Nearly 25 years ago, the dream of The Cancer Support Center became a reality as counseling services were offered to anyone who was impacted by cancer. With limited staff and space, The Center grew to become the extraordinary support and wellness resource for those suffering from cancer in Chicago’s Southland. Last year, more than 4,000 individuals were served through nearly 13,000 hours of free programs. As cancer impacts 1 in 3 people, everyone is touched by cancer making The Center a critical resource of help, hope, healing. Now, The Center will launch a Capital Campaign to renovate Homewood and expand Mokena in order to meet the continually growing demand for Center services. Some of these Improvements include:

Homewood - The Center’s first home has been in Homewood on Elm Road. Though home to our participants, this facility is in need of extensive structural repairs as well as interior redesign so the space is aligned with program needs. Exciting improvements such as a fitness room and more will be created.

Mokena - With a grant, The Center was able to purchase a new facility three times larger, right next to our current location. With this new larger space, The Center will expand program options offered at this location to meet the needs of our participants in our western service area. This newer facility is a blank canvas of space waiting for us to build out to our specifications.

Watch for information about The Center’s capital campaign to expand & improve our facilities to meet the increase in demand for cancer support services and expand of survivorship programs required for higher quality of life. Preview our new floor plans on the back page of this newsletter and if you would like to join the Campaign’s efforts, please let Amy or Sue know. Let’s get The Center ready for the next 25 years of help, hope, healing!
It is easy to get stuck in a meal planning rut during the long winter months because of the cold nights, limited sunshine and restricted availability of fresh fruits and vegetables. The good news is summer is here! We can modify our eating habits to begin enjoying flavorful salads, grilled veggies and an abundance of fresh fruits.

**Focus on fresh**
This is the time of year there are plenty of fresh fruits and vegetables in our grocery stores and farmer’s markets at drastically reduced costs. Fresh herbs are a wonderful way to add flavor to any dish. Plant a small garden with a few of your favorites right in your back yard or patio. Start by growing herbs that you will use the most like basil, cilantro and fresh mint. Keep your palate guessing and interested by selecting new foods to eat each week that may not be a regular part of your diet such as baby greens, radishes or arugula. How about sautéing or grilling asparagus, egg plant or zucchini? Nothing tastes better than fresh foods, especially when they are home grown.

**Give your cupboards a spring cleaning**
Cleaning out our closest in the spring and summer and donating clothes we have not worn in a while always feels good. Do the same with your pantry and toss out the foods that are not on your list for healthy summertime eating. Purge your cabinets of any packaged or processed foods that include ingredients that are difficult to pronounce including artificial sweeteners, Trans fats and Monosodium glutamate (MSG). Replace pre-made salad dressings with your own olive oil, fresh lemon juice and vinaigrette. Replace sugary granola bars with nuts and seeds, healthy trail mix and fresh fruit.

**Don’t forget the protein and healthy fat**
Salads are in season and they are a great way to take in antioxidant-rich nutrients. Eating salads without including protein or healthy fats may leave you feeling hungry in a couple of hours and not fully satisfied. Make sure you add a serving size of protein such as a half cup of beans, a quarter cup of tuna or a half cup of cottage cheese. Include diced avocado, nuts, seeds and salmon. These foods are not only protein-dense but filled with the good fats that our body and brain needs.

**Remember to eat the rainbow**
Adding rich colors to your plate is a simple way of remembering that variety will give you the healthy vitamin, minerals and immune-boosting antioxidants you need. Embrace summer’s finest gifts and enjoy yellow peppers, green jalapeños and orange peaches. Try a different fruit and veggie each day and enjoy healthy summertime eating!

At The Cancer Support Center, our focus this quarter is on nutrition and helping you on your health journey. The Center has amazing programs to help you in reaching your health goals. Take a look at our program guide for full descriptions of these amazing summer class offerings!

Yours in Health,
Chris Rosandich MS,
Nutrition Educator
Struggling to build flavorful dishes? Tastebuds impacted by your treatment? Try adjusting flavors to fit with your palate and get food tasting YUM!

**CULINARY MAGIC AND**

**THE POWER OF YUM!**

**FASS™ = Fat + Acid + Salt + Sweet = YUM!**

Taste, Taste, Taste! Is it too....? Then, play with a pinch or drop of...

