At The Cancer Support Center, we believe that living healthier is an essential ingredient in facing the journey with cancer. Our programs offer healthy living practices to help you heal, hope, and live a full life. Practicing techniques to quiet the mind and focus on the breath have been shown to boost immunity, decrease heart rate & increase your ability to cope with stress. This quarter we invite you to try something new like guided imagery, gong bath, Tibetan bowl or an essential oils class. Our programs are here to encourage and empower you to make healthy changes that increase your quality of life.

“Knowing that life is a balance of good and bad, dark and light, positive and negative; our personal, ultimate goal is finding balance between the extremes. When you are facing cancer, the issues may be life and death, sickness and health, pain and peace. Our programs are designed to encourage a healthy mind and a healthy body, inspire, lift, and empower lives beyond cancer.” – Lisa Schneider, Former CSC Clinical Director

IN THIS ISSUE
Center News ................pp. 1-3
Program Guide ............pp. 4-9
Program Calendar ....pp. 10-12
Development News ....pp.13-16

PLEASE CALL AHEAD...during inclement conditions.
Programs may be cancelled.
If you’re looking for motivation to be more physically active, you may find it in a recent study that shows, in addition to its other health benefits, exercise may reduce the risk of 13 types of cancer. In the study, conducted by researchers at the National Institutes of Health and the American Cancer Society and published in the May 2016 edition of the JAMA Internal Medicine, researchers examined the physical activity levels of 1.4 million people over an 11-year period. The study gathered specific information about whether, how vigorously and how often each participant exercised. Researchers also noted whether and when the participant was diagnosed with cancer.

Overall, participants who exercised more saw a 7 percent lower risk of developing any type of cancer than people who exercised less often. Those who were the most active (measuring in the 90th percentile) had a reduced risk of the following 13 cancer types, compared to the least active participants (measuring in the 10th percentile):

- Esophageal adenocarcinoma (42 percent lower risk)
- Lung (26 percent lower risk)
- Stomach (22 percent lower risk)
- Myeloid leukemia (20 percent lower risk)
- Colon (16 percent lower risk)
- Rectal (13 percent lower risk)
- Breast (10 percent lower risk)
- Liver (27 percent lower risk)
- Kidney (23 percent lower risk)
- Endometrial (21 percent lower risk)
- Myeloma (17 percent lower risk)
- Head and neck (15 percent lower risk)
- Bladder (13 percent lower risk)

“While we have always known that exercise is good for your health, this study shows a direct association between exercise and reduction in risk for very specific types of cancers, including some of the more aggressive types of cancers,” says Gentry Kozub, Physical Therapist at our hospital near Atlanta. “Moderate physical activity means getting your heart rate elevated to 60 percent of your estimated heart rate maximum. What this really means is increasing your heart rate to work up a sweat.” Kozub suggested calculating your target heart rate for moderate intensity by subtracting your age from 220, then multiplying that number by 60 percent.

The study suggested that moderate exercise may help regulate hormone levels associated with an increased cancer risk, while controlling insulin levels linked to cancer growths. “The recommendations for exercise from the study are realistic and achievable,” says Kozub. “One hundred and fifty minutes of moderate-intensity activity a week can be done in a variety of ways,” like walking, running, swimming, doing aerobics, cycling, using an elliptical machine and weightlifting. She recommends spreading the 150 minutes out over the week (five days a week for 30 minutes, or six days a week for 25 minutes, etc.).

The study also found that while being overweight is a well-known risk factor for cancer, exercise appeared to help obese participants lower their risks for the disease. On average, the study’s participants were slightly overweight. “I think people may often get discouraged from working out if they do not see instantaneous changes on the scale,” says Kozub. “But this study suggests that you still receive the reduced risk from developing certain cancers even if you do not lose weight.” If it’s been awhile since you’ve exercised or have pre-existing health conditions or concerns, you should talk to your doctor before starting a new exercise program, she adds.
Cancer patients who practice yoga as therapy during their treatment often refer to their yoga practice as a life-saver. No matter how sick from treatments and no matter how little energy, many find that the one thing that would bring relief were a gentle set of therapeutic yoga poses geared for cancer patients.

When battling cancer, the worst part is not just the symptoms of the disease itself, but often the discomfort and debilitating fatigue brought on from cancer treatments. Whether faced with the scar-tissue of surgery or ongoing nausea and weakness from chemotherapy or radiation, cancer patients endure a long road of physical trials.

