During the past 25 years, the landscape of cancer treatments and how cancer patients are treated has seen radical change! Twenty five years ago, there was a “one-size-fits-all” approach to cancer care. Today, each patient has a unique treatment plan based on the type and stage of cancer. Although most cases still require surgery, radiation or chemotherapy to remove the cancer, there are better tools to identify those who need more- or less-aggressive treatment methods.

We have come a long way in diagnosis and treatment of patients over the past two decades, thanks to advancements in research and technology. These advances have yielded dramatic increases in survivorship. In fact, according to one study there is a 20% increase in survivorship over the last twenty-five years.

Your Cancer Support Center has also grown by leaps and bounds during these past 25 years! With even more supportive and wellness care options available at our locations and with our hospital partnerships, The Center continues to make sure that survivors have the highest quality of life as they fight their cancer battle and strive toward a new normal. This next year, The Center will celebrate its 25th anniversary! We will have various celebrations and reflections throughout the year – we invite you to celebrate with us. Together, we have walked this cancer journey growing to meet new survivorship program needs while also expanding to meet the steady increase in survivors looking for that extra bit of help, hope and healing that only your Cancer Support Center can provide.

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PLEASE CALL AHEAD... during inclement conditions.
Programs may be cancelled.
Many people choose to work through some or all of their cancer treatment. Each person’s reason is different, for some a steady income or access to benefits drive the decision to stay on-the-job. For others, work offers a sense of normalcy or purpose during cancer treatment and recovery. As you think about your own reasons for working through treatment, here are some strategies to make the process a little easier.

**Create an action plan**
Having a plan can help restore your sense of control but keep it flexible because things may change over time. Start by making a list of everything you need to do -- breaking it up into small parts can make things less stressful -- and then prioritize. Avoid multi-tasking and delegate tasks when possible!

**Talking to your manager and/or coworkers**
Sharing your diagnosis requires weighing several factors. Since you have inside knowledge of your workplace’s culture this can help you determine how your news will be received, so trust your instincts. If you do decide to tell, it is likely you will share with those who will be instrumental in figuring out a workable solution for you (possibly your supervisor and/or HR).

Try not to take it personally if a co-worker or boss makes an awkward or insensitive comment. If you keep conversations focused on work, it’s likely people will follow your lead which will help reset their view of you as “The Person with Cancer.” Use “the Swivel” to take a cancer-related comment (e.g. My uncle had cancer, too) and spin it back to work (e.g. I am sure that must have been quite difficult. Also, do you have a few minutes to talk about our project that is due next week?). It’s important to acknowledge your colleague’s comment, but then the swivel the conversation back to a place where you feel comfortable.

**Managing side effects at work**
Ask your healthcare team questions to understand the specific details of all treatments and medication. What are common reactions? What can you do to manage them? This can help you make informed decisions about any work accommodations you might need. Maintaining a work diary to record and monitor how you feel throughout the day/week can help you figure out how side effects might be impacting your work and then find ways to address them.

Modifications to your role or the environment you work in may help you stay on-the-job through treatment. One way to access them is through the Americans with Disabilities Act (ADA). The ADA requires certain employers (those with 15 or more employees and all state/local governments) make “reasonable accommodations” to allow eligible employees to continue to perform the essential functions of their job. However, even if your employer doesn’t have to provide you with an accommodation, it doesn’t mean they won’t. Typically, companies want to retain their good employees, so it never hurts to ask for what you need to keep working. Before approaching your employer, consult with a legal service organization to understand your options so you can make an informed request. Finally, you should also check out your state fair employment law as it may provide additional protections beyond what the ADA offers.

**Setting professional boundaries**
Knowing your limitations so you don’t feel overwhelmed is important as you balance work, treatment and recovery. Although it might feel difficult to decline certain work requests, there are ways to craft language and communicate the “no” in a professional and team-oriented way (e.g. “I appreciate that you thought of me for this project, but I’m a bit swamped this week and am concerned about my ability to get this back to you in a timely manner.”)

