At The Cancer Support Center, this quote truly reflects the spirit behind the work that we do each and every day for thousands throughout Chicago’s Southland. Our supportive and wellness programming intentionally provides participants an option of growth that is comfortable for them during any point on their cancer journey.

Whether it is therapy, support groups, nutrition consultations, gentle fitness, body image classes, education or therapeutic massages, The Center is thoughtful about the options provided. By weaving different programs into one’s care a real force is harnessed and real growth occurs. This growth may result in greater physical strength, reduction of pain caused by treatment, the discovery of peace during a chaotic time, or finding strength in the company of others on this difficult path. Whatever type of growth, we know it results in a greater quality of life for our participants.

What The Center has experienced during the past several years is that there continues to be a great need for all that we offer. We see that need only continuing as more treatment options are created and survivorship resources expand. The Center staff provides emerging and expanding programs for all who are on the cancer journey. We grow to provide the best options of supports needed by individuals and families so that we can be the best resource possible. We thank you for walking this journey together with us. – Sue Armato, Executive Director

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PLEASE CALL AHEAD…during inclement conditions.
Programs may be cancelled.
Cancer is a life changing diagnosis; once a person or a family member is diagnosed with cancer it will be forever part of their life story. The mental and physical obstacles a person diagnosed with cancer faces can be traumatic. Many traumas associated with cancer include the diagnosis itself, side effects of treatment, dealing with the “new normal,” fear of recurrence and survivor guilt. In general, individuals have realistic views about the negative life changes that occur after a cancer diagnosis, yet many do not know there can be positive gains as well. The positive gains a person achieves after a cancer diagnosis or treatment fall in the category of post-traumatic growth. Posttraumatic growth is defined as, “the spectrum of positive changes that one may experience after a traumatic event” (Tedeshi & Calhoun, 455). Posttraumatic growth is the idea that even the most severe situations, such as cancer, can bring about positive change in a person. Studies support the idea that individuals with cancer have the possibility of experiencing posttraumatic growth as a result of their cancer experience.

One way to help promote posttraumatic growth is through processing the individuals’ cancer experience. The positive changes most commonly included, according to experts in the field, are: appreciation for life, personal strength, relationships with self and others, recognition for new possibilities in life and spiritual understanding. In a study with breast cancer patients; supportive and relational environments, such as art therapy groups, showed a reduction in distress, trauma, symptoms and pain. At The Cancer Support Center special programs, counseling, support groups, networking groups and more are offered to help support posttraumatic growth and increase quality of life for anyone impacted by cancer. Finding the right program for you to identify posttraumatic growth may foster acceptance of cancer as a part of your life story and its role in shaping the person you are today.

Colon Cancer Awareness

March is Colon Cancer Awareness Month! Learn what you need to know with these helpful facts from the Colon Cancer Coalition (coloncancercoalition.org):

**Your Questions Answered**

**What is Colon Cancer?**
Colon cancer is one of the most common forms of cancer. Understanding the disease is important for those who have been diagnosed with it, as well as those trying to prevent it.

 Colon Cancer is the 2nd leading cause of cancer deaths in the United States.

**Can colon cancer be prevented?**
Talk to your primary care provider about ways to improve your diet and lifestyle to prevent colon cancer and about scheduling preventive screenings when necessary. Pre-cancerous polyps can be removed before they become cancer, preventing the disease.

Other preventive measures:
- Know your family’s cancer history
- Exercise
- Stay up-to-date on your colon cancer screening
- Eat a diet high in fiber
- Be aware of your body and any symptoms
Volunteer Highlight:
Paulette Coffel “See How We Grow”
By Cynthia Turnquest, Director of Outreach & Strategic Partners

There are many different ways that participants are introduced to The Cancer Support Center. Some arrive seeking support for their cancer diagnosis. Others are looking for resources and guidance as they help a loved one navigate through a cancer experience. Many are eager to contribute their gifts and talents as a volunteer.

There are unique occasions when a participant comes along that fits in all three of these categories. Long-time participant, supporter and volunteer of The Center, Paulette Coffel, visited The Center 17 years ago in search of services to assist her father who was battling leukemia. Seven years later, she returned to utilize support services after her husband passed away from pancreatic cancer. Ultimately, Paulette remained at The Center when she received her own diagnosis of breast cancer that same year.