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**FAT**

Fat is like a tiny magic carpet that traverses the mouth and carries succulent flavors across our palettes. It lays the foundation that ties the otherwise disparate areas of our mouth that sense flavors.

Nutritional Benefits: Needed for absorption of phytonutrients (i.e. carotenoids and fat soluble vitamins), increases satiety.

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**ACID**

Sour in taste, acids chemically catalyze food; they’re actually nature’s vacuum cleaner, powerfully drawing out hidden flavors.

Lemons and limes do an excellent job of drawing out and brightening flavors without being too bossy. Also, if you recall ninth grade biology, disease makes the body’s pH too acidic. Interestingly, lemons, when broken down by the body increase our alkaline or base pH, bringing us more into balance.

Nutritional Benefits: Increases absorption of minerals, stimulates digestion.

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**SALT**

The taste bud equivalent of dynamite, salt can help flavors explode on the palate. Salt’s crystalline nature, its rough texture, works like a scrubbing bubble that scratches the surface of foods allowing their flavors to be released.

The key to salting food is NEVER to do it in one shot, but rather in tiny increments throughout the cooking process. Sea Salt is preferable for its trace minerals including potassium and magnesium. Such minerals are often removed from commercial table salts.

Nutritional Benefits: Improves appetite, balances ratio of potassium, essential for energy and cellular metabolism.

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**SWEET**

Sweet tastes are the first to hit the palate, and like the leading edge of a wave that hits the shore, spreads flavors quickly around the mouth while taking the hard edge off many tastes.

One natural sweetener rises above the rest. I call it the magic elixir, but Canadian and New Englanders sap gatherers know it as Organic Grade A maple syrup. Why not Grade A, you ask? Because that grade is more processed to create a lighter, pancake friendly color. Prettier to the eye, perhaps, but not nearly as potent to our taste buds. A few drops can take a dish from good to YUM in seconds.

Nutritional Benefits: Increase desire to eat and sense of pleasure.

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For recipes or more information, visit [www.rebeccakatz.com](http://www.rebeccakatz.com)

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Colorectal Cancers Networking Group
Mokena: 1st Monday of each month; 6-7 p.m. (No July 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.

Learn to Crochet!)
Mokena: 2nd Monday of each month; 11 a.m.-12 p.m.
Learn how to crochet in this monthly workshop. Hands on instruction, resources and basic project instructions will be provided. Practice yarn and hook will be provided. Please call 708.478.3529 to register.

Spirituality Series: Gratitude of Blessings J
Homewood: Friday, June 16; 1:00-2:30 p.m.
Learn and engage as Jeff Studzinski shares his faith and spirituality. Find out how this cancer survivor, kidney transplant recipient, and 30 plus years diabetic, plus other health challenges used his faith to not only survive but thrive! Learn how gratitude of kind acts propel our faith and our well-being and blessings to a whole new level of healing, peace and comfort! All faiths are welcome to attend. Please call 708.798.9171 to register.

Makeup Tutorial J
Homewood: 3rd Tuesday of each month; 1-3 p.m.
Join Friedel Collins to learn tips and tricks on applying makeup throughout cancer treatment. Friedel worked as the resident makeup artist with Estee Lauder for 36 years and has a wealth of experience working with cancer patients. This class is reserved for women undergoing treatment and registration is required. Please call 708.798.9171 to reserve your spot.

Special Evening Therapy Dog Group with “Toby Keith” J
Mokena: Wednesday, June 21; 6-7 p.m.
All ages are welcome to join us for a special therapy dog group with Toby Keith, a 3-year old standard poodle. Toby is a loving dog excited to give hugs & play. Please call 708.478.3529 to attend.

Lymphedema Risk Factors and Management J
Homewood: Tuesday, June 27; 6-7
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. What is the difference between Edema and Lymphedema, and how can it be managed? This presentation will cover risk factors and recommended management strategies, as well as symptoms of lymphedema. Presented by LANA – Certified Lymphedema Therapist, Alicia Klabunde. Please call 708.798.9171 to register.

