In 2019, our AMITA Health Cancer Institute at Alexian Brothers Medical Center and St. Alexius Medical Center Registered Dietitian, Sue Rodig, partnered with local food pantries to provide nutritional information. Sue gave healthy recipe suggestions to incorporate abundant food items that were available at the pantries, cooking tips, samples of the pantry’s food items and preventative cancer information. Clients received HPV vaccination/cancer prevention information, sun screen/skin cancer prevention handouts, and lung cancer prevention flyers. Clients had the opportunity to ask Sue questions, discuss new recipes; Sue would share ideas to diversify their meals to make them more nutritious.

As Thanksgiving approached, Turkey Tips were given to clients to educate on safe thawing and cooking methods to have a successful celebration. Clients were appreciative of Sue’s efforts, while taking several recipes, one client said, “it’s so great that you are doing this, I love to cook!” This program has been a complete success with nearly 140 community members benefitting from Sue’s hard work and education. The program will continue in 2020.

Additionally, AMITA Health Cancer Institute started the Give 1000, Gave 1000 campaign in 2019. This campaign gave cancer education and nonperishable food to community members. Food pantries/shelters received cancer prevention education to Give 1000 pieces to their clients. It reached a group of people who may not have access to preventive services. Information included sun screen packets with skin cancer prevention education, radon kits with lung cancer prevention education, and chip clips with HPV cancer prevention education. AMITA Health Cancer Institute staff hosted a yearlong food drive and Gave 1000 food items to the food pantries in our service area in support of their mission to feed the hungry. This campaign was very effective in spreading cancer prevention education to our community members in need.
Bringing Healthcare to the Community

Thanks to the Foundation Physicians Council Grant awarded to the AMITA Cancer Institute at Alexian Brothers we have been able to organize 6 free prostate screenings in various locations in our primary service areas in 2018 and 2019. At these screenings, we completed 60 PSA tests and found 11 elevated results. The participants with elevated findings were referred to a physician for further care. A prostate screening involves providing education on prostate cancer and taking a blood draw for a PSA test. Our screening events work to raise awareness and promote the benefit of early detection. These events brought convenient health care to community members that may have not had access to this type of care or were not aware of recommended guidelines to be screened.

The screenings were spread out at various locations in the community. Partnerships were made with Schaumburg and Hanover Park Townships, the Church of the Holy Spirit, Senator Cullerton Health Fair, and Journeys the Road Home PADS Homeless Shelter to host these events. Carol Marie O’Marrah, PADS Shelter Manager, said, “Thank you to AMITA Health for providing our clients the opportunity for screening for prostate cancer. Hosting an event like this helps educate our clients about a health concern they may not otherwise think about. The fact that this event offered not only the screening but the education on prevention and risks makes a world of difference for their awareness and autonomy with their health. Thank you for all you do for our community!”

Thank You for YOUR Donation!

We are extremely thankful for everyone that donated to the AMITA Health Cancer Institute in 2019. We appreciate every donation we have received and are able to better help our patients because of you. These donations have helped fund transportation, prescriptions, wigs, research and so much more.

Lemonade Stand Donation

The ACI staff send a heartfelt thank you to the children of the Allegra family of Hinsdale, Illinois who spent many hours of their summer vacation selling lemonade to raise money to donate to the ACI. Siena (12), Vincent (10), Mia Bella (8), and Enzo (5) generously gave the profits from Team Allegra’s Lemonade Stand to the patients of the ACI, and their donation has helped to increase snack choices on the Kindness Cart to include – what else, but Lemon Heads and lemonade! Thank you, Allegra Family, for your kindness towards our patients and your support of our mission here at the ACI.

The Autobarn Subaru of Countryside

The Autobarn Subaru of Countryside and The Leukemia and Lymphoma Society’s Greater Illinois Chapter (LLS) joined forces to deliver 80 blankets to the ACI as part of the Subaru Loves to Care Program. These comforting gifts were accompanied by personalized messages of hope written by the customers and staff at the The Autobarn. Representatives of The Autobarn had the opportunity to visit with several patients to personally offer comfort, well wishes and support. The ACI staff thank The Autobarn of Countryside and LLS for this generous gift.

