

## Pizza for a Cause

### Roundbelly's Pizza Fundraiser, in memory of Nancy Collins

Angie Burks is no stranger to cancer's effects on a family.

"Mom was complaining of chest pain. So suspecting it was pneumonia, we took her to get an x-ray, and incidentally, we discovered a mass. She was diagnosed with liver cancer in June 2017," shares Angie.

A job as complicated as the disease itself, Angie's new role as a caregiver led her to RiverBend.

"My brother, a throat cancer survivor, was familiar with the organization having participated in many support groups hosted at the Wellness House. My mother's oncologist also referred us to RiverBend," adds Angie. "Cancer is expensive, so often we turned to RiverBend for assistance with acquiring supplies, including wound care items. RiverBend always came through for us and never asked for anything in return."

When her mother lost her battle to cancer in July 2019, Angie leaned on RiverBend for support even more.

Part of the healing process for Angie was finding ways to give back to RiverBend, including forming an annual fundraiser benefiting the nonprofit organization.

"Looking for a way to honor my mother and show our gratitude for RiverBend, my family and I formed Pizza for a Cause. It's a fundraiser sponsored by family members' food truck business, Roundbelly's. We're excited to make it an annual event!"

"I can't thank RiverBend enough for their kindness and support. I encourage anyone going through cancer or those affected by cancer to reach out to them. And, any folks looking to give back, please consider RiverBend."

**The Roundbelly's Pizza Fundraiser will be held on Sunday, June 12 from 11:00am - 6:00pm at the Phillips 66 (215 E. Cleveland Rd, Granger).**

## 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  
Handshaw Trust • 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 Memorial Day, May 30



RiverBendCancerServices.org

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# Living Well with Cancer

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



**2022  
May - June**

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, May 4 & 18, and June 1 & 15 at 5:30pm

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

GynaGirls

Mondays, May 2 and June 6 at 4:30pm

This group supports women with gynecological cancers and celebrates ten years of caring and wellness. All are welcome.

Head & Neck Cancer Support Group

Sundays, May 15 and June 12, 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

Tuesdays, May 24 and June 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. 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, May 17 and June 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.

Caregiver Burnout

Tuesday, June 21. 5:30pm

Caregiver burnout is the emotional, mental, and physical exhaustion that caring for another person can cause. Burnout can lead to depression, anxiety, and eventually over stimulation. Despite best intentions, caregivers are at risk forgetting to the point of suffering...but there is hope. We will review different techniques the caregiver can do to ease
- their stress levels, avoid caregiver burnout, and start to feel positive again.

Clinical Trials: How They Transform the Treatment of Cancer

Wednesday, May 18, 1:30pm

This live webinar from Cancer Care Connect will offer an overview of clinical trials and why they are important, different types of clinical trials and how to participate in them, and how they might fit into your treatment plan.

Current Perspectives on Cancer Survivorship

Tuesday, May 3, 1:30pm

This live webinar from Cancer Care Connect shares an overview of cancer survivorship, including managing post treatment side effects/late effects, quality-of-life concerns, fear of recurrence, and finding your new normal.

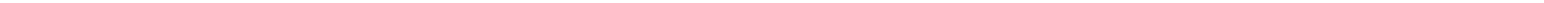
(Education continued on next page)

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

Hospice 101

Tuesday, May 17, 5:30pm

When is the right time to make the decision to seek additional resources for care through the Hospice benefit? Hospice 101 will provide information not only on the Hospice benefit itself but what resources are available to patients and families. Hospice care focuses on supporting patients and families during an advanced illness. The emphasis is on providing comfort and quality of life in body, mind and spirit rather than finding a cure.



Wellness Programs

- Wellness

Gardening

Wednesday, May 25, 12:00pm

Join us after our flowerpot painting craft activity to plant some beautiful annual flowers around the Wellness House.

Seasonal Crafts

Wednesdays, May 25 and June 22, 11:00am

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

Summer Happy Hour

Wednesday, June 22, 4:30pm\*

Join us on the patio to welcome summer with light hors d’oeuvres, “mocktails”, music and games.

\*Rain date Wednesday, June 29
- 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 beginning May 31, weather permitting. Please dress accordingly.

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, 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 beginning May 31, weather permitting. Please dress accordingly.

Registration is required for all fitness classes.

Please call (574) 287-4197 to sign up.

- Kim’s Bra Boutique

Wednesdays, May 11 and June 8, 2:00-4:00pm

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

Wednesdays, May 11 & June 1, 12:00pm

Treat yourself to an experience filled with relaxation and rejuvenation with our volunteer Cathy Rush. Sessions include facials and makeup consultation or a waterless foot spa. Spaces are limited and clients are limited to three sessions per year. Please call to reserve your space.
- Masks that fit snugly over the nose and mouth must be worn at all times in the Wellness House, regardless of vaccination status.



JOIN US FOR A

# Papa's Partners Fundraising event

MAY 23<sup>RD</sup> – 26<sup>TH</sup>

There are TWO options to support RiverBend:

1. First, here's the link to the family-style online pre-order (each order feeds 4-5 people): <https://www.papavinositaliankitchen.com/riverbend.html>. Orders can be placed anytime from now until 4pm the day of pick-up.
2. Secondly, anyone may present this voucher or show it on their phone when they dine in or call our restaurant (574-271-1692) and order take out from our regular menu.

