

Instructor Spotlight: Patti Dole

Trained Yoga Therapist and Yoga Instructor

From the moment a friend introduced Patti Dole to RiverBend, she wanted to get involved. "After speaking with the executive director at the time, I remember saying that I would love love love to teach there," shares Patti.

Patti specializes in Yoga Therapy, helping clients improve their mobility, strength, and confidence. "I often have students surprised by their physical ability. They can accomplish much more than they ever thought. For example, one student who has needed to rely on a cane for some time now walks her dog 2 miles a day without assistance!"

The breathwork Patti teaches is also known to help clients through treatments and tests. "My students have shared that it's helped them through the stress and anxiety of their cancer experience."

Above all else, Patti says her classes provide comradery. "My students have formed such tight connections. They check in with each other even outside the yoga studio. We celebrate milestones together and are always encouraging each other. My students are a fantastic group of people, and it warms my heart every time I see their smiling faces."

Clients interested in attending one of Patti's classes can attend Chair Yoga on Tuesdays and Thursdays at 10:30 a.m. and 11:45 a.m. or participate in Gentle Yoga on Mondays at 5:30 p.m.

Registration is required for all fitness classes. Please call (574) 287-4197.



Living Well with Cancer

The Wellness House, South Bend, Indiana



With Gratitude

Please join us in recognizing the following companies and individuals who have provided significant funding to RiverBend in the past year. Without these everyday heroes, we couldn't provide the services and programs we do:

**Beacon Community Impact • Fields Foundation Trust • Great Lakes Heating and Air Conditioning
The PHP Foundation • Erin and Sam McGrath • Robert Shriner • David Taber • Dee Tepe
Handshaw Trust • Indiana Trust and Wealth Management • United Way of St. Joseph County**

RiverBend sends out a weekly email with updates and information about classes. If you would like to receive our emails, please call 574-287-4197 and provide us with an email address.

RiverBend Cancer Services improves the quality of life of cancer survivors and their families in our community through helpful advocacy, hopeful support and innovative educational programs. Our programs help those living with cancer feel more hopeful and empowered to manage their cancer treatment and survivorship.

Regular Office Hours

Monday - Thursday, 9 am - 4:30 pm
Friday, 9 am - 12 pm

Holiday Office Hours

Closed December 24, 2021 - January 2, 2022
Messages left for financial assistance will be attended to during the holiday break.



RiverBendCancerServices.org

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2022

January - February

WELLNESS HOUSE HOURS

The Wellness House is open Monday–Thursday, 9am–4:30pm; Friday, 9am–12pm.

Support & Networking Programs

Unless otherwise indicated, all groups meet at RiverBend Wellness House

General Cancer Support Group

Thursdays, January 6 & 20 and February 3 & 17, 5:30pm
This group is open to all survivors and caregivers with any type of cancer diagnosis.

GynaGirls

Mondays, January 3 and February 7* at 4:30pm
This group supports women with gynecological cancers and celebrates ten years of caring and wellness. All are welcome. ***February meeting will be via Zoom.**

Head & Neck Cancer Support Group

Rebecca and the group are taking a winter break. Check our next calendar for spring dates!

Men's Support Group

Tuesdays, January 25 and February 22, 5:30pm
This group supports men with all types of cancers and diagnoses.

Tuesday Tribe

Tuesdays, January 4 and February 1, 5:30pm
This is a peer support group, not facilitated by RiverBend staff. This group provides an opportunity to build community with other survivors and caregivers in a friendly, relaxed atmosphere. All are welcome!

RiverBend Counseling

RiverBend has licensed, experienced counselors on staff to provide individual or family therapy. Please call (574) 287-4197 to make an appointment with one of our counselors.

Reservations are required for all classes and activities unless otherwise noted.

Please call (574) 287-4197 to register.

