



The weSPARK Beam

Cancer Support Center • Experience weSPARK

Volume 8, Issue 2

SHERMAN OAKS • SANTA CLARITA

Summer 2010

Words from weSPARK



weSPARK Launches Young Adult Group, Partners with I'm Too Young for This!

by Lilliane Ballesteros

As weSPARK celebrates ten years of support, we look forward to expanding Wendie Jo Sperber's dream to a younger demographic. Young adults living with cancer are an often neglected group. And yet, this group is continuously growing. The National Cancer Institute (NCI) has documented an increase that shows that "over the past 30 years, young adults (15-39) have seen the greatest increase in cancer incidence than any other age group."

This young group will now find a place where they can network with other young adults living with cancer. In fact, the NCI estimates that "each year, nearly 70,000 young adults, are diagnosed with cancer."

weSPARK moves into the future with Wendie's vision of creating wellbeing for those affected by cancer. At weSPARK, young adults will discover newfound support, as we partner with the national young adult cancer networking group, I'm Too Young for This! (i[2]y), to provide support programming for young adults living with cancer.

Like weSPARK, i[2]y started with the idea of helping a few people at a time. Since 2004, the organization has made tremendous progress as a leading national cancer support network for young adults.

At the helm of i[2]y in Los Angeles is US Southwest Chair, Stacey Owens. A cancer survivor herself, Stacey brings a fresh outlook and vibrant spirit to weSPARK. Her no-holds barred approach to healing and creating awareness make her an energetic addition to the weSPARK family. "i[2]y feels so privileged to work with such a well known and respected organization that is weSpark," Stacey said.

Stacey's story starts when she was still in college. Just as she was returning for her junior year of college at Mount Holyoke College in Massachusetts, Stacey had an ultrasound

WORDS FROM weSPARK, continued on page 3

CANCER: What Not To Say by Pauline Leslie, LCSW

A few days before Christmas, I was diagnosed with invasive breast cancer. An old ladies' disease, I thought. I had been thinking perhaps a bit of jewelry might be coming my way from my husband. Instead it was more like a bit of carcinoma, damn.

It's such a bore to have to tell your family that you're about to be operated on, chemo-ed and blasted with more radiation than seems reasonable. Six months on and I still feel like I glow in the dark.

While the diagnosis itself was surreal, as a fit and healthy woman it felt almost ridiculous that a full mastectomy was required. I couldn't really believe that tumors were growing in my nicely rounded left D-cup.

WHAT NOT TO SAY, continued on page 2

Our Founder, Wendie Jo Sperber



Schedule At-A-Glance:

MONDAY

- 10:00am Reiki "Energy Sessions" *by appointment***
- 11:00am Mah Jongg - taught & played
- 3:00pm In-Treatment Group
- 3:00pm Reiki "Energy Sessions" *by appointment***
- 4-5:30pm Children's Groups
- 5:00pm Spouse & Partner Grief Support
- 6:00pm Teen Support Group
- 7:00pm Caregivers Support Group

TUESDAY

- 10:00am Tai Chi
- 10:00am Reiki "Energy Sessions" *by appointment***
- 11am-1pm Creative Writing
- 11:00am Kundalini Yoga
- 1:00pm Qi Gong
- 3:00pm Post Treatment Support Group
- 5:30pm Post Treatment Support Group

WEDNESDAY

- 9am-3pm Qi Gong Energy Sessions *by appointment***
- 10:30am Yoga
- 11:00am Support Group - Ongoing Treatment
- 1:00pm Guided Imagery
- 6:00pm Breast Cancer Networking Group *(3rd Wednesday of the month)*
- 6:30pm Look Good Feel Better *(2nd Wednesday of the month)*
- 6:30pm Spouse & Partner Grief Support Workshop *(4th Wednesday of the month)*
- 6:30pm Restorative Yoga

THURSDAY

- 9:00am Return to Wholeness - *by appointment***
- 10:00am Yoga
- 10:30am Support Group - Ongoing Treatment
- 12:00pm Post Treatment Support Group
- 1:00 Integrative Healing Touch - *by appointment***
- 1:30pm Men's Cancer Support Group
- 2:00pm Tai Chi
- 6:00pm Family Grief Support Group
- 6:00pm Spouse & Partner Grief Support Group

FRIDAY

- 9:00am Integrated Energy Sessions - *by appointment***
- 11:00am Kundalini Yoga
- 1:00pm Pilates Stretching with Meditation

DAILY

- 10am-3pm Equine Assisted Therapy (Call Robin @ El Dustberry Ranch 818-995-0277)

*call for details and to reserve space.
**Intake and sign up required for all programs

I was quite attached to my left breast as it matched the right one and I think things that come as a set should stay that way. Think hands, feet, and bookends. Even Noah was a staunch supporter of the pair's thing.

