



# waterfordplace

Rush | Cancer Resource Center

HELPING YOU FEEL SEEN, SUPPORTED AND STRONG





# TABLE OF CONTENTS

- 1 | Welcome to Waterford Place
- 2 | Educational Presentations
- 3 | Support Programs
- 4 | Mind, Body and Spirit Programs
- 6 | Wellness Programs
- 8 | Salon and Spa Programs
- 9 | Partnerships and Resources

**1310 Waterford Drive  
Aurora, IL 60504**

**(331) 301-5280  
waterfordcrc.com**

**Hours:**  
**Monday and Friday**  
**9 a.m. to 5 p.m.**  
**Tuesday, Wednesday,**  
**Thursday**  
**9 a.m. to 8:30 p.m.**

# WELCOME TO WATERFORD PLACE

At Waterford Place, we understand that each person's cancer journey is unique. Whether you are newly diagnosed, undergoing treatment, adjusting to life after treatment, living with advanced cancer or caring for someone you love, we're here for you. Waterford Place Cancer Resource Center provides services and support, at no cost to participants, to anyone affected by a cancer diagnosis. This guide offers a variety of free programs designed to support your whole self: body, mind and spirit. Inside, you'll find wellness classes, support groups, educational workshops, creative therapies and personalized services — available to you and your loved ones throughout the season. There is no one right way to move through this experience, but you don't have to do it alone. Wherever you are in your journey, we hope you'll find comfort, connection and community here.

## How to Get Started:

Call (331) 301-5280 to schedule an orientation, available in English or Spanish. Then, complete a Participant Information form available online at [waterfordcrc.com](http://waterfordcrc.com).

## Register for Programs Now:

- Online at [waterfordcrc.com](http://waterfordcrc.com)
- Call (331) 301-5280
- Download the "Waterford Wellness at Rush" app. Available now on iOS and Android.

## New This Season:

- Beyond PT: Gentle Movement for Breast Cancer Recovery
- The Joy Within: A Gentle Yoga Experience
- Forest Therapy
- Strength in Motion

**Waterford Place will be closed on  
May 25 for Memorial Day.**



# EDUCATIONAL PRESENTATIONS

## Personalized Financial Resource Consultation

*By appointment only*

Cancer not only affects your physical health, it also affects your financial well-being. Several resources are available to help you manage the financial impact of cancer, including federally-funded programs and private nonprofit organizations. Schedule a meeting with a financial navigator to learn what financial resources are available to you.

## Welcome to Waterford Place Orientation

*By appointment only*

All new participants are invited to attend an introductory orientation to discover the valuable resources available at Waterford Place.

## Technology Consultation

*By appointment only*

Need help connecting to virtual programs through your personal computer, laptop or tablet? Schedule a virtual or phone consultation for assistance with setting up an email or installing and using the Teams application on your device.

## Listening to the Body After Treatment: Noticing Change Without Judgment

*April 14 • 6:30 to 7:30 p.m.*

*Monica Mohanty, Licensed Yoga Teacher  
CYT-500*

For those experiencing physical changes during or after cancer treatment, this session will provide simple, body-aware tools to help you better understand and respond to your body's needs. A calming, adaptable Soma Yoga practice will focus on comfort, relaxation and reconnecting with the body. No yoga experience required.

## Finding Meaning, Purpose and Joy After Cancer

*April 30 • 6 to 7 p.m.*

*Laura Rollins, LSW*

*RUSH MD Anderson Cancer Center*

This warm, reflective session explores how the cancer experience can shift values,



priorities and sense of self. Discover gentle pathways to meaning-making and growth, learn how to reconnect with joy, creativity and a sense of purpose and hold space for hope and whatever comes next.

## Living Well Through Illness: Understanding Palliative and Hospice Care

*May 5 • 6:30 to 7:30 p.m.*

*Rosa Macias,*

*APEX Health Services*

Palliative and hospice care are often misunderstood as end-of-life services, but they are truly about living well through serious illness by offering comfort, guidance and support even early in the care journey. These services focus on improving quality of life for both patients and families, often in the comfort of their own home.

Understanding what they offer can empower people to make informed, compassionate choices.

