods is available at the WellStar Cancer Center at Kennestone Hospital and other local sites through Lacey Drug Company. Talk with your doctor about whether the screening is appropriate for you. Currently funding has been made available by the WellStar Foundation to help with the cost to the patient for the screening. For more information about the screening program call 770-880-7074.

AMERICAN CANCER SOCIETY: TENDER LOVING CARE (TLC)

Tender Loving Care (TLC) is a not-for-profit website and catalog of the American Cancer Society. They provide wigs and other hair loss products for women during and after cancer treatment. For more information and to view their Fall/Winter 2018 collection, please visit their website at https://www.tlcdirect.org/.
**Spirit Girls’ Night Out**

In Partnership with Town Center at Cobb and in honor of Breast Cancer Awareness Month in October, WellStar Health System cordially invites you to attend WellStar’s annual Spirit Girls’ Night Out. This year’s theme is “Focus on the Moment, Focus on Yourself.” Bring the special women in your life and join us for a distraction-free evening that will include a “Focus on the Moment” fashion show, FREE Health screenings, “Ask the Expert” interactive health and wellness booths, a #focusonyourself photo booth and more!

**Where:** Town Center at Cobb  
400 Ernest Barrett Parkway  
Kennesaw, GA 30144

**When:** Thursday, October 18 | 5:30 p.m. – 7:30 p.m.  
Registration is not required for this free event.

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**The Leo Program:**  
**COPING AFTER CANCER**

The Department of Clinical Psychology at Mercer University, in collaboration with WellStar Health System, is conducting a study to see how people cope after they have been diagnosed with cancer.

Individuals over the age of 18 who have ever received a cancer diagnosis are eligible to participate in the research study, which consists of a series of interviews and questionnaires assessing emotional distress and well-being. Participants may have had any type and stage of cancer and be at any point in treatment or survivorship.

If you are interested, please call the Program Coordinator at 478-412-7264 or email LeoProgramCMP@gmail.com.

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**American Cancer Society: Making Strides Against Breast Cancer**

To learn more about the Making Strides Against Breast Cancer programs, call ACS toll free at 1-800-227-2345. For details on the Atlanta event, you can also contact Denise Serkedakis at Denise.Serkedakis@cancer.org or 770-429-1624. For information about the Cobb County event, contact Calle Wallace at AtlantaGAStrides@cancer.org.

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**Making Strides of Atlanta**  
*presented by Independent Insurance Agents for a Cure*

- **Suntrust Park**  
  755 Battery Avenue  
  Atlanta, GA 30339  
  Registration: 7:00 a.m.  
  Walk: 9:00 a.m.

**Making Strides of Cobb County**

- Kennesaw State University  
  Fifth Third Bank Stadium  
  3200 George Busbee Parkway NW  
  Kennesaw, GA 30144  
  Registration: 7:00 a.m.  
  Run: 9:00 a.m.  
  Walk: 9:05 a.m.

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**2018 Cancer Awareness**

| October          | Breast Cancer Awareness  
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October 2018
WellStar Cancer Network
Schedule of Classes
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<td>9 a.m. — Stretching</td>
<td>10 a.m. — Look Good Feel Better (Kenn)</td>
<td>10 a.m. — Managing Cancer With Mindfulness</td>
<td>10 a.m. — Finding Your New Normal</td>
<td>1 p.m. — Tai Chi</td>
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<td>9:45 a.m. — Low Impact Resistance Training</td>
<td>1 p.m. — Women’s Support Group (Cobb)</td>
<td>3 p.m. — Cooking Demo</td>
<td>2 p.m. — Tai Chi</td>
<td>7 p.m. — Prostate Support Group</td>
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<td>11:30 a.m. — Survivors Talking About Recovery (Cobb)</td>
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