UPCOMING 25TH ANNIVERSARY CELEBRATIONS

Twenty six years ago, two of The Cancer Support Center’s founders called a well-known oncologist in California explaining that they were working to create a cancer wellness and support Center in Chicago’s southern suburbs. The oncologist quickly said “it will never happen.” We all know how wrong that doctor was, as we celebrate our 25th anniversary!

The part of the story that resonates with me is not the doctor’s response, but the reaction of our two founders. They did not give up on their dream. Instead, they dug a little deeper to find that extra bit of energy, faith, hope, determination, and made their dream the extraordinary reality that is The Cancer Support Center.

We have spent this year reflecting on all The Center does and continues to do. Our programs have grown over the years and will do so even in the near future as we create drop-in, self-directed fitness and additional art programming. More people seek out The Center’s services with each year. The 25 Faces of The Center introduce us to a few of those who continue the dream of The Center, and remind us why The Center is a special place.

As we close out this 25th year with our Homewood Rededication on October 25th, we will premiere our new Center video and host our art show. We are reminded by our founders’ experience what The Center is truly about. It is our passionate dedication to help those who are battling cancer find hope, faith, friendship, compassion and strength – to live quality filled life.

With the Rededication, Holiday Party, and other activities, we warmly invite you to come by and see all that we offer to you, your loved ones, and our communities.

IN THIS ISSUE

Center News ......................... pp. 1-3
Program Guide ...................... pp. 4-9
Program Calendar .............. pp. 10-12
Development News ............. pp.13-16

PLEASE CALL AHEAD:
Inclement conditions may cause programs to be cancelled.
Advocate South Suburban Hospital:
Why Oncology Patient Navigation is a Critical Part of Your Journey

Our cancer program here at Advocate South Suburban Hospital is very special for a number of reasons. First, we always focus on “patient care first” and second, we are fortunate to provide personalized care and attention to each cancer patient, meeting them with resources, information and care coordination wherever they are in their cancer journey. We have a collaborative team, which includes nurse navigators, an outpatient oncology social worker, a palliative care APN, a research and survivorship coordinator, along with support staff, physicians and a partnership with our radiation oncology staff and infusion center staff. We also work closely with our inpatient oncology staff. Once again, we are meeting patients where they are and helping to tear down barriers to cancer care.

Our program is also unique because of the partnership we have with The Cancer Support Center. From the counselors who come to the hospital to the on-site classes and their many services, we could not do our jobs and provide all that our patients need without The Center. The staff, the many services, classes, events and programming make it such a wonderful resource to patients and their loved ones in our community affected by a cancer diagnosis.

- Jenise Diemer, Oncology Patient Navigator
2nd Annual Survivor Conference
“Survive and Thrive”

Saturday, September 15th
Registration - 8 a.m.
Event - 9 a.m. to 1 p.m.

Chamberlain College of Nursing
18624 W. Creek Dr.
Tinley Park, IL 60477

Topics include:
- Making Your Health a Priority - Mind, Body, and Soul
- Understanding the Differences Between Hospice and Palliative Care
  - Improving Relationships Through Communication
- Understanding the Differences Between Various Types of Imaging
- The Role of Oncology Rehabilitation for Physical Wellness in Survivorship
- Survivorship 101 - Focusing on Women’s Issues

Please visit www.cancersupportcenter.org/surviveandthrive to register!
Iridology & Detox Clinic
Homewood: Tuesday, October 23; 12-1:30 p.m.
Iridology is the science of analyzing the structures of the iris of the eye and the eyes have long been used to gain insight into a person’s state of health. Detoxification is an important tool to clear the body of unwanted substances. Learn how to read your own eyes, identify areas in your body that need extra support plus identify safe steps to take on your own to gently detoxify the body. Presented by Laura Siebert, Regenerative Detoxification Specialist & Iridologist.

Insomnia & Fatigue
Homewood: Monday, October 29; 6-7 p.m.
Fatigue and insomnia are common challenges during and after cancer treatment, and together can lead to feeling drained and disengaged from life. This presentation will review practical strategies to help you manage your energy level and improve your sleep quality. Implement these strategies daily to help yourself sleep better, feel better, and re-engage with life. Presented by Yasmin Asvat, PhD, University of Chicago Medicine Assistant Professor.

Cannabis and Cancer
Homewood: Monday, November 5; 6-7 p.m.
Mokena: Wednesday, November 7; 6-7 p.m.
Green Care Medical is a multidisciplinary team of medical Physicians and doctors of pharmacy specializing in the use of cannabis derivatives for the management of chronic diseases. This presentation will help provide the information necessary to qualifying patients and caregivers in order to make the right decision as it relates to medical cannabis. Presented by Dr. Steven Salzman, D.O., Medical Director, Dr. George Gavrilos, PharmD, Chief Pharmacy Officer and Lauren Hathaway, Director of Patient Outreach.

