The Cancer Support Center is here to give strength, guidance and support to anyone living with a cancer diagnosis, as well as their loved ones. We do this as a community-based, volunteer-driven, donor-supported organization. Our programs, resources and services are always delivered by professional therapists, counselors, nutritionists, and experts; and, are provided in a warm, welcoming and nurturing setting at no cost to participants.

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PLEASE CALL AHEAD...during inclement conditions.
Programs may be cancelled.
We are very excited to announce that we will be offering limited programs in Joliet in order to meet the cancer support needs of those living in the Joliet area. In partnership with Aunt Martha's Health Center, we will be offering emotional and support programs Monday morning as well as nutrition and wellness programs on Friday morning. Our hope is to provide some of our key programs to those living more west than our Mokena location.

At The Cancer Support Center, our mission is to provide programs that help those living with cancer have a better quality of life throughout all of Chicago's Southland. For years, The Center's staff and outreach ambassadors have been at Joliet hospitals and oncology care providers talking with patients who are actively receiving treatments about how we can help find hope, help and healing. So many of these patients have wanted to access our programs but due to distance have not been able to. Now, they can.

Starting June 6th, our clinical director, Jenna Kiel, Psy.D., will be providing two support programs in the morning, and then on Friday, Program Manager of Offsite Locations, Nutrition & Wellness Coordinator, Chris Rosandich, MS, will offer two programs focused on eating in ways to support better health and how to implement these strategies in your daily life. We look forward to sharing these resources with our neighbors to the west. I hope you will share information about these programs with those who can benefit from them. As always, together we can truly make sure that no one is facing cancer on their own.

With Gratitude,
Sue Armato

**Expanding Our Reach**

By Sue Armato, Executive Director

New Joliet Programming

**Healthy Eating & Healthy Living**
At Aunt Martha’s, Joliet West Location, 1200 Eagle St., Joliet, IL

**Managing Cancer-Related Stress**
**Joliet: Mondays beginning June 6th; 9:30 a.m.—10:30 a.m.**
Discover ways to maintain a healthy mind and attitude through cancer treatment. We will focus on topics such as managing cancer-related stress, seeking social support, and coping with sadness and fear. *Facilitated by Jenna Kiel, Psy D.* To register please call 708.478.3529.

**Cancer Survivor Support Group**
**Joliet: Mondays beginning June 6th; 10:30 a.m.—11:30 a.m.**
For anyone with a cancer diagnosis, weekly groups are designed to help you deal with cancer treatment, stress and emotional coping. *Facilitated by Jenna Kiel, Psy D.* To register please call 708.478.3529.

**Cancer-Fighting Diets**
**Joliet: Fridays beginning June 10th; 9:30 a.m.—10:30 a.m.**
Learn which foods are cancer-fighting, and simple ways to incorporate them into your life. *Facilitated by Chris Rosandich, MHNE.* To register please call 708.478.3529.

**Healthy Lifestyle Choices**
**Joliet: Fridays beginning June 10th; 10:30 a.m.—11:00 a.m.**
Join us as we search for ways to live a healthy life through diet and lifestyle changes. *Facilitated by Chris Rosandich, MHNE.* To register please call 708.478.3529.
Homewood; Sunday, June 5; 12:00 p.m. - 2:00 p.m.

All survivors, caregivers and loved ones are welcome to join us to commemorate National Cancer Survivors Month and to celebrate community members with cancer. This community-wide, free event will feature music, healthy snacks and family-friendly activities. In case of inclement weather this event will be postponed. To RSVP please call 708.798.9171.

Beyond Words

A viewing of our participants use of art as personal expression, when words are not enough.

Friday, June 24, 2016

Union Street Gallery 1527 Otto Blvd. Chicago Heights, IL 708.754.2601 2-6 p.m.
For more information, please call 708.798.9171
**Newly Diagnosed Networking Group**
*Homewood: 1st & 3rd Mondays; 12-1 p.m.*
(Please call 708.798.9171 to register) No meeting July 18
*Mokena: 2nd & 4th Tuesdays; 5-6 p.m.*
(Please call 708.478.3529 to register)
Meet with other newly diagnosed individuals and their loved ones in this welcome session. Learn about The Cancer Support Center’s programs and gain valuable information as you start your cancer journey. *Facilitated by Kathleen Simpson, ATR, LCPC (Homewood) & Jenna Kiel, Psy D (Mokena).*

**Meditation**
*Mokena: Mondays, 1-2 p.m.*
Learn how to use various forms of meditation to reduce stress, ease anxiety, and find peace in your life. This group will include topic-based discussions as well as a different guided meditation each week. *Presented by Jenna Kiel, Psy D.*
Please call 708.478.3529 to register.

