

Enhancing the quality of life for those touched by cancer, their families, friends and caregivers through education, encouragement and empowerment.

survive & Thrive

Blessings in Disguise

By Barb Klaas

Certain events in our lives serve as catalysts for change—they sharpen our awareness of what is really important. I have been blessed with two such life experiences: one was being downsized from a long-standing and financially rewarding career in technical recruiting; the other was being diagnosed with breast cancer.

It may seem strange that I describe both of heses occurrences as blessings. Ironically, prior to these events, I had been soul searching. I wanted to feel more connected to my work and to people in a more meaningful way. I longed to get back into yoga, but couldn't find the time. I had begun to wonder where I belonged in the big picture of life.

Once the news of the diagnosis sunk in, I was devastated, but through research I learned that people who take charge of their treatment have a much better prognosis. I quickly decided to accept the fact that I had cancer and shifted my focus to researching my options for treatment. In coming to Wellness Place, I found attentive clinical staff who welcomed me, listened to me and understood me—simple gestures, yet so comforting.

Very soon after my surgery I felt the need to give back to the community that had given

so much to me. My efforts as a volunteer are rewarded many times over with the simple pleasure of helping others.

Today, two years later, I'm cancer free and have made important, lasting friendships with fellow volunteers, participants and Wellness



Place Staff. I received extraordinary support through Wellness Place programs such as yoga, T'ai Chi Chih, meditation and massage. But most important have been the kind and caring clinical staff and the support of my loving husband, family and friends, all of whom have been instrumental to my healing.

The imposed hiatus from my corporate life has allowed me freedom of time and spirit to pursue my passion—botanical watercolor painting. In turn, painting has been cathartic and a key aspect of my healing process. The Wellness Place community has been highly supportive of my artwork. I frequently bring my paintings to Wellness Place, and the positive feedback fuels my passion. If not for the series of events that forced my change in lifestyle, I might still be searching for that missing link in my life today.

Having breast cancer and the healing that followed has taught me a valuable lesson: life is short. Do what you love to do with the time that you have. If there is a part of your life that is not making you happy, take *Continued on back cover*

Did you know...?

You are a **cancer survivor** from the moment you are diagnosed, through active treatment and beyond. We use the term cancer survivor to help those of us with cancer reframe our thinking so that we continue to live our lives to the fullest in light of our cancer diagnosis.

Prostate Cancer/Nutrition Study Seeks Participants

Wellness Place and Us TOO International recently contributed a portion of the funds raised through the Greater Chicago Prostate Cancer Run Walk 'n Roll to a study to be conducted by Dr. Patrick Massey, medical director of complementary and alternative medicine for Alexian Brothers Hospital Network. The study, "Intravenous Nutrient Therapy for Men with Prostate Cancer Undergoing Androgen Deprivation Therapy," is open to any man with prostate cancer undergoing androgen deprivation therapy who is experiencing hot flashes. Participants will receive therapy at no cost but will be required to log daily hot flashes. Contact the ALT-MED office at 847-923-0046, for information. *

chairman's message

The year 2006 has been one of significant progress for this young and vibrant organization. We served a record number of cancer survivors, their families and caregivers. We plan to make 2007 a year dedicated to supporting our growth. Unfortunately, the demand is there; and, we need to serve.

To better serve our participants, we have engaged a powerful new tracking tool to capture data on the services that are in highest demand. As a result, we have increased children's services and included individual counseling in our menu of services.

New service initiatives in 2007 will include: men's specialty programming; an increase in featured programs led by medical professionals; and improvement of the Wellness Place resource center with updated and additional cancer-specific materials. We should all be proud of what we together have accomplished to date. However, we can only fulfill our vision for 2007 with the continued collaboration of board, staff, partners and friends of Wellness Place facilitating our efforts to reach more cancer survivors and their loved ones who are in need of our services. We thank you for your steadfast support and wish you a happy and healthy New Year.

At Barge

Robert C. Barger Chairman, Board of Directors

inside wellness place

Welcome New Staff

We welcome two recent additions to the Wellness Place full-time roster. **Stefanie Brunner** was named director of public relations October 9. She began working with Wellness Place on a part-time contract basis in June. Stefanie brings more than five years not-forprofit communications experience from the National Multiple Sclerosis Society and the Menomonee Club for Boys and Girls.

Clinical Assistant **Patrick Gibbons** joined Wellness Place in August 2006. His B.S. degree in electrical engineering and extensive database experience gained at Zurich N.A. make him a natural at maintaining the participant database. Pat manages program registration, and his interpersonal skills and calm demeanor are well matched to his role of greeting new participants.

Moving Onward

We bid farewell to two talented co-workers who are already missed by many. **Lois Coldewey,** RN, MA, resigned in September from over four years service as clinical specialist and program coordinator to join Our Saviours Lutheran Church in Arlington Heights as parish nurse in partnership with Advocate Health Care.



Finding Strength

Wellness Place cancer survivors, caregivers and clinicians will be featured in a photography exhibition, *Finding Strength*, to be unveiled May 4 at the Garlands in Barrington. Participants' stories will be powerfully expressed through the impressions of two celebrated Barrington-area artists: photographer Susan McConnell and writer Mary Klest. Further event details to come early this spring. *

We give many thanks to public relations manager and guru **Kay Coyne** for her dedication and success over the last four years increasing Wellness Place visibility throughout our 60-community service area. Kay resigned in September to pursue new interests.

Welcome New Board Members

The Wellness Place Board of Directors recently appointed two new directors, each to a three year term: **Gregory T. Brebach, MD**, of Fox River Grove and **Bruce W. Brinkmeier** of Barrington. Dr. Brebach is attending orthopaedic spine surgeon for Lake Cook Orthopedic Associates. Brinkmeier is vice president, marketing with Harris Bank, Barrington.

Join A Wellness Place Committee

Would you like to be involved in any aspect of Wellness Place operations? Here's your chance. Wellness Place committees are looking for volunteers to help support our mission. Contact Jack Wood at 847-241-5964 or jack.wood@wellnessplace.org to learn more. *

Wellness Place Committees

Executive Governance Public Relations Outreach Wellness Challenge Golf Outing - July Prostate Cancer Run, Walk 'n Roll - September Development Auxiliary Gala - June Belongings Finance Programming Volunteer

support

Harris Bank Pledges 4-Year Sponsorship

Harris Barrington has pledged \$100,000 over a four year time frame beginning January 2007 to sponsor the Wellness Place Auxiliary and Belongings, our fine home furnishings donation

and consignment shop. "Harris Bank's generosity will make a wonderful difference in the lives of so many families in our



community," said Jack Wood, president, Wellness Place. "This strategic gift will allow Wellness Place to enhance our services for years to come."

Wellness Place, the Auxiliary, and Belongings extend heartfelt thanks to Harris Bank and the following individuals for securing this sponsorship: Harris Bank executives **Richard Resseguie**, regional president, **Tom Werner**, district executive, and **Bruce Brinkmeier**, vice president, marketing; **Kenneth J. Stobart**, founder, K & M Printing, Co.; **Pam Reiss**, co-president, Wellness Place Auxiliary; **Kris Zeile**, president, The Coaching Consortium; and **Karin Cumming**, manager, Belongings. *



Promoting the Fannie May Pink fundraiser on Michigan Avenue, Chicago are (left to right) Kara Grell, executive director, Cancer Support Center; Jack Wood, president, Wellness Place; Nancy Laatsch, executive director, Cancer Wellness Center; Michael Hennessey, president, Coleman Foundation; Jan Waanders, director of marketing, Fannie May; and Laura Jane Hyde, executive director, Gilda's Club.

Fannie May Supports the Cause

In October, Fannie May Candy continued their annual pledge by donating 10 percent of pink candy sales during breast cancer month to Wellness Place, members of the Cancer Health Alliance of Metropolitan Chicago and Gilda's Club. Together with matching funds from the Coleman Foundation, the goal is to raise \$100,000 to benefit the cause. *



Wellness Place thanks Bryan Zolfo, Insignia Kitchen & Bath Design Group show room manager, North Shore Magazine executives Caryn Green (left), associate publisher, and Lisa Paul, senior account executive, for hosting the exquisite Showroom Gala. The Oct. 7 event attracted 150 guests and raised over \$9,000 in net proceeds. The gala featured gourmet tastings prepared by executive chefs from LeTiti De Paris, The Barn of Barrington,



Sub Zero/Wolf and Aga Ranges as well as a silent auction and entertainment.

Insignia Showroom Gala

In-Kind Sponsors

North Shore Magazine Insignia Kitchen & Bath Design Group The Barn of Barrington LeTiti De Paris Sub Zero/Wolf Aga Ranges DeCarlo Wines Chicagoland Buick Dealers Marquardt of Barrington Kohler Xanadu Day Spa Professional Plumbing, Inc. Professional Plumbing, Heating and Cooling

Entertainment

Barrington High School Sweet Adelines, Women's Barber Shop Quartets

Patrick "Piano Boy" Kennedy

Lisa DiSalvo, Lyric Classical Soprano

2006 End of Year Annual Appeal Please make your gift by Dec. 31

Wellness Place welcomes an average of 100 new participants each month. The demand for more counselors, programs and outreach services is surpassing our budget. We need your help so that we can continue to enhance the quality of life for those touched by cancer. Make your tax-deductible gift with a credit card on-line at www.wellnessplace.org, or via telephone at 847-241-5973, or mail your check made out to Wellness Place Annual Appeal, postmarked by Dec. 31. Thank you for your support!

Wellness Praise

We give thanks to our volunteers who help us carry out our mission every day.

Welcome New Volunteers

We welcome six new volunteers: **Cathy Li**, Rolling Meadows; **Zena Bania**, Schaumburg; and Fremd High School students **Vinay Goyal**, **Kari Jenkins** and **Jessica Mieszala**, all serving at the reception desk; and **Matt O'Neil**, of Lake Bluff, who recently helped out with our golf outing and outreach initiatives.

Thank You Sue Alcorn

We would like to thank an especially dedicated volunteer, **Sue Alcorn,** of Elgin, for donating her time and talent at Belongings. Our jewelry specialist, Sue is great with customers and is extremely helpful with store operations.



Belongings Manager Karin Cumming (left) and Belongings Volunteer Gardener Peggy Olsen of Barrington receive a certificate for artistic ingenuity from the Council of Barrington Garden Club.



Barrington High School Sweet Adelines Barbershop Quartet, The Four Charmers, (from left) Stacie Schmitz, Allison Lyons, Molly Watters and Cary Lin delight guests at the Insignia Showroom Gala friend-raising event to benefit Wellness Place.



More than 75 volunteers helped us make the Prostate Cancer Run, Walk 'n Roll a great success including (from left) Lindsay Tomek and Mary Beth Kahn, both of Chicago; Penny Rimzdius of Aurora; Elena Weckerle of Chicago; and Herb Grey of Northbrook.

auxiliary news

The Wellness Place Auxiliary is deeply committed to the mission and has proudly raised over \$1.2 million in net proceeds from 1999 through 2006 to support Wellness Place programs and services.

Looking ahead to our annual gala, we are pleased to announce its 2007 Co-Chairs, **Jenny Welsh** and **Jennifer Wondrasek.** The gala is scheduled for early summer at a private estate in the Barrington area. We are seeking sponsors to ensure 100 percent of the event proceeds directly benefit Wellness Place. Contact Shefali Bhuva, 847-421-3031 or Pam Reiss, 847-340-6232 for sponsorship information, to help with the event, or to join the auxiliary.

As we begin the new year, the auxiliary would like to thank **President Pam Reiss** for her leadership and dedication in 2006. "It was a successful year for us, and Pam's enthusiasm for the auxiliary and Wellness Place is a great motivation for all of us," remarked Chrissy Tilles, auxiliary treasurer and vice chair of the Wellness Place Board of Directors.

Pam will continue as part of the auxiliary's board in 2007 as co-president with **Shefali Bhuva**. Other board members include: **Jane Lee**, secretary/membership; **Jackie Kapcheck**, archives; and **Jen Abram**, hospitality. *



The Wellness Place Auxiliary announces their 2007 Gala Co-Chairs Jenny Welsh (left) and Jennifer Wondrasek. Both reside in Barrington.

April 2007 Save the Date! Volunteer Appreciation Party



Do you have a talent that could help further our mission?

To lean more about volunteer opportunities, contact Jeannie Reichard at 847-241-5961 or jeannie.reichard@wellnessplace.org.

Prostate Cancer Run/Walk Success

In spite of cold and rainy weather on Sunday, Sept. 10, the Greater Chicago Prostate Cancer Run, Walk 'n Roll drew 1,000 participants and raised \$200,000 in net proceeds. Event co-sponsors Wellness Place and Us TOO, an international prostate cancer survivor organization, will use the proceeds to provide prostate cancer education. The event returns to Chicago's lakefront in September 2007. Help us keep the success of the Run/Walk rolling: contact Jack Wood, 847-241-5964 or jack.wood@wellnessplace.org. *

Prostate Cancer Run, Walk 'n Roll Sponsors

Presenting

TAP Pharmaceutical Products, Inc.

Angel Clear Channel Radio Chicago V-103

Platinum Patricia and Vince Foglia

Silver Stu and Myrna Porter

Bronze

AMS Solutions for Life American Medical Systems Chicago Prostate Cancer Center Alice and Gordon Comerford Cytogen GT Urological Illinois Dept. of Public Heatlth Iso-Ray K & M Printing Co. Makray Memorial Golf Club Northwestern Memorial Foundation Valera Pharmaceuticals

Patron

Advocate Health Care/ Good Shepherd Hospital Alexian Brothers Health System Chicago Dept. of Public Health Chicago Sun-Times Foundation for Cancer Research Mercy Hospital Pioneer Press Pride In Graphics



Enjoying a successful 2nd Annual Greater Chicago Prostate Cancer Run Walk 'n Roll are (from left) event co-chair Russ Gould, emcee Robert Jordan, news anchor, WGN/Channel 9, event co-chair Myrna Porter, and Jim Salanty, director of sales for presenting sponsor TAP Pharmaceutical Products.

Friends

Barrington Lions Club Crunch Fitness Dearborn Partners Evanston Northwestern Health Care Jewel-Osco Illinois State Lottery Lindenmeyr Munroe Mizuna Momentum Nicolet Dr. and Mrs. Randall Porter Safeguard Town & Country Distributers



"First Look" to Benefit Wellness Place

Join us as we kick-off the fund-raising new year in high style at the 2007 Chicago Auto Show's First Look for Charity, Thursday, Feb. 8, 6:30 to 10:30 p.m. at McCormick Place. In 2006, the event raised more than \$40,000 for Wellness Place. Contact Jeannie Reichard at Wellness Place, 847-241-5961, to purchase tickets, \$200 each, and be our guest for cocktails and hors d'oeuvres at the Cancer Health Alliance private reception. You'll even have three chances to win a new carjust ask Jack Wood how easy it is to win! Tickets are also available at www.cancerhealthalliance.com. First Look for Charity and the Chicago Auto Show are presented by the new-car dealers of Chicagoland and northwest Indiana, who form the Chicago Automobile Association.



Belongings Needs Your Help

Belongings is 17 months in operation and continues to grow with the support of a very loyal and enthusiastic customer and donor base.

Here's how you can help:

We need strong volunteers with vehicles to pick up furniture and bring it to the store. We also need help moving furniture within the store. We need a volunteer to maintain our Web site, www.shopbelongings.com, with photos and short descriptions of key merchandise. We are also looking for temporary storage near our store at 205 S. Cook Street in Barrington.

We are always in need of volunteers who are available weekends. Please contact Belongings Manager Karin Cumming at 847-304-0504 if you or someone you know can help us out.

outreach



A New Resource

CarePages are easy to use, private, personalized Web pages available to Wellness Place participants, their families, friends and caregivers at no cost.

CarePages provide a convenient way to keep loved ones updated. Share photos, contact information and status reports when the time is right for you. Friends and loved ones can visit your CarePage and post messages of emotional support. Visit www.carepages.com/wellnessplace to create your CarePage today.

Are you passionate about our cause?

Help us spread the word about the Wellness Place mission as an outreach volunteer. Attend our Outreach Volunteer Orientation, Thursday, Feb. 22, 6:30 - 8 p.m. at Wellness Place. Contact Kara Williams-Kordick at 847-241-5975 or kara.kordick@wellnessplace.org.*



Leaders of Lake Zurich Girl Scout Troop 757 Donna Strimel (left) and Pam Sirt look on as Wellness Place Outreach Coordinator Kara Williams-Kordick teaches knitting to scouts (seated left to right) Jessica Vanderpoel and Tori Melavic. The scouts are knitting scarves for "Hope Bags" given to children with cancer or whose family member has cancer.

coming up

Feb. 22 Outreach Volunteer Orientation

April 19 Volunteer Appreciation Party

May 4 Finding Strength Photography Exhibition

May Annual Meeting

July 23 Wellness Challege Golf Outing

steps to change it! You owe it to yourself and you will be rewarded in ways you may not yet be able to imagine.

Barb Klaas, of Hawthorn Woods, is a member of the American Society of Botanical Artists. The 2006 Wellness Place holiday cards feature her free-hand watercolor illustrations, and an assortment of Klaas' limited edition prints are for sale at our donation/consignment shop, Belongings. She is self-taught in the watercolor discipline and has studied botanical illustration at the Chicago and Denver Botanic Gardens. *



Jlessings in Disguise ... continued from page 1

A CANCER RESOURCE CENTE

1619 W. Colonial Parkway • Palatine, IL 60067 847-221-2400 • www.wellnessplace.org

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Chairman: Robert C. Barger President: Jack V. Wood

Editor: Stefanie Brunner Contributors: Shefali Bhuva, Kara Williams-Kordick, Kathy Scortino, Anne Waliczek, Kris Zeile Photographers: Shefali Bhura, Stefanie Brunner, Bob Lee Jesign: Visualedge of Arlington Heights Printer: K&M Printing Co. of Schaumburg

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SURVIVING Prostate Run/Walk Moves to Chicago

MaryLee and Me

By Carol Ventura

A special bond unites mothers and daughters—memories of good times and laughter, of difficult times and tears. It's a deep visceral connection based on years of a shared history. Yet some life experiences we



Carol Ventura

never want to share with our daughters. A diagnosis of breast cancer is one.

Our family's journey with cancer began in January 2004 when I discovered a large lump in my right breast. I couldn't believe it was cancer; I was diligent about yearly mammograms. I didn't know that not all breast cancers show up on mammograms or ultrasounds.

What a shock—you move through the weeks of tests and doctors and life-altering decisions in a state that seems surreal. There are so many decisions to make. I wish I had known about Wellness Place in these initial weeks after diagnosis. Their professional counselors could have helped me decipher the multitude of medical decisions I faced.

After a mastectomy and removal of 17 lymph nodes, I was diagnosed with stage three regionally invasive lobular carcinoma. The cancer had spread to the lymph nodes and outside the lymph nodes.

I underwent dose dense chemotherapy for 16 weeks followed by six weeks of radiation. At the time, I was working in downtown Chicago. Due to treatment side effects, I couldn't wear my bra and prosthesis so I went on the train and to work with no hair, no eyelashes, no eyebrows, split hands wearing white gloves and no breast on one side.

My friends and I laughed—so much for vanity and for looking professional.

Continued on page 4

Chicago's beautiful lakefront in Grant Park is the new location for the 2nd annual Greater Chicago Prostate Cancer Run Walk 'n Roll on Sunday, Sept. 10, co-sponsored by Wellness Place and Us TOO International, a prostate cancer advocacy organization.

Building upon the event's first year success in Rolling Meadows, organizers hope to double the number of participants to 2,000 and to raise \$250,000 this year. Funds will be used to support prostate cancer patient programs and public awareness about the importance of early detection and treatment for survival.

"We are focused on recruiting fund-raising teams because they are highly effective in raising awareness; teams raise significantly more money than individual participants," said Myrna Porter, run/walk co-organizer at a kick-off luncheon June 23 at the University of Chicago's Gleacher Center.





PROSTATE CANCER

Mayor Richard Daley will serve as the run/walk's honorary chairman and cancer survivor Robert Jordan of WGN's Channel 9 will emcee the event.

The kick-off lunch featured comments by Daniel Shevrin, MD, of Evanston NorthwesternHealthcare and James Salanty, director of sales for TAP Pharmaceutical Products, presenting sponsor for the run/walk.

The family-oriented run/walk will begin with registration at Upper



Kicking off the Greater Chicago Prostate Cancer run/walk are (from left) Myrna Porter, Wellness Place; Bob Zettler, Illinois Department of Health; Russ Gould, Us TOO International; and James Salanty, TAP Pharmaceutical Products.

Hutchinson Field in Grant Park at 9 a.m. Events will be a 5K run at 10 a.m., a 3K walk at 11 a.m. and a 1K roll at 11 a.m. for kids' bikes, strollers and wheelchairs.

The run/walk advance registration fee is \$25 for adults and \$15 for children, which includes lunch, t-shirt, goody bag, children's activities and entertainment by R-Gang, Chicago's premier Motown band, and Chicago-based vocalist and entertainer Ron Hawking. For information or to register, visit www.prostatecancerrunwalknroll.com, or call the event hotline, 847-241-5972.

Pre-Run/Walk Symposium

A symposium of three medical experts discussing prostate cancer will be held at the Hyatt Regency Hotel, 151 E. Wacker Dr., Chicago, on Saturday, Sept. 9, from 2:30 to 5:30 p.m., followed by a reception from 5:30 -7 p.m. Call Us TOO International, 630-795-1002, for details.



Wellness Place Unifies Leadership

Wellness Place experienced significant management changes in recent months, including the selection of a new chairman for an expanded Board of Directors that includes several members of the Chairman's Council, and the appointment of a new president.

In a reorganization move to better serve a growing participant base, ensure financial sustainability and unify management, the Board of Directors elected Robert C. Barger of Wheaton as



Robert C. Barger

chairman in March 2006. Barger, a 20-year veteran in healthcare administration, is director of pharmacy for Elgin Mental Health Center and has served on the Wellness Place board since 2003.

The board also appointed Jack V. Wood as president in March 2006 to succeed Karen Maczka-Bishop. Wood, a seasoned sales executive with extensive experience in strategic alliances, joint venture operations and product management, has been vice president of development for Wellness Place since June 2004.

