

JANUARY

FEBRUARY

MARCH

APRIL

WINTER  
2019

Cancer  Wellness Center  
Barbara Kassel Brotman House

# program guide



Through supportive care and education,  
the Center seeks to improve the emotional and physical  
well-being of people affected by cancer.

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**g** Indicates Program is held at **Grayslake Location**

### Welcome to Cancer Wellness Center.

For 30 years, the Cancer Wellness Center has been dedicated to improving the lives of individuals impacted by a cancer diagnosis. The Center's services are available **free of charge** to patients, survivors and their loved ones, as well as, those who are bereaved. By offering a variety of programs and services, the Center seeks to empower those affected by cancer to enhance the quality of their lives. The Center's programming, including supportive care, education and wellness programs, are provided by a clinical staff of licensed mental health professionals, as well as professional volunteers who donate their time and expertise.

### New to the Center? Start here

In order to connect to programs and services at the Center, please contact Katie Hull, LCSW, Clinical Intake Associate to complete a brief intake interview. Katie can be reached Monday through Wednesday at (847) 562-4981 or [khull@cancerwellness.org](mailto:khull@cancerwellness.org).

### How to Register for Programs and Events

- 1 Web** Visit our website at [www.cancerwellness.org](http://www.cancerwellness.org)
- 2 Call** Call (847) 509-9595 during regular business hours.
- 3 Walk-in** Visit our Northbrook location and stop by the front desk.

### Locations and Hours

#### Northbrook

215 Revere Drive  
Northbrook, IL 60062

#### Hours

Monday: 9:00 am - 5:00 pm  
 Tuesday – Thursday: 9:00 am - 7:00 pm  
 Friday: 9:00 am - 3:00 pm

#### Grayslake

Wildwood Presbyterian Church  
 18630 W. Old Gages Lake Rd.  
 Grayslake, IL 60030

#### Hours

Tuesdays: 1:00 - 7:00 pm

### Announcements

The Center's Northbrook and Grayslake locations will be closed Tuesday, January 1.

## FEATURED PROGRAMS

### Palliative Care: Who Is it For and How It Can Help

Thursday, February 21, 6:00 – 7:30 pm



Martha Twaddle, MD

*Martha Twaddle, MD, Northwestern Medicine*  
Dr. Martha Twaddle, Medical Director of Palliative Care and Supportive Medicine for Northwestern Medicine

and a national expert in the field, will discuss the role and value of supportive care alongside cancer treatments to increase patients' quality of life and resiliency while in treatment. She will review outcomes of the integration of early supportive care, explain the difference between palliative care and hospice, and discuss how patients can better understand their care options.

### The Healing Clinic Presents: Medical Cannabis Unraveled

Tuesday, February 26, 6:30 – 8:00 pm

**g** Grayslake Location



Feliza Castro

*Feliza Castro, CEO & Founder of The Healing Clinic*

Join Feliza Castro, Principal Advocate at The Healing Clinic, as she discusses the history of medical cannabis in the U.S., the current laws, and patient rights. Participants will learn how to talk to their physicians about medical cannabis and whether the use of medical cannabis is right for them. The presentation will include medical research findings, case studies, and real patient testimonies and experiences.

### Using Cold Caps to Reduce Hair Loss

Thursday, March 7, 6:00 - 7:30 pm



Sigrun Hallmeyer, MD

*Sigrun Hallmeyer, MD, Advocate Medical Group*

Dr. Sigrun Hallmeyer, medical oncologist, will discuss the mechanism of scalp cooling to reduce hair loss from chemotherapy. Dr. Hallmeyer will discuss hair loss and its effects on patient well-being, review the latest data on this new therapy and give information on the Dignicap system that she uses with her patients.

### Updates in Colon Cancer Treatment

Monday, March 11, 6:00 - 7:30 pm



Matthew Adess, MD

*Matthew Adess, MD, NorthShore University HealthSystem*

Join Dr. Matthew Adess, medical oncologist and Medical Director of the Kellogg Cancer Center at NorthShore Highland Park Hospital, as he presents the latest research and updates on the treatment of colon cancer. He will review genetic and hereditary factors and the role of immunotherapy, the molecular profiling of tumors, and new treatments. He will also discuss changes in screening recommendations for colon cancer. Time for Q & A will be included.

### Managing Treatment-Related Side Effects

Tuesday, April 9, 6:00 – 7:30 pm

**g** Grayslake Location



Daniel Dammrich, MD

*Daniel Dammrich, MD, Northwestern Medicine*

Following cancer treatment, like chemotherapy, many patients experience treatment-related symptoms and side effects. Common side effects include pain, nausea, numbness, and skin toxicity. Join Dr. Dammrich as he addresses these and other physiologic symptoms. Dr. Dammrich will also discuss ways of communicating your symptoms to your medical team, and early treatment options when symptoms are best managed. The lecture will be followed by a question and answer session.

### Resilience, Mindfulness, and Personal Transformation Through Illness

Wednesday, April 17, 5:30 - 7:00 pm



Pooja Saigal, MD

*Pooja Saigal, MD, NorthShore University HealthSystem*

Stress is a natural mental and physical reaction that many of us experience. In this lecture, Dr. Pooja Saigal will address the physiological effects of stress on the mind and body from a medical perspective. She will also discuss methods of managing and reducing stress, such as mindfulness, mind-body techniques, and personal transformation.

## Did You Know?

The Cancer Wellness Center's new website features a collection of recorded lectures. Check out our webcasts by going to [www.cancerwellness.org](http://www.cancerwellness.org) and clicking on "Education" under Participants and Families.

If you have a question about a recording, please contact Savina Chacheva at [schacheva@cancerwellness.org](mailto:schacheva@cancerwellness.org).