**Managing Stress Using Creative Coping Skills**
*Homewood: Fridays, June 3, 10 & 24; 1-3 p.m.*
These sessions will include discussion and art experientials to foster a creative approach to managing stress. Participants will experience a creative process for wellness, body map, breath work, writing practice and a focusing exercise. *Facilitated by Claudia McFarlane, M.A., Healing Arts Practitioner.*
Please call 708-798-9171 to register. All supplies provided and no art experience necessary.

**Finding Inner Peace through Mindfulness:**
*An Introduction to Meditation*  
*Homewood: Mondays, June 6, 13, 20 & 27; 5:15- 6 p.m.*
Meditation provides deep and lasting benefits, offering ways to manage stress, work through anger & fear and ease pain & physical discomfort. Mindfulness cultivates awareness and acceptance, which help to create peace and a deep sense of well-being. Profound transformation is just ahead! Please call 708.798.9171 to register and join us for the journey. *Facilitated by Cecily Hunt MDes, RYT, E-500 CYT (Certified Yoga Therapist).*

**Don’t Be Mad, Don’t Be Sad, Turn That Frown Upside Down**
*Homewood: Wednesday, June 8; 11:30-12:30 p.m.*
*Mokena: Wednesday, July 6; 11:30-12:30 p.m.*
Laughologist Kathy O’Brien, would like to share with you the joy and health benefits of laughing for no reason. Kathy is a Certified Laugh Leader with The World Laughter Tour. *Facilitated by Kathy O’Brien, Laughologist.*

**A Closer Look at Spirituality**
*Homewood: Tuesdays; June 7, 14, 21 & 28; 6:30- 8 p.m.*
This group will include an open dialogue for participants to discuss how spirituality has been a part of their journey with cancer, as well as an opportunity to connect with others around this meaningful topic. It will also focus on specific topics such as the difference between spirituality and religion, how spirituality has been helpful or challenging when dealing with cancer and the importance of attitude and hope. *Facilitated by Chaplain Henry.*

**Emotion Freedom Technique (EFT) Workshop**
*Homewood: Monday, June 27; 6-8 p.m. & Friday, August 19; 1-3 p.m.*
In this workshop you will learn Emotional Focused Technique (EFT) basics and focus on the mind/body connection. EFT works on emotional & physical issues through tapping on the body’s meridian points. CE credits for this class are available for Yoga Teachers, Reflexologists & Massage Therapists. *Facilitated by Tom Masbaum, founder of EFT with a Guarantee ™.*
Please call 708.798.9171 to register.

**Insomnia & Sleep Habits**
*Mokena: Wednesday, June 8; 5:30-6:30 p.m.*
Have difficulty sleeping? People experience insomnia because they develop a pattern of behavior that interferes with good sleep habits. Learn how to correct your bad sleep habits to feel more rested and rejuvenated to live your life! *Presented by Emily Blanks, Therapy Intern.*
Please call 708.478.3529 to register.

**Intuition & A.K. (Applied Kinesiology or Muscle Testing)**
*Homewood: Monday, June 13; 6-8 p.m. & Friday, August 5; 1-3 p.m.*  
**LEARN VARIOUS WAYS TO HEAR YOUR INNER GUIDANCE.** Intuition is sometimes called a “hunch”, inner knowing, “That still, small voice”, ESP and many other terms. Learn to hear that “Still, small voice”. Your Intuitive Voice is that “Inner Knowing” that guides every one of us in our everyday lives. You will practice and actually experience your “Inner Knowing” and you’ll leave the workshop with more confidence, knowing that you can tap into your inner guidance. *CE credits for this class are available for Yoga Teachers, Reflexologists & Massage Therapists.*
*Facilitated by Tom Masbaum, founder of EFT with a Guarantee ™.*
Please call 708.798.9171 to register.

