

# PROGRAM GUIDE

Virtual Programs for Individuals Affected by a Cancer Diagnosis



## A Closer Look at Advanced and Metastatic Cancer

Providing helpful tools,  
encouragement and support to  
empower those who have  
advanced or metastatic cancer.



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Currently, all programs are virtual. Please call to register.

(331) 301-5280  
waterfordcrc.com

Waterford Place Cancer Resource Center provides services and support, free of charge, to anyone impacted by a cancer diagnosis.

# ADVANCED AND METASTATIC CANCER

Dealing with advanced and metastatic cancer can bring fear and uncertainty to your life. Remember that you can still be in control of your choices and actions as you decide how to move forward with your care. To help with this, Waterford Place offers programs and services to provide helpful tools, encouragement and support to empower you to successfully manage the concerns that accompany your metastatic or advanced cancer diagnosis.

## Choices for Care

Decisions about care are very personal and look different for everyone. Treatment may cure, slow growth or only relieve symptoms of cancer. Sometimes treatments used to cure cancer are also used to slow its growth or treat symptoms, which can be confusing. Therefore, it is important to know what your goal is and to clearly communicate it to your care team and loved ones. No matter what your goal is, know that there are options for you. Talk to your medical team about what is important for you to find the best option for your situation. Ask as many questions as needed and weigh the risks and benefits of each option. Remember that the goal of any cancer care is to give you the best possible quality of life. You want to feel as good as possible for as long as possible.

## Coping with Emotions

You have probably felt a range of emotions during your cancer experience, but they may be more intense now. There is no right or wrong way to feel or to react to your feelings. You may feel fear and worry about the unknown, guilt because treatment did not work or grief at the thought of leaving your family and friends. It can help to talk to a professional who is trained to help you manage your concerns, control your fears and find meaning in what you are going through. For some, it helps to build a sense of hope by setting goals to look forward to each day or drawing inner strength from the things in your life that are meaningful.



## Coping for Caregivers

Being a caregiver for someone with advanced stage cancer brings new challenges and concerns. As your loved one's cancer progresses, things can get even more challenging. It is important to take time to take care of yourself and ask for help if needed. Over time, the long-term stress of pushing your own needs and feelings aside is not good for your health. A few ways to cope include joining a support group, talking about your thoughts and feelings, doing some of your regular activities, getting enough rest and participating in a physical activity. Getting help for yourself will also help your loved one.

## Planning Ahead

Careful planning reduces the financial, legal and emotional burdens your family may face. For many people, it can be a difficult topic to discuss; however, talking now can

avoid problems later and give you control over your care. One of the best gifts you can give your family is letting them know what your wishes are by filling out legal documents known as advanced directives. Other ways are to clear up any insurance issues in advance, put your affairs in order by meeting with a lawyer and financial planner and help your family plan a funeral or memorial service that has meaning to you.

Some programs designed especially for those who have advanced or metastatic cancer can help.

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- TLC (Together Living with Cancer) Support Group **page 3**
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# VIRTUAL EDUCATIONAL PRESENTATIONS

## Personalized Financial Resource Consultation

By appointment only

Cancer not only affects your physical health, it also affects your financial well-being. Several resources are available to manage the financial impact of cancer, including federally-funded programs and private nonprofit organizations. Schedule a virtual meeting with a financial navigator to find out what financial resources are available to you.

## Welcome to Waterford Place Virtual Orientation

Fridays: January 8, February 5 and March 5 • 1 to 1:30 p.m.

Omar Ramos

All new participants are invited to attend an introductory virtual orientation to discover the valuable resources available at Waterford Place.

## Exploring Medical Cannabis

Monday, January 11 • 6:30 to 7:30 p.m.

Beth Whitley, Outreach Specialist  
RISE Dispensary Naperville

Learn the latest about medical cannabis in Illinois, including research findings on how cannabis affects cancer, products in the medical cannabis market and the application process. A question-and-answer session will follow the presentation.



## Hospice vs. Palliative Care: Understanding the Differences

Tuesday, January 19 • 6:30 to 7:30 p.m.

Capital Hospice & Palliative Care

This presentation is designed to clarify the differences between the two types of care to allow you to make the health care decision that is right for you. A question-and-answer session will follow.



## TOP DOC LECTURES

### Strategies to Cope with Loneliness During COVID-19

Thursday, January 21 • 6 to 7 p.m.

