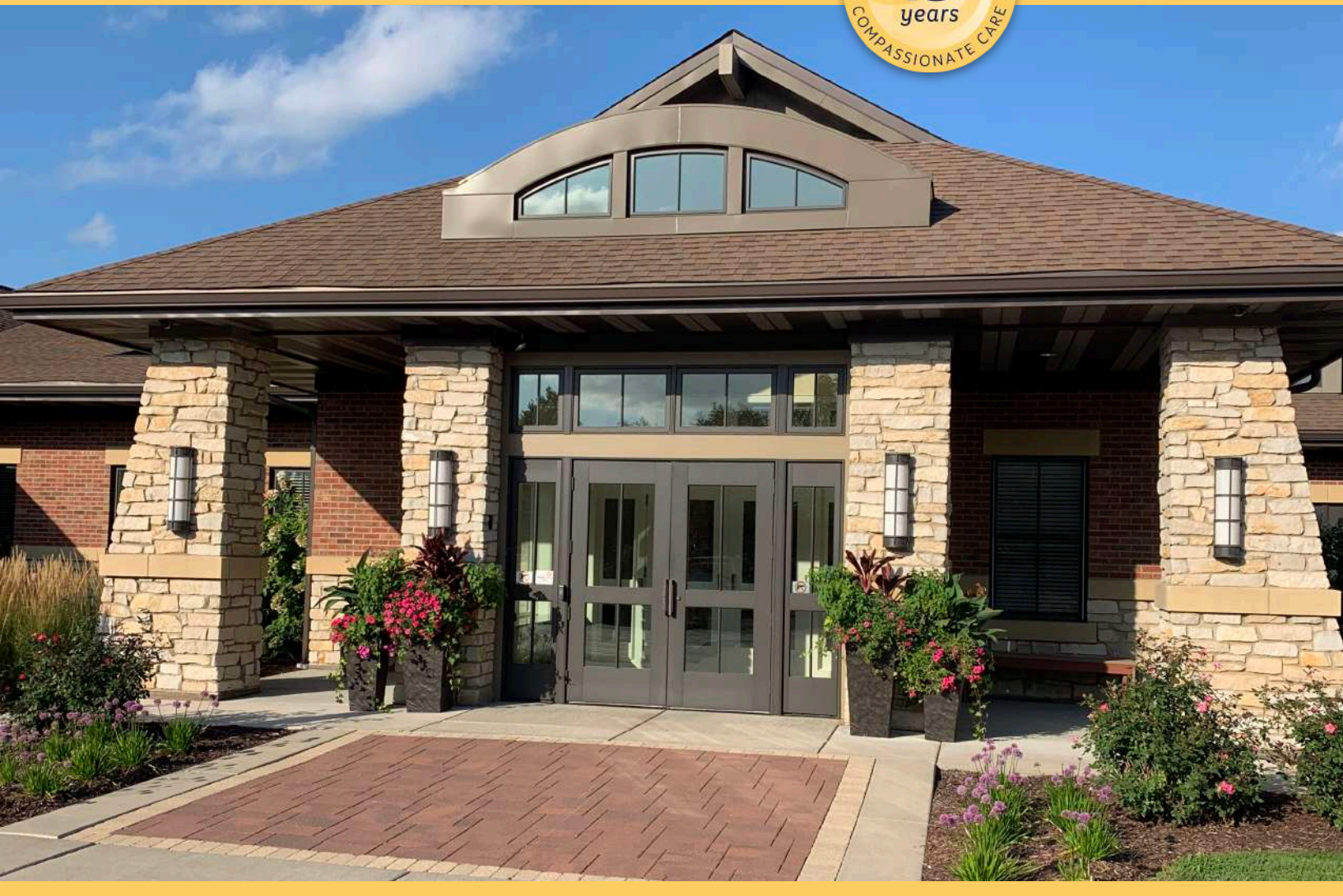


# Fall 2020 Program Guide

LivingWell  
CANCER RESOURCE CENTER

part of  
M 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](https://livingwellcrc.org)

Follow [Facebook.com/livingwellcrc](https://Facebook.com/livingwellcrc) and [YouTube.com/c/livingwellcrc](https://YouTube.com/c/livingwellcrc)

# Living Well Online

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

► View all virtual programs and services at [livingwellcrc.org/digital](https://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](https://facebook.com/livingwellcrc).

### Wednesday, December 2, 1:00 pm

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

### Friday, December 18, 1:00 pm

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

### Thursday, January 14, 1:00 pm

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

### Tuesday, January 19, 1:00 pm

Pelvic Floor Therapy: Is it for you?  
*Jamie Justice, PT, WCS, Empower Women's Health & Wellness*

### Friday, January 29, 9:00 am

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

### Friday, February 12, 1:00 pm (this will be live via Microsoft Teams: **Join the Discussion**)

Panel Discussion with Three Top Breast Surgeons  
*Dr. Mary Ahn, Dr. Batul Al-Zubeidy, Dr. Swati Kulkarni, FACS, Breast Surgery, Northwestern Medicine*

### Wednesday, February 17, 1:00 pm

Your Metabolic Health and Your Risk of Cancer  
*Dr. Elizabeth Lowden, Bariatric Endocrinology, Northwestern Medicine Regional Medical Group*

### Friday, March 5, 1:00 pm

New Lymphedema Surgery Options for Patients with Breast Cancer  
*Sumanas Jordan, MD, PhD, Plastic and Reconstructive Surgery, Northwestern Medicine*

### Thursday, March 11, time TBD

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

### Tuesday, March 16, 1:00 pm

The Basics of Sleep and Sleep Improvement While Living with a Cancer Diagnosis  
*Dr. Kuljeet Gill, Sleep Medicine, Northwestern Medicine Regional Medical Group*

### Tuesday, April 6, 1:00 pm

What Causes Cancer?  
*Dr. Robert Bayer, Hematology and Medical Oncology, Northwestern Medicine Regional Medicine Group*

### Wednesday, April 28, 1:00 pm

Integrative Medicine: What Is It and How Can It Benefit Patients with Cancer?  
*Elizabeth Addington, PhD, Psychology, Northwestern Medical Group, Assistant Professor of Medical Social Sciences, Feinberg School of Medicine*



Watch recordings of previous Facebook Live discussions on our Facebook page or [YouTube.com/c/Livingwellcrc](https://YouTube.com/c/Livingwellcrc).

