COMPREHENSIVE RESOURCES FOR PEOPLE FACING CANCER, AND THEIR LOVED ONES

LivingWell CANCER RESOURCE CENTER

part of Northwestern Medicine®

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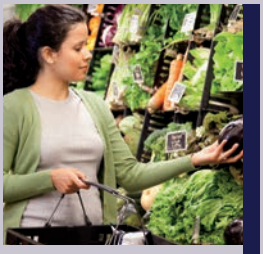

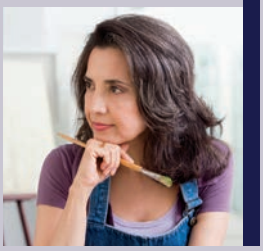

Our Mission

LivingWell exists to provide compassionate care that empowers, encourages, supports and provides hope to people facing cancer and their families.

Message *from our Director*

Until you hear the words "you have cancer," it is very difficult to understand how isolating that diagnosis is for patients and their loved ones. Not only can that news be devastating from a physical perspective, but also from emotional, social and spiritual perspectives as well.

For patients with cancer, knowing that their voice is heard and that their individual needs are met is critically important to their well-being and healing, and is central to our mission.

LivingWell is dedicated to delivering evidence-based, medically mainstream programs and services that encourage, empower, support and provide hope to thousands of newly diagnosed patients and their families every year. All 100 + programs and services are provided at no cost because we believe that no one should face cancer alone.

If you haven't already been to LivingWell, I encourage you to stop in and take a tour of our beautiful and comforting center, and see for yourself how and why LivingWell has earned top decile scores in patient satisfaction and national recognition for outstanding cancer care support programs.

Sincerely,

Nancy S. Vance, Director

PROGRAM AND EVENT REGISTRATION

Stop by the front desk and make sure we have your email address to receive updates. Please call to reserve your space. Priority registration is given to participants in active treatment and those who have not previously attended our programs.

CALL 630.262.1111 TO REGISTER, OR FOR MORE INFORMATION

TTY for the hearing impaired 630.933.4833

All programs and services are provided at no cost, thanks to generous community donations.

HOURS OF OPERATION

Monday – Thursday, 8:30 am – 8:30 pm

Friday, 9:00 am – 5:00 pm

First Saturday of each month, 9:00 am – 12:00 pm

Third Saturday of each month, 7:30 am – 12:00 pm

LivingWell will be closed:
Tuesday, January 1

CLASS LOCATION

Unless otherwise noted, all classes take place at LivingWell Cancer Resource Center, 442 Williamsburg Avenue, Geneva. Class times and locations are subject to change without notice.

Education

MEDICAL UPDATES FOR LIVING WELL

Women's Sexual Health and Wellness

Monday, January 14, 6:00 – 7:30 pm

Presented by Heather Augustyniak, APN, and Diane Egli, PA-C, Northwestern Medicine

The National Cancer Institute reports that about 50 percent of women diagnosed with cancer experience long-term sexual dysfunction after various cancer treatments, yet this condition often goes undiscussed and untreated. This program will address common emotional and physical challenges that women face in their sexual relationships after cancer. This program will be informational only; participants will not be asked to discuss personal concerns.

Brain Cancer Updates

Thursday, January 24, 6:00 – 7:30 pm

Presented by Sean Grimm, MD, Northwestern Medicine Regional Medical Group

Learn about new research and updates that impact brain cancer treatment. Dr. Grimm is a neuro-oncologist who specializes in the treatment of patients with neurologic complications of cancer and brain tumors.

Pain Management and Cancer Care

Monday, January 28, 6:00 – 7:30 pm

Presented by Janine Camplin, APN/FNP-BC, Rhonda Jones, RN, Mary Spiller, APN, Rev. Richard F. Watts, BCC, and Susan Wilson, Social Worker

Our Northwestern Medicine healthcare team will consist of APNs, RN, social worker and chaplain who will share how to manage and deal with concerns such as pain, neuropathy, muscular, emotional, spiritual and existential issues.

Bone Health and Fall Prevention

Monday, February 11, 6:00 – 7:00 pm

Presented by Sheri Minnick, MS, ERYT, LivingWell and Pam Cornwell, PT, MHS, NCS

LivingWell participants frequently express concerns that their balance and bone density are not what they once were. Sheri and Pam discuss what you can do to increase your bone density and improve your balance. Handouts will be provided showing proper ways to safely move through daily activities.

A Review of Palliative Medicine and Hospice

Monday, February 18, 6:00 – 7:30 pm

Presented by Mark Speyer, MD, Palliative Medicine, Northwestern Medicine

Join Dr. Speyer for an evening that will explain the differences of Palliative Medicine and Hospice Care, options you could have, and how to choose the best plan of care for your cancer journey. Time will be scheduled for a small question and answer session.

Life Happens — Now What?

Thursday, February 21, 6:00 – 7:30 pm

Presented by Leslie Sann, MA, LCPC

Join Leslie Sann and learn that when life throws you a curveball, YOU can do something back. You can empower yourself with your choices and actions. How you respond to life creates the experience you get to live.

Understanding the Importance of Treatment Compliance

Thursday, March 7, 6:00 – 7:30 pm

Presented by Melanie Smerillo, MSN, RN, PHN, Takeda

During this presentation, we will discuss the factors that affect staying on treatment, how to manage treatment by partnering with your healthcare team and loved ones, and how and where to find support and available resources.

Lymphedema

Thursday, March 14, 6:00 – 7:30 pm

Presented by Karen Newton, OTR/L, CLT-LANA; Jennifer Rosko, PT, CLT-LANA; Christine Wietrzykowski, PT, MHS, CLT-LANA

Lymphedema is an accumulation of swelling caused by compromise to the lymphatic system. Learn more about lymphedema, the different treatment options available, and how to maintain your activities of daily living while dealing with lymphedema.