Improving Relationships and Intimacy After Cancer Treatment
Homewood: Thursday, November 29; 7-8 p.m.
A cancer diagnosis can be extremely challenging and most men and women treated for cancer experience side effects that impact intimacy and their relationship with a partner. This session will cover the common problems that occur and address treatments and strategies to improve intimacy and promote a healthy ongoing relationship. The session is open for partners to attend. Presented by Jeffrey Albaugh, PhD, APRN, CUCNS. Please call 708.798.9171 to register.

Walking Club
Old Plank Trail in Frankfort; Thursdays, 9:30 a.m.
This walking club is about getting moving out in nature. Call the Mokena location to register and for more information. Meet at bathrooms at Breidert Green Park in Frankfort. Please check the weather prior to attending.
Learn about the most nutrient-dense and cancer-fighting foods and how to incorporate them into your life. Our nutrition classes offer the most current information and step-by-step strategies that will encourage optimal health.

Enhancing Flavor with Spices
Homewood: 1st Thursday of each month; 11-12:30 p.m. (September 6, No October Class, November 1)
Herbs and spices are an inexpensive way to add flavor. They are known for their antibacterial and antiviral properties and contain disease-fighting antioxidants. Learn how to use common spices such as basil, dill and garlic and become a flavor expert in your own kitchen. Enjoy a sampling of the food prepared by Chef Marcia. Presented by Culinary Chef Marcia Kuchta and Christine Rosandich, Nutrition Educator, MS. Call 708.798.9171.

Cancer-Fighting Cooking Demo
Homewood: 2nd Thursday of each month; 1-3 p.m. (September 13, October 11, November 8)
This cooking demonstration features nutrient-rich recipes that are easy to prepare and filled with ingredients loaded with antioxidants and phytonutrients. Join us as we gather with friends and enjoy a delicious and revitalizing meal. Presented by Chris Rosandich, Nutrition Educator, MS and Leslie Susralski, Program Volunteer. Please call 708.798.9171 to register.

Healthy Changes in the Kitchen and Beyond
Mokena: 1st Friday of each month; 12-1:30 p.m. (September 7, October 5, November 2)
Chef Lesley Shworles will help you explore how to be your own healthy advocate as you participate in fun and interactive projects. Presented by Chef Lesley Shworles and Christine Rosandich, Nutrition Educator, MS. Please call 708.478.3529 to register.

Health Watchers Nutrition Group
Mokena: 3rd Tuesday of each month; 4-5:15 p.m. (September 18, October 16, November 20)
Health Watchers is a progressive nutrition group that meets once a month to collaborate, encourage and support each other on their journey towards healthy eating. A new topic is discussed each month along with simple ways to meal plan for one or two. Stay and enjoy a tasting of flavorful, healthy foods. Presented by Chris Rosandich, Nutrition Educator, MS and Beth Bogan, MS.

A cancer journey affects the way we feel both inside and out. These programs are designed to boost your spirit and self-confidence.

The Wig Boutique. . .We have wigs for you!
Before making a financial commitment to an expensive wig, visit our wig boutique. Staff is available to help you find a great compliment to your style and everything is free of charge. Wigs are available to women currently in treatment and breast prosthetics are available in Homewood. Wig fittings are by appointment only. Please call 708.798.9171 in Homewood and 708.478.3529 in Mokena to set up your private appointment. (Our wig boutique in Homewood is available thanks to a grant from the Wendy Larks Foundation. Our Mokena boutique is available thanks to a grant from the Hometown Hoedown.)

Look Good, Feel Better*
Homewood: Tuesday, October 23; 1-3 p.m. (Call 708.798.9171 to register)
Mokena: Friday, November 9; 1-3 p.m. (Call 708.478.3529 to register)
This program is designed to teach women with cancer about makeup techniques, skin care, nail care and options related to hair loss such as wigs, turbans and scarves. A free cosmetic kit will be provided. This class is a one-time only program. Provided by the American Cancer Society.

CHILD, TEEN & FAMILY PROGRAMMING
When a loved one is diagnosed with cancer, children, teens and family members may experience anxiety, sadness, fear and confusion. The Center is here to help minimize distress and create an environment for families to receive support. Please call us to schedule your Personal Planning Session and learn more about how The Center can help you and your loved ones navigate this cancer journey. Below is a list of our current program offerings:

- Individual Counseling for children, teens and families
- Art Therapy for children, teens and families
- Family Fun Nights
- Kids Camp (summer and winter sessions)
PROGRAM GUIDE

Individual counseling for all ages is available in Homewood and Mokena. Family and couples counseling is also offered. Call to schedule a Personal Planning Session (PPS) with a counselor to create a program plan that is right for you.

