

You'll feel better inside.

FALL 2011

Wellness News

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"At Wellness House you'll find a safe place to talk and share."

Cecilia Dreger, standing second from right

Touched Once, Connected Always

Two years after Cecilia Dreger walked through the doors, she still draws strength and friendship from Wellness House. Cecilia is one of the nearly 12 million Americans living with cancer — survivors who walk a common path, share a unique connectivity, and benefit from sharing experiences.

Her journey began in March, 2009, when she took a respite from Chicago's winter in the warmth of Mexico City, to enjoy a brief visit with her parents. Those two weeks would end up saving her life.

"In the mail that week was a notice from my private-pay health insurance company in Mexico as I had continued to pay my premiums," she explains. "The notice offered a full health screening at a deeply discounted rate. I thought, 'why not?' They were offering so many tests including a stress test, abdominal ultrasound, flexible sigmoidoscopy and PAP."

She had been plagued with chronic pelvic cramps for about two years and thought perhaps the battery of tests they offered would

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EXECUTIVE DIRECTOR, JEANNIE CELLA
BOARD CHAIRMAN, BLAIR HAARLOW



WELCOME LETTER

Predicting the Future

Cancer is a very different disease today than when Wellness House opened its doors 21 years ago. Baby boomers are aging, cancer is being diagnosed earlier, treatments are improving, and people are living through multiple cancer experiences. How will Wellness House plan for future participant needs?

We don't need a crystal ball to predict the need for Wellness House. We can just look at the statistics. There are nearly 12 million cancer survivors living in America. DuPage is one of the top counties in the country for the incidence of breast cancer (128.3 per 100,000). In the last three years, we have experienced a 20% increase in the number of participants seeking our support.

Statistics give us an overall idea of the types of programs our participants might need in the future, as we see more people living longer with cancer. But the real guidance for our programming comes from the people connected to Wellness House.

Since its inception, Wellness House has listened to the voices in our community, even when those voices were just whispers. Those whispers provide the inspiration for new services and programs.

As an example, in the early 1990s, our nutrition and exercise programs were virtually non-existent. However, we heard the soft murmurs from our participants asking for guidance on how to take a more proactive approach to living with cancer.

We answered the need and today our Healthy Living program is comprised of more than 30 different regular classes in addition to a multitude of special events and seminars on nutrition and exercise.

Just as we can accurately predict the sun will rise tomorrow and our children will grow, we can confidently predict Wellness House will continue to respond to the changing needs of our community, before its voice is raised above a whisper.

Best regards,

Jeannie Cella
Executive Director

Blair Haarlow
Board Chairman

Calendar

Wellness House offers a broad range of programs for those living with cancer and their families. See our quarterly calendar or register for upcoming program events at wellnesshouse.org

Foundation Board Welcomes New Chair

The financial footing of Wellness House is on solid ground thanks to the dedication of the Wellness House Foundation Board.

We extend a heartfelt thank you to outgoing chairman Bob Whitelaw, who will continue to serve as a member of the Board of Directors, and welcome Michael Dahl, who is assuming the chairman seat. Allen Koranda will continue as secretary and Jim McMahon retains his position as treasurer.

We also welcome new Foundation Board member Richard George, who has been active with Wellness House since 1994. Rick joins current Foundation Board members Richard M. Burrige, Thomas Lee, and Bob Whitelaw, as well as nonvoting members Ken Beard and Norm Chimenti.

Grant Awards

Wellness House is grateful to the Community Memorial Foundation for its support of our human resources and the Grover Hermann Foundation for its generosity towards our exercise program.

Board Member Update

The Board of Directors welcomes new member Steven P. Grimes, president and chief executive officer of Inland Western Retail Real Estate Investment Trust, Inc.

We extend a special thank you to outgoing Board of Director members Sharon Cloghessy, Michael Dahl, Margie Lawless, Brian Musso and Jim Wolfe for their dedication and guidance.

Touched Once, Connected Always

Just because treatment ends, it doesn't mean the cancer journey is over.



Cecilia Dreger

Cover story continued

reveal something that her American doctors had not pinpointed. It did.