Hormone Therapy Effects on Prostate Cancer

Thursday, March 21, 6:00 – 7:30 pm

Presented by Michael Kahn, MD, Medical Oncology, Northwestern Medicine

LivingWell Warrenville, 4525 Weaver Parkway Multipurpose Room, Suite 103

Why does your doctor recommend "hormone therapy" for your prostate cancer? Let's review the role, effectiveness and side effects of this important therapy to help treat your illness.

Anti-depressants and Cancer

Monday, March 25, 6:00 – 7:30 pm

Presented by Eric Larson, PhD, Neuropsychologist, Marianjoy Rehabilitation Hospital, Part of Northwestern Medicine and Melissa Lancaster, PhD, Neuropsychologist, CDH

Feeling down and overwhelmed is a common response to the cancer journey. Learn more about how anti-depressants can be a helpful option during a cancer diagnosis.

Understanding Heredity and Cancer

Thursday, April 4, 6:00 – 7:30 pm

Presented by Mike Suguitan, genetic counselor SL, Genetics, Northwestern Medicine

Scientists are learning more every day about the role genetics play in the development of cancer. Through this educational presentation, learn about the research and medical advances, and how they impact individuals and families.

Updates on Non-Hodgkin Lymphoma

Monday, April 8, 6:00 – 7:30 pm

Presented by Habib Shaikh, MD, medical oncologist, Northwestern Medicine Regional Medical Group Oncology

Learn about non-Hodgkin lymphoma, including new treatment options, clinical research, and how to manage early and late stages. Habib Shaikh, MD, is an experienced medical oncologist who has a particular interest in leukemia, lymphoma and sarcoma. This interactive presentation will include time for questions.

Medical Marijuana and Cancer

Thursday, April 18, 6:00 – 7:30 pm

Presented by Susie White, MD, Palliative Medicine, Northwestern Medicine and JoAnna Skiadopoulos, Outreach Director, ZenLeaf

Learn more about medical marijuana. Topics will include safety, different types and forms, side effects and the specific instances where it has been shown to be beneficial. Also, the process on how to obtain the drug. There will be time for questions at the end of the presentation.

Crystal Singing Bowls

Wednesday, January 23, 1:00 – 2:00 pm

Presented by Yolanda Lozano, Healing Hearts

Relax deeply and release stress while enjoying soothing sound vibration. This is a seated class and located in the yoga studio.

Geneva Look Good... Feel Better®

Learn how to use wigs, scarves, hats and other accessories after hair loss. Education on nail care and a 12-step skin care and makeup program will be shared. This program is offered in partnership with the American Cancer Society and includes a complimentary cosmetic kit provided by the American Cancer Society. Look Good… Feel Better® is also available in Warrenville; see page 21 for details. Please call 630.262.1111 for dates and times.

Documentary: "Hidden Scars: Emotional Impact of Mastectomy and Cancer-Related Experiences"

Thursday, January 17, 6:30 – 8:00 pm

Join us on a heartfelt journey that explores the impact of mastectomy and how it affects your emotions before and after surgery. There will be time for questions and conversation. People affected by any type of cancer are welcome, including healthcare teams.

Ditch and Switch

Wednesday, April 24, 6:00 – 7:00 pm

Presented by Pam Riley-Valesh, RN, certified clinical aromatherapist, reflexologist, healing touch spiritual ministry practitioner; and Thecla Rettberg, RN, CIMI-2, certified clinical aromatherapist, reflexologist

Learn how to avoid potentially toxic substances in your daily life and make little changes that can help promote health and wellness for yourself and your loved ones. Take home recipes to make your own household cleaning products that use safer ingredients.

The Emotional Rollercoaster of Cancer: Managing Anger and Frustration

Monday, February 4, 6:30 – 8:00 pm

Presented by Kelley Navar, LCPC, LivingWell

Cancer can be an isolating experience. Many times, people will refer to it as an emotional rollercoaster. In each newsletter, Kelley will cover a different emotion that people may experience. Anger will be discussed, including how to recognize it before it's too late, how to express it in a more effective way and how to tame it.

WIG BOUTIQUE

LivingWell partners with the American Cancer Society, which provides wigs at no cost for patients with cancer who are experiencing hair loss as a result of treatment. No appointment is required. Wig Boutique services are also available in Warrenville. See page 21 for details.

LIVING WELL WITH NUTRITION

Picking Produce Like a Professional

Presented by Nancy Zawicki, MS, RD, LDN, Northwestern Medicine/LivingWell

Wednesday, March 6

1:00 pm LivingWell presentation

2:00 pm Local Grocery Store Tour

Meet at LivingWell to learn how to select produce that is ripe, how to cook it and what nutrients it provides. Then, drive to a local grocery store to tour the produce section and take some produce home.

Growing Well: Gardening

Grow Your Own Microgreens

Tuesday, March 19, 10:00 – 11:00 am

Presented by Mary Zupke, MS, RDN, LDN, FAND, Northwestern Medicine, and Kate Wulkow, RD, CSO, LDN, CDE, Northwestern Medicine

Want to grow your own microgreens? Try this class to see how to grow these healthy additions to soups, salads and even burrito bowls!

CULINARY COMFORTS

Learn how to manage your diet and get reliable information on many of today's nutritional Hot Topics while you enjoy a delicious meal prepared by LivingWell dietitians. Food may contain allergens.

NEW! Coffee and Tea: The Latest Buzz

Wednesday, January 23, 6:00 – 7:30 pm

NEW! Probiotics and the Gut Microbiome

Wednesday, February 27, 6:00 – 7:30 pm

NEW! Whole Grains

Wednesday, March 13, 6:00 – 7:30 pm

NEW! Gear Up for Gardening

Wednesday, April 10, 6:00 – 7:30 pm

EATING WELL

Eating Well is an interactive cooking class that focuses on the Mediterranean diet, which incorporates primarily plant-based foods for a healthy way of eating.

