



To find out more or REGISTER for any class/group contact Melissa Aguilar at Melissa.Aguilar@prismahealth.org or call 864-455-4399. Registration is required only if you are new to any class/group. Classes are **virtual and offered via WebEX. With a few in person options available.** If you have any questions about the Cancer Support Community or using WebEx please contact Director, Kerri Susko at 864-455-5809 or kerri.susko@prismahealth.org.

September 2021 Cancer Support Community Programs – Mark your Calendar!

Prevention and Wellness Series; Natures Remedy for Renewal and Wellbeing:

Thursday September 9th 5:30 – 6:30 PM

Join local wellness retreat leaders from Casting for Recovery Carolinas and Wind River Cancer Wellness Retreats as we discuss the human-nature relationship and how spending more time outdoors can lead to improved health and wellbeing. Among many other positive outcomes, spending more time in nature has been known to reduce stress, improve sleep, rejuvenate mood, and heal the mind. Join us as we examine these topics and the science behind the human health benefits associated with getting outside!



Immunotherapy Watch Party: Monday, September 27th 6:00 – 7:00 PM

Dr. Jeffrey Giguere, Medical Oncologist and Director of the Center for Integrative Oncology and Survivorship will facilitate this event.



This program is designed to provide individuals with a foundation about immunotherapy treatments. It will cover immunotherapy today, the immune system and cancer, the different types of cancer immunotherapy, the importance of immunotherapy as well as the eligibility requirements for immunotherapy treatment, the side effects of treatment and resources for support. Participants will watch several *Frankly Speaking About Cancer: Immunotherapy* Quick Guides and will then have an opportunity to discuss the contents of the videos and ask questions and explore concerns with Dr. Giguere.

Real Face Time 2.0 - Women's Group: Thursdays 1:00-2:00 PM

Real Face Time 2.0 is a women's support group allowing an opportunity for women who have had a cancer diagnosis to have a space to discuss thoughts and emotions and explore life issues. Note: Research has shown that women who express their emotions among those who have had similar experiences enjoy a higher quality of life. Studies also show that women who have other women friends live longer.



Caregiver Group: Monday, September 20th 3:00 – 4:00 PM

Caregivers to people with cancer may experience a wide range of stressors and little time to care for themselves. Research indicates that this situation may negatively impact the health of the caregiver. "Time for Caregivers", facilitated by a licensed professional, affords the opportunity to get together with others similarly situated, to gain support and understanding while navigating what may be a difficult time of life. Please contact Chaplain Blake Miller with any questions at 864-455-6971 or blake.miller@prismahealth.org



Guided Meditation: Wednesdays, September 1st and 15th 9:00 – 10:00 am

Sometimes it is easier to do something with others. This groups affords a time to get together, albeit virtually, with others and engage in guided mindful meditative practices. According to the National Center for Complementary and Integrative Health, "Meditation has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being." Studies have shown, meditation may also help to reduce blood pressure, reduce symptoms of digestive conditions, ease symptoms of anxiety and depression, and alleviate insomnia.



Patient Support Group: Tuesday, September 21st 1:00 – 2:00 PM

This group is open to anyone diagnosed with any form of cancer.

Gyn-Onc Support Group: Tuesday, September 14th and 28th 12:00 – 1:00 PM

This group, led by Gyn-Onc Nurse Navigator Karla Fernandez is focused on supporting those who have experienced a gynecological cancer diagnosis.

Qi Gong Meditation: Tuesday, September 28th 9:00 – 10:00 AM

Like yoga and tai chi, qi gong is an ancient practice combining breathwork, body movement, and mental focus to relax, release, and better align the energy systems within our bodies. Qi gong has been known to provide the body with the boost of energy it needs to nourish and heal itself. Movements can be modified based on individual circumstances. Join professional qi gong instructor, Zachary Fant as we explore the ancient practice of qi gong.

All classes are instructed by Licensed or Certified Professionals and are FREE of charge.

To register for any class or to be placed on the mailing or email list for monthly calendars contact:

Melissa Aguilar at (864) 455-4399 or Melissa.aguilar@prismahealth.org

For any questions regarding programs offered at the Cancer Support Community at Prisma Health please contact: Director, Kerri Susko, LISW-CP, OSW-C at (864) 455-5809 or kerri.susko@prismahealth.org

Due to current Covid-19 precautions we will be pausing all in person hybrid programming. We hope to bring the option to meet in person again soon.



