

JANUARY / FEBRUARY 2009

WELLNESS HOUSE

CHALLENGING CANCER. CREATING COMMUNITY. CHANGING LIVES.

CALENDAR OF EVENTS

Program Hours

MON – THURS 9 a.m. - 8:30 p.m.*

FRIDAY 9 a.m. - 5 p.m.

SATURDAY 9 a.m. - 12 p.m.*

Parking is available

GETTING STARTED AT WELLNESS

Our doors are open and waiting for you and your family to join us at one of our many programs and classes! We realize that cancer affects the entire family and want to help each of you find ways to ease your stress. We'll talk with you about ways you can deal with the challenges you and your family are facing as a result of a cancer diagnosis.

Our calendar is published bi-monthly and is also available online and in your physician office. You will find registration information throughout the calendar. **Programs are offered to you at no charge through the support of our donors.**

Healing through Mindfulness

MONDAYS, JAN 5, 19 & FEB 2, 16, • 7 - 8:30 p.m. **Registration required**

This course will follow the book *Finding the Center Within* by Thomas Bien, Ph.D., and Beverly Bien, M.Ed. All of us want to live a calmer, more peaceful existence. Learn how to find the center within through ongoing mindfulness and experience your capacity to live deeply and fully in any external circumstance. *Please contact Linda Kengott, MA, LCP for more information.*

Parent To Parent: a Networking Group WEDNESDAY, JAN 14, • 10 – 11:30 a.m.

Parents who are experiencing cancer in the family are invited to attend a new informational and supportive group focused on the impact of cancer on the family. Parents will share practical tips, exchange information, and offer support to one another to help maintain a sense of normalcy in the family. The group is open to the parent who has cancer, a spouse or partner, or both. This is a monthly drop in group that will meet on the second Wednesday of each month from 10:00-11:30 AM. Childcare may be requested by calling Betsy the week prior to the group. *Please contact Betsy Rubenstein, LSW, MS for more information.*

Overall Nutrition and Healthy Cooking after Transplant

SATURDAY, FEB 28 • 10 a.m. – 12:30 p.m. **Registration required**

Julie Fulton, registered and licensed dietician, will discuss important nutritional concerns for patients following a bone marrow or stem cell transplant and dietary needs for those with graft versus host disease. The presentation will include a cooking demonstration and recipes will be given to participants. Separate break out sessions for transplant recipients and family members will take place after the presentations as an opportunity to network with others. *A light lunch will be served. This program is presented in partnership with BMT Infonet 847-433-3313.*

Managing Uterine Cancer

THURSDAY, MARCH 5, • 7 – 9 p.m. **Registration required**

Come learn from an expert in the field of radiation oncology about the options available to treat uterine cancer. *Kevin Albuquerque, MD, MS, FRCS, Assistant Professor and Clinical Director Radiation Oncology Loyola University Medical Center*

JAN/FEB HIGHLIGHTS

Managing Weight Gain

New group begins **Wednesday, January 7, 6:30 - 8 p.m.**

Nutrient Packed Foods: What do they have to offer?

Tuesday, January 13, 7- 9 p.m.

On the Mend – New group begins **Tuesday, January 27**

Wellness House New Year's hours

CLOSED on January 1,3

OPEN, but no programming on January 2

**Walk-ins should call first after 7 p.m. and on Saturdays.*

Getting Started at Wellness House

Welcome to Wellness <i>Call or drop by Welcome to Wellness</i>	MONDAYS at 5:30 p.m. THURSDAYS at 10 a.m.	Informal orientation meeting providing an overview of programs, tour of facility and chance to meet staff and other participants.
Individual/Family Orientation	Contact Wellness House at 630.323.5150	If Welcome to Wellness is not convenient, schedule an individual or family appointment to learn more about programs and services.
Look Good, Feel Better Sponsor: American Cancer Society	THURS, Jan 15 & MON, Feb 16 6 - 8 p.m. Registration required	Spend an evening with others in active treatment learning how to manage hair, nail, and skin changes due to cancer treatment. Please RSVP with complexion type.
Wellness House Library Our library is available for all and carries a variety of books, audiotapes and CDs. Open during regular hours.		
Wellness Tune-ups <i>Call to schedule a 30-minute session with a trained practitioner. Limit one appointment every 2 weeks.</i>		
Massage Therapy Session Light, fully clothed massage for relaxation and muscular relief. Physician consent is needed.	Healing Touch Session Energy-based techniques to help reduce stress, pain and fatigue.	Reiki Session Japanese form of energy healing with similar results to Healing Touch.