Paulette admits to being frightened about her treatment options but the support and encouragement she received from members of The Center’s Breast Cancer Networking Group helped her realize that she had other options.

“The Center helped me find my strength in seeking a second opinion and then deciding what I wanted to do from there.”

Paulette continued her path of wellness by participating in various classes and programs. “I knew I wanted to start changing my life and through The Center’s nutrition classes, I was able to grow,” she says. The nutrition classes were just the beginning of Paulette’s growth process. She began to participate in gentle yoga classes and art therapy programs in addition to experiencing stress reduction through massage services. Several years later, Paulette decided she was ready for more. She felt The Center had given so much to her and now she was excited to give something back. Through the encouragement and advice of a good friend, she began volunteering with The Center’s Outreach Ambassador program. After completing her volunteer training, Paulette quickly became active attending health fairs and community events on behalf of The Center. She also is dedicated to conducting outreach at various hospitals and healthcare facilities every month throughout the year. “It seems that no matter what type of cancer a person has, I can relate to them because of what I’ve been through. I feel the connection with almost every patient and caregiver that I talk to,” says Paulette. Thanks to Paulette’s many generous efforts and contributions, The Cancer Support Center continues to grow and develop into a place of “Help, Hope and Healing”.

But I don’t have symptoms. - I don’t need to be screened.
Most colon cancer patients report having no symptoms prior to their diagnosis. Don’t wait for symptoms to occur to get screened for colon cancer if you are over the age of 50 or if you have a family history of the disease. There are several non-invasive, inexpensive at home tests that can be done.

Currently 6 out of 10 patients nationwide are diagnosed with late stage disease. Many because they put off being screened. Colon cancer affects men and women equally.

For more information and education on colon cancer, visit: coloncancercoalition.org. Help us increase awareness by liking, sharing, and following us.

For information on new screenings for Colon, Lung & Breast Cancer please join us at our special presentation with Cancer Treatment Centers of America to be held this spring with Dr. Citrin on Tuesday, May 16; 6-7:30 p.m. at our Mokena location. Please call 708.478.3529 to register.
Finding Peace in a Storm

Mokena: Friday, March 17th; 1:00-2:30 p.m.
Minister Terrell Wheat will discuss ways to find peace from a Christian perspective. There will be a discussion and teaching on what tools you can use to find peace in stressful situations. This presentation will include scripture, prayer and Christian guidance. All faiths welcome to attend. Please call 708.478.3529 to register.

“No One said it Would be Easy”

Homewood: Tuesday, March 21st; 6:30-7:30 p.m.
A presentation and discussion led by Ken Churilla, author of the Amazon Best Seller “No One said it Would be Easy: A Husband’s Journey Through His Wife’s Battle With Breast Cancer”. #1 in Canada, #3 in Australia, and #7 in the US in the Amazon Best Seller rankings in the Breast Cancer Category. Please call 708.798.9171 to register.

Take Control of Your Health with Cannabis

Homewood: Tuesday, April 4th; 6-7 p.m.
A presentation on plant and chemical makeup, the application process, and dispensary experience. This presentation will also cover how cannabis affects patients in conjunction with various forms of conventional treatments. The presenter will also discuss up-to-date research on certain cancers being studied with cannabinoids. Presented by Brittany Kim, Director of Patient Outreach, Windy City Cannabis. Please call 708.798.9171 to register.

Bingo Night

Homewood: Wednesday April 12th 5:00pm--6:30pm
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 those impacted by cancer are welcome to join us.

Cannabis and Cancer

Mokena: Wednesday, April 26th; 6-7 p.m.
This presentation will cover cannabis history, basic knowledge, and brief look at the application process. Other objectives are to discuss cannabis as a treatment option for cancer, and cannabinoids roles in relieving the symptoms associated with traditional cancer treatments. Presented by Mahja Sulemanjee MBA/MPH, Director of Community Outreach, Greenhouse Group

Learn to Crochet

Mokena: 2nd Monday of each month; 11 a.m. – 12 p.m.
Learn to crochet in this monthly workshop. Hands on instruction, resources and basic project instructions will be provided. Practice yarn and hook will be provided. Registration is required. Please call 708.478.3529 to reserve your spot.

