The Cancer Support Center is here to give strength, guidance and support to anyone living with a cancer diagnosis, as well as their loved ones. We do this as a community-based, volunteer-driven, donor-supported organization. Our programs, resources and services are always delivered by professional therapists, counselors, nutritionists, and experts; and, are provided in a warm, welcoming and nurturing setting at no cost to participants.

IN THIS ISSUE

Center News ......................... pp. 1-3
Program Guide .................... pp. 4-10
Program Calendar ............... pp. 11-13
Development News ............. pp.14-16

PLEASE CALL AHEAD…during inclement conditions.
Programs may be cancelled.

ALL PROGRAMS ARE FREE OF CHARGE FOR ANYONE AFFECTED BY CANCER

www.CancerSupportCenter.org
Help, Hope & Healing - three simple words that pack the power needed to turn a cancer diagnosis into something more manageable. At The Center, we have been providing these three powerful objectives for many years through our comprehensive support and wellness programs, and we do this in a warm, nurturing environment.

The evidence is clear; if someone facing cancer is able to maintain a positive outlook, they are more likely to remain mentally strong as they persist through treatments and negative side effects. Research and participant testimonials attribute positive perspective as the key to keeping the body strong. The body and mind are then able to focus their energy on healing.

The Center works to achieve this through its programs as outlined in this newsletter. We strive every day to provide help, hope and healing with every interaction at The Center and with our partners. Throughout this year we will discuss each of these objectives in further depth and our intent is to provide the following care to ease the burden of cancer:

- **Help while on this cancer journey,**
- **Hope for today and the future,**
- **Healing of the mind and body.**

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**Walk of HOPE**

Sunday, May 15, 2016
Commissioner’s Park
22108 80th Ave, Frankfort, IL 60423
Visit www.cancersupportcenter.org to register online!
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.

Working in collaboration with hospital oncology teams, The Center provides valuable programming and services at our partnering hospital sites. The goal of the partnership is to offer psycho-social supports to cancer patients before, during, and after cancer treatment. These supplemental services are offered to patients and their caregivers to ensure that cancer patients are connected to clinical supportive services throughout their cancer journey, both while at the medical facility receiving treatment as well as afterwards.

Please visit our website at www.cancersupportcenter.org to learn more about our hospital partnerships!

Palos Community Hospital is pleased to be working with The Cancer Support Center in 2016 as we collaborate to meet the needs of our cancer survivors and their families. Palos recognizes that survivors’ needs evolve throughout the journey and differ between cancer survivors and their families. These needs may be rooted deep in emotions of fear or anger, the presence of pain or an aching soul. Regardless of the specific needs and presentation, the impact on quality of life can be significant.

In today’s health care environment, Palos desires to treat the whole patient, but it also understands the need for community collaboration to effectively accomplish this goal. By working with The Cancer Support Center, our patients will have access to services, programming and relationships allowing them to be more empowered and equipped to walk the journey of cancer care and survivorship. With supportive programming offered at both Palos and The Cancer Support Center, patients will have access to enhanced “holistic” cancer care.

We recognize the commitment The Cancer Support Center has made to our community and for that Palos is grateful. Bridging our inpatient and outpatient cancer care services with the much needed community services of The Cancer Support Center will offer physical and emotional benefits to our patients, their families and our staff. We wish to thank the employees and volunteers at The Cancer Support Center for continuing to assist survivors and their families throughout the cancer care journey, beyond our four walls.

Sincerely,

Craig Adams, MD
Director of Hospital Medicine
Palos Community Hospital
Emotional Freedom Technique (EFT) Workshop
Homewood: Thursday, March 17; 1-3 p.m.
In this workshop you will learn Emotional Focused Technique (EFT) basics and focus on the mind/body connection. EFT works on emotional & physical issues through tapping on the body's meridian points. The instructor, Tom Mashaun, has had over 6,500 individual EFT sessions & has taught thousands in 12 states, 4 local colleges & London. Please call 708.798.9171 to register as space is limited.

