

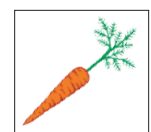
July 2019



All programs are free unless noted.
PRE-REGISTRATION IS REQUIRED FOR ALL SUPPORT GROUPS.

Individual Counseling

Individual Counseling can help patients and families adjust to the many challenges they may face following a cancer diagnosis. Counseling services are available to patients in the Cancer Center and Department of Radiation Oncology. Please call Angela McCabe, LCSW, OSW-C, at **973.322.2668**.



Nutritional Counseling

Nutrition is a very important part of cancer treatment. A healthy diet can help to rebuild your body's cells, especially if you are receiving chemotherapy or radiation treatment. These services are available on Monday and Wednesday from 9am-5pm in the Cancer Center. Please call Jill Kremer, RD, at **973.322.2490** to schedule an appointment.



Art Therapy Program

If you are interested in pursuing individual Sessions or group art workshops, please call Donna Dandrilli, MA, ATR, at **973.322.2171**.



Holistic Nurse Services

Managing the stress associated with a cancer diagnosis and its treatments has been shown to be beneficial. Our Certified Holistic Nurses offer a variety of therapies that may improve your health and well-being. Services offered include: Reflexology, Guided Imagery, Breathing Meditation, Journaling and Reiki. Sessions are held in the Cancer Center, Room 120, East Wing, First Floor. Please call Holistic Nurse at **973.322.2324** to set-up an appointment to learn more about self care strategies that might help you during your cancer treatment.

Support Groups

Support groups offer an opportunity for individuals to meet with others who are coping with cancer in their lives. Many patients and their family members find it beneficial to share their experiences in a support group environment because group members readily understand the challenges cancer presents. The shared cancer experience allows the group members to share their feelings in an open and healthy way. For further information, including the date, time and location of meetings or for additional information about coping with the stress of cancer, please call Angela McCabe, LCSW, OSW-C, Director of Psychosocial Support Services and Community Outreach, at **973.322.2668**.

Boutique Services

A collaborative service with the Just For You Center (Wig, Mastectomy and Accessory Salon), located at 37 Mt.Pleasant Avenue in East Hanover, NJ 07936. With a wide variety of specialized products and a caring and professional staff, the boutique is committed to providing the highest quality of care and to improving the quality of life for our patients and their families. Boutique Services will be on site twice a month in the Cancer Center: the first Thursday from 1 to 3 p.m. and the third Tuesday from 10 a.m. to 12 p.m. To set-up an appointment, please call **973.887.5930**. You can also visit **JustForYouCenter.com**. For general questions, call Angela McCabe, LCSW, OSW-C, at **973.322.2668**. (Visit Display Case outside of Holistic Nursing Room 285.)

