

# Kellogg Cancer Center Upcoming Events

Fall 2018

## GET INVOLVED

### **Susan Steel Memorial Fall Walk (Melanoma)**

**Sunday, September 30, 2018, 10 a.m.**  
West Fork River Trail, Glenview  
[skinofsteel.org/3rd-annual-susan-steel-memorial-fall-walk-2018](http://skinofsteel.org/3rd-annual-susan-steel-memorial-fall-walk-2018)

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

**Sunday, September 30, 2018, 9 a.m.**  
Underwriter's Laboratory, Northbrook  
[makingstrideswalk.org/northshoreil](http://makingstrideswalk.org/northshoreil)

**Sunday, October 14, 2018, 9 a.m.**

Independence Grove Forest Preserve, Libertyville  
[makingstrideswalk.org/lakecountyil](http://makingstrideswalk.org/lakecountyil)

### **SLYCE Highwood Pink Food and Drink Specials for the month of October**

Chef Mike McElwee will craft a "pink" menu along with drink specials available all month long. A portion of the proceeds will benefit the NorthShore Highland Park Kellogg Cancer Center.

### **SLYCE Highwood Ladies "Pink" Night Out on the Patio**

As patio season comes to a close, SLYCE will be celebrating al fresco one last night. Attendees can enjoy passed appetizers and a wine flight under the Highwood stars. \$25/person and all proceeds benefit Kellogg. RSVP to Ryan at [ryan@slycecoal-fired-pizza.com](mailto:ryan@slycecoal-fired-pizza.com)

**Wednesday, October 10, 2018, 5 p.m.**

SLYCE Highwood, Highwood

### **Brain Up 5K Run/Walk**

**Saturday, October 13, 2018 8 a.m.**  
Maggie Daley Park [brainup.ngo](http://brainup.ngo)

### **Grace**

Join us for a screening of Grace, a short documentary, capturing the journey of a 36-year-old suburban mom and breast cancer survivor who decides to reclaim her body by covering her mastectomy scars with an elaborate tattoo. Presentations by Grace and members of her NorthShore team:

- **Surgical Approaches for Breast Cancer**  
Catherine Pesce, MD
- **Integrative Medicine for Breast Cancer**  
Leslie Mendoza-Temple, MD

**Wednesday, October 10, 2018, 6 p.m.**

Chicago Botanic Garden, Regenstein Center  
Complimentary parking and light refreshments included

**Register at [northshore.org/grace](http://northshore.org/grace) or call (847) 570-3575**

### **Karen Dove Cabral Foundation 2018 Butterfly Benefit**

Join us for an afternoon of farm-to-table food with wine, beer, and music. All proceeds will benefit young mothers with breast cancer at NorthShore Kellogg Cancer Center

**Sunday, October 14, 2018, 1:00 p.m.**

Kenilworth Assembly Hall, Kenilworth IL  
[karendovecabralfoundation.org](http://karendovecabralfoundation.org)

### **Sing to Live Community Chorus**

Enjoy a chorus of voices raised for those who are touched by breast cancer benefiting Kellogg Cancer Center

**Saturday, October 20, 2018, 7:30 p.m.**

Glenview Community Church

**Sunday, October 21, 2018, 4 p.m.**

Pilgrim Congregational Church, Oak Park  
[singtolive.org](http://singtolive.org)

### **Mario Tricoci Spa & Share Days**

Mario Tricoci will donate 10% of all service, retail or gift certificate purchases made November 5-7 and November 12-14. Bring in Spa & Share voucher for NorthShore to receive credit for the donation:

[foundation.northshore.org/file/documents/Mario-Tricoci-voucher.pdf](http://foundation.northshore.org/file/documents/Mario-Tricoci-voucher.pdf)

This promotion is good at all 17 Mario Tricoci locations.

### **HeadStrong Voices For Healing Inaugural Event**

Join us to raise funds to assist in much needed head & neck cancer research and provide support for the benefit of all patients coping with this disease and its treatment.