## Wellness Begins Here:

### A Unite for HER Orientation

*May 28 • 10 a.m. to 2 p.m.*

*Unite for HER*

Connect with a caring community focused on healing, education and empowerment when you attend Unite for HER's Wellness Orientation, a warm introduction to the Wellness Passport Program. Learn about supportive services and integrative therapies like yoga, meditation, reiki and

counseling. A registered dietitian will discuss whole-food nutrition. Breakfast and lunch will be provided.

## Navigating a New Cancer Diagnosis: Seeking Expert Care and Second Opinions

*June 17 • 6 to 7 p.m.*

*Valarie Traynham, Patient Advocate and  
Community Health Leader*

Facing a new cancer diagnosis can feel overwhelming. This presentation is designed to help you better understand your care options, learn when a second opinion might be helpful and feel more confident having informed conversations with your health care team. Whether you're newly diagnosed or supporting a loved one, you'll leave with clarity, reassurance and practical next steps.

## Mental Health After Cancer: Anxiety, Depression and Emotional Recovery

*June 18 • 6 to 7 p.m.*

*Kara Olimene, LCSW*

*Olimene Counseling Services, Inc*

Join us for a warm, supportive conversation focused on the emotional realities of cancer survivorship and reducing the stigma around mental health care. Explore common mental health challenges, practical tools for managing anxiety, fear of recurrence and mood changes and learn when and how to seek professional support.

# SUPPORT PROGRAMS

Our groups allow participants to connect with others experiencing similar circumstances. Goals are to exchange information and strategies for decision-making, help navigate the cancer journey and allow participants to connect, share and exchange support. For an optimal group experience, we encourage at least five attendees; however, the group will still meet even if there are fewer participants. Virtual options are available for most groups. Please confirm your preference when registering.

## **Aurora Multiple Myeloma Networking Group (Hybrid)**

First Wednesdays: April 1, May 6 and June 3 • 6 to 8 p.m.

Educationally supported by the International Myeloma Foundation, this group is open to individuals diagnosed with Multiple Myeloma and their loved ones. For more information or to sign up, please contact Valarie Traynham, group leader, at [aurora@IMFsupport.org](mailto:aurora@IMFsupport.org) or call (630) 423-6510.

## **Breast FRIENDs (First Resource in Experiencing and Navigating a Diagnosis)**

Third Mondays: April 20, May 18 and June 15 • 6 to 7:30 p.m.

Facilitated by a licensed social worker and breast health navigator, Breast FRIENDs is for anyone who has been diagnosed with breast cancer, regardless of treatment type or stage. This informal group provides support and a safe place to share experiences, successes and ongoing challenges.

## **Survivorship Support Group**

Third Mondays: April 20, May 18 and June 15 • 6:30 to 8 p.m.

For those looking for support as they transition into life after treatment, this informal group provides a safe place to share experiences, successes and ongoing challenges. For all persons living through and beyond cancer.

## **Together Through Cancer**

Second Wednesdays: April 8, May 13 and June 10 • 6:30 to 7:30 p.m.

Cancer affects everyone differently, but no one has to go through it alone. Led by a licensed clinical social worker, this warm, judgment-free space offers comfort,

conversation and mutual support.

Connect with others who understand what it's like to walk this path. For everyone, whether newly diagnosed, in treatment or navigating life afterward. Virtual access available.

## **The Family and Friends Collective**

Second Wednesdays: April 8, May 13 and June 10 • 6:30 to 7:30 p.m.

Whether you're a partner, sibling, friend or adult child supporting someone with cancer, you don't have to carry the weight alone. Pause, reflect and connect with others walking a similar path. Led by a licensed social worker, this monthly group offers open conversation, coping strategies and community. All are welcome, even if you just want to listen.



## **Soul Tending and Support Group**

First Thursdays: April 2, May 7 and June 4 6 to 7:30 p.m.

Soul Tending and Support is a cancer support group related to faith where healing and meaning can be found in the cancer experience. In a supportive and confidential meeting space, you may share and hear how faith and reliance on a higher power can help in coping with cancer. Facilitated by a social worker or chaplain.

## **Gyne SISTERS (Sharing Inspiration and Support Through Education and Resources)**

Second Thursdays: April 9, May 14 and June 11 • 3 to 4:30 p.m.

