



# OSF Healing Pathways Cancer Resource Center

January 2019

Winter Program Guide

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>OSF Healing Pathways will be closed on New Years Day</b>	<b>2</b> 10:00 – 11:00 a.m. <b>Coffee &amp; Creativity</b>	<b>3</b> 9:00 – 11:45 a.m. <b>Reflexology</b> ☎ 10:30 a.m. – 1 p.m. <b>Massage</b> ☎ 1:00 – 2:00 p.m. <b>Stretch &amp; Balance Flows</b> 2:00 – 3:00 p.m. <b>Guided Imagery</b>	4
7	<b>8</b> 9:00 – 10:00 a.m. <b>Coffee &amp; Conversation</b>	<b>9</b> 1:00 – 2:30 p.m. <b>Women’s Support Group</b>	<b>10</b> 10:30 a.m. – 1 p.m. <b>Massage</b> ☎ 1:00 – 2:00 p.m. <b>Stretch &amp; Balance Flows</b> 2:00 – 3:00 p.m. <b>Guided Imagery</b>	11
14	<b>15</b>	<b>16</b> 10:00 – 11:00 a.m. <b>Coffee &amp; Creativity</b>	<b>17</b> 10:30 a.m. – 1 p.m. <b>Massage</b> ☎ 1:00 – 2:00 p.m. <b>Stretch &amp; Balance Flows</b> 2:00 – 3:00 p.m. <b>Guided Imagery</b>	18
21	<b>22</b>	<b>23</b> 1:00 – 3:00 p.m. ☎ <b>Painting Planters</b>	<b>24</b> 10:30 a.m. – 1 p.m. <b>Massage</b> ☎ 1:00 – 2:00 p.m. <b>Stretch &amp; Balance Flows</b> 2:00 – 3:00 p.m. <b>Guided Imagery</b>	25
28	<b>29 RESCHEDULED</b> 11:00 a.m. – 1:00 p.m. <b>Lunch &amp; Learn:</b> ☎ <b>Aromatherapy for People with Cancer</b>	<b>30</b>	<b>31</b> 10:30 a.m. – 1 p.m. <b>Massage</b> ☎ 1:00 – 2:00 p.m. <b>Stretch &amp; Balance Flows</b> 2:00 – 3:00 p.m. <b>Guided Imagery</b> 4:00 – 6:00 p.m. <b>Massage</b> ☎	This phone symbol next to a program indicates that registration is required. Please call 815-977-4123

# OSF Healing Pathways Cancer Resource Center

## February 2019

## Winter Program Guide

Monday	Tuesday	Wednesday	Thursday	Friday
4	<b>5</b> 9:00 – 10:00 a.m. <b>Coffee &amp; Conversation</b>	<b>6 RESCHEDULED</b> 11:00 a.m. – 12:00 p.m. ☎ <b>Cancer Survivorship Series:            Late Effects of Cancer            Treatment</b>	<b>7</b> 9:00 – 11:45 a.m. <b>Reflexology</b> ☎ 10:30 a.m. – 1 p.m. <b>Massage</b> ☎ 1:00 – 2:00 p.m. <b>Stretch &amp; Balance Flows</b> 2:00 – 3:00 p.m. <b>Guided Imagery</b>	8
11	<b>12</b> 9:00 – 10:00 a.m. <b>Coffee &amp; Creativity</b>	<b>13</b> 11:00 a.m. – 12:00 p.m. ☎ <b>Cancer Survivorship Series:            Dealing with the Fear of            Recurrence</b> 1:00 – 2:30 p.m. <b>Women's Support Group</b>	<b>14</b> 10:30 a.m. – 1 p.m. <b>Massage</b> ☎  Stretch & Balance Flows and Guided Imagery are <b>cancelled</b> on this day.	15
18	<b>19</b>	<b>20</b> 11:00 a.m. – 12:00 p.m. ☎ <b>Cancer Survivorship Series:            Nutrition &amp; Exercise</b>	<b>21</b> 10:30 a.m. – 1 p.m. <b>Massage</b> ☎  Stretch & Balance Flows and Guided Imagery are <b>cancelled</b> on this day.	22
25	<b>26</b> 9:00 – 10:00 a.m. <b>Coffee &amp; Creativity</b> 11:00 a.m. – 1:00 p.m. <b>Lunch &amp; Learn:</b> ☎ <b>Aromatherapy for            People with Cancer</b>	<b>27</b> 11:00 a.m. – 12:00 p.m. ☎ <b>Cancer Survivorship Series:            Stress Management</b>	<b>28</b> 10:30 a.m. – 1 p.m. <b>Massage</b> ☎ 1:00 – 2:00 p.m. <b>Stretch &amp; Balance Flows</b> 2:00 – 3:00 p.m. <b>Guided Imagery</b> 4:00 – 6:00 p.m. <b>Massage</b> ☎	☎ This phone symbol next to a program indicates that registration is required. Please call 815-977-4123

