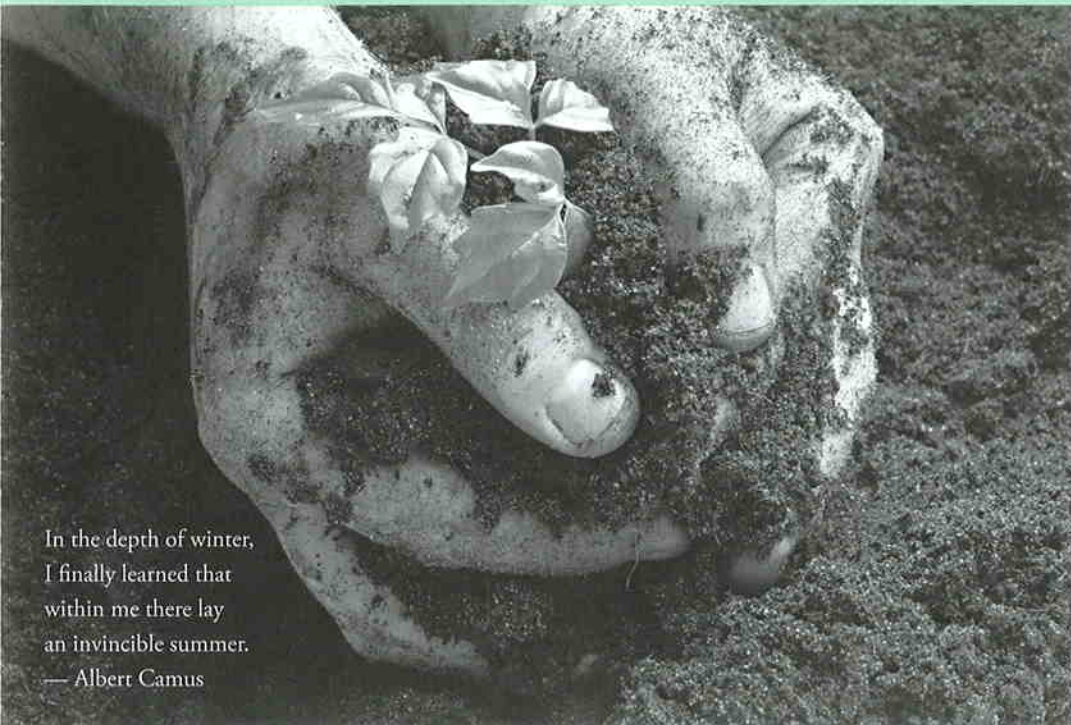


THE Cancer Support CENTER

HOMEWOOD (708) 798-9171 MOKENA (708) 478-3529

JULY TO SEPTEMBER 2009

JOIN OTHERS WHO ARE INSPIRED TO LIVE BETTER WITH CANCER BY NURTURING THE MIND, BODY AND SPIRIT.



In the depth of winter,
I finally learned that
within me there lay
an invincible summer.
— Albert Camus

A GARDENER... knows that patience, attention and a gentle touch creates a beautiful garden. The Cancer Support Center uses these principles everyday. Come and experience the difference in your life when you experience The Cancer Support Center.

Because life is for living, one day at a time.

YOGA
Counseling

Library
Support
Nutrition &
Cooking Classes

massage

MEDITATION

SUPPORT

SUPPORT PROGRAMS — Individual counseling for all ages is available in Homewood and Mokena. Family and couple counseling is also offered. Call to schedule a Personal Planning Session and change the way cancer affects you. By the mutual sharing of how a person is affected physically, emotionally, socially and spiritually, a group can provide the opportunity for connection, validation, information and understanding.

Weekly Support Groups

Times are not listed on the calendar pages; please call to join. This will help connect you with a group that may best suit your needs.

Individuals with Cancer — Tuesdays in Homewood; Wednesdays in Mokena

For anyone with a cancer diagnosis, weekly groups designed to help you deal with cancer treatment, stress and emotional coping. Please call for information about our Wednesday evening group in Mokena.

Caregiver Group — Tuesdays in Homewood

For family and friends. This group encourages self-care through support and education.

Children/Teen Groups — Mokena

Designed for children and young adults who have a loved one with cancer.

ALL PROGRAMS ARE FREE OF CHARGE FOR ANYONE AFFECTED BY CANCER

www.CancerSupportCenter.org

NEW! **Kids Club!...Begins July 9th! — Thursdays in Mokena**

A group for kids 12 and younger to come together for activities and conversation about cancer in their lives. All supplies and snacks will be provided. Registration required. *Sponsored by: Chicago Fire Foundation.*

Grief Support Group — Available in Homewood and Mokena

Separate, weekly groups for children, teens and adults who have lost a loved one to cancer.

NEW! **Life Beyond Cancer — Tuesdays in Homewood**

This new daytime support group will focus on helping cancer survivors understand the emotional, social and spiritual changes associated with a cancer diagnosis and explore ways to develop a “new normal” way of living. Registration required. Facilitated by Judy Themer, PsyD. *Tuesdays beginning July 7, for 10 weeks.*

Monthly Networking Groups

Drop-in and get connected. Exchange information with others in a casual setting. No registration required.