The Happiness Workshop

Homewood: Tuesday, May 2; 6:30-8 p.m.
Learn to reduce your stress, become healthier & happier during this 90-minute presentation. By attending this workshop 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.

Recent Advances in Prevention, Early Detection and Treatment of Breast, Lung and Colon Cancer

Mokena: Tuesday, May 16; 6-7:30 p.m.
The goal of this presentation is to provide insight into the size of the breast, lung and colon cancer problem in the United States, what cancer is and why it develops, along with the benefits of screening and early diagnosis for these specific cancer types. There are over 240,000 deaths combined each year due to breast, lung and colon cancer. However with screening and early diagnosis there can be a reduction in disease specific mortality by 15 to 30%. This presentation is unique in addressing how to reduce breast, lung and colon cancer risks with primary, secondary and tertiary preventions and is designed to educate and bring awareness to the community about their risk factors. Presented by Dr. Citrin, Cancer Treatment Centers of America. Please call 708.478.3529 to register.

Sound Bath: Immerse Yourself in Healing Vibration

Homewood: Tuesday, May 23; 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. Register early at 708.798.9171; space is limited.

Patio Planting Class

Homewood: Wednesday, May 24; 11:15 a.m. -12:45 p.m.
The Patio Planting Class will help teach you how to garden in whatever space you have available. The downsized garden is about adjusting your growing to small quarters and finding room to grow herbs, tomatoes and other produce in a very small space, or the space you have including decks, patios and windowsills. We will provide a fun, creative, hands-on learning experience to all who participate. Facilitated by Ann Jackson, PT, DPT, MPH, Kelly Kopale, MAT Intern and Chris Rosandich, MS.
Registration required. Please call 708.798.9171 to reserve your spot.
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!awks
Before making a financial commitment to an expensive wig, visit our wig boutique. Staff is available to help you find a great match for your style and everything is free of charge. Wigs are available to women currently in treatment and breast prosthetics are available in Homewood. Wig fittings are by appointment only. Please call 708-798-9171 in Homewood and 708-478-3529 in Mokena to set up your private appointment. (Our wig boutique in Homewood is available thanks to a grant from the Wendy Larks Foundation. Our Mokena boutique is available thanks to a grant from the Hometown Hoedown.)

Look Good, Feel Better®
Mokena: Friday April 21; 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.

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 Surański, Program Volunteer. Please call 708.798.9171 to register.

Kitchen Creations with Chef Marcia
Homewood: Thursday; May 18th 6-8p.m
Learn simple techniques and shortcuts that will make cooking at home a breeze. Local culinary chef, Marcia Kuchta will share all of her wonderful secrets on how to prepare soups, sauces, and more. She will create delicious dishes and pair them with the perfect wine. Enjoy a small sampling of food; wine tasting is optional. Please call 708.798.9171 to register.

Healthy Changes in the Kitchen and Beyond
Mokena: 1st Friday of each month; 12-1:30 p.m.
Explore how to be your own healthy advocate as you participate in this fun, hands-on program. Presented by Chef Lesley Shwors and Christine Rosandich, Nutrition Educator, MS. Please call 708.478.3529 to register.

Reducing Toxins for a Healthier Home
Mokena: Friday, April 28; 9:30-11 a.m.
Homewood: Thursday, May 18; 11-12:30 p.m.
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. Presented by Chris Rosandich, Nutrition Educator, MS and Jayne Hayes, Reiki Master and Sound Healing Practitioner. Please call to register.

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.
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 for current meeting date & time.

Men's Discussion Group
Mokena: Thursdays, 12:30-1:30 p.m.
(Please call 708.478.3529 to register, No Group May 18th)
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.

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.

Art Groups

Art Therapy
Homewood: Mondays; 2-3:45 p.m. (No class April 24)
A supportive, safe space to explore your creativity and have fun!

