

JANUARY

FEBRUARY

MARCH

APRIL

WINTER
2020



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.

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 Wednesday, January 1.

FEATURED PROGRAMS

Lunch & Learn: Cancer-Associated Thrombosis



Alfonso J. Tafur, MD

**Tuesday, February 25,
11:00 am – 12:30 pm**

*Alfonso J. Tafur, MD, MSc,
RPVI, FSVM, FIUA, FACC,
NorthShore University
HealthSystem*

Thromboembolism is a common complication among patients with cancer. In recent years, the knowledge on why it happens and how to use different therapy options has evolved. Join us to learn more about the risk factors and treatment options for cancer-associated thrombosis. *A light lunch will be provided.*

Immuno-Oncology: A revolution in the care of cancer patients



Sigrun Hallmeyer, MD

**Monday, April 20,
6:30 - 8:00 pm**

*Sigrun Hallmeyer, MD,
Advocate Lutheran General
Hospital*

In this program, Dr. Hallmeyer will review the novel mechanism of immune-oncologic drugs and compare those to “standard” cancer treatment (chemotherapy, radiation, surgery) and present data on how they are given, what side effects are encountered, how side effects are treated, and discuss the enormous impact these drugs have had in changing the life expectancy of cancer patients with advanced disease.

Navigating Cancerland* with Yoga



Tari Prinster

**Thursday, April 23,
5:00 - 7:00 pm**

*Tari Prinster, Master Yoga
Teacher, Founder of Y4C and
yoga4cancer Foundation*

The late Christopher Hitchens referred to his cancer experience as a journey to “Cancerland” because of all the strange customs and scary words. People often think that they will come back to the way things were when they return from this strange and scary land. That is not always the case. However, research shows that when properly used, yoga can be a way to reclaim life, help navigate recovery, alleviate side effects, and manage fear of recurrence. Open to patients, caregivers, and healthcare professionals. No prior yoga experience necessary.

Exploring Clinical Trials



Kyle Holen, MD

*Kyle Holen, MD,
Head of Development
Design Center, AbbVie*

The programs below will review the latest information on cancer research studies to help you and your caregivers talk with your doctor and make a decision that is right for you.

Cancer Clinical Trials 101: Should you participate? Things you need to know

Monday, March 30, 6:30 – 8:00 pm

In this program, participants will learn about the fundamentals of how research is conducted and explain the differences between different phases of trials. The presenter will also discuss some of the common misperceptions about clinical research and some of the things that you might be asked to do if you participate.

Cancer Clinical Trials 102: What's new in research? Here's your apple watch and app

Monday, April 6, 6:30 – 8:00 pm

In this program, participants will be informed about the newest types of research that are being done. Some examples that will be explored are studies that are conducted using phone apps, studies where apple watches and other devices are used to track progress, studies where we link your data to other data sources to learn more about how the drug may help you, and other topics. Participants do not need to attend Cancer Clinical Trials 101 in order to attend this program.

Building Motivation: The Foundation for Positive Change

Tuesday, January 14, 6:00 - 8:00 pm

Priscilla Andrews, MA, LCPC

Hoping to make a positive change in 2020? Join us for this interactive workshop that will help you learn how to build and sustain the motivation necessary to enact positive changes in your life. Whether your goal is losing weight, changing a negative behavior or enhancing a healthy lifestyle, this program will help you set goals, build a plan for success and learn how to enhance your strengths and avoid pitfalls.

Therapy Dog Meet and Greet

Tuesday, February 4, 10:45 - 11:30 am

Tuesday, April 7, 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.

Treatment's Done...Now What?

Thursday, February 6, 1:00 - 2:30 pm

Tuesday, April 21, 6:30 - 8:00 pm

Priscilla Andrews, MA, LCPC

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

Hair Loss...Now What?

Wednesday, February 19, 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!

Cancer and PTSD: Surviving and Thriving

Tuesday, March 17, 6:00 - 7:30 pm

Katie Salyer, PsyD, Licensed Clinical Psychologist

g Grayslake Location

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

Saving Lives from Cancer Through Advocacy

Wednesday, April 8, 6:00 - 7:30 pm

Emily Hall, Illinois Grassroots Manager, American Cancer Society Cancer Action Network, Inc.