Presented by Nancy Zawicki, MS, RD, LDN, Northwestern Medicine/LivingWell

NEW! Boost Your Immune System

Tuesday, January 29, 10:00 – 11:30 am
Wednesday, January 30, 6:00 – 7:30 pm

NEW! Heart-Healthy Dishes

Tuesday, February 5, 6:00 – 7:30 pm
Wednesday, February 6, 10:00 – 11:30 am

NEW! Healthy Grains

Tuesday, March 5, 10:00 – 11:30 am
Wednesday, March 6, 6:00 – 7:30 pm

NEW! Egg Dishes and Breakfast Foods

Tuesday, April 2, 6:00 – 7:30 pm
Wednesday, April 3, 10:00 – 11:30 am

NEW! Hot Topic: Fact or Fiction

Tuesday, April 16, 6:00 – 7:00 pm

There's a lot of nutrition information available in the news, on the internet and from well-meaning friends, but sometimes it is difficult to determine what is evidence-based. Hot Topics will provide reliable nutrition information from reputable resources.

Nutrition Consultations

Get nutritional recommendations tailored to support your needs and your cancer treatment from Sandie Hunter, RD, CSO, clinical nutrition manager at Northwestern Medicine. Consultations are limited to people diagnosed with cancer. Please call LivingWell at 630.262.1111 to set up an appointment. You may email questions to askadietitian@livingwellcrc.org.

LIVING WELL AFTER CANCER: SURVIVORSHIP PROGRAMS

Back on Track: Surviving Survivorship

Mondays, March 11 - April 22, 7:00 – 8:30 pm

Presented by Missy Petty, LCPC, LivingWell

Many patients find themselves wondering, "Now what?" after their cancer treatment ends. This program will help both patients and caregivers navigate the challenges people experience as they transition into survivorship. Topics covered include: changes in relationships, managing expectations, addressing anxiety and depression, the "new normal," fear of recurrence, how to partner with your primary care physician and other providers, managing your health records, and envisioning a positive future. Attendance at the entire series is encouraged but not mandatory.

March 11	Pressure to Thrive
March 18	Discussion Group
March 25	Managing Moods, Stress and Feeling Stuck
April 1	Survivorship Toolkit
April 8	Discussion Group
April 15	Fear of Recurrence
April 22	Envisioning Your Future

Nutrition After Cancer Treatment

Learn nutrition's role in the risk of cancer recurrence. Join a licensed dietitian to create personalized wellness goals and nutrition plans, and review common questions about nutrition after cancer. Please call LivingWell at 630.262.1111 to set up an appointment for an individual consultation at Northwestern Medicine Cancer Center Delnor or Northwestern Medicine Cancer Center Warrenville.

Being Well

1:00 – 2:00 pm

Presented by Nancy Zawicki, MS, RD, LDN, Northwestern Medicine/LivingWell

This class focuses on wellness and will include a participative demonstration of recipes that promote good health — in mind, body and spirit. Limit 10 participants per class. Meets once a month.

Wednesday, January 30 — The Tropics
Get out of the cold and into a warm, tropical place using recipes with a Caribbean influence.

Wednesday, February 13 — Cozy Up
Prepare a delicious soup and bread that will be sure to keep you warm and cozy.

Wednesday, March 20 — Food Bowls
Food bowls are all the rage! Create your own food bowl that complies with the Mediterranean diet.

Wednesday, April 17 — The Layered Look
Create a layered look with a salad and appetizer recipe that looks great and is very healthy.

Geneva Transitions: Nutrition During Survivorship

Mondays, April 1 – May 20, 6:00 – 7:00 pm

Learn how to follow a healthy lifestyle by optimizing good nutrition, weight management, exercise and stress reduction to decrease the risk of cancer in this 8-week program.

April 1	Introduction and Healthy Eating
April 8	Portion Control and Eating Out
April 15	Exercise
April 22	Healthy Cooking and Food Preparation
April 29	Meal Planning
May 6	Label Reading and Shopping
May 13	Why Do We Eat?
May 20	Putting It All Together: Moving Forward

LivingWell With Music | First and Third Thursday of each month, 6:30 – 7:30 pm

Spend the evening sharing music that is meaningful to you with other musicians. Please bring sheet music to share. This collaborative group will not include a performance. Acoustic instruments are encouraged. No percussion instruments or amplifiers, please.

LIVING WELL AFTER LOSS

ART

Grief Inspired: Expressing Grief Through Creativity

First Monday of each month, 6:30 – 8:00 pm

Presented by Christine McMinn, LCPC, LivingWell, and Cheri Hunt, art instructor, LivingWell

This class allows participants to try different art modalities while enjoying the camaraderie of other individuals who are grieving. Come experience the relaxing effects of art, which can help you navigate life after loss.

WELLNESS

Mindful Grieving: Expressing Grief Through Yoga, Self-Reflection and Discussion

Fourth Thursday of each month, 6:30 – 8:00 pm

Presented by Christine McMinn, LCPC, LivingWell, and Jen Botka, yoga instructor

This class includes a gentle yoga practice, discussion of mindfulness-based topics, and meditation centered around supporting your grieving heart. This group is open to any individual who experienced the loss of a loved one to cancer three months ago or longer. A physician's release is required for participation. Please call to register.

January	Acceptance
February	Self-Care and Grief
March	Mending and Rebuilding
April	Ritual

SPECIAL EVENTS

John Polo: Writing Workshop

Thursday, April 11, 6:30 – 8:00 pm

Join Author, Speaker, and Hope and Empowerment Coach John Polo of Better Not Bitter Widower, along with LivingWell Counselor Christine McMinn, LCPC, as John leads a workshop to show how writing and journaling can aid in grief and the healing process. John will explain how writing saved him from his own grief and will walk you through various writing prompts so you can see if it can help you, too.

