



Support, education & hope.

SUPPORT AT HOME AND ON-DEMAND. The Cancer Support Community is proud to offer a variety of options for program participation to help keep our members and community safe.

Our current program consists of a wide variety of live support groups and classes on Zoom, as well as recorded on-demand classes, all of which you can access using your computer, tablet, smartphone, or telephone. All programs are offered **free of charge** and there is something for everyone; we welcome all people impacted by cancer including patients, survivors, family and friends.

READY TO GET STARTED? Visit www.cancersupportannarbor.org/programs where you'll find an up-to-date calendar, registration forms, instructions, and more. You're also welcome to give us a call to sign up, learn more, and get all your questions answered—you can reach Program Manager Taylor Fischman, LLMSW, at 734-489-9653.

HOPING TO JOIN US IN PERSON? We're actively working toward bringing back some in-person programs as soon as we can safely do so. As we continue to closely monitor the public health landscape, we have already created a set of guidelines for safe gatherings at our center. Please see page 2 for more details.

For updates on the status of in-person programs, please call 734-975-2500 or visit www.cancersupportannarbor.org/programs.

PROGRAM PARTNERS: ST. JOSEPH MERCY HEALTH SYSTEM • MICHIGAN MEDICINE UROLOGIC ONCOLOGY • MICHIGAN MEDICINE CANCER GENETICS • ANN ARBOR AREA COMMUNITY FOUNDATION • ANN ARBOR KIWANIS CLUB FOUNDATION • CHILDREN'S LEUKEMIA FOUNDATION OF MICHIGAN • FACING OUR RISK OF CANCER EMPOWERED • HARRY A. & MARGARET D. TOWSLEY FOUNDATION • JAMES A. & FAITH KNIGHT FOUNDATION • KIDS KICKING CANCER • MOVE WELLNESS • RALPH C. WILSON, JR. LEGACY FUNDS AT THE COMMUNITY FOUNDATION FOR SOUTHEAST MICHIGAN

Friends,

As the winter weather begins to clear, it feels as if the heavy clouds of the pandemic are beginning to lift as well. In the past two years there has been an ongoing sense of uncertainty as to when we can gather safely again within the walls of CSC. We are pleased to announce that plans are underway for our return in-person this spring.

We have been closely monitoring trends related to community spread and have confidence that a May goal is realistic. Upon return there will be new policies and procedures in place in effort to keep our community as safe as possible. Some of the standards already put into place can be found below.

- *Vaccinations will be required for all eligible members, staff, and visitors to attend in-person programs*
- *Masks will be required for all in-person, indoor programs*
- *All members, staff, and visitors will be required to pass a standard screening upon entrance to the facility, including a temperature check*
- *Programs will be staggered and spaced to limit exposure*
- *An upgraded ventilation system has been installed to increase airflow*

We plan to reintroduce our in-person programs in phases to implement lessons learned along the way. We recognize that for some of you this has been long awaited and for others it may feel too soon. We assure you that all online programs will continue and we remain steadfast in our commitment to ensure that all have access to our free programs regardless of your ability or comfort to attend in person.

Please feel free to contact me directly if you have any questions or concerns. We sincerely value your involvement with the CSC and are honored to serve you.

Warmly,



Bonnie Dockham
Executive Director

**FOR UPDATES ON THE STATUS OF IN-PERSON PROGRAMS, PLEASE VISIT
WWW.CANCERSUPPORTANNARBOR.ORG/PROGRAMS OR CALL 734-975-2500.**

There is support here.

SUPPORT GROUPS

Professionally-facilitated support groups are currently meeting on Zoom. When in-person meetings resume, groups will be offered using a hybrid model (options to join in person or via Zoom).

If you have questions or are wondering which group might be right for you, please call Taylor at 734-489-9653 for a pre-group orientation.

To register, please call 734-489-9653 or visit www.cancersupportannarbor.org/programs.

WEEKLY GROUPS

WEEKLY LIVING WITH CANCER GROUPS

For patients and survivors in treatment or up to about a year post-treatment.

Mondays 11 am-1 pm

Tuesdays 6-8 pm

WEEKLY FAMILY AND FRIENDS GROUPS

For loved ones of those in treatment for cancer or up to a year post-treatment.