Essentials Series – Wellness House has developed an *Essential Series* of programs found to be most helpful for our participants newly diagnosed or new to cancer treatment. Teaches and strengthens skills needed to navigate the cancer journey. Updated class schedules available at front desk. Families are encouraged to attend also.

Making the Mind Body Connection Linda Kengott, MA, LPC, Wellness House	TUESDAY, JAN 20 7 - 8:30 p.m. Registration required	Learn about the connection that exists between your mind and your body and how to actively use this information to improve your daily sense of well-being and overall quality of life.
Understanding Cancer's Impact on You and Your Relationships Michael Williams, PsyD, Wellness House	TUESDAY, FEB 3 7 - 8:30 p.m. Registration required	Gain a clear understanding of cancer's potential impact on your most important relationships. Learn how to stay connected and communicate productively during the challenging times of cancer.
Getting the Pain Relief you Need and Deserve Deborah A. Stlaske, MSN, APN, AOCNS, Advocate Christ Medical Center and Edna Feulner, RN-BC, MSN, ANP-BC Elmhurst Memorial Hospital	TUESDAY, FEB 10 7 - 8:30 p.m. Registration required	Learn about the definition of cancer pain, what to report to your doctor, and how pain is treated.
Click Here! Internet Searching for Cancer Resources Cheryl Hurst, PsyD. Wellness House	TUESDAY, FEB 17 7 - 8:30 p.m. Registration required	Gain expertise on search strategies and useful links to help you manage the new situations, new information, and new decisions that cancer brings in the age of the internet.

JANUARY/FEBRUARY Featured Education Programs

Nutrient Packed Foods: What do they have to offer? Christy C. Tangney, PhD, FACN, CNS, Department of Clinical Nutrition, Rush University Medical Center	TUESDAY, JAN 13 7 - 9 p.m. Registration required	Come learn about the latest news regarding the health benefits of specific foods and supplements such as lutein, Vitamin D, fish oils, and omega 3 fatty acids.
Cancer Diagnosis as a Psychological Trauma <i>Finding help when you need it</i> Marie Tobin, MD, Associate Professor of Psychiatry, University of Chicago, University Medical Center	THURSDAY, JAN 22 7 - 8:30 p.m. Registration required	Join us for an evening of discussion and reflection as presenter Marie Tobin, MD, shares strategies to help individuals and families dealing with a cancer diagnosis tap into their inner resources such as resiliency and flexibility.
Cancer and Disability Law: Understanding the System Amy Altbach, Attorney, Nash Disability Law	SATURDAY, FEB 7 10 a.m. - 12 p.m. Registration required	This is an opportunity to learn about issues related to disability such as how and when to file, what types of benefits exist for those with cancer, what does it mean to be on "disability", and what to do if you are turned down.
Good Vibrations Bev Nelson, MT-BC Music Therapist	THURSDAY FEB 19, 26 6:30 - 8 p.m. Registration required	Experience using the human voice as a conduit for health and balance. Focus vocal energy on areas of the body and chakras, while creating a safe environment for exploring the benefits of the vocal vibrations. Singing bowl and gentle sounding instruments enhance the experience. No musical or signing experience necessary.

