25 Faces of The Center

In celebration of the 25th Anniversary of The Cancer Support Center, we chose 25 “Faces of The Center” and asked them how The Center has impacted their life. Each week, a new image will be featured on our Facebook page and displayed at both locations! Be sure to keep an eye out!

(More images on back cover)
The 25 Faces of The Cancer Support Center introduce you to just a handful of the extraordinary people who make The Center the special place that it is. Whether a participant or a staff member, a volunteer or a board of director, what makes The Center special is the individuals that come together to challenge cancer.

During our past 25 years, The Center has evolved to best respond and professionally provide critical support to those struggling with cancer. This year is no different as we collectively work to expand our programs in order to address the most expansive needs of those fighting this disease and those who continue to stand in support of them.

With our capital campaign, **Building Today to Change Lives Tomorrow**, the board of directors and staff are working collaboratively to ensure that our facilities have the necessary resources and upkeep to meet today's needs and those during the next 25 years.

**Take a look at a few of our expansions during the most recent investments:**

**Counseling and Stress Management**
With a larger facility in Mokena, The Center can provide more therapeutic massage options to help release the stress caused by cancer. In addition, as more people learn about The Center and seek supportive care, The Center's therapists are adept at meeting this new demand nimbly in new expanded space at each location.

**Education and Networking**
Larger and more group spaces will allow The Center to provide more specialized programs, which are necessary with emerging new treatments and longer survivorship care. Our libraries continue to serve our participants with access to print as well as online information so that they are fully informed on their cancer and its care options.

**Fitness**
With dedicated fitness spaces, both locations will expand to include circuit-style, self-directed fitness trainings, which will enhance and further advance our participant's strength and pain management through increased physicality.

**Nutrition**
Over the past several years, nutrition programs have greatly expanded with monthly cooking demos, living green, healthier choices and more. We look forward to even more expansion with the new kitchen in Mokena. We are what we eat, and by helping our participants eat better, we will strengthen and support the healing of their bodies.

**Body Image**
Our wig boutiques, where free wigs are given out daily to those who are facing hair loss due to treatments, continue to provide immediate support during a very difficult part of cancer care. With a newly dedicated wig space in Mokena and an expanded space in Homewood, which also offers breast prosthetics, The Center will continue to bring peace and normalcy through its wig program to women who are experiencing not only cancer, but the loss of their own self identity.

All of this and more is possible because of the leadership of the Board of Directors in envisioning the capital improvements necessary at this critical time for The Center. With the generous support of many Center friends, we are close to finishing our capital campaign, **Building Today to Change Lives Tomorrow**.

If you would like to help us finish our campaign and complete the investments in our facilities, visit **www.cancersupportcenter.org** and donate so that the next person who needs The Cancer Support Center's services will find us ready, willing and able to continue our goal of providing help, hope and healing to all in need.

Thanks in advance for your support and know that you are always welcome at The Center, wherever you are on your own personal cancer journey! Let’s continue to walk this journey together so that no one is fighting cancer alone.
While being “done” with cancer treatment is generally regarded as positive, this is not the case for many individuals. Rather, they are left feeling confused and frightened among many other difficult emotions.

Participants at The Cancer Support Center have expressed concerns such as:

- “Who is making sure the cancer is not coming back?”
- “When will I start to feel like “me” again?”
- “My family thinks I should be happy and not think about cancer anymore, but I am struggling with everything I just went through.”

Many individuals report experiencing:

- Decrease in overall support
- High expectations from others as they begin the reentry process to work and other roles
- Increased levels of stress and anxiety
- Lingering or even delayed physical issues which tend to stem from treatment side effects.

The research supports the importance of individuals with a history of cancer to continue to focus on wellness and self-care. The Cancer Support Center is here for you throughout your entire cancer journey. We invite any individual—regardless of where they are on their cancer fighting journey—to utilize our services, all of which are completely free of charge.

Jason provides individual counseling to all ages at both Center locations. Jason also facilitates our Men’s Discussion Group, Colorectal Networking, Prostate Cancer Networking, Survivor’s Support Group & Bereavement Groups.

Save The Date!

