

This newsletter can also be accessed at northshore.org/kellogg-cancer-center/quarterlynewsletter/

Kellogg Cancer Center

GET INVOLVED

ACS Walk and Roll

50 years of Walk & Roll: Drive-in Movie; Raffle/Auction; Food Trucks; Survivor Segment; Contests and more.

Friday, August 13, 2021, 6 p.m.

South Lot of Soldier Field

walkrollchicago.org

Virtual Imerman Angels Brunch Run/Walk

Saturday, August TBD, 2021

brunchrun5k.com

Prassas Think Pink Run/Walk

Join the Prassas' to help fight breast cancer to raise funds for Dr. Katharine Yao's breast cancer research.

Saturday, September TBD, 9 a.m.

Winnetka

foundation.northshore.org/ThinkPink2021

Virtual National Ovarian Cancer Coalition Together in Teal Walk

Run, walk, and watch online National Broadcast Celebration featuring stories of TEAL community.

Saturday, September 25, 2021, 6 p.m.

Click on "Find an Event" and then "Chicago, IL Together in Teal"

give.ovarian.org

Virtual LCRF Free to Breathe Walk

Saturday, October 2, 2021, 10 a.m.

Scroll down to find this event

lungcancerresearchfoundation.org/events

American Cancer Society Making Strides Against Breast Cancer

Making Strides of North Suburban

Saturday, October 2, 2021

Making Strides of Lake County, IL

Sunday, October 10, 2021

Click on "Find an event near you" and scroll down and enter name, zip code, city or state
cancer.org/involved

Lemons of Love Pink Lemonade 5K

Come run/walk with us to raise funds to share Lemons of Love chemo care packages.

Sunday, October 3, 2021, 9 a.m.

Lions Park, Mount Prospect

give.classy.org/Lemons5K2021

Virtual Breathe Deep Together Walk

20 years of LUNgevity events! LIVE Broadcast via Charge Running app on walk.

Saturday, November 6, 2021

Kellogg TOP Team

Click on "Breathe Deep Anywhere" and register
lungevity.donordrive.com

ACS Road to Recovery

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



To volunteer visit volunteercommunity.cancer.org or contact ACS 1-800-227-2345 to get connected with the volunteer care team.



THRIVING AFTER TREATMENT

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

The MRW LIFE Program survivorship visit with a specialized advanced practice oncology nurse features developing and discussing a customized Survivorship Care Plan tailored to each cancer survivor as a unique individual visit.

During the visit, which is available face to face in the Kellogg Cancer Centers or virtually through NorthShore's telehealth program, patients receive information regarding their cancer diagnostic and treatment summary, follow-up and surveillance guidelines, long-term and late-effects of cancer treatments, healthy lifestyle practice recommendations and additional resources.

Integrated into NorthShore's electronic medical record system, the Survivorship Care Plan can also easily be accessed via patient portal: NorthShoreConnect.

If you have had cancer, ask your oncologist for a referral to the LIFE Program, or call **(847) 926-5818** with questions. For more information visit northshore.org/LIFE



RESEARCH AND CLINICAL TRIALS

Robotic-Assisted da Vinci Xi Nipple-Sparing Mastectomy

Nipple-sparing mastectomy (NSM) with reconstruction technology offers the opportunity to preserve the shape of both the breast and the nipple-areola complex.

This study will evaluate the safety and effectiveness of the da Vinci Xi Surgical System in NSM procedures and is open to female between ages 18-80, candidate for an NSM procedure, at increased risk for breast cancer and is seeking prophylactic NSM surgery.

For any questions, contact Primary Investigator Dr. Kopkash at kkopkash@northshore.org and Sarah at srbabbitt@northshore.org

MAKE AN IMPACT

When you **donate** to **Kellogg Cancer Center**, you make a real impact for our cancer patients—your family, friends and neighbors. To make a donation to Kellogg Cancer Center go to foundation.northshore.org/donatekellogg

To learn more about other ways you can support the Kellogg Cancer Center and transform lives, contact Kevin Gray, Senior Director, Philanthropy, at **(224) 364-7230** or KGray@northshore.org.

