

**ABOUT CANCER
SUPPORT COMMUNITY**

Cancer Support Community ensures that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

At Cancer Support Community, all programs are **free of charge**. Whether you or your loved one are living through your cancer diagnosis, treatment or survivorship, please consider becoming part of this supportive community.

**WELCOME TO CANCER
SUPPORT COMMUNITY**

NEWCOMER ORIENTATION

You're not alone. Every day, people with cancer and their loved ones find **support, education, and hope** at Cancer Support Community. You can take the first step to living with, through, and beyond cancer by joining our community. Call to inquire about our **Newcomer Orientation**.

◆ **NEWCOMER ORIENTATION**

Every Tuesday and Thursday evening at 5:30 pm, and every Saturday morning at 10:00 am (RSVP is required)



WHAT'S NEW?

**CANCER SUPPORT COMMUNITY ANNOUNCES NEW PROGRAMS AT
COMMUNITY HEALTH NETWORK**

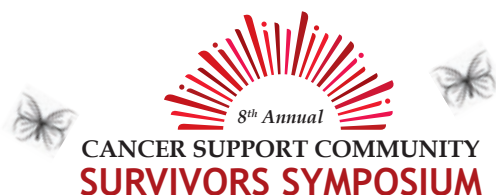
Cancer Support Community Central Indiana is pleased to announce its new relationship with Community Health Network. Motivated by its passion to ensure that their cancer program treats the "whole patient," Community Health Network has partnered with Cancer Support Community to provide professionally led psycho-social support groups at *Community South* and *Community East*, and cancer education and wellness programs at *Community North*. These programs are highlighted in **BROWN** on our calendar. For more information about the programs available, please call Sara Anderson at 317-257-1505.

**FRANKLY SPEAKING ABOUT CANCER:
COPING WITH THE COST OF CARE**

Saturday, May 19 • 9:00 - 11:00 am

Hearing that you or someone you love has cancer can be overwhelming. Questions abound: How will my family be affected? Will my insurance cover my care? What will happen with my employment? Having a plan to deal with these questions is vital.

This workshop is a starting place to learn how to talk about the insurance and employment side of cancer and where to go for help. Hear from industry experts on how to talk with your health care team about health insurance (including appeals) and, employment and disability. **Please RSVP by May 17th - 317-257-1505.** This education program is free of charge and open to people with cancer and their caregivers.



**CANCER SUPPORT COMMUNITY
SURVIVORS SYMPOSIUM**

Please join us on **Saturday June 30, 2012** from **9:00 am - 3:00 pm** for our 8th Annual Survivors Symposium. This day-long program of healing and celebration is designed to bring cancer survivors and their family members together for an educational and motivational day of learning.

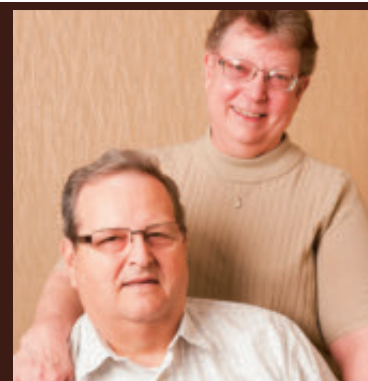
New this year are wellness break-out sessions including, Yoga, Creative Expressions™ art class, and financial wellness. This year will also feature day-long Kid Support™ programming for families facing cancer with young children between the ages of 5 - 15 years old. The agenda also includes a cooking demonstration with our nutritionist and our annual butterfly release. **To register for this year's symposium please call 317-257-1505.**

Did You Know?

Tribute and memorial gifts to Cancer Support Community Central Indiana are an especially considerate and appropriate way to commemorate friends and loved ones and to celebrate the lives of people who mean so much to us.

These gifts help us provide one of 7 **free** weekly **therapeutic support groups** for cancer patients,

their families and friends and 5 **free** monthly **networking groups**. They also help make the provision of our over 30 **free** **monthly education, cooking classes, and social connecting activities** possible. These gifts ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.



FRANCISCAN ST. FRANCIS HEALTH PROGRAMS

The following Cancer Support Community programs will be offered to cancer patients and their loved ones in May and June at the new Franciscan St. Francis Health Cancer Center.

Education

**ASK THE LEGAL EXPERT
with Christi Anderson**
partner, *Bingham Greenebaum Doll*
May 17 • 6 - 8 pm

Christi will provide information on navigating the legal aspects of cancer including discussions around end of life planning and advanced directives. *Please call 257-1505 to RSVP by June 15.*
Location: St. Francis Health Cancer Center, 8111 S. Emerson Ave.

