

MAY

JUNE

JULY

AUGUST

SPRING
SUMMER
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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Welcome to Cancer Wellness Center.

For 30 years, 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 Friday at (847) 562-4981 or khull@cancerwellness.org.

How to Register for Programs and Events

- 1 Web** Visit our website at 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 location will be closed Monday, May 27, Thursday, July 4, Monday September 2. The Center will also close at noon on Wednesday, July 3 & Friday, August 30.

The Center's Grayslake location will be closed Tuesday, June 25.

FEATURED PROGRAMS

Road to a Cure CAR T-cell Therapy: Efficacy, Treatment, Access

Thursday, May 9, 6:30 - 8:00 pm
Dinner will be served at 6:00 pm



Michael Nishimura, PhD,
Loyola University Chicago

Please join Dr. Michael Nishimura, nationally recognized leader in the field of immunotherapeutics, for a presentation on the latest research developments in CAR T-cell Therapy for blood cancer patients. *This program is supported by the Leukemia Research Foundation.*

Updates to Lung Cancer Treatment

Tuesday, May 14, 6:00 - 7:30 pm



Thomas A. Hensing, MD



Seth Krantz, MD



Keenan A. Hawkins, MD

Thomas A. Hensing, MD; Seth Krantz, MD; Keenan A. Hawkins, MD; NorthShore University HealthSystem

This year over 200,000 new cases of lung cancer are expected to be diagnosed in the U.S., making it the second most common cancer in both men and women. Join us for a panel discussion with experts in medical oncology, thoracic surgery, and pulmonary medicine from NorthShore University HealthSystem. They will present the latest information on lung cancer screening, early diagnosis and new treatments for the disease.

Breast Reconstruction: What are the options and latest techniques?

Monday, May 20, 6:30 - 8:00 pm



Aaron Pelletier, MD

Aaron Pelletier, MD, Plastic & Reconstructive Surgeon Chief of Surgery, Cancer Treatment Centers of America

There are many reconstructive options for women who have had surgery as part of their breast cancer treatment. Join Dr. Aaron Pelletier, Chief of Surgery, as he provides an overview of breast reconstructive surgery, reviews the latest options and techniques.

Advances in Treatment of Gynecological Cancers

Tuesday, August 13, 6:00 - 7:30 pm



Alok Pant, MD

g Grayslake Location

Alok Pant, MD, Northwestern Lake Forest Hospital

Please join Dr. Pant as he shares his expertise on the most up-to-date information on the signs, symptoms, and advances in the treatment of gynecological cancers. There will be time for questions at the conclusion of the program.

Evening of Survivorship

Thursday, June 13, 6:00 - 9:00 pm
Dinner will be served at 5:30 pm

Carol A. Rosenberg, MD, FACP, Director, Living in the Future (LIFE) Cancer Survivorship Program, NorthShore University HealthSystem; Linda Sizemore, PhD, Clinical Psychologist; Kimberly Matthews, MA, LCPC; Deborah Kronenberger, MA, LCPC



Deborah Kronenberger



Kimberly Matthews



Carol A. Rosenberg, MD

The LIFE Program and the Cancer Wellness Center join hands for an "Evening of Survivorship."

The evening will include lectures, interactive discussions and demonstrations.

Survivorship topics include:

- **Cognitive Dysfunction: Is it Chemobrain?**
- **Food Facts & Myths for Survivors**
- **Stress Reduction Through Mindfulness**
- **Navigating Relationships in Survivorship**
- **Reestablishing Sexual Intimacy**

See our website for more information regarding the workshop offerings. *This program is supported by the Myra Rubenstein Weis Health Resource Center.*

Lymphedema: Minimize Your Risk After Cancer Surgery

Thursday, May 16, 6:00 – 7:30 pm

Maria Sobol, Physical Therapist, NorthShore University HealthSystem

Lymphedema can develop after a surgical procedure, such as mastectomy or pelvic surgery, which interferes with lymphatic drainage. Radiation therapy to lymph node areas may also cause or increase lymphedema development. A licensed physical therapist will discuss the lymphatic system, lymphedema management, and daily life precautions to minimize the chance of flare up. Participants will be educated on how to incorporate risk reduction practices into their lifestyle to reduce fear of engaging in normal activities of daily living, such as travel and exercise.