Mothers Grief Group — Homewood

For mothers who have lost an adult child to cancer. Daytime group.

New Time!

Ovarian Cancer Networking — 4:30-6 p.m. Homewood

Wednesdays: July 1, August 5, September 2

New Time!

Breast Cancer Forum — 6:30-8 p.m. Homewood

Wednesdays: July 1, August 5, September 2

Multiple Myeloma Networking — 7-8:30 p.m. Homewood

Wednesdays: July 8, August 12, September 9 (*Caregivers welcome*)

Lymphoma Networking — 7-8:30 p.m. Homewood

Wednesdays: July 15, August 19, September 16 (*Caregivers welcome*)

Young Adults Facing Cancer — 6:30-8 p.m. Homewood

Mondays: July 20, August 17, September 21

New Day!

Sisters Network®* — 7-8:30 p.m. Homewood

Wednesdays: No July meeting, August 19, September 16

*Sisters Network is a national organization for African American women with breast cancer.

SAVE THESE DATES!

Medical Professional Workshop

Thursday, October 1, 6-7:30 p.m.

Mokena Location

Nurses and Social Workers welcome. An opportunity to obtain CEU's and network with colleagues. *Presented by James Wallace, MD*

Yoga Retreat

Friday & Saturday, October 9 and 10,

10-4 p.m. both days in Homewood

Individual and group sessions will give you the opportunity to learn about how yoga can support the treatment and healing of cancer. For people with cancer and their caregivers. Beginners welcome!

Family Grief Camp

Saturday, November 7, 9-5 p.m.

“The Center” in Palos

For families with children and adolescents who have lost a loved one to cancer. A special day for honoring grief, designed to help families explore their grief through arts, crafts and activities. *Sponsored by St. James Hospital and Health Centers- Miracles Made Daily and the Chicago Fire Foundation.*

WELLNESS PROGRAMS offer individuals an opportunity to increase their sense of physical, mental and spiritual balance. Expert facilitation is offered in the methods of yoga, exercise, meditation, massage, relaxation and guided imagery. Beginners are welcome.

Knit and Crochet Circle

Homewood: Fridays, 10-11:30 a.m.

Materials provided. Basic instruction provided by other members.

Mindfulness Meditation & Discussion

Homewood: Wednesdays, 11:30 a.m.-12:30 p.m.

Mokena: Thursdays, 10-11 a.m.

Instructed by Valerie Piazza, RN, MA, LCPC

Practice meditation and discuss how to effectively live in the present moment.

Yoga for (Healing) Cancer

Mokena: Wednesdays 10:30-11:30 a.m.

Instructed by Lisa Schneider, LCPC, Yoga Instructor

Homewood: Fridays 2-3 p.m.

Instructed by Jaya Adiga, MD, Yoga Instructor

Gentle yoga classes designed to reduce stress and address the physical side-effects of cancer. This class uses seated and standing poses. Survivors and caregivers of all physical ability levels are welcome.

NEW!

Yoga Class: Eight Weeks of Awareness, Breath and Movement

Homewood: Mondays, 4-5 p.m. July 13-August 31

Instructed by Lisa Schneider, LCPC, Yoga Instructor

Each week will explore the philosophy, breath and movement that make yoga a perfect practice for cancer and chronic illness. Deepen your understanding of yoga and its role in healing the mind, body and spirit. A gentle practice for a more peaceful you.

Therapeutic Touch

Available at both the Homewood and Mokena locations

30-minute, fully clothed sessions by appointment. Priority given for those in treatment. (Because of limited volunteer availability, there is a limit of one session per month.)

- **Healing Touch and Reiki: Hands-on energy treatments**
- **Massage Therapy**

July 2009

Homewood: (708) 798-9171 Mokena: (708) 478-3529

H = Homewood Programs; M = Mokena Programs; ☎ Call to Register

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
		Ovarian Cancer: 4:30-6 H Breast Cancer Network: 6:30-8 H Break Week		CENTER CLOSED
	6	7	8	9
		Yoga: 10:30-11:30 M Meditation: 11:30-12:30 H Multiple Myeloma: 7-8:30 H	Meditation: 10-11 M Kid's Club: 4-5 M ☎	Knit/Crochet Circle: 10-11:30 H Gentle Yoga: 2-3 H
	13	14	15	16
Look Good, Feel Better: 12-1:30 M ☎ Yoga: 4-5 H	Life Beyond Cancer: 10-11:30 H ☎	Yoga: 10:30-11:30 M Meditation: 11:30-12:30 H Lymphoma Forum: 7-8:30 H	Meditation: 10-11 M Kid's Club: 4-5 M ☎	Knit/Crochet Circle: 10-11:30 H Gentle Yoga: 2-3 H
	20	21	22	23
Yoga: 4-5 H Young Adults: 6:30-8 H	Life Beyond Cancer: 10-11:30 H ☎	Yoga: 10:30-11:30 M Meditation: 11:30-12:30 H Pancreatic Forum: 7-8:30 H	Meditation: 10-11 M Kid's Club: 4-5 M ☎	Knit/Crochet Circle: 10-11:30 H Gentle Yoga: 2-3 H
	27	28	29	30
Breast Cancer Network: 6:30-8 M Ayurveda: 6:30-8 H Yoga: 4-5 H	Life Beyond Cancer: 10-11:30 H	Yoga: 10:30-11:30 M Meditation: 11:30-12:30 H	Meditation: 10-11 M Kid's Club: 4-5 M ☎	Knit/Crochet Circle: 10-11:30 H Gentle Yoga: 2-3 H
				31

