

# Kellogg Cancer Center Upcoming Events

## Winter 2017

### SUPPORT FOR YOU

For complete schedule, visit [northshore.org/calendar](http://northshore.org/calendar)

#### **The Bill Buckman Prostate Cancer Education and Support Group**

Second Tuesday of each month,  
7:00–9:00 p.m. **(Starting in April)**

Location: Glenbrook Hospital  
Conference Rooms B-D

Contact: Sabina (847) 570-1066

#### **Brain Tumor Patient Support Group**

Third Thursday of each month,  
5:30–7:00 p.m.

Location: Evanston Hospital Rooms  
G952-958

Contact: Melody or Inna (847) 733-5341

#### **Head and Neck Cancer Discussion Group**

Second Monday of every other month,  
6:00–8:00 p.m. **(Starting in April)**

Location: Evanston Kellogg Patient  
Education Room G870

Contact: Sabina (847) 570-1066

#### **Stress Reduction Group for Cancer Patients and Caregivers**

First & Third Tuesdays of each month,  
3:30–5:00 p.m.

Location: Evanston Kellogg Patient  
Education Room G870

Contact: Meg Madvig, LCSW (847) 570-2039

*Qigong: Gentle Exercises for Relaxation & Self-Healing*, 3:30–4:00 p.m.  
*Quiet Practice*, 4:00–5:00 p.m.

Please feel free to come to one or both sessions.

#### **LIFE Breast Cancer Support Group**

Second Wednesday of each month,  
7:00–8:30 p.m.

Location: 1000 Central Street,  
Suite 800, Evanston

Facilitator: Anisha Patel, Survivorship  
Advanced Practice Nurse  
Contact: (847) 926-5818

### BE EDUCATED



*Living  
in the  
Future*

*Cancer Survivorship Program*

#### **MRW Leadership Board's LIFE as a "Pre-Vivor" Workshop**

Individuals diagnosed with BRCA and other breast and ovarian cancer predisposition genes are invited to join a forum of medical experts who will address strategies to identify, manage, monitor and treat individuals who carry predisposition genes for breast and ovarian cancer.

**Thursday, April 6, 2017,  
6:30–8:30 p.m.**

Evanston Hospital,  
Frank Auditorium

Register and learn more at  
[northshore.org/mrw-life-previvor](http://northshore.org/mrw-life-previvor)  
or contact **(847) 926-5818** for more information.

### GET INVOLVED

#### **Whole Foods Community Giving 5% Day**

Support Kellogg Cancer Center while you stock up on groceries. Whole Foods is donating 5% of net sales to support our patients.

**Tuesday, January 24, 2017**

Whole Foods Locations in Evanston, Deerfield, Kildeer, Northbrook, Park Ridge and Schaumburg



#### **Michael Matters Foundation's New Year Same Wish Event**

Proceeds from this event directly impact patients at Kellogg Cancer Center.

**Friday, February 3, 2017, 7 p.m.**

Viper Alley Lincolnshire  
[michaelmatters.org](http://michaelmatters.org)

#### **Cancer Wellness Center Stepping Up to Wellness 5K Run-Walk/1K Family Walk**

With over 1,000 attendees, this is a great way to kick off spring in beautiful Independence Grove. The event includes a 5K Run/Walk and a 1-mile family walk, plus music, games and activities for kids.

**Sunday, April 30, 2016, 7:30 a.m.**

Independence Grove, Libertyville  
[cancerwellness.org](http://cancerwellness.org)

#### **Hustle Up the Hancock**

Climb to the top of the Hancock and raise funds for lung disease research, advocacy and education.

**Sunday, February 26, 2017, 7 a.m.**

John Hancock Center, Chicago  
NorthShore Kellogg Team  
[hustleupthehancock.org](http://hustleupthehancock.org)

#### **American Cancer Society Road to Recovery**



Donate your passenger seat to help save lives. Volunteers are needed to drive cancer patients to treatment.

**To volunteer visit [cancer.org/drive](http://cancer.org/drive) or contact ACS 1-800-227-2345**

## MAKE CONNECTIONS

### Imerman Angels Socials

Provides personalized connections that enable 1-on-1 support among cancer fighters, survivors and caregivers.

Join us for a tasty treat, learn more about Imerman Angels, and connect with other patients and families.

