CANCER SUPPORT COMMUNITY
CENTRAL INDIANA

THE COMPANION

2021

WHAT'S INSIDE

FEBRUARY/MARCH PROGRAM OFFERINGS

FREE cancer support for individuals and families impacted by cancer.

VIRTUAL PROGRAM & SUPPORT GROUP OFFERINGS

This is a FREE publication. Please take one!

CANCER SUPPORT COMMUNITY
CENTRAL INDIANA

Patient Assistance Fund

Financial Assistance for People Living with Cancer

Now Open to Residents of JOHNSON COUNTY

Recognizing the needs in our community and the people we serve, **Cancer Support Community Central Indiana** has established the Cancer Support Community Central Indiana Patient Assistance Fund to provide financial assistance to individuals living with cancer who may be struggling with financial hardships.

WHAT IS THE PATIENT ASSISTANCE FUND?

This fund will provide financial assistance in the form of a $50.00 gas card or Lyft voucher and a $100.00 gift card to Kroger for people living with cancer who are in active treatment.

WHO IS ELIGIBLE?

To qualify for this assistance program you must be a resident of Johnson County with a household income of 300% of the Federal Poverty Level, living with cancer, and in active treatment.

HOW DO I APPY?

To apply, you must complete a pre-screening and request an application by contacting Cancer Support Community Central Indiana at 317-257-1505 or email kaylaepplin@cancersupportindy.org .

**Please note that funds are limited and our goal is to assist as many patients as possible.*

Provided in partnership with:

Franciscan HEALTH CANCER CENTER

JOHNSON COUNTY COMMUNITY FOUNDATION

IMPROVING SELF MANAGEMENT OF CANCER-RELATED FATIGUE

Meet

CLAIRE

Doctoral Occupational Therapy Student Intern

Hi there, I'm Claire! I am a student within the School of Occupational Therapy at the University of Indianapolis. I will be completing my doctoral capstone project with CSC in hopes of improving self-management of cancer-related fatigue in daily life. I look forward to implementing various programs and working with all of you. If you have any questions about cancer related fatigue, sleep management, energy conservation, or chemo-brain, feel free to reach out to me at CLAIRE@CANCERSUPPORTINDY.ORG.

CANCER SUPPORT COMMUNITY
CENTRAL INDIANA

VOLUNTEERS NEEDED!

Make a difference. Get involved!

Be a part of our continuous efforts to further our mission of ensuring no one faces cancer alone. See below for our current volunteer opportunities:

CRAFTER'S CORNER

Do you have a special skill or talent that you'd be willing to share? We are currently offering our programs virtually and are looking for volunteers to lead Crafter's Corner. All you need is a computer or smartphone with a camera! If you have a crafty side and are willing to share your talents, we would love to have you host a craft night for participants!

SURVIVORSHIP ON THE GO HOME DELIVERY

We are currently looking for volunteers to help with our Survivorship on the Go Home Delivery program. This new program was established to make it easy for participants to get materials for our virtual programs. We need volunteers to make deliveries to participants throughout the Indianapolis area. Days and time are flexible. **We need volunteers to deliver all over Central Indiana, with a significant need in the south and west regions of Central Indiana.*

TO VOLUNTEER CALL 317-257-1505 OR EMAIL TRACY@CANCERSUPORTINDY.ORG

CANCER SUPPORT COMMUNITY
CENTRAL INDIANA

February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Yoga/Meditation 3:30P Franciscan Yoga 5:00P	**2** Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P Hendricks Yoga 5:30P	**3** Latino Family Night/Noche de Familia 6:00P Cancer Fatigue Education Series 5:00P	**4** Book Club 5:00P Relaxation & Visualization 5:45P Men's Group 6:30P	**5** BY APPOINTMENT ONLY	**6** Gentle Yoga 10:30A
8 Yoga/Meditation 3:30P Franciscan Yoga 5:00P Crafter's Corner 5:30P	**9** Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P Hendricks Yoga 5:30P Porch Pick up & Drive Through 4P -6P	**10** Living with Loss 6:30P Prostate Group 6:30P Cancer Fatigue Education Series 5:00P	**11** Relaxation & Visualization 5:45P Men's Group 6:30P Family & Friends 6:30P Women's Group 6:30P	**12** BY APPOINTMENT ONLY	**13** Breast Group 9:30A Gentle Yoga 10:30A Intimacy with Cancer 11:00A
15 Yoga/Meditation 3:30P Franciscan Yoga 5:00P Cooking for Wellness 5:30P	**16** Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P Hendricks Yoga 5:30P	**17** Cancer Fatigue Education Series 5:00P	**18** Relaxation & Visualization 5:45P Men's Group 6:30P	**19** BY APPOINTMENT ONLY	**20** INTCC Group 10:00A Gentle Yoga 10:30A
22 Yoga/Meditation 3:30P Franciscan Yoga 5:00P	**23** Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P Hendricks Yoga 5:30P Porch Pick up & Drive Through 4P -6P Pink Youth 6:30P	**24** Living with Loss 6:30P Prostate Group 6:30P Cancer Fatigue Education Series 5:00P	**25** Relaxation & Visualization 5:45P Men's Group 6:30P Family & Friends 6:30P	**26** BY APPOINTMENT ONLY	**27** Gentle Yoga 10:30A

= VIRTUAL PROGRAMS OFFERED VIA TELECONFRENCE OR VIDEO CONFERENCE

= BRIEF INTERVIEW REQUIRED. PLEASE CALL 317.257.1505.

