THE CENTER CELEBRATES ITS 25TH BIRTHDAY

On March 23rd of this year, The Cancer Support Center will celebrate its 25th anniversary of incorporation in Illinois. This momentous occasion marks the establishment of The Center as a place of “people helping people” through the difficulties caused by cancer. The Center remains true to its mission while evolving program offerings and participant care to meet new needs. During these 25 years, The Center has not remained stagnant, but instead, evolved and stayed relevant as survivorship and caregiver needs have expanded to so much more.

Join The CSC family as they celebrate throughout the year with a spring birthday celebration, summer block party, fall harvest festival, and winter holiday party. During the year, meet our participants and hear their stories of what The Center means to them. Join The Center as they commemorate this wonderful quarter-of-a-century milestone. Let’s continue to “walk this journey together” with help, hope and healing.

RENOVATIONS UNDERWAY IN HOMEWOOD

Last year, The Center expanded its location in Mokena to best serve its participants. Now, Homewood’s renovations have started. Please stop by and see the work in progress. The incredible tradesmen of Operation Nehemiah will be donating their time on Saturdays to limit the impact on programming. With their help, the Homewood location will gain a new look and better functionality.

The capital campaign, “Building Today to Change Lives Tomorrow”, will continue to raise funds to help complete these projects. Improving our facilities is a part of our 25th anniversary commemoration – preparing our facilities to serve another 25 years!
March is Colon Cancer Awareness Month!
This information is generously provided by The Colon Cancer Coalition.

What are the symptoms?
Many common digestive ailments have similar symptoms, and symptoms don’t always mean a serious condition exists. Long term discomfort, recurring or multiple symptoms, however, should be checked out by a doctor.

- Change in bowel habits, including diarrhea for more than 3 days or constipation more than 2 weeks
- Change in the color or shape of the stool
- Unexplained fatigue, weakness or weight loss
- Rectal bleeding

- Blood in the stool or in the toilet after having a bowel movement
- Stomach discomfort or cramping, including a continual feeling of discomfort or urge to have a bowel movement

Please join us for our special program: Navigating Colon Cancer with Nutrition on Wednesday, March 28; 10-11:15 a.m. at our Mokena location & get involved with our Colon Cancer Networking Group!

For more information and materials, you can visit: http://coloncancercoalition.org/get-educated/free-materials
Benefits of Craniosacral Therapy

Craniosacral Therapy (CST) was developed by osteopathic physician John E. Upledger. This gentle, hands-on method evaluates and enhances the craniosacral system. CST can help relieve pain and tension held in the body, increasing whole-body health and function. Using a soft touch, no more than the weight of a nickel, practitioners send healing energy into the person. This energy works to correct any restrictions in the craniosacral system and aids the body in releasing stress naturally.

Judith Hanzelin, one of The Cancer Support Center’s founders, retired oncology nurse and retired massage therapist, has been providing Craniosacral Therapy for 17 years. She shared that while Craniosacral Therapy is difficult to describe, participants at The CSC have shared their experience as, “profoundly relaxing.” The 30-minute sessions are offered at both locations by Judith and provide participants with an opportunity to unwind and let go. Call to schedule your appointment today and give Craniosacral Therapy a try!

Metastatic Breast Cancer Support Group

Homewood Location: Date & Time TBD, please call 708-798-9171 for details

Join us this spring for an 8-week group for any woman with metastatic breast cancer (MBC). This group, co-led by a therapist and oncology professional, will provide participants with a safe space to find support from others with MBC and psycho-educational information including:

• Pain Management
• Communication with Family & Friends
• Communication with Medical Staff
• Trauma Associated with the Diagnosis
• Engagement in Social Activities

This program is generously sponsored by a grant from Susan G. Komen Chicago.
Solutions to Vaginal Atrophy, Sexuality & Intimacy  
Mokena: Thursday, March 8; 6-7 p.m.  
Join us for this evening of joint presentations by Dr. Finkelstein & Emily Gordon, MSW, Med, LSW. In his educational lecture, urogynecologist, Dr. Finkelstein will explain why symptoms from vaginal atrophy like dryness, painful intercourse, urinary symptoms, itching and burning occur, what options are available and specifics on a painless treatment women are calling “life changing.” Ms. Gordon will share: 1) potential psychological effects of living with cancer and options for overcoming sexuality concerns, 2) physiological changes resulting in altered sexual pleasure and satisfaction and 3) strategies to reclaim your sexuality and emotional and relational approaches to reengage with your partner to revive intimacy. Please call 708.478.3529 to register.