Weekly Support Groups
By the mutual sharing of how a person is affected physically, emotionally, socially and spiritually after a cancer diagnosis, support groups provide the opportunity for connection, validation, information and understanding. To learn more about these groups, location, time and how they may be helpful to you or your loved ones, please call and schedule a Personal Planning Session (PPS) with one of our counselors.

Survivors Support Group
Homewood: Tuesdays, 10-11:30 a.m.
(May be called 708.798.9171 to register)
For anyone with a cancer diagnosis, weekly groups are designed to help you deal with cancer treatment, stress and emotional coping.

Bereavement Support Group
A 10-week support group for people who have lost a spouse or a loved one due to cancer. Please call either location for more information.

Men's Discussion Group
Homewood: Tuesdays, 2-3 p.m.
(May be called 708.798.9171 to register)
Mokena: Thursdays, 12:30-1:30 p.m. (No group November 22)
(708.478.3529 to register)
For men with any type of cancer to share their questions, concerns and experiences living with cancer in a friendly atmosphere. Men in all cancer stages are welcome. Facilitated by Jason Kieffer, LPC.

Mothers Grief Group
Homewood: 3rd Thursday of each month, 10-12 p.m.
(September 20, October 18, November 15)
For mothers who have lost an adult child to cancer. This group provides a safe, supportive space to connect with other mothers and process through the grief of losing a child. Please call 708.798.9171 to register.

Art Groups
Fun and meaningful programs to help you explore different forms of expression and creativity. No art experience necessary, all supplies provided. Registration required for each session. Facilitated by Kathleen Daly, Registered Art Therapist & Kelly Kopale, LPC.

Art Therapy
A supportive, safe space to explore your creativity and have fun!
Homewood: Mondays, 2-3:45 p.m. (No class September 3 & October 8)
Please call 708.798.9171 to register
Mokena: Tuesdays, 2-3:45 p.m., Please call 708.478.529 to register

September: Pastels: Explore the art materials of pastels as a way of creative expression. We will use chalk & oil pastels to create different pieces while focusing on the process rather than the final product.

October: Art Without Limitations: Explore famous artists who overcame both physical and mental ailments. Art will be based on these artists while reflecting on adapting to our own life changes.

November: Gratitude: We will create art works focusing on the gratitude we have for ourselves, our minds, our bodies and others.

Open Studio
Homewood: Wednesdays, 1-3 p.m. (No class October 24)
Open studio is a space for participants to work on any art projects they desire. Bring in something from home or let the materials at The Center inspire you! You do not have to attend any other art groups at The Center to participate.

Learn to Crochet!
Mokena: 2nd Monday of each month, 10:30 a.m.-12:30 p.m.
(No October Class)
Learn how to crochet in this monthly workshop. Hands on instruction, resources and basic project instructions will be provided. Practice yarn and hook will be provided. Please call 708.478.3529 to register.

Tibetan Bowl Group Sound Bath
Mokena: Thursdays, September 6 & 20, October 4 & 18,
November 1 & 15; 9:30-10:30 a.m.
Vibrational sound with singing bowls work with the energy field that extends from our physical bodies and relaxes our brain waves. It is called a “bath” because our bodies are bathed in sound. Please bring a pillow and blanket. Presented by Jayne Hayes, Reiki Master. Please call 708.478.3529 to register, space is limited. No perfume please.

Sound Bath: Immerse Yourself in Healing Vibration
Homewood: Tuesday, September 25; 6:30-7:30 p.m.
Our physical bodies are composed of atoms vibrating at various rates; illness and the stress it can create lower that rate. A sound meditation, in which you bathe your body in the healing vibrations of a variety of ancient instruments, can raise your consciousness to create a space of peace and well-being. Please bring a pillow, blanket and wear loose clothing. No perfume please. Register early at 708.798.9171; space is limited. Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT.

Guided Imagery
Homewood: Tuesdays, 12:30-1 p.m.
“Sit down and relax” is sometimes easier said than done. These weekly classes will teach you how to experience the healing benefits of relaxation through breathing exercises, guided imagery and meditation. Learn and experience ways to relieve stress and achieve a sense of peace in your life. Call 708.478.3529 to register.

Therapy Dog Group
Homewood: 2nd Friday of each month; 11:30-12:30 p.m.
(September 14, October 12, & November 9)
These groups are open to all ages and provided by certified therapy dogs. Spending time with a therapy dog can provide affection, comfort and joy.

