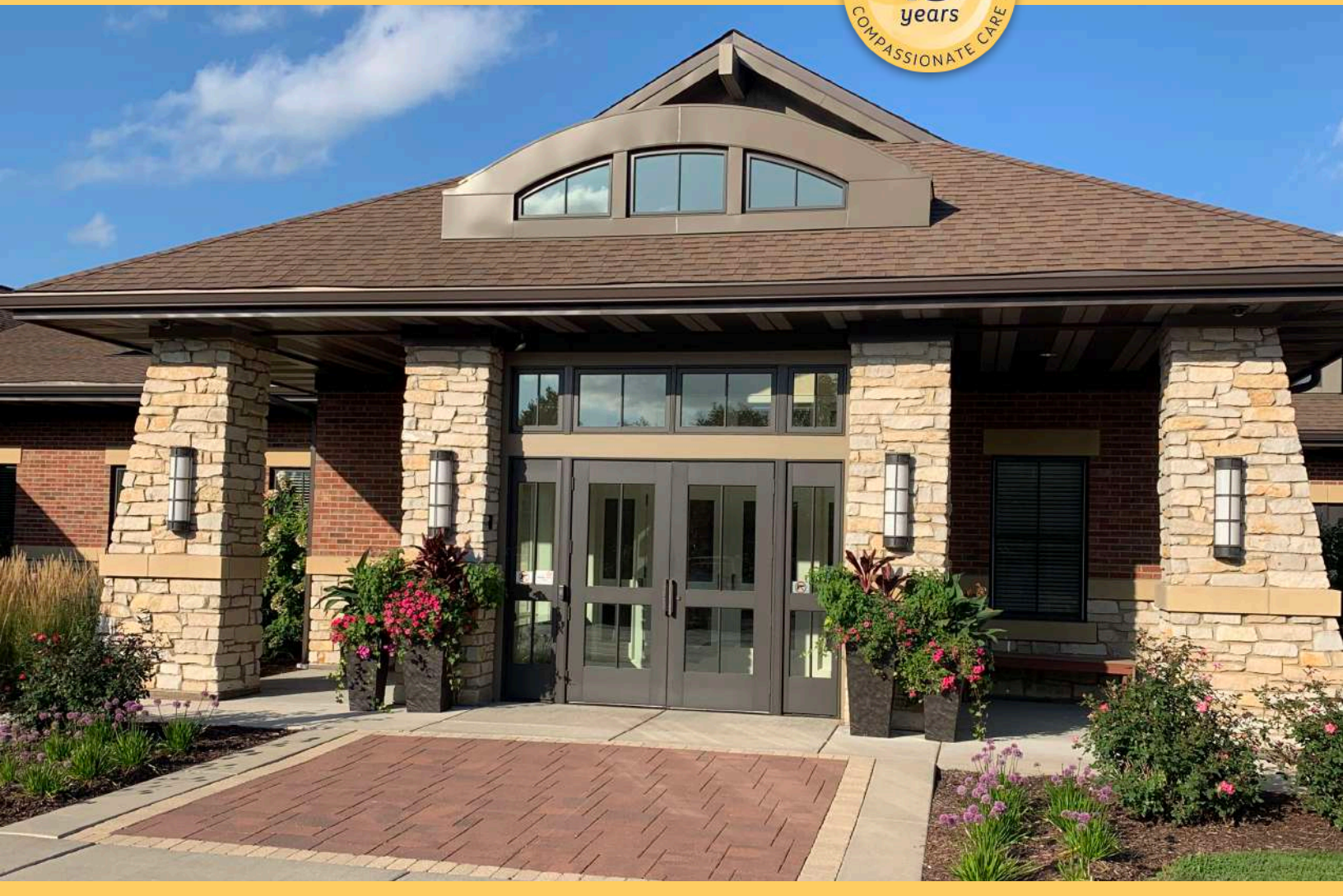


Fall 2020 Program Guide

LivingWell
CANCER RESOURCE CENTER

part of
Northwestern Medicine



So much has happened since opening day of the LivingWell Cancer Resource Center on September 1, 2005, and yet our mission remains the same: to provide compassionate care that empowers, encourages, supports and offers hope to patients with cancer and their families.

Help us celebrate our 15th anniversary by utilizing our free programs and services—online and onsite—and sharing them with others impacted by cancer.