DUE TO THE CORONAVIRUS (COVID-19) PANDEMIC CANCER SUPPORT COMMUNITY (CSC) SUPPORT GROUPS, EDUCATIONAL WORKSHOPS, AND WELLNESS CLASSES WILL BE OFFERED VIA VIRTUAL ONLINE CONNECTION ACCESSIBLE FROM ANY SMART PHONE, TABLET, OR COMPUTER UNTIL FURTHER NOTICE. THIS VIRTUAL PLATFORM IS TO ENSURE PATIENTS & CAREGIVERS HAVE UNINTERRUPTED ACCESS TO STAFF, INSTRUCTORS, & GROUP FACILITATORS.

NEW TO CANCER SUPPORT COMMUNITY? ATTEND A NEWCOMER MEETING!

How do you get involved in Cancer Support Community programs'? Easy! Attend one of our newcomer meetings. You'll learn more about CSC, the programs we offer, how to get involved, and more! Call 317-257-1505 to schedule an individual meeting with one of our fabulous staff members. We can't wait to meet you!

SUPPORT GROUPS

PINK YOUTH ***NEW SUPPORT GROUP***

Tuesday, February 23rd • 6:30 PM *(VIRTUAL)*

The Young Adult Breast Cancer Group is our newest support group at Cancer Support Community. This group is for young adult women (18 – 40 years old) with a breast cancer diagnosis. Come meet with fellow patients to discuss your experiences, difficulties and successes in the fight against breast cancer. A brief interview is required. Please call 317-257-1505 or email rachel@cancersupportindy.org for more information.

WELLNESS PROGRAMS

☎ COOKING FOR WELLNESS™

Monday, February 15th • 5:30 pm *(VIRTUAL ATTEND VIA FACEBOOK LIVE).*
This month, we will look at specific foods that strengthen our hearts! Many people undergo treatment that has the potential to damage their hearts. We all know heart disease and cancer run hand in hand as the leading cause of death in America. How can we strengthen our cardiovascular system by eating a good diet? Come and find some easy ways to make changes that are truly heartfelt.

EDUCATION PROGRAMS

☎ INTIMACY WITH CANCER

Saturday, February 13th • 11:00 pm – 12:30 pm
Join CSC and Addie Jacobs, MS, OTD, OTR & Kennedy Lee, MA as they discuss sex and intimacy in this one-of-a-kind program. This final session will focus on adaptive devices and equipment that can be utilized during sexual activity and other activities of daily living that are important for maintaining an intimate relationship. During all sessions, a safe space will be created to provide a judgement free environment that provides a sense of comfort and acceptance. Participants will have the opportunity to anonymously ask questions regarding their sexual health and intimacy. To RSVP, email Rachel at rachel@cancersupportindy.org.

☎ CANCER FATIGUE EDUCATIONAL SERIES

Wednesdays beginning February 3rd • 5:00 pm – 6:00 pm *(VIRTUAL)*
Do you wish you knew some ways you could participate in exercise or just be able to move your body? Do you experience fatigue or poor sleep hygiene? Join CSC & Claire Allen from the School of Occupational Therapy at the University of Indianapolis for this 6-week educational series. Not only will you have a chance to learn about physical exercise, energy conservation, and sleep management, but you will also have a chance for discussion and learning techniques that work for your daily lifestyle. To RSVP, please email Claire at claire@cancersupportindy.org.

SOCIAL PROGRAMS

☎ CRAFTER'S CORNER: HEART GARLAND, ORNAMENTS, AND SATCHELS…OH MY!

Monday, February 8th • 5:30 pm – 6:30 pm *(VIRTUAL)*
Join us for a fun and festive crafter's corner! We'll be creating Valentine's themed items such as heart garland, ornament, or satchels. Join us virtually as we learn from volunteer Aimee Formo. To RSVP, please email Rachel at rachel@cancersupportindy.org.

☎ KNITTING CLUB

Every Tuesday • 11 am – 12 pm *(VIRTUAL)*
Come one, come all! Relieving stress and anxiety is crucial, now more than ever. Activities such as knitting, and crocheting have a measurable effect on calming anxiety and relieving stress. Join us virtually from the comfort of your own home for a fun, relaxing time where we gather to discuss projects, share tips, and have lively open forum discussions on a wide variety of topics. Join us virtually for a fun filled time! Email Rachel for the link to join and more information at rachel@cancersupportindy.org.