The Cancer Centers of Saint Barnabas Psychosocial Support & Educational Programs

Saint Barnabas Medical Center | RWJBarnabas HEALTH

RUTGERS Cancer Institute of New Jersey
 RUTGERS HEALTH

94 Old Short Hills Road, Livingston, NJ 07039

rwjbh.org/saintbarnabas

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutritional Counseling 9am-5pm, for appointment, 973.322.2490 1 Yoga Classes 5:45-7:00pm Ambulatory Care Center Classroom B, 200 South Orange Avenue, Livingston	Holistic Nurse Services Room 120, East Wing, First Floor; for appointment, 973.322.2324 2 Art Therapy Individual Sessions for appointment, 973.322.2171 Chi Kung 6-7pm, Radiation Oncology Classroom, 973.322.2540	Nutritional Counseling 9am-5pm, for appointment, 973.322.2490 3 Art Therapy Individual Sessions for appointment, 973.322.2171 Holistic Nurse Services Room 120, East Wing, First Floor; for appointment, 973.322.2324	Closed Independence Day 4	Yoga Classes 10:15-11:30am Ambulatory Care Center Classroom B, 200 South Orange Avenue, Livingston 5
Nutritional Counseling 9am-5pm, for appointment, 973.322.2490 8 Yoga Classes 5:45-7:00pm Ambulatory Care Center Classroom B, 200 South Orange Avenue, Livingston	Holistic Nurse Services Room 120, East Wing, First Floor; for appointment, 973.322.2324 9 Art Therapy Individual Sessions for appointment, 973.322.2171 Chi Kung 6-7pm, Radiation Oncology Classroom, 973.322.2540	Nutritional Counseling 9am-5pm, for appointment, 973.322.2490 10 Head and Neck Cancer Support Group 6-7:30pm, Radiation Oncology Classroom; call 973.322.2743 Art Therapy Individual Sessions for appointment, 973.322.2171 Holistic Nurse Services Room 120, East Wing, First Floor; for appointment, 973.322.2324	Boutique Services 1:30-3pm, Cancer Center Conference Room; for appointment, 973.887.5930 11 Holistic Nurse Services Room 120, First Floor, East Wing; for appointment, 973.322.2324 Art Therapy Individual Sessions for appointment, 973.322.2171	Yoga Classes 10:15-11:30am Ambulatory Care Center Classroom B, 200 South Orange Avenue, Livingston 12
Nutritional Counseling 9am-5pm, for appointment, 973.322.2490 15 Yoga Classes 5:45-7:00pm Ambulatory Care Center Classroom B, 200 South Orange Avenue, Livingston	Holistic Nurse Services Room 120, East Wing, First Floor; for appointment, 973.322.2324 16 Art Therapy Individual Sessions for appointment, 973.322.2171 Chi Kung 6-7pm, Radiation Oncology Classroom, 973.322.2540 Boutique Services 10am-12pm Cancer Center Conference Room; for appointment, 973.887.5930	Nutritional Counseling 9am-5pm, for appointment, 973.322.2490 17 Art Therapy Individual Sessions for appointment, 973.322.2171 Holistic Nurse Services Room 120, East Wing, First Floor; for appointment, 973.322.2324	Holistic Nurse Services Room 120, First Floor, East Wing; for appointment, 973.322.2324 18 Art Therapy Individual Sessions for appointment, 973.322.2171 The Healing Power of the Drum 6-7:30pm, Radiation Oncology Classroom, 973.322.2540	Yoga Classes 10:15-11:30am Ambulatory Care Center Classroom B, 200 South Orange Avenue, Livingston 19
Nutritional Counseling 9am-5pm, for appointment, 973.322.2490 22 Yoga Classes 5:45-7:00pm Ambulatory Care Center Classroom B, 200 South Orange Avenue, Livingston	Holistic Nurse Services Room 120, East Wing, First Floor; for appointment, 973.322.2324 23 Art Therapy Individual Sessions for appointment, 973.322.2171 Chi Kung 6-7pm, Radiation Oncology Classroom, 973.322.2540	Nutritional Counseling 9am-5pm, for appointment, 973.322.2490 24 Art Therapy Individual Sessions for appointment, 973.322.2171 Holistic Nurse Services Room 120, East Wing, First Floor; for appointment, 973.322.2324	Holistic Nurse Services Room 120, First Floor, East Wing; for appointment, 973.322.2324 25 Art Therapy Individual Sessions for appointment, 973.322.2171	Yoga Classes 10:15-11:30am Ambulatory Care Center Classroom B, 200 South Orange Avenue, Livingston 26
Nutritional Counseling 9am-5pm, for appointment, 973.322.2490 29 Yoga Classes 5:45-7:00pm Ambulatory Care Center Classroom B, 200 South Orange Avenue, Livingston	Holistic Nurse Services Room 120, East Wing, First Floor; for appointment, 973.322.2324 30 Art Therapy Individual Sessions for appointment, 973.322.2171 Chi Kung 6-7pm, Radiation Oncology Classroom, 973.322.2540	Nutritional Counseling 9am-5pm, for appointment, 973.322.2490 31 Art Therapy Individual Sessions for appointment, 973.322.2171 Holistic Nurse Services Room 120, East Wing, First Floor; for appointment, 973.322.2324	To join an Art Therapy Group or learn about SandPlay Therapy, call Donna Dandrilli, ATR, at 973.322.2171.	

Services available at Ambulatory Care Center

200 South Orange Avenue • Livingston, New Jersey 07039



INDIVIDUALIZED CANCER WELLNESS PROGRAM

A unique program combining numerous services to improve the health and well-being of those faced with the challenges of cancer.

- **Nutrition Counseling** – A Registered Dietitian will develop a nutrition plan based on individual needs, lifestyle and goals with emphasis on strengthening the body's immune system, improving nutrient content and achieving a healthy weight.
- **Exercise** – An Exercise Physiologist from The Center for Health and Wellness will design an individualized workout program combining both aerobic and strength training.
- **Stress Management** – A Certified Massage Therapist will provide therapeutic massage intended to relax the mind and body and relieve stress and tension.
- **Yoga** – A Certified Yoga Instructor will address individual needs and/or medical limitations in this ancient practice which promotes inner peace, mental clarity, increased strength, flexibility and overall well-being.

