



# CANCER SUPPORT COMMUNITY

CENTRAL INDIANA

## JANUARY & FEBRUARY 2012 Programs & Services

### 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 10:30 am (RSVP is required)



## Did You Know?

### JANUARY IS CERVICAL CANCER AWARENESS MONTH

Cervical cancer affects the cervix. Each year in the United States, more than 11,000 women are diagnosed with cervical cancer. Visit the National Cervical Cancer Coalition website ([www.nccc-online.org](http://www.nccc-online.org)) for the latest news on prevention and screening, and treatment information.

## WHAT'S NEW?

**C**ancer Support Community (CSC) is a community that cares. We pride ourselves on being proactive in addressing trends in cancer care and on being responsive to the needs of people facing cancer. A cancer diagnosis can be life changing. Many people challenged by cancer have families to care for, and jobs that they maintain amidst treatment. In fact, many people who use Cancer Support Community are in that very situation. In order to better accommodate these individuals, CSC is making several changes in 2012.

Beginning in January, our main office will be **closed** on Fridays, but open 9 am - 3 pm on

### FRANKLY SPEAKING ABOUT COLORECTAL CANCER

Saturday, January 28 • 9 - 11 am  
Patrick Loehrer, MD

*IU Simon Cancer Center and IU Health Physicians*

Cancer Support Community presents *Frankly Speaking About Colorectal Cancer*, a free workshop for people affected by colorectal cancer. The newly updated two-hour workshop will feature eminent oncologist, **Patrick Loehrer, MD**. Dr. Loehrer will present the most current colorectal treatments, symptom/side-effect management strategies, the social and emotional challenges of the diagnosis and survivorship issues specific to people with colorectal cancer. All attendees will receive a free copy of the informational booklet, *Frankly Speaking About Colorectal Cancer*. A continental breakfast will be provided. **Please RSVP by January 26 – 317-257-1505.**

Saturday. This means that working cancer patients have more opportunities to attend education, networking, and mind/body wellness programs.

Also in February, 2012, our breast cancer monthly networking group will be held at Little Red Door Cancer Agency. Our partnership with Little Red Door means that the nearly 200 individuals with breast cancer they helped in 2011 will be seamlessly transitioned for this support group should they choose to participate. With a central location, Little Red Door also addresses accessibility issues for many of our members.

### EXPERT PANEL ON HEALTH DISPARITIES IN THE AFRICAN-AMERICAN POPULATION

Tuesday, February 21 • 6:30 - 8:00 pm

Join us as we discuss the issue of health disparities in the African-American population, particularly breast and other cancers, and how this issue affects the rate of diagnosis, treatment courses, and prognoses. Community experts on health disparities will join Denise Johnson Miller, MD, for this presentation. A light dinner will be served. **Please call 257-1505 to RSVP by February 20. Sponsored by Lilly Foundation**

### INDIANA CML CONNECTION

SATURDAY, JANUARY 21 • 10:30 AM - 12:30 PM

The Indiana chapter of the National CML (Chronic Myelogenous Leukemia) Society will be holding their quarterly support group meetings at CSC. This group is open to both patients and their caregivers. For more information about the National CML Society visit [www.nationalcmlsociety.org](http://www.nationalcmlsociety.org).



## ST. FRANCIS PROGRAMS

### CANCER SUPPORT COMMUNITY SATELLITE PROGRAMS AT FRANCISCAN ST. FRANCIS

Cancer Support Community (CSC) is excited to announce our new partnership with Franciscan St. Francis Health. The following CSC programs will be offered in January and February, at St. Francis, to cancer patients and their loved ones.

#### Education

**MANAGING STRESS & ITS SYMPTOMS USING ESSENTIAL OILS & OTHER TECHNIQUES** with Cathy Boone-Black

**January 18 • 10:00 am - 12 Noon**  
*Please call 257-1505 to RSVP by January 16. Location: 8111 S. Emerson Ave., Classrooms 1 and 2*

#### Support Groups

**BREAST CANCER SUPPORT GROUP**  
**Every Monday • 6 - 8 pm**

**Location:** Southport Presbyterian Church, 7525 McFarland  
*(Please call 257-1505 - brief interview is required prior to starting group)*

