

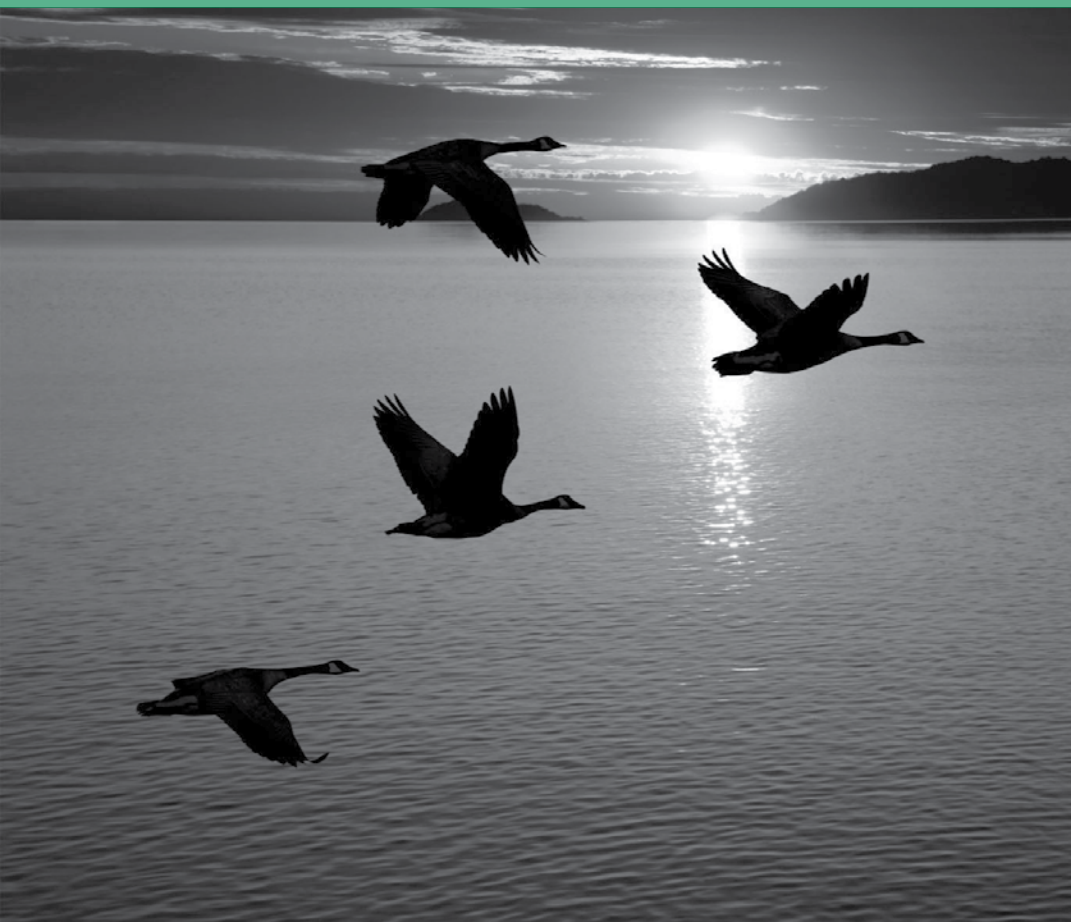
# THE Cancer Support CENTER

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

HOMEWOOD (708) 798-9171

MOKENA (708) 478-3529

OCTOBER TO DECEMBER 2010



*Delicious autumn!  
My very soul is wedded to it,  
and if I were a bird  
I would fly about the earth  
seeking the successive autumns.*

— George Eliot

**AS THE SEASONS CHANGE...** we turn inward to the warmth of home and hearth, grateful for the heat and support of home. The Cancer Support Center can be a home during the cancer experience; we welcome you to join our community of support.

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**YOGA** Library **massage**  
Counseling *Support* **MEDITATION**  
Nutrition &  
Cooking Classes

## PLEASE CALL AHEAD...

during inclement conditions. Programs may be cancelled during winter weather.



# Facing the Future

## Life After Cancer Treatment

By Karen Masino

**T**hanks to better treatments, earlier detection, and the loving care of family and friends, there are more than 10 million cancer survivors in the United States today. As many survivors discover, cancer recurrence is still a possibility several years after successful treatment. What's more, newer, more powerful — and sometimes toxic cancer therapies can leave survivors with health issues that require lifelong surveillance. Even after the physical toll of cancer treatment has subsided, recovering from the social and emotional trauma remains a concern for many survivors.