This program is offered at no cost through the generous support of special benefactor Helen Beck to celebrate the

strength, courage and recovery of her daughter Melissa Raphael and daughter-in-law Lori Beck.

To discuss your personalized Cancer Wellness Plan, please call Karen Ulrich at 973.322.7007.

INTEGRATIVE MASSAGE THERAPY AND BODYWORK AT THE AMBULATORY CARE CENTER

Massage is the therapeutic manipulation of the soft tissues in the body. It is a powerful tool that has been used for centuries as an integral part of the healing process. Massage provides health-related benefits that affect the musculoskeletal, circulatory, lymphatic and nervous systems in the body.

Bodywork modalities can promote improved muscle tone, enhanced flexibility and circulation, and relieve the stress and tensions associated with everyday living.

Our massage therapists are highly qualified, NJ state licensed and specially trained in a variety of different massage therapies including integration of deep tissue, Swedish, myofascial release, neuromuscular therapy, reflexology, shiatsu, Trager, healing touch, Jin Shin Jyutsu, acupressure, craniosacral and other modalities.

Our therapists will work with you to determine which type of bodywork is appropriate for you. Massage therapy may benefit your overall wellbeing and mood along with a wide range of conditions including, but not limited to:

- Headache
- Neck/joint pain
- Neuralgia
- Carpal tunnel
- Low back pain
- Sciatica
- Fibromyalgia
- Chronic fatigue syndrome
- Multiple sclerosis
- Musculoskeletal pain
- Osteoarthritis
- Anxiety
- Depression
- Post-surgical healing
- General well-being

A fee is associated with these services unless you are participating in the Individualized Cancer Wellness Program. Medical clearance is required.

For further information or to make an appointment, please call Karen Ulrich at 973.322.7007.

YOGA CLASSES AT THE AMBULATORY CARE CENTER

Yoga is an ancient practice that helps form a sense of union in the body, mind and spirit.

This union creates a sense of inner peace, mental clarity, heightened self-awareness, increased strength/flexibility and overall good health and well-being.

Yoga consists of simple physical postures, breathing exercises and relaxation techniques. Our small group classes are taught by certified yoga instructors. Our instructors will challenge, but not push, and offer modifications to address individual needs and/or medical limitations.

This beginner level class is especially appropriate for cancer survivors, multiple sclerosis patients or any other physically challenged individuals.

Yoga addresses your needs in three different ways:

Physical:

- Improve flexibility/strength
- Increase energy
- Improve cardiovascular and circulatory health
- Relieve pain
- Strengthen immune system

Mental:

- Stress management
- Promote positive thoughts and self acceptance

Spiritual:

- Increase awareness of self and surroundings
- Promote an interdependence between body and spirit

Classes are offered on Mondays from 5:45 to 7:00 pm and Fridays from 10:15 to 11:30 am. These classes are free. Medical clearance is required.

For further information or to register for a class, please call Karen Ulrich at 973.322.7007.

NUTRITIONAL COUNSELING AT THE AMBULATORY CARE CENTER

Nutritional counseling is not only helpful for managing a chronic disease but for achieving and maintaining wellness too. Whether your diet needs a complete

overhaul or you just need some quick nutritional tips, nutritional counseling is a great investment in your health.

Our registered dietitian will evaluate your individual needs, there is no one diet for everyone. She will explore your goals, review family history, ask about your medical history and examine your current lifestyle. From there the dietitian will put together an individualized meal plan to work with you on achieving your goals.

Our dietitians have many tools on hand to help you to achieve your goals. If your diet is unable to meet all of your nutritional needs for whatever reason our dietitian may suggest vitamins or supplements. Spectracell testing (looking at long term nutrient deficiency) and Metabolic testing (MedGem) can be used to determine your individual caloric needs.

Some of the conditions that can be addressed by our dietitian: Cancer Wellness- overall nutritional support before, during and post cancer treatment, Diabetes, Prediabetes, Gestational Diabetes, Heart disease, Hypertension, Osteoporosis, Multiple Sclerosis, Irritable Bowel Syndrome, Polycystic Ovary Disease, Infertility, Gastrointestinal Reflux Disease, Metabolic Syndrome, Nutritional Deficiencies, Post-menopausal weight gain, Unintentional weight loss, Allergies, Autoimmune disorders and pregnancy. A fee is associated with this program unless you are participating in the Individualized Cancer Wellness Program.

For further information or to schedule an appointment with our dietitian, please call Karen Ulrich at 973.322.7007.