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### Effective Strategies for Working Through Treatment

- **Managing side effects at work**: Ask your healthcare team questions to understand the specific details of all treatments and medication. What are common reactions? What can you do to manage them? This can help you make informed decisions about any work accommodations you might need.
- **Create an action plan**: Having a plan can help restore your sense of control but keep it flexible because things may change over time. Start by making a list of everything you need to do -- breaking it up into small parts can make things less stressful -- and then prioritize. Avoid multi-tasking and delegate tasks when possible!
- **Talking to your manager and/or coworkers**: Sharing your diagnosis requires weighing several factors. Since you have inside knowledge of your workplace’s culture this can help you determine how your news will be received, so trust your instincts. If you do decide to tell, it is likely you will share with those who will be instrumental in figuring out a workable solution for you (possibly your supervisor and/or HR).
- **Setting professional boundaries**: Knowing your limitations so you don’t feel overwhelmed is important as you balance work, treatment and recovery. Although it might feel difficult to decline certain work requests, there are ways to craft language and communicate the “no” in a professional and team-oriented way (e.g. “I appreciate that you thought of me for this project, but I’m a bit swamped this week and am concerned about my ability to get this back to you in a timely manner.”)
**Be mindful of what you say online**
It's important to consider the long-term effects of your online activities. You may think you are safe posting on your social networks about your cancer history, but with privacy settings changing every day you may not be as protected as you think. Whatever you do and say becomes part of your online brand- so be aware employers may be able to access the things you post.

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**About Cancer and Careers:**

Cancer and Careers, founded in 2001, is the definitive authority on managing work after a cancer diagnosis. The organization empowers and educates people with cancer to thrive in their workplace by providing expert advice, interactive tools and educational events. Its programs—offered nationwide and free-of-charge—include a comprehensive website and library of publications in English and Spanish; legal and insurance information; job search tools; career coaching; resume review; professional development micro-grants; and events and workshops for people with cancer and their healthcare providers, coworkers and employers. For more information, please visit [http://www.cancerandcareers.org](http://www.cancerandcareers.org).

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**Save the date**

**Annual Holiday Open House**

**The Cancer Support Center Holiday Party**

Join us for our Annual Holiday Party! In honor of our newly expanded space we will hold this year’s party at our Mokena location on Monday, December 11; 6-8 p.m. This event is open to all participants, donors and community members. Please come see the changes and kick off this holiday season with us! Refreshments and fun winter crafts are generously donated by Angels on Assignment. Please call 708.478.3529 to register.

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**Tribute Tiles**

Among our special donor recognitions available, as part of our Capital Campaign, we have tribute tiles! A tribute tile (left) can be purchased with a donation of $250. The tile can be designed by you or one of our art participants. These pictures are example tiles that our art group has created. Tiles will be displayed at both of our Center locations. Please call either location to find out more about this exciting opportunity!
Ribbon Cutting Week at our Mokena location!
In honor of our newly expanded Mokena location, please join us in January 2018 for innovative programming! Stay tuned as we will be adding new programs in addition to those listed below.

Health Watchers Nutrition Group-New!  
Mokena: 3rd Tuesday of the month; 5:15-6:30 p.m.  
(Beginning January 16 and February 20)
Cancer Support Center past participant, Peggy Stover, has a vision for the community to come together monthly and explore current topics that simplify eating well. As a result of that vision, Health Watchers will build upon basic nutrition concepts in addition to progressive topics such as probiotics, immune boosting foods and simple ways to meal plan. Join us as we support each other on our journey towards healthy eating and enjoy a sampling of a new one-pot meal each program. Presented by Chris Roandich, Nutrition Educator, MS and Beth Bogan, MS. Please call 708.478.3529 to register.

Lymphedema Risk Factors and Management  
Mokena: Monday, January 22; 5:30-6:30 p.m.
Lymphedema is a condition that can affect individuals during or after cancer treatments. It is characterized by chronic swelling and can negatively affect quality of life and leave survivors frustrated. What is the difference between Edema and Lymphedema, and how can it be managed? This presentation will cover risk factors and recommended management strategies, as well as symptoms of lymphedema. Presented by LANA – Certified Lymphedema Therapist, Margaret Placek. Please call 708.478.3529 to register.

Breast MRI Clinical Trials with Dr. Gregory Karczmar  
Mokena: Tuesday, January 23; 6-7 p.m.
In this presentation Gregory Karczmar, PhD Professor of Radiology and Medical Physics will discuss the benefit of a breast MRI for early breast cancer detection. He will also share opportunities for women to become involved in clinical trial research to further develop MRI methods. Please call 708.478.3529 to register.