Annie's Knit & Crochet Circle
Homewood: Fridays, 10-11:30 a.m. (No class November 23)
Materials provided or bring your own. Please note that this is not a facilitated group; this is an open space for survivors and caregivers to gather independently to work on knit & crochet projects.
These programs offer individuals an opportunity to increase their sense of physical, mental and spiritual balance. Expert facilitation is offered in the methods of yoga and other forms of exercise.

**Gentle Yoga**
Homewood: Mondays; 4-5 p.m. & Wednesdays; 10-11 a.m.  
(No class September 3 & 8 & 24)
Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT
Mokena: Tuesdays; 9:15-10:15 a.m.
Facilitated by Nadine Kelly MD, E-RYT 200, R-CYT
Gentle yoga classes are designed to reduce stress and address physical side-effects of cancer. Classes consist of breath work, gentle stretches, seated and standing poses using the chair or wall for assistance, relaxation, and meditation. Survivors in treatment as well as those who want a gentle practice and caregivers of all physical ability levels are welcome. Please wear comfortable clothes and bring water.

**Moves That Matter**
Homewood: Saturdays; 9:30-10:15 a.m.  
(September 8 & 22, October 6 & 20, November 3 & 17)
This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention and pain management. Increasing flexibility will improve muscle tone and joint mobility for participants suffering from neuropathy. Each person works at their own pace and comfort zone. No experience necessary. Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist.

**Yoga for Balance & Core Strength**
Mokena: Tuesdays; 10:30-11:30 a.m.
These classes are designed to regain and maintain strength and balance during and after treatment, while reducing stress. Yoga poses focus on fostering core stability, body awareness, and mindfulness to perform activities of daily living well. Classes consist of breath work, yoga poses using a chair or wall or mat, relaxation, and meditation. Survivors and caregivers of all physical ability levels who desire a gentle, yet challenging practice are welcome. Mats are provided. Please wear comfortable clothes and bring water. Facilitated by Nadine Kelly MD, E-RYT 200, R-CYT

**Self-Guided Fitness Spaces**
Homewood: Monday–Friday; 9:30-4 p.m.  
(Please call 708.798.9171 to register)
Mokena: Monday–Friday; 9:30-3 p.m.  
(Please call 708.478.3529 to register)
Completion of a fitness workshop is required before you are able to sign out the self-guided fitness space. The space will include various fitness equipment to help participants build strength, flexibility, balance and more! Please call for more details and to sign out the space.

**Therapeutic Touch**
- Massage Therapy (both locations)
- Cranio-Sacral Therapy (both locations)
- Reiki (Mokena)
Priority appointments for those in treatment. 30-minute, fully clothed sessions. Note: limit one session per month. Please call 708.798.9171 to register in Homewood and 708.478.3529 to register in Mokena. Thank you to our practitioners: Judith Hanzelin, Marilyn Kopacz, Lydia Janacek & MaryAnn O'Donnell.

**Lymphatic Massage- New!**
Mokena: By Appointment Only
We now have lymphatic massage appointments available at our Mokena location 1x/month. Please call 708.478.3529 for availability. A physician's prescription is needed to book this service. Provided by Sandra Wallin, OTR/L, CLT.

**Get Moving, Get Fit**
Mokena: Mondays & Wednesdays 4-4:45  
(No Class September 3 & 5 and October 8 & 24)
This group will focus on gentle conditioning and flexibility. Workouts will focus on the whole body and all levels of fitness are welcome. Registration is required as space is limited. Please call 708.478.3529 to reserve your spot. Facilitated by Evelyn Thies, Certified Personal Trainer.

“The Cancer Support Center has had a very positive impact on my life. From art to yoga to cooking classes and from meditation to massage to cranial sacral, I have received personal benefits and improved quality of life.”
- Tenner, Survivor
Drop-in monthly programs & special presentations for people to come together to discuss treatments and coping mechanisms for handling specific types of cancer.

**Brain Cancer Networking Group**  
Homewood: 2nd Thursday of each month; 6-8 p.m.  
(No September Meeting, October 11, November 8)  
This is a social and supportive gathering for people affected by a brain tumor to connect with others with a similar diagnosis. Caregivers are welcome to attend; group splits into a survivors, caregivers and grief support group. *Facilitated by Jean Arzbach, RN and staff therapist.*

**Breast Cancer Networking Group**  
Homewood: 1st Wednesday each month; 6:30-8 p.m.  
(September 5, Presentation on October 3, November 7)  
Mokena: 3rd Monday of each month; 6-7:30 p.m.  
(September 17, October 15 & November 19)  
This group is supportive and informative. Co-led by a staff therapist and oncology nurse, this group is for any woman diagnosed with Breast Cancer. *Thank you to our Oncology Nurses Lisa Gravitt, RN, OCN, Palos Community Hospital (Mokena Location) & Ann Cuvala, RN, MS, OCN, Franciscan Health (Homewood Location)*

