



Cancer Wellness Center

Young Professionals Board (YPB) Recruitment Packet 2022

Contact information:

215 Revere Drive
Northbrook, IL 60062
(847)509-9595
www.cancerwellness.org

Brandon Coan
Recruitment Committee Chair
bcoan@shorecp.com

Savina Chacheva
Program Director & YPB Staff Liaison
schacheva@cancerwellness.org



Welcome to the Cancer Wellness Center!

Dear Prospective YPB Member,

We would like to thank you for expressing interest in joining the Cancer Wellness Center's Young Professionals Board of Directors! We are excited about getting to know you and talking with you about the Center's needs.

The Cancer Wellness Center was founded in 1989 by three friends who were determined to build a reliable source of information and support for cancer survivors and their loved ones. Every day since, the Center's dedicated staff, volunteers, Board, and supporters have worked diligently to expand our services and grow the impact we have in our community.

We are recruiting for our Young Professionals Board, which is a group of driven young professionals who are dedicated in helping support CWC's mission *to improve the emotional and physical well-being of people affected by cancer.*

More information on the Center and on the YPB can be found in the next section of this packet. Please feel free to reach out to us or any other member of our Board with questions. We look forward to meeting you!

Best regards,

Nancy Bulzoni
Executive Director

Art Mollenhauer
CWC Board Member

Savina Chacheva
Program Director & YPB Staff Liaison

Young Professionals Board

Target Demographic: Young Professionals between 25 – 40 years of age

Individuals who:

1. Have a strong connection to the CWC mission
2. High potential in their professional careers/organizations
3. Have developed professional networks

Minimum annual financial commitment: Give \$250 and raise an additional \$750 for a total of \$1,000

Mission Statement: A focused and outstanding group of young professionals who are passionate about the mission and work of the Cancer Wellness Center and will work to generate resources and networking opportunities to support the growth of CWC programs and services.

Roles and Responsibilities of YPB Member:

- Commit to generate resources, with their companies and others in their network with the support of CWC staff and board
- Recruit friends and colleagues to YPB
- Attend 4 meetings per year
- Serve on a YPB sub-committee
- Participate in at least one of the Center's fundraising events
- Act as key representative to the wider community, sharing their passion and commitment to gather support for the Center
- Share insights and relevant input for CWC programming
- Have a strong connection to the CWC mission to support people of diverse beliefs, experiences, and cultures who are affected by cancer

The group would be self-governing in partnership with CWC Staff, Board and Executive Committee.

Engagement and communication by Cancer Wellness Center:

- Formal Board training at the Kellogg School of Management at Northwestern
- Each YPB meeting will be attended and mentored by a CWC Board Member
- Individual meeting once a year with executive staff person to discuss their plan, fundraising contributions, impact of their work and how best to continue supporting CWC
- Educate the YPB members on the work of the Center
- Provide a CWC staff liaison at each meeting and for overall administrative support for YPB
- Provide CWC event staff resources for YPB fundraising and board meetings

Welcome to the Cancer Wellness Center

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



Connect with the CWC Community at:
www.cancerwellness.org or (847)509-9595

welcome

TO THE CANCER WELLNESS CENTER

For over 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

To connect to programs and services at the Center, please contact Katie Hull, LCSW, Clinical Associate and Intake Coordinator to complete a brief intake interview. Katie can be reached at (847) 562-4981 or khull@cancerwellness.org.

Stay Connected:

Stay in touch and receive notifications when new programs and services are available. Subscribe to our email list (QR Code) or follow us on social media



Testimonials

“ During the chaos that arrives along with a cancer diagnosis, it was such a relief to come to the Center...the expertise and the peace of mind were right there, and I didn't have to search for it.”

TRACY, CWC PARTICIPANT

“ Aside from a second opinion, the very next call you should make is to the Cancer Wellness Center because **it's that important.**”

KATHY, CWC PARTICIPANT

“ I feel so grateful that I have been given the tools to live intentionally during this very difficult time and I think it is important that all of you who do the work you do be reminded of why you do it.”