#BetterEveryday

Receiving a cancer diagnosis can be a devastating blow to one’s life. How we choose to accept such a difficult diagnosis will be different for every individual. For Dr. Arti Lakhani’s patient Jessica Brubaker, at age 32 and a mother of three young girls, her decision was not to focus on her breast cancer diagnosis but to focus on all the good – big and small – in her life. To encourage cancer patients at AMITA Health and around the country to do the same, Jessica has made it her mission to provide support, resources and inspiration to help them live a life that gets #bettereveryday. Today, Jessica’s team, including a long list of donors, has assembled hundreds of chemo tote bags filled with useful supplies that have been given to cancer patients across the country. For more information about Jessica’s journey or how you can support this mission, please visit www.bettereverydayweb.com.

If you feel inclined to donate, please follow the instructions on the back page of this newsletter.
The War on Cancer

‘In a time when the necessity of war is debated in the news on a daily basis, I am reminded that there is ONE war that we should all agree is worth fighting ~ the war on cancer! I was diagnosed with Hodgkin’s disease (a form of lymphoma) in 1998. After 4 months of chemotherapy and 3 ½ weeks of radiation, I completed treatment and am now among the ranks of the “cancer survivors”. To say I “fought the good fight” and won makes me uncomfortable. I have said goodbye to those who have also done battle with cancer. It would dishonor them to assume their fight was any less than my own. This has been a lesson in the arbitrariness of life and our need to respect the preciousness of that gift…

These are my words from the first article I wrote for The Cancer Institute Newsletter in the spring of 2003, five years after my diagnosis. I am struck by the truth of the cliché “as much as things change, they stay the same”. The lessons and the blessings have remained. I have been the cancer patient before The Cancer Institute existed. I have been a volunteer at the inception of The Cancer Institute and for many subsequent years afterward, including a reoccurring contributor in this newsletter. I have also been the patient, who after 20 years of survivorship was met in the surgical waiting area by the breast care coordinator, handing me, the breast cancer patient, the binder of information that I had long ago assembled as the volunteer. Surreal. Full circle.

Twenty plus years has blessed me much! What was once a mother’s fear for the future as I curled my six year old’s hair for her ballet recital; became tears of joy on that daughter’s wedding day. Moments I once feared I would not partake in, unfolded into memories I cherish. Some blessings came disguised in challenges that I would come to believe were even more of a battle than cancer—subsequent diagnoses, the illnesses of aging parents, the letting go of a child, the loss of friends. But regardless of the adversity, the lessons stay true…There’s a reason that outweighs the cost...any war to be waged is ultimately that of the mind, spirit and attitude...never underestimate the investment we make in others...cultivate a deeper sense of empathy and gratitude...sometimes God is more concerned with our character than He is with our “comfort zone”...stay in the moment...cancer is not a blessing, but there are MANY blessings that come along with it!

I have been blessed by The Cancer Institute/Life Enrichment Center. When asked to write an article years ago, I titled it A Life Enriched due to the amazing friendships I have made as a result of our initial cancer connection; the programs that gave me a better understanding of the journey I am taking; a massage to ease the pain or the chapel for a quiet moment of gratitude.

May your lives be enriched by longer hugs, laughter that leaves a smile on your face for hours after, the clarity in which priorities fall into place, a soft pillow to hit on a bad day, and the smell of a breeze in the Spring. With these blessings the war is being won, one day at a time.

Author: Bonnie Dhamer

We Care for Caregivers

2020 will bring on many new opportunities at the AMITA Health Cancer Institute at Elk Grove Village, one of them will be a program to benefit the caregivers of our patients. We pride ourselves on providing exceptional holistic care for our oncology patients. One aspect of this care includes the need of a healthy presence from each patient’s personal support team. This program developed from Cancer Institute healthcare professionals and published literature that supports the idea that caregiver’s health is a priority. Towards the end of 2019, the Cancer Institute staff had reached out to a handful of caregivers to assess their interest in this program and received feedback on what would be most useful. We would like to say thank you to everyone that shared their insight, this program is being formed based on your responses. Program will begin in Spring 2020, for more information, please call Emily at 847-593-8593.

