



# The Cancer Connection

A calendar of events and support groups in the Bismarck area

AUGUST & SEPTEMBER 2017

## About the

### Bismarck Cancer Center

The Bismarck Cancer Center (BCC) provides the most advanced radiation therapies available. A highly-skilled radiation therapy team of oncology nurses, radiation therapists, medical physicists and dosimetrists work with radiation oncologists to design a treatment plan that attacks the disease and heals the patient. With our patient-centered approach to care, our compassionate staff treat patients with the same leading-edge technology often found in larger metropolitan areas, making the BCC a leader in using state-of-the-art technology for the treatment of cancer.

## Cancer Support Groups

**When you or someone you love  
is affected by cancer,  
Community is what matters most.**

The support groups offered through the Bismarck Cancer Center (BCC) connects patients, caregivers, and others for shared support, understanding, and resources. Each group is moderated by our REACH coordinator, Deb, with the goal of creating a confidential and safe place for all members.

The purpose of the support groups are to provide emotional and social support for people affected by cancer and for their families and friends. Support groups offer a safe place where feelings are accepted and understood. It provides a forum to openly talk about fear and emotions individuals may feel uncomfortable discussing with persons outside the group. Participants can teach each other about coping, resilience, surviving, and triumphing in spite of adversity. The support groups can help those who are affected by cancer and harness the energy necessary to overcome.

*There is no better medicine like hope, no incentive so great and no tonic so powerful as expectation of something better tomorrow. -Orison Marden*

Bismarck Cancer Center  
500 N 8th Street  
Bismarck, ND 58501  
(701)-222-6100

# Support Groups & Programs

## Breast Cancer Support Group

Bismarck Cancer Center  
5:30 p.m. - Second Thursday  
of each month

## Caregivers Cancer Support Group

Bismarck Cancer Center  
5:30 p.m. - Third Tuesday  
of each month

## Cancer Support Group

Bismarck Cancer Center  
5:30 p.m. - Third Thursday  
of each month

## Lola's Grace Faith Based Cancer Support Group

Legacy United Methodist Church  
6:30 p.m. - Fourth Tuesday  
of each month

## Face 2 Face Young Women's Breast Cancer Support Group

Cappuccino on Collins, Mandan  
7-8:30 p.m. - Third Tuesday  
of each month

## Multiple Myeloma Support Group

Bismarck Public Library  
6:30 p.m. - Third Tuesday  
of each month

## Elgin Cancer Support Group

Elgin Public Library  
2 p.m. - Fourth Wednesday  
of each month

## Dickinson Cancer Support Group

Dunn Brother's Conference Room  
6 p.m. - Last Monday  
of each month

## Women of Strength - For Women with Metastatic Cancer

UND Center for Family Medicine,  
3rd Floor, Room 3  
1:30-2:30 p.m. - Fourth Wednesday  
of each month

## Look Good, Feel Better

Bismarck Cancer Center  
First Monday of Jan, March, May,  
July, Sept, and Nov. (2pm)  
Third Tuesday of Feb, Apr,  
June, Oct, and Dec. (2pm)

Look Good Feel Better is a program created to help individuals with cancer look good, improve their self-esteem, and manage their treatment and recovery with greater confidence. Each participant receives a free skin care and make-up kit. To register for the class, call 701-222-6100 or toll free, 1-800-248-5511.

## Healing Art Workshop for Cancer Survivors

Art Gallerie on Main  
First Thursday of each month  
(6-8pm)  
First Saturday of each month  
(2-4pm)

The Healing Arts Workshop is an expressive workshop located at Art Gallerie on Main in Bismarck. The owner of the Gallery, Lydia Richez-Bowman is a cancer survivor who guides the workshop and participants in creating personal masterpieces to take home. The workshop is free for all patients, survivors and their families and all materials are provided. To register, call Lydia at 701-425-8439 or visit [bismarckcancercenter.com/healingarts](http://bismarckcancercenter.com/healingarts).

