

Home of Hope Cancer Wellness Center

There to help you navigate your cancer journey.

December 2019

Upcoming Programs & Events:

#GivingTuesday Open House

December 3, 7 am - 7 pm. Please come to Home of Hope's 6th #GivingTuesday Celebration. Giving Tuesday kicks off the charitable season, when we can focus on holiday and end-of-year giving. A day to celebrate an agency that makes a difference in our community. Staff, volunteers and Board members will host an Open House. Enjoy a tour of the facility along with refreshments.

Blood Drive

December 23, 1 pm-6 pm.
In this season of giving, please consider giving life! Blood donations are critical for so many, but especially cancer patients. Appointments can be made by calling the center at 815.288.4673

Sleighting the Card Game

December 5, 3-6 pm
Ring in the holiday by creating your own holiday cards. This program will be open house style and all supplies provided. You will have an option to choose from three different styles of cards of your liking. Everyone is invited, no RSVP needed. No talent needed, just some creativity. Program will be held at Home of Hope.

Art You Relaxed?

December 11 10 am-12 pm or 2 pm-4pm
Guided Imagery and Art Therapy are coming together to relax you this holiday season. You will enjoy a brief meditation followed by art therapy going over what you just experienced. Program is at HoH. No RSVP needed. For more information please call 815-288-4673

A Cure for "Board"om

Dec. 12 3-6 pm
Join us for an open afternoon to design your own welcome sign. You will be able to choose from "welcome", "grateful" and "blessed". There are limited spots available for this program so we ask you RSVP by December 9. Feel free to stop in between 3-6 to create your personalized sign. Will be held at Home of Hope

Lunch & Learn

Informational meetings held monthly on current cancer topics.
December 17 at Lee County Council on Aging
Topic: Medicare & Medicaid- How it Benefits You
Presenter: Sam Harazin of Lee County Council on Aging

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]. Quarterly meeting Dec. 19 at Rock River Center Oregon 3-4

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 CGH, KSB, NICTC, Dixon Walmart, Exelon, St. Andrew Church & Franklin Grove Women's Club.

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.



December 2019

Home of Hope
Cancer Wellness Center



Sun

Mon

Tue

Wed

Thu

Fri

Sat

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
Tim Shipman

1

2

3

4

5^{3:00}
Care for the
Caregiver
Group
3-6 Holiday
Cards at HoH

6

7

8

9

10
5:00 Yoga
6:00 Ladies of
Love, Life &
Laughter

11
10-12 or 2-4
Guided
Imagery/Art
Therapy at HoH

12
3-6 Personalized
Signs at HoH

13

14
Reminder
Lunch &
Learn next
Tuesday

15

16

17
Lunch & Learn
12 pm- Lee
County Council
on Aging

18

19
10:00 Care
for Caregiver
CGH- Oncolgy
3:00 Facing the
Challenge

20

21

22

23
Blood
Drive
1-6

24



25



26

27

28

Office closed- Happy Holidays

29
Wish List:
Coffee, paper
towels, toilet
paper, stamps,
note cards

30

31
Office
Closed



Home of Hope Cancer Wellness Center
1637 Plock Rd., Dixon, IL 61021 815.288.4673 homeofhopeonline.org

