Cancer Resource Center

PROGRAM GUIDE

Programs for Individuals Affected by a Cancer Diagnosis

FALL | 2021
October • November • December

Featuring Programs for the Newly Diagnosed
Providing helpful tools, encouragement and support to empower those who are newly diagnosed
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1310 Waterford Drive  
Aurora, IL 60504

(331) 301-5280  
waterfordcrc.com

Hours:  
Monday through Friday  
9 a.m. to 4:30 p.m.

Closed November 25 and 26 for Thanksgiving, December 24 for Christmas Eve and December 31 for New Year’s Eve.

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

After a cancer diagnosis, you may find yourself in unfamiliar territory, navigating everything from physical changes to a whole host of different emotions. To help with this, Waterford Place has several programs and services specifically designed to provide helpful tools, encouragement and support to empower those who have newly received a cancer diagnosis.

Physical Limitations
It can be frustrating to not be able to do the things you were previously able to do. Sudden physical limitations can be a real challenge to cope with. Side effects, such as fatigue, neuropathy, dizziness and pain, can make it difficult to engage in daily activities and routines. Often, these limitations are temporary. Talk to your medical team if you are experiencing any of these problems to see what changes can be made and what options are available. It can also help to talk to loved ones and accept help when possible. Allow yourself to explore new or even old interests that do not require as much energy but still help you feel connected to the things you love. Whatever you pursue, remember to be compassionate with yourself as you go through this.

Emotional Rollercoaster
You may experience a wide variety of emotions as you go through cancer treatment. From sadness or anger at having to accept a cancer diagnosis, to worries and fears about pain or prognosis, to gratitude for the love and support of family and friends — all of this is normal. It can be a little unnerving if you are a person who usually does not experience such shifts in mood but, given the scale of what you are going through, it is certainly understandable that you would feel differently than you usually do. If you start to feel that the stress is overwhelming or the emotions are unmanageable, it may help to talk to a professional. Professional counselors are trained in providing tools and support during challenging times in our lives and can make a big difference in helping you process this experience to feel better sooner.

Financial Stress
Cancer is costly and, for some people, working through treatment may not only be difficult but necessary. It is important to know your rights when it comes to issues such as employment, financial assistance and disability. Many organizations are dedicated to helping people with cancer avoid financial toxicity and protect themselves from discrimination. Some organizations focus on cancer type, while others may help based on where you live or other demographics. Talk to your oncology social worker if you have concerns about finances, need help applying for aid or want more information on your employment rights. Ask for referrals to the organizations that can help. Once you have the information you need, sit down and make a plan to solve the issues that are causing you stress. Feeling more in control can bring you more peace of mind.

Some programs especially for those who are newly diagnosed can be found on page 2:
- Staying Active During Cancer Treatment
- Fertility Options Prior to Treatment
- Integrative Oncology: What is it and Why Does it Matter in Cancer Care?
- Supporting a Partner During Treatment
Staying Active During Cancer Treatment (Virtual Only)
Tuesday, October 19 • 6 to 7 p.m.
Hannah Manella, Registered Dietitian and Certified Clinical Exercise Physiologist
Rush University Cancer Center
In the past, people with cancer were often told to rest and limit physical activity during treatment. However, too much rest has been linked to muscle weakness, fatigue and increased side effects. New research shows that activity is safe during cancer treatment, and it may even strengthen your fight against cancer. Learn how to stay physically active during cancer treatment.

Integrative Oncology: What is it and Why Does it Matter in Cancer Care? (Virtual Only)
Thursday, November 4 • 5 to 6 p.m.
Angela Lorbeck, DACM, MSTOM, MPH, Doctor of Acupuncture and Chinese Medicine Practitioner
Rush University Cancer Center
This informative and inspiring lecture will address the value of integrative medicine in cancer care. Learn what integrative medicine is, why people use it and how it may help you optimize your physical health and emotional well-being. Patients and caregivers are welcome.

Supporting a Partner During Treatment
Thursday, December 2 • 6 to 7 p.m.
Lynn Vazquez, Licensed Social Worker
Rush Copley Medical Center
Helping a family member or friend going through cancer treatment may mean accompanying them to the doctor or making meals, coordinating services and care or giving emotional and spiritual support. Learn how you can support those experiencing cancer.

Fertility Options Prior to Treatment (Virtual Only)
Friday, December 3 • 1 to 2 p.m.
Erica Louden, MD, PhD, Reproductive Endocrinologist Infertility Specialist
VIOs Fertility Institute
Cancer treatments (including chemotherapy, radiation and surgery) can affect the fertility of both women and men. Before starting cancer treatment, the impact of treatment on fertility should be discussed. Learn what options are available to preserve fertility and what you should consider before talking with your doctor.