### Life After Cancer Treatment

I cannot emphasize it strongly enough. All cancer survivors should have follow-up care. Here are some important reminders as you begin your journey after cancer:

- 1.) Be sure to ask your oncologist for a written summary of your treatment. In the summary, he or she can suggest what aspects of your health need to be followed.
- 2.) Share this summary with any new doctors you see, especially your primary care doctor, as you discuss your follow-up care plan.

Other kinds of health information you should keep include:

The date you were diagnosed.

- The type of cancer you had.
- Pathology report(s) that describe the type and stage of cancer.
- Places and dates of specific treatment, such as details of all surgeries; sites and total amounts of radiation therapy; names and doses of chemotherapy and all other drugs; key lab reports, X-ray reports, CT scans, and MRI reports.
- A list of signs to watch for and possible long-term effects of treatment.
- Any problems that occurred during or after treatment.

- Contact information for all health professionals involved in your treatment and follow-up care.
- Information about supportive care you received (such as special medicines, emotional support, and nutritional supplements).

Your follow-up care depends on the type of cancer and treatment you had, along with your overall health. In general, survivors usually return to the doctor every three to four months during the first two to three years after treatment, and once or twice a year after that. At these visits, your doctor will look for side effects from treatment and check if your cancer has returned or spread to another part of your body.

### A Survivor's Wellness Plan

After cancer treatment, many survivors look for ways to reduce the chance of their cancer returning by taking a good look at how they take care of themselves. Eating nutritious foods, quitting smoking and exercising will get you started on the right path.

When you meet with your doctor about follow-up care, ask about developing a wellness plan that includes ways you can take care of your physical, emotional, social, and spiritual needs. The Cancer Support Center was designed to meet these needs.

Many people with cancer describe their experience as a journey. And while cancer is not a journey they would have chosen for themselves, it sometimes presents the opportunity to look at things in a different way. ■

For more information, call Ingalls Cancer Care at (708) 915-HOPE (4673). By Karen Masino, MSN, CNP, ACNP-BC, AOCNP, RN, RD, LDN, Advanced Oncology Certified Nurse Practitioner, Cancer Nurse Navigator Ingalls Cancer Care.

### Half Day Seminar! with author Leonard Szymczak

**The Roadmap Home: Your GPS to Inner Peace**

**Friday, October 29th, 2010 from 1-4 p.m.**

Develop self mastery tools to uplift your life and manifest your dreams. Based on *The Roadmap Home: Your GPS to Inner Peace*, which became an Amazon Bestseller in December, this "inner" active program helps you connect with your inner GPS and successfully navigate through life. Mapping exercises, interactive experiences and guided visualizations are some of the processes used on this playful and transformative adventure. See page 4 for more information.

**"Home is anywhere and everywhere.  
It resides in the heart and soul and  
remains with us wherever we go.  
Though we may journey through  
shadowed valleys or climb majestic  
mountains we are never alone."**

— Leonard Szymczak



## 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 to find out what programs best meet your needs.

## Group Support

The group provides the opportunity for connection, validation, information and understanding. Times are not listed on the calendar; please call to join.

### Individuals with Cancer (H, M)

**Tuesdays: Daytime and evening groups in Homewood**

**Thursdays: Daytime group in Mokena**

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

### Caregiver Group (H)

**Tuesdays: Evening groups in Homewood**

For family and friends. This group encourages self-care through support and education.

### Teen Scene (M)

**Mondays: 4-5 p.m. in Mokena**

Designed for young adults ages 13-17 who have a loved one with cancer. All supplies and snacks will be provided. Registration required. *Sponsored by The Coleman Foundation.*

### Kids Club (M)

**Thursdays: 4-5 p.m. in Mokena**

A group for kids 12 and younger to come together for activities and conversation about cancer in their lives. All supplies and snacks provided. Registration required. *Sponsored by The Coleman Foundation and St. James Hospital and Health Centers — Miracles Made Daily.*

### Grief Support Group (H)

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.

## Newly Formed Brain Tumor Support Group

Being diagnosed with a brain tumor can be a frightening experience. Brain tumors are unique among cancers in that the brain is at the center of one's movement, thought, emotion and speech. The challenges faced by brain tumor survivors and their families are also unique. Sharing experiences with other survivors can help individuals understand what they are going through, and realize that they are not alone in their struggles. The brain tumor support group was started in March 2010, and meets on the first Thursday of every month at 6:00 p.m. in Mokena. Individuals with a brain tumor and their family members or caregivers are welcome to attend this open and ongoing group. The group is facilitated by Jean Arzbaecher, an advanced practice nurse from the University of Chicago.

