

Home of Hope Cancer Wellness Center

There to help you navigate your cancer journey.

January 2020

Upcoming Programs & Events:

Happy New Year!

On behalf of staff and Board of Directors we, here at Home of Hope, want to wish all our past, present and future clients and their families a Happy and Blessed New Year! HOME OF HOPE is a haven realized out of the need for cancer patients, survivors and their families to share and heal. From prevention education to stress-relieving wellness services. Please look for new programs as we begin this new and hopeful year.

Doing it Write

January 9 from 2-4 pm @ Home of Hope

A new year, a new page. We invite you to our journaling program where we go over the basics of starting and keeping a journal. This program will be open house style, so no RSVP is needed, just a love for writing. For more information please call the center.

Mantra Meditation

January 23 3-4 pm @ Home of Hope

What is Mantra Meditation? Mantra meditation is the process of quieting and focusing the mind using a sound, word or phrase recited either aloud or silently. Participate in this relaxing meditation session as it helps to relieve stress and anxiety. We ask you RSVP to this program. For more information please call the center at 815-288-4673

Pasta Night Away

January 25 4-6 pm @ Home of Hope

It's always fun to try something new. Join us as we host a make your own pasta night at Home of Hope. All materials will be provided, we just need you! We do ask you RSVP as seats are limited. To RSVP or for more information please call the center.

Recipe of the Month

New to Home of Hope we will be spotlighting a recipe of the month! If you have any suggestions send them our way!

Easy to make Pasta Sauce

2 teaspoons olive oil, 1/2 small onion, chopped, 2 green onions, chopped, 2 teaspoons crushed garlic, 1 (28 ounce) can peeled and diced tomatoes, 4 teaspoons dried basil, 4 teaspoons dried oregano, 1 teaspoon white sugar

Directions

In a large saucepan heat oil over medium heat. Saute onion, green onion and garlic. When onions are clear, stir in tomatoes, basil, oregano and sugar.

Bring to a boil, reduce heat to low, and simmer for 20 minutes

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.

Wellness Wednesday

Starting in January we will host monthly open houses here at the center. We will have 1 on 1 supportive services going throughout the day for anyone to utilize. We will have mini programs going on all day at separate stations for you to participate in as well, such as our Albums of Hope program. Check out our lending library or just stop in for a cup of coffee and some conversation. We hope to see you! No RSVP needed. Stop in anytime between 10 and 3 on January 15!

2020 Groups

As we enter 2020 we're switching things up. For right now groups will be on a hiatus. We're working on making them better for you to enjoy. Keep a look out for new and exciting things coming your way!

Educational Bites

New Year, new program ideas. As we transform from monthly lunch and learns we are going to Educational Bites monthly. These gatherings will be quarterly so be on the lookout for those!

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 everyone that participated in our #GivingTuesday celebration. So many came together for our agency to reach the match goal of \$12,500! Amazing!!

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 2020

Home of Hope
Cancer Wellness Center



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

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5

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2:00-
Journaling Class @ Home of Hope

10

11

12

13

14
5:00 Yoga

15

10:00 Wellness
Wednesday @
Home of Hope

16

17

18

19

20

21
National Hugging Day!
Hug someone you love!

22

National Library Shelfie day. Come check out our lending library!

23

3:00- Mantra
Meditation @
Home of Hope

24

25
4:00- Pasta
Night away @
Home of Hope

26

27

28
5:00 Yoga

29

30

31



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