☎ BOOK CLUB

Thursday, February 4th • 5:00 pm (*VIRTUAL)*
Reading any good books? Us too! Join our book club! We'll be reading everything from classics to more popular books. Each month, we'll meet virtually to discuss the book chosen from the previous month. Space is limited. You **MUST** RSVP to Kelsey Green. If all the spaces are filled, there will be a waitlist. If you'd like to follow along, email Kelsey Green at kelseyg@cancersupportindy.org to receive the book title and discussion questions.

☎ OPEN ART STUDIO

Every Tuesday • 6:00 pm – 7:00 pm *(VIRTUAL)*
Open Art Studio is open to all participants. Making art can enhance well-being and improve quality of life. Members of open art will be working together on a collaborative mosaic piece. Please join us to create art in a peaceful, enjoyable, and creative environment. Contact Shelbi for more information: shelbi@cancersupportindy.org.

☎ PORCH PICK UP AND DRIVE THROUGH

Tuesday, February 9th and 23rd • 4:00 pm – 6:00 pm
Every other week, you'll have the chance to pick up program supplies, and materials from CSC. We will send out an informational email before each pickup day to let you know what is available for pick up for that day. We're offering safe contactless service where you can call or email ahead to request items that you'd like to pick up. Please call or email Rachel at 317-767-4053 or rachel@cancersupportindy.org

☎ LATINO FAMILY NIGHT / NOCHE DE FAMILIA

Wednesday, February 3rd / miércoles, 3 de febrero • 6:00 pm *(VIRTUAL)*
This program is held entirely in Spanish A dinner & support group for cancer patients, survivors, & their families.
Este programa será completamente en español Una cena y grupo de apoyo para pacientes y sobrevivientes de cáncer y sus seres queridos. Confirma su asistencia por email rachel@cancersupportindy.org

CANCER SUPPORT COMMUNITY
CENTRAL INDIANA

March 2021

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SUPPORT GROUPS

YOUNG ADULT BREAST CANCER SUPPORT GROUP ***NEW SUPPORT GROUP***

Tuesday, March 16th • 6:30 PM *(VIRTUAL)*

The Young Adult Breast Cancer Group is our newest support group at Cancer Support Community. This group is for young adult women (18 - 40 years old) with a breast cancer diagnosis. Come meet with fellow patients to discuss your experiences, difficulties and successes in the fight against breast cancer. A brief interview is required. Please call 317-257-1505 or email rachel@cancersupportindy.org for more information.

WELLNESS PROGRAMS

☎ COOKING FOR WELLNESS™

Monday, March 15th • 5:30 pm *(VIRTUAL ATTEND VIA FACEBOOK LIVE).*
It's cold outside! Let's try some warm nutritious easy favorites. Soups, stews, and hot favorites can warm us from the inside out and help our bodies fight infection and keep us strong! Jodi loves the winter for cooking and has a few new favorites to share! Be sure to join us!

EDUCATION PROGRAMS

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Wednesday, March 3rd and 10th • 5:00 pm - 6:00 pm *(VIRTUAL)*
Do you wish you knew some ways you could participate in exercise or just be able to move your body? Do you experience fatigue or poor sleep hygiene? Join CSC & Claire Allen from the School of Occupational Therapy at the University of Indianapolis for this 6-week educational series. Not only will you have a chance to learn about physical exercise, energy conservation, and sleep management, but you will also have a chance for discussion and learning techniques that work for your daily lifestyle. To RSVP, please email Claire at claire@cancersupportindy.org.

SOCIAL PROGRAMS

☎ LITTLE MONSTER FAMILY PARTY

March 18th • 4:30 - 5:30 pm *(VIRTUAL)*
Join us for a little monster filled party with author Sharon Frances! Listen to a book reading, create special monsters, dance, and play together. Gather your loved ones for this magical program. RSVP to receive materials for the party at rachel@cancersupportindy.org.

☎ CRAFTER'S CORNER: DOT MANDALAS

Monday, March 8th • 5:30 pm - 6:30 pm *(VIRTUAL)*
Mandala art is circular designs that have repeating colors, shapes, and patterns radiating from the center. Join us and volunteer Carol Wagner for this calming and artful crafter's corner. To RSVP, email Rachel at rachel@cancersupportindy.org.

☎ KNITTING CLUB

Every Tuesday • 11 am - 12 pm *(VIRTUAL)*
Come one, come all! Relieving stress and anxiety is crucial, now more than ever. Activities such as knitting, and crocheting have a measurable effect on calming anxiety and relieving stress. Join us virtually from the comfort of your own home for a fun, relaxing time where we gather to discuss projects, share tips, and have lively open forum discussions on a wide variety of topics. Join us virtually for a fun filled time! Email Rachel to receive the link to join and get more information at rachel@cancersupportindy.org.