**Metastatic Breast Cancer Networking Group**  
Homewood: 1st Wednesday of each month; 5-6 p.m.  
(September 5, October 3, November 7)  
This group is supportive and informative. Open to any woman diagnosed with Metastatic Breast Cancer. *Facilitated by Staff Therapist Kelly Kopale, LPC & Oncology Nurse Ann Cuvala, RN, MS, OCN, Franciscan Health (Homewood Location)*

**Sista's of Hope Support Group**  
Homewood: 3rd Wednesday of each month; 6-8 p.m.  
(September 19, October 17 & November 21)  
The Sista's of Hope Support Group is an African American cancer survivor's organization, founded in 2017. This group provides support, love and sisterhood as well as breast health education and advocacy.

**Lung Cancer Networking**  
Mokena: Please call for current meeting details  
Join us for our newest Networking Group; this group is open to all participants with lung cancer as well as caregivers. During this quarter, we will welcome medical professionals from the local cancer care community to present on specific topics and answer questions related to lung cancer treatment. *Facilitated by Jason Kieffer, LPC.*

**Gynecological Cancers Networking Group**  
Homewood: 3rd Wednesday of each month; 5-6 p.m.  
(September 19, October 17 & November 21)  
This support group is for women with cervical, uterine, ovarian and other gynecological cancers to connect with one another in a supportive and safe space. The group is discussion based, with occasional professional speakers and presentations. *Facilitated by Kelly Kopale, LPC.*

**Colorectal Cancers Networking Group**  
Mokena: 2nd Monday of each month; 5:30-6:30 p.m.  
(September 10, No October Meeting, November 12)  
Join us for our newest networking group; this group is open to all participants with colon, rectal and anal cancer as well as caregivers. During this quarter, we will welcome medical professionals from the local cancer care community to present on specific topics and answer questions related to colorectal cancer treatment. *Facilitated by Jason Kieffer, LPC.*

**Prostate Cancer Networking Group**  
Homewood: 4th Thursday of each month; 5-6 p.m.  
(September 27, No October and November Meeting)  
This networking group provides an informal discussion time for men with prostate cancer to share information with each other. This group will also offer occasional special speakers. *Facilitated by Jason Kieffer, LPC.*

**Blood Cancer Networking Group**  
Homewood: 3rd Wednesday each month; 6:30-8 p.m.  
(September 19, October 17 & November 21)  
For anyone with Multiple Myeloma, Leukemia & Lymphoma; this group is a supportive network of survivors and caregivers dealing with blood cancers.

“I am blessed to be involved with The Cancer Support Center. The classes offered have taught me so much.”  
- Debbie, Survivor
The Cancer Support Center recognizes the importance of reaching newly diagnosed cancer patients. The Center has made building hospital relationships a priority, extending support to those in need at the beginning of their cancer experience. Currently, The Center has partnerships with Advocate South Suburban Hospital, The University of Chicago Comprehensive Cancer Center at Silver Cross Hospital, JOHA at Presence Cancer Center and UChicago Medicine - Orland Park.

South Suburban Hospital
17800 Kedzie Ave., Hazel Crest, IL 60429

Advocate South Suburban Hospital

Gentle Yoga
ICU Waiting Room: Thursdays; 6-7 p.m. (No class September 6)
Gentle yoga classes are designed to reduce stress and address physical side-effects of cancer. Classes consist of breath work, gentle stretches, seated and standing poses using the chair or wall for assistance, relaxation, and meditation. Survivors in treatment as well as those who want a gentle practice and caregivers of all physical ability levels are welcome. Please wear comfortable clothes and bring water. Facilitated by Karen Fitzgerald, CYT.

UChicago Medicine - Center for Advanced Care - Orland Park
14290 S LaGrange Road, Orland Park, IL 60462

Gentle & Restorative Yoga
Radiation Oncology Waiting Room, Mondays; 5:30-6:30 p.m. (No class September 3 or October 8)
Gentle yoga classes are designed to reduce stress and address physical side-effects of cancer. Classes consist of breath work, gentle stretches, relaxation, and meditation. Survivors in treatment as well as those who want a gentle practice and caregivers of all physical ability levels are welcome. Please wear comfortable clothes and bring water. Facilitated by Karen Fitzgerald, CYT.

