

Summer 2021 Program Guide



part of
Northwestern Medicine



Try something new this summer! Join us in a relaxing art class, register for one of our nutrition series, take a yoga class, drop in on one of our Facebook Live medical discussions or schedule an appointment with one of our oncology counselors. Let's make summer meaningful and mindful, together!

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

Online Education

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).

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.

Friday, May 21, 10:00 am

Sunshine and Coffee in Colon Cancer Prevention

Dr. Grace Suh, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group

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

Wednesday, May 26, 1:00 pm

Mindfulness Practices for Everyday Life

Gary Wilson, M.A., M.A.P.C., LCPC, Staff Chaplain, ACPE Certified Educator, Mindfulness-Based Stress Reduction (MBSR) Teacher, Northwestern Medicine

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

Tuesday, June 8, 1:00 pm

Artificial Intelligence and Oncology

Moziyar Etemadi, MD, PhD, Research Assistant Professor of McCormick School of Engineering and Anesthesiology, Northwestern University

- 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 "AI" in your subject line.

Thursday, June 17, 2:30 pm

Making Endocrine Therapy for Breast Cancer More Effective

John Ayers, MD, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group

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

Wednesday, June 23, 4:00 pm

Robotic Thoracic Surgery for Lung and Esophageal Cancers

Jamie Wade, MD, Thoracic Surgery, Northwestern Medicine Regional Medical Group

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

Thursday, July 22, 9:00 am

Upper GI Cancers: Latest Treatment News

Dr. Kevin Dawravoo, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group

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

Monday, July 26, 1:00 pm

What Is Immunotherapy?

Dr. Michael Kahn, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group

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

Tuesday, August 3, 6:00 pm

My Follow-up Scan is Complete. Now What? An Overview of Cancer Imaging

Panel of Northwestern Medicine radiologists: Rajeev Polasani, MD, Chairman, Diagnostic Imaging, Central DuPage Hospital Northwestern Medicine, Waseem Khan, MD, Amar Patel, MD, Sanket Shah, MD, Fatma Ahmed, MD, and David Chiang, MD

- 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 "Cancer Imaging" in your subject line.

Monday, August 16, 6:30 - 7:45 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 presentation, 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.

Wednesday, August 25, 2:00 pm

Watch and Wait? Treating Chronic Lymphocytic Leukemia (CLL)

Dr. Robert Eisner, Hematology and Medical Oncology, Northwestern Medicine Regional Medical 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, 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 a 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.

- 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 "LCHF" in your subject line.

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, July 19 – August 30

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 series is encouraged but not mandatory.

July 19: Pressure to Thrive

July 26: Discussion Group

August 2: Managing Moods, Stress, Feeling Stuck

August 9: Discussion Group

August 16: Survivorship Toolkit

August 23: Fear of Recurrence

August 30: Envisioning Your Future

► To register and receive the 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

(May 25; June 8, June 22; July 6, 20; August 3, 17)

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

(May 25; June 8, June 22; July 6, 20; August 3, 17)

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.

Brain Tumor (No meeting in June)

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, 10:00 – 11:00 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.

Head and Neck

Monday, July 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 by participating in our classes designed specifically to help you stay in the moment and learn healthy coping strategies.

Healing Through Humor: Power of Play

Friday, June 25, 2:00 – 3:00 pm

Caroline Rhoads, MSW Intern, Sidney Kimmel Cancer Center

In this workshop, you will learn basic improv skills and explore how these skills can help in everyday situations and collaboration. Participants are encouraged to leave their judgement and inner critic at the door to reap the benefits of playfulness and spontaneity.

► To register and receive the 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 "Healing Through Humor" in your subject line.

Learn How to Meditate Series

Tuesdays, July 27 – August 31, 1:30 – 2:30 pm

Sheri Minnick, MS, E-RYT, YACEP, ACE GFI

Limited class size, register early!

Meditation is a simple process, however, it is best to learn to meditate from experience. 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 the 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, August 4, 11, 18, 25, 2:00 – 3:30 pm

Limited class size, register early!

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 the 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 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.

