

Winter 2021 Program Guide



a part of
Northwestern Medicine



Join our virtual medical discussions!

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](https://www.facebook.com/livingwellcrc) and [YouTube.com/c/livingwellcrc](https://www.youtube.com/c/livingwellcrc)

Living Well Online

The LivingWell Cancer Resource Center offers several virtual 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.

Live Medical Discussions

Medical updates and special presentations for living well. Watch recordings of previous Facebook Live discussions on our Facebook page or [YouTube.com/c/Livingwellcrc](https://www.youtube.com/c/Livingwellcrc).

Monday, March 1, 6:30 - 8:00 pm

I've Finished Cancer Treatment. What Now? Survivorship 101

Dr. Christopher George, Medical Director, Medical Oncology, Northwestern Medicine Regional Medical Group

• To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and "Survivorship 101" in your subject line.

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

• This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.

Thursday, March 11, 1:00 pm

What is Advanced Care Planning and How does Palliative Medicine Fit in the Equation?

Dr. Mark Speyer, Northwestern Medicine Regional Medical Group

• This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.

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

• This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.

Tuesday, April 13, 1:00 pm

Cancer as a Metabolic Disease: The Role of Food and Beyond

Dr. Christy Kesslering, Radiation Oncology, Northwestern Medicine

• To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and "Metabolic Disease" in your subject line.

Wednesday, April 28, 1:00 pm

Integrative Medicine: What Is It and What are the Benefits for Patients Diagnosed with Cancer?

Elizabeth Addington, PhD, Psychology, Northwestern Medical Group, Assistant Professor of Medical Social Sciences, Feinberg School of Medicine

• This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.

Tuesday, May 11, 1:00 pm

What Causes Cancer?

Dr. Robert Bayer, Hematology and Medical Oncology, Northwestern Medicine Regional Medicine Group

• This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.

Understanding the Low Carb, High Fat (LCHF) Ketogenic Diet

Every Third Wednesday (starts in April), 6:00 - 7:00 pm

Dr. Christy Kesslering, Radiation Oncology, Northwestern Medicine

Each month we will start with a presentation on various related topics followed by a Q&A session and networking. Topics will include:

- What is an LCHF/Ketogenic diet and why should I care?
- Frequently asked questions and common mistakes
- Review of the science from various health perspectives including weight, chronic disease, cancer, and fitness.

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

The emotional experience of cancer treatment can be as challenging as the physical experience. Our team of Licensed Clinical Professional Counselors can help patients and caregivers talk about their thoughts, feelings, and reactions to a diagnosis. To schedule an initial consultation or telephone counseling session, please email counseling@livingwellcrc.org.

Social Work

LivingWell's licensed social workers connect patients to resources and education to help reduce stress and remove barriers to care. Resources are available to help with transportation and lodging, managing household finances and employment challenges. Social workers are also available to help patients and caregivers cope after a diagnosis and treatment changes. To connect with a LivingWell social worker, please email socialwork@livingwellcrc.org.



Virtual Wig Consultations

For patients experiencing hair loss as a result of cancer treatments, LivingWell 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.



Back-On-Track Surviving Survivorship Series

Mondays, February 1 – March 15

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.

February 1: Pressure to Thrive

February 8: Discussion Group

February 15: Managing Moods, Stress, Feeling Stuck

February 22: Discussion Group

March 1: Survivorship Toolkit

March 8: Fear of Recurrence

March 15: Envisioning Your Future

• To register and receive a link to join this virtual series, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and “Survivorship Series” in your subject line.

Support Groups

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

Caregiver Support

Every other Tuesday, 6:30 – 7:30 pm

(January 5, 19; February 2, 16; March 2, 16, 30; April 13, 27)

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

(January 5, 19; February 2, 16; March 2, 16, 30; April 13, 27)

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.

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 a LivingWell social worker and neuro-oncology APN, this group provides 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, 6:30 – 7:30 pm

This group provides those with breast cancer to come together and support one another through diagnosis, treatment, and early survivorship.

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, 3:00 – 4:00 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.

(Please Note: On Tuesday, March 16, at 10:00 am, the US TOO Prostate support group has a guest speaker, Sara Sattler, Pivotal Rehab, who will be discussing incontinence and erectile dysfunction as they relate to prostate cancer side effects. [Join](#) this special meeting.)

Head and Neck

Monday, April 12, 6:00 – 7:00 pm

Open to anyone diagnosed with a head and neck cancer, this group provides an opportunity for participants to share personal experiences, coping strategies and receive education and information about treatment and post treatment changes.

Stress Management

Live well and take care of yourself at home by participating in our virtual meditation and journaling series.



Learn How to Meditate Series

Tuesdays, January 12 – February 16, 1:30 – 2:30 pm

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, and you must be committed to attending all six sessions to receive full benefit.