But as many cancer patients and cancer survivors are discovering, there are ways to strengthen their bodies and deal with the uncomfortable side-effects of treatment, both during and after treatment. As the interest in more holistic approaches to healing is growing, yoga therapy for cancer patients and cancer survivors is emerging as one of the more successful methods for combating the physical discomfort of cancer and cancer treatment.

How does yoga help relieve the suffering that cancer all too often brings with it? Gentle yoga poses for cancer patients can work magic on many levels. First of all, yoga used as therapy for cancer can help clear out toxins accrued during cancer treatment more effectively. Yoga asanas stimulate not just muscles, but also increases blood flow, balances the glands and enhances the lymphatic flow in the body, all of which enhances the body’s purification processes. The deep, relaxing breathing often emphasized in yoga for cancer therapy also increases the current of oxygen-rich blood to the cells, delivering vital nutrients to tired cells and further clearing out toxins.

In addition to removing toxins, yoga for cancer can help dissipate tension and anxiety and enable cancer patients to settle into a greater sense of ease and well-being. Stress depresses the body’s natural immune function, which may be one of the reasons that there is evidence that people who practice yoga for cancer have greater recovery rates. Regular exercise also has been shown to stimulate the body’s natural anti-cancer defenses. However, few cancer patients or cancer survivors feel up to the task of engaging in a ‘regular’ exercise regimen. Many find that yoga as therapy for cancer provides an ideal, balanced form of whole-body exercise. It’s no wonder that more and more doctors have begun to recommend yoga for cancer patients and cancer survivors.

For those enduring chemotherapy and radiation, yoga for cancer provides a means to strengthen the body, boost the immune system, and produce a much-sought-after feeling of well-being. For those recovering from surgery, such as that for breast cancer, yoga can help restore motion and flexibility in a gentle, balanced manner. Yoga for cancer survivors and patients also provides an internal anchor of calm. Many practicing yoga therapy have discovered an interesting, subtle benefit, an increased awareness of a great, internal stillness and sense of unity. They’ve found, at the most fundamental level of their own consciousness, a sense of true health and vitality that spills over into other aspects of life.

Reprinted with permission from Yoga U. Original article posted on Yoga U at: https://www.yogauonline.com/yogau-wellness-blog/how-yoga-helps-cancer-patients-and-cancer-survivors

We offer a variety of fitness classes at our Center Locations and hospital partnerships. Be sure to check out pages 7 & 9 of this guide for schedules & descriptions!
Learn to Crochet!  
Mokena: 2nd Monday of each month; 11 a.m.–12 p.m.  
(December 12, January 9 & February 13)  
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.

Grieving Through the Holidays Presentation  
Homewood: Tuesday, December 13; 6:30–7:30 p.m. (Please call 708.798.9171 to register)  
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.

Introduction to Essential Oils  
Mokena: Friday, January 20; 10 - 11:30 a.m.  
Essential oils contain the true essence of the plant from which they were derived. The uses vary from: aromatherapy, household cleaning products, insect repellent and natural remedies for physical discomfort and well-being. Learn creative ways to introduce essential oils into your daily life that are easy, fun, and beneficial. Presented by Brandee Gardiner, Green Envee Educator. Please call 708.478.3529 to register.

Young Adults Networking Group- New!  
Mokena: 1st Thursday of each month; 6-7 p.m. (Beginning January 5)  
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.

Smart Shopping: Label Reading & Grocery Store Tour  
Mokena: Tuesday, January 17 & 24, 1:15-2:45 pm  
Happy New Year! So many of us want to eat better and make better choices for this new year and meal planning, label reading, and grocery shopping can be overwhelming for even the most health-conscious person. But it doesn’t need to be! Week 1 you will learn helpful information about reading ingredients lists and nutritional labels, how to judge the healthfulness of packaged products; including which harmful ingredients to avoid and quick techniques on how to calculate fat, sodium and sugar. Week 2 (meet offsite at Mariano’s in Frankfort, IL) is a grocery store tour that will help give you additional skills you need to make grocery shopping a whole lot easier—and healthier. Presented by Christine Rosandich, Nutrition Educator, MS. Please call 708.478.3529 to register.