Weekly Meal Prep & Planning Made Simple with Chef Marcia)
Homewood: Wednesday, June 28; 11:30-1 p.m.
Deciding what to cook for dinner can be a struggle and difficult to fit into your busy lifestyle. Join us as we lay out a plan for cooking weekly meals using basic pantry staples. Learn simple short cuts for prepping foods and grocery shopping making it easy to get simple, healthy dinners on the table every night! Enjoy a few tasty samplings and recipes will be available to take home. Presented by Culinary Chef Marcia Kuchta and Christine Rosandich, MS. Please call 708.798.9171 to register.

Juicing vs. Blending; Which One is Better? J
Mokena: Tuesday, August 8; 1:30-3 p.m.
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 Susralski, Program Volunteer. Please call 708-478-3529 to register.

Fight Fatigue with Exercise J
Mokena: Tuesday, August 22; 6-7 p.m.
Fatigue is a common side effect of cancer treatment. Learn how exercise may help cancer-related fatigue. Decreasing fatigue with exercise may lead to improved quality of life and daily function during and after cancer treatments. Presented by Jennifer Keegan, MPT, CLT-UE, Athletico Physical Therapy. Please call 708.478.3529 to register.

Sound Bath: Immerse Yourself in Healing Vibration J
Homewood: Tuesday, August 29; 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.

Survivor Bingo Night J
Mokena: Tuesday, August 29; 5-6:30 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.
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, June 6; 1-3 p.m. (Call 708.798.9171 to register)
Mokena: Friday, August 11; 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.

Evening Cooking Demo with Chef Marcia; Summertime Grilling 
Homewood: Thursday, June 15; 6-8 p.m.
Summertime is the perfect time to grill out. Chef Marcia will teach you how to grill fish, veggies and meat to perfection. If weather permits, we will enjoy grilling outside on the patio and we will be enjoying a small sampling of Chef Marcia’s dishes. Presented by Culinary Chef Marcia Kuchta. Please call 708.798.9171 to register.

Enhancing Flavor with Spices 
Homewood: 1st Thursday of each month; 11-12:30 p.m. (No July class)
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 Susalski, Program Volunteer. Please call 708.798.9171 to register.

Healthy Changes in the Kitchen and Beyond 
Mokena: Fridays, June 2, July 14 & August 4; Noon-1:30 p.m.
June-Natural Insect Repellant & Citronella candle; Learn natural ways to rid yourself of pesky bugs
July-Eco-Friendly Citrus Spray & Summertime Treats; homemade popsicles/sun tea
August-Simple Pickling; watermelon, fresh veggies, fruit dip
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.

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.
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 for current meeting date & time.

Men’s Discussion Group
Mokena: Thursdays, 12:30-1:30 p.m.
(Please call 708.478.3529 to register)
For men with any type of cancer to share their questions, concerns & experiences living with cancer in a friendly atmosphere. Men in all cancer stages are welcome.

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

Art Therapy
Homewood: Mondays; 2-3:45 p.m. (No class July 3, 31; August 28)
A supportive, safe space to explore your creativity and have fun!

June: Growth: Join us to create art in this season of growth and change to reflect on personal growth. We will create art using a variety of different materials to reflect on how we as people grow throughout our lives.

July & August: Upcycle Art: National Thrift Shop Day is August 17, so this summer we are upcycling our art! All summer long we will utilize recycled materials to create new & functional art. Projects include: bottle cap magnets, cookie sheet memo boards, tin can planters, T-shirt dream catchers & no-sew totes.

Open Studio
Homewood: Wednesdays; 1-3 p.m. (No class August 2 & 30)
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. (June 8 & 22; August 3, 17, 31)
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 p.m. (No class July 4)
Mokena: Mondays, 12-1 p.m. (No class July 3)
“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 June)
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 June 23)
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.
Be Our Guest! Family Event
Homewood: Wednesday, June 28; 5-7 p.m.
Calling all families! This Beauty & The Beast themed special event will engage all participants in sharing lessons they have learned from their family, tea and sweets. Participants will also create a craft. (This program is for families with children 18 and under) Please call 708.798.9171 to reserve your spot.

Kid's Camp 2017!
Homewood: July 10-14; 9-12 p.m.
Mokena: July 17-21; 9-12 p.m.
Our mini-camps are for any child affected by cancer ages 6-12. These fun-filled weeks will include outdoor team-building, creative expression, therapy dogs and so much more! Space is limited; please call 708-798-9171 or 708-478-3529 to register.

