



In order for the Wellness for Life program to continue to grow and meet the needs of the many people living with cancer in our community, we rely on the generosity of individuals like you. Donations make it possible for us to offer our programs completely free of charge to those diagnosed with cancer as well as the support people who are on the journey with them.

The Wellness for Life program is part of The Regional Cancer Center, a private not-for-profit, 501(c)(3) organization. Donations are tax deductible within the limit of the tax laws.

Would you like to learn more or how you can support the Wellness for Life program? Please contact RCC at (814) 838-2643.



**REGIONAL
CANCER
CENTER**

Follow us for healthy living tips, recipes, and events.



2500 West 12th Street Erie, PA 16505
(814) 838-9000 | www.trcc.org

Wellness for
life
THE REGIONAL CANCER CENTER

JANUARY - APRIL 2018



**REGIONAL
CANCER
CENTER**

Welcome

The **Wellness for Life** program at the Regional Cancer Center incorporates a focus on mind, body, and spirit into your care from the day you walk through our doors. We are committed to integrating wellness components into your treatment and helping you make healthy lifestyle changes. We want you to feel empowered and to regain a sense of control over your cancer.

Cultivating healthy habits is especially important for those living with cancer and can help you build strength, reduce the severity of side effects, reduce risks of developing secondary cancers or other health issues, and enjoy life more. Research shows that by integrating physical activity, proper nutrition, and mind, body, and spirit awareness, you can feel better and reduce the side effects of cancer treatment such as nausea, depression, anxiety, fatigue, and weight gain.

In keeping with our mission of providing comprehensive care with a commitment to optimal quality of life for patients and families, the RCC has partnered with experts at the Glenwood YMCA, BLOOM Collaborative, and The Village of Healing and Wellness, to offer supportive, holistic classes in nurturing and spacious environments.

Classes offered through the Wellness for Life program provide the additional support and knowledge you need during and after your treatment. Anyone who is living with cancer or a support person can attend free of charge.

Registration

Please note the specific registration information for each class. You can also register online at www.trcc.org/wellness-for-life

The Breast Cancer Support Group

This group is an opportunity for women to gather for support, to share concerns and exchange information in a caring environment. Guest speakers are occasionally scheduled to educate women on subjects of interest.

Contact Maryann Frontino, RCC Social Worker, at 814-836-2636 or mfrontino@trcc.org to register or for more information. **RSVP required 24hrs in advance.**

Third Wednesday of every month..... 6 to 7 p.m.
January 17, February 21, March 21, April 18

CLIMB (Children's Lives Include Moments of Bravery)

This group is for children ages 5-12 who have a parent, grandparent or loved one diagnosed with cancer. The goal of the group is to help children understand cancer and related treatments as well as help them to express their feelings and concerns. A tour of RCC is provided and participants complete art projects that focus on particular emotions related to a cancer diagnosis in the family.

Contact Ann Marie Cronk, RCC Social Worker, at (814) 836-2618 or acronk@trcc.org to register or for more information.

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Tobacco Cessation

If you are ready to quit, let us help you. This six-week course offers support and will teach you the tools you need to break the habit.

Instructor: Jordan Chirpak, Tobacco Cessation Educator/Wellness Coordinator, Multicultural Community Resource Center

Tuesdays..... 10 to 11 a.m.

Session 1: January 9 - February 13

Session 2: March 6 - April 10

To Register: Call Wellness for Life office at (814) 836-2643

Location: Wellness for Life Space at RCC

Wellness for Life Caregiver Lunch and Learn

Are you a primary caregiver to someone dealing with cancer? We invite you to The Regional Cancer Center's Caregiver Lunch & Learn. Learn about the ABC's of care giving and what resources are available to you and for you. Bring your own insight, thoughts, and concerns as you meet other caregivers and support staff from RCC. *This program will take place in the Main Conference Room and lunch will be provided.*

Contact Ann Marie Cronk, RCC Social Worker, at (814) 836-2618 or acronk@trcc.org to register or for more information.