2nd Annual Survivor Conference

Saturday, September 15th
Location & Time TBD

Join us for another exciting day filled with critical information for survivors at any point in their cancer journey!

Ways to Get Involved:
Interested in being part of our team to decide what topics are discussed? Join our Participant Committee!

Please contact Kelly at 708.798.9171 to join.

Interested in sponsoring a meal for our survivors? Your business name and logo will be prominently displayed on conference materials and at the meal.

Please contact Kathleen at 708.798.9171 for more information on becoming a meal sponsor.
Metastatic Breast Cancer Networking Group -NEW!  
Homewood: 1st Wednesday of each month; 5-6 p.m. (No July Meeting)  
This group is supportive and informative. Open to any woman diagnosed with Metastatic Breast Cancer. Facilitated by Staff Therapist Kelly Kopale, LPC & Oncology Nurse Ann Cuvala, RN, MS, OCN, Franciscan Health.

Navigating Colon Cancer with Nutrition 
Mokena: Monday, June 11; 5:30-6:30 p.m.  
Colon or colorectal cancer may impact the body’s ability to digest and absorb vital nutrients. Treatment may cause various side effects including fatigue, low blood counts, increased risk of infection and nausea. Participants will learn how to minimize side effects from treatment through a balanced diet along with the best and worst foods to eat while navigating this type of cancer. Facilitated by Chris Rosandich, MS, Nutrition Educator  
Please call 708.478.3529 to register.

Clean Living: Essential Oils and Chemical-Free Products 
Mokena: Tuesday, June 12; 12-1:30 p.m.  
Homewood: Thursday, August 16, 10-11:30 a.m.  
We use products everyday on our bodies and in our homes that contain ingredients that are harmful. We will explore the Environmental Working Group’s (EWG) “Guide to Healthy Cleaning” and review all of the wonderful benefits when using essential oils in your home. Presented by Chris Rosandich, Nutrition Educator, MS and Jayne Hayes, Reiki Master and Sound Healing Practitioner.

Pieces of Peace 
Mokena: 3rd Friday of each month; 10-11:30 a.m. (June 15 & July 20)  
Create peace in your world. . .piece by piece! In this group members will share & discover ‘peaceful activities’ like puzzles, fabric, short readings & card games. Led by Cindy Fish, Program Volunteer. Please call 708.478.3529 to register.

Lymphedema Risk Factors and Management 
Homewood: Wednesday, June 20; 5-6 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. 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 708.798.9171 to register.

Hospice vs. Palliative Care 
Mokena: Monday, June 25; 1-2 p.m.  
Various aspects of hospice and palliative care as well as the main differences between the two. Presented by Nancy Flowers, MSW, LCSW, a Clinical Social Worker and the Community Education Program Manager with Rainbow Hospice and Palliative Care.

Iridology & Detox Clinic 
Mokena: Tuesday, June 26; 12-1:30 p.m.  
Iridology is the science of analyzing the structures of the iris of the eye and the eyes have long been used to gain insight into a person’s state of health. Detoxification is an important tool to clear the body of unwanted substances. Learn how to read your own eyes, identify areas in your body that need extra support plus identify safe steps to take on your own to gently detoxify the body. Presented by Laura Siebert, Regenerative Detoxification Specialist & Iridologist.

The Happiness Workshop 
Mokena: Tuesday, June 26; 6:30-8 p.m.  
Learn to reduce your stress, become healthier and happier during this 90-minute presentation. Participants will understand the brain basics of habits and take home a list of proven tools that can be easily used in the future to reduce stress and increase happiness. Based on current research of Positive Psychology. Presented by Mary Sullivan Kopale, MAT, Psychology teacher & experienced workshop leader. Please call 708.798.9171 to register.

Restorative Yoga Workshop 
Mokena: Wednesday, June 27; 9:30-11:30 a.m.  
In this 2-hour workshop, we will incorporate restorative yoga postures, essential oils and mindful techniques plus learn self-care modalities appropriate for patients and caregivers. Restorative yoga offers time to focus on held passive postures using blocks, chairs and/or blankets. Please bring an eye pillow or small towel and a blanket for an enhanced experience. Facilitated by Kim Swanson, CYT-200 Specialized in Restorative & Cancer Care Yoga. Space is limited and registration is required. Please call 708.478.3529 to register.

