

## April Wellness Classes

In-person Wellness classes will start back up again beginning April 12! RiverBend Program Director, Katina Scarbrough, is excited to welcome clients back. "I know as much as our clients have enjoyed and appreciated our virtual classes, they are looking forward to seeing each other in person. And, our staff is certainly looking forward to seeing them again in the Wellness House," shares Scarbrough. "We're also excited to continue offering our virtual programming, so clients can continue to attend on the go or from the comfort of their homes."

Each class time has a maximum capacity of 6 in-person clients with no limit on Zoom participants. Clients must call (574) 287-4197 to register; drop-ins are not available at this time. Please note, all fitness classes will move outdoors to allow for larger class sizes beginning June 1.

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*Crafts will be the 2nd Thursday of each month at 1 p.m. Due to the start date of in-person classes being April 12, crafts are scheduled for April 15 this month.*

### Monday

Seated Strength: 11 a.m.

*\*In-person Seated Strength will resume May 3.*

Gentle Yoga: 5:30 p.m.

### Tuesday

Chair Yoga: 10:30 a.m. & 11:45 a.m.

Zumba: 5:30 p.m.

### Wednesday

Pound Cardio: 11 a.m.

### Thursday

Chair Yoga: 10:30 a.m. & 11:45 a.m.

Yoga: 5:30 p.m.

*\*This Yoga day and time slot will remain Zoom only.*

## 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 Taper • Dee Tepe  
Handshaw Trust • Indiana Trust and Wealth Management • United Way of St. Joseph County**

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 - 2 pm

Friday, 9 am - 12 pm

### Holiday Office Hours

May 31: Closed for Memorial Day



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# Around the Bend

## One foot in front of the other

Fleet Feet and fundraising for cancer survivors

## April Wellness Classes

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SPRING 2021

**RIVERBEND**  
CANCER SERVICES  
Help and Hope Around the Bend



A MESSAGE FROM THE EXECUTIVE DIRECTOR  
SPRING 2021

A beautiful thing happens when cancer survivors share their stories. Hope and healing take place, slowly at first, as a bond begins to form. And over time, those shared experiences help erode isolation, build strength and create lasting friendships.



Friendship is born at that moment when one person says to another: "What? You, too? I thought I was the only one."

- C.S. Lewis

Connection is essential to a survivor's social, emotional, and physical well-being. And, it's what drives all of RiverBend's programming and services. We bring survivors and their loved ones together and link them to resources and support during a time in their life they need it most. Even during a pandemic, RiverBend keeps those affected by cancer connected and on a path of hope and healing.

And, we couldn't do it without the support of our community, the willpower of RiverBend staff, and the fortitude of our clients. Thank you for your ongoing support as we continue to serve survivors and navigate this pandemic together.

As you read this newsletter, I want to encourage you to think about how cancer connects us all. May it be a personal experience or by watching someone you love go through it, we are all witnesses to this disease, and we're all changed by it.

Kindest regards,

Laura Baker  
Executive Director

Supporting Survivors in  
St. Joseph County

RiverBend's programs and services come at no cost for clients because of your generosity. Visit [RiverBendCancerServices.org](http://RiverBendCancerServices.org) to make a donation and support survivors in our community today. Or, please consider donating one of these valuable resources for RiverBend to distribute to clients.

- Grocery gift cards
- Adult disposable pull-up style underwear (all sizes)
- Cleansing body wipes (not cleaning wipes)
- Clorox cleaning wipes
- Bottled water for hydration
- Aquafor healing ointment to manage side effects of radiation
- Peppermint and ginger hard candies for nausea and dry mouth
- Hand sanitizer
- Travel-sized, unscented lotions
- Gas cards to travel to and from appointments
- Tea
- Tissues
- Cozy socks
- Disposable dinnerware and silverware

With any donations of goods, please call ahead to arrange a time to drop them off. Call 574-287-4197. Your kindness and generosity make a positive difference in the lives of cancer survivors! Thank you.



Gail Dukes knows first-hand the toll cancer can have on a family, having helped her husband Howard, a former RiverBend client, through his diagnosis, treatment, and recovery.

"We had small children at the time, and I was working while also caring for my husband. It was tough," shares Gail. "A lot of folks in our life stepped up to cook us meals. It was one less thing for me to worry about and such a kind gesture that meant so much to us."

That kindness is what inspired Gail to gift RiverBend clients with home-cooked meals this Lenten season. "God doesn't just bless us. He blesses us so we can be blessings to others," adds Gail. "Those meals helped my family through a very challenging time. Now, it's my turn to be a blessing to others."

RiverBend staff has been connecting Gail with survivors interested in one of her home-cooked meals. "They give me a list, and I give the folks on the list a call. After getting to know them, I have a good idea of what they might like in a dish."