## Mindfulness Classes

BCC's Mindfulness Classes are a series of six Wednesdays, where participants learn how to implement mindfulness exercises into their daily lives. In the classes, there is talk about perceptions, feelings and expectations. Several concepts are introduced and discussed such as how the body is affected by stress physically, cognitively, spiritually, and emotionally. Life stories are discussed, as well as cancer diagnosis, any other trauma, and the nature of thought. This is a closed group, and limited to only 10 persons at a time. To register, contact Deb Colton, LICSW, OSW-C, at 701-222-6100 or email [dcolton@bismarckcancercenter.com](mailto:dcolton@bismarckcancercenter.com)

## Live Well Program

The Live Well Program is a lifestyle program intended for cancer survivors that have completed their treatments at least three months ago and are looking to improve their health through nutrition and exercise. The program is 12 weeks long and includes individual and group sessions with a registered dietitian, who is board certified in oncology nutrition. The purpose of Live Well is to help empower survivors with tools needed to live healthier lives after treatment. To register, contact Amanda Ihmels, RDN, CSO, LRD at 701-222-6154 or email [aihmels@bismarckcancercenter.com](mailto:aihmels@bismarckcancercenter.com)

# August

| Sunday                                    | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|---|---|---|--|---|---|---|
|   |   | 1   | 2  | 3<br>Healing Art Workshop for Cancer Survivors (Art Gallery on Main)<br>6pm-8pm | 4   | 5<br>Healing Art Workshop for Cancer Survivors (Art Gallery on Main)<br>2pm-4pm |
| 6   | 7   | 8   | 9  | 10<br>Breast Cancer Support Group (BCC)<br>5:30pm                               | 11  | 12<br>Saddle Up for Cancer (Near Wilton, ND)                                    |
| 13<br>National Dosimetry Week (8/13-8/19) | 14  | 15<br>BCCF 10th Anniversary Party! (BCC)<br>5-8pm<br>Multiple Myeloma Support Group (Bismarck Public Library)<br>6:30pm<br>Face 2 Face Young Women's Breast Cancer Support Group (Cappuccino on Collin's, Mandan)<br>7-8:30pm | 16   | 17<br>Cancer Support Group (BCC)<br>5:30pm                                      | 18<br>Drive to Survive Race (Dacotah Speedway)<br>7pm | 19<br>Courage Against Cancer Road Race (Zeeland to Hauge, ND)                   |
| 20  | 21  | 22<br>Yoga Class (BCC)<br>4pm<br>Lola's Grace Faith Based Cancer Support Group (Legacy United Methodist Church)<br>6:30pm   | 23<br>Elgin Cancer Support Group (Elgin Public Library)<br>2:00pm<br>Women of Strength-Support Group for Women with Metastatic Cancer (UND Center for Family Medicine, 3rd Floor, Room 3)<br>1:30-2:30pm | 24  | 25  | 26  |
| 27  | 28<br>Dickinson Cancer Support Group (Dunn Brother's Conference Room)<br>6:00pm | 29<br>Yoga Class (BCC)<br>4pm   | 30   | 31  |   |   |

# September

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday | Saturday  |
|---|---|--|--|---|--------|---|
|   |   |  |  |   | 1      | 2   |
| 3   | 4<br>Look Good, Feel Better (BCC)<br>2pm  | 5<br>Yoga Class (BCC)<br>4pm   | 6  | 7<br>Healing Art Workshop for Cancer Survivors (Art Gallery on Main)<br>6pm-8pm | 8      | 9<br>Healing Art Workshop for Cancer Survivors (Art Gallery on Main)<br>2pm-4pm |
| 10  | 11  | 12<br>Yoga Class (BCC)<br>4pm<br>Caregivers Cancer Support Group (BCC)<br>5:30pm<br>Multiple Myeloma Support Group (Bismarck Public Library)<br>6:30pm<br>Face 2 Face Young Women's Breast Cancer Support Group (Cappuccino on Collin's, Mandan)<br>7-8:30pm | 13   | 14<br>Breast Cancer Support Group (BCC)<br>5:30pm                               | 15     | 16  |
| 17  | 18  | 19<br>Yoga Class (BCC)<br>4pm  | 20   | 21<br>Cancer Support Group (BCC)<br>5:30pm                                      | 22     | 23<br>Applefest (Buckstop Junction)<br>11-6pm                                   |
| 24<br>Applefest (Buckstop Junction)<br>11-4pm | 25<br>Dickinson Cancer Support Group (Dunn Brother's Conference Room)<br>6:00pm | 26<br>Yoga Class (BCC)<br>4pm<br>Lola's Grace Faith Based Cancer Support Group (Legacy United Methodist)<br>6:30pm   | 27<br>Elgin Cancer Support Group (Elgin Public Library)<br>2:00pm<br>Women of Strength-Support Group for Women with Metastatic Cancer (UND Center for Family Medicine, 3rd Floor, Room 3)<br>1:30-2:30pm | 28  | 29     | 30  |