Between March and July 2006, a revitalized board has expanded from 9 to 16 directors to include several former members of the Chairman's

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Chairman: Robert C. Barger President: Jack V. Wood

Editor: Kay Coyne

Contributors: Shefali Bhuva, Liz Bolash, Stefanie Brunner, Lois Coldewey, Jeannie Reichard, Kathy Scortino, Anne Walker Photographers: Stefanie Brunner, Kay Coyne, Kathy Hill, Bob Lee

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Wellness Place is a founding member of the Cancer Health Alliance of Metropolitan Chicago. © Wellness Place. All rights reserved. Council, a fund-raising entity created in 2004 to support Wellness Place.

Barger replaced Carol J. Blackwood who resigned from the Board of Directors. "We are indebted to Carol who served as Board chair for two years," said Barger. "Her devotion, time and energy greatly benefited Wellness Place during her four years."

"Our current Board of Directors is a diversified, talented group of individuals who are focused on integrating systematic planning for services, programs and fund-raising while not losing sight of our mission to provide comprehensive services for those diagnosed with cancer," Barger said. "Our main goal is to support and encourage all Wellness Place constituencies to speak with one united voice."

Board officers elected in June 2006 include Barger; Christine Tilles of Barrington, vice chairman; Joan Bennett of Barrington, secretary; and Stu Porter of Barrington, treasurer, who was formerly chairman of the Chairman's Council.

Other members of the board include Douglas Altenberger, Gary Personette and Anne Waliczek, Barrington; Peter Economos, Vince Foglia and Ken Stobart, North Barrington; Robert Harney, Woodstock; Tom Kirk, Northfield; Al Moorhouse, Long Grove; Pamela Reiss, West Dundee; Katherine Scortino, Arlington Heights; and Jack Wood, Lake Barrington.

Media Features Participants

Wellness Place was featured in two *Daily Herald* special sections in May.

Special thanks go three Wellness Place participants who described their cancer experiences in "Cancer Survivors 2006, A Celebration of Life." They are **Stuart Strauss of Buffalo Grove; Jon Hansen of Cary;** and **Robert "Mac" McWherter of Elk Grove Village.**

Lois Coldewey, program coordinator, and Liz Bolash, PsyD, child and family program coordinator, addressed managing stress related to illness and the workplace in "Mind Your Health," a Mental Health supplement.



Many volunteers help make Wellness Place run smoothly by performing a variety of tasks. Thanks to each of you!

Welcome New Volunteers

Fourteen new in-house volunteers include Fremd High School students Kiruthika Selvadurai and Ryan Jozwiak, Kathy Canning, Heather Nigliaccio and Marilyn Wells, reception desk; Peta Basell, Sue Corriere, Patty Eubanks, Cheryl and Rich Falbo, Nanci Robinson and Lisa Rothman, outreach and fund-raising events; Linda Knoll, mailings; and Micki Novak, hospitality.

Volunteers serving as Wellness Place ambassadors at The American Cancer Society's Relays for Life in June included Sue Corriere, Sue Kemp, Barb Klaas, Diana Kuczwara, Judy Roberts, and Jim Wilson. Staff volunteers were Kathy Scortino, Anne Walker, Joyce Hofbauer, Kathy Hill and Marta Dolan.

Staff Changes

Congratulations go to three recently promoted Wellness Place staff members.

Katherine Scortino, licensed clinical professional counselor and registered nurse, was named full-time clinical director May 1. She was a Wellness Place part-time clinical specialist since August 2004. Kathy and her late husband, Frank, were among the first participants when Wellness Place opened.

Simone Wheeler, promoted from development coordinator to development manager Aug. 1, came to Wellness Place originally as a volunteer before joining the staff in 2004. Jeannie Reichard, part-time volunteer coordinator, house manager and volunteer artist, has accepted a full-time position that includes development responsibilities. She came to Wellness Place as a volunteer in 2003.

We bid farewell to **Anne Walker**, parttime clinical specialist, who resigned in July to devote more time to her private clinical practice and family. **Joyce Hofbauer**, intake coordinator, accepted a position at Alexian Brothers Hospital Network in July where she will continue her supervised training as a licensed clinical counselor.

3 Physicians to Present 'Wellness Prescription' in Fall Lecture Series



Brian Moran, MD



Patrick Massey, MD



Michael Kinney, MD

replacement after prostate cancer treatment.

cancers.

Dr. Massey, medical director of complementary and alternative medicine (CAM) for Alexian Brothers Hospital Network, will continue his year-long series about benefits of CAM. He will present "Organic versus Non-Organic Nutrition" at 6:30 p.m. on Wednesday, Sept. 27, and "Prevention and Lifestyle" at 6:30 p.m. Wednesday, Nov. 8. Dr. Massey is also president of ALT-MED Medical and Physical Therapy.

Dr. Kinney, director of The Center for Advanced Breast Care in Arlington Heights, will discuss "Emerging Technologies in Breast Cancer" including breast health exams, high risk indicators and newest diagnostic techniques in prevention and management of breast cancer at 6:30 p.m. Thursday, Oct. 5.

All programs are provided at no fee. Pre-registration is required by calling Wellness Place, 847-221-2400.

Three physicians will present "A Prescription for Wellness" in a community lecture series about cancer and healthy living, begin-

healthy living, beginning in September at Wellness Place. Brian J. Moran, MD, Patrick B. Massey, MD, and Michael R. Kinney, MD, will discuss prevention, diagnosis and treatment for various

Dr. Moran, medical director of Chicago Prostate Cancer Center in Westmont, will present "Past, Present and Future: What's New in Prostate Cancer Treatment" at 6:30 p.m. Wednesday, Sept. 13. He is an experienced practitioner of prostate brachytherapy (radioactive seed implantation) and will also discuss testosterone

program**news** Participants 'Map' Way to Healing

Cancer survivors often arrive at Wellness Place with an all-too familiar look of a "deer in headlights." Our professional counselors help allay the shock of a cancer diagnosis, treatment and ongoing issues.

Through cancer-related counseling, varied services and programs, Wellness Place provides a safe place where participants can find their own unique way to healing through "an experience for which there is no map," explains Lois Coldewey, Wellness Place program coordinator. "We offer information and resources that will help people create a plan."

To help the process of mapping a plan, Wellness Place will present a medical expert series, open to the community, beginning in September, "A Prescription for Wellness" will feature Brian J. Moran, MD, Patrick B. Massey, MD, and Michael R. Kinney, MD. (See related story.)

Another important component of helping cancer survivors create a "map" is to address the caregiving aspects of treatment and recovery. In the Fall 2004, Wellness Place launched a "Care for the Journey

Kids with Cancer, Families To Meet Sept. 9 at Zoo

The first Back to School Conference for children and teens with cancer will be presented by the Leukemia & Lymphoma Society, in partnership with Wellness Place, on Saturday, Sept. 9, from 9 a.m. to noon at Brookfield Zoo.

The conference, geared for the whole family, will include a keynote address by Scott Stein who will discuss being a

Psychologist to Present 'Cancer in the Classroom'

Child Psychologist Liz Bolash, PsyD, child and family program coordinator at Wellness Place, will present "Cancer in the Classroom," a professional education seminar about the impact of cancer on school-aged children and adolescents, on Monday, Oct. 16 at Wellness Place.

The program will focus on needs of the student with cancer, the student whose parent has cancer and the student who is grieving the loss of a loved one with cancer.

The presentation will provide three (CEUs) for social workers and licensed clinical professional counselors. Contact Dr. Bolash, 847-241-5980.

Initiative" to support professional healthcare providers who often work in a stressful environment.

That initial presentation led to an ongoing partnership with Advocate Health Care. Lois Coldewey and Clinical Director Kathy Scortino conduct, one-day "Care for the Journey" retreats for healthcare professionals at Good Samaritan Hospital, Downers Grove, and in October, they will present the retreat for Advocate parish nurses.

For more information about creating a "map" to wellness, call Wellness Place, 847-221-2400.



Enthusiastic gardeners planting organic salad greens at a recent program led by Frontera Grill's garden manager are (clockwise from left) Linda Knoll, Lucy Madsen, Polly Cichanski and Ben Calvert.

childhood cancer survivor.

A variety of break-out sessions for both parents and children will include an art activity led by Wellness Place Child and Family Program Coordinator Liz Bolash, PsyD.

The conference is free of charge to all who register. Contact the Leukemia & Lymphoma Society for more information at 312-651-7350 or visit www.lls.org/il.

Annual Meeting Recap Wood Cites 'People' Most Valuable Asset

The first-ever public Wellness Place annual meeting drew a crowd of more than 80 attendees to Wynstone Golf Club in Barrington May 18 to witness a celebration of achievements in



2005, the fifth anniversary of the cancer resource center.

Program highlights included commentary by newly appointed President Jack V. Wood, Board of Directors Chairman Robert C. Barger, Auxiliary President Pamela Reiss, participant Gray Gust and staff members who offered personal stories, photographs and insight about the hope and compassion Wellness Place provides to those living with cancer.

Reflecting upon the growth of Wellness Place, Wood said, "Our single most valuable asset is people. Without people, there is no Wellness Place. It is our challenge to harness the skills and passions of people working as a team to accomplish great things for Wellness Place.

"If we are to match our aspirations with reality, we must continuously set and meet objectives that stretch and challenge us as an organization. We can achieve these goals by combining the power of people and plans to achieve empowered performance.

"Today we are working in a more systematic and comprehensive manner to create an atmosphere of teamwork where hurdles become achievable goals, funding reaches a higher level of performance and the future of Wellness Place becomes invincible.

"Our goal is to reposition and unify Wellness Place with its key supporters and stakeholders and to lay the foundations to build Wellness Place for the future," Wood said.

In describing her personal experience with cancer, Wellness Place participant



Annual meeting guest speaker Gray Gust (right) receives thanks from co-founder Linda Murphy and board member Vince Foglia.

Gray Gust told attendees, "Living with cancer needs to be shared. Wellness Place gives people power to understand they are in control of the disease; the disease is not in control of them. Wellness Place offers a true gift of love and I am thankful to be part of such an incredible organization."

The evening, including an informal reception and a sweets table, was underwritten by Board member Vince Foglia of Barrington.

MaryLee and Me... Continued from page 4

What a blessing family and friends are; they rallied to my side and helped with the daily tasks of living that I didn't have the energy to perform. I was just too exhausted. With their love and support, I made it through to the side of good health.

Our family's life was shattered again when my youngest daughter, MaryLee, found a lump in her breast in August 2005. I thought, this can't be happening. She was only 38 years old, ate healthy meals and had exercised daily for years. MaryLee was diagnosed with ductal carcinoma; fortunately, the cancer had not spread.

Since MaryLee and her family live in California, her husband Carmen's family and our family traveled to the West Coast to help care for their two young daughters. MaryLee was such an inspiration. She was so brave but, as her mother, my heart ached for her.

When I was diagnosed with cancer I needed support on many levels. I needed my family and friends for their



Sweet granddaughters of Carol Ventura are, from left, Lola, 4, and Mia, 6, and their mother MaryLee Mormino of Westlake Village, Calif.

loving care. There are limits, however, on what you choose to share with loved ones. You don't want to worry them. Thankfully, I discovered Wellness Place.

The warm, knowledgeable professional staff continue to guide me in my mental and spiritual quest towards wellness. I participate in many classes to relieve stress.

One particular program that nurtures my healing is "Finding Your Way." Facing cancer means facing your mortality and that is frightening. I need help in confronting the fear of recurrence and death. Through books, music and discussion, "Finding Your Way" has introduced me to various tools to face these fears.

Many cancer patients, including me, would never be able to afford all the classes and professional services Wellness Place provides at no fee. We would be on this journey without a compass. I, for one, am very grateful to Wellness Place and its wonderful staff for showing me ways to cope, to hope and to live with cancer.

Carol Ventura, of Mt. Prospect, is a retired paralegal who specialized in real estate, probate, estate planning and corporate work for 28 years in downtown Chicago. To celebrate her retirement and completion of treatment in November 2004, Carol took her family of 12 on a three-day cruise for their first family vacation!

auxiliary news

Auxiliary's D'Vine Affair Earns Nearly \$225,000

The Wellness Place Auxiliary's "D'Vine Affair: an Exquisite Journey of Food and Wine" raised nearly \$225,000 for Wellness Place with a glamorous event held June 3 at the beautiful Barrington Hills estate of Jim and Bunny Ehlert.

D'Vine Affair guests sampled over 30 wines from the Napa and Sonoma Valleys, provided by Binny's Beverages. Twelve Chicago area restaurants presented gourmet food selections at locations throughout the estate, allowing guests to indulge in a range of cuisine from French, Indian, Italian and Southern cooking.

"I'm so impressed with the attention to every detail. This is an outstanding event," commented Debra Kavalos-Delaney, managing director at Harris Bank, a Champagne level sponsor.

Chicago Chef Jacky Pluton engaged guests while autographing his recent cookbook, "The Fairway Gourmet," and recognized key event sponsors. Dave Nelson of Barrington led an exciting auction that featured sought after Chef Pluton's gourmet dinner for ten people and a Tuscan Villa vacation getaway.



Chef Jacky Pluton autographs his current cookbook, The Fairway Gourmet, for (from left) Shefali Bhuva, public relations chair, and Chris Smith, event co-chair, for the Auxiliary D'Vine Affair.

A highlight of the evening was the Auxiliary's tribute to Vince and Pat Foglia of Barrington, recognized as "D'Vine Benefactors." Auxiliary President Pam Reiss led guests in a toast to the Foglias for their commitment to Wellness Place.

development news

Auto Show, Burdeen's, Inverness Women Contribute

Wellness Place is grateful to loyal donors for their commitment to support free services and programs for anyone touched by cancer. We also welcome those supporting Wellness Place for the first time. In recent months, Wellness Place has received funding of nearly \$50,000 from numerous fund-raising events and grants.

Wellness Place proceeds from the **First Night for Charity** preview of the 2006 Chicago Auto Show Feb. 9 at McCormick Place reached over \$40,000. This is the second year Wellness Place has participated in the exclusive event as a member of the Cancer Health Alliance of Metropolitan Chicago, one of 19 charities that share more than \$2.9 million in proceeds.

For the first time, **Burdeen's Jewelry** in Buffalo Grove, presented Wellness Place with \$2,500 as proceeds from the retailer's annual "Live to Give Event," an elegant private reception and jewelry showing April 26. The donation is earmarked for breast cancer support. Burdeen's is a couture jeweler specializing in prestige jewelry and custom pieces.

The **Woman's Club of Inverness** presented a \$2,000 grant to Wellness Place to provide psycho-social support for individual cancer survivors.

A Barrington Women's Club, Inc. grant of \$2,500 funded the appearance of nationally acclaimed storyteller Jim May who conducted a workshop for 30 healthcare professionals at Wellness Place as well as an evening of storytelling for healing open to the community.

Other recent donations include a \$1,000 Good Samaritan Award from the Village of Inverness; \$740 from employees at Bell Boyd Lloyd, a Chicago-based law firm, who paid to wear jeans to work; and contributions from the Chicago Northwest Tri Delta Alumna and the Barrington Presbyterian Woman's Association.

D'Vine Sponsors

Gala Sponsors Vince & Pat Foglia

D'Vine Benefactors

Harris Bank Paul & Gay Daniel Alexian Brothers Charter Financial Advocate Good Shepherd Dan & Linda Murphy Northern Trust Stu & Myrna Porter Royal American Bank Complete Cleaning Services Duchossois Family Foundation K & M Printing Co. **QSN** Industries Barrington Bank & Trust **Blistex** Corporation Huntington Learning Center North Shore Oncology/ Hematology Associates Polymedco

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Binny's Beverages 3 Chef's Catering Barn of Barrington Biaggi's Bistro Kirkou David's Bistro Fuego Grill Le Titi de Paris Lotus Indian Bistro Meson Sabika One Sixty Blue Savannah's Vinci

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The Bertagni Family Bob & Jan Janess United Airlines

Special Thanks

Jacky Pluton, Guest Chef Jim & Bunny Ehlert, Hosts

Auxiliary Officers

Wellness Place Auxiliary 2006 officers are Pam Reiss, president; Shefali Bhuva, vice president; Chrissy Tilles, treasurer; Jackie Kapcheck, secretary; Shefali Bhuva, public relations; Margie Wedinger, archives; Jen Wondrasek, hospitality; and Sherry Jacobs, membership. For information, call Pam Reiss, 847-340-6232.

Volunteers Receive Special Awards at Party

A select group of volunteers recognized for their faithful service since Wellness Place came into existence more than five years ago was honored at the annual Wellness Place volunteer appreciation party in April. Volunteer Coordinator Jeannie Reichard presented the following volunteers with a special commemorative award:

Terrie Crist, Pat Foglia, Jackie Feare, Sue Murphy, Peggy and Eric Olsen, Diana and Jim Wilson, all of Barrington; Jo Bevacqua of Des Plaines; Barbara King of Palatine; Nancy Shuman of Kildeer; and Joan Bennett of Lake Barrington.

We salute these volunteers and extend our thanks them for their devotion to Wellness Place and our mission.

To join the Wellness Place volunteer corps, call Jeannie, 847-241-5961.



Five-year volunteers honored include (clockwise, starting at the left) Terrie Crist; Joan Bennett; Jim Wilson; Jackie Feare; Nancy Shuman, Diana Wilson and Barbara King. Missing are Pat Foglia, Sue Murphy, Peggy and Eric Olsen and Jo Bevacqua.

Insignia Kitchen to Host Gourmet Tasting Oct. 7

be among guest chefs.

Guests will also enjoy beverages,

DiCarlo wines, entertainment and a

silent auction. A \$25 advance ticket

proceeds will be donated to support

To contribute items or services

September at www.wellnessplace.org,

www.insigniakitchenandbath.com.

for the silent auction or for ticket

information, call 847-221-2400.

Event details will be posted in

www.northshoremag.com and

Wellness Place services and programs.

fee and 100% of the silent auction

Learn secrets and coveted techniques of celebrated area chefs at a special benefit event co-sponsored and hosted by the Insignia Kitchen and Bath Design Group of Barrington and *North Shore* magazine from 5 to 8 p.m. Saturday, Oct. 7.

The festive evening will feature gourmet cooking demonstrations and an elegant tasting menu prepared in Insignia's state-of-the-art kitchen vignettes located at 1435 S. Barrington Rd., Barrington.

Chefs Michael and Susan Maddox of LeTiti de Paris; Brian Jason of The Barn of Barrington and

wellness**praise** Top Volunteer Awards Honor Crist, Martin

group of advocates for Wellness Place.

Recognized for her leadership and serv-

ice, Terrie served on the Wellness Place

tured in a variety of media to promote

She also co-chaired the mailing com-

mittee, conducted educational seminars

desk volunteer. Terrie is well respected

for her capacity as a cancer surviver to

Gary received the 2nd annual Jack

Curran Star Volunteer Award to recog-

nize his leadership as chairman of the

support Wellness Place. Gary, a former

resident of Barrington, was instrumen-

tal in locating the early golf outings at

Turnberry and Boulder Ridge country

clubs before moving to Virginia upon

Award are earmarked for Wellness

Place capital improvements.

Funds raised to support the Curran

first two golf outings organized to

and has been a long-time reception

welcome new participants into the

board of directors and has been fea-

Wellness Place services.

Wellness Place family.

retirement.

Wellness Place is indebted to two volunteers who contributed countless hours and resources to promote and support our cancer center.



Terrie Crist

Gary Martin

Terrie Crist of Barrington, Ill., and Gary Martin of Keswick, Va. were honored at the 8th annual Wellness Challenge golf outing Dinner of Champions event July 24.

Terrie, recipient of the 4th annual Pat and Vince Foglia Commitment and Loyalty Award, is a cancer survivor who credits much of her health today to Wellness Place programs and services. Terrie was among the original

U.S., Canadian Cancer Centers Meet at Northwestern

The Cancer Health Alliance of Metropolitan Chicago and Gilda's Club of Chicago sponsored a first-time professional conference for community-based cancer wellness centers in July at Northwestern University, Chicago.

More than 80 representatives from the United States and Canada attended the meeting that featured expert speakers in psycho-social oncology, program evaluation and strategic partnerships. Wellness Place Clinical Specialist Anne Walker served on the planning committee and several Wellness Place staff attended the conference.

Gourmet Tasting Oct. 7 Peter Trusiak of Sub Zero/Wolf will Bluegrass Event Draws Crowd at Makray GC

Foot-stomping bluegrass music and delectable grilled entrees highlighted a casual "friend-raising party" to benefit Wellness Place Aug. 19 at Makray Memorial Golf Club in Barrington.

Chicago-based Tangleweed, a bluegrass group featuring musicians playing jazz and high lonesome harmonies entertained the crowd on the outdoor patio.

Guests also enjoyed Makray chef Walter Luppo's exceptionally fine grilled chicken, ribs, burgers and steaks, along with complimentary beverages.

Many thanks to party hosts Bob and Nancy Harney of Woodstock and Makray Memorial Golf Club.

Golfers, Sponsors Tee Up for Wellness Place

More than 150 golfers teamed up in friendly net-two, best ball competition at the 8th annual Wellness Challenge outing July 24 at Twin Orchard Country Club, Long Grove. Another 75 guests joined the evening's festivities featuring a reception, dinner and auctions, with all proceeds benefiting Wellness Place services and programs.

Fifty sponsors contributed over \$135,000 to support Wellness Place programs and services, including second year Diamond sponsors Bob and Nancy Harney who designated the outing as a tribute to the late Paul W. Makray of the Makray Memorial Golf Club in Barrington.

A lavish array of hors d'oeuvres with cocktails and a silent auction of unique items kicked-off the evening program with Chicago's favorite entertainer Ron Hawking as emcee.

Hawking, an 11-year cancer survivor, asked guests who were cancer survivors or had family members or friends diagnosed with the disease to stand. More than two-thirds of those present rose to their feet. The poignant reminder of the event's mission did nothing to quell the exuberant gathering of Wellness Place supporters.

Volunteers Terri Crist and Gary Martin received special awards from Wellness Place co-founders Linda Murphy and Myrna Porter.

Terrie, an eight-year cancer survivor, received the 4th annual Pat and Vince

First Home Mortgage Corporation,



Golf buddies replaying the day's action are (from left) Ken Stobart, Mark McGowan and Carl Stapleton.

Foglia Commitment and Loyalty Award in recognition of her outstanding leadership and support for Wellness Place. Gary received the 2nd annual Jack Curran Star Volunteer Award to recognize his leadership as chairman of the first two Wellness Challenge golf outings.

A live auction with fast-paced bidding featured a variety of exciting packages including vacations to Hawaii, Boston, Colorado, California and Kiawah Island; tickets to the PGA tour plus a day of golf at Medinah Country Club; an Arlington Park skybox suite package and dinner for ten prepared chez-vous by Chef Jacky Pluton.

