

## **EDWARD CANCER CENTER 2017 support groups & programs** *(amended June 2017)*

The diagnosis of cancer brings about many questions and concerns. Edward Cancer Center is dedicated to answering these questions and providing emotional, educational and social support for patients and caregivers. Through a series of programs and support groups, the Cancer Center staff hopes to make your treatment as stress-free as possible. Groups meet at Edward Cancer Center, 120 Spalding Drive, Suite 111, Naperville, or 24600 West 127<sup>th</sup> Street, Plainfield, and all are offered at no cost.

### **Support and Networking (registration not required)**

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#### **Breast and Gynecological Cancer Support**

Facilitated by a Breast Care Nurse, this group meets in Naperville on the 2<sup>nd</sup> Wednesday of each month, 6:00 – 7:00 PM, in the First Floor lobby.

### **Nutrition, Education and Wellness**

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#### **Individual Nutrition Consultations**

Are you doing all you can nutrition-wise to maintain strength throughout your treatments to allow for optimal healing? Are you having difficulty with side effects of treatment? Schedule a one-on-one appointment with our dietitian Doreen Berard, RD, LDN, Wellness/Oncology Dietitian, by calling 630-646-6840.

#### **Why Weight?**

Achieving and maintaining a desirable body weight lowers the risk of recurrence and improves survival after a breast cancer diagnosis. Doreen Berard, RD, LDN, will facilitate this 12-week class in Naperville for breast cancer survivors. Participants must have completed active treatment.

***Registration is required. Please call Doreen Berard at 630-527-5452 with questions and to register for one of the sessions.*** Wednesdays, 5:30-7:00 PM:

September 6 through November 29 (no class on November 22)

#### **Breast Cancer Wellness Rehabilitation Class**

An Edward Occupational Therapist will discuss post-surgery concerns, exercises to improve range-of-motion, and lymphedema signs, symptoms and treatment. Class is held on the 2<sup>nd</sup> Monday of each month (except holidays), from 4:30 to 5:30 PM, in the First Floor Conference Room in Naperville.

***Registration is required. Please call Edward Class Registration at 630-527-6363.***

#### **Back on Track – at Edward Health & Fitness Center, Naperville**

This 8-week group exercise class is designed to work with the treatment and management of cancer by enhancing aerobic capacity, muscular strength and flexibility. Scholarship funds may be available (call Social Workers for information). ***To register, or for dates, times and more information, please call Edward Health & Fitness Center at 630-646-5927.***

#### **Look Good . . . Feel Better**

Edward Cancer Center hosts the American Cancer Society's program for women who are undergoing treatment for cancer. Information is presented on make-up techniques, skin and nail care, and wigs, hats and scarves. *Look Good . . . Feel Better* is held:

**in Naperville**, June 13, July 10, September 11 and November 13, 2017; and

**in Plainfield**, June 12, August 14, October 9 and December 11, 2017.

***To register for Naperville, please call Sharon Kelleher at 630-646-6111;  
for Plainfield, please call Deborah Hartman at 815-731-3434.***

### **Breast Cancer Survivorship Seminar: transitioning from patient to survivor – October 24**

This program will address recurrence risk and reporting symptoms; nutrition and exercise; depression, anxiety and sexuality; menopausal symptoms and hormonal therapy side effects; and surveillance. This seminar will take place from 6:00 – 8:00 PM in the First Floor lobby in Naperville.

*Registration is requested; to register, please call Edward Class Registration at 630-527-6363.*

### **Patient Resource Library**

Books, magazines, CDs, videos and other educational materials are available to patients and caregivers. The Resource Library is located in the first floor lobbies of the Naperville and Plainfield Cancer Centers.

## **Complementary Therapies**

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### **Mindful Yoga**

Reduce stress and increase flexibility at this weekly class which meets in Naperville every Thursday (except holidays), 6:00 – 7:00 PM, in the First Floor lobby. No previous experience is needed, and poses can be modified to adapt to all levels of experience and limitations. Mats, straps and blocks are provided.

*Registration not required.*

### **Healing Sound Meditation**

Sound vibrations from Tibetan singing bowls, Native American flute, chimes and other instruments can help restore energy and reduce stress. No previous experience is needed. Meets in Naperville twice monthly, on the 1<sup>st</sup> and 4<sup>th</sup> Wednesdays of each month (except holidays), 5:45 – 6:45 PM, in the First Floor lobby. *Registration not required.*

### **Healing Touch – appointment required**

Healing Touch is a compassionate energy therapy that works to support and facilitate physical, emotional, mental and spiritual health using light touch. Healing Touch is offered in Naperville on the 2<sup>nd</sup> Thursday of the month, from 5:00 – 7:00 PM. *To schedule your 1-hour personal appointment, please call Kathy, Certified Healing Touch Practitioner, at 630-292-9116.*

### **Reiki**

Reiki is a complementary, holistic healing practice intended to promote the balance of energy in the body. It has been found to help patients relax, reduce stress levels, relieve pain and improve mental clarity and sleep habits. The session is safe, gentle and non-invasive, and is used to enhance the effectiveness of conventional medical treatment.