While the joys of the various breast cancer treatments were no walk in the park, the things I struggled with most were the "well intended" comforting words that came from all. It's a bit like when you're pregnant and everyone has something to say.

On waking up after a three hour operation minus my left breast but with a paralysed left arm, I heard the first of many interesting comments that would come my way.

The doctor said, "This arm paralysis complication is extremely rare and hardly ever happens!" This, while being looked at as though I had just won the lottery. Wow, this only happens to about one in twenty thousand people!

I immediately thought "oh lucky me" to be so special. Thank goodness my husband was there to hold my sweaty hand. Pleased to say my brachial plexopathy "resolved itself" in the following weeks.

Six weeks after my operation I encountered my second and possibly most repeated "kind words." At a BBQ, it was mentioned that I was recovering from an operation, and the woman sitting beside me launched into a speech about just how common breast cancer is! "Oh my, it really is just like the common cold isn't it, don't worry I know you'll be fine," she stated.

Smiling politely, I extracted myself from the table and went and sat in the restroom, where I admonished myself for feeling so dreadful in the past weeks. Considering all I had was the equivalent of the common cold and here I was thinking I had something, like, really serious.

On another occasion, I was asked if I had considered having the other one "whipped off" at the same time? Because as "Mrs. I must tell you what I think" felt the need to inform me she "only has really small breasts so it would hardly make a difference."

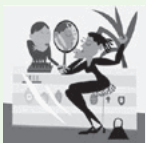
Another caring soul told me that as I had the only child I was likely to have I really didn't need them anymore; really they are "just pieces of meat."

Perhaps that's how she feels about her breasts, but it's not how I felt about mine, had she had the sensitivity to ask. Pathetic of me really to feel like I was entitled to both of my breasts, just like most women will have until the grave.

And yes, I know she was only trying to be nice. But if I lost an ear in an accident can I expect someone to say, why not whip off the other one? After all you don't really need it.

Zebras don't really "need" their stripes either but I'm sure when they are wandering the savanna they kinda like fitting in with the whole zebra stripy look. Just like us girls and the whole two breasted feminine look. Again, I had to remind myself to "be compassionate."

WHAT NOT TO SAY, continued on page 4



LOOK GOOD ... FEEL BETTER

Join us at weSPARK for a night of beauty & fun, plus a make-up kit provided by the American Cancer Society.

We meet on the 2nd Wednesday of each month in Sherman Oaks.

*Space is limited, must call to sign-up.
To sign up, call Alexandra at 818-906-3022*

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Wendie Jo Sperber

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Community Neighbor Life Cycle Health Center: Integrating the Modern with Traditional Healing Arts *by Debbie Rabinowitz, MPA*

Founded in January, 2010 by Ellen Rudolph, former Headmaster of Yo San University in Los Angeles, Life Cycle Health Center is a new and innovative for-profit alternative healing center in Sherman Oaks, next to Vantage Oncology. They provide complimentary therapies based on natural healing traditions, especially Chinese medicine, aimed at healing the whole person.

Rudolph has successfully amassed a team of highly respected practitioners in the fields of Acupuncture, Chinese Herbal Medicine, Nutrition, Therapeutic Exercise, and Massage. Each professional has made Oncology and its side effects the center of their specialty.

According to Rudolph, Life Cycle uses an Integrative Medicine approach, combining the best of evidence-based conventional and complementary practices to achieve improved clinical outcomes. Its team of Chinese Medicine professionals coordinates care with patients and their conventional care providers to alleviate side effects and enhance the patient's quality of life.

Life Cycle's Senior Clinical Director Gubing Wen, MD (China), MS, L.Ac., OMD, Licensed Acupuncturist, brings vast experience as a Chinese Medicine practitioner. Having completed the 6-year Integrative Medical Program in Western and Oriental Medicine at the world-renowned Beijing University of Chinese Medicine, where he also did his residency, he now specializes in integrative oncology, internal medicine, and women's health.