20 Minutes to Ahhh. . .   
Homewood: Wednesday July 18; 3 p.m.  
Take a 20 minute escape from the stress and concerns you are facing! You will be lead to a beautiful place where you can rest, relax, and feel totally at peace. Facilitated by Therese Connors, M.Ed.

Know Your Risk: Understanding Genetics and Cancer  
Mokena: Wednesday, August 22; 6-7 p.m.  
All cancer is genetic, but not all cancer is inherited. This presentation will review the connection between 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.

Improve Your Sleep Habits  
Mokena: Wednesday August 29; 5:30-6:30 p.m.  
Sleep is a critical part of self-care. This presentation will focus on improving the quality of our sleep by changing some of our daily habits, night time rituals, and general beliefs about sleep. Presented by Jason Kieffer, LPC. Please call 708.478.3529 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.

Juicing vs. Blending: Summertime Favorites!
Mokena: Tuesday, July 24, 12-1:30 p.m.
This fun demonstration will share the benefits of adding cancer-fighting fruits and vegetables into your daily diet in a quick and easy way. Healthy and fast juice and smoothie recipes will be available. Presented by Chris Rosandich, MS, and Leslie Susralski, Program Volunteer. Please call 708-478-3529 to register.

Eat This Not That; How to Still Enjoy Your Guilty Pleasures
Mokena: Thursday, July 26, 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, 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.
(No June or July Class, August 2)
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.
(June 14, July 12, August 9)
This cooking demonstration features nutrient-rich recipes that are easy to prepare and filled with ingredients loaded with antioxidants and phytonutrients. Join us as we gather with friends and enjoy a delicious and revitalizing meal. Presented by Chris Rosandich, Nutrition Educator, MS and Leslie Susralski, Program Volunteer. Please call 708.798.9171 to register.

Healthy Changes in the Kitchen and Beyond
Mokena: 1st Friday of each month; 12-1:30 p.m.
(June 1, No July Class, August 3)
Chef Lesley Shworles will help you explore how to be your own healthy advocate as you participate in fun and interactive projects. Presented by Chef Lesley Shworles and Christine Rosandich, Nutrition Educator, MS. Please call 708.478.3529 to register.

Health Watchers Nutrition Group
Mokena: 3rd Tuesday of each month; 5:15-6:30 p.m.
(June 19, July 17, August 21)
Health Watchers is a progressive nutrition group that meets once a month to collaborate, encourage and support each other on their journey towards healthy eating. A new topic is discussed each month along with simple ways to meal plan for one or two. Stay and enjoy a tasting of flavorful, healthy foods. Presented by Chris Rosandich, Nutrition Educator, MS and Beth Bogan, MS.
Individual counseling for all ages is available in Homewood and Mokena. Family and couples counseling is also offered. Call to schedule a Personal Planning Session (PPS) with a counselor to create a program plan that is right for you.

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

Survivors Support Group
Homewood: Tuesdays, 10-11:30 a.m. (Please call 708.798.9171 to register)
Mokena: Tuesdays, 12-1:30 p.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. (No Group June 12 & August 14) (Please call 708.798.9171 to register)
Mokena: Thursdays, 12:30-1:30 p.m. (No Group June 7 & 14) (Please call 708.478.3529 to register)
For men with any type of cancer to share their questions, concerns and experiences living with cancer in a friendly atmosphere. Men in all cancer stages are welcome. Facilitated by Jason Kieffer, LPC.

Mothers Grief Group
Homewood: Tuesdays, 2-3 p.m. (No Group June 12 & August 14) (Please call 708.798.9171 to register)
Mokena: Thursdays, 12:30-1:30 p.m. (No Group June 7 & 14) (Please call 708.478.3529 to register)
Call for meeting times and dates.
For mothers who have lost an adult child to cancer. This group provides a safe, supportive space to connect with other mothers and process through the grief of losing a child. Please call 708.798.9171 to register.