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☎ LATINO FAMILY NIGHT / NOCHE DE FAMILIA

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Este programa será completamente en español Una cena y grupo de apoyo para pacientes y sobrevivientes de cáncer y sus seres queridos. Confirma su asistencia por email a rachel@cancersupportindy.org

CANCER SUPPORT COMMUNITY
CENTRAL INDIANA

Virtual Program, Counseling, & Support Group Offerings | ALL SITES

**Due to the the Coronavirus (COVID-19) pandemic Cancer Support Community Central Indiana (CSC) support groups, educational workshops, and wellness classes will be offered via a VIRTUAL online connection accessible from any smart phone, tablet, or computer until further notice. this virtual platform is to ensure patients & caregivers have uninterrupted access to staff, instructors, and group facilitators.*

MAIN CAMPUS COUNSELING SERVICES & SUPPORT GROUPS

CANCER SUPPORT COMMUNITY MAIN CAMPUS VIRTUAL COUNSELING SERVICES & VIRTUAL ART THERAPY SESSIONS
(For information for counseling, please contact Meaghan at 317-650-0740 or email meaghan@cancersupportindy.org.)

SUPPORT GROUPS (HELD AT CSC'S MAIN CAMPUS - 5150 W. 71ST STREET)
The following patient and caregiver support groups will be held via teleconference (phone) or video conference. For information for how to participate, please contact Rachel at 317-767-4053 or email rachel@cancersupportindy.org.

BREAST CANCER SUPPORT GROUP | 2nd Saturday of Each Month at 9:30am

FAMILY & FRIENDS SUPPORT GROUP | 2nd Thursday of Each Month at 6:30pm

INDIANA NEUROENDOCRINE TUMOR & CARCINOID CANCER GROUP (INTCC) | 3RD SATURDAY OF EACH MONTH at 10:00am

LIVING WITH CANCER SUPPORT GROUP | 2nd & 4th Wednesday of Each Month at 5:30pm

LIVING WITH LOSS SUPPORT GROUP | 2nd & 4th Wednesday of Each Month at 6:30pm

MEN'S SUPPORT GROUP | Every Thursday of Each Month at 6:30pm

PATIENT SUPPORT GROUP | 1st & 3rd Wednesday of Each Month at 12:00pm

PEDIATRIC CANCER MOMS SUPPORT GROUP | 4th Thursday of Each Month at 6:00pm

NEW **PINK YOUTH YOUNG ADULT BREAST CANCER SUPPORT GROUP | Tuesday February 23rd & March 16th at 6:30pm**

PROSTATE CANCER SUPPORT GROUP | 2nd & 4th Wednesday of Each Month at 6:30pm

STRENGTH IN SISTERHOOD | Every Tuesday at 6:00pm

WOMEN'S SUPPORT GROUP | 2nd Thursday of Each Month at 6:30pm

Off-site Virtual Program & Support Group Offerings

Franciscan HEALTH CANCER CENTER

FRANCISCAN HEALTH OFFERINGS

Franciscan Health Yoga sessions will be held via video conference. For information on how to participate, please contact Kayla at 317-499-3077 or email kayla@cancersupportindy.org.

GENTLE STRETCH YOGA | Mondays at 5:00pm

MOVING BEYOND | Tuesdays from 6:00pm-8:00pm & Thursdays from 1:30pm-3:30pm
(This program is held virtually. For information or to sign up please call Kayla at 317-499-3077.)

FRANCISCAN HEALTH VIRTUAL COUNSELING SERVICES & VIRTUAL ART THERAPY SESSIONS
(For information for counseling, please contact Kayla at 317-499-3077 or email meaghan@cancersupportindy.org.)

FRANCISCAN HEALTH (LAFAYETTE) SUPPORT GROUPS
The Franciscan Health (Lafayette) support groups will be held via video conference. For information on how to participate, please contact Kayla at 317-499-3077 or email kayla@cancersupportindy.org.

Hendricks Regional Health

HENDRICKS REGIONAL HEALTH OFFERINGS

Hendricks Regional Health Yoga will be held via video conference. For information on how to participate, please contact Meaghan at 317-650-0740 or email meaghan@cancersupportindy.org.

GENTLE STRETCH YOGA | Tuesdays at 5:30pm

ART CART | Mondays and Fridays at varying times.