Auctioneer Joel Langer entertained the crowd, including introduction of the day's self-proclaimed worst golfer, Jimmy Nahal of Addison, who when asked what he shot, replied, "A box of Titleist balls."

2006 Top Golfers First Place

Front Course—Mia Erickson, Jim Braasch, Carl Stapleton, Jim Valukas Back Course—Stu Porter, Stu Porter Jr., Walter Knorr, Bob Zahorik

Second Place

Front Course—Steve Groot, Kitty Groot, Jerry Fontecchio, Mary Fontecchio Back Course—John Ekizian, Frances Ekizian, Robert Behr, Sharon Behr

Closest to Pin/Men and Women Front Course—Jim Braasch, Kitty Groot Back Course—Ron Davidson

Straightest Drive/Men and Women Front Course—Hank Wisniewski, Mary Fontacchio

Back Course—Mike Kinyon, Barb Ledinsky

Women's Net Score

Front Course—Joanne Dalessandro Back Course—Frances Ekizian, Amy Hawking

Wellness Challenge Sponsors 0000000

Diamond Sponsor (\$25,000) In Memory of Paul W. Makray

Titanium Sponsors (\$10,000) Pat & Vince Foglia Janet & Jeff Larson Susan & Stuart Porter, Boston

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Curran Group, Inc.
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Plote Construction Inc. and the Plote Families
Myrna & Stu Porter
Pride In Graphics
Lucy & John Ruth

Gold Sponsors (\$2,500)

Alexian Brothers Hospital Network The Assurance Agency, Ltd, Maggie & Jerry Powell Charter National Bank & Trust Bev & Jack Fisher Harris Bank, Barrington Interstate Realty & The Barbera Family Donna & Carl Stapleton

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Bronze Sponsors (\$500)

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Donations

The Curley Family, Rosmarie & John Culver, Maria Kepa & Matthew Culver, K. Don Dexter, Carol Anne McGregor, Jeannie Reichard, Ann & Laurence Walanka, Jeannie Wheeler, Simone & David Wheeler, Wellness Place Board of Directors, Jack Wood

Belongings Shop Celebrates 1st Anniversary

Belongings celebrated its first anniversary in June with a steady growth in sales as more shoppers discover the high quality donation and consignment shop in historic downtown Barrington. All proceeds go to support Wellness Place services.

The shop, located at 205 S. Cook Street near the new Cook Street Plaza, "features merchandise for homeowners, decorators and others who seek quality and taste at a great value," says Karin Cumming, store manager. "Our customers, donors and consignors know Belongings is a great place to frequent because week-to-week the store reinvents itself as we offer an ever-changing inventory of goods. They also are pleased with our high quality standards."

"We are always looking for merchandise," Cumming said. "People downsizing or relocating, merging two households or changing their décor come to us with their high quality furniture, artwork, lamps, rugs, jewelry and other accessories in a variety of styles. Shoppers are often setting up their first apartment or home or they are looking for a great buy on quality merchandise."

Belongings will hold a special customer event Thursday and Friday, Sept. 21 and 22, featuring special merchandise and notable guests. A detailed event notice will be sent to the store's customer mailing list. For information, call Belongings, 847-304-0504.





1619 W. Colonial Parkway • Palatine, IL 60067 847-221-2400 • www.wellnessplace.org RETURN SERVICE REQUESTED

Holiday Cards in October!

Exclusively designed holiday greeting cards to support Wellness Place services will be available for purchase in October. Limited quantity. Call Jeannie, 847-241-5961.



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Overwhelmed by Medical Bills? URVIVING

Happy Birthday to Me

By David J. Hahn



This December, my 25th birthday marked not only the undeniable end of my early 20s, but also the long-awaited end of six months of chemotherapy. I beat cancer! I totally beat cancer.

David Hahn

And I hope that surviving cancer gives others hope-but (and this will sound funny)-not too much hope.

Not that long ago, death was a way of life, strange as that sounds. People were dying all the time. The infant mortality rate was astounding. People died of plagues, and worldwide wars, and simple illnesses like the flu.

But we have medicine for everything now. We can even beat cancer. Infant mortality has been nearly forgotten about in the West.

It's so much easier to stay alive these days, that one might forget about death altogether. The ticking second hand of a clock means less today than it used to. Why drive out and watch the sunset? There'll just be another one tomorrow.

No! Don't have too much hope! Don't drown yourself in hope and forget about how serious your situation really is! Time is not limitless! Do something now!

We're all gonna die. I believe there is something valuable in realizing how short life is. There's something good about feeling that you should finally get off your couch and do something with yourself, or for others, before you die.

And there's danger of losing that idea if we cure all the diseases, and heal

Continued on page 4

By Myrna L. Cortez, MSIR

Are you paying a lot for medical insurance but not getting the services? Concerned you've been billed for treatment you didn't get? Overwhelmed by the new Medicare prescription drug plan?

If you're coping with cancer, untangling medical insurance issues is the last thing you need. The following guidelines will help reduce stress and free up your energy and time.

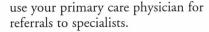
Ask for help from a family member, friend or claims assistance professional. Look for

someone persevering, organized, resourceful and trustworthy to advocate for you.

Don't pay your bills as soon as you get them. Compare charges to the Explanation of Benefits statements from your insurance company. If amounts due don't match or you don't understand, call your insurance company or healthcare providers and ask questions.

Read your insurance plan booklet, especially the sections on exclusions. If claims aren't paid by your insurance, call and ask what needs to be done to re-process or appeal the claims.

To save money, use "in-network" benefits. If you have Medicare, select physicians who accept assignment. If you're in an HMO (health maintenance organization) or POS (point of service) plan,



For a PPO (preferred provider organization), use network hospitals and physicians. Your hospital may be in-network, but individual physicians may not.

> Use mail order prescription plans, when possible.

If you have Medicare and no other Rx coverage that is equivalent to the new Medicare prescription drug plan coverage, you have until May 15, 2006 to enroll with no financial penalty. If you delay you'll be charged a penalty.

Call Medicare at 1-800-

633-4227 or visit www.medicare.gov for information. In Illinois, call the Senior Health Insurance Program (SHIP) at 1-800-772-1213. Contact a claims assistance professional to analyze your needs.

These few guidelines will help make your medical insurance issues more manageable. With persistence, patience and help, you can navigate the medical insurance maze.

Myrna L. Cortez, MSIR, president of ProMediClaim, Inc., Evanston, Ill., is a claims assistance professional who holds an MS in industrial relations. She has resolved medical claims issues for families and corporations for 24 years. Visit www.promediclaim.com or call (888) 777-8092. Cortez will present "How to Get Your Medical Plan to Work for You" at 6:30 p.m., June 12 at Wellness Place.

Dr. Massey to Explore Non-Traditional Medicine

Patrick B. Massey, MD, PhD, will discuss "Benefits of Complementary and Alternative Medicine" for people living with cancer at 6:30 p.m. Wednesday, March 22, at Wellness Place. Dr. Massey's introduction to non-traditional medicine is a free program open to the community.

Dr. Massey is medical director of complementary and alternative medicine for

Alexian Brothers Hospital Network, president of ALT-MED Medical and Physical Therapy, and a Daily Herald columnist.

Dr. Massey completed a graduate associate fellowship in integrative medicine at the University of Arizona, a program directed by noted author Andrew Weil, MD.

Call 847-221-2400 to register.



inside wellness place

Beautiful new furniture welcomes visitors in the Wellness Place reception area, thanks to a generous donation by **Walter E. Smithe Furniture.** The comfortable sofa and two oversized upholstered chairs are accented with two leather ottomans for extra seating.

We are grateful to **Peggy Olsen** of Barrington for creating and donating beautiful outdoor evergreen holiday arrangements. Also, thanks to **Marilyn Kallimanes, Janice Clarke** and **Stephanie Skopek** of the Barrington Junior Women's Club who added festive holiday decorations within Wellness Place.

Staff Notes

Wellness Place staff members whose responsibilities have increased recently include:

• Marta Micinski Dolan, project and event coordinator, who will continue with in-house graphic design and assume event planning activities.

• Joyce Hofbauer, who is intake coordinator for new participants. She received a master of arts degree from Northeastern Illinois University in

ugust 2005 and is a licensed professional counselor and associate marriage and family therapist.

• Liz Joyce, database administrator, who will continue data entry while assuming administrative responsibilities.

• Simone Wheeler, development coordinator, who will oversee all direct mail fund-raising projects and expand her role as donor liaison.

Liz Bolash, PsyD, Wellness Place child and family program coordinator, has returned from maternity leave to resume children and family counseling.

Board Appoints Sheahen

In January 2006, the Wellness Place Board of Directors appointed Mary R. Sheahen as a director for a three-year term. She is president of a healthcare consulting practice and owner of Wild Clover Day Spa in Galena, Ill. She is also executive director of Illinois Organization of Nurse Leaders.

Sheahen served as vice president of operations for Wellness Place from March 2004 until June 2005. She was interim CEO before the appointment of Karen Maczka-Bishop as Wellness Place president in November 2005.

The Board of Directors also accepted the resignations of directors Edmund F. Foley and Mia Erickson. Foley joined a firm in Chicago, which limits his volunteer time; Erickson is taking time out for family commitments.

president's **view**

Two recent events vividly confirmed for me how intertwined our lives have become and how dependent we are upon each other.

First, I participated in a 12-day polio immunization trip to Niger, Africa, as part of a volunteer team with Rotary International. We traveled to remote desert villages to inoculate hundreds of children with polio vaccine.

I had not been to a third world country nor participated in a humanitarian effort abroad. I expected to see sights and sounds like never before. The giraffes were beautiful, the hippopotamuses huge, the camel rides uncomfortable, accommodations adequate and the food good.

But what made the trip worthwhile was witnessing the compassion of volunteers who so willingly shared their time, talent and resources to help the appreciative and warm people of Niger seeking a brighter future.

Upon returning to the United States, I again was on unfamiliar ground—this time as newly appointed president of Wellness Place.

During the past four months, I have met many wonderful people who are responsible for the existence and growth of Wellness Place. Just as in Africa, Wellness Place supporters are meeting the challenge of enhancing the lives of people by offering time, talent and resources.

Participants I talk with are

Introduce New Wellness Place Handbook

Inside Wellness Place, a new 20page handbook designed for firsttime visitors to Wellness Place, is now available. Featuring an easy reference format, the book provides an overview of Wellness Place services and programs to support those affected by cancer.

First copies of the handbook were distributed at an orientation meeting for Wellness Place outreach volunteers Feb. 6. very grateful for the services, programs and education our compassionate and professional staff provides. These cancer survivors also tell me the warm, homelike setting inside Wellness Place helps them feel comfortable and less frightened.

It is my dream that Wellness Place will become a fixture in this



Under a mother's watchful eye, Karen Maczka-Bishop inoculates a baby with polio vaccine in Niger, Africa.

community, filled with people coming and going, for years to come. It will take the continued support of so many to keep this dream alive.

People across the world, across the street and next door have an enormous capacity to give. For that, I thank every one of you who has helped Wellness Place be what it is today.

Karen Macyka Bistop

Karen Maczka-Bishop President

The handbook also will be given to all participants visiting Wellness Place for the first time and at Welcome to Wellness orientation meetings held from 6 to 6:30 p.m. on Tuesdays.

Outreach Coordinator Kara Kordick coordinated the book project with committee members Lois Coldewey, Kay Coyne, Marta Dolan, Betty Fagerman and Jeannie Reichard.

Storyteller Jim May to Entertain Families May 11 at Wellness Place

With humor, mystery and dynamic style,



professional storyteller and author Jim May will present "Lighthearted Stories for the Whole Family" at 6:30 p.m. Thursday, May 11 at Wellness Place. The event is open to the community.

Jim May

May, an Emmy-award winner recently inducted into the National Storytelling Network's Circle of Excellence, "will tell stories appropriate for all generations, promoting thought and reflection that delight children and the child in all of us," says Anne Walker, Wellness Place clinical specialist.

A former teacher and college counselor, May uses storytelling not only for entertainment, but also for its effectiveness in promoting healing. He is a world traveler and performs for audiences ranging from school children to corporations.

Call 847-221-2400 to register early for .his program provided at no charge. Seating is limited.

Health Professionals To Learn Healing Skills

Acclaimed storyteller Jim May will conduct a workshop, "Personal Narrative, Culture and Myth," for health professionals from 9 a.m. until noon Friday, May 12, at Wellness Place.

May will teach workshop participants how to use storytelling skills to promote healing. Attendees will share personal narratives and develop new perspectives about their own families and the cultures and family/life histories of others. May also will relate his experience of meeting the challenges of a loved one diagnosed with cancer.

The Emmy-award winning performer has conducted storytelling workshops throughout the United States, England and Mexico. May holds a master's degree in education from Northern Illinois University.

The workshop qualifies for 3.0 continuing education credits for licensed clinical social workers and licensed clinical professional counselors. A \$25 fee is required with advance registration. For information, call 847-221-2400.

program n e w s 'Skeptic' Embraces Mind-Body Medicine

Once "the original skeptic," Karen Steil now refers to herself as a true believer who uses mind-body medicine to reduce stress and achieve a sense of well-being.



Wellness Place following her diagnosis of breast cancer and enrolled in medical self-hypnosis. After two sessions, she was skeptical that she was reaching an hypnotic state.

Karen came to

Karen Steil

To address her doubts, C. Scot Giles, board certified medical hypnotist who conducts the monthly workshops at Wellness Place, used a biofeedback machine to measure Karen's respiration and temperature. Results showed Karen was among only 10 percent of the population who achieve the deepest

level of relaxation through hypnosis. "I never knew how to relax completely. Since my initial hypnosis experience, I have explored guided imagery, mindfulness-based stress reduction and Tai Chi Chih at Wellness Place. Each class has improved my ability to let go of stress and helped me realize that I don't have to carry the cancer burden by myself."

"We know that a cancer diagnosis causes significant emotional distress. Research suggests this distress can negatively affect health, quality of life and possible disease progression," notes Lois Coldewey, Wellness Place program coordinator.

"Our programs strive to give participants many tools to cope with the stress of illness, to make informed choices about treatment and to maintain hope," she said.

To meet participant requests, Wellness Place has added more options in 2006 to experience the mind-body connectionalso known as complementary and alternative medicine (CAM).

Wellness Place is offering a year-long educational component about CAM conducted by Patrick Massey, MD, director of the medical specialty at Alexian Brothers Hospital Network.

Other services include reflexology sessions, yoga and Tai Chi Chih classes, massage and healing touch therapies and cancer-related counseling.

Five new healing arts circles offer opportunities for those affected by cancer to meet, share a common interest and improve their sense of well-being. Circles include knitting, Native American flute, journaling, paper arts and healing for self-care.

Today Karen, a seven-year cancer survivor, encourages others to "smooth out your energy field. There are so many choices at Wellness Placeexperience them for yourself."



Making melodious music are students (from left) Sue Mackey of Mt. Prospect and Linda Knoll of Arlington Heights who follow Native American flute instructor Ken Raven Gibson of Chicago. The group, one of five Healing Arts Circles, meets Friday mornings.

Chemo Study Seeks More Participants

Wellness Place is seeking voluntary survivors of seven types of cancer to participate in a nationwide study to identify how symptoms and effects of chemotherapy impact patient quality of life.

To complete study requirements by the National Comprehensive Cancer Network, respondents must be at least 18 years old and have lymphoma, lung, kidney, head/ neck, colo-rectal, brain or bladder cancer. They must have received two rounds of chemotherapy within the last two years and have a stage III or IV diagnosis.

Wellness Place is a cooperating partner with the Cancer Health Alliance of Metropolitan Chicago to create awareness about the study's data collection phase that ends in June. Participants will be compensated. For information, call Liz Bolash, PsyD, 847-241-5980.

Happy Birthday to Me... Continued from page 4

all the sick, and put death back into storage with all the other alarming thoughts we don't want to think about.

Not that I'm saying we shouldn't heal all the sick and cure all the dying, or that I'm not grateful to have been cured myself. That's not the point. The point is that I'm still going to die.

That's really how I feel about beating cancer. I hope I don't inspire people too much. I hope I don't bring anybody the false illusion that we are anything other than a fragile organism. I don't want anybody to hear about me and then put off something they've been meaning to do. Like loving. Or forgiving. Or living. So happy birthday to me. I'm 25. I'm probably going to live for quite a while longer. I can't wait to do something with this extra time that I've been gifted.

Dave Hahn of Elgin came to Wellness Place following a diagnosis of Hodgkin's lymphoma in July 2005. He and his family participated in consultations and massage therapy here. Dave, a jazz pianist and world traveler, has visited 40 countries and soon will release his first album, Straight Ahead, on Preservation Records. For information about Dave's cancer recovery and adventures as a cruise ship musician, visit www.preservationrecords.com.

Belongings Shop Needs More Inventory

Belongings, the new Wellness Place donation/consignment shop in Barrington, experienced robust sales activity in December and now is faced with replenishing a depleted inventory, reports Karin Cumming, store manager.

"We depend on donated and consigned items to attract a steady customer base. For donated items, we offer free moving service and consignments are always welcome," Cumming said.

The shop, located at 205 S. Cook St. in Barrington's historic downtown, features select home furnishings and accessories, with all proceeds designated to support Wellness Place services and programs.

"We are particularly interested in quality furniture, antiques, desirable lamps and chandeliers, select artwork, rugs and carpets, and china, crystal and silver," she continued.

Recent sales have included a Hancock and Moore leather couch, Frederick Cooper lamps, a pair of William Spitzer chairs, oriental rugs, mirrors, artwork and many fine home accessories.

"Our first time visitors are always pleasantly surprised," said Cumming. For more information, call 847-304-0504.



Party to Recognize Volunteers April 20

A casual Appreciation Party featuring live entertainment, personal reflections, an awards ceremony, and delicious food and beverages will honor Wellness Place volunteers from 6 to 8 p.m. Thursday, April 20, at Wellness Place. The celebration will tie-in with National Volunteer Week.

"All Wellness Place volunteers are invited to enjoy this fun evening," says Volunteer Coordinator Jeannie Reichard. "This is a chance to get together with friends and to become acquainted with others you may not know who are supporting Wellness Place through volunteerism."

The invitation is extended to Wellness Place Auxiliary members, volunteers involved with the Wellness Challenge golf outing, Board of Directors, Belongings and in-house volunteers who serve on various committees, prospective volunteers and staff members. RSVP to Jeannie, 847-241-5961.

Expert to Identify 'Healing Ingredients'

Nationally recognized nutritionist

Kim Dalzell, PhD, will present "Ingredients for Healing and Cancer: from Laughter to Lemons" at 6:30 p.m. Thursday, June 8, at Wellness Place. The free lecture will honor National Cancer Survivors Day 2006.



Kim Dalzell, PhD

Dalzell, a registered dietitian, is a pioneer in holistic and oncology nutrition. She will outline the healing potential of healthy nutrition by providing practical, straightforward information about wise nutritional choices for cancer patients.

The award-winning author of nutrition-based books is director of holistic nutrition services for Cancer Treatment Centers of America and is an international nutrition consultant.

A reception with refreshments will begin at 6 p.m. Registration is required. Call 847-221-2400.

d e v e l o p m e n t *n e w s* Twin Orchard CC to Host Golf July 24

Golfers are invited to play the beautifully manicured course at Twin Orchard Country Club in Long Grove for the 8th annual Wellness Challenge golf outing Monday, July 24.

Hoping to raise more than \$200,000

to support Wellness Place services and programs, event chairman John Ekizian of Barrington urges golfers to set aside the date for a "fabulous day of 18 holes of golf and an

evening featuring an awards program, gourmet dinner and live and silent auctions." Tickets are \$550 per golfer. Evening guest tickets are \$100.

"We are looking for major sponsors and researching unusual auction items

Pro/Am Tennis Tourney Yields \$8,600 Donation

Forty professional and amateur tennis players teamed up to compete in the "Tennis from the Heart 2" tournament Feb. 11 at South Barrington Tennis Club to benefit Wellness Place.

The evening before the tournament, players bid to play with tennis pros and nearly 100 attendees enjoyed a "Meet Your Pro Night" reception and silent auction at the club. The two events yielded more than \$8,600 in net proceeds.

"We're grateful to all the tennis players, pros, sponsors and spectators who made this sports event a great way to create awareness for Wellness Place while earning money to support our to make our 2006 golf outing an exceptional experience," said Ekizian.

Sponsorship opportunities range from \$25,000 to \$500 and each category offers special marketing benefits. All sponsors receive a listing in the evening

> program and acknowledgement in local newspaper advertising.

The golf outing committee, composed of Joe Buchel, Ken Grossman, Stu and Myrna Porter, Carl

Stapleton, Nate Casement and Betty Valdez, is looking for other volunteers to help plan this event. For sponsor and committee information, call Jack Wood at 847-241-5964.

free programs and services," said Jack Wood, Wellness Place vice president of development.

Winners were Kurt Kopp and Grace Hersh, Flight 1, and Michael Beckley and Joni Roseri, Flight 2.

The events were sponsored by the Christman Group, Palatine; K&M Printing, Schaumburg; Charter National Bank, Hoffman Estates; American Chartered Bank, Lake Zurich; Administaff, Rosemont; and South Barrington Tennis Club. Event chairmen were Kathy Armstrong and Laurie Booth, both of Barrington, and Jim Bates of Chicago.

Volunteers Greet Guests at First Night for Charity



Welcoming socialites and car buffs at the elegant First Night for Charity preview of the 2006 Chicago Auto Show Feb. 9 are Wellness Place volunteers (from left) Cheryl and Rich Falbo and Nanci Robinson, all of Inverness. Wellness Place is a member of the Cancer Health Alliance of Metropolitan Chicago, one of 19 charities that will share in the projected \$2.6 million proceeds from Chicago's largest single day charity event.

Supporters Boost Year-End Revenue

"A big thank-you goes out to all the Wellness Place supporters who responded to our end-of-year Annual Appeal campaign by increasing revenue 20% compared to 2004," says Simone Wheeler, Wellness Place development coordinator. "We appreciate the loyalty and generosity of our supporters."

Wheeler also credited Steve Hubbard's letter describing his experiences with cancer and how Wellness Place helped him through difficult times as a compelling reason to support the cancer center.

"The end-of-year solicitation is an important cornerstone in the Wellness Place fund-raising calendar," she said. "Not only does it raise much needed funds for core programs and services, it also helps inform and involve people in new activities Wellness Place offers."