Navigating The Cancer Journey
Located on 1st Floor Conference Room
Every Thursday beginning September 13; 9-10 a.m.
This group focuses on providing both supportive and educational care; helping individuals cope with the challenges often faced by a diagnosis. Participants may also network with other survivors facing similar struggles. Please call 708.478.3529 to register. Facilitated by Jason Kieffer, LPC.

The University of Chicago Medicine Comprehensive Cancer Center at Silver Cross Hospital
1850 Silver Cross Blvd, New Lenox, IL 60451

Gentle Yoga
2nd Floor Lobby: Every Thursday; 6-7 p.m.
Gentle yoga classes are designed to reduce stress and address physical side-effects of cancer. Classes consist of breath work, gentle stretches, seated and standing poses using the chair or wall for assistance, relaxation, and meditation. Survivors in treatment as well as those who want a gentle practice and caregivers of all physical ability levels are welcome. Please wear comfortable clothes and bring water. Facilitated by Jennifer Brenner, CYT-500

Restorative Yoga
2nd Floor Lobby: 1st & 3rd Tuesdays of each month; 6:30-7:30 p.m. (September 4 & 18, October 2 & 16, November 6 & 20)
In this class, restorative yoga postures will be utilized. This class is open to all fitness levels for patients and caregivers. Restorative yoga offers time to focus on held passive postures using blocks, chairs and/or blankets. Please bring an eye pillow or small towel and a blanket for an enhanced experience. Facilitated by Kim Swanson, CYT-200

JOHA at Presence Cancer Center
2614 W Jefferson Street, Joliet, IL 60435

Gentle Yoga
Main Lobby: Fridays, 12-1 p.m.
Gentle yoga classes are designed to reduce stress and address physical side-effects of cancer. Classes consist of breath work, gentle stretches, seated and standing poses using the chair or wall for assistance, relaxation, and meditation. Survivors in treatment as well as those who want a gentle practice and caregivers of all physical ability levels are welcome. Please wear comfortable clothes and bring water. Facilitated by Kim Swanson, CYT-200 Specialized in Restorative & Cancer Care Yoga
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September is National Childhood, Gynecologic, Blood Cancer/Leukemia and Lymphoma, Ovarian, Prostate & Thyroid Cancer Awareness Month. Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis.
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The Cancer Support Center is proud of its Hospital Partnerships. Please see all Hospital Programming within the program guide on page 9!
## Annual Holiday Open House
**Monday, December 10th**

**Homewood Location, 6 to 8 p.m.**

Join us for our Annual Holiday Party! This year’s party will be held at our Homewood location. The event is open to all participants, donors and community members. Come kick off the holiday season with us!

### November is Lung, Pancreatic & Family Caregiver Awareness Month.
Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis.

### November 2018

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<td><strong>MOKENA</strong> Get Moving, Get Fit: 4:4-4:45</td>
<td><strong>MOKENA</strong> Breast Cancer Networking 6-7:30</td>
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<tr>
<td><strong>HOMEWOOD</strong> Art: 2-3:45</td>
<td>Survivors Group: 10-11:30</td>
<td><strong>HOMEWOOD</strong> Gentle Yoga: 10-11</td>
<td><strong>MOKENA</strong> Feel Good, Fall Better: 1-3</td>
<td></td>
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<tr>
<td>Gentle Yoga: 4-5</td>
<td>Men’s Discussion Group: 2-3</td>
<td>Open Studio: 1-3</td>
<td><strong>HOMEWOOD</strong> Breast Cancer Networking 6-7:30</td>
<td></td>
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<tr>
<td><strong>MOKENA</strong> Guided Imagery: 12:30-1</td>
<td><strong>MOKENA</strong> Metastatic Breast Cancer: 5-6</td>
<td><strong>HOMEWOOD</strong> Breast Cancer Networking: 6-8</td>
<td><strong>HOMEWOOD</strong> Breast Cancer Networking 6-7:30</td>
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<tr>
<td>Get Moving, Get Fit: 4-4:45</td>
<td><strong>MOKENA</strong> Yoga for Core Strength: 10:30-11:30</td>
<td><strong>MOKENA</strong> Walking Club (Offsite): 9:30</td>
<td><strong>HOMEWOOD</strong> Breast Cancer Networking 6-7:30</td>
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<tr>
<td><strong>MOKENA</strong> Guided Imagery: 12:30-1</td>
<td><strong>MOKENA</strong> Coping with Cancer: 6:30-7:30</td>
<td><strong>HOMEWOOD</strong> Breast Cancer Networking: 6-8</td>
<td><strong>HOMEWOOD</strong> Breast Cancer Networking 6-7:30</td>
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<td>Get Moving, Get Fit: 4-4:45</td>
<td><strong>MOKENA</strong> Yoga for Core Strength: 10:30-11:30</td>
<td><strong>MOKENA</strong> Blood Cancers Networking: 6:30-8</td>
<td><strong>HOMEWOOD</strong> Breast Cancer Networking 6-7:30</td>
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</tbody>
</table>