Mondays 6-8 pm

Tuesdays 6-8 pm

BI-WEEKLY AND MONTHLY GROUPS

AFRICAN AMERICAN FELLOWSHIP

For patients, survivors, and loved ones identifying as Black or African American.

Monthly, Second Thursday 6-8 pm

BLOOD CANCER SUPPORT GROUP

For patients and survivors.

Monthly, Third Thursday 6-7:30 pm

BRAIN TUMOR SUPPORT GROUP

For patients, survivors, and caregivers impacted by primary brain tumors.

Monthly, Second Thursday 7-8:30 pm

BREAST CANCER SUPPORT GROUP

For patients and survivors.

Monthly, First Wednesday 6-7:30 pm

CREATIVITY FOR WELLNESS: ART-BASED SUPPORT GROUP

For patients, survivors, and loved ones.

Monthly, First Thursday 11am-12:30 pm

HEAD & NECK CANCER SUPPORT GROUP

For patients, survivors, and loved ones.

Monthly, Third Thursday 5:30-7 pm

HEREDITARY COLORECTAL CANCER PEER GROUP (PEER-FACILITATED)

For survivors, pre-vivors, and loved ones.

Monthly, Third Thursday 6:30-8 pm

LIFE BEYOND CANCER SURVIVORSHIP GROUP

For survivors finished with primary treatment.

Monthly, First Monday 6-7:30 pm

LIVING WITH CANCER/FAMILY & FRIENDS:

During in-person program delivery, monthly groups bring together patients, survivors, and loved ones at St. Joe's/St. Mary's partner locations. If one of these is close to home, join us virtually to get acquainted before we come back in person!

BRIGHTON: *Third Wednesday 6-7:30 pm*

CANTON: *First Thursday 6-7:30 pm*

CHELSEA: *First Thursday 11 am-12:30 pm*

LIVONIA: *Coming soon!*

LIVING WITH LOSS

For those who have lost a loved one to cancer.

Monthly, Second Wednesday 6-7:30 pm

LUNG CANCER SUPPORT GROUP

For patients and survivors.

Monthly, Second Thursday 11 am-12:30 pm

METASTATIC CANCER SUPPORT GROUP

For those living with metastatic cancer.

Bi-weekly, Second & Fourth Wed. 10 am-12 pm

BI-WEEKLY AND MONTHLY GROUPS (CONTINUED)

PRIDE CANCER SUPPORT GROUP

For LGBTQ+ patients, survivors, and loved ones.

Monthly, Third Thursday 6-7:30 pm

PROSTATE CANCER SUPPORT GROUP

For patients, survivors, and partners.

Monthly, First Wednesday 6-7:30 pm

YOUNG ADULT CANCER SUPPORT GROUP

For patients and survivors ages 18-40ish.

Monthly, Fourth Monday 6-7:30 pm

SERIES SUPPORT GROUPS

Series groups are scheduled based on interest and availability. To register, please visit www.cancersupportannarbor.org/programs or call Taylor at 734-489-9653.

SURVIVORSHIP TRANSITIONS

Five-week series for survivors finished with primary treatment. Find your new normal—mind, body, and spirit—in this program that combines emotional support, exercise coaching, and education. *Next series TBD—register now and we'll call you to schedule.*

CANCER 101

Six-week series for those diagnosed in the past six months to help ease the adjustment to living with cancer. *Next series TBD—register now and we'll call you to schedule.*

FOCUS: FACING CANCER TOGETHER

Five-week series for couples and care partners focusing on communication and coping as a team. *Next series TBD—register now and we'll call you to schedule.*

KID SUPPORT, TEEN TIME, AND PARENT SUPPORT

Four-week series for families impacted by cancer. Age-appropriate activities using art and play help kids express their feelings, while parents and teens have their own spaces to talk with others who truly understand. *Next series TBD—register now and we'll call you to schedule.*

ONE-ON-ONE SUPPORT

Our clinical social work staff is here to offer one-on-one emotional support as needed. Please visit www.cancersupportannarbor.org/programs or call Taylor at 734-489-9653 to schedule.