Support & Networking

Weekly Support Groups		
Cancer Support Group <ul style="list-style-type: none"> Groups for persons with cancer diagnosis. Call Michael Williams, Psy D. at 630.654.5117 Groups for family caregivers. Call Marta Quist, MSMFT at 630.654.5191 	WEDNESDAYS, 7 - 8:30 p.m. <i>Registration required</i>	Ongoing 8-week support group for people with cancer and their family caregivers to improve coping skills. Two separate groups meet at the same time.
On the Mend <i>New day!</i>	TUESDAYS, Jan 27 - March 17 7 - 8:30 p.m. <i>Registration required</i>	Join this 8-week support group if you've recently completed cancer treatment. Consider this group to learn more about the new challenges and emotions of recovery.
Living with Metastatic Breast Cancer <i>Supported by a grant from the Chicagoland Area Affiliate of the Susan G. Komen Breast Cancer Foundation</i>	TUESDAYS, 10 - 11:30 a.m. <i>Drop-ins welcome</i>	Join other women facing metastasis of their breast cancer. This weekly group will focus on the ongoing challenges that arise from dealing with treatment, relationships, and facing the future. Please contact Linda Kengott at 630-654-5109 for more info.
Couples Starting the Journey	Jan 13 & 27 and Feb 10 & 24 TUESDAYS, 7 - 8:30 p.m. <small>2nd and 4th Tues of the month</small> <i>Drop-in group with one time registration required</i>	Join this newly formed support group designed for couples. Group is designed to help the couple make the adjustments needed as treatment decisions are made and initiated. Couples are requested to attend together.
Reflecting on Spirituality and Cancer	WEDNESDAYS 10:15 - 11:30 a.m. <i>Drop-ins welcome</i>	Join others to explore aspects of your spirituality and ways it both affects and is affected by the cancer experience. (Not affiliated with any formal religion).
Women Connected from the Start	THURSDAYS, 10 - 11:30 a.m. <i>Drop-ins welcome</i>	Support group for women regarding the physical changes and emotional transitions associated with new and continuing treatment. Contact Marta Quist MSMFT at 630.654.5191 to learn more.
Managing Recurrent and Metastatic Cancer	FRIDAYS, 10 - 11:30 a.m. <i>Drop-ins welcome</i>	Weekly group focusing on issues regarding recurrent and metastatic disease.

Monthly Networking Drop-in Groups		
Multiple Myeloma Lymphoma Lung Ovarian Cancer	THURSDAYS, Jan 8 & Feb 12 <small>(2nd Thursday of month)</small> 7 - 8:30 p.m.	Individual networking groups give people an opportunity to meet with others experiencing the same type of cancer and their caregivers. The purpose is to exchange information and offer encouragement and support. <i>All groups meet separately. Drop-ins welcome</i>
Carcinoid	SATURDAYS, Jan 17 & Feb 21 <small>(3rd Saturday of month)</small> 10 a.m. - 12:15 p.m.	
Pancreatic <i>Sponsored by the Rolfe Foundation</i>	THURSDAYS, Jan 15 & Feb 19 <small>(3rd Thursday of the month)</small> 7 - 8:30 p.m.	
On the Mend Networking <i>For graduates of On the Mend support group</i>	MONDAYS, Jan 19 & Feb 16 7 - 8:30 p.m. <i>Drop-ins welcome</i>	Join other cancer survivors who have completed their cancer treatment and have also attended the On the Mend support group (see above). Opportunity to continue the conversations regarding cancer recovery, including managing post-treatment side effects, fears of recurrence, and managing relationships.
Just for the Guys... Can we talk? Michael Williams, PsyD	TUESDAYS, Jan 20 & Feb 17 <small>(3rd Tuesday of month)</small> 7 - 8:30 p.m. <i>Drop-ins welcome</i>	Calling all men (only)! If you are supporting a spouse or girlfriend who is dealing with cancer, join Michael for a discussion focusing on strategies for better communication and managing stress.

Bereavement Groups		
Bereavement drop-in (for recently bereaved)	TUESDAYS, 5 - 6 p.m. <i>Drop-ins welcome</i>	Losing someone you love can seem overwhelming, but you're not alone. Supportive environment to be heard.
Transitions	<i>Registration required</i>	Committed bereavement support groups to develop techniques to help you cope. Groups meet every other week. For loss of spouse, call Michael Williams Psy D. at 630.654.5117. For loss of parent, sibling or adult child, call Marta Quist. at 630.654.5191

Call **630.323.5150** to register for a program or go to **wellnesshouse.org** for more information

Family Matters (Children & Parent Programming)