March: Self-exploration: explore what makes you, you through art. We will be creating different artworks for means of exploring the self using different mediums such as collage, painting, and sculpture.

April: Up-cycled art: create art using recycled materials. Take something old and repurpose it into a brand new piece of art. Reflect on how you view things and how you can adapt to changes in your life through the repurposing process.

May: Nature Art: as the weather warms up, create art with materials from nature and create art about nature. Reflect on how you relate to nature.

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.

Tibetan Bowl Group Sound Bath
Mokena: Thursdays, 9:30-10:30 a.m. (March 9, 23; April 6, 20; May 11, 25)
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.
Guided Imagery
Homewood: Tuesdays, 5:30-6:15 p.m.
Mokena: Mondays, 12-1 p.m. (No class May 29)
“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.
(No group April 14)
Mokena: 3rd Monday of each month; 11 a.m. – 12 p.m.
(No group June 19)
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 March 24 & April 14)
Materials provided or bring your own. Please note that this is not a facilitated group; this is an open space for survivors and caregivers to gather independently to work on knit & crochet projects.

EXERCISE
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
Saturdays; March 4 & 25, April 1 & 15, May 6 & 13; 11-11:45 a.m. - New Time!
This class works on releasing tension, increasing flexibility, improving posture, coordination and stability. Increasing flexibility will improve muscle tone and joint mobility for participants suffering from neuropathy. Each person works at their own pace and comfort zone. No experience necessary. Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist.

Gentle Yoga
Homewood: Mondays; 4-5 p.m. & Wednesdays; 10-11 a.m.
(No class April 24 & May 29)
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.

Get Moving Get Fit
Mokena: Mondays & Wednesdays; 4-4:45 p.m.
(No class May 17 & 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 (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.
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 Simpson, ATR, LCPC.

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

**Brain Cancer Networking Group**
*Homewood: 2nd Thursday of each month; 6-8 p.m.*
This is a social and supportive gathering for people, affected by a brain tumor, to connect with others with a similar diagnosis. Caregivers are welcome to attend; group splits into a survivors, caregivers and grief support group. Facilitated by Jean Arzbaecher, RN and staff therapist.

**Breast Cancer Networking Group**
*Homewood: 1st Wednesday of each month; 6:30-8 p.m.*
*Mokena: 3rd Monday of each month; 6-7:30 p.m.*
This group is supportive and informative. Co-lead by a staff therapist and oncology nurse, this group is for any woman diagnosed with Breast Cancer. Facilitated by staff therapist and Lisa Gravitt, RN, OCN, Palos Community Hospital (Mokena 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.

**Lung Cancer Networking Group**
*Mokena: 1st Monday of each month; 6-7 p.m.*
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.

“The support group at The Cancer Support Center has allowed me to speak to people with cancer and to know their thoughts and experiences. It is a Center that supports you to the point that you are able to live a normal life with cancer.”

—Networking group participant.

**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.

**Young Adults Networking Group**
*Mokena: 1st Thursday of each month; 6-7 p.m.*
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 Community Hospital.

**South Suburban Hospital**
17800 Kedzie Ave., Hazel Crest, IL 60429
In the Lower Level, Dining Room #1

**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; please bring a mat. Survivors of all physical ability levels are welcome. Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT (Certified Yoga Therapist).

**Aunt Martha’s, Joliet East Location**
1200 Eagle St., Joliet, IL

**Fighting Back Against Cancer**
Fridays; 9:30-10:45 a.m. (No class April 14)
Join us as we discover ways to live a healthy life through diet and lifestyle choices. Each week we will discuss an important topic such as; what are the best foods to eat during and after treatment, how to maintain a healthy mind and attitude through cancer treatment and simple ways to manage cancer-related stress, sadness and fear. These programs are free-of-charge and open to anyone that has ever been diagnosed with cancer and their family and friends. For more information, please call (708) 478-3529 or (708) 798-9171.

**Palos Health**
12251 S 80th Ave., Palos Heights, IL 60453

**Gentle Yoga**
ACC-2 Room: 2nd & 4th Thursday of each month; 4:30-5:30
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.