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 10 & 24, July 1 & 15, August 5 & 26; 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 3)
Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT (Certified Yoga Therapist)
Mokena: Tuesdays; 10:30-11:30 a.m. (No class July 4)
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. 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 July 5, August 14 & 16)
This group will focus on gentle conditioning and flex-ibility. 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 Daly, ATR, LCPC.

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

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

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

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.

“‘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.

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.

Colorectal Cancers Networking Group
Mokena: 1st Monday of each month; 6-7 p.m. (No July 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.
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. (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: Tuesdays, 5:30-6:15 p.m. (No class July 3 & August 14)
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.

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

Gentle Yoga
ICU Waiting Room: 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).

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

Gentle Yoga
Main Lobby: Fridays, 12-1 p.m.
(No class July 3 & August 14)
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 Kim Swanson, CYT-200 Specialized in Restorative & Cancer Care Yoga.

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

Gentle Yoga
Conference Room E1 & E2: Thursdays; 4:30-5:30 p.m. (*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. 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.
June 2017

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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<td>Survivors Group: 10-11:30</td>
<td>MOKENA</td>
<td>Men's Discussion Group: 12:30-1:30</td>
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<td>Guided Imagery: 5:30-6</td>
<td>Look Good Feel Better: 1-3</td>
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<td>HOMEWOOD</td>
<td>Art: 2:30</td>
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<td>Open Studio: 1-3</td>
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<td>Breast Cancer Networking: 6:30-8</td>
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<td>Art: 2:30</td>
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<td>MOKENA</td>
<td>Open Studio: 1-3</td>
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<td>Brain Tumor Networking: 6-8</td>
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<td>MOKENA</td>
<td>MOKENA</td>
<td>Therapy Dog: 6-7</td>
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<td>Makeup Tutorial: 1-3</td>
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<td>Sound Bath: 9:30-10:30</td>
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<td>Brain Tumor Networking: 6-8</td>
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<td>Meal Planning &amp; Prep 11:30-1pm</td>
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<td>Young Adults Networking Group 6-7</td>
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<td>Get Moving, Get Fit: 4:45</td>
<td>Be Our Guest! Family Event: 5-7 p.m.</td>
<td>MOKENA</td>
<td>Healthy Changes: 12:30-1:30</td>
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Centers Closed- Staff Development Day

HOMEWOOD | Moves That Matter: 9:30-10:15 | 1
MOKENA | Moves That Matter: 9:30-10:15 | 2

HOMEWOOD | Annie's Knit & Crochet: 10:11:30 | 1
MOKENA | Healthy Changes: 12:1-3:0 | 2

HOMEWOOD | Annie's Knit & Crochet: 10:11:30 | 1
MOKENA | Men's Discussion Group: 12:30-1:30 | 2

HOMEWOOD | Annie's Knit & Crochet: 10:11:30 | 1
MOKENA | Healthy Changes: 12:1-3:0 | 2

HOMEWOOD | Annie's Knit & Crochet: 10:11:30 | 1
MOKENA | Men's Discussion Group: 12:30-1:30 | 2

HOMEWOOD | Annie's Knit & Crochet: 10:11:30 | 1
MOKENA | Healthy Changes: 12:1-3:0 | 2
# July 2017

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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<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>

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Means Call to Register...Homewood: (708) 798-9171  Mokena: (708) 478-3529
Homewood Programs are in Black  Mokena Programs are in Blue

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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!
<table>
<thead>
<tr>
<th>Monday</th>
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<td><strong>July 31</strong></td>
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<td>No Art: Gentle Yoga: 4-5</td>
<td>No Open Studio</td>
<td>Gentle Yoga: 10-11</td>
<td>Enhancing Flavor with Spices: 11-12:30</td>
<td>Annie's Knit &amp; Crochet: 10-11:30</td>
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<td>Learn to Crochet: 11-12</td>
<td>Survivors and Caregivers Networking Groups: 6:30-8</td>
<td>MOKENA: Men's Discussion Group: 12:30-1:30</td>
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</tbody>
</table>

The Cancer Support Center is proud of its Hospital Partnerships. Please see all Hospital Programming within the program guide on page 9!
Try to Drive Better than Carlton Fisk at Our Golf Outing