Open to anyone who has had a gynecological cancer diagnosis, Gyne SISTERS is co-facilitated by a licensed social worker and a registered nurse.

## **Men's Group**

Fourth Tuesdays: April 28, May 26 and June 23 • 6:30 to 8 p.m.

For men who have had a cancer diagnosis, this informal group provides support and a safe place to share experiences, successes and ongoing challenges. A light dinner will be provided.

## **Man Up to Cancer at Waterford Place (Virtual Only)**

Second Tuesdays via Zoom: April 14, May 12, and June 9 • 6:30 to 8 p.m.

This support group addresses the common problem of men feeling isolated in dealing with cancer and encourages them to embrace support and community. Through monthly virtual meetings, the group offers a safe and welcoming space for men of all backgrounds and cancer experiences to connect, share and support each other.

## **COUNSELING**

### **Oncology-Focused, Short-Term Counseling**

*By appointment only*

Short-term counseling to address cancer-related issues is available to those diagnosed with cancer and their families. Up to five sessions are provided to address sadness, worries, communication, returning to work, body esteem and other issues as they relate to a cancer diagnosis.

# MIND, BODY AND SPIRIT PROGRAMS

## Vibrational Sound Therapy

*By appointment only*

*Sandy LaBianco-Brown, Certified  
Vibrational Sound Therapist*

Vibrational sound therapy is a one-on-one service using Himalayan singing bowls gently placed on the body to promote total relaxation and decrease the effects of stress on the body and mind. The tones and vibrations combine to produce an immediate state of tranquility as sound waves act like a massage for the nervous system.

## Reiki

*By appointment only*

*Sandy LaBianco-Brown, Reiki Master  
Karen Jendruczek, Reiki Practitioner  
Lupita Gomez, Reiki Practitioner*

This one-on-one service is an energetic relaxation therapy that offers stress reduction, mental clarity, relief of pain, improved sleep and other benefits.

## Sound Healing Meditation

*May 13 • 2 to 3 p.m.*

*Sandy LaBianco-Brown, Reiki Master*

Experience a deep relaxation and meditation when you attend this sound healing session. Immerse yourself in healing sounds designed to promote relaxation and balance for both body and mind.

## Reiki Share

*April 8 • 1:30 to 2:30 p.m.*

*Sandy LaBianco-Brown, Reiki Master*

Share and experience the healing nature of reiki energy. Participants will offer reiki to one another, giving and receiving a treatment in a group setting. For those who have a Reiki Level 1 certification or higher.

## Giving Back Society

*Fridays: April 17, May 15 and June 19  
10 to 11:30 a.m.*

*Lisa Lapinski*

Are you looking for opportunities to pay it forward by helping other cancer patients on the journey? Join the Waterford Place Giving



Back Society to brainstorm ideas and participate in activities that make a difference in the cancer community.

## Spring Into Style: Bracelet-Making Workshop

*April 8 • Noon to 1 p.m.*

*Sandy LaBianco-Brown, Reiki Master*

Celebrate spring by designing your own bracelet with pastel beads, pearls and metal accents. This relaxed, hands-on session is a fun way to get creative, connect with others and leave with a beautiful piece that's uniquely yours.

## Guided Meditation

*Mondays: April 20, May 4 and June 22  
6:30 to 7:30 p.m.*

*Audrey Stoppel, BSN, RN, Radiation  
Oncology*

*RUSH MD Anderson Cancer Center*

This guided imagery experience incorporates cleansing breathwork and an array of relaxation techniques designed to balance emotions, decrease physical and psychological distress, and promote the

practice of living in the moment.

## HeartMath Meditation

*Audrey Stoppel, BSN, RN, Radiation  
Oncology*

*RUSH MD Anderson Cancer Center*

*Thursdays: April 16, May 21 and June 18  
1 to 2 p.m.*

Discover HeartMath Meditation, a simple, yet powerful, meditative technique that uses heart-focused breathing to improve clarity, harmony of the mind and body and balance. It can help shift your emotional state and calm your mind. The same class is offered each month; choose the date that fits your schedule.

