

Erie Cancer

WELLNESS CENTER



DECEMBER 2022 - JANUARY 2023 PROGRAM GUIDE
ERICANCERWELLNESS.ORG 814-651-0920



Dear Friends,

Happy Fall! Well, here we are - finally opened after a year of planning, dreaming, and renovating. I have learned so much about change and flexibility in the process of creating our new space called the Erie Cancer Wellness Center, but one thing has remained the same; creating a space of peace, calm, compassion, and wellness for anyone impacted by cancer.

We have had the pleasure of meeting so many people in our community in these first couple of weeks. As we continue to evolve our programs and services, we want to continue to ensure that we put you and your families first. We want anyone who walks through our doors to feel nurtured and taken care of, regardless of where they might be on their cancer journey.

As we grow and add more programs to our calendar, it is important for us to receive your feedback. Are we providing what you need? Are there any programs and services you would like to see offered that are not, currently? Our mission is to serve you, so please share your thoughts and feelings with us as we build our community here at the Erie Cancer Wellness Center.

Please remember to think of us when you or someone you know has been touched by cancer. We rely on support from the community and the best way to help us grow is to spread the word about who we are and our mission to offer non-medical support services for people living with and impacted by cancer.

Kristin, Kim, and I, along with our wonderful team of wellness professionals, are committed to you and we want to ensure your needs are met. Thank you for your support and kindness. It has been my greatest pleasure getting to know so many of you.

Sarah W. Humphrey
Executive Director

STAFF

Sarah W. Humphrey
Executive Director

Kim Connelly
Program Director

Kristin Hubert
*Office, Communications, and
Marketing Coordinator*

EXECUTIVE BOARD

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Brady Louis, *Vice Chair*
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Dr. Geoff Dunn
Richard Griffith
Charlie Ingram
Rochelle Krowinski
Barbara Pollock
Jonathan Rilling

Monthly Support Groups

Breast Cancer 45+

2nd Wednesday, 5:00pm

A support group for those that have been diagnosed with breast cancer after the age of 45.

Facilitated by Diane Simon, BSN, OCN

Linked by Pink

1st Wednesday, 6:30pm

A support group for those that have been diagnosed with breast cancer before their 45th birthday.

Peer-run support group

Prostate Cancer Support Group

2nd Thursday, 6:30pm

A support group for men that have been diagnosed with prostate cancer.

Peer-run support group

Advanced Cancer Support Group

1st Thursday, 4:00pm

This monthly support group is for people living with cancer that has spread (metastatic) and the feelings and emotions that come up when living with advanced cancer.

Facilitated by Penny Mechley-Porter, NCC, LPC

Caregiver Support Group

1st Thursday, 4:00pm

Giving care and support for your loved one when they are living with cancer can, at times, be a challenge. Many caregivers put their own needs and feelings aside to focus on the person with cancer. This monthly support group gives caregivers time to express their feelings in a safe and peaceful environment.

Facilitated by Kim Connelly, MS, BSW Program Director, ECWC

Survivorship Support Group

October 12, November 9th, December 14, 5:00pm

A monthly group for those who have completed cancer treatment. Topics include: fear of recurrence, managing anxiety, work issues, long term side effects, nutrition, exercise, relationships and more.

Facilitated by

Sarah W Humphrey, MSN, RN

Men's Cancer Support Group

3rd Thursday, 5:30pm

A support group for men that have been diagnosed with cancer.

Facilitated by Michael Madonia, LCSW

Adult General Cancer

1st Thursday, 5:30pm

This monthly support group provides participants with the opportunity to explore their experience with cancer in a safe group setting and to connect with others who are facing a similar challenge. This group is designed specifically for individuals that have been diagnosed with any type of cancer.