**Special Book Reading:**
*A Widowers Journey In Faith, Love & Good Humor*  
*Homewood: Wednesday, June 15; 3:30-5 p.m.*
(Please call 708.798.9171 to register)  
*Mokena: Monday, June 27; 6-8 p.m. & Friday, August 19; 1-3 p.m.*
(Please call 708.478.3529 to register)
During this special book reading and autograph session, author Harold Collins will share his story of “A Widowers Journey.” This book began as a love letter to his deceased wife Marilyn. As it evolved, the book also became a thank you for family, friends & a new love who has helped bring this new life from barely bearable to joyful. True to his character, the end product is intended for others who must face their own mortality and that of their loved ones.
Get Moving, Get Fit  
Homewood: Mondays & Wednesdays through June 22; 5:15-6 p.m.  
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 708.798.9171 to reserve your spot. Facilitated by Evelyn Thies, Certified Personal Trainer.

Journey through Cancer Series:  
Radiation Fibrosis  
Homewood: Monday, August 15; 6-7 p.m.  
Physical side effects such as pain, stiffness, swelling, fatigue, weakness and difficulty swallowing are a few of the physical side effects that can develop after radiation treatments. Some of these side effects may present early after treatment, while others may present months and years later. Learn to recognize the side effects after radiation and the options for management. Presented by Margaret Placek, PT, CLT-LANA, Cancer Rehabilitation Program, Palos Community Hospital. Please call 708.798.9171 to register.

Clinical Trials & Immunotherapy  
Clinical Trials as Part of Your Treatment Options: How, When & Why?  
Homewood: Wednesday, August 10; 4:30-6 p.m.  
This special program will discuss the significance of clinical trials in the development of cancer therapeutics. The presenter will also provide an overview on the process of clinical trials, how they are conducted, the common misconceptions and corresponding truths to participating in clinical research. This presentation will provide information to enable patients to make an informed decision if presented with a clinical trial as a treatment option. Presented by Sara Duffey, Lurie Cancer Center’s Clinical Trial Recruitment & Education Specialist. Please call 708.798.9171 to register.

Vitamins and Supplements Lifestyle Guide  
Mokena: Tuesday, July 26; 1-2:30 p.m.  
With thousands of nutritional supplements available, choosing the best supplements to take can be nothing short of overwhelming. It’s not only a question of the best supplements to take, but knowing how to identify which product is safest and most effective. Learn helpful tips on how to navigate supplements to better help you feel confident that what you chose to purchase is safe and effective. Presented by Chris Rosandich, MHNE & Erik Michor, Energy Nutrition Owner, Frankfort, IL. Please call 708.478.3529 to register.

Nutrition Labels 101: How to Understand the Nutrition Facts Label  
Mokena: Tuesday, August 16, 1:30-3:00 p.m.  
People look at food labels for different reasons. For those who understand its secrets, the nutrition label holds valuable information that can help you make informed food choices. Join us as we explore how to use this information more effectively and easily and to make grocery shopping a breeze. Presented by Chris Rosandich, MHNE. Please call 708.478.3529 to register.

A Preventative Diet; Fighting Back Against Cancer and other Diseases: 2 week series  
Homewood: Thursdays, June 16 & 23; 10:30-12:00 p.m.  
According to Dr. Andrew Weil, “A healthy diet can help the body in its efforts to heal itself, and in some cases, particular foods can lessen the risks of serious illness”. Organizations such as World Health Organization (WHO) and American Institute for Cancer Research (AICR) believe that Cancer, and other diseases can be reduced and controlled by implementing evidence-based strategies for cancer prevention. Join us as we review the key components of a preventative diet including how sugar and inflammation can harm the body. Presented by Chris Rosandich, MHNE. Please call 708.708.9171 to register.

Diet, Supplement and Lifestyle Strategies for Cancer Patients: What to do Before, During, and After Treatment  
Homewood: Homewood: Wednesday, June 22; 6-8 p.m.  
Naturopathic provider, Tracey Thomas, will discuss how an integrative approach including naturopathic medicine can make a difference in quality of life for cancer patients. This presentation will cover several of the more common types of cancer and will highlight the most up-to date research for patients regarding diet, supplements and exercise. Presented by Tracey Thomas, ND and generously sponsored by Cancer Treatment Centers of America.
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. & 6:30-8 p.m.
Please call 708.798.9171 to register
Mokena: Tuesdays, 4-5 p.m.
Please call 708.478.3529 to register
For anyone with a cancer diagnosis, weekly groups are designed to help you deal with cancer treatment, stress and emotional coping.