## Healing Hands

*Rachel Cordova, LMT*

*Mondays, April 13, May 11 and June 8  
6 to 8 p.m.*

This gentle group experience teaches simple therapeutic touch techniques to promote relaxation, reduce stress and support emotional balance through guided practice and shared reflection.

# MIND, BODY AND SPIRIT PROGRAMS



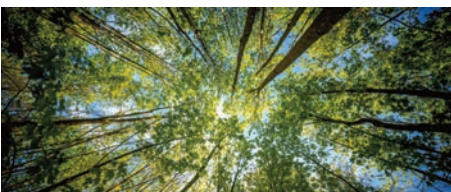
## **NEW Forest Therapy**

April 15 • 6 to 7:30 p.m.

Alison Paul, Vice President of Community Conservation

The Conservation Foundation

Experience the calming power of nature with Forest Therapy, a guided outdoor program that helps participants of all ages slow down, engage their senses, and connect with the world around them. Through mindful prompts and shared reflection, you can reduce stress, boost well-being and foster a sense of connection.



## **CARING** **ARTS** FOUNDATION

### **Rainy Day Reflections**

Tuesday, April 28 • 1:30 to 3 p.m.

Barbara Weigand

A puddle on a rainy day becomes a tiny reflection of the world around it, transforming an ordinary, muddy lane into a scene filled with color and life. April is the perfect time to experiment and create a “wet little world” using acrylics, watercolor or pastels. All materials are provided; no experience is needed.

### **Garden Impressions**

Tuesday, May 26 • 1:30 to 3 p.m.

Barbara Weigand

From a single bloom to a field of poppies,

the great Impressionist artists showed that it’s about capturing the sense of a subject rather than painting a literal scene. With a focus on light, movement and a moment in time, create your own impressions using acrylics, watercolor or pastels. Guidance and all materials provided.

### **School’s Out!**

Tuesday, June 23 • 1:30 to 3 p.m.

Barbara Weigand

Remember the feeling of freedom at the end of the school year? We’ll capture that sense and moment in time through artistic expression. You’ll choose an example image and your materials — all provided — and reconnect with the artist lurking within you.

# WELLNESS PROGRAMS

No experience is necessary, and all supplies are provided. Caregivers are encouraged to attend.

## Group Movement: Level 2

Mondays • 10:30 to 11:15 a.m.

Judy Siek, 500 eCYT, Certified Cancer Exercise Trainer and Group Fitness Instructor

Designed for those who have completed treatment, this class offers a mix of exercise, yoga and Pilates to help you gain or regain strength, mobility and endurance. If you're looking for more of a challenge, this class is a step above in intensity in comparison to other classes offered at Waterford Place.

## Group Movement: Level 1

Mondays • 11:30 a.m. to Noon

Judy Siek, 500 eCYT, Certified Cancer Exercise Trainer and Group Fitness Instructor

Designed for those who are newly diagnosed or in active treatment, this class will help you feel better physically, mentally and emotionally. Physical activity can reduce fatigue, increase endurance, boost energy levels and improve mood. With the use of bands, light weights and other props, you will build or rebuild strength and stamina.

## NEW Strength in Motion

Mondays • 1 to 2 p.m.

Delilah Matos, Certified ACE Personal Trainer, USA Boxing Referee and Judge and Silver Level USA Boxing Coach

This low-impact, non-contact shadowboxing class is designed for cancer survivors and their families. Move at your own pace while building confidence, reducing stress and reconnecting with your body. No boxing experience needed — come as you are.

## NEW Beyond PT: Gentle Movement for Breast Cancer Recovery

Tuesdays • 10:30 to 11:15 a.m.

Judy Siek, 500 eCYT, Certified Cancer Exercise Trainer and Group Fitness Instructor

This class gently bridges the gap after physical therapy with targeted movements

### WEEKLY MOVEMENT PROGRAMS

<b>Mondays</b> 10:30 to 11:15 a.m. — Group Movement: Level 2 11:30 a.m. to Noon — Group Movement: Level 1 1 to 2 p.m. — Strength in Motion	<b>Wednesdays</b> 10 to 10:45 a.m. — Gentle Pilates 11 to 11:45 a.m. — Lymphedema-Focused Movement 5 to 6 p.m. — Restorative Yoga
<b>Tuesdays</b> 10:30 to 11:15 a.m. — Beyond PT: Gentle Movement for Breast Cancer Recovery 5:30 to 6:30 p.m. — The Joy Within: A Gentle Yoga Experience	<b>Thursdays</b> 11:30 a.m. to 12:30 p.m.— Chair Yoga and Mobility
	<b>Fridays</b> 9:30 to 10:15 a.m. — Tai Chi/ Moving Meditation

designed to restore shoulder mobility, improve posture and rebuild overall strength. For breast cancer survivors who are ready to safely return to everyday activities.

