Embracing the New Normal at Survivor Camp!

The Cancer Support Center will host our first Survivor Camp on Saturday, September 16; 9-2 p.m at Prairie State Conference Center in Chicago Heights. This conference was born out of the vision of our participants. Together with our staff, our Participant Committee has brought this dream to life. Among are standout speakers are:

- Chaplain Carl Williamson, Manager of the Pastoral Care Department at Cancer Treatment Centers of America speaking on How to Embrace The New Normal
- Liz Gold, MS, RDN, Block Center for Integrative Cancer Treatment & Wellness, speaking on Food as a Tool to Fight Against Cancer
- Breakout Sessions including: strengthening relationships, the benefits of therapeutic rehabilitation after surgery, emotional struggles of a cancer diagnosis, meditation, body image and using nutrition to fight back against cancer

This amazing day will conclude with a vendor fair and light lunch. We hope you are able to join us for what is sure to be an amazing day providing critical information to survivors.

For more information and to register please visit our website and follow these steps:

http://cancersupportcenter.org/
- Scroll over the “Programs & Activities” Tab
- Click on “Survivor Camp”
- Complete the registration form and you are all set!

For any questions please contact either Center location. We look forward to seeing you at this exciting event!
“IF YOU BUILD IT, THEY WILL COME.”

By Sue Armato, Executive Director

“If you build it, they will come.” I love that line from Field of Dreams, and it reminds me a lot of how The Center came to be – a group of women who dreamt of a special place where cancer patients and their loved ones could come for warm support, thoughtful reflection, and isolation-breaking companionship. This dream was to create a community of hope and healing. The Center was built, and their dream came true.

That dream continues to grow with The Center’s “Building Today to Help Lives Tomorrow” Capital Campaign. Looking at how to best serve you today and in the future, we know that we have to improve our facilities so they last another 25 years while also increasing our program spaces to meet the demand for fitness, nutrition, support groups, counseling and more. With a new space in Mokena 3 times our current space and freeing up administration space for programs at Homewood, we are so excited about The Center’s future to bring comfort and peace to those fighting the struggles caused by cancer.

I invite you to be a part of our new dream. I invite you to be one of the “builders” of this dream by sharing your thoughts on programs, hopes for the new spaces, and ways you might want to get involved. As in Field of Dreams, we know that when we build it, people will come, and when they come they will find help, hope and healing at our community of compassion, care, and wellness. As always and especially now, let’s walk this cancer journey together.

WORKING? NO PROBLEM!

The Cancer Support Center has lunch time, evening & weekend programs available.

We offer many evening program options
• Check out our “Education & Networking” section and “Special Programs” as most of these are offered in the evening
• If you have an interest in nutrition we are offering our quarterly evening cooking demo with Chef Marcia & a class on Fermented Foods

Able to pop over during lunch? Here are a couple of great options for you:
• Monday: Guided imagery from 12:30-1 p.m. at our Mokena location The perfect afternoon pick me up to get you through the rest of your day!
• Wednesday: Open Studio from 1-3 p.m. at our Homewood location This class is a drop-in from 1-3 p.m. so you can pop in and out as needed to accommodate your schedule.
• Friday: Out in the Joliet area? Our yoga class meets at Presence Cancer Care from 12-1 p.m.

Weekends more your speed?
• Moves That Matter is offered bi-monthly at our Homewood location on Saturdays from 9:30-10:15
• Survivor Camp will be offered offsite at Prairie State, September 16; 9 a.m. - 2 p.m.

See a program you would like to attend, but is only offered during the day? Please contact our Program Director, Kathleen Daly at kdaly@cancersupportcenter.org to let her know. We appreciate any and all feedback. Our main priority is to ensure we are supporting you throughout your journey.
Let’s Network!
By Kathleen Daly, Clinical Program Director

With new research and treatment options becoming available at lightning speed; networking groups provide the opportunity for patients to discuss treatments, coping mechanisms and side-effects specific to their cancer type.