Ending suffering from cancer doesn't just happen in the doctor's office or research lab—it also must start at the statehouse and in Congress, by citizens whose lives have been impacted by cancer rallying together to demand change from their elected officials. Please join us for a conversation about how the ACS Cancer Action Network advocates for legislation as a catalyst to fight cancer. From gaining dramatic increases in funding for cancer research to ensuring all Americans have access to cancer care, their work is saving lives and leading to new innovative breakthroughs in how to fight this disease. Learn how to become empowered to use your story, voice and passion to advocate for yourself or friends and family members with cancer.

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.

Now Recruiting for Spring.

For more information or to register, please contact Katie Hull, LCSW, Clinical Intake Associate at (847) 562-4981 or khull@cancerwellness.org

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 to 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. Participants must commit to attending all sessions.*

Introduction To Mindful Kitchen

Tuesday, January 21, 1:00 – 2:30 pm

Putting Mindful Kitchen to Practice

Tuesday, February 18, 1:00 – 2:30 pm

Slow it Down: The Patient Kitchen

Tuesday, March 17, 1:00 – 2:30 pm

Mindful Ingredients: Early Spring

Tuesday, April 21, 1:00 – 2:30 pm

Explore Cancer Fighting Foods at the Grocery Store

Monday, January 27, 10:00 – 11:00 am

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

Trader Joe's in Northbrook

Take an interactive store tour with the dietitian to discover nutritious and convenient options to add to your cancer protective plate. Participants will develop skills to identify nutritious choices and how to easily incorporate them as part of a healthy diet. *Registration limited to 15 participants. Program will be held at Trader Joe's - 127 Skokie Blvd, Northbrook, IL.*

Meet the Mediterranean Diet

Tuesday, February 4, 6:30 – 8:00 pm

 Grayslake Location

Thursday, February 13, 6:00 – 7:30 pm

Northbrook Location

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

The Medi (Mediterranean) Diet is a style of eating regarded by experts as one of the best ways to reduce risk for several diseases. This program will explore the common flavors of the Medi Diet and answer the question about why it is ranked as one of the nourishing ways to eat.

The Mindful Kitchen 2: Exploring Long Living Cultures

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

There are regions of the world where people live well into their 90's and even into the 100's: Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece, and Loma Linda, California. When studied, these people share common habits like regular physical activity, purposeful living, low stress, food and wine in moderation, plant focused diet, active social lives and spirituality. In this 3-part series, we will explore each culture through short presentation on lifestyle and behaviors and a simple cooking demonstration. *This group is limited to 15 participants. Participants must commit to attending all sessions.*

Okinawa, Japan

Monday, February 17, 1:00 – 2:30 pm

Sardinia, Italy

Monday, March 16, 1:00 – 2:30 pm

Loma Linda, California

Monday, April 20, 1:00 – 2:30 pm

Cancer & Food Anxiety

Tuesday, March 10, 1:00 - 2:30 pm

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

The diagnosis of cancer can bring up many difficult emotions, including guilt and fear. There is abundant misinformation about the relationship between diet and cancer, which sometimes makes it difficult to decide what to eat or not to eat. In the process, the challenge to make food choices might add to the feelings of guilt or fear. Join the oncology co-presenters in a discussion about cancer and food anxiety and learn ways to overcome these feelings to bring peacefulness to eating.

Phyto- What?

Thursday, April 30, 6:00 – 7:30 pm

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

Have you heard that you should "Eat the Rainbow"? The colorful natural pigments in plant foods are called Phytochemicals. These "plant chemicals" that organically exist in foods like fruit, vegetables, nuts, seeds, and whole grains. Discover why the thousands of phytochemicals are recommended for us to consume regularly, and how best to enjoy their nourishing potential!

What's Next? Remapping Your Life After Loss

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

Donna Oldenburg, MA, LCPC, NCC, CCMHC

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

Exploring Gratitude During Your Cancer Journey

Wednesday, April 22, 29, May 6, 4:00 - 5:00 pm

Megan Stranski, MA, Clinical Extern

"Gratitude during cancer?!" Gratitude has been found to positively impact individuals diagnosed with cancer. Join us to understand how to identify and practice acts of gratitude during this difficult time and learn the gratitude language that you are most fluent in. This program is open to both participants and caregivers, and it is encouraged to attend the program as a pair (both participant and caregiver).

