

Fitness

Chair Yoga

Tuesdays & Thursdays – 10:30 & 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.

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.

Tai Chi

Wednesdays – 4:30PM through November 15th

Join Brother Raymond in this 10-week session often called meditation in motion. Tai Chi is a low-impact exercise method using slow movement and breath. Tai Chi, originating in Chinese martial arts, is said to have valuable health benefits for both prevention and treatment. If interested, call for winter session sign-up.

 **YMCA of Greater Michiana Partners with RiverBend to offer the following programs at the Wellness House in South Bend:**

Breathworks: NEW!

Mondays – 11:15AM

We often take breathing for granted, but every breath we take brings oxygen into our bodies to help us thrive. Join Eve as she guides you in a weekly session of techniques that help rid your body of toxin and stress while nourishing your body every time you breathe in.

MELT Method

Tuesdays – 1PM

A unique program new to RiverBend, MELT blends mindful meditation, breathwork and restorative self-myofascial release techniques to help boost natural healing mechanisms. This self-treatment program under the guidance of a trained instructor helps to eliminate chronic pain and signs of aging. All are invited to attend - Registration encouraged.

Personal Training Sessions

Thursdays – 2-4PM

Provided by YMCA of Greater Michiana at RiverBend
30-minute sessions to get you ready for a more positive physical wellbeing. Call RiverBend for registration specifics.

Seated Strength

Mondays & Wednesdays – 10AM

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!

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:

B100 • Barnes & Thornburg LLP • Beacon Community Impact • Beiger Mansion • Belmont Beverage • Big Idea Company • Busy Hands of Michiana
Dan O'Day Dance Studio • Deputy Heritage Fund • Elizabeth Loof Adey • Great Lakes Heating and Air Conditioning • GynaGirls • Florence V. Carroll Charitable Trust • Harper Cancer Research Institute • Martins Super Market • McDonald Physical Therapy • Erin and Sam McGrath • Michiana Hematology Oncology • Muessel Ellison Memorial Trust Foundation • Palmer Funeral Homes • Pennfield Capital Corporation • The PHP Foundation • Stanley A. & Flora P. Clark Memorial Foundation • Sue & Pat Ruskowski • Tire Rack • Cari & Barry Shein • United Way of St. Joseph County • University of Notre Dame Rec Sports • Vera Z. Dwyer Charitable Trust • Linda Weaver

Celebrating 80 Years

Did you know RiverBend Cancer Services is celebrating 80 years of service to cancer survivors in our community? Throughout all those years RiverBend has offered all services free of charge, encouraging those with cancer to live healthier, happier lives.

Help us celebrate 80 years of service to the community by supporting **Art Around the Bend on November 16, 2023 from 5-7pm**. Enjoy an evening of local artwork and experience the creative healing art can provide. For more information email events@riverbendcancerservices.org or call 574-287-4197

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.



RiverBendCancerServices.org

info@RiverBendCancerServices.org

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3516 East Jefferson Boulevard South Bend, Indiana 46615

Regular Office Hours

Monday - Thursday, 9 am - 4:30 pm

Friday, 9 am - 12 pm

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

Living Well with Cancer

The Wellness House, South Bend, Indiana



2023

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

GynaGirls

Monday, November 13th, December 4th

Annual Holiday Dinner meeting – Time and location TBD

This group offers support and education for all women with all types of gynecological cancers. Whether newly diagnosed, or well past treatment-all are invited to attend.

Breast Cancer Survivor Support Group - meets at MHO

Wednesday November 29th – 3:30PM

“Understanding Your Pathology Report” presented by South Bend Pathologist Dr. Erica Martin

Led by Dr. Robin Zon, Physician Emeritus MHO, this support group provides a community of empowerment, understanding, and compassion among survivors of breast cancer and cancer advocates. Sign-up not required, For questions contact Monica Chan 574-231-6479 or monica.chan@mhopc.com

Men’s Support Group

Tuesday, November 28th – 5:30PM

Join this group of men living with all types of cancers as they learn from each other and are supported on their journey.

General Cancer Support Group

Wednesday, November 1st, 15th, December 6th, 20th – 5:30PM

Our general cancer support group is open to all survivors and caregivers with any type of cancer diagnosis. Join with others who understand and can help you on your journey. Registration encouraged.

Support Squad

**Wednesday, November 1st, 15th, 29th
December 13th, 27th – 10 AM**

Join with fellow survivors as we work together to increase support for our friends in treatment. RiverBend will supply the materials and guidance and together we will create items of encouragement to help make the journey a bit easier.

**Please note the December 27th meeting will be held at Michiana Hematology Oncology, Mishawaka.*

Counseling

RiverBend Cancer Services offers counseling to those facing the challenges of cancer. Contact 574-287-4197 for more information.

Education

Bites & Bits – Cooking Class – A Bite of Good Food and a Bit of Knowledge

Tuesday, November 14th, December 12th – Noon

Presented by Michiana Hematology Oncology’s Heather Borsa, RD, CD. Enjoy sampling a delicious new recipe that’s actually good for you, while learning and applying nutritional knowledge during this fun and informational cooking demonstration. Registration encouraged.

