

THE Cancer Support CENTER

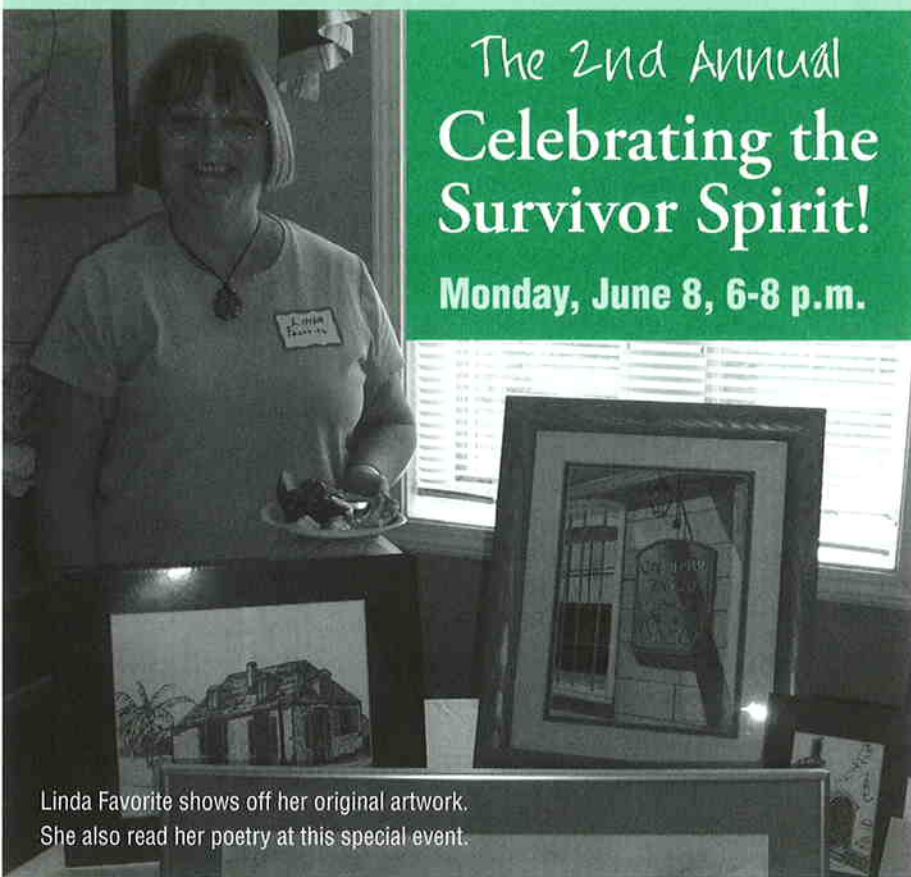
HOMEWOOD (708) 798-9171

MOKENA (708) 478-3529

APRIL TO JUNE 2009

JOIN OTHERS WHO ARE INSPIRED TO LIVE BETTER WITH CANCER BY NURTURING THE MIND, BODY AND SPIRIT.

The 2nd Annual
Celebrating the
Survivor Spirit!
Monday, June 8, 6-8 p.m.



Linda Favorite shows off her original artwork.
She also read her poetry at this special event.

Open Mic Night, Exhibits, Food & Friendship!

Last year's event drew 50 people in Homewood to one of the most inspiring and entertaining nights of the year. Don't miss this great event! The cancer journey is a life-changing experience, whether it is a personal diagnosis or someone we love has been diagnosed. At these challenging times, we often look to those things in our life that bring out our strength, joy, and creativity...things that inspire us to live and persevere. Maybe painting, playing an instrument, writing poetry, or a special song. Come and share your written word or bring your photos or paintings to display. You are welcome to come as a presenter or simply to be inspired. We look forward to seeing our friends from last year and new faces as well! Sponsored by Angels on Assignment; kids welcome! Call Megan at (708) 798-9171 if you are interested in participating by May 26.