### Grief Culinary Series: Cooking for One

**Tuesday, January 22, 6:30 - 8:30 pm**

*Priscilla Andrews, MA, LCPC;  
Donna Oldenburg, MA, LPC, NCC;  
Sari Ticker, PsyD*

Bereavement impacts all areas of life, including cooking and mealtime. Feelings such as isolation, depression and grief can lead to skipped meals or unhealthy eating. Commonly, the pain and burden individuals face when preparing a meal or setting a table for one goes unacknowledged. This program works to empower individuals to express their grief in healthy ways while adjusting to a new normal after losing a loved one.

**This program is for individuals who lost a spouse or a partner within the past year.**

### Building Motivation: The Foundation for Positive Change

**Wednesday, January 23, 6:30 - 8:30 pm**

*Priscilla Andrews, MA, LCPC*

Hoping to make a positive change in 2019? Join us for this interactive workshop that will help you learn how to build and sustain the motivation necessary to enact positive changes in your life. Whether your goal is losing weight, changing a negative behavior or enhancing a healthy lifestyle, this program will help you set goals, build a plan for success and learn how to enhance your strengths and avoid pitfalls.

### DIY: Make Your Own Valentines and Greeting Cards

**Sunday, January 27, 1:00 - 3:00 pm**

*Carly Helfand; Barbara Helfand*

Join us for a fun and easy-to-do project, making beautiful handmade greeting cards, including birthday, thank you, and Valentine's Day cards, to send to family and friends. All materials will be provided.

### Navigating Cancer and Your Career: What You Need to Know

**Monday, January 28, 6:30 - 8:00 pm**

*Jennifer Briggs, MSW, LCSW*

This workshop will discuss the impact of a cancer diagnosis on your work-life and how to best navigate the demands of a job throughout cancer treatment and recovery. A brief review of legal rights and insurance options will be discussed, as well as tips for communicating with your supervisor and co-workers, ways to reduce stress in the workplace and helpful information to decide when and how best to re-enter the workforce after extended time off.

### Cancer and PTSD: Surviving and Thriving

**Tuesday, January 29, 6:00 - 7:30 pm**

 **Grayslake Location**

**Monday, April 1, 1:00 - 2:30 pm**

**Northbrook Location**

*Katie Salyer, PsyD*

Post-traumatic stress disorder is a common result of a cancer diagnosis. Join us to learn more about the biology of PTSD, its symptoms, and what you can do to not only survive but thrive after a trauma like cancer.

### Treatment's Done... Now What?

**Thursday, February 7, 1:00 - 3:00 pm**

**Wednesday, April 24, 6:00 - 8:00 pm**

*Priscilla Andrews, MA, LCPC*

Join us as we discuss the common concerns that arise when treatment has ended, and strategies for coping with the transition to being post-treatment. Open to both survivors and their loved ones. This program is ideal for individuals who are approaching the end of treatment, as well as those who have already completed treatment.

### Now What? Remapping Your Life After Loss

**Wednesday, February 20, 6:00 - 7:30 pm**

*Donna Oldenburg, MA, LPC, NCC*

As life nudges you toward new beginnings after a loss, it is normal to be filled with conflicting emotions. You may worry about living alone. You may feel guilty about beginning to date. You may also feel excited to pursue interests that your loved one didn't enjoy. Moving forward and taking risks are scary, but necessary, in order to find your new identity and avoid getting stuck in grief. This session is designed for those who wish to explore topics that often come up later in grieving.

### Be Beautiful: Makeup Tips & Techniques

**Wednesday, February 20,**

**10:30 am - 12:00 pm**

*Rosie Dow, Professional Make-Up Artist*

Using makeup to accentuate your features and look your best can help build self-esteem and increase feelings of well-being during and after cancer treatment. In this workshop, you will learn information on makeup application and how to use products and tools to help you look your best. Participants are encouraged to bring their favorite makeup to the session. Small makeup samples will also be distributed. Group is limited to six participants.

### CWC Book Club

**Wednesday, March 20, 1:00 - 2:00 pm**

*Kimberly Matthews, MA, LCPC*

Please join us for book club where one of our staff members will lead a discussion on a nonfiction or fiction book that addresses relevant questions and thoughts for cancer survivors and caregivers. Participants are asked to check their local library, or purchase the book. A limited number of books will be available in our library for check-out. Our March book will be **The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative** by Florence Williams.

### Finding and Evaluating Medical Information on the Internet

**Thursday, March 21, 7:00 - 8:30 pm**

*Mary Kay Perrenot and Jill Franklin, Reference Librarians, Northbrook Public Library*

Upon receiving a cancer diagnosis, often we turn to the Internet to try and find information. It can be difficult to know how to find trustworthy information from reliable sites. Join us for a program that will give you skills to use when searching the Internet.

### Mahj Madness Night

**Monday, March 25, 7:00 - 8:30 pm**

Join us for a fun evening of Mah Jongg. Bring your card, meet new players and we'll provide the sets and snacks! Sign-up is limited to players with experience only. Those new to Mah Jongg are encouraged to attend the training workshop beginning March 14. *Mahj night is supported by the Stay Strong And Mahj On Foundation.*

## Nutrition Programs

### The Mindful Kitchen

*Deborah Kronenberger, MA, LCPC; Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian*

Our food choices provide a unique opportunity to integrate pleasure and nourishment and to cultivate wellness. Join an intimate group in a unique series to explore how our environment, thoughts, and behaviors regarding food have evolved to shape our current habits today. Participants will gather around the table with a mindfulness counselor and oncology dietitian to discuss how to reconnect with healthy eating. Participants will meet monthly in the Susan Barr Demonstration Kitchen and will learn how to prepare deliciously simple meals that will transform cooking and eating into a healthy positive experience. This group is limited to 12 participants.