Reclaiming Sex & Intimacy after Prostate Cancer
Homewood: Thursday, March 31; 6:30-7:30 p.m.
Sex & Intimacy are an integral part of the human journey and are often impacted by prostate cancer treatment. Research shows that many men & their partners struggle with intimacy issues. This lecture will provide information on common issues after prostate cancer treatment and treatments and strategies to regain maximal function and improve relationships. Presented by Jeffrey Albaugh, Ph.D., APRN, CUCNS, Northshore University Health System. Please call 708.798.9171 to register.

Origami Workshop
Homewood: Friday, April 1; 2-3:30 p.m.
Want to learn some of the fundamentals of origami? Come join us in this hands-on activity, fun for all ages. Step by step instructions and origami paper will be provided. Facilitated by Keith Nabb.

Finding Inner Peace through Mindfulness:
An Introduction to Meditation
Homewood: Mondays, April 4, 11 & 25; 5:15-6 p.m.
Meditation provides deep and lasting benefits, offering ways to manage stress, work through anger & fear and ease pain & physical discomfort. Mindfulness cultivates awareness and acceptance, which help to create peace and a deep sense of well-being. Profound transformation is just ahead! Please call 708.798.9171 to register and join us for the journey. Facilitated by Cecily Hunt MDes, RYT, E-500 CYT (Certified Yoga Therapist).

How to Live Your Best Life Now with Metastatic Cancer
Homewood: Wednesdays, April 6, 13, 20 & 27; 3:30-5 p.m.
This 4 week program is designed to help both patients and caregivers to be present and get the absolute most out of life in this very moment! Among the topics to be discussed include: bucket lists, spirituality, emotions, healing relationships, issues faced by the metastatic cancer patient and the meaning of life. Facilitated by Dave Riel, BSW and MSW Candidate-Governors State University.

Don’t Be Mad, Don’t Be Sad, Turn That Frown Upside Down
Homewood: Wednesday, April 6; 11:30-12:30
Laughologist Kathy O’Brien, would like to share with you the joy and health benefits of laughing for no reason. Kathy is a Certified Laugh Leader with The World Laughter Tour. Facilitated by Kathy O’Brien, Laughologist.

Get Moving, Get Fit
Homewood: Mondays & Wednesdays, Beginning April 11 - May 11; 5:15-6 p.m.
This 6-week 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 708-798-9171 to reserve your spot. Facilitated by Evelyn Thies, Certified Personal Trainer.

Day of Mindfulness
Homewood: Saturday, April 16; 11-3 p.m.
Join us for a day of mindfulness and gain peace by being present, without judgment in every moment. Five seasoned practitioners guide you on this journey to peace through mindfulness. The day’s presentations include:
- Gentle Yoga-Cecily Hunt-RYT 500, RYT E-200
- Intro to Meditation-John David Sparks-Founder of Insight Awareness, teacher & author
- Labyrinth Walk-Dave Riel, BSW and MSW Candidate-Governors State University
- Using Mindfulness to Cope With Cancer-Timothy Pedigo, Ph.d.
- Mindfulness Body Scan-Elaine Gotfryd Noonan, M.S., SME

Lung Cancer Networking Group- New!
Mokena: 1st Monday of each month; 6-7:30 p.m. (Beginning April 4)
Join us for our newest Networking Group; this group is open to all participants with lung cancer. It will be facilitated by our Clinical Director, Jenna Kiel, Psy.D., with quarterly speakers from the medical community.

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.
Journey through Cancer Series:
Social Security Disability: Change & Confusion
Homewood: Wednesday, March 16; 11:30-12:30 p.m.
During this “non-legal” presentation, Jeffrey Rabin (Illinois licensed attorney), will explain the different Social Security disability laws and programs, review how to analyze claims and how to prepare so that the strongest case possible is made to the Social Security Administration. Please call 708.798.9171 to register.

Lymphedema Risk Factors and Management
Mokena: Monday, April 25; 6-7 p.m.
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.

Chemo Brain Presentation: A Light in the Fog
Homewood: Monday, April 11; 6:30-7:30 p.m.
Mokena: Monday, May 23; 6-7 p.m.
This presentation will help attendees understand why so many of us experience the fog of cognitive deficits during and after our cancer treatments and what we can do to help lift the fog and move forward. Presented by Becky Johnson BSN, RN, OCN, Nurse Navigator/Survivorship RN, Palos Community Hospital.