# OSF Healing Pathways Cancer Resource Center

## *Winter Program Guide*

*March 2019*

Monday	Tuesday	Wednesday	Thursday	Friday
4	<b>5</b> 9:00 – 10:00 a.m. <b>Coffee &amp; Conversation</b>  1:00 – 3:00 p.m. ☎ <b>Defining Your Purpose Series</b>	<b>6</b> 11:00 a.m. – 12:00 p.m. <b>Cancer Survivorship Series: Late Effects of Cancer Treatment</b> 1:00 – 2:30 p.m. ☎ <b>CAREgiver’s Support Group</b>	<b>7</b> 9:00 – 11:45 a.m. <b>Reflexology</b> ☎ 10:30 a.m. – 1 p.m. <b>Massage</b> ☎ 1:00 – 2:00 p.m. <b>Stretch &amp; Balance Flows</b> 2:00 – 3:00 p.m. <b>Guided Imagery</b>	8
11	<b>12</b>  1:00 – 3:00 p.m. ☎ <b>Defining Your Purpose Series</b>	<b>13</b> 10:00 – 11:00 a.m. <b>Coffee &amp; Creativity</b> 1:00 – 2:30 p.m. <b>Women’s Support Group</b> 1:00 – 2:30 p.m. ☎ <b>CAREgiver’s Support Group</b>	<b>14</b> 10:30 a.m. – 1 p.m. <b>Massage</b> ☎ 1:00 – 2:00 p.m. <b>Stretch &amp; Balance Flows</b> 2:00 – 3:00 p.m. <b>Guided Imagery</b>	15
18	<b>19</b>  1:00 – 3:00 p.m. ☎ <b>Defining Your Purpose Series</b>	<b>20</b> 11:00 a.m. – 1:00 p.m. <b>Lunch &amp; Learn:</b> ☎ <b>Managing Lymphedema</b> 1:00 – 2:30 p.m. ☎ <b>CAREgiver’s Support Group</b>	<b>21</b> 10:30 a.m. – 1 p.m. <b>Massage</b> ☎ 1:00 – 2:00 p.m. <b>Stretch &amp; Balance Flows</b> 2:00 – 3:00 p.m. <b>Guided Imagery</b>	22
25	<b>26</b>  1:00 – 3:00 p.m. ☎ <b>Defining Your Purpose Series</b>	<b>27</b> 10:00 – 11:00 a.m. <b>Coffee &amp; Creativity</b> 1:00 – 2:30 p.m. ☎ <b>CAREgiver’s Support Group</b>	<b>28</b> 10:30 a.m. – 1 p.m. <b>Massage</b> ☎ 1:00 – 2:00 p.m. <b>Stretch &amp; Balance Flows</b> 2:00 – 3:00 p.m. <b>Guided Imagery</b> 4:00 – 6:00 p.m. <b>Massage</b> ☎	<b>29</b> <b>This phone symbol next to a program indicates that registration is required. Please call 815-977-4123</b>

# Program Descriptions

**Cancer Survivorship Series** – The Cancer Survivorship Series is a resource for any and all cancer survivors who have completed treatment and are looking to be proactive about improving their quality of life. Be equipped with the knowledge that you need to not only maintain your survivorship, but to truly thrive. Includes 4 sessions on cancer survivorship topics that will be held on Wednesdays at 11 a.m. in February. Facilitated by OSF Mission Partners.

