It's time to...

Kick IT, CANCER!

at our community forum.

If your life has been touched by cancer and you are in need of support, check out this program to learn what The Cancer Support Center can do for you.
University of Chicago Medicine - Ingalls completed a health and wellness assessment of the residents who live in their geographic service area. This assessment focused on the health needs of this larger community. Though there were a number of very critical needs the primary physical disease that nearly every single age group identified as the leading cause of death is cancer. This staggering fact is a call for immediate and resounding action.

In these communities, cancer is truly a silent killer. We must come together to stand up to cancer and take save our lives, and those who we love, from this disease. It’s it time to Kick It!

An Adult-Lead Focus Group found that...diabetes and cancers were raised as most pressing health issues along with mental health.

Senior Cancer Data has shown...diagnosis rates for seniors in the University of Chicago Ingalls service area are in line with the rest of the south suburbs but slightly above the rate for Cook County. The diagnosis rate for prostate, lung, and colorectal cancer are significantly higher than both benchmarks.

Underlying Cause of Death by a Disease

<table>
<thead>
<tr>
<th>Age Group</th>
<th>#1 Cause</th>
<th>#2 Cause</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 1 - 17</td>
<td>Cancer</td>
<td>Congenital Malformations</td>
</tr>
<tr>
<td>Ages 18-24</td>
<td>Cancer</td>
<td>Heart Disease</td>
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<tr>
<td>Ages 25-44</td>
<td>Heart Disease</td>
<td>Cancer</td>
</tr>
<tr>
<td>Ages 45-64</td>
<td>Cancer</td>
<td>Heart Disease</td>
</tr>
<tr>
<td>Ages 65-84</td>
<td>Cancer</td>
<td>Heart Disease</td>
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</tbody>
</table>

*This community need assessment was completed by University of Chicago - Ingalls to have greater awareness and knowledge about how community residents are faring in their area. The results are shared with the UCM - Ingalls Community Advisory Committee which works with their leadership to bring together resources to improve health indicators.*
**Who?**

The Cancer Support Center is here to give strength, guidance, and support to anyone living with a cancer diagnosis, as well as to 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. Offering support to marginalized and low-income or underserved individuals in our surrounding communities is at the forefront of our most recent Strategic Plan. We have gathered prominent stakeholders and passionate individuals to come together and work towards reducing the mortality rate of cancer in these impacted areas.

**What?**

Kick It Cancer’s mission was designed to reduce high mortality rates in underserved communities throughout South Chicagoland by providing increased access to care and ongoing support to anyone with cancer. Our vision and overarching goal are to increase breast and prostate cancer screenings within these communities through the promotion of early detection and prevention. With the support of our healthcare partners, local community leaders, and our neighbors, we strive to build healthy partnerships and collaboration that will enhance the quality of life in the communities we serve.

**Why?**

According to community assessments done by UCM-Ingalls and Franciscan Hospitals, cancer as the leading cause of death in the communities of Burnham, Hazel Crest, Posen, Riverdale, Chicago Heights, Ford Heights, Park Forest, and Lake County, Indiana respectively. Breast and prostate are most prevalent. We recognize the impact that the healthcare system has on all marginalized communities, and we are charged to narrow the gap. We do this by providing more accessible resources, support, and community networks that will grow the number of screenings in these neighborhoods.

**How?**

We do this by entrenching ourselves within these communities. We promote prevention, education, and screening access by making direct connections and networking with community leaders and residents. Anyone impacted by a cancer diagnosis will be offered individualized case management and supportive services at The Cancer Support Center. This ensures they are able to overcome any barriers to accessing proper long-term care, and as a result, reduce the mortality rates in underserved communities. As support heightens, this program will continue to expand to many more impacted communities in South Chicagoland.

2028 Elm Road Homewood, Illinois 60430 708. 798. 9171
19645 S. LaGrange Road Mokena, Illinois 60448 708. 478. 3529

www.CancerSupportCenter.org
Let's walk this journey together.

In Homewood, Mokena, or Anywhere You Are at www.cancersupportcenter.org

Homewood Location
2028 Elm Road, Homewood, IL 60430 | (708) 798-9171

Mokena Location
19645 S. LaGrange Road, Mokena, IL 60448 | (708) 478-3529

WHAT DOES "QUALITY OF LIFE" MEAN?

92% of CSC participants agreed or strongly agreed that CSC programs improved their quality of life. What does that mean? At CSC, quality of life is more nuanced than if a person is simply "feeling better." We measure our success through many variables. Here's what our surveyed participants said their programs' top benefits were when asked multiple choice questions in a 2021 survey.