**CAREGIVER SUPPORT GROUP**  
**Every Monday • 6 - 8 pm**

**Location:** Southport Presbyterian Church, 7525 McFarland  
*(Please call 257-1505 - brief interview is required prior to starting group)*

**PATIENT SUPPORT GROUP**  
**Every Monday • 6 - 8 pm**

**Location:** Southport Presbyterian Church, 7525 McFarland  
*(Please call 257-1505 - brief interview is required prior to starting group)*

**COLORECTAL NETWORKING GROUP**  
**Monthly, January 4 & February 1**  
**2 - 4 pm • Please RSVP**

**Location:** 8111 S. Emerson Ave., Classrooms 1 and 2

#### Wellness

**COOKING FOR WELLNESS™**  
**Wednesday, February 29**  
**10 am - 12 Noon • Please RSVP**  
**Location:** 8111 S. Emerson Ave., in the Community Room

**QIGONG**  
**Tuesday, January 24 & February 28**  
**11 am - 12 Noon • Please RSVP**  
**Location:** 8111 S. Emerson Ave., Classrooms 1 and 2

**RELAXATION VISUALIZATION**  
**Wednesday, January 4 & February 1**  
**1 - 2 pm • Please RSVP**  
**Location:** 8111 S. Emerson Ave., Classrooms 1 and 2

**YOGA**  
**Tuesday, January 10 & February 14**  
**10 - 11 am • Please RSVP**  
**Location:** 8111 S. Emerson Ave., Classrooms 1 and 2

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. Come learn and laugh in a networking group that is right for you. All groups are held at CSC unless otherwise noted.

◆ **ALL AGES ALL STAGES BREAST CANCER GROUP**  
**Monthly – 4<sup>th</sup> Tuesday • 6 - 8 pm**  
*NOTE: Starting in February this group will meet at the Little Red Door Cancer Agency, 1801 N. Meridian*

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

◆ **CARCINOID CANCER**  
**Monthly – 3<sup>rd</sup> 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 – 2<sup>nd</sup> Monday • 6 - 7:30 pm**  
Requires a reservation. Please call 317-726-2270 to RSVP.

◆ **“OUR CIRCLE”**  
**Tuesday, January 10 & February 14**  
**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 & 3rd Thursday • 6:30-8:30 pm**  
*Sponsored by Ingersoll Rand*

### Kids Connect/Parents Connect

Witnessing a loved one battle cancer can be a traumatic experience for anyone – especially a child. Kids Connect is designed specifically for children in this situation. Led by a registered play therapist, kids connect™ is a safe space for youth to have age appropriate conversations about their loved ones cancer and develop coping skills that help them still “be kids.” A companion to this group is parents connect where parents learn ways to communicate with their children about their cancer.

#### ◆ KIDS CONNECT/PARENTS CONNECT

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

#### ◆ TEEN NIGHT

**Monthly – 1<sup>st</sup> 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, January 23 • 6:30 - 8 pm**  
**Wednesday, January 25 • 6:30 - 8 pm**  
*Better Health Starts With Better Nutrition*

Let's get the new year off to a good start. Come taste samples and hear how you can improve your health in some easy ways. **RSVP by Jan. 21 & 24 respectively**

**Monday, February 27 • 6:30 - 8 pm**  
**note: Wednesday class meets at St. Francis**  
*Healthy One Pot Meals*

On the menu are soups, stews and other healthy one-pot meals. Come learn to prepare some wonderful new foods. **RSVP by Feb. 27.**

◆ **CREATIVE EXPRESSIONS**  
**Tuesday, January 17 & February 21**  
**2 - 5 pm • Soul Collages**

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 visual media, individuals explore their reactions to the journey of cancer diagnosis, treatment, and healing. No art experience necessary. Led by Jan Wilson, LCSW. **RSVP by January 16 & February 20 respectively.**

### ◆ GENTLE STRETCH YOGA

Every Monday • 12 noon - 1 pm

Every Tuesday • 6 - 7 pm

### ◆ PILATES

Every 4th Monday • 10 - 11 am

Designed for cancer patients, this class build flexibility, strength, endurance.