The Center’s Annual Golf Outing is scheduled for Monday, August 14 at Flossmoor Country Club. This event includes 18 holes of golf at WHAT, a chance to beat White Sox legend Carlton Fisk’s drive at Hole 7, networking with business and community leaders and support a wonderful cause. The event will have a shotgun start with a boxed lunch at 1 p.m. A cocktail reception will immediately follow golf with a silent auction. New this year will be a Brew Fest on the patio of the club where you can sample the craft beers from area breweries. A specialty liquor hole and brats station will also be along the course. Don’t miss one of Chicago Southland’s premier golf events. Golf is only $225 per person. For those who don’t golf, tickets for the reception and Brew Fest are only $50. Sponsorships are available to corporations looking to show their connection to supporting those with cancer in our community. For more information, call Amy Chmura at 708-365-1209 or visit www.cancersupportcenter.org.

Join Us for Hats and Tea

Remember playing tea as a little girl? Did you have a favorite tea cup imprinted with beautiful, delicate flowers? You can relive those memories with your friends, daughters, granddaughter, nieces and others at you join us for an whimsical and fun event. The Center and the Community Board of Mokena will host our popular Hats and Tea event on Sunday, July 16 at CD & Me in Frankfort. The event includes an opportunity to sip Earl Grey, Oolong or other teas while wearing your prettiest hats and eating delectable miniature sandwiches, fruit and desserts. At this event, local boutiques will showcase some of the latest in fashion trends with a strolling fashion show. Stop by to have your photo made in our picturesque backdrop and take a chance to win an item at our raffle. The event will also have a tribute tree where you can purchase a tag to pay tribute to a cancer survivor or honor the memory of someone you lost. For information, visit our website at www.cancersupportcenter.org or call Kelsey Hogan at 708-478-3569. Adults $45 - Kids (5 and up) $25.

Fall Walk Celebrates The Heroes in Our Lives

You don’t have to be a Super Hero to have Super Powers. Each day we see the super strength of survivors and caregivers as they walk their cancer journey. We will celebrate cancer survivors and their families at the Fall Walk of Hope on the third weekend of October in Homewood. Walkers are encouraged to wear their favorite Super Hero shirt or costume. This year, the route will include interactive elements including a limbo stop, food stations, costume characters, musicians, jugglers and more. Walkers are encouraged to raise funds for their individual or team goals. These funds help support our support and wellness programs.

Registration is $30 for walkers (15 years & older); $15 for children (5 years–14 years) and children under 5 are FREE! For additional information about the Walk, call 708-798-9171 or visit www.cancersupportcenter.org. A Walk kick-off party will be held on Tuesday, August 19 at the Homewood office, 2028 Elm Road, for anyone who wants to sign up for the Walk, create their individual or team pages, and learn techniques to creating a winning Walk team for your family, school, business or group. Pizza and soft drinks will be provided.

Community Boards in Action

Thank you to the Community Board of Homewood and Community Board of Mokena for hosting events to benefit The Center. The Community Board of Homewood hosted another successful Texas Hold ‘Em event on February 4 at Balagio Ristorante in Homewood. More than 100 people had a fun night playing poker, bidding on auction items and enjoying great food while raising more than $25,000 for The Center.

The Community Board of Mokena hosted their annual March Madness event on April 1 at Side Street American Tavern in Tinley Park. Nearly 100 people watched some exciting basketball as the Final Four college teams competed for a spot in the championship game. The event included great food, raffles and auctions, and raised more than $10,000 for The Center.
Third Party Fundraisers

Each year, families, individuals, companies and organizations host events, special promotions, social media campaigns and donation drives to help us provide nearly 13,000 hours of programming and services free of charge to anyone living with cancer and their loved ones. We are grateful for their dedication, support and partnership. Without their support, we can continue to make a difference in the lives of others in our community.

Digging for Donna Volleyball Tournament Held in March
For the past 14 years, Joyce Condon and her family have organized “Digging for Donna,” a co-ed volleyball tournament at Saint Xavier University to celebrate and honor the life of her sister Donna Barker who passed away of cancer. All proceeds from this event benefit The Center’s programs and services. This year the event was held on March 4. The event raised more than $8,000.

We are grateful to Joyce and all the Digging for Donna participants for continuing to support the work we do as they pay tribute to Donna and her amazing life.