Caregivers Networking Group
Homewood: 3rd Tuesday of each month; 6:30-8 p.m.
Please call 708.798.9171 to register
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.

Bereavement Support Group
A 10-week support group for people who have lost a spouse or a loved one due to cancer. Please call for current meeting date & time.

Men’s Discussion Group
Mokena: Thursdays, 12:30-1:30 p.m. No group 6/30
Please call 708.478.3529 to register
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 Simpson, Registered Art Therapist.

heART
Homewood: Mondays; 2-3:45 p.m.
A supportive, safe space to explore your creativity and have fun!
June: Garden Decor: This month’s art is all about the outdoors. We will be creating sun catchers, painting flower pots & more!
July: Art Journaling: Learn how to use art to express yourself in a variety of materials
August: Jewelry Making: This installment of jewelry making will focus on creating your own pendants.

Open Studio
Homewood: Wednesdays; 1-3 p.m.
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.

Art Journaling
Mokena: Thursdays; 2-3:30 p.m. No group 6/30
Art Journaling is a way to express emotions using a variety of materials. Join us to create your own unique journal in a safe and supportive environment. All art supplies and journals provided.
**Therapeutic Touch**

- Massage Therapy (both locations)
- Cranio-Sacral Therapy (Homewood)
- Reiki (both locations)

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, Cathy Pilny, Janet Reed, MaryAnn O’Donnell, Anna Smith & Thomas Goodrich.

**Tibetan Bowl Group Sound Bath**

*Mokena: Thursdays, 9:30-10:30 a.m.*

(June 9 & 16; July 21; August 4 & 18)

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.

**Guided Imagery**

*Homewood: Tuesdays, 5:30-6:15 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 & 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.

**Child, Teen & Family Programming**

**Kids Camp 2016**

*Homewood: July 18-22, 9-12 p.m.*
*Mokena: July 11-15, 9-12 p.m.*

Our mini-camps are for any child affected by cancer ages 6-12. 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 (Homewood) or 708.478.3529 (Mokena) to register.

**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.
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.
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 Arzbachcher, 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-led 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.

Sisters Network® Inc., a national African-American Breast Cancer Survivorship Organization
Homewood: 3rd Wednesday of each month; 6-8 p.m.
A support group designed for African American women who have been diagnosed with breast cancer. Caregivers are welcome.

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.

Lung Cancer Networking Group
Mokena: 1st Monday of each month; 6-7:30 p.m.
(No meeting July 4)
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 our Clinical Director, Jenna Kiel, Psy.D 708.798.9171 for more information and to register.

Prostate Cancer Networking Group
Homewood: 4th Thursday of each month; 6-7 p.m.
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.

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, September 13; 1-3 p.m.
Please call 708.798.9171 to register.
Mokena: Friday, June 10; 1-3 p.m. & Friday, November 11; 1-3 p.m
Please call 708.478.3529 for 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.

Provided by the American Cancer Society.
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.

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, MHNE and Leslie Susralski, Program Volunteer. Please call 708-798-9171 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—basil, dill and garlic and pair it with different cuisines. Presented by Culinary Chef Marcia Kuchta & Christine Rosandich, Nutrition Educator, MHNE. Please call 708-798-9171 to register.

Healthy Green Juice & Smoothies
Homewood: Wednesday, June 29; 6-7:30 & Thursday, August 25; 10-12:30 p.m. (708.798.9171 to register)
Mokena: Saturday, July 9; 9:30-11 a.m. (708.478.3529 to register)
Popular author Kris Carr says “Juicing and blending your organic fruits and veggies are the best and quickest ways to reduce inflammation (the root cause of most chronic disease) while hydrating your body, drenching your cells in life-giving nutrients and even repairing your DNA.” This fun demonstration will share the benefits of adding cancer-fighting fruits and vegetables into your daily diet in a quick and easy way and let you sample how good it tastes. Join us to celebrate the start of your new juicing and smoothie lifestyle. Presented by Chris Rosandich, MHNE and Leslie Susralski, Program Volunteer.