Networking groups provide participants with many benefits, such as:

• **Connection with others**
  • There are many worries and issues that patients feel more comfortable discussing with professionals and others who share the same diagnosis. Even with the most supportive group of friends and/or family, a cancer diagnosis and treatment can be very isolating. Having space to share your most honest feelings with others going through a similar situation can provide a comfort not found elsewhere. The networking group provides a safe space to connect and know that you are not alone in your experiences.

• **Increased coping methods**
  • Networking groups are opportune places to get advice, suggestions and ideas on how to cope with cancer. From dealing with side effects to having difficult conversations with loved ones- chances are someone in the group has gone through that too and can share their insights.

• **Increased quality of life**
  • Research shows that joining a group is good for cancer patients. When exposed to greater life stress, the relative level of social support can act as a buffer from experiencing extreme distress. Some research shows that joining a support group improves quality of life and survival rates.

At The Cancer Support Center we strive to create support and networking groups that are specifically designed to meet the particular needs of individuals as related to diagnosis, stage, gender and treatment options. We utilize our existing local experts from community partnerships to speak to our participants on relevant treatment, diagnosis and prevention topics. Many of our networking groups are co-facilitated by an oncology professional that can answer medical questions and concerns. Check out our Education & Networking section of this program guide to find the right fit for you!

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we’re not alone.”

Mr. Fred Rogers

Save the date

**Annual Holiday Open House**
**Monday, December 11 • 6-8 pm**
Stay tuned for location details!

**Annual Art Show**
**Wednesday, October 25 • 6-8pm**
at our Homewood location
Benefits of Therapy Dogs
Homewood: Wednesday, September 13; 5-6 p.m.
Alliance for Therapy Dogs is a volunteer organization of dedicated therapy dog handlers and their dogs on a mission of sharing smiles and joy. ATD’s goal is to provide registration, support, and insurance for members who are involved in volunteer animal-assisted activities. They will share with us the importance and benefits of having therapy dogs. Please call 708.798.9171 to register.

Survivor Camp: Embracing The New Normal
Prairie State College Conference Center
202 S Halsted St., Chicago Heights, IL 60411
Saturday, September 16; 9-2 p.m.
Survivor camp will consist of various workshops from professionals and survivors. This camp will encourage and motivate survivors. We will feature expressive therapy, yoga, motivational speakers and teachers. Life after a cancer diagnosis can be challenging. Let’s come together to learn how to embrace this new normal. Registration is required. Please call 708.798.9171 to reserve your spot.

Group Meditation with Tibetan Singing Bowls
Homewood: Tuesdays, September 26 & November 28; 6:30-7:30 p.m.
Slow down and quiet your nervous system and brain as you open to physical relaxation, uplift in mood, feelings of well-being and peace. Sound therapy is a powerful guide to healing, self-care and self-transformation. Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT (Certified Yoga Therapist)

In Your Own Words – Writing Workshop
Homewood: Thursdays, September 28-November 16; 12-1:30 p.m.
We think differently when we write. Heartland Hospice Bereavement Coordinator Michelle Newcomb will facilitate a unique guided writing group to support anyone who has experienced a loss – spouses, family members, friends and caregivers. Michelle will provide thought-provoking prompts designed to free your words and help you find fresh ways of viewing your experience and your life after loss. This is writing for exploration, not a class about writing. You’ll write as though you’re talking to your best friend—in your own voice. You’ll also have the opportunity to share your writing with the group, but only if you want to! Facilitated by Michelle Newcomb, MA, LPC. Please call 708.798.9171 to register.

Mystic Journey to Self-Healing Guided Meditation
Homewood: Tuesday, October 10; 6-7:30 p.m.
Join Dr. Susan Bova, healer and intuition expert, as she introduces a guided meditation to self-healing. Become the orchestrator of your health, change the programs of your mind, and activate your body’s unique healing powers. A brief discussion on the power of self-healing will be followed by a group experience where participants will be guided on a personal healing journey. Please dress comfortably, bring a pillow and blanket and come prepared to experience a deep state of relaxation. Please call 708.798.9171 to register.

