

PROGRAM GUIDE

Virtual Programs for Individuals Affected by a Cancer Diagnosis



A Closer Look at Active Treatment

Providing helpful tools,
encouragement and
support to empower
those who are in active
treatment



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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.

ACTIVE TREATMENT

Treatment for cancer is complex, and managing all the different aspects of treatment can be stressful. To help with this, Waterford Place offers programs and services which provide helpful tools, encouragement and support to empower those who are currently in active treatment to successfully cope with these concerns.

Managing Side Effects

Side effects caused by cancer and cancer treatment can affect you physically, mentally and emotionally. Perhaps you are having trouble remembering things (known as “chemo brain”) or feel more fatigued than usual. These experiences are normal; relieving these side effects is an important part of your cancer care. As you go through treatment, it may be helpful to track your symptoms and share them with your health care team so they can best manage them. Organizations, such as the American Cancer Society and Cancer.net, have useful tools to track this information. The use of complementary therapies during treatment can also be helpful. Therapies that reduce pain and help you cope with treatment-related side effects include meditation, reflexology, massage and yoga. Talk with your health care team before starting any therapies to make sure you are safely combining the therapies that are right for you.

Coping with Self-Image and Uncertainty

The side effects of cancer treatment can change how you feel about your appearance. It is normal to develop anxiety around the uncertainty of what to expect. You may experience positive and negative changes to your self-image. During this time, it's important to remember to be kind to yourself and allow time to grieve physical losses and adjust to your new body. A few ways to cope are attending support groups, journaling to record your thoughts and feelings, trying relaxation



techniques (meditation, yoga, deep breathing), remaining active and engaging in social activities. You can also discuss possible reconstructive surgery, prosthetic devices and cosmetic solutions. Don't be afraid to talk with your family, loved ones and health care team about your concerns. Open communication will help them know how to best support you.

Financing Treatment

No matter how secure you feel financially, cancer treatment is expensive and presents a major financial challenge. Understanding your costs upfront is important to help identify the resources you may need to avoid financial toxicity (distress). Many national and local organizations offer financial assistance for general living expenses, housing, medical bills and medications to help ease the financial burden. Some are based on your cancer type, where you live or other demographics. Speak with your oncology

social worker or health care provider for referrals to support services and financial resources. Coping with daily financial responsibilities may feel overwhelming but creating a financial plan can help to reduce stress, so that you can focus on your health and well-being.

Some specially designed programs can help those in active treatment:

- COVID-19 Vaccine and Cancer Patients — [page 2](#)
- Managing Radiation Side Effects — [page 2](#)
- Managing Chemotherapy Side Effects — [page 2](#)
- Managing Financial Toxicity and the Cost of Cancer Care Treatment — [page 3](#)
- Nutrition and Cancer: Facts vs. Myths — [page 6](#)
- Simply Beautiful Hair and Skin — [page 7](#)

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.

Technology Consultation NEW

By appointment only.

Need help connecting to virtual programs through your personal computer, laptop or tablet? Schedule a virtual or phone consultation for assistance with setting up an email or installing and using the Webex application on your device.



Welcome to Waterford Place Virtual Orientation

Fridays: April 2, May 7 and June 4
1 to 1:30 p.m.

Omar Ramos, Program and Administrative Support Coordinator

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

Managing Chemotherapy Side Effects

Tuesday, April 6 • 6:30 to 7:30 p.m.

Jeanne M. Oelerich, MSN, ANP-BC, AOCNP, Nurse Practitioner
Rush Copley Medical Center

Dealing with chemotherapy-related side effects can be challenging, especially

TOP DOC LECTURES

COVID-19 Vaccine and Cancer Patients

Tuesday, April 13 • 6:30 to 7:30 p.m.

Kaushik Patel, MD, Medical Oncologist, Rush Copley Medical Center

Do you have questions about the COVID-19 vaccine? Dr. Patel will discuss the available vaccines, potential side effects and specific considerations for cancer patients in treatment and survivorship. A question-and-answer session will follow the presentation.



when you don't know what to expect. Learn about side effects and how to manage them.

Coping with Grief

Wednesday, April 28 • 6 to 7 p.m.