SUPPORT GROUPS

Good Grief

First three Thursdays of each month, 6:30 – 8:00 pm

Navigating life after loss is challenging, and having the support of others who understand can help. This group provides emotional support and connection for individuals who have experienced the loss of an adult loved one to cancer within the past 12 months.

Grief Transitions

Second Monday of each month, 6:30 – 8:00 pm

Share experiences and form connections with others who have experienced the loss of an adult loved one to cancer. This group is open to individuals who are navigating life with loss at any point after their first year of grief.

Support and Networking

LIVING WELL WITH COUNSELING AND SOCIAL WORK SERVICES

LivingWell oncology-trained counselors and social workers specialize in supporting individuals, families and children impacted by cancer. They are available to provide support to anyone, at any phase of cancer care. Please call LivingWell to set up a counseling, consultation or social work appointment at 630.262.1111.

LivingWell Counselors

The emotional experience of going through cancer can be as challenging as the physical aspects. Patients and caregivers often feel worry, shock, anger, sadness, denial, fear and guilt, which are normal and common reactions to cancer. LivingWell's counselors provide an opportunity to learn valuable coping skills that can make the experience less stressful. Services are available at LivingWell and at Northwestern Medicine Cancer Center Warrenville.

LivingWell Social Workers

The oncology social work team can connect you to financial resources, education, medication and transportation assistance; remove barriers to care; and address a number of other concerns that impact emotional health and well-being. LivingWell licensed clinical social workers are located at Northwestern Medicine Cancer Center Warrenville, Northwestern Medicine Cancer Center Delnor, Northwestern Medicine Chicago Proton Center and Northwestern Medicine Kishwaukee Hospital Cancer Center.

Individual and Family Consultations

Consultations are one-time meetings designed to discuss your unique situation and to provide you with educational materials, tips and strategies for the weeks and months ahead. You will meet with a LivingWell counselor who specializes in cancer and is trained to help. Consultation options are as follows: New to Cancer, Caregiver, Family, Parenting, During Cancer Treatment, After Cancer Treatment, Late-Stage Cancer and Grief.

SUPPORT GROUPS

Support and networking groups provide an environment for people who are facing similar circumstances to openly discuss the challenges of their cancer diagnosis. Groups are facilitated by licensed clinical professionals.

Living Water

First and Third Saturday of each month
10:00 – 11:30 am

Find support and encouragement through the Christian faith. Discover joy, hope and community. Open to caregivers and individuals diagnosed with cancer.

Facing Cancer Together (FACT)

Tuesdays, 6:30 – 8:00 pm

FACT is an ongoing weekly support group for people with any type or stage of cancer and is appropriate for patients who are newly diagnosed, in treatment, completing treatment or living with cancer as a chronic illness. Attendance every week is not required, and participants are encouraged to attend as they are able. This group meets at the same time as the weekly group for caregivers.

Caregiver Support

Tuesdays, 6:30 – 8:00 pm

This support group embraces the importance of those dedicated to caring for loved ones who are living with cancer and provides opportunities to network with other caregivers facing similar struggles.

CANCER SPECIFIC GROUPS

†Brain Tumor	First and third Wednesday of each month	6:30 – 8:00 pm
*Brain Tumor	Second Wednesday of each month	6:00 – 7:30 pm
Breast (General)	Third Monday of each month	7:00 – 8:30 pm
Breast (Mastectomy)	Fourth Wednesday of each month	6:30 – 8:00 pm
Breast (Metastatic)	Third Monday of each month	6:30 – 8:00 pm
Gynecological	First Monday of each month	7:00 – 8:30 pm
Grief Support Groups	See page 9 for details	
†Leukemia, Lymphoma, Multiple Myeloma	Fourth Monday of each month	6:30 – 8:00 pm
*Lymphedema	Monday, March 11	7:00 – 8:30 pm
US TOO Prostate	Third Tuesday of each month	10:30 – 11:30 am
*Head and Neck	Meets quarterly, first Monday of the month beginning January 7	6:00 – 7:30 pm
†Living Water	First and third Saturday of each month	10:00 – 11:00 am

†Caregivers welcome.
*Meets in Warrenville. See page 20 for more information.

Support groups are recommended for patients who are newly diagnosed, currently receiving any type of cancer treatment, or within five years of completing treatment.

Breast cancer programs are sponsored by Bears Care®

BEARS CARE

Family Focus

LIVING WELL WITH FAMILY

Young Chefs Cook

Tuesdays, February 26, March 19 and April 23,
4:30 – 5:30 pm

Presented by Mary Zupke, MS, RDN, LDN, FAND,
Northwestern Medicine

Children and teens will learn how to transform farm-fresh healthy foods into delicious snacks, unique school lunches and simple dinners. They will channel enthusiasm and creativity in the kitchen while learning more about eating healthy after cancer. Open to children ages 5 to 18; parents are encouraged to attend.

February 26	Bowls Bowls Bowls!
March 19	Asian Take on Dinner
April 23	Bonjour to French Cooking!

Valentine's Day Celebration: Love the One You're With

Thursday, February 14, 4:30 – 6:00 pm

Join us for heart-shaped pizza for dinner, Jim Dine inspired art, and handmade Valentines.

JUST 4 KIDS

Time Out

Starting Thursday, January 3, 4:30 – 5:30 pm

Open to potty-trained children ages 3 and 4 who have been impacted by cancer. Designed to give kids a break from the cancer experience. This group provides recreational activities that vary from meeting to meeting.

Club Brave-heART

Starting Thursday, January 3, 4:30 – 5:30 pm

Facilitated by Cheri Hunt, art instructor, LivingWell

Club Brave-heART supports children between the ages of 5 and 9 who are receiving cancer treatment, are cancer survivors, have a parent currently in cancer treatment or have recently experienced the loss of a family member to cancer. This program provides a safe and fun environment where children can express themselves through a variety of art projects and spend time with other children who are experiencing similar situations.

