

Gentle Yoga

Mondays, 5:30pm

A gentle floor yoga class suitable for all levels of experience. Bring your own mat, or use one of ours.

Seated Strength

Mondays & Wednesdays, 10:00am

Seated Strength is a strength building class that may utilize light weights and bands while seated or with a chair for support. No experience necessary and all levels are welcome! *Classes will be outside, weather permitting. Please dress accordingly.*

NEW! Wednesday Walks

Wednesdays, 5:00pm*

Facilitated by RiverBend staff, the group will meet at Kate's Garden at 1122 Lincolnway West in Mishawaka for a one or two-mile stroll along the Riverwalk. Walking is at your own pace. Walks will be canceled in case of rain or extreme heat.

**No walk on August 31.*



Registration is required for all fitness classes. Please call (574) 287-4197 to sign up.

With Gratitude

Please join us in recognizing the following companies and individuals who have provided significant funding to RiverBend in the past year. Without these everyday heroes, we couldn't provide the services and programs we do:

**Beacon Community Impact • Fields Foundation Trust • Great Lakes Heating and Air Conditioning
The PHP Foundation • Erin and Sam McGrath • Robert Shriner • David Taber • Dee Tepe
Indiana Trust and Wealth Management • United Way of St. Joseph County**

RiverBend sends out a weekly email with updates and information about classes. If you would like to receive our emails, please call 574-287-4197 and provide us with an email address.

We are upgrading our files and need your most current contact information! Please call (574) 287-4197 during business hours to update us. Thank you!

RiverBend Cancer Services improves the quality of life of cancer survivors and their families in our community through helpful advocacy, hopeful support and innovative educational programs. Our programs help those living with cancer feel more hopeful and empowered to manage their cancer treatment and survivorship.



Regular Office Hours

Monday - Thursday, 9 am - 4:30 pm
Friday, 9 am - 12 pm

Holiday Office Hours

Closed Monday, July 4

RiverBendCancerServices.org

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3516 East Jefferson Boulevard South Bend, Indiana 46615



Living Well with Cancer

The Wellness House, South Bend, Indiana



2022
July - August

WELLNESS HOUSE HOURS

The Wellness House is open Monday–Thursday, 9am–4:30pm; Friday, 9am–12pm.

Support & Networking Programs

Unless otherwise indicated, all groups meet at RiverBend Wellness House

General Cancer Support Group

Wednesdays, July 6 & 20, and August 3 & 17 at 5:30pm

This group is open to all survivors and caregivers with any type of cancer diagnosis.

GynaGirls

Mondays, July 11 & August 1 at 4:30pm

This group supports women with gynecological cancers and celebrates ten years of caring and wellness. All are welcome. Please contact Nancy White for more information.

Head & Neck Cancer Support Group

Sundays, July 10 and August 14, 1:30pm

Facilitated by Rebecca Shultz, Speech Language Pathologist, Memorial Hospital. This support group is for patients and

family members who are going through or have gone through head and neck cancer treatment. Whether you have lost your larynx (voice box) or not, all are welcome! Looking forward to seeing some familiar faces and hopefully meeting new ones! For more information, please contact Rebecca at (574) 647-2613.

Men’s Support Group

Tuesday, August 23, 5:30pm

This group supports men with all types of cancers and diagnoses.

RiverBend Counseling

RiverBend has licensed, experienced counselors on staff to provide individual or family therapy and art counseling. Please call (574) 287-4197 to make an appointment with one of our counselors.

Reservations are required for all classes and activities unless otherwise noted.

Please call (574) 287-4197 to register.

Education

Bites and Bits Cooking Class for Survivors—Good Food and a Bit of Knowledge

Tuesdays, July 12 and August 16, 12:00pm

Presented by Heather Borsa, RD, CD, from Michiana Hematology Oncology. Try some delicious recipes while learning and applying nutritional knowledge in this cooking demonstration.