#### Last Thursday of every month

Time: 11:00 a.m.–2:00 p.m.

Location: Kellogg Cancer Center, Evanston, Patient Education Center, Ground Floor

#### 1/24, 2/15; First Wednesday of every month (Starting in March)

Time: 10:00 a.m.–1:00 p.m.

Location: Kellogg Cancer Center, Highland Park Lobby



### Look Good...Feel Better

A free two-hour beauty workshop for women undergoing cancer treatment that will teach you beauty techniques to help cope with the temporary appearance-related side effects of treatment. Each participant will receive a FREE cosmetic kit and tips on makeup application, skin and wig care.

**Registration is required: 1-800-227-2345**

#### 2017 Look Good...Feel Better Class Schedule

##### **Kellogg Cancer Center, Glenbrook**

Patient Education Conference Room 1077

Wednesdays: 2/15; 4/19; 6/21; 8/16;

10/18; 12/20

All classes held 1:00–3:00 p.m.

##### **Kellogg Cancer Center, Evanston**

Patient Education Room G870 (ground level)

Wednesdays: 3/22; 6/28; 8/30; 11/8

All classes held: 11:00 a.m.–1:00 p.m.

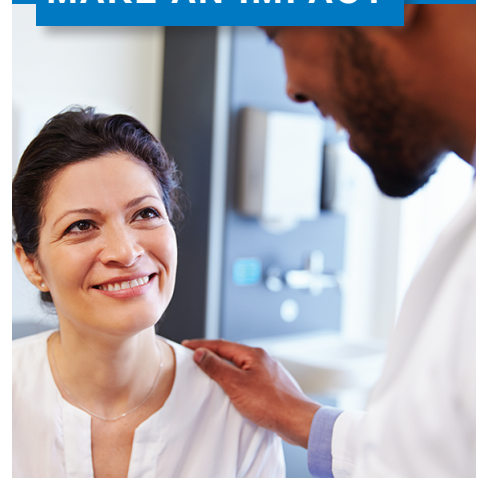
##### **NorthShore Highland Park Hospital**

Meeting Room 1B

Mondays: 2/27; 4/17; 7/17; 9/18

All classes held: 11:00 a.m.–1:00 p.m.

## MAKE AN IMPACT



**Say thanks to your Kellogg Cancer Center care team by making a donation in their honor.**

To make a donation to Kellogg Cancer Center go to **foundation.northshore.org/donatekellogg**

For more information, contact Lisa Rietmann at **(224) 364-7230** or **lrietmann@northshore.org**

## RESEARCH AND CLINICAL TRIALS

**Patients with certain types of cancers are at risk for developing blood clots, either from their disease or their treatment. We have two trials for patients who may be at risk for developing blood clots:**

Janssen CASSINI trial looks for patients who are at a higher risk for developing blood clots. Patients are enrolled within 1 week of starting a new chemotherapy regimen. They will take either active drug or placebo for 6 months. In addition, patients will get ultrasounds periodically to assess that clots have not formed.

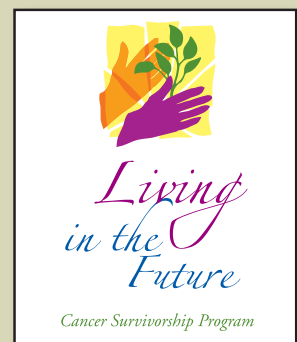
ACCURU trial is for patients who have developed a blood clot. This trial is comparing the standard of care treatment of injections versus an oral blood thinner. Patients will be randomized and receive treatment for 6 months.

**If interested, please discuss your eligibility for these trials with your care team. A complete list of clinical trials can be found at [northshore.org/kellogg-cancer-center/clinical-trials](http://northshore.org/kellogg-cancer-center/clinical-trials)**

## THRIVING AFTER TREATMENT

**Are you approaching the completion of your cancer treatment?**

Visit the Living in the Future (LIFE) Cancer Survivorship Program website at **[northshore.org/LIFE](http://northshore.org/LIFE)** to register for educational programs important for maximizing your health and wellbeing.



**NorthShore**  
University HealthSystem

**Kellogg Cancer Center**

**For more information about any of these events,** contact Sabina Omercajic at **(847) 570-1066** or **[somercajic@northshore.org](mailto:somercajic@northshore.org)**