Everyday a Day of Zen

Wednesdays, May 5, 12, 19, 26 10:00 – 11:30 am

Start your Wednesdays in May learning more about the intention-activating power of daily rituals, finding your mantra, soul collage and bullet journaling. Attendance throughout this series is encouraged but not mandatory.

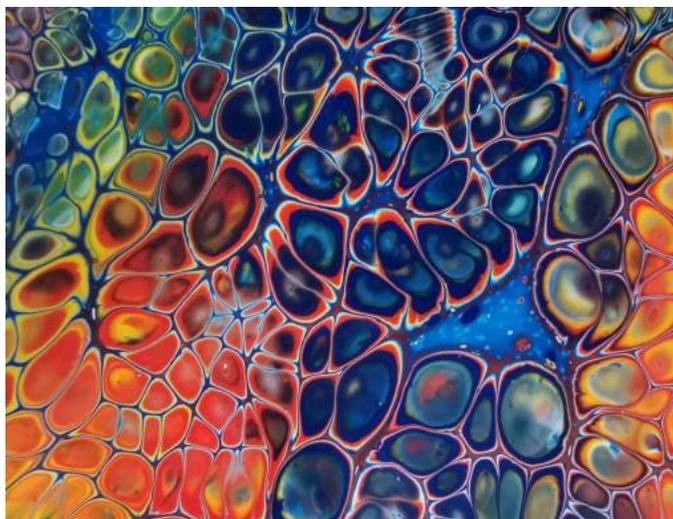
► To register and receive the link to join this virtual series, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name and "Zen" in your subject line.

Acrylic Pouring Demonstration

Wednesday, June 2, 10:00 - 11:30 am

This class will be a demo of how to do acrylic pouring and include techniques you can use to create different effects.

► To register and receive the 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 "Acrylic Pouring" in your subject line.



Mixed Media

Wednesdays, June 9, 16, 23 and 30, 10:00 – 11:30 am,

Discover and explore collage, abstract art, decoupage, layering, stenciling and fun use of ephemera during the month of June. Attendance throughout this series is encouraged but not mandatory.

► To register and receive the 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 "Mixed Media" in your subject line.

Get Lost in Water Colors

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

Disconnect from any uncertainties and chaos and fall into a creative flow state that is both meditative and healing by creating with watercolors. Attendance throughout this series is encouraged but not mandatory.

► To register and receive the 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 "Water Colors" in your subject line.



Botanical Printing

Wednesdays, August 4, 11, 18, 25, 10:00 – 11:30 am

Come join us during the month of August to create stunning prints with plants on paper and textiles. You'll be using flowers and greens that you find in nature—right in your backyard! Attendance throughout this series is encouraged but not mandatory.

► To register and receive the 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 "Botanical" 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.)



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 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.



Eating Well While Undergoing Cancer Treatment

Tuesdays, June 1, 8, 15, 22, 1:00 - 2:00 pm

Designed for patients in active treatment and their caregivers, the four-week Eating Well series focuses on symptom management during cancer treatment and incorporating plant-based foods into the diet. Presented by Northwestern Medicine/LivingWell dietitian, Nancy Zawicki, RD, LDN, MS

- **Week 1:** Making the Most of Every Bite Before and During Chemo
- **Week 2:** Protecting the Immune System
- **Week 3:** Sidelining Side Effects: Tips for handling taste changes, sore mouth, painful swallowing, nausea and vomiting and gastrointestinal digestion distress.
- **Week 4:** Reducing Inflammation with Anti-Inflammatory Foods

► To register and receive the 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 June” in your subject line. Attendance throughout the entire series is highly encouraged but not mandatory.

Being Well: Transitioning to Survivorship

Tuesdays, July 6, 13, 20, 27, 1:00 - 2:00 pm

Designed for cancer survivors and their caregivers, this four-week series focuses on healthy recipes and wellness topics to help improve mind, body and spirit while adjusting to life post treatment. Presented by Northwestern Medicine/LivingWell dietitian, Nancy Zawicki, RD, LDN, MS

- **Week 1:** Moving Forward After A Cancer Diagnosis
- **Week 2:** Managing a Healthy Weight after Treatment
- **Week 3:** Mediterranean Style of Eating
- **Week 4:** Gut Health

► To register and receive the 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. Attendance throughout the entire series is highly encouraged but not mandatory.

