



# 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, 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](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 location will be closed September 2, November 28 & 29, December 11, 24, 25, 31 and January 1. The Center will also close at noon on November 27.

The Center's Grayslake location will be closed December 24 & 31.

## FEATURED PROGRAMS

### Health Insurance Open Enrollment: What You Need to Know to Make Choices

**Saturday, October 5, 9:00 am – 12:00 pm**

Monica Bryant, Esq, Cancer Rights Attorney & COO, Triage Cancer



Monica Bryant, Esq

Each year, most of us have the option to choose our health insurance coverage for the upcoming year. But what should we be looking for when it comes to choosing a plan? This presentation will discuss what you need to know to make the best health insurance choices for you! The information presented will be relevant if you get your health insurance from an employer, through the state health insurance marketplaces, from the open market, or through Medicare.

### Evening of Wellness: Grand Opening

**Wednesday, October 16, 6:00 – 7:30 pm**

Please join us for an introduction to our new and better than ever Wellness Programs. We are happy to announce Wellness Studio at CWC will begin providing expanded offerings including wig and hair care, massage, reflexology, and other services to Center participants. Event attendees will be encouraged to sign up for three of the evening's offerings. Enjoy abbreviated sessions of massage, reflexology, yoga, exercise for cancer, cooking demonstration, stress reduction through mindfulness, and hair and wig care. Healthy snacks will be served. The hair and wig studio will be open for viewing. *The Wellness Studio at CWC is generously supported by the Zall Family Fund.*

### Ask the Experts: The Cancer Experience from the Physical to the Emotional

**Monday, November 4, 7:00 – 8:30 pm**

**Dessert Reception.**

**Kosher laws will be observed.**

Gary Grad, MD, Medical Oncologist;  
Melanie Levine, PhD, Psychologist;  
Lori Bumbaco, MS, RDN, CSO, LDN,  
Oncology Dietitian



Gary Grad, MD



Melanie Levine, PhD



Lori Bumbaco, RDN

Join us for an interactive panel discussion with three cancer experts. Medical oncologist, Dr. Gary Grad, will discuss the role of next-generation sequencing in personalized precision molecular oncology. Psychologist, Dr. Melanie Levine, will address the process of normalizing the varied emotional experiences of the individuals diagnosed with cancer as well as their loved ones. Oncology dietitian, Lori Bumbaco, will provide a blueprint of healthy eating for all stages of the cancer journey. A Q & A session will follow the discussions. *Program is supported by the Israel Cancer Research Fund and Sharsheret.*

### Understanding and Coping with BRCA Mutations

**Wednesday, November 20, 6:00 – 7:30 pm**

Melissa Ramos, MS, MLS (ASCP), LCGC, Genetic Counselor,  
Norton & Elaine Sarnoff Center for Jewish Genetics;  
Sivan Schondorf, MA, CCC-SLP



Melissa Ramos, MS



Sivan Schondorf, MA

Melissa Ramos, MS, MLS (ASCP), LCGC, is a genetic counselor at Insight Medical Genetics and the Norton & Elaine Sarnoff Center for Jewish Genetics, where she provides education for individuals who are at increased risk for hereditary cancer, including breast and ovarian cancer related to the BRCA genes. She will discuss how the genetic testing process works, implications of a positive BRCA result, and actions a person can take if they have a family history of cancer. The lecture will also include a presentation from the patient perspective.

## LECTURES + WORKSHOPS

### Strategies for Communicating with your Healthcare Team

Tuesday, September 24, 6:00 – 7:30 pm

 Grayslake Location

Lauren Schultz, BSN, RN, OCN, Advocate Medical Group Oncology  
Communication is the key to any successful relationship. The stress surrounding a cancer diagnosis can impair communication skills. The presenters will share what is most helpful to know from the perspective of your medical team and will teach skills to communicate questions and needs effectively.