Rev. Dan Sullivan, MA, MDiv, Director of Spiritual Care
Rush Copley Medical Center

Grief is a universal experience, yet unique to each individual. Learn ways to handle grief and adjust to life after loss. This presentation is open to anyone who has experienced a loss, no matter what phase of the grieving journey you are in.

Managing Radiation Side Effects

Tuesday, May 4 • 6:30 to 7:30 p.m.

Ellen M. Berg, MSN, RN, OCN
Rush Copley Medical Center

Radiation treatment can cause a variety of side effects. Learn about the different side effects and how to manage them. A question-and-answer session will follow the presentation.

Virtual Survivorship Symposium

Saturday, June 5 • 9 a.m. to Noon

The experience of post-treatment life is

a unique aspect of the cancer journey. In this virtual symposium, leading professionals from the Rush System and Triage Cancer will help prepare you to transition into this next phase. Symposium highlights include:

- Strategies to increase resilience as it relates to cancer
- Tips to manage medical debt and finances post-treatment
- A physician panel to address questions about late and long-term effects of treatment

Our Voices: Storytelling

Fridays: June 4, 11, 18 and 25
2 to 3 p.m.

Omar Ramos, Program and Administrative Support Coordinator

Each person has a unique story to tell — this is your opportunity to tell yours. Learn how the art of storytelling can help you reclaim your life story. Create, teach, learn and grow within a safe environment of others on their own cancer journeys. Bring some personal story ideas and learn to share your unique perspective.

MONEY TALKS

Managing Financial Toxicity and the Cost of Cancer Care Treatment

Wednesday, April 14 • 1:30 to 2:30 p.m.

Omar Ramos, Certified Oncology

Financial Navigator

High costs related to cancer care can cause financial problems, affect quality of life and prevent adherence to recommended treatments. This program will focus on financial stressors and resources that can help.

Exploring Medicare and Social Security Disability After a Cancer Diagnosis

Wednesday, May 12 • 1:30 to 2:30 p.m.

Omar Ramos, Certified Oncology

Financial Navigator

Cancer of any type and stage can be disabling. The physical and psychological effects of the disease, in addition to the side effects of treatments, frequently make it difficult to work while in treatment. Learn about federal and state programs and the benefits they offer to help meet health care and income needs.

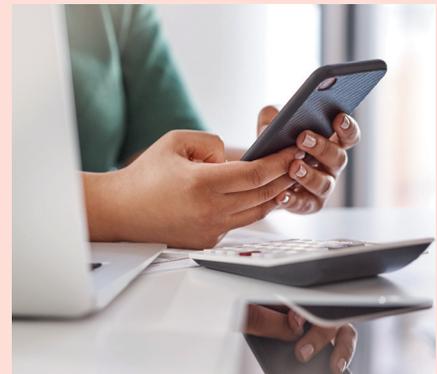
Getting Financially Organized

Wednesday, June 9 • 1:30 to 2:30 p.m.

Omar Ramos, Certified Oncology,

Financial Navigator

Reduce your feelings of stress by



setting up an easy-to-use system to manage the paper trail of your cancer journey. Getting organized will help you keep track of unpaid bills and locate important documents at tax time.

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.

Waterford Community Connections **NEW**

Second and Fourth Fridays: April 9 and 23, May 14 and 28, and June 11 and 25

11 a.m. to Noon

Omar Ramos, Program and Administrative Support Coordinator

Waterford Place supports the desire of participants to stay socially connected while being physically distant. Join us as we virtually connect to encourage one another and share experiences. This informal safe space will help build personal connections through mindful conversations. Drop in any time!

Aurora Multiple Myeloma Networking Group

First Wednesdays: April 7, May 5 and June 2 • 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. To sign up, please contact Valarie Traynham, group leader, at aurora@IMFsupport.org or (630) 423-6510.



Bereavement Support Group

Third Wednesdays: April 21, May 19 and June 16 • 2 to 3:30 p.m.

There is no right or wrong way to grieve. The Bereavement Support 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. This group will begin once five participants have registered.

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

Third Mondays: April 19, May 17 and June 21 • 6 to 7:30 p.m.

Facilitated by a licensed social worker,

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: April 14, May 12 and June 9 • 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 navigating similar experiences. The group is facilitated by a licensed social worker.

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

Second Thursdays: April 8, May 13 and June 10 • 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: April 27, May 25 and June 22 • 6:30 to 8 p.m.

The Men's 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.