ONCOLOGY COUNSELING AT ST. JOE'S AND ST. MARY'S CANCER CENTERS

Through an innovative partnership with St. Joseph Mercy Health, professional counseling is available to all patients, survivors, and loved ones receiving care at St. Joe's Ann Arbor, Canton, Chelsea, and Brighton Cancer Centers, and St. Mary's Livonia Cancer Center. To learn more, please visit www.cancersupportannarbor.org/counseling.



There is education here.

EDUCATIONAL WORKSHOPS WITH EXPERT SPEAKERS

Join us on Zoom to hear from expert speakers on hot topics in oncology. When in-person programs resume, educational workshops will also be live streamed so that you can participate via Zoom from anywhere. Register at www.cancersupportannarbor.org/programs or call 734-975-2500.

UNDERSTANDING COLORECTAL CANCER

Thursday, April 7, 6-7:30 pm with Michael Adashek, DO, St. Joseph Mercy Health

Join us for a free workshop live on Zoom exploring colorectal cancer screening, diagnosis, staging, and treatment, as well as current research on reducing risk, progression, and recurrence. This workshop is aimed not only toward patients and caregivers living with colorectal cancer, but also those who wish to learn more and manage risk.

HOSPICE: HAVING THE COURAGEOUS CONVERSATION

Wednesday, May 11, 6-7:30 pm with Heather Dupuis, Beaumont Home Health and Hospice

Discussing end-of-life care can be incredibly difficult. Join us for a presentation to learn how hospice can be beneficial to you and your family. This workshop will discuss myths and facts about hospice and palliative care, how to talk to your loved ones about end-of-life decisions, and so much more.

REDUCING THE EFFECTS OF CHEMOTHERAPY TOXICITY

Tuesday, May 31, 6-7:30 pm with Meghan Malley, PT, DPT, The Recovery Project

Chemotherapy often comes with side effects including; fatigue, neuropathy, and deconditioning. This workshop will explore treatment approaches to reduce these side effects, as well as exercise interventions and strategies that can help manage potentially debilitating conditions.

WHEN TREATMENT ENDS: MEDICAL & EMOTIONAL CARE THROUGHOUT SURVIVORSHIP

Monday, June 13, 6-7:30 pm with Noël Arring, DNP, PhD, RN, OCN, Michigan Medicine

Finishing treatment can be a time of celebration, but you may also feel uncertain and emotionally depleted. Join us to explore the big questions of survivorship, including how to maintain physical and emotional health, cope with late effects of treatment, understand and manage recurrence risk, and more. Dr. Arring will also walk you through the process of survivorship care planning and allow plenty of time for Q&A.

CANCER RELATED COGNITIVE CHANGE

Wednesday, June 29, 6-7:30 pm with Julianna Filice-Hanna, CCC-SLP, The Recovery Project

Research shows that many cancer patients that have not received chemotherapy intervention still experience cognitive changes before, during, and/or after their treatment. Join us live on Zoom to discuss how these cognitive changes may be different from “chemobrain,” and learn how symptoms can be improved through rehabilitation strategies.

ON-DEMAND EDUCATIONAL WORKSHOPS

Visit www.cancersupportannarbor.org/ondemand to watch a wide variety of recorded workshops at your convenience.

There is wellness here.

HEALTHY LIFESTYLE CLASSES

Professionally-instructed exercise, nutrition, and stress management classes welcome patients, survivors, and loved ones with all levels of ability and experience. All classes are currently offered on Zoom. When in-person programs resume, healthy lifestyle classes will also be live streamed so that you can join via Zoom from anywhere.

To register, please call 734-975-2500 or visit www.cancersupportannarbor.org/programs.

COOKING FOR WELLNESS

Join registered oncology dietitian Linn Storch to learn about the science of nutrition as it relates to cancer and try out healthy recipes.

Monthly, Second Wednesday 4-6 pm

GENTLE YOGA

Engaging in gentle exercise can help boost immune function, reduce stress, and keep your body strong. Our professionally-instructed yoga classes offer a gentle, restorative option for beginners and experienced yogis alike.

Mondays and Wednesdays 11 am-12 pm

GUIDED MEDITATION

Meditation has been shown to decrease anxiety, improve sleep, and help manage symptoms and side effects of cancer.

Tuesdays 1-2 pm

KIDS KICKING CANCER

This virtual version of our popular kids' martial arts class incorporates upper body exercises, deep breathing, and meditation to help kids manage feelings when cancer is in the family.

