THE COMPANION

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

Pictured:
CSC Participant

WHAT'S INSIDE

MARCH/ APRIL 2023

IN-PERSON & VIRTUAL PROGRAMS, COUNSELING, & SUPPORT GROUP OFFERINGS

FREE cancer support for individuals and families impacted by cancer.

This is a FREE publication.

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA

BLOOMINGTON HEALTH FOUNDATION

March/April 2023

In-Person & Virtual Program Offerings

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ☎Reiki Therapy By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	**2** ☎Chi Kung 10:00A	**3** Individual Counseling By Appt	**4**
6 ☎Reiki Therapy By Appt Restore & Revive Yoga 2:00P	**7** ☎Calming Creations 10:00A Gentle Yoga 5:30P	**8** ☎Reiki Therapy By Appt	**9** Morning Joes 900A ☎Walking Club 10:00A Mindfulness Group 5:30P	**10** Breast Cancer Support Group 10:00A Individual Counseling By Appt	**11**
13 ☎Reiki Therapy By Appt	**14** ☎Calming Creations 10:00A Gentle Yoga 5:30P	**15** ☎Reiki Therapy By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	**16** ☎Chi Kung 10:00A	**17** Individual Counseling By Appt	**18**
20 ☎Reiki Therapy By Appt	**21** ☎Calming Creations 10:00A Gentle Yoga 5:30P	**22** ☎Reiki Therapy By Appt ☎Courageous Cards 5:30P	**23** ☎Walking Club 10:00A Mindfulness Group 5:30P	**24** Breast Cancer Support Group 10:00A Individual Counseling By Appt	**25** ☎Nutrition for Wellness 11:00A
27 ☎Reiki Therapy By Appt Supportive Sounds 5:30P	**28** ☎Calming Creations 10:00A Gentle Yoga 5:30P	**29** ☎Get Organized Presentation 5:30P	**30**	**31**	

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3 ☎Reiki Therapy By Appt Restore & Revive Yoga 2:00P	**4** ☎Calming Creations 10:00A Gentle Yoga 5:30P	**5** ☎Reiki Therapy By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	**6** ☎Chi Kung 10:00A	**7** Individual Counseling By Appt	**8** ☎Nutrition for Wellness 11:00A
10 ☎Reiki Therapy By Appt Supportive Sounds 5:30P	**11** ☎Calming Creations 10:00A Gentle Yoga 5:30P	**12** ☎Reiki Therapy By Appt ☎Spring Watercolor 2:00P	**13** Morning Joes 900A ☎Walking Club 10:00A Mindfulness Group 5:30P	**14** Breast Cancer Support Group 10:00A Individual Counseling By Appt	**15**
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NEW TO CANCER SUPPORT COMMUNITY? ATTEND A NEWCOMER MEETING!

Want to learn more about CSC and find the best fit for you and your loved ones? Just attend one of our newcomer meetings. You'll learn more about CSC, the programs we offer, how to get involved, and more. Call 812-214-1042 to schedule an individual meeting with one of our staff members.

= Virtual programs offered via teleconference or video conference. **= Brief interview required. Please call 812-214-1042.**

☎ = Call or email to RSVP for more information.

SUPPORT PROGRAMS

To register for a support group, email Katie: katie@cancersupportscin.org

SUPPORTIVE SOUNDS MUSIC THERAPY SUPPORT GROUP
2nd and 4th Mondays • 5:30 pm *(IN-PERSON & VIRTUAL)*

STRENGTH IN SISTERHOOD SUPPORT GROUP
1st and 3rd Tuesdays • 6:00 pm *(IN-PERSON & VIRTUAL)*

ALL-CANCER SUPPORT GROUP
1st and 3rd Wednesdays • 3:00 pm *(IN-PERSON & VIRTUAL)*

FRIENDS & FAMILY SUPPORT GROUP
1st and 3rd Wednesdays • 3:00 pm *(IN-PERSON & VIRTUAL)*

LIVING WITH LOSS SUPPORT GROUP
2nd and 4th Wednesdays • 6:30 pm *(IN-PERSON & VIRTUAL)*

PROSTATE SUPPORT GROUP
2nd and 4th Wednesdays • 6:30 pm *(IN-PERSON & VIRTUAL)*

MINDFULNESS GROUP *NEW*
2nd and 4th Thursdays • 5:30 pm *(IN-PERSON & VIRTUAL)*

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

BREAST CANCER SUPPORT GROUP
2nd and 4th Fridays • 10:00 am *(IN-PERSON & VIRTUAL)*

INDIANA NEUROENDOCRINE TUMOR AND CARCINOID CANCER GROUP (INTCC)
3rd Saturday of Every Month • 10:00 am *(IN-PERSON & VIRTUAL)*