Another luminary in the field, Dr. Yi Qiao, MD (China), MS, M.P.H., L.Ac., OMD, is a licensed acupuncturist. In addition to serving clients, she conducts National Institute of Health-Funded research at Cedars-Sinai Hospital and serves as a Commissioner for the Accreditation Commission for Acupuncture and Oriental Medicine.

Many Americans have never heard of integrative medicine, but this alternative movement has begun to gain the attention of many of the nation's hospitals, universities, and medical schools, especially in the field of Oncology. The idea of treating the whole person and not just the disease depends on a partnership between the patient and the doctor, where the goal is to treat the mind, body, and spirit, all at the same time.

Life Cycle Health Center is a perfect example of integrative care. It combines conventional Western medicine with complementary treatments, such as Chinese herbal medicine, acupuncture, nutritional counseling, massage, yoga, qi gong and stress reduction techniques all designed to treat the whole person. The practitioners here allow for more patient attention, longer appointment times and a broader approach to maintaining health.

Life Cycle Health Center is a for-profit Health Center at 5522 Sepulveda Blvd., Sherman Oaks, CA 91411. For more information, visit www.lifecyclehealth.net, or call 818.988.7988 to schedule a free consultation with a licensed professional. ▲

WORDS FROM weSPARK, continued from page 1

performed after her doctor felt a nodule on her neck. Her doctor told her to stay behind for a nuclear scan. Stacey decided to leave for Massachusetts, where she finished getting tested.

A busy film student, Stacey was not used to slowing down. While returning home for Thanksgiving, Stacey got a call from her doctor, who told her a tumor had been found. It was malignant. Stacey had Thyroid Cancer.

Suddenly, Stacey, who was 20 at the time of her diagnoses, found herself the youngest patient her doctors had treated. An avid lover of horses and vibrant young person about to finish college, Stacey was unexpectedly sick, something she said she never felt.

In late December, Stacey was in surgery. She then began her radiation treatment, which involved 48 hour sessions at the hospital, followed by 24 hours seclusion at home.

By the time she entered her senior year, Stacey was seeing life from a different angle. Six month checks ups would now be the normal. Learning to live as a young person touched by cancer would now be the normal. Through her diagnose and treatment,

however, Stacey was bent on not letting this take over her future plans. "I never let it impact my life," she said.

After college, Stacey worked as a consultant for the Lifetime show Side Order of Life, where she met I'm Too Young for This! founder Matthew Zachary. Matthew started i[2]y after he was diagnosed with pediatric brain cancer at the age of 21. Finding little to no support for cancer patients his age, Matthew started what would blossom into a national support system for young adults struggling to find their way through the world of cancer.

Soon after discovering i[2]y, Stacey was on the go again, helping to organize events. In May of 2009, Stacey helped organize CancerPalooza, an i[2]y hosted event that brought together young adult cancer survivors making music, creating art and bringing awareness to young adults affected by cancer.

Through i[2]y, Stacey met young adults who understood her experience in a way her friends could not. As she explained, "My friends wanted to get it but they just didn't. They didn't get it. When I started with i[2]y, it was so empowering to meet cool people my age that got it."

WORDS FROM weSPARK, continued on page 6

Ahh, the list goes on. While enjoying the latest treatment for the common cold, during chemotherapy I was told not to worry about my baldness because “your hair will grow back.” Oh really, I didn’t know that!!!! Being informed of this fact countless times made me feel just wonderful... Not!

Bless my hubby for taking me gently by the hand to the bathroom to shave off the last of the Gollum-like strands. And double bless him because he didn’t inform me of that extraordinary piece of information “that it would grow back.” He just hugged me and my son gave me one of his beanies, a really cool one with skulls on it. Then came the consolation prize. You lose every hair on your body EXCEPT for your leg hair.

For a woman who doesn’t leave the house without mascara, months of life without eyelashes and eyebrows is pretty tough. The fact that in six months time I won’t be follically challenged isn’t very heartening at the time. Having had “bad hair days” from birth, mine being straight and fine, the only hair product promising volume and body that I don’t own hasn’t been invented yet. I would have happily eaten my own spleen if it meant thick wavy hair.