Small Steps, Big Rewards of Plant-Based Eating
Wednesday, October 13 • 6:30 to 7:30 p.m.
Deepa Deshmukh, MPH, RDN, CDE, BC-ADM, Functional and Integrative Nutrition Specialist
DuPage Dietitians
Healthier eating is best approached gradually with small changes. Learn why and how to make simple, plant-based swaps in your daily meals. Nutritionist Deepa Deshmukh, co-founder of DuPage Dietitians, will provide tips to help you get started and share a recipe containing an easy plant-based cheese substitute.

Thanksgiving Recipe Makeover
Wednesday, November 10 • 6:30 to 7:30 p.m.
Deepa Deshmukh, MPH, RDN, CDE, BC-ADM, Functional and Integrative Nutrition Specialist
DuPage Dietitians
Watch this cooking demonstration to learn how to incorporate simple plant-based substitutions in traditional Thanksgiving recipes.

Mindful Eating for Joyful Holidays
Wednesday, December 8 • 6:30 to 7:30 p.m.
Deepa Deshmukh, MPH, RDN, CDE, BC-ADM, Functional and Integrative Nutrition Specialist
DuPage Dietitians
Eat mindfully and enjoy every moment of the holidays. Learn some easy tricks to avoid overeating and overindulgence.
**SUPPORT PROGRAMS**

Our groups allow participants to 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: October 6, November 3 and December 1 • 6 to 8 p.m.*
Affiliated with the International Myeloma Foundation, this group is open to those diagnosed with Multiple Myeloma and their loved ones. Light refreshments will be provided. To sign up, please contact Valarie Traynham, group leader, at aurora@IMFsupport.org or (630) 423-6510.

**Bereavement Support Group**
*First and Third Thursdays: October 7 and 21, November 4 and 18, and December 2 and 16 • 1 to 2:30 p.m.*
Led by a licensed clinical social worker, the Bereavement Support Group is open to any adult who has lost a loved one to cancer. It provides a safe environment in which to process your grief. This group will begin once five participants have registered.

**Breast FRIENDs (First Resource in Experiencing and Navigating a Diagnosis)**
*Third Mondays: October 18, November 15 and December 20 • 6 to 7:30 p.m.*
Facilitated by a licensed professional counselor, Breast FRIENDs is for those who are newly diagnosed, in active treatment or within the first years of completing treatment for breast cancer.

**Family and Caregiver Networking Group**
*Second Wednesdays: October 13, November 10, and December 8 6:30 to 8 p.m.*
In this group, family, friends and caregivers of cancer patients will receive support for themselves and network with others in similar circumstances. The group is facilitated by a licensed social worker.

**Gyne SISTERs (Sharing Inspiration and Support Through Education and Resources)**
*Second Thursdays: October 14, November 11 and December 9 • 1:30 to 3 p.m.*
Open to those who have had a gynecological cancer diagnosis, Gyne SISTERs is co-facilitated by a licensed social worker and a registered nurse.

**Men’s Group**
*Fourth Tuesdays: October 26, November 23 and December 28 • 6:30 to 8 p.m.*
This group is open to men who have had a cancer diagnosis. It is facilitated by a licensed clinical social worker who is also a prostate cancer survivor. A light dinner will be provided.

**TLC (Together Living with Cancer) Support Group**
*Second and Fourth Tuesdays: October 12 and 26, November 9 and 23, and December 14 and 28 • 10 to 11:30 a.m.*
The TLC Support Group is for those living with an advanced or metastatic cancer diagnosis. Facilitated by a licensed clinical social worker, the group will meet once five participants have registered.

**West Suburban Brain Tumor Support Group (Virtual Only)**
*First and Third Tuesdays: October 5 and 19, November 2 and 16, and December 7 and 21 • 4 to 4:30 p.m.*
This group provides you, your family and friends with information about brain tumors and treatments, available resources, and the opportunity to meet other people in similar circumstances. This group is facilitated by a nursing specialist in the neuroscience services and a hospital chaplain. Contact Deb Brunelle at (630) 898-4637 to register.

**COUNSELING**

**Oncology-Focused, Short-Term Counseling**
*By appointment only*
Short-term counseling to address cancer-related issues is available to those diagnosed with cancer and their families. Up to five sessions are provided to address 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.
**Vibrational Sound Therapy**
*By appointment only*
Sandy LaBianco-Brown, Certified Vibrational Sound Therapist
Vibrational sound therapy is a one-on-one service using Himalayan singing bowls gently placed on the body to promote total relaxation and decrease the effects of stress on the body and mind. The tones and vibrations combine to produce an immediate state of tranquility as sound waves act like a massage for the nervous system.