INDIVIDUAL COUNSELING SESSIONS
BY APPOINTMENT Monday-Friday *(IN-PERSON & VIRTUAL)*

WELLNESS PROGRAMS

To register for a program, email Katie: katie@cancersupportscin.org

GENTLE YOGA
All flexibility levels welcome.
Every Tuesday • 5:30 pm – 6:30 pm *(IN-PERSON AND VIRTUAL)*

REIKI THERAPY
Mondays and Wednesdays by Appointment *(IN-PERSON)*

RESTORE & REVIVE YOGA *NEW PROGRAM*
1st Monday of the month • 2:00 pm – 3:00 pm *(IN-PERSON AND VIRTUAL)*
R&R yoga is a mellow and low-energy practice of deep relaxation that emphasizes the meditative aspect of yoga. Using props like yoga blocks, blankets, and bolsters, many of the postures are held almost effortlessly for longer periods of time.

SEATED CHI KUNG
1st and 3rd Thursdays • 10am *(IN-PERSON)*
Seated Chi kung is an easy-to-learn health-oriented exercise using gentle, fluid movements while seated in a chair. The practice is adaptable and accessible to people of varying abilities and physical challenges. Studies have shown that regular practice of chi kung movements can improve flexibility, focus, and overall wellbeing.

WALKING CLUB *RETURNING*
2nd and 4th Thursdays • 10:00 am *(IN-PERSON)*
Join us for some light movement, fresh air, and time outdoors. No distance minimum or maximum, just walking at our own pace. Register to receive updates on meeting location and cancellations in the event of inclement weather.

NUTRITION FOR WELLNESS
Saturday, March 25th • 11:00 am | Saturday, April 8th • 11:00 am *(IN-PERSON)*
Come learn from a local chef! This wellness program focuses on foods that provide good nutrition with easy effort. Follow along to a cooking demonstration, enjoy the prepared meal, and take the recipe home with you for future cooking.

EDUCATION PROGRAMS

To register for a program, email Katie: katie@cancersupportscin.org

GET ORGANIZED! *NEW EVENT*
Wednesday, March 29th • 5:30 pm – 7:00 pm *(IN-PERSON AND VIRTUAL)*
Want to increase your organization self-management skills? Please join Kayla Elstien, Doctorate Student in Occupational Therapy, to learn how to overcome challenges related to three areas: physical organization, emotional organization and time management. Resources and strategies will be discussed to increase your independence in all things related to organization! This presentation will be offered as a hybrid, both in-person and virtually; however, it would be best to come in-person to get the full hands-on experience.

☎ CALMING CREATIONS *NEW PROGRAM*

Every Tuesday • 10:00 am – 11:30 am *(IN-PERSON AND VIRTUAL)*

This open art studio, led by Art Therapist, Bailee Taylor, will focus on engaging members with a relaxing and enjoyable art directive each week! Art materials will be provided, but participants are welcome to bring their own projects if desired. As an Art Therapist and Licensed Mental Health Counselor, Bailee will provide social and emotional support in addition to the art created each class.

☎ SPRING WATERCOLOR *NEW PROGRAM*

Wednesday, April 12th • 2:00pm – 4:00 pm *(IN-PERSON)*

Join Bloomington Watercolor Society member Zoe Dean in this introductory, beginner-level watercolor painting course. Participants will learn the basics of watercolor painting and leave with a completed spring-inspired artwork. Art materials provided.

SOCIAL PROGRAMS

THE MORNING JOES *NEW*

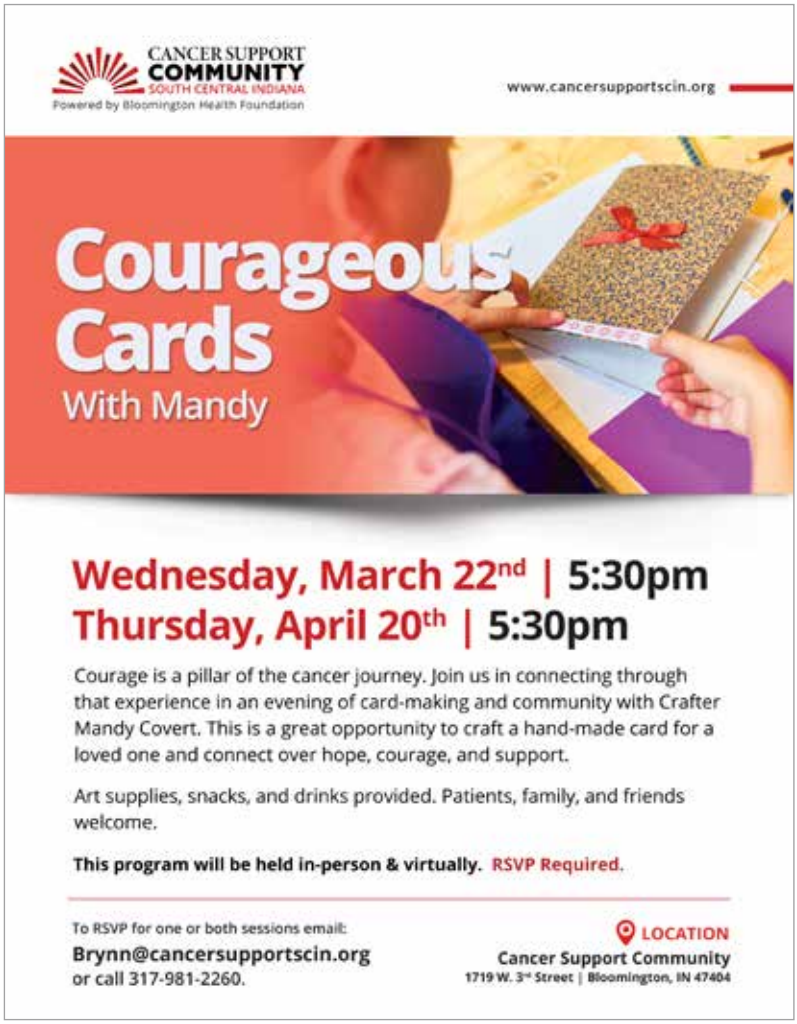
2nd Thursday of the Month • 9:00 am *(IN-PERSON & VIRTUAL)*