Yasmin Asvat, PhD, Clinical Psychologist  
Rush University Medical Center  
Social isolation can create feelings of sadness, depression and anxiety. For cancer patients, these feelings

can increase levels of stress, which can impact overall health. Join Dr. Asvat as she shares strategies to understand and cope with feelings of loneliness related to social isolation during the COVID-19 pandemic. A question-and-answer session will follow the presentation.

### Intimacy and Cancer

Thursday, February 4 • 6:30 to 7:30 p.m.

Amy Siston, PhD, CST

University of Chicago Medicine

Reconnecting with your partner after cancer treatment can be challenging. Join Dr. Siston as she discusses common changes, emotional and physical concerns and ways to reconnect and strengthen your relationship.

### Transitioning to Plant-Based Nutrition

Tuesday, March 9 • 6:30 to 7:30 p.m.

Deepa Deshmukh, RD, LDN

DuPage Dietitians

Dietitian Deepa Deshmukh discusses tips on how to transition to a plant-based diet. A question-and-answer session will follow the presentation.

### Strategies to Deal with the "Waiting Game"

Thursday, March 18 • 6 to 7 p.m.

Jan Litvene, ACSW, LCSW

There is a lot of waiting involved with cancer. You may be waiting for appointments, treatments, follow-ups or to feel like yourself again. Learn simple techniques to help focus on the present and spend less time worrying about the past or future. Through self-compassion and mindfulness, you can increase your capacity to deal with discomfort in your mind, body and heart.



# VIRTUAL SUPPORT PROGRAMS

Our groups allow participants to virtually connect with others experiencing similar circumstances. Goals are to exchange information and strategies for decision-making, help navigate the cancer journey and allow participants to connect, share and exchange support.

## **Aurora Multiple Myeloma Networking Group**

First Wednesdays: January 6, February 3 and March 3 • 6 to 8 p.m.

This group is open to those diagnosed with Multiple Myeloma as well as their loved ones. To sign up, please contact Valarie Traynham, group leader, at (630) 423-6510 or [aurora@IMFsupport.org](mailto:aurora@IMFsupport.org). This group is affiliated with the International Myeloma Foundation.

## **Bereavement Support Group**

Third Wednesdays: January 20, February 17 and March 17 • 2 to 3:30 p.m.

Grieving the loss of a loved one can be difficult as grief is unique to each individual with no right or wrong way to do it. This group is open to anyone who has lost a loved one to cancer. Facilitated by a licensed social worker, it provides a safe environment in which to process grief surrounded by the support of others.

## **Breast FRIENDs (First Resource in Experiencing and Navigating a Diagnosis)**

Third Mondays: January 18, February 15 and March 15 • 6 to 7:30 p.m.

This group is designed for those who are newly diagnosed, in active treatment or within the first years of completing treatment for breast cancer. The group is facilitated by a licensed social worker.

## **Family and Caregiver Networking Group**

Second Wednesdays: January 13, February 10 and March 10 • 6:30 to 8 p.m.

This group is for family, friends and caregivers of cancer patients to receive support for themselves and network with others navigating similar experiences. The group is facilitated by a licensed social worker.



## **Gyne SISTERS (Sharing Inspiration and Support Through Education and Resources)**

Second Thursdays: January 14, February 11 and March 11 • 1:30 to 3 p.m.

Open to those who have had a gynecological cancer diagnosis, this group is co-facilitated by a licensed professional counselor and a registered nurse.

## **Men's Group**

Fourth Tuesdays: January 26, February 23 and March 23 • 6:30 to 8 p.m.

Open to men who have had a cancer diagnosis, this group is facilitated by a licensed clinical social worker who is also a prostate cancer survivor.

## **TLC (Together Living with Cancer) Support Group**

Second and Fourth Tuesdays: January 12 and 26, February 9 and 23, and March 9 and 23 • 10 to 11:30 a.m.

This group is designed to support those living with an advanced or metastatic cancer diagnosis and is facilitated by a

licensed clinical social worker. This group will begin once five participants have registered.

## **COUNSELING**

### **Oncology-Focused, Short-Term Counseling**

*By appointment only*

Short-term counseling is provided to address cancer-related issues and is available to those diagnosed with cancer and their families. Up to five sessions are provided to address concerns such as sadness, worries, communication, returning to work, body esteem and other similar issues as they relate to a cancer diagnosis.

### **Grief Counseling**

*By appointment only*

*Provided through a partnership with Seasons Hospice & Palliative Care of Illinois*

For many, the grief experience that results from the death of a loved one can generate a myriad of feelings, confusion and questions. Talking with a bereavement specialist one-on-one about this experience can assist in the coping process.