Kids Group <i>Registration required</i>	Weekly support group for children ages 6-12 who have a family member with cancer. Meets for 8 weeks. Through expressive arts and discussion, kids have an opportunity to connect with others in a similar situation. Simultaneous parents group is offered.	<p><i>FAMILY MATTERS</i> is a comprehensive educational and supportive program for children, teens, and parents experiencing cancer in the family. The program helps to normalize and validate the feelings that children have during the cancer experience. Group and individual opportunities are available.</p> <p>Call today for more information Betsy Rubenstein, LSW, MS 630.654.5118</p>
Turtles <i>Registration required</i>	Weekly bereavement support group for children ages 6-12. Meets for 8 weeks. Through expressive arts and discussion, kids have an opportunity to connect with others in a similar situation. Simultaneous parents group is offered.	
Teen Talk <i>Registration required</i>	Weekly support group for teens, ages 13-17, who have a family member with cancer. Provides teens an opportunity to connect with one another and discuss the impact cancer has on their family.	
Time Out! For Teens <i>Registration required</i>	Weekly bereavement support group for teens, ages 13-17, who have lost a family member to cancer. Provides teens an opportunity to connect with others and explore the impact of the loss.	
Valentine Party <i>Registration required</i>	Kids from our Family Matters Program are invited to a Valentine's Day Party while parents take a moment to relax in the next room. Please call Kristine at 630-654-5112 to sign up for the party. THURSDAY, FEB 5 • 6:30 - 8 p.m.	

Stress Management

Mind/Body		
Guided Imagery	TUESDAYS, 9 - 10 a.m. <i>Drop-ins welcome</i>	Learn how to use the power of imagination to reduce stress and deal with pain and symptoms.
Mindfulness-Based Stress Reduction Advanced Practice (MBSR II)	MONDAY, JAN 12, 26, FEB 9, 23 2nd and 4th Mondays of the month. 6:30 - 7:30 p.m. <i>Drop-ins welcome</i> Prerequisite: MBSR I	Mindfulness is designed to teach you how to live in the present moments of your life. Research shows that the immune system "takes notice" when a person is practicing MBSR. Contact Mary Sinclair at 630.654.5114 for more information.
Meditation	WEDNESDAYS, 9 - 10 a.m. <i>Drop-ins welcome</i>	Discover ways to experience peace and serenity to facilitate healing of your mind, body and spirit.
Mindfulness Meditation	THURSDAYS, 9 - 10 a.m. NO CLASS 2nd Thursday of the month <i>Drop-ins welcome</i>	Program focused on introducing the practice of mindfulness to reduce stress. Designed for people on active cancer treatment caregivers and those who have completed treatment.
Healing through Mindfulness	MONDAY, JAN 5, 19, FEB 2, 16, 7 - 8:30 p.m. Please contact Linda Kengott, MA, LCP for more information. <i>Registration required</i>	This course will follow the book <i>Finding the Center Within</i> by Thomas Bien, Ph.D., and Beverly Bien, M.Ed. All of us want to live a calmer, more peaceful existence. Learn how to find the center within through ongoing mindfulness and experience your capacity to live deeply and fully in any external circumstance.
Healing Touch Group Experience	THURSDAY, Jan 8 & Feb 12, 9 - 10 a.m. 2nd Thursday of month <i>Drop-ins welcome</i>	Learn practical, energy-based techniques for self care of mind, body and spirit.
Mind-Body Saturday Strategies for Inner Harmony and Self-Healing	SAT, Jan 10 & Feb 14, 9:30 - 10:30 a.m. 2nd Saturday of month <i>Drop-ins welcome</i>	Experience the benefits of techniques connecting you directly with your own inner wisdom and healing potential. through approaches like guided imagery and meditation will be used.
Wellness through Deep Hypnosis	SAT, Jan 17 & Feb 21, 10 a.m. - 12 noon 3rd Saturday of month <i>Registration required</i>	Dr. Scot Giles, renowned medical hypnotherapist, guides the group through self-hypnosis designed to help release pain and facilitate healing. Space is limited.
Day of Mindfulness	SAT, April 25, 9 a.m. - 4 p.m. Call Wellness House for schedule <i>Registration required</i>	Join us for a day of focused mindfulness practice which will include walking, sitting along with other mind-body experiences. Meditation experience helpful but not necessary.