Social Connectedness

KRAFTERS KORNER WITH KERRY
June 20 • 10 - 11 am
Please call 257-1505 to RSVP by June 19.
Location: St. Francis Health Cancer Center, 8111 S. Emerson Ave.

Support Services

BREAST CANCER SUPPORT GROUP
Every Monday • 6 - 8 pm
Location: St. Francis Health Cancer Center, 8111 S. Emerson Ave.
(Please call 257-1505 - brief interview is required prior to starting group)

CAREGIVER SUPPORT GROUP
Every Monday • 6 - 8 pm
Location: St. Francis Health Cancer Center, 8111 S. Emerson Ave.
(Please call 257-1505 - brief interview is required prior to starting group)

PATIENT SUPPORT GROUP
Every Monday • 6 - 8 pm
Location: St. Francis Health Cancer Center, 8111 S. Emerson Ave.
(Please call 257-1505 - brief interview is required prior to starting group)

COLORECTAL NETWORKING GROUP
Monthly, May 2 & June 6
2 - 4 pm • *Please RSVP*
Location: St. Francis Health Cancer Center, 8111 S. Emerson Ave.

Wellness

RELAXATION & VISUALIZATION
Wednesday, May 2 & June 6
1 - 2 pm • *Please RSVP*
Location: St. Francis Cancer Center, 8111 S. Emerson Ave., 2nd floor conference room

YOGA - NOW MEETING TWICE A MONTH
2nd & 4th Tuesday
10 - 11 am • *Please RSVP*
Location: St. Francis Cancer Center, 8111 S. Emerson Ave., 2nd floor conference room

COOKING FOR WELLNESS™:
Cancer & Good Nutrition
Wednesday, May 16
10 am - 12 Noon • *Please RSVP*
Location: St. Francis Cancer Center, 8111 S. Emerson Ave., 2nd floor conference room

Our program has been recognized by the Institute of Medicine as a vital and complementary component to one's cancer treatment. Cancer Support Community's (CSC) program is built around five pillars – support services, wellness, education, social connectedness, and information, assistance and referral. Here's what we have available to compliment your treatment.

SUPPORT SERVICES

Support Groups

We're here to support you on your cancer journey. Our on-going professionally led weekly support groups for people with cancer and their loved ones let people challenged by cancer know you are not alone. Our groups are a safe place for individuals to rest the burden of cancer and have been shown to *empower, strengthen* and *sustain* people impacted by cancer. All groups are led by licensed clinicians.

◆ GROUPS FOR PEOPLE WITH CANCER

Thursdays • 10 am - 12 noon • at CSC
Sponsored by Nicholas Noyes Family Foundation

Thursdays • 6:30 pm - 8:30 pm • at CSC

◆ GROUPS FOR FAMILY MEMBERS & LOVED ONES

Tuesday • 6 - 8 pm • at CSC
Thursdays • 6:30 pm - 8:30 pm • at CSC

Networking Groups

Specific issues emerge with different types of cancer and in different cultures. Our networking groups are a place where people facing the same cancer type or who are among the same culture to come together and share how they cope with the disease.

◆ **ALL AGES ALL STAGES BREAST CANCER GROUP**
Monthly – 4th Tuesday • 6 - 8 pm
NOTE: This group meets at the Little Red Door Cancer Agency, 1801 N. Meridian

◆ **BEREAVEMENT GROUP**
2nd & 4th Wednesday 6:30 - 8:30 pm
A brief interview is required before starting group. Please call 317-257-1505 to register.

◆ **CARCINOID CANCER**
Monthly – 3rd Saturday • 10 am - 12 noon

◆ **GRUPO DE APOYO EN ESPAÑOL**
Ultimo lunes de cada mes a las • 6 - 8 pm
en Español para personas que sufren cáncer.

◆ **LEUKEMIA & LYMPHOMA**
Monthly – 2nd Monday • 6 - 7:30 pm
Requires a reservation. Please call 317-726-2270 to RSVP.