Reducing Toxins for a Healthier Home
Homewood: Wednesday, April 27; 2-3:30 pm
Mokena: Friday, April 29, 9:30-11:00 pm
We use products everyday on our bodies and in our homes that contain ingredients that are harmful. This program will explore simple, easy and economical ways to detox your home from harmful chemicals and help you begin this journey of clean and green living. Presented by Chris Rosandich, MHNE & Jayne Hayes, Reiki Master; with guest speaker, Trish Richard, Healthier You Consultant.

How Mood Influences Food Choices
Homewood: Wednesday, May 18; 11:30-12:45 p.m.
Research has found that emotions affect eating and your mood may dictate the food choices you make. Learn how low-levels of serotonin, emotional eating and some behaviors can affect your health and energy. Sample healthy food substitutions that can help curb cravings. Presented by Christine Rosandich, MHNE and Jessica Weinkam, Art Therapy Extern.

“As we moved through the journey that yoga takes us on, we let go of the anger, fear, jealousy and struggles that sometime feel as if they define us. We moved into receptivity, becoming open and grateful for all that we have, including each other.”

-Cecily Hunt, MDs, RYT, E-500 CYT (Certified Yoga Therapist)
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. & 6:30-8 p.m.
No Group on May 24.
(Please call 708.798.9171 to register)
Mokena: Tuesdays, 6-7 p.m.
No Group on May 24.
(Please call 708.478.3529 to register)
For anyone with a cancer diagnosis, weekly groups are designed to help you deal with cancer treatment, stress and emotional coping.

Caregivers Networking Group
Homewood: 3rd Tuesday of each month; 6:30-8 p.m.
A Caregiver can be a sibling, child, friend or spouse. His 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.

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.
No Group on May 12.
(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 Simpson, Registered Art Therapist.

heART
Homewood: Mondays; 2-3:45 p.m.
No Group on May 23.
A supportive, safe space to explore your creativity and have fun!
March: Jewelry Making: This class will include fabric button earrings & wrap necklaces.
April: Expressions: April art groups will focus on self expression and using different mediums.
May: Functional Art: Embrace spring with nature themed, practical art & decorations.

Open Studio
Homewood: Wednesdays; 1-3 p.m.
No group on May 25.
Open studio is a space for participants to work on any art they desire. Bring in something from home or let the materials at The Center inspire you! You do not have to attend any other art groups at The Center to participate.

Art Journaling
Mokena: Thursdays; 2-3:30 p.m.
No group on May 12.
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 provided.

Relaxation & Art Workshop
Mokena: Saturday, April 23; 10:00-11:30 a.m.
Take some time for yourself in this relaxing, self-focused art workshop. After a healing guided imagery experience, you’ll use art to relieve stress and expand your mindfulness. No art experience is necessary to attend; all supplies and directives will be provided. Facilitated by Jessica Weinkam, Art Therapy Extern.
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, Cathy Pilny, Janet Reed, MaryAnn O’Donnell, Melissa Sonno DelDrago & Thomas Goodrich.

Tibetan Bowl Group Sound Bath
Mokena: Thursdays, 9:30-10:30 a.m.
(March 10 & 31; April 7 & 21; May 26)
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.

Drumming Circle
Homewood: 1st Friday of each month; 6-7:30 p.m.
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.
“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.
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.

Child, Teen & Family Programming

Kids Club & Parent Group
Mokena: Wednesdays, 4-5 p.m.
No group on May 11.
This group is for kids 6-11 to come together for activities and conversation about cancer in their lives. All supplies and snacks will be provided. Parents will meet separately and discuss the difficulties their family is facing during this time. The parent group will also provide helpful resources, readings and support. Please call 708-478-3529 to register.

Kids Camp 2015- Save the Dates!
Homewood: July 18-22, 9-12 p.m.
Mokena: July 11-15, 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.

2015 Summer Campers enjoying the afternoon crafting at Art 4 Soul!
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.
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; 6-8 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.*

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.

Mothers’ Grief Group: Monthly Daytime Group
Homewood: 3rd Thursday of each month; 10-12 p.m.
For mothers who have lost an adult child to cancer. Please call 708.798.9171 for more information and to register.