## Monthly Networking Groups

Drop-in and get connected. No registration required.

### Brain Tumor Networking Support Group (M) — 6-8 p.m. Mokena

1st Thursdays: October 7, November 4, December 2 (*Caregivers welcome*).

### Breast Cancer Forum (H) — 6:30-8 p.m. Homewood

1st Wednesdays: October 6, November 3, December 1 (Holiday celebration meeting 6-8pm).

*Sponsored by IDPH, Ticket for the Cure.*

### Breast Cancer Networking (M) — 6:30-8 p.m. Mokena

Special Program: November 22, Nutrition and Breast Cancer. No December Meeting.

Facilitated by Lisa Gravitt, RN, Breast Health Navigator.

*Sponsored by IDPH, Ticket for the Cure.*

### Lymphoma Networking (H) — 7-8:30 p.m. Homewood

Wednesdays: October 20, November 17, December 15 (*Caregivers welcome*).

### Mothers Grief Group (H)

**Monthly daytime group in Homewood**

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

Call for more information.

### Multiple Myeloma Networking (H) — 7-8:30 p.m. Homewood

Wednesdays: October 13, November 10, December 8 (*Caregivers welcome*).

### Ovarian Cancer Networking (H) — 4:30-6 p.m. Homewood

1st Wednesdays: October 6, November 3, December 1

### Sisters Network® Inc. (H) — 7-8:30 p.m. Homewood

Wednesdays: October 20, November 17. No December Meeting.

*Sponsored by IDPH, Ticket for the Cure.*

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



Jean and members of the group.

**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.

### Knit and Crochet Circle

**Homewood: Fridays, 10-11:30 a.m.**

Materials provided. Basic instruction provided by other members.

### Tai Chi

**Homewood: Wednesdays, 11:30-12 p.m.**

This “moving meditation” promotes stress management and physical balance.

### Mindfulness Meditation & Discussion

**Homewood: Wednesdays, 12-1 p.m.**

**Mokena: Thursdays, 10-11 a.m.**

*Instructed by Valerie Piazza, RN, MA, LCPC*

Practice meditation and discuss how to effectively live in the present moment.

### Special Indoor Labyrinth Meditation

**Homewood: Wednesday, November 17th, 12-1 p.m.**

**Mokena: Thursday, November 18th, 10-11 a.m.**

In honor of the season! The focus will be on gratitude.

### Gentle Yoga

**Mokena: Tuesdays, 4-5 p.m.**

*Facilitated by Jane Fetzner, Yoga Instructor*

**Homewood: Mondays, 4-5 p.m.** (No class Oct. 25, Nov. 1 & 15)

*Facilitated by Cecily Hunt, Yoga Instructor*

**Mokena: Wednesdays, 10-11 a.m.** (No class Oct. 20 & Nov. 24)

*Facilitated by Lisa Schneider, LCPC, Yoga Instructor*

Gentle yoga 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.

### 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.)

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

Please call to register: Homewood (708) 798-9171 or Mokena (708) 478-3529.

### Empowered to Change: Diet, Mind, Body and Spirit

**Mokena: Tuesdays, 10:30-11:45 a.m.**

**Final 5 weeks: October 5th-26th, November 2nd**

Using Dr. Andrew Weil’s book: *Eight Weeks to Optimum Health* as a guideline, this interactive 8 week course will provide a variety of innovative, up-to-date resources which specifically address diet, mind, body and spirit. Experience the empowerment of choosing lifestyle changes which can positively impact your physical, emotional and spiritual well-being. Learn more about cancer fighting foods as well as exercises for stress reduction. Please call to register. *Presented by Christine Rosandich, Certified Nutrition Coach and Valerie Piazza RN, LCPC, C-MI.*

### Kids in the Classroom . . . Cancer in the Family

**Mokena: October 20, 8:30 a.m.-12 p.m.**

A professional seminar for School Social Workers, Counselors, Teachers, Nurses and Principals. *A continuing education program sponsored by The Coleman Foundation. Presented by Lynn Ring, LCSW, LMFT, Coordinator of Child and Family Programs.*

### The Roadmap Home: Your GPS to Inner Peace with author Leonard Szymczak

**Homewood: Friday, October 29, 1-4 p.m.**

Develop self mastery tools to uplift your life and manifest your dreams.

- Break free from your limiting beliefs
- Clarify and create a dynamic vision
- Utilize your natural gifts, passions and abilities
- Improve your health, relationships and finances

Based on *The Roadmap Home: Your GPS to Inner Peace*, which became an Amazon Bestseller in December, this “inner” active program helps you connect with your inner GPS and successfully navigate through life. Mapping exercises, interactive experiences and guided visualizations are some of the processes used on this playful and transformative adventure.