Visit livingwellcrc.org

Follow Facebook.com/livingwellcrc and YouTube.com/c/livingwellcrc

Living Well Online

The LivingWell Cancer Resource Center offers several online programs and support groups as well as telehealth for counseling and social work services. All offerings are free to patients with cancer and their families/caregivers.

► View all virtual programs and services at livingwellcrc.org/digital.

Live Medical Discussions

Participate in the following weekly cancer-related discussions with top oncology physicians and clinicians on Facebook Live at facebook.com/livingwellcrc.

Wednesday, September 23, 1:00 pm

Precision Radiation Therapy: Transforming Cancer Care Through Advanced Technology
Dr. Adil Akthar, Radiation Oncology, Northwestern Medicine Chicago Proton Center

Monday, October 5, 1:00 pm

Rise in Tonsillar Cancer: What's Behind It?
Dr. Arpi Thukral, Radiation Oncology, Northwestern Medicine

Wednesday, October 14, 11:00 am

COVID and Cancer: What We Know Now
Dr. Kevin Most, Northwestern Medicine

Friday, October 23, 1:00 pm

What is "Hot Chemo" or Hyperthermic Intrathoracic Chemotherapy (HITHOC)?
Dr. John Abad, Northwestern Medicine Regional Medical Group

Tuesday, November 10, 4:30 pm

Nerve-Sparing "NeuroSAFE" Procedure for Prostate Cancer: Is this an option for me?
Dr. Ricardo Soares, MD, Northwestern Medicine Regional Medical Group

Tuesday, November 17, 11:00 am

New Treatments Spur Reduction in Lung Cancer Mortality Rate
Dr. Mary Jo Fidler, Rush University Medical Center

Wednesday, December 2, 1:00 pm

Tamoxifen/Aromatase Inhibitors and Breast Cancer
Dr. Faisal Saghir, Northwestern Medicine KishHealth System Cancer Center



Friday, December 11, 1:00 pm

Clinical Trials: What's Available and How Can I Participate?
Dr. Vinai Gondli, Northwestern Medicine

Thursday, December 17, 3:00 pm

Advanced Care Planning and the Role of Palliative Care in the Equation
Dr. Mark Speyer, Northwestern Medicine Regional Medical Group

Thursday, January 14, 1:00 pm

Guided Imagery as a Comfort Practice
Linnea Winquist, Marianjoy Rehabilitation Hospital



Watch recordings of previous Facebook Live discussions on our Facebook page or YouTube.com/c/Livingwellcrc.

Counseling and Social Work Services

Make an appointment to talk to a licensed LivingWell counselor or social worker from the comfort of your home.

Tele-Counseling

To help support patients with cancer and their family members during this unprecedented time, our team of LivingWell licensed clinical professional counselors are available for telephone counseling sessions. To schedule an appointment or initial consultation with a counselor, please email counseling@livingwellcrc.org.

In-Person and Tele-Social Work

LivingWell's oncology social work team connects individuals and families impacted by cancer with financial resources, education, medication and transportation assistance, removes barriers to care, and addresses a number of other concerns that impact emotional health and well-being during a cancer journey. To contact a LivingWell oncology social worker, please email info@livingwellcrc.org.

"Ask a Counselor" Series

Watch and participate in the video series "Ask a Counselor" at [YouTube.com/c/livingwellcrc](https://www.youtube.com/c/livingwellcrc), where LivingWell counselors address questions and concerns about life as a patient, caregiver or bereaved as well as managing the stress of the quarantine and COVID-19. Want your questions, issues or concerns addressed in future "Ask a Counselor" episodes? Submit them to counseling@livingwellcrc.org.



Back-On-Track Survivorship Series Mondays, October 12 – November 23 6:30 – 7:45 pm

Many patients find themselves wondering, "Now what?" after their cancer treatment ends. This seven-week online "Back-on-Track: Surviving Survivorship" series, presented by Missy Petty, LCPC, is designed to help both patients and caregivers navigate the challenges people experience as they transition into survivorship. Topics 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 throughout the entire free series is encouraged but not mandatory.

► Register and receive the link to join this series by emailing info@livingwellcrc.org and include "Survivorship Series" in your subject line.

Virtual Wig Consultations

For patients experiencing hair loss as a result of cancer treatments, LivingWell now offers virtual wig consultations. Our wig specialists will help you choose a wig that fits your needs, lifestyle and budget from the privacy of your home.