## NEW The Joy Within: A Gentle Yoga Experience

Tuesdays • 5:30 to 6:30 p.m.

Kate Fleming, Yoga Instructor and Yoga Therapist, ERYT-500, C-IAYT

Move gently, breathe fully and explore the quieter spaces within. Shift your focus inward while staying open to moments of ease, warmth or lightness. With simple movement, breath awareness and time to pause, you're invited to notice what feels good — for you, in this moment. No experience needed.

## Restorative Yoga

Wednesdays • 5 to 6 p.m.

Chitra Singh, Certified Yoga Instructor  
Restorative yoga is a gentle, calming, therapeutic yoga that cultivates relaxation and balance and uses props to support the body. Each restorative pose will be held for five to six minutes to release tension and deepen relaxation.

## Gentle Pilates

Wednesdays • 10 to 10:45 a.m.

Judy Siek, 500 eCYT, Certified Cancer Exercise Trainer and Group Fitness Instructor

Low impact Pilates is a series of exercises that develop the body's strength, flexibility and control.

## Lymphedema-Focused Movement

Wednesdays • 11 to 11:45 a.m.

Judy Siek, 500 eCYT, Certified Cancer Exercise Trainer and Group Fitness Instructor

This class will address cancer-related lymphedema through gentle movement and stretches for both the upper and lower body. Modifications are offered so that everyone can participate safely. A yoga mat is recommended.

## Chair Yoga and Mobility

Thursdays • 11:30 a.m. to 12:30 p.m.

Judy Siek, 500 eCYT, Certified Cancer Exercise Trainer and Group Fitness Instructor

This all-level class includes breathwork, meditation and gentle movement to enhance mobility and strengthen muscles and bones.

# WELLNESS PROGRAMS

## Tai Chi/Moving Meditation

Fridays • 9:30 to 10:15 a.m.

Kristi Niedzwiecki, ACE Certified

Fitness Instructor

Center yourself as you become aware of your own energy, while relaxing and strengthening your body without injury or strain. Tai chi is an ancient form of meditative exercise that helps to harmonize mind and body. A simplified routine is taught with traditional postures and slow, soft movements.

## Nutrition Consultations

By appointment only

Michelle Cordes, RD, CSO, LDN

Rush Copley Medical Center

Nutrition consultations are available for anyone diagnosed with cancer at any stage of diagnosis. Our registered dietitian will discuss basic meal preparation and current diet trends, help you manage treatment-related side effects and choose healthier foods.

## Waterford Place Gardening Club

Tuesdays: March 31, April 14 and 28, May 12 and 26, June 9 and 23, July 7 and 21, August 4 and 18, September 1, 15 and 29  
5 to 6 p.m.

This hands-on gardening program empowers you to grow nutrient-dense crops while learning about their health benefits. Engage in seed starting, soil care and sustainable gardening, with educational sessions on using garden-fresh produce to support recovery. The program combines gardening, nutrition education and mindfulness, culminating in a celebratory harvest and

## Healing Kitchen

### Michelle Cordes, RD, CSO, LDN

The Healing Kitchen emphasizes the role of nutrition in overall well-being. Through a blend of education and hands-on experiences, participants gain valuable insights into healthy dietary choices.

As the seasons shift and warmer days approach, it's the perfect time to refresh your recipe repertoire with dishes that bring vibrant flavors and nutritious ingredients to your table.

### Crispy Egg Tortilla

Thursday, April 9 • 6 to 7 p.m.

Start your morning with a quick, delicious breakfast tortilla that's easy to make and fun to customize. We'll explore tasty veggie and cheese combinations and highlight how eggs and cottage cheese add a protein boost.