Expressive Arts

Flute Circle	TUESDAYS, 10 - 11 a.m. <i>Drop-ins welcome</i>	Learn how to play the Native American flute with others and discover a new way to express yourself through music. No prior experience necessary.
---------------------	---	--

Healthy Living

Nutrition		
<p>CANCER SURVIVORSHIP SERIES</p> <p>Managing Weight Gain Post Treatment</p> <p>New program!</p>	<p>WEDNESDAYS, Jan 7, 14, 21 6:30 - 8:00 p.m.</p> <p>Registration required Contact Mary Sinclair at 630-654-5114 for more information</p>	<p>This 3-week committed series is designed to enhance cancer recovery and survivorship. It offers strategies and support to those concerned about weight gain following the completion of cancer treatment. The process will include self-evaluation, personal goal-setting and a mind-body-spirit plan in order to help achieve and maintain a healthy weight.</p>
<p>COOKING DEMONSTRATION</p> <p>Cooking Up Wellness</p> <p>Julie Fulton, MS, Mint Condition Wellness Training Center</p>	<p>SAT, Jan 10 & Feb 14, 10:30 a.m. - 12 noon 2nd Saturday of month</p> <p>Registration required</p>	<p>Join Julie Fulton, registered and licensed dietitian, for our monthly cooking class designed to introduce participants to new ideas and suggestions for how to create healthy meals that are both nutritious and taste good.</p>
<p>COOKING DEMONSTRATION</p> <p>A Meal Can Heal</p> <p>Julie Fulton, MS, Mint Condition Wellness Training Center</p>	<p>TUESDAYS, Jan 27 & Feb 24, 6:30 - 8 p.m. 4th Tuesday of month</p> <p>Registration required</p>	<p>Learn how to prepare a good-for-you, heal-the-body meal that includes functional foods that contain minerals, vitamins, antioxidants, and phytochemicals. Tasting included.</p>
<p>COOKING DEMONSTRATION</p> <p>Food for Life</p> <p>Adrienne Felder The Cancer Project</p>	<p>WEDNESDAYS, Feb 4, 11, 18, 25 5 - 6:30 p.m.</p> <p>Registration required</p>	<p>A series of four, cancer-specific nutrition classes featuring vegan cooking demonstrations and The Cancer Project cookbook. Call Marta Quist, 630.654.5191 for more information or to register.</p>

Exercise - A medical release is required for all participants, contact Mary Sinclair, EdD at 630.654.5114		
<p>Exercise for Getting Well (I)</p>	<p>T / TH 10:30 - 11:30 a.m.</p> <p>Registration required</p>	<p>Gentle exercise class for people experiencing physical difficulties due to cancer treatment, with focus on improving fitness for daily living.</p>
<p>Exercise for Staying Well (II)</p>	<p>M / W 10:30 - 11:30 a.m. T / TH 8:30 - 9:30 a.m. T / TH 9:30 - 10:30 a.m. M / W 5:30 - 6:30 p.m. SAT 8:30 - 9:30 a.m.</p> <p>Registration required</p>	<p>Self-paced aerobic exercise followed by instructor-led exercises for increasing strength, flexibility and balance. For anyone affected by cancer interested in improving health through regular exercise habits.</p>
<p>Exercise PLUS</p>	<p>Pilates M 9:30 - 10:30 a.m. Balance Ball F 9:30 - 10:30 a.m.</p> <p>Registration required</p>	<p>30 min. of self-paced, cardiovascular warm-up and workout followed either by 30 min. of gentle, beginner level Pilates or 30 min. of Balance Ball workout.</p>
<p>Pink Ribbon Fitness</p>	<p>WED 9:30 - 10:30 a.m. SAT 9:30 - 10:30 a.m.</p> <p>Registration required</p>	<p>Customized exercises for breast cancer survivors.</p>