### Music and the Brain

Thursday, September 26, 11:00 am - 12:00 pm

Rhonda Wehner, Music Therapist, JourneyCare

Music enhances memory and can enrich our lives during daily stressors and challenges. Join JourneyCare music therapist for a fun, spirited and interactive program.

### Introduction to the International Myeloma Foundation (IMF)

Wednesday, October 2, 7:00 - 8:30 pm

Light dinner will be served at 6:30 pm

Michael Tuohy, Patient Advocate, and Robin Tuohy, Vice President, Support Groups – IMF

Founded in 1990, the International Myeloma Foundation (IMF) is the first and largest organization focusing specifically on multiple myeloma. Join us for a presentation on the resources available from the IMF to the multiple myeloma community, as well as a discussion about its current research initiatives.

*Made possible through the International Myeloma Foundation.*

### Therapy Dog Meet and Greet

Wednesday, October 2, 10:45 – 11:30 am

Wednesday, November 6, 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.

### Counting Sheep and Other Tips for Sleep

Monday, October 14, 1:00 – 2:30 pm

Northbrook Location

Tuesday, November 19, 6:00 – 7:30 pm

 Grayslake Location

Katie Salyer, PsyD, Licensed Clinical Psychologist

Are you tired of not sleeping? Cancer and stress can interfere with sleep at a time when rest and relaxation are most important for healing. Join us to learn basic sleep hygiene tips and specific strategies for individuals struggling to sleep due to treatment or stress-related side effects.

### 15 Things I Wish Someone Had Told Me About Grief

Tuesday, October 22, 6:00 – 7:30 pm

Donna Oldenburg, MA, LCPC, NCC, CCMHC

Grief doesn't come with an instruction manual but understanding the grieving process will help you discover what was lost, what is left and what is possible. This program will explore 15 things you may not have known about the grieving process including grief's impact on the mind and body, and how you may be at risk for post-traumatic stress syndrome. Also examined will be tools for coping with grief, how to handle those pesky comments from well-intentioned friends, and warning signs that your grief has turned into something more serious.

new

### Courage to Quit®: Smoking Cessation

Research shows that, on average, it can take over six attempts before a smoker successfully quits for good. Whether you have tried to quit smoking in the past or are thinking about it for the first time, this program will help you develop the skills you need to make this difficult life change. **Courage to Quit®** is an evidence-based tobacco treatment program for adults and the cessation component of Respiratory Health Association's integrated tobacco intervention. After completing the program, participants report higher-than-average reduction in cigarette use, quit attempts, and quit rates.

Tuesday, October 22, 29, November 5, 6:00 - 7:00 pm

First session is 6:00 - 7:30 pm

Northbrook Location

Priscilla Andrews, MA, LCPC

Tuesday, October 22, 29, November 5, 6:00 - 7:00 pm

First session is 6:00 - 7:30 pm

 Grayslake Location

Megan McMahon, PhD

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

Wednesday, October 30, 6:30 – 8:00 pm

Thursday, December 5, 10:30 am – 12:00 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.

### Nutrition Programs

#### The Mindful Kitchen

Deborah Kronenberger, MA, LCPC; Lori Bumbaco, MS, 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, September 17, 1:00 - 2:30 pm	Introduction to Mindful Kitchen
Tuesday, October 15, 1:00 - 2:30 pm	Mindful Kitchen: Putting it into Practice
Tuesday, November 19, 1:00 - 2:30 pm	Slow It Down: The Patient Kitchen
Tuesday, December 17, 1:00 - 2:30 pm	Mindful Ingredients: Winter's Bounty

#### Plant-Based Nutrition for Cancer Wellness

Ashwani Garg, MD, NorthShore University HealthSystem

Dr. Garg will present an informative three-part lecture series on how plant-based nutrition and integrative medical techniques help improve cancer wellness. As part of the lecture series, there will be a plant-based food demonstration and tasting. Participants will learn how to easily make healthy and delicious plant-based foods including vegetable wraps, salads and healthy desserts. Food demonstrations will be presented by Stefanie Ignoffo from Plantspiration NFP Inc., Ewa Stankiewicz from Healthy and Happy Living and Irina Kuznetsova from Purple Sprout Café.