Spirituality Series: 3 Keys to Enduring with Pastor Timothy Lane
Mokena: Friday, October 13; 1-2 p.m.
Timothy Lane will share 3 keys to enduring. As a cancer survivor it can be difficult to move forward. Come listen to his story and tips to overcome depression & grief. Engage in a discussion about faith and endurance. This session will propel you to press forward despite your circumstances. Timothy Lane is a pastor, author, teacher, and therapist. All faiths are welcome to attend. Please call 708.478.3529 to register.

What Everyone Should Know About Breast Cancer with Dr. Citrin
Homewood: Monday, October 23; 6-7 p.m.
During this presentation, medical oncologist Dennis Citrin, MD, PhD will cover all spectrums of breast cancer. You will learn about the prevalence of the disease, symptoms associated with the disease, and a discussion on how the treatment of breast cancer has changed over the years. By the end of this presentation you will know what every man and woman should know about breast cancer and have a deeper understanding of the disease. Please call 708.798.9171 to register.

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

Survivor Bingo Night
Homewood: Wednesday, November 8; 5-7 p.m.
There will be FREE bingo cards for everyone to play together. Prizes will be given to the lucky winners. All prizes have been donated from local businesses and donors. We look forward to playing bingo with you. All adults affected by cancer are welcome to join us. Please call 708.798.9171 to register.

Develop Your Intuition: An Interactive Workshop
Mokena: Tuesday, November 14; 6-7:30 p.m.
Join intuition expert and healer, Dr. Susan Bova, as she introduces interactive exercises that will heighten your intuitive powers. Your intuition is your inner compass that guides you toward making decisions that are in your best and highest interest. This workshop offers practical suggestions and a hands-on approach to recognizing and enhancing your own intuition. Bring a small object with sentimental meaning. Please call 708.478.3529 to reserve your spot.

Combination Therapy for Cancer: Why, When & How?
Homewood: Wednesday, November 15; 6-7 p.m.
There are three general categories of treatments for cancer – surgery, drug therapy, and radiation therapy. In this talk Dr. Golden will review advantages and disadvantages along with current advances of each treatment method. He will discuss why we might choose to combine surgery, chemotherapy, and radiation and give examples of tumors that might be treated with a single treatment method vs. two or even all three types of treatments. Presented by Dr. Golden, Assistant Professor of Radiation & Cellular Oncology at The University of Chicago Comprehensive Cancer Center. Please call 708.478.3529 to register.

Acceptance-Based Therapy for Body Image Concerns
Homewood: TBD- call for details (708.798.9171)
This fall, an 8-week, group-based intervention will be offered for women struggling with body image concerns related to treatment and recovery. This group will consist of acceptance-based techniques and interactive exercises to address body image concerns. It will be conducted by Amanda V. Harris, M.A., a doctoral level clinical psychology student from Midwestern University. Please note: This intervention group is a part of Amanda's dissertation research and results will aid in advancing the field of psycho-oncology.
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, Oct 10; 1-3 p.m. (Call 708.798.9171 to register)
Mokena: Friday, November 10; 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.

Learn about the most nutrient-dense and cancer-fighting foods and how to incorporate them into your life. Our nutrition classes offer the most current information and step-by-step strategies that will encourage optimal health.

Enhancing Flavor with Spices

Homewood: 1st Thursday of each month; 11-12:30 p.m.

Herbs and spices are an inexpensive way to add flavor. They are known for their antibacterial and antiviral properties and contain disease-fighting antioxidants. Learn how to use common spices – basil, dill and garlic and become a flavor expert in your own kitchen. Enjoy a sampling of the food prepared by Chef Marcia. Presented by: Culinary Chef Marcia Kuchta and Christine Rosandich, Nutrition Educator, MS. Please call 708.798.9171 to register.

Evening Cooking Demo: Amazing Holiday Appetizers

Homewood: Thursday, November 16; 6-8 p.m.

Impress your guests this holiday season with Chef Marcia’s quick and easy holiday recipes. Learn simple ways to create stylish and delicious appetizers that are uncomplicated but elegant. Enjoy a small sampling of Chef Marcia’s dishes. Presented by Culinary Chef Marcia Kuchta. Please call 708.798.9171 to register.

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 Susalski, Program Volunteer. Please call 708.798.9171 to register.