Laugh Anyway- With Comedienne Tracy DeGraaf  
Homewood: Wednesday, January 25; 4-6 p.m.  
The Cancer Support Center will host Author, Speaker, Stand-Up Comedienne and Breast Cancer Survivor Tracy DeGraaf for a comedic presentation. Tracy has performed comedy for churches and corporations around the country since 2009. Her recent breast cancer journey has provided her with plenty of new material as she strives to find the humor in the ups and downs of navigating breast cancer. Join us for this humorous and inspirational event. Please call 708.798.9171 to register.

When Spirit Speaks, Do You Get The Message?  
Mokena: Tuesday, January 31; 6-8 p.m.  
Award-Winning Author, Speaker, and Healer, Dr. Susan Bova will talk about her 6th sensory gifts by recounting the near death experience that gave her direct access to the Spirit world. Using her book series, Spirit Says…, Susan will explain how messages come to her and how to identify and interpret your own messages when Spirit speaks to you. Original quotes from the Spirit Says… series will be used and spontaneous readings may be given during this interactive experience. Whether you need inspiration, support in your healing journey, or guidance for vibrant living, this is a must-see presentation.

Gong Bath: Immerse Yourself in Healing Vibration  
Homewood: Tuesday, February 28; 6-7:15 p.m.  
Our physical bodies are composed of atoms vibrating at various rates; illness and the stress it can create lower that rate. A sound meditation, in which you bathe your body in the healing vibrations of a variety of ancient instruments, can raise your consciousness to create a space of peace and well-being, of harmony and balance, in which you open to profound therapeutic benefits. Join us for this healing reconnection. Please bring a pillow, blanket and wear loose clothing. Register early at 708.798.9171; space is limited.
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, February 7; 1-3 p.m.  
(Call 708.798.9171 to register)
This program is designed to teach women with cancer about makeup techniques, skin care, nail care and options related to hair loss such as wigs, turbans and scarves. A free cosmetic kit will be provided. This class is a one-time only program. Provided by the American Cancer Society.

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

Enhancing Flavor with Spices
Homewood: 1st Thursday of each month; 11-12:30 p.m.
Herbs and spices are an inexpensive way to add flavor. They are known for their antibacterial and antiviral properties and contain disease-fighting antioxidants. Learn how to use common spices – basil, dill and garlic and become a flavor expert in your own kitchen. Enjoy a sampling of the food prepared by Chef Marcia. Presented by: Culinary Chef Marcia Kuchta and Christine Rosandich, Nutrition Educator, MS. Please call 708.798.9171 to register.

Cancer-Fighting Cooking Demo
Homewood: 2nd Thursday of each month; 1-3 p.m.
This cooking demonstration features nutrient-rich recipes that are easy to prepare and filled with ingredients loaded with antioxidants and phytonutrients. The National Cancer Institute research shows that by making the right food choices you can help to strengthen your immune system to fight back against cancer. Join us as we gather with friends and enjoy a delicious and revitalizing meal. Presented by Chris Rosandich, Nutrition Educator, MS and Leslie Susralski, Program Volunteer. Please call 708.798.9171 to register.

Kitchen Creations with Chef Marcia
Homewood: Thursday; February 16, 6-8pm
Learn simple techniques and shortcuts that will make cooking at home a breeze. Local culinary chef, Marcia Kuchta will share all of her wonderful secrets on how to prepare soups, sauces, and more. She will create delicious dishes and pair them with the perfect wine. Enjoy a small sampling of food; wine tasting is optional. Please call 708.798.9171 to register.

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

Online Programming
Access support from anywhere! You can now watch a selection of our programs by visiting our website: www.cancersupportcenter.org and click on Programs & Activities ➔ Online Programming. Currently available programs include: Meditation with Cecily & Smoothie Demo with Chris. Keep checking back for additional programs as we continue to update this exciting extension of our services.
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, No Group December 22)
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 Simpson, Registered Art Therapist.

Art Therapy
Homewood: Mondays; 2-3:45 p.m. (No group December 12, 26; January 2, 16; February 20)
A supportive, safe space to explore your creativity and have fun!

December: Gratitude: Embrace the holiday spirit by creating different art pieces to celebrate the things and people in your life that you are grateful for. This will include holiday thankfulness and card making as well as self reflection.