EDUCATION

EDUCATIONAL PROGRAMS are designed to 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.

Cancer-Kicking Fruits & Vegetables

Thursday, April 9, 6:30-7:30 p.m. in Mokena

Fruits and vegetables contain powerful antioxidants, vitamins and minerals, that play an essential role in preventing and treating cancer. This presentation will explain what antioxidants are, and in what foods they can be found. Recipes containing antioxidant-filled fruits and vegetables also will be available. Free light supper with pre-registration to (708) 478-3529.
Speaker: Mia Marconi, Ingalls Food & Nutrition Department

Daytime! Nutrition During Treatment

Monday, April 13, 4-5 p.m. in Homewood

Nutrition plays a key role in improving cancer treatment outcomes. Learn more about ways that will help you during cancer treatment. Information on nausea control and appetite stimulation will be covered. *Speaker: Sydney Jacobsen, Ingalls Food & Nutrition Department*

Continuum of Care

Thursday, April 23, 6:30-7:30 p.m. in Mokena

We will explain the difference between private duty and home health services and the benefits of each. Learn what is covered under Medicare Home Health and Hospice benefits. Learn about the coverage guidelines and how these options may benefit the patient & family. Free light supper with pre-registration to (708) 478-3529. *Speaker: Renata Cichowicz, Ingalls Home Care*

EDUCATION (Continued on Back Cover)

SUPPORT

WELLNESS

SUPPORT PROGRAMS — 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. By the mutual sharing of how a person is affected physically, emotionally, socially and spiritually, a group can provide the opportunity for connection, validation, information and understanding.

Weekly Support Groups

Individuals with Cancer — For anyone with a cancer diagnosis, weekly groups designed to help you deal with cancer treatment, stress and emotional coping. Please call for information about our new Wednesday evening group in Mokena. *Tuesdays in Homewood; Wednesdays in Mokena*

Family & Friends — This group encourages self-care through support and education. *Tuesdays in Homewood; Mondays in Mokena*

Children/Teen Groups — Designed for children and young adults who have a loved one with cancer. *Available in Mokena.*

Grief Support Group — Separate, weekly groups for children, teens and adults who have lost a loved one to cancer.

Monthly Networking Groups

Drop-in and get connected. Exchange information with others in a casual setting. No registration required.

Ovarian Cancer Networking — 5-6:15 p.m. Homewood

Wednesdays: April 1, May 6, June 3

Breast Cancer Forum — 7-8:30 p.m. Homewood

Wednesdays: April 1, May 6, June 3

Caregivers Networking — 6:30-8 p.m. Mokena

Mondays: April 6 & 20, May 4 & 18, June 1 & 15

Multiple Myeloma Networking — 7-8:30 p.m., Homewood

Wednesdays: April 8, May 13, June 10 (*Caregivers welcome*)

Lymphoma Networking — 7-8:30 p.m. Homewood

Wednesdays: April 15, May 20, June 17 (*Caregivers welcome*)

Young Adults Facing Cancer — 6:30-8 p.m. Homewood

Mondays: April 20, May 18, June 15

Sisters Network®* — 7-8:30 p.m. Homewood

Thursdays: April 16, May 21, June 18

*Sisters Network is a national organization for African American women with breast cancer.

Pancreatic Cancer Networking — 7-8:30 p.m. Homewood

Wednesdays: April 22, May 27, June 24 (*Caregivers welcome*)

Sponsored by the Rolfe Pancreatic Cancer Foundation

Breast Cancer Networking — 6:30-8 p.m. Mokena

Mondays: April 27, No May meeting, June 22

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!

Stress-Management Support Group

Homewood: Tuesdays, 10-11:30 a.m., April 7- May 26

Facilitated by Judy Themer, PsyD

This 8-week drop-in group will focus on various techniques to increase awareness and empowerment to manage stress. Topics discussed will include progressive muscle relaxation, guided imagery, assertiveness, journaling, nutrition, exercise, anger management, and how thoughts affect feelings.