**Reiki**
*By appointment only*
Sandy LaBianco-Brown, Reiki Master, Karen Jendruczek and Linda Herrick, Reiki Practitioners
This one-on-one service is an energetic relaxation therapy that offers stress reduction, mental clarity, relief of pain, improved sleep and other benefits.

**Guided Meditation**
*Wednesdays: October 6, November 3 and December 1 • 6:30 to 7:30 p.m.*
Audrey Stoppel, RN, BSN, Radiation Oncology
Rush Copley Medical Center
This guided imagery experience incorporates cleansing breathwork and an array of relaxation techniques designed to balance emotions, decrease physical and psychological distress, and promote the practice of living in the moment.

**Giving Back Society**
*Fridays: October 8, November 12 and December 10 • 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.

**Craft and Chat**
*Wednesdays: October 13, November 10 and December 8 • 11:30 a.m. to 1 p.m.*
Barbara Weigand
Crayons are for big kids, too! Create a fall scene of pumpkins and leaves using light-colored paper, crayons and your imagination. You will be guided through the basics, but then you decide how simple or complex to make it. Guaranteed easy to do.

**Day of the Dead Bracelet**
*Tuesday, October 19 • 1:30 to 3 p.m.*
Sandy LaBianco-Brown, Reiki Master
Trick or treat with us and create a colorful, spooky Halloween/Day of the Dead bracelet. Leave the skulls plain or decorate them to make a Sugar Skull. Beading materials will be provided.

**Stress and Anxiety Management with Mindfulness Meditation**
*Sumita Bhatia, MD, Radiation Oncologist, and Audrey Stoppel, RN, Radiation Oncology* Rush Copley Medical Center
*Tuesday, November 30 • 6:30 to 7:30 p.m.*
Many patients with cancer experience stress and anxiety, which, in turn, can affect your nervous system, health and well-being. Learn the science behind mindfulness, ways to calm the nervous system and manage stress and anxiety through mindfulness meditation and breathwork.

**Mixed Media Art Class: Crayon Pumpkins**
*Tuesday, October 26 • 1:30 to 3 p.m.*
Barbara Weigand
Crayons are for big kids, too! Create a fall scene of pumpkins and leaves using light-colored paper, crayons and your imagination. You will be guided through the basics, but then you decide how simple or complex to make it. Guaranteed easy to do.

**Mixed Media Art Class: Commemorative Angel Ornaments**
*Tuesday, November 23 • 1:30 to 3 p.m.*
Barbara Weigand
Everyone needs an angel! Make one for your tree, or make a bunch and give them as gifts. These are easy to create. We supply the materials and guidance.

**Mixed Media Art Class: The Arts of Thanksgiving**
*Tuesday, December 28 • 1:30 to 3 p.m.*
Barbara Weigand
Paint a simple winter landscape and reflect on the beauty and peace of winter. All materials provided.
WELLNESS PROGRAMS

No experience is necessary, and all supplies are provided. Caregivers are encouraged to attend with the person living with cancer.

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, Certified Cancer Exercise Trainer and Group Fitness Instructor
This beginner movement class will help improve balance, increase range of motion, strengthen muscles and build strength and resilience for daily life.

Gentle Yoga
Tuesdays • 5 to 6 p.m.
Mary Keane, RYT200, Certified Yoga Instructor
Achieve a higher state of mindfulness while building strength and balance. This gentle yoga class will help you manage cancer by tapping into your mind-body connection to improve overall wellness. Modifications are offered so everyone can participate safely.

Restorative Yoga
Wednesdays • 5 to 6 p.m.
Chitra Singh, Certified Yoga Instructor
Restorative yoga is a gentle, calming, therapeutic yoga that cultivates relaxation and balance and uses props to support the body. Each restorative pose will be held for five to six minutes to release tension and deepen relaxation.

Gentle Pilates
Thursdays • 10 to 10:45 a.m.
Judy Siek, 500 eCYT, Certified Cancer Exercise Trainer and Group Fitness Instructor
Low impact Pilates is a series of exercises that develop the body’s strength, flexibility and control.

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
10 to 10:45 a.m. — Gentle Pilates
11 a.m. to Noon — Lymphedema-Focused Movement

No classes on November 25

Lymphedema-Focused Movement
Thursdays • 11 to 11:45 a.m.
Judy Siek, 500 eCYT, Certified Cancer Exercise Trainer 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. A yoga mat is recommended.