Healthy Changes in the Kitchen and Beyond

Mokena: Noon-1:30 p.m.

September 1st — Natural Bar Soap
October 6th — Fall Soup & Sandwiches (Panini)
November 3rd — Bath Bombs: the perfect holiday gift

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.

Juicing vs. Blending; They Both Offer Amazing Benefits

Mokena: Tuesday, September 19, 11:45-1:15pm

The fall is the perfect time to get back to basics and begin eating more fruits and vegetables. What better way to accomplish this than juicing or blending. 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. Healthy and fast juice and smoothie recipes will be available. Presented by Chris Rosandich, MS, and Leslie Susalski, Program Volunteer.

Fermenting Foods 101: Sauerkraut & Kimchi

Homewood: Thursday, October 5; 6-8 p.m.

Fermented foods have been through a process of lacto-fermentation which preserves the food, creates beneficial enzymes, b-vitamins, Omega-3 fatty acids and various strains of probiotics to help alkalize the body. In this presentation you will learn about fermentation and make your own sauerkraut. Presented by Chef Robert Kasper, Specialist In Old World Cooking.

Reducing Toxins for a Healthier Home

Homewood: Thursday, September 21; 10-11:30 am
Mokena: Tuesday, October 17; 11-12:30 pm

We use products everyday on our bodies and in our homes that contain ingredients that are harmful. This program will explore simple, easy and economical ways to detox your home from harmful chemicals and help you begin this journey of clean and green living. Enjoy making a holistic liquid soap that you can take home and enjoy. Presented by Chris Rosandich, Nutrition Educator, MS and Jayne Hayes, Reiki Master and Sound Healing Practitioner.
COUNSELING & STRESS MANAGEMENT

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. 798-9171

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

Art Therapy
Homewood: Mondays; 2-3:45 p.m. (No class September 4 & October 9)
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 October 25)
Open studio is a space for participants to work on any art they desire. Bring in something from home or let the materials at The Center inspire you! You do not have to attend any other art groups at The Center to participate.

Tibetan Bowl Group Sound Bath
Mokena: Thursdays, September 14 & 28, October 12 & 26, November 9 & 30; 9:30-10:30 a.m.
Vibrational sound with singing bowls work with the energy field that extends from our physical bodies and relaxes our brain waves. It is called a “bath” because our bodies are bathed in sound. Please bring a pillow and blanket. Presented by Jayne Hayes, Reiki Master. Please call 708.478.3529 to register, space is limited. No perfume please.

Sound Bath: Immerse Yourself in Healing Vibration
Homewood: Tuesday, October 24; 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. –New Time!  (No group Sept. 4 & Oct. 9)
“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.
Mokena: 3rd Monday of each month; 11 a.m. – 12 p.m.
These groups are open to all ages and provided by certified therapy dogs. Spending time with a therapy dog can provide affection, comfort & joy.

Annie’s Knit & Crochet Circle
Homewood: Fridays, 10-11:30 a.m. (No group Oct. 20 & Nov. 24)
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.
Kids Film Club
Mokena: Thursdays, September 14–December 21; 4–5 p.m.
(No group November 23)
In this unique group kids will learn valuable social-emotional skills through popular movies. The first half of each group kids will watch a portion of a movie. The second half will involve an activity to help kids process what they’ve watched. This group is open to any child affected by cancer ages 6-12. Please call 708.478.3529 to register.

Fall Family Festival
Homewood: Friday, October 27; 4–6 p.m.
Calling all Families! This fall night will be filled with games and candy prizes. There will also be a therapy dog, story, popcorn, and craft station. Family friendly costumes are welcome. Come join us! All families with children 18 and under are welcome to attend. Please call 708.798.9171 to register in advance.

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; 9:30-10:15 a.m. (No class September 16th)
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 September 4 & October 9)
Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT (Certified Yoga Therapist)
Mokena: Tuesdays; 9:15–10:15 a.m. – New Time!
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 September 4, 18, October 9 & November 6)
This group will focus on gentle conditioning and flexibility. Workouts will focus on the whole body and all levels of fitness are welcome. Registration is required as space is limited. Please call 708-478-3529 to reserve your spot. Facilitated by Evelyn Thies, Certified Personal Trainer.

