

# THE Cancer Support CENTER

*A place of help, hope & healing in the Chicago Southland*

HOMEWOOD (708) 798-9171 MOKENA (708) 478-3529

JULY TO SEPTEMBER 2011



## Affirming Life, Affirming You!

**A**t 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. This quarter we will offer a mini-meditation, focused on affirmations for hope and healing. Meditation has been used for thousands of years to help focus the mind, heal the body, and promote whole body health. Affirmations are sentences that empower you to balance the difficult emotions in life with the positive emotions. We hope that this tool will help you refocus and find peace in any place at any time. Simply practice the following exercise and know that sometimes finding peace is as easy as focusing your breath and your mind.

AFFIRMING YOU! *continued on page 2.*

**YOGA**  
Counseling

Library  
*Support*  
ART  
massage  
MEDITATION  
Nutrition &  
Cooking Classes

### IN THIS ISSUE

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

## THANK YOU!

to the following Individual Fundraisers for donating to The Center!

- Aurelio's Ladies Night Out in Frankfort
- Bella Vita PJ Party
- CN
- Cottage Creations 3rd Annual Open House Bake Sale
- Cut-a-Thon at Marc Alan in Flossmoor & Mokena
- Goodsearch
- Homewood Chamber of Commerce Luncheon
- IGFOA Holiday Luncheon
- Ingalls Memorial Hospital
- JC Penney Wrapping Event
- Lexus of Orland Boutique
- Macy's Shop For A Cause
- Morgan's Girls Night Out
- Orland Park Chiropractic
- Oak Forest Flag Football
- Palos Country Club Yule Shop to you Drop
- Power of Pink at JC Penny's Salon in Mokena
- The Horton Group Denim Days Friday
- Village of Dolton Cross Roads to Health Cancer Walk
- One Lap of America
- Orland Park Chiropractic
- Phoneraiser
- The Horton Group Client Survey
- Marian Catholic High School vs. Cancer

AFFIRMING YOU! *continued from the cover.*

Knowing that life is a balance of good and bad, dark and light, an 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, designed to encourage a healthy mind and a healthy body, inspire, lift, and empower lives beyond cancer.

Founded in 1994, to bring people a sense of support and peace through their cancer journey, The Cancer Support Center affirms the health, hope, and healing potential of the human spirit. In 2010, The Cancer Support Center reached over 850 new people who needed our services. Our meditation program had over 780 visits in 2010. n

## Mini-Meditation

*A quiet, centering exercise that can be done in minutes...*

Taking a moment to bring yourself into the present moment can reduce anxiety, stress, and worry. You have the ability to bring more peace and calm into your life. Follow the steps below to benefit from this exercise:

1. Allow your body to be in a comfortable position.
2. If you can close your eyes, do so; this will help the body and mind focus inward.
3. Begin to notice the normal, easy flow of your breath. Deep breathing is not required, but occasional deep breaths may help you release muscular and mental tension.
4. Try to allow your thoughts and emotions to "settle" just like snow settling in a snow globe.
5. Choose one the sample affirmations to repeat silently to yourself. Not only do affirmations remind us of our potential, but they also quiet the mind and calm the senses. Try repeating the affirmation for 2-5 minutes.
6. After repeating the affirmation allow the mind to quiet or be still. Allow yourself to stay in this calm and quiet place until you can feel your body and mind becoming more relaxed. Gently open your eyes when you are finished.

Try to practice this mini-meditation from 3-10 minutes on a regular basis. It can reinforce the importance of taking care of yourself and build a new, healthy habit in your life.

## Sample Affirmations

- i I can be calm and peaceful in this present moment.
- i I have the time to stop and listen and do what is truly important.
- i I can assist my tendency to be well.
- i I can handle everything I need to today.
- i I love and appreciate myself just as I am.
- i There are many things in my life to be happy about, I will notice them more.
- i I love and accept myself.



# Volunteer Spotlight

ROGER O'LENA

by Cynthia Turnquest, Manager of Community Relations

As a young child growing up in Indiana, Roger O'Lena suffered from epilepsy. After struggling for years with the affects of Grand Mal seizures, O'Lena's desperation lead him into severe depression. The seizures eventually forced him into hospitalization, and it wasn't until an encounter with his hospital roommate, that his outlook on life would change forever. As O'Lena laid in his bed feeling sorry for himself, he noticed that the nurses were paying particular attention to the patient in the bed next to him. His roommate's condition was grave and the nurse indicated that there was not much hope for the days to come. O'Lena knew at that moment, he would never take for granted the hope of a new day.

As a retired partner of Millennium Title Insurance Company, O'Lena has devoted himself to helping others embrace the sense of hope that he discovered as a young boy. Prior to retirement he was a committed employer that was determined to make the well being of his staff a priority. As economic times became difficult, he decided to reduce his salary and eliminate his insurance coverage so that a valued long time staff member would not be terminated. Having retained her job and health insurance, the gratitude of this employee would increase by ten-fold when several months later she would be diagnosed with breast cancer. O'Lena had no idea how this gesture of kindness would change the life and usher hope for a new day for someone facing such obstacles.