Healthy Changes in the Kitchen and Beyond
Mokena: June 3 & August 5; 10-11:30 a.m. (No class in July)
Explore how to be your own healthy advocate as you participate in this fun, hands-on program.

June: Summertime Safety-Natural bug repellant & sunscreen
August: Beginner’s Guide to Canning
Presented by Chef Lesley Shworles and Christine Rosandich, MHNE. Please call 708.478.3529 to register.

PROGRAM GUIDE
FITNESS & PHYSICAL WELLNESS

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.
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 July 4)
Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT (Certified Yoga Therapist)
Mokena: Tuesdays; 10:30-11:30 a.m. & 12-1 p.m.
Facilitated by Nadine Kelly, MD, RYT, R-CYT (Certified Yoga Therapist)
Gentle Yoga Classes are designed to reduce stress and address physical side-effects of cancer. Seated and standing poses; chairs and mats are provided. Survivors and caregivers of all physical ability levels are welcome.
Hospital Programs

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 Community Hospital.

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.
Gentle Yoga Classes are designed to reduce stress and address physical side-effects of cancer. Seated and standing poses; chairs and mats are provided. Survivors and caregivers of all physical ability levels are welcome. Facilitated by Nadine Kelly, MD, RYT, R-CYT (Certified Yoga Therapist).

Men’s Networking Group
1st Floor Conference Room: 2nd Thursday of each month; 6-7 pm
This is a confidential group in which men can network with other men living with a variety of cancers to discuss general topics related to the Cancer experience. Please call 708.478.3529 for more information.

Survivors & Caregivers Celebration
Friday, June 24; 10-1 p.m.
This is a free event for all survivors & caregivers to attend. This special event will include snacks, giveaways, smoothie demonstration, “Caring for the Caregivers” breakout sessions & gentle chair yoga sessions. Please call 708.478.3529 (CSC) or 815.300.1400 (U of C) for more information.

South Suburban Hospital
17800 Kedzie Ave., Hazel Crest, IL 60429
All Classes located in the Lower Level, Dining Room #1

Breast Cancer Boot Camp
Join our 7-week, 14-session exercise and fitness program for breast cancer survivors! Improve aerobic ability, fitness knowledge and commitment to a healthy lifestyle. Try a variety of exercise styles and learn about fitness topics such as water intake, nutrition and injury prevention. Contact Health Advisor at 800.323.8622 to register (use event code 7C15). Upcoming sessions include: July 19-Sept 1; Tuesday & Thursday, 6-7 p.m.

Monthly Women’s Support Group
Thursdays, June 2, July 7, & August 4; 12:00 p.m.—1:00 p.m.
The first Thursday of every month. Group will meet the Meditation Room.
Facilitated by Melissa Strick, LCPC, Clinical Therapist at The Cancer Support Center.

Monthly Men’s Support Group
Wednesdays, June 8, July 13, & August 10; 12:30 p.m.—1:30 p.m.
The second Wednesday of every month. Group will meet in the Meditation Room.
Facilitated by Jason Kieffer, LPC, Clinical Therapist at The Cancer Support Center.

Monthly Metastatic Cancer Support Group
Thursdays, June 16, July 21, & August 18;12:00 p.m.—1:00 p.m.
The third Thursday of every month. Group will meet in the Meditation Room.
Facilitated by Melissa Strick, LCPC, Clinical Therapist at The Cancer Support Center.

Survivors & Caregivers Celebration at Advocate South Suburban Hospital
Thursday, June 30; 4-8 p.m.
This event is for all survivors & caregivers to attend. This special event will include snacks, giveaways, and special speakers. Please call 708.798.9171 for more information.

Palos Community Hospital
12251 S 80th Ave., Palos Heights, IL 60453

Gentle Yoga
ACC-2 Room: 2nd & 4th Thursday of each month; 2-3 p.m.
Gentle Yoga Classes are designed to reduce stress and address physical side-effects of cancer. Seated and standing poses; chairs and mats are provided. Survivors and caregivers of all physical ability levels are welcome. Facilitated by Amanda Morrison, Certified 200 YTT.