Thursday, October 10, 6:30 pm – 8:00 pm	Introduction to Plant-Based Nutrition
Thursday, October 24, 6:30 pm – 8:00 pm	Nutrients for Cancer Wellness
Thursday, November 7, 6:30 pm – 8:00 pm	Integrative Techniques for Cancer Wellness

#### What's the Hype About Plant-Based Diets?

Tuesday, October 1, 7:00 – 8:00 pm

**g** Grayslake Location

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

In this program, participants will learn the ins & outs of plant-based eating from the oncology dietitian. We will discuss what plant-based diets are, why they are beneficial for cancer protection, and how to incorporate plant-based meals into your diet routine. Samples will be provided in this interactive program.

#### Eating Well and Moving More

Thursday, October 17, 6:00 – 7:30 pm

Lori Bumbaco, MS, RDN, CSO, LDN, Oncology Dietitian; Georgios Grigoriadis, MS, PhD Candidate, ACSM-ACS Certified Cancer Exercise Trainer

Join two cancer specialists in a presentation that incorporates the winning combination of fitness and nutrition for optimal health. The program will provide a review of recommendations and practical strategies to accomplish long term success. Please dress prepared to join in the exercise portion of the program, which will be followed by samples of nourishing foods.

#### Eat to Beat Malignancy and Cooking Demonstration

Thursday, November 14, 6:00 - 8:00 pm

Carol A. Rosenberg, MD, FACP, Director, Living in the Future (LIFE) Cancer Survivorship Program, NorthShore University HealthSystem; Oehme Soule, RDN

LIFE program director Dr. Carol Rosenberg and dietitian and culinarian Oehme Soule will present the tasty components that form a healthy diet for cancer survivors. The presentation includes the science behind nutritional guidelines; strategies for weight management and physical activity; and a cooking demonstration/tasting in our demonstration kitchen. *This program is supported by the Myra Rubenstein Weis Health Resource Center.*

#### Edible Holiday Gifts

Tuesday, December 10, 2:00 – 3:00 pm

Lori Bumbaco, MS, RDN, CSO, LDN, Oncology Dietitian; Savina Chacheva

Are you looking for a unique gift idea this holiday season? The program will be a hands-on experience where you will create a nourishing, homemade gift to celebrate good health. *This program is limited to 15 participants.*

### Connecting the Family

#### Costumes, Candy and Yoga

Wednesday, October 23, 5:00 – 6:00 pm

Sari Ticker, PsyD, Licensed Clinical Psychologist; Katie Hoffman, RYT

Join us for a fun night of Halloween-inspired family yoga dressed up in your favorite costume. Prizes will be given for best costumes! 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 kids ages 5-18 and their families.**

#### Be Present. Stay Present. For Tweens and Teens Only

Wednesday, November 13, 6:00 – 7:00 pm

Sari Ticker, PsyD, Licensed Clinical Psychologist

In today's world, it becomes challenging for teens to find time to reduce stress, relax and feel fully present in the moment, especially when there is a cancer diagnosis in the family. Join us as we explore ways to promote relaxation and find ways to live fully, while also learning tools that can help reduce anxiety and promote a healthy lifestyle. **Program is intended for kids only, ages 11-16.** Light dinner will be provided.

#### Festive Holiday Fun

Wednesday, December 4, 5:30 – 7:00 pm

Our holiday program is a wonderful way to get familiar with the Center, meet other families, and enjoy a variety of activities including making gingerbread houses and other art projects. **Program is open to families with kids ages 5-12.** Light dinner will be provided.

#### Hereditary Cancer Overview

Tuesday, November 12, 6:00 – 7:30 pm

**g** Grayslake Location

Rebecca Johnson, MS, CHC, Genetic Counselor, Northwestern Medicine

Join genetic counselor, Rebecca Johnson, as she discusses the basics of hereditary cancers, including breast, ovarian, colon, uterine and pancreatic. In this program, participants will learn about the different options associated with genetic testing and counseling for cancer genetics.