Counseling & Stress Management:
65% felt less stressed.
49% felt more hopeful about their illness or the illness of a loved one.
49% felt more able to cope with their own illness or the illness of a loved one.

Education & Networking:
86% received vital emotional support through networking groups.
65% felt less isolated in their or their loved one's battle with cancer.
65% felt they learned coping skills through educational programs.

Fitness:
87% felt that consistent physical activity through our programs improved their life.
71% gained increased flexibility and strength.

Nutrition:
85% learned to be more mindful about eating healthy foods.
63% made changes to their daily eating habits.

Body Image:
57% felt increased self-confidence.

OUR MISSION

The Cancer Support Center exists to provide strength, guidance, and support to anyone impacted by cancer - whoever and wherever they are.

Our evidence-based programs and services are created and delivered personally, virtually and in ideal settings by professional therapists, counselors, nutritionists, and healthcare experts and our resources are available and accessible to all through many communities, channels, and tools.

We are able to provide all of this at no cost to our participants near and far because of the dedication of our donors, benefactors, volunteers, and friends who know how critical this depth of support is for people to not just survive, but to thrive.
LEARN ABOUT CSC’S IMPACT THROUGH OUR PARTICIPANTS

Colleen Found Much Needed Hope through Counseling & Support Groups
In late 2020, Colleen's mammogram showed that she had breast cancer, which became invasive from the time of diagnosis to treatment. She tackled the disease and fought like a warrior. When told she was disease free, she fell apart emotionally, felt depressed and fought symptoms of chemo-brain. A friend told her about The Center, and after speaking to a therapist who connected her to a support group that very night, she felt a glimmer of hope. Ongoing therapy and meeting new friends on a similar journey changed everything for her. She says "The Center saved my life." Now Colleen shares her story so others know they are not alone and credits her still being here today to the support provided by CSC.

Christina Needed to Get Moving in our Fitness Programs
Christina was diagnosed with breast cancer through a routine mammogram. When she learned she had cancer, everything stopped. She had surgery and radiation therapy and felt like she was doing alright, but knew she needed something to get her out of the house. Christina saw an article about The Center in the local newspaper, attended the Walk of Hope, and found more ways to participate in our fitness programs to get her body moving again. She urges everyone to get their cancer screenings done because her's saved her life.

Donna Found her Way with our Nutrition & Fitness Programs
Long-time Homewood resident Donna is a thyroid and breast cancer survivor who first came to The Center in 2014. Admitting the difficulties of the pandemic in her personal life, she has regularly attended fitness and nutrition programs in person and has served for many years as a CSC volunteer. What keeps her coming back? The Center’s nutrition and fitness classes keep her on track and motivated.

5 POINT PROGRAMS TELL OUR STORY!

Which supports from our 5 Point model of programs did our participants access in 2021?

Out of 7,128 registered participants, this figure shows the number of participants in each area of our Five-Point Model, our general visits and hospital visits in 2021. Throughout the pandemic, as many fought mental health crises, The Center continued to see huge growth in our Stress Management & Counseling programs, which accounted for nearly 50% of all program visits for the second year in a row with fitness an networking/education providing additional care.
Join us at CSC Homewood to celebrate survivors! Bring family, friends, and a patio chair, and enjoy live music and food Sunday, June 12th from 12 p.m. to 2 p.m.

Spring Special Programs By Date

Registration is required for ALL programs. Call 708-798-9171 (Homewood) or 708-478-3529 (Mokena) to register for in-person programs, visit www.cancersupportcenter.org/list-of-programs, or scan to register on Zoom. Some programs may only be available to Illinois or Indiana residents. Register to learn more.

Boosting Mood Through Mindful Movement (Virtual)
Friday, June 10 from 10 a.m. to 11 a.m.
It can be tough to stay active no matter the time of year. This can be problematic because activity influences mood. Define mindful movement and find personal motivation for engaging in physical activity. Facilitated by Dr. Rachel Boutte, Psychosocial Oncology Fellow at Rush University.

Control & Track Your Salt, Sugar, and Fat Intake (Hybrid - Homewood or Virtual)
Thursday, June 16 from 1 p.m. to 2:30 p.m.
Did you know that eating large amounts of fat, sugar and salty foods alter the brain's chemistry which in turn can increase cravings? Examine how to break this cycle by learning to replace fat, sugar, and salt with foods that do not trigger the brain or body in a negative way.