Funding will be applied toward cancer-related counseling for individuals and families, the introduction of several healing arts circles and further expansion of nutritional education and complementary and alternative medicine programs.

Committee to Manage Endowment Funds

The Chairman's Council, fundraising entity for Wellness Place, has created an Endowment Fund committee composed of Bill Noyes of Barrington Hills, Peter Economos of Barrington, Doug Altenberger of Barrington Hills and Jack V. Wood, Wellness Place vice president of development.

The committee will set up the endowment and ensure funds are preserved properly to sustain the mission of Wellness Place.

Initial endowment funding of \$275,000 is comprised of a portion of sales of two luxury automobiles: the 2004 auction of a Mercedes-Benz SLR McLaren sports car provided by Paul Tamraz and top bidder Al Moorhouse, and the sale of a 2005 Corvette convertible donated to Wellness Place by Jack Wood who won the car at the 2005 Chicago Auto Show's First Look for Charity fundraiser.

For information about endowment opportunities, contact Jack Wood, 847-241-5964.





1619 W. Colonial Parkway • Palatine, IL 60067 847-221-2400 • www.wellnessplace.org

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Wellness Place News is published quarterly by Wellness Place, a community-based, not-for-profit cancer resource center dedicated to enhancing the quality of life for people with cancer, their families and friends through encouragement, education and empowerment.

President: Karen Maczka-Bishop Editor/Writer: Kay Coyne Contributors: Shefali Bhuva, Lois Coldewey, Jeannie Reichard, Anne Walker, Simone Wheeler, Jack Wood Photography: Kay Coyne, Kara Kordick Design: Visualedge of Arlington Heights Printer: K&M Printing Co. of Schaumburg

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Wellness Place is a founding member of The Cancer Health Alliance of Metropolitan Chicago

auxiliary news

Auxiliary to Present D'Vine Affair June 3

"A D'Vine Affair—an Exquisite Journey of Food and Wine" will be presented by the Wellness Place Auxiliary on the evening of Saturday, June 3, at the beautiful Barrington Hills estate of Jim and Bunny Ehlert. Pro-ceeds from the evening will support Wellness Place services and programs.

Co-Chaired by Auxiliary members Carla Janess, Chris Smith and Julie Koelzer, this event will feature a number of high-end wines from around the world. The wines will be meticulously paired with gourmet cuisine from Chicago area restaurants to reflect the depth and flavor of each wine. Wine specialists will be at the event to provide guests with information on the traits of each wine as well as the winemaking process.

The evening will also feature a lively band, unique raffle, and live and reverse auctions. "We are excited about this year's theme because we know it will



create an ambience that will be fun for all of our guests," Janess said.

Tickets for this exclusive event will be mailed out at the end of April. "A limited number of reservations will be accepted, so don't hesitate to reserve your spot for this spectacular night," noted Janess.

For event information, contact Carla Janess at 847-713-2311. Sponsorship opportunities are available and interested parties may call Pam Reiss, 847-340-6232 or Shefali Bhuva, 847-421-3031.

Women interested in joining the Auxiliary may call 2006 President Pam Reiss, 847-340-6232 for information and locations. Meetings are held monthly on the third Thursday at 7:30 pm. NON PROFIT ORG. U.S. POSTAGE PAID PALATINE P&DC, IL PERMIT NO. 2860

coming up

Medicine

Patrick Massey, MD

Jim May, Storyteller

Complementary

Volunteer Party

A D'Vine Affair

Kim Dalzell

Nutritionist

Myrna Cortez

Medical Bills Expert

8th Annual Golf

Twin Orchard CC

Greater Chicago

Prostate Cancer

Call 847-221-2400 for

information and registration

Run, Walk 'n Roll

Outing/Dinner

Auxiliary Benefit

March 22

April 20

June 3

June 8

June 12

July 24

September

May 11-12

RETURN SERVICE REQUESTED

Wellness Place New vol. 7 no. 3

cancer resource center

December 2005

Wellness Place Kicks Off Year-End Donor Appeal

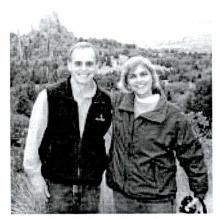
Wellness Place kicked off its Annual Appeal in November with an inspiring story of courage and hope by participant Steve Hubbard of Fox River Grove. The six-week appeal for tax-deductible contributions concludes December 31.

"Our goal is to reach \$72,000 in Annual Appeal donations," said Jack Wood, Wellness Place vice president of development. "Wellness Place does not have membership dues. We depend on people who share our mission to enhance the lives of those affected by cancer.

"While fund-raising efforts continue throughout the year, response to the yearend Annual Appeal plays a vital role in determining the breadth of free services and programs Wellness Place is able to offer to its ever-increasing number of participants," noted Wood.

"We're particularly grateful for the continued support of donors and welcome contributions from newcomers including corporations, foundations, community organizations and individuals to help us ensure the future of Wellness Place, a unique gift to the local community," concluded Wood.

For information about stock transfers, estate planning and other gift options, contact Wood at 847-241-5964.



Enjoying scenic Rocky Mountain views, Steve and Barb Hubbard take a break along a hiking trail during their visit to Colorado.

Music: Holiday Treats for Your Soul

By Louise Dimiceli-Mitran, MT-BC, FAMI

It's holiday time. Do you look forward to these days with happy anticipation or a sense of dismay? If you're involved in cancer treatment, you may wonder how you will ever get through it. Consider using music as a relaxation tool this holiday season.

Music is a part of many holiday traditions and listening can bring up a wide range of emotions for all of us. How can you use music to relax and soothe yourself?

Music therapy research tells us the key is listening to music you prefer. Listening is like tasting food

or experiencing color; you know what you like immediately. Use it! It can brighten your environment as you drive,

make preparations around home, work or enjoy meals. Turn off the TV-especially the news-and put on some music you want to hear and feel your mood change.

One simple and effective way to use music is to listen to it as you fall asleep. Recent research from Denmark found this simple technique induces a deeper and longer night's sleep. Music can lower blood pressure and heart rate, and help your immune system "reboot" during the night.

Bring headphones along for treatment, tests or medical procedures. Listening to uplifting or relaxing music regulates your emotional environment and gives you a sense of control that can transform your

experience. It's like having a personal assistant along to lessen your perception of pain, reduce anxiety and drown out unpleasant sounds. Some surgeons will agree to play



Louise Dimiceli-Mitran

your music selections during procedures if you simply ask.

Use the same selection repeatedly and your body will recognize that piece as a relaxant whenever you hear it! Consider using music with-



out a driving rhythm or drumbeat. Good options are instrumental music for harp, piano, guitar, flute or strings. Try environmental sounds such as ocean waves, rain, wind or birdsong.

Choose inspirational or uplifting music to gently ease yourself out of fear or sadness.

Give yourself a gift of music this season. Treat yourself to something new or choose soothing oldies. Go hear a live concert. Whatever your holiday tradition or spiritual belief, music is there for you. Relax and enjoy!

Louise Dimiceli-Mitran is a board certified music therapist, specializing in oncology at Advocate Lutheran General Hospital, Park Ridge. She facilitates guided imagery and music in private practice and her Chicagobased company, Rhythms Within, conducts corporate and community drum circle events. She is studying for a master's degree in counseling.



On the Move

In recent months, several staff changes have occurred within Wellness Place.

Thanks and appreciation go to **Mary R. Sheahen** who concluded her service as interim CEO of Wellness Place following the appointment of Karen Maczka-Bishop as president. Mary continues as a healthcare consultant and owner of Wild Clover Spa in Galena.

Many thanks go to former Development Director **Mary Ann Roeser** for her years of dedication to Wellness Place. The Wellness Challenge annual golf outing flourished under Mary Ann's direction for five years and her skills in fundraising contributed significantly to the vitality of our cancer center.

Wellness Place Child and Family Program Coordinator **Liz Bolash** is on a leave of absence as she enjoys the role of "new mom."

Venessa Clark, database manager, resigned to pursue other opportunities and Liz Joyce joined Wellness Place as development administrator.

Jn the Road

Lois Coldewey, clinical coordinator, and Kathy Scortino, clinical specialist, conducted a Care for the Journey workshop for oncology nurses Dec. 1 at Advocate Health Care, Downers Grove, and will offer the workshop for professional healthcare providers at Harper College March 6.

Volunteers

More than 100 Wellness Place volunteers worked tirelessly to make the first-ever Greater Chicago Prostate Run, Walk 'n Roll a huge success. Kudos to outstanding Wellness Place volunteer **Joni Daly** of West Dundee who chaired the run/walk's volunteer committee and managed the volunteer corps from inception through clean-up.

Volunteers donated more than 200 hours at the Wellness Place front desk from September through November. New volunteers at this post include **Lou Hoppe**, Buffalo Grove; **Ray Babiarz**, Streamwood; and **Laura Green** and **Julia Jackson**, Fremd High School students from Palatine.

Outreach and special events also attracted new volunteers including **Mary Moressey**, Arlington Heights; **Jody Cantanese**, Mundelein; **Holly**

.eichard, Palatine; and Kay Preshlock, Crystal Lake.

Special thanks go to long-time volunteers and a hearty welcome those new to Wellness Place.

Karen Maczka-Bishop Named President

The Board of Directors has appointed Karen Maczka-Bishop, a healthcare executive with more than 20 years of management experience, as president of Wellness Place.

Most recently Maczka-Bishop was a consultant for Cardinal Health Consulting and Services at The University Hospital in Cincinnati, Ohio where she developed transitional and operational management guidelines for the 600-bed, Level I trauma, transplant academic center.

"We are delighted to announce this appointment. Karen possesses the combination of proficiencies we hoped to find in a leader for Wellness Place–a strong clinical background and real-world business acumen," said Board Chairman Carol J. Blackwood. "As our organization looks to the future, we can rest assured that Karen Maczka-Bishop and her team will provide participant-driven programs and a revenue stream to sustain them," Blackwood said.

"The Board is confident the partnership of Jack Wood, vice president of development, and Karen Maczka-Bishop will create an effective team who will ensure Wellness Place is here for people who face the challenge of cancer in their lives," Blackwood said.

Maczka-Bishop began her healthcare career as a registered nurse at Chicagoarea hospitals. She served as clinical manager for an intensive care unit at Lutheran General Hospital, Park Ridge; program manager for surgical serv-



Karen Maczka-Bishop

ices at Elmhurst Hospital, Elmhurst; director of in-patient and surgical services at Provena St. Joseph Hospital, Elgin; and director of nursing quality and professional development at St. Joseph Hospital, Chicago, before joining Cardinal Health.

A graduate of DePaul University, Chicago, Maczka-Bishop holds a master's degree in business administration from Dominican University, River Forest. She is a former regional president of the Illinois Organization of Nurse Leaders and is a member of the American Organization of Nurse Executives.

She recently returned from Africa where she gave children polio inoculations as part of a volunteer team with Rotary International. She is a member of the Schaumburg AM Rotary Club.

Maczka-Bishop lives in Schaumburg with her husband, Jack, and son, Kyle.



Joyce Angell to Conduct Healthy Eating Series

Keep your New Year's Eve resolutions to eat well in 2006 by participating in an introductory class, "Introduction to Healthy Eating," from 6:30 to 8 p.m. Thursday, Jan. 26 at Wellness Place. A follow-up series will be held in February.



Joyce Angell

Joyce Angell, a registered dietitian with nearly 20 years experience in food research, will present general nutrition information for anyone with a cancer diagnosis. She will discuss latest research about foods and nutrients to make choosing and eating healthy foods easy and satisfying.

In the follow-up series, participants will share successes, discuss eating concerns and learn how to incorporate healthy food choices in their diets. Sessions will meet from 12:30 to 2 p.m. on Thursdays, Feb. 2, Feb. 9, Feb. 16 and Feb. 23.

Angell, coordinator of the Campus Wellness Program at Concordia University, River Forest, also serves on the university's adjunct faculty. She is former manager of the Healthy Living Program at Wellness House, a cancer support center in Hinsdale. Pre-register by calling 847-221-2400.

Mind/Body Services Rank First in Survey

A recent Wellness Place 2005 Participant Feedback Survey indicates participation in mind/body services ranked greater than all other services combined. Specifically, highest rated offerings were medical hypnosis, guided imagery and meditation/relaxation.

As part of its commitment to providing relevant and high quality services, Wellness Place polled active participants during their in-house visits in July and August.

Based on survey results and other feedback, the clinical staff will introduce additional mind/body services in 2006 with an evening yoga class, healing arts circles, reflexology sessions and small group nutritional consultations.

Other survey results indicate most participants use multiple services at Wellness Place and 94 percent of respondents rated quality of services as 4 or 5 with 5 ranked as "excellent."

program *news*

2006 Brings New, Revitalized Services

An evening yoga class, reflexology sessions, healing arts circles and expanded nutritional programs are services Wellness Place will offer in a new schedule beginning in January 2006.

"Our clinical team has identified services to meet specific requests of participants who use Wellness Place resources as part of their cancer journey," explained Clinical Coordinator Lois Coldewey. These services are based on responses from a 2005 Wellness Place Participant Feedback Survey.

Short-term, cancer-related counseling for individuals will continue, along with presentations by medical experts; complementary alternative medicine programming; end-of-life planning; selfcare techniques for participants, family, friends and professionals; and numerous

Healing Arts Circles Will Begin in January

Five healing arts circles will debut in January as part of the expanding mind/ body/spirit programming at Wellness Place. Circle topics will include scrapbooking, journaling and freestyle writing, healing for self-care, knitting and Native American flute playing.

"Circles give people an opportunity to join together in a common pursuit. The circle format reminds us that we

are all connected and can receive support through that connection," explained Wellness Place Clinical Coordinator Lois Coldewey.

Ken Raven Gibson and Dave Hernande will

demonstrate the clear and melodious sounds of the Native American flute in an introductory session for the flute circle on Wednesday, Jan. 11 from 6:30 to 8 p.m. Following this class, an ongoing flute circle will meet weekly on Fridays from 10 to 11:30 a.m., beginning Friday, Jan. 13. No experience is necessary to participate; flutes will be provided on a sign-out basis.

A knitting circle, led by Wellness Place Outreach Coordinator Kara Kordick and Wellness Place Child and Family Coordinator Liz Bolash, will meet the first and third Fridays of the



networking and support groups.

"We are excited to introduce healing arts circles as an innovative, expressive way for people to come together as they pursue a common interest. Each circle will be facilitated by a professional and offer participants an opportunity to educate, encourage and empower each other," explained Coldewey.

Participants will find some offerings are now available on a drop-in basis, while selected programs and services require pre-registration.

Wellness Place services, provided at no charge to participants, are supported by contributions from corporations, foundations, community organizations and individuals. For more information, call 847-221-2400.

month from 2 to 3:30 p.m., beginning Friday, Jan. 13.

A scrapbooking circle, facilitated by Carol Thomas, an avid scrapbooker and Wellness Place participant, will meet the third Monday of the month from 3:30 to 4:30 p.m., beginning Monday, Jan. 16.

An introduction to journaling and

freestyle writing will be offered the second Monday of each month from 3:30 to 4:30 p.m., beginning Monday, Jan. 9, led by Wellness Place Clinical Specialist Anne Walker.

An ongoing circle, "Creative Moments-the Power of Writing," led by Anne Walker and Wellness Place Clinical

Specialist Betty Fagerman meets the first and third Tuesdays of the month from 7 to 8:30 p.m. First meeting of the new year will be Tuesday, Jan. 17.

Healing for self-care, directed by Wellness Place Guided Imagery Instructor Mary Sinclair, will meet the fourth Monday of the month from 3:30 to 4:30 p.m., beginning Monday, Jan. 23.

Each circle will welcome drop-in participants. Scrapbooking materials will be provided.

For information, call 847-221-2400.

A Mother's Legacy: Celebrate Life Each Day

By Chris King

My mom died from cancer in September 2005 and she went out like a rock star! Although she had cancer throughout her body, my mom lived life to the fullest right up to the very end.

The weekend before she died we went to a family fest at my daughter's school and celebrated my aunt's 50th birthday. My mom left this world exactly how she wanted—socializing, laughing and smiling!

Mom was diagnosed with small cell lung cancer in July 2004. We were told she had a year to live. We made the most of our time together–a two-week trip to Maui with my daughter was the highlight.

My mother did numerous things to help herself mentally and spiritually– time at Wellness Place was well spent. Using guided imagery helped my mom tremendously. She learned how to relax and focus on what brought her strength and peace. I did guided imagery for her right before she died.

The most important part of the past year was the open communication and intimacy we shared. My mom shared with me her fears and sadness about dying, her wishes for her wake/funeral services, her feelings about me, my daughter, and other family and friends.

These conversations were hard to begin, but once we started talking, our emotions poured out—we cried and we laughed. We grew closer to each other than I could have ever imagined. Although the topics were difficult, we always felt better after we talked. I encourage everyone to be honest and share their feelings with those they love.

I ran across this daily meditation by author and psychotherapist Jack Kornfield the day of my mother's funeral. "Our capacity for intimacy is built on deep respect, a presence that allows what is true to express itself, to be discovered. Intimacy can arise in any moment; it is an act of surrender, a gift that excludes nothing."

My mother was able to get in touch with herself spiritually, help herself



All smiles during their Hawaiian holiday are Donna Exline, Chris King and eight-year-old Hanna King.

mentally, and openly communicate her wishes, frustrations and fears. She did not let illness take over-she celebrated life every day.

Donna Exline of Lake Barrington was Chris King's mother. Donna was an active participant in several Wellness Place programs and services before her death. Chris, director of marketing for Interior Investments, LLC, Lincolnshire, lives with her daughter, Hanna, in Chicago.

Seek Participants for Chemotherapy Study

Wellness Place, in cooperation with the Cancer Health Alliance of Metropolitan Chicago, is participating in a nationwide study to determine which symptoms and side effects of chemotherapy impact patient quality of life.

The confidential study conducted by the National Comprehensive Cancer Network is seeking voluntary and eligible subjects who will be compensated for their time.

Participants must be at least 18 years of age, have particular types of advanced cancer (stage 3 or 4), and have completed at least two cycles of chemotherapy.

For information, please contact Anne Walker, 847-241-5981.

Need Volunteers for Library Outreach

Wellness Place will expand its community outreach in 2006 with the addition of library liaisons, according to Outreach Coordinator Kara Kordick.

"Based on our success with the ongoing hospital liaison program, we are ready to reach out to 19 libraries in communities we serve," she said.

Six volunteers currently serve as liaisons to seven area hospitals and there are vacancies for two more hospital liaisons. They contact hospital personnel on a regular basis and hand deliver bi-monthly Wellness Place Calendar of Events. Library liaisons will have similar responsibilities.

A volunteer outreach training session will be held Monday, February 6, from 6:30 to 8 p.m. at Wellness Place.

For information about volunteering for either liaison program or for outreach events, call Kara Kordick, 847-241-5975.

New DVD Available

"Look Beyond These Doors," a new DVD created as an educational tool and for fundraising efforts, will be sent to select



recipients in 2006, according to Jack Wood, vice president of development.

The DVD features Wellness Place consultant Harvey Wolf, PsyD; participant and long-time volunteer Terrie Crist of Barrington; and participant Antonio DePau of Palatine with his wife, Christine Burbidge, a Wellness Place volunteer, and their children.

It was produced by Panoptic Studios of Wauconda, Visualedge Creative Services, Inc. of Arlington Heights and Failsafe Media of Lake Zurich.

Individual copies are available now by contacting Simone Wheeler, 847-241-5973.

Run/Walk Sponsors

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Run, Walk 'n Roll Winners 5K Run

1st Man--Steve Breese, Palatine 2nd Man--Greg Brownfield, Bartlett 3rd Man--Frank Lettera, Lindenhurst 1st Woman--Mary Rose Veselik, Schaumburg 2nd Woman--Eveline Daminao, Winnetka 3rd Woman--Ivanca Jones, Mt. Prospect 1st Child--Connor Sexson, Long Grove 2nd Child--Rachel Burke, Inverness 3rd Child--Brandon Brown, Gurnee **3K Walk**

1st Man--Jonathan Cabildo, Mundelein 1st Woman--Mary Beth Shearron, Gurnee 1st Survivor--Frank Galliato, Jr. **1K Roll**

1st Child--James O'Bryan, Plainfield

First Prostate Cancer Run, Walk 'n Roll Draws 1,000 Participants; Raises \$200,000

A crowd of more than 1,000 participants of all ages turned out for the first-ever Greater Chicago Run, Walk 'n Roll for Prostate Cancer on a beautiful, sunny morning Sept. 18 in Busse Woods, Rolling Meadows.

The family-oriented event raised more than \$200,000 from sponsorship donations, entry fees and pledges. Wellness Place and Us TOO, an international prostate cancer survivor organization, the event's co-sponsors, will use proceeds for

prostate cancer research and education efforts.

Antonio Moro of CBS Channel 2 News served as emcee and official starter. Vocalist Ron Hawking, star of the musical production, "His Way," encouraged runners and w

runners and walkers with his rendition of "This is the Moment."

"We are very pleased so many people came out to show their support for the work that needs to be done to improve awareness that early detection and treatment of prostate cancer will save thousands of lives every year," said Event Co-Chair Myrna Porter of Barrington.

Proceeds will fund local public awareness programs to educate men and their families about prostate cancer and the importance of early detection and treatment for longterm survival.

The first program, "New Dimensions in Early Detection and Response to Prostate Cancer Trea-



Celebrating the successful Greater Chicago Run, Walk 'n Roll for Prostate Cancer are (from left) vocalist Ron Hawking, participant Stu Porter, emcee Antonio Mora and event co-chair Myrna Porter.

tment" was presented by three medical experts Nov. 29 at The Hyatt Regency Woodfield in Schaumburg.

More than 100 volunteers helped the day's events run smoothly, according to Joni Daly, event volunteer coordinator.

Following the run/walk, children frolicked in a giant inflatable castle and enjoyed face painting, antics of a clown and other entertainment. Festivities concluded with a presentation program for winners followed by a lunch buffet for all participants.

Symposium Attracts Sell-Out Crowd

Three nationally recognized physicians who specialize in prostate cancer drew a sell-out crowd of more than 180 to a symposium and dinner at the Hyatt Regency Hotel in Schaumburg Sept. 17. The event preceded the Greater Chicago Prostate Run, Walk 'n Roll held the next day.

Charles B. Brendler, MD, of the University of Chicago in Hyde Park; Charles E. Myers, Jr., MD, of the Federation for Cancer Research and Education in Earlysville, Va., and Brian Moran, MD, of the Chicago Prostate Cancer Center in Westmont, discussed various aspects of prostate cancer treatment and prevention and conferred with attendees following the panel discussion.