#### Young Adult Social

Thursday, December 5, 6:00 - 8:00 pm

Join us for a young adult meet and greet, where we'll aim to make connections and have a little fun! **The event is open to all young adult cancer survivors (ages 20 – 40) and their families.** Food and drinks will be provided!

*Program is supported by The Lisa Klitzky Foundation.*

special event

### An Evening of Remembrance

Wednesday, November 6  
6:30 - 8:00 pm

Join us as we remember our loved ones. A program of remembrance, music, and celebration of their lives will be followed by refreshments and fellowship. This event is open to family and friends who have experienced a cancer-related loss within the past two years. Please bring a single framed photo of your loved one to be displayed. RSVP is required.

### Stress Reduction Class

Tuesday, September 3, October 1, November 5, December 3,  
3:00 - 4:00 pm

**G** Grayslake Location

Katie Salyer, PsyD

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.

### Connecting Through Knitting

Monday, September 9 & 23, October 7 & 21, November 4 & 18,  
December 2 & 16, 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.

### Introduction to Canasta

Monday, September 9, 16, 23, October 7, 1:00 - 2:30 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.

### Stay Strong And Mahj On

Thursday, September 12 & 26, October 10 & 24, November 14,  
December 12, 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 October 3. *Program supported by the Stay Strong And Mahj On Foundation.*

### An Introduction to Jin Shin Jyutsu

Thursday, September 12, 10:30 am - 12:00 pm  
Thursday, November 14, 10:30 am - 12:00 pm

Laurie Perkins, RMT, Integrative Healer; Julie Segall, LicAc, DipICH

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 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.

### Empowerment for Cancer: A Somatic Embodied Approach to Strengthening and Healing the Body and Mind

Monday, September 16, 23, October 14, 21, 28  
November 4, 11, 18 5:30 - 6:30 pm

Richard Sims, RSME, RSMT

In this class, you will learn to use your Body and Mind together in an open, caring, powerful way to improve your emotional, mental and physical well-being. Through experimentation and play we'll explore the connections between your body, emotions and distress responses. You will learn BodyMind approaches which include 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.

### Canasta Game Time

Monday, September 16, October 7 & 21, November 4 & 18,  
December 2 & 16, 1:00 - 2:30 pm

Experienced players, join us for a game of Canasta! Canasta experience is required. Canasta cards will be provided. Participants are encouraged to bring their own canasta trays. Those new to canasta can join the Introduction to Canasta starting September 9.

### Healing Through Sound with Crystal Bowls and Voice

Wednesday, September 18, 1:00 - 2:00 pm  
Wednesday, October 30, 1:00 - 2:00 pm  
Wednesday, December 18, 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.

### Feldenkrais and Yoga Nidra for Ultimate Relaxation

Thursday, September 19, 6:30 - 8:00 pm

Cheryl Becker, Guild Certified Feldenkrais Practitioner®; Judith Perlman, LCSW, Illness Navigator

First experience a Feldenkrais® lesson to increase self-awareness by learning to mindfully move with less effort and to reduce pain from orthopedic, neurological or other stress related conditions. You will be taught to become aware of your body's ultimate positioning for deep relaxation. Then you will be led through the verbal instructions for Yoga Nidra, or yogic sleep. This is not physical exercise. It's easy and done lying down. Wear comfortable clothing.

### Qigong

Friday, September 20, October 4, 18,  
November 1, 15,  
December 6, 20, 11:00 am – 12:00 pm

Sharon Rosman, LCSW, Certified Meditation and Qigong instructor

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 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.

