THE COMPANION

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

Pictured: Hoosiers Outrun Cancer Participants

WHAT'S INSIDE

SEPTEMBER/OCTOBER 2023

HOOSIERS OUTRUN CANCER 2023
IN-PERSON & VIRTUAL PROGRAMS, COUNSELING, & SUPPORT GROUP OFFERINGS

FREE cancer support for individuals and families impacted by cancer.

This is a FREE publication.

Hoosiers Outrun Cancer is a celebration of all the amazing people who have faced cancer in our community. Teams are formed to honor and remember those impacted by cancer; showing the collective strength and support we have when we work together as a community.

100% of the funds raised from Hoosiers Outrun Cancer support Cancer Support Community South Central Indiana programs and services.

Join us in our mission to ensure NO ONE faces cancer alone.

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA

HOOSIERS OUTRUN CANCER

Powered by Bloomington Health Foundation

SATURDAY • SEPTEMBER 16, 2023

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

www.cancersupportscin.org

PROSTATE SUPPORT GROUP

2nd & 4th WEDNESDAY OF EACH MONTH | 5:30PM

A cancer diagnosis brings many questions and uncertainties about what the future may hold. This support group offers a safe space for survivors to discuss their experiences, difficulties and successes with the diagnosis and treatment of prostate cancer.

A group prep meeting is required prior to joining the group.

To join or for more information email:

Katie@cancersupportscin.org
or call 812-929-0658.

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

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA | BLOOMINGTON HEALTH FOUNDATION

1719 W 3rd Street, Bloomington, IN 47404

September/October 2023

In-Person & Virtual Program Offerings

= Hybrid. Offered in-person and/or virtually. = In-person only. = Reservation required.
= Brief interview required. Please call 812.233.3286. = Virtual only.

SEPT.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Individual Counseling By Appt	2
4 **CSC CLOSED IN OBSERVANCE OF LABOR DAY**	5 Calming Creations 10:00A Gentle Yoga 5:30P	6 Reiki By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	7 Seated Chi Kung 10:00A Acrylic Painting Class 5:30P	8 Breast Cancer Support Group 10:00A Individual Counseling By Appt	9
11 Reiki By Appt Supportive Sounds 5:30P	12 Calming Creations 10:00A Gentle Yoga 5:30P	13 Reiki By Appt Prostate Support Group 5:30P	14 Morning Joes 9:00A Mindfulness Group 5:30P	15 Individual Counseling By Appt	16
18 Reiki By Appt	19 Calming Creations 10:00A Gentle Yoga 5:30P	20 Reiki By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P Courageous Cards 5:30P	21 Seated Chi Kung 10:00A	22 Breast Cancer Support Group 10:00A Individual Counseling By Appt	23
25 Reiki By Appt Supportive Sounds 5:30P	26 Calming Creations 10:00A Gentle Yoga 5:30P	27 Reiki By Appt Strength & Resilience Yoga 10:00A Prostate Support Group 5:30P	28 Mindfulness Group 5:30P Skincare Class 5:30P	29 Individual Counseling By Appt	30

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Reiki By Appt Living with Loss 5:30P	3 Calming Creations 10:00A Gentle Yoga 5:30P	4 Reiki By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	5 Seated Chi Kung 10:00A	6 Individual Counseling By Appt	7 Nutrition for Wellness 11:00A
9 Reiki By Appt Supportive Sounds 5:30P	10 Calming Creations 10:00A Gentle Yoga 5:30P	11 Reiki By Appt Strength & Resilience Yoga 10:00A Prostate Support Group 5:30P	12 Morning Joes 9:00A Mindfulness Group 5:30P	13 Breast Cancer Support Group 10:00A Individual Counseling By Appt	14
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30 Reiki By Appt	31 Calming Creations 10:00A Gentle Yoga 5:30P				

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? Schedule a newcomer meeting with us to learn more about the programs we offer and how to get involved. Give us a call at 812.233.3286.

= In-person only. = Virtual only. = Hybrid. Offered in-person and virtually
= Brief interview required. =Reservation required.

SUPPORT PROGRAMS

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

LIVING WITH LOSS SUPPORT GROUP *NEW PROGRAM - BEGINS IN OCTOBER*

1st and 3rd Mondays • 5:30 pm – 7:00 pm *(IN-PERSON & VIRTUAL)*

SUPPORTIVE SOUNDS MUSIC THERAPY SUPPORT GROUP

2nd and 4th Mondays • 5:30 pm – 7:00 pm *(IN-PERSON & VIRTUAL)*

STRENGTH IN SISTERHOOD SUPPORT GROUP

1st and 3rd Tuesdays • 6:00 pm – 8:00 pm *(VIRTUAL ONLY)*

ALL-CANCER SUPPORT GROUP

1st and 3rd Wednesdays • 3:00 pm – 4:30 pm *(IN-PERSON & VIRTUAL)*

FRIENDS & FAMILY SUPPORT GROUP

1st and 3rd Wednesdays • 3:00 pm – 4:30 pm *(IN-PERSON & VIRTUAL)*

MINDFULNESS GROUP

2nd and 4th Thursdays • 5:30 pm – 6:30 pm *(IN-PERSON & VIRTUAL)*

RELAXATION & VISUALIZATION

Every Thursday • 5:45 pm – 6:15 pm *(VIRTUAL ONLY)*

BREAST CANCER SUPPORT GROUP

2nd and 4th Fridays • 10:00 am – 11:30 am *(IN-PERSON & VIRTUAL)*

INDIANA NEUROENDOCTRINE TUMOR AND CARCINOID CANCER GROUP (INTCC)