Leonard Szymczak, MSW, LCSW has been a psychotherapist and educator for the past 35 years both in Australia and America. Throughout his life, he has been committed to ongoing personal growth and believes in the power of the individual to overcome adversity and transform one’s life. He writes, conducts seminars and maintains a private practice in Southern California.

*The only courage that matters is the kind  
that gets you from one moment to the next.*

— Mignon McLaughlin

# EDUCATION

**EDUCATIONAL PROGRAMS** are designed to give you information about health, cancer treatment, nutrition and stress management. Please call to register: Homewood (708) 798-9171 or Mokena (708) 478-3529. **Please Note:** Thursday programs in Mokena are presented 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 supper provided with pre-registration.

## Lymphedema, Prevention and Care

**Homewood: Monday, October 11, 6:30-8 p.m.**

The program will discuss risks and symptoms of lymphedema, as well as treatment modalities for women who may be experiencing changes such as swelling in an extremity following the removal of lymph nodes. Lifestyle changes that may prevent lymphedema will be discussed.

*Presented by Carrie Leflar, Physical Therapist, Palos Community Hospital.  
Sponsored by IDPH, Ticket for the Cure.*

## Peripheral Neuropathy

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

Do you have burning stabbing or shooting pain in your arms or legs? You could be experiencing “nerve” pain or peripheral neuropathy. For information to find out if this is what you are experiencing please attend our seminar on Peripheral Neuropathy. This will help you get started on your way to getting relief. *Presented by Lynn Muir, R.N., Ingalls Cancer Clinical Trials.*

## Intimacy, Sexuality and Feminine Identity after Breast Cancer

**Homewood: Monday, October 25, 6:30-8 p.m.**

Breast cancer treatments affect women both physically and emotionally, yet sexuality is a subject that is often difficult to address with your partner and health care team. This program will focus on communication related to intimacy and ways to deal with treatment side effects.

*Presented by Valerie Piazza RN, MA, LCPC.  
Sponsored by IDPH, Ticket for the Cure.*

## How the Fat you Eat Affects your Health

**Mokena: Thursday, October 28, 6:30-7:30 p.m.**

Fat comes in many forms. Learn all the different types of fat in your diet and how to choose healthy fats to prevent disease and assist in minimizing the effects of current medical problems.

*Presented by Ingalls Nutrition Department.*

## Grieving Though the Holidays

**Homewood: Monday, November 1, 6:30-7:30 p.m.**

Join us for an evening of learning, discussion and fellowship as we explore grief during the holiday season. The evening will focus on ways to create a special place for yourself and your grief amid the activity and celebration of the season. *Facilitated by Judy Themer, PsyD.*

## Look Good, Feel Better ®

**Mokena: Monday, November 8, 12-1:30 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. Sponsored by American Cancer Society. Due to the nature of this program, it is limited to 8 people; you must call to reserve a spot. Please note: This class is a one-time only program.

## Family Fun Night: An Attitude of Gratitude

**Homewood: Monday, November 8, 6-7:30 p.m.**

Welcome the Fall season with a fun evening for your family. Explore and express the meaning of “gratitude” as a family through a unique art project, food and fun! This program is for families with children or grandchildren under the age of 18. Please RSVP for this event.

*Sponsored by Angels on Assignment.*

## Seasonal Depression or Seasonal Affective Disorder Solutions

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

As the seasons change and we welcome Fall and Winter, daylight time is shorter. The lack of light can create a depressed mood for some individuals as well as the inability to be outside for extended periods of time. Please join us to learn more about SAD, and solutions that can help you cope more effectively. *Presented by Angela Cryan, LPC, Ingalls Health Management Center.*

## Nutrition and Breast Cancer

**Mokena: Monday, November 22, 6:30-8 p.m.**

(During Breast Network Group) Learn about cancer-fighting foods that help build the immune system and minimize side effects during treatment. *Presented by Mary Vaughn, Dietician, Ingalls Health Systems.  
Sponsored by IDPH, Ticket for the Cure.*

## Mindful Meditation & Wellness Programs

**Mokena: Thursday, December 9, 6:30-7:30 p.m.**

Stress reduction, peace and harmony within your self are just a few of the many benefits you will receive from Mindful Meditation.