# VIRTUAL MIND, BODY AND SPIRIT PROGRAMS

## Sound Healing Therapy

*Tuesdays by appointment only*

*Sandy LaBianco-Brown, Certified*

*Vibrational Sound Therapist*

Sound healing is a virtual one-on-one service using Himalayan singing bowls to promote total relaxation and decrease the effects of stress on the body and mind. The combination of the different tones produces an immediate state of tranquility as the sound waves encourage restoration to the central nervous system to bring about deep relaxation and meditation.

## Virtual Reiki

*By appointment only*

*Sandy LaBianco-Brown, Reiki Master,*

*Karen Jendruczek and Danae Iacovella,*

*Reiki Practitioners*

This virtual one-on-one Reiki service is an energetic relaxation therapy that offers stress reduction, mental clarity, relief of pain, improved sleep and other benefits. Reiki energy can be directed by using hands-on contact, placing the hand slightly above the body or distantly. During your virtual Reiki session, you will be guided through self-Reiki hand placements while the provider sends Reiki to you distantly.

## UZIT (Urban Zen Integrative Therapy)

### Customized Comfort Session

*By appointment only*

*Pam Riley-Valesh, RN, Certified Clinical*

*Aromatherapist, Reflexologist, Healing*

*Touch Spiritual Ministry Practitioner*

Urban Zen Integrative Therapy uses a variety of complementary therapy modalities that include breathwork, body awareness meditation, restorative poses, Reiki and essential oils to help ease discomfort. Schedule a virtual individualized appointment to learn how small things can help you to feel better in a big way!

## Unplug and Unwind: Lunch Hour

### Guided Meditation

*Thursdays • 12 to 12:30 p.m.*

*Michelle Zepeda, MPH*

## Put the Glow Back in Your Skin and Soul

*Thursday, January 7 • 6:30 to 7:30 p.m.*

*Geralyn O'Brien, Licensed Oncology*

*Focused Esthetician*

*Sandy LaBianco-Brown, Reiki Master,*

*Certified Vibrational Sound Therapist*

Grab your headphones, dim the lights

and get ready for an evening of

relaxation with a virtual spa night to restore your skin and soul. Wind down with a guided meditation, oncology-safe sheet mask and sound healing session. A self-care package will be available via curbside pickup. Please let us know if you are allergic or sensitive to any ingredient.

Take a break from your work or daily chores and join us for a virtual guided imagery experience incorporating cleansing breath work and an array of relaxation techniques designed to balance emotions, decrease physical and psychological distress and promote the practice of living in the moment. You will feel energized, focused and ready for the rest of your day.



## Expressive Writing Group

*Third Mondays: January 18, February 15 and March 15 • 6 to 7:30 p.m.*

*Fermina Ponce, Author, City of Aurora*

*Poet Laureate*

*NAMI Kane-South, DeKalb and Kendall*

*Counties*

This drop-in group will help you develop your own unique voice to express yourself without reservation in a safe space. You will write in response to poetic prompts and share to heal and empower mental well-being. No prior writing or poetry experience is required.

## Zentangle Workshop

*Wednesday, January 6 • 1 to 2 p.m.*

*Michelle Zepeda, MPH*

Zentangle is a way of drawing simple abstract patterns in a peaceful and

meditative manner, resulting in miniature pieces of unplanned, abstract art. It's easy to learn, relaxing and fun. No drawing experience is necessary. Materials needed include a 4x4 paper square and a pencil or pen.

## Giving Back Society

*Third Fridays: January 15, February 19,*

*March 19 • 10 to 11:30 a.m.*

*Lisa Lapinski*

Are you looking for opportunities to pay it forward by helping other cancer patients on the journey? Join the Waterford Place Giving Back Society to brainstorm ideas and participate in activities that make a difference in the cancer community.

## Silver and Pearl Dangle Earrings

*Tuesday, January 19 • 1 to 2 p.m.*

*Sandy LaBianco-Brown, Reiki Master*

Create your own earring and necklace set.

Materials for this virtual beading workshop will be available via curbside pickup.

Additional materials to have on hand include long nose pliers and a beading tray or hand towel. Beading boards and pliers are available to check out if needed.

## Virtual Sound Healing

*Tuesday, February 16 • 6:30 to 7:30 p.m.*

*Sandy LaBianco-Brown, Certified*

*Vibrational Sound Therapist*

Join us for a virtual sound healing session to bring deep relaxation and meditation. Immerse yourself in healing sounds designed to promote relaxation and balance for both your body and mind.