**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.
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No One Said it would be Easy 6:30-7:30  
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Men's Discussion Group: 12:30-1:30  
Kids Film Club: 4-5 | HOMEWOOD Close- Staff Development Day | HOMEWOOD Moves That Matter: 11-11:45  |
| HOMEWOOD Art: 2:3-45  
Gentle Yoga: 4-5  
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Guided Imagery: 12-1  
Get Moving, Get Fit: 4:4-45 | HOMEWOOD Survivors Group: 10-11:30  
Guided Imagery: 5:30-6:15  
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Gentle Yoga: 10:30-11:30 & 12-1 | HOMEWOOD Gentle Yoga: 10-11  
Open Studio: 1-3  
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Get Moving, Get Fit: 4:4-45 | HOMEWOOD Annie's Knit & Crochet: 10:11-13:0  
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Gynecological Cancers Networking 5-6  
Sisters Network® 6-8  
Breast Cancer Networking 6-7  
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| HOMEWOOD Art: 2:3-45  
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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!
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Spring Walk of Hope

The Cancer Support Center is proud of its Hospital Partnerships. Please see all Hospital Programming within the program guide on page 9!
Spring Walk of Hope 2017 Set for May 21
Join more than 900 community members on Sunday, May 21, 2017 at the Spring Walk of Hope to celebrate the hope, help and healing that cancer survivors and their families find at The Cancer Support Center. The Spring Walk of Hope takes place at Commissioner’s Park, 22108 S. 80th Avenue, Frankfort, IL. The Walk of Hope, brought to you by our Title Sponsor Cancer Treatment Centers of America, includes loops around the park for a 1 or 3 mile option. Last year thanks to the efforts of the walkers, sponsors, supporters and staff, the Spring Walk of Hope raised more than $118,000 to help The Center provide support services and wellness programs at no charge to anyone living with cancer. New this year will be incentive prizes for anyone raising $150 or more and an interactive route complete with costume characters, therapy dogs, limbo contest, dance stations and more. Prizes will also be awarded to top fundraisers in the categories of top group of family/friends, top school, top overall business, top individual and top survivor. To pre-register online, visit: www.cancersupportcenter.org. Registration is $30 for walkers (15 years & older); $15 for children (5 years – 14 years) and children under 5 are FREE! For additional information, call the The Center 708-798-9171.

Spring Gala Goes Hollywood
The Cancer Support Center will host its annual Spring Gala with a Hollywood flair on April 29, 2017, at Olympia Fields Country Club, 2800 Country Club Drive, Olympia Fields, IL. Last year’s event raised $110,000 to support The Cancer Support Center’s work. A cocktail reception begins at 6:00 p.m., followed by dinner and festivities. Walk the red carpet in this black-tie optional event featuring an on-line silent auction, wine raffle, dinner, live band and dancing. Additionally, guests may honor or recognize a loved one with a special tribute displayed at the event. Tickets are $125 per person; tables of 10 are $1,250. Tickets for the after gala concert only are $50. For more information about the gala, call 708-798-9171.

Giving Tuesday 2016 Raised Nearly $30,000
#GivingTuesday is a global day dedicated to giving back. On Tuesday, November 29, 2016, charities, families, businesses, community centers, and students around the world came together for one common purpose: to celebrate generosity and to give. #GivingTuesday started in 2012 by New York’s 92nd Street Y in partnership with the United Nations Foundation. The goal of #GivingTuesday is to encourage people everywhere including retailers, charities, online organizations, community centers, individuals and families to come together with one common purpose -- to help others and incentivize ways to give more, give smarter, and celebrate the great American spirit of generosity through charitable contributions and volunteerism.

Again this year, The Coleman Foundation chose The Cancer Support Center as a Giving Tuesday charity to match online donations on November 29, 2016 up to $10,000.

Through the generosity of our generous donors and supporters, The Cancer Support Center raised a total of $19,509 total donations, and received the full match from The Coleman Foundation. In total, a total of $29,509 was raised in one day from 179 donors.

