

Kellogg Cancer Center Upcoming Events

Fall 2017/Winter 2018

GET INVOLVED

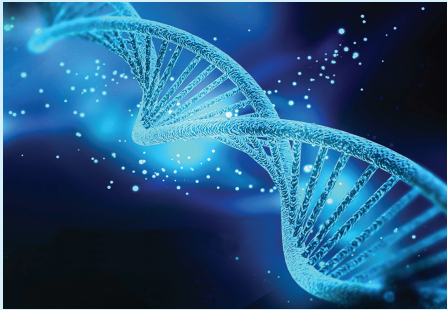
Understanding Immunotherapy

Join us to learn about the uses of immunotherapies in the treatment of advanced cancers. Hear experts from NorthShore Kellogg Cancer Center and Mayo Clinic. Topics include the use of immunotherapy in treating lung cancer, melanoma and other cancers. Parking is complimentary and light refreshments are served.

**Wednesday, November 29, 2017,
6:00 p.m.**

Highland Park Country Club,
Highland Park

northshore.org/immunotherapy
or call (847) 570-3575.



NorthShore Kellogg Caregiver Social

Join us to recognize and celebrate all caregivers which will receive exquisite giveaways from Lemons of Love, Ignite Hope, Craft'd Handmade and Albums of Hope.

**Thursday, November 30, 2017,
10:30 a.m.-2:00 p.m.**

**Evanston Kellogg Cancer Center
Patient Education Room G870**

MRW Leadership Board's 2nd Annual Jammin' In Our Genes

Proceeds will provide financial support to make BRCA testing more affordable for high risk patients. Silent Auction, games, music, drinks and dessert.

Saturday, December 2, 2017, 8 p.m.
210 Restaurant, Highwood

For tickets or to make a donation, visit foundation.northshore.org/mrw-leadership-board-benefit-event

Provide Healing Integrative Medicine Therapies for NorthShore Kellogg Cancer Center Patients

Sons of the Silent Age will perform The Best of David Bowie's "Berlin" Trilogy & More at the Metro in Chicago where a portion of proceeds from the concert will provide integrative medicine therapies for Kellogg patients.

Your support can help cancer patients undergoing chemotherapy and radiation receive Integrative Medicine services to relieve pain and neuropathies, reduce fatigue and sleep issues, boost immunity, provide stress relief, improve appetite and improve quality of life.

Saturday, January 6, 2018, 8 p.m.

For tickets, visit

foundation.northshore.org/im-metro

Michael Matters Foundation's New Year Same Wish Event

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

Friday, February 2, 2018, 6:00 p.m.

Viper Alley, Lincolnshire
michaelmatters.org

Hustle Up the Hancock

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

Sunday, February 25, 2018, 7 a.m.

John Hancock Center, Chicago
Join NorthShore Kellogg Team at hustleupthehancock.org

ACS 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

or contact **ACS 1-800-227-2345**



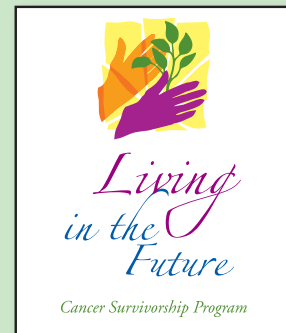
MAKE AN IMPACT

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

THRIVING AFTER TREATMENT



Do not forget to schedule your Living in the Future (LIFE) Cancer Survivorship visit after completing treatment!

This visit features a customized Survivorship Care Plan, which includes your cancer treatment summary, follow-up and surveillance recommendations, long-term and late-effects of your treatments, healthy lifestyle practices, and additional resources. Call (847) 926-5818 for more information or to schedule your appointment.

Visit the LIFE Cancer Survivorship Program website at northshore.org/LIFE to register for educational programs important for maximizing your health and wellbeing.

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

11:00 a.m.–2:00 p.m.
Evanston Kellogg Patient Education Room G870

First Tuesday of every month

10:00 a.m.–1:00 p.m.
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

2018 Look Good...Feel Better Class Schedule

Kellogg Cancer Center, Glenbrook
Patient Education Conference Room 1077
Wednesdays: 2/21, 4/18, 6/20, 8/15, 10/17, 12/19
Class held: 1:00 p.m.–3:00 p.m.

Kellogg Cancer Center, Evanston
Patient Education Room G870
Wednesdays: 3/21, 6/20, 8/29, 11/14
Class held: 11:00 a.m.–1:00 p.m.

NorthShore Highland Park Hospital
Meeting Room 1A
Mondays: 2/26, 4/16, 7/16, 9/17
Class held: 11:00 a.m.–1:00 p.m.

GET SCREENED

FREE Oral Cancer Screening

If you smoke, use chewing tobacco, drink alcohol or have risk factors for oral HPV infection, you could be at risk for oral cancer.

Register at
northshore.org/calendar
or call (847) 570-5020

**Saturday, December 2, 2017,
9:00 a.m.–11:00 a.m.**

NorthShore Kellogg Cancer Center
757 Park Avenue West, Suite 1810,
Highland Park, IL 60035

The free screening includes:

- A visual exam of the neck, mouth and throat
- A physical exam of the salivary glands, lymph nodes of the neck and the thyroid gland

SUPPORT FOR YOU

For complete schedule, visit northshore.org/calendar

NEW Stay Strong and Mahj On Program

Join us to learn or play Mah Jongg during your appointment or treatment
First and Third Fridays, 2 p.m.–3:30 p.m.
Highland Park Kellogg Consult Room

To sign up contact:
Alexis Miller (847) 400-4343 or
alexis@staystrongandmahjon.org

NEW for January 2018! Weight Loss for Wellness

Join us for a weekly weight loss group for five years post-treatment cancer survivors.

Mondays, 2:30 p.m.–3:30 p.m.
Evanston Kellogg Patient Education Room G870

Contact: (847) 509-9595 to learn more about this program

The Bill Buckman Prostate Cancer Education and Support Group

Second Tuesday of each month, 7:00 p.m.
12/12/17 (Starting in April of 2018)

Location: Glenbrook Hospital Conference Rooms B-D
Contact: Sabina (847) 570-1066

Brain Tumor Patient and Caregiver Support Group

Third Thursday of each month, 5:30–7 p.m.
Location: Evanston Hospital Rooms G952-958
Contact: Neuro-Oncology front desk (847) 570-1808

Caregiver Support Group

First Monday of each month, 3:30–4:30 p.m.

Location: Evanston Hospital Conference Room G954

Contact: Lindsey Emalfarb, LCSW (847) 503-4221

LIFE Breast Cancer Support Group

12/13/17, 1/10/18, 2/14/18, 7:00 p.m.
Location: 1000 Central Street, Suite 800, Evanston

Coming soon to Glenbrook in 2018

Facilitator: Anisha Patel, APN
Contact: (847) 926-5818

Head and Neck Cancer Discussion Group

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

12/11/17 (Starting in April of 2018)

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 p.m. Please feel free to come to one or both sessions.