



JULY 2018

OSF Healing Pathways

PROGRAM DESCRIPTIONS

LUNCH AND LEARN: HOW TO MANAGE CHEMOTHERAPY RELATED NEUROPATHY

Join us for a video slide presentation given by Cindy Tofthagen, PhD, ARNP, an assistant professor of nursing at the University of South Florida in Tampa and a post-doctoral fellow at the University of Massachusetts and Dana-Farber Cancer Institute, as she talks about chemotherapy-induced peripheral neuropathy (CIPN), the risk factors of CIPN, and how to manage the condition. This presentation was originally given at Dana-Farber Cancer Institute on Aug. 6, 2013, and put on by Dana-Farber's Blum Resource Center. Lunch will be provided at this program. Pre-registration is required.



CAREGIVER'S SUPPORT GROUP

This educational support group consists of six 90-minute sessions occurring weekly on Tuesday afternoons from 3:30pm-5:00pm from July 10th to Aug 14th. This group is for both female and male caregivers of a loved one with a cancer diagnosis. Caregivers will learn about the ABC's of Caregiving, Promote Awareness of Self-Care, Develop and Enhance Communication Skills, Identify and Improve their Support System, Advocate on Behalf of the Care Receiver and Expect the Best, but Prepare for a Range of Outcomes. Facilitated by Julia C. Gordon, LCSW. Pre-registration is required.



MEN'S SUPPORT GROUP

This project-based support group consists of six 90-minute sessions occurring weekly on Tuesday afternoons from 3:30pm-5:00pm from July 10th to Aug 14th. The Men's Support Group is a project-based time together meant to help those who attend move past their losses, guilt, fear and other feelings, which may have paralyzed them in the present. Our time together will stir the emotions of the heart, then guide the mind through a process of connecting each step of the healing process to a specific piece of the project. Join us for a step-by-step project to help us identify and find our way back to life after loss or crisis (and we all have those!). Facilitated by Andrew Vitale, CT. Pre-registration is required.

CREATIVITY TO HEAL

Working on a creative project alone at home? Bring your project to OSF Healing Pathways! Whether you paint, knit, draw, crochet, etc., come be together in a space where you can both cultivate creativity and experience community, camaraderie and fellowship.

JOURNEY TO WHOLENESS

The mind, will and emotions have dynamic effects on the body. We were created with value and intended to thrive. Faith is directed by the will and can be positive or negative. This workshop will explore how self-interpretation of value is a critical part of wholeness. Questions that will be discussed include: Does a diagnosis determine my value? What is determining my present value? Can I change my interpretation of value? Sessions will be facilitated by Steve Lowery.

SURVIVORSHIP VIDEO SERIES

Join us for a thought-provoking video series accompanied by stimulating discussion on a variety of cancer survivorship topics. Topics include but are not limited to: Coping with Fear, Anxiety & Stress, Post-Traumatic Stress & Growth, Finding Meaning in the Journey and Living with Cancer. Discussion will be facilitated by Amy Mullen.

GUIDED IMAGERY

This research-proven, physician endorsed guided imagery program combines engaging the imagination with peaceful imagery, powerful music, and the most current understanding of the mind-body connection to help increase physical and emotional comfort and relaxation. A Guided Imagery CD series by Belleruth Naparstek will be used and Savannah CussenLizer will facilitate this program.

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.

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.

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. Provided by Kathy Moelling RN, ND, LCPC, LMT, HTCP, HWNC-BC & Julie Ericksen, RN, LMT. Pre-registration is required.

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, Certified Reflexologist. Pre-registration is required.