Connecting the Family

Family Yoga

Wednesday, February 12, 5:00 - 6:00 pm

Katie Hoffman, RYT

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.**

Key to Life Beading - Family Program

Thursday, March 12, 6:00 - 7:00 pm

Join the CWC and Komen Chicago to put together beaded key chains as an educational reminder that early detection is key! Each bead represents the size of a lump detected at different stages of breast cancer. The participants are not only helping Komen by making keychains but also educating themselves on breast cancer, so that they can continue to spread awareness and share information to others. **Program is intended for all ages.**

Helping Families Cope with Cancer

Monday, May 4, 6:00 - 7:30 pm

Edna Romero, PhD, Ann & Robert H. Lurie

Children's Hospital of Chicago

Join us for an evening with a pediatric psychologist, Dr. Edna Romero, who will be speaking about common trends in families who are impacted by a cancer diagnosis. The lecture will explore the challenges, adjustments, and conflicts that arise in families coping with cancer. We will also discuss what is developmentally appropriate to share with children of various ages, as well as common reactions, and recommendations to use to help keep the family connected and supported. **The program is intended for adults only.**

Women's Retreat: A Day of Relaxation and Renewal

Monday, April 27, 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.**

Hereditary Cancer Overview

Tuesday, April 28, 6:00 - 7:30 pm

Rebecca Johnson, MS, CHC, Genetic Counselor,

Northwestern Medicine

 **Grayslake Location**

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.

Canasta Game Time

Mondays, 1:15 - 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. Please call to register.

Connecting Through Knitting

Monday, January 6 & 20, February 3 & 17, March 2, 16 & 30, April 6 & 20, 10:00 am - 12:00 pm

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

Stay Strong And Mahj On

Thursday, January 9 & 23, February 13 & 27, March 12 & 26, April 9 & 23, 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 April 16. *Program supported by the Stay Strong And Mahj On Foundation.*

Healing Through Sound with Crystal Bowls and Voice

Wednesday, January 15, 1:00 - 2:00 pm
Wednesday, March 25, 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.

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

Tuesday, January 21, 28, February 4, 18, 25, March 3, 10, 24, 6:30 - 7:30 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.

Stress Reduction Through Mindfulness

Monday, January 27, February 3, 10, 17, 24, March 2, 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 series, you will be introduced to this evidence-based approach and will learn mindfulness basics through instruction, experiential exercises and discussion. Attendance to all sessions is highly recommended.

Gardens: Growth and Change

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

Patti Vick, MFA

Connect with the pleasure of exploration, discovery and play using simple art materials. Tap into your creativity as a form of self-care and stress release. Learn the Open Studio Process of intention setting, expressive art making and journaling as tools for you to use anytime and anyplace you need to find balance and relax. No prior art or writing experience necessary! We will create a garden using watercolors and a variety of collage materials.

Introduction to Feldenkrais

Monday, February 3, 10, 17, 3:00 - 4:00 pm

Julia Sierks, Certified Feldenkrais ATM Instructor

In Feldenkrais Awareness Through Movement (ATM) lessons, students will explore small, comfortable movements that can translate to improvements in mobility. This series is appropriate for all ages, and involve sitting or lying comfortably on the floor. Common benefits include increased relaxation, improved posture and flexibility, and pain relief.

Group Acupuncture

Tuesday, February 4, 3:00 - 4:00 pm
Tuesday, March 3, 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.

Stress Reduction Class

Tuesday, February 4, March 3, April 7, 3:00 - 4:00 pm

CWC Staff

g Grayslake Location

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

Qigong

Friday, February 7 & 21, March 6 & 20, April 3 & 17, 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 warmup. We will then practice our Qigong movements for 30 minutes, ending with an inspirational reading and group discussion. Please wear loose, comfortable clothing. Please call to register.

DreamCatcher: Native Flute Meditation

Tuesday, February 11, 6:30 – 7:30 pm

Preston Kliik, Temple Synphorium

Join us for a musical meditation. Drift away on a melodic Earth-based, multi-media journey as you lie down, close your eyes, and be transported by the beautiful organic sounds of Native American flutes, crystal bowls, nature recordings, the scent of Palo Santo, plus natural and abstract video imagery.