As O'Lena's employee and friend began her battle with breast cancer, she introduced him to a place she discovered in the community that provided free support services to those touched by cancer. After losing his father, uncle and several cousins to cancer and having survived Melanoma cancer, O'Lena knew that The Cancer Support Center would be a place that he could help those facing the challenge of their lives. Three years later, O'Lena has been a tremendous supporter of The Center's programs and services. He has tirelessly devoted numerous hours to the Fall and Spring Walks of Hope as well as countless mailings and various handyman jobs at both the Homewood and Mokena sites.

Despite suffering the tragedy of losing two of his four daughters, O'Lena continues to give thanks for the blessings that he has experienced throughout his 60 years. When O'Lena is not busy with The Center, he focuses his attention to his wife, daughters, grandchildren and his motorcycles. O'Lena free spirit and sense of adventure is reflected through his passion for bike riding. Since 1984 O'Lena has travelled across the country with the friends he has endeared as a member of the Jersey Pine Cruisers Motorcycle Club. In addition to their campouts and road trips, members always take time to support a good cause through their special event fundraising.

We at The Cancer Support Center are eternally grateful for the generosity and kindness that is revealed everyday by dedicated volunteers such as Rodger O'Lena. Thank you for being a part of the "help, hope and healing". n

"I knew I could never feel sorry for myself again."

"It makes me feel good to be here. The energy that comes from the people here makes me want to keep coming back."

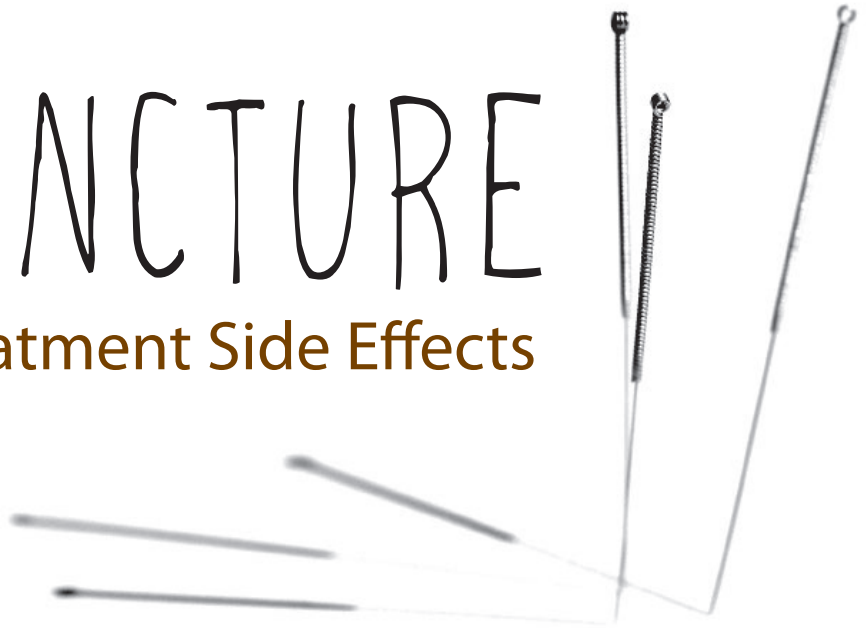
"I feel like I've been very fortunate in my life and I just want to be able to give something back."

— Roger O'Lena

# ACUPUNCTURE

## Relieving Cancer Treatment Side Effects

by Debra Robbins



**C**an an ancient Chinese healing practice have a place in modern cancer care? Leading cancer authorities, including the American Cancer Society and the National Cancer Institute, say, “Yes!” While not an actual cancer treatment itself, acupuncture helps to relieve some of the side effects associated with cancer treatment, such as nausea and pain.

“Acupuncture is a technique in which very thin needles of varying lengths are inserted through the skin to treat a variety of conditions,” explains Jia Xu, LAC, licensed acupuncturist at the Ingalls Wellness Center in Homewood. “In the United States and Europe, acupuncture is primarily used to control pain and relieve symptoms of disease, but not to cure the disease itself.” Acupuncture has demonstrated benefit for cancer patients in the following areas:

**Pain Management:** Cancer itself is a painful disease and the treatments for cancer cause pain, swelling and inflammation. Acupuncture is effective for managing pain related to tumors, surgery, chemotherapy, radiation, and inflammation.

**Dry, Painful Mouth and Throat:** Cancer patients receiving radiation to the head and neck may experience dry mouth due to the reduction in saliva production, difficulty swallowing and a diminished sense of taste. Acupuncture has been shown to decrease these side

effects, allowing the patient to swallow, eat, and drink comfortably; and reduce pain and swelling in the mouth and throat during radiation therapy.

**Nausea and Vomiting:** Acupuncture has been shown to reduce the intensity and frequency of nausea and vomiting in cancer patients receiving chemotherapy.