Decisions About Work: Accommodations, Leave, Disability, and Retirement

Wednesday, July 20, 1:00pm

This live webinar from Triage Cancer discusses managing work and a cancer diagnosis, including how to continue working during treatment, take time off, replace lost income, understand retirement options, and navigate the health insurance and financial implications of each decision. Triage

Cancer is a national nonprofit organization that provides free education on the legal and practical issues that may impact individuals diagnosed with cancer and their caregivers.

Farmer’s Market Tour

Thursday, August 25, 1:00pm

Join Heather Borsa from Michiana Hematology Oncology for a tour of the booths and shops at the South Bend Farmer’s Market. She will help you learn what questions to ask the farmers, and how to pick the healthiest items. Meet at the west entrance.

NEW! Mind Over Matter

Wednesdays, July 6, 13, 20 & 27, and August 3, 5:30pm

Struggling with difficult emotions? Mind Over Matter is a coping skills program designed to help participants learn

(Education continued on next page)

tools to navigate difficult emotions. This 5-session program uses evidence-based strategies to help decrease feelings of anxiety and depression and increase a sense of well-being. Each week new tools using cognitive and behavioral approaches and mind-body strategies will be introduced and practiced; therefore **weekly attendance is expected**. Spaces are limited.

Palliative Care 101

Thursday, August 11, 5:30pm

Palliative care, and the medical specialty of Palliative Medicine, is specialized medical care that provides relief from the symptoms and stress of a serious illness. The goal is to improve the quality of life for both you and your family. Join Camille Kocsis from the Center for Palliative Care to learn more about how the Palliative Care Clinic can help you or a loved one cope with serious illness.

Wellness Programs

Wellness

Ice Cream Social

Wednesday, August 31, 4:00pm

We all scream for ice cream, so come on out and enjoy your favorite cold and creamy treat!

NEW FORMAT! RiverBend Book Club

Mondays, July 25 and August 29, 5:00pm

July Pick: “The Little Paris Bookshop” by Nina George

August Pick: “The Immortal Life of Henrietta Lacks” by Rebecca Skloot

We have a limited number of each book available, so please call or stop in to pick up yours. You can also check out a copy from the SJCPL! Do your reading, and come prepared for a lively discussion!

Seasonal Crafts

Mondays, July 18 and August 22, 1:30pm

Chat with friends and make a fun craft to take home.

Summer Cookout

Thursday, July 28, 4:30pm*

Join us on the patio for all your grilling favorites, music, and games.

**Rain date Thursday, August 4*

Words Matter: Journaling

Thursday, August 25, 5:30pm

Learn how to use words to express thoughts, feelings, and experiences. Join Lori Isack to see how writing has a place in our healing process.

Self-Care

Debbie’s Wig Salon

1st and 3rd Thursdays of the month, 1:00-3:00pm

RiverBend provides free wigs, hats and scarves to those in treatment. Our stylist, Debbie, will work with you to find the best style. Please call to make an appointment.

Kim’s Bra Boutique

Wednesdays, July 13 and August 10, 2:00-4:00pm

Free bra and/or prosthesis fitting for women impacted by a breast cancer diagnosis. Please call to make an appointment.

Fitness

Chair Yoga

Tuesdays & Thursdays, 10:30am & 11:45am

This gentle form of yoga uses modified poses that can be done from a seated position and with a chair for support, making it suitable for all levels of experience and comfort. *Classes will be outside, weather permitting. Please dress accordingly.*

NEW CLASS! Empowered Movement

Tuesdays, 5:30pm

This new class will incorporate circuit and interval training with a little bit of dance and music, and a whole lot of fun! This class is suitable for all levels and no experience is necessary. Give it a try!

(Fitness continued on next page)

To register for a class please call (574) 287-4197.

Masks that fit snugly over the nose and mouth must be worn at all times in the Wellness House, regardless of vaccination status.