



MAY / JUNE 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.**

Surviving Has Made Me Crazy



Join us for an inspirational evening with Mark Nepo, poet, philosopher, and cancer

survivor of 18 years. Hear him tell his compelling story about his cancer experience and listen to his poetry readings. Time will also be made for a discussion with the author. Nominated for the Lenore Marshall Poetry Prize, he has written several books including *Surviving Has Made Me Crazy*, which will be available for purchase that evening. Space for this motivating event is limited so please call 630-323-5150 to register.

THURSDAY, MAY 14
7:00 - 9:00 p.m.

Registration required

Fight Your Health Insurer & Win!

MONDAY, MAY 18 • 6 – 8:30 p.m. **Registration required**

Renown insurance claims champion and cancer survivor, author Laurie Todd will provide and in-depth lesson on insurance and appeals so you too can save time and money to get the full healthcare benefits you deserve. Join us for a presentation followed by Q&A for anyone with insurance issues related to cancer treatment including special issues related to carcinoid cancer.

Making the Mind Your Best Friend

TUESDAY, MAY 19 • 7 – 8:30 p.m. **Registration required**

Come hear a refreshing perspective on how we can learn the most from our own mind. Learn simple strategies to reduce stress and celebrate the art of living with a very special guest. *Baba Shuddhaanandaa Bramachari, Founder, Stress Management Academy, Calcutta, India*

Hot Topics in Breast Cancer-Panel Discussion

SATURDAY, JUNE 20, 8:30 a.m. – 1 p.m. **Registration required**

Learn about the latest updates in Breast Cancer based on research presented at the San Antonio Breast Cancer Symposium in December 2008, as well as the American Society of Clinical Oncology Conference in May 2009. Space is limited for this special presentation so please call 630-323-5150 to register.

Conference Panel Experts

Patricia J. Madej, MD,
Hinsdale Hematology Oncology Associates

Kathy S. Albain, MD,
Loyola University Medical Center

Melody A. Cobleigh, MD,
Rush University Medical Center

Gillian Newstead, MD,
University of Chicago Medical Center

Robert A. Schmidt, MD,
University of Chicago Medical Center

Sarah A. Jackson, MS, CGC,
University of Chicago Medical Center

Virginia Kaklamani, MD, DSc,
Northwestern University

MAY & JUNE HIGHLIGHTS

Post-Traumatic Growth and Cancer

Tues, May 12, 7 - 8:30 p.m.

Neuropathy: Strategies for Taking Control

Sat, May 23, 10 a.m. - 12 noon

Healing Herbs and How to Grow Them

Thurs, June 25, 7 - 8:30 p.m.

Managing Weight Gain

June 3, 10, 17 6:30-8:00pm

*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, May 21 & MON, June 15 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.

May and June Educational Programs

The Beauty of Flowers Barbara L. Collins, MS, Adjunct Instructor of Horticulture, College of DuPage	TUESDAY, MAY 5 7 - 8:30 p.m. Registration required	Join Barbara Collins to stop and smell the flowers. Bring the beauty of flowers into your life as she updates you on the flowering annuals new in 2009!
Advances in the Treatment of Lymphoma Stephanie Gregory, MD and Melissa Larson, MD Section of Hematology, Rush University Medical Center	MONDAY, MAY 11 7 - 8:30 p.m. Registration required	Two top hematologists will provide a special update on lymphoma research and treatment.
Post-Traumatic Growth and Cancer John Salsman, PhD, Center on Outcomes, Research, & Education, Evanston, IL	TUESDAY, MAY 12 7 - 8:30 p.m. Registration required	Psychologist and Research Scientist John Salsman, PhD will share study findings and participants' stories of cognitive and emotional well-being arising as a result of the cancer experience.
Neuropathy: Strategies for Taking Control Stephanie Gregory, MD and Melissa Larson, MD Section of Hematology, Rush University Medical Center	SATURDAY, MAY 23 10 a.m. - 12 noon Registration required	Dr. Paice will review available strategies to address the discomfort associated with this side effect of cancer treatment and restoring quality of life.
Landscapes of Our Lives: The beauty in and around us <i>Wine and Cheese Reception</i>	THURSDAY, MAY 28 6:30 - 8 p.m. Registration required	Travel to western national parks and local forest preserves to be transformed. Charles Klingsporn, a local landscape photographer, raises our awareness of the spectacular national beauty that surrounds us and encourages us to preserve, conserve, and be responsible custodians of our earth. Join us in the opening of the first Wellness House exhibition that touches the soul and transports us to the most scenic places in the United States.
Massage Therapy and Breast Cancer Cynthia Wing, LMT	SATURDAY, MAY 30 10 - 11:30 a.m. Registration required	Straight talk on the use of massage therapy after breast cancer. Cynthia Wing, LMT will update us on massage therapy research and the use of specialized techniques to help soften post-surgical scar tissue.
Overcoming Fatigue & Sleep Disturbance Elyse Schneiderman, MD, Hinsdale Hematology Oncology Associates	THURSDAY, JUNE 4 7 - 8:30 p.m. Registration required	Dr. Schneiderman will share her clinical experience and the latest research findings on these common cancer symptoms to help you get sleep when you want it and energy when you need it!
Click Here for Cancer Information Online Cheryl Hurst, PsyD, Wellness House	TUESDAY, JUNE 9 7 - 8:30 p.m. Registration required	Take a guided tour through useful cancer websites and other health-related resources on the internet.
Living with Uncertainty Michael Meissner	THURSDAY, JUNE 18 7 - 8:30 p.m. Registration required	Join Michael Meissner, architect, builder of dreams, meditation facilitator and transition guide, for a fresh look at the humor, joy, and touching mysteries we each encounter in the unknowns of living day to day or year to year.
Healing Herbs & How to Grow Them Patricia Niedrich, Clover's Garden Center, Hinsdale, IL	THURSDAY, JUNE 25 7 - 8:30 p.m. Registration required	Master Gardener Patricia Niedrich will share tips on how to grow common plants known to stimulate the healing response.