**Sleep:** Cancer patients often suffer sleep disruption and insomnia due to post-surgical discomfort, anxiety, depression, and physical pain. Acupuncture can help relieve these symptoms so the cancer patient is able to get the deep sleep and rest required for recovery and healing.

**Hot Flashes:** Many women undergoing hormonal treatment for breast cancer experience hot flashes that disrupt sleep and activities of daily living. Acupuncture has been shown to decrease the frequency and intensity of hot flashes.

For more information about acupuncture and other complementary medical services available to relieve cancer treatment side effects, call the Ingalls Wellness Center at 708-206-0072. The Ingalls Wellness Center is located at 2920 W. 183rd St. in Homewood. Thank you to Ingalls Health System for their dedicated support of our programs. n



### Save the Date!

13th Annual Fall Walk of Hope  
Sunday, October 9, 2011  
Irwin Park in Homewood




CSC Pumpkin Patch in Homewood  
*Come pick your pumpkins with us!*

October 17th through the 31st  
Buy your pumpkins from The Center  
and support a person with Cancer.

# July 2011

☞ Means Call to Register... Homewood: (708) 798-9171 Mokena: (708) 478-3529

Homewood Programs are in Black Mokena Programs are in Brown

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Join The Cancer Support Center on Facebook for inspiration and to learn about upcoming programs and events. Become a Fan by joining this growing online community.</p>				<p>Break Week —————</p> <p>Center Closes at 2 pm</p>	
4	5	6	7	8	9
<p>CLOSED</p> <p>Independence Day</p>	<p><u>HOMEWOOD</u> Daytime and Evening Support Group ☞</p> <p><u>MOKENA</u> Meditation: 2:45-3:45 Yoga: 4-5</p>	<p><u>HOMEWOOD</u> Meditation: 11:30-12:30 Ovarian Cancer Forum: 4:30-6 Breast Cancer: 6:30-8</p> <p><u>MOKENA</u> Yoga: 10-11</p>	<p><u>HOMEWOOD</u> Dance 10:30-11:30</p> <p><u>MOKENA</u> Brain Tumor Network: 6-8</p>		<p><u>MOKENA</u> Cooking Class: 9:30-11 ☞</p>
11	12	13	14	15	16
<p><u>HOMEWOOD</u> Yoga: 4-5 Art Class: 5:30-7 ☞</p> <p><u>MOKENA</u> LGFB: 11:30-1:30 ☞</p>	<p><u>HOMEWOOD</u> Daytime and Evening Support Group ☞</p> <p><u>MOKENA</u> Meditation: 2:45-3:45 Yoga: 4-5</p>	<p><u>HOMEWOOD</u> Meditation: 11:30-12:30 Colon Cancer Forum: 7-8:30</p> <p><u>MOKENA</u> Yoga: 10-11</p>	<p><u>HOMEWOOD</u> Dance: 10:30-11:30</p> <p><u>MOKENA</u> Massage Benefits: 6:30- 7:30 ☞</p>	<p><u>HOMEWOOD</u> Knit/Crochet Circle: 10-11:30</p>	
18	19	20	21	22	23
<p><u>HOMEWOOD</u> Anti-Cancer Movie: 12:30-2:30 ☞</p> <p>Yoga: 4-5 Art Class: 5:30-7 ☞</p>	<p><u>HOMEWOOD</u> Daytime and Evening Support Group ☞</p> <p><u>MOKENA</u> Meditation: 2:45-3:45 Yoga: 4-5 Drumming Circle: 6-7</p>	<p><u>HOMEWOOD</u> Meditation: 11:30-12:30 Sisters Network: 7- 8:30 Blood Cancers Forum: 7-8:30</p> <p><u>MOKENA</u> Yoga: 10-11</p>	<p><u>HOMEWOOD</u> Dance: 10:30-11:30</p>	<p><u>HOMEWOOD</u> Knit/Crochet Circle: 10-11:30</p>	<p><u>MOKENA</u> Sound Bath: 10-11 ☞</p>
25	26	27	28	29	30
<p><u>HOMEWOOD</u> Yoga: 4-5 Art Class: 5:30-7 ☞</p> <p><u>MOKENA</u> Meditation Workshop: 7-9 ☞</p>	<p><u>HOMEWOOD</u> Daytime and Evening Support Group ☞</p> <p><u>MOKENA</u> Meditation: 2:45-3:45 Yoga: 4-5</p>	<p><u>HOMEWOOD</u> Meditation: 11:30-12:30</p> <p><u>MOKENA</u> Yoga: 10-11</p>		<p><u>HOMEWOOD</u> Knit/Crochet Circle: 10-11:30</p>	