### Drill Gauge Lotus Flowers

Tuesday, September 24,  
10:00 am - 12:00 pm

Tracey Dobson

Lotus flowers are associated with the human soul, gods and goddesses and featured in ancient stories and legends. In this class, participants will create a beautiful lotus flower from locally sourced, reclaimed plastic drill gauges. Creator Tracey Dobson will show you how to join these 3" x 6" pieces together with screws, nuts and a screwdriver for a tool. Suitable for anyone who can handle a screwdriver. Class size limited to 12 participants.

### Group Acupuncture

Tuesday, September 24, 3:00 - 4:00 pm  
Tuesday, October 22, 3:00 - 4:00 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.

### Hiking for Health & Happiness & Walking Meditations

Wednesday, September 25, 10:30 am - 12:00 pm  
2-mile Hike

Wednesday, October 16, 10:30 am - 12:00 pm  
Walking Meditation

Wednesday, November 13, 10:30 am - 12:00 pm  
2-mile Hike

Kimberly Matthews, MA, LCPC; Evan Byer, PsyD,  
Licensed Clinical Psychologist

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 Stay Strong And Mahj On

Thursday, October 3, 10, 17, 24, 1:00 – 2:00 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.*

## The Wellness Studio at CWC

### Salon and Body Care

Introducing the Wellness Studio at CWC, a caring, welcoming environment where we offer that offers personalized care for your hair and body. Experienced practitioners tailor services for patients in cancer treatment and recovery. Please call for eligibility requirements.

### Reflexology

Michele C. Melnick, BSN, Certified Reflexologist; Jasmin Jahal, Certified Reflexologist

Reflexology is a treatment that uses pressure on specific areas of the feet which are linked to various organs and parts of the body. By stimulating these reflex points, reflexologists improve health and well-being through reducing pain and anxiety. Fifty-minute individual appointments.

### Wig and Hair Services

Hair loss resulting from chemotherapy can be stressful to those diagnosed with cancer. The Center introduces head shaving and wig fitting in the supportive environment of our new Wellness Studio. Individual appointments with an experienced stylist and wig professional are available.

*The Wellness Studio at CWC is generously supported by the Zall Family Fund.*

### Massage

Emily Zinchuk, Licensed Massage Therapist; Sharon Bertrand, Licensed Massage Therapist

Studies of massage for cancer patients suggest massage can decrease stress, anxiety, depression, pain, and fatigue. Many health care professionals recognize massage as a useful, non-invasive addition to standard medical treatment. Fifty-minute, fully-clothed, individual appointments.

### Personal Training

Barbara Shapiro, CPT, NASM, CES

Cancer surgeries and treatments often cause physical de-conditioning. Rebuild strength, flexibility, agility and balance in these 50-minute, one-on-one sessions with our personal trainer. Barbara holds a certificate in Exercise for Cancer and is capable of addressing the unique needs of those recovering from treatment.

### Dance of Directions: A Cherokee Dance

Tuesday, October 15, 6:00 – 8:00 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 participants 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.

### Stress Reduction Through Mindfulness

Tuesday, October 15, 22, 29, November 5, 12, 19,  
4:00 – 5:00 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.

### Life Rhythms: Drum Circle

Wednesday, October 23, 1:00 – 2:00 pm

Wednesday, November 20, 1:00 – 2:00 pm

Noah Plotkin, Founder and Music Director at Life Rhythms

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

## 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 Stress Reduction Through Mindfulness or have experience with practicing mindfulness.

### 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

5:30 - 6:30 pm Gentle Yoga

## FRIDAY

9:30 - 10:30 am Gentle Yoga

Our weekly wellness class instructors:

Maribel Alesna, E-RYT  
Suzanne Coffey, RYT  
Katie Hoffman, MA, 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  
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
- Young Adults
- Couples
- Children
- Families
- 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
- Couples
- Post-Treatment
- Parents
- Caregivers

### 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](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

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

### 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:

**September:** Handling the Holidays-Getting Through the Next Few Months

**October:** Finding Love After Loss. Making Room for a New Person in Your Life

**November:** Feeling Alone? Cultivating Friendships After Loss

**December:** Grief is Stressful-Nurturing Your Mind, Body and Spirit

### 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 October 2, there will be a featured presentation in lieu of group. See page 4 for details.

