THE YEAR OF THRIVING

Look up “surviving” and you’ll likely find this definition: “Continuing to live or exist, especially in the face of hardship.” For many of us, surviving is the first part of fighting our cancer battles. We do our best to fight our hardest, follow the doctor’s orders, rebuild our bodies, and strengthen our minds.

At The Cancer Support Center, we want more for our participants. The Center’s programs and offerings are here to help you not only survive, but also thrive. Our programs support survivors as they transition to a new life after cancer, encouraging them to make positive changes in their health, fitness, and overall well-being. This is how we focus on thriving, prospering and growing.

By participating in Center activities, participants are better able to:

• Reduce physical symptoms associated with cancer and its treatments
• More actively participate in their health care
• Regain a sense of control and well being
• Examine factors such as lifestyle, diet, or stress, that contribute to wellness
• Cope with and manage treatment side effects

This is how we not only survive, but how we thrive. At The Center, we help you see how special you are in spite of your cancer and that you can live a meaningful and purposeful life.

In 2019, join us as we focus on thriving and helping you be the best YOU that you can be. It’s time to thrive!
Surviving cancer is anything but easy and it’s very possible that it will be the toughest thing you will ever have to do. Surviving cancer is amazing; thriving with cancer is even better! One way to do this is to nourish the body with the fuel it needs to let you live the life you want.

Today, there is a growing trend to eat more ‘whole foods’ while avoiding foods that may cause us to experience bloating, fatigue, cravings and weight gain. This movement has been nicknamed ‘clean eating’, which simply means eating foods that are as close to their natural state as possible.

Jillian Levy, CHHC, senior writer for the Dr. Axe team shares that by following a clean eating meal plan, you may decrease inflammation in the body (which will lead to less body fatigue and joint pain), help lower acidity and therefore alkalize the body, improve control of blood sugar levels, decrease toxins & artificial ingredients and boost the essential nutrients that the body needs to THRIVE.

Following a clean eating plan can mean different things to different people but essentially it means eating mostly plant-based, fresh foods along with adequate amounts of protein and healthy fats. Levy shares three easy steps to take:

#1 Switch up your fats.
Replace the bad fats like hydrogenated oils (trans fats) and refined vegetable oils (including soybean oil, canola oil, safflower and sunflower oil) with coconut or olive oil, grass-fed butter or ghee. These healthy fats help with proper nutrient absorption, hormone production, cancer prevention and brain development. Don’t forget to enjoy avocados, nuts and seeds and fatty fish like sardines, mackerel and wild salmon as these foods are chock full of the healthy fats the body needs.

#2 Select high-quality animal products.
It is important to purchase quality animal protein (meat or poultry, eggs, fish, dairy) because ‘we eat what the animal eats’. When grain is fed as a substitute to an animal that naturally requires grass and other foods, the fatty acid ratio is altered (too much omega-6 fatty acids and not enough omega-3’s) increasing the body’s inflammatory response. There are also concerns about the impact of the accumulation of herbicides, pesticides, antibiotics and hormones in meats and other animal foods. There are hundreds of studies linking factory farmed meats and commercial dairy with inflammation, cancer and heart disease. When following the ‘clean eating’ meal plan, look for animal foods that advertise being grass-fed, pasture-raised and wild-caught.

#3 Reduce added sugar and choose whole grains.
Refined sugary foods are usually empty calories and provide little if any nutrients that our bodies need to THRIVE. These foods hinder the body’s ability to absorb nutrients like vitamins and minerals. Instead, choose whole grains that are ancient (grains that are largely unchanged over the last several hundred years like quinoa, millet and wild rice) and select low-glycemic carbohydrates such as grainy bread, beans, lentils and fruit. Sprouted grains are ideal because they have high amounts of enzymes, vitamins, minerals, antioxidants and fiber. Fiber helps to slow the absorption of sugar into the bloodstream, helps to keep you feeling full longer, improve energy levels, and support gut and heart health.

If you think this is your time to THRIVE, consider choosing to be a part of the clean eating movement. Make one small change each day like change your cooking oil, splurge on grass-fed beef and making your own burger at home or try a side of wild rice for dinner. You will be on your way!

Source: https://draxe.com/clean-eating-meal-plan
Some of the largest programs at The Cancer Support Center are our Art groups. Many people refer to the groups as “art class” or “crafts group” but in reality they are technically participating in Art Therapy groups facilitated by qualified Art Therapists.

Art therapy is a therapeutic alternative to traditional talk therapy methods and stress management methods that use creativity, art making, and creating art with others as a means of processing through an experience, and coping with emotions, physical symptoms, and experiences.

The Cancer Support Center provides two different types of art therapy, art as therapy and Art Therapy. Our Open Studio group meets Wednesdays at the Homewood location from 1-3PM and is a chance for participants to use the process of artmaking AS their therapy. In this group, participants can create any art that they would like with the materials provided. Our two other art groups are Art Therapy groups. They meet Mondays in Homewood from 2-3:45 and Tuesdays in Mokena from 2-3:45. In these groups participants work from specific prompts or themes. These prompts or themes are given to invite thoughtfulness and self reflection. All materials are provided and participants are encouraged to share their work with one another if they wish to do so. In addition to groups, there are also several counselors on staff that are Art Therapists that provide individual Art Therapy and family Art Therapy sessions.