**Means Call to Register...**

**Homewood: (708) 798-9171**

**Mokena: (708) 478-3529**

Homewood Programs are in Black  Mokena Programs are in Blue

**BOTH CENTER LOCATIONS CLOSED**

**FOR THANKSGIVING**

**BOTH CENTER LOCATIONS CLOSED**
Upcoming Events

**Events Hosted by The Cancer Support Center**

**Fall Walk of Hope - Sunday, October 7, 2018**

It's a bird! It's a plane! No, it's The Cancer Support Center's Fall Walk of Hope! Be a superhero for those fighting cancer on Sunday, October 7 at The Cancer Support Center's Fall Walk of Hope in Homewood. Registration begins at 8 a.m. and the walk ceremony will begin at 9 a.m. Walkers are encouraged to dress up as their favorite super hero and join in on the fun! Walkers will enjoy a one or three-mile route option through downtown Homewood and residential neighborhoods, a survivor celebration, tasty treats and more! Last year's Fall Walk of Hope raised $75,000 for The Center. For this year's walk, The Center hopes to raise $90,000. Those who fundraise over $500 will receive Cancer Support Center branded incentive items.

**Cost:** $30 walker registration/ $15 child registration (5-15 years), visit www.cancersupportcenter.org to purchase.

**Holiday Spirits - Friday, November 16, 2018**

Get into the holiday spirit with The Cancer Support Center! Join us on Friday, November 16 for the second annual Holiday Spirits event. Enjoy an evening with beer, wine and spirits tastings, heavy appetizers, holiday music and more. Holiday Spirits will take place at Wiley’s Grill in Flossmoor from 6 to 9 p.m. Tickets only cost $45. Be on the lookout for a registration website coming soon.

**Location:** Wiley’s Grill, 800 Kedzie Ave, Flossmoor, IL

**Tickets:** $45, includes 10 drink/food sampling tickets and one meal ticket

**Other Events**

**25th Annual Hometown Hoedown**

Don’t miss your chance to experience the grand finale of Hometown Hoedown! Join us at CD&ME in Frankfort on Thursday, September 13 for country line dancing, silent auction, raffles and more. Live entertainment will be provided by Bernie Glim & The Country Roads Band. For more information, please visit our website and click on the Hometown Hoedown icon.

**Giving Tuesday - November 27, 2018**

Giving Tuesday takes place on Tuesday, November 27 and is a global day of giving fueled by the power of social media. Celebrated on the Tuesday following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, Giving Tuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving.

Donations made to The Cancer Support Center on this day will receive a match, so it is the best time to maximize the impact of your donation. Stay tuned for more information about Giving Tuesday as we announce some special programs that we have planned for November 27!

If you are interested in hosting a community event to support The Center, please contact Kelsey Hogan at khogan@cancersupportcenter.org or call 708.478.3529. We will be happy to work with you during the planning process to help enhance the success of your event.

#GIVINGTUESDAY
**Event Recaps**

**Murder Mystery at The Gatsby Estate**


The event raised over $7,000 for program support. A huge thank you goes out to Jenn Adams, Kristine Spada, and the whole Mokena Community Board for throwing this incredible event.

**Spring Walk of Hope**

On Sunday, May 20th, The Cancer Support Center hosted their annual Spring Walk of Hope at Commissioner's Park in Frankfort. The event was a great success for The Center, raising over $80,000 to support our programs and services.

New to the Spring Walk was a superhero theme – walkers donned their superhero costumes and walked the three-mile route to help fight against cancer. The walk also included interactive elements such as a bubble machine, limbo, therapy dogs, Culver's and more!

**Beer, Bingo and Giving Back**

In early June the Homewood Community Board hosted their first ever Bingo event – Beer, Bingo & Giving Back. Area bingo enthusiasts and friends enjoyed an afternoon of great fun and amazing prizes, while raising nearly $3,000 for The Center.

Board member, Maggie Rude, served as the official caller, including fun trivia questions and hilarious jokes along the way. Many thanks to Lassen's Tap for hosting this event and to the entire Homewood Community Board for providing the prizes, organizing the games, securing supplies and making the day great!

**Hats and Tea**

On June 24, the Women’s Board of The Cancer Support Center hosted their annual Hats and Tea event at Idlewild Country Club. Over 100 guests showed up in their best dresses and hats to help raise almost $6,000 for The Center.