Providing emotional and physical care for a family member or friend diagnosed with cancer requires energy and, in turn, creates the need for caregivers to receive support themselves. Join us Wednesdays from 10 a.m. to 11 a.m. in the Synergy Meeting Room of the ACI, 1 Salt Creek Lane, Hinsdale, IL, for the opportunity to network with other caregivers at this weekly drop in support group. For information, please call CherylAnn Mcgovern, LCSW at 630-286-5521 or Tasha Chasson, LSW, at 630-654-7215.

Free Service: Music Therapy Program

Music therapy is an evidence-based practice designed to address the individualized needs of patients and caregivers to improve the quality of life, reducing pain or agitation, reducing anxiety while increasing comfort and much more. This class uses a mix of instruments that are used for group improvisation facilitated by a Board-Certified Music Therapist. All ages are welcome, patients, caregivers and family members, no experience required.

Wednesday, January 8 & Wednesday, February 5 at 7 – 8 pm
AMITA Health Cancer Institute at Alexian Brothers Medical Center
If you are interested in attending a complimentary music therapy session, please register at 844.952.HOPE (4673).
AMITA Health Community Benefits
Inventory for Social Accountability

AMITA Health aims to treat the whole person, including the physical, emotional, mental and spiritual needs of the patient. AMITA Health uses the Community Benefit Inventory for Social Accountability (CBISA) as a measurement tool for community outreach and volunteering. The system works to identify and address community health needs and specifically focuses on low-income individuals. To improve the health of our community members in the areas we service, community benefit programs work towards AMITA Health’s mission and supports our non-for-profit status. These programs aim to improve access to health care, increase general education, and reduce social determinants of health through financial assistance, donations, benefit operations, research and more.

This data is used to generate funding for non-for-profit status. When the community attends our events, support groups or special events, this information is recorded in the CBISA national database, which converts the community and volunteer hours to a monetary value that supports our tax-exempt status. Tax-exempt status allows AMITA Health to use those resources that would otherwise go towards taxes and put that funding towards more community benefit opportunities. In addition, reporting community benefit activities holds AMITA Health accountable to our mission to extend the healing ministry of Jesus. In 2018, AMITA Health as a whole, provided $202 million in community benefit. AMITA Health Alexian Brothers Medical Center provided $14.1M and AMITA Health St. Alexius Medical Center provided $7.8M. Thank you to everyone that has attended our community events and please continue your efforts in the future.

Release the Past, Embrace the Future

In 2015, the Mary R. Faraci Boutique opened at AMITA Health Cancer Institute in Elk Grove Village. Mary R. Faraci was a breast cancer patient in 2006 and a survivor for nearly seven years. The Boutique continues her dream of helping breast cancer patients feel beautiful, confident and strong by offering private consultations and fittings for wigs, post-surgical garments, and prosthesis.

The Faraci family (pictured to the right) has kept Mary’s dream of helping breast cancer patients by donating their time, money, and resources in Mary’s memory. The Faraci family has raised and donated over $50,000 in the past 4 years. From donations to decorating the Boutique for the holidays, the Faraci family embodies their motto to release the past and embrace the future.

Beautiful Boutique Bulletin

AMITA Health Cancer Institute at Alexian Brothers Medical Center and St. Alexius Medical Center has a boutique for our patients. In both boutiques, baseball hats, scarfs, and chemo caps are available free of charge for patients in need.

Our boutiques also offer free consultations and fittings for wigs, post-surgical garments, and prostheses.

As well as resources to assist in hair cutting services.

The Mary R Faraci Boutique and St. Alexius Medical Center Boutique are open by appointment. Call 844.952.HOPE (4673) for more information.

Unique Boutique

AMITA Health Cancer Institute Hinsdale in conjunction with Wellness House offer personal salon services and bodywork offerings specifically tailored for people with cancer. Our boutique offers hair cutting, shaving, shaping, wigs and wig styling. Workshops through Unique Boutique teach you how to deal with some of aesthetic sides effects of treatment and will cover eyebrow shaping, makeup and skin tips, as well as scarf tying to improve your appearance and raise your confidence.

To schedule an appointment, call 630.654.5110 or email uniqueboutique@wellnesshouse.org. All services are by appointment only and are provided at no cost.
We Need Your Helping Hearts!

