

## 2019 Edward Cancer Center support groups & programs

### Support and Networking

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

Facilitated by our Breast Nurse Navigator, this group meets in Naperville on the 2<sup>nd</sup> Wednesday of each month in the First Floor Lobby, from 6:00 – 7:00 pm. **Registration is not required.**

### Family Support

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#### **Camp Hope at Naper Settlement**

Camp Hope is a one-week summer day camp that is held toward the end of June each year 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 Summer Camp program, and take part in special break-out sessions each day to address emotions surrounding the changes in the family due to the illness. **Space is limited. Registration begins in April. Please call 630-646-6111 for more information on Camp Hope and to register.**

### 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 630-527-3788.

#### **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 Cancer Center Social Workers for information). **To register, or for dates, times and more information, please call Edward Health & Fitness Center at 630-646-5917.**

### Complementary Therapies

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#### **Art for Fun and Relaxation**

No art skills or experience needed! Do you like adult coloring books? Want to learn how to Zentangle? Want to work on a special project of your own or guided by an Art Therapist? Doodle while you connect with others? You choose how to spend this time. Supplies, inspiration and encouragement will be provided. This group is offered in Naperville on the 1<sup>st</sup> Monday of each month (except September) in the Second Floor Conference Room, from 2:00 to 3:30 pm. **Registration is requested so that sufficient supplies are available. Please call 630-646-6111.**

### **Chair Massage**

Take ten minutes for a soothing massage experience, and return to your day feeling more refreshed and relaxed. Edward Cancer Center patients and caregivers can take advantage of these 10-minute chair massages. Days and times will vary. Check in at the **Second Floor Lobby** when you arrive to see if our Licensed Massage Therapist is on duty. ***Prior registration is not required.***

### **Deep Hypnosis**

Dr. C. Scot Giles, a Board Certified Diplomate with the National Guild of Hypnotists, will guide the group through self-hypnosis. The topics and hypnotism will be different each month. This group meets in Naperville on the 4<sup>th</sup> Saturday of each month (no group in May), from 10:00 am to 12:00 pm. ***Monthly registration is required. To register, please call 630-646-6147.***

### **Mindful Yoga**

Reduce stress and increase flexibility at this weekly class which meets in Naperville every Thursday (except holidays) in the First Floor Lobby from 6:00 – 7:00 pm. 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 is 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 personal 1-hour appointment, please call Kathy, Certified Healing Touch Practitioner, at 630-292-9116.***

***NOTE: Please call Kathy at least 24 hours before your appointment if you must cancel.***

### **Overcome Stress and Worry through Self-Hypnosis – Tuesday, April 9, 6:30-8:30 pm**

Stress is toxic for the human body, but also unavoidable in today's world. Fortunately, your mind has the power to lift you above it so you can be your very best. Rev. Dr. C. Scot Giles, a Board Certified Diplomate with the National Guild of Hypnotists, will lead this training.

**Registration is requested. To register, please call 630-646-6147.**

### **Sound Relaxation**

Relax your mind and body while listening to Tibetan singing bowls, Native American flute, chimes and other instruments. A limited number of zero-gravity chairs are available, or relax on a yoga mat. All supplies are provided. Meets in Naperville in the First Floor Conference Room twice monthly, on the 1<sup>st</sup> and 4<sup>th</sup> Wednesdays of each month (except holidays) from 5:45 – 6:45 pm. ***Registration is not required.***

## **Other Cancer Support Resources**

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### **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 Road to Recovery Program provides transportation to and from cancer treatment for people 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. **Call the American Cancer Society at 800-227-2345 to submit a request for transportation. A minimum of four days advance notice is needed to schedule transportation requests.**

**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 Angles also connects caregivers to other caregivers. 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 seven business days. All of the services that Imerman Angels provide are free.

**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  
708-798-9171  
*Cancersupportcenter.org*

*and*

19657 South LaGrange Road, Mokena  
708-478-3529

**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-Elmhurst Cancer Center Social Workers are available to our patients and their families for one-on-one support and assistance with insurance, financial issues, medications, community resources, FMLA, Social Security Disability, short- and long-term disability, and emotional challenges arising from living with cancer.**

**Edward Cancer Centers:**

Linda Conlin – 630-646-6054  
Briana Rekosh – 630-646-6111  
Meagan Dean – 630-646-6147

**Nancy W. Knowles Cancer Center (Elmhurst):**

Maria Escobar – 331-221-5900

**Website: [eehealth.org/services/cancer/support-services](http://eehealth.org/services/cancer/support-services)**

10/10/19