Dee Adam Cut-a-thon at Marc Alan Day Spa
Geri and Marc Melyon will host a special spa day in memory of Dee Adam, a beloved supporter and volunteer of The Center. The public is invited to come in for reduced price haircuts, facials, massages and manicures on Sunday, June 11 from 10 a.m. to 4 p.m. There will also be a special raffle for $5 each to win a chance for a complete spa day at the salon. All proceeds will be donated in Dee’s memory to The Center. For more information, visit www.marcalandayspa or http://cancersupportcenter.org/third-party-community-events-2/.

MNM RC Benefit Ride
The MNM Riding Club will host its 7th annual benefit ride on August 20 with all proceeds to benefit The Center. The ride will start from the Tinley Park Convention Center. Registration starts at 9 a.m. and the first bike leaves at 11 a.m. The cost is $20 per rider and $5 per passenger. Following the ride, riders and the public are invited to a post ride party and car show at The American Legion in Tinley Park. Tickets for the after party are $20 each. The after party includes food, live music, raffles and more. For additional information, visit www.cancersupportcenter.org and click on the MNM logo or email MNMRC@hotmail.com.

The Lynn Panici Golf Outing
For the past 17 years, Anthony Panici has organized a golf outing in memory of his wife Lynn who passed away from breast cancer. This year, The Lynn Panici Golf Outing will take place on Monday, June 19 at Idlewild Country Club and Calumet Country Club with lunch at 11 a.m., shotgun start at Noon and dinner, silent and live auctions, raffles and entertainment at 6:30 p.m. The event attracts more than 120 golfers and 200 dinner guests. Last year, Panici with event sponsor Rich Merlo and JDM Steel raised more than $68,000 to support programs at The Center. Golf is $150 per person and dinner is $50. For more information, visit www.cancersupportcenter.org and click on the Lynn Panici Golf Outing logo.

Save The Date for Hometown Hoedown
September 14, 2017 at CD & Me in Frankfort
This annual event includes country music, line dancing, food, cash bar, silent and live auctions, games and more. Cost is $25 per person. Tickets will be available at both The Center’s locations.

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.
Colon Cancer Coalition/Get Your Rear In Gear 5K
The Colon Cancer Coalition awarded a grant for $24,733 to The Center to support programs and services for colon cancer survivors and their families as well as encourage screening and education for the nation’s No. 2 cancer killer. This grant is made possible because of the local Get Your Rear in Gear 5K Run/Walk and Kids’ Fun Run held each year in Tinley Park. The event is organized by Celeste Hayward and her committee of family and friends in memory of her husband Rick. This year’s event will take place on Sunday, July 23 at Community Park in Tinley Park.

For more information, visit www.coloncancercoalition.org/location/tinley-park-il-5k-runwalk-kids-fun-run/. Thank you to the Colon Cancer Coalition, Celeste, her family and friends for making this grant possible.

State’s Attorney’s Office Sixth District
Nick D’Angelo and Denise Tomasek from the Cook County State’s Attorney’s Office Sixth District presented Sue Armato, Executive Director, and Denise Marshall, Director of Finance and Operations, with a donation to support The Center’s mission. Their generous donation was from their Annual Golf Outing.

Mokena Women’s Club
Pat Martin, Board of Directors Treasurer for The Center, made a presentation at the GFWC Mokena Women’s Club sharing stories of hope and inspiration about the people The Center helps each year thanks to the generosity of our supporters. The Mokena Women’s Club made a generous donation following the presentation to support our programs and services.

American Legion
Jimmy Hunter from The Tinley Park American Legion Post 615 generously donated several “I’ll Be O.K.” gift sets for our libraries and for children in our programs along with a wonderful donation. Children can find comfort and an excellent listener in their new friend Josh the Dog, whom is always ready to listen to their fears and dreams as they face life’s difficulties and joys side-by-side. Along with a book for parents and children to read together, the set provides families with encouragement and comfort during difficult and trying times of their lives.
Building Today to Change Lives Tomorrow - Capital Campaign

With the support of this Capital Campaign, below is renderings of the floor plans of the new Mokena space and current Homewood location. As you can see, there is more programming space including new dedicated areas to meet the emerging survivorship and caregiver needs. Help us expand and improve our facilities to meet the increased demand for cancer support services and expansion of survivorship programs required for increased quality of life.

Join our campaign today with a onetime donation!