Meaning Through Music

Wednesday, May 22, 6:00 - 7:00 pm

Wednesday, May 29, 6:00 - 8:00 pm

Alex DiChiara, MA, Clinical Extern

Music has the power to define certain points in life or motivate people to exert strength when it is hard to find. This is a two-session class that aims to use personal music preferences to find themes of meaning for one's own cancer experience. The first session will be an informational session on the power that music and lyrics have on our life and our personal narratives. In the second session, participants will optionally bring a song that they would like to share that is indicative of their own identity development through the cancer process and explain what the song has meant to them as well as the meaning it provides. Program is intended for those diagnosed with cancer. *Registration is limited to 10 people.*

Women's Retreat: A Day of Relaxation and Renewal

Monday, June 3, 10:00 am - 3:00 pm

Deborah Kronenberger, MA, LCPC; Kimberly Matthews, MA, LCPC; Marian McNair, Cellular Harmonies

Brushwood Center at Ryerson Woods

Start summer with a day of relaxation, introspection and renewal. This day long retreat will include Gentle Yoga (appropriate for all levels of fitness and can be done in a chair, if necessary), The Power of Nature: Walking Meditation, Using Your Creativity to Cultivate Serenity, and Healing Through Sound with Crystal Bowls. A light, healthy lunch is provided. Please wear comfortable clothes for yoga and appropriate outerwear for the weather, as we will be walking outside. **The retreat will be held at Brushwood Center in Ryerson Woods, 21850 N Riverwoods Road, Riverwoods, IL.**

Meaning Making Through Suffering: The Jewish Approach

Monday, June 17, 6:00 - 7:30 pm

Rabbi David Begoun, L'Chaim Center

Why do bad things happen to good people? While any answer may seem callous in the face of human pain, the Jewish tradition views all events in this world as ultimately meaningful and purposeful. Through discussion and lecture, Rabbi David Begoun will guide students to finding light through the darkness. Rabbi Begoun is passionate about elucidating the sacred Jewish texts to the contemporary mind and guiding students on their own personal spiritual journey. All faiths are welcome to this exploration of peaceful living.

Film Screening: Hidden Scars

Monday, June 24, 6:30 – 8:00 pm

Join us for a screening of "Hidden Scars: Emotional Impact of Mastectomy and Cancer-Related Experiences," a documentary film that explores the many emotions a woman feels when having a mastectomy — including changes in body image, intimacy, moving forward, and emotional healing. The film follows a diverse group of women sharing their journeys from the point of diagnosis through surgery. After the viewing of the documentary, the directors and cancer survivors, Casey Clabby and Noel Storm, will be available for questions and answers.

Locus of Control: The Impact Our View of Control Has On Us And Our Cancer Experience

Tuesday, June 25, 6:00 - 8:00 pm

Peter Durham, MA, Clinical Extern

In this program, attendees will learn about Locus of Control (view on control). The goal of the class is to help participants gain a greater understanding of how their views on control may affect how they view the overall cancer experience and treatment process. Class will begin with a short quiz to explore the participant's locus of control. Following the quiz, the instructor will discuss the results and what each participant's results may mean. The class will conclude with exploration into how different loci of control impact different aspects of the participant's life.

Cultivating an Attitude of Gratitude

Monday, July 8, 1:00 - 2:30 pm
Ali Begoun, CPLC, L'Chaim Center

As human beings, we naturally focus on what is missing in our lives, and yet our uniquely human capacity to access joy is based on our ability to focus on the good that is ours already. In this class, participants will learn how to embrace the transformative power of gratitude in the midst of life challenges. Ali Begoun teaches a wide array of Jewish topics, but her primary focus is on the Jewish approach to self-esteem, personal growth, women's issues and relationships. She is one of the primary teachers at the L'Chaim Center in Deerfield.

Treatment's Done...Now What?