**Upcoming Take-A-Bite Events**

- **Culver's:**
  - **Wednesday, November 7, 4-8 p.m.**
  - **18416 Governors Highway, Homewood**
  - 10% of total bill donated
  - Must show flyer (found on our website)

- **Chipotle:**
  - **Monday, October 8, 4-8 p.m.**
  - **17700 Halsted Street, Homewood**
  - 33% of total bill donated
  - Must show flyer (found on our website)

- **Panera:**
  - **Wednesday, November 14, 4-8 p.m.**
  - **15503 S. LaGrange Road, Orland Park**
  - A percentage of your bill will be donated
  - Must show flyer (found on our website)
**Lynn Panici Golf Outing**
We are grateful to the entire committee of the Lynn Panici Golf Outing for their continued support of the Cancer Support Center. A special thank you to Anthony Panici and our event sponsor - JDM Steel/Merlo Family. The day was hot, but full of fun and golf with 170 golfers raising over $70,000 for the free programs offered at The Center.

**Pedal for Prostate**
Thank you to Keith Kebschull for hosting his fourth annual Pedal for Prostate bike ride event. Bikers chose between a 5, 15 or 25 mile race beginning at Aurelio’s Pizza and winding throughout the Homewood area. This event raised over $4,000, and supports prostate cancer programs at The Center.

**Get Your Rear In Gear**
Thank you to Celeste Hayward and the entire Get Your Rear in Gear Tinley Park committee for organizing this run/walk on July 22 to raise awareness and support those with colon cancer in our communities. Due to their efforts, we are able to receive funding from the Colon Cancer Coalition each year.

**Midlothian Country Club Golf Outing**
Barb Hamel presented Kelsey Hogan, The Cancer Support Center’s Events Coordinator, with a donation of more than $8,800 from the Midlothian Country Club Golf Outing held on July 5. Thank you Barb and the Midlothian Country Club for hosting this event.

**Olympia Fields Pink Golf Outing**
Thanks to the OFCC 18-holers and event organizers Dottie Bauer and Joan Pavlik for helping raise over $2,000 for The Center. Your continued support of The Center is always appreciated.

**Flossmoor Country Club Pink Invitational**
Thank you to the Flossmoor Country Club for hosting the Pink Invitational. The event raised nearly $7,500 for The Center.

**Thank You!**

**Corporate and Community Partners**
*(donations of $1,000 or more) in the last quarter:

- Advocate South Suburban Hospital
- American Portfolio Mortgage
- Arcelor Mittal
- Assurance Caring Together Foundation
- CePro, Inc.
- Chamberlain College of Nursing
- CME Community Foundation
- Colon Cancer Coalition
- Dober Group
- FMG Logistics Inc
- Genentech
- Greenhouse Group
- Hematogenix Laboratory Services LLC
- Homewood Disposal Service
- JDM Steel
- Joliet Oncology and Hematology Associates
- Jones & Cleary Roofing/Sheet Metal Co. Inc.
- Kiwanis Club Orland Park
- MAC Rx LLC
- Mi-Jack Products
- Novocure
- Ozinga Bros., Inc.
- Peotone High School
- Pyrotechnic Display, Inc
- R & J Premium Finance
- Riverside Health Care
- Seneca Global, Inc.
- St. James Hospital & Health Centers
- Suburban Service League
- The Greenbrier Companies
- United Way of Will County
- Zekelman Industries - Atlas Tube

“The programs and services provide a light in the darkness and have helped me shine, but more importantly the employees, volunteers and survivors . . . they provide me with strength, hope, love, friendship and family that will last a lifetime. We will never fight this alone, we only fight together.”

- Lesley, Survivor
THE CANCER SUPPORT CENTER
www.CancerSupportCenter.org
www.facebook.com/TheCancerSupportCenter

Homewood Location
2028 Elm Road
Homewood, IL 60430
(708) 798-9171
M-W: 9 a.m. - 5 p.m.
Th/F: 9 a.m. - 4 p.m.

Mokena Location - NEW HOURS!
19645 S. LaGrange Road
Mokena, IL 60448
(708) 478-3529
M, T, Th: 9 a.m. - 4 p.m.
W: 12 p.m. - 4 p.m.
F: 9 a.m. - 3 p.m.

Save The Dates

Crosstown Classic
Presented by The Junior Board
Barcocina Chicago
September 20, 2018

FALL WALK OF HOPE!
SUNDAY,
OCTOBER 7, 2018
BE A SUPERHERO FOR THOSE FIGHTING CANCER

October 7, 2018
The Cancer Support Center
Homewood Location

Holiday Spirits
Celebrate the season with cocktails & festivities

November 16, 2018
Wiley’s Grill