So you can imagine my delight when I discovered the beginnings of a soft curl as my hair began to grow back. Oh joy of joys when I now step out of the shower with wet hair all I need to do is spray in some product, all be it a whole new range of products for curly hair, and I’m ready to go. Happy does not begin to describe how wonderful this is for me! I was telling a friend how thrilled I was to have “hair happiness” only to be told by a woman who overheard our conversation “it won’t last, it will go back to how it was before.” I didn’t even know this person who truly burst my bubble.

I then encountered a woman who insisted that I would be not only a “stronger person but a better person” as well for my experience. According to whom? Was I so bad before?

Better to me would be taller, smarter, younger or being able to fully understand the issues of the Middle East. That would be better! So once again “kind words” left me feeling like I just wasn’t acknowledging all the wonderful things I had to learn from this cold.

“Mrs. ahhh don’t worry about it, it’s only cancer” announced,

“Oh if you’re going to have cancer, breast cancer is the best one to have because it’s curable.” Gee I must have missed the headline that said “Breast Cancer Cure Found.” So once again I felt like I really was being uncooperative.

I was tempted to ask her to ring my oncologist and inform him, because I think he also missed that edition. The other thing that he must have missed is that if you remain positive, all will be well. As a therapist, my personal belief is that all feelings should be acknowledged. You know those little ones like loss, grief, sadness and anger. Because walking around with a “positive” smile on your face takes a lot of energy when what you’re really feeling is loss, grief, sadness and anger!

“I was told not to worry about my baldness because “your hair will grow back.”

I know she was trying to be nice, and it was my job to be charitable (again) because after all she didn’t know what to say and felt uncomfortable.

I think the pinnacle of cluelessness came from a friend who at dinner to celebrate the end of my treatment, described at length her upcoming boob job: How great they were going to look, how fabulous they were going to be and how wonderful it would be for her self-esteem.

This actually happened twice, except the second woman had already had the boob job and proceeded to tell me how happy she was with them, how wonderful they were, how great it was for her self-esteem blah blah blah. And they say kids can be cruel.

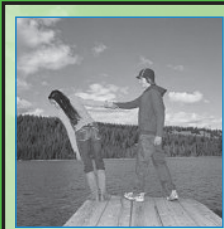
Don’t get me wrong, I don’t begrudge them for having something I don’t, but it’s a bit like talking to a friend who has just lost a foot and you showing off your new Jimmy Choos. Maybe I’m being a little unreasonable but it struck me as a tad insensitive.

Another learned lady who hardly knew me told me that her sister-in-law had also had breast cancer two years ago. When I asked how she was doing the woman said “Oh it’s come back in her liver.” She then proceeded to look totally stricken.

So once again I knew it was my job to reduce her anxiety and put her at ease. I did this by telling her I had had a really good week.

And again, I know she didn’t mean anything by it, and I really need to be a bit more gracious, but really it’s so simple to say the right thing, even my 10-year-old can do it.

Instead of platitudes and space-filling verbiage, all anyone needs to say is “I heard you were not well, I hope you will be OK”.....FULL STOP! I think anyone can learn that. Thankfully, most of my close friends and family were and continue to be just like a human wonder bra, supportive and uplifting. ▲



Are You a Teen with a Family Member or Loved-One Battling Cancer?

Come to weSPARK, a place where you can meet and talk with other teens facing some of the same issues.

Monday nights • 6:00pm

Facilitated by: Kim Tortorici, MA

Summer 2010 Tributes

In Honor of:

Honoree . . .	With Love From . . .
All Cancer Patients	Paul Legas
Bill & Dar Hatcher	Linda Allen
Cancer Warriors and Survivors	Paul Legas
Candi Sisk	Claudia & Ken Bachman
Charles Quinn	Janice Quinn-Jutras
Dallas Jones	Jo Anne Jones
Dan Reed	Stephanie Feyne
Dr. Christy Russell	Deborah Catanese
Dr. Dennis Holmes	Deborah Catanese
Everyone at weSPARK	Karen Garber
Hank Carter	Mickley Gantman
Jenna Mathioudakis	Dorothy Mathious
Jessica Kendall	Elizabeth Jordan
Jessica Kendall	Edith Shipman
Jessica Kendall	Patricia Moths
Joan Weise & Family	Tobi Schneider
Joan Weise & Family	Kevin Closson
Judith Fraser	Karen Wulfson
Karin Hoffman	Barbara Hoffman
Ken Stevens	Sharon Stevens
Lani Feldbaum	Ethan & Janet Lipton
Linda Shelton	Julia Wells
Lindsay Daitch	Eva Rosenberg
Litza Garate	Tiffany Ward
Louisa Rodriguez	John Finch
Margaret Shafer	Behzad Tahouri
Margaret Shafer	Sebastian de Kleer
Margaret Shafer	Penni Ziers
Marla Zach	Stacia Miebe
Marla Zach	Sherry Sternberg
Maureen McLaughlin	Pat Quinn
Michael L. Quinn	Janice Quinn-Jutras
Michael Lake	Janice Quinn-Jutras
Michelle Rappaport	Arthur & Carol Greer
Mindy Lees	Deborah Clarke
Padre Pio	Kay Parsisi
Ruth Rubeni	Benjamin Rubeni
Shari Newman	Susan Harris
Suzanne Shayne-Mandler	Barbara Jampel

In Memory of:

Honoree . . .	With Love From . . .
Fred Victor	Roy & Marsha Rimbach
George Carroll	Susan Carroll
Harry Markewitz	Frieda Markewitz
Harvey Schulman	Hillary Schulman
Hermene Saperia	Guy & Dinah Saperia
Irving Jerome Yudin	Howard & Amy Singer
Isadore Sachs	Lainey Hashorva
Jackie Praskin	Everyone at weSPARK
Jeannette Koufos	Shoshana Kagan
Jeannette Koufos	Lali Kagan & Jum Koufos
Jeannette Koufos	David Barnard
Jeannette Koufos	Diane Adamakis
Jeannette Koufos	Ernie & Michael Adamakis
Jeannette Koufos	Lisa & Jim Philippou
Jeannette Koufos	Barbara Taaff
Jerry Sandusky	Mr. & Mrs. Raymond Cormier
Jim Brown	Patricia Heline
Joe & Mary Falbo	Helen & Bill Luehm
Joe Shapiro	Jo Anne Jones
Joseph Shapiro	Darren Shapiro
Kay Goodman	Marilyn Shapiro
Kay Wiggins	Everyone at weSPARK
Larry	Jo Anne Jones
Leon Merson	Bobbi & Hal Kadish
Linda Dawes	Suzanne & Paul Green
Marianna Elliott Oppenheimer	Tom Dries
Martha Weiszman	Alan Oppenheimer
Marv Halpern	Sally Dixon
Marvin Halpern	The Audrey & Sydney Irmas Foundation
Marvin Halpern	Shirley & David Strom
Mary Celest Sands	Charlene & Jay Lash
Mary Louks	Everyone at weSPARK
Mary Singerman	Everyone at weSPARK
Mary Singerman	Ron & Irene Singerman
Matt Copping	Mega Western
Maynard Davis	David & Debra Green
Mervyn Adirim	Burt & Charlene Sperber
Mervyn Adirim	Ron & Irene Singerman
	Elliot & Judy Wolfe

In Memory of:

Honoree . . .	With Love From . . .
Michael Horowitz	Sheilah Horowitz
Michael Miller	Leigh Datzker
Michell Mention	Lynn Labate
Mona Kaiteer	Amber Gendein
Myron Levi	Joan Rubin
Nancy Leferman	Claire Dicker
Otto Komes	Elaine & Jerry Hanig
Patricia Eddy	Jan Eddy
Patricia Hughes	Andrew Brennan
Paul Maigreat	Sylvia Silver
Peg Goetze	Joan Kofsky
Peter Gold	Alan Specht
Phyllis Gerin	Bruce Gendein
Rachel Ann Hage	Melinda & Randi Hage
Robin Shlien	Everyone at weSPARK
Samuel Levine	Milt & Suzanne Russikoff
Shareen Nathanson	Jill & Joe Goldstein
Sol Goldberg	Paul & Vicki Soll
Stacy Ann McBeth Gorman	Bob McBeth
Stanley Hoffman	Paul & Vicki Soll
Stuart Sperber	Jeffrey & Kellie Singer
Stuart Sperber	John & Sheila Serviss
Stuart Sperber	Karen Kleinheselink
Susan Gail Silkiss	Rose Silkiss
Victoria Smith	Corky & Jason Sherman
Victoria Westermark	Everyone at weSPARK
Walter Yessian	Herb Slavin
Wendie Jo Sperber	Gerry Sinclair
Wendie Jo Sperber	Milt & Suzanne Russikoff
Wendie Jo Sperber	Tami Woodman
Wendie Jo Sperber	Jeffrey & Kellie Singer
Wendie Jo Sperber	Teresa Mason
Wendie Jo Sperber	Deborah Barylski
Wendie Jo Sperber	Sharon & Phillip Adams
Wendie Jo Sperber	Gary & Nan Tungate
Wendie Jo Sperber	Anonymous
Wendie Jo Sperber	Kathy Jones
Wendie Jo Sperber	John & Cynthia Cable
Zachary Zeitlin	Bert & Joan Haveson