Tuesday, July 9, 6:30 - 8:00 pm
 **Grayslake Location**
Tuesday, August 27, 6:30 - 8:00 pm
Northbrook Location

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.

CWC Book Club

Friday, July 12, 11:00 am - 12:30 pm
Sharon Rosman, LCSW, Certified Meditation and Qigong Instructor, Certified Reiki Master
 Please join us for book club where one of our staff members or volunteers will lead a discussion on a non-fiction 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 July book will be **Awakening Joy** by James Baraz.

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. 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 15 participants.*

Tuesday, May 28, 1:00 - 2:30 pm

Tuesday, June 18, 1:00 - 2:30 pm

Tuesday, July 16, 1:00 - 2:30 pm

Tuesday, August 20, 1:00 - 2:30 pm

Introduction to Mindful Kitchen

Mindful Kitchen: Putting it into Practice

Slow It Down: The Patient Kitchen

Mindful Ingredients: Summer's Bounty

Dietary Supplements and Cancer

Thursday, May 23, 6:00 - 7:30 pm
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian

Survivors often struggle with conflicting information about whether or not dietary supplements are important to include in their wellness plan. The dietitian will present information about this hot topic, and provide strategies to equip participants in the decision making process. Learn about the controversies and updates about dietary supplements. The dietitian will also discuss the value of whole foods to review how specific choices offer a cancer fighting nutritious package beyond what supplements provide.

For the Love of Food

Wednesday, June 5, 1:00 - 2:00 pm
Eileen Considine Boggins, Chef, JourneyCare
 Would you like to learn new ideas for preparing meals for a few friends or just yourself? This presentation will provide practical tips and new ideas! We will also share stories of our own culinary traditions and learn how cultures around the world enhance their celebrations with food and drink.

Nutrition Toolkit 101

Tuesday, June 18, 6:00 - 7:30 pm
 **Grayslake Location**

Monday, July 1, 6:00 - 7:30 pm
Northbrook Location

Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian
 A cancer diagnosis brings a lot of questions about nutrition and diet. Will I feel sick? Will I be able to eat normally? What should I eat to help my body fight cancer and heal? In this program, the dietitian will offer tips about what to eat when you don't feel well and emphasize choices that offer cancer fighting nutrition.

Prostate Cancer Protection on Your Plate

Thursday, August 15, 1:00 - 2:30 pm
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian
 Research supports that a plant based eating pattern may reduce the risk of recurrence and progression of disease in men who already have prostate cancer. Join the oncology dietitian to learn about how to design a cancer protective diet. The program will include a presentation that highlights specific nutrients to consider, and participants will sample recipes that incorporate these valuable foods.

Connecting the Family

FOR KIDS: Create Your Own Vision Board

Tuesday, May 21, 4:30 - 5:30 pm

Katie Hull, LCSW, Licensed Clinical Social Worker

Children are incredibly resilient and authentic during what can be such a transitional period in their lives. Join us in helping to cultivate and bring these strengths to the surface. Vision boards help children to identify their values as well as aspirations and dreams. Our hope is that each participant will make his/her own vision board and store this keepsake as a reminder of their extraordinary potential. **Program is for children ages 6-12.**

Understanding and Supporting Grieving Children and Teens

Tuesday, July 16, 6:00 - 7:30 pm

Samantha Acosta, LSW, RBT, Willow House

This workshop will address how to support grieving children, teens and families. Family members will have an opportunity to explore what grief is, the effects that grief has on children, teens and families both long-term and short-term, and how to include children during the end of a loved one's life. Presentation will be followed by a Q&A.

Delivering Difficult News: From Adults to Future Adults

Tuesday, August 6, 6:00 - 7:00 pm

Kelsey Mora, CCLS, Illness Navigation Resources

Throughout a cancer journey, parents are often faced with the challenge of if, when, or how to deliver difficult news to their children. As a parent, you may have thought "no news is good news" or been told "they're too young to understand." However, all children can sense emotions and change regardless of their age or development. Join Certified Child Life Specialist, Kelsey Mora, as she discusses tips for providing information that helps children of all ages cope more effectively and feel included in significant family events.

