

PROGRAM GUIDE

Virtual Programs for Individuals Affected by a Cancer Diagnosis



The Survivorship Issue

Providing helpful tools, encouragement
and support to empower those who
are currently post-treatment



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Currently, all programs are virtual. Please register by phone or online.

(331) 301-5280

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

SURVIVORSHIP

Readjusting after cancer treatment often comes with its own set of emotional and physical challenges. Getting used to fewer interactions with your medical care team, coping with long-term side effects, managing health-related anxiety and shifting expectations of what life “should” look like now are common challenges that you may face. Waterford Place recognizes the needs of survivors by offering programming, services and support to help you establish a thriving “new normal.”

Coping with Side Effects

Managing life without the reassurance of regular monitoring from your medical providers takes time to get used to. As you navigate the transition from frequent doctor appointments to routine checkups, you will develop your own system of navigating this process. Talk with your doctor about your follow-up care plan and when a symptom needs to be reported. Not all treatments will have long-term side effects so talking with your oncology team will help to prepare you for what to expect and what to do if you have concerns.

Fear of Recurrence

Experiencing anxiety before and after scans or feeling nervous about the thought that cancer may return is very common. Research shows that many lifestyle practices can help. Mindfulness exercises can be powerful interventions as they teach us how to stay grounded in the present moment, which helps to reduce worries of an unknown future. Taking control of what you can to reduce your risk of recurrence can be extremely empowering. Eating a healthy, plant-based diet, participating in regular movement, engaging in enjoyable activities and staying connected to people you care about are all successful ways of tending to your overall well-being.

Adjusting to a “New Normal”

The “new normal” is a phrase that is often used to describe life after cancer. Many cancer patients may expect life to return to



a pre-cancer state. While it is reasonable to expect some things to be as they were before, it is also understandable that other things will change. A cancer diagnosis can have a significant impact on everything from your perspective to physical abilities. It is normal to go back and forth between different emotions. Cancer can be disruptive to life but there are times it can be viewed as an opportunity for meaningful changes in all areas of life, including at home, at work and in relationships. It's important to know that it is normal to be conflicted about the changes in this stage of the cancer journey. It's normal for family and friends of a

cancer patient to be confused and unsure of how to be supportive. Being gentle with yourself and your loved ones, communicating your conflicting feelings with those you trust and finding intentional ways to move forward into these uncharted waters can help you transition into this next phase with confidence.

Some programs designed especially for those who are post-treatment can help.

- Benefits of Exercise for Cancer Survivors — [page 2](#)
- Emotional Health After Cancer Treatment — [page 2](#)
- Giving Back Society — [page 4](#)

VIRTUAL EDUCATIONAL PRESENTATIONS

Personalized Financial Resource Consultation

By appointment only

Cancer not only affects your physical health, it also affects your financial well-being. Resources are available to help manage the financial impact of cancer, including federally-funded programs and private nonprofit organizations. To find out what financial resources are available to you, meet with a financial navigator virtually, by phone or in person. Call to schedule an appointment.

Technology Consultation

By appointment only

Need help connecting to virtual programs through your personal computer, laptop or tablet? Get help to set up an email or to install and use the Webex application on your device. Call today to get help over the phone or in person.

Welcome to Waterford Place

Virtual Orientation

By appointment only

Omar Ramos, Program and Administrative Support Coordinator

All new participants are invited to attend an introductory orientation to discover the valuable resources available at Waterford Place. Learn more about our programs and how we can support you through your cancer journey. Orientations are available virtually, by phone or in person.

Fun in the Sun: Summer Skin Care

Wednesday, July 7 • 1 to 2 p.m.

Thursday, July 22 • 6:30 to 7:30 p.m.

Kate Romano, Oncology-Trained Esthetician and Certified Aromatherapist

Learn how fun in the sun and skin safety go together. This class will take the confusion out of choosing effective oncology-safe sunscreens and provide useful tips and tricks that will have you safely enjoying a beautiful summer day.

TOP DOC LECTURES

Dental Changes Due to Cancer Treatment

Tuesday, August 31 • 6:30 to 7:30 p.m.

*Soumya Padala, DDS, Orthodontist
Rush University Medical Center*

Cancer treatments, such as chemotherapy and radiation, can cause uncomfortable side effects. Learn how to manage your oral health during and after treatment. A question-and-answer session will follow the presentation.



