

# Home of Hope Cancer Wellness Center

There to help you navigate your cancer journey.

## November 2019

### Upcoming Programs & Events:

#### **Bucket Brigade**

November 2, 7-1 in Sterling, 2nd Ave & E.2nd St. Home of Hope staff, Board members and volunteers will be out collecting donations for Home of Hope programs. If you are out and about drive by say "HI" and give change to make a difference for those with cancer!

#### **Welcome Summer Roots!**

Home of Hope is happy to announce Summer Roots as our new Client Services Coordinator. Summer earned her BA in Behavioral Services from National-Louis University. She brings to Home of Hope clients a treasure of experience from youth to family social services! Summer will be seeing patients and their families at CGH, KSB and NICTC, Please welcome her.

#### **Hope is Beautiful**

Hope is Beautiful, a new beauty program at Home of Hope.,in collaboration with local beauticians and the Breast Cancer Charities of America ,women will learn about skin care, cosmetics, hair/wig care and more. Join us Nov. 4 from 1-3 at Home of Hope. For more information or to RSVP please call the center at 815-288-4673. Seats are limited for this program. Open to those in active treatment.

#### **Rockin Nutrition**

Nov. 13 10:30-12 pm Join Home of Hope for a rockin experience as we go to Rockin Nutrition in Dixon for a brief tour and a chance to participate in a drum class. This group will meet at Rockin Nutrition. To reserve a seat or for more information please call 815-288-4673

#### **Caregivers Night Out**

November is Caregivers Awareness month. Home of Hope would like to recognize the caregivers who do so much for their families but may not take the time to take care of themselves. Join us November 20 from 5:30-7 for crafts and a presentation. We ask you please RSVP to this event. For more information please call 815-288-4673

#### **Lunch & Learn**

Informational meetings held monthly on current cancer topics.  
November 19 KSB Town Square conference room 2  
Topic: Diabetes and Cancer  
Presenter: KSB Dietitian Gina Aikins

#### **Wellness Services available**

Feeling anxious? Stressed out? Need some "me" time? Call to schedule a massage, Reiki or Healing Touch. Appointments available Wed, Thurs & Friday 815.288.4673

#### **Yoga with Brittanie**

A cancer diagnosis often brings a variety of physical and emotional challenges. Yoga can help manage fear, reduce anxiety, promote positive moods and help manage pain. Join us the 2nd Tuesday at 5 and the 4th Tuesday @ 5 pm.

#### **Facing the Challenge Networking**

This group offers time for patients, family, and loved ones to connect, receive information and support during the challenges of a cancer diagnosis. Join us on the first Thursday @ 2 pm [Home of Hope].

#### **Care for the Caregiver**

This group caters to caregivers and loved ones to connect, receive information and support. Home of Hope understands the new role that has been placed on the family member or friend. Join us on the 2nd Thursday at 3 pm @ the center or the 4th Thursday at 10 am in the CGH Oncology conference room.

#### **Ladies of Love Life Laughter Program**

We offer the Ladies of Love Life Laughter to all women who are just beginning treatment or going through or completed treatments. Held on the 2nd & 4th Tuesday @ 6 pm.

#### **In Lieu of....**

Losing a loved one is difficult. Consider a memorial bequest as an appropriate way to express your support, sympathy, and compassion. By making a gift to Home of Hope you will ensure our mission continues, helping those touched by cancer. Please contact Joan Padilla for more information on how to leave your legacy gift through your will or trust. jpadilla@hohrrv.com 815.288.4673

#### **Thank you to our community:**

Home of Hope is grateful for the financial investment made by so many. Without community support, we could not fulfill our mission. Thank you to Touchdowns for Tatas, Walmart DC, First Bank of Amboy, United Way of Lee & Whiteside Cty, and Etnyre,

Home of Hope Cancer Wellness Center is a local non-profit that is not associated with, nor does it receive funding from, the American Cancer Society(ACS) or any other national cancer organization. Home of Hope Cancer Wellness Center operates exclusively on private foundations, grants, and the generous donations of our local communities.



# November 2019

Home of Hope  
Cancer Wellness Center




Sun      Mon      Tue      Wed      Thu      Fri      Sat

|   |  |  |  |  |   |   |
|---|--|--|--|--|---|---|
| Wish List:<br>Coffee, paper<br>towels, toilet<br>paper, stamps,<br>note cards |  |  |  |  | 1 | 2<br><b>Bucket Brigade</b><br>Sterling 7:00-1<br>2nd Ave & 2nd St |
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|---|---|---|---|---|---|---|
| 3 | 4<br>Hope is<br>Beautiful- 1-3<br>@ Home of<br>Hope | 5 | 6 | 7<br>3:00<br>Care for the<br>Caregiver<br>Group | 8 | 9 |
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|----|----|---|-----------------------------------|----|----|--|
| 10 | 11 | 12<br>5:00 Yoga<br>6:00 Ladies of<br>Love, Life &<br>Laughter | 13<br>Rockin<br>Wellness<br>10:30 | 14 | 15 | 16<br>Reminder<br>Lunch &<br>Learn next<br>Tuesday |
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| 17 | 18 | 19<br>Lunch & Learn<br>12 pm- Town<br>Square Conf.<br>Room 2 | 20<br>Caregivers<br>Night Out<br>5:30 @ Home<br>of Hope | 21<br>10:00 Care<br>for Caregiver<br>CGH- Oncolgy | 22 | 23 |
|----|----|--|---|---|----|----|

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| 24 | 25 | 26<br>5:00 Yoga<br>6:00 Ladies of<br>Love, Life &<br>Laughter | 27 | 28<br>Office closed-<br>Happy Thanksgiving!<br> | 29<br>Office closed- | 30 |
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| Thank you<br>to our<br>board<br>members | Steve Nunez-P<br>Janet Lynch-VP<br>Amy Young- T<br>Linda Clemen-S | Steve Meiners<br>Steve Brewer<br>Ed Miles<br>Diana Meridian | Matt Cole<br>Mary Jean<br>Derreberry<br>Tim Shipman |   |
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