### ◆ 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...

### ◆ MIND/BODY RELAXATION TECHNIQUES & ESSENTIAL OILS

Saturday, January 21 • 10 am - 12 Noon

Cathy Boone-Black

Cathy Boone-Black is certified in reflexology and hypnotherapy and an essential oils practitioner. Using these techniques and practices, she will teach you how to manage your stress and the symptoms that accompany it. **Please RSVP by January 19.**

### ◆ 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, January 17 • 6:30 - 8 pm

Tuesday, February 21 • 6:30 - 8 pm (special program with CSC)

HEALTH DISPARITIES PANEL

## 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: *Chocolat*

Monday, January 9 • 6 - 8 pm

A woman and her 6-year-old daughter move to a small village in southern France and open a chocolate shop across from the church, just as the town is preparing to observe Lent. The parish priest is horrified, especially since her shop is open on Sundays. In time, their shop transforms the conservative and religious locals into open-minded, fun-loving people. Starring Juliette Binoche, Judi Dench, Johnny Depp and Alfred Molina. All ages welcome! **RSVP by January 7.**

### ◆ HEALING PORTRAITS

Wednesday, January 18 • 4 - 6 pm

Featuring Grace Michael Photography. Sittings are in 30-minute segments. **To schedule a sitting, please call 317-257-1505 by January 16 to RSVP. Please give 24 hour notice if you are unable to make your appointment.**

### ◆ LOOK GOOD FEEL BETTER

Monday, January 30 • 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 Jan. 28.**

### ◆ BOOK CLUB: *Immortal Life of Henrietta Lacks* by Rebecca Skloot

Monday, February 6 • 6 - 7:30 pm

The Immortal Life of Henrietta Lacks tells a riveting story of the collision between ethics, race, and medicine; of scientific discovery and faith healing; and of a daughter consumed with questions about the mother she never knew. It's a story inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we're made of. **RSVP by February 4.**

### ◆ KRAFTERS KORNER WITH KERRY

Tuesday, February 7 • 1 - 2 pm • Fresh Flower Arrangements

Come spend an hour with friends learning how to create a beautiful fresh flower arrangements. Supplies will be provided. Led by Kerry Teague. **RSVP by February 6.**

## 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

- **LM Henderson** - their employees spent the day at CSC cleaning, painting, and mulching.
- **Whole Foods** - for providing food and goodie bags for our 2011 *Empowered Minds Empowered Choices* Breast Cancer Symposium.
- **Bella Vita, Blue Bell Creamery, Fresh Market, Harlan Bakeries, and St. Elmo's** - for their in-kind donation of food and refreshment to our *Classics Classic Golf-A-Thon for Hope*.
- **Purdue Phama** - for the employee directed \$1,000 grant and volunteer services to beautify our therapeutic and healing spaces.

## HOW YOU CAN HELP



Shop Wednesday, January 11, 2012, from 11:00 am - 1:00 pm, and 5:00 - 7:00 pm at any Whole Foods Market and support CSC!

As part of Whole Foods Market *Community Support Day* they will donate 5% of the day's sales to Cancer Support Community.

# 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



National Christian Foundation  
 Nicholas H. Noyes, Jr. Memorial Foundation  
 Patterson Dental  
 Purdue Pharma  
 Norman A. & Margaret I. Shane Charitable Trust  
 Carcinoid Cancer Networking Group  
 Indy Carcinoid Awareness Network (I.C.A.N.)  
 Spanish Speaking Programs  
 La Plaza  
 Leukemia & Lymphoma Networking Group  
 The Leukemia & Lymphoma Society

## Education Sponsors

Look Good, Feel Better  
 The American Cancer Society  
 Financial Wellness  
 Key Bank

...With additional education support from:  
 Cancer Support Community Headquarters

## Wellness Sponsors

Georgetown Market  
 Whole Foods



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

Non-Profit Org.  
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 Indianapolis, IN



CENTRAL INDIANA

at the Paulsen Family Center

5150 W. 71st Street

Indianapolis, IN 46268

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

[www.cancersupportindy.org](http://www.cancersupportindy.org)