Edward patients and their caregivers can take advantage of the free Reiki sessions. Visit the Naperville Cancer Center, on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month, from 9:30 to 11:30 AM. *Registration not required.*

### **Deep Hypnosis Groups – 4<sup>th</sup> Saturday of each month, January through November**

Presented by Dr. C. Scot Giles, a Board Certified Diplomate with the National Guild of Hypnotists, this program is built on the findings of Dr. Bernie Siegel, M.D., the author of best-selling books on Mind/Body Medicine. The topics and hypnotism will be different each month. This group meets in Naperville on the 4<sup>th</sup> Saturday of each month, January through November, from 10 AM–12:00 Noon.

*Monthly registration is required: please call Deborah Hartman at 630-646-6147 with questions and to register.*

## **Camp Hope 2017 – at Naper Settlement**

Camp Hope is a one-week summer day camp, to be held the weeks of June 26 and July 17 for children age 6 to 12 whose parent or close family member is living with cancer. Camp Hope campers will participate in Naper Settlement's TREASURE HUNTERS program, and will take part in special break-out sessions each day with the Cancer Center Social Workers to address emotions surrounding the changes in the family due to the illness. *Space is limited. Registration begins in April through Edward Class Registration, 630-527-6363. Please call Social Workers for more information.*

### **NAPERVILLE GROUP LOCATIONS:**

#### **First Floor Conference Room (Conference Room 1):**

Enter at the main Cancer Center entrance. Conference room 1 is directly across from the reception desk.

#### **Second Floor Conference Room (Conference Room 2):**

Enter Medical Office Building II (first door east of the Cancer Center). Take elevator to the 2<sup>nd</sup> floor, and turn right. Conference Room 2 is the first door on the left.

*Other special programs may be offered during the year. Please check for flyers in the Cancer Center, look on [www.eehealth.org/services/cancer/support-services](http://www.eehealth.org/services/cancer/support-services), or call the Social Workers for more information.*

## **Other Cancer Support Resources**

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### **Imerman Angels**

Imerman Angels, a not-for-profit organization that matches a person fighting cancer today with a survivor of the same type of cancer. Mentors are matched by similar age, gender and cancer type, giving patients the opportunity to ask personal questions and receive encouragement from a peer who is familiar with the situation. Imerman Angels also connects caregivers to other caregivers who can relate to and understand their situation. To get connected, visit:

**IMERMANANGELS.ORG**, and click on the "Request Support" link (or call 877-274-5529).

Their goal is to complete your match within 7 business days. All of the services that Imerman Angels provide are free.

### **American Cancer Society *Reach to Recovery Program***

The Reach to Recovery program matches trained, volunteer breast cancer survivors with those facing or living with breast cancer to provide one-on-one support. Individuals are matched to volunteers who have had a similar diagnosis and treatment plan, and have a similar personal background. Call the American Cancer Society at 800-227-2345.

### **American Cancer Society *Road to Recovery Program***

The American Cancer Society Road To Recovery program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive their treatments. If you or your loved one needs a ride to treatment, call the American Cancer Society at **1-800-227-2345** to see if there are **volunteers available to serve your area. A minimum of four days advance notice is needed to arrange transportation.**

### **American Cancer Society *Wig Boutique* – Plainfield**

Losing your hair is hard; finding a free wig isn't! Brand new wigs are offered at no charge to patients whose insurance does not cover a cranial prosthesis. An American Cancer Society-trained volunteer will help you choose the "right look" from multiple styles and colors available.

**PLEASE NOTE: To schedule your personal appointment, please call the American Cancer Society at 800-227-2345.** They will call you back with an appointment within five days.

The following local **Cancer Resource Centers** offer a variety of informational and educational programs; wellness programs; complementary therapies; patient, caregiver and family support and networking groups and programs:

#### **The Cancer Support Center**

2028 Elm Road, Homewood      *and*      19657 South LaGrange Road, Mokena  
708-798-9171      708-478-3529  
Cancersupportcenter.org

#### **Living Well Cancer Resource Center**

442 Williamsburg Avenue, Geneva  
630-262-1111  
Livingwellcrc.org

#### **Waterford Place Cancer Resource Center**

1310 Waterford Drive, Aurora  
331-301-5280  
Waterfordcrc.com

#### **Wellness House**

131 North County Line Road, Hinsdale  
630-323-5150  
Wellnesshouse.org

**The Edward Cancer Center Social Workers are available to our patients and their families for one-on-one support and assistance with insurance, medications, community resources, social security disability, short- and long-term disability, difficulties arising from living with cancer, and financial issues.**

**Please contact the Edward Cancer Center Clinical Social Workers for assistance:**

**Linda Conlin – 630-646-6054  
Sharon Kelleher – 630-646-6111  
Deborah Hartman – 815-731-3434**