**Tuesday, January 15, 1:00 - 2:00 pm**

**Mindful Kitchen: A Guide to the New Year**

**Tuesday, February 19, 1:00 - 2:00 pm**

**Mindful Kitchen: Putting it to Practice**

**Tuesday, March 19, 1:00 - 2:00 pm**

**Slow It Down: The Patient Kitchen**

**Tuesday, April 16, 1:00 - 2:00 pm**

**Spring Renewal: Reconnect with the Origins of Nourishing Food**

### Plant Power: Introduction to Plant Proteins

**Wednesday, January 30, 6:00 - 7:30 pm**

*Vanessa Lennie, MS, RDN, Oncology Dietitian*

Learn more about the power of plants and how to incorporate more healthy plant-based protein into your diet to support a healthy cancer-fighting diet. The dietitian will present an introduction to plant proteins and give strategies for fun, simple swaps to make the dishes you love more nutritious with beans, lentils, and more.

### What to Eat When You Don't Feel Like Eating

**Thursday, February 28, 6:00 - 7:30 pm**

*Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian*

Are you having a hard time eating the foods that you normally enjoy? Sometimes the diagnosis of cancer and the treatments used can cause a loss of appetite and weight loss. The oncology dietitian will explore simple strategies

that may help to stimulate appetite. Participants will learn how to incorporate foods that have bang for their nutritious and calorie buck. Small samples of specific foods and recipes will be offered.

### Grocery Store Tour

**Friday, April 26, 10:00 - 11:00 am**

*Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian*

Building a cancer fighting diet begins at the grocery store. Take an interactive guided tour with the oncology dietitian to learn how to makeover your shopping list to include the most nutritious and delicious options. Participants will learn how to scan labels to decipher which choices are best, and an emphasis on cancer fighting foods will be highlighted. **Registration is limited to 12. Program will be held at Mariano's, 6655 Grand Ave in Gurnee.**

### Connecting the Family

#### Heart Opening Yoga for the Family

**Tuesday, February 5, 5:00 – 6:00 pm**

*Vicki Marchio, RYT; Sari Ticker, PsyD*

Valentine's Day allows us to pause and think about what love means to each of us. Join us for a night of yoga to reflect on self-love and love for others. Family Yoga is a soothing blend of deep, slow moving stretches with supported restorative work, followed by restful meditation. The class is designed to help melt away tension, decrease feelings of stress, as well as increase a sense of calmness and peacefulness in the family. **The program is intended for children ages 5-18 and their families. No previous experience required.**

#### Reiki for the Family

**Monday, February 18, 5:00 - 6:30 pm Part One**

**Monday, March 18, 5:00 - 6:00 pm Part Two**

*Laura Pryzby, RMT; Sari Ticker, PsyD*

Join Laura Pryzby, Reiki practitioner/teacher, and learn how to connect with, develop and use Reiki in your daily life. Reiki was founded in Japan and is a practice which utilizes meditation and gentle hands-on healing to develop compassion, resilience and well-being. Reiki can help children and families reduce stress, promote relaxation, and increase self-confidence. **Participants should plan to attend both parts for best results. Program is open to children ages 6 – 14 and their families.**

#### Parenting with Cancer: An Open Discussion

**Tuesday, March 5, 5:30 - 6:30 pm**

*Kimberly Matthews, MA, LCPC*

This program provides an opportunity to connect with other parents who are working to balance their own cancer diagnosis alongside managing family responsibilities. The focus of this discussion, facilitated by a Cancer Wellness Center therapist, is peer-to-peer information sharing and networking.

#### Understanding the Importance of Managing Treatment with Multiple Myeloma

**Wednesday, April 3, 7:00 - 8:30 pm**

**Dinner will be served at 6:30 pm**

*Melanie Smerillo, MSN, RN, PHN, Clinical Nurse Educator*

This presentation will include an overview of multiple myeloma and its treatment, a discussion about the factors that may affect staying on treatment, and how to partner with your healthcare team and loved ones to manage treatment. Open to patients and their loved ones. *Made possible through Takeda Pharmaceuticals International Co.*

#### How to Select and Care for Your Wig

**Monday, April 8, 6:00 – 7:30 pm**

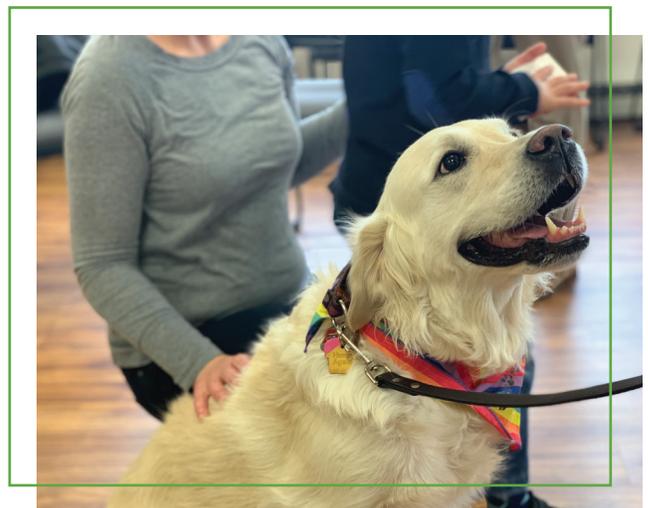
*Christine Pusateri, Christine Pusateri Hair Solutions*

In this workshop, cosmetologist and wig specialist Christine Pusateri will discuss the different hair options available, how to select an appropriate wig and how to care for and maintain it. Also covered will be styling tips and how to incorporate head coverings with or without your wig, such as hats and scarves.

#### Therapy Dog Meet and Greet

**Wednesday, April 10, 10:45 - 11:30 am**

Join us for an informal meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy. There will be plenty of opportunity for hands-on interaction with the dogs, and to watch them show off their skills.



