

# SurviveWell Events

Fall 2020

## Cancer Prevention and Healthy Living During COVID-19

Please join Northwestern Medicine for a night of education and virtual interaction focused on understanding cancer prevention, screening and healthy living during the COVID-19 pandemic.

### Thursday, October 8

6:30 – 7:30 pm Guest speakers

7:30 – 8:00 pm Q&A with speakers

Guest speakers:

*Kelly Foster, MD; Medical Oncology, Northwestern Medicine*

*Paul Smiley, PsyD; Clinical Psychologist, Parkside Psychological Services*

*Mary DiPietro, RD, LDN; Clinical Dietitian, Northwestern Medicine*



**Please RSVP by October 7** by calling 847.535.7441 TTY: 312.926.6363.

**This event is virtual and there is no cost to attend.** All are welcome. You will be given information on how to connect to this program after you register.

## New Facebook Group and Website

The Northwestern Medicine North Region just launched two new opportunities for cancer survivors to engage with information and each other. To get the most up to day information on SurviveWell programs, you can now go to **[www.nm.org/NorthSurvivewell](http://www.nm.org/NorthSurvivewell)**. We also now have a closed cancer survivor Facebook group. If you are a cancer survivor who received care at one of our Northwestern Medicine Cancer Centers, you are invited to join the group. Please inquire with your nurse navigator/social worker or call 847.535.8697 for more information.

## American Cancer Society Making Strides Against Breast Cancer

### Weekend of October 17, 2020

This year, you are invited to a National Making Strides Experience local or regional celebrations included.

More details will be shared soon, but for now, know that we will unite in the fight against breast cancer in October!

Call 1-800-227-2345 for details.



## Upcoming Events

### Lurie Cancer Center Cancer Connections Virtual Programs

Part 1 - Sept. 22<sup>nd</sup>, 5:45pm-7:15pm

*Topics include taking care of yourself, what to expect with cancer treatment*

Part 2 - Sept. 26<sup>th</sup>, 9:45am-11:15am

*Topics include palliative care in oncology, yoga practice, and plant based meal prep.*

Go to [www.cancer.northwestern.edu/events/index.html](http://www.cancer.northwestern.edu/events/index.html) for more info and registration.

### Financial Assistance

Northwestern Medicine has a financial assistance program that may assist cancer patients with their medical bills from Northwestern Medicine Providers. Applications are at [NM.org](http://NM.org) or see your social worker for a copy. Your social worker/nurse navigator may be aware of other programs available to you should you need assistance with co-pays for medications or assistance with living expenses.

### Garment Fitter and Lymphedema Sleeve Provider

Cathy Boll, from Benchmark Atlantic, will meet with you in her boutique to discuss your needs. Call **815.578.0304** to schedule an appointment.

### Look Good, Feel Better

NM Lake Forest Hospital/Grayslake partners with the Look Good Feel Better Foundation to provide this special program for patients going through treatment. Due to COVID-19, this program is only available virtually. For more information, please go to [www.LookGoodFeelBetter.org](http://www.LookGoodFeelBetter.org).

### Lung Cancer Screening Program

Early detection of lung cancer is vital for effective treatment. You may be eligible for a low-dose CT scan if you have an increased risk for developing lung cancer. Call **847.535.7442** for more information.

### Managing Stress during Cancer Treatment & Beyond

Having cancer can be stressful. The oncology social workers at Northwestern Lake Forest Hospital/Grayslake Cancer Centers are available to help you manage your stress and find resources to assist you during and beyond treatment for cancer. Call **847.535.7441** for a complimentary appointment in Grayslake or **224.271.6316** for Lake Forest.

### Music Therapy

Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals. This can assist with relaxation, anxiety reduction, coping and pain management. If you are interested in having a session with our Music Therapist, please call 224.271.7767 for more information and to schedule an appointment.

### Nutrition Services

Not sure what to eat during and after cancer treatments? Schedule a complimentary appointment with a Registered Dietician who can guide you in meeting your nutrition needs during your cancer journey. Call **847.582.2134** for more information.

### Physical Therapy and Lymphedema Evaluation and Treatment

A physician's order is required. Please call 847.535.6516 for questions or **847.535.8000** to schedule an appointment.

### Smoking Cessation

This 6-week Smoking Cessation class is available at NM Lake Forest Hospital for those who are ready to quit. Cost is \$15 cash or check. Contact Sarah Latoria at 224-271-6145 for upcoming class schedules and availability during COVID-19.

### Survive Strong

This program is designed for individuals diagnosed with any stage of cancer who are experiencing fatigue or weakness or are unsure how to initiate exercise. Call **847.535.7140** to see if this program is right for you.

### Survivor Facebook Group - New

Do you enjoy social media and groups on Facebook? We now have a closed Cancer Survivor Facebook Group for those who have been treated at NM Lake Forest Hospital, Grayslake, and/or the Glenview Cancer Centers. If you are interested in joining this group, please inquire with your nurse navigator/social worker, or call 847.535.7441.

### SurviveWell Website - New

For the most current information on our programs, please go to our new website at [nm.org/NorthSurvivewell](http://nm.org/NorthSurvivewell).

**Therapeutic Massage for Cancer Patients** This program is on hold at this time due to COVID-19. Please call 847.535.7441 for updates.

### Therapeutic Yoga for Cancer Survivors

This program is on hold at this time due to COVID-19. Please call 847.535.7441 for updates.

### Wig Donations

We are unable to distribute used wigs. Chrysalis Custom Hair will take gently used wigs if you mail to: 565 North York Street, Elmhurst, IL 60126.