Art Therapy is one way that our participants find ways to improve their quality of life even in the most challenging situations. Our Art Therapy and Open Studio groups are places of community. With calming music in the background, our participants bring their experiences, feelings, and creativity to life through art. It is a judgement free zone filled with encouragement, comfort, and fun, focusing on the process of making art rather than the final product. In this warm and welcoming therapeutic atmosphere, with the help of our Art Therapists, our participants are able to use Art Therapy to thrive in their day to day lives.

The Cancer Support Center Holiday Party

Monday, December 10th
6 p.m. to 8 p.m.

The Cancer Support Center
2028 Elm Road
Homewood, IL 60430

Join us for our Annual Holiday Party! In honor of our newly remodeled space we will hold this years’ party at our Homewood location on Monday, December 10; 6-8 p.m. This event is open to all participants, donors and community members. Please come see the changes and kick off this holiday season with us! Refreshments and fun winter crafts are generously donated by Angels on Assignment. Please call 708.798.9171 to RSVP.
**Coping with Cancer Series**
Homewood: 3rd Tuesday of each month; 6:30-7:30 p.m.  
(December 18, January 15 & February 19)
This is a drop-in monthly group for any individual with any type of cancer and caregivers. Survivors and Caregivers will meet separately and have the opportunity to network with one another in a safe, supportive atmosphere. Each month we will explore a different topic pertinent to coping with the cancer experience. Topics covered will include stress management, support, and communication.  
*Facilitated by Jason Kieffer, LPC & Kelly Kopale, LPC.*

**Intro to Ayurveda and How It Can Change Your Life**
Homewood: Monday, December 3; 5-6 p.m.
Ayurveda is a holistic approach to life that has been referred to as “the sister science to Yoga.” Join our Yoga instructor, Cecily Hunt, and learn about the basics of the ancient practice of Ayurveda and how it can change your life.

**Skeletal Alignment Workshop**
Homewood: Tuesday, December 4; 3-4 p.m.  
(Call 708.798.9171 to register.)  
Mokena: Thursday, December 20; 3-4 p.m.  
(Please call 708.478-3529 to register.)
This workshop will address single and double mastectomy, rounded shoulders, forward head and rounding upper back. Each participant will work on their condition and will be given stretches and strengthening exercises.  
*Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist.*

**Grieving Through The Holidays**
Homewood: Wednesday, December 12; 5:30-6:30 p.m.
Join us for an evening of learning, discussion and fellowship as we explore grief during the holiday season. The evening will focus on ways to create a special place for yourself and your grief amid the activity and celebration of the season. This program is open to any loss.  
*Facilitated by Jason Kieffer, LPC.* Please call 708.798.9171 to register.

**Create Your Life: A Vision Board Workshop**
Mokena: Saturday, January 26; 10 a.m.-1 p.m.
A vision board is a great way to gain clarity on what we want in our lives. Unfortunately, we often lack that clarity because we are busy and distracted. This workshop will provide you with an opportunity to take the time to focus on your authentic life; allowing for that clarity to identify your ideal outcomes. The boards are created by selecting images and words from magazines that represent our ideal outcomes. These images are then pasted on a large poster board. Seeing this board daily can help align your mind with the outcomes you most want to attract in your life.  
*Facilitated by Misty Totzke.*

**Winter Kids Camp 2018**
Homewood: January 2-4; 9 a.m.-12 p.m.
Our mini-camp is for any child affected by cancer ages 6-12. These fun-filled days will include indoor winter related activities, creative expression and so much more! Space is limited.

**Mindfulness Practice for Cancer Survivors**
Mokena: Monday, January 28; 6-7 p.m.
Mindfulness is a state of mind in which we pay attention to the present moment and to our immediate experience in a particular way: with intention, with openness and curiosity, with acceptance, and without judgment. Learn about how to start a mindfulness in your daily life and the benefits of mindfulness to physical and mental health. This workshop will include a 30 minute interactive introduction to a mindfulness exercise.  
*Presented by Yamin Asvat, PhD, University of Chicago Medicine Assistant Professor.*

**Imaging: A Peak Behind The Curtain**
Homewood: Wednesday, January 30; 6-7 p.m.
Radiology is an important, but somewhat mysterious, part of the cancer diagnosis and follow-up. They will describe the technology that creates medical images and the knowledge you need to interpret and understand them.  
*Facilitated by Medical Physicist: Samuel G. Armato, PhD & Radiologist Christopher Strauss, MD*

**Chemobrain - Is It Real?**
Homewood: Tuesday, February 12; 5-6 p.m.
Chemobrain or Chemo fog is a common complaint among cancer survivors. We will explore some of the causes and offer suggestions to help minimize the effects of what is now called Cognitive Dysfunction.  
*Presented by Peggy Kapres RN, BSN, MA, CN-BN Clinical Research and Survivorship Coordinator, Oncology Services, Advocate South Suburban Hospital*

**Combination Therapy For Cancer: Why, When & How?**
Mokena: Thursday, February 21; 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 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.*
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.  
(No December Class, January 3, February 7)
Herbs and spices are an inexpensive way to add flavor. Learn how to use common spices such as basil, dill and garlic and become a flavor expert in your own kitchen. Enjoy a sampling of the food prepared by Chef Marcia. Presented by Culinary Chef Marcia Kuchta and Christine Rosandich, Nutrition Educator, MS. Call 708.798.9171.

