

# Home of Hope Cancer Wellness Center

There to help you navigate your cancer journey.

## March 2019

### Upcoming Programs & Events:

#### March is Colon Cancer Awareness Month

Along with Kidney and Multiple Myeloma, March is Colon Cancer Awareness month. We encourage you to have a conversation with your healthcare provider to find what you need as guidelines have changed based on age, family history and lifestyles. We can help. If you have questions please call to set up an appointment.

#### Nutrition Night for Ladies of Love, Life & Laughter

Starting a new year off with a new diet can be difficult. Whether it's right for your treatments or if you're not getting the right amount of needed nutrients it can be a confusing topic. Join us for our Ladies night group as we go over nutrition tips and helpful recipes to keep on track of new diets and healthy eating habits. Nutrition night will be March 26 from 6-7 @ Home of Hope. For more information please call the center

#### Hope is Beautiful

Hope is Beautiful is a new beauty program at Home of Hope. In collaboration with local beauticians and the Breast Cancer Charities of America you will learn about skin care, cosmetics, hair/wig care and more. Our first program will be March 27 from 1-3 @ Home of Hope. For more information or to RSVP please call the center at 815-288-4673.

#### Grief Recovery Method

We'd like to invite anyone dealing with a death or significant emotional loss to attend March 5 @ pm. This 8 session program is designed to assist people in overcoming the pain caused by loss. Our presenter is Ken Lawson from Unity Hospice of Western IL. Call 815.288.4673 as RSVP IS REQUIRED.

#### 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

#### Lunch & Learn

Informational meetings held monthly on current cancer topics.  
March 19 @ Home of Hope Cancer Wellness Center  
Topic: How Reiki is Helpful

#### Yoga with Jennifer

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 4 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]. Quarterly meetings will start the last Thursday in March @ 3 pm [Rock River Center in Oregon].

#### 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 those 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 E. Zamarripa family, Raynor Mfg, Workman Harley, Sterling Fed, CGH, & Dixon Charitable Police Assoc.

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.



# March 2019

Home of Hope  
Cancer Wellness Center



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wish List: Coffee, paper towels, toilet paper, stamps, note cards		March is Colon, Kidney and Multiple Myeloma Awareness Month!	If you have any questions, schedule an appointment with your doctor!		1	2
3	4	5 Grief Recovery Method Intro 5 pm	6	7 2:00 Facing the Challenge Group	8	9
10	11	12 4:00 Yoga 6:00 Ladies of Love, Life & Laughter	13	14 3:00 Care for the Caregiver Group	15	16 Reminder Lunch & Learn next Tuesday
17 	18	19 12:00 Lunch & Learn	20	21	22	23
24	25	26 5:00 Yoga 6:00 Ladies of Love, Life & Laughter	27 1-3 Hope is Beautiful Program @HOH	28 10:00 Care for Caregiver CGH- Oncology 3:00 pm Facing the Challenge Oregon	29	30
31  COMMUNITY FOUNDATION OF NORTHERN ILLINOIS	 		Thank you to our board members	Steve Nunez-P Janet Lynch-VP Amy Young- T Linda Clemen-S	Steve Meiners Steve Brewer Ed Miles Diana Meridian	Matt Cole Mary Jean Derreberry