Hair Loss...Now What?

Wednesday, July 24, 6:00 - 7:30 pm

John Crager, Master Stylist at J.Crager Alternatives

In this program, hair loss specialist, educator, wig provider and master stylist of 38 years, John Crager, will share his vast experience working with women going through natural and medical hair loss. John's realistic perspective and great sense of humor lightens the mood as he discusses specifics of the hair release and regrowth process as well as wig selection and styling based on an individual's specific needs/preferences. Bring your questions related to hair and wigs for John to answer!

Wilderness Program Day Hike

Thursday, July 25, 10:00 am - 5:00 pm

Offsite Location: Scuppernong Trail, Southern Unit Kettle Moraine State Forest
Address of Trailhead: S58 W35820 County Rd ZZ, Dousman, WI 53118

Evan Byer, PsyD Licensed Clinical Psychologist

special event

Please join us for a day-long hike in the pristine environment of Kettle Moraine State Forest! We will be hiking the Orange Loop at Scuppernong Trail (6 miles). The route traverses glacial geography, and presents a series of moderately challenging hills with several rewarding outlooks. This program is specifically for YA cancer survivors and their caregivers (ages 20-40). Participants must be able to drive themselves to the trailhead. If interested, please register and contact Evan Byer at ebyer@cancerwellness.org or (847) 562-4979. *This free program is made possible by The Lisa Klitzky Foundation.*

Therapy Dog Meet and Greet

Wednesday, August 14, 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.

The Emotional Impact of a Pancreatic Cancer Diagnosis

Thursday, August 29, 6:30 - 8:00 pm

Evan Byer, PsyD, Licensed Clinical Psychologist

A diagnosis of pancreatic cancer is fraught with numerous challenges, including the impact to one's diet and lifestyle. Often the emotional side of this diagnosis is neglected. The presentation will focus on common emotions felt by the entire care team of family and friends, in addition to the experience of the patient. A special emphasis will be given to the value of becoming more attuned and present with the associated emotions and its connection with finding greater meaning in life.

Qigong/Self-Reiki Class

Friday, May 3 & 17, June 7 & 21, July 5 & 19, August 2 & 16,
11:00 am - 12:30 pm

Sharon Rosman, LCSW, is a certified Meditation and Qigong Instructor,
Reiki Master Practitioner/Teacher

Class will begin with a ten minute seated meditation, followed by Qigong, which is an ancient Chinese practice that combines gentle movement, deep breathing, and meditation. Following Qigong, 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 and body. After Self-Reiki, there will be time for questions, sharing, and group discussion. Please bring a water bottle and dress comfortably. This is not a series; each date is a stand-alone class.

Connecting Through Knitting

Monday, May, 6 & 20, June 3 & 17, July 1, 15 & 29, August 5 & 19,
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.

Stress Reduction Class

Tuesday, May 7, June 4, July 2, August 6, 3:00 - 4:00 pm

 Grayslake Location

Katie Salyer, PsyD

Tuesday, May 14, June 11, 3:00 - 3:45 pm

Northbrook Location

Peter Durham, MA, Clinical Extern

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.

Stay Strong And Mahj On

Thursday, May 9 & 23, June 13 & 27,
July 11 & 25, August 8 & 22, 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 June 6. *Program supported by the Stay Strong And Mahj On Foundation.*

Life Rhythms: Drum Circle

Wednesday, May 15, 1:00 - 2:00 pm

Noah Plotkin, Founder and Music Director at Life Rhythms

In this class, we will participate in a drum & song circle led by Noah Plotkin who is a professional percussionist. All hand-drums and percussion instruments will be provided. The drum circle is designed for everyone with all abilities and no prior experience is needed.

Hiking for Health & Happiness & Walking Meditations

Monday, May 20, 10:30 am - 12:00 pm Walking Meditation

Monday, June 17, 10:30 am - 12:00 pm 2-mile Hike

Monday, August 19, 10:30 am - 12:00 pm Walking Meditation

Kimberly Matthews, MA, LCPC

Join us at Brushwood Center, Ryerson Woods in Riverwoods to experience the health and well-being benefits of nature during either a sensory/nature walking meditation or a 2-mile hike. Please wear comfortable walking shoes, bring a water bottle and dress for the weather. Canceled in the event of rain.