Knit and Crochet Circle

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

Materials provided. Basic instruction provided by other members.

Mindfulness Meditation & Discussion

Homewood: Wednesdays, 11:30 a.m.-12:30 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 outdoor labyrinth walk, Thursday, May 28. We will practice "walking meditation" at the labyrinth at St. Francis Woods, 9201 W. St. Francis Road, Frankfort, (*weather permitting* — call Val at (708) 798-9171 for details). The walking meditation substitutes the regular class in Mokena.

Yoga for (Healing) Cancer

Mokena: Wednesdays 10:30-11:30 a.m.

Instructed by Lisa Schneider, LCPC

Homewood: Fridays 2-3 p.m.

Instructed by Jaya Adiga, MD

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.

New Yoga Class: Six Weeks of Awareness, Breath and Movement

Homewood: Mondays, 4-5 p.m. May 11-June 22

Instructed by Lisa Schneider, LCPC

Each week will have specific focus for deepening your understanding of yoga and its role in healing the mind, body and spirit. A gentle practice for a more peaceful you.

Therapeutic Touch

30-minute, fully clothed sessions by appointment. Priority given for those in treatment. (Because of limited volunteer availability, there is a limit of one session per month.)

• Healing Touch and Reiki: Hands-on energy treatments

Faye's Light Mini Spa

Mokena: 1st and 3rd Fridays 9-1 p.m.

Faye's Light provides free massages, manicures/pedicures, facials and Reiki (energy work) to cancer patients currently in treatment. Services are provided by licensed and/or certified professionals. Call Vicky at (708) 431-3643 for an appointment.

THE CANCER SUPPORT CENTER

www.CancerSupportCenter.org

Homewood Location Mokena Location

2028 Elm Road

Homewood, IL 60430

(708) 798-9171

19250 Everett Lane

Mokena, IL 60448

(708) 478-3529

Non-Profit
Organization
U.S. Postage

PAID
Permit No. 6
Homewood IL

EDUCATION *(Continued from Front Cover)*

Family Program: Discovering the Ties that Bind

Monday, April 27, 6-8 p.m. at Art 4 Soul

This is a special program for families with children to go to Art 4 Soul studio in Homewood to paint pottery that reflects your family and the ways your family is strong through adversity. Each family member will make a mug that will be yours to keep after the firing process. No painting experience required. This program is for families affected by cancer with children 18 and under. This program is sponsored by Angels on Assignment. Registration required (708) 798-9171. *Facilitated by Brian Hanna, MS, and Valerie Piazza, RN, MA, LCPC.*

Look Good, Feel Better®

Monday, May 11, 6:30-8 p.m. in Homewood

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. Due to the nature of this program, it is limited to 8 people; you must call (708) 798-9171 to reserve a spot. This class is a one-time only program. Sponsored by the American Cancer Society.

The Science of Happiness

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

Learn about the beneficial effects happiness can have on your treatment outcome. Learn simple techniques on achieving happiness, turning negatives into positives, maintaining a good attitude and making each day count. Free light supper with pre-registration to (708) 478-3529. *Speaker: Cathy Goodman, Ingalls Home Care*

Us TOO: Prostate Cancer Meeting — Addressing Incontinence

Thursday, May 28, 6:30-7:30 p.m. in Mokena

Ingalls is pleased to offer a second location of the renowned Us TOO prostate cancer support and education group, convenient to residents of the southwest suburbs. Please call (708) 478-3529 to register. Includes free light supper.

The 2nd Annual “Celebrating the Survivor Spirit”

Monday, June 8, 6-8 p.m.

Open Mic Night, Exhibits, Food & Friendship! At these challenging times, we often look to those things in our life that bring out our strength, joy, and creativity...things that inspire us to live and persevere. Maybe painting, playing an instrument, writing poetry, or a special song. Come and share your written word or bring your photos or paintings to display. You are welcome to come as a presenter or simply to be inspired. See cover story for details.