Second Monday of every month.....Noon to 1 p.m.

January 8, February 12, March 12, April 9

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Special Events

All events are free of charge and offered to cancer patients, caregivers, and survivors. Please register. Space is limited.

Adding Freshness to Mid-Winter Meals

Join Chef David Turko, MS, RD, LDN, for cooking tips and techniques that focus on winter vegetable pairings, whole grains, and lean meat selections that you can take home and implement into your daily routine.

Wednesday, February 21..... 5:30 to 7:30 p.m.

Location: Whole Foods Co-Op - 1341 W. 26th St., Erie, PA 16508

To Register: Call Wellness for Life office at (814) 836-2643

Spring Kitchen Ideas to Get You Feeling Your Best

Join Chef David Turko, MS, RD, LDN, for cooking tips that focus on quick, healthy prep techniques, spring vegetable pairings, healthy grains, and lean meat selections that you can take home and easily implement into your daily routine.

Wednesday, April 18..... 5:30 to 7:30 p.m.

Location: Whole Foods Co-Op - 1341 W. 26th St., Erie, PA 16508

To Register: Call Wellness for Life office at (814) 836-2643

Lymphedema Management

Lymphedema is a condition in which swelling (edema) occurs from abnormal accumulation of protein-rich lymph fluid in the space between cells in the body. Swelling develops when blockage occurs in the lymphatic system that prevents fluid from draining well. Though there is no cure for lymphedema, Katheryn Maasz of UPMC Rehabilitation Services, will discuss different ways to treat and manage your lymphedema.

Tuesday, April 10..... 1 p.m.

Location: Main Conference Room at RCC

To Register: Call Wellness for Life office at (814) 836-2643

Ongoing Programs and Support

Circle of Hope Yarn Group

Working with yarn relaxes the body and can be a great tool to reduce stress. If you knit, crochet, or are interested in learning, please join this casual group open to all cancer patients, caregivers and support people. All beginning supplies are provided at no cost. If you are experienced, please bring in your projects and meet new friends.

Thursdays.....10 to 11:30 a.m.

Location: Wellness for Life space at RCC

To Register: Call Wellness for Life office at (814) 836-2643

Open Art Therapy Studio

This informal group will allow you to reflect, relax, and have fun while participating in different art projects and learning positive ways to help cope with stress. No prior art experience is needed, all levels are welcome.

Mondays..... 3:30 to 5 p.m.

Location: Wellness for Life space at RCC

To Register: Call Wellness for Life office at (814) 836-2643

Look Good Feel Better

This program is offered through the American Cancer Society to improve self-esteem and quality of life for people undergoing cancer treatment. The classes are dedicated to helping improve self-image and appearance through complimentary group, individual, and self-help beauty sessions that create a sense of support, confidence, courage, and community.

Monday, April 16..... 10 a.m.

Location: Courtyard Conference Room at RCC

To Register: Call the American Cancer Society at 1-800-277-2345



2558 West 8th Street, Erie, PA

Sifu Fred Popeski, 5th Generation of the Wu Yi Jie He Family System, is the owner of The Village of Healing and Wellness and Mind Body Healing. Fred has studied the martial arts since 1992 with Tai Chi as his main area of interest. He has always had an interest in helping people maintain health and wellness. He is also a Certified Quantum Touch Practitioner and Certified Instructor, which is a natural healing modality. Fred also holds certificates in several other modalities. The combination of Mind Body Healing and Wu Yi Jie He Family System is a great benefit not only for himself but for his clients as well. Fred stresses that while a healing session can be beneficial, Tai Chi and QiGong allows the client to participate in their own well-being. Fred continues his training with Sifu George Picard, a Four Generation Master of the Wu Yi Jie He Family System.