**Ovarian Cancer**  
**3rd 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.

### 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. Groups will begin in January in Northbrook and Park Ridge.

#### Courage to Quit®: Smoking Cessation

Research shows that, on average, it can take over six attempts before a smoker successfully quits for good. Whether you have tried to quit smoking in the past or are thinking about it for the first time, this program will help you develop the skills you need to make this difficult life change. Groups will begin in October in Northbrook and Grayslake. See page 4 for more information or call Katie Hull at (847) 562-4981.

# 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**

**Tuesdays, 10:45 - 11:30 am**

**Tuesdays, 11:45 am - 12:45 pm**

#### Exercise

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

**Tuesdays, 9:30 - 10:30 am**

**Wednesdays, 9:30 - 10:30 am**

**Wednesdays, 6:00 - 7:00 pm**

**Thursdays, 11:00 am - 12:00 pm**

**Fridays, 9:30 - 10:30 am**

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

#### Core+

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

#### Stress Reduction Through Mindfulness

**Thursday, October 17, 24, 31, November 7, 14, 21**  
**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.

#### Restorative Yoga & Yoga Nidra

**Friday, October 4, 9:30 - 11:30 am**

*Katie Hoffman, MA, RYT*

This workshop consists of a series of special movements and breathing to warm the body, followed by relaxing, restorative poses which will be held for an extended period of time. We will end with a full Yoga Nidra to complete the practice. Yoga Nidra is a guided meditation that guides and connects you with every level of your being. Both practices are powerful tools for our fast-paced lives.

#### Counseling

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

For an appointment call (847) 723-5693.

### Lake Forest

**Northwestern Medicine Lake Forest Health & Fitness Center Banquet Room** *Programming generously supported by*  
1200 North Westmoreland Road  
Lake Forest, Illinois

**Northwestern Medicine**

For more information or to register,  
please call (847) 535-7441.

TTY for the hearing impaired, (312) 926-6363.

#### Dance Movement Therapy

**Thursday, October 3, 10, 17, 24, 31, November 7, 6:30 - 8:00 pm**

Dance Movement Therapy can help individuals who have been through cancer treatment reconnect with their bodies in a gentle, fun and healing way. This program will engage participants in coordinated movements with breathing and in synchrony with others, cultivating a feeling of peace and relaxation.

### Thank you to our Healthcare Partners

**NorthShore**  
University HealthSystem

**Northwestern Medicine**

**AdvocateAuroraHealth**  
Advocate Health Care Aurora Health Care

  
Cancer Treatment Centers of America

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, December 24 & 31.**

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

#### Strategies for Communicating with your Healthcare Team

**Tuesday, September 24, 6:00 – 7:30 pm**  
*Lauren Schultz, BSN, RN, OCN, Advocate Medical Group Oncology*

#### What's the Hype About Plant-Based Diets?

**Tuesday, October 1, 7:00 – 8:00 pm**  
*Lori Bumbaco, MS, RDN, CSO, LDN, Oncology Dietitian*

#### Fatigue and Cancer

**Tuesday, October 29, 6:00 – 7:30 pm**  
*Melissa Walker, PT, MPT, CLT, Athletico Physical Therapy*

#### Hereditary Cancer Overview

**Tuesday, November 12, 6:00 – 7:30 pm**  
*Rebecca Johnson, MS, CHC, Genetic Counselor,  
Northwestern Medicine*

#### Counting Sheep and Other Tips for Sleep

**Tuesday, November 19, 6:00 – 7:30 pm**  
*Katie Salyer, PsyD, Licensed Clinical Psychologist*

For full program descriptions, see pages 3 - 6.