► To schedule a virtual wig consultation, visit bit.ly/WigConsult.

Support Groups

The following LivingWell support groups meet virtually. To receive a link to join one, email counseling@livingwellcrc.org and put “support group” in your subject line.

Caregiver Support

Every other Tuesday, 6:30 – 7:30 pm.

(September 29, October 13, 27, November 10, 24)

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 challenges.

Facing Cancer Together (FACT)

Every other Tuesday, 6:30 – 7:30 pm.

(September 29, October 13, 27, November 10, 24)

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.

Young Adults With Cancer

Second Monday of each month, 6:30 – 7:30 pm.

Being a young adult (ages 18-39) with a cancer diagnosis presents unique challenges. Facilitated by a LivingWell counselor, this support group provides young adults with cancer a place to connect, share personal experiences and learn valuable coping skills.

Good Grief

First and third Thursdays of each month

6:30 – 8:00 pm

Navigating life after loss is challenging, but 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 – 7:30 pm

Provides support to those individuals who lost an adult loved one and are navigating life with grief after the one year mark of their loss and up to three years beyond.

Journaling and Altered Art

Every other Tuesday, 11:00 am – 12:00 pm

(September 22, October 6, 20, November 3, 17, December 1, 15, 29)

Learn strategies to help put your thoughts and feelings down on paper and incorporate art into your journal.

Leukemia, Lymphoma, Multiple Myeloma

Fourth Monday of each month, 6:30 – 7:30 pm

Supports any individual living with a leukemia, lymphoma, or multiple myeloma diagnosis—as well as those caring for a loved one with one of those diagnoses.

Brain Cancer

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

Co-facilitated by LivingWell social work and neuro-oncology APN to provide support and education to patients who have a diagnosis of a primary brain tumor. Caregivers are welcome to attend.

Breast (General)

Third Monday of each month, 7:30 – 8:30 pm

This group provides those with breast cancer to come together and support one another through diagnosis, treatment, and early survivorship. Facilitated by a Northwestern Medicine Breast Health Nurse Navigator.

Breast (Mastectomy)

Fourth Wednesday of each month, 6:30 – 7:30 pm

Open to any individual who has had or will be having a mastectomy to process the physical and emotional impact a diagnosis can have on those with a breast cancer diagnosis. Facilitated by a survivor and longtime LivingWell/Northwestern Medicine volunteer.

Breast (Metastatic)

Third Monday of each month, 6:30 – 7:30 pm

Support and connection with others who understand the challenges of living with a metastatic breast cancer diagnosis.

Us TOO Prostate

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

Provides educational resources and support to those impacted by prostate cancer. **Join the meeting**

Men's Networking Group

Third Saturday of each month, 8:00 – 9:30 am

Monthly guest speakers and discussion with other men impacted by cancer. **Join the meeting**

Special Programming

Navigating Medicare:

Medicare A, B and Supplemental Coverage: Part I

Wednesday, October 7, 6:00 – 7:30 pm

LivingWell lead social worker, Rebecca Ness, LCSW, will cover how Medicare A & B work and what they *do* and *do not* cover. Supplemental coverage will also be reviewed on how to fill the gaps of Medicare. The last 30 minutes will be set aside for Q&A.

Join Part I Webinar or call-in at +1 872-240-1267
Conference ID: 400 386 723#

Navigating Medicare:

Medicare D and Advantage Plans: Part II

Tuesday, October 13, 6:00 – 7:30 pm

LivingWell lead social worker, Rebecca Ness, LCSW, will do a deep dive into Medicare Part D and how this coverage works. (Open enrollment to make changes to Medicare Part D is October 15 through December 7.) Medicare Advantage plans and the pros and cons of these plans will also be covered. The last 30 minutes will be set aside for Q&A.

Join Part II Webinar or call in at +1 872-240-1267
Conference ID: 691 024 11#

VINCIBLE Film Showing and Discussion

Thursday, October 29, 6:45 – 9:00 pm

VINCIBLE is a documentary that follows 27-year-old cancer survivor, Kayla Redig, as she creates a voice for the 69,999 other young people who lose their youth to this disease each year. Join us with Wellness House in Hinsdale for a virtual watch party and post-film discussion with Kayla.

Register at <http://bit.ly/LWVincible>.