Gail also makes an effort to include nutritious ingredients in each meal, and she adapts recipes to be more kid-friendly for survivors with small children. "I made a taco bar and delivered it to a mom with two little ones. I thought it would be something fun for them to build together, plus everybody loves tacos!"

Recipients can't help but smile when Gail delivers one of her delicious meals. "It's a joy to cook for these folks and get to know them a little bit. I've never met these people in my life, but I feel connected to them. I've been in their shoes. I know what they're going through."

Small acts of kindness can indeed make a big difference in the life of someone with cancer. Friends and family of people with cancer often want to help but may not know what to do. If cooking isn't your strength, here's are other helpful ways you can support a survivor.

WAYS YOU CAN HELP A  
FRIEND WITH CANCER

- Take care of grocery shopping or order groceries online and have them delivered.
- Walk the dog or transport their kids to school and extracurricular activities.
- Lend them a book from the RBCS Little Library or make them a music playlist.
- Drive them to appointments or run errands.
- Take a RiverBend Zoom class together.
- Refer a friend to RiverBend counseling services.

UPCOMING EVENTS

Dance for the Cure  
Saturday, August 28, 2021

sponsored by Dan O'Day Dance Studio

RiverBend Tennis Tournament  
Friday, September 10, 2021

hosted by Pam Mullin



# Better together

When RiverBend's Wellness classes had to transition from in-person to virtual last March, clients adjusted right along with us and have remained connected this whole time.

Joanne Horak is a Wellness class regular who has enjoyed the switch to virtual. "Because classes are accessible on my smartphone or computer, I can work out anywhere. I can work out on vacation, at a friend's house, or in my living room. I love it!"

This flexibility came in handy when Joanne was helping a friend through her cancer treatments. "I would take my computer to my friend's house and log on to classes there; that way, I could still be with her."

Virtual programming has also allowed Joanne to try new workouts and attend more classes than usual. "My schedule made it hard to fit in all the in-person activities that caught my interest. Virtual makes it possible for me to try new things."

Many RiverBend clients share her sentiment and are excited that Wellness classes will continue to be held virtually alongside in-person programming beginning April 12.

Joanne says the most significant benefit of virtual classes has been the ability to stay connected to friends she initially met through RiverBend's in-person programs. "I still get to see my friends, which I love. Even though we aren't physically exercising side-by-side, we are still enjoying classes together and getting a chance to check in with each other. I'm so thankful for this."

This past year has all of us appreciating our friendships and relationships more. Survivors especially need regular contact with a network of people who provide emotional support, knowledge, and access to resources. RiverBend's group fitness classes are an excellent way to nurture this much-needed connection.

Survivors are encouraged to check out our upcoming Wellness programs by visiting [RiverBendCancerServices.org](https://RiverBendCancerServices.org).



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- Joanne Horak, Wellness class regular





# One foot in front of the other



You might hear a cancer survivor describe their journey as “putting one foot in front of the other.” It’s a mentality that helps them focus on one day at a time and keeps them moving forward amid uncertainty. It’s also a mantra marathon runners adopt to train and motivate them to complete a 26-mile run.

These are not experiences you immediately think are connected; cancer and running a marathon. But in a way, they are.

Kirsten Braker, Marketing Manager at Fleet Feet in Mishawaka and RiverBend supporter, explains, “It takes tremendous perseverance to take on cancer; running a marathon relies on that same mental toughness. This shared strength deeply resonates with survivors, often inspiring them to start running in the first place. It’s a way for them to take back some control, help them rebuild the strength that cancer may have taken away from them. Running is more than just a healthy hobby; it can be very therapeutic.”

This past October, Braker and her Fleet Feet team reached out to RiverBend requesting to host a fundraiser that would directly benefit survivors in the area.

“Fleet Feet’s mission and culture connect well with RiverBend’s holistic, mind, body, and spirit approach to healing and well-being,” said Braker. “Our customers were happy to get involved and give back to cancer survivors in our community. Some even being survivors themselves.”

Community partners like Fleet Feet play such a supportive role in the lives of RiverBend clients. Proceeds from last October’s fundraiser went to provide continuous programming and support services for survivors and their families.

Thank you to Fleet Feet and our community partners who continue to help us serve cancer survivors in our area.



**Golf** AROUND THE **Bend**  
SWING FOR A CAUSE

Golf Around the Bend is back! Have some fun in the sun while supporting cancer survivors on **June 8, 2021** at Harbor Shores Golf Club. You can register a team online at [www.RiverBendCancerServices.org/GolfAroundTheBend](http://www.RiverBendCancerServices.org/GolfAroundTheBend).