### Connecting Through Knitting

Monday, January 7 & 21, February 4 & 18,  
March 4 & 18, April 1 & 15,  
10:00 am - 12:00 pm

Knitting can be a relaxing hobby that reduces stress and keeps one centered in the present moment. No experience necessary.

### Stay Strong And Mahj On

Thursday, January 10 & 24, February  
14 & 28, March 14 & 28, April 11 & 25,  
1:00 - 2:30 pm

Experienced players, join us for a game of Mah Jongg! Mahj can help with cognitive functioning and memory in addition to providing many social benefits. Mah Jongg experience is required. Mahj sets will be provided but participants should bring their own cards. Those new to Mah Jongg are encouraged to attend the training workshop beginning March 14. *Program supported by the Stay Strong And Mahj On Foundation.*

### Stress Reduction Through Mindfulness

Mondays, January 14, 21, 28, February 4,  
11, 18, 4:00 - 5:00 pm

Mondays, April 1, 8, 15, 22, 29, May 6,  
4:00 - 5:00 pm

**Northbrook Location**

Tuesdays, April 2, 9, 16, 23, 30, May 7,  
3:00 - 4:00 pm

**g Grayslake Location**

*Deborah Kronenberger, MA, LCPC*

Mindfulness is a way of thinking that has the potential to reduce stress and change the way you view challenges. In this class you will be introduced to this evidence based approach and will learn mindfulness basics through instruction, experiential exercises and discussion. Attendance at all sessions is recommended as class follows a structured progression.

### Stress Reduction Class

Tuesday, January 15, 3:00 - 3:45 pm

Monday, February 4, 1:00 - 1:45 pm

Tuesday, March 12, 3:00 - 3:45 pm

Monday, April 8, 1:00 - 1:45 pm

*Peter Durham, MA, Clinical Extern*

The primary purpose of this class is to educate and refine the student's abilities to reduce stress both within their lives and within themselves. Each class will focus on utilizing a different method of stress reduction, all of which are supported by empirical and objective research. Some of the presented topics and techniques include progressive muscle relaxation, guided imagery, mindful breathing, focused meditation, and a number of other tools focused on stress alleviation. Each class will culminate with a reflection regarding the presented exercises that day as well as an open discussion.

### Jin Shin Jyutsu

Thursday, January 17, 10:30 am - 12:00 pm

**Jin Shin Jyutsu for Digestion**

Thursday, February 21, 10:30 am - 12:00 pm

**Jin Shin Jyutsu for Pain**

*Laurie Perkins, RMT, Integrative Healer; Julie Segall, LicAc, DiplCH*

Jin Shin Jyutsu is an ancient Japanese Healing Art which harmonizes body, mind, and spirit. It uses light touch on 26 specific locations called Energy Locks on each side of the body. Practitioners will introduce various hand placements to deal with the most common issues that arise from cancer treatment.

### Qigong

Friday, January 18, February 15, March 15,  
April 19, 11:00 am - 12:00 pm

*Sharon Rosman, LCSW, Certified Meditation and Qigong Instructor, Certified Reiki Master*

Qigong is an ancient Chinese meditative movement practice with numerous health benefits. It combines slow and gentle movements with deep breathing. This class will begin with a 10 minute seated meditation, followed by a brief 5 minute warm-up. We will then practice our Qigong movements for 30 minutes, ending with an inspirational reading and group discussion. Please wear loose, comfortable clothing.

### Walk Away from Cancer and Cardiovascular Disease - the Importance of Physical Activity in Cancer Survivors

Thursday, January 24, 5:00 - 6:00 pm

*Georgios Grigoriadis, MS, PhD Candidate, ACSM-ACS Certified Cancer Exercise Trainer*

Research has shown that exercise helps you reduce the risk of second cancer as well as other serious chronic diseases. This workshop will cover the importance of exercise after the completion of cancer treatments. Current research findings in cancer survivors will be discussed. The workshop will include a demonstration of cardiovascular health assessment.

### Walking the Sacred Path

Sunday, January 27, 1:30 - 2:30 pm

*Victoria Marchio, RYT*

The labyrinth is a simple walking path used to quiet the mind. It is a path of reflection and contemplation. It can be symbolic of our life journey. Consisting of seven-circuit concentric circles, the labyrinth is a single path leading to the center and back out. Come experience the walk and receive what is there for you and connect with your spiritual self. **Program will be held at Bernard Weinger JCC, Marvin Lustbader Center, 300 Revere Drive, Northbrook, IL.**

### Stress Reduction Class

**Tuesday, February 5, March 5, April 2,  
3:00 - 4:00 pm**

*Katie Salyer, PsyD*

**g Grayslake Location**

In this class, participants will be guided through a variety of research-based stress reduction strategies. Each month, there will be a focus on different tools and techniques including progressive muscle relaxation, guided imagery, breathing, meditation, and various mindfulness exercises.

### Dance of Directions: A Cherokee Dance

**Thursday, February 7, 6:00 - 7:30 pm**

*Christi Lone, RN, HTP*

The Dance of Directions is a slow-moving prayer to the earth and sky that clears the energetic pathways within the body to resonate with the land and the sacred Directions. It is a self-care practice of heart and intention that brings harmony to the body-mind and to the earth. It is nondenominational and was gifted to non-native people through the Ywahoo

Family Lineage of the Tsalagi (Cherokee) Nation. In this workshop, the participant learns the movements in the Dance of Directions and their meaning. No dance experience is necessary but should have good balance and moderate exercise ability, and for those who are balance or gait-challenged, one can still receive benefits from doing the movements in a chair.