Facilitated by

Michael Madonia, LCSW

Leukemia & Lymphoma Support

Have you recently been diagnosed with lymphoma or leukemia and need someone to talk to that has been through treatment? Your medical professionals have the expert information regarding your cancer and treatment, but sometimes it can help to talk with someone "who has been through it". If you are interested in peer-to-peer support, please **call Kim at 814-651-0920 for more information.**

**Reservations are required for gentle and healing massage, support groups and all special series/programs.

Please register for classes and find more information on our website, ericancerwellness.org

Individualized Programs

Chair Yoga

Tuesdays, 11:30am

A gentle form of yoga in a chair using a chair for balance. Advocates of this practice claim this type of yoga can reduce high blood pressure and anxiety, alleviate symptoms of chronic fatigue, arthritis, MS, carpal tunnel, clinical depression and chronic pain.

Facilitated by Karen Ducato, E-RYT500, C-IAYT, YACEP

Gentle Mat & Restorative Yoga

Thursdays, alternating at 10am

Whether you are new to yoga or looking to revitalize your practice, this class provides you with the tools and inspiration you need to make yoga, and its benefits, a regular part of your life.

Facilitated by Karen Ducato, E-RYT500, C-IAYT, YACEP

Gentle & Healing Massage

Mondays and Wednesdays, please call for an appointment.

Enjoy a thirty-minute session for either healing or gentle massage. You'll enjoy a tranquil atmosphere where gentle touch will work away your stress. Appointments are held on Mondays and Wednesdays and must be booked in advance. These are available to both those with a cancer diagnosis as well as their caregiver.

Facilitated by Anita Gray, LMT, CMLDT

QiGong

Wednesdays, 11am

Qi Gong is a series of slow and gentle movements, breath work, and meditation, used to promote health, healing, and longevity. With roots in Chinese medicine and philosophy, it is traditionally viewed as a practice intended to cultivate and balance qi or "life energy".

Facilitated by Fred Popeski, founder of the Village of Healing and Wellness of Erie

Information provided by: thevillageofhealing.com

Special Yoga Classes

Chakra Balance
December 22 - 10:00am

Crystal Singing Bowls
December 29 - 10:00am

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Special Series and Programs

Writing the Journey
Saturdays beginning Dec 10
8:30am - VIRTUAL

This eight-week workshop will emphasize the importance of writing and reflection to improve stress management skills. Right and left-brain activities will allow you to create your personal story of your health/wellness/life journey.

Virtual options are available.

Saturdays are virtual only

Facilitated by Karen Fatica Geiger, MA/CCC-SLP

Kitchen Comfort

January 19
11:15am

Join *Leslie Alexander PhD, RH(AHG)* to take a close look at herbs that reduce the adverse effects "Chemo brain", herbs that offer cognitive clarity and more. Chemotherapy affects our individual cognitive functions differently and while there's no one single effect, a similar pattern is often reported.

Looking Ahead

In January of 2023, we will be focusing on bringing in educational speakers to inform our participants on the topics they want to hear about. If you, or anyone you know may be interested, please do not hesitate to contact us.

Emergence 360 with Dr. Zentner Thursday, January 12, 2023 12:00pm

The 360 Emergence: This class will focus on bringing focus and awareness into the physical body and breath during movement (dance) and stillness (Yoga Nidra) as a pathway to healing and rejuvenation.

*Facilitated by Dr. Zentner, MD
Radiation Oncology*

Relax the Body, Tame the Mind

**Monday, January 9, 2023
4:00pm**

A six-class series including yogic practices which deepen connection to the body and mind — Deep yoga stretching, breathing & an introduction to meditation.

**January 9th, 23rd, 30th
Feb 6, 13, 20th**

Led by Julia Hamilton, C-IAYT

Tools for Holistic Healing

**Tuesday, January 10, 2023
4:00pm**

Healing takes place in all different ways. In this class you will learn simple tools such as meditation, which is good for calming the mind. Chakra clearing for energy flow in the body and learning how to keep our thoughts positive for the soul.

Facilitated by Kelley Glass, Spiritual Healer, Reiki Master

Financial Consultations

Please reach out to us with any interest in scheduling an appointment.