Relax Repose Rejuvenate Through Breath

Thursday, February 20, 10:00 am - 12:00 pm

Priyanka Koul Sathir, RYT

Breath is an important tool to connect the body and mind. Studies have shown that the proper regulation of breath can stimulate the parasympathetic nervous system, lower levels of anxiety and improve mood. Through the regular practice of Breathwork and body awareness exercises, one can clarify the mind resulting in a productive lifestyle. In this workshop, breathing techniques to alleviate stress, clarify the mind and strengthen the immune system will be practiced. Supported by simple yoga poses, the workshop will explore Yogic wisdom and practices to support the participants in experiencing these benefits. No prior yoga experience necessary.

The Studio at CWC Salon and Body Care

Introducing The Studio at CWC, a caring, welcoming environment where experienced practitioners customize 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 Studio. Individual appointments with an experienced stylist and wig professional are available.

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.

Exercise for Cancer Workshop

Monday, March 2, 1:00 – 2:00 pm

Monday, March 9, 1:00 – 2:00 pm

Barbara Shapiro, CPT, NASM, CES

Join us for this two-part exercise for cancer workshop. In session one, participants will learn about the importance of training in multi-dimensional planes which prepares the body for everyday life. Time for Q & A will be provided. In the second class, participants will have the opportunity to learn specific exercises which will help with balance, posture, flexibility, strength and endurance. All levels of fitness are welcome. Please wear gym shoes and comfortable clothing.

Dance of Directions: A Cherokee Dance

Thursday, April 2, 6:30 – 8:30 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 one 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.

Albums of Hope

Tuesday, April 7, 6:30 - 7:30 pm

Laura Townsend, Founder and President of Albums of Hope

g Grayslake Location

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.*

Introduction to Stay Strong And Mahj On

Thursday, April 16, 23, 30,

May 7, 1:00 - 2:30 pm

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

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.

Additional wellness classes are held in Park Ridge and Libertyville.

See page 12 for details.

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

g 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

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

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

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

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. Groups meet the first Tuesday of every month.

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

Healing Journey Bereavement Group

Donna Oldenburg, MA, LCPC, NCC, CCMHC

Topic driven, drop-in, monthly discussion group for spouses/partners who are one-to-five years bereaved. Groups meet the first Tuesday of every month.

January:
New Year, Still Grieving

February:
The Emotions of Grief

March:
Secondary Losses

April:
Signs & Connections after Loss

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.

Ovarian Cancer

**3rd 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 Grayslake.

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.

additional locations

HOSPITAL COLLABORATIONS

Libertyville

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



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

Gentle Yoga for Cancer

Mondays, 9:15 - 10:15 am	Class code: 5C23
Wednesdays, 9:15 - 10:15 am	Class code: 5C23
Thursdays, 6:30 - 7:30 pm	Class code: 5C23
Saturdays, 9:15 - 10:15 am	Class code: 5C23

T'ai Chi for Cancer

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

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



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

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

Yoga for Cancer

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

Wednesday, March 18, 12:00 - 1:00 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.

Relax Repose Rejuvenate Through Breath

Thursday, April 2, 9:30 - 11:30 am

Priyanka Koul Sathir, RYT

Breath is an important tool to connect the body and mind. Studies have shown that the proper regulation of breath can stimulate the parasympathetic nervous system, lower levels of anxiety and improve mood. Through the regular practice of Breathwork and body awareness exercises, one can clarify the mind resulting in a productive lifestyle. In this workshop, breathing techniques to alleviate stress, clarify the mind and strengthen the immune system will be practiced. Supported by simple yoga poses, the workshop will explore Yogic wisdom and practices to support the participants in experiencing these benefits. No prior yoga experience necessary.

Counseling

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

For an appointment call (847) 723-5693.

Grayslake

Northwestern Medicine Grayslake *Programming generously supported by*
1475 E Belvidere Road, Pavilion A
Grayslake, IL 60030



Support Group

A weekly cancer survivor support group is also open to men and women with a cancer diagnosis.

For more information or to register, please contact
Katie Hull, LCSW, Clinical Intake Associate at
(847) 562-4981 or khull@cancerwellness.org.