# August 2011

☞ Means Call to Register... Homewood: (708) 798-9171 Mokena: (708) 478-3529

Homewood Programs are in Black Mokena Programs are in Brown

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1	<p><u>HOMEWOOD</u> 2</p> <p>Daytime and Evening Support Group ☞ Caregiver Workshop: 6:15-7:30 ☞</p> <p><u>MOKENA</u></p> <p>Meditation: 2:45-3:45 Yoga: 4-5 Calmness: 6-7 ☞</p>	3	<p><u>HOMEWOOD</u></p> <p>Meditation: 11:30-12:30 Ovarian Cancer Forum: 4:30-6 Breast Cancer: 6:30-8</p> <p><u>MOKENA</u></p> <p>Yoga: 10-11</p>	4	<p><u>HOMEWOOD</u></p> <p>Meditation Basics: 10-11</p> <p><u>MOKENA</u></p> <p>Brain Tumor Network: 6-8</p>	5	<p><u>HOMEWOOD</u></p> <p>Knit/Crochet Circle: 10-11:30</p>
8	<p><u>HOMEWOOD</u> 9</p> <p>Daytime and Evening Support Group ☞ Caregiver Workshop: 6:15-7:30 ☞</p> <p><u>MOKENA</u></p> <p>Meditation: 2:45-3:45 Yoga: 4-5 Calmness: 6-7 ☞</p>	10	<p><u>HOMEWOOD</u></p> <p>Meditation: 11:30-12:30 Colon Cancer Forum: 7-8:30</p> <p><u>MOKENA</u></p> <p>Yoga: 10-11 Anti-Cancer Movie 6:30-8:30 ☞</p>	11	<p><u>HOMEWOOD</u></p> <p>Meditation Basics: 10-11</p> <p><u>MOKENA</u></p> <p>Spirituality: 6:30-7:30 ☞</p>	12	<p><u>HOMEWOOD</u></p> <p>Knit/Crochet Circle: 10-11:30</p>
15	<p><u>HOMEWOOD</u> 16</p> <p>Daytime and Evening Support Group ☞ Caregiver Workshop: 6:15-7:30 ☞</p> <p><u>MOKENA</u></p> <p>Meditation: 2:45-3:45 Yoga: 4-5 Calmness: 6-7 ☞</p>	17	<p><u>HOMEWOOD</u></p> <p>Meditation: 11:30-12:30 Art Class: 4-5:30 ☞ Blood Cancers Forum: 7-8:30 Sisters Network: 7-8:30</p> <p><u>MOKENA</u></p> <p>Yoga: 10-11 Drumming Circle: 11-12</p>	18	<p><u>HOMEWOOD</u></p> <p>Meditation Basics: 10-11</p>	19	<p><u>HOMEWOOD</u></p> <p>Knit/Crochet Circle: 10-11:30 Reiki for You 12:30-4:30 ☞</p>
22	<p><u>HOMEWOOD</u> 23</p> <p>Daytime and Evening Support Group ☞ Caregiver Workshop: 6:15-7:30 ☞</p> <p><u>MOKENA</u></p> <p>Meditation: 2:45-3:45 Yoga: 4-5 Calmness: 6-7 ☞</p>	24	<p><u>HOMEWOOD</u></p> <p>Meditation: 11:30-12:30</p> <p><u>MOKENA</u></p> <p>Yoga: 10-11</p>	25	<p><u>HOMEWOOD</u></p> <p>Meditation Basics: 10-11</p>	26	<p><u>HOMEWOOD</u></p> <p>Knit/Crochet Circle: 10-11:30 Reiki for You 12:30-4:30 ☞</p>
29	<p><u>HOMEWOOD</u> 30</p> <p>Daytime and Evening Support Group ☞ Caregiver Workshop: 6:15-7:30 ☞</p> <p><u>MOKENA</u></p> <p>Meditation: 2:45-3:45 Yoga: 4-5 Calmness: 6-7 ☞</p>	31	<p><u>HOMEWOOD</u></p> <p>Meditation: 11:30-12:30</p> <p><u>MOKENA</u></p> <p>Yoga: 10-11</p>				

# September 2011

Means Call to Register... Homewood: (708) 798-9171 Mokena: (708) 478-3529

Homewood Programs are in Black Mokena Programs are in Brown

Monday

Tuesday

Wednesday

Thursday

Friday

## Share Your Story!

The cancer experience can vary greatly from one person to the next. Share your special, unique experience with us and tell us how The Cancer Support Center is helping you. Send us your story and attached photo to:

**stories@cancersupportcenter.org**



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<p><u>HOMEWOOD</u> Meditation Basics: 10-11 Storytelling: 3:30-5 📄</p> <p><u>MOKENA</u> Brain Tumor Network: 6-8</p>	<p><u>HOMEWOOD</u> Knit/Crochet Circle: 10-11:30</p>
5	6	7	8	9
<p>CENTER CLOSED Labor Day</p>	<p><u>HOMEWOOD</u> Daytime and Evening Support Group 📄</p> <p><u>MOKENA</u> Meditation: 2:45-3:45 Yoga: 4-5</p>	<p><u>HOMEWOOD</u> Meditation: 11:30-12:30 Ovarian Cancer Forum: 4:30-6 Breast Cancer Forum: 6:30-8</p> <p><u>MOKENA</u> Yoga: 10-11</p>	<p><u>HOMEWOOD</u> Meditation Basics: 10-11 Storytelling: 3:30-5 📄</p> <p><u>MOKENA</u> Kids Club: 4-5 📄 Anger Management: 6:30-7:30 📄</p>	<p><u>HOMEWOOD</u> Knit/Crochet Circle: 10-11:30</p>
12	13	14	15	16
<p><u>HOMEWOOD</u> Yoga: 4-5</p> <p><u>MOKENA</u> Drumming Circle: 6-7</p>	<p><u>HOMEWOOD</u> Daytime and Evening Support Group 📄</p> <p><u>MOKENA</u> Meditation: 2:45-3:45 Yoga: 4-5</p>	<p><u>HOMEWOOD</u> Meditation: 11:30-12:30 Colon Cancer Group: 7-8:30</p> <p><u>MOKENA</u> Yoga: 10-11 Cooking Class: 6:30-8 📄</p>	<p><u>HOMEWOOD</u> Meditation Basics: 10-11 Storytelling: 3:30-5 📄</p> <p><u>MOKENA</u> Kids Club: 4-5 📄</p>	<p><u>HOMEWOOD</u> Knit/Crochet Circle: 10-11:30</p>
19	20	21	22	23
<p><u>HOMEWOOD</u> Yoga: 4-5</p>	<p><u>HOMEWOOD</u> Daytime and Evening Support Group 📄</p> <p><u>MOKENA</u> Meditation: 2:45-3:45 Yoga: 4-5</p>	<p><u>HOMEWOOD</u> Meditation: 11:30-12:30 Sisters Network: 7-8:30 Blood Cancers Forum: 7-8:30</p> <p><u>MOKENA</u> Yoga: 10-11 Cooking Class: 6:30-8 📄</p>	<p><u>HOMEWOOD</u> Meditation Basics: 10-11 Storytelling: 3:30-5 📄</p> <p><u>MOKENA</u> Kids Club: 4-5 📄 Us Too Meeting: 6:30-7:30</p>	<p><u>HOMEWOOD</u> Knit/Crochet Circle: 10-11:30</p>
26	27	28	29	30
<p>BREAK WEEK No regular classes except those listed</p>		<p><u>MOKENA</u> Cooking Class: 6:30-8 📄</p>		<p><u>HOMEWOOD</u> Knit/Crochet Circle: 10-11:30</p>

## Individual Support

Individual counseling for all ages is available in Homewood and Mokena. Family and couple 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

Times are not listed on the calendar pages; please call to join. Support group participants benefit by the mutual sharing of how a person is affected physically, emotionally, socially, and spiritually by cancer. The group provides the opportunity for connection, validation, information, and understanding. Please call and schedule a Personal Planning Session with one of our therapists prior to joining a weekly support group. This will help connect you with a group that may best suit your needs.

### Individuals with Cancer

Homewood: Tuesdays, a.m. & p.m. groups ]

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

### Caregiver Group

Homewood: Tuesdays, p.m. group ]

For people who have a loved one with cancer. Group topics include reducing caregiver stress and managing your own feelings about how cancer is affecting your life.

### Kids' Club

Mokena: Thursdays, 4-5 p.m. (Resumes in September) ]

A group for kids ages 6-12 to come together for activities and conversation about cancer in their lives. All supplies and snacks will be provided. Registration required. *Sponsored by St. James Hospital and Health Centers — Miracles Made Daily.*

### Kids Grief Group

Mokena: Thursdays from June 9 to July 28

This 8-week group using art, drama, music, and conversation is for children ages 6-12 who have lost a loved one to cancer. All supplies and snacks will be provided. Please call for details. *Sponsored by St. James Hospital and Health Centers — Miracles Made Daily.*

### Grief Support Group

Weekly adult support group for people who have lost a spouse to cancer. Individual grief counseling for all losses to cancer is available by appointment. Please call for an appointment. ]

*“Hope is the dream of a soul awake.”*

*— French Proverb*

## Monthly Networking Groups

Drop in and get connected. No registration required.

### Brain Tumor Networking Support Group

Mokena: 6-8 p.m. (*Caregivers welcome*)

Thursdays, July 7, August 4, September 1

This is a social and supportive gathering for people affected by a brain tumor, to connect with others with a similar diagnosis.

*Facilitated by Jean Arzbaecher, RN, University of Chicago Brain Tumor Clinic*

### Breast Cancer Forum

Homewood: 6:30-8 p.m.

Wednesdays, July 6, August 3, September 7

### Mothers' Grief Group

Monthly daytime group in Homewood ]

For mothers who have lost an **adult** child to cancer.

Call for more information.

### Ovarian Cancer Networking

Homewood: 4:30-6 p.m.

Wednesdays, July 6, August 3, September 7

### **NEW!** Colon Cancer Forum

Homewood: 7-8:30 p.m. (*Caregivers welcome*)

Wednesdays, July 13, August 10, September 14

### **NEW!** Blood Cancer Forum: Multiple Myeloma and Leukemia

Homewood: 7-8:30 p.m. (*Caregivers welcome*)

Wednesdays, July 20, August 17, September 21

### Sisters Network® Inc.

Homewood: 7-8:30 p.m.