# VIRTUAL MIND, BODY AND SPIRIT PROGRAMS

## The Art of Bullet Journaling

Monday, March 1 • 1:30 to 2:30 p.m.

Michelle Zepeda, MPH

Organize your life in a creative and productive way by learning the technique of bullet journaling. It serves as a great way to track goals, plans, appointments and ideas. Designing your own bullet journal allows you to see your progress in a relaxing and mindful way.

## Pearl Accent Bracelet

Tuesday, March 16 • 1 to 2 p.m.

Sandy LaBianco-Brown, Reiki Master

Create a pearl accent bracelet to

complement the silver and pearl earrings. Materials for this virtual beading workshop will be available via curbside pickup. Additional materials to have on hand include a beading tray or hand towel, scissors and glue. Beading boards are available to check out if needed.

## Mixed Media Art Class: Northern Lights Pastel

Tuesday, January 26 • 3 to 4 p.m.

Barbara Weigand, Caring Arts Foundation

This is a super easy mixed media project, guaranteed to make you look like a pro. No art experience necessary.

## Mixed Media Art Class: Crayon Still Life

Tuesday, February 23 • 3 to 4 p.m.

Barbara Weigand, Caring Arts Foundation

Crayons aren't just for kids! We'll show you how to use them to create your own contemporary masterpiece.

## Mixed Media Art Class: Crocus in the Snow Pastel

Tuesday, March 23 • 3 to 4 p.m.

Barbara Weigand, Caring Arts Foundation

An easy, step-by-step spring renewal project. No experience required.

CARING  ARTS  
FOUNDATION

## VIRTUAL WELLNESS PROGRAMS

### Tai Chi/Moving Meditation

Mondays • 9:30 to 10:30 a.m.

Kristi Niedzwiecki, ACE Certified Fitness Instructor

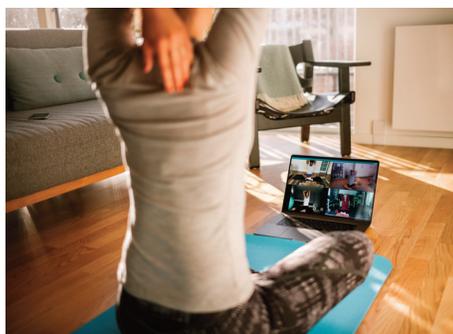
Center yourself as you become aware of your own energy, while relaxing and strengthening your body without injury or strain. Tai Chi is an ancient form of meditative exercise that helps to harmonize mind and body. A simplified routine is taught with traditional postures and slow soft movements.

### Gentle Movement

Mondays • 11:30 a.m. to 12:30 p.m.

Judy Siek, 500 eCYT and Certified Pilates and Group Fitness Instructor

This beginner movement class will assist in improving balance, increasing range of motion, strengthening muscles and building strength and resilience for daily life.



### WEEKLY VIRTUAL MOVEMENT PROGRAMS

#### Mondays

9:30 to 10:30 a.m. — Tai Chi/

Moving Meditation

11:30 a.m. to 12:30 p.m. —

Gentle Movement

#### Tuesdays

5 to 6 p.m. — Gentle Yoga

#### Wednesdays

5 to 6 p.m. — Restorative Yoga

#### Thursdays

11 a.m. to Noon. — Lymphedema-

Focused Movement

### Gentle Yoga

Tuesdays • 5 to 6 p.m.

Mary Keane, RYT200

Achieve a higher state of mindfulness while building strength and balance. This class will help you manage your cancer by tapping into your mind-body connection to improve overall wellness. Modifications are offered so that everyone can participate safely. Props used in this class include blankets, yoga blocks or books, strap or belt and a chair.

### Restorative Yoga

Wednesdays • 5 to 6 p.m.

Chitra Singh, Certified Yoga Instructor

Restorative yoga is a calming, therapeutic yoga that uses props to support the body for the purpose of cultivating relaxation and balance. Each restorative pose will be held for five to six minutes to release tension and deepen relaxation. Props used in this class include bolster or blankets, yoga blocks or books, strap or belt and a chair.

### Lymphedema-Focused Movement

Thursdays • 11 a.m. to noon

Judy Siek, 500 eCYT and Certified Pilates and Group Fitness Instructor

This class will address cancer-related lymphedema through gentle movement and stretches for both the upper and lower body. Modifications are offered so that everyone can participate safely. Props used in this class include a yoga mat, chair and a wall.