Art Therapy  
Mokena: Tuesdays, 12-1:45 p.m.  
(Beginning January 23)
A supportive, safe space to explore your creativity and have fun! This group will kick off with jewelry making. Please call 708.478.3529 to register.

Strengthening Relationships Throughout The Cancer Journey  
Mokena: Thursday, January 25; 5:30 a.m. - 6:30 p.m.
Join Dr. Timothy McManus, PsyD (Ingalls Hospital) for a presentation on rekindling and strengthening relationships. Dr. McManus is a fellowship trained and certified neuropsychologist. Please call 708.478.3529 for more details and to register.

Vision Board Party!  
Mokena: Wednesday, January 24; 6:30-8 p.m.
It’s Goal Setting time! A vision board is a collage of pictures that represent of your goals for a period of time. We will come together to create our vision boards and share our goals with one another. This group will be hosted by our Participant Committee. All supplies and light refreshments will be provided. Please call 708.478.3529 to register.

Grieving Through the Holidays Presentation  
Mokena: Wednesday, December 13; 6-7 p.m.  
(Please call 708.478. 3529 to register)
Join us for an evening of learning, discussion and fellowship as we explore grief during the holiday season. The evening will focus on ways to create a special place for yourself and your grief amid the activity and celebration of the season. This program is open to any loss.

Discover the True Benefits of Essential Oils  
Mokena: Friday, February 9; 10:30 a.m. - 12 p.m.
Essential oils contain the true essence of the plant from which they were derived. The uses vary from: aromatherapy, household cleaning products, insect repellent and natural remedies for physical discomfort and well-being. Learn creative ways to introduce essential oils into your daily life that are easy, fun, and beneficial. Presented by Brandee Gardiner, Green Envee Educator. Please call 708.478.3529 to register.

Guided Imagery & Buddha Board Workshop  
Mokena: Saturday, February 10; 10-11:30 a.m.
This special Saturday workshop will unite the relaxing processes of guided imagery and art making on a Buddha Board. The goal of working with this unique board is to learn “the art of letting go.” Space is limited; please call 708.478.3529 to register. Facilitated by Kathleen Daly, ATR, LCPC.

Learn to Crochet!  
Mokena: 2nd Monday of each month  
(December 11, January 8 & February 12); 10:30 a.m.-12:30 p.m.
There will be FREE bingo cards for everyone to play together. Prizes will be given to the lucky winners. All prizes have been donated from local businesses and donors. We look forward to playing bingo with you. All adults affected by cancer are welcome to join us. Please call 708.798.9171 to register.

Finding Myself...Facing Cancer with Author Sarah Fenlon-Falk  
Homewood: Wednesday, February 28; 6-7:30 p.m.
Sarah Fenlon Falk is a two-time cancer survivor who writes non-fiction to encourage and empower medical patients and their families. In this program Sarah will share portions of her memoir which detail her cancer experience and offer insights based in her upcoming work, “Keeping it Together: A Patient’s Companion Through Medical Decision Making.” Please call 708.798.9171 to register.

Spirituality Series: Faith & Diversity  
Homewood: Friday, February 16; 1-2:30 p.m.
In this installment of the Spirituality Series The Center will be joined by Roy Patterson, preacher, praise & worship leader and vocalist. Roy is the host of three nationally syndicated programs: Celebration of Praise, Music for Sunday and Urban Praise. In this program he will be discussing how to use faith to cope with adversity. All faiths are welcome to attend. Please call 708.798.9171 to register.
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.

Evening Cooking Demo with Chef Marcia; Escape to Italy
Homewood: Thursday, January 18; 6-8 p.m.
Impress your guests this holiday season with Chef Marcia’s quick and easy holiday recipes. Learn simple ways to create stylish and delicious appetizers that are uncomplicated but elegant. Enjoy a small sampling of Chef Marcia’s dishes. Presented by Culinary Chef Marcia Kuchta. Please call 708.798.9171 to register.

Eat This Not That; How to Still Enjoy Your Guilty Pleasures
Mokena: Thursday, February 1; 6-7:30 p.m.
Are you always looking for ways to make your favorite foods healthier without sacrificing flavor? Chef Lesley is an expert on making food substitutions that are healing to the body and taste great. Join us as we convert our favorite meals, deserts, and snack foods using ingredients that are on the ‘Eat This Not That’ list. Presented by Chef Lesley Shworles. Please call 708.478.3529 to register.