Wednesdays, July 20, August 17, September 21

\*A National African-American Breast Cancer Survivorship Organization.



Girl Scout Troop #?? donated handmade blankets to The Center's participants.

## PLEASE CALL TO REGISTER 》

Homewood (708) 798-9171 or Mokena (708) 478-3529.

**Caring for the Caregiver**

Homewood: Tuesdays, August 2-30, 6:15-7:30 p.m. 》

Caring for someone with cancer is a labor of love. The caregiver needs to find ways to care for him/herself to reduce stress and the impact of cancer. This is a dynamic workshop for anyone who has a loved one with cancer. Discussion, journaling, and stress management techniques will be offered. *Facilitated by Jenna Stowell, MA*

**My Journey through Art**

Homewood: Mondays, July 11-August 15, 5:30-7 p.m. 》

Art is a powerful way of expressing oneself without words. This six-week class will use various art mediums to explore the cancer journey. No previous art experience is required. Call for more information. *Facilitated by Kate McIntosh, MPS, ATR-BC, LCPC, art therapist and new clinical therapist at CSC. Welcome Kate!*

**Recapturing Calmness in your Life**

Mokena: Tuesdays, August 2-30, 6-7 p.m. 》

Attend this five-week program to learn about how stress affects health and well being. Take a 'stress test' to identify your level of stress and learn about the three categories of stress. Experience guided imagery, breathing, meditation, writing, art, and physical activities that will help you achieve calmness in your life. *Facilitated by Lynn Ring, LCSW, LMFT and Tammie Chopp, Intern*

**Reiki for You Certification Class** *(Sponsored by The Reiki Share Project®)*

Homewood: Fridays, August 19 and 26, 12:30-4:30 p.m. 》

Reiki is an energy-based, complementary healing technique that promotes relaxation, stress release, and mental clarity. Reiki works holistically, moving us toward balance physically, emotionally, mentally and spiritually. In this two class series you will learn this simple technique that will enable you to offer Reiki to yourself and others every day. Commitment and completion of both classes is required to receive your Reiki Level I certificate. Registration required. 15 participants maximum. *Facilitated by Jane Van De Velde, DNP, RN, Reiki Master Teacher and Practitioner*

**The Gift of Storytelling**

Homewood: Thursdays, September 1-22, 3:30-5 p.m. 》

Narrative therapy is used as a means of creating meaning by storytelling. How has the experience of cancer — either your own or that of a loved one — changed your story and how do you put it into words? Join us for this week group which focuses on sharing our own stories, journaling, creating stories, and re-telling stories written by others. *Facilitated by Jenna Stowell, MA*

## PLEASE CALL TO REGISTER 》

Homewood (708) 798-9171 or Mokena (708) 478-3529.

Personal nutrition counseling is now available by appointment.

**Movie and Discussion Group —****Anti-Cancer with Dr. David Servan-Schreiber®**

Homewood: Monday, July 18, 12:30-2:30 p.m. 》

Mokena: Wednesday, August 10, 6:30-8:30 p.m. 》

Dr. Schreiber gives a compelling scientifically based lecture on how we can guard ourselves against the imbalances of our environment, adjust our diet by cutting back on cancer promoters and include foods that help prevent and fight tumors, as well as ways to understand and heal the psychological wounds that feed cancer. Watch the film and discuss the content with Nutrition Coach, Chris Rosandich. Light refreshments will be served.

**Cooking Made Easy for Better Health (Three part series)**

Mokena: Wednesdays, September 14, 21, 28, 6:30-8 p.m.

Learn how to help build a strong, cancer-fighting immune system. Enjoy demonstrations on making cooking fun and easy. Sample delicious recipes, learn new shortcuts to reduce your time in the kitchen, and prepare healthy meals. *Presented by Chris Rosandich, Certified Nutrition Coach.*

**Cooking Class #1** (September 14)

Demystify cooking and learn ways to make cooking quick and simple. We will be exploring cooking tools that help cut down cooking time in the kitchen and explore the cancer-fighting foods to eat as well as what nutrient-dense foods help to build a strong immune system.

**Cooking Class #2** (September 21)

Cooking with anti-cancer fruits and vegetables. Learn quick, easy, and unique cooking tips and enjoy samples of amazing juicing and smoothie recipes.

**Cooking Class #3** (September 28)

We will explore what "healthy" fats are and how much is considered beneficial to eat. We will also examine how to help detoxify your body by increasing your fiber intake and what a vegetarian and grain-based diet looks like.

**100 Top Nutritional Tips & 10 Top Anti-Cancer Foods**

Mokena: Saturday, July 9, 9:30-11 a.m.