Therapeutic Touch
• Massage Therapy (both locations)
• Cranio-Sacral Therapy (Homewood)
• Reiki (Mokena)
Priority appointments for those in treatment. 30-minute, fully clothed sessions. Note: limit one session per month. Please call 708-798-9171 to register in Homewood and 708.478.3529 to register in Mokena. Thank you to our practitioners: Judith Hanzelin, Marilyn Kopacz, MaryAnn O’Donnell & Melissa Deldrago Calabrese.

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

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

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

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

Breast Cancer Networking Group
Homewood: 1st Wednesday of each month; 6:30-8 p.m.
Mokena: 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. Facilitated by staff therapist and Lisa Griffett, RN, OCN, Palos Community Hospital (Mokena Location). Ann Cavala, RN, MS, OCN, Franciscan Health (Homewood Location)

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.

Colorectal Cancers Networking Group
Mokena: 1st Monday of each month; 6-7 p.m.
(No September Meeting)
Join us for our newest Networking Group; this group is open to all participants with colon, rectal and anal cancer as well as caregivers. During this quarter, we will welcome medical professionals from the local cancer care community to present on specific topics and answer questions related to colorectal cancer treatment. Facilitated by Jason Kieffer, LPC.

Prostate Cancer Networking Group
Homewood: 4th Thursday of each month; 6-7 p.m.
(No November Meeting)
This networking group provides an informal discussion time for men with prostate cancer to share information with each other. This group will also offer occasional special speakers. Facilitated by Jason Kieffer, LPC.

Lung Cancer Networking Group
Mokena: 1st Monday of each month; 1-2 p.m.
(No September Meeting)
Join us for our newest Networking Group; this group is open to all participants with lung cancer as well as caregivers. During this quarter, we will welcome medical professionals from the local cancer care community to present on specific topics and answer questions related to lung cancer treatment. Facilitated by Jason Kieffer, LPC.

Young Adults Networking Group
Mokena: 1st Thursday of each month; 6-7 p.m.
Young adults (18-39) with cancer face challenges which are different than adults who were diagnosed later in life. This group provides a safe space for young adults with cancer to discuss unique concerns related to family, work, school, and lifestyle changes with their peers. Please call 708.478.3529 to register.
The Cancer Support Center recognizes the importance of reaching newly diagnosed cancer patients. The Center has made building hospital relationships a priority, extending support to those in need at the beginning of their cancer experience. Currently, The Center has partnerships with Advocate South Suburban Hospital, The University of Chicago Comprehensive Cancer Center at Silver Cross Hospital and Palos Health.

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

**Gentle Yoga**
Upstairs Lobby: Thursdays; 6-7 p.m. (No class November 23rd)
(2nd Floor Lobby)
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, E-RYT 200, R-CYT.

**Get Moving Get Fit**
Upstairs Lobby: Mondays, 5:30-6:15 p.m.
(No class September 4 & October 9)
This group will focus on gentle conditioning and flexibility. Workouts will focus on the whole body and all levels of fitness are welcome. Registration is required as space is limited. Please call 708-478-3529 to reserve your spot. Facilitated by Evelyn Thies, Certified Personal Trainer.

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

**Gentle Yoga**
Conference Room E1 & E2: Thursdays; 4:30-5:30 p.m.
(No class November 23)
(*3rd Thursday of each month located in Woodland Café Conference Room off cafeteria)
Gentle Yoga Classes are designed to reduce stress and address physical side-effects of cancer. Seated and standing poses; chairs and mats are provided. Survivors and caregivers of all physical ability levels are welcome. Please wear comfortable clothes and bring water. Facilitated by Mary Dempsey, 200 CYT (Certified Yoga Therapist)

**Cancer Discussion Group**
St. George Pavilion Oncology Unit Conference Room (4th Floor, Room 4610):
2nd Wednesday of each month; 6-7:30 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.

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

**Gentle Yoga**
ICU Waiting Room: Thursdays; 6-7 p.m. (No class November 23)
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 Cecily Hunt, MDes, RYT, E-500 CYT (Certified Yoga Therapist).