SAVE THE DATE:

Making Treatment Decisions:

English presentation –Tuesday October 5th 12:30 pm

Spanish presentation – Friday October 15th 11:00 am

Julia Yates, MSN, OCN from the Center for Cancer Prevention and Wellness will facilitate this workshop. This program for both patients and caregivers focuses on being able to actively, assertively and intelligently talk with the health care team about treatment decision making and side effects. This workshop will help you prepare and increase your comfort level for the next appointment whether you are in active treatment or beyond. Contact Melissa.aguilar@prismahealth.org or 864-455-4399 to sign up!

Ongoing Weekly Virtual Programs

Mondays:

Chair Exercise: (9:00 – 10:00 am)

Class focused on increasing flexibility, endurance and balance using a chair. This class is facilitated by Nancy Frank, MS Exercise Science, ACE Certified Personal Trainer.

Time for Caregivers: September 20th (3:00 – 4:00 pm)

Caregivers to people with cancer may experience a wide range of stressors and little time to care for themselves. Research indicates that this situation may negatively impact the health of the caregiver.

Please contact Chaplain Blake Miller with any questions at 864-455-6971 or blake.miller@prismahealth.org

(Meets on the 3rd Monday of every month.)

Immunotherapy Watch Party: September 27th 6:00 – 7:00 PM

Dr. Jeffrey Giguere, Medical Oncologist and Director of the Center for Integrative Oncology and Survivorship will facilitate this event.

This program is designed to provide individuals with a foundation about immunotherapy treatments. It will cover immunotherapy today, the immune system and cancer, the different types of cancer immunotherapy, the importance of immunotherapy as well as the eligibility requirements for immunotherapy treatment, the side effects of treatment and resources for support. Participants will watch several *Frankly Speaking About Cancer: Immunotherapy* Quick Guides and will then have an opportunity to discuss the contents of the videos and ask questions and explore concerns with Dr. Giguere.

Tuesdays:

Therapeutic Yoga: (3:00 – 4:00 pm)

Routine yoga practice has been known to positively enhance treatment outcomes and quality of life. Join certified yoga instructor Laura Messer as she leads a comfortably paced yoga lesson intended to increase balance and flexibility while promoting greater self-awareness and inner calm.

Gyn-Onc Support Group: September 14th and 28th (12:00 – 1:00 pm)

In collaboration with the South Carolina Ovarian Cancer Foundation, this group, led by Gyn-Onc Nurse Navigator Karla Fernandez will be focused on supporting those who have experienced a gynecological cancer diagnosis

(Meets on the 2nd and 4th Tuesday of every month.)

Lung Cancer Support Group: September 21st (11:30 – 12:30 pm)

This group is open to anyone impacted by a lung cancer diagnosis. Discussions around the newest treatments and dealing with emotional and physical changes. This is a confidential group that connects individuals to others who share similar experiences and provides space...

(Group meets on the 3rd Tuesday of every month.)

Patient Support Group: September 21st (1:00 – 2:00 pm)

For men and women diagnosed with any form of cancer, pre-treatment, during treatment, or post treatment. Join in for a safe open discussion with the opportunity to share your experience, find common ground and create connections with fellow cancer survivors. This group is facilitated by Candace Sprouse, LISW-CP, OSW-C.

(Group meets on the 3rd Tuesday of every month.)

Qi Gong Meditation: September 28th (9:00 – 10:00 am)

Like yoga and tai chi, qi gong is an ancient practice combining breathwork, body movement, and mental focus to relax, release, and better align the energy systems within our bodies. Qi gong has been known to provide the body with the boost of energy it needs to nourish and heal itself. Movements can be modified based on individual circumstances. Join professional qi gong instructor, Zachary Fant as we explore the ancient practice of qi gong.

(Class held on the last Tuesday of every month.)

Wednesdays:

Pilates – Foundation Level Class: *NEW START TIME!* 10:00 – 11:00 am *No Class – September 29th.*

Pilates focuses on the strength of your core while helping your body regain stability and control. Join Nancy Frank, MS Exercise Science, ACE Certified Personal Trainer as she leads a comfortably paced class meant to stretch and strengthen.

Meditation: September 1st and 15th (9:00 – 10:00 am)

Quiet the mind and relax the body with guided mindful meditation.