Children and Teen Counseling Services

Changes in a child's mood or behavior are common with the cancer experience. LivingWell offers counseling to help meet the unique needs of children impacted by a cancer diagnosis.

The Colette A. Miles Foundation
Friends for Courage

Club Courageous

Starting Thursday, January 3, 4:30 – 5:30 pm

Facilitated by Kelley Navar, LCPC, LivingWell

The Club Courageous program curriculum includes

supportive and fun activities to help children learn valuable communication tools and coping skills. The program helps children process and express the many emotions that often accompany a cancer diagnosis, including fear, sadness and grief. Open to children between the ages of 10 and 15 who are receiving cancer treatment, are cancer survivors, have a parent currently in cancer treatment or have recently experienced the loss of a family member to cancer.

Living Well With Men Like Me

Men's Breakfast

Third Saturday of each month, 8:00 – 10:00 am

Enjoy a hot breakfast while you listen to guest speakers address different topics each month. Share information and stories, and discuss current events with other men impacted by cancer. Discover new information and camaraderie in this community for men.

January 19	Servant Leadership – Lessons Learned the Hard Way, Tony Mann, MBA, Author
February 16	Importance of Lower Extremity Strength, Nicole Zachwieja, Exercise Physiologist, ACSM, Delnor Health and Fitness Center
March 16	Healthy Eating, The Mediterranean Way!, Nancy Zawicki, MS, RD, LDN, Northwestern Medicine/LivingWell
April 20	Interactive Cancer Boxing Demo, Delilah Matos, Beautiful Fighter®

Fit-Date Night

Mondays beginning February, 2019, 4:15 – 4:45 pm

Make fitness with your loved one a weekly priority. Come in and exercise, then go out for a date of your own choosing. Strengthen your body, strengthen your bond!

Men's Fitness and Stretch

Third Tuesday of each month, 11:30 am – 12:15 pm beginning February 2019; first and third Thursday of each month, 6:30 – 7:00 pm beginning January 2019.

Men will use hand-held weights and medicine balls for strength training. In addition, the class will work on core strength and balance challenges, and will conclude with an overall body stretch.

Us TOO Prostate Cancer Support Group

Third Tuesday of each month, 10:30 – 11:30 am

Share experiences and learn about treatment options, pain control, nutrition, mental health, coping strategies and more. LivingWell is proud to partner with Presence Saint Joseph Hospital, Presence Mercy Medical Center and Oncology Chaplain Reverend Soren Flessen to bring this group to our center.

Presence®
Saint Joseph Hospital

Stress Management Services

LIVING WELL WITH RELAXATION

A physician's release form is required for massage, reflexology and facial appointments. Talk to your physician about any concerns you may have; you will need to submit the completed form to LivingWell before you schedule an appointment. Please note that appointments are limited and priority is given to participants in active treatment.

Massage

A light, relaxing massage can be enjoyed by people at all stages of cancer. Massage has been shown to reduce stress, anxiety and depression; help with circulation; bolster the immune system; decrease pain and fatigue; and improve sleep. Experience the benefits of massage from one of our licensed therapists. Appointments are available at LivingWell in Geneva and Advocate Sherman Cancer Center in Elgin.

Reiki

Reiki is a gentle relaxation therapy that involves a practitioner using their hands to direct and improve the flow of energy to help support the body's own healing process. Reiki promotes deep relaxation, eases muscle tension, decreases stress and anxiety, improves attitude, and increases well-being. Appointments are available at LivingWell in Geneva and Advocate Sherman Cancer Center in Elgin.

Oncology Facials for Skin Health and Stress Relief

Cancer treatment may leave the skin sensitive and dry. Experience the benefits of a gentle, hydrating facial given by a licensed, oncology-trained esthetician. Appointments are available at LivingWell in Geneva and Warrenville.

Reflexology

Reflexology is the practice of applying appropriate pressure to specific areas of the feet that link to different parts of the body and corresponding organs. This technique is believed to have beneficial effects in supporting your overall health and well-being by decreasing pain, stress, anxiety and depression while boosting circulation that can increase energy. Studies have also shown that reflexology can help reduce nausea for those in active treatment. Appointments are available at LivingWell in Geneva and Warrenville.

Spa Night

Tuesday, February 12

Session 1: 6:00 – 6:45 pm, Session 2: 6:45 – 7:30 pm, and Session 3: 7:30 – 8:00 pm

Sign up to enjoy an evening of relaxation and rejuvenation through two mini-spa treatments, such as massage for back, feet, scalp and hands with paraffin. This annual event is provided courtesy of Tranquility Spa and Wellness Center, located in St. Charles. Tranquility Spa and Wellness Center will also be raffling off a complimentary massage to one lucky participant. Refreshments will be served.

LIVING WELL WITH ART

Art is a great way to express yourself and manage stress while having fun and creating one-of-a-kind artwork. Learn new skills and explore your creativity. No previous art experience is required. Priority registration is given to those who have not already attended and/or those currently in cancer treatment. Classes are open to those ages 16 and older. For questions about art classes, please contact Cheri Hunt at 630.262.1111.

Earth Day: Peace. Love. Sunshine.

Saturday, April 20, 9:00 – 11:00 am

Peace poles display uplifting messages about peace to all those around the world. Come and create your own personalized peace pole for your garden as we share this uplifting experience to celebrate earth day.

MONDAY

Oil Painting

First three Mondays of each month

10:00 am – 12:00 pm

Learn basic techniques of painting with oils from LivingWell local artist Robert Pennington.

Jewelry Making

Mondays, 10:00 am – 12:00 pm

Create one-of-a-kind jewelry and showcase your style.

Alcohol Inks

Mondays, 1:00 – 3:00 pm

Learn basic techniques of using alcohol and acrylic inks. Use different papers, tiles, glass and metal to create unique art.

