



▶ OSF HEALTHCARE SAINT FRANCIS MEDICAL CENTER IS ACCREDITED FOR HAVING THE HIGHEST STANDARD OF CARE FOR PATIENTS WITH DISEASES OF THE BREAST AND RECTAL CANCER

January - February 2020



▶ OSF SAINT FRANCIS CANCER SERVICES IS ACCREDITED BY THE AMERICAN COLLEGE OF SURGEONS COMMISSION ON CANCER.



▶ OSF SAINT FRANCIS LOW DOSE CT LUNG CANCER SCREENING TO REDUCE LUNG CANCER MORTALITY INITIATIVE BEGINS! GET SCREENED! LUNG CANCER SCREENING (309) 683-4939

Cancer Matters

OSF Cancer Support Services wishes you a Happy New Year! Whether you or a loved one has been newly diagnosed with cancer or you are well into survivorship, we are excited for 2020 and to continue to provide you with wonderful support and resources. In 2019, we touched over 2,400 patients through our oncology supportive care mission. We offered new exercise programs, writing and art classes and a survivorship series. We also welcomed new staff and pastoral care to our team. We are truly honored to take part in your cancer care and will continue our mission of supporting you and your loved ones.

We would like to share some highlights and plans for 2020 with you. First, we recently initiated a new Facebook page: Join the group by searching for OSFCancerSupport. The page allows us to keep you updated on upcoming events, education and resources. We will begin a new group for you and your caregivers that will meet every Thursday from noon until 1 p.m. "*Tranquil Thursdays*". You can drop in as you wish as we will offer a variety of topics and activities to promote relaxation and decreasing stress. Who can't use that? We'll kick off the group on January 9 with making a vision board.

Please mark your calendars and join us for our annual Rivermen Fight Cancer Night on March 28. We will be emailing a link to purchase tickets, or you can ask our office for assistance. OSF Cancer Support Services will focus each year on four main events that include a Spring Educational event, our Survivorship Celebration in June, our annual Fall Retreat and the Holiday Social each December, while continuing all of our other classes and resources. More to come...

Lastly, do you have questions or concerns regarding your nutrition, insurance or finances related to your cancer care? Are you needing additional support from our psychologist or counselor? Want to quit smoking? Needing to relax with a massage, or need physical therapy? OSF Cancer Support Services has you covered with our team of experts.

For additional information or to make an appointment, please call OSF Cancer Support Services at (309) 308-0200.



NEW SUPPORT GROUPS!

Women's Cancer Support Group

Now meeting the third Monday
of each month

4-5 pm

Illinois Medical Center Building
1001 Main St., Peoria

Caregiver Support Group

Now meeting the third Monday
of each month

4-5 pm

Illinois Medical Center Building
1001 Main St., Peoria

CLASSES

January

9, 16, 23, 30 – Tranquil Thursdays • noon-1 p.m. • IMC Building

20 – Monday • 4-5 p.m. • Women's Cancer Support Group • IMC Building

20 – Monday • 4-5 p.m. • Caregiver Support Group • IMC Building

28 – Tuesday • noon-1 p.m. • Lunch and Learn: "Serve Superfoods at the Super Bowl!" – presented by Katrina Sommer, registered oncology dietitian • IMC Building

14, 21, 28 – Tuesdays • noon • Write for the Light: Weekly creative writing workshop (new session starting January 14) • IMC Building

February

13 – Thursday • 5-6:30 p.m. • "Touch, Caring, Cancer" a program for patients and caregivers – presented by Mary Peifer, oncology massage therapist • IMC Building

17 – Monday • 4-5 p.m. • Women's Cancer Support Group • IMC Building

17 – Monday • 4-5 p.m. • Caregiver Support Group • IMC Building

4, 11, 18 – Tuesdays • noon • Write for the Light: Weekly creative writing workshop (no class on February 25) • IMC Building

6, 13, 20, 27 – Tranquil Thursdays • noon-1 p.m. • IMC Building

March

3,10, 17,31 – Tuesdays • noon • Write for the Light: Weekly creative writing workshop (no class on March 24) • IMC Building

16 – Monday • 4-5 p.m. • Women's Cancer Support Group • IMC Building

16 – Monday • 4-5 p.m. • Caregiver Support Group • IMC Building

14 – Saturday • 8:15 a.m.-4:15 p.m. • Breast Cancer Survivor Retreat: "Getting Your Groove Back" • Shore Acres Park, Chillicothe

5, 12,19, 26 – Tranquil Thursdays • noon-1 p.m. • IMC Building

28 – Saturday • 7:15 p.m. • Rivermen Fight Cancer Night • Peoria Civic Center

ACTIVE LIFESTYLE CLASSES at the RiverPlex

Every Mon., Wed. and Fri. • 1-2 p.m. • Mind & Body Connection (for patients and their support-patients are free, all others are \$5.00)*

Every Wed. and Fri. • 9-11 a.m. • Get Active*

Every Tues. • 5:30 - 6:30 p.m. • Gentle Stretching & Breathing (for patients and their support)

CLASS DESCRIPTIONS

Caregiver support group – Our caregiver support group for spouses and partners provides a safe space to connect with others caring for a loved one with cancer. The group offers emotional and practical support. **NEW GROUP**

Women's Cancer Group – For women of all ages and cancer types. The purpose of this group is to provide a place for women to seek and share support with emphasis on HOPE. **NEW GROUP**

Mind & Body Connection – A low-impact class with graceful, circular movements to improve your balance and overall health

Gentle Stretching & Breathing – A calming class including breathing, gentle flowing movements and passive and supported poses

Get Active – Utilize light endurance exercises with a focus on strength training, balance and flexibility.

Lunch and Learn – Join us for lunch and learn about a variety of topics.

Write for the Light – Weekly creative writing workshop

Tranquil Thursdays – Weekly group focuses on ways to relax through a variety of activities. **NEW GROUP**

Touch, Caring, Cancer – One of the most helpful forms of support you can offer a loved one with cancer is the use of touch. This inspiring program provides detailed instruction by leading experts in safe, simple techniques for comfort and relaxation that anyone can learn and apply.

Upcoming Events: Survivorship Saturdays coming in April! A half day dedicated to focusing on life after cancer with interactive sessions on topics that matter to you.

OTHER SUPPORT GROUPS

Connections: Colorectal Cancer Support Group-Meets the first Monday of each month at 5:30 pm at the Peoria Public Library North Branch-3001 W. Grand Parkway, Peoria

Beyond Breast Cancer- Meets quarterly-Please call OSF Saint Francis Breast Center at (309) 683-5522 for a calendar.

CLASS LOCATIONS

Illinois Medical Center Building (IMC Building)
1001 Main St., Ste. 107, Peoria

RiverPlex Recreation & Wellness Center
600 NE Water St., Peoria

Smoking Cessation Program. Do you want to quit smoking or know someone that does? Call Cancer Support Services to learn more: **(309) 308-0200.**

Lung Cancer Screening: OSF Saint Francis Lose Dose CT Lung Cancer Screening-Get Screened-Call to see if you qualify. (309) 683-4939

*To learn more or to register for **Mind & Body Connection** and **Get Active** programs, call Lisa at the RiverPlex: **(309) 282-1607.**

*To register for all other classes and events, contact OSF Cancer Support Services: **(309) 308-0200.**

Looking for more support? OSF Cancer Support Services offers additional support programs. Learn more by calling **(309) 308-0200** or visiting osfsaintfrancis.org/cancersupport-services