### Healing Through Sound with Crystal Bowls and Voice

**Wednesdays, February 13, March 13,  
1:00 - 2:00 pm**

*Marian McNair of Cellular Harmonies*

In this class, a vibrational environment created by crystal bowls and Marian's voice will help reduce stress, promote deep relaxation and support the natural healing process. Participants relax on a mat on the floor using blanket and bolster supports while in the midst of a peaceful environment.

## Self-Care Classes

Self-care is important to cancer survivors and their loved ones as a way to feel well balanced. Through self-care we are better able to achieve stability and peace in our physical, emotional and spiritual lives. These self-care classes feature unique approaches and offer tools for self-care and peaceful living that participants can take home and use for rejuvenation.

### Group Acupuncture

**Wednesday, January 16, 4:00 - 5:00 pm**

*Rena Zaid, MS, LAc, Dipl Ac, Dipl CH*

This group experience uses auricular (ear) acupuncture to help balance the body, calm the spirit, and build qi (energy).

### Restorative Yoga & Reiki Workshop

**Tuesday, February 12, 5:00 - 6:30 pm**

**g Grayslake Location**

*Deborah A. Farmer, MBA, RMT; Isabel Raci, E-RYT, CMT, Yoga Therapist*

This restorative yoga class adds the relaxing and healing power of Reiki. Students will be led through classic restorative yoga poses which help create natural alignment in the body. The body will be fully supported in each pose allowing the muscles to relax while encouraging the release of tension. While in these poses, students will be receiving hands-on Reiki, a form of energy therapy that enhances the natural healing system of the body and creates a sense of well-being. The combination of Reiki and restorative poses offers healing and relaxation.

### Self-Care Through Stress Management

**Wednesdays, February 27,  
March 6, 13, 20, 27, 6:00 - 7:00 pm**

*Priscilla Andrews, MA, LCPC*

Join us for this five-part series as we explore a variety of relaxation techniques and behavioral strategies for reducing the experience stress. Please plan to attend all five weeks for best results.

### Reiki-Based Practice for Self-Care

**Fridays, January 4, February 1, March 1,  
April 5, 11:00 am - 12:00 pm**

*Sharon Rosman, LCSW, Certified Meditation and Qigong Instructor, Certified Reiki Master*

In this class, you will learn how to practice Reiki on yourself. Reiki is a Japanese, energy-based practice that is deeply relaxing and helps to balance and harmonize the mind, body, and spirit. It is very gentle and can be used before, during, and after cancer treatment, as well as other times too. Gentle movement, breathing techniques and meditation will be included. Dress comfortably and bring a water bottle.

### Walking Meditation at Botanic Garden

**Monday, April 15, 10:30 am - 12:00 pm**

*Kimberly Matthews, MA, LCPC*

Join us for a sensory/nature meditation walk at the Chicago Botanic Garden on Lake Cook Road. Meet in the Visitor Center lobby and wear comfortable walking shoes and dress for the weather. Non-garden member parking fee is \$25/car or \$30/van.

### Men's Retreat

**Tuesday, April 23, 10:00 am - 2:00 pm**

*Evan Byer, PsyD*

Join us for a day of hiking, art, and togetherness. The retreat will be a space for men to connect more fully with themselves and others in hopes of feeling spiritually refreshed. A light, healthy lunch will be provided. Please wear comfortable clothes and appropriate outerwear for the hike. This program is for male survivors only and is limited to 10 people. Please register soon.

**The retreat will be held at Brushwood Center in Ryerson Woods, 21850 N. Riverwoods Road, Riverwoods, IL**

### Hiking for Health & Happiness

Monday, April 29, 10:30 am - 12:00 pm

Kimberly Matthews, MA, LCPC;  
Evan Byer, PsyD

Research demonstrates that outdoor exercise, such as hiking, offers health and well-being benefits. Join us at the Brushwood Center, Ryerson Woods in Riverwoods for a nature meditation followed by a two mile hike (with options to shorten the hike at various points). Please arrive no later than 10:30 am, wear comfortable hiking or running shoes, bring a water bottle and dress for the weather. Hike will be canceled in the event of rain.

### Introduction to Stay Strong And Mahj On

Thursdays, March 14, 21, 28, April 4,  
1:00 - 2:30 pm

Join us for a four-week session to learn and play the game of Mah Jongg! Mahj can help with cognitive functioning and memory in addition to providing many social benefits. The first two sessions will be focused on teaching the rules and nature of the game. No experience necessary. After learning how to play, participants are encouraged to join our ongoing class! Mahj sets and cards will be provided. *Program supported by the Stay Strong And Mahj On Foundation.*

### Walking for Wellness

Monday, March 25, 4:00 - 4:30 pm at Sunset Woods Park, Highland Park

Friday, April 12, 10:00 - 10:30 am at Independence Grove, Libertyville

Savina Chacheva

A half hour of physical exercise a day, such as walking, offers many health benefits including increased energy level, less fatigue, improved cardiovascular strength and increased ability to maintain a healthy weight which research indicates reduces the risk of cancer recurrence. Walking outside also has meditative properties, and is a great way to connect with nature. Join us for a guided 30-minute walk to experience the health benefits of exercise in a peaceful setting. Participants must have the ability to walk half a mile at a slow/moderate pace. Walk will be canceled in the event of rain.

## Weekly Classes

These classes strengthen the body and mind to encourage peaceful living during times of stress.

### Gentle Yoga

Yoga uses physical postures, breath work and meditation to bring mind and body back into a balanced state. This class is gentle enough for all levels of fitness. Wear comfortable clothing.

### Sitting Together: Continuing and Building Your Mindfulness Practice with Others

This discussion-based class will help students deepen and continue their mindfulness practice after they have taken an introduction to mindfulness course.

### T'ai Chi Chih

Joy Through Movement is a meditative mindfulness practice that circulates and balances one's energy (chi), benefits include increased energy, flexibility and balance. Those completely new to T'ai Chi Chih should plan to arrive at 9:30 am for a brief 15-minute introduction.