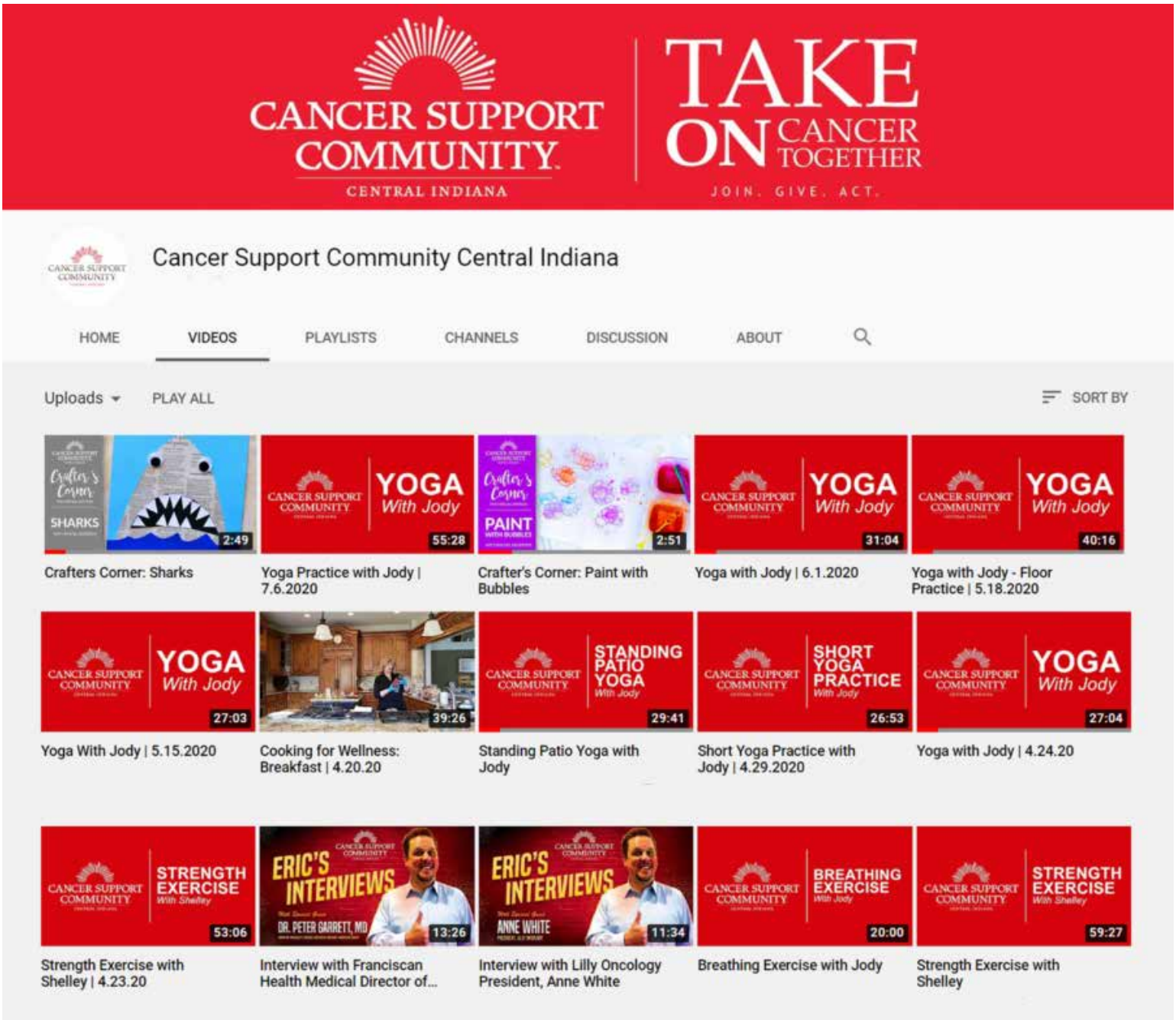
EMMA'S ART KITS DISTRIBUTION | Wednesdays from 2:00PM - 3:00PM
(Art Kits are also available upon request. Please contact Meaghan at 317-650-0740 or email meaghan@cancersupportindy.org.)

HENDRICKS REGIONAL HEALTH VIRTUAL COUNSELING SERVICES & VIRTUAL ART THERAPY SESSIONS
(For information for counseling, please contact Meaghan at 317-650-0740 or email meaghan@cancersupportindy.org.)

Cancer Support Community Virtual Program Bank

Visit the Cancer Support Community Central Indiana YouTube page for our bank of recorded programs for viewing at https://www.youtube.com/user/cancersupportindyorg/videos.

If you need assistance with accessing the videos please email info@cancersupportindy.org or call 317-257-1505.



CANCER SUPPORT COMMUNITY CENTRAL INDIANA | Community Health Network

February/March 2021

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Massage (South) 9:00-2:00P Massage (North) 12:00-5:00P Survivorship: Nutritional Wellness 6:30P	**2** Massage (East) 9:00-1:00P Massage (South) 9:00-12:00P Massage (North) 10:00-3:00P Breast Support Group 6:00P LLS Support Group 6:00P	**3** Massage (North) 8:30-2:00P Massage (South) 9:00-1:00P Yoga 10:00A Patient Support Grp 2:00P	**4** Massage (North) 8:30-2:00P Massage (South) 9:00-1:00P Women's Group 6:00P Yoga 6:30P	**5** Massage (East) 9:00-1:00P
8 Massage (South) 9:00-2:00P Massage (North) 12:00-5:00P Survivorship: Physical Wellness 6:30P	**9** Massage (East) 9:00-1:00P Massage (South) 9:00-12:00P Massage (North) 10:00-3:00P Yoga 6:00P Patient Support Grp 6:00P	**10** Massage (North) 8:30-2:00P Massage (South) 9:00-1:00P Yoga 10:00A Support Grp 5:30P	**11** Massage (North) 8:30-2:00P Massage (South) 9:00-1:00P Yoga 6:30P	**12** Massage (East) 9:00-1:00P
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MARCH