**Friday, November 9, 6:45 p.m.** Curt's Café, Evanston  
[headstrongvoicesforhealing.org/events](http://headstrongvoicesforhealing.org/events)

### **NorthShore Kellogg Caregiver Social**

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

**Thursday, November 29, 2018, 11 a.m.-2 p.m.**  
Evanston Kellogg Pt Education Room G870

### **3rd Annual Jammin' In Our Genes**

Proceeds will provide financial support for a screening mammography program for uninsured and underserved patients in the Lake County community. Enjoy drinks, music, silent auction, and games.

**Saturday, December 1, 2018, 8 p.m.**

210 Restaurant, Highwood  
[foundation.northshore.org/jammin](http://foundation.northshore.org/jammin)

### **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](http://cancer.org/drive) or contact ACS 1-800-227-2345**



## BE EDUCATED

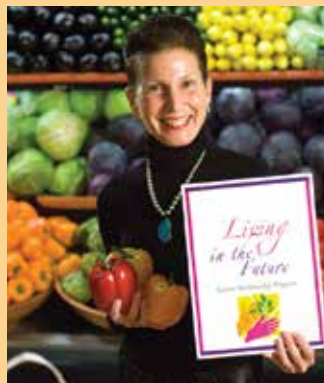
### **LIFE as a Previvor**

[northshore.org/Previvor](http://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 address strategies to identify, manage, monitor and treat individuals who carry predisposition genes for breast and ovarian cancer.

**Topics include:** Genetic testing; Screening guidelines; Surgical options; Chemo-prevention and Lifestyle suggestions. Funded by the MRW Leadership Board.



### **"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 18, 2018, 6:00 p.m.**

Cancer Wellness Center, Northbrook  
**Registration required: (847) 509-9595 or [cancerwellness.org](http://cancerwellness.org)**

## THRIVING AFTER TREATMENT

*Do not forget to schedule your MRW 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

*Myra Rubenstein Weis*



CANCER SURVIVORSHIP PROGRAM

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 MRW 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.

## RESEARCH AND CLINICAL TRIALS

A post-FDA approval study of a device which evaluates surgical margins in women with non-palpable breast cancer who undergo breast conservation surgery (a "lumpectomy").

This prospective, randomized trial investigates whether the MarginProbe device is accurate in detecting cancer at the margins in the removed lumpectomy specimen.

For any questions, contact the Research Office at **(847) 570-1184**.

## 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](http://foundation.northshore.org/donatekellogg)

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



**Kellogg Cancer Center**

## 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 required:  
1-800-227-2345.**

#### 2018 Look Good...Feel Better Class Schedule

##### Kellogg Cancer Center, Glenbrook

Patient Education Conference Room 1077

Wednesdays: 10/17, 12/19

Class held: 1:00 p.m.–3:00 p.m.

##### Kellogg Cancer Center, Evanston

Patient Education Room G870

Wednesday: 11/14

Class held: 11:00 a.m.–1:00 p.m.

## SUPPORT FOR YOU

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

### Leukemia and Lymphoma Society Cancer Center Table

Fridays, 10:00 a.m.–12:00 p.m.

Evanston Kellogg lobby

Contact: **(847) 570-2913** or [cgoldstein@northshore.org](mailto:cgoldstein@northshore.org)

### "What's Your Story?" Journaling Writing Group for Cancer Survivors

6-week class on Thursdays, 3:00–4:30 p.m.

Evanston Kellogg Patient Education Room G870

Contact: **(847) 570-2913** or [cgoldstein@northshore.org](mailto:cgoldstein@northshore.org)

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

Second Tuesday of each month, 7:00 p.m.

Glenbrook Hospital

Conference Rooms B-D

Contact: Sabina **(847) 570-1066**

### Brain Tumor Patient and Caregiver Support Group

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

Evanston Hospital Rooms G952-958

Contact: **(847) 570-1808**

### LIFE Breast Cancer Support Group

Coming soon to all Kellogg locations!  
Contact: Anisha **(847) 926-5818**

### Head and Neck Cancer Discussion Group

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

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.

Evanston Kellogg Patient Education Room G870

Contact: Meg **(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.