### Exercise for Cancer

In this class, students will learn strategies and techniques that will build strength and flexibility. All levels of fitness are welcome. Wear gym shoes and comfortable clothing.

### Meditation

Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention in order to increase awareness of the present moment, reduce stress and promote relaxation.

## MONDAY

9:30 - 10:30 am Gentle Yoga

10:30 - 11:15 am Meditation

## TUESDAY

9:30 - 10:30 am Gentle Yoga

10:45 - 11:30 am Sitting Together: Mindfulness

5:00 - 6:00 pm Gentle Yoga

 Grayslake Location

## WEDNESDAY

9:30 - 10:30 am Gentle Yoga

9:45 - 10:30 am T'ai Chi Chih

11:30 am - 12:30 pm Exercise for Cancer

5:30 - 6:30 pm Gentle Yoga

## THURSDAY

9:30 - 10:30 am Gentle Yoga

## FRIDAY

9:30 - 10:30 am Gentle Yoga

**Thank you** to all our teachers who volunteer their time to teach the Center's weekly wellness classes.

Britta Eumann, RYT

Carolyn V. Kirschner, MD

Deborah Kronenberger, MA, LCPC

Victoria Marchio, RYT

Sherri Mariani, RYT

Donna McElhose, ATTC

Betsy Murphy, RN, RYT

Isabel Raci, E-RYT, CMT, Yoga Therapist

Barbara Shapiro, CPT, NASM, CES

Additional wellness classes are held in Park Ridge and Libertyville. See page 12 for details.

# support services

## COUNSELING

### Counseling

From initial diagnosis through treatment and beyond, the free counseling services provided at the Center help normalize the emotions and issues raised by a cancer diagnosis. The professional clinical staff, comprised of clinical psychologists, licensed professional counselors and social workers, provides people diagnosed with cancer and their loved ones with coping strategies and practical suggestions to help them better function and improve their overall quality of life.

Counseling is available for:

- Individuals
- Couples
- Families
- Young Adults
- Children
- Adolescents

Bereavement counseling is also available for those who have lost a loved one to cancer.

### Nutrition Counseling

The Center's oncology dietitian provides nutrition recommendations tailored to the unique needs of the individual. Individual appointments available for those who are currently in treatment or are within two years post-treatment.



### Personalized Consultations

These programs have been created to address the specific needs and concerns that people experience at different points after a cancer diagnosis. Participants will meet one-on-one with a counselor to learn tips for successfully navigating a cancer diagnosis, techniques for managing stress, and strategies for coping with the emotional impact of a cancer diagnosis. Short-term consultations are available for:

- Newly Diagnosed
- Post-Treatment
- Caregivers
- Couples
- Parents

### New to the center?

To learn more about the Cancer Wellness Center or to get connected to programs and services, contact Katie Hull, LCSW, Clinical Intake Associate. Katie can be reached at (847) 562-4981 or [khull@cancerwellness.org](mailto:khull@cancerwellness.org)

# support services

## GROUPS

### Support Groups

Support groups provide patients, survivors and their loved ones with peer support to help cope with the emotional and life changes following a cancer diagnosis. The Center's professional clinical team facilitates these therapeutic groups:

#### For Patients:

- Men's Group
- Women's Group
- Young Women's Group
- Co-Ed Group (Grayslake)
- The Lisa Klitzky Young Adult Group (Co-Ed ages 20-40)
- Spirituality Group
- Weight Loss For Wellness

#### For Caregivers:

- Significant Other Group
- Courageous Caregiver

### Bereavement Services

The Cancer Wellness Center provides counseling services to individuals who have lost a loved one to cancer within the past five years. Bereavement counseling can help individuals understand the grief process, learn ways to cope, and help reduce feelings of isolation.

Support groups are available for individuals who have lost a loved one to cancer. Participation in a bereavement support group can offer a safe space to share your story with others, grieve and begin the road to healing. The Cancer Wellness Center offers several bereavement groups:

**Spousal/Partner Loss Group** - Loss of a partner or spouse within one year bereaved

**Young Widow/Widower Group** - Widows/widowers who have children/teens still living at home

**Family Loss Group** - Loss of a sibling, parent or other close family member within one year bereaved

**Healing Journey Bereavement Group**  
*Donna Oldenburg, MA, LPC, NCC*  
Topic driven, drop-in, monthly discussion group for spouses/partners who are one-to-five years bereaved:

**February:** Who am I? Finding Your Identity After Loss

**March:** Guilt and Anger. How Underlying Emotions Can Derail Your Healing

**April:** Where has Everyone Gone? Navigating Relationships After Loss

**To learn more or participate in bereavement services, call Katie Hull, LCSW, at (847) 562-4981.**

### Networking Groups

These monthly discussion groups provide an opportunity to share information with others living with a similar diagnosis. The group provides peer-to-peer information sharing related to the physical aspects of living with the diagnosis. Networking groups are professionally facilitated and meet monthly on a drop-in basis. **No registration is required.**

#### Multiple Myeloma

**1st Wednesday monthly, 7:00 - 8:30 pm**

*Priscilla Andrews, MA, LCPC*

For patients and their families.

On April 3, there will be a featured presentation in lieu of group. See page 5 for details.

#### Ovarian Cancer

**2nd Wednesday monthly, 7:00 - 8:30 pm**

*Priscilla Andrews, MA, LCPC*

For patients only.

#### Pancreatic Cancer

**2nd Thursday monthly, 5:30 - 7:00 pm**

*Evan Byer, PsyD*

For patients and their families.

#### Breast Cancer: Coping with Tamoxifen and Aromatase Inhibitors

**3rd Wednesday monthly, 7:00 - 8:30 pm**

*Priscilla Andrews, MA, LCPC*

For patients only.

