



# JANUARY 2018 *OSF Healing Pathways* PROGRAM DESCRIPTIONS

## BEREAVEMENT SUPPORT GROUP

OSF Healing Pathways and Northern Illinois Hospice are co-sponsoring a 6-week long Bereavement Support Group for members of our community. Open to anyone who has experienced the death of someone close to them, our groups and workshops focus on learning, healing, and encouragement. Conversation topics include: understanding, grief and mourning, common myths about grief, available resources, the importance of community, helping others to heal ourselves, and self-care. Facilitated by Andrew Vitale and Fr. Pierre Polycarp.

## HEALTH AND LIFE COACHING

Coaching to restore life balance. Cancer can be unnerving, emotionally devastating, and disruptive to almost any balance and normal routine in our lives. Coaching encourages us to look into ourselves and to search out what gives us meaning, and to see more clearly what we value in our lives. Once we know that, we can set realistic goals for what we would like our lives to be now and in the near future. Facilitated by Kathy Moelling.

## TIBETAN SINGING BOWLS

You are invited to join us for a cultural immersion experience using Tibetan singing bowls. In some cultures, singing bowls are used for “sound massage” to relieve stress and to promote relaxation and recollection. Our session will include a brief explanation of the bowls and a “sound immersion.” Wear comfortable clothing and bring a mat or blanket. Presented by Tami & Ben Bogard.

## CARE N SHARE: CHICKEN NOODLE SOUP CANCER BOOK CLUB

Care & Share Chicken Noodle Soup Cancer Book Club provides an enjoyable social setting in which our guests are able to share their thoughts and perspectives on the book and their own personal journeys. This group is given the opportunity to connect with one another, expressing their insights in a community that shares common experiences, thoughts and struggles. Facilitated by Wendy Burkhard.

## WRITING TO HEAL

Guided by a series of prompts, guests are invited to journal about their cancer journey and the different ways that it has impacted and changed their lives. Writing can be a very powerful tool used to cope. This type of reflection can help generate insight and revelations about ourselves that we previously were not aware of, until taking time to sit down and reflect. Facilitated by Angela Larson.

## STRETCH & BALANCE FLOWS (EXERCISE)

Break up the day with a slow, relaxing stretch and balance flow exercise class. This slow-paced class incorporating long holds and relaxing, strengthening movements, will get your blood flowing and can reduce stress levels. Facilitated by Savannah CussenLizer.

## STRETCH YOUR BREATH (EXERCISE)

Incorporates gentle stretches, breathing techniques and deep relaxation postures to improve circulation and reduce stress. This class is not physically demanding and is intended for people who are currently going through cancer treatment. Facilitated by Heather Applegate.

## STRETCH AND RESET (EXERCISE)

Untangle tension and release patterns of stress, injury and pain while focusing on strength, flexibility, balance and breath. This class is intended for people who have undergone cancer treatment or caregivers. Suitable for all levels, including beginners. Facilitated by Heather Applegate.

## WOMEN'S SUPPORT GROUP

Our Women's Support Group provides a nurturing, non-clinical setting that is a safe and comfortable place to gather with others for companionship, information and encouragement. Facilitated by Karen Burton & Marge Zimmerman.

## MEN'S SUPPORT GROUP

Our Men's Support Group provides a space where men can gather together to share their stories, fellowship, and support. The sense of brotherhood experienced in this group has been a great source of consolation and joy in the lives of our guests. Facilitated by Rev. David Jones.

## CAREGIVER'S SUPPORT GROUP

Caring for those you love who are suffering from the effects of cancer, while it is a privilege, can oftentimes prove to have taxing and trying elements. It is important that caregivers have a place where they can be seen, heard, and understood, a setting where you can receive the tools you need to take care of yourself as you provide care for your loved one. In our Caregiver's Support Group, caregivers can share their own experiences, as well as glean from the wisdom and resources of others who have gone before them in this experience. Facilitated by Julia Gordon.

## MASSAGE THERAPY

The benefits of massage for our guests include improved relaxation, sleep, and circulation, as well as relieving anxiety, pain, fatigue and nausea. This program helps our guests to manage their experience with cancer, while comforting, nurturing, and supporting them in the process. This relaxing experience provides a calming opportunity to unwind in the midst of the cancer journey. Provided by Kathy Moelling & Leila MacQueen.

## REFLEXOLOGY

Reflexology is the application of appropriate pressure to specific points and areas on the feet and hands. Reflexologists use reflex points that correspond to the different body systems, as a complementary treatment that has a beneficial effect on the person's health. Reflexology can help alleviate the side effects of chemotherapy, reducing levels of anxiety and helping to cope with nausea and pain. Provided by Carolyn Bieck.