Survivors’ Discussion Group
4th Floor St. George Pavilion Oncology Unit Conference Room: 2nd and 4th Wednesday; 6-7 p.m.
All cancer survivors are welcome. This discussion group focuses on both supportive and educational care. Participants can network with other survivors facing similar struggles.

Advocate South Suburban Hospital
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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 10!
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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 10!
The Cancer Support Center hosted its annual Spring Gala on April 30, 2016, at Olympia Fields Country Club, in Olympia Fields, IL. The sold out event, raised $100,000 to support The Center’s work. Celebrity guest, ABC 7 Weekend Anchor and Reporter, Karen Jordan shared how cancer has impacted her family and honored all cancer survivors at the event with a single, long-stemmed rose.

This year’s celebration recognized two individuals who are very important to The Cancer Support Center, Alan Rose and Connie Patrick. Alan Rose, CEO and co-founder of Rose Pallet and founder of Rose Paving was awarded with The Founder’s Award. Alan embodies the commitment, passion, ambassadorship, vision and community of the six original founders. Since 1995, Alan has supported The Center through donations, employee contributions and sharing our mission with others. As a result of his continued, thousands of individuals living with cancer have a place to find help, hope and healing.

Connie Patrick, the Gala’s participant speaker, shared her personal cancer experience, describing her emotion as journey from the day of her diagnosis. Connie shared how she attempted to visit The Center three times before finding the courage to walk through the door. She did not understand how greatly her life was going to be impacted. While attending a number of our programs, Connie joined an art therapy group, where she discovered a new passion. Until coming to The Center, Connie had no idea that she was an artist. Art is just one way that The Center helped Connie manage her cancer while finding peace and discovering new talents. Connie is truly an inspiration to all.

The Cancer Support Center is grateful and honored to have both Alan and Connie as supporters.
Thank you to our community for organizing the following fundraising events on behalf of The Cancer Support Center:

- Digging For Donna
- Culver’s
- Flossmoor Station Restaurant and Brewery
- Hailstorm Brewing Co.
- St. Peters United Church of Christ

CENTER WISH LIST!

- Renovate ladies bathroom
- Permanent markers
- Painting canvas and brushes
- Drawing/water color paper
- Cardstock
- Tablets
- Kuerig K-cups

We are grateful to the following organizations that underwrite programs or provided their services free of charge for The Cancer Support Center:

- 12 Oaks Foundation
- Advocate South Suburban Hospital
- Aileen S. Andrew Foundation
- Andrew Foundation
- Angels on Assignment
- Anonymous
- Assurance Caring Together Foundation
- The Barnes Foundation
- Bears Care
- The Blowitz-Ridgeway Foundation
- Cancer Treatments Centers of America
- Carolyn Adams Ticket for the Cure
- CN
- The Coleman Foundation
- Cord Vanderpool Foundation
- Exxon Mobil Joliet Refinery
- Faith United Methodist Church
- Flossmoor Community Church
- Ford Motor Company
- Franciscan St. James Health
- Greenbrier Companies
- Harvey Beauties of Harvey Church of Christ
- HERA Women’s Cancer Foundation
- Homewood Disposal
- The Horton Group
- JDM Steel
- The Marcon Foundation
- Mokena Chamber of Commerce
- Mokena Mayor’s Charity Foundation
- Mokena Women’s Club
- Newman’s Own Foundation
- Olivieri Brothers Architects
- Palos Community Hospital
- Rose Pallet
- Safeway Chimney Sweeps
- Sam’s Club Store #6489, Calumet City
- Sam’s Club Store #8154, Matteson
- Service Club of Chicago
- South Suburban League
- Suburban Club League
- Thrall Enterprises
- The United Way of Will County
- The University of Chicago Medicine Comprehensive – at Silver Cross Hospital
- Wal-Mart Store #1556, Orland Hills
- Wendy Larks Foundation
THE CANCER SUPPORT CENTER
www.CancerSupportCenter.org

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
19657 S. LaGrange Road
Mokena, IL  60448
(708) 478-3529
M-F: 11 a.m. - 4 p.m.

SAVE THE DATE
MONDAY AUGUST 29, 2016

FLOSSMOOR COUNTRY CLUB
Meet Hall of Fame Recipient, Carlton Fisk

Walk of HOPE
Sunday, October 2, 2016
Homewood, IL
For more information please call 708.798.9171!