Menopause Support Group
Homewood: Fridays, 11:30-12:30 p.m. (June 8, July 13, August 10)
Mokena: 2nd Friday of each month; 6:30-7:30 p.m. (Please call 708.478.3529 to register)
These groups are open to all ages and provide affection, comfort and joy. Spending time with a therapy dog can provide a sense 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 and blanket. Facilitated by Cecily Hunt, MDs, RYT, E-500 CYT.

Open Studio
Homewood: Wednesdays; 1-3 p.m. (No class July 4 & 25, August 11)
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, June 7, July 12 & 26, August 9 & 23; 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, June 12 & 26, July 24 & August 28; 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, MDs, RYT, E-500 CYT.

Guided Imagery
Mokena: Mondays, 12:30-1 p.m. (No class June 11)
“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. (June 8, July 13, August 10)
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.
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.

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 July 30)
Mokena: Tuesdays; 2-3:45 p.m. - NEW TIME! (No class July 31)
Please call 708.798.9171 to register!
A supportive, safe space to explore your creativity and have fun!

June: Collage: Explore what makes you, you through art. We will be creating different collages for means of exploring the self and what makes each of us unique.

July: Art for relaxation: Enjoy the process of making art. We will explore different art making styles, materials, and techniques.

August : Jewelry: Explore different styles and techniques of jewelry making. Create meaningful and personalized pieces of jewelry that are each one of a kind.
**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: Saturdays, June 2 & 23, July 7 & 21, August 4 & 25; 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 & 25)*

Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT

*Mokena: Tuesdays; 9:15-10:15 a.m.*

Facilitated by Nadine Kelly MD, E-RYT 200, R-CYT

Gentle yoga classes are designed to reduce stress and address physical side-effects of cancer. Classes consist of breath work, gentle stretches, seated and standing poses using the chair or wall for assistance, relaxation, and meditation. Survivors in treatment as well as those who want a gentle practice and caregivers of all physical ability levels are welcome. Please wear comfortable clothes and bring water.

**Yoga for Balance & Core Strength - NEW!**

*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. (No class June 11, July 2, 4, 18 & 25, August 8, 15, 22 & 29)*

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. *Provided by Sandra Wallin, OTR/L, CLT.*

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"I started to attend Get Moving, Get Fit because that is exactly what I wanted - to get moving and to get fit. I wanted to have a better sense of well being. Being well. I have been coming regularly [to fitness classes] for almost a year and a half and have noticed how strong I am! Strong in body and in mind. It kind of snuck up on me. I cannot imagine not coming because I cannot imagine not feeling this way!"

- Colleen, Survivor
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.
(June 19, July 17 & August 21)
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.
(June 19, July 17 & August 21)
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.
(June 14, July 12 & August 9)
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.
(June 6, No July & August 1)
Mokena: 3rd Monday of each month; 6-7:30 p.m.
(June 18, July 16 & August 20)
This group is supportive and informative. Co-led by a staff therapist and oncology nurse, this group is for any woman diagnosed with Breast Cancer. Thank you to our Oncology Nurses Lisa Gravitt, RN, OCN, Palos Community Hospital (Mokena Location) & Ann Cavala, RN, MS, OCN, Franciscan Health (Homewood Location)

Sista's of Hope Support Group-New!
Homewood: 3rd Wednesday of each month; 6-8 p.m.
(June 20, July 18 & August 15)
The Sista’s of Hope Support Group is an African American cancer survivor’s organization, founded in 2017. This group provides support, love and sisterhood as well as breast health education and advocacy.

Blood Cancer Networking Group
Homewood: 3rd Wednesday of each month; 6:30-8 p.m.
(June 20, July 18 & August 15)
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.
(June 20, July 18 & August 15)
(Lymphedema presentation on June 20th)
This support group is for women with cervical, uterine, ovarian and other gynecological cancers to connect with one another in a supportive and safe space. The group is discussion based, with occasional professional speakers and presentations. Facilitated by Kelly Kopale, LPC.

Colorectal Cancers Networking Group
Mokena: 2nd Monday of each month; 5:30-6:30 p.m. - New time!
(June 11, July 9 & August 13) (Nutrition Presentation: June 11th)
Join us for our newest networking group; this group is open to all participants with colon, rectal and anal cancer as well as caregivers. During this quarter, we will welcome medical professionals from the local cancer care community to present on specific topics and answer questions related to colorectal cancer treatment. Facilitated by Jason Kieffer, LPC.