After returning home to Elmhurst, her father called with test results that changed her life — a diagnosis of colon cancer. At the age of 46, she underwent surgery in April 2009 at Rush University Medical Center. In August, just before starting chemotherapy, she found Wellness House.

Right away, she connected with other recently diagnosed women in the “Women Connected from the Start” program. “I found a place to share my questions with other women who were going through the same experience,” points out Cecilia.

“Together, we learned how to manage side effects and ways to deal with our stress and anxiety.”

During her chemotherapy, she gained strength and friendship through various classes including those in the Exercise, Yoga and Nutrition programs. The companionship with others who were walking down a similar road was as beneficial to Cecilia as the content of the classes.

After six months of chemotherapy, the day that every cancer patient anticipates finally arrived. But for Cecilia, as for other cancer survivors who finish treatments, there was still a need to connect.



Cecilia Dreger flamenco dances for children at Kids Kamp.

Just because treatment ends, it doesn't mean the cancer journey is over. “How do you continue to deal with these feelings that only a cancer survivor can understand?” asks Cecilia. “What do you do with them? You take them to Wellness House. You find that safe place to talk and share at Wellness House.”

Several years ago Wellness House created the On the Mend program. Cecilia joined this program and found support from others who were also finding their way after treatment. Together, the group explored how to manage post-treatment side effects such as fatigue, cognitive changes (chemo-brain), and peripheral neuropathy. They shared fears of recurrence and how to find a “new normal” after their diagnosis. They were free to discuss how to cope with the relationships in their lives and how they had changed during treatment.

The On the Mend program lasts for eight weeks, but the impact of cancer lingers much longer. Wellness House provides opportunities for continued support for as long as participants need it. That support comes through volunteer opportunities, continuing friendships made through Wellness House, and taking advantage of select programs designed for ongoing participation.

Cecilia takes advantage of all these opportunities while re-building her translation and interpretation business. Periodically, she has coffee with women she met her first few weeks at Wellness House, occasionally attends the Flute Circle and culturally enriches (and delights) children in Kids Kamp with her flamenco dancing.

Once touched by cancer, you are changed forever. Once joined with Wellness House, you are always connected.

Editor's note: Special thanks to Cecilia Dreger for sharing her personal story. For more information on Wellness House's programs and services, visit wellnesshouse.org and click on the 'Calendar' tab for the most up-to-date schedule of activities.

Decorating the World with Hope

It started with an idea, a group of friends, and extraordinary dedication



The Courtyard 20th Anniversary Housewalk

"Decorating the World with Hope"

Sunday, September 25, 2011
Noon - 5:00 pm

Four homes to tour, light refreshments at The Courtyard

For more information:

630-323-1135 or email
thecourtyard@wellnesshouse.org

Wellness House needed to raise a few dollars to fill in the gaps between major fundraisers.

A group of close friends, whose lives had been affected by cancer, shared a love for interior design and wanted to help others. Hinsdale Bank and Trust had some space in their courtyard and was willing to provide it to the cause.

And so, The Courtyard, a unique consignment shop of fine home furnishings and accessories, was launched.

From this humble beginning, the hearts and hands of dedicated volunteers built The Courtyard. Today, it is a well-known fixture in the Hinsdale community. Thousands of customers have discovered its treasure-trove of exceptional, high-quality, previously owned interior design delights.

Celebrating its 20th anniversary, The Courtyard is "Decorating the World With Hope" and is hosting a special housewalk

on Sunday, September 25, 2011. "We are so excited to celebrate this landmark anniversary with such style and fun," says Marna Slawson, development manager and The Courtyard liaison. "This event, like our store, is powered by the enthusiasm and dedication of our volunteers. Since our inception, we have been staffed almost entirely by volunteers, which enables us to direct more proceeds to support Wellness House. In fact, one of the homes being showcased is owned by one of our volunteers."

Four Hinsdale homes, decorated with furniture and accessories from The Courtyard, will be featured from noon to 5 pm. After touring these beautiful homes, browse the inventory at The Courtyard and enjoy some light refreshments and anniversary accolades.

Tickets are available for \$35 each at The Courtyard, 63 Village Place; Fuller's Hardware, 35 E. 1st Street; or Wellness House.