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, April 12; 1-3
Please call 708-798-9171 to register.
Class times and to register
Mokena: Friday, June 10; 1-3
Please 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.

**Cancer-Fighting Cooking Demo**
Homewood: 2nd Thursday of each month; 1-3 p.m.
This special cooking class features nutrient-rich recipes that are easy to prepare and designed to give patients and caregivers a much-needed boost. Join us as we gather with friends and enjoy a delicious and revitalizing meal. Presented by Chris Rosandich, Nutrition Educator, MHNE and Leslie Susralski, Program Volunteer. Please call 708-798-9171 to register.

**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 pair it with different cuisines—American, Cajun, Chinese, Indian and Thai. Become a flavor expert in your own kitchen. Presented by Culinary Chef Marcia Kuchta & Christine Rosandich, Nutrition Educator, MHNE. Please call 708-798-9171 to register.

**Kitchen Creations with Chef Marcia**
Homewood: 3rd Thursday of each month; 6-8 p.m.
This class is your chance to find your inner “foodies” and learn simple techniques and shortcuts that will make cooking at home a breeze. Each month, 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. This program is open to the community. Presented by Culinary Chef Marcia Kuchta and Christine Rosandich, Nutrition Educator, MHNE. Please call 708-798-9171 to register & enjoy a small sampling of food (wine tasting is optional).

**Healthy Changes in the Kitchen and Beyond**
Mokena: 1st Friday of each month; 1-2:30 p.m.
Explore how to be your own healthy advocate as you participate in this fun, hands-on program. You will learn how to make your own sauces, spice blends and marinades to take home. Plus, Chef Lesley will walk you through how to make your own organic soaps, essentials oil blends and even a gentle detox bath mix. Presented by Chef Lesley Shworles and Christine Rosandich, MHNE. Please call 708.478.3529 to register.

**Healthy Eating: A New Way of Life**
Mokena: Tuesdays; 1:15-2:45 p.m.
Part I (March 8, 15, 22 and 29) is determining what it means to eat healthy. Throughout this series, we will: explore how to read labels, determine the difference between whole and manufactured foods, learn how to increase both your metabolism and energy level, and discover how to stock your pantry with cancer-fighting foods.

Part II (April 5, 12, 19 and 26) is all about putting your new plan into action. This includes: taking a grocery store tour, learning how to make healthier choices while eating out, creating a meal plan for you and your family and even how to cook for just one or two. Enjoy a snack each week and have the opportunity to discover and learn from each other! Presented by Marcy Paddock, Adjunct Professor, Nutrition Health & Wellness and Chris Rosandich, MHNE.

**The Simple Guide to Creating Healthy Green Juice & Smoothies**
Homewood: Wednesday, April 20; 1-2:30 p.m. (Please call 708.798.9171 to register)
Mokena: Saturday, March 5; 10-11:30 a.m. & Wednesday, May 25; 6-7:30 p.m. (Please call 708.478.3529 to register)
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 and let you sample how good it tastes. Join us to celebrate the start of your new juicing and smoothie lifestyle. Presented by Chris Rosandich, MHNE and Leslie Susralski, Program Volunteer.
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.

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, RYT, R-CYT (Certified Yoga Therapist).

Men’s Networking Group
1st Floor Conference Room: 2nd Thursday of each month; 6-7 p.m.

This is a confidential group in which men can network with other men living with a variety of cancers to discuss general topics related to the Cancer experience. Please call 708.478.3529 for more information.

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

Gentle Yoga
ACC-2 Room: 2nd & 4th Tuesdays of each month; 2-3 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 Amanda Morrison, Certified 200 YTT.

Survivors’ Discussion Group
Conference Room A: 2nd and 4th Wednesday; 6-7 p.m.
(March 23 meeting in Conference Room C)

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

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

Gentle Yoga
ACC-2 Room: 2nd & 4th Tuesdays of each month; 2-3 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 Amanda Morrison, Certified 200 YTT.