- *To register and receive a link to join this virtual series, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and “Meditation” in your subject line.*

Cultivating a Journaling Practice

Wednesdays, March 3, 10, 17, 24, 2:00 – 3:30 pm

Limited to eight students

This four-week series presented by Christine McMinn, LCPC CT and Cheri Hunt, Art Instructor, is aimed at helping you develop an art and journaling practice or deepen yours if you already have one. This class is designed to educate you on the benefits of journaling, empower you to start exploring your thoughts and feelings related to the impact of a cancer diagnosis on your life, and provide you with the skills, strengths, and strategies to continue your practice long after you complete this series. We'll incorporate journaling prompts, offer space for writing and reflection, explore how art can enhance your journaling practice and provide you with opportunity to connect, share and learn from others in class.

- *To register and receive a link to join this virtual series, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and “Journaling” in your subject line.*



Healing Through Art

Through a cancer journey, art is such a beautiful way to express yourself, explore untapped creativity, manage stress and help you connect with others. All LivingWell classes are facilitated by our art instructor, Cheri Hunt, and no previous art experience is required. Supply lists will be emailed to you prior to the start of class.

Helping Hand Art Workshop

Wednesday, January 6, 10:00 – 11:30 am

Draw a “helping hand” that will be shared with a patient undergoing cancer treatment at the Northwestern Medicine Delnor Cancer Center. While visitors are not allowed at the Center, your hand-drawn hand will carry a patient through an appointment or infusion treatment. We will draw together in this workshop and upon completion, you will take a photo of your finished piece and email it to Cheri Hunt for distribution at the Cancer Center. Cheri will provide her e-mail details during class.

- To register and receive a link to join this virtual class, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and “Helping Hand” in your subject line.

Line and Marker Drawing

Wednesdays, January 13, 20, 27, 10:00 – 11:30 am

A no-pressure drawing series to come and lose yourself in the fine art of distraction. During the month of January, make a self portrait, create optical art and Zentangle together. Attendance throughout this three-class series is encouraged but not mandatory.

- To register and receive a link to join this virtual series, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and “Line Drawing” in your subject line.



New “Class Pass” for Onsite Art Classes

As soon as we are safely able to reopen for onsite classes, you will have the ability to participate in all of our onsite art classes through an **Art Class Pass**. Similar to our “Exercise Class Pass” (see p. 9), the Art Class Pass will allow you to select up to 50 art classes to provide stress reduction and healing support throughout your cancer journey. You won't have to keep track of classes, either. We'll let you know when you are getting close to the limit.



(Please note: Participants can take an unlimited number of online art classes.)

Calming Mandalas

Wednesdays, February 3, 10, 17, 24, 10:00 – 11:30 am

This February, disconnect from any uncertainties and chaos and fall into a creative flow state that is both meditative and healing by creating geometric and colorful mandalas. Attendance throughout this four-class series is encouraged but not mandatory.

- To register and receive a link to join this virtual series, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and “Mandala” in your subject line.

NeuroGraphic Art

Wednesdays, March 3, 10, 17, 24, 10:00 – 11:30 am

Come join us during the month of March to learn about NeuroGraphic art. This freeform intuitive drawing practice helps release stress, fear and anxiety while creating one-of-a-kind pieces of art. Attendance throughout this four-class series is encouraged but not mandatory.

- To register and receive a link to join this virtual series, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and “Intuitive Drawing” in your subject line.

Vision Boards

Wednesdays, April 7, 14, 21, 28, 10:00 – 11:30 am

Learn how to create a variety of different vision/dream boards that will inspire you about life. You will create affirmations and intentions designed to help envision your future. Attendance throughout this four-class series is encouraged but not mandatory.

- To register and receive a link to join this virtual series, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and “Vision Boards” in your subject line.

Living Well With Nutrition

LivingWell offers two different series of virtual culinary classes to help patients with cancer and their caregivers move through cancer treatment into survivorship. After the completion of both eight-week series, participants “graduate” and can take the tools learned to make informed decisions about food and meal prep and continue healthy eating habits.

“Hot Topics!” classes are not part of a series. They are open to anyone diagnosed with cancer and their caregivers.

Nutrition Consultations

Have your questions answered and learn nutrition recommendations that will help you during cancer treatment from Sandie Hunter, RD, LDN, MS, CSO, clinical nutrition manager at Northwestern Medicine. Consultations are limited to people diagnosed with cancer. Please email questions to askdietitian@livingwellcrc.org.

Hot Topics!

Nutrition Apps and Diet Plans: What’s a Fad and What’s the Future?