**C.A.R.E.giver's Support Group** – Framed around the acronym: Care. Advocate. Resource. Educational. Caregiver's will benefit by learning coping skills, techniques to manage stress, and sharing in the comfort that others are experiencing similar issues. Facilitated by Julia Gordon, LCSW.

**Coffee & Conversation** – Are you new to OSF Healing Pathways? Join us 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. Facilitated by Amy Mullen.

**Coffee & Creativity** – Gather together with other creative guests from the center to share coffee and companionship while working on a creative project, whether it's knitting, drawing, coloring, etc. Join us for this opportunity to connect with other guests at the center. Facilitated by Angela Larson.

**Defining Your Purpose Series** – Getting clear on your purpose allows you to live in freedom from a place of being rooted and grounded in your true identity and calling. Join us for this eight-part series that will encourage you to come to know yourself and live intentionally. Facilitated by Steve Lowery.

**Guided Imagery** – Based on studies, guided imagery has been shown to help promote a healthy immune system, as well as relieve anxiety, depression, and moodiness. This program promotes deep relaxation and creates a space for calm and mindfulness. Facilitated by Savannah CussenLizer.

**Lunch & Learn: Aromatherapy for People with Cancer** – Explore the world of aromatherapy for relaxation, stress reduction, and for specific symptoms. The class will cover information about what aromatherapy is, how essential oils are made and how they work, how to use essential oils safely, & what specific aromas can be helpful for certain symptoms. Facilitated by Kathy Moehling, RN, ND, LCPC, LMT, HTCP, HWNC-BC. Lunch will be provided.

**Lunch & Learn: Managing Lymphedema** – Lymphedema refers to the buildup or collection of lymphatic fluid in limbs causing swelling, especially after removal of the lymph nodes. Join us to learn some lifestyle tips for managing lymphedema. Facilitated by Sheryl Cook, OT. Lunch will be provided.

**Massage Therapy** – Studies suggest that massage therapy can help reduce fatigue and promote relaxation among people who are experiencing the side effects that come from treatment for cancer. Provided by Kathy Moehling RN, ND, LCPC, LMT, HTCP, HWNC-BC & Julie Ericksen, RN, LMT.

**Painting Planters** – Join us as we gather to paint planters, and plant seeds to watch new life be brought about in our homes in the heart of winter.

**Reflexology** – Reflexology, a therapy that utilizes pressure and touch mostly on the feet, sometimes on the hands, and ears, can support relaxation and comfort during cancer treatment. There is evidence that reflexology can relieve stress and anxiety. Provided by Carolyn Bieck, Certified Reflexologist.

**Stretch & Balance Flows** – This slow-paced, low impact weekly exercise class incorporates long holds and relaxing, strengthening movements that are intended to ground and energize you, while improving your balance and strengthening your muscles. 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 other female cancer survivors for companionship, information and encouragement. Facilitated by Karen Burton & Marge Zimmerman.

To be patient-centric, we listen and react to consumer feedback and input. Through purposeful review, we found our OSF Healing Pathways guests most often using our services Tuesdays through Thursdays. To that end, starting January 1, 2019, OSF Healing Pathways will focus on offering more services on Tuesday through Thursday to reflect our guests' feedback. This will also help our great volunteers to serve our guests and families with the greatest care and love at times when our guests need us most.

**OSF Healing Pathways Cancer Resource Center – 5668 E State Street, Suite 2700 – Rockford, IL 61108 – 815-977-4123**

**HOURS: Tuesday – Thursday 9 a.m. – 4 p.m. – [www.osfsaintanthony.org/pathways](http://www.osfsaintanthony.org/pathways)**