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15 Massage (South) 9:00-2:00P Massage (North) 12:00-5:00P Survivorship: Massage Techniques 6:30P	**16** Massage (East) 9:00-1:00P Massage (South) 9:00-12:00P Massage (North) 10:00-3:00P	**17** Massage (North) 8:30-2:00P Massage (South) 9:00-1:00P Yoga 10:00A Patient Support Grp 2:00P	**18** Massage (North) 8:30-2:00P Massage (South) 9:00-1:00P Friends and Family Group 6:00P Yoga 6:30P	**19** Massage (East) 9:00-1:00P
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29 Massage (South) 9:00-2:00P Massage (North) 12:00-5:00P	**30** Massage (East) 9:00-1:00P Massage (South) 9:00-12:00P Massage (North) 10:00-3:00P	**31** Massage (North) 8:30-2:00P Massage (South) 9:00-1:00P Yoga 10:00A		

February/March 2021 Community Health Network Virtual Program Offerings

Due to the coronavirus pandemic, all Community Health Network support groups, educational workshops and wellness classes will be offered via virtual online connection accessible from any smart phone, tablet, or computer until further notice. This virtual platform is to ensure patients and caregivers have access to staff, instructors and facilitators during this time.

GENTLE YOGA

PLEASE VISIT ecommunity.com/survivorship FOR INFORMATION AND TO REGISTER FOR THE CLASS. If you have any questions, please call our survivorship team at 317.621.4961.

Yoga with Cristina ▪ 2nd & 4th Tuesday ▪ 6:00 – 7:00pm

Yoga with Amy ▪ Every Wednesday ▪ 10:00 – 11:00am

Yoga with Jody ▪ Every Thursday ▪ 6:30pm - 7:30pm

SUPPORT GROUPS

*PLEASE CALL **317.257.1505** FOR A BRIEF INTERVIEW THEN YOU WILL RECEIVE VIRTUAL LINK.*

PATIENT SUPPORT GROUP | Second & Fourth Wednesday ▪ 5:30pm
PATIENT SUPPORT GROUP | First and Third Wednesday ▪ 2:00pm
PATIENT SUPPORT GROUP | Second Tuesday ▪ 6:00pm
PROSTATE SUPPORT GROUP | Second & Fourth Wednesday ▪ 6:30pm
WOMEN'S SUPPORT GROUP | First Thursday ▪ 6:00pm
BREAST SUPPORT GROUP | First Tuesday ▪ 6:00pm
LEUKEMIA LYMPHOMA SUPPORT GROUP | First Tuesday ▪ 6:00pm
FRIENDS AND FAMILY SUPPORT GROUP | Third Thursday ▪ 6:00pm

SURVIVORSHIP

PLEASE VISIT ecommunity.com/survivorship FOR INFORMATION AND TO REGISTER FOR THE CLASS. If you have any questions, please call our survivorship team at 317.621.4961.

NUTRITIONAL WELLNESS – FEBRUARY 1ST & MARCH 1ST ▪ 6:30pm

PHYSICAL WELLNESS – FEBRUARY 8TH & MARCH 8TH ▪ 6:30pm

FEAR OF RECURRENCE – FEBRUARY 15TH ▪ 6:30pm

CANCER REHAB SERVICES – BETTER RECOVERY FROM CANCER TREATMENT – FEBRUARY 22ND ▪ 6:30pm

FEELING BETTER WITH MASSAGE – MARCH 15TH ▪ 6:30pm

SCANXIETY AND CANCER – WHAT, WHY & HOW TO HELP IT – MARCH 22ND ▪ 6:30pm

MASSAGE THERAPY

*BY APPOINTMENT ONLY. MUST CALL FAITH AT **317.499.3083** TO DETERMINE ELIGIBILITY AND SCHEDULE A MASSAGE*

COMMUNITY EAST ▪ TUESDAY AND FRIDAY ▪ 9:00 – 1:00pm

COMMUNITY NORTH ▪ MONDAY ▪ 12:00 – 5:00pm, TUESDAY ▪ 10:00 – 2:00pm, WEDNESDAY AND THURSDAY ▪ 8:30-2:00P

COMMUNITY SOUTH ▪ MONDAY ▪ 9:00 – 2:00pm, TUESDAY ▪ 9:00 – 12:00pm, WEDNESDAY AND THURSDAY ▪ 9:00-1:00P

New Massage Therapy Eligibility Rules: Effective October 2020

- *Must be an active patient at the Community Health Network (currently receiving chemo, radiation or immunotherapy)**
- ***OR** No more than 6-months from last chemo or radiation treatment**
- ***OR** No more than 6-months post-cancer-related surgery**

Note: Hormone therapy does not qualify patient for massage therapy at the Community Health Network.