Wig Styling/Fitting

When you're going through cancer treatment, we want you to feel your best. Along with our accompanying sessions and classes, we'd love for you to come visit our wig and beauty salon. Patti Myers, our wig stylist, visits the Center twice a month to trim and style a wig for three of our participants. Call today to schedule!

Makeup Sessions

Visit the ECWC for an appointment with Amanda Rumball, local makeup artist who is eager to meet with you and get you feeling and looking your best! Appointments must be scheduled, call Kim at 814-651-0920

****Reservations are required for gentle and healing massage, support groups and all special series/programs.**

Please register for classes and find more information on our website, ericancerwellness.org

December

2022

Erie Cancer Wellness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wreath Dec by Laurie-TBD	Reiki appointments- see Kim			10:00 Restorative Yoga 4:00 Adv. CA SG 5:30 Gen. CA SG 5:30 Caregiver SG 6:30 QiGong		3
4 11:00 Healing Massage	5 11:30 Chair Yoga 10:00 Let's Paint Rocks!	6 11:00 QiGong 2:00 Anita-Gentle Massage 5:00 Wig Appts. 6:30-8:00 Linked By Pink Support	7 10:00 Gentle Mat Yoga 4:30 Acupressure Basics 6:30 Prostate Ca Support Grp.	8 Writing the Journey 8:30am	9	10
11 11:00 Healing Massage Wreaths with Laurie - 4:30pm	12 11:30 Chair Yoga 5:30-6:30 Caregiver SG	13 11:00 QiGong 2:00 Anita-Gentle Massage 5:00 Survivorship SG 5:00 Breast Ca 45+	14 10:00 Restorative Yoga 11:00 Kitchen Comfort 5:00 Holiday Healthy Eating w Lisa Rose	15 Writing the Journey 8:30am	16	17
18 11:00 Anita Healing Massage	19 Karen-11:30 Chair Yoga 4:00-6:00 p.m. Holiday Open House	20 11:00 QiGong 2:00 Anita-Gentle Massage	21 10:00 Yoga-Chakra Balance	22 Closed for the Holiday	23	24
25 Closed for the Holiday	26 11:30 Chair Yoga 9:30 Wig Appts.	27 2:00 Anita-Gentle Massage	28 10:00 Crystal Singing Bowls w/ Karen	29	30	31 Writing the Journey 8:30am

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Happy New Year!</i>	2 <i>Closed for the New Year Holiday</i>	3 11:30 Chair Yoga	4 Massage by appt. Wig fitting by appt. 11:00 QiGong <i>6:30 Linked by Pink</i>	5 10:00 Restor. Yoga 4:00 Adv. CA group 5:00 Caretaker S.G.	6	7 8:30 a.m. Writing the Journey
8	9 Massage by appt. 4:30 Relax Body/Tame Mind (1/6)	10 11:30 Chair Yoga 3:00 Nutrition at ECWC-Karen S. 4:00 Tools for Holistic Healing	11 Massage by appt. 11:00 QiGong 5:00 Survivor SG 5:00 Over 45 Breast CA Support Group	12 10:00 Restor. Yoga 12:00 360 Emergence w/ Dr. Z. 6:30 Prostate S. Group	13	14 8:30 a.m. Writing the Journey
15	16 <i>Closed for NYE Day</i>	17 11:30 Chair Yoga	18 Massage by appt. 11:00 QiGong	19 10:00 Restor. Yoga 11:15 Kitchen Comfort-Chemo Brain	20	21
22	23 Massage by appt. 4:30 Relax Body/Tame Mind (2/6)	24 11:30 Chair Yoga	25 Massage by appt. 11:00 QiGong	26 10:00 Restor. Yoga 12:00 360 Emergence w/ Dr. Z	27	28
29	30 Massage by appt. 4:30 Relax Body/Tame Mind (3/6)	31 11:30 Chair Yoga Wig fitting by appt.				