15 Superfoods to Keep Your Body & Mind Strong (Hybrid - Mokena or Virtual)
Wednesday, June 22 from 10 a.m. to 11:30 a.m.
We have all heard how ‘superfoods’, packed with essential vitamins, minerals, and antioxidants, can help us improve our health. But which foods can help keep the mind sharp and boost memory? Discover the top 15 superfoods that support both the brain and body.
Education & Networking Groups

Bereavement Group (VIRTUAL)
The 1st and 3rd Thursday of the month from 5 to 6 p.m.

Blood Cancer Networking Group (VIRTUAL)
The 1st Thursday of the month from 4 to 5 p.m.

Brain Tumor Networking Group (HOMEWOOD)
The 2nd Thursday of the month from 6 to 7:30 p.m.

Breast Cancer Networking Group (VIRTUAL)
The 1st Wednesday of the month from 6 to 7:30 p.m.

Caregivers Networking Group (VIRTUAL)
The 3rd Tuesday of the month from 5 to 6 p.m.

Colorectal Cancers Group (VIRTUAL)
The 2nd Monday of the month from 5 to 6 p.m.

Gynecological Cancer Networking Group (VIRTUAL)
The 3rd Wednesday of each month from 12 to 1 p.m.

Lung Cancer Networking Group (VIRTUAL)
The last Wednesday of each month from 12 to 1 p.m.

Men’s Discussion Group (VIRTUAL)
Every Thursday from 12:30 to 1:30 p.m.

Metastatic Breast Cancer Group (VIRTUAL)
The 1st Wednesday of each month from 5 to 6 p.m.

Metastatic Cancer Networking Group (VIRTUAL)
The final Tuesday of each month from 11 a.m. to 12 p.m.

Mother’s Grief Group (VIRTUAL)
The last Thursday of each month from 3 to 4 p.m.

Sista’s of Hope Networking Group (VIRTUAL)
The third Wednesday of every month from 6 to 7 p.m.

Young Adult Breast Cancer Networking Group (VIRTUAL)
The second Wednesday of each month from 5 to 6 p.m.

Counseling & Stress Management

Art Journaling (VIRTUAL)
Email Kelly at kkopale@cancersupportcenter.org to receive a prompt each Thursday in your inbox.

Art Open Studio (HYBRID/Homewood or Virtual)
Every Wednesday from 2 to 3:30 p.m.

Art (HYBRID/Homewood or Virtual)
Every Monday from 2 to 3:30 p.m.

Art (HYBRID/Mokena or Virtual)
Every Tuesday from 2 to 3:30 p.m.

Guided Imagery (VIRTUAL)
Every Friday from 12 to 12:45 p.m.

Journeying Inward: Deep Relaxation for Well-Being & Stress Relief (VIRTUAL)
The third Wednesday of each month from 3 to 4 p.m.

Monday Meditation with Cecil (VIRTUAL)
Every Monday from 1 to 1:30 p.m.

Tibetan Bowl (MOKENA)
Every other Tuesday from 9:30 to 10:15 a.m.

Body Image Programs
The Cancer Support Center wig boutique provides high-quality wigs in a wide range of styles, colors, and textures to those experiencing hair loss. Contact us via email (csc@cancersupportcenter.org) or by phone at 708-798-9171 or 708-478-3529 to schedule a fitting.

Fitness & Physical Wellness

Chair Yoga with Cecily (VIRTUAL)
Every Monday from 12 to 1 p.m.

Gentle Floor Yoga Nidra with Karen (HYBRID/Mokena or Virtual)
Every Tuesday from 11 a.m. to 12 p.m.

This class begins with gentle yoga that focuses on alignment, strength, and balance followed by a guided meditation intended to induce further relaxation.

Moves That Matter (HYBRID/Homewood or Virtual)
Every Tuesday from 2 to 3 p.m.

This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention, pain management and joint and gross stability.

Gentle Yoga with Marcela (HYBRID/Homewood or Virtual)
Every Tuesday from 2 p.m. to 1 p.m.

Yoga for Healthy Movement (MOKENA)
Every Thursday from 12 p.m. to 1 p.m.

Zumba Gold with Lori (VIRTUAL)
Every Monday from 8 to 9 a.m.

Zumba Gold is a lower impact, easy to follow Latin-inspired dance fitness party that keeps you in the groove of life.

Zumba Gold with Denise (HYBRID/Homewood or Virtual)
Every Monday and Wednesday from 11 a.m. to 12 p.m.

Zumba On Demand (VIRTUAL)
Stream-able every Friday from 7 a.m. to 7 a.m. Saturday
Visit www.cancersupportcenter.org/list-of-programs and click the program name. Use code “cscgld” to access each class.

Visit www.cancersupportcenter.org/list-of-programs for details about our monthly special programs, including nutrition, fitness, education, and more!