CSC Journaling Series: series of 6 sessions EVERY WEDNESDAY September 29th – November 3rd (2:00 – 3:00 pm)

As author Jen Williamson says, journal writing "is not only life-changing but life-expanding." Join us for this Journaling Series as we explore the transformative power of writing. Prompts will be designed for maximum flexibility, so you are encouraged to write about what interests you. This group will meet every Wednesday September 29th – November 3rd. Content will vary and is up to the participants.

"What a Word's Worth" – Bibliotherapy Program: September 8th and 22nd (4:00– 5:00 pm) *NEW TIME!*

Join us as we explore the introspective power of literature. Similar to a book club, but all done during this hour, this reflective reading program invites participants to collectively read and discuss poetry and other literary works. Bibliotherapy has been known to promote strong methods as it allows participants to connect storytelling and written works to personal experience and emotions. Coping Whether you are a book worm or interested in exploring the benefits of group reflection, we invite you to join us as we enjoy the age-old language of literature! The program is facilitated by Furman Professor and Director of the Furman Humanities Center Michele Spietz alongside Furman University literary scholars.

(Group meets on the 2nd and 4th Wednesday of every month.)

Thursdays:

Chair Exercise: (9:00 – 10:00 am) *No Class – September 30th.*

Class focused on increasing flexibility, endurance and balance using a chair. This class is facilitated by Nancy Frank, MS Exercise Science, ACE Certified Personal Trainer.

Lunch Bunch: Lunch bunch is on respite in September but will return in October on Thursdays 12:00-1:00 PM

Real Face Time 2.0 - Women's Group:

Thursdays 1:00-2:00 PM

Real Face Time 2.0 is a women's support group allowing an opportunity for women who have had a cancer diagnosis to have a space to discuss thoughts and emotions and explore life issues. Note: Research has shown that women who express their emotions among those who have had similar experiences enjoy a higher quality of life. Studies also show that women who have other women friends live longer.

Prevention and Wellness Series; Natures Remedy for Renewal and Wellbeing: Thursday September 9th 5:30 – 6:30 PM

Join local wellness retreat leaders from Casting for Recovery Carolinas and Wind River Cancer Wellness Retreats as we discuss the human-nature relationship and how it correlates to improved health and wellbeing. Among many other positive outcomes, spending more time outdoors has been known to reduce stress, improve sleep, rejuvenate mood, and heal the mind. Join us as we examine these topics and the research taking place to further understand the human health benefits associated with a greater emphasis on the great outdoors!

Fridays:

Therapeutic Yoga: (11:00 am – 12:00 pm)

Routine yoga practice has been known to positively enhance treatment outcomes and quality of life. Join certified yoga instructor Laura Messer as she leads a comfortably paced yoga lesson intended to increase balance and flexibility while promoting greater self-awareness and inner calm.

September 2021 Cancer Support Community Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1. 9 – 10 am: Meditation 10 – 11 am: Pilates	2. 9-10 am: Chair Exercise 1-2 pm: Real Face Time Women's Support Group	3. 11 am-12 pm: Yoga
6. 9-10 am: Chair Exercise	7. 3-4 pm: Yoga	8. 10- 11 am: Pilates 4:00 – 5:00 pm: "What a Words Worth" Bibliotherapy	9. 9-10 am: Chair Exercise 1-2 pm: Real Face Time Women's Support Group 5:30 – 6:30 pm: CSPA Series; Natures Remedy	10. 11 am-12 pm: Yoga
13. 9-10 am Chair Exercise	14. 12-1 pm Gyn-Onc Support Group 3-4 pm Yoga	15. 9-10 am Meditation 10-11 am Pilates	16. 9-10 am Chair Exercise 1-2 pm Real Face Time Women's Support Group	17. 11 am-12 pm Yoga
20. 9-10 am Chair Exercise 3-4 pm Caregiver Support Group	21. 11:30 – 12:30 pm Lung Cancer Support Group 1-2 pm Patient Support Group 3-4 pm Yoga	22. 10-11 am Pilates 4:00 – 5:00 pm "What a Words Worth" Bibliotherapy	23. 9-10 am Chair Exercise 1-2 pm Real Face Time Women's Support Group	24. 11 am-12 pm Yoga
27. 9-10 am Chair Exercise 6-7 pm Immunotherapy Watch Party	28. 9-10 am Qi Gong meditation 12-1 pm Gyn-Onc Support Group 3-4 pm Yoga	29. 2:00-3:00 PM CSC Journaling Series	30. 1-2 pm Real Face Time Women's Support Group	