## Counseling and Social Work Services

LivingWell oncology trained and licensed 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.

### 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](mailto:counseling@livingwellcrc.org).

### 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 connect with a LivingWell oncology social worker, please email [info@livingwellcrc.org](mailto: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](mailto: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](mailto:info@livingwellcrc.org) and include your first and last name and "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](https://bit.ly/WigConsult).

## Support Groups

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

### Caregiver Support

*Every other Tuesday, 6:30 – 7:30 pm.  
(October 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.  
(October 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.

### 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 Tumor

*Second Wednesday of each month, 6:00 – 7:00 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*  
[Join the Meeting](#) (join by phone at 312.535.8110 access code: 177 958 0656)

*Fourth Tuesday of each month, 7:00 – 8:00 pm*  
[Join the meeting](#) (join by phone at 312.535.8110 access code: 177 011 1280)

Provides educational resources and support to those impacted by prostate cancer at two different dates and times per month.

### 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](#)  
*Please note: No meeting in December*

## Stress Management

Live well and take care of yourself at home with art projects and healthy meals. 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).



### “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).



## Family Fun!

Events open to all families impacted by cancer.



### Holiday Joy Family Craft Night

*Thursday, December 10, 6:00 - 7:30 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](mailto:info@livingwellcrc.org) and include your first and last name and “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](mailto:info@livingwellcrc.org) and include your first and last name and “Santa Story” in your subject line along with number of participating family members.



## Special Programming



### **Coping With Loss: Handling the Holidays and Significant Dates**

*Monday, November 2, 6:30 - 8:00 pm*

Holidays can mark a difficult time for those who have experienced a loss. It's common for individuals to feel some unease about facing this time of year. Join LivingWell counselor Christine McMinn, LCPC, for a presentation on how to set healthy expectations for significant dates, how to manage holiday traditions and family gatherings, and ways to take care of yourself through it all.

► To register and receive a link to join this virtual presentation, e-mail [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and "Coping With Loss" in your subject line.

### **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, MEd 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.

► To register and receive a link to join this virtual presentation, e-mail [info@livingwellcrc.org](mailto:info@livingwellcrc.org) by Monday, November 30. Please include your first and last name and "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.

### **Grief Writing Workshop**

*Thursday, January 21, 6:30 - 8:00 pm*

Join coach, author and speaker, John Polo, along with LivingWell Counselor, Christine McMinn LCPC CT, as John leads a virtual workshop to show how writing and journaling can aid in grief and the healing process. John will explain how writing helped him after the loss of his wife, and will walk you through various writing prompts so you can see if it can help you, too.

► To register and receive a link to join this virtual presentation, e-mail [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and "Grief Writing Workshop" in your subject line.



### **Love After Loss: Dating as a Widowed Person**

*Thursday, February 25, 6:30 - 8:00 pm*

Are you thinking about dating again? Or, have you already started? It's a lot to take in, isn't it? When should I start to date? How do I even date? Will others judge me for dating? How will anyone accept the love I have for my late spouse? Should I tell them right away? Are you riddled with guilt, or fear? Yeah, I figured. Let's discuss. Join LivingWell Counselor, Christine McMinn LCPC, CT, as she welcomes back coach, author and speaker, John Polo in this 90-minute virtual workshop where we will explore Love After Loss.

► To register and receive a link to join this virtual presentation, e-mail [info@livingwellcrc.org](mailto:info@livingwellcrc.org) and include your first and last name and "Love After Loss" in your subject line.

## Online Yoga and Fitness Classes

Take weekly online classes with LivingWell fitness/yoga instructors. For links to each class, please contact [info@livingwellcrc.org](mailto: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](http://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.

#### 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.

#### **NEW!** 10:45 – 11:15 am, Core and Pelvic Muscle Strength with Susan Litviak

Lower abdominal cancer treatment can cause incontinence, affect sexual function or cause pelvic organ prolapse in men and women. In the mat-based class, you will practice exercises to stretch and strengthen core and pelvic muscles, and minimize common side effects of cancer.

#### 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. Exercises in this class will be performed standing.

#### **NEW!** 11:30 – 12:30 pm, Yoga with Susan Litviak

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

### 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.

### Wednesdays, continued

#### 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.

#### **NEW!** 4:45 – 5:15 pm, Circuit Training for Bone Health with Jennifer Artman (Starts Wednesday, January 6)

Individuals de-conditioned by cancer treatment and those who have osteoporosis/osteopenia can be prone to falls and fractures. This standing class will emphasize timed strength training intervals of various exercises to help increase bone density. Class will include a warm up, individually guided circuit weight training (you make it as challenging as you need) and cool down. We will be using a set of dumbbells. As an alternative, you can use soup cans, bottles of water, or something similar.

#### **NEW!** 5:30 – 6:30 pm, Yoga with Mary Keane (Starts Wednesday, January 6)

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

### 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. Exercises in this class will be performed standing.

#### 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.

### Fridays

#### **NEW!** 10:30 – 11:30 am, Yoga with Rita Meier (Starts Friday, January 8)

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