Rick Kogan, author and WGN Radio personality, served as the evening's emcee. The program was co-sponsored by Wellness Place and Us TOO International.

Two Grants Support Services, Technology

The Margaret Baker Foundation and Bear Necessities Pediatric Cancer Foundation recently awarded grants totaling \$15,000 to Wellness Place. "We are indebted to these organizations for their generous support for our programs," said Jack Wood, vice president of development.

In September, the Baker Foundation of Glenview made a \$10,000 contribution "to support your efforts to improve and enrich the quality of life for all those touched by cancer." The foundation has contributed \$60,000 to Wellness Place since 1999.

In July, Bear Necessities of Chicago granted \$5,000 to fund technology-based equipment used for children and family programming at Wellness Place. The organization expressed its appreciation for the efforts of Wellness Place "to provide hope and support to those who are touched by pediatric cancer."

Canterbury Shoppe Returns Percent of Sales

The Canterbury Shoppe located in the Ice House Mall, 200 Applebee St., Barrington, returns ten percent of sales to Wellness Place for purchases made by shoppers who mention Wellness Place. The ongoing program allocates all proceeds based on pretax sales; some exclusions may apply.

The shop features holiday collectibles, artisan pottery, glassware and furniture, fine gifts and home accents.

Wanted: Tennis Players

Tennis players and other enthusiasts are invited to "Tennis from the Heart," a new fund-raising event planned by the South Barrington Club of the South Barrington Park District at 3 Tennis Club Lane, and the Christman Group of Palatine.

During a pre-event cocktail party at 7 p.m. Friday, Feb. 10, at the South Barrington Club, players will bid for a chance to play with one of 20 tennis professionals. Then players will compete at noon Saturday, Feb. 11, in a tournament at the South Barrington Club.

All proceeds from the two events will benefit Wellness Place. For more information, call Jack Wood, 847-241-5964.

d e v e l o p m e n t *n e w s* Benefactors Use Ingenuity

Proceeds from a Chicago-wide candy sale, upscale fashion shows and a winetasting party reflected the ingenuity of Wellness Place benefactors this fall.

Fannie May Candy

In October, Fannie May Candy held its first-ever Pink sale in observance of breast cancer month. The corporation donated 10 percent of its pink candy sales to the Cancer Health Alliance of Metropolitan Chicago and Gilda's Club with matching funds provided by the Coleman Foundation.

Wellness Place, one of four members of the Cancer Health Alliance, received \$20,000.

Special thanks goes to **Jim Hoker** from High Tech Medical Imaging in Fox River Grove, Lake Zurich and Crystal Lake who purchased 20 cases of pink Meltaways as corporate gifts. Kudos to teens **Jacqueline Wood** and **Ben Redpath** who sold more than \$700 worth of pink chocolate lollipops at Barrington High School.



Kicking Off the Fannie May Pink fundraiser on Michigan Avenue in Chicago are Wellness Place representatives (from left) Jack Wood, VP of development; Joan Bennett, Board member; Beth Redpath, director of finance, and Jeanne Reichard, volunteer coordinator.

Northwest Circle of Friends

An evening of wine tasting hosted by **Chris and Kathy Abbinante** of Inverness yielded \$2,200 in donations by 80 members and friends of the Northwest Circle of Friends. Binney's of Schaumburg provided wines from around the world and the evening included a silent auction and raffle. **Denise Wright** of Palatine and **Sue Braden** of Rolling Meadows co-hosted the evening.

Ice House Mall Fashion Show

Retailers at the Ice House Mall in Barrington entertained more than 100 women in an "After Hours in Pink" benefit Sept. 28 to raise more than \$2,000 for Wellness Place.

Hosted by the Suburban Woman of the Northwest Suburbs newspapers, a fashion show featured apparel from Savvy Spirit, Inc., Savvy Casual and Peter Daniel. Fashion models included Holly Reichard, Susie Sinha, Brooke Cottone, Laura George, Yasmin Kinton, Clare Ambroz, Jackie Kapcheck, Shefali Bhuva and Connie Jacobs.

Other sponsors were Party Partner, Inc., Inverness; Piece-a-Cake Bakery, Dundee; Lulu's Wiggin' Out, Algonquin; and Wendy Lee Bracelets, Crystal Lake.



Enjoying a fashion show during After Hours in Pink are (from left) event sponsor Laura Cavanagh of the Suburban Woman of the Northwest Suburbs newspapers; model Holly Reichard of Palatine; and sponsor Linda Kalebik, manager of Savvy Casual, Barrington.

Countryside Church Fall Fashion Show

A special event at Countryside Church in Palatine celebrated women's health with a fashion show and presentation by Wellness Place Co-founder **Linda Murphy** Oct. 21. "Fall into Step with Fashion," organized by **Cathleen Chay,** included a raffle and fashion show featuring apparel provided by merchants at Deer Park Town Center, Deer Park. The evening's net proceeds reached \$500.

a u x i l i a r y *n e w s* Elegant "Blue Moon Ball" Nets \$200,000

The Wellness Place Auxiliary 2005 gala, "Blue Moon Ball– A Celestial Extravaganza," raised more than \$200,000 in net proceeds to benefit Wellness Place.



In true star fashion, Kathy Brock of ABC Channel 7 Kathy Brock

News delighted guests as emcee for the Oct. 15 event held at Arlington Park. She captivated the crowd's attention with her remarks, including quotes from a friend who participated in programs and experienced the positive effect that Wellness Place had on her life.

Continuing the Auxiliary's reputation for hosting sophisticated, innovative events with unique touches, members of the Lake County Astronomical Society treated guests to visual tours of the evening sky from the racecourse's club house terraces.

Ellen Werksman's Dancewerks welcomed attendees to dinner along the grand staircase and performed a special production number created for the gala while Ron Bedal and his Orchestra entertained guests throughout the evening. Following a gourmet dinner, guests also enjoyed interactive dessert and coffee bars. Party-goers viewed live auction items including vacation packages to Palm Springs, Calif., and Cabo San Lucas, Mexico; A Day in the Kitchen of Charlie Trotter's five-star restaurant, and a Weekend on the Magnificent Mile via Arlington Park's leading edge audiovisual screens. Spirited bidding continued during a reverse auction.

"We were thrilled to have the support of the community for this event-it is a reflection of the meaningful impact Wellness Place programs and services has on people living with cancer in surrounding areas," commented Shefali Bhuva, gala co-chair.

Auxiliary in 2006

Wellness Place Auxiliary members wish to thank Jackie Kapcheck for her service as 2005 president of the organization. "This was a busy year for the Auxiliary and Jackie's energy, creativity and guidance helped us accomplish and exceed our goals," said Pam Reiss, Auxiliary vice president.

Looking to 2006, the Auxiliary is completing its leadership roster and welcomes anyone interested in joining the group which meets monthly at Wellness Place and in members' homes. For information, call Pam Reiss, 847-340-6232.



Wellness Place Auxiliary members gather on the grand staircase at Arlington Park during early moments of the "Blue Moon Ball." The 30-member Auxiliary volunteered limitless hours to planning a most successful and elegant evening.

Gala Sponsors Premiere

Robert and Joan Clifford (\$15,000) Harris Bank (\$12,500)

Galaxy (\$10,000+)

Circle of Service Foundation Paul and Barbara Hills Al and Bonnie Moorhouse Dan and Linda Murphy Marsha Ulbrich/Remax Unlimited

Super Nova (\$5,000+) Advocate Good Shepherd Hospital Blue Cross/Blue Shield Duchossois Family Foundation Jim and Bunny Ehlert The Feurer Family Mike and Julie Hills Mark and Deana McGowan Northern Trust Stu and Myrna Porter

Shooting Star (\$2,500+) Alexian Bros. Cancer Institute NW Periodontics & Implants Althoff Industries Pepper Construction Clark Consulting QSN Industries Blistex Corporation (\$1,500)

Starlight (\$1,000+) Joan Bennett Jeff and Jackie Kapcheck Paul and Chris Girard Linda Z's Sewing Center West Suburban Head & Neck Specialists

Shop Extends Hours

Belongings, a donation/consignment shop of fine furnishings at 205 S. Cook St. in downtown Barrington, will extend its hours Thursdays until 8 p.m. in December. All proceeds from Belongings support Wellness Place services and programs.

"We have an excellent inventory of lovely home accessories right now," said Store Manager Karin Cumming. "Stop by for hot cider and cookies while you browse through two floors of our select furnishings," she said.

Regular store hours are Wednesday through Saturday from 10 a.m. until 4:30 p.m. and Sunday from 10 a.m. until 2 p.m. Call 847-304-0504.



1619 W. Colonial Parkway • Palatine, IL 60067 847-221-2400 • www.wellnessplace.org

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Wellness Place News is published quarterly by Wellness Place, a community-based, not-for-profit cancer resource center dedicated to enhancing the quality of life for people with cancer, their families and friends through encouragement, education and empowerment.

President: Karen Maczka-Bishop Editor/Writer: Kay Coyne Contributors: Liz Bolash, Shefali Bhuva, Lois Coldewey, Kara Kordick, Jeannie Reichard, Mary Sheahen, Simone Wheeler, Jack Wood Photography: Kay Coyne, Bob Lee Design: Visualedge of Arlington Heights Printer: K&M Printing Co. of Schaumburg

Wellness Place is a founding member of The Cancer Health Alliance of Metropolitan Chicago

Auto Preview to Benefit Wellness Place Feb. 9

Wellness Place will return for its second year as a charity recognized by the Chicago Auto Show's benevolent black tie event, "First Look for Charity," from 6:30 to 10:30 p.m. Thursday, Feb. 9, at McCormick Place, Chicago.

A favorite of socialites, the affair encourages auto enthusiasts to slip behind the wheel of luxury cars before

the 2006 Chicago Auto Show officially opens to the public the following day. Last year Well-

ness Place received \$44,000 in proceeds from "First Look" which raised nearly \$2.7 million for 19 charities.

Wellness Place also earned an unexpected bonus when Jack Wood, vice president of development, won a 2005 Corvette convertible in a random drawing. He donated the Corvette to Wellness Place to yield proceeds of \$56,000 that will be divided between the 2005 Wellness Place Annual Appeal and the creation of an endowment fund.

In 2006, "First Look" ticket holders will be included in a drawing for a 2006 Infiniti G35 coupe valued at more than \$36,000 or a 2006 Nissan Murano worth more than \$30,000.

Tickets at \$200 each are available now through Wellness Place. The tax-deductible portion of each ticket is \$163. Those purchasing tickets directly from

First Look narity

Wellness Place will be invited to an exclusive Cancer Health Alliance of Metropolitan

Chicago hospitality suite for pre-show refreshments and hors d'oeuvres. Champagne, wine, other beverages and delectable foods will be served throughout the evening.

"First Look for Charity" and the Chicago Auto Show are presented by new-car dealers of Chicagoland and Northwest Indiana who form the Chicago Automobile Trade Association.

For tickets and information, call Marta Dolan, 847-241-5978.

RETURN SERVICE REQUESTED

Spa for Your Spirit Call 847-221-2400 for information and registration

Evening Yoga Begins

Healthy Eating

Healing Arts

Circles Begin

Chicago Auto

Show Preview

coming up

Jan. 3

Jan. 26

January

Feb. 9

Feb. 18

Holiday Hours

Wellness Place will be open Dec. 27 through Dec. 30



from 10 a.m. until 2 p.m. Men with Cancer will meet at 7 p.m. Dec. 27. We will be closed Dec. 26 and Jan. 2.

Regular hours resume Jan. 3: Monday, Wednesday, Thursday, 9 a.m. to 5 p.m.; Tuesday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 3 p.m.



Wellness Place News

empowering people living with cancer vol. 7 no. 1 published quarterly winter 2005

Child Specialist to Discuss Parenting and Cancer

Child life specialist and author Kathleen McCue will discuss "Parenting through

Cancer: Strategies for Talking with Children" from 7 to 9 p.m. Wednesday, Jan. 26, in a free program at Wellness Place. She will offer practical advice, including new research, about what to say to children, and how to say it, in times of serious illness.



Kathleen McCue

McCue is children's program director at the Gathering Place, a Beachwood, Ohio wellness community devoted to supporting and educating those touched by cancer.

A licensed social worker and nationally recognized speaker, McCue specializes in helping children deal with the illness of a loved adult and working with both adults and children facing traumatic events.

Pre-registration is required. For more information, call 847-221-2400.

STOP Colon Cancer Founder Here March 10

Ernestine Hambrick, MD, a board certified colo-rectal surgeon, will present "How You Can Prevent Colon Cancer" at 7 p.m. Thursday, March 10 at Wellness Place.

Dr. Hambrick, founder of the STOP Colon/Rectal Cancer Foundation, will discuss preventive screening, early detection and healthy lifestyles.

A member of the research foundation for the American Society of Colon and Rectal Surgeons, she put aside her medical practice following the death of her brother to colon cancer to form STOP.

Pre-register for this free program by calling Wellness Place, 847-221-2400.

Choose To Live Life 'Genuinely'

By Elizabeth Bolash, PsyD

With the busy holiday season settling down and our daily routines returning to normal, January is a time to look forward to the coming year. For many of us, the new year means making resolutions—often forgotten as easily as they were planned.

We all can think back to years we promised to eat better or get more exercise, but perhaps this year we can commit ourselves to an endeavor that will stick with us all year long.

The endeavor I am speaking of is one that I enjoy talking to families about regularly—the commitment to

living life genuinely every day. This seems simple, right? But what does it really mean to live genuinely? To me, facing each day head-on

head-on without guilt or regret, choosing to spend the moments of your life in meaningful ways, is living genuinely.

Some of us might translate "meaningful" as spending quality time with our children, whether they are 2 years old or 42 years old. Or it may be spending a relaxing afternoon counting intricate snowflakes on the windowpane instead of counting miscalculations in the checkbook. Basically, it means prioritizing the moments of our lives based on what is genuinely valuable to us.

To make this type of commitment, we must first identify what we value and also acknowledge that this choice may change from day to day. Some days we may value spending time with family or close friends over all else. Other days, quiet time alone with our thoughts may be of highest priority.

To be true to ourselves and to live

genuinely, we must be in touch with what we need on any given day to make us feel grounded. Making decisions that are consistent with our priorities becomes the hard part.



Elizabeth Bolash, PsyD

We all have mundane obligations in our lives that we cannot avoid (laundry is the bane of my personal



existence), but we also have choices about how we spend each day. After all, the quality of time we spend with others can be so much more important than the quantity.

Friends and relatives will understand if there are times we need to slow down; we can give ourselves permission to say "no" without having to feel guilty. In the year ahead, many commitments will creep their way onto our calendars. But I challenge you to make your first commitment to yourself.

Elizabeth Bolash, PsyD, is a coordinator of the Child and Family Program at Wellness Place. She holds a doctoral degree in clinical psychology from the Illinois School of Professional Psychology and specializes in helping children, adolescents and families cope with chronic medical illness and trauma.

Board Appoints Two New Directors

In October, the Wellness Place Board of Directors appointed Edmund F. Foley of Woodstock and Josephine R. Stellato of Arlington Heights as new directors.

Foley is a tax attorney with Sarles & Ouimet, located in Chicago and Woodstock. He practices in the fields of individual, estate, gift, fiduciary and charitable income tax planning and preparation. Foley, a certified public accountant and certified financial planner, teaches business procedures at McHenry County College.

He lives in Woodstock with his wife, Kristen, and two children.

Stellato is director of finance and administration for Wheeling Township where she is responsible for multi-fund budgets in excess of \$4 million and monitors approximately \$7 million in reserve funds.

She serves as liaison to 24 social service agencies funded by the township and monitors their services. Stellato is affiliated with the Township Officials of Illinois, Arlington Heights Teen Center, Inc., PRC Paratransit Services, Inc., General Assistance Intergovernmental Catastrophic Insurance Cooperative and Five Township Job Fair.

A resident of Arlington Heights since 1976, Stellato has two grown children.

Tamraz New Co-Chair for Chairman's Council

Paul D. Tamraz of Barrington was named co-chairman of the Wellness Place Chairman's Council at its September meeting. He will share leadership duties with Stuart Porter.

As president and CEO of Motor Werks in Barrington, Tamraz has held leadership positions in industry-related, education and community organizations and serves as president of the Mike Ditka Foundation.

Tamraz was recognized in 2004 for his leadership, service and philanthropy to Wellness Place when he was named recipient of the second annual Pat and Vince Foglia Commitment and Loyalty Award.

The Chairman's Council has nine committees to support Wellness Place fund-raising efforts: endowment, auxiliary, new members, annual fund, golf outing, resale shop, new opportunities, grants and foundations.

For information, call Paul Tamraz, 847-381-8900, or Jack Wood, 847-221-2400.

president's view

Let me start by wishing all of you a healthy and happy 2005. I hope that your holiday season was both joyful and peaceful and that you look forward to another year with enthusiasm.

The staff of Wellness Place is



focused on continually improving the kind and level of services we provide here. A big part of our success is the involvement of volunteers in all aspects of the organization.

One of the strategic goals for the coming year is to conduct an overall assessment of our volunteer program. I believe that we have a wealth of talent and ability within our volunteer group and I want to be sure that we are tapping into both the talents and the interests of our team.

We will be taking an in-depth look at what the needs of Wellness Place are and how we might meet some of those needs with an ever-increasing base of volunteers.

Volunteerism is vital to an organization such as ours. Volunteers come to us in many ways and for many reasons. The underlying mission is always to be part of providing support and care for cancer survivors and their loved ones and friends. As I reflect on the volunteer activities I have been involved in over the course of my life, I realize that I found the most meaningful times were when I felt needed and knew that I had a positive impact on the organization.

It is our goal here at Wellness Place to make sure that those who choose to volunteer with us will benefit as much as I am certain our participants will from the work done by our volunteer support team.

We welcome volunteers at any time and even as we are in the assessment process, please do contact our Volunteer Coordinator Stacey Hennenfent who will work to find just the right role for you.

Russell E. Feurer

Volunteers interested in representing Wellness Place in the community are invited to serve as hospital liaisons, outreach event representatives or informal speakers. Training will be provided for each of these categories.

Hospital liaison training will be held Thursday, Feb. 3, from 6:30 to 8:30 p.m. at Wellness Place. For information and training schedules for other opportunities, call Wellness Place Outreach Coordinator Kara Kordick, 847-221-2400.

'Mind-Body Connection' Draws Capacity Crowd

A capacity crowd of more than 165 people listened to seven experts and cancer survivors discuss the "Mind-Body Connection" presented Oct. 30 by Wellness Place in partnership with the Seeds of Joy Foundation.

Nationally recognized speakers discussed guided imagery and a positive attitude as important pathways to complement traditional medical treatment.

Visit www.seedsofjoyfoundation.com to read cancer survivor Jerry White's book on the mind-body connection. For information about ongoing guided imagery classes at Wellness Place, call 847-221-2400.



Addressing questions from the audience are Seeds of Joy panelists (from left) Paul Hait, an Olympic gold medalist; Linda Siqveland, cancer survivor; and Jerry White, author and cancer survivor, during the "Mind-Body Connection" seminar.

program *news* Health Professional Programming Expands

Wellness Place is expanding programs for healthcare professionals in 2005 to help them respond to demands and stresses of today's healthcare environment, according to Sue Blechschmidt, Wellness Place clinical director.



Performing a concert of healing as part of the Care for the Journey series are songwriter Michael Stillwater-Korns and Grammy award winner and composer Gary Malkin.

Plans include more workshops and a monthly support group for healthcare professionals including nurses, social workers, doctors, psychologists, teachers, chaplains and hospice personnel who interact with cancer patients.

"Our expanded professional programming reflects the tremendous

response of more than 200 professionals from 15 local cancer-related organizations who enrolled in the Care for the Journey workshops that Wellness Place sponsored last September," said Mary Sheahen, Wellness Place vice president of operations.

"The purpose of the Care for the Journey programs and activities was to rekindle the spiritual and emotional dimension of the professional healthcare provider," she said. "We anticipate a good response to our expanded training and support for professionals."

A new Care for the Journey monthly support group facilitated by Wellness Place professional clinicians will be held from 4:30 to 5:30 p.m. Thursday, January 20 and from noon to 1 p.m. Thursday, Feb. 17 at Wellness Place.

"The Three Cs of Chronic Illness: Communication, Compassion and Cultural Sensitivity," a half-day workshop for healthcare professionals, will be held from 8:30 a.m. to 12:30 p.m. Thursday, Jan. 27 at Northwest Community Hospital, 800 W. Central Rd., Arlington Heights.

"Wellness Place is partnering with Northwest Community Healthcare because we recognize the psychosocial needs of cancer patients and the importance of preparing healthcare professionals to deal with stresses of chronic and serious illnesses," said Blechschmidt. "We welcome partnerships and sponsors to underwrite these endeavors," she said.

New Support Groups for Women, Parents

Wellness Place will introduce two new support groups to meet the requests of participants—"Women with Cancer" and "Parenting through Cancer."

The women's group will focus on issues unique to women experiencing cancer, recognizing the wide range of roles and demands in women's lives today. It is open to women of all ages with all types of cancer and will meet the first and third Tuesday evenings each month. New participants must register in advance by calling 847-221-2400.

"Parenting through Cancer" is a support group for parents and other adult family members seeking ongoing support in the process of parenting. The group will be offered concurrently with STARS support group for children ages six to 12 who have an adult family member living with cancer.

Registration is required; contact Liz Bolash, PsyD, 847-221-2400.

inside wellness place

Resource Center Reopens

Visit the newly refurbished **Resource Center** where you'll find a new computer workstation featuring CancerCare, a touchscreen education program that provides instant access to the National Cancer Cancer Institute's current list of clinical trials and other medical resources and special topics.

Resource Center hours will extend Tuesdays from 5 to 9 p.m. in January and February with staff and trained volunteers to assist you. Just drop in; no registration is necessary.

We are indebted to volunteers **Barb King of Palatine** and **Mithra Selvadurai of Hoffman Estates** who took inventory, stocked shelves and reorganized the center for quick access by patrons.

Open House for Neighbors

A get-acquainted open house for neighbors and other businesses in close proximity to Wellness Place attracted more than 50 visitors in mid-November. Thanks to Katie Cupuro of Palatine and Chris Redpath of Barrington for delivering invitations.