TUESDAY

Journaling and Altered Art

Presented by Christine McMinn, LCPC, and Cheri Hunt, art instructor, LivingWell

Tuesdays, 11:00 am – 1:00 pm

Learn strategies to help put your thoughts and feelings down on paper. You will also be guided in ways to incorporate art into your journal.

Open Studio

Tuesdays, 1:00 – 3:00 pm

For those who can't make classes every week, or those who would like to pop in to continue their art or perfect their techniques and skills.

Tuesday Workshops

Second Tuesday of each month, 6:00 – 8:00 pm

January	Make a Chakra Bracelet and Yoga
February	Block of Intention
March	Elements of Soul Collage
April	Artist Trading Coins

WEDNESDAY

Watercolors

Wednesdays, 10:00 am – 12:00 pm

Learn basic techniques to create either a traditional or an abstract watercolor masterpiece, and let your stress melt away.

Paint, Print, Texture

Wednesdays, 1:00 – 3:00 pm

Learn a new way to cope with life's challenges using simple techniques for self-expression through art. You will be taught new techniques to combine painting, printing, ink and stenciling. Find your inspiration on paper.

THURSDAY

Zentangle and Zendoodle

11:30 - 1:30 pm

Explore the positive benefits of Zentangle and Zendoodle to help seek the silence and stillness of the soul while awakening the mind. Boost your creativity while healing yourself through relaxation and art. Finding a sense of peace and the unique way of getting through every day.

Open Studio

Thursdays, 9:00 - 11:00 am

For those who can't make classes every week, or those who would like to pop in to continue their art or perfect their techniques and skills.

Mindful Movements and Fitness

Living Well in Mind and Body

Support healing, increase flexibility and range of motion, reduce stress and sleep better with classes modified for a variety of needs. Registration required; priority registration given to participants in active treatment, and cancer survivors and caregivers who have not attended programs in the past.

GENEVA

Monday

9:00 – 10:00 am	Yoga
10:15 – 11:00 am	Movement for Circulation, Lymphedema and Neuropathy
11:15 am – 12:00 pm	Tai Chi Movement for Stress Relief
12:15 – 1:00 pm	Relaxation and Meditation
4:15 – 4:45 pm	Fit-Date Night
5:00 – 5:45 pm	Fitness for Bone Health
6:00 – 7:15 pm	Yoga

Tuesday

9:15 – 9:45 am	Yogilates
10:00 – 11:00 am	Gentle and Restorative Yoga
11:15 – 11:40 am	Yoga Discussion Group
1:00 – 1:45 pm	Balance and Core Fitness
5:15 – 5:45 pm	Pelvic Muscle Fitness
6:00 – 7:00 pm	Gentle and Restorative Yoga

Wednesday

9:15 – 9:45 am	Fitness for Bone Health
10:00 – 11:00 am	Yoga

Thursday

9:15 – 9:45 am	Yogilates
10:00 – 11:00 am	Gentle and Restorative Yoga
11:15 am – 12:00 pm	Chair Yoga
6:30 – 7:00 pm	Men's Fitness and Stretch *1st and 3rd Thursday of each month*
6:30 – 8:00 pm	Mindful Grieving: Expressing Grief Through Yoga and Mindfulness *See page 9 for details*

Friday

9:00 – 10:00 am	Fitness for Bone Health and Yoga
10:00 – 11:30 am	Manage Emotions Through Yoga *Every third Friday of the month*

Saturday (First and third Saturdays of each month)

11:00 am – 12:00 pm	Gentle and Restorative Yoga

WARRENVILLE

LivingWell Warrenville
4525 Weaver Parkway
Suite 103/Multipurpose Room

Monday

10:00 – 10:45 am	Movement for Circulation, Lymphedema and Neuropathy
11:00 am – 12:00 pm	Yoga
5:15 – 5:45 pm	Fitness for Bone Health
6:00 – 7:00 pm	Yoga

Tuesday

9:15 – 9:45 am	Tai Chi Movement for Stress Relief
10:00 – 10:45 am	Fitness for Cancer Recovery
11:00 – 11:45 am	Chair Yoga
6:00 – 6:45 pm	Relaxation and Meditation *First week of the month only*

Wednesday

6:00 – 7:00 pm	Gentle and Restorative Yoga *No classes the second Wednesday of each month*

Thursday

10:00 – 10:30 am	Fitness for Bone Health
10:45 – 11:45 am	Gentle and Restorative Yoga
1:00 – 1:45 pm	Balance and Core Fitness
5:15 – 5:45 pm	Pelvic Muscle Fitness *Every third Thursday of the month*
6:00 – 7:00 pm	Yoga

For all new participants, an individual consultation to help determine the appropriate wellness programs for you is encouraged.
Contact our wellness associate, Sheri Minnick, MS, ERYT, at 630.262.1111 or sminnick@livingwellcrc.org. TTY for the hearing impaired 630.933.4833.

Breast cancer programs are sponsored by Bears Care®

BEARS CARE®

GENTLE ACTIVITIES

Fitness for Cancer Recovery

Exercise targeted to manage the side effects of cancer treatment including osteoporosis, neuropathy, lymphedema and pelvic floor weakness. Learn safe ways to strengthen muscles, increase balance, and address tingling and pain.

Chair Yoga

Learn to increase balance, flexibility, mobility, stamina and strength while connecting with your body and its movements.

Gentle and Restorative Yoga

Mat-based yoga postures and restorative poses are performed with the help of bolsters and blankets. You must be able to get up and down from the floor.

Tai Chi Movement for Stress Relief

Focus on using breath in combination with tai chi movements to allow physical body stressors and anxiety to be released. This is a standing practice.

Pelvic Muscle Fitness

Lower abdominal cancer treatment can cause incontinence, affect sexual function, or cause prolapse in men and women. Practice exercises to stretch and strengthen pelvic muscles and minimize these common side effects of cancer.

Relaxation and Meditation

Quiet your mind through diaphragmatic breathing and guided meditation. Enjoy the benefits of reduced anxiety, stress and depression.