Cancer-Fighting Cooking Demo
Homewood: 2nd Thursday of each month; 1-3 p.m.  
(December 13, January 10, February 14)
This cooking demonstration features nutrient-rich recipes that are easy to prepare and filled with ingredients loaded with antioxidants and phytonutrients. Join us as we gather with friends and enjoy a delicious and revitalizing meal. Presented by Chris Rosandich, Nutrition Educator, MS and Leslie Susralski, Program Volunteer. Please call 708.798.9171 to register.

Nutrition 101: Ultimate Guide To Eating Right
Mokena: Friday January 11, 18, 25; 11 a.m.-12:15 p.m.
Hippocrates once said, “Let food be thy medicine, and medicine be thy food”. We need to eat the right food to fuel and energize our bodies throughout the day. In this 3-part series, we will explore topics such as; which are the best foods to eat to help rebuild muscle mass during and after cancer treatment, how do we fight back against osteoporosis, which foods are considered 'cancer-fighting' and how to read food labels and meal plan for one. Presented by Chris Rosandich, Nutrition Educator, MS. Please call 708.478.3529 to register.

Health Watchers: Nutrition & Meal Planning Discussion Group
Mokena: 3rd Tuesday of each month; 4-5:15 p.m.  
(December 18, January 15, February 19)
Health Watchers is a progressive nutrition group that meets once a month to collaborate, encourage and support each other on their journey towards healthy eating. A new topic is discussed each month along with simple ways to meal plan for one or two. Stay and enjoy a tasting of flavorful, healthy foods. Presented by Chris Rosandich, Nutrition Educator, MS and Beth Bogan, MS.

Healthy Changes in the Kitchen and Beyond
Mokena: 1st Friday of each month; 12-1:30 p.m.  
(December 7, January 4, February 1)
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.

10 Ways to Overcome Sweet-Tooth Temptation
Mokena: Wednesday, February 13, 10-11:30 a.m.
While researchers continue to investigate the connection between sugar and cancer, it remains a source of speculation and confusion in the media and on the internet. However, we do know that Americans are consuming way more sugar than they should — 22 teaspoons a day. Join us as we explore simple ways to cut back on the white stuff. Presented by Christine Rosandich, Nutrition Educator, MS. (Please call 708.798.9171 to register)

Evening Cooking Demo with Chef Marica...IS BACK
Homewood: Thursday, February 21, 6-8 p.m.
Local culinary chef, Marcia Kuchta will take us on a trip to Greece and show us how to make some of their most widely recognized dishes such as Greek Dolmades, Tzatziki Sauce and Moussaka; an oven-baked casserole layered with eggplant and spiced meat filling. Enjoy a small sampling of food.

Healing Cancer World Summit Video Series with Discussion and Snacks
Mokena: Every Tuesday, Starting January 8th; 12-1:15 p.m.
Join us as we watch the Healing Cancer World Summit Seminar narrated by Cancer Survivor and Author Kris Carr. Each week we will gather together to watch a lesson and enjoy a video discussion giving us the powerful tools to help us face a variety of different cancer related topics. Facilitated by Chris Rosandich, MS, Nutrition Educator. Drop-ins are welcome.

Body Image
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 compliment to 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.)
**Weekly Support Groups**

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

**Survivors Support Group**
Homewood: Tuesdays, 10-11:30 a.m.  
(No group December 25 & January 1)  
(Please call 708.798.9171 to register)

For anyone with a cancer diagnosis, week groups are designed to help you deal with cancer treatment, stress and emotional coping.

**Bereavement Support Group**
A 10-week support group for people who have lost a spouse or a loved one due to cancer. Please call either location for more information.

**Men’s Discussion Group**
Homewood: Tuesdays, 2-3 p.m.  
(No Group December 25 & January 1)  
(Please call 708.798.9171 to register)

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 and experiences living with cancer in a friendly atmosphere. Men in all cancer stages are welcome. Facilitated by Jason Kieffer, LPC.

**Mothers Grief Group**
Homewood: 3rd Thursday of each month, 10-12 p.m.  
(December 20, January 17, February 21)  
For mothers who have lost an adult child to cancer. This group provides a safe, supportive space to connect with other mothers and process through the grief of losing a child. Please call 708.798.9171 to register.

**Art Therapy**
A supportive, safe space to explore your creativity and have fun!  
Homewood: Mondays; 2-3:45 p.m.  
(No class December 24, December 31 & January 21)  
Call 708.798.9171 to register.  
Mokena: Tuesdays; 2-3:45 p.m.  
(No class December 25 & January 1)  
Call 708.478.529 to register

December: Holiday Crafts: With the holiday season in full swing, join us as we create various holiday crafts.