AMITA Health is calling for volunteers to assist in the Cancer Institute at Alexian Brothers and St. Alexius Medical Center. This would include:

- Greeting visitors and directing them to their destination
- Helping on special projects
- Aiding in making appointments for support services

The goal of this role is to provide an efficient and effective work environment and a sacred place of healing.

For more information contact: Andrea Pressley at 847.981.6083

Apply online at www.AMITAHealth.org/volunteer or call Hinsdale campus: 630.856.4000.

Young Women’s Support Group

Come join our Young Women’s Support Group to meet other young women that understand what you are going through. In this phase of life, women’s roles include being single young women, young wives, mothers, and beginning or solidifying their career. This group gives women the opportunity to receive emotional support from others who “get it.” This support group is open to female cancer patients ages 50 and under.

3rd Wednesdays 6 – 7:30 pm at AMITA Health Cancer Institute at St. Alexius Medical Center
AMITA Health Cancer Institute Programs at:

AMITA HEALTH CANCER INSTITUTE HOFFMAN ESTATES (HE)
AMITA Health St. Alexius Medical Center Hoffman Estates
Doctor Building 3, Ste. 1400
1555 Barrington Rd. | Hoffman Estates, IL 60169
1.844.952.HOPE (4673)

AMITA HEALTH CANCER INSTITUTE ELK GROVE VILLAGE (EGV)
AMITA Health Alexian Brothers Medical Center Elk Grove Village
800 Biesterfield Rd., Bldg. 5, Ste. 120 | Elk Grove Village, IL 60007
1.844.952.HOPE (4673)

Energy Therapy
Ease fatigue, pain and stress with a 45-minute session.
Appointment required.
2nd Mondays (HE), 3rd Mondays (EGV)

FREE Boutique Consults for Our Cancer Patients
In partnership with The Rose Garden Boutique, a licensed cosmetologist and certified mastectomy fitter will provide in-house wig, lymphedema sleeve and mastectomy bra consultations. She can also shave hair for patients undergoing chemotherapy.
Appointment required.
3rd Tuesdays, alternating mornings & afternoons (EGV)

Fit Club to Fight Cancer
Through fitness, you can fight cancer as well as improve your health. Options include walking, fitness classes and exercise equipment. All levels of athletes are welcome.
Registration required.
Wednesdays 4 pm
The Club at Prairie Stone, 5050 Sedge Blvd., Hoffman Estates
Wednesdays 4:45 pm
Volkening Lake, 900 W. Schaumburg Rd.
Schaumburg (weather permitting)

Healing Touch @ EGV
This is an energy-based therapeutic approach to healing for cancer patients. The goal is to restore harmony and balance in the energy systems to promote self-healing.
Private sessions are 60 minutes.
Registration required.
2nd & 4th Thursdays – evening appointments
To register, call 224-458-0516 or 773-879-7905.

Healing Touch @ HE
Research has shown that Healing Touch therapy can help alleviate cancer treatment’s pain, stress and side effects.
Private sessions, fully clothed.
Registration required.
3rd Tuesdays – daytime appointments

Gentle Yoga
This class is geared toward oncology patients. Yoga is appropriate for those with some measure of flexibility and balance, while others may practice from a seated position. Each class will focus on breath and body awareness while helping improve mental clarity, strength, and flexibility.
Thursdays 6 – 7 pm (HE)

Massage Therapy
For our current cancer patients. A 30-minute (fully clothed) session with our certified massage therapist.
Appointment required.
Wednesdays (HE), Thursdays (EGV)

Music Therapy
Music Therapy is a group musical improvisation with mixed instruments, facilitated by Board-Certified Music Therapist. This is an evidence-based practice designed to address individualized needs of our patients such as reducing pain or agitation, reducing anxiety while increasing comfort and much more.
Registration required.
January 8 & February 5 from 7 – 8 pm (EGV)

Relax and Feel Great
Experience self-empowerment and discover your inborn ability to improve your health through these weekly group sessions. Be guided through self-hypnosis to make the life changes you desire. Learn relaxation techniques and enjoy your mental vacation in this program lead by our certified hypnotherapist.
2nd and 4th Wednesdays 6 – 7:45 pm (EGV)
1st, 3rd and 5th Wednesdays 6 – 7:45 pm (HE)

Smoking Cessation
You can lead a cigarette-free life, too! Call today, live a healthier tomorrow. 6-week session.
Elk Grove Village Classes: Thursday evenings 6 – 7 pm
Session #1: January 9, 16, 23, 30 and February 6, 20
Session #2: March 12, 19, 26 and April 2, 9, 23
Session #3: September 10, 17, 24 and October 1, 8, 22
To register, call 855-MyAMITA (692-6482).