Prostate Cancer Networking Group
Homewood: 4th Thursday of each month; 5-6 p.m.
(June 28, July 26 & August 23)
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.

Bereavement Drop-In Group
Mokena: 1st Thursday of each month; 5-6 p.m.
(June 7, July 5 & August 2)
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.

“The author Wayne Dyer says, ‘If you change the way you look at things... the things you look at change.’ I was happy with my life as an active retiree. But, my Breast Cancer diagnosis brought changes and challenges to every part of my life. The Cancer Support Center staff and survivors consistently help me change the way I see and respond to challenges. The Center clears a path overgrown with ignorance, illness and isolation and helps me find and use what is best for me.”
- Ronnie, Survivor
**Hospital Partnerships**

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 JOHA at Presence Cancer Center.

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

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**Advocate South Suburban Hospital**

**Gentle Yoga**  
**ICU Waiting Room:** Thursdays; 6-7 p.m. *(No class July 5)*

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.*

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**Coping with Cancer: How to Navigate the Cancer Experience**  
**Wednesdays, June 6, 13, 20 & 27; 4-5:15 p.m.**

Join us for the 4-week series on How to Navigate the Cancer Experience. Each week we will provide discussion and expertise on how to navigate the cancer journey. Our topics include: Cancer 101, Stress Management, Intimacy & Nutrition. Registration is required. Please call 708.798.9171 to register.

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

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**Gentle Yoga**  
**Main Lobby:** Fridays, 12-1 p.m.

Gentle yoga classes are designed to reduce stress and address physical side-effects of cancer. Classes consist of breath work, gentle stretches, seated and standing poses using the chair or wall for assistance, relaxation, and meditation. Survivors in treatment as well as those who want a gentle practice and caregivers of all physical ability levels are welcome. Please wear comfortable clothes and bring water. *Facilitated by Kim Swanson, CYT-200 Specialized in Restorative & Cancer Care Yoga*

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

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**Gentle Yoga**  
**Upstairs Lobby:** Every Thursday; 6-7 p.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.

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**Restorative Yoga**  
**1st & 3rd Tuesdays of each month; 6:30-7:30 p.m. (No class July 3) (June 5 & 19, July 17, August 7 & 21)**  
*Facilitated by Kim Swanson, CYT-200 Specialized in Restorative & Cancer Care Yoga*

In this class, restorative yoga postures will be utilized. This class is open to all fitness levels for patients and caregivers. Restorative yoga offers time to focus on held passive postures using blocks, chairs and/or blankets. Please bring an eye pillow or small towel and a blanket for an enhanced experience.

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**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 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>All are welcome as we celebrate being survivors and all the survivors in our lives. We will have light refreshments, musical entertainment, bingo, games for all ages &amp; more!</td>
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<td>June is National Cancer Survivor Month. Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis. Let’s walk this journey together!</td>
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<td>Gentle Yoga: 4-5</td>
<td>Look Good Feel Better ®: 1-3</td>
<td>Men’s Discussion Group: 2-3</td>
<td>No Men’s Discussion Group</td>
<td>Healthy Changes: 12-1:30</td>
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<td>MOKENA</td>
<td>Tibetan Native Remedies: 10-11:30</td>
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<td>Get Moving, Get Fit: 4-4:45</td>
<td>Tibetan Native Remedies: 10-11:30</td>
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<td>No Guided Imagery</td>
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<td>No Get Moving, Get Fit</td>
<td>Clean Living: 12:1:30</td>
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<td>Navigating Colon Cancer with Nutrition: 5:30-6:30</td>
<td>Art: 2:3:45</td>
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<td>Teen Club: 1-3</td>
<td>Metastatic Breast Cancer: 5-6</td>
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<td>Guided Imagery: 12:30-1</td>
<td>Sound Bath: 6:30-7:30</td>
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<td>Guided Imagery: 9:15-15:30</td>
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## July 2018