CWC PARTICIPANT

Follow us:



FACEBOOK
[@cancerwellnesscenter](https://www.facebook.com/cancerwellnesscenter)



INSTAGRAM
[@cancerwellnessctr](https://www.instagram.com/cancerwellnessctr)

Education: Lectures & Workshops

Lectures & Workshops provide a wide array of educational and experiential opportunities. All topics are selected to help those with cancer and their loved ones successfully navigate the varied challenges that cancer presents.

Programs aim to:

- **enhance emotional well-being**
- **improve decision making**
- **strengthen communication with your healthcare team**
- **implement and support healthy lifestyle habits**

To learn more and to register for Education Programs visit www.cancerwellness.org. Currently all programs are offered virtually.



Wellness: Mind Body Health

Mind Body Health Classes & Workshops provide a holistic approach to a healthy lifestyle for those whose life has been impacted by a cancer diagnosis.

These classes are designed to:

- **strengthen the body and mind**
- **encourage peaceful living**
- **improve the quality of life during times of stress**

To learn more and to register for Wellness Programs visit www.cancerwellness.org. Currently all classes are offered virtually.



Support: Counseling & Groups

From initial diagnosis through treatment and beyond, the Support Services available at the Center are designed to reduce distress by providing participants with opportunities to process the mental and emotional impact of a diagnosis and learn ways to cope with a cancer diagnosis more effectively. All services are currently offered virtually.

- **Counseling** is available for individuals, families, couples and children/teens.
- **Support groups** are available for cancer survivors (survivors defined as newly diagnosed, in treatment and post-treatment), family members and bereaved.
- **Nutritional Consultation** is available for those currently in treatment or within two years post-treatment.

For more information or to connect to these services, please contact Katie Hull, Clinical Associate and Intake Coordinator, at (847) 562-4981 or khull@cancerwellness.org.



Para más información o para registrarse para servicios de Terapias Virtuales o el Grupo de Soporte Mixto en español, póngase en contacto con Melissa Avila, MS, MA, LPC, NCC (847)562-4991 o mavila@cancerwellness.org

welcome guide

(847) 509-9595

www.cancerwellness.org

Northbrook

215 Revere Drive
Northbrook, IL 60062

Hours

Currently all programs are held virtually.

Grayslake

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

Hours

Currently all programs are held virtually.

Get Involved

Did you know?

- CWC welcomes over 1,400 participants and provides over 12,000 hours of service each year.
- 78% of every dollar given to the Center directly funds programs and services for participants.
- Our annual budget relies 100% on generous funding from individuals, grants, foundations and corporations.

You can make a difference. Whether you (or your business) host a fundraiser, join a leadership board, or volunteer to help, every little thing you do can make the difficult path of cancer just a little easier for participants.

A variety of events raise critical funds to ensure we can continue to offer our programs and services – **free of charge.**

CWC Annual Fundraisers:

- Stepping Up to Wellness Run/Walk - Spring
- Barbara Demovsky Pritikin Memorial Library Luncheon – Summer
- CWC Golf Outing – Summer
- Better Together Benefit – Fall
- CWC Day of Fun – Fall

Thank you to our Generous Program Supporters:

Counseling services and support groups made possible in part by:

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

Healthcare Foundation of Highland Park
The Lisa Klitzky Foundation
New Trier Township
Rolfe Pancreatic Cancer Foundationn

Cancer Wellness Center Grayslake made possible in part by:

Wildwood Presbyterian Church

General program supporters:

The Coleman Foundation, Inc.
Elite Staffing, Inc.
Fifth Third Bank
Gibraltar Business Capital
Guy A. and N. Kay Arboit Charitable Trust
Lewis Floor & Home
Republic Bank of Chicago

Robbins, Salomon & Patt, Ltd.
Wells Fargo Capital Finance
The Zall Family Fund

Cancer Wellness Center Young Professionals Board Structure