For any questions regarding programs offered at the Cancer Support Community at Prisma Health please contact:

Director, Kerri Susko, LISW-CP, OSW-C at (864) 455-5809 or kerri.susko@prismahealth.org To be placed on the mailing or email list for monthly calendars contact: Melissa Aguilar at (864) 455-4399 or Melissa.aguilar@prismahealth.org

Guided Meditation



**Wednesday, September 1st
and 15th**

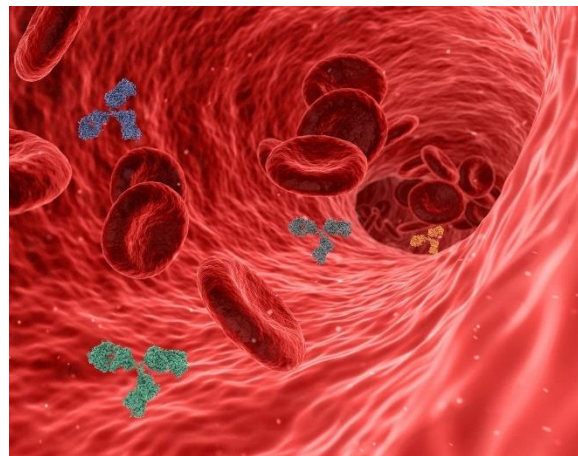
**Space for mindful meditation
with others.**

**According to the National
Center for Complementary and
Integrative Health, "Meditation
has a long history of use for
increasing calmness and
physical relaxation, improving
psychological balance, coping
with illness, and enhancing
overall health and well-being."**

Contact:

***Melissa.aguilar@prismahealth.org
or 864-455-4399 to sign up***

Immunotherapy Watch Party



**Monday, September 27
6-7 PM**

***Dr. Jeffrey Giguere, Medical
Oncologist and Director of the
Center for Integrative Oncology and
Survivorship will facilitate this
event.***

This program is designed to provide individuals with a foundation about immunotherapy.

It will cover immunotherapy today, the immune system and cancer, the different types of cancer immunotherapy, the importance of immunotherapy as well as the eligibility requirements for immunotherapy treatment, the side effects of treatment and resources for support.

Participants will watch several *Frankly Speaking About Cancer:*

Immunotherapy Quick Guides and will then have an opportunity to discuss the contents of the videos and ask questions and explore concerns with Dr. Giguere.

To receive the link contact:

***Melissa.aguilar@prismahealth.org or
864-455-4399***

CSC Journaling Series



Wednesdays
September 29th –
November 10th
2:00 – 3:00

As author Jen Williamson says, journal writing "is not only life-changing but life-expanding."

Join us as we explore the transformative power of thoughts, goals, and life experiences on paper.

Prompts will be designed for maximum flexibility, so you are encouraged to explore journaling about what interests you.

Contact:

Melissa.aguilar@prismahealth.org

or

864-455-4399 to sign up

Coming up this Fall:



Upcoming Workshops:

September:

Immunotherapy Watch Party

September 30th 6:00-7:00 PM

October:

Making Treatment Decisions
(Will be held in English and Spanish)

English Presentation: Tuesday

October 5th 12:30 PM

Spanish Presentation: Friday,

October 15th 1:00 PM

November:

Frankly Speaking About Lung Cancer

Date and time TBD

Contact:

Kerri.susko@prismahealth.org

or 864-455-5809 to sign up or for more information.

Making Treatment Decisions

English Presentation: Tuesday,
October 5th 12:30 PM
Spanish Presentation: Friday,
October 15th 11:00 AM



Julia Yates, MSN, OCN from the Center for Cancer Prevention and Wellness will facilitate this workshop.

This program for both patients and caregivers focuses on being able to actively, assertively and intelligently talk with the health care team about treatment decision making and side effects. This workshop will help you prepare and increase your comfort level for the next appointment whether you are in active treatment or beyond.

Contact:

Melissa.aquilar@prismahealth.org
or 864-455-4399 to sign up early!

Pilates

Every Wednesday
10 – 11 am
On WebEx



Pilates focuses on the strength of your core while helping your body regain stability and control. Join Nancy Frank, MS Exercise Science, ACE Certified Personal Trainer as she leads a comfortably paced class meant to stretch and strengthen.