Nutrition During Treatment

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

Nutrition plays a key role in improving cancer treatment outcomes. Learn more about ways that will help you during cancer treatment. Information on nausea control and appetite stimulation will be covered. Free light supper with pre-registration to (708) 478-3529. *Speaker: Aisha Nix, Ingalls Food & Nutrition Department*

Daytime! Ask the Dietician

Thursday, June 18, 2:30-4 p.m. in Homewood

A question and answer session with an oncology dietician from Ingalls Health System. This is your opportunity to talk in a casual group with a dietician who can discuss what to eat and how it may affect your cancer experience. *Presenter: Angela Beran, RD, LDN*

The 5 Wishes: The Intimate Living Will

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

What are your wishes regarding your personal, emotional and spiritual needs as well as your medical wishes for the future? The 5 Wishes is a legal but gentle approach to life planning. *Presented by a representative from Horizon Hospice and Palliative Care*

Please Note: Thursday programs are presented by Ingalls Health System as part of their commitment to the Mokena location and are sponsored by the Richard K. Desser, MD, Fund. On Thursdays, light supper is provided with pre-registration.

April 2009

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
		Ovarian Cancer: 5-6:15 H Breast Cancer Network: 7-8:30 H Break Week	Professional Dinner: 5:30-8 H 📞	3
	6	7	8	9
Caregiving Network: 6:30-8 M	Stress Management: 10-11:30 H	Yoga: 10:30-11:30 M Meditation: 11:30-12:30 H Multiple Myeloma: 7-8:30 H	Meditation: 10-11 M Cancer Kicking Nutrition: 6:30-7:30 M 📞	Good Friday — Center Closed
13	14	15	16	17
Nutrition During Treatment: 4-5 H 📞	Stress Management: 10-11:30 H	Meditation: 11:30-12:30 H Yoga: 10:30-11:30 M Lymphoma Forum: 7-8:30 H	Meditation: 10-11 M Sisters Network: 7-8:30 H	Knit/Crochet Circle: 10-11:30 H Gentle Yoga: 2-3 H Faye's Light: 9:30-1:30 M 📞
20	21	22	23	24
Caregiving Network: 6:30 M Young Adults: 6:30-8 H	Stress Management: 10-11:30 H	Yoga: 10:30-11:30 M Meditation: 11:30-12:30 H Pancreatic Forum: 7-8:30 H	Meditation: 10-11 M Continuum of Care: 6:30-7:30 M 📞	Knit/Crochet Circle: 10-11:30 H Gentle Yoga: 2-3 H
27	28	29	30	
Breast Cancer Network 6:30-8 M Family Program: 6-8 H 📞	Stress Management: 10-11:30 H	<i>No Meditation H</i> SPECIAL TIME! Yoga: 9:30-10:30 M Hospice Foundation of America Teleconference: 12-4 M	<i>No Meditation M</i>	

Professional Opportunities...

2nd Annual Health Professionals' Dinner

Thursday, April 2, 5:30-8 p.m. in Homewood

Oncology healthcare professionals are invited to this educational evening to keep updated about the programs offered by The Cancer Support Center. Come network with other professionals and learn about how research shows, and participants' feedback proves, support services are vital to survivorship through cancer treatment and beyond.

National Teleconference

Wednesday, April 29, 12-4 p.m. in Mokena

The Cancer Support Center will be a hosting site of the 16th Annual National Bereavement Teleconference, "Diversity and End-of-Life Care." A distinguished panel of practitioners, educators and hospice experts will examine how diversity influences end-of-life decision-making and the impact that culture may have at the time of death and during bereavement. Please register at www.hospicefoundation.org/teleconference/. Continuing Education credits are available. *Sponsored by Heartland Hospice.*