Night of Remembrance Ceremony

Monday, December 7, 6:30 pm

Spend an evening honoring and remembering your loved one in community with others who understand what it's like to be grieving during the holidays. This virtual Night of Remembrance Ceremony, hosted by LivingWell Counselor, Christine McMinn, MSEd LCPC CT, will include a blessing from Northwestern Medicine Chaplain, Karen Pugliese, MA, BCC-PCHAC, meaningful ways to feel connected to your loved one provided by LivingWell's art instructor, Cheri Hunt, opportunity for reflection, and a special video tribute to those we hold in our hearts this season. Register and receive a link for this online event by emailing info@livingwellcrc.org by Monday, November 30. Please put "Night of Remembrance" in your subject line and include a picture of your loved one along with their name to be included in the tribute video.



Family Fun!

Open to all families impacted by cancer.

LivingWell Pumpkin Patch

Friday, October 16, 3:00 - 6:00 pm

Swing by LivingWell's parking lot in Geneva, during our pumpkin patch open hours and have your family pick out a pumpkin right from your car! We'll load it in your trunk and make sure you are all set for Halloween. Reserve your family's pumpkin by e-mailing info@livingwellcrc.org and put "Pumpkin Patch" in your subject line.

Holiday Joy Family Craft Night

Thursday, December 10, 5:00 - 7:00 pm

Enjoy a night at home with your family, crafting online with LivingWell's art instructor, Cheri Hunt. To register and receive a link to join this virtual event, e-mail info@livingwellcrc.org and put "Holiday Joy" in your subject line along with number of participating family members.

Virtual Story Time with Santa

Tuesday, December 15, 7:00 - 8:00 pm

Santa will be reading stories from LivingWell's library and your family can join in virtually! To register and receive a link to participate, e-mail info@livingwellcrc.org and put "Santa Story" in your subject line along with number of participating family members.



Wellness and Stress Management

Live well with art, good nutrition and relaxation and meditation this fall. Learn how to meditate and take advantage of our on-demand culinary and art classes that you can view anytime on our YouTube channel.



“Quick Bites” Cooking Classes

Watch 20-plus episodes of “Quick Bites” culinary classes filmed in the LivingWell kitchen with Northwestern Medicine/LivingWell dietitians, Nancy Zawicki, RD, LDN, MS, and Mary Zupke, RD, LDN, MS, FAND, on our YouTube Channel at [YouTube.com/c/livingwellcrc](https://www.youtube.com/c/livingwellcrc).



NEW! Learn How to Meditate Series

*Tuesdays, October 13 – November 17, 1:30 - 2:30 pm
Limited to six students*

Meditation is a simple process, however, it is best to learn to meditate from experience. LivingWell yoga and wellness instructor, Sheri Minnick, MS, E-RYT, YACEP, ACE GFI, teaches this six-week series based on the book, “Moving Inward: The Journey to Meditation” by Rolf Sovik, PsyD. Each participant will receive this book prior to the start of class at no cost.

During the six-week series you will learn how to establish a daily meditation practice, recognize fear, take steps to free yourself from worries, and experience the joy of being fully present in the here and now.

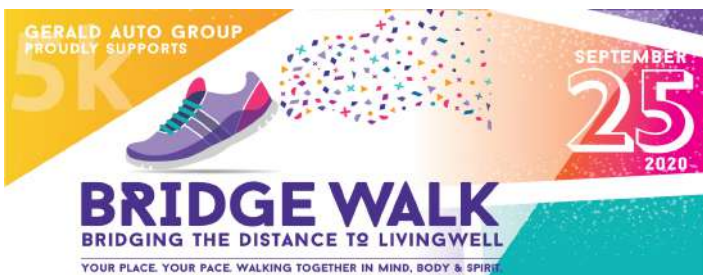
Please note: This is a progressive series, participants must be committed to attending all six sessions.

► To register and receive the link to join this series, email info@livingwellcrc.org and put “meditation” in the subject line.



“Art Adventures” Projects

Get creative at home with “Art Adventures” art projects designed by LivingWell art instructor, Cheri Hunt, on our YouTube Channel at [YouTube.com/c/livingwellcrc](https://www.youtube.com/c/livingwellcrc).



Bridge Walk 2020

Join us for the 15th Annual LivingWell Bridge Walk on Friday, September 25, 2020! This year's event is virtual and combined with Northwestern Medicine's Cancer Survivors' Day Celebration.