The class is offered twice to accommodate different schedules.

Emotional Health After Cancer Treatment

Tuesday, July 13 • 6:30 to 7:30 p.m.

Laura Rollins, LSW, Oncology Social Worker

Rush Copley Medical Center

Learn how to manage the emotions that come after completing cancer treatment. This session is open to all in any stage of the cancer journey.



Benefits of Exercise: From Cancer Treatment to Survivorship

Monday, August 9 • 1 to 2 p.m.

Judy Siek, 500 eCYT, Certified Cancer Exercise Trainer and Group Fitness Instructor

Learn about the physical and mental benefits of exercise for those in active treatment or survivorship. Learn how to ease yourself into physical activity and exercises for a healthy lifestyle.

Integrative Oncology: What is it and Why Does it Matter in Cancer Care?

Thursday, August 19 • 1 to 2 p.m.

*Angela Lorbeck, DACM, MSTOM, MPH
Doctor of Acupuncture and Chinese Medicine Practitioner
Rush 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.

Pelvic Floor Therapy

Thursday, September 16 • 2 to 3 p.m.

*Julienne Kwait, PT, MPT, CLT, Outpatient Therapy Coordinator
Rush Copley Medical Center*

Learn the importance of, and ways to strengthen and support, the pelvic floor. A question-and-answer session will follow the presentation.

Introduction to HeartMath Meditation

Thursday, September 23 • 6:30 to 7:30 p.m.

*Audrey Stoppel, RN
Rush Copley Medical Center*

HeartMath Meditation is a simple yet powerful meditative technique to help bring you more clarity and balance. This technique will help you shift your emotional state and calm your mind.

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: July 7, August 4 and
September 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. To sign up, please contact Valarie Traynham, group leader, at aurora@IMFsupport.org or (630) 423-6510.

Bereavement Support Group

*Third Wednesdays: July 21, August 18 and
September 15 • 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: July 19, August 16 and
September 20 • 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: July 14, August 11
and September 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 navigating similar experiences. The group is facilitated by a licensed social worker.



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

*Second Thursdays: July 8, August 12 and
September 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: July 27, August 24 and
September 28 • 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: July 13 and
27, August 10 and 24, September 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.

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

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 different tones combine to produce an immediate state of tranquility as the sound waves encourage restoration to the central nervous system to bring about deep relaxation and meditation.

Reiki

By appointment only

*Sandy LaBianco-Brown and Karen
Jendruczek, Reiki Masters*

This one-on-one 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 at a distance. Virtual or in person.

Guided Meditation

*Wednesdays: July 7, August 4 and
September 1 • 6:30 to 7:30 p.m.*

*Audrey Stoppel, RN, 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: July 16, August 20 and
September 17 • 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 to brainstorm ideas and participate in activities that make a difference in the cancer community.



Expressive Writing Group

*Wednesdays: July 21, August 18 and
September 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 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.

Firefly Garden Stake

Tuesday, August 17 • 1 to 2 p.m.

Sandy LaBianco-Brown, Reiki Master

Create an easy and fun garden stake to enjoy for the summer! All materials will be provided.

Group Sound Healing

Tuesday, September 21 • 6:30 to 7:30 p.m.

*Sandy LaBianco-Brown, Certified Vibration
Sound Therapist*

Immerse yourself in the healing sounds of the crystal and Tibetan singing bowls designed to promote relaxation and balance for both your body and mind. This experience brings about deep relaxation and meditation. Use a pillow, blanket and eye mask for enhanced comfort.

CARING ARTS FOUNDATION

Mixed Media Art Class: Pastel Fireflies

Tuesday, July 27 • 1:30 to 3 p.m.

Barbara Weigand

Celebrate summer by creating a lovely pastel drawing of fireflies. No drawing experience needed. Materials needed include black pastel or construction paper, set of pastels, kneaded erasers, white tempera paint, small brush and wipes or paper towels.

Mixed Media Art Class: Pastel Dandelion Puffs

Tuesday, August 24 • 1:30 to 3 p.m.

Barbara Weigand

Nothing says summer more than puffs of dandelions. Capture that remembrance in pastel. Materials needed include dark-colored pastel or construction paper, set of pastels, kneaded erasers, white tempera paint, small brush and wipes or paper towels.