Enhancing Flavor with Spices
Homewood: 1st Thursday of each month; 11-12:30 p.m.
(No December Class)
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—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. Please call 708.798.9171 to register.

Cancer-Fighting Cooking Demo
Homewood: 2nd Thursday of each month; 1-3 p.m.
This cooking demonstration features nutrient-rich recipes that are easy to prepare and filled with ingredients loaded with antioxidants and phytoneutrients. The National Cancer Institute research shows that by making the right food choices you can help to strengthen your immune system to fight back against cancer. Join us as we gather with friends and enjoy a delicious and revitalizing meal. Presented by Chris Rosandich, Nutrition Educator, MS and Leslie Susalski, 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.
(December 1, January 5, February 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.

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 match for 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, Feb 6; 1-3 p.m. (Call 708.798.9171 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

Kids Mini-Camp
Homewood: Friday, January 5; 9 a.m. – 12 p.m.
Mokena: Friday, December 29; 9 a.m. – 12 p.m.
Our Kids Mini-Camp is for any child impacted by cancer ages 6-12. These fun filled days will include games, crafts and snacks. Space is limited; please call 708.798.9171 or 708.478.3529 to register for one or both days.
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 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 with one of our counselors.

Survivors Support Group
Homewood: Tuesdays, 10-11:30 a.m. (Please call 708.798.9171 to register)
(No Group December 26, January 2)
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. 798-9171

Men’s Discussion Group
Homewood: Tuesdays, 4-5 p.m. (Please call 708.478.3529 to register) (No Group December 26, January 2)
Mokena: Thursdays, 12:30-1:30 p.m. (Please call 708.478.3529 to register) (No Group December 28, January 4)
For men with any type of cancer to share their questions, concerns & experiences living with cancer in a friendly atmosphere. Men in all cancer stages are welcome.

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

Art Therapy
Homewood: Mondays; 2-3:45 p.m. (No class December 4, 25, January 1 & 15, February 19)
Mokena: Tuesdays; 12-1:45 p.m. (Beginning January 23)- New!
A supportive, safe space to explore your creativity and have fun! Our Monday group will have weekly projects that include various art processes like jewelry-making, painting and found object art.

Open Studio
Homewood: Wednesdays; 1-3 p.m. (No class December 20)
Open studio is a space for participants to work on any art 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.

Tibetan Bowl Group Sound Bath
Mokena: Thursdays, December 7 & 21, January 4 & 18; 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: Tuesdays, December 12 & February 27; 6:30-7:30 p.m.
Mokena: Tuesday, February 6; 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, of harmony and balance, in which you open to profound therapeutic benefits. Join us for this healing reconnection. 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 (Certified Yoga Therapist).

Group Meditation with Tibetan Singing Bowls
Homewood: Tuesday, January 23; 6:30-7:30 p.m.
Slow down and quiet your nervous system and brain as you open to physical relaxation, uplift in mood, feelings of well-being and peace. Sound therapy is a powerful guide to healing, self-care and self-transformation. Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT (Certified Yoga Therapist). Registration required, please call 708.798.9171.

Guided Imagery
Mokena: Mondays, 12:30-1 p.m. (No class December 25, January 1 & 15, February 19)
“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 & meditation. Learn and experience ways to relieve stress and achieve a sense of peace in your life.

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

Annie’s Knit & Crochet Circle
Homewood: Fridays, 10-11:30 a.m.
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, tai chi and other forms of exercise.

Moves That Matter
Homewood: 1st & 3rd Saturdays of each month; 9:30-10:15 a.m. (December 2 & 16, January 6 & 20, February 3 & 17)
This class works on releasing tension, increasing flexibility, improving posture, coordination and stability. 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.

Gentle Yoga
Homewood: Mondays; 4-5 p.m. & Wednesdays; 10-11 a.m. (No class December 20, 25, January 1, 15 & February 19)
Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT
(Certified Yoga Therapist)
Mokena: Tuesdays; 9:15-10:15 a.m. (No Class December 26, January 2)
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.

Yoga for Balance & Core Strength—New!
Mokena: Tuesdays; 10:30-11:30 a.m. (No Class December 26, January 2)
Facilitated by Nadine Kelly MD, E-RYT 200, R-CYT
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.

Get Moving Get Fit
Mokena: Mondays & Wednesdays; 4-4:45 p.m. (No Class December 11, 20 & 25, January 1, 15, 17 & February 19)
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.