► Register: [LivingWellcrc.org/bridgewalk](https://www.livingwellcrc.org/bridgewalk)

Online Yoga and Fitness Classes

Take weekly online classes with LivingWell fitness/yoga instructors. For links to each class, please contact info@livingwellcrc.org. (To participate, you must have a current LivingWell New Participant Form and Medical Release Form on file. Access forms at livingwellcrc.org/forms.)



Mondays

9:00 – 10:00 am, Yoga with Sheri Minnick

Learn yoga postures that will reduce stress, increase flexibility, and support your healing and sleep. Both standing and mat yoga poses will be incorporated. (This class changed from Gentle and Restorative Yoga.

10:00 – 10:45 am, Chair Yoga with Sheri Minnick

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

Tuesdays

10:00 – 10:45 am, Chair Fitness for Cancer Recovery with Jennifer Artman

Movements in this class are designed to increase strength and get the lymphatic system flowing. For this class, we will be using a set of dumbbells. As an alternative, you can use soup cans, bottles of water, or something similar.

11:00 – 11:30 am, Balance and Core Fitness with Jennifer Artman

Improve balance and core strength, and develop strong and supportive hip stabilizer and abdominal muscles.

Wednesdays

9:15 – 10:00 am, Beginner Tai Chi with Sheri Minnick

Focus on using breath in combination with Tai Chi movements to allow physical body stressors and anxiety to be released.

10:00 – 11:00 am, Gentle and Restorative Yoga with Sheri Minnick

Focus on your breathing, a full body warmup, gentle movements and end with a guided relaxation.

Thursdays

10:00 – 10:45 am, Fitness for Cancer Recovery with Jennifer Artman

Manage the side effects of treatment through exercise. Increase strength, stamina and balance. In this class, we will be using a set of dumbbells. As an alternative, you can use soup cans, bottles of water, or something similar.

11:00 – 11:45 am, Core and Flexibility with Jennifer Artman

Increase balance, flexibility and core strength. Modifications will be given for those with physical limitations. Both standing and mat-based exercises will be performed. Please have a yoga or pilates mat for this class.

Living Well Onsite

This fall, six onsite yoga and fitness classes have been added! All onsite classes will have a limit of eight participants per class. Participants can sign up for up to two onsite classes per month. This does not apply to virtual classes, which have no limits.



Registration Details

A completed LivingWell Participant Information Form, Release of Liability Form and current Medical Release Form must be on file. (Access all forms at livingwellcrc.org/forms.)

All participants must pre-register for each onsite class by emailing info@livingwellcrc.org. In your registration email, please let us know the class(es) and date(s) you are signing up for (e.g., Monday, November 9, BOSU Balance and Core class). Participants can sign up for up to two onsite classes per month.

Please register at least 48 hours before a class starts so we have time to process your registration and confirm that there is still room in the class. We want to save you a trip if we have reached capacity! If you are unable to attend one of your classes, please provide LivingWell at least 48 hours cancellation notice.



Onsite Fitness/Yoga Class Schedule

Mondays

- 9:15 - 9:45 am, BOSU Balance and Core - Instructor Jennifer Artman
- 10:30 - 11:15 am, Fitness for Cancer Recovery - Instructor Jennifer Artman

Tuesdays

- 10:45 - 11:15 am, Core and Pelvic Muscle Strength - Instructor Susan Litviak
- 12:00- 1:00 pm, Yoga - Instructor Susan Litviak

Thursdays

- 9:00 - 9:45 am, Tai Chi - Instructor Susan Litviak
- 10:30 - 11:15 am, Chair Yoga - Instructor Susan Litviak

Health and Safety Measures

- Classes are limited to eight participants.
- Stickers will be placed on the studio floor to help participants know where to stand/place your mats. This will help to ensure proper social distancing during class.
- Masks (provided by LivingWell) need to be worn throughout the LivingWell facility and during class.
- Participants will not be able to congregate inside LivingWell before or after class at this time.
- Studio floor will be sanitized after each class.
- All equipment used will be sanitized after each class.
- **Participants must bring their own mats for all yoga and mat classes. Participants can choose to bring in their own blankets, bolsters and blocks, if needed, however, we will *not* be providing these for you at this time.**
- Upon entering LivingWell, you will be required to go through a brief COVID screening and have your temperature taken. Please arrive approximately 15 minutes before class time to complete this screening.