Navigating Colon Cancer with Nutrition  
Mokena: Wednesday, March 28; 10-11:15 a.m.  
Colon or colorectal cancer may impact the body’s ability to digest and absorb vital nutrients. Treatment may cause various side effects, including weight loss, fatigue, nausea, diarrhea, constipation, low blood counts and increased risk of infection. Studies have shown that following a healthy balanced diet that includes a variety of fruits and vegetables, whole grains, lean protein, lower fat milk products and healthy fats can help promote healing and minimize side effects. Join us as we explore the best and worst food to eat to better help us navigate this type of cancer.  
Presented by Christine Rosandich, MS, Nutrition Educator. Please call 708.478.3529 to register.

Social Security Disability: Change & Confusion  
Homewood: Wednesday, April 4; 11:30 a.m.- 12:30 p.m.  
During this “non-legal” presentation, Jeffrey Rabin (Illinois licensed attorney), will explain the different Social Security disability laws and programs, review how to analyze claims and how to prepare so that the strongest case possible is made to the Social Security Administration. Please call 708.478.3529 to register.

Living With Multiple Myeloma  
Homewood: Wednesday, April 18; 6:30-8 p.m.  
This presentation focuses on information that may assist patients on their journey beyond the diagnosis and treatment of multiple myeloma. During the presentation, patients will learn how multiple myeloma might impact their lives and how they can take a proactive role in disease management. Patients also will hear about strategies for talking to their care team and the importance of keeping a positive attitude. Light refreshments provided.  
Presented by Gina Kramer, RN, BSN, OCN Clinical Nurse Consultant from Celgene Corporation. Please call 708.798.9171 to register.

Know Your Risk: Understanding Genetics and Cancer  
Mokena: Wednesday, April 25; 6-7 p.m.  
All cancer is genetic, but not all cancer is inherited. This presentation will review the connection between prostate cancer and genetics and explore the impact of family history and cancer risk. Additionally, this will give an overview of genetic testing and when it may be appropriate for families to consider. Presented by Eric Fowler, MS, LCGC Manager of Genetic Counseling, Cancer Treatment Centers of America. Please call 708.478.3529 to register.

Making Sense of MRI and Breast Cancer  
Homewood: Wednesday, May 9; 6-7 p.m.  
In this presentation Sam Armato, PhD, Associate Professor of Radiology and Medical Physics, will explain how different imaging techniques are used to identify breast cancer and will discuss the benefits of breast MRI. He will also discuss the need for clinical trials research in developing therapies for cancer and will share opportunities for women to become involved in clinical trials to further develop breast MRI methods. Anyone impacted by breast cancer will gain new insight into their care. Please call 708.798.9171 to register.

25th Anniversary Celebration  
Friday, March 23; Date and Time TBD, Call for details.  
Join The Cancer Support Center as we celebrate the 25th Anniversary of our incorporation. Details of the event are being finalized, but you won’t want to miss this fun evening to celebrate our accomplishments and our plans for the future. Stay tuned for more details to follow.

