

Home of Hope Cancer Wellness Center

There to help you navigate your cancer journey.

January 2019

Upcoming Programs & Events:

Bringing in 2019!

Time to start a new chapter in this book of life! Our hope for all is that the pages will be filled with love, laughter, smiles and strength. Home of Hope CWC will continue to be there for cancer patients and their family. We are the "cancer comfort center" where fears are quieted and questions get answers. Happy New Year from all of us!

Client Services

Home of Hope has one on one client services appointments available for anyone in need. Both Matt and Kelsey are available throughout the week to sit down and talk or listen. Appointments can be made from 10-3 on Tuesdays, Wednesdays and Thursdays. Call the center to set a time

The Importance of Art Therapy

Art therapy is a self-expression form of art through many mediums such as painting or drawing. Join us as Client Services intern Kelsey Boyd goes over art therapy and an activity to help cope with some worries you might have. Program will be January 24 from 5-6:30 pm @Home of Hope.

Workout Wednesdays

Stop in on Wednesdays from 2-3 pm to enjoy a light workout incorporating stretching and light cardio exercise. We will go over light stretches and some simple workouts to help energize ourselves in the new year. Facilitated by Admin Asst, Daria Bennett

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. January 15 @ Home of Hope Cancer Wellness Center
Topic: Neuropathy
Presented by: Carlson Acupuncture & Chiropractic Clinic

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].

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 New Life Church, PF Quilters, S.V. Com. Church, Ken Nelson, & First Presbyterian Church.

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.



January 2019

Home of Hope
Cancer Wellness Center



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Wish List: Coffee, paper towels, toilet paper, stamps, note cards	Office closed. Happy New Year!	1 Office closed. Happy New Year!	2	3	4	5
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6	7	8 4:00 Yoga 6:00 Ladies of Love, Life & Laughter	9 Workout Wednesday 2-3 @ HoH	10 2:00 Facing the Challenge Group	11	12 Reminder Lunch & Learn next Tuesday
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13	14	15 12:00 Lunch & Learn	16 Workout Wednesday 2-3 @ HoH	17 3:00 Care for the Caregiver Group	18	19
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20	21	22 5:00 Yoga 6:00 Ladies of Love, Life & Laughter	23 Workout Wednesday 2-3 @ HoH	24 10:00 Care for Caregiver CGH- Oncolgy Art Therapy 5-6:30 pm @ HoH	25	26
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27	28	29	30 Workout Wednesday 2-3 @ HoH	31	January is Cervical Cancer Awareness Month!	Don't forget to schedule yourself for a screening!
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 COMMUNITY FOUNDATION OF NORTHERN ILLINOIS			Thank you to our board members	Steve Nunez-P Janet Lynch-VP Amy Young- T Linda Clemens-S	Steve Meiners Steve Brewer Ed Miles Diana Meridian	Matt Cole Mary Jean Derreberry
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