

## 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.

### 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!

### Tai Chi with Brother Raymond

**Thursdays through November 17, 4:00pm\***

Join Brother Raymond as he teaches meditation in motion. Tai Chi is a form of yoga and meditation combined. The movements some from the martial arts and are performed softly. \*This class is closed to new participants...please keep an eye out for our spring session beginning in March 2023!

**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

The Wellness House will be closed November 23-25, December 26-30, and January 2.



RiverBendCancerServices.org

info@RiverBendCancerServices.org

Phone: 574.287.4197 | Fax: 574.287.4393

3516 East Jefferson Boulevard South Bend, Indiana 46615

# Living Well with Cancer

The Wellness House, South Bend, Indiana



**2022**

**November - December**

## 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, November 2 & 16 and December 7 & 21, 5:30pm**

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

### Head & Neck Cancer Support Group

**Sunday, November 13, 1:30pm \*ZOOM ONLY**

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 Zoom Meeting ID and Password, call RiverBend at (574) 287-4197. Please note, the group will not meet in December due to the holidays.

### Men's Support Group

**Tuesday, November 29, 5:30pm**

This group supports men with all types of cancers and diagnoses. Please note, the group will not meet in December due to the holidays.

### 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

### Advances in the Treatment of Colorectal Cancer

**Monday, December 5, 1:30pm**

Experts from Lurie Comprehensive Cancer Center at Northwestern University and from Mayo Clinic will discuss new advances in colorectal cancer in this [live webinar](#) from CancerCare Connect.

### The Benefits of Clinical Trials for Triple Negative Breast Cancer

**Wednesday, November 2, 1:30pm**

This [live webinar](#) from CancerCare Connect will discuss why clinical trials are an important treatment option for triple negative breast cancer, as well as what happens in a clinical trial, the benefits and risks of participation, and how to participate.

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

**Tuesdays, November 8 and December 13, 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, November 9, 5:30pm & Thursday, December 15, 5:30pm**

Presented by RiverBend staff, this class is for our clients who can't make it to the daytime program. We'll 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.

### Coping With Grief and Loss Around the Holidays

**Thursday, December 1, 5:30pm**

The holiday season can be a very difficult time for those who are ill or have experienced the death of a loved one. Bethanne Jackson, LCSW, from St. Joseph Regional Medical Center will share some tips on caring for yourself and coping with grief during the holidays.

### Food and Fitness for the Cancer Survivor

**Tuesday, December 6, 1:00pm**

This [live webinar](#) from Triage Cancer covers how food and fitness may impact cancer survivors and how to create a healthy plan post treatment, including how to choose an

*(Education continued on next page)*

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

appropriate food plan to coincide with a fitness program to decrease comorbidities. It will also cover how health care professionals can team up with their local exercise experts on managing post treatment side effects.

### Mind Over Matter

**Thursdays through November 10, 12:00pm\***

Struggling with difficult emotions? Mind Over Matter is a coping skills program designed to help participants learn tools to navigate challenging feelings. This 6-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. \*This cohort is closed to new participants. Please call for availability of the program in January 2023.

### Navigating Cancer-Related Legal Issues

**Wednesday, November 30, 1:00pm**

This [live webinar](#) from Triage Cancer will explore the various cancer-related legal issues that may impact individuals diagnosed with cancer and their caregivers. Attendees

will learn about taking time off work, replacing lost wages, health insurance options, using your health insurance, and managing medical bills. This webinar will also provide information on the contributing factors to financial toxicity following a cancer diagnosis.

### Ovarian Cancer Treatment Updates

**Tuesday, November 15, 1:30pm**

This [live webinar](#) from CancerCare Connect will include an overview of ovarian cancer, including staging. It will also discuss current standard of care, new treatment approaches and options for recurrent ovarian cancer.

### Understanding Long-Term Disability Insurance

**Thursday, November 10, 1:00pm**

This [live webinar](#) from Triage Cancer on Understanding Long-Term Disability Insurance will provide information on making a long-term disability insurance claim. They will discuss steps that employees can take while still working but considering taking time off, tips for submitting a long-term disability claim, how short-term and long-term disability interact, and what to do if a claim is denied.

## Wellness Programs

### Wellness

#### Cookie Decorating/Swap

**Wednesday, December 21, 2:00pm**

Join us for a fun afternoon of decorating cookies! Bring some of your own favorites to swap and share.

#### Drop-In Holiday Crafts

**Mondays, December 5, 12, & 19, 11:00am-1:00pm**

Drop in to make some cute holiday crafts to gift or keep for yourself. Registration is NOT required.

#### "Holly Jolly" Holiday House Party

**Thursday, December 8, 4:00pm**

Join us for Christmas carols, a "s-ELF-ie" station, yummy food and more!

#### "Reindeer Games" Night

**Thursday, December 22, 5:30pm**

Flex your competitive muscles with cards and board games—we promise to let everyone join in, even Rudolph! Light snacks will be provided, but feel free to bring something to share.

#### RiverBend Book Club

**Monday, November 28 at 5:00pm**

Our November selection is *Tell the Wolves I'm Home* by Carol Rifka Brunt. 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!

#### Thanksgiving Craft

**Monday, November 14, 2:00pm OR**

**Thursday, November 17, 5:30pm**

Come out and make a Thanksgiving craft to add to your décor.

#### Thanksgiving Dinner

**Monday, November 21, 6:00pm**

**Greater Holy Temple Church of God in Christ  
710 Napoleon St., South Bend**

Our friends at Greater Holy Temple Church of God in Christ have again graciously invited our RiverBend family to join with them for a delicious Thanksgiving meal in their fellowship hall at the address above. Please reserve your spot by November 14.

## 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.

#### DIY Pampering

**Wednesday, November 30, 5:30pm**

Join us to make bath bombs, bath salts, and body scrubs to give as a gift...or keep as a self-care treat for you! Spaces are limited.

#### Kim's Bra Boutique

**Wednesdays, November 9 & December 14, 2-4pm**

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

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.