

## 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.

### Empowered Movement

**Tuesdays, 5:30pm**

This class incorporates circuit and interval training with a little bit of dance and music, and a whole lot of fun! Suitable for all levels, and no experience is necessary.

### 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.

### NEW! Mindful Movement

**Fridays, January 13 - February 10, 9:30am**

Movement can affect your mood! Karen Pajor, Adjunct Lecturer in Theatre and Dance at IUSB, will lead you through a series of stretches and dances on a journey of music and motion that can help you deal with stress and anxiety, and raise your spirits. No experience is necessary for this class.

### 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!

### NEW! Yoga for Beginners

**By Appointment**

Ra Vincent (RYT500) is offering individual yoga classes for those who are new to yoga! The one-on-one sessions will be designed to work towards your specific goals. You may choose to attend the sessions as a weekly practice, or Ra can design and deliver a personalized yoga practice for you. There will be an option to join a small weekly class of beginner yogis once you're ready. Ra is currently completing her certification in yoga therapy, which adapts the practice of Yoga to the needs of people with specific or persistent health problems not usually addressed in a group class.

**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 • Vera Z. Dwyer Charitable Trust**

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

RiverBendCancerServices.org  
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# Living Well with Cancer

**The Wellness House, South Bend, Indiana**



**2023**  
**January - February**

## 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

### NEW! Caregiver Support Group

**Thursdays, February 9, 5:30pm**

This new group supports those who are caring for or have cared for someone with a cancer diagnosis.

### General Cancer Support Group

**Wednesdays, January 4 & 18 and February 1 & 15, 5:30pm**

Our general cancer support group is open to all survivors and caregivers with any type of cancer diagnosis.

### Gyna Girls

**Mondays, January 9 and February 6, 4:30pm**

Women with all types of gynecological cancers are invited to attend. Please contact Nancy White for more information.

### Head & Neck Cancer Support Group

The group is taking a break for the winter months, but will be back in the spring. Watch this space for meeting dates when the snow stops flying!

### Men's Support Group

**Tuesdays, January 24 and February 28, 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, as well as Art Counseling. Please call 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, January 10 and February 14, 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.

### Bites and Bits "After Dark"

**Wednesday, January 11, 5:30pm**

**Thursday, February 16, 5:30pm**

Presented by RiverBend staff, this class is for our clients who are unable to make it to the daytime program. We will prepare the same recipes with cooking tips and notes about nutrition from Heather. \*Clients may attend the daytime or the evening class, but may not attend both.

### Breast Health

**Thursday, January 19, 5:30pm**

Ashley Hums, Breast Health Navigator at The South Bend Clinic joins us to provide information and answer your questions about a number of topics relating to breast health, including breast cancer signs and symptoms, early detection, breast exams, types and staging of breast cancers, and breast cancer and health myths.

### Gastric Cancer: Treatment Advances

**Monday, January 9, 1:30pm**

This live webinar from CancerCare Connect will offer an overview of gastric cancer, including diagnosis and staging, and current standard of care. New treatment approaches and the role of targeted treatment and immunotherapy will also be discussed.

### Getting to Know Saint Joseph PACE

**Wednesday, January 11, 2:00pm**

Saint Joseph PACE (Programs of All-Inclusive Care for the Elderly) offers a full range of healthcare services and socialization for individuals who are eligible for nursing home care but would prefer to live at home. Lisa Bamber-Hankins, Sales and Enrollment Manager, will join us to provide more information and answer your questions about available services and eligibility.

### Liver Cancer: Treatment Updates

**Monday, February 6, 1:30pm**

Experts from MD Anderson Cancer Center, Weill Cornell Medical College, and DeBakey VA Medical Center will discuss treatment updates in liver cancer in this live webinar from CancerCare Connect.

### Progress in the Treatment of Endometrial Cancer

**Tuesday, February 7, 1:30pm**

CancerCare Connect is offering this live webinar discussing the advancements being made in the treatment of endometrial cancer. Experts from the University of Florida International, the University of Texas Health Science Center, Allina Health Center Institute, and CancerCare Connect will share helpful information and address frequently asked questions.

### The What, Why and How of Genetic Testing

**Wednesday, February 22, 5:30pm**

All cancer is genetic, but only 5-10% of cancers are inherited. Kassi Brooks, Oncology Genetics Counselor at Memorial Cancer Center, will help us explore the importance of knowing your family history and discuss the different types of hereditary cancer.

### Understanding Diagnostic Technologies and Biomarkers

**Monday, January 23, 1:30pm**

This live webinar from CancerCare Connect will discuss how diagnostic technologies and biomarkers inform and improve treatment decisions, and the benefits of taking advantage of this kind of precision medicine. The role of the pathologist in your diagnosis and treatment plan will also be discussed.

### What Is Legal and Financial Navigation?

**Tuesday, January 31, 1:00pm**

This live webinar from Triage Cancer will explore the cancer-related legal issues that may have a financial impact on individuals diagnosed with cancer and their caregivers. Attendees will learn about legal protections related to choosing and using health insurance, managing medical bills, working through treatment, taking time off work, and replacing lost wages. This webinar will discuss how having a better understanding of these protections can help people avoid financial toxicity following a cancer diagnosis.

# Wellness Programs

## Wellness

### Beginning Yarnwork

**Thursdays, 10:00am – 12:00pm**

Wish you could knit or crochet? Robin Sue Ickes will get you started with the basics! We have some materials available, but feel free to bring your own. Spaces are limited.

### Cookie Decorating

**Monday, February 13, 2:00pm**

Join us for a fun afternoon of decorating cookies, to gift to your special Valentine...or keep for yourself!

### DIY Greeting Cards

**Wednesday, February 8, 5:30pm**

Jessica Bamber will lead this fun workshop and will teach you how to make your own greeting cards. No experience necessary!

### RiverBend Book Club

**Mondays, January 30 and February 27 at 5:00pm**

Our January selection is *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. For February we will be reading *The Aviator's Wife* by Melanie Benjamin. We have a limited number of books available, so please call or stop in to pick up yours, or check out a copy from your local library. Do your reading and come prepared for a lively discussion!

### "Soup"-er Supper

**Wednesday, January 25, 5:30pm**

Warm up and chat with your RiverBend friends over a delicious bowl of soup. What a great way to chase away the winter chill!

### Valentine's Luncheon

**Friday, February 17, 12:30pm**

We LOVE our clients! Join us for a special lunch provided by

our friends from First United Methodist Church of Mishawaka to celebrate Valentine's Day with our favorite sweethearts...all of you!

### Winter Craft

**Tuesday, January 24, 1:00pm OR**

**Thursday, January 26, 5:30pm**

Join us to make a winter craft to add to your décor.

### Winter Game Night

**Thursday, February 23, 5:30pm**

Join us for card and board games. Light snacks will be provided, but feel free to bring something to share.

### Wrapped in Love: DIY Tie Blankets

**Thursday, February 9, 5:30pm**

"When someone loves you it's like having a blanket all around your heart." (Helen Fielding)  
Lainey, Lindsay and Tina Misch will lead you through making your own fleece tie blanket to gift or keep for yourself. No experience necessary!

## 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, January 18 & February 22, 2-4pm**

Free bra and/or prosthesis fitting for women impacted by a breast cancer diagnosis. Clients should be at least six weeks post-surgery to be fitted. Please call to make an appointment.

(Education continued on next page)

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

Masks are strongly encouraged in the Wellness House and may be required based on community transmission level. Please be considerate of others who may feel more comfortable with masks.