### Neuropathy and Yoga Workshop

Tuesday, January 12 • 6:15 to 7:15 p.m.

Mary Keane, RYT200

This workshop will provide an overview of neuropathy and how it affects the body. You will practice yoga poses and movements and learn about other tools that may help reduce neuropathy-related symptoms.

## VIRTUAL WELLNESS PROGRAMS

### Nutrition Consultations

*By appointment only*

*Michelle Cordes, MS, RD, LDN*

*Rush Copley Medical Center*

Virtual nutrition consultations are available for anyone diagnosed with cancer at any stage of diagnosis. Our registered dietitian will discuss basic meal preparation and current diet trends and assist you in managing treatment-related side effects and increasing intake of healthier food options.

### Healing Kitchen: Lentil Vegan Sloppy Joes

*Thursday, January 14 • 6 to 6:30 p.m.*

*Carly Smitherman, MS, RDN, LDN*

This 30-minute cooking demonstration

features a plant-based twist on a classic recipe. Vegan sloppy joes are a rich, filling, easy meal. The recipe will be sent in advance and a recording of the demonstration will be provided after the class.

### Healing Kitchen: Sweet Potato Brownies

*Thursday, February 11 • 6 to 6:30 p.m.*

*Carly Smitherman, MS, RDN, LDN*

Learn how to make delicious sweet potato brownies in this 30-minute cooking demonstration. This healthy alternative will satisfy your sweet tooth! You will receive the recipe in advance and the recorded demonstration will be available afterward.



### Healing Kitchen: Vegan

### Pineapple Fried Rice

*Thursday, March 11 • 6 to 6:30 p.m.*

*Carly Smitherman, MS, RDN, LDN*

In just 30 minutes, Carly Smitherman will prepare a sweet and savory vegan pineapple fried rice. The recipe will be sent in advance and the recorded demonstration will be provided after the class.

## VIRTUAL SALON AND SPA PROGRAMS

### Simply Beautiful Skin

*Friday, January 8 • 10 to 11:30 a.m.*

*Friday, February 12 • 10 to 11:30 a.m.*

*Friday, March 12 • 10 to 11:30 a.m.*

*Geralyn O'Brien, Licensed and Oncology-Focused Esthetician*

Developed to help you manage skin changes during cancer treatment, this interactive virtual class will demonstrate how to implement a skin care regimen with safe products while enhancing your natural beauty, using the timeless principle of simplicity. Kits with products used in the class will be available for curbside pickup. The same class is offered each month to accommodate different schedules.

### Simply Beautiful Hair

*Monday, January 18 • 2 to 3 p.m.*

*Monday, February 15 • 2 to 3 p.m.*

*Monday, March 15 • 2 to 3 p.m.*

*Jenny Burns, Licensed Cosmetologist and Medical Hair Loss Expert*

If you need help managing hair changes related to cancer treatment, this class is for you. Topics to be covered include initial hair loss, wigs and head coverings, hair

regrowth and safe products that can help with achieving your individual hair care goals. The same class is offered each month to accommodate different schedules.



### Hand Massage Workshop

*Monday, February 22 • 6 to 7 p.m.*

*Michelle Haugen, LMT, CLT*

Join Michelle as she demonstrates simple hand massage and acupressure techniques to help reduce stress. Caregivers are encouraged to attend.

### Waterford Place Wig Boutique and Salon

*By appointment only*

Virtual salon services are available to those who have or will experience hair loss due to cancer treatments. Services include addressing treatment-related hair changes, customizable complementary wigs, wig care, options for head coverings, and assistance with styling hair as it grows back.

### Oncology Skin Care Consultations

*Thursdays by appointment only*

*Geralyn O'Brien, Licensed and Oncology-Focused Esthetician*

Virtual individual consultations are available to those having difficulties managing skin changes due to cancer treatment. Services include a comprehensive review of current products and cosmetics, recommendations for oncology-safe products, and safely addressing skin-related issues.



## Get Started with Us

Call (331) 301-5280 to schedule a virtual individualized consultation and orientation, available in English or Spanish. Next, please complete a Participant Information form available online at [waterfordcrc.com](http://waterfordcrc.com). All programs are virtual.

## Contact Us

Phone: (331) 301-5280

Email: [info@waterfordcrc.com](mailto:info@waterfordcrc.com)

[waterfordcrc.com](http://waterfordcrc.com)



All programs are virtual and use the Webex platform. Registration is required.

Please call (331) 301-5280 to register.