Thanks to Volunteers

Special thanks go to the Fox and Hounds Band of Roselle for donating their entertainment for the December Holiday Luau; volunteer Sharon Naert of Cary who brought fresh leis and souvenirs from Hawaii; and volunteers Sheryl Allen of Vernon Hills and Lisa Weiss of Palatine who assisted at the party.

Many thanks to **Randy Hammond** of Streamwood who shared his cancer experiences in a letter enclosed with the Wellness Place 2004 Annual Fund campaign.

Applause to participant **Don Talend** of Wauconda who presented an impassioned message of hope at the "Mind-Body Connection" seminar in October.

Thanks to Wellness Place participant Eileen Massart of Elk Grove Village and Jack Wood of Lake Barrington who told the Wellness Place story in the Daily Herald's October special section on cancer survivors.

a u x i l i a r y *n e w s* Auxiliary Gala Nets \$500,000 for Wellness Place

The Wellness Place Auxiliary is thrilled to report their Sept. 18 "Hooray for Hollywood" gala raised over \$500,000 to support programs and services of Wellness Place. The benefit, held under a starlit sky at Tom and Dede Wamberg's Hidden Ponds Estate in Barrington Hills, drew a crowd of more than 650 guests.

"The evening was definitely worthy

of an Oscar," exclaimed Jodie Barbera, gala cochair. "We are fortunate to have such a dedicated and supportive donor audience," added Laura Jones, gala co-chair. "Our donors and volunteers 'walkthe-walk.' They give generously and care tremendously."

"Wellness Place is indebted to

Auxiliary members for producing a spectacular, one-of-a-kind event that drew generous support from many donors, sponsors and friends," said Russ Feurer, Wellness Place president. "Our goal is to use proceeds from this benefit to provide high level programming and skilled support for the steadily increasing population of cancer survivors and their loved ones."

The celebrity program featured Mike Ditka as master of ceremonies, Allison Rosati as awards presenter and Dr. Harvey Wolf who spoke of the hope Wellness Place brings to cancer survivors.

The evening also included a spectacular "Chicago" revival produced by Dancewerks and an "after-hours"

> party featuring the music of Ron Bedal and His Orchestra.

The exclusive 2005 Mercedes Benz SLR McLaren sports car- donated by Motor Werks of Barrington-sold for a stunning \$750,000 to Al Moorhouse in a

live auction. The Aux-

iliary is already making plans for its 2005 gala. For further information and gala sponsorship opportunities, please contact 2005 gala co-chairs Pam Reiss, Auxiliary vice president, jpreiss@ameritech.net or Shefali Bhuva, Auxiliary public relations, at bhuva5@comcast.net.

Golf Tourney July 25 Moves to Twin Orchard

The 7th annual Wellness Challenge golf outing to benefit Wellness Place will be held Monday, July 25 at Twin Orchard Country Club in Long Grove, Ill.

"We are looking forward to a tournament where all our golfers will play at the same location," said John Ekizian, 2005 Wellness Challenge committee chairman. Twin

Orchard recently underwent a multi-million dollar renovation that features two 18-hole courses on 250 acres designed to challenge golfers of varying handicaps. In previous years, the Wellness Challenge was held simultaneously at two courses—Boulder Ridge Country Club and/or Turnberry Country Club and/or Crystal Lake Country Club. "Wellness Place is

deeply indebted to these country clubs for their support and generous hospitality as they hosted our golf outings that grew each year," Ekizian said.

Golfers are encouraged to start planning their foursomes now. For information regarding sponsorships, call Mary Ann Roeser, 847-221-2400.

Gala Sponsors

Lifetime Achievement (\$10,000)

Motor Werks of Barrington Nancy and Paul Tamraz Bonnie and Al Moorhouse Myrna and Stu Porter Walter E. Smithe Furniture Mr. and Mrs. Keith Pederson Clayton Foundation/Clayton Aviation

Oscar (\$7,500)

Darwin Realty The Lewandowski Family

Premiere (\$5,000)

The Duchossois Family Foundation GE Healthcare Financial Services The Friends of John Mercogliano Michal's Fine Jewelry Northern Trust Company Northwest Community Healthcare George Yapp

Entertainment (\$4,000) Advocate Good Shepherd Hospital

Best Supporting (\$2,500)

Blue Cross/Blue Shield of Illinois K&M Printing Royal American Bank Forsythe Technology, Inc. Pepper Construction Schneider Electric

Nomination (\$1,000)

The Barbera Family L'Auberge Barrington Realty Company Carol McGregor Mary Ann and Russ Feurer Huntington Learning Center Chrissy and Dave Tilles The Rego Group, Ltd. The Bacos Family Charitable Trust

Red Carpet (\$500)

Blistex, Inc. Coldwell Banker Residential Brokerage Sherl Wheeler

Auxiliary Elects Officers

"Members of the Wellness Place Auxiliary wish to thank Chrissy Tilles for her grace, dedication and guidance during her tenure as president in 2004. We are pleased to welcome Jackie Kapcheck as our new president and Pam Reiss as vice president. Jackie has been involved with the Auxiliary for over four years and we look forward to her leadership," said Shefali Bhuva, public relations chair.





"Hooray for Hollywood" gala hosts (from left) Tom and Dede Wamberg greet Mike Ditka, the evening's master of ceremonies, before the party for 650 guests begins at their Barrington Hills estate.

development *news* Auto Auction Proceeds to Fund Endowment

Plans are underway to establish a permanent endowment fund for Wellness Place. The fund's assets will be comprised of initial net proceeds from the auction of a Mercedes-Benz SLR McLaren sports car held during the Auxiliary 2004 gala.

"This endowment represents a charitable gift that will provide continuing income and assure the future of Wellness Place," explained Jack Wood, vice president of development. "The endowment will allow us to make commitments into the future, knowing that resources will continue to be available."

"We are indebted to Paul Tamraz of Motor Works of Barrington for making the exclusive SLR McLaren available," he said, "and we appreciate the support of Al Moorhouse as top bidder."

Donors Use Creativity to Raise Funds

Wellness Place receives funds from a variety of resources—individual contributions to the Annual Fund, proceeds from special events, corporate donations and foundation grants, for example. Recent contributors and their creative fund-raising efforts include:

• Charles Schwab—\$2,500 to celebrate the opening of their office in Barrington.

• California Pizza Kitchen, Arlington Heights—a percent of net sales during the summer for a donation of nearly \$2,200.

• Richard Honquest Fine Furnishings, Barrington—two Club Honquest "ladies night out" events for proceeds of \$2,320. An Endowment Fund board of trustees will be created to manage assets and ensure funds are preserved properly to sustain the mission of Wellness Place. Approximately 5 percent of endowment fund assets are distributed each year, with excess endowment earnings credited to a fund's principal. The distribution enables endowments to keep pace with inflation and thus to continue to fulfill their original intent to assure the organization's future, Wood explained.

"An endowment fund is one avenue of giving," said Wood. "Charitable trusts, private foundation grants, transfer of assets, event sponsorships and individual donations are other ways we welcome financial support," he concluded.

• The Christman Group, Palatine and Centre Court, Hanover Park— a tennis tournament that netted proceeds of \$600.

• The Kay Sukow family's annual Bumpa Basketball tournament played in memory of George "Bumpa" Sukow— \$467 to support programming.

• The Canterbury Shoppe, Barrington —a percent of all sales from customers who mention Wellness Place throughout the year.

If you have an idea to raise funds for Wellness Place or need suggestions, contact Jack Wood, vice president of development, 847-221-2400.

Luau Celebrates Holidays



Enjoying a festive Holiday Luau at Wellness Place is Zena Colterjohn, Barrington. The Barefoot Hawaiian Dancers and Fox and Hounds trio entertained more than 50 party-goers.



Polly and Richard Cichenski of Palatine, Illinois, thank Stacey Hennenfent (center), Wellness Place volunteer coordinator, who planned the evening.

Run/Walk to Benefit Prostate Cancer

Wellness Place and UsToo!, an



international organization of support groups for men with prostate cancer, announced plans to sponsor two events next September to further research,

education and support.

"We're expecting a large turnout for our first-ever family Run Walk 'n Roll, Sunday, Sept. 18 at Busse Woods in Schaumburg," said Myrna Porter, co-chair. The day will start with a 5K fun run, followed by a walk and wheelchair/stroller roll, a family picnic and children's activities.

Preceding this event, Charles "Snuffy" Myers, MD, a renowned prostate cancer oncologist and prostate cancer survivor from Earlysville, Va., will speak at a dinner Saturday, Sept. 17 at the Hyatt Regency Woodfield Hotel, Schaumburg. The evening also features entertainment and personal reflections by cancer survivors.

"We hope to find individuals and organizations who are willing to help make these two events a success," said Terrie Crist, dinner chairman.

For event and sponsorship information, call Simone Wheeler at Wellness Place, 847-221-2400, or Terrie Crist, 847-277-0292.

Wellness Place Produces First Video/DVD

Wellness Place released its first video/DVD highlighting programs and services. The video will be used as an introduction to Wellness Place for cancer patients, civic and philanthropic organizations and fund-raising projects, according to Jack Wood, vice president of development.

The video will be distributed to Wellness Place participants and donors in early spring. Potential donors may request a preview copy of the DVD by calling Wood at 847-221-2400.



Wellness Place

empowering people living with cancer

1619 West Colonial Parkway Palatine, IL 60067 847-221-2400 www.wellnessplace.org

Board of Directors

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Wellness Place News is published quarterly by Wellness Place, a community-based, nonprofit cancer support center dedicated to enhancing the quality of life for people with cancer, their families and friends through encouragement, education and empowerment.

President: Russell E. Feurer Editor/Writer: Kay Coyne Contributors: Sue Blechschmidt, Shefali Bhuva, Stacey Hennenfent, Kara Kordick, Mary Sheahen, Jack Wood Design: Visualedge of Arlington Heights Printer: K&M Printing Co. of Schaumburg

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Wellness Place is a founding member of The Cancer Health Alliance of Metropolitan Chicago

Preview Chicago Auto Show Feb. 10

Wellness Place will make its inaugural appearance at the 2005 Chicago Auto Show's "First Look for Charity" black tie preview from 6:30 to 10:30 p.m. Thursday, Feb. 10 at McCormick Place South, Chicago.

If you love automobiles, don't miss this opportunity to stroll the show floor amid opulence not present during the public portion of the Chicago Auto Show. More than 1,000 new vehicles will be on display, some of them for the first time anywhere.

You also will be eligible to win a 2005 Chevrolet C6 Corvette convertible valued at more than \$57,000. The evening will feature abundant hors d'oeuvres, sparkling champagne, wine and soft drinks.

Wellness Place and the three other members of the Cancer Health Alliance of Metropolitan Chicago are among 19 designated Chicago area charities selected by the Chicago Automobile Trade Association to receive 100 percent of the event's proceeds. The show raises



more than \$2 million annually.

Wellness Place is selling tickets for \$200 each, with \$185 qualifying as a tax deduction. Those purchasing tickets from Wellness Place will be invited to an exclusive Cancer Health Alliance hospitality suite for refreshments and hors d'oeuvres before the show opens.

The charity event and Chicago Auto Show are presented by new-car dealers of Chicagoland and Northwest Indiana who form the Chicago Automobile Trade Association.

For tickets and information, call Simone Wheeler at Wellness Place, 847-221-2400. NONPROFIT ORG U.S. POSTAGE PAID PALATINE, IL PERMIT NO. 2860

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on annually. Feb

	Tiospital Liaisons
Feb. 25	Family Fun Night
March 10	How to Prevent Colon Cancer Ernestine Hembrick, MD
March 31	Taste for Nutrition
July 25	Wellness Challenge
	Golf Outing

coming *up*

Parenting Through Cancer

Kathleen McCue

Hospital Liaisons

Volunteer Training

Jan. 26

Feb. 3

Call 847-221-2400 for information and registration.

Wellness Place News

empowering people living with cancer vol. 6 no. 3

published quarterly fall 2004

Wellness Place Fall Programs to Feature National Speakers

Wellness Place is expanding its fall program line-up to feature nationally known speakers, including an Emmy-award winning composer, a John Lennon songwriting contest winner and an Olympic gold medalist—each with a message related to cancer.

Musicians Michael Stillwater-Korns and Gary Malkin, along with educator Mary Matthiesen, will present Care for the Journey in a public forum, workshops for healthcare professionals, and a concert for everyone. The expressive arts presentations will explore essential life questions Wednesday through Friday, Sept. 22 to 24 at Wellness Place and the Sheraton Chicago Northwest Hotel, Arlington Heights.

Olympic gold medalist Paul Hait and cancer survivor and author Gerald W. White will present a half-day Seeds of Joy seminar Saturday, Oct. 30, also at the Sheraton Chicago Northwest Hotel, focusing on five principles of healing.

Refer to page 3 for specific details about these free programs.

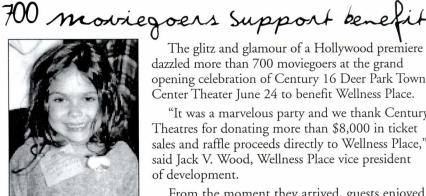
Harvey Wolf to Discuss 'Living Well with Chronic Illness'

Harvey Wolf, health psychologist and Wellness Place consultant, will present "Living Well with Chronic Illness" at 7 p.m. Thursday, Oct. 21, at Arlington Heights Memorial Library, 500 N. Dunton Ave., Arlington Heights.

Dr. Wolf will identify strategies for living healthfully and successfully with chronic and life-threatening illness. He also will discuss what is "normal" and problematic and will describe ways to cope, grow, learn and live during a journey with illness.

Dr. Wolf will allow enough time for program attendees to present questions and concerns relevant to them in this evening of sharing.

The program is free and open to the public. Registration at the library is required, 847-392-0100.



Happy moviegoer Isabella Bransky of Barrington joined many youngsters at the Century 16 benefit for Wellness Place. Her grandparents, Sue and Jerry Hoggins of Deer Park, pinned a nametag on Isabella in case she became lost among the 700 partygoers.

The glitz and glamour of a Hollywood premiere dazzled more than 700 moviegoers at the grand opening celebration of Century 16 Deer Park Town Center Theater June 24 to benefit Wellness Place.

"It was a marvelous party and we thank Century Theatres for donating more than \$8,000 in ticket sales and raffle proceeds directly to Wellness Place," said Jack V. Wood, Wellness Place vice president of development.

From the moment they arrived, guests enjoyed live entertainment, taste-tempting food donated by local restaurateurs, and a choice of two previously unannounced movies. Each guest also received a goodie bag filled with a Deer Park Town Center gift, local restaurant and merchant coupons and gifts, and a special notebook set featuring logos of Century Theatres, Deer Park Town Center and Wellness Place.

Pre-benefit speculation ran high about the mystery "family" movie that turned out to be "Two Brothers." "We were delighted to see so many children enjoying this event as a family celebration," commented Nancy Klasky, vice president of marketing for Century Theatres, based in San Rafael, Calif. Guests also had an option to see the first-run movie, "The Stepford Wives."

Nearly 30 staff members and volunteers greeted moviegoers who eagerly checked out the brand new theater featuring 16 screens, THX certified sound and rocking seats.

Volunteers included Maribeth, Erin and Colleen Frommeyer; Kirby Andler; Jodie Barbera; Linda Cameron; Phil Deppen; Georgianne Harms; Myron Hope; Laura Horak; Jackie Kapcheck; Ken Kordick; Eileen Quinn; Ben and Chris Redpath; Nancy Shuman; Kristen Small; Chrissy Tilles; and Dana Vicari.

Winners of raffle gifts, donated by Century Theatres and Deer Park Town Center merchants, were James Berry, Sue Blechschmidt, Angela Harris, Barbara Hubbard, Demetrios Marvela, Terry O'Brien, Kelly Tuman and Steve Wagner. 🚄



Welcoming Century 16 Deer Park Town Center Theater and Wellness Place is (center) Scott Gifford, president, Village of Deer Park. Attending the June 24 grand opening benefit are (from left) Joseph Syufy, vice chairman and CEO, Century Theatres; Jack V. Wood, vice president of development, Wellness Place; Ray Elvey, general manager, Deer Park Town Center; and David Shesgreen, president and COO, Century Theatres.

Carol Blackwood Appointed New Board Chairman

Carol J. Blackwood, a career banker

and well known community leader, has been appointed chairman of the Wellness Place Board of Directors. She replaces Jack Wood who resigned to become vice president of development for Wellness Place.



Carol J. Blackwood

"The board will focus on strategies and initiatives in this time of reorganization," said Blackwood. "We have clearly defined roles and I expect the division of responsibilities among the Board of Directors, Chairman's Council, Auxiliary and Friends of Wellness Place will help us work together to develop policy, strategies and philanthropic support to serve our participants," she continued.

Blackwood, senior vice president at First Northwest Bank in Arlington Heights, has been a Wellness Place board member since 2001 and served as secretary before being named vice chairman of governance in 2003.

Her other volunteer leadership roles include serving as chairman of the Arlington Heights Plan Commission and as a member of the Village of Arlington Heights Downtown Redevelopment Commission.

She was the first woman in recent years to serve as president of the Arlington Heights Chamber of Commerce in 1997, its fiftieth year.

A graduate of the University of Washington, Blackwood holds a bachelor's degree in communications. She and her husband, John, live in Arlington Heights and have two grown children.

Wood, Sheahen Named New Vice Presidents

Jack V. Wood and Mary R. Sheahen have been appointed to newly created vice president posts at Wellness Place as part of the organization's reshaping strategy to meet long-term growth, according to President Russell E. Feurer.

"We are committed to delivering the very best in programs and services to an increasing population of cancer patients and to building a strong foundation for future growth," said Feurer, in announcing the recent appointments.

Wood, a seasoned sales executive with extensive experience in strategic alliances, joint venture operations and product management, is vice president of develop-



ment. His appointment culminates his

two-year association with Wellness Place in volunteer leadership roles, most recently as chairman of the Board of Directors. He resigned from the Board in June.

In his new position, Wood will serve as liaison to the Chairman's Council, fund-raising arm for Wellness Place, and will be responsible for all fund-raising activities, grant writing and special events. He will report to President Russell E. Feurer.

"I am thrilled with this opportunity to make a difference for Wellness Place," said Wood. "Based on personal experience, I appreciate how Wellness Place can enhance the lives of people living with cancer," he said. "My goal is to make sure our programs and services are adequately funded and that Wellness Place touches even more lives of people living with cancer." Wood, a graduate of the University of Illinois, holds a bachelor's degree in chemistry and chemical engineering. He has served as co-chair for the American Cancer Society's Relay for Life in Barrington and is a director for the Barrington Lions Club.

Wood, his teen-age son and daughter live in Lake Barrington.

Sheahen, a 25-year veteran in health care management, is vice president of operations. She will oversee human resources, payroll and audit activity, facilitate team building and performance improve-



Mary R. Sheahen

ment, and be involved in program development, according to President Russell Feurer.

Sheahen will work part-time at Wellness Place and continue as president of the Sheahen Group, a healthcare consulting practice, and as owner of Wild Clover Day Spa in Galena, Ill. "I believe in wellness and taking care of yourself my spa is about wellness as much as it is about beauty," explains Sheahen.

Sheahen, who holds a bachelor's degree in nursing from Northern Illinois University, earned a master's degree in organizational behavior management from Benedictine University. Before launching her consulting practice, Sheahen was president and CEO of Provena Mercy Center in Aurora. Previously she was vice president for patient services at Advocate Good Samaritan Hospital, Downers Grove, and Advocate Good Shepherd Hospital, Barrington.

She and her husband, Chuck, live in Rolling Meadows. $_$

Play Golf for Wellness Place

The new Makray Memorial Golf Club, 1010 S. Northwest Highway in Barrington, is donating tee times on Friday, Sept. 3 and Tuesday, Sept. 7 from 10 to 11 a.m. to benefit Wellness Place. A minimum donation of \$75 per person includes 18 holes, golf cart and lunch. Reservations must be made two days in advance; all reservations and payments are made to Wellness Place, with no walk-ons allowed. Call 847-221-2400.



program *news*

Musicians Address Life Transitions in Concert

Two award-winning musicians will present an evening of healing music and song in a

"Medicine Music Concert" Friday, Sept. 24 at 7 p.m. at the Sheraton Chicago Northwest Hotel, 3400 W. Euclid Ave., Arlington Heights.

Gary Malkin, an Emmy-award winning composer, and Michael Stillwater-Korns, an award-winning songwriter and recording artist, will perform songs, chants and spoken words of the heart and healing. The musicians are cofounders of Californiabased Companion Arts, a nonprofit organization dedicated to

exploring essential life questions and spiritual issues of mortality through music.

In conjunction with the concert, Ialkin, Stillwater-Korns and Mary Matthiesen, executive director of Companion Arts, will conduct "The Conversation," a public forum regarding perspectives on life and appreciation of each moment on Wednesday, Sept. 22 from 7 to 9 p.m. at Wellness Place.

"We are delighted to introduce these talented performers to Wellness Place

participants and greater Chicagoland," said Mary Sheahen, Wellness Place vice president of operations. "They will present a new way of connection and meaning for everyone as we face mortality."

Pianist Malkin was music director for the first commemorative concert held in

> 2002 at the National Cathedral in Washington, D.C. to observe the September 11 tragedy.

Guitarist Stillwater-Korns has recorded several CDs including, "Graceful Passages: A Companion for Living and Dying," based on his experience with terminally ill patients and their families.

Leaders in the healthcare, entertainment and educational arenas have endorsed the acclaimed audio resource that includes a CD and accompanying book.

These free programs are partially funded by the Barrington Junior Women's Club and the Barrington Area Community Foundation.

Pre-registration for the public forum and concert is required because seating is limited. Call Wellness Place, 847-221-2400, for reservations.

CancerNet Arrives at Wellness Place

Cancer patients are discovering a new, free computer-based information resource at Wellness Place. Introduced in August, CancerNet patient education software offers easy computer access to current information about cancer, its treatment, clinical trials and special topics.

"The CancerNet program is updated monthly to ensure cancer patients have information to help them make decisions about their care and to empower them to take charge of their treatment options," explained Wellness Place Clinical Specialist Kathy Hill.

"Just touch the computer screen and you will find information on 80 types of cancer, the National Cancer Institute's current list of clinical trials and other medical resources and special topics," she said. CancerNet is accessed at a designated computer workstation in the Wellness Place library/resource center.

"The software will help clinical staff in their research for participants," said Hill. "It also gives us feedback we can use in planning programs of special interest."

The CancerNet software is funded by a grant from the Options Clearing Corporation, Chicago, and Omron Foundation, Inc., Schaumburg. CancerNet provided a grant to purchase the computer monitor.