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**

Thanks to the generosity of WPC, the Center is able to provide programming at this location every Tuesday, including counseling, a 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

Meet the Mediterranean Diet

Tuesday, February 4, 6:30 – 8:00 pm

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

Cancer and PTSD: Surviving and Thriving

Tuesday, March 17, 6:00 – 7:30 pm

Katie Salyer, PsyD, Licensed Clinical Psychologist

Albums of Hope

Tuesday, April 7, 6:30 - 7:30 pm

Laura Townsend, Founder and President of Albums of Hope

Hereditary Cancer Overview

Tuesday, April 28, 6:00 - 7:30 pm

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

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

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 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.

WHY I GIVE BACK...

new

Community Connection



“Because of the difference the Center made in my life when I was sick.”

BARBIE,
PASSIONATE
CWC DONOR AND
VOLUNTEER

“Cancer has touched many in my life. I have seen the strength the programs at the Cancer Wellness Center have restored in those I love. My financial support of the Center makes me feel like I am part, albeit a small one, of the healing journey.”

JOE, CWC DONOR



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

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?

“ Let me be myself, not a cancer patient.”
CWC PARTICIPANT

“ It was most helpful when friends would come over and keep me company. And a meal train was fabulous.”
BARBIE

“ Laugh with me. A light conversation or funny story can make someone’s day.”
JOAN

“ Coming to the classes offered by the Center are a great way to get support.”
ANONYMOUS

“ Ask permission before visiting or giving advice. It gives me the choice to say no.”
GREG

“ Do little things – bring food, drive, bring magazines, books, music...laugh!”
CWC PARTICIPANT

“ Listen to people. Accompany them to appointments. You need a support system.”
ANONYMOUS

“ My family lives in another state, so the Center has been such an amazing support and strength to me!”
CWC PARTICIPANT

“ Offer to do little things your friend enjoys and that make life “normal” for them.”
RACHEL

Question for our next issue:

Winter blues are a thing! How do you combat cabin fever while immune systems are running low?

Send an email to ddowning@cancerwellness.org with your answer (1-2 sentences).

Your response could appear on this page in our next issue.

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

get involved

STEP UP TO SUPPORT US!



Stepping Up To Wellness Republic Bank 5K Run/Walk and 1 Mile Family Walk

Sunday, April 26, 2020
Independence Grove, Libertyville

7:30 am	Onsite Registration Begins
8:45 am	Opening Program
9:00 am	Republic Bank 5K Run/Walk
9:10 am	One Mile Family Walk

Join us for a day of fun, family and friends all while raising funds to ensure that we can continue to offer counseling, support groups, wellness classes and education to all who seek our services – free of charge.



There are so many ways to get involved:

- Start a team
- Join a team
- Register as an individual
- Make a donation
- Become a virtual walker or join our fan club

This year there will be many new and exciting awards and surprises, so be sure to rally your team and start your fundraising early!

For more information or to register
visit www.cancerwellness.org
or call (847) 509-9595.



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

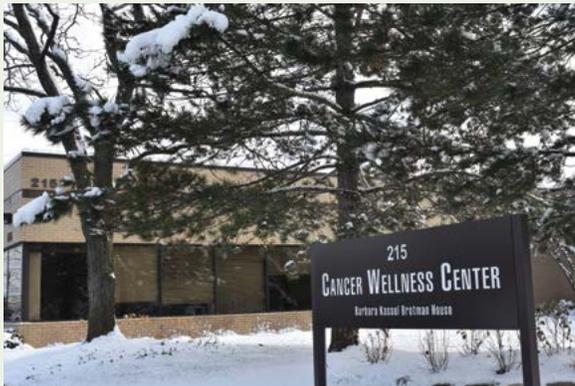
Wildwood Presbyterian Church
18630 W. Old Gages Lake Road
Grayslake, IL 60030

Hours

Tuesdays: 1:00 - 7:00 pm

Support | Wellness | Education

Center Closings + News



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

Thank you to our Generous Program Supporters:

Counseling Services and support groups made possible in part by:

Harvey L. Miller Supporting Foundation of the Jewish Fed.
Charles & M.R. Shapiro Foundation
Butler Family Foundation
The Lisa Klitzky Foundation
Edmond and Alice Opler Foundation

Healthcare Foundation of Highland Park
New Trier Township
Bears Care
Rolfe Pancreatic Cancer Foundation

Cancer Wellness Center Grayslake made possible in part by:

Wildwood Presbyterian Church

General program supporters:

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The Coleman Foundation, Inc.
Gibraltar Business Capital
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