If your treatments ended or your cancer-related surgery was in March 2020-October 2020 please call to determine eligibility.

CANCER SUPPORT COMMUNITY CENTRAL INDIANA | BLOOMINGTON HEALTH FOUNDATION | Indiana University Health

February/March 2021
Bloomington Virtual Program Offerings

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Newcomer Meetings By Appt Yoga/Meditation 3:30P	**2** Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P	**3**	**4** Book Club 5:00P Relaxation & Visualization 5:45P Men's Group 6:30P	**5** Individual Counseling By Appt	**6** Gentle Yoga 10:30A
8 Newcomer Meeting By Appt Yoga/Meditation 3:30P	**9** Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P	**10** Living with Loss 6:30P Prostate Group 6:30P	**11** Relaxation & Visualization 5:45P Men's Group 6:30P Women's Group 6:30P Caregiver's Group 6:30P	**12** Individual Counseling By Appt	**13** Breast Group 9:30A Gentle Yoga 10:30A Intimacy with Cancer 11:00A
15 Newcomer Meetings By Appt Yoga/Meditation 3:30P Cooking for Wellness 5:30P	**16** Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P	**17**	**18** Relaxation & Visualization 5:45P Men's Group 6:30P	**19** Individual Counseling By Appt	**20** INTCC Group 10:00A Gentle Yoga 10:30A
22 Newcomer Meetings By Appt Yoga/Meditation 3:30P	**23** Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P Young Adult Breast Group 6:30P	**24** Living with Loss 6:30P Prostate Group 6:30P	**25** Relaxation & Visualization 5:45P Men's Group 6:30P	**26** Individual Counseling By Appt	**27** Gentle Yoga 10:30A

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Newcomer Meetings By Appt Yoga/Meditation 3:30P	**2** Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P	**3**	**4** Book Club 5:00P Relaxation & Visualization 5:45P Men's Group 6:30P	**5** Individual Counseling By Appt	**6** Gentle Yoga 10:30A
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22 Newcomer Meetings By Appt Yoga/Meditation 3:30P	**23** Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P	**24** Living with Loss 6:30P Prostate Group 6:30P	**25** Relaxation & Visualization 5:45P Men's Group 6:30P	**26** Individual Counseling By Appt	**27** Gentle Yoga 10:30A
29 Newcomer Meetings By Appt Yoga/Meditation 3:30P	**30** Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P	**31** Newcomer Meetings By Appt			

February/March 2021
Bloomington Virtual Program Offerings

NEW TO CANCER SUPPORT COMMUNITY? ATTEND A NEWCOMER MEETING!

How do you get involved in Cancer Support Community programs? Easy! Attend one of our newcomer meetings. You'll learn more about CSC, the programs we offer, how to get involved, and more! Call 317-257-1505 to schedule an individual meeting with one of our fabulous staff members. We can't wait to meet you!

= VIRTUAL PROGRAMS OFFERED VIA TELECONFRENCE OR VIDEO CONFERENCE = BRIEF INTERVIEW REQUIRED. PLEASE CALL 317.257.1505.

DUE TO the coronavirus (Covid-19) PANDEMIC CANCER SUPPORT COMMUNITY (CSC) SUPPORT GROUPS, EDUCATIONAL WORKSHOPS, AND WELLNESS CLASSES WILL BE OFFERED VIA VIRTUAL ONLINE CONNECTION ACCESSIBLE FROM ANY SMART PHONE, TABLET, OR COMPUTER UNTIL FURTHER NOTICE. THIS VIRTUAL PLATFORM IS TO ENSURE PATIENTS & CAREGIVERS HAVE UNINTERRUPTED ACCESS TO STAFF, INSTRUCTORS, & GROUP FACILITATORS.

SUPPORT PROGRAMS

MEN'S SUPPORT GROUP
Every Thursday • 6:30 pm *(VIRTUAL)*

WOMEN'S SUPPORT GROUP
2nd Thursday of Every Month • 6:30 pm *(VIRTUAL)*

PATIENT SUPPORT GROUP
1st and 3rd Wednesday of Every Month • 12:00 pm *(VIRTUAL)*

LIVING WITH LOSS SUPPORT GROUP
2nd and 4th Wednesday of Every Month • 6:30 pm *(VIRTUAL)*

STRENGTH IN SISTERHOOD SUPPORT GROUP
Every Tuesday • 6:00 pm *(VIRTUAL)*

FRIENDS & FAMILY CAREGIVERS GROUP
2nd Thursday of Every Month • 6:30 pm *(VIRTUAL)*

