

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Mindfulness Classes (BCC) 3-4:30	2 Healing Art Workshop for Cancer Survivors (Art Gallery on Main) 6pm-8pm	3	4 Healing Art Workshop for Cancer Survivors (Art Gallery on Main) 2pm-4pm
5	6 Look Good, Feel Better (BCC) 2pm	7	8 Mindfulness Classes (BCC) 3-4:30	9 Breast Cancer Support Group (BCC)	10	11
12	13	14 Southwest Cancer Survivors Support Group (Bowman United Methodist Church) 6:30pm <i>Hope Givers 2017</i>	15 Mindfulness Classes (BCC) 3-4:30	16 5:30pm Cancer Support Group (BCC) 5:30pm	17	18
19	20	21 Caregivers Cancer Support Group (BCC) 5:30pm Multiple Myeloma Support Group (Bismarck Public Library) 6:30pm Face 2 Face Young Women's Breast Cancer Support Group (Cappuccino on Collin's, Mandan) 7-8:30pm	22 Elgin Cancer Support Group (Elgin Public Library) 2:00pm Women of Strength-Support Group for Women with Metastatic Cancer (UND Center for Family Medicine, 3rd Floor, Room 3) 1:30-2:30pm	23	24	25 <i>Bowling Tournament</i>
26	27 Dickinson Cancer Support Group (Dunn Brother's Conference Room) 6:00pm	28 Lola's Grace Faith Based Cancer Support Group (Legacy United Methodist) 6:30pm	29	30		

November is Caregivers Month, carcinoid awareness month, stomach cancer awareness month, lung cancer awareness month, and pancreatic cancer awareness month.



The Cancer Connection

A calendar of events and support groups in the Bismarck area

OCTOBER & NOVEMBER 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) connect 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 by harnessing the energy necessary to overcome this major life event.

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

Southwest Cancer Survivors Support Group
Bowman United Methodist Church
6:30 p.m. - Second Tuesday
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.

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

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

October

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1	2	3	4	5 Healing Art Workshop for Cancer Survivors (Art Gallery on Main) 6pm-8pm	6	7 Healing Art Workshop for Cancer Survivors (Art Gallery on Main) 2pm-4pm Paint the Town Pink
8	9	10 Southwest Cancer Survivors Support Group (Bowman United Methodist Church) 6:30pm	11 Mindfulness Classes (BCC) 3-4:30	12 Breast Cancer Support Group (BCC) 5:30pm	13	14
15	16	17 Look Good, Feel Better (BCC) 2pm Caregivers Cancer Support Group (BCC) 5:30pm Multiple Myeloma Support Group (Bismarck Public Library) 6:30pm Face 2 Face Young Women's Breast Cancer Support Group (Cappuccino on Collin's, Mandan) 7-8:30pm	18 Mindfulness Classes (BCC) 3-4:30 Bucks for Bras	19 Cancer Support Group (BCC) 5:30pm	20 Hunting Dakota with Roosevelt	21 Hunting Dakota with Roosevelt
22 Hunting Dakota with Roosevelt	23	24 Lola's Grace Faith Based Cancer Support Group (Legacy United Methodist) 6:30pm	25 Elgin Cancer Support Group (Elgin Public Library) 2:00pm Women of Strength-Support Group for Women with Metastatic Cancer (UND Center for Family Medicine, 3rd Floor, Room 3) 1:30-2:30pm Mindfulness Classes (BCC) 3-4:30	26	27	28 Spook Out Cancer
29	30 Dickinson Cancer Support Group (Dunn Brother's Conference Room) 6:00pm	31				

October is breast cancer awareness month.