Yoga for Bone Health Workshop
Tuesday, November 9 • 6:30 to 7:30 p.m.
Mary Keane, RYT200, Certified Yoga Instructor
Cancer patients face an increased risk for bone loss and fractures due to the direct effects of cancer on the skeleton and the side effects of many cancer therapies. Learn and practice yoga and exercises specifically tailored for osteopenia and osteoporosis.

Nutrition Consultations
By Appointment Only
Michelle Cordes, MS, RD, LDN
Rush Copley Medical Center
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 help you manage treatment-related side effects and choose healthier foods.

The Healing Kitchen: Jackfruit Pulled “Pork” Sandwich with Slaw
Thursday, October 14 • 6 to 7 p.m.
Carly Smitherman, MS, RDN, LDN
You are invited to a nutritious cooking demonstration. Learn creative ways of using healthy ingredients to make dishes everyone can enjoy. Enjoy preparing (and eating) jackfruit pulled *pork* sandwiches with avocado slaw, a vegan twist on classic comfort foods.

The Healing Kitchen: Stuffed Sweet Potatoes with Fall Salad
Thursday, November 11 • 6 to 7 p.m.
Carly Smitherman, MS, RDN, LDN
Taste new foods in a friendly and fun atmosphere. Join us for a Mediterranean-inspired cooking demonstration as our chef presents Mediterranean stuffed sweet potatoes served with homemade garlic-roasted hummus and a delicious fall salad.

The Healing Kitchen: Root Veggie Pizza with Whole Wheat Crust
Thursday, December 9 • 6 to 7 p.m.
Carly Smitherman, MS, RDN, LDN
Pizza night doesn’t have to mean skimping on nutrition. You can sneak in some veggies while still indulging in the flavors you love. Join this hands-on cooking demonstration to learn to make a delicious root veggie pizza with whole wheat crust. Space is limited so sign up today.
**Simply Beautiful Skin**  
Friday, October 8 • 10 to 11:30 a.m.  
Friday, November 12 • 10 to 11:30 a.m.  
Friday, December 10 • 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 class will demonstrate how to implement a skin care regimen with safe products and enhance your natural beauty using the timeless principle of simplicity. The same class is offered each month to accommodate different schedules.

**Simply Beautiful Hair**  
Monday, October 18 • 2 to 3 p.m.  
Monday, November 15 • 2 to 3 p.m.  
Monday, December 20 • 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 hair care goals. The class is offered each month to accommodate different schedules.

**Back to Basics: Skincare**  
Geralyn O’Brien, Licensed and Oncology-Focused Esthetician  
Kate Romano, Licensed and Oncology-Focused Esthetician  
Wednesday, November 17 • 6 to 7:30 p.m.  
Wednesday, December 15 • 6 to 7:30 p.m.  
This fun, interactive workshop will teach you which ingredients to look for and which to avoid during cancer treatment and beyond. You will also receive ideas to help prevent skin reactions during treatment. The workshop is offered twice to accommodate different schedules.

**Oncology Facials**  
By appointment only  
Geralyn O’Brien, Licensed and Oncology-Focused Esthetician  
Cancer treatments may leave the skin dry, sensitive and lacking proper nutrients, and traditional skin care methods and products can sometimes do more harm than good. When skin is compromised, it needs products that are safe and gentle to bring it back to health. Geralyn will assess your skin care needs and provide appropriate treatment to help restore and maintain healthy skin.

**Waterford Place Wig Boutique and Salon**  
By appointment only  
Salon services are available for those experiencing hair loss due to cancer treatments. Services include addressing treatment-related hair changes, customizable complimentary wigs, wig care, options for head coverings, and assistance with styling hair as it grows back.

**Oncology Massage**  
By appointment only  
Michelle Haugen, LMT, CLT  
Oncology massage combines compassion and specialized massage treatments to decrease treatment-related side effects, reduce stress and pain, and improve perceived quality of life.

**Oncology Skin Care Consultations**  
By appointment only  
Geralyn O’Brien, Licensed and Oncology-Focused Esthetician  
Individual consultations are available to help you manage skin changes due to cancer treatment. Services include a comprehensive review of products and cosmetics, recommendations for oncology-safe products, and safely addressing skin-related issues.

**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 an appointment to learn how small things can help you to feel better in a big way.

**Reflexology**  
By appointment only  
J. Michael Donahue and Pam Riley-Valesh, RN, Certified Reflexologists  
The practice of reflexology involves massaging or applying pressure to various acupressure points on the foot to reduce stress and support overall health.

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**Waterford Place** is located at  
1310 Waterford Drive • Aurora, IL 60504  
Online at waterfordcrc.com  
Call (331) 301-5280  
Check out the new Waterford Place channel on YouTube.