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 askadietitian@livingwellcrc.org.

Hot Topics!

Join these special virtual presentations, led by Northwestern Medicine/LivingWell dietitians, Mary Zupke, RD, LDN, MS, FAND, and Nancy Zawicki, RD, LDN, MS, to help you make informed choices about nutrition.

Farm Fresh Foods That Help Fight Inflammation

Wednesday, May 5, 1:00 - 2:00 pm

Chronic inflammation is linked to many diseases such as cancer, heart disease, diabetes, arthritis, depression and Alzheimer's. Join us for a discussion about locally grown foods that can help contribute to a healthier lifestyle and decrease chronic inflammation.

► To register and receive the 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 "farm fresh" in your subject line.

Soy and Cancer: Managing Diet Myths

Wednesday, August 4, 1:00 - 2:00 pm

Soy is found in a wide variety of food products that are becoming more widely available on grocery shelves today. Join us for a discussion on evidenced-based guidelines and recommendations involving soy, cancer and overall health.

► To register and receive the 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 "soy" in your subject line.

Protecting Your Immune System

Tuesday, August 10, 10:00 - 11:00 am

Learn what foods help protect your immune system.

► To register and receive the 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 "Immune" in your subject line.



Eat the Rainbow

Tuesday, August 17, 1:00 pm - 2:00 pm

While eating more vegetables and fruit is always a good idea, focusing on eating a variety of colors will increase your intake of different nutrients to benefit various areas of your health.

► To register and receive the 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 "Rainbow" in your subject line.

Garden Fresh Foods to Help Decrease Cancer Risk: Organic vs Conventional

Tuesday, August 24, 10:00 - 11:00 am

Learn what foods from the garden are good choices to help minimize cancer risk and how to cook and season with garden-fresh fruits, vegetables and herbs.

► To register and receive the 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 "Garden Fresh" in your subject line.



Special Programming

Social Security Disability Benefits and Cancer

Thursday, May 13, 1:00 – 2:00 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 the link to join this virtual presentation, 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.



Beautiful You

Wednesday, August 18

1:00 – 2:00 pm

Beautiful You is designed to help anyone experiencing hair loss as a result of cancer treatment feel beautiful inside and out. Jenny Burns, Geneva-based salon owner, stylist and makeup artist, will share how to care for your scalp and hair regrowth, choose the best-fitting wig, accessorize with scarves and hats, and recreate natural-looking eyebrows with an eye pencil.

► To register and receive the link to join this virtual presentation, complete [New Participant Form](#) (if you haven't already) and email info@livingwellcrc.org, including your first and last name, class date, and "Beautiful You" in your subject line.



Mindful Movements

Support healing, increased flexibility and range of motion, and reduce stress with fitness and yoga classes modified for a variety of needs. Take unlimited 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

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

10:00 – 10:45 am, Chair Yoga

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

Tuesdays

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

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. Instructor: Susan Litviak

11:00 – 11:30 am, Balance and Core Fitness

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

11:45 am - 12:30 pm, 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. Instructor: Susan Litviak

Wednesdays

10:15 - 11:00 am, Chair Fitness for Lymphedema and Neuropathy

This class includes exercises to help stimulate receptors of the hands and feet. The movements get the lymphatic system flowing. Please have a tennis, spiked or lightweight ball available, as well as a set of lightweight dumbbells. As an alternative, you can use soup cans, bottles of water, or something similar. Instructor: Mary Keane

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

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. Instructor: Susan Litviak



Thursdays

10:00 – 10:45 am, Fitness for Cancer Recovery

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. Instructor: Sheri Minnick

11:00 – 11:45 am, Core and Flexibility

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. Instructor: Sheri Minnick

Fridays

10:30 – 11:30 am, 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. Instructor: Rita Meier

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.)