It is fun and energizing to look at quick and easy ways to make changes to your diet to feel your best. Let these tips aid you in building a healthier, stronger immune system. Chris will experiment with recipes using the 10 anti-cancer foods. *Presented by Chris Rosandich, Certified Nutrition Coach.*

WELLNESS PROGRAMS offer individuals an opportunity to increase their sense of physical, mental, and spiritual balance. Expert facilitation is offered in the methods of yoga, exercise, meditation, massage, relaxation, and guided imagery. Beginners are welcome.

**NEW! Drumming Circle**

Tuesday, July 19, 6-7 p.m.  
 Wednesday, August 17, 11- Noon  
 Monday, September 12, 6-7 p.m.

*Facilitated by Lynn Ring, LCSW, LMFT*

Drumming affects us physically, mentally, emotionally, and spiritually in profoundly uplifting ways. This is why people all over the world have drummed in some manner throughout history. It connects us to each other when we drum together. Join us for this monthly hand drumming circle. No experience necessary. Drums and other percussion instruments will be provided, or bring your own.

**Mindfulness Meditation & Discussion**

Mokena: Tuesdays, 2:45-3:45 p.m.  
 Homewood: Wednesdays, 11:30 a.m.-12:30 p.m.

*Facilitated by Karen Pedigo, PhD*

Practice meditation and discuss how to effectively live in the present moment. This quarter Karen will look at the book, *Here for Now: Living Well with Cancer through Mindfulness* by Elana Rosenbaum. Reading or purchasing the book is not required.

**Gentle Yoga**

Homewood: Mondays, 4-5 p.m.  
*Facilitated by Cecily Hunt, Yoga Instructor*  
 Mokena: Tuesdays, 4-5 p.m.  
*Facilitated by Jane Fetzer, Yoga Instructor*  
 Mokena: Wednesdays, 10-11 a.m.

*Facilitated by Lisa Schneider, LCPC, Yoga Instructor*

Gentle classes designed to reduce stress and address the physical side effects of cancer. This class uses seated and standing poses. Survivors and caregivers of all physical ability levels are welcome.

**Knit and Crochet Circle**

Homewood: Fridays, 10-11:30 a.m.  
 Materials provided. Instruction provided by other members.

**Dance for Life: Movements to Freedom**

Homewood: Thursdays, July 7, 14, 21, 10:30- 11:30 a.m.  
*Facilitated by Kathy Wright, M.A LCPC, Lover of Dance*  
 Dance has no limits and it is very freeing to your body, mind and soul. Come and explore dance movements to discover how your body can find freedom and joy in a special way just for you. We will spend time in light stretching and then enjoy 20-30 minutes of dancing. No limits abound. Open for anyone who is willing to try something old and something new. Wear comfortable clothing and bring a favorite CD (optional).

**Meditation Basics**

Homewood: Thursdays, Beginning August 4, 10-11 a.m.  
*Facilitated by Jenna Stowell, MA*  
 A perfect class for beginners, this group will focus on different techniques for quieting the mind. These techniques reduce, anxiety, and depression and help you learn how to live in the present moment.

**Therapeutic Touch**

Available at both the Homewood and Mokena locations  
 30-minute, fully clothed sessions by appointment. Priority given for those in treatment. (Due to limited volunteer availability, there is a limit of one session per month.) Thank you to our wonderful practitioners: Judith Hanzelin, Hildegard Westphal, Jayne Hayes, Deanna Gentile, Marilyn Kopacz, Tom Goodrich, Iris Dykstra, Maureen Honnessy, and Cathy Pilny.

- Healing Touch and Reiki: Hands-on energy treatments
- Massage Therapy
- CranioSacral Therapy



## 8th Annual Hometown HoeDown

Thursday, September 15, 2011 at 6:00 pm

CD&ME located at 23320 S. LaGrange Road in Frankfort (one mile South of Laraway)  
 \$25 per ticket in advance or \$30 at the door

Includes delicious Buffet Dinner, Live Band, DJ, Silent Auction, Live Auction, Raffles, Balloon Launch and Much More. For information about tickets or donations please contact Kathy Kahlhammer at (515) 341-1238. Hoedown 2010 donated more than \$40,000 to The Cancer Support Center!

EDUCATIONAL PROGRAMS are designed provide information about health, cancer treatment, nutrition, and stress management. Please call The Center to sign up: Homewood (708) 798-9171 or Mokena (708) 478-3529. Thursday programs in Mokena are represented by staff from Ingalls Health System as part of their commitment to the Mokena location. These programs are sponsored by the Richard K. Desser, MD, Fund. Light refreshments provided with pre-registration by calling (708) 478-3529.

## SATURDAY PROGRAM! Tibetan Bowl Group Sound Bath

Mokena: Saturday, July 23, 10-11 a.m.

Vibrational Sound with singing bowls works with the energy field that extends from our physical bodies and relaxes our brain waves into alpha and theta frequencies. These higher frequencies create a space for healing, transforming our inner chaos into harmony and a sense of calm that is felt in every cell of our body. It is called a “bath” because our bodies are being bathed in sound. Participants should wear comfortable clothing with little metal and should not eat a heavy meal 3 hours before the sound bath. A yoga mat will be provided, bring a small pillow and a small blanket for comfort. Registration is required; space is limited. *Presented by Jayne Hayes, Reiki Master Practitioner, Vibrational Sound Practitioner.*

## Look Good, Feel Better® / Clothes for Confidence

Mokena: Monday, July 11, 11:30-1:30 p.m.