Dr. Garcini: Management of Menopausal Symptoms in The Female Cancer Survivor  
Mokena: Thursday, April 19; 6-7 p.m.  
Menopausal symptoms are a significant issue in female cancer survivors for several reasons. Menopausal symptoms in this setting are similar in nature to those experienced at natural menopause, however they may be more abrupt in onset and more persistent. As well as affecting quality of life, these issues can compromise adherence to endocrine therapies, thus putting patients whose side effects are poorly managed at increased risk of recurrence. Menopausal symptoms can adversely impact self-esteem, body image, and sexual function. Anxiety and depression can contribute to these issues and should be managed as in other women. Dr. Francisco Garcini, MD, PhD, FACOG, FACS is a board certified gynecologist, member and certified provider of the North American Menopause Society (NAMS) and will discuss these issues in extent. Please call 708.478.3529 to register.

Bereavement Drop-In Group  
Mokena: 1st Thursday of each month; 5-6 p.m.  
This group is open to anyone who has experienced a loss due to cancer. The group will meet on a monthly basis. Facilitated by Jason Kieffer, LPC.
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.

**Kitchen Creations with Chef Marcia**
**Homewood: Thursday, May 17; 6-8 p.m.**
Learn simple techniques and shortcuts that will make cooking at home a breeze. Local culinary chef, Marcia Kuchta will share all of her wonderful secrets on how to prepare soups, sauces, and more. She will create delicious dishes and pair them with the perfect wine. Enjoy a small sampling of food; wine tasting is optional. Please call 708.798.9171 to register.

**Eat This Not That; How to Still Enjoy Your Guilty Pleasures**
**Mokena: Thursday, May 3; 6-7:30**
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, desserts, 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.**
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 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 phytonutrients. 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 Supralski, 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.**
(March 2, April 6, May 4)
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**
**Mokena: Friday, April 13; 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.

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**CHILD, TEEN & FAMILY PROGRAMMING**

**Kid & Teen Camp**
July 2018 - Exact Details TBD
This summer we are excited to provide our 4th annual kids camp (ages 6-12) and 1st teen camp (ages 13-17)! The camps are for any child or teen impacted by cancer. These fun-filled weeks will include outdoor team-building, creative expression, therapy dogs and so much more! Space is limited; please call 708-798-9171 or 708-478-3529 to register.
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)
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. - NEW TIME!
(Please call 708-798-9171 to register)
Mokena: Thursdays, 12:30-1:30 p.m.
(Please call 708-478-3529 to register)
Facilitated by Jason Kieffer, LPC.

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 & Kelly Kopale, LPC.

Art Therapy
Homewood: Mondays; 2-3:45 p.m. (No class May 28)
Mokena: Tuesdays; 12-1:45 p.m. (No class April 10)
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 March 14, April 25 & May 9)
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.

Card-making Workshop
Mokena: Tuesday, April 10; 5.30-7 p.m.
In this workshop you will learn to make cards using stamps. All materials are provided. Facilitated by Raeann Lowry, MA Counseling Intern.

Wine Bottle Decorating
Homewood: Wednesday, May 9; 5:30-7 p.m.
Learn how to create beautiful décor from old wine bottles! All materials provided. Facilitated by Raeann Lowry, MA Counseling Intern.

Learn to Crochet!
Mokena: 2nd Monday of each month (March 12, April 9, May 14); 10:30 a.m.-12:30 p.m.
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, March 8 & 22, April 12 & 26, May 10 & 24; 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, March 13, April 24 & May 22; 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).

Guided Imagery
Mokena: Mondays, 12:30-1 p.m. (No class May 28)
“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.

Therapy Dog Group
Homewood: 2nd Friday of each month; 11:30-12:30 p.m.
(March 9, April 13 & May 11)
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 group March 30)
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.
**EXERCISE & PHYSICAL FITNESS**

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.  
(March 3 & 17, April 7 & 21, May 5 & 19)

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 April 25 & May 28)  
(March 6, April 3 & 10, May 22 & 29)

Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT  
(Certified Yoga Therapist)

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.

**Yoga for Balance & Core Strength**

Mokena: Tuesdays; 10:30-11:30 a.m.  
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. (Beginning March 19)  
(No class Wednesday, April 25 & Monday May 28)

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 (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.