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

**Gentle Yoga**
Main Lobby: Fridays, 12-1 p.m.
Gentle yoga classes are designed to reduce stress and address physical side-effects of cancer. Classes consist of breath work, gentle stretches, seated and standing poses using the chair or wall for assistance, relaxation, and meditation. Survivors in treatment as well as those who want a gentle practice and caregivers of all physical ability levels are welcome. Please wear comfortable clothes and bring water. Facilitated by Kim Swanson, CYT-200 Specialized in Restorative & Cancer Care Yoga.
### September 2017

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

**September is Childhood, Gynecological, Leukemia, Lymphoma, Ovarian, Prostate & Thyroid 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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<td><strong>Centers Closed LaborDay</strong></td>
<td><strong>Homewood</strong> Survivors Group: 10-11:30</td>
<td><strong>Homewood</strong> Gentle Yoga: 10-11</td>
<td><strong>Homewood</strong> Enhancing Flavor w/Spices: 11-12:30</td>
<td><strong>Homewood</strong> Annie’s Knit &amp; Crochet: 10-11:30</td>
<td><strong>Homewood</strong> Moves That Matter: 9:30-10:15</td>
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<td><strong>Mokena</strong> Gentle Yoga: 9:15-10:15 Yoga for Core Strength: 10:30-11:30</td>
<td><strong>Mokena</strong> Get Moving Get Fit: 4-4:45</td>
<td><strong>Mokena</strong> Men’s Discussion Group: 12:30-1:30 Young Adults Networking Group 6-7</td>
<td><strong>Mokena</strong> Annie’s Knit &amp; Crochet: 10-11:30</td>
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<td><strong>Homewood</strong> Look Good Feel Better: 1-3</td>
<td><strong>Homewood</strong> Breast Cancer Networking: 6:30-8</td>
<td><strong>Homewood</strong> Healthy Changes: 12-1:30</td>
<td><strong>Prairie State Survivor Camp: 9-2</strong></td>
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<td><strong>Homewood</strong> Art: 2-3:45</td>
<td><strong>Homewood</strong> Survivors Group: 10-11:30 Men’s Discussion Group: 4-5</td>
<td><strong>Homewood</strong> Cancer Fighting Cooking: 1-3 No Brain Tumor Networking</td>
<td><strong>Homewood</strong> Annie’s Knit &amp; Crochet: 10-11:30</td>
<td><strong>Mokena</strong> Guided Imagery: 12:30-1 Kids Film Club: 4-5</td>
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<td><strong>Mokena</strong> Learn to Crochet 10:30-12:30 Guided Imagery: 12:30-1 Get Moving, Get Fit</td>
<td><strong>Mokena</strong> Yoga for Core Strength: 10:30-11:30</td>
<td><strong>Mokena</strong> Sound Bath: 9:30-10:30 Men’s Discussion Group: 12:30-1 Kids Film Club: 4-5</td>
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<td><strong>Mokena</strong> Guided Imagery: 12:30-1</td>
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<td><strong>Homewood</strong> Art: 2-3:45</td>
<td><strong>Homewood</strong> Survivors Group: 10-11:30 Men’s Discussion Group: 4-5</td>
<td><strong>Homewood</strong> Reducing Toxins: 10-11:30</td>
<td><strong>Homewood</strong> Annie’s Knit &amp; Crochet: 10-11:30</td>
<td><strong>Homewood</strong> Art: 2-3:45</td>
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<td><strong>Mokena</strong> Therapy Dogs: 11-12 Guided Imagery: 12:30-1 No Get Moving, Get Fit Breast Cancer Networking: 6-7:30</td>
<td><strong>Mokena</strong> Men’s Discussion Group: 12:30-1 Kids Film Club: 4-5</td>
<td><strong>Mokena</strong> Guided Imagery: 12:30-1 Lung Cancer Networking: 1-2</td>
<td><strong>Homewood</strong> Art: 2-3:45</td>
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<td><strong>Homewood</strong> Art: 2-3:45</td>
<td><strong>Homewood</strong> Survivors Group: 10-11:30 Men’s Discussion Group: 4-5</td>
<td><strong>Homewood</strong> Bereavement Writing Workshop: 12-1:30</td>
<td><strong>Homewood</strong> Annie’s Knit &amp; Crochet: 10-11:30</td>
<td><strong>FALL WALK OF HOPE</strong></td>
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October 2017