### The Wellness Studio at CWC

#### Massage

*Sharon Bertrand, Licensed Massage Therapist*

Studies of massage for cancer patients suggest massage can decrease stress, anxiety, depression, pain, and fatigue. Many health care professionals recognize massage as a useful, non-invasive addition to standard medical treatment. Fifty-minute, fully-clothed, individual appointments.

### 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.



## Community Connection

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

### As the 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?

“When I turned 50, a co-worker commented that I was the first woman she'd ever known to be happy to turn 50. I explained that 10 years ago I didn't think I'd see 50 so every year is a bonus.” PAM

“Can't go over it. Can't go under it. Can't go around it. You have to go through it.”

ANONYMOUS

“After a diagnosis at 35, I happily celebrated my good health on my 50th and plan on continuing to be grateful each year.”

TRACY

“I am very grateful to have the opportunity to get old. Many people who had my surgery had their cancer spread.” ANONYMOUS

“I have earned every wrinkle, every gray hair and relish in family moments that I used to take for granted.”

ROSA

“Every day is a gift. Growing older is a gift. The weather, hot or cold, sunny or cloudy, wet or dry, is a gift that tells me I am alive. These and many other gifts help me live every day in the present.”

ANONYMOUS

“I am certainly more aware of the preciousness of the time that I have and gratitude for the health I am currently enjoying. Thank you CWC!” ANONYMOUS

## Why I give . . .

From the moment I walked through the door, I felt the warmth and kindness of the CWC staff. They encouraged me to try the many wellness offerings available, which I did. My diagnosis of hepatoid carcinoma, a very rare and aggressive cancer, shocked me so I sought the help of one of their therapists. I could not believe that all these services were free! I knew I wanted to give back and the Run/Walk was the perfect vehicle to do it. Thanks to the support of my family and friends these past two years I was able to raise over \$42,000. I give back because the Cancer Wellness Center is my happy place.

PAULA OF PAULA'S POSSE

Question for our next issue:

**When someone is facing a cancer diagnosis, the support of family and friends can be critical. What are some of the ways you have been shown support or you have supported others?**

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)

## THANK YOU FOR MAKING THE CANCER WELLNESS CENTER THE SPECIAL PLACE THAT IT IS.



This year we celebrate the Center's 30-year history as a beacon of comfort, strength, and community for people facing a cancer diagnosis. We invite you to work with us as we continue to expand and evolve the vision of helping people live better while living with cancer.

### THERE ARE MANY WAYS YOU CAN MAKE AN IMPACT THIS YEAR:

#### Take part in International "Giving Tuesday"

On Tuesday, December 3rd, make an online donation to CWC on our website, [www.cancerwellness.org](http://www.cancerwellness.org)

#### Contribute to our Annual Fund Appeal

Nearly 100% of these donations are from individual donors and provides close to 5% of our operating budget. Whether it's \$25 or \$2,500, every donation makes a difference!

### GET INVOLVED IN 2020:

#### Join an event committee

Work together with a team of supporters to ensure the success of our events, including our Stepping Up to Wellness Run/Walk, Golf Outing, and Better Together Benefit.

#### Become a team captain

For our Stepping Up to Wellness Run/Walk held in April 2020

You are the heart of everything we do. Together, we can make life better for all those who walk through our doors.

To learn more about supporting the Cancer Wellness Center, please contact Doris Downing at [ddowning@cancerwellness.org](mailto:ddowning@cancerwellness.org).

A handwritten signature in black ink that reads "Nancy Bulzoni".

Nancy Bulzoni  
Executive Director

*better together*  
2019 benefit

# PINSTRIPES

1150 WILLOW ROAD  
NORTHBROOK, ILLINOIS

FRIDAY • SEPT 20

SEVEN UNTIL ELEVEN IN THE EVENING

LET'S

**STRIKE**

UP SOME FUN!

# program guide

NON-PROFIT  
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(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 September 2, November 28 & 29, December 11, 24, 25, 31 and January 1.  
The Center will also close at noon on November 27.
- The Center's Grayslake location will be closed December 24 & 31.
- 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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