# January/February 2012 Program Calendar

# JANUARY 2012

monday	tuesday	wednesday	thursday	friday	saturday
 <p><b>CSC will be closed</b></p> <p>Gentle Stretch Yoga 12 Noon <b>CINEMA WELLNESS: Chocolate</b> 6:00 pm (RSVP) Leukemia &amp; Lymphoma Group 6:00 pm St. Francis Breast Cancer 6:00 pm Group at Southport Presbyterian Church</p>	<p>Newcomers Meeting (RSVP) 5:30 pm Gentle Stretch Yoga 6:00 pm</p>	<p>Relaxation Visualization at St. Francis (RSVP) 1:00 pm Colorectal Networking Group 2:00 pm at St. Francis (RSVP) Teen Night (RSVP) 5:30 pm</p>	<p>Newcomers Meeting (RSVP) 5:30 pm Relaxation &amp; Visualization 5:45 pm Young Adults with Cancer 6:30 pm Support Group - Anna's Group (RSVP)</p>	<p>CLOSED</p>	<p>Newcomers Meeting (RSVP) 10:30 am QiGong 11:00 am</p>
<p>Gentle Stretch Yoga 12 Noon <b>Look Good Feel Better</b> 1:30 pm Grupo de apoyo en español 6:00 pm (RSVP to 890-3293) St. Francis Breast Cancer 6:00 pm Group at Southport Presbyterian Church</p>	<p>Newcomers Meeting (RSVP) 5:30 pm Gentle Stretch Yoga 6:00 pm</p>	<p><b>Kids/Parents Connect</b> (RSVP) 5:00 pm Bereavement Group 6:30 pm (Please call for brief interview) Cooking for Wellness: Better Health Starts With Better Nutrition (RSVP) 6:30 pm</p>	<p>Newcomers Meeting (RSVP) 5:30 pm Relaxation &amp; Visualization 5:45 pm</p>	<p>CLOSED</p>	<p>Frankly Speaking About Colorectal Cancer with Dr. Patrick Loehner (RSVP) Newcomers Meeting (RSVP) 10:30 am QiGong 11:00 am</p>
<p><b>Pirates - New Day &amp; Time</b> 10:00 am St. Francis Breast Cancer 6:00 pm Group at Southport Presbyterian Church Gentle Stretch Yoga 12 Noon Cooking for Wellness: Better Health Starts With Better Nutrition (RSVP) 6:30 pm</p>	<p><b>QiGong at St. Francis</b> (RSVP) 11:00 am Newcomers Meeting (RSVP) 5:30 pm Gentle Stretch Yoga 6:00 pm All Ages All Stages Breast Cancer Group 6:00 pm</p>	<p><b>St. Francis Workshop</b> 10:00 am Mind/Body Relaxation Techniques &amp; Essential Oils with Cathy Boone-Block (RSVP) Healing Moments Portraits 4:00 pm by Grace Michael Photography (RSVP)</p>	<p>Newcomers Meeting (RSVP) 5:30 pm Relaxation &amp; Visualization 5:45 pm Young Adults with Cancer 6:30 pm Support Group - Anna's Group (RSVP)</p>	<p>CLOSED</p>	<p>Carcinoid Cancer Group 10:00 am Mind/Body Relaxation Techniques &amp; Essential Oils (RSVP) Newcomers Meeting (RSVP) 10:30 am Indy QML Connection 10:30 am QiGong 11:00 am</p>
<p><b>CSC will be closed</b></p> 	<p><b>New Day &amp; Time!</b> CREATIVE EXPRESSIONS: Soul Collages (RSVP) 2:00 pm Newcomers Meeting (RSVP) 5:30 pm Gentle Stretch Yoga 6:00 pm Sisters Network (RSVP) 6:30 pm</p>	<p><b>Kids/Parents Connect</b> (RSVP) 5:00 pm Bereavement Group 6:30 pm (Please call for brief interview) Cooking for Wellness: Better Health Starts With Better Nutrition (RSVP) 6:30 pm</p>	<p>Newcomers Meeting (RSVP) 5:30 pm Relaxation &amp; Visualization 5:45 pm</p>	<p>CLOSED</p>	<p>Frankly Speaking About Colorectal Cancer with Dr. Patrick Loehner (RSVP) Newcomers Meeting (RSVP) 10:30 am QiGong 11:00 am</p>
<p><b>30</b></p>	<p><b>31</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>



All programs marked in **RED** require pre-registration. Please Call 317.257.1505 to RSVP

All programs in **BLUE** are at our St. Francis satellite location  
[www.cancersupportindy.org](http://www.cancersupportindy.org)