Therapeutic Touch
- Massage Therapy (both locations)
- Cranio-Sacral Therapy (Homewood)
- 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 Kapacz & 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.

Online Programming
Access support from anywhere! You can now watch a selection of our programs by visiting our website: www.cancersupportcenter.org and click on Programs & Activities ⇒ Online Programming. Currently available programs include: Meditation with Cecily & Smoothie Demo with Chris. Keep checking back for additional programs as we continue to update this exciting extension of our services.
Drop-in monthly programs & special presentations for people to come together to discuss treatments and coping mechanisms for handling specific types of cancer.

Survivors Networking Group
Homewood: 3rd Tuesday of each month; 6:30-8 p.m.
This is a drop-in monthly group for any individual with any type of cancer. Participants can network with other survivors & gain support from one another in a safe, supportive atmosphere. Facilitated by Kathleen Daly, ATR, LCPC.

Caregivers Networking Group
Homewood: 3rd Tuesday of each month; 6:30-8 p.m.
A Caregiver can be a sibling, child, friend or spouse. This networking group for caregivers is both supportive and educational. Participants can network with other caregivers facing similar struggles and learn about several topics related to the caregiver experience. Facilitated by Jason Kieffer, LPC.

Brain Cancer Networking Group
Homewood: 2nd Thursday of each month; 6-8 p.m. (No December Meeting)
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 Arzbaecher, RN and staff therapist.

Breast Cancer Networking Group
Homewood: 1st Wednesday of each month; 6:30-8 p.m.
Mokena: Mondays, December 18 & February 26; 6-7:30 p.m. (No January Meeting)
This group is supportive and informative. Co-lead by a staff therapist and oncology nurse, this group is for any woman diagnosed with Breast Cancer. Facilitated by staff therapist and Lisa Gravitt, RN, OCN, Palos Community Hospital (Mokena Location). & Ann Cavale, RN, MS, OCN, Franciscan Health (Homewood Location)

Sisters of Hope Support Group-New!
Homewood: 3rd Wednesday of each month; 6-8 p.m.
The Sisters 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.

Blood Cancer Networking Group
Homewood: 3rd Wednesday of each month; 6:30-8 p.m.
For anyone with Multiple Myeloma, Leukemia & Lymphoma; this group is a supportive network of survivors and caregivers dealing with Blood Cancers.

Gynecological Cancers Networking Group
Homewood: 3rd Wednesday of each month; 5-6 p.m.
This support group is for women with cervical, uterine, ovarian and other gynecological cancers to connect with one another in a supportive & safe space. The group is discussion based, with occasional professional speakers & presentations.

Colorectal Cancers Networking Group
Mokena: 1st Monday of each month; 6-7 p.m. (No January Meeting)
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; 6-7 p.m. (No December 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.

Lung Cancer Networking Group
Mokena: 1st Monday of each month; 1-2 p.m. (No January Meeting)
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.

Young Adults Networking Group
Mokena: 1st Thursday of each month; 6-7 p.m. (No January Meeting)
Young adults (18-39) with cancer face challenges which are different than adults who were diagnosed later in life. This group provides a safe space for young adults with cancer to discuss unique concerns related to family, work, school, and lifestyle changes with their peers. Please call 708.478.3529 to register.
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 and Palos Health.

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

Gentle Yoga
Upstairs Lobby: Thursdays; 6-7 p.m. (2nd Floor Lobby)
(No class December 28)
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 Nadine Kelly MD, E-RYT 200, R-CYT.

Get Moving Get Fit
Upstairs Lobby: Mondays, 5:30-6:15 p.m.
(December 4, 11, 18 & January 8)
(No Class December 25, January 1; *This class will be on a break following the January 8th class and resume on Monday, March 12, 2018)
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.

Palos Health
12251 S 80th Ave., Palos Heights, IL 60463

Gentle Yoga
Conference Room E1 & E2: Thursdays; 4:30-5:30 p.m.
(No class December 28 & January 4)
(*3rd Thursday of each month located in Woodland Café Conference Room off cafeteria)
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 Mary Dempsey, 200 CYT (Certified Yoga Teacher).

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.

