THE ERIE CANCER WELLNESS CENTER

MEET THE STAFF

SARAH W. HUMPHREY, MSN, RN
Executive Director

KIM CONNELLY, MS, BSW
Program Director

KRISTIN HUBERT
Office, Communications, and Marketing Coordinator

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Brady Louis

Erie Cancer Wellness Center
2212 W 15th St, Unit 104 Erie, Pa 16505
814-651-0920

Erie Cancer Wellness Center
@eriecancerwellnesscenter
Erie Cancer Wellness Center
info@eriecancerwellness.org
The Support Group programming is generously sponsored by the **Hamot Health Foundation**.

### ALL CANCER SUPPORT GROUPS

#### Survivorship Support Group
**Second Wednesday, 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 Karen Staab, Ph.D.*

#### Advanced Cancer Support Group
**1st and 3rd 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. 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*

#### 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*

#### Children's Support Group
**Please contact Kim Connelly if interested.**
For families with young children and/or adolescents, there is additional concern about how the children will react to the diagnosis and treatment process of a parent.
Join Ann Marie Cronk, Social Worker at UPMC Hillman Erie as she facilitates a three-week support group for children who has a parent/grandparent with cancer.
*Facilitated by Ann Marie Cronk, MS, OPN-C*

#### Newly Diagnosed Support Group
**3rd Thursday, 5:00pm**
Finding out you have cancer changes your life, and the time after diagnosis can be overwhelming, difficult and challenging. Join us to connect with others who are experiencing similar feelings and emotions in this monthly support group.
*Facilitated by Bev Keep, LPC, NCC*

#### Grief Support Group
**3rd Thursday, 3:00 - 4:00pm**
Have you experienced a loss that you've not fully processed or accepted? The Erie Cancer Wellness Center is pleased to announce that every third Thursday of the month from 3:00-4:00 p.m., we will offer a Grief Support Group. Bev Keep will facilitate this group as well as the Newly Diagnosed Support Group on its designated days.
*Facilitated by Bev Keep, LPC, NCC*
**CANCER SPECIFIC 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 and are actively receiving treatment.
This group is currently on hold and will resume in the Fall. Contact Kim Connelly to reserve your spot.
Facilitated by Diane Simon, BSN, OCN

**Prostate Cancer Support Group**
2nd Thursday, 6:30pm
A support group for men that have been diagnosed with prostate cancer.
Peer-run support group
*This group will not meet in July or August

**Ostomy Support Group**
Every Third Thursday, 6:30pm
This is a peer led support group

**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
**This group will not meet in July

**Leukemia & Lymphoma Support**
Every Last Wednesday, 5:30pm
The group will address specific issues related to a blood cancer diagnosis and will provide an opportunity for attendees to discuss concerns, anxieties, feelings related to illness, treatment and other related issues. These meetings are a resource to support coping, in conjunction with your or a loved one’s medical treatment.
Facilitated by Susan Herward, RN, the Leukemia & Lymphoma Society

"We were so excited by our new wigs, that we went to grab a bite to eat. The waitress admired my nails, and she never said anything about our wigs. We truly looked like sisters out celebrating with natural hair. Thank you for happy memories."
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 Physical Therapist, Vicki Leopold, PT

QiGong
Wednesdays, 11:00am
QiGong 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

Restorative Yoga
Thursdays, 10:00am
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

Full Body Strength & Balance
Every First Tuesday
3:30pm
A class focusing on dynamic strength and balance exercises to restore the physical body and minimize some of the effects of cancer treatment.
Led by Physical Therapist, Vicki Leopold, PT

Evening QiGong
Every 1st and 3rd Thursday, 5:30pm
Facilitated by Eileen Talbot

Restorative Yoga with Terry Henry
July 5th, 12th, 26th
Every Wednesday in August and September, 5:30pm
Work on connecting to the breath and noticing with self-awareness and compassion what we are feeling in the body, heart, and mind.
Led by Terry Henry, LYT

Resistance P.T.
August 15th 12:30pm
Did you know that performing resistance activities during cancer treatment can decrease cancer-related fatigue? Did you know that resistance training can help maintain the white blood cell levels while undergoing cancer treatment? Join us for an introductory class on gentle resistance training that will leave you feeling energized, educated, and empowered.
Led by Elizabeth Darling, PT, OCS, CLT, ATC

Meditation Walk with ECWC Staff
July 14th, 28th, August 11th and 25th
Join the Erie Cancer Wellness Staff at the labyrinth in Frontier Park where we will offer a prompt and then engage in a quiet, reflective meditative walk focusing on breathing and reflecting the topic at hand. Show up if you can and let’s get outside!
Led by Kim, Sarah, and Kristin

Earth Dance
Beginning September 7th and 21st, 12:00pm
Every 1st and 3rd Thursday
This class utilizes ancient tools of breath work, meditative dance, and restorative yoga nidra. Come prepared to breathe, move, and rest. No prior experience needed.
Facilitated by Dr. Phillip Zentner, MD, Radiation Oncology

Information provided by: thevillageofhealing.com

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

**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, eriecancerwellness.org**
Gentle & Healing Massage  
**Reservations are required for gentle and healing massage, support groups and all special series/programs.**
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. Must be booked in advance. 
**These are available to those currently undergoing cancer treatment.**
Facilitated by Anita Gray, LMT, CMLDT

Evening Massages
Provided by Jessica Anaya, LMT, Certified in Oncology Massage
Call Kim Connelly for more information 814-651-0920

Reiki Sessions
Reiki is a Japanese stress reduction technique that promotes the body’s relaxation response and natural healing ability.
**Please call Kim Connelly to schedule an appointment 814-651-0920**
Facilitated by Joan Martter, Reiki Master and Kathy Wizzard, Reiki Master

The Healing Arts programming is generously sponsored by the Allegheny Health Network.