Just Being a Kid

Summer is the best season of the year when you're a kid. Water fights, hanging out with your friends, and messing up the kitchen. For children with a family member experiencing cancer, summer can lose some of its thrill. Wellness House brings back that excitement by giving them a place to just be kids, sharing some summer activities.

"Kids Kamp helps children escape from the cancer experience in their family and simply be kids," states Azizi Marshall, MA, LPC, RDT, REAT, program associate for Family Matters and Expressive Arts Programs. "We provide the chance for them to play, create, and laugh

in an environment that understands their unique situation."

This past summer, the Kids Kamp week started with all campers decorating their own chef's hats and making pasta from scratch. They had a chance to mess up the kitchen by creating their own cookie pizza as Chef Cheryl Brookhouzen, executive pastry chef at the Marriott Hotel in Chicago, offered her expert advice.

Other activities included creating animal masks, decorating Native American totum poles, learning how to play a Native American flute, playing a variety of sports in favorite team



jerseys, and petting a number of furry friends.

The week concluded with a typical summer-fun water day complete with dunking and drenching. "The children find fun at Kids Kamp, but they are also involved with activities that foster their creative expression and build their confidence," adds Azizi.



Assuring a Legacy of Hope

How often can you assure a legacy of moving people from helplessness to hopefulness? The Haarlow Legacy Circle provides the means to include Wellness House in your estate planning arrangements whether it is through your will, trust, retirement plan disbursements, or life insurance.

In the early days, Richard M. Burridge, Sr. (Dick) was introduced to the vision of Wellness House by his good friend, Ken Beard. Throughout the next two decades, he watched that vision come to life. Now, through his participation in the



The Burridges were honored in 2010 as Lifetime Trustees: Ken Beard, Dick Burridge, Jeannie Cella, the late Nan Burridge and Blair Haarlow.

Haarlow Legacy Circle, he assures a legacy of hope and strength.

“Perhaps the fact that my mother succumbed to ovarian cancer was a part of my desire to initially get involved

with Wellness House,” says Dick, a supporter of Wellness House since 1993. “I’ve stayed involved because it is here that you really see the evidence of good work; of connections and lifelines being created during moments in people’s lives that are perhaps their most challenging.”

Dick has seen the evidence of Wellness House’s impact first-hand through his leadership positions on the Board. He has sat in on support groups and watched as participants create their own unique fellowship. When an individual is missing from the group, a cell phone quickly appears to call the absent friend and query about how they are doing.

He has heard testimonials from countless participants, each with his or her individual story about how Wellness House helped in their survival. He has witnessed people who cannot share their cancer journey with family members, but are able to open up with other participants. He has watched the Wellness House community grow and has seen how it becomes a constant in so many lives.

Over the years, Dick has served on, and chaired, the Board of Directors. He led the Investment Committee and managed the endowment until Wellness House established a separate foundation. All three of Wellness House’s capital campaigns benefited from Dick’s involvement, and he chaired the Planned Giving Committee, which ultimately resulted in the creation of the Haarlow Legacy Circle.

Today, one of his prized possessions is the framed print of Wellness House, given to him and his late wife, Nan, when they were named Lifetime Trustees in 2010.

His decision to include Wellness House in his estate plans assures his presence will forever be felt by all who enter our doors; his generosity helps assure Wellness House will forever keep its doors open and be a source of strength to all who seek its services.

To learn more about the Haarlow Legacy Circle and how you can include Wellness House in your estate plans, contact Liten DeNaut at 630-654-5104 or email ldenaut@wellnesshouse.org



Lifetime Trustee Dinner

Earlier this year, supporters of Wellness House shared a special evening of inspiration and honors. Attendees gathered at the LaGrange Country Club to recognize the exceptional contributions of our Lifetime Trustee honoree and Heart of the House recipients. The featured guest speaker was **David Spiegel, MD**, nationally acclaimed for his research on the importance of psychosocial programs in cancer survival.



Dr. David Spiegel, Rick George, Lisa Kolavennu



Lorraine Wolfe and Jeannie Cella

Lifetime Trustee Honoree

Our Lifetime Trustee honor is not bestowed lightly. "This award recognizes only the most exceptional contributions to Wellness House from individuals who have chosen to intimately and generously weave their lives into ours," notes Jeannie Cella, executive director of Wellness House. "This year's honoree, **Lorraine Wolfe**, is no exception; her dedication has left an unmistakable imprint on Wellness House."