Breast Cancer Boot Camp

Join our 7-week, 14-session exercise and fitness program for breast cancer survivors! Improve aerobic ability, fitness knowledge and commitment to a healthy lifestyle. Try a variety of exercise styles and learn about fitness topics such as water intake, nutrition and injury prevention. Contact Health Advisor at 800.323.8622 to register (use event code 7C15). Upcoming sessions include: March 29-May 12; Tuesday & Thursday, 6-7 p.m. & May 23-July 6; Monday & Wednesday, 6-7 p.m.

Wellness Programming
1st Wednesday of each month; 4:30-5:30 p.m.
Registration is required. Please call 708.798.9171 to register for each class

March 2: Healthy Eating to Support the Body during Exercise Proper nutrition will help nourish the body during workouts and to recover. Learn how to fuel your body. Presented by Chris Rosandich, MHNE.

April 6: Healthy Lifestyle Changes
Learn how to manage stress and anxiety during and after treatment. Presented by Kathleen Simpson, ATR, LCPC.

May 4: Survivorship: You are not Alone
This program will define survivorship (from the day you are diagnosed) and explore the different phases you may go through. Learn how to empower yourself as you navigate surviving cancer. Presented by Peggy Kupres, RN, BSN, MA, CN-BN.
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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 10!
**April 2016**

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<th>Monday</th>
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<td><strong>HOMEWOOD</strong>&lt;br&gt;heART: Expressions: 2-3:45&lt;br&gt;Gentle Yoga: 4-5&lt;br&gt;Intro to Meditation: 5:15-6&lt;br&gt;MOKENA&lt;br&gt;Lung Cancer: 6-7:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Group: 10-11:30&lt;br&gt;Guided Imagery: 5:30-6:15&lt;br&gt;Survivors Group: 6:30-8&lt;br&gt;MOKENA&lt;br&gt;Gentle Yoga: 10:30-11:30 &amp; 12-1&lt;br&gt;Healthy Eating: 1:15-2:45&lt;br&gt;Survivors Group: 6-7</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Gentle Yoga: 10-11&lt;br&gt;Laughter: 11:30-12:30&lt;br&gt;Open Studio: 1-3&lt;br&gt;Metastatic Cancer: 3:30-5&lt;br&gt;Breast Cancer: 6-8&lt;br&gt;MOKENA&lt;br&gt;Kids Club &amp; Parent Group: 4-5&lt;br&gt;Hold On, For Each Other: 5:30-6:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Enhancing Flavor with Spices: 11-12:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Annie’s Knit &amp; Crochet: 10-11:30&lt;br&gt;Origami Workshop: 2-3:30&lt;br&gt;Drumming Circle: 6-7:30&lt;br&gt;MOKENA&lt;br&gt;Healthy Changes: 1-2:30</td>
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<td><strong>HOMEWOOD</strong>&lt;br&gt;Gentle Yoga: 10-11&lt;br&gt;Open Studio: 1-3&lt;br&gt;Metastatic Cancer: 3:30-5&lt;br&gt;Get Moving, Get Fit: 5:15-6&lt;br&gt;MOKENA&lt;br&gt;Kids Club &amp; Parent Group: 4-5&lt;br&gt;Hold On, For Each Other: 5:30-6:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Cancer Fighting Cooking: 1-3&lt;br&gt;Brain Cancer: 6-8&lt;br&gt;MOKENA&lt;br&gt;Men’s Discussion Group: 12:30-1:30&lt;br&gt;Art Journaling: 2-3:30</td>
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<td><strong>HOMEWOOD</strong>&lt;br&gt;No heART&lt;br&gt;No Gentle Yoga&lt;br&gt;No Get Moving, Get Fit</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Group: 10-11:30&lt;br&gt;Guided Imagery: 5:30-6:15&lt;br&gt;Survivors Group: 6:30-8&lt;br&gt;Caregivers Group: 6:30-8&lt;br&gt;MOKENA&lt;br&gt;Gentle Yoga: 10:30-11:30 &amp; 12-1&lt;br&gt;Healthy Eating: 1:15-2:45&lt;br&gt;Survivors Group: 6-7</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Gentle Yoga: 10-11&lt;br&gt;Open Studio: 1-3&lt;br&gt;Reducing Toxins: 2-3:30&lt;br&gt;Metastatic Cancer: 3:30-5&lt;br&gt;Get Moving, Get Fit: 5:15-6&lt;br&gt;MOKENA&lt;br&gt;Kids Club &amp; Parent Group: 4-5&lt;br&gt;Hold On, For Each Other: 5:30-6:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Prostate Cancer: 6-7&lt;br&gt;MOKENA&lt;br&gt;Men’s Discussion Group: 12:30-1:30&lt;br&gt;Art Journaling: 2-3:30</td>
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<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Group: 10-11:30&lt;br&gt;Guided Imagery: 5:30-6:15&lt;br&gt;Survivors Group: 6:30-8&lt;br&gt;MOKENA&lt;br&gt;Gentle Yoga: 10:30-11:30 &amp; 12-1&lt;br&gt;Healthy Eating: 1:15-2:45&lt;br&gt;Survivors Group: 6-7</td>
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<td><strong>HOMEWOOD</strong>&lt;br&gt;Annie’s Knit &amp; Crochet: 10-11:30&lt;br&gt;Annual Spring Gala</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 10!
May 2016

