

Lance Armstrong Foundation Grant Benefits ENH Cancer Survivorship Program

Evanston Northwestern Healthcare (ENH) received a \$50,000 Community Program grant from the Lance Armstrong Foundation (LAF) to help implement a unique program called **Living in the Future (LIFE)**. LIFE assists cancer survivors as they transition from cancer treatment to living in the future.

Surviving cancer often brings diverse and unexpected physical and physiological challenges. The LIFE program is designed to create a bridge for continued care of post-treatment cancer survivors and provides a customized survivorship care plan.

This plan is at the core of LIFE and facilitates a dynamic partnership among the patient, oncologist and primary care physician. It includes guidelines for continued monitoring, preventive practice recommendations and information on available services. An educational series also is available to all members of the community. This series covers topics of cancer survivorship and provides information on community-based resources.

"LIFE bridges the gap for the post-treatment cancer survivor, facilitating a smoother transition from the oncology specialty care environment back to the community, family and primary care setting," said Carol A. Rosenberg, MD, LIFE Program Director and Director of Preventive Health Initiatives for ENH.

LIFE is the first community program in the region specifically designed with evidence-based cancer survivorship guidelines from the Institute of Medicine. In its first year, the program will focus on breast cancer survivors; it will expand to include patients with all types of cancer in the following years.

"By awarding an implementation grant to the LIFE program at ENH, the Lance Armstrong Foundation applauds our healing community as a model for others in the healthcare field," said Dr. Rosenberg. The LAF inspires and empowers people affected by cancer and provides the practical information and tools they need to live life on their own terms. Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong, the Foundation is located in Austin, TX.

The LIFE program is also receiving support from the **Myra Rubenstein Weis (MRW) Health Resource Center**, which is helping fund various needs including sponsorship of LIFE's "Thriviship" seminar, an educational resource for cancer



The LIFE Program provides cancer survivors like Helen Hackett (second from left) support and information for post-cancer healthcare. Members of the LIFE Program team include oncologist Leon Dragon, MD (from left), Program Director Carol A. Rosenberg, MD, and Clinical Coordinator Carole Martz, RN.

survivors. The MRW Resource Center, located at Highland Park Hospital, was established in memory of Myra Rubenstein Weis, who died in 1990 of breast cancer. Through ongoing fundraising efforts and an annual luncheon (see below), a group of dedicated volunteers has supplied the MRW Health Resource Center with a variety of information sources to help individuals learn more and make informed decisions about healthcare needs.

"We are so pleased to support the LIFE program, because it is making such a difference in the lives of those who have survived cancer," said Linda Clark, co-chair of the 11th Annual MRW Benefit Luncheon. "Because more patients are surviving cancer, the community needs an educational resource to address their unique needs."

Philanthropic support is vital to advancing the LIFE program and making a difference in the lives of cancer survivors and their families. For more information on how you can support the LIFE program, please contact Allyson Regnier, Director of Development, (224) 364-7207, aregnier@enh.org

For more information on supporting the MRW Health Resource Center, or to receive an invitation to the 11th Annual MRW Benefit Luncheon, please contact Sue Rosenfeld, Development Coordinator, (847) 859-8930, rosenfeld@enh.org.

SAVE-THE-DATES



Wednesday, April 25
11th Annual Myra Rubenstein Weis Benefit Luncheon
Deal a Hand of Health
Highland Park Country Club
(847) 859-8930

Saturday, June 16
35th Annual Hospitals' Gala
A View to a Thrill
Union Station, Chicago
(847) 570-5095

Thursday, Aug. 23
American Craft Exposition
Benefit Preview Party
Aug. 24, 25, 26
Exposition
Henry Crown Sports Pavilion
Northwestern University
(847) 570-5096