January: New Year, New You: Join us as we explore new and unique art materials. Each week will offer an opportunity to expand your creative pallet.

February: Nature: Join us as we explore the beauty of nature. Through the use of landscape art we will create images in response to nature. We will focus on the process of art making, rather than the final product.

**Tibetan Bowl Group Sound Bath**
Mokena: Thursdays, December 6 & 20, January 3, 17 & 31, February 14 & 28; 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, December 11; 6:30-7:30 p.m.

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. 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**
Mokena: Mondays, 12:30-1 p.m.  
(No class December 24 & 31, January 21)

These weekly classes will teach you how to experience the healing benefits of relaxation through breathing exercises, guided imagery and meditation. Learn and experience ways to relieve stress and achieve a sense of peace in your life. Call 708.478.3529 to register.

**Therapy Dog Group**
Homewood: 2nd Friday of each month; 11:30-12:30 p.m.  
(December 14, January 11, February 8)  
No group December 25 & January 1)  
Call 708.478.529 to register.

These groups are open to all ages and provided by certified therapy dogs. Spending time with a therapy dog can provide affection, comfort and joy.

**Annie’s Knit & Crochet Circle**
Homewood: Fridays, 10-11:30 a.m.  
(No class December 21)

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.
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 and other forms of exercise.

**Gentle Yoga**
Homewood: Mondays; 4-5 p.m. & Wednesdays; 10-11 a.m.  
(No class December 10, 24 & 31 & January 21)  
*Facilitated by Lesa Bradford, 200RYT*
Mokena: Tuesdays; 9:15-10:15 a.m.  
(No Class December 25 & January 1)  
*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.

**Self-Guided Fitness Spaces**
Homewood: Monday-Friday; 9:30-4 p.m.  
(Please call 708.798.9171 to register)  
Workshop: January 17th; 3-4 p.m. (Call 708.798.9171 to register.)
Mokena: Monday-Friday; 9:30-3 p.m.  
(Please call 708.478.3529 to register)  
Workshop: January 17th; 3-4 p.m. (Call 708.478.3529 to register.)
Completion of a fitness workshop is required before you are able to sign out the self-guided fitness space. The space will include various fitness equipment to help participants build strength, flexibility, balance and more! Please call for more details and to sign out the space.

**Yoga for Balance & Core Strength**
Mokena: Tuesdays; 10:30-11:30 a.m.  
(No class December 25 & January 1)  
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.  
*Facilitated by Nadine Kelly MD, E-RYT 200, R-CYT*

**Get Moving, Get Fit**
Mokena: Mondays & Wednesdays 4-4:45  
(No class December 24 & 31 & January 21)  
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.*

**Zumba Gold**
Mokena: Mondays; 9:30-10:15 a.m.  
(No class December 24 & 31 & January 21)  
Please call 708.478.3529 for more information.

**Zumba Toning**
Mokena: Fridays; 9:15-10:00 a.m.  
(No class December 28 & January 4)  
Please call 708.478.3529 for more information.

**Moves That Matter**
Homewood: Saturdays; 9:30-10:15 a.m.  
(December 1 & 15, January 5 & 19, February 2 & 16)
This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention and pain management. 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.*

**Therapeutic Touch**
- Massage Therapy (both locations)  
- Cranio-Sacral Therapy (both locations)  
- Reiki (Mokena)  
Priority appointments for those in treatment.  
30-minute, fully clothed sessions. Note: limit one session per month. Please call 708.798.9171 to register in Homewood and 708.478.3529 to register in Mokena.

Thank you to our practitioners: Judith Hanzelin, Janet Reed, Marilyn Kopacz, Lydia Janacek & MaryAnn O’Donnell.

**Lymphatic Massage**
Mokena: By Appointment Only  
We now have lymphatic massage appointments available at our Mokena location 1x/month. Please call 708.478.3529 for availability. A physician’s prescription is needed to book this service.  
*Provided by Sandra Wallin, OTR/L, CLT.*

**Get Moving, Get Fit**
Mokena: Mondays & Wednesdays 4-4:45  
(No class December 24 & 31 & January 21)  
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.*

**Child, Teen & Family Programming**

**Winter Kids Camp 2018**
Homewood: January 2-4  
9 a.m. - 12 p.m.
Our mini-camp is for any child affected by cancer ages 6-12. These fun-filled days will include indoor winter related activities, creative expression and so much more! Space is limited. Please call (708) 798-9171 to register.
Drop-in monthly programs & special presentations for people to come together to discuss treatments and coping mechanisms for handling specific types of cancer.

Brain Cancer Networking Group
Homewood: 2nd Thursday of each month; 6-8 p.m.  
(December 13, January 10 & February 14)
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 each month; 6:30-8 p.m.  
(December 5, January 2 & February 6)
Mokena: 3rd Monday of each month; 6-7:30 p.m.  
(December 17, No January Group & February 18)
This group is supportive and informative. Co-led by a staff therapist and oncology nurse, this group is for any woman diagnosed with Breast Cancer.