Qi Gong for Health, Healing and Longevity

QiGong is a combination of two ideas. "Qi" means air, breath of life, or vital energy of the body. "Gong" means the skill of working with, or cultivating self-discipline and achievement. It consists of meditation, relaxation, physical movement, mind-body integration, and breathing exercises. Regular practice of QiGong can help boost the immune system, reduce inflammation, restore energy, reduce stress and anxiety, and help maintain a healthy, active lifestyle.

Please Note: This six-week class is for both men and women and takes place at The Village of Healing & Wellness in the Colony Plaza, 2558 West 8th St., Erie, PA.

Tuesdays..... 11 a.m. to Noon

Session 1: January 16 - February 20

Session 2: March 6 - April 10

Cultivating Life Energy: QiGong in Cancer

QiGong is an ancient system of energy cultivation and exercise for health, healing and longevity. Among the many therapeutic applications, it offers benefit to those who experience cancer. Join us for a discussion with SiFu Fred Popeski, 5th Generation of the Wu Yi Jie He Family System and owner of The Village of Healing and Wellness and Mind Body Healing for a short documentary film viewing featuring leading doctors in cancer care on the benefits of QiGong in cancer care, and what constitutes effective QiGong in cancer care.

Thursday, February 8..... 1 p.m.

Location: Main Conference Room at RCC

To Register: Call Wellness for Life office at (814) 836-2643



Wellness for Life at RCC

Space is limited and preference will be given to those currently undergoing radiation treatment or chemotherapy. Register by calling (814) 836-2643.

Acupuncture

Acupuncture can improve your quality of life by managing the side effects of surgery, chemotherapy, radiation and hormonal therapies, reducing pain and inflammation, improving sleep, supporting normal digestive function and reducing stress. Scheduling preference will be given to those who are currently receiving radiation or chemotherapy treatment.

Instructor: Maki Kurata, Licensed Acupuncturist

Wednesdays..... 10 a.m. to 2 p.m.

January 3, February 7, March 7, April 4

Massage

Massage therapy can help reduce anxiety and pain, decrease nausea, improve energy and well-being, and provide a deeply relaxing experience. Lisa Mertz, LMT and Anita Gray, LMT are both trained in oncology massage. Scheduling preference will be given to those who are currently receiving radiation or chemotherapy treatment.

Instructor: Lisa Mertz, LMT

Mondays..... 2 to 5 p.m.

January 15, February 12, March 19, April 16

Instructor: Anita Gray, LMT

Wednesdays..... 9 a.m. to Noon

January 24, February 28, March 28, April 25

Instructor: Lisa Mertz, LMT

Wednesdays..... 2 to 5 p.m.

January 10, February 14, March 14, April 11



Chair Yoga

A gentle approach to yoga using seated as well as standing postures. Stretch and strengthen your muscles while lubricating your joints. Learn to deepen your breath and quiet your thoughts. Start where you are – no prior yoga experience needed.

Instructor: Robin Adams

Thursdays..... Noon to 1 p.m.

Session 1: January 11 - February 22

Session 2: March 8 - April 19

Gentle Yoga

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

Instructor: Kim Jaw

Thursdays..... 5:30 to 6:45 p.m.

Session 1: January 11 - February 22

Session 2: March 8 - April 19

Strength and Courage

This class aims to preserve muscle tone and joint motion, combat treatment related side effects, increase energy & self-confidence. The class will be held in YMCA's Comfort Zone, a smaller more secluded area that includes exercise bikes, treadmill, and simple to use strength equipment. Strength & Courage will incorporate a little of everything.

Instructor: Robin Adams and Kate Carpin

Mondays/Wednesdays..... 8:30 to 9:30 a.m.

Session 1: January 8 - February 21

Session 2: March 5 - April 18

Instructor: Robin Adams and Glen Conner

Tuesdays/Thursdays..... 8:15 to 9:15 a.m.

Session 1: January 9 - February 22

Session 2: March 6 - April 19



In keeping with the mission of providing comprehensive care with a commitment to optimal quality of life for patients and families, the Regional Cancer Center has partnered with the YMCA. The following supportive classes are held in a nurturing and spacious environment at the Glenwood YMCA's Holistic Center and Comfort Zone. These classes are taught by fitness professionals and are offered to cancer survivors and caregivers only, free of charge.