TLC (Together Living with Cancer) Support Group

Second and Fourth Tuesdays: April 13 and 27, May 11 and 25, June 8 and 22 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.

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.

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 energetic

relaxation therapy 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 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
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.

Craft and Chat

Wednesdays: April 14, May 12 and June 9 11 a.m. to Noon
Join us virtually to chat and work on your favorite crafting projects, whether you enjoy knitting, crochet, needlepoint, coloring or something else. "Drop in" at any time!

Giving Back Society

Fridays: April 16, May 21 and June 18 10 to 11 a.m.
Lisa Lapinski
Are you looking for opportunities to pay it forward by helping other cancer patients on their journeys? Join the Waterford Place Giving Back Society where each month you and other members of the club will brainstorm ideas and participate in activities that make a difference in the cancer community.

VIRTUAL MIND, BODY AND SPIRIT PROGRAMS

Expressive Writing Group

Wednesdays: April 21, May 19 and June 16
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 provides a safe space for you to develop your own unique voice and express yourself without reservation. You will write in response to poetic prompts, then share to heal and empower mental well-being. No prior writing or poetry experience is required.

Mindful Yoga Flow

Thursdays: April 22 and May 27 • 6 to 7 p.m.

Gitanjali Mahanti, MSW, Certified Yoga
Instructor

Learn standing, balance, seated and supine poses to strengthen your muscles and improve balance and endurance. You will also learn pranayama (breathwork) and meditation to master the mind, overcome stress and connect to inner peace. Props used in this class include blankets, yoga blocks or books, strap or belt and a chair.

Neurographic Line Drawing

Wednesday, April 7 • 1:30 to 2:30 p.m.

Michelle Zepeda, MPH

This expressive art exercise uses principles of grounding and mindfulness to transform stress and overwhelming emotions into beautiful works of art. Choose crayons, markers, colored pencils or watercolor. Additional materials needed include black or gray marker or sharpie and paper.

Reiki Share

Tuesday, April 20 • 6:30 to 7:30 p.m.

Sandy LaBianco-Brown, Reiki Master

Level 1 reiki practitioners are invited to share in an evening of giving and receiving reiki energy. You will be guided through self-reiki, which will be offered to the others in the share. Must be reiki level 1 to attend.

Beaded Suncatcher

Tuesday, May 18 • 1 to 2 p.m.

Sandy LaBianco-Brown, Reiki Master

Create a mobile suncatcher. All materials will be provided via curbside pickup. Beading boards are available to check out upon request.

Found Poetry Workshop

Wednesday, May 5 • 1:30 to 2:30 p.m.

Michelle Zepeda, MPH

A "found poem" is one that is created out of texts that already exist — such as a page in a book, newspaper or article — by rearranging, deleting or adding words to create a new poem. This workshop will explore the concept of found poetry and teach a new and imaginative way of expressing yourself. No prior poetry or writing experience required.

Restorative Yoga with Tibetan Singing Bowls

Wednesday, June 2 • 6:30 to 7:30 p.m.

Sandy LaBianco-Brown, Certified Vibrational
Sound Therapist

Chitra Singh, Certified Yoga Instructor

Join us for a relaxing evening that will leave you feeling refreshed and renewed! You will be gently guided through supported poses to relax the body, while a sound meditation enhances the experience. Each pose will be held for a few minutes. Props needed for this class include bolster or blankets, yoga blocks or books and a strap or belt.

Mindfulness 101: The Art and Science of Well-Being

Mondays: June 7, 14, 21 and 28

1 to 2:30 p.m.

Angela Lorbeck, DACM, MSTOM, MPH,

Doctor of Acupuncture and Chinese

Medicine Practitioner, Assistant Professor,

Rush University Medical Center

This four-week series empowers cancer patients and their caregivers to take an active role in achieving optimal health and well-being. Join us to learn and practice a series of mindfulness skills (breathing,

self-compassion, body scan and more) known to improve self-awareness, focus and resilience. Attendance at all sessions is strongly encouraged.



Mixed Media Art Class:

Spring Pastel Landscape

Tuesday, April 27 • 3 to 4 p.m.

Barbara Weigand

Caring Arts Foundation

Create a simple spring landscape using pastels. Materials needed include blue or gray construction paper, soft pastels, cotton swabs, kneaded eraser and wipes or paper towels.

