

# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Healing Art Workshop for Cancer Survivors (Art Gallery on Main) 6pm-8pm	2	3 Healing Art Workshop for Cancer Survivors (Art Gallery on Main) 2pm-4pm
4	5	6	7	8 Breast Cancer Support Group (BCC) 5:30pm	9	10 Masks in the Moonlight Charity Ball
11	12	13 Southwest Cancer Survivors Support Group (Bowman United Methodist Church) 6:30pm Nutrition 101 for survivors (BCC) 5:30-7pm	14 Monthly Mindfulness Class (BCC) 5:00pm	15 Cancer Support Group (BCC) 5:30pm	16	17 Fred Kist Memorial Pinochle Tournament
18	19	20 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 Look Good, Feel Better (BCC) 2pm	21	22	23	24
25	26 Dickinson Cancer Support Group (Dunn Brother's Conference Room) 6:00pm	27 Lola's Grace Faith Based Cancer Support Group (Legacy United Methodist) 6:30pm	28 Women of Strength-Support Group for Women with Metastatic Cancer (UND Center for Family Medicine, 3rd Floor, Room 3) 1:30-2:30pm Elgin Cancer Support Group (Elgin Public Library) 2:00pm Start of Six Week Mindfulness Classes (BCC) 5:00pm			

February is National Cancer Prevention month & Gall Bladder and Bile Duct Cancer Awareness Month

For more information on any current activities please visit [www.bismarckcancercenter.com](http://www.bismarckcancercenter.com)



# The Cancer Connection

A calendar of events and support groups in the Bismarck area

FEBRUARY & MARCH 2018

## 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 is 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 fears and emotions that 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

## Monthly Mindfulness Cancer Recovery Group

Bismarck Cancer Center  
5 p.m. - Second Wednesday  
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, Mar, May,  
Jul, Sept, and Nov. (2pm)  
Third Tuesday of Feb, Apr,  
Jun, 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).

## Six Week Mindfulness Class

BCC's Mindfulness Classes are a series of six Wednesdays, where participants learn how to implement mindfulness exercises into their daily lives. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. During the classes, several concepts are discussed such as how the body is affected by stress physically, cognitively, spiritually, and emotionally.

**This is a closed group, must be registered to join.**

To register, contact Deb Colton, LICSW, OSW-C, at 701-222-6100 or email [dcolton@bismarckcancercenter.com](mailto:dcolton@bismarckcancercenter.com)  
Classes begin Feb. 28th

## 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.

**This is a closed group, must be registered to join.**

To register and for program dates, contact Amanda Ihmels, RDN, CSO, LRD at 701-222-6154 or email [aihmels@bismarckcancercenter.com](mailto:aihmels@bismarckcancercenter.com)  
Classes begin Jan. 8th

## Nutrition 101 for Survivors

Are you curious about what you can do as a survivor to have an impact on the quality of your life? Come listen to Amanda Ihmels, our Oncology Dietitian, give an overview on healthy eating for survivorship. Class participants will learn nutrition guidelines for survivorship, how to read a food label and learn about resources to help support their health goals. To register contact Amanda Ihmels, RDN, CSO, LRD at 701-222-6154 or e-mail [aihmels@bismarckcancercenter.com](mailto:aihmels@bismarckcancercenter.com)

# March

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March is Colorectal Cancer Awareness Month, Kidney Cancer Awareness Month, & Multiple Myeloma Awareness Month

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