◆ **“OUR CIRCLE”**
Tuesday, May 8 & June 12
6:00 - 8:00 pm
Networking group for African-Americans facing cancer. Everyone Welcome! *Sponsored by Genentech*

◆ **YOUNG ADULTS WITH CANCER SUPPORT GROUP, Founded by Anna McCullough**
Monthly – 1st Thursday • 6:30 - 8:30 pm

Kids/Parents Connect Kid Support



Kid Support is for children whose lives are impacted by a cancer diagnosis. **Kid Support** aims to reach young people living with a cancer diagnosis in the family by offering a 10-session, adult-led peer support program for children ages 4 to 12. Using a variety of art activities, poems, stories, cartoons and games, children are able to ask questions, express difficult feelings, and share common experiences.

◆ KIDS/PARENTS CONNECT/KID SUPPORT

Monthly – 2nd & 4th Wednesday • 5 - 6:30 pm
For children 5 - 12 years old and their parents. **Please RSVP!**

◆ TEEN NIGHT

Monthly – 1st Wednesday • 5:30 - 7:30 pm
For teens 13 - 18 years old to connect with other teens impacted by cancer. **Please RSVP!**

WELLNESS

Based on the belief that mind/body connectedness improves physical outcomes, our wellness programs are aimed at strengthening ones mind as well as their body. We offer:

◆ **COOKING FOR WELLNESS™**
Monday, May 14 • 6:30 - 8 pm
Wednesday, May 16 • 10 - 11:30 am • at St. Francis Cancer Center
Cancer & Good Nutrition

Learn how diet and nutrition can help you prevent and battle cancer. A great class for beginners and a good refresher for others. **RSVP by May 10**

Monday, June 18 • 6:30 - 8 pm
Light & Healthy Summer Foods

Learn some new light and healthy recipes that are perfect for busy summer days. **RSVP by June 14**

◆ **CREATIVE EXPRESSIONS**
Tuesday, May 15
2 - 5 pm • *God Boxes*

Creative Expressions is an art program where cancer patients learn about and experience the healing and life-enhancing benefits of creative art therapies. Using various media, individuals explore their reactions to their cancer journey. **RSVP by May 14**

◆ **GENTLE STRETCH YOGA**
Every Monday • 12 noon - 1 pm
Every Tuesday • 6 - 7 pm

◆ **QIGONG AT CANCER SUPPORT COMMUNITY**

Every Saturday • 11 am - 12 Noon

This class integrates physical postures, breathing techniques and focused intention.

◆ **RELAXATION & VISUALIZATION**

Every Thursday • 5:45 pm

This program is designed to free your mind of anxiety and fill it with positive thoughts to strengthen you on your cancer journey.

EDUCATION

A cancer diagnosis brings many questions and often times a thirst for understanding and knowledge. Our education program is engineered to bring expert information to people facing cancer. Led by thought leaders and knowledgeable professionals in the field, our educational workshops are consistently rated high by attendees and leave them feeling empowered. Here's what we're offering in the coming weeks...

◆ **MEN'S HEALTH TALK: LIFE AFTER PROSTATE CANCER**

Thursday, May 24 • 6 - 8 pm

Wednesday, June 20 • 6 - 8 pm

Please join us for a presentation on options available for men after prostate cancer surgery. A question and answer session will follow the presentation. Light refreshments will be served, please **RSVP by May 21**. Presented by American Medical Systems.

◆ **REFLEXOLOGY**

led by Amy Barr

Saturday, June 9 • 12:30 - 2 pm

Come join certified reflexologist Amy Barr for an afternoon of learning the healing art of Reflexology. Reflexology is the ancient practice of stimulating the natural healing process in the body by using massage and pressure point therapy on the feet and hands. In this class you will be taught the basics of Reflexology and will give a Reflexology treatment to other classmates for hands-on experience. You will also learn helpful tips for common ailments as well as how to help restore natural balance in the body. Please wear comfortable clothing and be prepared to not only learn but relax!

◆ **SISTER'S NETWORK PROGRAM MEETINGS**

Sisters Network is the only African-American breast cancer survivorship organization nationwide with a commitment to increasing local and national attention to the devastating impact that breast cancer has in the African-American community.

Tuesday, May 15 • 6:30 - 8 pm

Tuesday, June 19 • 6:30 - 8 pm

SOCIAL CONNECTEDNESS

One of the greatest benefits of our program are the life-long friendships built through the social connection opportunities provided. This component of our program works to ensure that no one faces cancer alone and to build a sense of community. Get connected through...