Male cancer survivors please join us! Pour yourselves a cup of coffee and chat with other survivors for a relaxed get-together that will allow for good conversation and connection.

☎ COURAGEOUS CARDS WITH MANDY

Wednesday, March 22nd • 5:30 pm | Thursday, April 20th • 5:30 pm *(IN-PERSON & VIRTUAL)*

Courage is a pillar of the cancer journey. Join us in connecting through that experience in an evening of card-making and community with Crafter Mandy Covert. This is a great opportunity to craft a hand-made card for a loved one and connect over hope, courage, and support. Art supplies, snacks, and drinks provided. Patients, family, and friends welcome.



CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
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www.cancersupportscin.org

WALKING CLUB

2nd & 4th Thursdays | 10:00am

Join us for some light movement, fresh air, and connection outdoors. No distance minimum or maximum, just walking at our own pace. Patients, survivors, and loved ones welcome. Refreshments provided.

Register to receive updates on meeting location and cancellations in the event of inclement weather.

This is an in-person program.

For more information email:

Brynn@cancersupportscin.org or call 317-981-2260.

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Get Organized!

Wednesday, March 29th | 5:30pm

Want to increase your organization self-management skills? Please join Kayla Elstien, Doctorate Student in Occupational Therapy, to learn how to overcome challenges in three areas: physical organization, emotional organization and time management. Resources and strategies will be discussed to increase your independence in all things related to organization!

This presentation will be offered as a hybrid, both in-person and virtually; however, it would be best to come in-person to get the full hands-on experience.

To RSVP or for more information email:
Katie@cancersupportscin.org
or call 812-233-3286.

LOCATION
Cancer Support Community
1719 W. 3rd Street | Bloomington, IN 47404

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BLOOMINGTON WATERCOLOR SOCIETY ART GALLERY

Featured Artist:
Sara Steffey McQueen
BWS Signature Member
www.sarasteffeymcqueen.com

Cancer Support Community (CSC) is partnering with Bloomington Watercolor Society (BWS) to celebrate and promote local art in our community. The partnership will provide a gallery space in the CSC office in Bloomington. The gallery features a new show by a local artist every other month.

March/April 2023 showcase:
"Intuitive Acrylics"
by BWS Signature member Sara Steffey McQueen

Gallery will open March 3 - April 28, 2023
Hours: Tuesday-Thursday, 8:30am - 4:30pm

Gallery is open daily to the public for viewing by appointment only. RSVP required to view gallery. To RSVP please email Emily@cancersupportscin.org or call 812-233-3286.

Opening reception: March 10, 2023, 4:00pm - 7:00pm
1719 W 3rd St, Bloomington, IN 47404

Presented in Partnership with Bloomington Watercolor Society

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CARDINAL SPIRITS

PUB QUIZ

GREAT PRIZES!

BACK TO THE 90's Trivia Night

April 2 | 6:00 p.m.

Cardinal Spirits
922 S Morton St. | Bloomington, IN 47403

Learn more at cancersupportscin.org

Proceeds benefit Cancer Support Community South Central Indiana

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA

Strength in COMMUNITY LUNCHEON

Save the Date

4.19.2023

Mark your calendars for CSC's second annual Strength in Community Luncheon!

BECOME A TABLE CAPTAIN!

For more information email Stephanie@cancersupportscin.org.

PROGRAM SPONSORS

HOC SPONSORS

HOC SPONSORS cont.

For more information on Hoosiers Outrun Cancer visit www.hoosiersoutruncancer.org.

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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:
812-233-3286
info@cancersupportscin.org

VISIT US:
1719 W 3rd Street,
Bloomington, IN 47404
www.cancersupportscin.org