Mind/Body Movement		
<p>Beginning Yoga</p>	<p>M 6:30 - 7:30 p.m. TH 9:30 - 10:30 a.m. F 10:30 - 11:30 p.m.</p> <p>Drop-ins welcome</p>	<p>Learn gentle, restorative yoga postures.</p>
<p>Tai Chi</p>	<p>WED 9:30 - 10:30 a.m.</p> <p>Drop-ins welcome</p>	<p>This ancient form of movement and exercise leads to harmony of mind and body while increasing control and balance.</p>
<p>Qi Gong</p>	<p>TH 6 - 7:30 p.m. F 9 - 10:30 a.m.</p> <p>Drop-ins welcome</p>	<p>Learn a set of calming movements to enhance strength and circulation. Newcomer Intro - for first 1/2 hour of class.</p>

Thank you so much to our generous grantors



Call **630.323.5150** to register for a program or go to **wellnesshouse.org** for more information

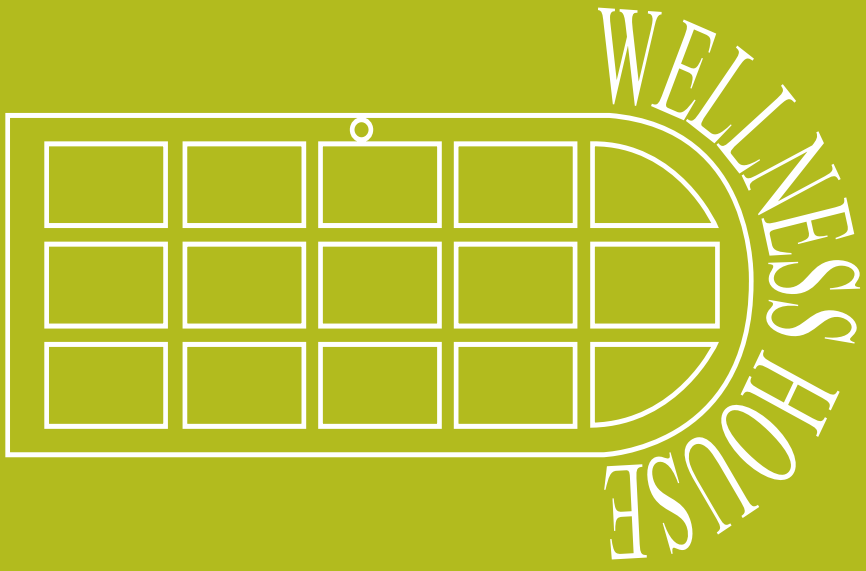
Wellness House, 131 County Line Road, Hinsdale, IL 60521

Valentine's Party

Calling all kids from Family Matters...come join the fun
THURSDAY, FEBRUARY 5 • 6:30 – 8 p.m.



Calendar of Events
JANUARY / FEBRUARY 2009



CHALLENGING CANCER.
CREATING COMMUNITY.
CHANGING LIVES.

wellnesshouse.org

Directions to Wellness House

Wellness House is located at 131 North County Line Road in Hinsdale, IL. We are two blocks east of Hinsdale Hospital at the intersection of County Line Road and Walnut Street. We are on the NORTH side of Metro railway line Highlands station. Enter our parking lot off of County Line Road.

By Car:

- **From Chicago**, take I-290 (Eisenhower) to I-294 (Tri-State) south. Exit at westbound Ogden Avenue. Turn left on Salt Creek Lane (first stop light which turns into Oak), proceed southbound six blocks to Hickory, turn left, go to first street and turn right on County Line Road and proceed to Wellness House.
- **From the west**, take I-88 (East-West) to I-294 south. Exit at westbound Ogden Ave. Follow above directions.
- **From north or south**, take I-294 to westbound Ogden Avenue. If in proper lane, turn left onto County Line Road (at Whole Foods), otherwise follow above instructions.

By Train:

- **Hinsdale** is reachable by train via Metra Rail, and is served by the Metra/Burlington Northern Santa Fe line (Union Station to Aurora). Wellness House is 1/2 block northeast of Highlands Station, and approximately 1/2 mile northeast of Hinsdale Station.

Please note **MAPQUEST** and **YAHOO** directions show some discrepancies, call first.



Supporting Wellness House since 1991

Located in downtown Hinsdale, this trendy shop is making a big difference at Wellness House. Operating with a 50%-50% consignment agreement, the consignee receives half of the purchase price, with the other half donated directly to Wellness House.