Mixed Media Art Class: LOVE Collage

Tuesday, May 25 • 3 to 4 p.m.

Barbara Weigand

Caring Arts Foundation

Taking a cue from pop artists from the 1960s, you will create a bright fun collage perfect for framing! Materials needed include scrapbook paper, bright colored cardstock or construction paper, pencil, markers or acrylic paint, and glue sticks.

Mixed Media Art Class:

Mixed Media Flowers

Tuesday, June 22 • 3 to 4 p.m.

Barbara Weigand

Caring Arts Foundation

Celebrate the blooming season by creating fun, easy flowers using a mixture of media. Materials needed include watercolor or acrylic paint, mixed media paper, black fine point sharpie, bright colored paper, bubble or plastic wrap, glue and buttons, ribbon or sequins.

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 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

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

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

No classes May 31

Tuesdays

5 to 6 p.m. — Gentle Yoga

Wednesdays

5 to 6 p.m. — Restorative Yoga

No class June 2

Thursdays

11 a.m. to Noon — Lymphedema-

Focused Movement

lymphedema through gentle movement and stretches for both the upper and lower body. Modifications are offered so that everyone can participate safely. Props include a yoga mat, a chair and a wall.

Yoga for Lymphedema Workshop

Tuesday, June 8 • 5 to 6 p.m.

Mary Keane, E-RYT200

Help manage lymphedema using yoga poses and other exercises. Props required include towels or blankets, a strap or tie, and two firm cushions or pillows. A yoga mat is optional but suggested.

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 help you manage treatment-related side effects and choose healthier foods.

Nutrition and Cancer: Facts vs. Myths

Thursday, May 6 • 6 to 7 p.m.

Michelle Cordes, MS, RD, LDN

Rush Copley Medical Center

Many myths surround nutrition and cancer. Hear what the current research says about soy, sugar and other foods in relation to cancer to decide what's right for you. A question-and-answer session will follow.

Healing Kitchen: Jackfruit

Tacos with Fresh Salsa

Thursday, April 8 • 6 to 6:30 p.m.

Carly Smitherman, MS, RDN, LDN

Learn to make an easy, vegan version of a favorite Mexican dish. The recipe will be sent in advance and a recording of the demonstration will be provided after the class.

Healing Kitchen: Dark Chocolate

Dipped Pears

Thursday, May 13 • 6 to 6:30 p.m.

Carly Smitherman, MS, RDN, LDN

In this 30-minute cooking demonstration, you will learn how to make delicious dark chocolate dipped pears — a healthy alternative to satisfy your sweet tooth! You will receive the recipe prior to the demonstration and a recording of the demonstration afterward.

Healing Kitchen: Mason Jar Salads

Thursday, June 10 • 6 to 6:30 p.m.

Carly Smitherman, MS, RDN, LDN

Discover the convenience of fresh, easy mason jar salads. These are perfect to prep ahead. The recipe will be sent before the class and you will receive a recording of the demonstration afterward.



VIRTUAL SALON AND SPA PROGRAMS

Simply Beautiful Skin

Friday, April 9 • 10 to 11:30 a.m.

Friday, May 14 • 10 to 11:30 a.m.

Friday, June 11 • 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, April 19 • 2 to 3 p.m.

Monday, May 17 • 2 to 3 p.m.

Monday, June 21 • 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.

Glow From Head to Toe:

Virtual Spa Night

Thursday, April 15 • 6:30 to 7:30 p.m.

Geralyn O'Brien, Licensed and Oncology-Focused Esthetician

Sandy LaBianco-Brown, Certified Vibrational Sound Therapist

Spend a relaxing evening pampering yourself and prepare your feet for some summer fun. You will receive a kit with pampering items and create a gentle foot soak and sugar scrub. The night will include a sound healing meditation. Kits



with materials will be available via curbside pickup. Please let us know of any allergies or sensitivities to ingredients in advance.

Waterford Place Wig Boutique and Salon

By appointment only

Virtual 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 Skin Care Consultations

Thursdays by appointment only

Geralyn O'Brien, Licensed and Oncology-Focused Esthetician

Virtual individual consultations are available to help you manage

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. All programs are virtual.

Contact Us

Phone: (331) 301-5280

Email: info@waterfordcrc.com

waterfordcrc.com



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

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