Mokena Community Board Celebrates Magic of Christmas
More than 130 children and adults joined with volunteers from the Mokena Community Board on Saturday, December 3 to celebrate the Magic of Christmas at Parkview Christian Church in Orland Park. Children were greeted by elves straight from the North Pole before having their photo taken with Santa Claus. The event included crafts, raffles, food, movies and magical entertainment by Christopher George. We are grateful to our sponsor, Mary Sears Children’s Academy.
Our third party fundraisers are organized by companies, individuals and organizations that host a special promotion, event, sale, social media campaign or donation drive to benefit The Cancer Support Center. We appreciate the efforts of our third party partners as they help us raise funds to provide oncology wellness programs and psychosocial support services to anyone diagnosed with cancer and their loved ones at no charge. To date, our third party partners have helped us raise more than $200,000 for The Center. These events have included a bike run, raffles, golf outing, private dinner, jeans days at workplaces, product sales and more. If you are interested in hosting a third party event to support The Center, please contact Mandi Williams at mwilliams@cancersupportcenter.org or call 708-798-9171. 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.

The following groups held events for us in the last quarter:
- Aurelio’s Pizza Frankfort
- Bottle and Bottega Homewood
- Bremen Poms Zumbathon
- Chicagoland USBC Association
- Crete Fire Department
- Illinois State Police Association and Walmart
- Intense Conditioning-Homewood
- Lincolnway East Pink Beanie Sale
- Lincolnway Area Business Women’s Organization
- Lockport Police Benevolent Association
- McDermott Law Group LLC
- MNM Riding Club
- Mokena Junior High School Volley for a Cure
- St. Anthony Senior Living Center
- Team Champion Cheer
- Van Sipma Jewelers
Mayor Frank Fleisher brought some holiday cheer to The Cancer Support Center in November when he presented us with a donation from the Annual Mayor’s Golf Outing held August 9 at Joliet Country Club. Continuing a tradition started in 1990, Mayor Fleisher hosted the annual outing with proceeds benefitting multiple charities serving the Mokena area.

In October, members of the New Jerusalem Grand Lodge and Queen Esther Grand Chapter Order of Eastern Star held their All About Pink Breast Cancer/Anniversary Ball in Hammond, Indiana. The ball was to celebrate breast cancer survivors and bring awareness about breast cancer. Grand Master Bruce Meeks and Grand Matron Shanella Smith presented The Cancer Support Center with a check from money raised at the event. Attendees at the event also heard a presentation about services and programs available at The Center.

The Palumbo Family Foundation made a donation in memory of their brother Terry to The Cancer Support Center in December. Funds were designated to support Children and Family programs at The Center including the special kids’ day camp during the holiday break that allowed children who have a family member with cancer or who have lost a family member with cancer to come together for therapeutic activities.

To bring awareness to Cervical Cancer Month in January, JCPenney salon manager Sommer Crawford wanted to do something special for a cervical cancer survivor. She did this in memory of her sister, Darnella Crawford, who was 45 when she died from the disease in 2010. Crawford assembled a team including a master hair designer, makeup artist, manicure/pedicure technician, and a wardrobe specialist to volunteer their time for a makeover for a survivor chosen from dozens of nominations submitted to the salon. The salon staff chose Sue Armato, Executive Director at The Center, for a day of pampering. A special thank you to Sommer and her entire staff for helping raise awareness about the importance of cervical cancer screening.

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

- Advanced Supply Company
- Advocate South Suburban Hospital
- Barnes Foundation
- CN
- Dr. Scholl Foundation
- Genentech
- Hometown Hoedown 2016
- JDM Steel
- Lexington Foundation
- Mi-Jack Products
- Palos Community Hospital
- Safeway Chimney Sweeps
- South Suburban Cancer Center
- TransCanada Pipelines
- United Way Will County
- University of Chicago Medicine Comprehensive Cancer Center at Silver Cross Hospital
- Wendy Larks Foundation
- Wal-Mart Store, Homewood
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,T,Th 9-4
W,F 12-4

Spring Gala
Saturday, April 29
at
Olympia Fields Country Club

“The Community Board of Mokena presents
March Madness
Saturday, April 1, 2017
Side Street American Tavern
18401 North Creek Drive
Tinley Park, IL 60457
For more information, call 708-798-9171