

PROGRAM GUIDE

Programs for Individuals Affected by a Cancer Diagnosis



**Featuring Programs for
the Newly Diagnosed**

Providing helpful tools, encouragement
and support to empower those who
are newly diagnosed



TABLE OF CONTENTS

- 1 | Newly Diagnosed
- 2 | Educational Presentations
- 3 | Support Programs
- 4 | Children and Family Programs
- 4 | Mind, Body and Spirit Programs
- 5 | Wellness Programs
- 6 | Salon and Spa Programs

**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

EDUCATIONAL PRESENTATIONS



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

PLANT-BASED NUTRITIONAL EDUCATION SERIES (VIRTUAL ONLY)

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 at 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 at 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 at DuPage Dietitians

Eat mindfully and enjoy every moment of the holidays. Learn some easy tricks to avoid overeating and overindulgence.

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 Loudon, 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.

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.

CHILDREN AND FAMILY PROGRAMS

These programs are designed for families with children ages 18 and younger.

Family Holiday Photos

Thursday, November 11 • 5 to 8 p.m.

Caring Arts Foundation

Pose for a holiday photo with your family, complete with a winter backdrop and festive props. Color holiday pages and winter mandalas while you wait. Refreshments will be provided. Space is limited. Register early!

Presents for Patients

Friday, December 3 • 6 to 8 p.m.

Take part in this festive, fun, family-friendly evening of gift-making for the person in your life who has cancer. All supplies and instructions will be provided. Enjoy light refreshments and entertainment, too.



MIND, BODY AND SPIRIT PROGRAMS

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.

Join us for an informal gathering to chat, drink tea or coffee and work on your crafting project. Bring whatever project you are working on, such as knitting, crochet, needlepoint, coloring or any other project.

This is an informal participant gathering and not led by a facilitator.

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.

SALON AND SPA PROGRAMS

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.

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.

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.

UZIT (Urban Zen Integrative Therapy) Customized Comfort Session

By appointment only

Pam Riley-Valesh, RN, Certified Clinical
Aromatherapist, Reflexologist, Healing
Touch Spiritual Ministry Practitioner

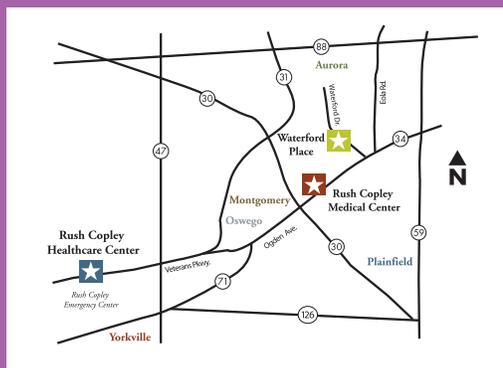
Urban Zen Integrative Therapy uses a variety of complementary therapy modalities that include breathwork, body awareness meditation, restorative poses, Reiki and essential oils to help ease discomfort. Schedule an appointment to learn how small things can help you to feel better in a big way.

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.



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.