3rd Saturday of Every Month • 10:00 am – 11:30 am *(VIRTUAL ONLY)*

INDIVIDUAL COUNSELING SESSIONS

Monday - Friday • By Appointment *(IN-PERSON & VIRTUAL)*

PROSTATE SUPPORT GROUP *NEW PROGRAM*

2nd and 4th Wednesdays • 5:30 pm – 7:00 pm *(IN-PERSON & VIRTUAL)*

A cancer diagnosis brings many questions and uncertainties about what the future may hold. This support group offers a safe space for survivors to discuss their experiences, difficulties and successes with the diagnosis and treatment of prostate cancer.

WELLNESS PROGRAMS

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

REIKI

Mondays and Wednesdays • By Appointment *(IN-PERSON)*

STRENGTH & RESILIENCE YOGA *NEW PROGRAM – BEGINS SEPT. 27th*

2ND and 4th Wednesdays • 10:00 am – 11:00 am *(IN-PERSON & VIRTUAL)*

This yoga practice includes moves that energize, strengthen, and build resilience in our bodies, minds, and spirits. Modifications to the poses will be provided to meet the needs of every participant. Breathing techniques as well as meditation will be included to provide rest and relaxation, important aspects of building resilience.

GENTLE YOGA

All flexibility levels welcome.

Every Tuesday • 5:30 pm – 6:30 pm *(IN-PERSON & VIRTUAL)*

SEATED CHI KUNG

1st and 3rd Thursdays • 10:00 am – 10:45 am *(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.

NUTRITION FOR WELLNESS

Saturday, October 7th • 11:00 am – 12:00 pm *(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

"A SUNNY DISPOSITION" THE YANICK EDOUARD ACRYLIC PAINTING CLASS *NEW PROGRAM*

Thursday, September 7th • 5:30 pm – 7:30 pm *(IN-PERSON)*

Come and unleash your inner artist! During this class, you'll paint along with Artist Rebecca Woodward as she guides you in creating your own sunflower masterpiece. Whether you're a beginner or experienced painter, all are welcome! Refreshments and snacks will be provided. This class honors the late survivor, Yanick Edouard, a talented artist and lover of nature. The art supplies for this class were donated by her family.

LOVE YOUR SKIN WITH KIM *RETURNING*

Thursday, September 28th • 5:30 pm – 7:00 pm *(IN-PERSON)*

Please join Kim, BeautyCounter Consultant, as she shares skin care tips and guides you on your self-care journey. This is a great opportunity to learn more about your own skin, along with trying cleansers, treatments, moisturizers and more! Refreshments and free BeautyCounter samples available for those attending.

CALMING CREATIONS – OPEN ART STUDIO

Every Tuesday • 10:00 am – 11:30 am *(IN-PERSON & 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.

WIG FITTING

Monday - Friday • By Appointment *(IN-PERSON)*

Join us at our in-house boutique to try out different wigs, hats, and head scarves and find the best fit for you. You will learn about wig care and receive a wig, wig stand, and styling supplies to care for your new look.

SOCIAL PROGRAMS

COURAGEOUS CARDS WITH MANDY

3rd Wednesday of the month • 5:30pm *(IN-PERSON & VIRTUAL)*

Craft a homemade card and share words of support with fellow cancer survivors. Cards created in this monthly workshop will be shared with patients receiving chemotherapy treatment in our community. Materials and light refreshments provided.

THE MORNING JOES

2nd Thursday of the month • 9:00 am – 10:30 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.

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BLOOMINGTON WATERCOLOR SOCIETY ART GALLERY

Featured Artist:
Patty Uffman
BWS Member

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

September/October 2023 showcase:
"Outside Influences"
by BWS Member Patty Uffman

Gallery will open September 1 - October 27, 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 Stephanie@cancersupportscin.org or call 812-233-3286.

Opening reception: September 8, 2023, 4:00pm - 7:00pm
1719 W 3rd St, Bloomington, IN 47404

Presented in Partnership with
Bloomington Watercolor Society

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
POWERED BY BLOOMINGTON HEALTH FOUNDATION

TRIVIA NIGHT

Save The Date

OCTOBER 1, 2023

FOR MORE INFORMATION VISIT
CANCERSUPPORTSCIN.ORG/TRIVIA-NIGHTS/

THE COMEDY ATTIC

15TH ANNIVERSARY

Featuring

PETE HOLMES

Scan To Buy Tickets

THURSDAY - OCTOBER 26

123 S WALNUT ST, BLOOMINGTON, IN 47408

TICKETS AVAILABLE NOW AT
WWW.COMEDYATTIC.COM/SHOWS/230653

PROCEEDS FROM THIS SHOW BENEFIT:

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PROGRAM SPONSORS

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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:
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info@cancersupportscin.org

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