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<td>Art Therapy 2:3-4:35</td>
<td>Gentle Yoga 4-5</td>
<td>Survivors Group: 10-11:30</td>
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<td>Enhancing Flavor with Spices: 11-12:30</td>
<td><strong>HOMEWOOD</strong> Moves That Matter: 9:30-10:15</td>
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October is Breast & Liver 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!
### November is Lung, Carcinoid, Caregivers, Pancreatic & Stomach 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!

### Programs for November 2017

<table>
<thead>
<tr>
<th>Day</th>
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| Monday    | HOMEWOOD Art: 2:30-4:30 Gentle Yoga: 4-5  
            MOKENA Guided Imagery: 12:30-1  
            Lung Cancer Networking: 1-2  
            No Get Moving, Get Fit  
            Colorectal Cancer Networking: 6-7  
| Tuesday   | HOMEWOOD Survivors Group: 10-11:30  
            Men’s Discussion Group: 4-5  
            MOKENA Gentle Yoga: 9:15-10:15  
            Yoga for Core Strength: 10:30-11:30  
| Wednesday | HOMEWOOD Gentle Yoga: 10-11  
            Open Studio: 1-3  
            Breast Cancer Networking: 8:30-8  
            MOKENA Get Moving, Get Fit: 4-4:45  
| Thursday   | HOMEWOOD Enhancing Flavor with Spices: 11-12:30  
            Bereavement Writing Workshop: 12-1:30  
            MOKENA Men’s Discussion Group: 12:30-1:30  
            Kids Film Club: 4-5  
            Young Adults Networking: 6-7  
| Friday     | HOMEWOOD Annie’s Knit & Crochet: 10-11:30  
            MOKENA Healthy Changes: 12-1:30  
| Saturday   | HOMEWOOD Moves That Matter: 9:30-10:15  

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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!
Fall Walk of Hope
Be a Super Hero for Someone Fighting Cancer
**Sunday, October 1, 2017,**
8 a.m. registration, 9 a.m. Walk Begins
Starting at The Cancer Support Center, 2028 Elm Road
Interactive 1 mile and 3 mile routes, incentive prizes, t-shirts to first 800 walkers
$30 per walker age 15 and older, $15 per walker age 5-14

To register, visit www.cancersupportcenter.org or call 708-798-9171

Boo 10 – The Decades
**presented by The Community Board of Homewood**
**Saturday, October 21, 2017,**
8 p.m. to Midnight
Wiley’s Grill, Homewood
Costume party with food, beverages, live music by The Brat Pack, games, raffles and more $60 per person
For details, visit www.cancersupportcenter.org or call 708-798-9171

Village Door Holiday Open House
**Sunday, November 12, 2017,** 11-2 p.m.
Village Door, 2019 Ridge Road, Homewood
Shop unique gently used treasures and holiday décor.
Refreshments served to shoppers.

Holiday Housewalk
**Saturday, November 18, 2017**
10 a.m. to 3 p.m.
Flossmoor Country Club, Flossmoor
Tour beautifully decorated homes in Homewood/Flossmoor
Enjoy lunch (11 a.m. to 2 p.m.) and browse for holiday gifts at the vendor fair$25 for Housewalk Ticket, $25 for Luncheon
For details, visit www.cancersupportcenter.org or call 708-798-9171
Community Events

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

Dee Adam Cut-a-thon at Marc Alan Day Spa
Marc Alan Salon and Day Spa hosted the Dee Adam Memorial Cut-a-thon for us on June 11 at their Flossmoor salon raising $1,100 to support our services Thank you Geri and Marc Melyon as well as your staff for this great event.

Binny’s wine tasting
Thank you to Binny’s Express in Hyde Park for hosting a wine tasting event to support breast cancer programs and other services. A special appreciation to Binny’s Express General Manager Debbie King-Harris for organizing this on our behalf and helping raise $680.