Introduction to Reiki: What is Reiki and How Can It Help You?

Tuesday, May 21, 5:00 - 6:30 pm

 Grayslake Location

Deborah A. Farmer, MBA, RMT, RBI Healing, LLC Founder

Reiki is a Japanese, energy-based practice that is deeply relaxing and helps to balance and harmonize the mind and body. Reiki can improve relaxation, improve sleep, reduce stress and improve our sense of well-being. Find out how Reiki works, and if it can help you. This introduction will include the opportunity for each participant to receive a 10 minute Reiki chair session during the program.

Dance of Directions: A Cherokee Dance

Thursday, May 30, 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.

Restorative Yoga & Reiki Workshop

Tuesday, June 4, 5:00 - 6:30 pm

 Grayslake Location

Deborah A. Farmer, MBA, RMT, RBI Healing, LLC Founder; 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.

Introduction to Stay Strong And Mahj On

Thursday, June 6, 13, 20, 27, 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. 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.*

Find Your Perfect Meditation Technique

Wednesday, June 12, 9:00 am – 12:00 pm

Carl Jerome, Mindfulness and Meditation Teacher, North Shore Dharma and Meditation Center

There is a perfect meditation technique for each of us and, in this class, Carl Jerome will walk us through six different types of meditation to find your perfect meditation technique. You will receive instruction in each technique and will be provided time to practice and discuss each. By the end of class, you will have a deeper understanding of mindfulness meditation, and will know which is best for you.

Stress Reduction Through Mindfulness

Wednesday, June 19, 26, July 10, 17, 24, 31, 5:00 – 6:00 pm

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.

Mindful Movement

Saturday, June 22, 10:30 – 11:30 am

Erica Hornthal, LCPC, BC-DMT, Founder of Chicago Dance Therapy

This class is designed to help you move to the beat of your own drum, reconnect to yourself through gentle self-guided movement, and explore freedom through the mind-body connection. No previous experience is necessary.

Introduction to Canasta

Monday, July 8, 15, 22, 29, 1:00 – 3:00 pm

Join us for a four-week session to learn canasta, a fun and versatile card game. Playing card games, like canasta, can help improve cognitive functioning and memory. Card decks will be provided. No prior experience necessary.

Healing Through Sound with Crystal Bowls and Voice

Wednesday, July 10, 1:00 - 2:00 pm

Marian McNair, 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 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.

An Introduction to Jin Shin Jyutsu

Thursday, May 16, 10:30 am – 12:00 pm

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. In this class, practitioners will introduce various hand placements to deal with the most common issues that arise from cancer treatment. The class will be experiential, and participants will leave with self-care practices to help ease symptoms and rebalance their energy. This class is open to those new to Jin Shin Jyutsu and those who have attended a program in the past. Please wear loose, comfortable clothing.

Group Acupuncture

Tuesday, May 21, 3:30 – 4:30 pm

Tuesday, June 25, 2:00 – 3:00 pm

Tuesday, July 23, 2:00 – 3:00 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). Registration is limited to 8 for each independent class.

Simple Strategies for Self-Care with Healing Touch

Saturday, July 20, 10:30 am - 12:00 pm

Katie Oberlin, MAT, HTCP, HTCI, Master of Arts in Teaching, Healing Touch Certified Practitioner/Certified Instructor

In this experiential class, participants will learn 3 Healing Touch energy therapy methods to help alleviate physical and emotional symptoms, promote relaxation, strengthen health and vitality, and enhance spiritual connection for self and others.

Empowerment, Healing and Moving Forward: A Somatic Embodied Approach

Thursday, July 11, 18, 25, 10:45 - 11:45 am
Richard Sims, RSME, RSMT

Improve your emotional, mental and physical well-being by learning to use your body and mind together (BodyMind). By exploring the connection between your body, emotions and distress responses, you will gain the strength needed for the many paths of your cancer journey. You will learn BodyMind approaches including: gentle movement experiments, body awareness, breathing, meditation, embodiment, somatic education, mindfulness, and the principles of the non-violent art of aikido. Attendance at all sessions is recommended.