Seeds of Joy to Present 5 Healing Principles Oct. 30 at Sheraton

A Seeds of Joy seminar featuring prominent cancer experts, motivational speakers and long-time cancer survivors will be presented Saturday, Oct. 30 from 8:30 until noon at the Sheraton Chicago Northwest Hotel, sponsored by Wellness Place.

Olympic gold medalist Paul Hait from Bend, Ore., and Gerald White, 11-year cancer survivor and author from Granbury, Texas, will return in a follow-up appearance to their standing-room only presentation last July at Wellness Place.

The men were so inspired by response they received from Wellness Place participants last year that they created the Seeds of Joy Foundation, a non-profit organization reflecting Hait's philosophy, "when you are at your lowest, the Seeds of Joy are being planted."

The Seeds of Joy seminar will feature five principles of healing and advocate a balanced approach to turning cancer into a manageable disease. Topics focus on love, faith, medicine, mind and hope to complement traditional medical treatment.

Hait will present "The Dynamics of Hope" and White will discuss "Mind/ Body Medicine." Other speakers include Mary Mathew Philip of Sacramento, Calif., an understudy with Mother Teresa in Bombay, India, who will discuss the "Healing Power of Love."

The seminar will also include a prominent cancer physician and a videotaped appearance by the Rev. Bob Richards, three-time Olympic medalist. Survivor stories will be presented by Al Davis, of Pasadena, Calif.; Linda Siqveland, Minneapolis, Minn.; and Don Talend, Wauconda, Ill. A question and answer period will follow.

The free seminar is funded by a grant from the Barrington Junior Women's Club, Barrington Area Community Foundation, Seeds of Joy Foundation and Wellness Place.

Pre-registration is required. Space is limited. Call Wellness Place, 847-221-2400 for reservations.



Care for the Journey musicians (from left) Gary Malkin and Michael Stillwater-Korns will present a concert for healing.

wellness Place Honors Tamraz with Foglia Award

Before a crowd of 300 supporters, Paul D. Tamraz of Barrington received the second annual Pat and Vince Foglia Commitment and Loyalty Award from Wellness Place. He was recognized for his leadership, service and philanthropy in a ceremony held at Boulder Ridge Country Club following the sixth annual Wellness Challenge golf outing.

Also recognized at the ceremony were Wellness Place major benefactors, Pat and Vince Foglia of Barrington, for whom the award was named.

"We are immensely grateful to Paul Tamraz who gives so generously of his time. He is dedicated to making a difference in the the future of Wellness Place by turning a fledgling cancer support center into a viable organization serving people living with cancer," noted John Ekizian, 2004 golf outing chairman.

In his acceptance remarks, Tamraz urged guests to support Wellness Place and to serve as community ambassadors by telling neighbors and friends about the

onprofit organization where cancer patients and survivors are welcome to participate in free programs and services that complement traditional medicine.

As president and CEO of Motor Werks in Barrington, Tamraz pioneered the singledealer, multi-brand auto mall concept in the United States that today has annual sales of \$300 million. He has held several industry-



Congratulating award recipient (second from right) Paul D. Tamraz of Barrington are Vince and Pat Foglia of Barrington and Nancy Tamraz. Tamraz was honored with the Foglia Commitment and Loyalty Award.

related leadership positions and is a member of the Super Dealer Group of automotive consultants J.D. Powers and Associates.

Outside the automotive industry, Tamraz is a strong supporter of many local and national charities. He is a member of the Wellness Place Chairman's Council and is involved with several philanthropic projects. For example, his dealership will provide one of only 150 Mercedes-Benz SLR McLaren sports cars manufactured in 2005 for auction at the Wellness Place Auxiliary gala Sept. 18.

Tamraz was named Man of the Year by the Barrington Chamber of Commerce in 1987 and served as a trustee for National Louis University from 1992 through 2000. He is currently president of the Mike Ditka Foundation.

Chicago Auto Show Preview to Benefit Wellness Place

The Chicago Automobile Trade Association has selected the Cancer Health Alliance of Metropolitan Chicago as a benefiting charity for "First Look for Charity," a black tie affair offering attendees an elegant, inaugural look at the annual Chicago Auto Show, Thursday, Feb. 10, 2005 at McCormick Place South.

Wellness Place will be one of the four Cancer Health Alliance members to receive 100 percent of proceeds from the preview event. Other Alliance members

e Cancer Wellness Center, Northbrook; Wellness House, Hinsdale; and Cancer Support Center, Homewood. The Alliance is one of 19 benefiting charities chosen by the trade association.



Invitations for the exclusive charity event will be mailed in late November. Tickets at \$200 each will include complimentary hors d'oeuvres and champagne, wine and soft drinks, and a drawing for a new Corvette.

"First Look for Charity" and the Chicago Auto Show are presented by the new-car dealers of Chicagoland and northwest Indiana, who form the Chicago Automobile Trade Association.

inside wellness place

For the first time, Wellness Place hosted the **Cook County Breast Health Coalition** meeting in June for healthcare professionals specializing in breast health.

We welcome new volunteers who will be assisting in evening program hospitality or as reception desk substitutes: **Sharon Kantanen**, Barrington; **Cat Velasquez**, Rolling Meadows; **Judy Hennip**, Schaumburg, and **Judy Brahin** and **Mary Meyer**, Palatine.

With thanks for her contribution to Wellness Place and congratulations on her new career opportunity, staff and participants said good-bye in late July to **Lori Mackey**, Wellness Place art therapist and certified child life specialist. She accepted a position as an art therapist in the pediatric oncology outpatient clinic at the Lombardi Cancer Center, Georgetown University Hospital, Washington, D.C.

Staff also bid good-bye to **Margaret French**, Wellness Place clinical specialist, as she pursued other interests, including a private counseling practice.

Breast Cancer Symposium to Feature Skills for Living

Wellness Place will host "The Effects of Breast Cancer: Skills for Living," Thursday, Oct. 14, from 6:30 to 9 p.m. The free program will focus on the importance of exercise and fitness for women living with breast cancer.

Funded by a grant from the Susan G. Komen Foundation, the evening symposium will be presented by Joyce Angell, manager of healthy living programs at Wellness House, a cancer support center in Hinsdale, and Kathryn Heekin, clinical psychologist and director of the mind/body program at Cancer Wellness Center in Northbrook.

Following a dinner of nutritious selections, Angell and Dr. Heekin will discuss how breast cancer surgery and treatment can impose limits, how to exercise within those limits and how exercise improves those limits and provides benefits.

A dance/movement/meditation experience will conclude the evening's activities. Wear comfortable clothing.

development*news*

Golf Outing Breaks Record for Giving to Wellness Place

Beautfiul weather, congenial golfers and a festive evening of fun and appreciation for life yielded record-breaking net proceeds of \$225,000 for the sixth annual Wellness Challenge golf outing June 28.

"We're deeply indebted to our generous sponsors, donors and participants for making this year's event exceed our highest expectations," said John Ekizian, golf outing chairman.

More than 200 golfers turned out for simultaneous play at Boulder Ridge and Crystal Lake country clubs to support Wellness Place. A high-spirited evening program at Boulder Ridge followed when 300 guests enjoyed dinner, awards, auctions and spellbinding testimonials about the important role Wellness Place plays in the community.

Ekizian, Master of Ceremonies Ron Hawking and Board Chairman Carol Blackwood welcomed guests. Vice President of Development Jack V. Wood introduced Paul Tamraz, recipi-

t of the second annual Pat and Vince roglia Commitment and Loyalty Award, who shared his vision for Wellness Place.

Dr. Harvey Wolf, psychologist and Wellness Place consultant, offered his personal reflections, noting how Wellness Place holds out hope to so many and enhances the lives of people living with cancer.

Auctioneer Joel Langer super charged the crowd with his banter and guests responded by bidding on everything from luxurious condo stays in exotic locations to a Day at the Races at Arlington Park Race Track, golf foursomes at exclusive country clubs, and a variety of hard-to-get tickets for sporting events. The silent auction offered other intriguing gifts.



Mysterious auction item winner (right) Bob Harney is congratulated by auctioneer Joel Langer for a top bid of \$1,900 for an empty envelope! Harney actually received gifts with values far exceeding his bid during the crowd-pleasing live auction at Boulder Ridge Country Club to benefit Wellness Place.

2004 Top Golfers

First Place

Boulder Ridge CC—Jeff Stewart, John Bratsekis, Joel Pear, Dick Wellner Crystal Lake CC—Joe Giangrasso, Richard Smith, George Teufel, Karen Lambert

Second Place

Boulder Ridge CC—Dan Cochran, Jim Johnson, John Kern, Ed McLoughlin Crystal Lake CC—Bill Lutz, F.L. Kirby, Sue Lutz, Judy Kirby

Closest to Pin/Men and Women

Boulder Ridge CC—Bill Clarkin, Mickie Polk Crystal Lake CC—Dick Smith, Gail Wickstrom

Straightest Drive/Men and Women

Boulder Ridge CC—Jay Ledinsky, Linda Murphy Crystal Lake CC—Bill Glickauf, Judy Kirby

Women's Low Net

Boulder Ridge CC—Joyce Winiewski Crystal Lake CC—Gail Wickstrom



Wellness Challenge Sponsors

Platinum Plus (\$7,500) Janet and Jeff Larson

Platinum (\$5,000)

Makray Memorial Golf Club Keith and Freddie Pederson First Northwest Bank Myrna and Stu Porter Lucy and John Ruth Wickstrom Ford Lincoln Mercury

Gold (\$2,500)

The Barbera Family Curran Group, Inc. Pride In Graphics Bev and Jack Fisher Northwest Community Healthcare Catalytic Products International, Inc. The Assurance Agency, LTD; Maggie and Jerry Powell LaSalle Bank Triumph Development Corporation, Russell P. Scurto Donna and Carl Stapleton

Silver (\$1,000)

Stonegate Banquet and Conference Centre First Home Mortgage, Tom Fiddler The Curley Family Duchossois Family Foundation Brookfield Farms, Karen and Denny Gleason Ford Motor Credit The Huber Family AMB Property Corporation Raymond James & Associates, Inc., Mark McGowan Sam McGregor American Fidelity Mortgage Services, Inc. Par Golf Supply, Inc. Boulder Ridge Country Club Re/Max of Barrington Werd Construction Company Nahal Financial, James and Pina Nahal The Cancer Health Alliance of Metropolitan Chicago American Heritage Corp., Linda and Dan Murphy Susan and Stuart Porter Sheila and Bill Clarkin Teamsters Local Union No. 727, John Coli, Mike Coli Tyler Barth and Family

Bronze (\$500)

Anonymous Jim, Joy, Jack and Jodie Dawson Richard A. Feare & Associates Jim and Paula Johnson Kocmond Family Randall and Brooke Porter Scurto Cement Construction Ltd. Kaye Stewart and Family Re/Max Unlimited Northwest, Marsha Ulbrich

Wellness Place News

Limited Slots Remain for June 28 Golf Tourney

A limited number of slots remain open for the 6th annual Wellness Challenge golf outing on Monday, June 28 with simultaneous play at Boulder Ridge Country Club in Lake in the Hills and Crystal Lake Country Club in Crystal Lake.

"This year's tournament will be the best yet," predicts chairman John Ekizian of North Barrington. "We offer golfers a challenging day on two great courses followed a terrific evening program of cocktails and dinner, awards and prizes, live and silent auctions of fabulous items, and special recognition of Paul Tamraz of Motor Werks for his generous support of Wellness Place."

Competition will begin after lunch when golfers play net two-best ball for 18 holes at their assigned golf course. The \$500

individual golfer entry fee includes green fees and cart, lunch and on-course beverages, participation in all events, a player's thank-you gift and evening festivities when everyone meets back at Boulder Ridge. Non-



Paul Tamraz

players are encouraged to join the fun, including cocktails and dinner, for \$100.

Paul Tamraz, president and CEO of Motor Werks in Barrington will receive the prestigious Pat and Vince Foglia Commitment and Loyalty Award for his significant leadership in fund-raising efforts and his service as an enthusiastic community ambassador for Wellness Place.

Continued on page 2

CPK Benefits Wellness Place

California Pizza Kitchen in downtown Arlington Heights will donate 20 percent of its net sales to Wellness Place on two Mondays— July 19 and Aug. 2. Just select from CPK's varied menu of freshly prepared appetizers, entrees, pizza and desserts to benefit Wellness Place. Dine in or takeout. The restaurant offers outdoor dining and is located at 3 S. Evergreen just south of Northwest Highway. empowering people living with cancer vol. 6 no. 2

Fuerer appointed president

The Board of Directors has appointed Russell E. Feurer of Palatine as president of Wellness Place. Feurer, former CEO of Good Shepherd Hospital in Barrington, will be responsible for strategic and long range planning and major philanthropy efforts to ensure Wellness Place continues and expands its exemplary programs and services to all people with cancer, according to Board Chair Jack Wood.

The Board selected Feurer based on his extensive experience in healthcare management, including a 25year career with the Advocate Health Care System. He also has numerous ties to communities in the Northwest suburban area. Feurer joined Wellness Place in January 2004 as interim executive director before his full-time appointment in April.

No stranger to Wellness Place, Feurer was responsible for Good Shepherd's initial support of Wellness Place when local cancer survivors announced plans in 1998 to open a community-based, nonprofit support center.

Feurer holds a master's degree in hospital administration from the

University of Toronto, Canada, and served in the U.S. Air Force. He began his hospital career in Indianapolis before he moved to management positions in

published quarterly summer 2004



Russell E. Feurer

Chicago at Christ Hospital and Woodland Hospital. Next, he became CEO of Good Samaritan Hospital in Downers Grove and concluded his career with Advocate Health Care by serving 14 years as CEO of Good Shepherd Hospital. Since his retirement in 1999. Feurer has consulted with several Chicago healthcare organizations.

Feurer is chairman of the Board of Directors for the Hospice of Northeastern Illinois, and is a director for Harris Bank of Barrington; LifeSource, a Chicagoland blood center;, and the Institute for Transfusion Medicine.

Feurer and his wife, Mary Ann, live in Palatine and have three adult children and one grandchild.



One of only 150 exotic 2005 Mercedes-Benz SLR McLaren sports cars manufactured this year will be the premier auction item during the Wellness Place Auxiliary's "Hooray for Hollywood" black-tie gala Sept. 18. In a recent European auction, the McLaren sold for \$2.1 million. See back page for details.



empowering people living with cancer

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Crist Linda Murphy Economos Nancy Pierce ickson

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President: Russell E. Feurer Editor/Writer: Kay Coyne Contributors: Sue Blechschmidt, Shefali Bhuva, Lois Coldewey, Stacey Hennenfent, Kathy Hill Design: Visualedge of Arlington Heights Printer: K&M Printing Co. of Schaumburg

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Wellness Place is a founding member of The Cancer Health Alliance of Metropolitan Chicago

auxiliary news

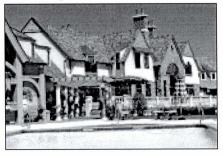
Live Famously, Give Generously, Be Glamorous

Premiere tickets of the season are now available! Join the Wellness Place Auxiliary's "Hooray for Hollywood" gala to be held on Saturday, Sept.18.

Guests will experience Hollywood's "red carpet treatment" when they enter Tom and Dede Wamberg's beautiful Hidden Ponds estate in Barrington Hills for a tour. Cocktails and dinner under the stars will follow, accompanied by the sounds of Ron Bedal and His Orchestra.

Mike Ditka, as master of ceremonies, will lead off the evening with his wit and charm and our inspiring keynote speakers, Walter and Flo Smithe, will engage the audience with their personal experiences. Our exclusive 2005 Mercedes Benz SLR McLaren and other travel and luxury items are sure to make our auction one of epic proportions!

And as a finale, Ellen Werksman's Danceworks will create a tantalizing show choreographed to selections of



Hidden Ponds estate is the site of the Wellness Place Auxiliary gala.

music from the Academy Award winning "Chicago," making the audience feel as though the musical is live before their very eyes.

A limited number of tickets are still available at \$175 per person. If you have interest in actively participating in our event as a sponsor, house docent or volunteer, we welcome your support! Please contact co-chairs, Jodie Barbera, 847-912-9511 or Laura Jones, 847-624-4383 for more information. NONPROFIT ORG U.S. POSTAGE PAID PALATINE, IL PERMIT NO. 2860

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coming *up*

September 18	Hooray for Hollywood Auxiliary Gala Event	
September 22	Care for the Journey Public Forum Wellness Place	
September 24	Medicine Music Concert Sheraton Chicago Northwest Hotel	
September 29	Nutrition and Fatigue Wellness Place	
October 21	Living Well with Chronic Illness Arlington Heights Library	
October 30	Seeds of Joy Seminar Sheraton Chicago Northwest Hotel	
Call 847-221-2400 for		

information and registration.

Golf Outing Slots Open

.... continued from page 1

Popular auctioneer Joel Langer will offer several unusual items in this year's live auction including a journey for two aboard the Rocky Mountaineer train traveling from Vancouver to Calgary; stays in luxurious condos in Breckenridge, Colo., and Puerto Vallarta, Mexico; White Sox and Chicago Cub box tickets; a fishing charter; and golf foursomes at exclusive courses.

The annual event has raised more than \$1 million in five years for Wellness Place services and programs and this year's goal is \$210,000, according to Ekizian.

For tournament and/or evening tickets, contact Mary Ann Roeser, 847-221-2400. 🥥

Golf Outing Sponsors

Generous support by sponsors for the 6th annual Wellness Challenge golf outing are recognized below. Thanks go to these sponsors and anonymous donors who make this major fund-raising event a success. Commitments through mid-May:

Platinum—First Northwest Bank and four anonymous gifts; Gold—Pride In Graphics; Northwest Community Healthcare; The Assurance Agency, Ltd.; LaSalle Bank, N.A.; Triumph Development Corporation; Silver—Duchossois Family Foundation; Brookfield Farms; Ford Motor Credit Company; American Fidelity Mortgage Services; Par Golf Supply, Inc.; Boulder Ridge Country Club; ReMax of Barrington; Werd Construction Co.; Bronze—Richard A. Feare & Associates; Scurto Cement Construction Ltd.

Board Appoints Economos

The Wellness Place Board of Directors recently appointed its eighth director, Peter C. Economos, senior partner with Laser, Pokorny, Schwartz, Friedman & Economos, P.C, a law firm specializing in corporate mergers, acquisitions and divestitures, and commercial real estate transactions and development.

Economos is also a member of the Wellness Place Chairman's Council and assisted Wellness Place co-founders Linda Murphy and Myrna Porter with the acquisition of the cancer support center's current location in Williamsburg Village.

He lives with his wife, Anne, and two children in North Barrington.



wellness praise

The Volunteer Center of Northwest Suburban Chicago honored the 45member Wellness Place Auxiliary and the Rev. Dr. C. Scot Giles at its 35th annual Caring Hearts Award recognition dinner recently.

The Auxiliary, named best community volunteer group, was cited for its generous support of Wellness Place. It has given proceeds of more than

Selling one red heart-shaped lollipop at a time, students at **Marion Jordan School** in Palatine literally "sold out" their inventory and earned \$1,510 in a "Lollipops for Life" campaign to benefit Wellness Place. The youngsters presented their proceeds to Wellness Place representatives in a special, in-house televised school ceremony in February.

The benefit, initiated by the Ambassador Club of fourth, fifth and six graders, involved everyone in the school. "Students made the connection of caring; it wasn't the lollipops," commented Principal Dana Petersen. A special education class sorted and counted money each day while other classes processed orders, attached tags and made personal deliveries. Customers included teachers buying candy for classes, parent volunteers making purchases for reading groups and visiting Fremd high schoolers giving lollipops to students they mentor, said teachers Claire Kowalczyk and Colleen Mickey.

\$250,000 to support free programs and services at Wellness Place since 1999 and Auxiliary members also contribute volunteer services as community ambassadors.

Dr. Giles was named an individual finalist for volunteering to facilitate a monthly medical self-hypnosis session where participants use the power of their minds to encourage self-healing.



A 'Lollipops for Life' fundraiser at Marion Jordon School in Palatine earned \$1,510 for Wellness Place.Sixth graders (from left) Katelyn Snelton, Laura Milner and Gianna Abruzzo presented a life-sized check to Kara Kordick and Lori Mackey, Wellness Place staff members.

In May, Ambassador Club members and their advisors made a bus trip to Wellness Place to see how proceeds from the candy sale would help people with cancer. Following a house tour, students gathered for treats and a question and answer time with Wellness Place professional staff members.

Japanese health care advocates visited Wellness Place in May to learn how a community-based, nonprofit cancer support center operates in the United States.



Their visit was arranged by (left, front row) Kim Dalzell, director of holistic nutrition services at Cancer Treatment Centers of America, who has presented nutrition programs at Wellness Place. Also pictured are (from left, back row) Sue Blechschmidt, Wellness Place clinical director, and Akira Hirose, MD, Tokyo Medical and Dental University; (middle row) Kayoko Matsumoto, Kyoritsu College of Pharmacy; Linda Murphy, Wellness Place co-founder, and Miho Hirose, Asahi Elles, a company involved with health reform programs and associations in Japan; and (front row) Dalzell and Russ Feurer, Wellness Place executive director.

program *news*

Wellness Place Nurtures Partnerships

Wellness Place encourages partnerships with medical centers and other cancer-related organizations as one way to bring current information to participants.

For example, Wellness Place will sponsor a two-day event, "Care for the Journey: Renewing and Sustaining the Heart of Healthcare," on Thursday, Sept. 23 and Friday, Sept. 24. It will include workshops for healthcare professionals, a public forum and an evening concert.

The educational program is designed primarily for physicians, nurses, hospice workers, chaplains and other healthcare providers involved with supporting people with serious illness. The public is invited to the forum and "Medicine Music Concert" offering inspiration and healing through songs, stories and participative music.

The "Journey" was developed by **Companion Arts**, a nonprofit organization that uses music, creative arts and an interfaith spirituality for caregivers and those in life transition.

U.S. Olympic gold medalist Paul Hait and 12-year cancer survivor Jerry White will present a Seeds of Joy seminar

Saturday morning, Oct. 30. Since their initial presentation to an overflow crowd at Wellness Place in July 2003, the two men have created **Seeds of** Joy Foundation, a nonprofit organization that offers a program to complement traditional medical cancer treatment.

The seminar also will feature presentations by a prominent oncology physician; a social worker and understudy for Saint Teresa; and a panel of cancer survivors, including Wellness Place participant Don Talend of Waukegan.