### Smoothie Making Workshop:

### Flavor, Nutrition and Customization

Thursday, May 14 • 6 to 7 p.m.

Back by popular demand, we're blending up two new smoothies and sharing easy ways to make your own at home. Sample protein powders and non-dairy beverages and learn to make a creamy PB Banana smoothie and an Oatmeal Banana Peach smoothie, which delivers potassium, magnesium and fiber to support digestion.

### Arugula and Watermelon Salad

Thursday, June 11 • 6 to 7 p.m.

This salad is the perfect mix of sweet and salty. Creamy goat cheese and briny olives balance beautifully with juicy, refreshing watermelon. It's a light, fresh recipe that's ideal for summer meals.

shared healthy meals.

## Music and Wellness

Wednesdays: April 15, May 13 and June 17  
3 to 4:30 p.m.

Anna Ruffle and Linda Jedrzejek

Explore wellness through music and creativity in this research-informed program. Engage in songwriting, instrument play, movement and guided relaxation to support emotional expression, stress reduction and connection. No musical experience is

needed, just a willingness to explore, create and heal through music.

## Walk Toward Wellness

Thursdays: June 25, July 2, 9, 16, 23 and 30, August 6, 13, 20 and 27, September 3, 10 and 17 • 7 to 8 p.m.

Connect with fellow participants during weekly walks that offer support, encouragement and companionship. You don't have to walk this path alone — we're with you every step of the way.

## Path to Wellness Membership

Would you benefit from a six-month, fully supported membership at Rush Copley Healthplex Fitness Center? Designed to support the health and well-being of cancer survivors, this program provides full access to the Healthplex to help you achieve your fitness goals. Memberships are limited and awarded on a rolling basis, to help you safely engage in physical activity, track progress and enhance quality of life at no cost. To learn more and check eligibility, please contact Waterford Place office staff.

# SALON AND SPA PROGRAMS

## Simply Beautiful Skin

Friday, April 10 • 10 a.m. to Noon

Friday, May 8 • 10 a.m. to Noon

Friday, June 12 • 10 a.m. to Noon

Geralyn O'Brien, Licensed and  
Oncology-Focused Esthetician

Developed to help you manage skin changes during cancer treatment, this class will demonstrate how to implement a skin care regimen with safe products to enhance your natural beauty. The same class is offered each month to accommodate different schedules.

## Simply Beautiful Hair

Monday, April 20 • 3 to 4:30 p.m.

Monday, May 18 • 3 to 4:30 p.m.

Monday, June 15 • 3 to 4:30 p.m.

Jenny Burns, Licensed Cosmetologist  
and Medical Hair Loss Expert

If you need help managing hair changes related to cancer treatment, this class is for you. Topics to be covered include initial hair loss, wigs and head coverings, hair regrowth and safe products that can help with achieving your hair care goals. The same class is offered each month to accommodate different schedules.

## Waterford Place Wig

### Boutique and Salon

By appointment only

Jenny Burns, Licensed Cosmetologist  
and Medical Hair Loss Expert

Beverly Warren, Medical Hair Loss  
Practitioner

To help you feel comfortable and confident, salon services are available for those experiencing hair loss due to cancer treatments. Services include addressing treatment-related hair changes, customizable complimentary wigs, wig care, options for head coverings, and assistance with styling hair as it grows back.

## Oncology Massage

By appointment only

Michelle Haugen, LMT, CLT

Wren Patel, LMT, RN, MSN



Experience the healing benefits of oncology massage. Designed to address treatment-related side effects, reduce stress and pain, and enhance your overall quality of life, oncology massage combines compassion with special massage treatments. Our skilled therapists provide gentle and nurturing touch, ensuring your comfort throughout the session.

## Oncology Skin Care Consultations

By appointment only

Geralyn O'Brien, Licensed and  
Oncology-Focused Esthetician

Individual consultations are available to help you manage skin changes due to cancer treatment. Services include a comprehensive review of products and cosmetics, recommendations for oncology-safe products, and addressing skin-related issues.