Yoga Workshop: Restore and Relax

Monday, July 22, 1:00 - 3:00 pm
Bonnie Lucas, RYT, Certified Relax and Renew® Instructor

In this restorative yoga workshop, students will learn how to relax through restorative yoga postures that gently open and relax the body. Poses are held for extended periods to help students learn how to just “be” with the moment. Restorative yoga includes gentle stretching and supported poses that leave your body well-rested. A variety of props including chairs, blankets, straps, bolsters, and blocks are used to open the body passively and let gravity do its work in a soothing and comfortable way. No yoga experience is necessary and the practice is appropriate for all fitness levels. Wear comfortable clothing.

Albums of Hope

Tuesday, July 30, 6:00 - 7:00 pm
Laura Townsend, Founder and President of Albums of Hope; Kris Olson, Director of Albums of Hope

Need a lift of spirit? Come make a pocket-sized Album of Hope for you or a caregiver. This little treasure fits in the palm of your hand and brings a smile to your face whenever needed. The nonprofit organization “Albums of Hope” will bring all the supplies needed to make a photo album filled with uplifting quotes and photos. *This program supported by Albums of Hope*
www.albumsofhope.com.

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.

MONDAY

9:30 - 10:30 am Gentle Yoga

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
Sherri Mariani, RYT
Donna McElhose, ATTC
Betsy Murphy, RN, RYT
Isabel Raci, E-RYT, CMT, Yoga Therapist
Bhavisha Shah, RYT
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 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

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

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

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:

May: Dealing with Secondary Losses. When You Lose More Than Your Loved One

June: Did They Just Say That? Responding to Unhelpful, but Well-intentioned, Comments

July: Meaning-Making in Grief. Can Making Sense of Your Loss Foster Resilience?

August: Signs and Connections. Ways to Feel Your Loved One's Presence After Death

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.

Pancreatic Cancer

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

Evan Byer, PsyD

For patients and their families.

Ovarian Cancer

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

Priscilla Andrews, MA, LCPC

For patients only.

Now Recruiting

Weight Loss for Wellness

Weight gain is an often overlooked result of cancer treatment. In weekly meetings, group members will be guided by a licensed clinical therapist and a registered dietitian who is a board certified specialist in oncology nutrition. Regular exercise demonstrations will reinforce the physical activity component of weight loss. This program is open to anyone who has completed treatment within the last two years. Participants must commit to attend the program for six months. Call (847) 509-9595 to learn more about this program and complete a brief intake interview. Groups will begin in July at Northbrook and Evanston.

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

AdvocateAuroraHealth
+ Advocate Health Care @ Aurora Health Care®

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

AdvocateAuroraHealth
+ Advocate Health Care @ Aurora Health Care®

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 **Fridays, 1:00 - 2:00 pm**

Tuesdays, 9:30 - 10:30 am

Core+

Wednesdays, 11:30 am - 1:30 pm

Healing Through Sound with Crystal Bowls and Voice

Tuesday, May 21, 10:45 - 11:45 am

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.

Stress Reduction Through Mindfulness

**Thursdays, June 20, 27, July 11, 18, 25, August 1,
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.

Yoga Workshop: Moving into Stillness

Tuesday, August 27, 9:30 - 11:30 am

Isabel Raci, E-RYT, CMT, Yoga Therapist

In this workshop, student will learn gentle yoga movements to stretch, strengthen and improve balance. Therapeutic breathing techniques will be introduced to reduce stress and increase vitality. Restorative yoga poses will round out the workshop. Bolsters and blankets will be used to facilitate passive stretching and deep relaxation.

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 Center's Grayslake
location will be closed**
Tuesday, June 25.

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 Cancer Wellness Center participants.



Upcoming Educational Programs

Nutrition Toolkit 101

Tuesday, June 18, 6:00 – 7:30 pm
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian

Treatment's Done...Now What?