Odell Route 66 Standard Oil Gas Station Car Show
John Weiss presented The Cancer Support Center with a donation from the Odell Route 66 Standard Oil Gas Station Car Show held on May 27 in memory of his wife Lenore Weiss. Thank you again John for the generous donation.

Kendra Gives Back
The Kendra Scott store on Michigan Avenue in Chicago hosted a Kendra Gives Back event for us on June 10 with 20% of the proceeds of sales benefitting The Center and the nearly 13,000 hours of programming we offer each year. Thank you to their staff and shoppers for helping raise more than $650 to help make a difference in the lives of those impacted by cancer.

The Student Council from St. George School
The Student Council from St. George School in Tinley Park presented us with a check to support our programs and services. The Student Council raises money throughout the year and chooses local charities to support. A big THANK YOU to the students for choosing to support us.

Save The Date for Hometown Hoedown
Thursday, September 14
CD & ME, Frankfort
Country music, line dancing, food, cash bar, silent and live auctions, games and more.
$25 per ticket, tickets are available at both The Center’s locations

Holiday Tree and Wreath Sales
December 1, 2017
Martin Square in Downtown Homewood
The Center staff and volunteers will once again be selling fresh Fraser Firs (6 ft. and 8 ft.) and 24 inch wreaths during the Village of Homewood’s Annual Holiday Lights festival. Limited amounts will be available for purchase that day. Pre-orders will be taken beginning mid-October to November 17. For more information, call 708-798-9171 or visit www.cancersupportcenter.org.

If you are interested in hosting a third party event to support The Center, please contact Kelsey Hogan at khogan@cancersupportcenter.org or call 708-478-3529. We will be happy to work with you during the planning process to help enhance the success of your event and avoid conflicts with already planned activities.
Evening Together
The Women’s Board of The Cancer Support Center hosted our Annual Evening Together, a special dinner for our participants. We are so grateful for the student volunteers from Parker Junior High School and Homewood-Flossmoor High School. The delicious food was donated by Gabe’s Place. The photos were taken by Susan Bova. The amazing talents of MusArte Duo provided mini Monet inspired table top paintings for each participant and during dinner Marlene Boonstra created a beautiful Monet inspired painting accompanied by Gail Salvatori on violin and piano.

Windy City Thunderbolts
Thank you to the Windy City Thunderbolts for hosting a Survivor Celebration for our participants and their loved ones on May 14 at Standard Stadium in Crestwood. Participants walked the bases before the game, watched the Thunderbolts take on the Washington Wild Things and met the mascot, Boomer.

EarlyACT Club Donation at Chicago Heights Rotary
The Cancer Support Center Board President Jim Kvedaras accepted a check from the Schrum School EarlyACT Club during their awards ceremony at the Chicago Heights Rotary Club in May.

BMO Harris Bank
We were one of the recipients of the BMO Harris Bank 2017 BMO Volunteer Day Project. Employees from various branches prepped and painted our Great Room. This room serves as a yoga studio, demonstration kitchen, as well as hosting educational programs, networking and support groups. We are thrilled with the results and appreciate their hard work!

Lynn Panici Golf Outing
We are grateful for the continued support of Anthony Panici and the entire committee of the Lynn Panici Golf Outing for planning the annual outing full of fun, golf and friendship. A special thank you to Rich Merlo, of JDM Steel, for your dedicated sponsorship of this event each year. This year, the outing hosted 176 golfers on two courses raising more than $65,000 for The Center.
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
19645 S. LaGrange Road
Mokena, IL 60448
(708) 478-3529
M,T, Th 9-4
W, F 12-4

CAUSE AN EFFECT

Homewood Chipotle – Monday,
October 2 from 5 p.m. to 9 p.m.
17700 Halsted Street.
50% of proceeds comes back to The Cancer Support Center. Need to show flyer in person or on smart phone.

Orland Park Panera – Wednesday,
November 8 from 4 p.m. to 8 p.m.
15252 South LaGrange Road.
Up to 20% of proceeds will come back to The Cancer Support Center. Must show flyer in person or on smart phone.