

FALL 2019

GETTING IT *Together*



The Cancer Center
At Little Company of Mary Hospital

www.LCMH.org

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4th Annual Cancer Survivor Event
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PLEASE JOIN US FOR SPECIAL EVENTS





BREAKING NEWS

4TH ANNUAL CANCER SURVIVOR EVENT

SATURDAY, NOVEMBER 2
Hilton Double Tree Alsip
5000 W. 127th Street, Alsip, IL

\$20 if registered by October 1st, \$25 after.
Register at www.lcmh.org/survivorevent
or call **708.229.6018**.
Registration is required and space is limited.

 **The Cancer Center**
At Little Company of Mary Hospital

KEYNOTE SPEAKER
ZORAIDA SAMBOLIN 

reTREAT YOURSELF

A retreat for cancer patients to nourish their mind, body, and soul

Self-care is an essential part of healing while on your cancer journey. Your path to personal wellness requires a holistic approach, including good food, mindful movement and human connection.

Join us for this retreat with Chef Ryan Hutmacher of Centered Chef, where you're invited to his table to reTREAT yourself. Ryan and his diverse group of passionate lifestyle experts will support you with tools to nourish your body, mind, and soul as you move forward on your path.

This retreat is open to patients currently in treatment or less than a year out from having completed their treatment.

Saturday, November 16, from 8 a.m. to 2 p.m.
North Pavilion Link, Room N1702 & 1703

STAY CALM AND ZENTANGLE ON

What is Zentangle you ask...it is a therapeutic form of art that is like yoga for the mind. The benefits of Zentangle are numerous:

- Reduces stress
- Promotes relaxation
- Helps to improve focus
- Improves hand-eye coordination and fine motor skills
- Nurtures and develops creative abilities



But best of all, you get to create beautiful works of art to share with family and friends.

Thursday, November 14, from 10 a.m. to 12:30 p.m.
The Cancer Center, Room S1145

Space is limited for these classes, so please call Kelly Walsh at 708.229.6015 to reserve your spot. These programs are FREE for cancer patients, their families and those who support them.

OCTOBER, NOVEMBER, DECEMBER 2019

PROGRAMS AND Support Groups



INTEGRATIVE THERAPY

Acupuncture

By appointment only
Please call 708.229.6015
for more information.

Art Classes

Mondays
10:00 a.m. to 3:00 p.m.
Room S1150
October 7, 21, 28
November 4, 18, 25
December 2, 9, 16, 23
No Class: Oct. 14, Nov. 11, or
Dec. 30

Gentle Yoga

Mondays
11:30 a.m. to 12:30 p.m.
Room S1145
October 7, 14, 21, 28
November 4, 11, 18, 25
December 2, 9, 16
No Class: Dec. 23 or 30

Wednesdays
6:00 to 7:00 p.m.
Room S1150
October 2, 9, 16, 23, 30
November 6, 13, 20
December 4, 11, 18
No Class: Nov. 27, Dec. 25 or
Jan. 1

Fridays
10:00 to 11:00 a.m.
Room S1150
October 4, 11, 18, 25
November 1, 8, 15, 22
December 6, 13, 20
No Class: Dec. 27 or Jan. 3

Restorative Yoga

1st and 3rd Thursday of
each month
12:00 to 1:30 p.m.
Room S1145
October 3, 17
November 7, 14* *note this is the
second Thursday*
December 5, 19

Mini Spa

Wednesdays
10:00 a.m. to 2:00 p.m.
Room S2144
October 2, 9, 16, 23
November 6, 13, 20
December 4, 11, 18
No Spa: Oct. 30, Nov. 27,
Dec. 25, Jan. 1

Healing Touch

2nd and 4th Tuesdays
of each month
9:00 a.m. to 12:00 p.m.
Room S2144
October 8, 22
November 12, 26
December 10
No Session: Dec. 24

Reiki

1st and 3rd Tuesdays
of each month
10:00 a.m. to 2:00 p.m.
Room S2144
July 16
October 1, 15
November 5, 19
December 3, 17

Guided Imagery

By appointment only
Please call 708.229.6015
for more information.

Meditation/MBSR

Please call 708-229-6015
for the class schedule
and to reserve your spot.

Self-Hypnosis

Program for Persons Living
with Cancer
2nd Saturday of each month
10:00 a.m. to 12:00 p.m.
Room S1150
10:00am to 12:00 noon
October 12
November 9
December 14

SUPPORT GROUPS

LCMH Breast Cancer Support Group

1st Tuesday of each month
7:00 to 8:30 p.m.
Room S1150
October 1
November 5
December 3

Prostate Cancer Support Group

1st Thursday of each month
7:00 to 8:30 p.m.
Room S1150
October 3
November 7
December 5

Caregiver Support Group

Please call 708.229.6015
for more information.

C.H.E.E.R.

2nd Wednesday of
each month
11:00 a.m. to 12:00 p.m.
Room S1145
October 9
November 13
December 11

PICNIC IN THE PARK

All meetings are held in
Room S1150 on the main
level of The Cancer Center.

OCTOBER

October 1: Chair Yoga, 11:00 a.m. to Noon
*Presented by Joan Zigulich, Certified Yoga
Instructor*

October 8: The C Word-A Documentary
Presentation, Noon to 1:30 p.m.