PROSTATE SUPPORT GROUP
2nd and 4th Wednesday • 6:30 pm *(VIRTUAL)*

BREAST SUPPORT GROUP
2nd Saturday of Every Month • 9:30 am *(VIRTUAL)*

YOUNG ADULT BREAST GROUP
3rd Tuesday of Every Month • 6:30 pm *(VIRTUAL)*

RELAXATION & VISUALIZATION
Every Thursday • 5:45 pm *(VIRTUAL)*

INTCC SUPPORT GROUP
3rd Saturday of Every Month • 10:00 am *(VIRTUAL)*

INDIVIDUAL COUNSELING SESSIONS
BY APPOINTMENT *(VIRTUAL)*

WELLNESS PROGRAMS

YOGA/MEDITATION
Every Monday • 3:30 pm -4:30 pm *(VIRTUAL)*
Every Saturday • 10:30 am - 11:30 am *(VIRTUAL)*
Join Lori Coffey, E-RYT 500, Yoga Therapist for gentle yoga at a NEW time! Yoga has shown to increase flexibility and strength while decreasing stress and toxins. Join us virtually and make a positive change in your life! All fitness levels welcome. To register for the class, email Rachel: rachel@cancersupportindy.org.

COOKING FOR WELLNESS™
Monday, February 15th • 5:30 pm *(VIRTUAL ATTEND VIA FACEBOOK LIVE).*
Monday, March 15th • 5:30 pm *(VIRTUAL ATTEND VIA FACEBOOK LIVE).*
Join Jodi for some great new recipes each month! Attend via Facebook Live at: https://www.facebook.com/cancersupportindy/

EDUCATION PROGRAMS

Intimacy with Cancer
Saturday, February 13th • 11:00 am *(VIRTUAL)*
Join CSC and Addie Jacobs, MS, OTD, OTR & Kennedy Lee, MA as they discuss sex and intimacy in this one-of-a-kind program. This 3-week series is designed to address sexual health and intimacy concerns for
cancer survivors and their partners. This final session will focus on adaptive devices and equipment that can be utilized during sexual activity and other activities of daily living that are important for maintaining an intimate relationship. During all sessions, a safe space will be created to provide a judgement free environment that provides a sense of comfort and acceptance. Participants will have the opportunity to anonymously ask questions regarding their sexual health and intimacy. To RSVP, email Rachel at rachel@cancersupportindy.org.

SOCIAL PROGRAMS

OPEN ART STUDIO
Every Tuesday • 6:00 pm - 7:00 pm *(VIRTUAL)*
Open Art Studio is open to all participants. Making art can enhance well-being and improved quality of life. Members of open art will be working together on a collaborative mosaic piece. Please join us to create art in a peaceful, enjoyable, and creative environment. Contact Shelbi for more information: shelbi@cancersupportindy.org

CANCER SUPPORT COMMUNITY
CENTRAL INDIANA

Community Health Network

MASSAGE THERAPY

For Oncology Patients

Community North Cancer Center
7979 N Shadeland Ave
Indianapolis, IN 46250

Community South Cancer Center
1440 E County Line Rd.
Indianapolis, IN 46227

Community Hospital East
Radiation Oncology Dept. (1st Floor)
1500 N Ritter Ave
Indianapolis, IN 46219

SCHEDULE AN APPOINTMENT

To determine eligibility and schedule an appointment please call Faith at (317) 499-3083.

New Massage Therapy Eligibility Rules: Effective October 2020

Note: Hormone therapy does not qualify patient for massage therapy at the Community Health Network.

- Must be an active patient at the Community Health Network (currently receiving chemo, radiation or immunotherapy)*
- OR No more than 6-months from last chemo, radiation or immunotherapy treatment*
- OR No more than 6-months post-cancer-related surgery*

**If your treatments ended or your cancer-related surgery was in March 2020-October 2020 please call to determine eligibility.*

Virtual

GENTLE STRETCH YOGA

3 VIRTUAL CLASSES AVAILABLE. ATTEND ONE OR ALL!

Yoga with Amy | Every Wednesday | 10:00AM

Yoga with Jody | Every Thursday | 6:30PM

Yoga with Cristina | Every 2nd & 4th Tuesday | 6:00PM

Survivors, caregivers, and Community Health staff are invited to attend this free program. Yoga has been shown to increase flexibility and strength while decreasing stress and toxins. Join us virtually and make a positive change in your life! All fitness levels welcome.

To register or more information visit ecommunity.com/survivorship.

QUESTIONS? Contact the Survivorship Team at (317) 621-4961.

Community Health Network

CANCER SUPPORT COMMUNITY CENTRAL INDIANA

PROGRAM SPONSORS

SUPPORT PROGRAM SPONSORS

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CENTRAL INDIANA

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Indianapolis, IN 46268

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ABOUT CSC

Cancer Support Community (CSC) 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 is living through a cancer diagnosis, treatment or survivorship, please consider becoming part of this supportive community.

Cancer Support Community's program has been recognized by the Institute of Medicine as a vital and complementary component to one's cancer treatment and is built around five pillars – support services, wellness, education, social connectedness, and information assistance and referral. 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!

CONTACT US:
Ph: 317-257-1505
info@cancersupportindy.org

VISIT US:
5150 W. 71st Street | Indianapolis, IN 46268
www.cancersupportindy.org

GuideStar PLATINUM