The Cancer Support Center is proud of its Hospital Partnerships. Please see all Hospital Programming within the program guide on page 10!
Thank you to the organizers and supporters of community events benefiting The Center’s mission. The Center is able to offer these life-changing programs and services because of the dedication our community members. We are grateful for the individuals, businesses and organizations who understand and value our work.
We are grateful to the following organizations that underwrite programs or provided their services free of charge for The Cancer Support Center:

12 Oaks Foundation  
Advocate South Suburban Hospital  
Aileen S. Andrew Foundation  
Angels on Assignment  
Assurance Caring Together Foundation  
The Barnes Foundation  
Bears Care  
Cancer Treatments Centers of America  
Caroline Adams Ticket for the Cure  
CN  
The Coleman Foundation  
Cord Vanderpool Foundation  
Exxon Mobil Joliet Refinery  
Faith United Methodist Church  
Flossmoor Community Church  
Ford Motor Company  
Franciscan St. James Health  
Greenbrier Companies  
Harvey Beauties of Harvey Church of Christ  
HERA Women’s Cancer Foundation  
Homewood Disposal  
The Horton Group  
Irwin Family Foundation  
JDM Steel  
The Marcon Foundation  
Mokena Chamber of Commerce  
Mokena Mayor’s Charity Foundation  
Mokena Women’s Club  
Newman’s Own Foundation  
Olivieri Brothers Architects  
Palos Community Hospital  
Rose Pallet  
Safeway Chimney Sweeps  
Sam’s Club Store #6489, Calumet City  
Sam’s Club Store #8154, Matteson  
Service Club of Chicago  
Suburban Club League  
Thrall Enterprises  
The United Way of Will County  
The University of Chicago Medicine Comprehensive Cancer Center - at Silver Cross Hospital  
Wal-Mart Store #1556, Orland Hills  
Wendy Larks Foundation

Thank you to our community for organizing the following fundraising events on behalf of The Cancer Support Center:

AAA Rental – Annual Tent Sale  
Bloom Township HS – “Bloom in the Community”  
Carl Sandburg Varsity Football  
Frankfort Downtown Business Association  
-“Witches Ladies Night Out”  
Hart Wellness Center – “Paint the Studio Pink”  
James Hart School Student Council  
Mokena School District 159 Staff & Faculty  
-“Rally For a Cure Volleyball Tournament”  
Thornwood High School - Breast Cancer Awareness Walk  
Willow School - Breast Cancer Awareness Month

CENTER WISH LIST!

LED projector  
Renovate ladies bathroom  
Paper products:  
- Paper towels  
- Tissue paper  
- Toilet paper  
Permanent markers  
Painting canvas and brushes  
Drawing/water color paper  
Cardstock  
Copy paper
Save the Dates!
The Annual Spring Gala
Saturday, April 30, 2016
Olympia Fields Country Club
For additional information, please call 708-798-9171.

Walk of HOPE
Sunday, May 15, 2016
Commissioner’s Park
22108 80th Ave, Frankfort, IL 60423
Visit www.cancersupportcenter.org to register online!

25th Annual Golf Outing
in memory of Steve Fallick
Monday, August 29, 2016
Flossmoor Country Club
For additional information, please call 708-798-9171.