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. Included in this two hour program, Pat Kwasigroch, a breast cancer survivor, will provide tips on clothing items to embrace your best features while going through cancer treatment. Due to the nature of this program, it is limited to eight people; you must call to reserve a spot. This class is a one-time only program. *Sponsored by the American Cancer Society.*

## Benefits of Massage

Mokena: Thursday, July 14, 6:30-7:30 p.m.

Learn the benefits of massage including relaxation, stress reduction, improved circulation and more. *Presented by Jasmine Liscic, Therapeutic Massage Instructor, Ingalls Health System.*

## Mindfulness and Cancer

Mokena: Monday, July 25, 7-9 p.m.

The occurrence of cancer often creates fear and stress in relationships which; in turn, separates people from one another at a time when support is most needed. Mindfulness not only helps to decrease fear and stress, but also promotes an increase in a person's sense of connectedness with themselves and others. Come join us in this workshop in which we will explore mindfulness practice and how it works to improve relationships. Significant others are encouraged to attend. *Facilitated by Karen Pedigo, Ph.D. and Tim Pedigo, Ph.D.*

## Family Fun Night

Mokena: Monday, August 8, 6-8 p.m.

Join us for a fun-filled evening for families with children and teens. Paint a family canvas and enjoy a dinner together. *Facilitated by Lynn Ring, LCSW, Licensed Marriage and Family Therapist*

## Spirituality in Your Recovery Process

Mokena: Thursday, August 11, 6:30-7:30 p.m.

Spirituality has been clearly documented as a key component to the recovery process. Whether it is belief in a Higher Power, utilizing Good Orderly Direction or the practice of spiritual principle and prayer; spirituality is being incorporated in treatment plans alongside other major life areas. *Facilitated by Peter Bradley, MA, Corporate Service Clinician IIAR, Ingalls*

## Cancer and the Law

Homewood: Monday, August 22, 6:30-8 p.m.

Learn about the most common cancer-related legal issues including: health insurance options; employment rights and reasonable accommodations in the workplace, taking time off work, access to disability insurance, and government benefits such as Medicare and Medicaid. Survivors and caregivers welcome. *Presented by Monica Fawzy, Esq. Attorney, Cancer Legal Resource Center (CLRC).*

## Anger: Getting Through the Storm

Mokena: Thursday, September 8, 6:30-7:30 p.m.

This program will delve into the function of angry emotions and how we can learn to express anger in a safe and controlled way. The possible sources of why we carry anger will be explored. Strategies for living with this normal emotion will be offered. *Presenter by Priscilla Romanov, LCPC, Ingalls Health System.*

## Us Too Meeting (for Prostate Cancer)

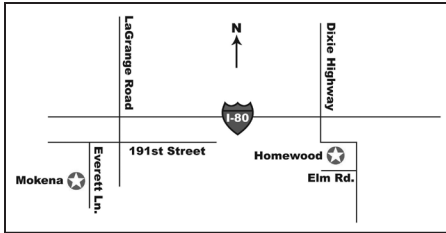
Mokena: Thursday, September 22, 6:30-7:30 p.m.

*Sponsored by Ingalls Health System*

THE CANCER SUPPORT CENTER  
www.CancerSupportCenter.org

<b>Homewood Location</b>	<b>Mokena Location</b>
2028 Elm Road	19250 Everett Lane
Homewood, IL 60430	Mokena, IL 60448
(708) 798-9171	(708) 478-3529
M-W: 9 a.m. - 7 p.m.	M-TH: 9 a.m. - 4 p.m.
TH-F: 9 a.m. - 4 p.m.	

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Come and experience the  
difference in your life when  
you experience...

THE  
*Cancer Support*  
CENTER

Because life is for living,  
one day at a time.

**WE'RE GOING GREEN!**

HelpTheCentersavemoney(andtrees!)by  
receivingthisnewsletterelectronically.Please  
emailGoGreen@CancerSupportCenter.org.



**THE WIG BOUTIQUE...FEEL BETTER INSIDE AND OUT!**

The Center has a private wig fitting room at each location to help you cope with treatment-related hair loss. Our compassionate, professional staff will work with you to find a great match for your style. Find the right fit close to home...at no cost. Call for an appointment — Homewood (708) 798-9171; Mokena (708) 478-3529. DID YOU KNOW? In 2010 we provided over 175 wigs to women who have lost their hair due to cancer treatments? Our staff is dedicated to taking all the time needed to help you feel comfortable with a new wig or scarf from our boutique.

*Our wig boutique in Homewood is provided in part by a grant from the Flossmoor Service League. New wigs are available in our Mokena location thanks to a special grant from the Hometown Hoedown.*