

Cancer & Friends

Support Group



Welcoming and assisting cancer patients, survivors, spouses, friends, family members, and professional and unpaid caregivers.

2024-2025 Meetings

(Last Tuesday of Each Month, 3:30 p.m. to 5:00 p.m.)

Otsego County Commission on Aging

Upper Level—Board Room
1165 Elkview Avenue, Gaylord

June 24, 2025

Physical Activity & Exercise Tailored for Cancer Patients

Teresa Powers, OCCOA Exercise Facilitator

July 29, 2025

Journaling for Emotional Well-Being

Elaine Raschke, Support Group Facilitator

August 26, 2025

Palliative Care & Pain Management

Laurie Shiller, Nurse Practitioner

September 30, 2025

The Importance of Laughter!

Elaine Raschke, Support Group Facilitator

For more information, call or text Elaine Raschke at (989) 350—4391 or email her at elaineraschke@gmail.com

Program developed through consultation with



1165 Elkview Avenue • Gaylord, Michigan 49735 • Fax: 989.732.9050
989.732.1122 • www.OtsegoCountyCOA.org