### Monday
- **HOMEWOOD**
  - Art: 2-3:45
  - Gentle Yoga: 4-5
- **MOKENA**
  - Guided Imagery: 12:30-1
  - No Get Moving, Get Fit

### Tuesday
- **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: 2-3:45

### Wednesday
- **HOMEWOOD**
  - Kids Camp: 9-12
  - Art: 12-1:30
  - Gentle Yoga: 4-5
  - Open Studio: 1-3
- **MOKENA**
  - Gentle Yoga: 9:15-10:15
  - Yoga for Core Strength: 10:30-11:30
  - Art: 2-3:45

### Thursday
- **HOMEWOOD**
  - No Enhancing Flavor with Spices
  - Men’s Discussion Group: 12:30-1:30
  - Bereavement Drop In: 5-6
- **MOKENA**
  - Kids Camp: 9-12
  - Cancer Fighting Cooking: 1-3
  - Brain Cancer Networking: 6-8

### Friday/Saturday
- **HOMEWOOD**
  - Annie’s Knit & Crochet: 10-11:30
  - No Healthy Changes
- **MOKENA**
  - Kids Camp: 9-12
  - Therapy Dogs: 11:30-12:30

### CENTER LOCATIONS
- **CLOSED FOR INDEPENDENCE DAY**
- **CENTER LOCATIONS CLOSED FOR STAFF DEVELOPMENT DAY**

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**July is Sarcoma/Bone 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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© The Cancer Support Center
July 2018
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<thead>
<tr>
<th>Monday</th>
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<th>Wednesday</th>
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<th>Friday/Saturday</th>
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<tr>
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<td>HOMEWOOD&lt;br&gt;Enhancing Flavor with Spices: 11:12-12:30&lt;br&gt;MOKENA&lt;br&gt;Men's Discussion Group: 12:30-1:30&lt;br&gt;Bereavement Drop In 5-6</td>
<td>HOMEWOOD&lt;br&gt;Annie's Knit &amp; Crochet: 10-11:30&lt;br&gt;MOKENA&lt;br&gt;Healthy Changes: 12-1:30&lt;br&gt;HOMEWOOD&lt;br&gt;Moves That Matter: 9:30-10:15</td>
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<td>HOMEWOOD&lt;br&gt;Gentle Yoga: 10-11&lt;br&gt;Open Studio: 1-3&lt;br&gt;MOKENA&lt;br&gt;No Get Moving, Get Fit&lt;br&gt;Tibetan Sound Bath: 9:30-10:30&lt;br&gt;Men's Discussion Group: 12:30-1:30</td>
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<td>HOMEWOOD&lt;br&gt;Cancer Fighting Cooking: 1-3&lt;br&gt;Brain Cancer Networking: 6-8&lt;br&gt;MOKENA&lt;br&gt;Men's Discussion Group: 12:30-1:30&lt;br&gt;Mother's Grief Group: 10-12</td>
<td>HOMEWOOD&lt;br&gt;Annies Knit &amp; Crochet: 10-11:30&lt;br&gt;MOKENA&lt;br&gt;Move That Matter: 9:30-10:15</td>
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**2nd Annual Survivor Conference**  
Saturday, September 15th  
Location & Time TBD, Call for more info

Join us for another exciting day filled with critical information for survivors at any point in their cancer journey!
Upcoming Events

27th Annual Golf Outing - Friday, 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, $750 Foursome (Increases to $800 on 7/16), $60 dinner only (includes dinner & open bar)

Fall Walk of Hope - Sunday, 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 - Friday, 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

Community Events

The Lynn Panici Golf Outing
Grab your clubs and make plans to join in the fun!
Monday, June 18, 2018
10 a.m. - Registration
12 p.m. - Shotgun Start
5:30 p.m. - Cocktails
6:30 p.m. - Dinner
Idlewild and Flossmoor Country Clubs

Hats and Tea Luncheon
Hosted by The Center's Women's Board
Grab your favorite hat and join in the festivities!
Sunday, June 24, 2018
2 p.m. to 4 p.m.
Idlewild Country Club

25th Annual Hometown Hoedown
Enjoy food, fun, dancing, raffles, live auction and more!
Thursday, September 13, 2018
6 p.m. to 11 p.m.
CD&ME
23320 S. LaGrange Road, Frankfort

If you are interested in hosting a community event to support The Center, please contact Kelsey Hogan at khogan@cancersupportcenter.org or call 708-478-3529. We will be happy to work with you during the planning process to help enhance the success of your event.
**Development News**

**Chairs With a Purpose**
In celebration of The Center’s 25th Anniversary and the Village of Homewood’s 125th Anniversary – we are collaborating for a fun art project.