**Exciting Fitness Expansions Coming This Spring!**

Thanks to our capital campaign renovations and a generous grant from The Greer Foundation our fitness programming will be expanding in 2018. Here is a preview of what’s in store:

- **Self-guided fitness modules & workout space in both locations**
  - Sign out our fitness spaces in both locations for 30-60 minutes at a time for yourself or a group of friends!
  - We will be offering group workshops to learn various workouts you can do on your own at The Center during a time that’s convenient for you.
  - Have some time between appointments? Try out one of our fitness videos and make the most of your down time through a relaxing yoga or strength training.

- **New classes coming to both locations**
  - Keep your eye on the schedules and e-blasts for new classes at both locations. We expect to have 2 new classes up and running by early this spring.
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 and 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.
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: 3rd Monday of each month; 6-7:30 p.m.
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. Thank you to our Oncology Nurses Lisa Gravitt, RN, OCN, Palos Community Hospital (Mokena Location) & Ann Cavala, 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.

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 and safe space. The group is discussion based, with occasional professional speakers and presentations.

Colorectal Cancers Networking Group
Mokena: 2nd Monday of each month; 6-7 p.m. – New date! (April 9 & May 14) (No March Group)
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. (March 22, April 26, May 24)
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
This group is open to all participants with lung cancer as well as caregivers. This group provides support and welcomes 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. Please call 708-478-3529 for more details.

Young Adults Networking Group
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 for more details.

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. (Light refreshments and a special speaker on multiple myeloma April 18 - please see Special Programs for more details)
South Suburban Hospital
17800 Kedzie Ave., Hazel Crest, IL 60429
Gentle Yoga
ICU Waiting Room: Thursdays; 6-7 p.m.

Advocate South Suburban Hospital
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.

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

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)
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. (Beginning March 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.

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 and Smoothie Demo with Chris. Keep checking back for additional programs as we continue to update this exciting extension of our services.
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<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Guided Imagery: 12:30-1</td>
<td>Gynecological Cancers Networking: 5-6</td>
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<td></td>
<td></td>
<td>Art: 12-1:45</td>
<td>MOKENA</td>
<td>Sisters of Hope: 6-8</td>
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<td>MOKENA</td>
<td>Blood Cancers Networking: 6:30-8</td>
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<td>HOMEWOOD</td>
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<td>HOMEWOOD</td>
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<td></td>
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<td>MOKENA</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
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<td>Art: 12-1:45</td>
<td>Navigating Colon Cancer with Nutrition 10-11:15</td>
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<td>MOKENA</td>
<td>Get Moving Get Fit 4-4:45</td>
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<td>HOMEWOOD</td>
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<td>Gentle Yoga: 9:15-10:15</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
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<td>Art: 12-1:45</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
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<td>MOKENA</td>
<td>Get Moving Get Fit 4-4:45</td>
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<td>HOMEWOOD</td>
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<td>MOKENA</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
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<td>MOKENA</td>
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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!