*Presented by Karen Nielsen, Yoga Therapist, Ingalls Wellness Center.*

## Healthy Holiday Cooking

**Homewood: Monday, December 13, 6:30-8 p.m.**

Good nutrition doesn't have to stop during the holidays. Learn how to meet your body's nutritional needs by making food choices that support good health. Healthy holiday recipes will be demonstrated.

*Presented by Christine Rosandich, Certified Nutrition Coach, Plant Based Nutrition Certification.*

## Holiday Open House

**Homewood: Monday, December 6, 6-8 p.m.**

**Mokena: Wednesday, December 8, 6-8 p.m.**

Every December we come together to offer an evening of fellowship and inspiration. Join us for singing, great food and celebration.

Special holiday craft for children/families at both locations. Please RSVP by November 29th. *Homewood food and activity sponsored by Angels on Assignment.*

# October 2010

Homewood: (708) 798-9171 Mokena: (708) 478-3529

H = Homewood Programs; M = Mokena Programs; J = Call to Register

Monday	Tuesday	Wednesday	Thursday	Friday
				1  Walk of Hope! on Sunday the 3rd  Knit/Crochet Circle: 10-11:30 H
4  Teen Scene: 4-5 M J Yoga: 4-5 H	5  Daytime and Evening Support Group: H J Empowered: 10:30-11:45 M Yoga: 4-5 M	6  Yoga: 10-11 M Tai Chi: 11:30 H Meditation: 12-1 H Ovarian Cancer Forum: 4:30-6 H Breast Cancer: 6:30-8 H	7  Meditation: 10-11 M Daytime Support Group: M J Kids Club: 4-5 M J Brain Tumor Network: 6-8 M	8  Knit/Crochet Circle: 10-11:30 H
11  Teen Scene: 4-5 M J Yoga: 4-5 H Lymphedema Prevention and Care: 6:30-8 H J	12  Daytime and Evening Support Group: H J Empowered: 10:30-11:45 M Yoga: 4-5 M	13  Yoga: 10-11 M Tai Chi: 11:30 H Meditation: 12-1 H Multiple Myeloma: 7-8:30 H	14  Meditation: 10-11 M Daytime Support Group: M J Kid's Club: 4-5 M J Peripheral Neuropathy: 6:30-7:30 M J	15  Knit/Crochet Circle: 10-11:30 H
18  Teen Scene: 4-5 M J Yoga: 4-5 H	19  Daytime and Evening Support Group: H J Empowered: 10:30-11:45 M Yoga: 4-5 M	20  No Yoga Tai Chi: 11:30 H Meditation: 12-1 H Kids in the Classroom: 8:30-12 M J Lymphoma Forum: 7-8:30 H Sisters Network: 7- 8:30 H	21  Meditation: 10-11 M Daytime Support Group: M J Kid's Club: 4-5 M J	22  Knit/Crochet Circle: 10-11:30 H
25  Teen Scene: 4-5 M J No Yoga Sexuality and Cancer: 6:30-8 H J	26  Daytime and Evening Support Group: H J Empowered: 10:30-11:45 M Yoga: 4-5 M	27  Yoga: 10-11 M Tai Chi: 11:30 H Meditation: 12-1 H	28  Meditation: 10-11 M Daytime Support Group: M J Kid's Club: 4-5 M J Fat & Nutrition: 6:30-7:30 M J	29  Knit/Crochet Circle: 10-11:30 H Half-Day Workshop: 1-4 H J



## 12<sup>th</sup> Annual Walk of Hope

Homewood, Illinois...Join us in the spirit of "people helping people!"

The Cancer Support Center's Walk of Hope raises funds to provide FREE programs for people and their families fighting cancer. Pick the best route for you. We offer a 5-mile, 3-mile, 1-mile or 10-Step route. Our "HOPE" is that each walker will raise \$100 or more! Register online at [www.CancerSupportCenter.org](http://www.CancerSupportCenter.org) or by calling The Center at (708) 798-9171.

