

# Home of Hope Cancer Wellness Center

There to help you navigate your cancer journey.

## February 2019

### Upcoming Programs & Events:

#### **February is Cancer Prevention month!**

Prevention comes in many forms including but not limited to responsible choices, healthy eating, exercise and health screenings. 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.

#### **Guided Imagery**

Guided Imagery is a complementary method in which a person is guided in imaging a relaxing scene or series of experiences. Guided imagery has been shown to enhance healing, promote relaxation and improve the quality of life in cancer patients. The guided imagery program will be held from 5-6pm on February 27 @ Home of Hope.

#### **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 February 21 from 5-6:30 pm @ Home of Hope.

#### **Looking Forward: Grief Recovery Method**

3/5/19: 5-6 pm We'd like to invite anyone dealing with a death or significant emotional loss to attend. This 8 session program is designed to assist people in overcoming the pain caused by loss. Our presenter is Ken Lawson from Unity Hospice of Western IL. Call 815.288.4673 as RSVP IS REQUIRED.

#### **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.  
February 19 @ Home of Hope Cancer Wellness Center  
Topic: Medical Marijuana: What is it and how can it help?  
Presented by: Mapleglen Dispensary

#### **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 Sterling Walmart, RF Middle School, Walmart DC & Crest Foods

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.



# February 2019

Home of Hope  
Cancer Wellness Center



Sun

Mon

Tue

Wed

Thu

Fri

Sat

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

February is National Cancer Prevention month!

Don't forget to schedule yourself for a screening!

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2:00 Facing the Challenge Group

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

3:00 Care for the Caregiver Group

Reminder Lunch & Learn next Tuesday

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12:00 Lunch & Learn

5:00 The Importance of Art Therapy

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

5:00- Guided Imagery @ Home of Hope

10:00 Care for Caregiver CGH- Oncology



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



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