March is Colon 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!
<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>2</td>
<td>HOMEWOOD  Art: 2:30-4  Gentle Yoga: 4-5</td>
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<td>3</td>
<td>HOMEWOOD Surivors Group: 10-11:30  Men's Discussion Group: 2-3</td>
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<td>5</td>
<td>HOMEWOOD Enhancing Flavor with Spices: 11:12-30</td>
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<td>6</td>
<td>HOMEWOOD Annie's Knit &amp; Crochet: 10:11-30</td>
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<td>7</td>
<td>HOMEWOOD Moves That Matter: 9:30-10:15</td>
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<td>9</td>
<td>HOMEWOOD Art: 2:30-4  Gentle Yoga: 4-5</td>
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<td>10</td>
<td>HOMEWOOD Survivors Group: 10-11:30  Men's Discussion Group: 2-3</td>
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<td>11</td>
<td>HOMEWOOD Gentle Yoga: 10-11  Open Studio: 1-3</td>
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<td>12</td>
<td>HOMEWOOD Cancer Fighting Cooking: 1-3  Brain Tumor Networking: 6-8</td>
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<td>14</td>
<td>HOMEWOOD Men's Discussion Group: 12:30-1:30</td>
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<td>HOMEWOOD Art: 2:30-4  Gentle Yoga: 4-5</td>
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<tr>
<td>17</td>
<td>HOMEWOOD Survivors Group: 10-11:30  Men's Discussion Group: 2-3  Survivors &amp; Caregivers Networking: 6:30-8</td>
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<td>HOMEWOOD Men's Discussion Group: 12:30-1:30  Dr. Garon: Management of Menopausal Symptoms in The Female Cancer Survivor: 6-7</td>
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<td>20</td>
<td>HOMEWOOD Annie's Knit &amp; Crochet: 10-11:30</td>
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<tr>
<td>21</td>
<td>HOMEWOOD Moves That Matter: 9:30-10:15</td>
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<td>23</td>
<td>HOMEWOOD Art: 2:30-4  Gentle Yoga: 4-5</td>
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<tr>
<td>25</td>
<td>HOMEWOOD Gentle Yoga: 10-11  Open Studio: 1-3  Sound Bath: 6:30-7:30</td>
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<td>26</td>
<td>HOMEWOOD Prostate Cancer Networking: 6-7</td>
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<td>27</td>
<td>HOMEWOOD Annie's Knit &amp; Crochet: 10-11:30</td>
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<td>28</td>
<td>HOMEWOOD Guided Imagery: 12:30-1  Get Moving, Get Fit: 4-4:45</td>
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</table>

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

April is Head, Neck, Esophageal & Testicular 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!
### May 2018

#### Monday
- **HOMEWOOD**
  - Survivors Group: 10-11:30
  - Men's Discussion Group: 2-3
- **MOKENA**
  - Gentle Yoga: 9:15-10:15
  - Yoga for Core Strength: 10:30-11:30
  - Art: 12:1-45

#### Tuesday
- **HOMEWOOD**
  - Gentle Yoga: 10-11
  - Open Studio: 1-3
  - Breast Cancer Networking: 6:30-8
- **MOKENA**
  - Gentle Yoga: 9:15-10:15
  - Yoga for Core Strength: 10:30-11:30
  - Art: 12:1-45

#### Wednesday
- **HOMEWOOD**
  - Enhancing Flavor with Spices: 11-12:30
- **MOKENA**
  - Men's Discussion Group: 12:30-1:30
  - Bereavement Drop In 5-6
  - Eat This, Not That: 6-7:30

#### Thursday
- **HOMEWOOD**
  - Annie's Knit & Crochet: 10-11:30
- **MOKENA**
  - Healthy Changes: 12-1:30

#### Friday
- **HOMEWOOD**
  - Moves That Matter: 9:30-10:15
- **MOKENA**
  - Tibetan Sound Bath: 9:30-10:30
  - Men's Discussion Group: 12:30-1:30

#### Saturday
- **HOMEWOOD**
  - Men's Discussion Group: 12:30-1:30

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### The Cancer Support Center is proud of its Hospital Partnerships.

- Advocate South Suburban Hospital
- JGH & JEA

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**May is Brain, Bladder, Melanoma & Skin 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!
2018 Events Hosted by The Cancer Support Center

Annual Spring Gala - April 20, 2018
“‘There’s no place like home’ said Dorothy in The Wizard of Oz. Make plans now to travel the yellow brick road to attend The Center’s Annual Spring Gala to help us improve our Home-Away-From-Home for those experiencing a cancer journey. Sponsorship opportunities, tables and tickets are available. Visit www.cancersupportcenter.org for more information.

Location: The Odyssey Country Club, 19110 Ridgeland Avenue, Tinley Park, IL
Time: 6 p.m. Cocktails, 7 p.m. Dinner, 9.p.m After Party Lounge
Tickets: $125 each, $50 each for After Party only, visit www.cancersupportcenter.org to purchase

Spring Walk of Hope - May 20, 2018
Mark your calendar now and join us for the Spring Walk of Hope – Superheroes unite! Grab your favorite cape or supersonic shoes to come help us help our families, neighbors and friends affected by cancer. Let’s get walking to support The Center. Form your own Superhero Team now. Fundraising prizes offered for individuals raising $500 or more.