January: Altered Books: Learn a new method for mindful art making in which you will use your creativity to alter old books into new unique pieces of art.

February: Exploring art through the senses: This month the group will focus on being aware of their whole self by exploring art-making through the different senses (sight, sound, smell, taste, touch).

Open Studio
Homewood: Wednesdays; 1-3 p.m
Open studio is a space for participants to work on any art they desire. Bring in something from home or let the materials at The Center inspire you! You do not have to attend any other art groups at The Center to participate.

Art Journaling
Mokena: Thursdays; 2-3 p.m. (No group December 1 & 22)
Art Journaling is a way to express emotions using a variety of materials. Join us to create your own unique journal in a safe and supportive environment. All art supplies and journals are provided.

Save the Date! Holiday Open House: Monday, December 12; 6-8 at both locations
Therapeutic Touch

• Massage Therapy (both locations)
• Cranio-Sacral Therapy (Homewood)
• Reiki (both locations)

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 Sonno Del Drago.

Tibetan Bowl Group Sound Bath
Mokena: Thursdays, 9:30-10:30 a.m. (December 8, January 5 & 19, February 2 & 16)
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.

Drumming Circle
Homewood: 1st Friday of each month; 6-7:30 p.m. (December 2, January 6 & February 3)
Join drumming enthusiasts from the community at our monthly drumming circle. Drumming promotes healing by reducing tension, stress and anxiety. Bring your own drum or utilize instruments at The Center. All experience levels and community members are encouraged to attend. Facilitated by Michelle DeButch.

Guided Imagery
Homewood: Tuesdays, 5:30-6:15 p.m. (No group December 27)
Mokena: Mondays, 12-1 p.m. (No Group December 26; January 16; February 20)
“Sit down and relax” is sometimes easier said than done. These weekly classes will teach you how to experience the healing benefits of relaxation through breathing exercises, guided imagery & meditation. Learn and experience ways to relieve stress and achieve a sense of peace in your life.

Therapy Dog Group
Homewood: 2nd Friday of each month; 11:30-12:30 p.m.
Mokena: 3rd Monday of each month; 11 a.m. – 12 p.m. (No Group January 16 or February 20)
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.
Materials provided or bring your own. Please note that this is not a facilitated group; this is an open space for survivors and caregivers to gather independently to work on knit & crochet projects.

EXERCISE

These programs offer individuals an opportunity to increase their sense of physical, mental and spiritual balance. Expert facilitation is offered in the methods of yoga, tai chi and other forms of exercise.

Moves That Matter
Homewood: 1st & 3rd Saturdays of each month; 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 December 12, 26; January 2, 16; February 20)
Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT (Certified Yoga Therapist)
Mokena: Tuesdays; 10:30-11:30 a.m. & 12-1 p.m.
Facilitated by Nadine Kelly, MD, RYT, R-CYT (Certified Yoga Therapist)
Gentle Yoga Classes are designed to reduce stress and address physical side-effects of cancer. Seated and standing poses; chairs and mats are provided. Survivors and caregivers of all physical ability levels are welcome.

Get Moving Get Fit
Mokena: Tuesdays & Thursdays; 4-5:15 p.m. (No class December 22, 27, 29; Class ends January 19)
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.
Drop-in monthly programs & special presentations for people to come together to discuss treatments and coping mechanisms for handling specific types of cancer.

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

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

Breast Cancer Networking Group
Homewood: 1st Wednesday of each month; 6-8 p.m.
Mokena: December 19, January 23 & February 27; 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.
(No group December 21)
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.
(No group December 21)
For anyone with Multiple Myeloma, Leukemia & Lymphoma; this group is a supportive network of survivors and caregivers dealing with Blood Cancers.

Gynecological Cancers Networking Group
Homewood: 3rd Wednesday of each month; 5-6 p.m.
This support group is for women with cervical, uterine, ovarian and other gynecological cancers to connect with one another in a supportive & safe space. The group is discussion based, with occasional professional speakers & presentations.

Lung Cancer Networking Group
Mokena: 1st Monday of each month; 6-7 p.m. (No group January 2)
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.

Prostate Cancer Networking Group
Homewood: 4th Thursday of each month; 6-7 p.m.
(No group December 22)
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.