## Oncology Facials

By appointment only

Geralyn O'Brien

Licensed and Oncology-Focused  
Esthetician

Cancer treatments may leave the skin dry, sensitive and lacking proper nutrients, and

traditional skin care methods and products can sometimes do more harm than good. When skin is compromised, it needs products that are safe and gentle to bring it back to health. Geralyn will assess your skin care needs and provide appropriate treatment to help restore and maintain healthy skin.

## Acupuncture

By appointment only

Amy Yehoshua, LAc, MSOM

Acupuncture is a holistic approach that considers the interconnectedness of body, mind and spirit, aiming to restore harmony and well-being. This process helps to promote and maintain overall health, improve quality of life, alleviate symptoms related to cancer and enhance the body's natural healing mechanisms.

## Reflexology

By appointment only

Delilah Matos, Licensed Esthetician and  
Certified Reflexologist

The practice of reflexology involves massaging or applying pressure to various acupressure points on the foot to reduce stress and support overall health.

# Partnerships and Resources

To enhance services and support to you and others affected by cancer, Waterford Place Cancer Resource Center offers programs through partnerships with Imerman Angels and Man Up to Cancer.

## Imerman Angels: Mentors

Imerman Angels is a not-for-profit organization that provides peer support and personalized mentoring for those affected by cancer. Their goal is to provide comfort and understanding for all cancer fighters, survivors, previvors and caregivers through a personalized, one-on-one connection with someone who has been there.



**IMERMAN ANGELS**

You are invited to make a difference by being a mentor. Mentors are beacons of hope, sources of strength and invaluable companions on the road to recovery. By sharing your experiences, knowledge and insights, you empower those facing cancer to confront challenges with resilience and courage.

If you want to make a positive impact on someone's journey, please consider signing up to become a mentor. Training will be provided. Scan the QR code or visit the Waterford Place resource page to learn more.

## Man Up to Cancer: Support Group

Man Up to Cancer is a support community that encourages men to connect and avoid isolation during their cancer journeys. A not-for-profit that offers peer-to-peer support, the organization is changing what it means to "man up" in the face of cancer. It's not just about being tough — it means having the courage to accept help, knowing that a pack is smarter and stronger than a lone wolf. When faced with cancer, men tend to



"check out" rather than reach out. This leads to mental health problems, strained relationships and poor medical outcomes. Studies show that formal support groups improve quality of life for cancer patients.

As a partner, Waterford Place has started a men's support group under the Man Up to Cancer banner. Meetings are held once a month virtually via Zoom. Scan the QR code or visit the Waterford Place resource page to learn more.

## Bereavement Support

*By appointment only*  
*Available through St. Croix Hospice*  
St. Croix Hospice provides 13 months of bereavement support after a loss, including check-in calls, grief newsletters, and resource referrals. Services are open to the public and include both virtual and in-person support groups. Call (855) 278-2764.



**Visit our resource page**

for additional resources and to learn more about these partnerships.

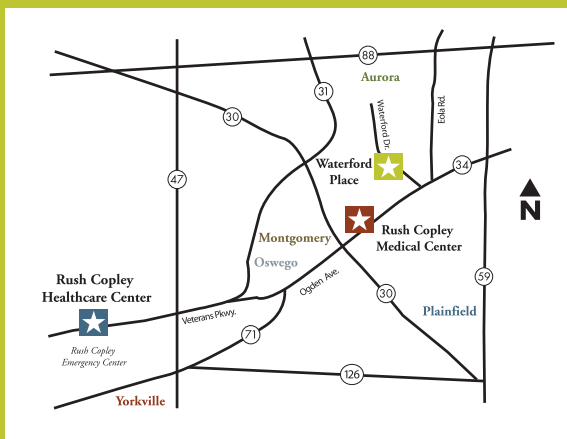


## Contact Us

Monday and Friday • 9 a.m. to 5 p.m.  
Tuesday, Wednesday, Thursday  
9 a.m. to 8:30 p.m.

Phone: (331) 301-5280

Email: [AskWaterford@rush.edu](mailto:AskWaterford@rush.edu)



## Find Us

Waterford Place is located at  
1310 Waterford Drive • Aurora, IL 60504

Online at [waterfordcrc.com](http://waterfordcrc.com)

Call (331) 301-5280

Download the "Waterford Wellness at Rush"  
app. Available on iOS and Android.



waterfordplace

Rush Cancer Resource Center