Oh the Changes... WE HAVE WIGS FOR YOU! We have a wig bank at each location to help you cope with treatment-related hair loss. Before making a financial commitment an expensive wig, come and try out our supply of new and used wigs that may help you feel more comfortable. Volunteers and staff are available to help you find a great match for your style.

BREAST PROSTHETICS are available for you in Homewood. Call for a private appointment; all supplies are free of charge. (Good condition wigs, wig supplies and breast prosthetics are also accepted for donation at either location.)

Important Event Dates...See you there!

Please visit our web site at www.CancerSupportCenter.org for more info

July 13: 18th Annual Steve Fallick Golf & Tennis Outing

July 19: Women's Board Hats and Afternoon Tea

September 17: Hometown Hoedown in Frankfort

October 4: 11th Annual Walk of Hope through Homewood & Flossmoor, IL

October 24: 2nd Annual Halloween Party — Sponsored by the Junior Board

November 8: 2nd Annual Knock-'Em-Down Bowl-a-Thon in Mokena, IL

November 21: Women's Board Holiday House Walk and Whimsical

Winter Market — Complete with Luncheon, Olympia Fields Country Club

August 2009

Homewood: (708) 798-9171 **Mokena:** (708) 478-3529

H = Homewood Programs; M = Mokena Programs; ☎ Call to Register

Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6
Yoga: 4-5 H	Life Beyond Cancer: 10-11:30 H ☎	Yoga: 10:30-11:30 M Meditation: 11:30-12:30 H Ovarian Cancer Forum: 4:30-6 H Breast Cancer Forum: 6:30-8 H	Meditation: 10-11 M Kid's Club: 4-5 M ☎	Knit/Crochet Circle: 10-11:30 H Gentle Yoga: 2-3 H
	10	11	12	13
Yoga: 4-5 H Targeted Therapy for Cancer Treatment: 6:30-8 H	Life Beyond Cancer: 10-11:30 H ☎	Yoga: 10:30-11:30 M Meditation: 11:30-12:30 H Multiple Myeloma: 7-8:30 H	Meditation: 10-11 M Kid's Club: 4-5 M ☎	Knit/Crochet Circle: 10-11:30 H Gentle Yoga: 2-3 H
	17	18	19	20
Yoga: 4-5 H Young Adults: 6:30-8 H	Life Beyond Cancer: 10-11:30	Yoga: 10:30-11:30 M Meditation: 11:30-12:30 H Lymphoma Forum: 7-8:30 H Sisters Network: 7-8:30 H	Meditation: 10-11 M Kid's Club: 4-5 M ☎	Knit/Crochet Circle: 10-11:30 H Gentle Yoga: 2-3 H
	24	25	26	27
Yoga: 4-5 H Breast Cancer Network: 6:30-8 M Acupuncture and Cancer: 6:30-8 H	Life Beyond Cancer: 10-11:30	Yoga: 10:30-11:30 M Meditation: 11:30-12:30 H Pancreatic Forum: 7-8:30 H	Meditation: 10-11 M Kid's Club: 4-5 M ☎	Knit/Crochet Circle: 10-11:30 H Gentle Yoga: 2-3 H
	31			
Yoga: 4-5 H				

Receive an email calendar and help us devote more money to direct services. Please contact us at GoGreen@CancerSupportCenter.org. If you do not wish to be on our mailing list, please help us reduce costs by contacting us.



The Village Door

NEED A SPECIAL GIFT FOR THAT SPECIAL SOMEONE? Shop The Village Door, a donation/consignment shop of fine home furnishings, at 2019 Ridge Road in downtown Homewood. All proceeds benefit The Cancer Support Center's free programs for anyone affected by cancer. More information is at VillageDoor.com or (708) 798-8665.

Special Thanks... The Cancer Support Center's programs are offered at no charge, thanks to the generosity of our financial contributors. Extra special thanks to our Annual Fund donors in our Founder's Society (\$10,000+):

- Anonymous
- CN
- CSC Junior Board
- CSC Women's Board
- Ford Motor Company
- Sylvia Levin in memory of Peter
- Ingalls Health System
- Fred & Natalie Marcon
- Mi-Jack Products, Inc.
- Cancer Health Alliance of Metropolitan Chicago
- David & Bridget Van Eekeren
- Donna & Paul Van Eekeren Foundation