In Memory of:

Honoree . . .	With Love From . . .
A. Robert Poggi	Lisa Poggi
Andrea Kadish Maigret	Erik Krema
Ann Kushner	Sandra Hoffman
Avi	Judy & Les Pinchuk
Barbara Rosenbaum	Joel Cheresnick
Candi Sisk	Wayne Bulette
Candi Sisk	Joni Holdsworth
Candi Sisk	Leslie Bouknight
Candi Sisk	David Aaronson
Candi Sisk	Michael McHugh
Candi Sisk	Keith Holzman
Candi Sisk	Gail Spear
Candi Sisk	Cheryl Goldberg
Candi Sisk	Larry Simmons
Candi Sisk	Lorraine Friedman
Candi Sisk	Leslie Caldaronello
Candi Sisk	Susan Black-Feinstein
Candi Sisk	Rich Stern
Candi Sisk	Carol & Larry Neiman
Candi Sisk	Tapeworm Video
Candi Sisk	Casper Correll
Candi Sisk	John & Susan Beck
Candi Sisk	Shirley Cohen
Candi Sisk	Sherry Chandos
Candi Sisk	Marcia & Herb Rosenheck
Candi Sisk	Linda Celi
Candi Sisk	Virginia Miranda
Candi Sisk	Marlene Jones
Candi Sisk	Julie, Bob, Sam & Aron Jacobson
Candi Sisk	Kevin Reardon
Candi Sisk	Everyone at weSPARK
Candi Sisk	Joan & Alan Rand
Chig Kuger	Bettina & Karl Epstein
Curtis A. Monson	Mildred Monson
Cynthia Limon	Patricia Limon
Devorah Finsilver	Nancee Weinstein
Elisa Tait	Thomas Tait
Elise Goldstein	Shelly Strull
Eric Bass	Leanne Afetian
Estelle Williams	Jack Williams
Evie Anderson	Evelyn Retamal

Tributes:

50th Anniversary	Sandy & Irv Klasky	Madeline Schwartz
60th Anniversary	Burt & Charlene Sperber	Mare Winningham
Anniversary	Shawn & Richard Sperber	Burt & Charlene Sperber
Anniversary	Ruth & Benjamin Rubeni	Ruth Rubeni
Get Well	Shari Newman	Karen Garber
Get Well	Rachel Kurz	Renee Agazy
Get Well	Fatima Chaudhury	Aniz Nagji
Get Well	Lionel Bell	Claire Dicker
Get Well	Steve Vickter	Sally Winsberg
Happy Birthday	Ellice Sperber	Burt & Charlene Sperber
Happy Birthday	Michele Rappaport	Brent Skuba & Rick Palmer
Happy Birthday	Richard Sperber	Burt & Charlene Sperber
Happy Birthday	Charlene Sperber-80	Elaine Goodman & Family
Happy Birthday	Charlene Sperber-80	Jocelyn Tetel
Happy Birthday	Charlene Sperber-80	Milt & Suzanne Russikoff
Happy Birthday	Charlene Sperber-80	Claire Dicker
Happy Birthday	Charlene Sperber-80	Sylvia Silver
Happy Birthday	Charlene Sperber-80	Claire Dicker
Happy Birthday	Charlene Sperber-80	Marilyn Wolf
Happy Birthday	Charlene Sperber-80	Jill Goldstein
Happy Birthday	Charlene Sperber-80	Jill & Joe Goldstein
Happy Birthday	Charlene Sperber-80	Marilyn Wolf
Happy Birthday	Tom West-60	Barbara Levenson
Happy Birthday	Paul Chepekian	Ralph Hattenbach
Happy Birthday	Terry Mason	Ralph Hattenbach
Happy Birthday	Bonnie Wexler	Maxine Straus
Happy Birthday	Bonnie Wexler-65	Simona Wildman
Happy Birthday	Bonnie Wexler	Barbara Fryer
Happy Birthday	Bonnie Wexler-65	Marcia Meyers
Happy Birthday	Bob Gale	Robert & Leslie Zemeckis
Happy Birthday	Bob Gale	Nancy Allen
Happy Birthday	Shawn Sperber	Charlene & Burt Sperber
Happy Birthday	Sally Winsberg	Michele Shack
Happy Birthday	David Mintzer	Natalie Topel
Happy Birthday	Claire Dicker	Charlene & Burt Sperber
Happy Birthday	Claire Dicker	Muriel & Sandy Simons
Happy Birthday	Sally Mendelsohn	Sue Schuerman
Retirement	Bill Cohen	Sally Winsberg
Retirement	Stan Colton	Sally Winsberg
Retirement	George Reber	Sally Winsberg
Wedding Congratulations	Dana & Rocky	Dana Kahn