Thank you to our Oncology Nurses Lisa Gravitt, RN, OCN, Palos Community Hospital (Mokena Location) & Ann Cuvala, RN, MS, OCN, Franciscan Health (Homewood Location)

Metastatic Breast Cancer Networking Group
Homewood: 1st Wednesday of each month; 5-6 p.m.  
(December 5, January 2 & February 6)
This group is supportive and informative. Open to any woman diagnosed with Metastatic Breast Cancer.
Facilitated by Staff Therapist Kelly Kopale, LPC & Oncology Nurse Ann Cuvala, RN, MS, OCN, Franciscan Health.

Sista’s of Hope Support Group
Homewood: 3rd Wednesday of each month; 6-8 p.m.  
(December 19, January 16 & February 20)
The Sista’s of Hope Support Group is an African American cancer survivor’s organization, founded in 2017. This group provides support, love and sisterhood as well as breast health education and advocacy.

Lung Cancer Networking
Mokena: Please call for current meeting details
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.

Gynecological Cancers Networking Group
Homewood: 3rd Wednesday of each month; 5-6 p.m.  
(December 19, January 16 & February 20)
This support group is for women with cervical, uterine, ovarian and other gynecological cancers to connect with one another in a supportive and safe space. The group is discussion based, with occasional professional speakers and presentations.
Facilitated by Kelly Kopale, LPC.

Colorectal Cancers Networking Group
Mokena: 2nd Monday of each month; 5:30-6:30 p.m.  
(No December Group, January 14 & February 11)
Join us for our newest networking group; this group is open to all participants with colon, rectal and anal cancer as well as caregivers. During this quarter, we will welcome medical professionals from the local cancer care community to present on specific topics and answer questions related to colorectal cancer treatment.
Facilitated by Jason Kieffer, LPC.

Prostate Cancer Networking Group
Homewood: 4th Thursday of each month; 5-6 p.m.  
(December 27, January 24 & February 28)
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.

Blood Cancer Networking Group
Homewood: 3rd Wednesday each month; 6:30-8 p.m.  
(December 19, January 16 & February 20)
For anyone with Multiple Myeloma, Leukemia & Lymphoma; this group is a supportive network of survivors and caregivers dealing with blood cancers.
**South Suburban Hospital**
17800 Kedzie Ave., Hazel Crest, IL 60429

**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. Classes consist of breath work, gentle stretches, seated and standing poses using the chair or wall for assistance, relaxation, and meditation. Survivors in treatment as well as those who want a gentle practice and caregivers of all physical ability levels are welcome. Please wear comfortable clothes and bring water. **Facilitated by Karen Fitzgerald, CYT.**

**UChicago Medicine - Center for Advanced Care - Orland Park**
14290 S LaGrange Road, Orland Park, IL 60462

**Gentle & Restorative Yoga**
Radiation Oncology Waiting Room, Mondays; 5:30-6:30 p.m. (No Class December 24 & 31 & January 21)
Gentle yoga classes are designed to reduce stress and address physical side-effects of cancer. Classes consist of breath work, gentle stretches, relaxation, and meditation. Survivors in treatment as well as those who want a gentle practice and caregivers of all physical ability levels are welcome. Please wear comfortable clothes and bring water. **Facilitated by Karen Fitzgerald, CYT.**

**Navigating The Cancer Journey**
Located on 1st Floor Conference Room
Every Thursday; 9-10 a.m.
This group focuses on providing both supportive and educational care; helping individuals cope with the challenges often faced by a diagnosis. Participants may also network with other survivors facing similar struggles. Please call 708.478.3529 to register. **Facilitated by Jason Kieffer, LPC.**