Businesses, civic groups and neighbors can purchase a foldable, wooden Adirondack chair to paint. This colorful and meaningful chairs will decorate the Village throughout the summer months and then be auctioned off as a fundraiser for The Center in mid-August.

For more information about the chairs, or to purchase a chair to paint (deadline June 15), please visit www.cancersupportcenter.org/chairswithapurpose!

Below is an example of one of the chairs painted by one of our participants, Ronnie!

**One-Of-A-Kind Jewelry**
Now is your chance to own a one-of-a-kind-designed Cancer Support Center necklace. Specially created by Rogers Enterprises, this beautiful sterling silver necklace with beveled features and a generated blue topaz can be purchased for $125 (Retail value - $350) to commemorate our 25th Anniversary.

For more information or to purchase this necklace, visit: https://give.classy.org/CSCNecklace. Additionally, you can stop in at either of The Center locations to order this one-of-a-kind jewelry piece.

**Spring Gala Recap**
On Friday, April 20th, The Cancer Support Center hosted its Annual Spring Gala at The Odyssey Country Club in Tinley Park. With 280 people in attendance, we celebrated The Center’s 25th Anniversary with ABC 7 Chicago’s Roz Varon while honoring Bridget and Dave Van Eekeren for their unwavering dedication to The Center for over 20 years.

Guests followed the yellow brick road to Oz with our theme of “There’s No Place Like Home.” as we at The Center like to think that we provide a home away from home for those affected by cancer. After the event, contemporary R&B artist Blake Alexander gave a fantastic performance and had people up out of their seats dancing.

The Gala raised $100,000 and proceeds will go to support all the programs and services offered at both Center locations. We want to thank everyone who attended for helping make the evening so special.
Digging for Donna
Thank you to all the teams that hit the volleyball courts to compete while raising funds to help support The Cancer Support Center. The event was held in April and was a success thanks to everyone involved. All of your digs, bumps and aces are much appreciated!

Lenny’s Ride 4 Recovery
Thank you to Lenny for choosing The Cancer Support Center to be the beneficiary of the proceeds from his upcoming Ride 4 Recovery.

This trip was his inspiration! The trip will be at least 10,000 miles beginning to end. Let’s follow and support him on this journey. His journey will consist of stops in Key West, Florida; San Ysidro, California; Blaine, Washington and Madawaska, Maine.

For more information or if you would like to donate to support Lenny, please visit https://give.classy.org/Ride4Recovery.

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

Portillo’s:
Thursday, July 12, 5-8 p.m.
17500 S Halsted Street, Homewood
20% of total bill donated
Must show flyer (found on our website)

“My experience with the CSC has led me to a healthier lifestyle through the education of the Nutritional programs and learning about cancer-fighting foods/spices. Yoga has helped me physically through exercise and breathing, giving me a sense of peace, eliminating stress and anxiety, increasing inner awareness and living in the moment. By volunteering, my friendship circle has enlarged by meeting loving and supporting friends, participants and CSC staff. Literally, my life has been enhanced through a stronger sense of purpose.”

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

Homewood Location  Mokena Location - NEW HOURS!
2028 Elm Road  19645 S. LaGrange Road
Homewood, IL 60430  Mokena, IL 60448
(708) 798-9171  (708) 478-3529
M-W: 9 a.m. - 5 p.m.  M, T, Th: 9 a.m. - 4 p.m.
Th: 9 a.m. - 4 p.m.  W: 12 p.m. - 4 p.m.
F*: 9 a.m. - 12 p.m.  F*: 9 a.m. - 12 p.m.

*Both locations will close at 12 p.m on Fridays from 6/1 to 8/31.