◆ **CINEMA WELLNESS: Stepmom**

Monday, May 7 • 6 - 8 pm

Directed by Chris Columbus and starring Susan Sarandon and Julia Roberts. *Stepmom* is a comedy-drama about a mother with cancer who has to settle on the new woman in her ex-husband's life, who will be the new stepmother to their children. **RSVP by May 3**.

◆ **HEALING PORTRAITS**

Wednesday, May 9 • 4 - 6 pm

Wednesday, June 20 • 4 - 6 pm

Featuring Grace Michael Photography. This program is free of charge and participants will receive a CD with all their pictures. Sittings are in 30-minute segments. **To schedule a time, please call 317-257-1505 by May 7 and June 18 respectively to RSVP. Please give 24 hour notice if you are unable to make your appointment.**

◆ **LOOK GOOD FEEL BETTER**

Monday, May 21 • 1:30 - 3:30 pm

If you are a woman actively undergoing chemotherapy or radiation looking to enhance your appearance and esteem, come learn how to wear scarves and wigs, as well as how to care for your hair, skin, and nails. Brought to you in partnership with The American Cancer Society. **Must be in active treatment to participate. RSVP by May 17.**

◆ **BOOK CLUB: An Author Study of Alexander McCall Smith**

Monday, June 4 • 6 - 7:30 pm

June's Book Club is a author study of Alexander McCall Smith who has written more than 60 books. He is best known for his internationally acclaimed No. 1 Ladies' Detective Agency series, which rapidly rose to the top of the best seller lists throughout the world. Pick your favorite McCall Smith book to discuss. **RSVP by June 1.**

◆ **KRAFTERS KORNER:**

Tuesday, June 19 • 1 - 2 pm • Metal Embossing • at CSC

Wednesday, June 20 • 10 - 11 am • Floral Wreaths • at St. Francis Health Cancer Center

Come spend an hour with friends learning how to create beautiful crafts. Supplies will be provided. **RSVP by June 18.** Led by Jan Hernly (Metal Embossing) and Kerry Teague (Floral Wreaths).

COMMUNITY HEALTH NETWORK PROGRAMS

CANCER SUPPORT COMMUNITY SATELLITE PROGRAMS AT COMMUNITY HEALTH NETWORK NORTH, EAST, AND SOUTH

The following Cancer Support Community programs will be offered in May and June to cancer patients and their loved ones.

Support Services

(Please call 257-1505 - brief interview is required prior to starting group)

PATIENT SUPPORT GROUP

2nd & 4th Monday • 1 - 3 pm

Location: Community South, 1402 E. County Line Rd., Education Center Room 1 & 2

PATIENT SUPPORT GROUP

2nd & 4th Wednesday • 2 - 4 pm

Location: Community East

Community Health Network Pavilion, 2040 N. Shadeland Ave., 1st Floor Community Room

Wellness

QIGONG

Monday, June 25 - 6 pm • Please RSVP

Location: Community Regional Cancer Care - North, 7229 Clearvista Dr.

INFORMATION ASSISTANCE & REFERRAL

Visit our Anthem Blue Cross Blue Shield Resource library, funded by WellPoint for information covering the entire continuum of cancer care. Or, if you have questions and need to know where to go for a specific need - call us at 317-257-1505.

SPECIAL THANK YOU TO:



Forrest & Charlotte Lucas
Terina Perry • Deanna Dewberry
Anthem Blue Cross Blue Shield • Lilly USA
Indianapolis Colts • Lucas Oil
Franciscan St. Francis Health Cancer Center
Finish Line • Ice Miller • Key Bank
Monarch Beverage • HardingPoorman Group
The Kroger Co.

and all our other sponsors and guests for making Laughing Matters 2012 our most successful event ever!

monday

tuesday

wednesday

thursday

friday

saturday

All programs marked in **RED** are held at Cancer Support Community and require an RSVP. *Please Call 317.257.1505 to RSVP*

All programs marked in **BLUE** are at our St. Francis Cancer Center (8111 S. Emerson Ave.) satellite location.

All programs marked in **BROWN** are held at our Community Health Network satellite locations.