Tuesday, July 9, 6:30 - 8:00 pm
Priscilla Andrews, MA, LCPC

Advances in Treatment of Gynecological Cancers

Tuesday, August 13, 6:00 - 7:30 pm
Alok Pant, MD, Northwestern Lake Forest Hospital

For full program descriptions, see pages 3 - 6.

Upcoming Wellness Programs

Introduction to Reiki: What is Reiki and How Can It Help You?

Tuesday, May 21, 5:00 – 6:30 pm
Deborah A. Farmer, MBA, RMT, RBI Healing, LLC Founder

Restorative Yoga & Reiki Workshop

Tuesday, June 4, 5:00 - 6:30 pm
Deborah A. Farmer, MBA, RMT, RBI Healing, LLC Founder; Isabel Raci, E-RYT, CMT, Yoga Therapist

For full program descriptions, see pages 7 - 9.

Ongoing Wellness Classes

Stress Reduction Class

1st 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
- Social media ambassadors
- Video editing and production

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

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:

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

"I've always had a deep connection with music, both as a creator of music and avid listener, but prefer songs that wash over me in a relaxing way like *One of These Nights* (Eagles), *Dreams* (Fleetwood Mac), and *Sailing* (Christopher Cross). That said, when I was diagnosed with cancer I really connected to Tim McGraw's *Live Like You Were Dying* and the sentiments expressed in the lyrics. Powerful song." **RON**

"*We are the Champions* by Queen"

ANONYMOUS

"*It's Who You Are* by A.J. Michalka"

MICHAEL

"I don't just have one song, but Journey songs are great!" **ROSE**

"*Kinder* by Copper Wimmen, and Marian's crystal bowls and voice." **BETTY**

"*All Summer Long* by Kid Rock reminds me of teenage summers at camp."

JAMIE

"Don't You Worry 'Bout a Thing, by Stevie Wonder" **AMY**

"*Firework* by Katy Perry" **ANONYMOUS**

A Word from the Wise

Working with the CWC staff and my co-chairs on the 2017 Annual Benefit was a labor of love. Volunteering weekly at the Center



allows me to see the participants enjoying the amazing programming that resulted from all of our efforts.

TRACY

Question for our next issue:

As Cancer Wellness Center celebrates its 30th birthday, we reflect on the power of a "birthday" in the wake of a diagnosis. How has your diagnosis changed your outlook on growing older?

Send an email to 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



instagram.com/cancerwellnessctr



twitter.com/cancer_wellness



linkedin.com/company/cancer-wellness-center



Improving the emotional and physical well-being of people affected by cancer for the past 30 years.

ALWAYS

We are grateful for our compassionate and selfless volunteers and donors who have given generously to make the Center a special place for the past 30 years.

Volunteer staff and wellness practitioners
Contracted therapists
900 sq ft. donated space
Barbara Demovsky Pritikin Memorial Library

1989

3 support groups
Telephone hotline
2 wellness classes

NOW

24 support groups
4 networking groups
63 educational programs
100 wellness lectures/workshops
18 clinical and development staff
13,000 sq ft. building
Barbara Demovsky Pritikin Memorial Library
Susan Barr Demonstration Kitchen
Additional Locations:
Grayslake and two area hospitals

OUR WORK IS NOT DONE

It is through Cancer Wellness Center's community that we will continue to create and deliver the meaningful programs and services seen in this guide to all those we serve.

Our future is made possible by you – by your commitment to building the next 30 years of this special place where we will continue to help people live better while living with cancer.

DONATE TODAY

www.cancerwellness.org or
call (847) 509-9595

“When cancer is diagnosed, the patient is given medical treatment, but no one talks about how to live with cancer. That’s where the Cancer Wellness Center comes in.”

PATSY WINICOUR, CO-FOUNDER



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 location will be closed Monday, May 27, Thursday, July 4, Monday, September 2. The Center will also close at noon on Wednesday, July 3 & Friday, August 30.
- The Center's Grayslake location will be closed Tuesday, June 25.
- 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 of the Jewish Fed.
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

General program supporters:

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The Ellen Marks Cancer Foundation
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