

# Home of Hope Cancer Wellness Center

There to help you navigate your cancer journey.

## April 2019

### Upcoming Programs & Events:

#### April is Head/Neck Awareness Month

April is Head & Neck 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.

#### Social Security Program at Home of Hope

April 18th 1pm- Learn about how Social Security Benefits are helpful and how they can be utilized. Join us while we go over what Social Security is and how you can sign up to use benefits. Seats are reserved, please call 815-288-4673 to RSVP or for more information.

#### Multiple Myeloma Support Group

April 10- 6 pm This group offers time to express and go over the diagnosis of Multiple Myeloma. The group will meet at CGH in the Ryberg Auditorium. Food will be provided. Seats are limited so please call to reserve a seat. Please call 815-288-4673 for more information or to RSVP.

#### Pain Management Program

April 30- 2 pm Dr. Tim Appenheimer will be speaking on pain management.. Dr. Appenheimer has an extensive background in acute care and pain management and will be able to answer questions you may have, please call 815-288-4673 for more information or to reserve a seat. Program will be at HoH.

#### Men's Night

April 24- 6 pm We offer Men's Night to those just beginning or going through treatments along with those who have completed treatment. Group will be the last Wednesday of the month at HoH.

#### 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.  
April 16 12 pm @ CGH Hospital Classroom 2  
Topic: A Matter of Balance  
Presented by: Lynell Brownlee RSVP 815.288.4673

#### 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 Royal Neighbors, H. Miller Ins, Sauk Valley Bank, RRG&P & Douglas & Frye.

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.



# April 2019

Home of Hope  
Cancer Wellness Center



Sun Mon Tue Wed Thu Fri Sat

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

1

2

3

4

2:00 Facing  
the Challenge  
Group

5

6

7

8

9

4:00 Yoga  
6:00 Ladies of  
Love, Life &  
Laughter

10

6:00 Multiple  
Myeloma  
Networking  
Group @ CGH

11

3:00  
Care for the  
Caregiver  
Group

12

13

Reminder  
Lunch &  
Learn next  
Tuesday

14

15

16

12:00  
Lunch &  
Learn

17

18

1:00 Social  
Security  
Program @  
HoH

19

20

21



22

23

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

24

6:00 Men's  
Night

25

10:00 Care  
for Caregiver  
CGH- Oncology

26

27

28

29

30

2:00 Pain  
Management  
program @ HoH

April is Testicular,  
Esophageal and  
Head/Neck Cancer  
Awareness Month!

If you have any  
questions,  
schedule an  
appointment with  
your doctor!

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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 Clemen-S

Steve Meiners  
Steve Brewer  
Ed Miles  
Diana Meridian

Matt Cole  
Mary Jean  
Derreberry  
Tim Shipman



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