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

‘LIVE HEALTHY’ Initiative - Nutrition, Relaxation & Mindfulness: 4 week Program
Lower Level Dining Room
Wednesdays: January 10, 17, 24 & 31; 4-5:15 p.m.
‘Live Healthy’ Initiative is a four week program to help you explore avenues that can positively impact your physical, emotional and spiritual well-being. This program will provide you with innovative and up-to-date research which specifically addresses diet, mind, body, & spirit. Learn more about cancer-fighting foods and meal planning as well as exercises in relaxation and stress reduction. Presented by Chris Rosandich, MS, Nutrition Educator and Kathleen Daly, ATR, LCPC. Please call 708.798.9171 to register.
## December 2017

The Cancer Support Center is proud of its Hospital Partnerships. Please see all Hospital Programming within the program guide on page 9!

Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis. Let's walk this journey together!

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<td>No Art</td>
<td>Gentle Yoga: 4-5</td>
<td>MOKENA</td>
<td>Guided Imagery: 12:30-1</td>
<td>Lung Cancer Networking: 1-2</td>
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<td>HOMEWOOD</td>
<td>Survivors Group: 10-11:30</td>
<td>Men's Discussion Group: 4-5</td>
<td>MOKENA</td>
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**Closed Staff Development 9 a.m. to 5 p.m.**

HOMEWOOD | Gynecological Cancers Networking: 5-6 | Sisters of Hope: 6-8 |

MOKENA | Sound Bath: 9:30-10:30 | Men's Discussion Group: 12:30-1:30 |

HOMEWOOD | Annie's Knit & Crochet: 10-11:30 | Kids Film: 4-5 |

MOKENA | Kids Camp 9-12 |
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<td><strong>HOMEWOOD</strong> Enhancing Flavor with Spices: 11-12:30</td>
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<td><strong>MOKENA</strong> Guided Imagery: 12:30-1 Get Moving Get Fit 4:4-4:45</td>
<td><strong>HOMEWOOD</strong> Survivors Group: 10-11:30 Men’s Discussion Group: 4-5 Group Meditation: 8:30-7:30</td>
<td><strong>HOMEWOOD</strong> Cancer Fighting Cooking: 1-3 <strong>MOKENA</strong> Sound Bath: 9:30-10:30 No Men’s Discussion Group: No Young Adults Networking:</td>
<td><strong>HOMEWOOD</strong> Art: 2-3:45 Gentle Yoga: 4-5 <strong>MOKENA</strong> Guided Imagery: 12:30-1 Lymphedema Risk Factors and Management 5:30-6:30 Get Moving Get Fit 4:4-4:45</td>
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January is Cervical Cancer Awareness

Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis. Let’s walk this journey together!
### February 2018

#### February is Gallbladder & Bile Duct Cancer Awareness Month.
Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis. Let’s walk this journey together!

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**Closed for President’s Day**

No Get Moving Get Fit

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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!
On Sunday October 1st, The Cancer Support Center hosted their annual Fall Walk of Hope at their location in Homewood. The event was a huge success and raised over $75,000 for The Center with donations still coming in!

This year’s event was superhero themed and walkers took to the streets in their superhero costumes to help fight against cancer. The walk included both a one mile and three mile route and featured interactive activities such as a bubble machine, limbo area, therapy dogs and much more!

“The Walk of Hope is an incredible example of what The Cancer Support Center strives to do – provide a place of hope, help and healing to those affected by cancer. Hundreds of people came together to raise over $75,000 for programs and services that help cancer patients and their families cope with diagnosis and treatment,” said Kelsey Hogan, Special Events Coordinator. “With such a fun and upbeat atmosphere, The Walk of Hope truly felt like a celebration of survivorship and we want to thank our supporters for their generosity that helped make this walk such a success.”
Community Events

We are grateful for the support of families, individuals, companies, schools and organizations in our community who host events, special promotions, social media campaigns and donation drives to support The Center’s mission and programs. To learn how you can host a Community Third Party Event to provide help, hope and healing for people with cancer in our community, contact Kelsey Hogan at 708-798-9171 or khogan@cancersupportcenter.org.

Hometown Hoedown
Thank you to the Hometown Hoedown Committee for hosting this annual event on September 14 at CD & Me in Frankfort. The event features country music and line dancing with Bernie Glim and the Country Roads band, food, silent auction, games and a balloon release to remember those we have lost to cancer and pay tribute to those still battling. Each year, this event raises much needed funds to support our programs.

Lincoln Way East/West Kick for a Cure Soccer
Thank you Lincoln Way West and Lincoln Way East JV and Varsity Boys Soccer Teams for the funds raised during The Kick for a Cure Soccer Game. They raised $2500.00 for The Cancer Support Center.