# November 2010

Homewood: (708) 798-9171 Mokena: (708) 478-3529

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Teen Scene: 4-5 M ☎ No Yoga Grieving Through the Holidays: 6:30-7:30 H ☎	2 Daytime and Evening Support Group: H ☎ Empowered: 10:30-11:45 M Yoga: 4-5 M	3 Yoga: 10-11 M Tai Chi: 11:30 H Meditation: 12-1 H Ovarian Cancer Forum: 4:30-6 H Breast Cancer: 6:30-8 H	4 Meditation: 10-11 M Kids Club: 4-5 M ☎ Daytime Support Group: M ☎ Brain Tumor Network: 6-8 M	5 Knit/Crochet Circle: 10-11:30 H
8 Teen Scene: 4-5 M ☎ LGFB: 12-1:30 M ☎ Yoga: 4-5 H Family Fun Night 6-7:30 H ☎	9 Daytime and Evening Support Group: H ☎ Yoga: 4-5 M	10 Yoga: 10-11 M Tai Chi: 11:30 H Meditation: 12-1 H Multiple Myeloma: 7-8:30 H	11 Meditation: 10-11 M Kids Club: 4-5 M ☎ Daytime Support Group: M ☎ Seasonal Depression: 6:30-7:30 M ☎	12 Knit/Crochet Circle: 10-11:30 H
15 Teen Scene: 4-5 M ☎ No Yoga	16 Daytime and Evening Support Group: H ☎ Yoga: 4-5 M	17 Yoga: 10-11 M Tai Chi: 11:30 H Labyrinth Meditation: 12-1 H Lymphoma Forum: 7-8:30 H Sisters Network: 7-8:30 H	18 Labyrinth Meditation: 10-11 M Kid's Club: 4-5 M ☎ Daytime Support Group: M ☎	19 Knit/Crochet Circle: 10-11:30 H
22 Teen Scene: 4-5 M ☎ Yoga: 4-5 H Nutrition and Cancer Breast Cancer: 6:30-8 M	23 Daytime and Evening Support Group: H ☎ Yoga: 4-5 M	24 No Yoga Tai Chi: 11:30 H Meditation: 12-1 H Center Closes at 2 pm	25 Center Closed	26 Center Closed
29 Teen Scene: 4-5 M ☎ Yoga: 4-5 H	30 Daytime and Evening Support Group: H ☎ Yoga: 4-5 M			

## Knock-em-Down Bowl-a-Thon

Sunday, November 14th at Thunder Bowl, 18700 Old LaGrange Blvd., Mokena

Join us from 1:30 to 4:30 p.m. as we Bowl for Bucks!

Grab your friends, family members or co-workers and form a team to "knock-em-down" for The Cancer Support Center. Teams must have 6 members. \$25 per team member, with a fundraising goal of \$75 per member. All proceeds benefit The Cancer Support Center. Call (708) 798-9171 or visit [www.CancerSupportCenter.org](http://www.CancerSupportCenter.org) for more information.



# December 2010

Homewood: (708) 798-9171 Mokena: (708) 478-3529

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Yoga: 10-11 M Tai Chi: 11:30 H Meditation: 12-1 H Ovarian Cancer Forum: 4:30-6 H Breast Cancer: 6:30-8 H	2 Meditation: 10-11 M Kids Club: 4-5 M ☎ Daytime Support Group: M ☎ Brain Tumor Network: 6-8 M	3 Knit/Crochet Circle: 10-11:30 H
6 Teen Scene: 4-5 M ☎ No Yoga Holiday Open House: 6-8 H ☎	7 Daytime and Evening Support Group: H ☎ Yoga: 4-5 M	8 Yoga: 10-11 M Tai Chi: 11:30 H Meditation: 12-1 H Multiple Myeloma: 7-8:30 H Holiday Open House: 6-8 M ☎	9 Meditation: 10-11 M Daytime Support Group: M ☎ Kids Club: 4-5 M ☎ Mindful Meditation & Wellness Programs: 6:30-7:30 M ☎	10 Knit/Crochet Circle: 10-11:30 H
13 Teen Scene: 4-5 M ☎ Yoga: 4-5 H Healthy Holiday Cooking: 6:30-8 H ☎	14 Daytime and Evening Support Group: H ☎ Yoga: 4-5 M	15 Yoga: 10-11 M Tai Chi: 11:30 H Meditation: 12-1 H Lymphoma Forum: 7-8:30 H	16 Meditation: 10-11 M Daytime Support Group: M ☎ Kid's Club: 4-5 M ☎	17 Knit/Crochet Circle: 10-11:30 H
20 Teen Scene: 4-5 M ☎	21 Daytime and Evening Support Group: H ☎ Yoga: 4-5 M	22 No Programs Today Center Closes at 2 pm	23 Center Closed	24 Center Closed
27 Break Week	28 Break Week	29 Break Week Center Closes at 2 pm	30 Center Closed	31 Center Closed



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.

## 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](mailto:stories@cancersupportcenter.org)



## Relax... Breathe.

### THE JOY OF GIVING AND RECEIVING: THE KEY TO LIFE

Teaching people how to breathe is an example of the kind of help we provide at The Cancer Support Center. Even though we teach breathing as a calming and stress reduction technique to deal with the side effects of cancer, we believe that these techniques are ideal for leading a healthy life with or without cancer. This breathing exercise may help you to calm and ease your everyday stress. Studies have shown that proper breathing can improve concentration, eliminate toxins, strengthen the immune system and reduce stress. Breathing is the only means to supply our bodies with the oxygen, which is vital for our survival.

