

# Home of Hope Cancer Wellness Center

There to help you navigate your cancer journey.

## February 2020

### Upcoming Programs & Events:

#### **Make Your Sweet a Treat**

With Valentine's Day approaching it can be difficult to find a gift for that special someone. Please join us for an afternoon of decorating fun. We will have desserts and toppings as well as materials to make your own Valentine's card. This program will be on February 11 from 12:30-2:30 at Home of Hope. No RSVP needed. 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. This program will be February 13 from 1-3 pm at Home of Hope. For more information or to RSVP please call the center at 815-288-4673.

#### **Rockin Wellness Drum Fit**

February 8 9 am @ Rockin Nutrition- Dixon  
Join Admin Assistant Daria as we participate in a Drum Fit class! All classes are free and are available for everyone! We will meet at Rockin Wellness for a brief exercise. No RSVP needed! For more information please call the center at 815-288-4673

#### **Sounds from the Heart**

February 20 2-3 pm @ Home of Hope  
Join us as Client Services Intern Kelsey presents Music Therapy. Music therapy provides communication that can be helpful to those who find it difficult to express themselves in words. No RSVP needed. For more information please call the center.

#### **Educational Bites**

A common side effect of chemo is dry mouth, caused by the reduction of saliva. This causes tooth decay because saliva is needed to neutralize acids from food and dental plaque. Help keep your mouth moist and tooth decay at bay with the following suggestions:

- \*Brush and floss after every meal, snack and before bedtime
- \*Use a soft toothbrush and soak in water to soften it before brushing
- \*Drink lots of water throughout the day
- \*Make sure your mouthwash does not contain alcohol
- \*Avoid/limit acidic, spicy and hot foods
- \*Use a product like Biotene to address dry mouth issues

Did you Know: Banana bread is a wonderful source of protein and is amazing in helping digestive health and lowering blood sugar. It's full of vitamins A and C as well as potassium, which helps with fluid balance and muscle contractions. Enjoy this month's recipe!

#### **Wellness Services available**

Feeling anxious? Stressed out? Need some "me" time? Call to schedule a massage, Reiki or Healing Touch. Appointments available Wednesday and Thursday 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.

#### **Wellness Wednesday**

Join Client Services staff for an open house from 10 until 3, on Wednesday, February 12. Informational and interactive stations will address nutrition, physical and mental health issues that are common among cancer patients.

#### **Recipe of the Month**

##### **Easy to bake Banana Bread**

2 cups all-purpose flour 1 teaspoon baking soda 1/4 teaspoon salt  
1/2 cup butter 3/4 cup brown sugar 2 eggs, beaten  
2 1/3 cups mashed overripe bananas

##### **Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan. In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

#### **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](mailto: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 Dixon Kiwanis, Twin City Sunrise Rotary, United Way Lee Cty, Raynor & Ken Nelson Auto Group.

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.





Sun

Mon

Tue

Wed

Thu

Fri

Sat

## From them to you:

We know how it feels to have a caregiver or someone special in our lives. We want to help you thank them. Call or stop in to tell us about someone who went above and beyond or even just held the door for you. We will send a card and that person will be put in a quarterly drawing for a prize! Start January by spreading the love and showing your thanks!

Wish List:  
Coffee, paper towels, toilet paper, stamps, note cards

Thank you to our  
**Board members**

Janet Lynch-P  
Matt Cole-VP  
Amy Young- T  
Linda Clemen-S

Steve Meiners  
Steve Brewer  
Mary Jean Derreberry  
Tim Shipman

1

2

3

4

5

6

7

National Send a card to a friend day!  
Sending our love!

8

Drum Fit- 9am  
Rockin Wellness Dixon

9

10

11

5:00 Yoga  
2:30 Make Your Sweet a Treat

12

13

1-3 pm @  
Home of Hope  
Hope is Beautiful

14

15

16

17

Random Act of Kindness Day!  
Make it special!

18

19

10:00 Wellness Wednesday @  
Home of Hope

20

2:00- Music Therapy @  
HoH

21

National Caregiver's Day!  
Hug someone you love!

22

23

24

25

5:00 Yoga

26

27

28

29