Thursdays 4:30-5 pm

ON-DEMAND HEALTHY LIFESTYLE CLASSES

A full library of classes with CSC instructors is available at www.cancersupportannarbor.org/ondemand.

NEED HELP GETTING CONNECTED ON ZOOM?

Our staff is here for you! Call Erin Kelly at 734-489-1631 to ask any questions you have or set up a Zoom tutorial.

There is community here.

PROGRAMS TO KEEP YOU CONNECTED

Social programs are currently offered on Zoom. When in-person programs resume, we will be adding both indoor and outdoor social events.

To register and view updated offerings, visit www.cancersupportannarbor.org/programs or call 734-489-9585.

COFFEE AND CONVERSATION ON ZOOM

This weekly Zoom gathering is a chance to chat and see some friendly faces.

Fridays 10-11 am

COMMUNITY AND CREATIVITY ON ZOOM

Explore your creativity and connect with others. Our teachers lead a variety of art projects from drawing to origami to Zentangle!

Wednesdays 3-4:30 pm

FRIENDLY CALLER PROGRAM

We could all use a little more connection. Sign up to receive a weekly call from a trained CSC volunteer just to check in and chat.

You are welcome here.

DIVERSITY, EQUITY, AND INCLUSION

The CSC recognizes that patients and loved ones holding marginalized identities face inequities throughout the cancer experience. We are committed to providing equitable access and a safe space for members of any race, ethnicity, sexual orientation, gender identity, and ability.

Upcoming Cancer Support Community Events

The Amazing Race

The Cancer Support Community will host its Fourteenth Annual Amazing Race on April 23, 2022. One of CSC's largest fundraisers, the Amazing Race is a local road rally, where teams solve clues, hunt for locations and landmarks, and compete to be the first team to complete the course. This year the event will feature an in-person scavenger hunt with clue locations that provide ample space for teams to social distance. We are hopeful for a post-race party, tailgate-style, where teams will have the option to enjoy food and entertainment at their cars with a safe distance from others or grab food-to-go. It's a great adventure that is fun for all ages!

The Race begins at 2100 Commonwealth Blvd in Ann Arbor at 4:00 pm. Our post-race tailgate party includes refreshments, food, and prizes. Tickets are \$50 per person and teams of four are encouraged. To learn more about The Amazing Race or purchase your tickets, call 734-975-2500, or visit A2AmazingRace.com.

Cancer Survivors Day

The University of Michigan Rogel Cancer Center will be transitioning their annual Cancer Survivors Day Celebration to a collaborative effort with the Cancer Support Community this year. CSC is proud to host and partner with U-M Rogel Cancer Center to host this event. Cancer Survivors Day is a day for anyone who has been impacted by cancer to connect with others and honor milestones in their journey with cancer. Cancer Survivors Day also aims to raise awareness of the challenges cancer survivors and their loved ones face, promote resources of support within the community, and most importantly, celebrate life.

Join us on Sunday, June 5, 2022, for an afternoon of education, fun, inspiration, and hope at Earhart Manor Tent on Concordia University's campus from 1 pm to 3:30 pm. This event is free and open to the public. The event will feature keynote speaker Mary Jo Grand.

Mary Jo Grand is a patient, survivor, lung cancer advocate, and speaker who shares her inspirational story with honesty and humor. Among Ms. Grand's many speaking engagements, she is most proud of her participation over the last six years with the "M1 Medical Student Seminar" where she shares her story with UofM's first-year medical students and helps them recognize that they are not just treating a disease, but a person whose life has been turned upside down by their disease. Living through a cancer diagnosis pushed Mary Jo to see her own life through a new lens.

To learn more about Cancer Survivors Day and/or to register, call 734-975-2500, or visit www.cancersupportannarbor.org/survivorsday.



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FREE CANCER SUPPORT PROGRAMS

APRIL-JUNE 2022 SCHEDULE OF FREE PROGRAMS



Community is stronger than cancer.

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2010 Hogback Road, Suite 3 • Ann Arbor, MI 48105

734-975-2500 • www.cancersupportannarbor.org



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GREATER ANN ARBOR**

APRIL-JUNE 2022 SCHEDULE OF FREE PROGRAMS