Fit-Date Night

Come in and exercise, then go out for a date of your own choosing afterwards. Strengthen your body, strengthen you bond!

icon indicates this class can be completed in a seated position.

REGAINING STRENGTH AFTER TREATMENT

Movement for Circulation, Lymphedema and Neuropathy

The lymphatic system needs help moving fluid through the body. These movements get the lymphatic system flowing and may help lymphedema. Class includes activities to help stimulate receptors of the hands and feet.

Balance and Core Fitness

Our most challenging and energetic class uses Bosu balls (inflated rubber hemisphere). Improve balance and core strength, and develop strong and supportive hip stabilizer and abdominal muscles.

Fitness for Bone Health

Individuals de-conditioned by cancer treatment and those who have osteoporosis/osteopenia can be prone to falls and fractures. Work to increase bone density and improve balance, coordination and flexibility.

Manage Emotions Through Yoga

Yoga uses physical postures, breath work and meditation to manage emotions and stress.

Men's Fitness and Stretch

Use hand-held weights and medicine balls for strength training, core strength and balance challenges, and conclude with an overall body stretch.

Yoga

Learn yoga postures that will reduce stress, increase flexibility, and support your healing and sleep. Both standing and mat yoga poses will be incorporated.

Yogilates

Increase balance, flexibility and strength using a Pilates ring, a mat and weighted balls. Emphasis is on core strength. This activity will provide a full-body workout.

Chicago class details listed on page 22. Elgin class details listed on page 23.

LivingWell Warrenville

Registration is required for all programs unless otherwise noted. Priority registration may be given to those who have not previously attended our programs.

WARRENVILLE

Northwestern Medicine®

Northwestern Medicine Cancer Center Warrenville
4405 Weaver Parkway, Patient Resource Room

Counseling Services

For many, the emotional experience of going through cancer can be as challenging as the physical aspects. Patients and caregivers may experience worry, shock, anger, sadness, denial, fear and guilt, which are normal and common reactions to cancer. LivingWell's counselors provide an opportunity to learn valuable coping skills that can make the experience less stressful. Services are available at LivingWell and at Northwestern Medicine Cancer Center Warrenville.

Brain Tumor Resource and Support Group

Second Wednesday of each month, 6:00 – 7:30 pm

Northwestern Medicine Cancer Center Warrenville
4405 Weaver Parkway, First Floor Waiting Room

Patients with brain tumors oftentimes face unique challenges. This support group provides a safe place for patients and caregivers to connect and discuss resources, give and receive support, address medical-related questions with a clinical facilitator and attend educational talks. Facilitated by a LivingWell social worker and neuro-oncology APN.

Head and Neck Cancer Support Group

Meets quarterly, first Monday of the month beginning Monday, January 7, 6:00 – 7:30 pm

Northwestern Medicine Cancer Center
4405 Weaver Parkway, Garden Conference Room, Warrenville (January, April, July)

If you have been impacted by head, neck or esophageal cancer, attend our quarterly meetings to learn more about these specific diseases with fellow patients, caregivers and trained staff.

Lymphedema Support Group

Monday, March 11, 7:00 – 8:30 pm

LivingWell Warrenville
4525 Weaver Parkway, Multipurpose Room/ Suite 103, Warrenville

Network, connect and share ideas with other individuals struggling with lymphedema. The group is facilitated by a certified lymphedema therapist and LivingWell counselor.

1 Northwestern Medicine Cancer Center
4405 Weaver Parkway, Warrenville

2 Northwestern Medicine Chicago Proton Center
4455 Weaver Parkway, Warrenville

3 LivingWell Warrenville
4525 Weaver Parkway, Warrenville

Warrenville Look Good... Feel Better®

LivingWell Warrenville
4525 Weaver Parkway, Suite 103/Multipurpose Room
Warrenville

Learn how to use wigs, scarves, hats and other accessories after hair loss. Education on nail care and a 12-step skin care and makeup program will be shared. This program is offered in partnership with the American Cancer Society and includes a complimentary cosmetic kit provided by the American Cancer Society. Please call 630.262.1111 for dates and times.

Warrenville Transitions: Nutrition During Survivorship

Mondays, January 21 – March 11, 1:00 – 2:00 pm

LivingWell Warrenville

4525 Weaver Parkway, Multipurpose Room/Suite 103, Warrenville

Learn how to manage a healthy weight after treatment to reduce the risk of cancer recurrence. Focus will be on nutrition, exercise and behavioral changes to meet your weight goal. Participate in weekly weigh-ins and optional activities, such as a food diary and challenges to earn incentive points to earn prizes. Those who have completed the program will receive a Next Steps certificate.

January 21	Introduction and Healthy Eating
January 28	Portion Control and Eating Out
February 4	Exercise
February 11	Why Do We Eat?
February 18	Meal Planning
February 25	Label Reading and Shopping
March 4	Healthy Cooking and Food Prep
March 11	Putting It All Together – Moving Forward

WIG BOUTIQUE

LivingWell Warrenville
4525 Weaver Parkway, Suite 103/Multipurpose Room, Warrenville

Each person diagnosed with cancer may receive one wig at no charge. The Wig Boutique is available by appointment only. Call 800.227.2345 to register. This program is offered in partnership with the American Cancer Society and includes wigs provided by the American Cancer Society.

Crystal Singing Bowls

Wednesday, February 20, 1:00 – 2:00 pm

Presented by Yolanda Lozano, Healing Hearts

LivingWell Warrenville
4525 Weaver Parkway, Suite 103/Multipurpose Room, Warrenville

Relax deeply and release stress while enjoying soothing sound vibration. This is a seated class and located in the Multipurpose Room.