The Wig & Beauty Salon

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

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!

Wig Consultations  
**Every Second Thursday**
Do you need a wig? Does your wig need an adjustment or do you have questions about fitting in general? Tia, a wig expert, will be at the Center the second Thursday of each month, from 11:00am – 1:00pm. Please call to schedule your consultation. Wig consults are always available on a drop-in basis from the staff at the ECWC.

Wig Consultations

Please register for classes and find more information on our website, eriecancerwellness.org
Legal Education with Attorney Welton
August 8th, 2:00pm
Join Attorney Barbara Welton as she discusses legal topics that pertain to social security, power of attorney, living wills and Last Will and Testaments. Registration required.
Led by Attorney Barb Welton

Intimacy, Sex, & Cancer: What to Know, What to Do
July 19th, 6:00pm
Sexual problems can be caused by common cancer treatment side effects. These include fatigue, nausea, pain, and hormone changes, as well as an altered self-image of the body and emotional distress, including depression and anxiety.
Led by Dr. Carla Picardo. MD, MPH, and Michelle Jones LCSW, AASECT

Nutrition with Karen
July 10th, August 7th, September 11th, 3:15pm
Join registered dietitian and nutritionist Karen Schnaekel as she guides you through ways to eat healthy, both during and after treatment. Some of Karen’s topics will include: Healthy Pantry; Bone Health and Osteoporosis; and Side Effect Alleviation
Registration required.
Led by Karen Schnaekel, RDN, CSO, LDN Dietitian II, Oncology Navigation Program Allegheny Health Network, Cancer Institute at Saint Vincent Hospital

Acupressure Education
September 5th, 4:30pm
A complementary alternative to treatment, acupressure is the application of pressure or localized massage to specific areas of the body that can help control pain and/or nausea. Join Maki Kurata in learning points of pressure that you can apply to yourself which may help to ease the body of anxiety and side effects of medical treatments.
Maki received her Diploma and Master’s degree in Acupuncture from the New England School of Acupuncture, Watertown, MA, and has several certificates and diplomas in her specialty of Japanese acupuncture.

**Reservations are required for all programs with a:
Writing the Journey

September 12th, 5:00pm
Join Sue Wick and Shirani Straker, previous owners of Cultured Purl Yarn Store, for a monthly Knit and B*tch knitting circle! Sue is a retired psychologist as well as a cancer survivor. Those with no experience or those that are expert knitters are all welcome. They can show you how to do a simple project, help with your ‘mistakes’ or just join us for the company!

Coffee & Conversation

July 28th, August 25th, September 29th, 10:00am
Join Sarah as we get together with coffee and tea and talk about different topics that can inspire great discussion. This is open to participants, caregivers & families, and volunteers.

TBD
This workshop will emphasize the importance of writing and reflection to improve stress management skills.
Please contact Kim Connelly if interested.
Facilitated by Karen Fatica Geiger, MA/CCC-SLP

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

Special Series and Programs

The Art Therapy program was launched and is, in part, generously funded by the family of Louis and Barbara Pollocl along with Morris Coupling Company.

Art Therapy

Art therapy uses a blend of creative art-making and psychological theory to improve mental, emotional, and physical health. Anyone can participate in art therapy, no matter their level of artistic ability.
Led by Erin McCall, MA, NCC, ATR

Adult Sessions, 5:00pm
July 6th and 20th
August 3rd and 17th
September 14 and 28th

Children’s Sessions, 10:30-11:30am
July 22nd, August 26th
September 23rd

Beautiful You, a Tea Party

August 21st, 5:00-7:00pm
Our next Beautiful You gathering will include our first Tea Party! We will be decorating hats and offer cookies with some tea.
Salon B, Tia Maria Wigs, Patti Myers, and more!
Vendors will be in attendance ready to pamper you and have you feeling beautiful.
REGISTRATION REQUIRED, LIMITED TO 25

Fall Floral Arrangement

September 5th, 5:30pm
Join Florist Laurie and create a beautiful table centerpiece for the fall season. Limited to 15.
REGISTRATION REQUIRED.
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Linked by Pink meeting held outside our Center this month.
Our Center will close at 2:00 on Fridays.

July 2023
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Our Center will close at 2:00 on Fridays

Support Group

S.C. Support Group

August 2023
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**Erie Cancer Wellness Center**

2212 W 15th St, Unit 104
Erie, Pa 16505

814-651-0920

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**Support Group**

- 10:00 AM: Support Group
- 11:00 AM: Group Therapy
- 12:00 PM: Support Group
- 1:00 PM: Cancer Support Group
- 2:00 PM: Support Group

**Exercise**

- 8:30 AM: Yoga
- 9:30 AM: Exercise
- 10:30 AM: Exercise
- 11:30 AM: Exercise
- 12:30 PM: Exercise

**Fun Activities**

- 3:00 PM: Movie Night
- 4:00 PM: Board Games
- 5:00 PM: Art Class
- 6:00 PM: Karaoke Night

**Food**

- 7:00 AM: Breakfast
- 12:00 PM: Lunch

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**September 2023**

**Vegan Breakfast**

Linked by Pink Martini Center This Month Vegan Liza's back in October w/ Fall Soup!