



FALL 2018
OCTOBER–DECEMBER

OSF Healing Pathways
PROGRAM DESCRIPTIONS

CANCER SURVIVORSHIP SERIES

The Cancer Survivorship Series is a helpful resource for any and all cancer survivors who have completed treatment and are looking to be proactive about improving their quality of life. Come join us and be equipped with the knowledge and resources that you need to not only maintain your survivorship, but to truly thrive. These four sessions will educate, inform and empower you to manage your health and move forward.

o LATE EFFECTS OF CANCER TREATMENT

Your cancer treatment is over, but the treatments that may have helped save your life may also continue to cause unexpected side effects. Late effects are side effects of cancer treatment that become apparent after your treatment has ended. Cancer survivors might experience late effects of cancer treatment years later. As more people are living longer after cancer treatment, more is becoming known about late side effects of cancer treatment. Join us for this session to learn more about late effects and how to cope with them.

o DEALING WITH FEAR OF RECURRENCE

A complex and unanticipated blend of emotions can accompany the end of cancer treatment. Fear of recurrence is considered one of the most prominent concerns for survivors following a cancer diagnosis. If you are a cancer survivor, fear of cancer recurrence may be difficult to live with when you're adjusting to your "new normal". While this fear may seem overwhelming at times, you can be proactive about managing the fear of cancer recurrence with some coping strategies that will be shared in this session.

o NUTRITION AND EXERCISE

With cancer treatment behind you, it's time to take charge of your health and focus on your overall wellness. Research shows that proper nutrition, weight management and exercise can contribute to reducing your risk of a recurrence of cancer, as well as other life-threatening diseases. Join us for this session to learn more about the role that lifestyle factors such as nutrition and exercise play in your survivorship journey.

o STRESS MANAGEMENT

Stress is a part of our daily lives, and it can go hand-in-hand with receiving a cancer diagnosis. While we all experience some levels of stress, it can be damaging to our health if it gets out of hand. Research shows how chronic stress can negatively affect health, as the physical, mental and emotional tension experienced following a cancer diagnosis takes a toll. Join us for this session that will provide helpful coping mechanisms to manage stress.

COFFEE AND CONVERSATION

New to OSF Healing Pathways? Join us for Coffee and Conversation to learn more about what programs we offer, benefit from some program navigation, have a tour of our facility, and meet new people, all the while enjoying a nice hot cup of coffee. Drop ins are welcome.

ANGELIC ORGANICS FARM TOUR AND SALAD HARVEST

Join us for a farm tour and salad harvesting at Angelic Organics, a community-supported CSA farm in Caledonia, IL. This program will have both social and educational components. Space is limited. Registration is required and we will accept registrations on a first-come, first-served basis. Call 815-977-4123 to register.

LUNCH AND LEARN: ALL HALLOWS EVE "FALL-THEMED" HEALTHY COOKING

Join us as we make our own "Fall-themed" Lunch on Halloween using just a blender, an instant pot and a food processor. The menu will consist of Butternut Squash Apple Ginger Soup, a homemade Maple Balsamic Vinaigrette over Leafy Greens, and Green Pumpkin Pie Smoothies. Session will be facilitated by Amy Mullen. Space is limited. Registration is required and we will accept registrations on a first-come, first-served basis. Call 815-977-4123 to register.

LUNCH AND LEARN: ALL YOU NEED TO KNOW ABOUT THE LIVESTRONG PROGRAM

Join us for lunch as we take time to learn about the benefits of participating in the LIVESTRONG Program. LIVESTRONG at the YMCA is a free program tailored to meet the specific needs of adult cancer survivors who would like to improve and reclaim their health before, during, and after treatment. Over the course of 12 weeks, participants meet twice a week in small groups to exercise, enhance functional ability, and improve energy levels. This session will cover program details and will include a participant testimonial. Lunch will be provided and registration is required. To register, please call 815-977-4123. Program will be facilitated by LIVESTRONG Program Manager, Kathleen Hedrick.

GROUP DRUM CIRCLE

Get your groove on! This will be a drumming good time! Experience the fun, the connection, the music, the movement, and even the healing power of sound. No prior musical experience necessary. Please bring your own drum or percussion item if you have one. Through interactive facilitation and drumming, you will be part of group music making. We will use hand drums, shakers, chime sounds, wood percussion, and maybe even our voice to create a rhythm experience. Be warned: You may start moving like you're dancing. Facilitated by Bethany Stiltner of Rhythm Voice: Drumming for Wellness and Community. Space is limited. Registration is required and we will accept registrations on a first-come, first-served basis. Call 815-977-4123 to register.

SOUND IMMERSION WITH 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. Facilitated by Tami & Ben Bogard. Pre-registration is required.

LUNCH AND LEARN:

MAKE N TAKE SKINCARE PRODUCTS - PREPARING FOR WINTER SKIN

Join us for lunch as we prepare for winter by making homemade moisturizing lip balm and luxurious hand lotion using natural, safe ingredients and essential oils. Enjoy this social gathering while learning how you can make them on your own skincare products at home. Lunch will be provided and registration is required. To register, please call 815-977-4123. Program will be facilitated by Amy Mullen.

CHRISTMAS SOUP LUNCHEON

Come join us to celebrate the spirit of Christmas and reconnect with friends from the center. Both guests and volunteers of OSF Healing Pathways are welcome to attend. Come enjoy hot soup with us on a cold day, and celebrate the love and fellowship that has filled our lives throughout the past year.

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 AND DISCUSSION

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.