October 15: NO PICNIC

October 22: Living Harmoniously and
Successfully- Part 3 of 3, Noon to 1:00 p.m.
*Presented by Jalima Cuesta, Licensed
Massage Therapist and Vibrational Sound
Practitioner*

October 29: NO PICNIC

NOVEMBER

November 5: Chair Yoga, 11:00 a.m. to Noon
*Presented by Joan Zigulich, Certified Yoga
Instructor*

November 12: Achieving Optimal Body
Functioning Through Nutrition, Noon to 1:00 p.m.
*Presented by Joanne Peters, Registered
Holistic Nutrition and Health Counselor*

November 19: NO PICNIC

November 26: Start Each Day With A
Grateful Heart - A Gratitude Journal Workshop
Noon to 1:00 p.m.
*Presented by Misty Giordano, Professional
Wellness and Self-Care Specialist*

DECEMBER

December 3: Chair Yoga, 11:00 a.m. to Noon
*Presented by Joan Zigulich, Certified Yoga
Instructor*

December 10: Coping With Holiday Stress Using
Guided Imagery Exercises, Noon to 1:00 p.m.
*Presented by Kelly Walsh, LCPC,
Integrative Therapy Coordinator*

December 17: Holiday Celebration
11:00 a.m. to Noon

December 24: NO PICNIC

Space is limited for all classes, so please call Kelly Walsh at 708.229.6015 to reserve your spot. These programs are FREE for cancer patients, their families and those who support them.

MORE ABOUT OUR *Free Programs*

Please call 708.229.6015 for more information or advance registration.

ART CLASS — *Carole Wilson, Art Instructor*

Carole will instruct those who have painted at least once with her in watercolor techniques. Mondays, from 10 a.m. to noon and 1 to 3 p.m. in room S1150. Let us know if you would like a beginner's class. **Advance registration required.**

GENTLE YOGA — *Jean Cantania, Yoga Instructor*

Learn easy yoga postures, which include stretching and breathing techniques. It's a wonderful way to enhance the mind and body. Suitable for all ages and physical conditions. Meets on Mondays from 11:30 a.m. to 12:30 p.m., room S1145. Wednesdays from 6 to 7 p.m., room S1150 and Fridays from 10 to 11 a.m. in room S1150. **Advance registration required.**

ACUPUNCTURE — *Kathy Broderick, R.N., B.A., L.Ac., Acupuncturist*

Kathy's practice includes insertion of ultra-thin needles into the skin at specific points (meridian lines) to restore the body's energy balance. It is used for the relief of pain, nausea and maintaining a sense of well-being.

Advance registration required.

MINI SPA — Free massages, pedicures, facials and reiki

(energy work) are offered to cancer patients currently undergoing treatment, provided by licensed or certified volunteer practitioners. Meets on Wednesdays from 10 a.m. to 2 p.m. in room S2144.

Advance registration required.

C.H.E.E.R. — A support group that brings people with

life-threatening diseases together using humor and peer support as tools to enhance healing. This group meets on the second Wednesday of the month in room N1702 at Little Company of Mary from 11 a.m. to noon.

SELF-HYPNOSIS — *Dr. Scot Giles, Hypnotherapist*

Using headphones and electronic audio equipment, Dr. Giles will assist your mind in relaxing by using music and his voice to achieve a deep state of self hypnosis. The group meets on the second Saturday of the month from 10 a.m. to noon in room S1150. Program is limited to 25 participants.

Advance registration required.

HEALING TOUCH — *Linda Courts, R.N.*

This is a 30-to-60 minute session in which touch is used to restore and balance the energy systems within the body. It is used to promote relaxation, relieve anxiety and reduce pain. Meets in room S2144. **Advance registration required.**

PROSTATE CANCER SUPPORT GROUP — Meets first

Thursday of the month in room S1150 of The Cancer Center from 7 to 8:30 p.m.

BREAST CANCER SUPPORT GROUP — Meets first

Tuesday of the month in room S1150 of The Cancer Center from 7 to 8 p.m.

RESTORATIVE YOGA — Restorative Yoga is a gentle form of

yoga in which props are used to help support the patient and allow them to reach a deep state of relaxation. Restorative classes are offered on the first and third Thursdays of each month from 12 Noon to 1 p.m. in room S1145.

Advance registration required.

MEDITATION/MBSR — Meditation/MBSR is a mind-body

process that uses concentration on your breathing to attune the body and calm the mind. Recent scientific studies have now proven that meditation can reduce anxiety and pain, while improving the psychological well-being and quality of life for oncology patients. Class meets the 4th Monday of each month in room S1145.

Advance registration not required.

GUIDED IMAGERY — *Carole Wilson, Certified Guided Imagery Practitioner*

A cross between hypnosis and meditation, guided imagery can effectively reduce your level of stress hormones, lessen anxiety about diagnosis and treatment, help with pain management and diminish other unwanted side effects. Meets in room S2144.

Advance registration required.



HELPFUL PHONE NUMBERS: Cancer Resource Center: 708.229.4142 Central Scheduling: 708.499.8550
Schedule your mammogram online at www.LCMH.org/onlinescheduling or call 708.499.8550.

The information in this newsletter is intended to educate people about subjects pertinent to their health and is not a substitute for consultation with a personal physical. If you would like to be removed from our mailing list, or if you would like to add your name to our mailing list, please contact the Integrative Therapy Department at 708.229.6015.