Face the Fight and Win with Boxing Fitness

Mondays, January 21 – March 11, 3:00 – 3:45 pm

LivingWell Warrenville
4525 Weaver Parkway, Suite 103/Multipurpose Room
Warrenville

Presented by Delilah Matos, Beautiful Fighter®

Build confidence, regain trust in your body, and reduce stress. Join Delilah Matos, Certified USA Boxing Coach, for a low-impact, non-contact boxing class that will have you feeling empowered and ready to face any obstacle with impact!

Cancer Partnerships

CHICAGO

Wednesdays

Northwestern Medicine Prentice Women's Hospital
250 East Superior, Third Floor, Classroom R
Chicago

2:00 – 2:45 pm	Movement for Circulation, Lymphedema and Neuropathy
2:45 – 3:00 pm	Relaxation and Meditation
3:15 – 4:00 pm	Fitness for Cancer Recovery
4:00 pm	Wellness Consultations by appointment

There will be no class on January 16, 20 and 30.

DEKALB

Advanced registration not required. For more information call 815.748.2958.

Northwestern Medicine

Northwestern Medicine
Kishwaukee Hospital Cancer Center
10 Health Services Drive, DeKalb

DeKalb Cancer Support Group

Thursdays, 9:30 – 11:00 am

If you have been impacted by cancer, this is an opportunity to share experiences and learn from fellow patients, caregivers and trained staff in a safe and encouraging environment. Open to patients, caregivers and community members. Facilitated by Vickie Peyton, LCSW, OSW-C, Northwestern Medicine.

Dietitian's Dish

Fourth Thursday of each month, 9:45 – 11:00 am

Hy-Vee Kitchen
2700 DeKalb Avenue, Sycamore

Learn nourishing, healthy eating strategies for living with cancer and enjoy food demonstrations. Presented by Becky Sisler, RD, Northwestern Medicine.

ELGIN

Advocate Sherman Hospital

Advocate Sherman Cancer Center
1425 North Randall Road, Elgin

LivingWell Massage

Massage appointments are available for those living with cancer. See page 15 for more information on massage. Please call LivingWell at 630.262.1111 to set up an appointment.

LivingWell Reiki Energy Work

Reiki is a gentle relaxation therapy that supports the body's own healing process, promoting deep relaxation, well-being and inner peace. Please call LivingWell at 630.262.1111 to set up an appointment.

Presence Saint Joseph Hospital

Presence Saint Joseph Hospital

LivingWell Yoga

Fridays, 6:00 – 7:15 pm
77 North Airlite Street, Auditorium, Elgin
There will be no class on February 8 or February 15.

WINFIELD

Ronald McDonald House Near Central DuPage Hospital

Ronald McDonald House®
Near Central DuPage Hospital
0N150 Winfield Road, Winfield

LivingWell Art Classes

Third Monday of every month

Offered to residents of Ronald McDonald House Near Central DuPage Hospital.

Winfield Club Courageous

Tuesdays, January 8 – April 30, 4:30 – 5:30 pm

Club Courageous is a support group for children in cancer treatment and their siblings, ages 7 to 12. Attendees will participate in a variety of activities to help process their cancer experience. Facilitated by LivingWell counselors and social workers. Attendees do not need to be residents of Ronald McDonald House.

LivingWell
CANCER RESOURCE CENTER
part of Northwestern Medicine®

442 Williamsburg Avenue
Geneva, Illinois 60134

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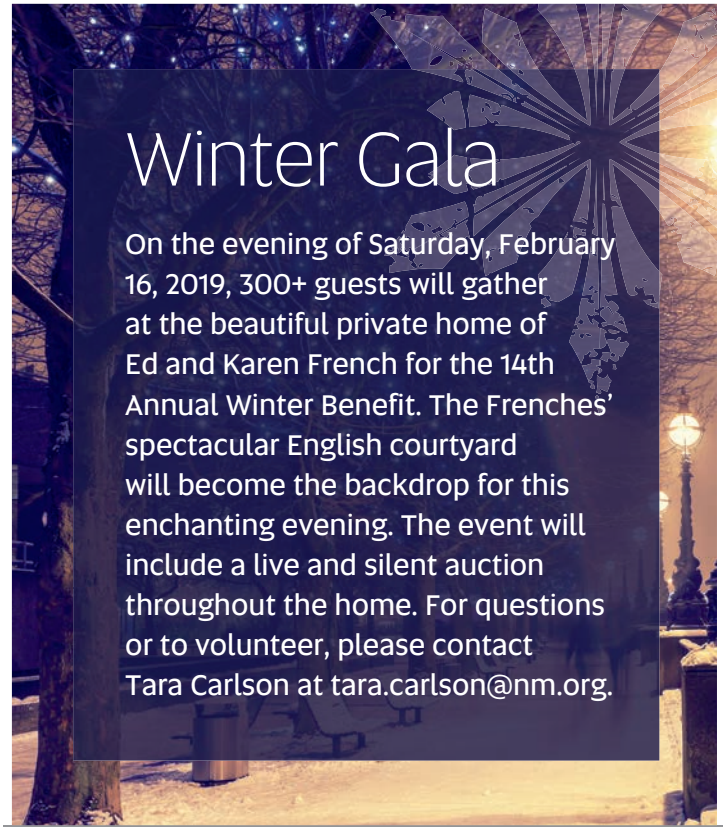

Winter Gala

On the evening of Saturday, February 16, 2019, 300+ guests will gather at the beautiful private home of Ed and Karen French for the 14th Annual Winter Benefit. The Frenches' spectacular English courtyard will become the backdrop for this enchanting evening. The event will include a live and silent auction throughout the home. For questions or to volunteer, please contact Tara Carlson at tara.carlson@nm.org.

Bridge Walk

Saturday, May 18

Enjoy a beautiful morning walk at LivingWell's annual Bridge Walk along the Fox River. The event includes entertainment, food and a celebration of the lives of those who have been touched by cancer. Walk for a great cause. You can create a team or volunteer at the event.

For more information, please contact Tara Carlson at tara.carlson@nm.org.

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