Presented by Northwestern Medicine/LivingWell dietitian, Mary Zupke, RD, LDN, MS, FAND

Wednesday, February 3, 1:00 - 2:00 pm

Join this special presentation to help you make informed choices about nutrition and learn about tools that can help provide accountability and structure around your diet.

- To register and receive a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and “Nutrition Apps” in your subject line.



Eating Well While Undergoing Cancer Treatment

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

Designed for patients in active treatment and their caregivers, Eating Well classes focus on symptom management during cancer treatment and incorporating plant-based foods into the diet. All classes are on the first and third Tuesdays of each month from 10:00 - 11:00 am. Attendance throughout the entire series is highly encouraged but not mandatory.

- **January 19:** What to Eat Before and During Chemo
- **February 2:** Protecting the Immune System
- **February 16:** Sidelining Side Effects, Part I. Taste changes, sore mouth, painful swallowing, nausea and vomiting will be discussed with tips and recipes to help minimize or prevent unpredictable side effects during treatment.
- **March 2:** Sidelining Side Effects, Part II: This class will include tips for handling gastrointestinal digestion distress by learning to manage fiber in your diet.
- **March 16:** Now It’s My Turn to Cook
- **April 6:** Reducing Inflammation with Anti-Inflammatory Foods
- **April 20:** How to Make the Most of Each Bite When Eating Becomes Challenging
- **May 4:** Celebrate completion of series with healthy recipes

- To register and receive a link to join this virtual series, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and “Eating Well” in your subject line.

Being Well: Transitioning to Survivorship

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

Designed for cancer survivors and their caregivers, this series of classes focuses on healthy recipes and wellness topics to help improve mind, body and spirit while adjusting to life post treatment. All classes are on the second and fourth Tuesdays of each month from 10:00 - 11:00 am. Attendance throughout the entire series is highly encouraged but not mandatory.

- **February 9:** Moving Forward After A Cancer Diagnosis
- **February 23:** Managing a Healthy Weight after Treatment
- **March 9:** Mediterranean Style of Eating
- **March 23:** Gut Health
- **April 13:** Cooking for One or Two
- **April 27:** Culinary Completion

- To register and receive a link to join this virtual series, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and “Being Well” in your subject line.

Special Programming

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 workshop, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and "Grief Writing" 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 workshop, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and "Love After Loss" in your subject line.



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

Thursday, April 8, 6:00 - 7:30 pm

Join directors and cancer survivors, Kathleen "Casey" Clabby and Noel Storm, to view their documentary that explores the impact of mastectomy and how it affects emotions before and after surgery. There will be time for questions and conversation after the film. People affected by any type of cancer are welcome.

- To register and receive a link to join this virtual event, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and "Hidden Scars" in your subject line.

Navigating Work and Cancer

Thursday, April 15, 1:00 pm

A cancer diagnosis often brings up questions on how to navigate work and cancer. Regardless of if you are working through treatment or returning to work after taking time off, you may have access to federal, state, and employer protections. This presentation by cancer rights attorney and CEO, Triage Cancer, Joanna Fawzy Morales, will address the relevant laws such as the Americans with Disabilities Act (ADA), Family and Medical Leave Act (FMLA), state laws, and disclosure and privacy protections.

- To register and receive a link to join this virtual workshop, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and "Navigating Work" in your subject line.

Social Security Disability Benefits and Cancer

Thursday, May 13, 1:00 pm

Kristin Hartsaw, program director, DuPage Federation of Human Services Reform, will be leading this presentation that reviews benefits available through the Social Security Administration, qualifications for these benefits and things to consider before applying. Kristin has a wealth of knowledge on this important topic, so please bring your questions!

- To register and receive a link to join this virtual workshop, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and "Social Security" in your subject line.

Online Yoga and Fitness Classes

Take unlimited 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.

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 Susan Litviak

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 Susan Litviak

Improve balance and core strength, and develop strong and supportive hip stabilizer and abdominal muscles. Exercises in this class will be performed standing.

11:45 - 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.

4:45 – 5:15 pm, Circuit Training for Bone Health with Susan Litviak

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 “Class Pass” for Onsite Exercise Classes

As soon as we are safely able to reopen for onsite classes, you will have the ability to participate in all of our onsite exercise classes through an **Exercise Class Pass**. Similar to our “Art Class Pass” (see p. 6), the Exercise Class Pass will allow you to select up to 50 yoga/fitness classes to increase flexibility and range of motion, support healing and reduce stress. You won’t have to keep track of classes, either. We’ll let you know when you are getting close to the limit.



(Please note: Participants can take an unlimited number of online exercise classes.)

Wednesdays, continued

5:30 – 6:30 pm, Yoga with Mary Keane

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 Sheri Minnick

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 Sheri Minnick

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

10:30 – 11:30 am, Yoga with Rita Meier

(Please note: No class on March 26 and April 2)

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