

About the Mokena Cancer Support Center

The Cancer Support Center was founded through a powerful and passionate collaboration by the Jennifer S. Fallick Cancer Support Center and Ingalls Health System. The Mokena Center offers a multi-faceted approach to cancer care that was designed by clinical therapists from the Cancer Support Center and cancer experts from Ingalls.

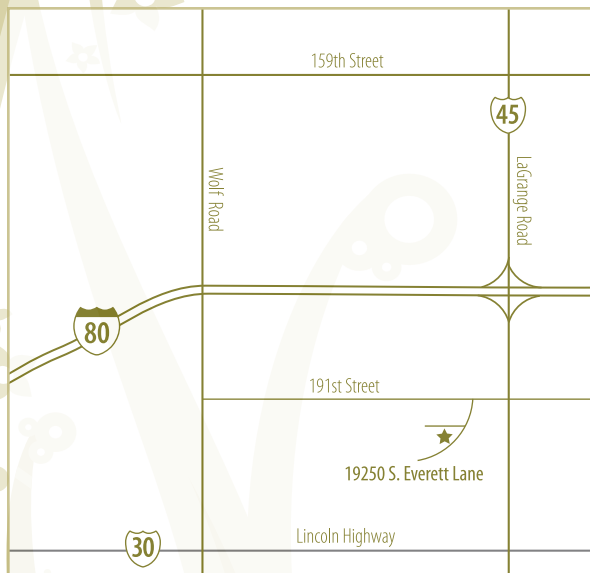
The Jennifer S. Fallick Cancer Support Center has long recognized the importance of a holistic approach to cancer care including nurturing the body, mind and spirit. Individuals who have the appropriate information, knowledge and support will have a greater quality of life before, during and after a cancer diagnosis.

Ingalls Health System has a strong commitment to reaching out across the Chicago Southland. Ingalls strives to educate its neighbors to manage their health risks and motivate residents to maintain preventive measures that can assure the healthiest possible future.

The Cancer Support Center offers prevention, education and wellness programs designed by professionals from both organizations.

Services are available to all those in the community affected by cancer.

No medical or insurance referral is necessary. All programs are provided at no cost.



THE
Cancer Support
CENTER

Ingalls Jennifer S. Fallick Cancer Support Center

1925 Everett Lane, Mokena, IL
708.478.3529

THE
Cancer Support
CENTER

Ingalls Jennifer S. Fallick Cancer Support Center

PREVENTION | KNOWLEDGE | STRENGTH



About the Jennifer S. Fallick Cancer Support Center

This original Center has been helping Chicago Southland families overcome the effects of cancer through a wide variety of programs in its Homewood location since 1994. All programs are offered free of charge.

Programs are facilitated by licensed clinical psychologists, social workers and counselors that specialize in cancer care as it affects the individual, family members and friends. Programs focus on the emotional, informational, spiritual, physical and social needs of each participant.

The Center is a community-based, non-profit organization that receives no ongoing state or federal funding. Programs are supported entirely through the generous donations of individuals, organizations and foundations.

For more information about programs at the Homewood Center, please call 708.798.9171 or visit our website at www.CancerSupportCenter.org

Cancer patients and their loved ones can choose from a variety of professionally designed programs:

- ✿ Cancer prevention programs, screenings and other educational programs sponsored by the Richard K. Desser, MD, Fund
- ✿ Individual and family counseling and guidance
- ✿ Support groups
- ✿ *Gentle Changes Boutique*, which offers on-site consultations for patients experiencing hair loss, with an extensive wig inventory, along with turbans, scarves, hats and gifts
- ✿ Resource library
- ✿ Exercise classes
- ✿ Expressive arts classes
- ✿ Nutrition classes
- ✿ Social events
- ✿ Grief support

Participation in wellness and support programs can result in:

- ✿ Better understanding of cancer treatment and side effects
- ✿ Increased sense of control
- ✿ Enhanced ability to cope
- ✿ Improved immune functioning
- ✿ Increased vitality
- ✿ Improved mood
- ✿ Easier sleeping
- ✿ Reduced pain and fatigue
- ✿ Decreased sense of isolation, hopelessness and depression
- ✿ Connecting with others
- ✿ Greater ability to express fears and concerns

About Ingalls Cancer Care Programs

Ingalls is home to the first freestanding cancer care center in the area—the Ingalls Cancer Care Center in Tinley Park—one of only two radiation oncology programs in the state accredited by the American College of Radiology.

As a leading provider of cancer care services in the South Suburbs, Ingalls patients have access to a team of nationally recognized cancer experts, innovative programs, advanced technologies comparable to major medical centers, and the latest ground-breaking research studies. Ingalls also offers the Richard K. Desser, MD, Comprehensive Breast Center, dedicated to providing complete care for breast health issues, and a team of specially-trained nurse navigators to guide you through your cancer care every step of the way.

For more information about Ingalls comprehensive cancer program, please call 1.800.221.2199, or visit our website at www.ingallshealthsystem.org.

