

September Program Guide



During the month of September, LivingWell programs, support groups, and counseling services will remain virtual. As soon as we are able to open our doors again safely, we will email all LivingWell participants and post the status on our Facebook page and website. In the meantime, please take advantage of our programs from the comfort of your home!

Virtual Medical Discussions

Medical updates and special presentations to help you live well during your cancer treatment and into survivorship. Watch recordings of previous Facebook Live discussions on our [Facebook](#) page or [YouTube.com/c/Livingwellcrc](https://www.youtube.com/c/Livingwellcrc).

Friday, September 10, 1:00 pm

Melanoma: Signs, Stages, Causes and Treatment Advancements

Dr. Arlene D'Souza, 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, September 22, 6:00 - 7:00 pm

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

Dr. Christy Kesslering, Radiation Oncology, Northwestern Medicine

Each month, Dr. Kesslering starts with a presentation on a topic related to LCHF followed by a Q&A session and networking. This group meets the third Wednesday of each month, with the exception of September, which is scheduled on the fourth Wednesday.

► *To register and receive a link to join this virtual discussion via Microsoft Teams, 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.*

Monday, September 13, 1:00 pm

COVID-19 Booster Vaccine: What You Should Know If You Are a Patient With Cancer

Dr. Kevin Most, Senior Vice President and Chief Medical Officer, Northwestern Medicine at Central DuPage Hospital

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

Thursday, September 16, 1:00 pm

Aromatherapy for Anxiety: How Does It Work?

Janie Bristow, RN, Northwestern Medicine Kishwaukee Cancer Center

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

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.

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
(September 14, 28; October 12, 26; November 9, 23;
December 7, 21)*

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 14, 28; October 12, 26; November 9; December 7,
21) **No meeting on November 23***

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 Wednesdays, 6:30 – 7:30 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.

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.

Us TOO Prostate

Third Tuesday of each month, 10:30 – 11:30 am
Join the Meeting (join by phone at +1 331-303-8777 access code: 218146704)

Fourth Tuesday of each month, 7:00 – 8:00 pm
Join the Meeting (join by phone at +1 331-303-8777 access code: 272708029)

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

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.

Back-On-Track Surviving Survivorship Series

*Mondays, October 11 – November 22
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.

October 11: Pressure to Thrive

October 18: Discussion Group

October 25: Managing Moods, Stress, Feeling Stuck

November 1: Discussion Group

November 8: Survivorship Toolkit

November 15: Fear of Recurrence

November 22: Envisioning Your Future

► 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” in your subject line.

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 and lifestyle from the privacy of your home. The consultations and wig are provided at no cost.

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

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.

Mondays, September 13 and 27, 10:00 – 11:30 am **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 series is encouraged but not mandatory.

► *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 "Neurographic" in your subject line.*



Wednesdays, September 1, 8, 15, 22, 10:00 – 11:30 am **Calming Mandalas Art Series**

This fall, 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 series is encouraged but not mandatory.

► *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 "Mandala" in your subject line.*



Living Well With Nutrition

LivingWell offers a variety of culinary classes designed to help patients with cancer and their caregivers move through cancer treatment into survivorship. Classes are facilitated by Northwestern Medicine/LivingWell dietitians, Nancy Zawicki, RD, LDN, MS, and Mary Zupke, RD, LDN, MS, FAND. Each class will include a cooking demonstration that complements the cancer-related topic.

Tuesday, September 7, 10:00 - 11:00 am **Quick and Easy Healthy Snacks**

Snacks can be a part of a healthy eating pattern and provide important nutrients, keep you energized and satisfy hunger between meals. Join us to learn about some healthy snacking options.

► *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 "Snacks" in your subject line.*

Tuesday, September 21, 1:00 - 2:00 pm **Managing A Healthy Weight**

It's never too late to change habits! No matter when you start, a healthy lifestyle can make a difference in how you feel and what you can do. Join us & learn how to get started.

► *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 "Healthy Weight" in your subject line.*

Tuesday, September 28, 6:00 - 7:00 pm **How to Build a Cancer-Fighting Pantry**

Learn about the basic ingredients for a healthy kitchen. The first step to creating a "cancer fighting pantry" is to stock your kitchen with a variety of healthy foods that you can keep on hand for quick & easy meals. Learn how to add more vegetables, fruit and whole grains into your day.

► *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 "Pantry" in your subject line.*

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.

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 and blood 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: Sheri Minnick

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

10:45 – 11:00 am, Core and Flexibility

Work on core strength with this targeted, mat-based class. Modifications will be given for those with physical limitations. Please have a yoga or pilates mat for this class. Instructor: Sheri Minnick