Breathing is essential — *it is life.*

### A Relaxing Breath Exercise

During this deep breathing exercise it is important to keep the trunk of your body relaxed. Try not to tense or tighten the muscles in your rib cage. Take several slow natural breaths, as you get ready for this exercise. Be gentle and relax into your breath.

### Inhale

Begin by inhaling the breath into the belly. Consciously expand your belly as you inhale as if you are inflating a balloon. This contracts the diaphragm and expands the capacity of the lungs. Then let your breath continue to rise up through the rib cage, filling up your sides until you feel the top of the lungs underneath your collarbones inflate. With each breath try to imagine filling up your lungs even further to the sides and top.

### Exhale

Begin exhaling at the top of your lungs, as the air releases the collarbones lower. Slowly release the air from your lungs. Imagine this part as if pouring a glass of water. If you pull in your abdominal muscles it will help, you exhale more air. Think of pulling your belly button toward your spine. Emptying your lungs more fully will allow you to increase the lung capacity for the next inhale. Practice every day and you will have a useful tool always with you.

Just like the breath for a body, people like you are vital for our survival. If you can, please consider a gift and help us continue the work we are doing for others in our community facing a cancer diagnosis. The free support and integrative health programs provided to individuals and families that are dealing with a diagnosis of cancer helped thousands of people in our community. In 2009, The Center provided over 11,000 service hours with over 7,500 visits by individuals and families.

### How your gift can help...

- \$25 buys 2 books or other resources for the Library
- \$75 purchases supplies for the Child and Family or other programs
- \$100 sponsors 1 hour of counseling for individuals or families
- \$150 purchases 3 wigs for women with treatment related hair loss
- \$250 supports a week of support groups
- \$500 sponsors an entire week of integrative whole-body health programs



### NEED A SPECIAL GIFT FOR THAT SPECIAL SOMEONE?

Shop and consign at The Village Door, a unique shop of the finer things, at 2019 Ridge Road in downtown Homewood. All proceeds benefit the Cancer Support Center's FREE programs for anyone affected by cancer. More information is at [VillageDoor.com](http://VillageDoor.com) or call (708) 798-8665.

Shop The HOLIDAY OPEN HOUSE on Sunday, November 14, 12 to 3 p.m.



### Need a Speaker??

If you'd like a representative from The Cancer Support Center to speak to your group, please call Cynthia Turnquest at (708) 798-9171. This is a free program, and we're always looking for new audiences!



MELISSA BARRETT

## Growing Together

I'm honored to introduce myself as the new Executive Director for The Cancer Support Center. In the past several months, I have had the opportunity to meet some amazing individuals and their families facing the most difficult journey of their lives. I'm fortunate to watch incredibly talented staff assess and meet those needs while continuing to work toward our goal of growth and accessibility to anyone who has heard that life changing phrase "you have cancer". In 2008, The Center's Board of Director's adopted a three year strategic plan to set the path for increased awareness and resources and we have made great strides to meet those benchmarks. For example, we are now reaching our community on Facebook with tips and tools for better living with cancer.

As we continue to look to the future, we are also focusing on the immediate needs of our Center as well. Last year the generosity of so

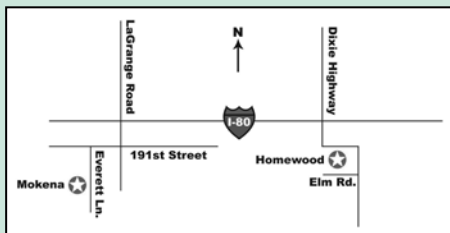
many raised over \$925,000 for our programs and services and we're on target to increase that this year. The generosity of our donors and partnering organizations makes the work we do possible.

I hope that you will take the opportunity to stop by my office and introduce yourself. I love hearing stories and getting feedback about how we are doing; that only makes us better. As we look to 2011, I know that, together, we will continue to make The Cancer Support Center the leader in comprehensive cancer support services in the south suburbs. My warmest wishes for a healthy and peaceful holiday season.