Tai Chi and Qigong
Tai Chi and Qigong are traditional Chinese methods used to bring balance to the body, mind, and spirit. Tai Chi is a therapeutic art that uses gentle flowing motion to reduce stress. Qigong promotes relaxation while building internal strength. Meditation is used to quiet and clear the mind. Drop in!

Tuesdays 6 – 7:45 pm (HE), 1st and 3rd Fridays Noon (EGV)

U R Beauti-ful
A trained cosmetologist will teach women how to apply cosmetics, take care of their skin/hair, learn about and manage the appearance-related side effects of cancer treatment. The program is open to all women with cancer currently undergoing chemotherapy, radiation, or other forms of treatment.
Call 844-952-HOPE (4673) for more information.

All Cancer Survivors
No matter what type of cancer, there are similar experiences and concerns. Gain valuable information, tips and advice to maintain a positive focus. Family/caregivers are welcome.
4th Thursdays 6:30 – 8 pm (HE)
Bettendorf Educational Library – Conference Room

Breast Cancer Support Group
Connecting with others provides an outlet to learn helpful tips for coping with side effects and share laughter and encouragement. This group is for anyone affected by breast cancer from a new diagnosis through survivorship.
1st and 3rd Tuesdays 6:30 – 8 pm (EGV)

Young Women’s Support Group
In this phase of life, women’s roles include being young wives, single young women, mothers, and beginning or solidifying their career. This group gives women the opportunity to receive emotional support from others who “get it.” This support group is for female cancer patients ages 50 and under.
3rd Wednesdays 6 – 7:30 pm (HE)

AMITA Health Cancer Institute
Cancer and the Microbiome Workshop
Come learn about the ever-expanding and intricate relationship between the microbiome (the vast array of microorganisms that live in your gut) and cancer. Learn practical tips and diet modifications you can make to live in beneficial harmony with the microorganisms in you! **Join us from 10 – 11:30 am on Wednesday, February 12, 2020**

Healthy Eating and the Microbiome Cooking Demonstration
This will be a follow-up discussion and cooking demonstration to support what you learned from the Cancer and the Microbiome class. **Join us from 10 – 11:30 am on Thursday, April 2, 2020.**

Lung Cancer Screening
Lung Cancer screening has saved many lives. It is covered by many insurance plans, including Medicare. It only takes 30 minutes. If you are uninsured, AMITA Health insures the screening for just $99* If you are between the ages of 55 and 77 years old, and a current smoker or have quit within the past 15 years and a smoking history of 30-pack years, which is defined as one pack a day for 30 years or two a day for 15 years.

**To schedule a lung cancer screening, call 855.MyAMITA (855-692-6482)**

*Note: Physicians order is required. Please discuss lung cancer screening with your physician.

Upcoming Events at AMITA Health Cancer Institute at Hinsdale:

**March Colon Cancer Screening**
AMITA Health Cancer Institute, Hinsdale
1 Salt Creek Lane, Hinsdale, IL 60521

**March is Colorectal Cancer Awareness Month**
For our free colorectal screening event, **please visit our Facebook page at www.facebook.com/AMITAHealth** or log into our events page at www.AMITAHealth.org/events for details, dates and registration closer to March.

**April Skin Cancer Screening**
AMITA Health Cancer Institute, Hinsdale
1 Salt Creek Lane, Hinsdale, IL 60521
Free skin screening by board certified dermatologists for anyone ages 18 and older. Screening follows the guidelines set by the American Academy of Dermatology SPOT ME Program. **Please visit our Facebook page at www.facebook.com/AMITAHealth** or log into our events page at www.AMITAHealth.org/events for details, dates and registration closer to April.