Education

Bites and Bits Cooking Class for Survivors—Good Food and a Bit of Knowledge

Tuesday, January 11 and February 8, 12:00pm
Presented by Heather Borsa, RD, CD, from Michiana Hematology Oncology. Try some delicious recipes while learning and applying nutritional knowledge in this cooking demonstration.

Get 40 Winks—Tips and Techniques for Better Sleep

Wednesday, February 9, 5:30pm
Good sleep is incredibly important—it helps your body and brain function properly. But many experience sleep issues regularly and aren't getting the good sleep they need. Kathy Hawley, RN and nurse navigator at Memorial Regional Cancer Center will discuss various sleep problems, tips and techniques for achieving better sleep and will answer your sleep questions.

Introduction to Meditation

Dates and times TBA*
Join Sean Harrison for a simple introduction to meditation. He will briefly discuss different types of meditation, and then you will practice one or two types together.
***Follow us on social media and subscribe to our weekly email for information!**

Palliative Care: What It Is, What It Isn't, and How It can Benefit You

Tuesday, January 18, 1:00pm
Michael Poulsen, APRN will explain what Palliative Care is and discuss the benefits of it, and how it can improve the quality of life for those living with chronic diseases.

To register for a class please call (574) 287-4197.

Wellness Programs

Wellness

Cooking with Friends

Thursdays, January 27 and February 24, 5:30pm
Join us as we welcome special friends of RiverBend to prepare and share a delicious and healthy recipe.

RiverBend Book Club

Mondays, January 17, 24 & 31 and February 7 & 14, 4:30pm
Join us for a book club discussion every Monday for five weeks. The group will choose a book at the first meeting and the book will be provided to every participant.

Seasonal Crafts

Wednesdays, January 12 and February 2, 11:00am
Join us to chat with friends and make a fun craft to take home.

Soap Felting

Wednesday, January 26, 11:00am
Felted soap is simply a bar of soap wrapped in wool. This thin wool coat helps soap last longer, and makes slippery bars easier to hang on to. The wool is very gently exfoliating, and can replace a washcloth or bath pouf in the shower. Wool is also naturally antimicrobial, so there is no problem with keeping the bar in a wet shower environment. Join us to make a bar of felted soap to keep for yourself, or give as a unique gift.

Valentine Cookie Decorating

Monday, February 14, 3:00pm
Decorate cookies for your sweetie...or just for you!

Self-Care

Debbie's Wig Salon

1st and 3rd Thursdays of the month, 1:00-3:00pm
RiverBend provides free wigs, hats and scarves to those in treatment. Our stylist, Debbie, will work with you to find the best style. Please call (574) 287-4197 to make an appointment.

Kim's Bra Boutique

Wednesday, January 19
Free bra and/or prosthesis fitting for women impacted by a breast cancer diagnosis. Please call to make an appointment. Please call (574) 287-4197 to make an appointment.

Primped & Pampered

Fridays, January 7 & 21 and February 11 & 25, 9:30am
Treat yourself to an experience filled with relaxation and rejuvenation with our volunteer Cathy Rush. Sessions include facials and makeup consultation or a waterless foot spa. Spaces are limited and clients are limited to three sessions per year. Please call to reserve your space.

Fitness

Chair Yoga

Tuesdays & Thursdays, 10:30am & 11:45am
This gentle form of yoga uses modified poses that can be done from a seated position and with a chair for support, making it suitable for all levels of experience and comfort.

Gentle Yoga

Mondays, 5:30pm
A gentle floor yoga class suitable for all levels of experience. Bring your own mat, or use one of ours.

Seated Strength

Mondays, 10:00am
Seated Strength is a strength building class that may utilize light weights and bands while seated or with a chair for support. No experience necessary and all levels are welcome!

Zumba® with Christine

We're taking a break from Zumba for a bit...please check our website and weekly emails for a restart date!

Registration is required for all fitness classes.

Please call (574) 287-4197 to sign up.



Masks that fit snugly over the nose and mouth must be worn at all times in the Wellness House, regardless of vaccination status.