<p>Gentle Stretch Yoga 12 Noon</p> <p>Book Club Author Discussion- 6:00 pm Alexander McCall Smith (RSVP)</p> <p>St. Francis Breast Cancer Group at St. Francis Cancer Center 6:00 pm</p> <p>4</p>	<p>Newcomers Meeting (RSVP) 5:30 pm</p> <p>Gentle Stretch Yoga 6:00 pm</p>	<p>Relaxation & Visualization at St. Francis Cancer Center (RSVP) 1:00 pm</p> <p>Colorectal Networking Group 2:00 pm at St. Francis Cancer Center (RSVP)</p> <p>Teen Night (RSVP) 5:30 pm</p>	<p>Newcomers Meeting (RSVP) 5:30 pm</p> <p>Relaxation & Visualization 5:45 pm</p> <p>Young Adults with Cancer Support Group - Ann's Group (RSVP) 6:30 pm</p>	<p>CLOSED</p>	<p>Newcomers Meeting (RSVP) 10:00 am</p> <p>QiGong 11:00 am</p>
<p>Gentle Stretch Yoga 12 Noon</p> <p>St. Francis Breast Cancer Group at St. Francis Cancer Center 6:00 pm</p> <p>11</p>	<p>Yoga at St. Francis (RSVP) 10:00 am</p> <p>Newcomers Meeting (RSVP) 5:30 pm</p> <p>Gentle Stretch Yoga 6:00 pm</p> <p>Our Circle- (RSVP) 6:00 pm</p> <p>African-Americans facing cancer</p>	<p>Patient Support Group at Community East (Please call for brief interview) 2:00 pm</p> <p>Kids/ParentsConnect/ Kids Support 5:00 pm</p> <p>Bereavement Group (Please call for brief interview) 6:30 pm</p>	<p>Newcomers Meeting (RSVP) 5:30 pm</p> <p>Relaxation & Visualization 5:45 pm</p> <p>CLOSED</p>	<p>Newcomers Meeting (RSVP) 10:00 am</p> <p>Carcinoid Cancer Group 10:00 am</p> <p>QiGong 11:00 am</p>	
<p>Gentle Stretch Yoga 12 Noon</p> <p>St. Francis Breast Cancer Group at St. Francis Cancer Center 6:00 pm</p> <p>18</p>	<p>Kofers Korner: Merli Embossing (RSVP) 1:00 pm</p> <p>Newcomers Meeting (RSVP) 5:30 pm</p> <p>Gentle Stretch Yoga 6:00 pm</p> <p>SPECIAL PROGRAM Sisters Network (RSVP) 6:30 pm</p>	<p>Kofers Korner with Kerry Floral Wreaths, at St. Francis (RSVP) 10:00 am</p> <p>Healing Moments Portraits by Grace Michael Photography (RSVP) 4:00 pm</p> <p>SPECIAL PROGRAM Men's Health Talk: Life After Prostate Cancer 6:00 pm</p>	<p>Newcomers Meeting (RSVP) 5:30 pm</p> <p>Relaxation & Visualization 5:45 pm</p> <p>CLOSED</p>	<p>Newcomers Meeting (RSVP) 10:00 am</p> <p>QiGong 11:00 am</p>	
<p>Gentle Stretch Yoga 12 Noon</p> <p>Patient Support Group at Community South (call for brief interview) 1:00 pm</p> <p>St. Francis Breast Cancer Group at St. Francis Cancer Center 6:00 pm</p> <p>QiGong at Community North 6:00 pm</p> <p>Grupo de apoyo en español (RSVP to 890-3293) 6:00 pm</p> <p>25</p>	<p>Yoga at St. Francis (RSVP) 10:00 am</p> <p>Newcomers Meeting (RSVP) 5:30 pm</p> <p>Gentle Stretch Yoga 6:00 pm</p> <p>Breast Cancer Group at Little Red Door 6:00 pm</p>	<p>Patient Support Group at Community East (Please call for brief interview) 2:00 pm</p> <p>Kids/ParentsConnect/ Kids Support 5:00 pm</p> <p>Bereavement Group (Please call for brief interview) 6:30 pm</p>	<p>Newcomers Meeting (RSVP) 5:30 pm</p> <p>Relaxation & Visualization 5:45 pm</p>	<p>8th Annual Survivors Symposium (RSVP) 9:00 am</p>	
<p>26</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>
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<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

Thank You!

Our program of support services, wellness, education, social connectedness, and information assistance and referral is provided free of charge thanks to big-hearted, caring and supportive business and organizations like:

Support Services Sponsors

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May/June 2012

**CANCER SUPPORT
COMMUNITY**
CENTRAL INDIANA

at the Paulsen Family Center
5150 W. 71st Street
Indianapolis, IN 46268



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Phone: (317) 257-1505 • fax (317) 254-4534

www.cancersupportindy.org



**May/June 2012
Program Calendar**

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