Mixed Media Art Class: Autumn Trees Contemporary Paper Collage

Tuesday, September 28 • 1:30 to 3 p.m.

Barbara Weigand

This relaxing and simple project creates a very sophisticated result, especially when framed. Materials needed include 8.5 x 11 or 9x12 paper (dark blue, black or dark brown), paper in various fall colors, sharpie markers, scissors, glue sticks or craft glue.

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 a yoga mat, blocks, yoga strap or belt/tie.

Restorative Yoga

Wednesdays • 5 to 6 p.m.

Chitra Singh, Certified Yoga Instructor

Restorative yoga is a 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. Props used in this class include a yoga mat, bolster, blocks, yoga strap or belt/tie.

Lymphedema-Focused Movement

Thursdays • 11 a.m. to Noon

Judy Siek, 500 eCYT, Certified Cancer

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 class July 5 or September 6

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

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.



Men's Health and Fitness NEW

Thursdays: July 1 and 15, August 12 and

26, September 2 and 16 • 5:30 to 6:30 p.m.

Judy Siek, 500 eCYT, Certified Cancer

Exercise Trainer and Group Fitness

Instructor

This class is specially designed for men living with prostate cancer and its aftermath to help improve endurance,

strengthen muscles and increase mobility.

A yoga mat is recommended.

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. Consultations are available virtually, by phone or in person.

Healing Kitchen: Roast Salmon

With Walnut-Flaxseed Pesto

Thursday, July 8 • 6 to 6:30 p.m.

Carly Smitherman, MS, RDN, LDN

Learn to make an easy and healthy seafood dish! The recipe will be sent in advance and a recording of the demonstration will be provided after the class.

Healing Kitchen: Vegan Ceviche

with Mango and Avocado

Thursday, August 12

6 to 6:30 p.m.

Carly Smitherman,

MS, RDN, LDN

In this 30-minute cooking demonstration, you will learn how to make a vegan version of a refreshing summer dish. The recipe will be sent in advance and a recording of the demonstration will be provided after the class.



Healing Kitchen: Quinoa Crab Cakes

Thursday, September 9 • 6 to 6:30 p.m.

Carly Smitherman, MS, RDN, LDN

Join Carly as she makes delicious quinoa crab cakes. 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, July 9 • 10 to 11:30 a.m.

Friday, August 13 • 10 to 11:30 a.m.

Friday, September 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 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, July 19 • 2 to 3 p.m.

Monday, August 16 • 2 to 3 p.m.

Monday, September 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 individual hair care goals. The same class is offered each month to accommodate different schedules.

Put the Glow Back in Your Skin and Soul: Virtual Spa Night

Thursday, July 29 • 6:30 to 7:30 p.m.

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

*Sandy LaBianco-Brown, 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 meditative session. A self-care package will be



available via curbside pickup. Please let us know if you are allergic or sensitive to any ingredient.

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. Virtual or in person.

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

Thursdays 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 current products

and cosmetics, recommendations for oncology-safe products, and safely addressing skin-related issues. Virtual or in person.

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 individualized appointment to learn how small things can help you feel better in a big way!



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. Registration is required for all programs. How to register:

Online at waterfordcrc.com

Call (331) 301-5280

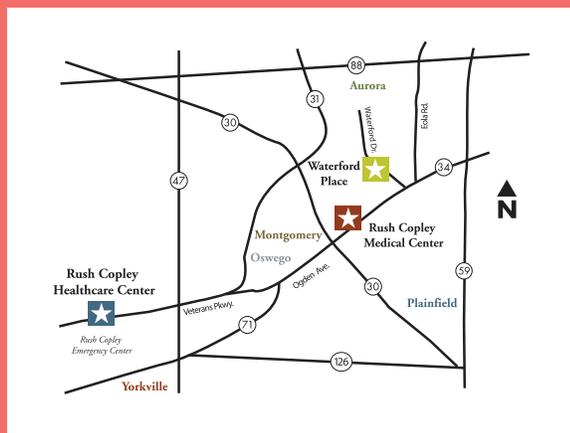
Contact Us

Waterford Place is open Monday through Friday from 9 a.m. to 4:30 p.m. Closed on July 5 for Independence Day and September 6 for Labor Day.

Phone: (331) 301-5280

Email: info@waterfordcrc.com
waterfordcrc.com

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Find Us

Waterford Place is located at
1310 Waterford Drive
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