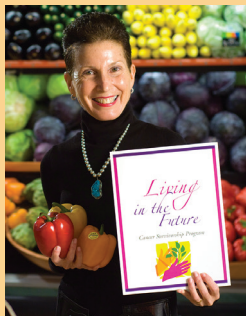
BE EDUCATED

LIFE as a Previvor northshore.org/Previvor

The **LIFE as a Previvor Video Workshop** outlines a proactive plan to prevent cancer in women genetically predisposed to breast and ovarian cancer. A comprehensive educational forum of medical experts addresses strategies to identify, manage, monitor and treat individuals who carry predisposition genes for breast and ovarian cancer. Generously funded by the MRW Leadership Board.

Evenings of Survivorship northshore.org/LIFE

Join us for the “**Evening of Survivorship Programs**” which are the Myra Rubenstein Weis LIFE Cancer Survivorship Program’s educational workshops. Conducted by NorthShore’s health professional survivorship experts, the seminars cover major topics regarding cancer survivorship and promote the acquisition of skills to understand, select and navigate community-based survivor resources.



The topics in the series include nutrition, fitness, cognitive function, genetics, rehabilitation, sexuality, insurance and employment, and have a focus on the survivorship perspective. **Evenings of Survivorship** are held virtually via ZOOM and in-person at NorthShore hospitals.

They are available to the community at-large and are free of charge. The seminars may also be presented during NorthShore’s cancer support groups.

 **NorthShore**
University Health System

Kellogg Cancer Center

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

SUPPORT FOR YOU

For complete schedule, visit northshore.org/calendar

Virtual Lisa Klitzky Young Adult Group (ages 20 to 40)
1st and 3rd Thursdays of the month, 7 p.m.

Contact: **(847) 509-9595** for more information

Free Zoom Cancer Resource Class for People Diagnosed with Cancer/ Caregivers/Family
Monday, June 28, 2021, 12 p.m.

Meet with Oncology Social Work—will provide important resources to help patients cope with practical and emotional issues that arise during cancer treatment.

Meet with Oncology Dietitian—will provide resources on staying nourished and managing side effects from cancer treatment.

Meet with Kellogg Financial Advocate—will answer questions on financial resources/ bills and medication.

RSVP: Register with Edi to receive the ID/Passcode at **(847) 503-1184** or egolden-gruber@northshore.org

Participant will receive a resource guide following the event.

Virtual Bill Buckman Prostate Cancer Education and Support Group

2nd Tuesday of every other month, 7 p.m. via Zoom

Contact: Sabina **(847) 570-1066** or somercajic@northshore.org

Virtual SPOHNC Head and Neck Cancer Discussion Group
2nd Monday of every other month, 6 p.m. via Zoom

Contact: Sabina **(847) 570-1066** or somercajic@northshore.org

Virtual Stress Reduction Group for Cancer Patients and Caregivers
First Wednesday of each month, 3:30–5 p.m. via Zoom

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

Please feel free to come to one or both sessions.

Contact: Meg **(847) 570-2039** or mmadvig@northshore.org

Virtual Brain Tumor Patient and Caregiver Support Group
3rd Thursday of each month, 6 p.m. via Zoom

Contact: Inna at IGlatman@northshore.org

MAKE CONNECTIONS

Imerman Angels’ mission is to provide comfort and understanding for all cancer fighters, survivors, previvors and caregivers through a personalized, one-on-one connection with someone who has been there. Imerman Angels partners anyone, any age, any gender, anywhere and any cancer type seeking support with someone just like them—a “Mentor Angel”.

A Mentor Angel is a cancer survivor, previvor or caregiver who most importantly has faced the same type of cancer. They provide support for caregivers, including those who may be grieving the loss of a loved one. Previvors and high-risk individuals are people who have not been diagnosed with cancer, but have a predisposition to the disease due to their genetic makeup, family history or other factors. This service is 100% FREE to all people facing cancer.

Contact: **(866) IMERMAN (463-7626)** or info@imermanangels.org

imermanangels.org

Check out Imerman Angels Cancer Support Community Newsletter:

northshore.org/kellogg-cancer-center/our-services/support-services/resources



Look Good...Feel Better LIVE! Virtual Workshops

Look Good Feel Better offers five types of Look Good Feel Better Live! virtual workshops. Learn about skin care and makeup, wigs and head coverings, nail care, or body image and styling.

lookgoodfeelbetter.org/virtual-workshops