Save The Date:
Join us Tuesday, March 21, 6:30-7:30 p.m. for a presentation by author of the Amazon Best Seller “No One Said It Would Be Easy: A Husband’s Journey Through His Wife’s Battle With Breast Cancer”, #1 in Canada, #3 in Australia and #7 in the US in the Amazon Best Seller rankings in the Breast Cancer category.

Please call 708.798.9171 to register.
The Cancer Support Center recognizes the importance of reaching newly diagnosed cancer patients. The Center has made building hospital relationships a priority, extending support to those in need at the beginning of their cancer experience. Currently, The Center has partnerships with Advocate South Suburban Hospital, The University of Chicago Comprehensive Cancer Center at Silver Cross Hospital and Palos Community Hospital.

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

**Gentle Yoga**
Upstairs Lobby: Thursdays; 6-7 p.m. (No class November 24)

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.

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

**Gentle Yoga**
Woodland Café Conference Room (off cafeteria): 2nd & 4th Thursday of each month; 4:30-5:30

Gentle Yoga Classes are designed to reduce stress and address physical side-effects of cancer. Seated and standing poses; chairs and mats are provided. Survivors and caregivers of all physical ability levels are welcome.

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

All cancer survivors are welcome. This discussion group focuses on both supportive and educational care. Participants can network with other survivors facing similar struggles.

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

**Gentle Yoga**
Thursdays; 6-7 p.m.

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 Cecily Hunt, MDes, RYT, E-500 CYT (Certified Yoga Therapist).

**Eating Through the Holidays**
Wednesday, December 7; 7-8 p.m.

The holiday season is a time to celebrate with family and friends. Unfortunately, for many it can become a stressful time of year and cause us to overeat or choose too many of the wrong foods. Learn 10 healthy holiday-eating strategies to help you and your family navigate the holiday season in a healthy way. Presented by Christine Rosandich, MHNE, Nutrition Educator.

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

**Fighting Back Against Cancer**
Fridays; 9:30-10:45 a.m.

Join us as we discover ways to live a healthy life through diet and lifestyle choices. Each week we will discuss an important topic such as what are the best foods to eat during and after treatment, how to maintain a healthy mind and attitude through cancer treatment and simple ways to manage cancer-related stress, sadness and fear. These programs are free-of-charge and open to anyone that has ever been diagnosed with cancer or anyone who has had a family or friend diagnosed with cancer. For more information, please call 708.478.3529 or 708.798.9171.
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<td><strong>HOMEWOOD</strong> Enhancing Flavor w/Spices: 11:12:30</td>
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<td><strong>HOMEWOOD</strong> Moves That Matter: 9:30-10:15</td>
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<td>Gentle Yoga: 4-5</td>
<td>Open Studio: 1-3</td>
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<td>Get Moving Get Fit: 4-5:15</td>
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<td><strong>HOMEWOOD</strong> Therapy Dogs: 11:30-12:30</td>
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<td>Survivors Group: 10-11:30</td>
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The Cancer Support Center is proud of its Hospital Partnerships. Please see all Hospital Programming within the program guide on page 9!
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2016 Fall Walk of Hope.
More than 650 walkers celebrated the hope, help and healing that cancer survivors and their families find at The Cancer Support Center each year as part of the Fall Walk of Hope which started at Irwin Park in Homewood on Sunday, Oct. 2 before winding through the streets of Homewood and Flossmoor on a 1 or 3 mile course. Thanks to the efforts of the walkers, sponsors, volunteers and staff, this year’s event raised more than $80,000 to help The Center provide support services and wellness programs at no charge to anyone living with cancer. New this year, were incentive prizes for anyone raising $150 or more and an interactive route complete with costume characters, therapy dogs and a limbo contest. Individuals and teams raising the most money were recognized during the Walk’s opening ceremony. Winners included: Prairie State College as the Top School, Walkers of Faith as the top group of friends/family, Service Above Self was the top overall business/community organization; Gail Banks was the top individual and Robin Obregon was the Super Survivor.

Bears Cares
The Chicago Bears has a longstanding tradition of supporting numerous charities and assisting those in need. Through their 501c3 organization, Bears Care, more than 100 charities have received $13.8 million since 2005. This year, Bears Care honored breast cancer survivors with a luncheon at Halas Hall on September 28 with special guest speaker Zoraida Sambolin, a news anchor with Channel 5 and a breast cancer survivor. Kathleen Simpson, The Center’s Clinical Director, joined 3 breast cancer survivors and Center participants at the luncheon where The Center was awarded a $15,000 grant for our breast cancer support groups and other programs.