Now, at 25 and two years past treatment, Stacey serves as the US Southwest Chair of i[2]y. As someone who doesn't sugarcoat her experience, she insists, "I still follow my plan," admitting that slowing down was never part of that plan. What's next, we ask? And Stacey responds, in the best way she knows how, "Life. What else?"

On Friday, June 11, Stacey joined weSPARK staff in hosting the first young adult mixer at weSPARK. Rooms were abuzz with conversation as young adults living with cancer from across Los Angeles came together to offer their input on the services they are looking for. The event marked the official launch of weSPARK's collaborative Young Adult Networking Group.

After the meeting, Stacey remarked, "This partnership is instrumental for the survivorship of the Los Angeles young adult

community. Now that i[2]y and weSPARK have partnered, the young adult survivor community will flourish. Together, we will help so many young adult survivors in LA to GET BUSY LIVING!"

Programming will continue on Friday, August 6, as weSPARK, together with i[2]y, will host the first support programs for young adults living with cancer at weSPARK.

Do you have cancer? Are you between the ages of 15-39? Interested in joining a Young Adult Group? Call 818 906 3022 or email lea@wespark.org to learn more about weSPARK's newest program. ▲

Santa Clarita Valley Happenings



weSPARK Cancer Support Center Continues to Serve Santa Clarita Cancer Fighters

by Tara Shore, JD, MA

For the past four years weSPARK Cancer Support Center has had the privilege of serving cancer patients and their families and friends in the Santa Clarita Valley. Like so many non-profit organizations, weSPARK is experiencing a period of funding challenges during this economic downturn. In order to be able to continue servicing the Santa Clarita Valley, we are transitioning from our present facility to other community locations. This will allow us to continue our dedication to our mission of enhancing the quality of life for cancer patients, their families and friends.

Beginning in August, we are offering all our support groups just as before but from different locations here in the SCV. Our guests will receive the same quality of loving, caring and outstanding clinical services they have received in the past. We want to take this opportunity to send a heartfelt **Thank You** to The Betty Ferguson Foundation, Vantage Oncology Radiation Therapy Center, Valencia Martial Arts and Yoga Yoga for helping us to carry on with our mission. The schedule is in the box at right and we remain excited for the future and the infinite possibilities which the Santa Clarita community holds for us.