To register: Please visit the Registration Desk in person at the Glenwood YMCA, 3727 Cherry Street, Erie, PA 16508.

If you have attended Wellness for Life classes at the YMCA previously, you may call (814) 868-0867 to register. Please mention you are a Wellness for Life participant.

Restorative Yoga and Beyond

This practice combines movements to help increase physical strength, stamina and mental focus to reduce the effects of chronic stress. It stimulates and soothes the organs by providing a complete supportive environment for total relaxation.

Instructor: Ledys Negrón, CYT, RTM, RYT

Tuesdays Noon to 1 p.m.

Session 1: January 9 - February 20

Session 2: March 6 - April 17

Reiki

Reiki is a system of natural healing that involves channeling energy to enhance the body's natural ability to heal itself through relaxation and balancing of energy. Reiki treatments can help promote deep relaxation, decrease stress and anxiety, help dissolve energy blockages, and release tension. During a Reiki session with Cheri, you will lay on a massage table fully clothed. The session may involve light touch or hovering the hands an inch above the body. Scheduling preference will be given to those who are currently receiving radiation or chemotherapy treatment.

Instructor: Cheri Seelinger, CHT, RMT, Reiki Master

Wednesdays 1 to 4 p.m.

January 31, February 28, March 28, April 25

Location: Wellness for Life space at RCC

Reiki Circle Experience

Reiki Circle is a group of people who come together to share Reiki energy to help promote a deep relaxation and sense of healing. Guided imagery and information about this ancient healing will be included.

Instructor: Cheri Seelinger, CHT, RMT, Reiki Master

Wednesday, March 7 2:30 to 3:30 p.m.

Location: Main Conference Room at RCC

Sound Healing for the Soul

Sound healing can clear your energy centers, balance your mind, and energize your spirit. Nancy uses ancient energetic techniques and Tibetan Singing Bowl practices to restore energy and promote healing. Nancy will end the session with a peaceful, deeply restorative sound healing, vibrational relaxation.

Instructor: Nancy Bowden, Certified Sound Healer

Monday, March 12 1 to 2:30 p.m.

Wednesday, April 18 5 to 6:30 p.m.

Location: Main Conference Room at RCC



BLOOM is located on a four-acre oasis in the center of Erie. Participants begin to heal the instant they step on campus, influenced by the picturesque surroundings. An atmosphere of fresh air, running water, colorful gardens and unique architecture together inspire visitors before even taking a class.

To register: Call RCC's Wellness for Life office at (814) 836-2643.
You must commit to the complete 4-week session. Space is limited.



Bloom Collaborative Studio

Beat the Winter Blues

Be creative and savor winter's gifts as you slow down, let go, and kindle your inner glow. Connect to this time as the Earth stops producing and replenishes its energy reserves to turn inward and recharge. You can do the same by celebrating winter through painting and clay. Paint the bright colors of spring and make a vase for the first spring flowers. There is hope and spring is around the corner. Learn new skills, meet people and put some energy into your winter day. This class will help you calm your mind and open your heart.

Please Note: This 4-week class will take place at BLOOM Collaborative's clay studio, BLOSSOM's at 138 East 25th St.

Mondays..... 1 to 3:30 p.m.

February 5, 12, 19 and 26

Healing with Clay Pottery Class

Join instructor Jessie Simmons and learn how to "mold" more peace into your life and reduce stress by learning the art of pottery. While working with clay, your mind and body are in natural synergy, wrapped around your creative ambitions and goals. Pottery is often described as therapeutic and relaxing; this thoughtful, artistic activity can open the mind and relieve you of outside worries.

Please Note: This 4-week class will take place at BLOOM Collaborative's clay studio, BLOSSOM's at 138 East 25th St.

Fridays..... 1 to 3:30 p.m.

March 9, 16, 23 and 30