Festival of Hope
The Center will celebrate the Holiday Season with a Festival of Hope on December 8 at CD & Me in Frankfort. This event will be similar to last year’s Jingle Bash where supporters can celebrate the spirit of the season with great food, music and friendship. The event will feature live music, an opportunity to become an Angel of Hope, performance by Art Beat Live artist Elliot From who artistic masterpiece will be available for purchase, a live auction, ornament raffle and a tribute tree to honor those who have been impacted by cancer and to remember those we have lost. The grounds of CD & Me will be beautifully decorated for the holidays with a rustic charm that will bring the season to life for you and your guests. Tickets are $50 each.

For more information, visit www.cancersupportcenter.org or call 708-798-9171.

Community Foundation of Will County
At the Community Foundation of Will County’s annual dinner, The Center was one of 11 agencies who received funding from the Foundation. The Center received a grant for $10,000 to support programs and services offered to Will County residents at its off-site offices donated by Aunt Martha’s Joliet East facility. This grant was made available through a co-investor, The DuPage Medical Group Charitable Fund, a donor-advised fund of The DuPage Foundation. During the awards presentation, Peri Todd, director of DuPage Medical Group Charitable Fund and Dr. Salman Waheed, DuPage Medical Group oncologist, presented The Center with an additional $10,000 in grant funding for the expansion of services and programs in Joliet.
Our third party fundraisers are organized by companies, individuals and organization that host a special promotion, event, sale, social media campaign or donation drive to benefit The Cancer Support Center. We appreciate the efforts our third party partners as they help us raise funds to provide oncology wellness programs and psychosocial support services to anyone diagnosed with cancer and their loved ones at no charge. To date, our third party partners have helped us raise more than $145,000 for The Center. These events have included a bike run, raffles, golf outing, private dinner, jeans days at workplaces, product sales and more. If you are interested in hosting a third party event to support The Center, please contact Mandi Williams at mwilliams@cancersupportcenter or call 708-798-9171. We will be happy to coordinate and work with you during the planning process to help enhance the success of your event and avoid conflicts with already planned activities.

The following groups held events for us in the last quarter:

- Oak Forest Cheerleaders and Flag Football Teams
- Jean Marie Salon and Spa
- Lincoln Way Animal Hospital
- Performance Detailing
- Center for Dental Excellence
- Lincoln Way Hockey
- Pedal for Prostate
- Hometown Hoedown
- Chipotle
- Colin Powell Middle School

**Shop For a Cause** – Vendors included Beauty Counter, Jamberry Nails, Katie’s Clips, LaLaRoe, Stella and Dot, Scentsy, Thirty-One and Usborne
Thank You to Our Circle of Hope Corporate and Community Partners
(These businesses have contributed more than $10,000 in past year)

The University of Chicago Medicine Comprehensive Cancer Center at Silver Cross Hospital
Advocate South Suburban Hospital
Palos Community Hospital
DuPage Medical Group Charitable Fund
Bears Care
Community Foundation of Will County
Cancer Treatment Centers of America
The Coleman Foundation

We are thankful for the Corporate and Community Champions. Those making a contribution this past quarter include:

- TransCanada
- Cancer Treatment Centers of America
- Genentech
- Ingalls
- South Suburban Cancer Center
- Homewood Disposal
- Southland Suburban Chapter of the Links, Inc.
- Currie Motors
- Dober Group
- ET Products, LLC
- Lehnerer Family Trust
- Whiskey Riff
- Wintrust Financial
- Olivieri Brothers Inc.
- Schiller, DuCanto and Fleck, LLP
- Sandbox
- Meany, Inc.
- Assurance Agency

Join us for our annual meeting on Thursday, February 16, 6-8 p.m. at our Homewood location. We have exciting news to share with you about the growth of our Center!
The Community Board presents
Texas Hold’em 13

Saturday, February 4, 2017
Balagio Restaurant
17501 Dixie Highway, Homewood, IL 60430
For more information please call
708.798.9171

Save the Date

March Madness
April 1st
Location TBD

Spring Gala

Saturday, April 29
at
Olympia Fields Country Club