The Lincoln Way West vs. the Lincoln Way East Kick for a Cure Soccer Game will take place at Lincoln Way West High School took place on September 21 with proceeds benefitting the children's programs at The Center. The evening includes raffles for baskets, gift cards, bicycles and other prizes. Thank you to the two school who raised more than $2,500 for us.

MNM Riding Club Benefit
The MNM Riding Club hosted their 7th Annual Benefit Ride and After Party on August 21, 2017 with all of the proceeds from this year’s event benefitting The Cancer Support Center. Marie Prutsman, one of the founders of the MNM Riding Club, chose The Cancer Support Center to receive the money after she found help, hope and healing at The Center after she was diagnosed with breast cancer.

This year’s event was a huge success for the MNM Riding Club as more than 200 motorcycles left from the Tinley Park Convention Center to ride to Manteno and back. Upon returning, they celebrated with an After Party at the American Legion Post which featured food, live music, more than 150 raffle baskets, live auctions, wrestling, a car show and many other activities.

Thanks to this incredible event and the generosity of the club members and other groups and community residents who participated, the MNM Riding Club was able to raise $21,055.81 to help support the programs offered by The Cancer Support Center.

Flossmoor Country Club Pink Invitational
The Flossmoor Country Club Pink Invitational was held on August 17th. The event raised $6,310 for The Center. Thank you to the Flossmoor Country Club for your continued support!

Midlothian Country Club Golf Outing
Karen Friker presented Kelsey Hogan, The Cancer Support Center’s Events Coordinator, with a donation of more than $6,100 from the Midlothian Country Club Golf Outing held on July 5. Thank you to Karen and the Midlothian Country Club for hosting this event!

Olympia Fields Pink Golf Outing
The Olympia Fields Pink Golf Outing was July 11th and the event raised $1,705 for The Cancer Support Center! Thank you to everybody involved who helped make this event possible.

If you are interested in hosting a third party 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 and avoid conflicts with already planned activities.
Bears Care
We are grateful to have been chosen to receive a grant by the Bears Care Board of Directors in conjunction with the Real Bears Fans Wear Pink campaign. Breast Cancer Survivors joined Director of Development Amy Chmura for the 2017 Season Opener luncheon and check presentation event in the PNC Center at Halas Hall. Roz Varon, traffic/transportation anchor and survivor, was our featured guest speaker. Danny Trevathan, (#59) Bears Linebacker, joined in the presentation of checks.

ACES Supports The Center
Thank you to the Association for Counselor Education and Supervision for choosing The Cancer Support Center as the recipient of the Empty Plate Project donation at their bi-annual conference in Chicago. Amy Chmura, Director of Development, and Paulette Coffel, Community Ambassador, made a presentation at the conference.

Get Your Rear in Gear Tinley Park
Thank you to Celeste Hayward and the entire Get Your Rear in Gear Tinley Park committee for organizing this run/walk on July 23 to raise awareness and support those with colon cancer in our communities. Because of their efforts, we are able to receive funding from the Colon Cancer Coalition each year.

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

- Advocate South Suburban Hospital
- Association for Counselor Education and supervision
- Col. Stanley R. McNeil Foundation
- ET Products, LLC
- Franciscan Health Foundation
- Fred R. Marcon Trust
- Greenhouse
- Homewood Disposal
- Ingalls Memorial Hospital
- JDM Steel
- Kravolec, Jambois and Schwartz
- Jordan Insurance Services
- Land O’Frost
- Meany Electric
- MNM Riding Club
- NES Incorporated
- Ozinga Illinois RMC
- Palos Health
- Sandbox
- South Suburban Chicago Chapter of Links
- South Suburban Oncology
- United Way of Will County
- University of Chicago Medicine Comprehensive Cancer Center at Silver Cross
**Holiday Shopping!**

If you plan on shopping online this holiday season, there are two easy ways to shop for a cause. If you are using Amazon, choose The Cancer Support Center as your Amazon Smiles charity. A portion of each sale will be donated to The Center.

You can also shop through iGive.com to shop your favorite retailers and have a percentage of each purchase benefit us.

The Center has a selection of wish list items on our Amazon account! Find us by searching: Jennifer S Fallick Cancer Support Center on smile.amazon.com

Thank you!