Location: Commissioner's Park, Frankfort; 1-mile and 3-mile walks available.
Time: 8 a.m. Registration; 9 a.m. Program & Survivor Celebration
Cost: $30 walker registration ($40 registration day-of-walk) / $15 child registration (5-15 years), visit www.cancersupportcenter.org to register.

27th Annual Golf Outing - August 24, 2018
Join us on August 24th for our 27th Annual Golf Outing! This year, the location has changed to Ravisloe Country Club! You’ll have a chance to play against Hall of Famer Carlton Fisk plus play games on the course such as Longest Drive! The event will wrap up with an After Party featuring Hog Wild barbeque, entertainment and more! This golf outing is a great way to work on your game while supporting The Center. Sponsorship opportunities available. Sign up now!

Location: Ravisloe Country Club, 18231 Park Ave, Homewood, IL
Time: 12 p.m. Registration; 1 p.m. Shotgun Start
Cost: $200 per golfer, $800 foursome (includes recognition), $60 dinner only (includes dinner & open bar)

Fall Walk of Hope - October 7, 2018
Join us at The Cancer Support Center in Homewood for our annual Fall Walk of Hope! For the second straight year, this event will kickoff at The Center in Homewood and the walk will take place around Homewood. Show up in your best superhero costumes and help raise money to support The Center. Grab your family and friends and form your Superhero Team to raise even more.

Location: The Cancer Support Center, Homewood; 1-mile and 3-mile walks available.
Time: 8 a.m. Registration; 9 a.m. Program & Survivor Celebration
Cost: $30 walker registration ($40 registration day-of-walk) / $15 child registration (5-15 years), visit www.cancersupportcenter.org to purchase.

Holiday Spirits - November 16, 2018
Celebrate the season at Holiday Spirits, The Cancer Support Center's kickoff to the Holiday Season! Enjoy craft beer and spirits tastings, food pairings, raffles and silent auction. Vendors will be announced closer to the event. Last year's vendors included Flossmoor Station, Lagunitas Brewing, Crazy Mountain Brewing, Tito’s Handmade Vodka, Frankfort Spirits, Juicy Luzy Sangria and more!

Location: Wiley’s Grill, 800 Kedzie Ave, Flossmoor, IL
Time: 6 p.m. to 9 p.m.
Tickets: $45, includes 10 drink/food sampling tickets and one meal ticket

For any questions or comments regarding the events above, please contact Kelsey Hogan, Special Events Coordinator, at khogan@cancersupportcenter.org or 708-478-3529
Event Recaps

**Holiday Spirits**
This past November, The Cancer Support Center hosted its inaugural Holiday Spirits event at Flossmoor Country Club. The evening featured beer and spirits tastings, food provided by Land O’Frost and Walt’s Food Centers, raffle prizes, a silent auction and wonderful vendors for holiday shopping.

More than 80 guests attended this new event and experienced drink selections from the six drink vendors, including: Crazy Mountain Brewery, Flossmoor Station Brewery, Lagunitas Brewing Company, Tito’s Handmade Vodka, Frankfort Spirits and Juicy Luzy Sangria.

Special thanks to our event sponsors: Tito’s Handmade Vodka, Specialized Staffing Solutions, Windy City Cannabis, Riverside Health Care and Chicagoland Realty & Associates. Don’t miss 2018’s Holiday Spirits on Friday, November 16th at Wiley’s Grill in Homewood!

**Holiday Housewalk**
Thank you to everyone who participated and attended this past Holiday Housewalk. The event was terrific and raised $12,000 for The Center’s programs and services! Special appreciation to Deb Okeleshen and the entire Women’s Board for organizing and planning all the activities. More than 150 holiday revelers perused the decorated houses and shopped at multiple vendor booths.