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

Support & Networking

Weekly Support Groups		
Cancer Support Group • Groups for people with cancer, 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	TUESDAYS, May 5-June 23 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. Please contact Linda Kengott at 630-654-5109 for more info.
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>Registration required</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.
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, 10:30 a.m. - 12 p.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 cancer.

Monthly Networking Drop-in Groups		
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>	Multiple Myeloma meets Thursdays, May 21 and June 11 from 7 - 8:30 p.m.	
	Lung meets Thursdays, May 21 and June 11 from 7 - 8:30 p.m.	
	Ovarian Cancer meets Thursdays, May 7 and June 11 from 7 - 8:30 p.m.	
	Lymphoma meets Thursdays, May 21 and June 11 from 7 - 8:30 p.m.	
	Carcinoid meets Saturday, June 20 from 10 - 12 p.m.	
	Pancreatic meets Thursdays, May 21 and June 18 from 7 - 8:30 p.m. <i>Sponsored by the Rolfe Foundation</i>	
Couples on the Journey	TUESDAYS, May 12 & June 9 7 - 8:30 p.m. <i>Drop-ins welcome</i>	Attend this brand new networking group designed for couples meeting the challenges of cancer. Connect with other couples, exchange relationship strategies, information & encouragement.
Parent to Parent	WEDNESDAYS, May 13 & June 10 10 - 11:30 a.m. <i>Drop-ins welcome</i>	Join other parents who are experiencing cancer in the family. Share practical tips and support one another. Open to parent who has cancer, a spouse or parent or both parents.
Cancer as a Turning Point: Networking Group	TUES, MAY 26 & JUNE 23 7 - 8:30 p.m. <i>Drop-ins welcome</i>	Cancer brings many challenges and the demand for adjustment. Come to this new group based on Lawrence LeShan's book "Cancer as a Turning Point" to share and learn ideas that can give a powerful hand in shaping your response to cancer's challenges.
Just for the Guys... Can we talk? Michael Williams, PsyD	TUESDAYS, May 19 & June 16 (3rd Tuesday of month) 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 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	<i>Registration required</i>	Committed bereavement support groups to develop techniques to help you cope. Groups meet every other week.
Transitions Networking (for graduates of Transitions or Turtles)	TUES, May 26 & June 23 5 - 6:30 p.m. <i>Drop-ins welcome</i>	Join other adults who have completed the Transitions or Turtles bereavement support groups at this monthly group to continue to support one another.

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, LCSW, 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.	
Kids Kamp <i>Registration required</i>	Join us for a week long camp for kids aged 5-12 years old. The camp is a chance to engage in activities to build confidence and to have fun! Children can sign up for the week in July or the week in August. For more information or to register, please call Kristine at 630-654-5112. July 13 -17, 10 a.m. -12 p.m. or Aug 3 - 7, 10 a.m. -12 p.m.	

