

Stillwaters Cancer Support Services Newsletter

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JOIN OUR EMAIL LIST

If you would like to receive updated information about our programs and services please send your email address to staff@stillwaterscenter.org

Who We Are

Stillwaters is an independent, community-based, non-profit organization for persons with cancer and those who love them. Stillwaters nurtures, supports, and encourages healing of the whole person; body, mind and spirit.

Stillwaters offers its services free of charge to people with cancer and their families.

For more information please call us at 262-548-9148, or visit us on the web at www.stillwaterscenter.org

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HOW TO ACCESS STILLWATERS SERVICES OR PROGRAMS

Stillwaters strives to make our services as accessible as possible to cancer patients and families. If you would like to learn more about accessing our services, or would like a Stillwaters staff member to present information about our services to your organization, business, club, church or school, please contact Danelle O'Neill at 262-524-4141, or danelle@stillwaterscenter.org.

Stillwaters services are provided by paid, professional counselors with Master's Degrees in Social Work or Professional Counseling. They are experienced in working with issues related to oncology, end-of-life, and bereavement. Our counselors provide short-term support and education to address concerns relevant to the cancer experience. Our counselors are solution-focused, and routinely teach mind/body techniques to clients.

All services are available for those affected by cancer at any stage of the illness, i.e.: newly diagnosed, actively receiving treatment, post-treatment, and bereavement. Stillwaters also offers services to family members, including children and the care giving spouse (or partner). Stillwaters counselors are available by appointment for individual and family support at a variety of healthcare facilities throughout Southeastern Wisconsin.

WORKSHOPS & LIFESTYLE PROGRAMS

Mind Body Spirit: An eight week workshop for cancer survivors designed to help develop mind/body/spirit approaches to self-care that enhances your well-being, manage stress, and build self-awareness. **This has become one of Stillwaters most powerful and popular workshops for survivors.** Space is limited so call early for registration, 262-548-9148. **Tuesdays June 8 - July 27 5:00 - 6:30pm**
Location: Stillwaters Cancer Support Services
Facilitator: Bill Mulcahy, MS, LPC Stillwaters Counselor

Read Talk Heal: A monthly discussion of a recent book that may bring new insights to ones spiritual journey. Each discussion will begin with a brief review of the book and will follow with questions to guide conversation. It is not necessary to have read the book in order to participate. **Third Tuesday of each month: 6:30 - 8:00pm**
Location: Stillwaters Cancer Support Services
Facilitator: Jeanne Bowman
May 18th: Faith Trusting Our Own Deepest Experience - Susan Salzberg

Guided Meditation: Not only does meditation relax you, it can also provide a clearer focus on healing and living life more fully. Join our volunteer facilitators as they guide you through relaxation and imagery. **Mondays: 10:30 - 11:30am and Wednesdays 6:00 - 7:00pm**
Location: Stillwaters Cancer Support Services
Facilitator: Marilyn Aurora Stillwaters Volunteer

SUPPORT STILLWATERS

Join Stillwaters in providing Support, Strength and Hope to cancer patients, survivors and their families.

KEEP YOUR CANCER DONOR DOLLARS LOCAL

Support independent community-based cancer programming, and make a difference in the lives of all those affected by cancer in our community. For more information about services, events, or how to support Stillwaters call (262) 548-9148, or visit us at www.stillwaterscenter.org

Join us at the annual **Mary Soergel Memorial Golf Open - Monday, June 7 Merrill Hills Country Club - Shotgun start at noon.**

Celebrate Hope at the annual **Harvest Ball event - Saturday, October 23 Golden Mast Restaurant**
This year we will be celebrating with an Oktoberfest theme!

TREATMENT COMPLETED?

The transition from active treatment to post-treatment is an important part of the cancer journey. Upon completion of active treatment, the "safety net" of regular, frequent contact with an individual's health care team comes to an end. Some survivors miss this source of support, have difficulty adjusting to daily routines, or returning to their "pre-cancer" lives.

Stillwaters offers support and education during this new part of the journey. We invite you to contact us to learn more about how we can be part of your "safety net." **Contact Carrie Ripp at 262-548-9148 for more information.**

Walking Meditation: Walking meditation is meditation in action. It uses the physical, mental, and emotional experiences of walking as the basis of developing greater awareness. The Meditation Walk is open to cancer patients, survivors and their loved ones. **1st & 3d Saturday of Every Month: 9:00 - 10:00am**

Location: Stillwaters Cancer Support Services
Facilitator: Marilyn Aurora Stillwaters Volunteer

BEREAVEMENT

Hope Healing and Growth: This workshop offers information on the grief process and a forum for sharing one's grief experiences. Topics include: learning about reactions to grief, secondary losses, stress, managing feelings of anger and guilt, identifying positive coping skills, and coping with holidays and special occasions. Registration is required, call 262-548-9148 to sign up. **Thursdays: June 10th - July 29th 6:00 - 7:30pm**

Location: AngelsGrace Hospice, Oconomowoc
Facilitator: Melissa Minkley, MSW Stillwaters Counselor

Recover, Reclaim, Restore Grief Retreat: A day long retreat for those who have recently lost a young partner (under 50) to cancer. The day will include topical discussions, individual work and experiential activities. Lunch will be provided. Registration is required, call 262-548-9148 to sign up. **Saturday: May 15th 9am - 3pm**

Location: Green Farm, Pewaukee, WI
Facilitators: Melissa Minkley, Carrie Ripp & Bill Mulcahy

Support Groups and Education

Young Women and Cancer: This group is designed to fit the busy needs of young women who want to connect with other young women who have experienced cancer. Conversation topics will be led by a professional counselor. Group participation is encouraged.

3rd Monday of Every Month: 6:00 - 8:00pm

Location: Stillwaters Cancer Support Services
Facilitator: Melissa Minkley, MSW Stillwaters Counselor



May 17, 2010: Cancer, Intimacy and Relationships - Dr. Andrea Shrednick will offer insight on how Cancer impacts intimate relationships.

June 21, 2010: Next Step! - Ben Blint of Wisconsin Athletic Club will discuss the benefits of a fitness and exercise program for cancer survivors.

July 19, 2010 Summer Picnic - Join us for a summer celebration. Bring your favorite summer salad or dish to pass.

Living with Hope: A drop in support group for anyone impacted by cancer. Led by a professional counselor. **1st & 3rd Friday of Each Month: 9:30 - 10:30am**

Location: Waukesha Memorial Hospital - Lower Level Room C
Facilitator: Bill Mulcahy, MS LPC Stillwaters Counselor

Prostate Cancer: A support group for men and their partners who are coping with prostate cancer. **First Wednesday of Each Month: 7:00 - 8:30pm**

Location: Waukesha Memorial Hospital - Lobby Room 1 & 2
Facilitator: Craig Gordon, RN Prostate Care Coordinator

Encore: Encore is a peer-to-peer support group led by volunteers. It provides support and encouragement to any woman who is coping with a breast cancer diagnosis.

Monday: 10:30 - 11:30am Westwood Health and Fitness, Pewaukee
Tuesdays: 7:00 - 8:30pm Stillwaters Cancer Support Center