Melissa Barrett  
Executive Director

### THE CANCER SUPPORT CENTER

Homewood Location	Mokena Location
2028 Elm Road	19250 Everett Lane
Homewood, IL 60430	Mokena, IL 60448
(708) 798-9171	(708) 478-3529



## The Center's Wish List

### PROGRAM

- Colored or white card stock
- Cases of copy paper (white or color)
- Gift cards to Michaels
- Gift cards to JoAnn Fabrics
- Unscented candles (no pillars please)
- Gift certificates to Aurelio's Pizza
- Gift certificates to Walt's or other grocery stores
- Program underwriting
- Djembe drums
- Digital video camera and digital camera
- CD players (2)
- Sharpie Paint Pens — Ultra Fine Tip
- Easel paper — 26" wide & 32" long
- Blank painting canvas on a frame
- Healthy all-natural juice boxes for kids groups

### BUILDING & HOSPITALITY

- Coffee regular and decaf
- Individually packaged organic herbal tea
- Lysol or bleach wipes
- Utility bill underwriting
- Postage stamps
- Home Improvement store gift cards (Home Depot, Menards)
- Padded folding chairs
- Paper goods, plasticware, cups (no styrofoam please)



## Upcoming Events

Proceeds benefit The Cancer Support Center! Call (708) 798-9171 for more information.

### Center Sponsored Events

#### Donation Days — October 1 & 2

Donation Days for the 12<sup>th</sup> Annual Walk of Hope are held at The Cancer Support Center in Homewood. Register early and/or turn in pledges and donations.

Friday, October 1st from 3 p.m. – 7 p.m.

Saturday, October 2nd from 9 a.m. – 2 p.m.

#### 12th Annual Walk of Hope — Sunday, October 3

Join more than 1,200 walkers, 80 volunteers and many spectators from the Homewood, Flossmoor and surrounding South Suburban communities at Marie Irwin Park in Homewood. Since its inception, the Walk of Hope has raised hundreds of thousands of dollars to benefit our FREE programs of help, hope and healing to those living with and affected by a cancer diagnosis. Register online at [www.firstgiving.com/cancersupportcenter](http://www.firstgiving.com/cancersupportcenter) or call (708) 798.9171.

10:30 a.m. – Registration starts

11:30 a.m. – Kick-off Ceremony starts

12:00 p.m. – All walkers start

12:15 p.m. – Celebration of Hope starts

#### Bamboo Boo<sup>3</sup>: The Revenge of Grady's Ghost — Saturday, October 30

Start thinking of your costume now! The Community Board (formerly the Junior Board) hosts the third Halloween-themed event to be held at Grady's Grille, 18147 Harwood in Homewood on Saturday, October 30. Join this over 21 crowd for a horrifyingly good time from 8 p.m. to midnight. Costumes encouraged!

Prizes awarded. Visit [www.firstgiving.com/boo3](http://www.firstgiving.com/boo3) for tickets or call (708) 798.9171.

#### 3rd Annual Knock-'Em Down Bowl-a-Thon — November 14

Join us Sunday, November 14, 2010 at Thunder Bowl in Mokena from 1:30 p.m. to 4:30 p.m. \$25/person minimum or collect at least \$75 in pledges & donations. Prizes awarded to top fundraisers in various categories.

#### Women's Board Holiday Spirit — November 19 & 20

Join The Women's Board on Friday, November 19th at Olympia Fields Country Club for an elegant cocktail and hors d'oeuvres party with a wine and cheese tasting. Indulge in scrumptious desserts and a coffee and tea tasting too. Saturday, November 20th features holiday festivities, demonstrations, fabulous desserts and fantastic gift vendors for all your holiday shopping needs. For more information, call (708) 798.9171.

#### Take A Bite Out of Cancer

"Take a Bite Out of Cancer" offers community members a dine-out program and an opportunity to support your local restaurants. Up to 20% of all proceeds before taxes and gratuity will benefit the FREE programs at The Center. See [www.cancersupportcenter.org](http://www.cancersupportcenter.org) for more details, or if your restaurant would like to participate, call (708) 798.9171 for information.

Another glorious day of golf in 2010! Join us in 2011 for the 20th Anniversary of the CSC Golf Outing in memory of Steve Fallick.



Boo<sup>3</sup> offers you an opportunity to be whoever you want and support a great cause! Sonny and Cher made an appearance in 2009.

Kids connecting and having fun at the August Family Fun Night at the Kidsworld Children's Museum in Frankfort.



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www.CancerSupportCenter.org

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Non-Profit  
Organization  
U.S. Postage

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Permit No. 6  
Homewood IL

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



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

**WE'RE GOING GREEN!**

Help The Center save money (and trees!) by  
receiving this newsletter electronically. Please  
email [GoGreen@CancerSupportCenter.org](mailto:GoGreen@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.

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