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

**Gentle Yoga**
2nd Floor Lobby: Every Thursday; 6-7 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.**

**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.**
### December 2018

- **Homewood Programs** are in **Black**
- **Mokena Programs** are in **Blue**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday/Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
</tr>
<tr>
<td>Gentle Yoga: 4-5</td>
<td>Men’s Discussion Group: 2-3</td>
<td>Open Studio: 1-3</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td>Get Moving, Get Fit: 4:4-4:5</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Bereavement Drop In: 5-6</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
</tr>
<tr>
<td><strong>No Gentle Yoga</strong></td>
<td>Men’s Discussion Group: 2-3</td>
<td>Open Studio: 1-3</td>
<td>Brain Cancer Networking: 6-8</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td>Holiday Party: 6-8</td>
<td>Grieving Through The Holidays: 5:30-6:30</td>
<td>Grieving Through The Holidays: 5:30-6:30</td>
<td><strong>MOKENA</strong></td>
<td></td>
</tr>
<tr>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td>Guided Imagery: 12:30-1</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
<td><strong>MOKENA</strong></td>
<td></td>
</tr>
<tr>
<td>Get Moving, Get Fit: 4:4-4:5</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td></td>
<td>Healthy Changes: 12:1-30</td>
<td></td>
</tr>
<tr>
<td>Colorectal Cancer Networking: 5:30-6:30</td>
<td>Art: 2-3:45</td>
<td></td>
<td><strong>MOKENA</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday/Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
</tr>
<tr>
<td>Art: 2-3:45</td>
<td>Survivors Group: 10-11:30</td>
<td>Gentl Yoga: 10-11</td>
<td>Mothers Grief Group: 10-12</td>
<td>Annie’s Knit &amp; Crochet: 10-11:30</td>
</tr>
<tr>
<td>Gentle Yoga: 4-5</td>
<td>Men’s Discussion Group: 2-3</td>
<td>Open Studio: 1-3</td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td></td>
<td>Coping with Cancer: 6:30-7:30</td>
<td>Gynecological Cancers Networking: 5-6</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td></td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
<td>Men’s Discussion Group: 12:30-1:30</td>
<td>Brain Cancer Networking: 6-8</td>
</tr>
<tr>
<td>Guided Imagery: 12:30-1</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Bereavement Drop In: 5-6</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td>Get Moving, Get Fit: 4:4-4:5</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Bereavement Drop In: 5-6</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td>Cancer Networking: 6-7</td>
<td>Art: 2-3:45</td>
<td>Art: 2-3:45</td>
<td>Bereavement Drop In: 5-6</td>
<td><strong>MOKENA</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday/Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
</tr>
<tr>
<td>Gentle Yoga: 4-5</td>
<td>Men’s Discussion Group: 2-3</td>
<td>Open Studio: 1-3</td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td></td>
<td>Coping with Cancer: 6:30-7:30</td>
<td>Gynecological Cancers Networking: 5-6</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td></td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
<td>Men’s Discussion Group: 12:30-1:30</td>
<td>Brain Cancer Networking: 6-8</td>
</tr>
<tr>
<td>Guided Imagery: 12:30-1</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Bereavement Drop In: 5-6</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td>Get Moving, Get Fit: 4:4-4:5</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Bereavement Drop In: 5-6</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td>Cancer Networking: 6-7</td>
<td>Art: 2-3:45</td>
<td>Art: 2-3:45</td>
<td>Bereavement Drop In: 5-6</td>
<td><strong>MOKENA</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday/Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
</tr>
<tr>
<td>Gentle Yoga: 4-5</td>
<td>Men’s Discussion Group: 2-3</td>
<td>Open Studio: 1-3</td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td></td>
<td>Coping with Cancer: 6:30-7:30</td>
<td>Gynecological Cancers Networking: 5-6</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td></td>
<td><strong>MOKENA</strong></td>
<td><strong>MOKENA</strong></td>
<td>Men’s Discussion Group: 12:30-1:30</td>
<td>Brain Cancer Networking: 6-8</td>
</tr>
<tr>
<td>Guided Imagery: 12:30-1</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Bereavement Drop In: 5-6</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td>Get Moving, Get Fit: 4:4-4:5</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Bereavement Drop In: 5-6</td>
<td><strong>MOKENA</strong></td>
</tr>
<tr>
<td>Cancer Networking: 6-7</td>
<td>Art: 2-3:45</td>
<td>Art: 2-3:45</td>
<td>Bereavement Drop In: 5-6</td>
<td><strong>MOKENA</strong></td>
</tr>
</tbody>
</table>

### Both Center Locations Closed for Staff Development Day

Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis.