Should you have any questions or concerns, please feel free to call Tara Shore at (661) 288-2322. ▲

weSPARK Santa Clarita 2010 Schedule

(Beginning August 2010)

Ongoing Treatment Group:

Mondays, 11am
Betty Ferguson Foundation
25510 West Ave. Stanford, Suite 104

Caregivers Support Group:

Mondays, 5:30pm
Betty Ferguson Foundation
25510 West Ave. Stanford, Suite 104

Bereavement Support Group:

Mondays, 7pm
Betty Ferguson Foundation
25510 West Ave. Stanford, Suite 104

In Treatment Support Group:

Tuesdays, 6:30pm
Vantage Oncology
25751 McBean Parkway, Suite 110

Post Treatment Support Group:

Tuesdays, 6:30pm
Vantage Oncology
25751 McBean Parkway, Suite 110

Tai Chi:

Mondays & Wednesdays, 10am
Valencia Martial Arts
26330 Diamond Place, Suite 120
(Beginning August 9th)

Yoga:

TBD

An intake is necessary before participating in our programming.

weSPARK Cancer Support Center
SCV • (661) 288-2322

Yogic Breathing *by Lauren Maher, CYT*

Of the many elements that help to comprise a yoga practice—physical postures, breathing, mantra, visualization and meditation—it is arguable that yogic breathing is the most profound. Breath links us to the deepest parts of ourselves, and is indeed the foundation of our life. As we leave the comfort of our mother’s womb, the doctor’s slap on the back forces us to take our first gasp of breath—a single breath that has enough force to reverse our blood flow and start us down our path in the unknown, outside world.

In the yogic tradition, breathing techniques are referred to as *pranayama*. *Prana* translates into breath—but it is far more than that. Similar to the Chinese term *Chi*, prana is not only our breath, but our life force. It is all that underpins our actual existence. It encompasses our circulation, metabolism, digestion and the more undefinable energetic force that underlies all of our actions. The word *yama* translates into control. Pranayama is our conscious way of directing and focusing that life force energy in the body.

One doesn’t have to stretch the imagination too far to see how our breathing affects us in daily life. If you think back to a time in which you were shocked, you may have found that you held your breath—or maybe when anxious, your breath became shallow and rapid. If we are depressed we often sigh aloud, trying to release the oppressive energy within us. Breath is the seat of our emotion.

When we are under stress and our emotions run amok, it often creates the “fight or flight” response in the body, firing up our sympathetic nervous system. We produce adrenaline, our hormones go

haywire—essentially we gear up for a fight. The problem is, many of us walk around in this state of anxiety and tension all day—without ever letting go of “the fight.” Yogic breathing can shift us back into balance. A simple long, deep breath can do wonders—stimulating the parasympathetic nervous system, or what is known as the “relaxation response” in the body. Learning how to control the breath is key in stress relief.

The next time you find yourself stressed or anxious, try experimenting with these simple pranayama:

LEFT NOSTRIL BREATHING: Sit comfortably on the floor or in a chair. Block off your right nostril with your thumb and breathe long and deep through your left nostril for 1-3 minutes. This helps to slow down the mind and body, and is also great for insomnia.

ANTI-ANXIETY BREATHING: Sit comfortably or lie down on your back. Inhale through your nose, and exhale through a rounded mouth. Then inhale through a rounded mouth (as though you are sipping through a straw) and exhale through your nose. Continue for three minutes.

Try to become very present with your breath as you practice these two pranayama exercises. As you become more attuned to the subtleties in your breath, you can see how you can affect both your physical and mental well being with your breath.

Lauren Maher is a certified yoga instructor and yoga therapist, specializing in working with cancer patients during and post treatment. To find out more about her practice, please visit her website at www.yogahealing.org or call 1.877.205.7683 ▲



Kids Corner

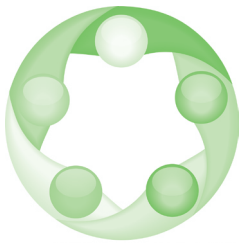
The “wee”SPARK programs provide the following:

“wee” SPARKS Ages 4-8 • “Tweens” Ages 9-12

Using circle time, games and arts & crafts, these programs allow our younger guests to interact with others experiencing similar challenges.

Call to enroll your child in the appropriate group.

Sherman Oaks call (818) 906-3022 • Santa Clarita call (661) 288-2322



we**SPARK**
Cancer Support Center

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Please **Save the Dates!**

weSPARK is very busy planning an exciting summer & fall filled with our fun, amazing and unique events!

October 4th..... **Broadway Tonight!**

at the Alex Theatre in Glendale
Honoring Robert Zemeckis,
Bob Gale, and Missy Halperin

November 14th **2nd Annual 10K Run & 5K Run/Walk Event**

at Balboa Park in Encino

For more information please see our website at www.wespark.org or contact Wren at (818) 906-3022