Lorraine had a chair at the first planning meeting of Wellness House. She is one of our founding members and served 17 years on the Board of Directors (1990 - 2007). She is also a founding member of the Women's Board of Wellness House, serving as president in 1995. Lorraine has been, and continues to be, one of the strongest promoters of Wellness House, spreading the word about our services so others can benefit.

2011 Heart of the House Award Award Sponsored by: HARRIS.

It is hard to find the words to say thank you when a volunteer effort is so extraordinary. That is why we are grateful to have the Heart of the House Award, sponsored since its inception by **Harris Bank**. It is a small way to recognize individuals who have given a remarkable amount of time and resources to Wellness House.

The 2011 Heart of the House Award recipients are **Mary Grace Burke**, **Lauren Haarlow**, and **Bill Walker** for their extraordinary work in orchestrating our 20th Anniversary celebration. This team assured our year was filled with

celebratory activities that highlighted the contributions of every part of our community.

Mary Grace Burke has a long history with Wellness House, not only as a volunteer leader on the Board of Directors and past fundraisers, but as part of the team that built our original house. She has first-hand knowledge of what it means to be a cancer survivor.

Lauren Haarlow has played a significant role in our new branding and marketing efforts by securing marketing professionals who donated their creative talents and resources.

Bill Walker was the previous CEO and



Mary Grace Burke, Bill Walker, Lauren Haarlow

served from 1991 - 2000. He laid the foundation for the continued success of Wellness House and its special place in the community. His participation in our 20th Anniversary celebration was invaluable.

Special Programs Inspire and Educate

Wellness House presents special programs to inspire and educate our community. "Our most recent events garnered landmark attendance numbers for us," comments Lisa Kolavennu, LCPC, clinical director of Wellness House programs. Combined, these three events attracted over 565 attendees. "Participants who couldn't attend still benefited from hearing about the presentations from others."

Visit wellnesshouse.org for upcoming special events.

Mind Matters in Cancer Survival

Wellness House welcomed internationally renowned psychiatrist Dr. David Spiegel, director of the Stanford Center for Integrative Medicine. He presented evidence supporting the importance of psychosocial care in cancer survival.

Crazy Sexy Diet

Kris Carr, a best-selling author, motivational speaker, wellness coach, and cancer survivor, stopped by Wellness House to share two presentations about cancer and nutrition. Many recognized her from The Learning Channel documentary, "Crazy Sexy Cancer."

Hot Topics in Breast Cancer

This special event brought Chicagoland's top oncologists together to share the latest updates in breast cancer.

You'll feel better inside.

Visit wellnesshouse.org for more information or to register for one of our many programs

Walk for Wellness House Raises Over \$230,000

It was cold. It was rainy. And it was one of the most inspirational mornings one could imagine. On May 15, nearly 900 rain-drenched runners and walkers lined up to negotiate the 3K or 5K course through the scenic streets of Hinsdale, all for the benefit of Wellness House and its programs.



"We were all very touched by the dedication of our walkers and runners this year. Not only did they help us surpass our financial goal, but they were not discouraged by inclement weather," exclaimed Jeannie Cella, executive director of Wellness House. "I don't ever remember such a heart-warming Walk for Wellness. How easy it would have been to stay home that day. But the spirit of our supporters refused to be dampened by rain. For that reason, it was my most favorite Walk event ever held."

In the end, the event raised over \$230,000, which enables Wellness House to continue meeting the needs of the community.

There were nearly 30 community sponsors for this year's Walk for Wellness, but special thanks is extended to our Presenting Sponsor, McDonalds, and our Gold Sponsor, The Inland Real Estate Group of Companies, Inc.



FINANCIAL WELLNESS

David, I heard that I can have my Required Minimum Distributions (RMDs) from my IRA's paid directly to Wellness House and avoid income taxes on the distribution. How does this work?

Great question and you heard right. It's known as a Qualified Charitable Distribution (QCD) and is only good for this year!