Thank you to the homeowners: Janet Gostafson, Sandy Cerveny, Trisha & Harp Harper, Cynthia & Eric Turnquest.

Thank you to the sponsors: Advocate South Suburban Hospital, Key Mortgage, Land O’Frost and Rehabilitation Advantage.

Capital Campaign Update
If you have stopped by the Homewood location lately, you know that our renovations are well underway! With the new Mokena site complete, The Center is now working with **Operation Nehemiah** to remodel and improve our flagship facility in Homewood. We are working to create a welcoming reception area, dedicated fitness area, restful living room space, ADA bathrooms and so much more. We invite you to check out our website to see the overall design plan and welcome you to visit us throughout our renovations. Rest assured, the finished product will look great and meet your needs even better!

If you would like to help support our capital renovations, please consider making a one-time capital campaign donation online or talk to Sue. There are still room naming rights for gifts of certain levels and memorial/honoring tiles can be secured for just a $250 donation. We cannot do all of this necessary work without the support of generous friends who care about The Center. Thank you for your help!

The Cancer Support Center is registered at Kohls!
If you wish to donate an item to The Center, you can check out the registry by visiting Kohls.com and scrolling to the bottom, clicking “Gift Registry” and searching for “The Cancer Support Center”
**Thank You!**

**MNM Riding Club Spaghetti Dinner**
Thanks to the MNM Riding Club for hosting a Spaghetti Dinner in support of The Cancer Support Center. Great food and fun was had by all who attended. Thanks for your continued support of The Center. We look forward to the ride this summer!

**South Chicago Heights Firefighters**
Thank you to the South Chicago Heights Firefighters and Dan Fleming for supporting the mission of The Cancer Support Center through their t-shirt sales! We are grateful for your service to the community everyday and we thank you for your generous donation!

**Community Board of Homewood - Texas Hold ‘Em**
Thank you to the Community Board of Homewood for hosting another successful Texas Hold ‘Em event! This year’s event raised more than $25,000 for The Cancer Support Center and will help fund our programs and services. Thank you for all your hard work and thank you to all our sponsors as well.

Thank you to everyone who came out to the Ribbon Cutting in Mokena!

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

| Association for Counselor Education and Supervision |
| Bears Care                                           |
| ET Products LLC                                      |
| Fifth Generation Inc (Tito’s)                        |
| Genentech                                            |
| Graphicsland, Inc                                    |
| Great Lakes Charitable Foundation                   |
| Hometown Hoedown                                     |
| Homewood Disposal Service                            |
| Ingalls Memorial Hospital                            |
| Key Mortgage Services                                |
| Kralovec, Jambois & Schwartz                         |
| Lincoln-Way Hockey Club                              |
| Lincoln-Way West High School                         |
| Mi-Jack Products                                     |
| Mokena Mayor’s Charity Foundation                    |
| Palos Park Police Department                         |
| Palumbo Family Foundation                            |
| Richard L. Evans Investment Management               |
| Richardson Products, Inc                             |
| Sage Foundation                                      |
| South Suburban Cancer Center: A Vantage Oncology Facility |
| South Suburban Chicago Chapter of The Links, Inc.   |
| Specialized Staffing Solutions                        |
| The Barnes Foundation                                |
| TransCanada Pipelines Limited                        |
| United Way of Will County                            |
| Wintrust Commercial Banking                          |

**Upcoming Take-A-Bite Events**
(For more information & flyers, visit www.cancersupportcenter.org/takeabite)

**Panda Express:**
April 12, 4-8 p.m.
17932 Halsted Street, Homewood
20% of total bill donated
Must show flyer (found on our website)

**Buffalo Wild Wings**
April 30 & May 4
20596 S. LaGrange Road, Frankfort
15% of total bill donated
Must show flyer (found on our website)

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.
Save The Dates

Upcoming DIY Events

**Digging for Donna:** April 14, 2018

**Pedal for Prostate:** May 19, 2018

**Panici Golf Outing:** June 18, 2018