

# Kellogg Cancer Center Upcoming Events

Fall 2016

## BE EDUCATED



### **“Eat to Beat Malignancy” and Cooking Demo**

Join us for an evening of learning and eating with the NorthShore LIFE Cancer Survivorship Program experts. LIFE program director Carol Rosenberg, MD, FACP, and registered dietitian and culinarian Oehme Soule, RDN will present the science of survivorship and its nutritional guidelines; strategies for weight management and physical activity; and a cooking demonstration/tasting. Sponsored by the Myra Rubenstein Weis Health Resource Center.

**Thursday, October 27, 2016  
6:00 p.m.**

Cancer Wellness Center,  
Northbrook

**Registration required:  
(847) 509-9595  
cancerwellness.org**

## MAKE AN IMPACT

### **Honor your care team while supporting programs and research at Kellogg Cancer Center.**

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**

## GET INVOLVED

### **Understanding Colon Cancer**

Learn the latest in prevention and treatment of colon cancer from experts at NorthShore and Mayo Clinic.

**Wednesday, September 28, 2016,  
6:00 p.m.**

Chicago Botanic Garden, Glencoe  
**northshore.org/colonglencoe**

**Thursday, September 29, 2016, 6:00 p.m.**

Chicago Marriott Northwest,  
Hoffman Estates  
**northshore.org/colonhoffman**

### **American Cancer Society Making Strides Against Breast Cancer**

**Sunday, October 2, 2016, 9:00 a.m.**

Underwriter's Laboratory, Northbrook  
**makingstrideswalk.org/northshoreil**

**Sunday, October 16, 2016, 9:00 a.m.**

Independence Grove Forest Preserve,  
Libertyville  
**makingstrideswalk.org/lakecountyil**

### **BrainUp Run/Walk Fundraiser**

**Sunday, October 2, 8:00 a.m.**

Lincoln Park Lakefront  
**brainup.ngo/**

### **Lemons of Love Pink Lemonade 5K**

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

**Sunday, October 2, 2016, 9:00 a.m.**

Lions Park, Mount Prospect  
**lemonsoflove.org/**

### **Karen Dove Cabral Foundation 2016 Butterfly Benefit**

Join us at the inviting and historic Elawa Farm & Garden for a cooking demonstration and farm to table meal while supporting young mothers with breast cancer at Kellogg Cancer Center.

**Sunday, October 16, 1:00 p.m.**

Elawa Farm, Lake Forest  
**karendovecabralfoundation.org/events**



### **MRW Leadership Board's “Jammin’ in Our Genes” Benefit**

Enjoy good company, live music, drinks, dessert and raffle games while raising funds to support the MRW Leadership Board's Living in the Future (LIFE) Pre-Vivorship workshop to educate individuals diagnosed with BRCA and other cancer predisposition genes.

**Saturday, November 19, 2016,  
8:30 p.m.**

210 Restaurant, Highwood  
**foundation.northshore.org/  
mrw-leadership-board-benefit**

## 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

#### First Tuesday of every month

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 required: (800) 227-2345**

#### 2016 Look Good...Feel Better Class Schedule

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

Patient Education Conference Room 1077

Wednesdays: 10/19/16; 12/21/16

All classes held 1:00–3:00 p.m.

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

Patient Education Room G870 (ground level)

Wednesday: 11/9/16

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

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

Meeting Room 2

Monday: 9/19/16

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

## 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.

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: (847) 733-5341

### LIFE Breast Cancer Support Group

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

Location: 1000 Central Street, Suite 800, Evanston

Contact: (847) 926-5818

### Head and Neck Cancer Discussion Group

Second Monday of every other month, 6:00–8:00 p.m.

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.

## RESEARCH AND CLINICAL TRIALS

### A trial of Esophagectomy and Cervical Esophagogastrostomy With (Two-stage) or Without (One-stage) Prior Ischemic Gastric Conditioning by Laparoscopic Ligation of Left Gastric and Short Gastric Arteries.

Both one-stage and two-stage esophagectomy are standard of care procedures for patients with esophageal cancer. This study examines if the two-stage procedure minimizes negative side effects post-surgery, and if there is a difference in the reported quality of life of patients who receive the one-stage versus two-stage procedure.

**For any questions, please contact Peter at (847) 570-2935. 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.



**Kellogg Cancer Center**

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