The Pension Protection Act of 2006 included many charitable reform provisions. Section 1201 of the Act, amending IRC Section 408, excludes from income, and therefore not taxable, IRA distributions made to qualified charitable organizations. This exclusion amount is limited to \$100,000 and applies to both Traditional and Roth IRAs. The excluded amount can be used to satisfy required minimum distributions which makes this provision particularly attractive to individuals over the age of 70 1/2.

To qualify as a QCD, the IRA owner must make the distribution directly to a qualified 501(c)(3) charitable organization such as Wellness House. Any distributions made to the IRA owner prior to directing the distribution to the charitable organization does not qualify as a QCD and is therefore taxable. Furthermore, any income tax withholding associated with the distribution cannot qualify as a QCD. Lastly, you cannot claim a charitable deduction for any QCD not included in your income.

There are other tax benefits to making a QCD. Taxpayers are required to begin taking distributions from Traditional IRAs in the year after attaining the age of 70 1/2. The distributions from Traditional IRAs are included in gross income which increase the taxpayer's Adjusted Gross Income (AGI) potentially phasing out exemptions, deductions, and credits. The QCD can be a great tool for meeting individual's charitable goals and an effective tax planning strategy for reducing AGI.

The Qualified Charitable Distribution expired at the end of 2009, but President Obama signed into law the Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act of 2010 on December 17th extending the Qualified Charitable Distribution for tax years 2010 and 2011.

David Blaydes has assisted those with financial and investment issues at Wellness House for over 10 years. For additional information, please contact President of Retirement Planners International, David Blaydes directly, at 630-778-8100 ext. 100. He can also be reached via email at dblaydes@rpi-online.com

* Securities and advisory services offered through NATIONAL PLANNING CORPORATION (NPC), Member FINRA/SIPC, a Registered Investment Adviser. Additional advisory services offered through Advantage Investment Management (AIM), a Registered Investment Adviser. RPI, Inc., AIM and NPC, are separate and unrelated companies.

WELLNESS HOUSE WELCOMES NEW PROGRAM STAFF

You've probably seen some new faces at Wellness House in the last few months. That's because Wellness House is growing to meet the expanding needs of our community. "We are able to touch so many lives so significantly because of the amazing staff here," says Jeannie Cella, executive director of Wellness House. "We are so fortunate to find such dedicated and qualified individuals to help us grow." Please welcome these newest additions to our staff:

Cece Cornell, RN, LCSW, *Program Associate*
Nicki Cordes, *Program Marketing Associate*
Valerie Piazza, RN, MA, LCPC, C-MI, *Program Manager*

Kraig Smiegowski, MSW, *Program Associate*
Tracy Lester, MS, LWMC, *Healthy Living Program Coordinator*

Wellness House

131 N. County Line Rd
Hinsdale, IL 60521
wellnesshouse.org



You'll feel better inside.

2011 Wellness House Ball CELEBRATE *our Future*



Saturday, October 1, 2011

6:30 p.m.

The Four Seasons Hotel

Chicago

Special Performance By

Heather Headley

Tony Award Winning Actress and
Grammy Award Winning Recording Artist

This year's Wellness House Ball will feature a very special performance by Tony and Grammy Award Winner Heather Headley.

In 1997, Heather, a Northwestern University alum, won the role of Nala in the original Broadway cast of the Elton John and Tim Rice's hit Tony winning musical *The Lion King*. While still in *The Lion King*, Heather was asked to audition for the title role in the writing duo's next Broadway venture together, *Elton John and Tim Rice's Aida*. Her portrayal of the Nubian princess, Aida, won her the praise of critics and the



prestigious Tony Award for Best Actress in a Musical. In addition to other awards, she also received the coveted Drama Desk Award for Outstanding Actress in a Musical. That year she was listed as one of *People Magazine's* 50 Most Beautiful People and *Essence Magazine's* 30 Women To Watch.

Over the past few years Ms. Headley has also displayed her versatility as one of classical star *Andrea Bocelli's* favorite singing partners, and has been featured in many of his American and international tours, his "Live In Tuscany" PBS special, and his "Under The Desert Sky" live concert DVD.

Heather is excited to perform at our 2011 Ball on Saturday, October 1st at the Four Seasons in Chicago. We encourage you make your reservation now – you won't want to miss her special performance!



For more information visit wellnesshouse.org

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