Unity Gardens

Monday, November 13th – 2PM

Wednesday, December 6th – 1PM

It might be chilly & cold outside, but Unity Garden’s Emily Mann will be at the Wellness House helping us all to feel a bit more connected to the outdoors and our gardens even during these winter months. Join Emily for one of her wonderful programs

Cooking Holiday Favorites with a Healthy Touch

Thursday, November 9th – 1PM

Everything is so delicious at the holidays. Dietician Mary Mullen will create some wonderful recipes that will taste good and help you feel good. Learn how to create some delicious holiday favorites with a healthy twist. Registration encouraged.

Healthy Christmas Goodies

Thursday, December 14th – 1PM

The holidays are coming and it’s hard to say no to all the tempting treats. Dietician Mary Mullen will offer some delicious low-fat and low-sugar snack recipes to help you stay well while you celebrate. Registration encouraged

Understanding Genetics and Cancer

Monday, November 6th – 2PM

Presented by Dr. Melissa Gillette, PhD

Dr Gillette serves as Genetics Counselor and Program Director of Genetics at Saint Joseph Health System in Mishawaka. Although most cancers are by chance, nearly 10% are due to hereditary causes. Dr. Gillette will help us understand testing for genetic risk factors and explain how the knowledge can help you to take control, learn measures to prevent, and better understand how to detect cancer at an earlier, more treatable stage. Registration encouraged

Wellness

Yarnwork

Thursdays – 10AM

Beginners Welcome! There are many ways to relieve stress, knitting and needle crafts might be some of the very best! The repetitive motions help the body to relax, lowers heart rate and reduces tension. Everyone, of all levels and skill are welcome to join in the fun. RiverBend has all the supplies needed to get you started. Just bring yourself!

Zen Coloring

Monday, November 13th, 27th – 1PM

Coloring isn’t just for kids! Join one of RiverBend’s favorite new programs and experience the soothing and therapeutic process of coloring for adults. We supply the art pencils and your choice of design pages. Join with RiverBend friends and relax as you begin this creative journey

Dominoes

Wednesdays – 2PM

Wednesdays are more fun when you gather with friends for a game of Dominoes. Join in for snacks, small talk and some strategic fun! No experience needed.

Supper and Support

Wednesday, November 8th, December 13th – 5:30PM

Join fellow survivors for delicious meal with plenty of time to chat and support your fellow survivors. Each monthly meal will be prepared and offered from different community businesses or organization:

November Supper & Support provided by *RiverBend Friends*
December Supper & Support “Holiday Version” with white elephant gift exchange

Festive Pumpkin Candle Holder

Monday, November 6th – 1PM

It’s holiday time and we are all grateful for volunteer Jane Miller who will help us create a beautiful and unique candle holder out of vintage glasses and pumpkins. This wonderful decorative craft will get you in the Thanksgiving spirit while you have fun crafting with friends and thinking of all of the many blessings we share. Registration required.

The Great Santa Claus Craft

Monday, November 20th – 1PM

Repurposing is fun! Join Jane Miller as she helps you create a fun Santa out of an ordinary cheese grater. This will be one Santa you will be sure to add to your holiday decorations. Registration required.

Holiday Door Hanger

Monday, December 4th – 1PM

Do you just love Halloween? Robin Sue is ready to help you make some spooky, silly spider decorations to make your home Halloween ready. Join in the fun! Registration required.

Cookie Decorating and Exchange

Monday, December 11th – 1PM

The best part of the holidays is sharing with others! Join your RiverBend friends and decorate some holiday treats. Bring or make a special recipe of your own and at the end of the session everyone will go home with a box of wonderful holiday goodies! Registration required

Wellness Programs

Christmas Ornaments

Monday, December 18th – 1PM

Get your creative juices flowing and craft some darling ornaments to keep for yourself or give to a special friend. Join Robin Sue as she encourages you to craft a beautiful ornament with the right amount of sparkle to make your holiday festive. Registration required

Birthday Club

Monday, November 27th, December 18th – 12:30PM

Join your RiverBend friends and celebrate our November & December Birthdays. We will supply the treats and cards, while we all celebrate another year for our monthly Birthday friends!

Self-Care

Debbie’s Wig Salon

Thursdays – 1-2PM

RiverBend provides wigs, hats and scarves all free of charge for those in cancer treatment. Stylist Debbie will work with you to find the style that fits best. Take some time for yourself and let Debbie help you look your best. Please call for an appointment.

Kim’s Bra Boutique

Wednesday, November 8, December 13th – 2-4PM

If you have been impacted by a breast cancer diagnosis, make an appointment with Kim for a free bra and/or prosthesis fitting. Kim has many years helping women feel and look their best. Make sure to wait at least six weeks post-surgery for your fitting. Call for an appointment.

Healing Arts

Massage and Reiki

Wednesday, November 15th, 29th, December 13th, 20th – 9-3PM

Oncology certified massage therapist Ra Vincent returns to RiverBend with her multiple methods of massage therapy to help promote healing for cancer patients and recovering survivors. Ra also offers help to cancer survivors through an energy healing technique called Reiki, which promotes relaxation, and reduces stress and anxiety through gentle touch. Call RiverBend for appointment.

RiverBend Counseling

RiverBend offers counseling for cancer survivors and those helping them on their journey. Individual, group, and Art Counseling is available.

RiverBend counselors can help you navigate life as you deal with your cancer diagnosis. Please call 287-4197 to learn more and schedule an appointment.

To register for classes or activities please call 574-287-4197 or email programs@riverbendcancerservices.org.