All these programs are offered at no charge, but require pre-registration. For information, call 847-221-2400.

In partnership with **The Cancer Institute of Alexian Brothers Medical Center,** Wellness Place will present two programs featuring Cari Rivas, a registered dietitian at the institute.

On Monday, July 26, Rivas will discuss "good" fats from 11:30 a.m. to 1 p.m. at the institute, 820 Biesterfield Rd., Suite 120, Elk Grove Village. On Wednesday, Sept. 29, she will present a program at Wellness Place on nutrition and fatigue, from 7 to 9 p.m. Both programs will include taste samples of nutritious foods.

Young women with cancer, ages 25 to 40, are invited to participate in a Young Women's Retreat Saturday, Aug. 21. Underwritten by a grant from the **Barrington Area Community Foundation**, the retreat will offer a time of renewal and personal reflection.

development*news* Chairman's Council Launches Membership Drive

The Wellness Place Chairman's Council is launching an **Inaugural Membership Drive** with a \$300,000 goal to achieve by year's end. The major fund-raising effort will support the continued growth of Wellness Place, according to Ken Stobart, membership drive chairman.

In establishing levels of giving, the Council noted that Wellness Place has become an "integral part of the lives of many in and around our community and it is our commitment at Wellness Place to enhance the quality of life for all people living with cancer."

Wellness Place members will be acknowledged appropriately with special events and other recognition, based on the following member categories: Founding Member, \$10,000 or more; Platinum Member, \$5,000-\$9,999; Gold Member, \$2,500-\$4,999; Silver Member, \$1,000-\$2,499, and Bronze Member, \$100-\$999.

The Chairman's Council, established in December 2003, is composed of a diverse group of community leaders interested in building upon the success of Wellness Place and raising it to new heights of accomplishment by serving as well informed ambassadors in the many communities Wellness Place serves.

For information, call Ken Stobart, 847-884-1100, John Ruth, 312-604-6502, or Stu Porter, 847-381-4907.

inside wellness place

Check out ongoing renovation in the library and resource center at Wellness Place. Funded by a grant from employees at the **Options Clearing Corpora-tion** in Chicago, the space will feature wall bookcases, an audio video viewing station, literature kiosks, and two computer workstations.

. . .

Volunteers continue to help Wellness Place run smoothly. Visitors and callers may hear the English accent of new reception desk volunteer **Simone Wheeler** who moved recently from London to Palatine. We also are grateful for other new volunteers including **Mary Winterstein**, Schaumburg, reception desk; **Barbara Rees**, Arlington Heights, reception desk substitute; **Lia Douglas**, Arlington Heights, hospitality, and Fremd High School VIKES service organization volunteers **Bill Von**, **Allison Streuter** and **Elyse McGinn**.

It turned into a group affair when more than 20 volunteers labeled, stuffed and stamped over 6,000 multi-sheet invitations for the 6th annual Wellness Challenge golf outing. Enthusiastic seniors at **Rosewood Care Center** in nearby Williamsburg Village also assisted in labeling and stamping hundreds of envelopes.

Kudos to **Sheri Eigenbrode** of Palatine, a front desk reception volunteer, who designed beautiful floral centerpieces for the Volunteer Recognition Party in April. In honor of National Volunteer Appreciation week, volunteer **Jeannie Reichard** created a colorful banner, "Thank You, Volunteers," for display in the front lobby.

. . .

Not exactly inside Wellness Place, but just as important is the outside appearance of our home. A big thank you to **Peggy Olsen** of Barrington Hills and members of the **Country Home and Garden Club of Barrington** for adding new perennial plants and mulch and re-designing areas of the beautiful front gardens of Wellness Place as part of their spring clean-up.



empowering people living with cancer

1619 West Colonial Parkway Palatine, IL 60067 847-221-2400 www.wellnessplace.org

Board of Directors

Robert Barger	Terrie Crist
Joan Bennett	Peter C. Econ
Carol Blackwood	Mia Erickson

rist Linda Murphy Economos Nancy Pierce kson Jack Wood

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Executive Director: Russell E. Feurer Editor/Writer: Kay Coyne Contributors: Sue Blechschmidt, Shefali Bhuva, Stacey Hennenfent Design: Visualedge of Arlington Heights Printer: K&M Printing Co. of Schaumburg

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auxiliary news

Excitement is in the air as preparations continue for our elegant, black-tie gala—"Hooray for Hollywood"—on Saturday, September 18 at Tom and Dede Wamberg's magnificent Hidden Ponds estate in Barrington Hills.

We are thrilled to announce our exclusive auction item—a 2005 Mercedes Benz SLR McClaren! Inspired by the legendary 300 SLR Coupe of the 1950s, the new SLR McLaren is an amazing model of tradition and innovation. Donated by Motor Werks of Barrington, this very limited edition sports car is an exciting addition to our event.

A special highlight of the evening will be keynote speakers Walter and Flo Smithe, who will share their personal experience as cancer patients and survivors.

And so important, we thank our early sponsors including Walter E. Smithe Furniture, Motor Werks of Barrington, Northwest Community Hospital, Northern Trust Bank of Barrington and Good Shepherd Hospital. If you are interested in becoming an event sponsor or live auction sponsor, please contact event cochairs Jodie Barbara, 847-912-9511 or Laura Jones, 847-381-7434.

Mike Ditka, as our Master of Ceremonies, will bring humor and good will to an evening filled with lively entertainment, special auction items, house and luxury car museum tours, dinner and



Mike Ditka

dancing and "Champagne and Diamonds" mystery. Mark your calendars now!

Gala invitations will be mailed in mid-summer and tickets will be \$175 per person. All proceeds from the event will support the free programs and services of Wellness Place. Please contact our co-chairs for more information. We extend a special thank you to the Barrington Junior Women's Club for choosing the Auxiliary as a primary beneficiary of their recent "Evening at Monte Carlo" event. Their donation of \$10,000 to the Wellness Place Auxiliary will help us continue to raise public awareness and support for the meaningful services offered by Wellness Place. We appreciate their generosity!

Se coming up		
June 28	Golf Outing/Party	
July 26	"Fat of the Matter" Program	
Aug. 21	Young Women's Retreat	
Sept. 18	"Hooray for Hollywood" Auxiliary Dinner Gala	
Sept. 25	"Medicine Music Concert"	
Oct. 30	Seeds of Joy Seminar	
Call 847-221-2400 for information and registration.		

Wellness Place News

Golfers Tee Off June 28 to Benefit Wellness Place

Golfers anticipating a day of friendly competition are already lining up foursomes for the 6th annual Wellness Challenge golf outing June 28 and this year's event promises to be the best yet, predicts golf chairman John Ekizian, Barrington.

The annual event underwrites operating expenses of Wellness Place, including free programs and services for children, teen and adult participants, their families, friends and caregivers. Wellness Place experienced more than a 20 percent increase in the number of people who participated in the free programs and services offered in 2003.

At the golf outing, players will compete for 18 holes at either Boulder Ridge Country Club or Crystal Lake Country Club. They will regroup at Boulder Ridge to rehash the day's scorecard during a lively cocktail reception and at sumptuous dinner stations. Non-golfing guests may make reservations for the evening's festivities.

An awards ceremony recognizing topscoring foursomes and individual players will be followed by live and silent auctions

Continued on page 2

Dr. Massey to Discuss Cancer Fatigue April 7

Patrick B. Massey, M.D., medical director of complementary and alternative medicine, Alexian Brothers Hospital Network, Elk Grove Village, will discuss "How to Beat Cancer Treatment Fatigue" at 7 p.m. Wednesday, April 7 at Wellness Place.

Dr. Massey, who writes the "Alternative Approach" medical column for the Daily Herald newspaper, will offer suggestions to ease debilitating affects of cancer treatment. He holds a Ph.D. degree in immunology/ microbiology from Northwestern University's School of Medicine and earned his medical degree from Rush University Medical School, Chicago. Dr. Massey also has studied integrative medicine with Dr. Andrew Weil at the University of Arizona Medical School. Call 847-221-2400 to register. Space is limited. empowering people living with cancer vol. 6 no. 1 published quarterly spring 2004

yourself healthy imagine

By Mary Jo Sinclair, Ed.D, C.H.T.P./I.

If you close your eyes and invite an image or symbol to appear that represents your pain, what does it look like? Believe it or not, whatever comes to mind is not accidental. Embedded in the picture of the problem is often a solution.

Through mental images, pictures and symbols you receive information about how your body feels and what it needs. For example, in a mental "body scan" you simply put attention in different

areas of the body and remain open to perceptions. With practice, this scan can be surprisingly accurate.

Through creative imagination you can send directions to your body about healthy outcomes.

For example, imagining yourself at an enjoyable "favorite place" can immediately shift you out of a stress response—which compromises immune function and cardiovascular health—and into a relaxation response that stimulates restoration and healing. The more vividly you imagine this safe, pleasant place... FEEL the warm sun, SENSE the sand between your toes, SEE the sparkling blue waters, HEAR the seagulls in the distance and SMELL the fresh salt air, the more powerful your relaxation response.

For someone dealing with cancer, intuitive information can be empowering—it may prompt a medical check-up, confirm that health is good, or simply reconnect oneself with inner resources. Pursuing a particular image in detail may reveal specific practical needs—to drink more water, take a particular vitamin, resolve an energysapping stressor, or simply be more self-compassionate. There is really no limit to how creative imagination can complement ongoing health care or selfhealing. Grassroots accounts are filled with stories about



Mary Jo Sinclair

personalized "end-state" imagery... of highly efficient white blood cells effortlessly devouring tumors, invisible signals methodically deactivating one cancer cell after another, benevolent



chemo agents selectively seeking out tumor cells and gliding harmlessly past healthy ones and the list goes on.

How to get started? The Wellness Place Resource Center features a hand-

picked selection of useful references, including tapes and CDs of guided imagery by experts Belleruth Naparstek and Martin L. Rossman.

Interactive classes offer practical imagery experiences and a supportive environment. It is not uncommon for participants to report relief from pain and symptoms, decreased anxiety, increased sense of personal control and a sense of just plain "feeling better."

Guided imagery seems to connect us with our inner strengths and resources. As Ralph Waldo Emerson wrote, "What lies behind us and what lies before us are small matters compared to what lies within us."

Mary Jo Sinclair, clinical assistant professor at the University of Illinois at Chicago, has a long-standing interest in innovative realms of mind-body and holistic approaches to health and healing. Certified in Interactive Guided Imagery, Holistic Stress Management and Healing Touch, she leads a weekly visualization and guided imagery class at Wellness Place.

Participation Increases 20 Percent in 2003

Now in its fourth year of operation, Wellness Place continues to expand programs and services for an ever growing population.

The total number of people participating in programs and services at Wellness Place in 2003 exceeded a 20 percent increase, according to Wellness Place Clinical Director Sue Blechschmidt.

Nearly 400 new participants, or a 7 percent increase in first-time visits by people with cancer, family members, friends or caregivers, occurred in 2003.

Attendance in support groups exceeded 900 visits in 2003 for a 16 percent increase. In addition to group support, nearly 600 individuals received one-to-one time with a professional staff member for consultation, diagnostic assessment, resource guidance or individual support.

The number of stress management programs doubled in 2003 and more "fun" and informal events were added during the year.

Participants checked out nearly 600 items from the lending library and resource center.

Wellness Place also hosted three professional programs to introduce physicians, nurses, counselors and social workers to the value of referring patients and their families to a community-based cancer resource center.

Golfers Tee Off June 28 to Benefit Wellness Place continued from page 1

of luxurious accommodations, special event tickets and one-of-a-kind items.

Ekizian notes the golf committee is seeking sponsors and donors for this annual event. These sponsors and donors will receive complimentary advertising at various locations on the golf courses and in the event program.

For more information about sponsorships, call Tom Barbera, 847-585-0710.

To register as a foursome or individual golfer, contact Mary Ann Roeser, Wellness Place, 847-221-2400.

Wellness Place Restructures Board

"Each year more and more people living with cancer come through our doors for free programs and services, including a 20 per-

cent increase in the number of participants for 2003. For us to meet this double-digit growth, we have had to upgrade our operation," according Jack V. Wood of Barrington, newly-elected chairman of the Wellness Place Board of Directors.



Jack V. Wood

"We're aligning the planets," explained Wood in describing a significant reorganization of the Wellness Place Board of Directors, staff and development efforts.

The Board tapped Russell E. Feurer of Palatine, former CEO of Advocate Good Shepherd Hospital in Barrington, to serve as interim executive director. Feurer was selected for his outstanding skill sets in operational management, including twenty-five years with Advocate Health Systems. He joined Wellness Place in January to oversee a staff of eight fulland five part-time employees and to manage significant fund-raising efforts. Feurer replaced Kim Dougherty who resigned to pursue other professional interests.

In December the Board reduced its size from seventeen to eight directors. Besides Wood, the new Board includes Linda Murphy, North Barrington, co-founder who serves as a past chairman; Carol Blackwood, Arlington Heights, vice chairman and governance chair; Mia Erickson, Arlington Heights, secretary; Robert Barger, Wheaton, treasurer; and Terrie Crist, Barrington, Nancy Pierce, Barrington Hills, and Joan Bennett, Barrington, at-large members.

"We are indebted to retiring members of the Board of Directors who turned a vision for Wellness Place into reality through ingenuity, perseverance and a commitment to enhancing the lives of people with cancer. Several of these tireless advocates have served Wellness Place since 1999 and we look forward to their continued support," said Wood.

As part of the restructuring, a newly formed Chairman's Council will collaborate with the Board and Wellness Place staff to create and implement fund-raising strategies. The twenty-two council members will serve as well-informed ambassadors for the sixty communities Wellness Place serves and will support the Wellness Place annual golf outing June 28 and Wellness Place Auxiliary black tie gala Sept. 18. Plans are also underway to conduct a membership drive and create an endowment fund.

"Our goal is to bring Wellness Place to the next level of operational expertise and fund raising," explained Wood. "We want to continue the dream of co-founders Linda Murphy and Myrna Porter to enhance the lives of people living with cancer."

The Board expects to engage a professional search firm shortly to identify executive director candidates and hopes to complete the search within six months.

🔅 wellness praise

Three talented women across the country are knitting anonymous gifts of love for cancer patients at Wellness Place.

"When we see participants who need reassurance and a hug, we are able to give them a beautiful, hand knit shawl to keep as their own, thanks to our special knitters," says Kathy Hill, Wellness Place clinical specialist. A gifted knitter in Hanover Park who wishes to remain anonymous and her 77-year-old twin sisters who live in Pittsburgh and Sioux Falls, S.D create the shawls.

During her own treatment for breast cancer, the local knitter received a hand knit shawl from an anonymous friend. An attached letter said to think of wearing the shawl as "wrapping the wings of an angel around you to bring a feeling of peace and hope."

She was so touched by this gift that the local woman began knitting shawls for others,

adding an angel charm and duplicating the letter she received.

In three and half years, the women produced 150 shawls for Wellness Place and Northwest Oncology & Hematology, S.C. Each shawl requires three skeins of yarn and takes about 18 hours to knit.

Hill explains, "My knitting friend has such a generous spirit. She thrives on sharing her shawls of comfort with those who need a special act of kindness."

I'm just passing on what I received," said the anonymous knitter who Kathy Hill calls "a precious jewel."

Local knitters are welcome to join these women in their mission of love; others may subsidize yarn purchases. Contact Kathy Hill, 847-221-2400 for information.

program *news*

Wellness Place Welcomes Children, Teens with Cancer

Children and teens diagnosed with cancer often find themselves in circumstances they are not prepared to face. Wellness Place is expanding its programming to enhance the lives of these youth.

In cooperation with Advocate Lutheran General Children's Hospital and the Midwest Children's Brain Tumor Center, Wellness Place is offering three monthly evening support groups for kids with cancer a recent Family Fun Night. and their siblings; teens

with cancer and their siblings, and parents.

Wellness Place consultant Harvey Wolf, health psychologist, and Wellness Place certified child life specialist Lori Mackey facilitate the parent discussion group. Professional staff lead the two youth support groups. All groups alternate meeting at Wellness Place and the Advocate Lutheran General



Working together on their fleece blanket are Chris Burbidge DePal and her daughter, Assunta, 8, during

Center for Day Care, Park Ridge.

Currently the only nonprofit cancer resource center in the Chicago suburbs to offer support groups for children and teens diagnosed with cancer, Wellness Place welcomes all pediatric and adolescent cancer survivors, regardless of the hospital where they may be receiving medical treatment.

"We are thrilled to provide these children and teens with a place to meet others their age who are living with cancer. They will

have the opportunity to learn coping skills to better deal with stresses of a serious disease in a place designed especially for them," said Sue Blechschmidt, Wellness Place clinical director.

Special areas at Wellness Place are set aside for children and teens and will include new furnishings and a variety of expressive arts and resource materials.

development*news*

The Coleman Foundation, Inc. of Chicago has awarded a \$15,000 grant to Wellness Place to provide program services to participants. Coleman is a not-for-profit, private independent foundation established in Illinois in 1951. A major area of its grant making is for cancer research, care and treatment. Wellness Place expresses special thanks to the Coleman Foundation for its generous and continued support.

Employees of Bosch Rexroth Corporation in Hoffman Estates cosponsored a "Frosty February" family party at Wellness Place for more than 60 attendees Feb. 17. They provided live musical entertainment, played games and helped youngsters make crafts before giving each child and teen a special gift.

Wellness Place welcomes event sponsors and thanks Bosch Rexroth for underwriting this special Family Fun night. 🚄

Reaching Out

Wellness Place will participate in the annual Harper College Health Fair on the Palatine campus April 21 and will host the Palatine survivor reception June 10 for the American Cancer Society's Relay for Life. Outreach Coordinator Kara Kordick and volunteer Jeannie Reichard created a 24-foot wall display in February at the Palatine Library promoting Wellness Place. Nordstrom invited Wellness Place to participate as its community cancer resource during a special prosthetic fitting event held March 3 in Schaumburg. -

Initiate Membership Drive

Friends of Wellness Place will have an opportunity to participate in a forthcoming membership drive. The first ever initiative will be spearheaded by the Chairman's Council and launched this spring.

inside wellness place

Lois J. Coldewey, Wellness Place clinical services coordinator, attended a seven-day "Cancer Guides" professional training course in Berkeley, Calif. in January where she learned practice models to provide comprehensive cancer care-the integration of conventional medicine with safe and effective complementary approaches for people with cancer.

Clinical Director Sue Blechschmidt was a nominee for the 2004 Woman of the Year award sponsored by the Barrington Area Professional Women's Charitable Foundation.

Two Wellness Place nominees were named as finalists for the 2004 Caring Hearts award given by the Volunteer Center of Northwest Suburban Chicago. Wellness Place Auxiliary was chosen in the community group category for its fund-raising and volunteer efforts since 1999. The Rev. Dr. Scot Giles was selected for volunteering to facilitate a deep medical hypnosis class every month for participants.

Welcome to new Wellness Place volunteers-Mithra Selvadurai, Schaumburg, reception desk and resource center; Norine Heinz, Arlington Heights, reception; Sherri Eigenbrode and Ann Barton, Palatine, reception; Elizabeth Fagerman, Wheeling, reception and resource center; Sharon Naert, Cary, reception; and Kari Mulec, Barrington, reception and Teen Time assistant. Special thanks to afterschool teen volunteers from Fremd High School's VIKES program -Jessica Negas, Inverness, and returning VIKES volunteers Steffi Lentz and Lindsey Pittas both from Palatine.

Wellness Place volunteers will be recognized during an annual Volunteer Appreciation Party Monday, April 19, from 6 to 8 p.m. at Wellness Place. The Marion Singers, an adult Renaissance madrigal group, will entertain and Pina's Culinary Experience will provide hors d'oeuvres. "We couldn't offer our special services without the time and energy of our outstanding volunteers and we hope everyone will join us for a fun party," said Volunteer Coordinator Stacey Hennenfent.



empowering people living with cancer

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Board of Directors

Robert Barger Terrie Crist Mia Erickson Joan Bennett Carol Blackwood Linda Murphy

Nancy Pierce Jack Wood

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Interim Executive Director: Russell E. Feurer Editor/Writer: Kay Coyne Contributors: Ann Bishopp, Sue Blechschmidt, Shefali Bhuva, Stacey Hennenfent, Lori Mackey Design: Visualedge of Arlington Heights Printer: K&M Printing Co. of Schaumburg

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auxiliary news

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We are thrilled to announce that former Chicago Bears Coach Mike Ditka will help the Auxiliary kick off "Hooray for Hollywood," our black tie gala at Tom and Dede Wamberg's Hidden Ponds estate in Barrington Hills September 18.

Entering via our "red carpet," partygoers will be treated to a tour of a beautiful 70acre property, which includes a one-of-akind luxury car museum. Guests will then feast on a delectable dinner before Mike emcees the evening's live "celebrity" performances.

Adding to this spectacular evening, you will be presented with several unique ways to indulge yourself with one-of-a-kind items. And of course, the evening would not be complete without our "Feel Like a Celebrity" live and reverse auctions. Mark the date on your calendar now, as this is an evening that you will not want to miss!

All proceeds from our event will benefit the free programs and services of Wellness Place. Please contact co-chairs Jodie Barbera, 847-304-0511 or Laura Jones, 847-381-7434 for more information.

Also, we are delighted to announce that the Auxiliary has been chosen as a recipient of the Barrington Junior Women's Club's spring gala. The "Meet Me in Monte Carlo" evening will be held on April 16 at the Metropolis Ballroom in Arlington Heights. Twenty-five percent of

> the proceeds from this event will be donated to the Wellness Place Auxiliary. For more information, please contact Amy Kenrich, 847-277-7583.

As we move into 2004, we are pleased to congratulate Chrissie Tillis as the Auxiliary's new president, and Jackie Kapcheck, as vice president. With their leadership skills, energy and creativity, our group is looking forward to another exciting and successful year!

Our membership enjoyed significant growth in 2003 with now more than forty members in the Auxiliary! If you are interested in joining this talented group of women or volunteering for our events, please contact Pam Reiss at 847-836-9431.

coming up		
April 7	"Beat Cancer Fatigue" Dr. Patrick Massey 7 p.m.	
April 19	Volunteer Party Marion Singers 6-8 p.m.	
April 28	Spring Fling, All Ages Line Dancing 7-9 p.m.	
June 28	Wellness Challenge 6th annual Golf Outing	
Sept. 18	"Hooray for Hollywood" Auxiliary Dinner Dance	
Call 847-221-2400 for information and registration.		

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