### Now Recruiting

#### Courageous Caregiver

Courageous Caregiver is a unique six-week program providing education and stress reduction strategies to those actively caring for a spouse or partner with cancer. The group is limited to 12 participants. Group will be held on Wednesdays. For more information, or to register, please contact Donna Oldenburg, MA, LPC, NCC, Clinical Associate, at (847) 562-4990, or [doldenburg@cancerwellness.org](mailto:doldenburg@cancerwellness.org).

#### Lisa Klitzky Young Adult Group

Young adults (ages 20 to 40) have very specific concerns when they are diagnosed with cancer. This twice-monthly support group allows young adult cancer survivors to connect and share their experiences as an important part of the healing process.

#### Spirituality Group

In this committed, topic driven group, participants will explore spiritual philosophy and practices, meaning making and personal growth.

# additional locations

## HOSPITAL COLLABORATIONS

### Libertyville

**Cancer Institute Resource Center** *Programming generously supported by*  
801 South Milwaukee Avenue  
Libertyville, Illinois



For more information or to register,  
please call Advocate at (800) 323-8622

#### Gentle Yoga for Cancer

**Mondays, 9:15 - 10:15 am** Class code: 5C23  
**Wednesdays, 9:15 - 10:15 am** Class code: 5C23  
**Thursdays, 6:30 - 7:30 pm** Class code: 5C23  
*1st & 3rd Thursdays will include weights*  
**Saturdays, 9:15 - 10:15 am** Class code: 5C23

#### T'ai Chi for Cancer

**Tuesdays, 9:15 - 10:15 am** Class code: 5C22

#### Counseling

Individual, couples and family counseling is available to those diagnosed with cancer and their loved ones.

### Park Ridge

**Cancer Survivorship Center** *Programming generously supported by*  
1999 Dempster Street  
Park Ridge, Illinois



For more information or to register,  
please call Advocate at (800) 323-8622

**Cancer Survivorship Center main office: (847) 723-5691**

#### Yoga for Cancer

**Mondays, 6:00 - 7:00 pm** **Wednesdays, 9:30 - 10:30 am**  
**Tuesdays, 10:45 - 11:30 am** **Thursdays, 9:30 - 10:30 am**  
**Tuesdays, 11:45 am - 12:45 pm** **Fridays, 9:30 - 10:30 am**

#### Exercise

**Mondays, 1:00 - 2:00 pm**  
**Tuesdays, 9:30 - 10:30 am**  
**Fridays, 1:00 - 2:00 pm**

#### Core+

**Wednesdays, 11:30 am - 1:30 pm**

#### Stress Reduction Through Mindfulness

**Thursdays, January 17, 24, 31, February 7, 14, 21,**  
**11:00 am - 12:00 pm**

**Thursdays, April 4, 11, 18, 25, May 2, 9, 11:00 am - 12:00 pm**  
*Deborah Kronenberger, MA, LCPC*

In this class you will be introduced to mindfulness and will learn mindfulness basics through instruction, experiential exercises and discussion. Attendance at all sessions is recommended as class follows a structured progression.

#### A Gentle Yoga Practice to Balance and Clear the Chakras

**Wednesday, January 9, 9:30 - 11:30 am**

*Alison Faith, RYT*

In yoga and other eastern healing traditions, it's all about energy! The free flow of energy throughout the body promotes health and well-being. This workshop will introduce and explain to you to the seven main chakras, or energy centers, in the body. We will practice gentle yoga postures that stimulate, balance and clear each chakra. The practice will close with a guided meditation that will leave you feeling grounded, peaceful and clear.

#### Counseling

Individual, couples and family counseling is available to those diagnosed with cancer and their loved ones. For an appointment call (847) 723-5693.

### Thank you to our Healthcare Partners



Winning the fight against cancer, every day.®



# additional locations

## GRAYSLAKE

### Grayslake

**Wildwood Presbyterian Church**  
18630 W. Old Gages Lake Road  
Grayslake, IL 60030

**Call (847) 509-9595  
for more information.**

**Grayslake Campus hours**  
**Tuesdays, 1:00 - 7:00 pm**

**The Grayslake location  
will be closed**  
**Tuesday, January 1**

Last year, the Center celebrated our 10 year anniversary at the Wildwood Presbyterian Church. Thanks to the generosity of WPC the Center is able to provide programming at this location every Tuesday, including counseling, a weekly survivor support group, yoga class, and monthly educational programs. The site also features a walking labyrinth in the back of the building, accessible to CWC participants.



### Upcoming Educational Programs

#### **Cancer and PTSD: Surviving and Thriving**

**Tuesday, January 29, 6:00 – 7:30 pm**  
*Katie Salyer, PsyD*

#### **The Healing Clinic Presents: Medical Cannabis Unraveled**

**Tuesday, February 26, 6:30 – 8:00 pm**  
*Feliza Castro, CEO & Founder of The Healing Clinic*

#### **Managing Treatment-Related Side Effects**

**Tuesday, April 9, 6:00 – 7:30 pm**  
*Daniel Dammrich, MD, Northwestern Medicine*

#### **Grocery Store Tour**

**Friday, April 26, 10:00 – 11:00 am**  
*Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian*  
Program will be held at Mariano's,  
6655 Grand Ave in Gurnee.

For full program descriptions, see pages 3 - 6.

### Upcoming Wellness Programs

#### **Restorative Yoga & Reiki Workshop**

**Tuesday, February 12, 5:00 - 6:30 pm**  
*Deborah A. Farmer, MBA, RMT; Isabel Raci, E-RYT, CMT, Yoga Therapist*

#### **Stress Reduction Through Mindfulness**

**Tuesdays, April 2, 9, 16, 23, 30, May 7, 3:00 - 4:00 pm**  
*Deborah Kronenberger, MA, LCPC*

For full program descriptions, see pages 7 - 9.