Advocate South Suburban Hospital

---

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>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday/Saturday</th>
</tr>
</thead>
</table>
### February 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday/Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
</tr>
<tr>
<td>Guided Imagery: 12:30-1</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Therapy Dogs: 11:30-12:30</td>
<td>Get Moving, Get Fit: 4-4:45</td>
<td>Bereavement Drop In: 5-6</td>
</tr>
<tr>
<td>Get Moving, Get Fit: 4-4:45</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
<td>Get Moving, Get Fit: 4-4:45</td>
</tr>
<tr>
<td>Colorectal Cancer Networking: 5:30-8:30</td>
<td>Healing Cancer Video Series: 12:1-15</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
</tr>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
</tr>
<tr>
<td>Get Moving, Get Fit: 4-4:45</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Get Moving, Get Fit: 4-4:45</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
<td></td>
</tr>
<tr>
<td>Colorectal Cancer Networking: 5:30-8:30</td>
<td>Healing Cancer Video Series: 12:1-15</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
</tr>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
</tr>
<tr>
<td>Art: 2-3:45</td>
<td>Survivors Group: 10-11:30</td>
<td>Gentle Yoga: 10-11</td>
<td>Mothers Grief Group: 10-12</td>
<td></td>
</tr>
<tr>
<td>Gentle Yoga: 4-5</td>
<td>Men’s Discussion Group: 2-3</td>
<td>Open Studio: 1-3</td>
<td>Cooking Demo With Chef Marcia: 6-8</td>
<td></td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
</tr>
<tr>
<td>Guided Imagery: 12:30-1</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Gynecological Cancers Networking: 5-6</td>
<td>Combination Therapy For Cancer:</td>
<td></td>
</tr>
<tr>
<td>Get Moving, Get Fit: 4-4:45</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Sista’s of Hope: 6-8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
</tr>
<tr>
<td>Art: 2-3:45</td>
<td>Art: 2-3:45</td>
<td>Art: 2-3:45</td>
<td>Art: 2-3:45</td>
<td>Art: 2-3:45</td>
</tr>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
</tr>
<tr>
<td>Art: 2-3:45</td>
<td>Survivors Group: 10-11:30</td>
<td>Gentle Yoga: 10-11</td>
<td>Prostate Cancer Networking: 5-6</td>
<td></td>
</tr>
<tr>
<td>Gentle Yoga: 4-5</td>
<td>Men’s Discussion Group: 2-3</td>
<td>Open Studio: 1-3</td>
<td>MOKENA</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
</tr>
<tr>
<td>Guided Imagery: 12:30-1</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Open Studio: 1-3</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
<td></td>
</tr>
<tr>
<td>Get Moving, Get Fit: 4-4:45</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Open Studio: 1-3</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
<td></td>
</tr>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
</tr>
<tr>
<td>Art: 2-3:45</td>
<td>Survivors Group: 10-11:30</td>
<td>Gentle Yoga: 10-11</td>
<td>Prostate Cancer Networking: 5-6</td>
<td></td>
</tr>
<tr>
<td>Gentle Yoga: 4-5</td>
<td>Men’s Discussion Group: 2-3</td>
<td>Open Studio: 1-3</td>
<td>MOKENA</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
</tr>
<tr>
<td>Guided Imagery: 12:30-1</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Open Studio: 1-3</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
<td></td>
</tr>
<tr>
<td>Get Moving, Get Fit: 4-4:45</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Open Studio: 1-3</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
<td></td>
</tr>
<tr>
<td>Colorectal Cancer Networking: 5:30-8:30</td>
<td>Healing Cancer Video Series: 12:1-15</td>
<td>Open Studio: 1-3</td>
<td>Combination Therapy For Cancer:</td>
<td></td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>Combination Therapy For Cancer:</td>
</tr>
<tr>
<td>Art: 2-3:45</td>
<td>Art: 2-3:45</td>
<td>Art: 2-3:45</td>
<td>Art: 2-3:45</td>
<td></td>
</tr>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
<td><strong>HOMEWOOD</strong></td>
</tr>
<tr>
<td>Art: 2-3:45</td>
<td>Survivors Group: 10-11:30</td>
<td>Gentle Yoga: 10-11</td>
<td>Prostate Cancer Networking: 5-6</td>
<td></td>
</tr>
<tr>
<td>Gentle Yoga: 4-5</td>
<td>Men’s Discussion Group: 2-3</td>
<td>Open Studio: 1-3</td>
<td>MOKENA</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>MOKENA</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
</tr>
<tr>
<td>Guided Imagery: 12:30-1</td>
<td>Gentle Yoga: 9:15-10:15</td>
<td>Open Studio: 1-3</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
<td></td>
</tr>
<tr>
<td>Get Moving, Get Fit: 4-4:45</td>
<td>Yoga for Core Strength: 10:30-11:30</td>
<td>Open Studio: 1-3</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
<td></td>
</tr>
</tbody>
</table>

February is Gallbladder and Bile Duct Cancer Awareness Month. It is also National Cancer Prevention Month. Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis.
Upcoming Events - Save The Date

Events Hosted by The Cancer Support Center

Annual Spring Gala
Friday, April 12, 2019
Ravisloe Country Club, Homewood

Spring Walk of Hope
Sunday, May 19, 2019
Commissioners Park, Frankfort

Ancillary Board Events

Texas Hold ‘Em
Presented by The Homewood Community Board
Saturday, February 2, 2019
Balagio, Homewood

Other Events

The Magic of Christmas
Holiday Pajama Party
Saturday, December 1, 2018
9:30 am to 12:30 pm
Parkview Christian Church

Fannie May Holiday Candy Sale
December 15, 2018
12 p.m. to 4 p.m.
21124 South LaGrange Road
Frankfort, IL 60423

Time to get your Holiday candy! The Fannie May in Frankfort will be donating 20% of all candy sales to us. Make plans now to get some for your family and friends, while helping people affected by cancer.

If you are interested in hosting a community event to support The Center, please contact Kelsey Hogan at khogan@cancersupportcenter.org or call 708.478.3529. We will be happy to work with you during the planning process to help enhance the success of your event.
Event Recaps

**Hometown Hoedown**

The annual Hometown Hoedown, held this past Fall, boosted record attendance for it’s 25th and final year. Hundreds of attendees enjoyed great live music, amazing auction items, fabulous food and fun. Additionally, guests gathered to watch a heart-felt balloon launch to remember or honor loved ones. And to cap the evening, everyone turned their eyes to the night sky for a terrific fireworks show – sending the final Hometown Hoedown out with a bang! Thank you to Kathy Kahlhammer, Jenn Adams and the entire committee for a great Hoedown and for supporting The Center.

**Crosstown Classic**

CSC’s Junior Board, comprised of young professionals who want to make a difference, hit it out of the park at their Fall event – Crosstown Classic – held in September. Guests gathered at Barcocina in Chicago to enjoy delicious tacos, socializing and competing for prizes, while raising more than $25,000. Special thanks to the entire Junior Board, the event sponsors and to all who attended this terrific event. Whether you cheer for the White Sox or the Cubs, we all come together to help families and individuals coping with a cancer diagnosis.