**Massage Therapy**
For our current cancer patients. A 30-minute (fully clothed) session with our certified massage therapist.
AMITA health Cancer Institute, Hinsdale
1 Salt Creek Lane, Hinsdale, IL 60521
**Appointment required. Tuesdays**

**Smoking Cessation**
You can lead a cigarette-free life, too! Call today, live a healthier tomorrow. **6-week session.**

**Hinsdale Classes: Every class: 6:30 – 7:30 pm**
- Session #1: January 14, 21, 28 and February 4, 6, 11, 18, 25
- Session #2: March 10, 17, 24, 31 and April 2, 7, 14, 21
- Session #3: September 15, 22, 29 and October 6, 8, 13, 20, 27
To register, call 855-MyAMITA (692-6482).

Ongoing Support Programs

**Advance Directives**
Who will decide if you can’t? If not now, when? These are important questions that lead to an important discussion. But, as a society, most individuals never entertain the big “what if” question of “What would I want done for me, if I am unable to say it?” That’s where advance directives and advance care planning come in.

Advance directives are simple documents offered for free by most states through various entities. Residents of the State of Illinois are fortunate to have access to the document “A Personal Decision” published by the Illinois State Medical Society (www.isms.org). This document is offered free to patients of the ACI and includes a thorough explanation of the three most common types of advance care planning: the living will, the durable power of attorney for health care, and the Polst Form or “do not resuscitate.”

In order to help patients at the ACI initiate the conversation around advance care planning, Oncology Social Worker CherylAnn McGovern is piloting a new strategy. Formal invitations will be hand delivered to patients and their families, offering them the opportunity to schedule a free consultation. They will have the chance to review and complete their own advance care planning with CherylAnn’s support and guidance. It is hoped that this project will lead to “personal decisions” being discussed and honored for more patients.

For your free patient consultation, contact CherylAnn McGovern, LCSW at 630-286-5521.

**Additional Support Services**
Private one-on-one appointments are offered to ACI patients free of charge and can be **scheduled by calling 630-286-5500** and asking to speak with contacts in the following departments:
- Chaplain Aaron Findley
- Social Worker CherylAnn McGovern, LCSW
- Registered Dietitian Amanda Duffy, RD
- Financial Counselors Barbara Derry or Carolyn Grela
- Massage Therapy Dave Zilic (available Tuesdays only)

In Gratitude

**Thank You for Your Service**
In November, the ACI marked the retirement of two well-loved nurse navigators, Debra Ellsworth MSN, RN, OCN and Thelma Hulka BSN, RN, OCN. Having worked tirelessly for a combined total of over 65 years of service to AMITA, Thelma and Deb provided unwavering support, education, and coordination of care to patients throughout the AMITA system. As the pioneer of our Nurse Navigator program, Thelma laid the groundwork for the way our successful Navigation program runs today. After joining the Navigation team, Deb worked with advocate Betsy Sweeney to establish and develop the role of Breast Navigator at the ACI.

To Thelma and Deb: Remember that you are leaving behind a legacy of achievement, encouragement and a solid work ethic that will remain in the hearts of us all. May all the years ahead bring you both great joy and relaxation. Here’s to a well-deserved and happy retirement!
Donate Online to Support Cancer Care

Celebrate or remember someone special through a gift that will help a cancer patient.

To donate to AMITA Health Cancer Institute Elk Grove Village or Hoffman Estates locations:
Visit alexianfoundation.org and click “Make a Gift” in the upper right-hand corner. Fill out the donation form and select “Cancer Institute” as the designation.

To donate to AMITA Health Adventist Medical Center cancer locations, visit:

• Bolingbrook Hospital Foundation (keepingyouwell.com/abh/make-a-gift/giving-opportunities)
• Glen Oaks Hospital Foundation (keepingyouwell.com/agh/makeagift.aspx)
• Hinsdale Hospital Foundation (keepingyouwell.com/ahh/make-a-gift)
• La Grange Memorial Hospital Foundation (keepingyouwell.com/almh/makeagift.aspx)

Fill out the donation form. You may also add an individual to honor (optional) and a message (optional). Messages will be passed to all involved.

On behalf of our cancer patients and their families, thank you!