### Ongoing Wellness Classes

#### **Stress Reduction Class**

**1<sup>st</sup> Tuesday monthly, 3:00 – 4:00 pm**

#### **Gentle Yoga**

**Tuesdays, 5:00 – 6:00 pm**

### Support Services

Counseling is available for individuals, children, couples and families impacted by cancer. A weekly cancer survivor support group is also open to men and women with a cancer diagnosis. For more information on support services, call (847) 509-9595.

## Calling all CWC Supporters!

As the new year begins, we are looking for volunteers in the following areas:

- Fundraising event committees: Better Together Benefit, CWC Golf
- Team Captains for Stepping UP Run/Walk
- Social media ambassadors
- Video editing

Contact the Center at (847) 509-9595 for more information.

## Did You Notice?

Our [Program Guide](#) and our [Website](#) have a different look. We have redesigned both with YOU in mind. The content is simplified, making the information you need easy to find.

We encourage you to visit and explore the website...

### Blog Posts

Featuring relevant articles written by our clinical and development staff, board members, donors, volunteers, participants and guest writers from the cancer community

### Get involved

Easily view information on volunteering, workplace giving, fundraising events, and becoming a social media ambassador

### Ways to Donate

Find details on tribute and memorial gifts, sponsorships, appreciated stock, workplace giving, fundraising events, planned giving, and even Amazon Smile

new

## Community Connection

Each trimester, in this section we will ask a question to our CWC community. We're listening — here's what you said:

### What do you do to reduce your stress?

"If my home or work space is cluttered, I feel more stressed and distracted. So, in order to keep my stress level low, I like to re-organize and clean." [SAVINA](#)

"Exercise. Yoga in particular." [MARNIE](#)

"Baking something delicious." [DORIS](#)

"Talking to a good friend." [MARIE](#)

"Lying on my bed with my headphones on, listening to my favorite playlist."

[VIVIAN](#)

"Going for a bike ride by myself or with friends." [WILLIAM](#)

"I close my eyes and breathe deeply."

[FRANK](#)

"Sitting with a cup of tea and drawing or painting what I see out the window."

[ELLA](#)

"Taking a nice long walk and noticing the sights and sounds that surround me." [JENNY](#)

"The gym and... Candy Crush."

[AMANDA](#)

Question for our next issue:

### Music can be an outlet for expressing your emotions, especially when facing a cancer diagnosis. What song picks you up?

Send an email to [ddowning@cancerwellness.org](mailto:ddowning@cancerwellness.org) with your answer (1-2 sentences). Your response could appear on this page in our next issue.

All contributors will be entered in a drawing for a chance to win CWC swag.

**Follow Us** We look forward to staying connected with you!



[facebook.com/cancerwellnesscenter](https://facebook.com/cancerwellnesscenter)



[instagram.com/cancerwellnessctr](https://instagram.com/cancerwellnessctr)



[twitter.com/cancer\\_wellness](https://twitter.com/cancer_wellness)



[linkedin.com/company/cancer-wellness-center](https://linkedin.com/company/cancer-wellness-center)

# get involved

STEP UP TO SUPPORT US!



## Republic Bank 5K Run-Walk/1 Mile Family Walk

Sunday, April 28, 2019  
Independence Grove, Libertyville

Join us for a day of fun and camaraderie while raising funds for the Cancer Wellness Center's FREE programs and services.



- 7:30 am Onsite Registration Begins
- 8:45 am Opening Program/Warm Up
- 9:00 am Republic Bank 5K Run/Walk - \$45 per person
- 9:10 am 1 Mile Family Walk - \$25 per person

All registered participants will receive a dri-fit t-shirt.

### Team Awards

Community is an important part of CWC and we encourage you to rally a team for this year's run/walk. Be sure to get your team started early to gain a competitive advantage to win one of our team prizes:

**Fundraiser Award** – team that raises the most money

**Donor Award** – team with the most donors

**Team Award** – team with the most members

### Register

[www.cancerwellness.org](http://www.cancerwellness.org) or call 847.509.9595

### New this Year

Not sure if you'll be able to join us out on the course on event day? No problem! You can still take part by participating as a **virtual walker** or as part of our **fan club** section! For more details visit: [www.cancerwellness.org](http://www.cancerwellness.org)

# program guide

(847) 509-9595

www.cancerwellness.org

## Northbrook

215 Revere Drive  
Northbrook, IL 60062

### Hours

Monday: 9:00 am - 5:00 pm  
Tuesday-Thursday: 9:00 am - 7:00 pm  
Friday: 9:00 am - 3:00 pm

## Grayslake

Wildwood Presbyterian Church  
18630 W. Old Gages Lake Road  
Grayslake, IL 60030

### Hours

Tuesdays: 1:00 - 7:00 pm

## Support | Wellness | Education

## Center Closings + News



- The Center's Northbrook and Grayslake locations will be closed Tuesday, January 1.
- If weather conditions are hazardous, please call to confirm programming has not been canceled.
- Many of the people we serve have compromised immune systems. In order to protect them from contagion, please do not come to the Center if you have a cold or any other contagious illness.

## Thank you to our Generous Program Supporters:

### Counseling services and support groups made possible in part by:

Harvey L. Miller Supporting Foundation  
Charles & M.R. Shapiro Foundation  
Butler Family Foundation  
The Lisa Klitzky Foundation

Edmond and Alice Opler Foundation  
L & E Anixter Foundation  
Healthcare Foundation of Highland Park  
New Trier Township  
Rolfe Pancreatic Cancer Foundation

### Cancer Wellness Center Grayslake made possible in part by:

Wildwood Presbyterian Church

### Other general program supporters:

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The Coleman Foundation, Inc.  
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