**27th Annual Golf Outing**

On Friday, August 24 The Cancer Support Center hosted its Annual Golf Outing at Ravisloe Country Club. The event raised over $45,000 to help support programs and services aiding those affected by cancer.

This year the event was hosted at a brand new course! Ravisloe Country Club was a beautiful yet challenging course for our golfers. Baseball Hall of Famer and former Chicago White Sox player Carlton Fisk was also in attendance. Our golfers were able to play “Beat the Pro” to try and win an autographed baseball.

Thank you to our Ace Sponsors: Mi-Jack Products, Schiller DuCanto & Fleck/ Tim & Eileen Daw, and Franciscan Health.

**MNM Ride**

Thank you MNM Riding Club for your continued support of The Cancer Support Center. The pictures are from their 8th Annual Benefit Ride earlier this Summer where proceeds from the ride were donated to The Center!

**Chairs with a Purpose**

This artful project brought local artists, community members and businesses for the purpose of raising money for The Center. Nearly 60 chairs were creatively decorated and then auctioned online raising more than $12,000. Special thanks to Ebel’s Ace Hardware, Homewood Auto Body and the Homewood Business Association for all of your amazing help. Additional thanks to everyone who painted a chair, gave the chairs “temporary homes” during the summer months or purchased a chair.

**Fall Walk of Hope**

On Sunday, October 7th, The Cancer Support Center hosted the annual Fall Walk of Hope at their location in Homewood. Even though the morning skies were foreboding with dark clouds and rain, the weather cleared for the event and it was a great day! With sponsors, registrations and donations to Walkers, The Center was able to raise over $60,000 with donations still coming in!

This was the second year that The Fall Walk of Hope’s theme was superheroes! Walkers took to the streets in their superhero themed outfits to help fight against cancer. The atmosphere was incredible with a superhero backdrop, a Zumba warm up and interactive stops along the route. A big thank you to Aurelio’s of Homewood, Culver’s of Homewood and Chili’s of Homewood for bringing delicious snacks for our Walkers!

Also, The Cancer Support Center would like to send a huge shout out to our 2018 Fall Walk of Hope top fundraising winners! Top Fundraising Individual: Verna Robinzine, Super Survivor: Arlene Brostrom, Top Fundraising Team: Walkers of Faith, Top Fundraising School: Prairie State College Pioneers

Thank you to everyone who helped make this event a success! All of the money raised will go to support programs and services that help cancer patients and their families cope with diagnosis and treatment. We hope to see you next year – Sunday, October 6, 2019!
**Bears Care**
Thank you for supporting our mission with this amazing grant of $15,000 to support our programs and for the fun luncheon. We truly appreciate it. Go Chicago Bears!

**Nothing Bundt Cakes**
The Mokena location of Nothing Bundt Cakes is now open. Thank you for making us your partner for the day and donating some of the profits. We look forward to next year’s Birthday celebration!

**Brighton Collectibles**
Thank you to Brighton Collectibles in Orland for partnering with us for the month of October. Your Pink Signature Items were very popular.

**Marc Alan Cut-A-Thon**
Thank you to Marc Alan Salon and Day Spa for, once again, hosting your annual Cut-A-Thon. All of the staff were amazing and the day was perfect for all.

**Homewood Business Association Fun Run**
Special thanks to the Homewood Business Association and all the “dedicated” athletes who participated in the first Homewood Fun Run. We are so pleased to receive a portion of the event proceeds and to be a part of this amazing community!

**Lincoln Way East-West Soccer**
Huge thanks to Lincoln Way East and Lincoln Way West Soccer teams for raising funds for The Center. It was a HOT night for a soccer workout. We appreciate all of you!

**Dancing Marlin**
Thank you to the Dancing Marlin in Frankfort for creating a “Pink Drink” in October. Cheers to all who helped by purchasing this signature drink.

**Lincoln Way Hockey**
We love hockey! Lincoln Way Hockey held, not one – but two, weekends of games collecting donations for The Center. We are amazed by the generosity all around us. Thanks for thinking of us and helping those we serve.

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

- Affiliated Oncologists
- Bears Care
- Flossmoor Service League
- Genentech
- Homewood Disposal Service
- Ingalls Development Foundation
- JDM Steel
- Joliet Oncology and Hematology Associates
- Jordan Insurance Services
- Kiwanis Club Orland Park
- Kralovec, Jambois & Schwartz
- Land O’Frost
- Meany Inc, Electrical Contractors Since 1955
- Midlothian Country Club
- MNM Riding Club
- NES Incorporated
- Oak Forest Flag Football
- Olympia Fields Country Club
- Rose Pallet
- Sandbox
- Schiller, DuCanto, & Fleck
- South Suburban Chicago Chapter of The Links, Inc.
- Specialized Staffing Solutions
- University of Chicago Hospital
- University of Chicago Medicine
- Walter J. and Edith E. Best Foundation
Holiday Shopping!

If you plan on shopping online this holiday season, there are two easy ways to shop for a cause. If you are using Amazon, choose The Cancer Support Center as your Amazon Smiles charity. A portion of each sale will be donated The Center.

You can also shop through iGive.com to shop your favorite retailers and have a percentage of each purchase benefit us.