Stress Management

Mind/Body		
Guided Imagery	TUESDAYS, 11:30 a.m. - 12:30 p.m. <i>Drop-ins welcome</i>	Learn how to use the power of imagination to reduce stress and deal with pain and symptoms.
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.
Mindfulness-Based Stress Reduction	MAY 4 - AUGUST 17, 7 - 8:30 p.m. 1st and 3rd Mondays <i>Drop-ins welcome</i>	MBSR at Wellness House is modeled after the internationally renowned program established by Jon Kabat-Zinn, PhD. This 8 week committed program 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
Healing through Mindfulness	NEW GROUP STARTING IN SEPTEMBER Please contact Linda Kengott, MA, LCP for more information. <i>Registration required</i>	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.
Healing Touch Group Experience	THURSDAY, May 14 & June 11, 9 - 10 a.m. 2nd Thursday of month <i>Registration required</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, May 9 & June 13, 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, May 16, 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.

Expressive Arts		
Flute Circle	TUESDAYS, 10 - 11 a.m. <i>Drop-ins welcome</i>	Learn to play the Native American flute and how to express yourself through music. No experience necessary.
Garden Walk	TUESDAYS, May 12 & June 9 1 - 3 p.m. <i>Registration required</i>	Take time to enjoy some of Hinsdale's finest gardens. Join expert gardener Susan Beard on her popular garden walk and enjoy the sweet smell of summer flowers.
Landscape of our Lives: Capturing the beauty in and around us	TUESDAY, June 16 6:30 - 8 p.m. <i>Registration required</i>	Charles Klingsporn will present his photography work and describe his inspiration, technique, and mission in this informative and scenic power point presentation. Photography enthusiasts and those who would like to know more about capturing the beauty of nature are welcome to participate.

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Healthy Living

Nutrition		
CANCER SURVIVORSHIP SERIES Managing Weight Gain Post Treatment	WEDNESDAYS, June 3, 10 & 17 6:30 - 8:00 p.m. Registration required Contact Mary Sinclair at 630-654-5114 for more information	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.
COOKING DEMONSTRATION Cooking Up Wellness Julie Fulton, RD, LD, CPT Mint Condition Wellness Training Center	SAT, May 9 and June 13 2nd Saturday of month 10:30 a.m. - 12 noon Registration required	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.
COOKING DEMONSTRATION A Meal Can Heal Julie Fulton, RD, LD, CPT Mint Condition Wellness Training Center	TUESDAYS, May 26 & June 23 4th Tuesday of month 6:30 - 8 p.m. Registration required	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.
COOKING DEMONSTRATION Food for Life Adrienne Felder The Cancer Project	May 20, 27 & June 1, 8 6:30 - 8 p.m. Registration required	Based on the newly updated, scientifically sound nutrition curriculum developed by The Cancer Project, these cooking demonstrations teach the basics for using nutrition. We will focus on how to recover from cancer, cope with side effects, and prevent recurrence

Exercise – A medical release is required for all participants, contact Mary Sinclair, EdD at 630.654.5114		
Exercise for Getting Well (I)	T / TH 10:30 - 11:30 a.m. Registration required	Gentle exercise class for people experiencing physical difficulties due to cancer treatment, with focus on improving fitness for daily living.
Exercise for Staying Well (II)	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. Registration required	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.
Exercise for Managing Weight (III)	W 9:30 - 10:30 a.m. Registration required	Class for post-treatment survivors desiring to overcome weight gain associated with cancer treatment. Includes increased duration of cardiovascular exercises and intensity of strength training.
Exercise PLUS	Pilates M 9:30 - 10:30 a.m. Balance Ball F 9:30 - 10:30 a.m. Registration required	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.
Pink Ribbon Fitness	SAT 9:30 - 10:30 a.m. Registration required	Customized exercises for breast cancer survivors.

Mind/Body Movement		
Beginning Yoga	M 6:30 - 7:30 p.m. TH 9:30 - 10:30 a.m. F 10:30 - 11:30 a.m. Drop-ins welcome	Learn gentle, restorative yoga postures.
Tai Chi	WED 9:30 - 10:30 a.m. 2nd & 4th Wed of month, May 13, 27 & June 10, 24 Drop-ins welcome	This ancient form of movement and exercise leads to harmony of mind and body while increasing control and balance.
Qi Gong	TH 6 - 7:30 p.m. F 9 - 10:30 a.m. Drop-ins welcome	Learn a set of calming movements to enhance strength and circulation. Newcomer Intro – for first 1/2 hour of class.

Thank you so much to our generous grantors

