



Information and Education:

Bringing
Possibilities
to Life

Wellness News

Night of WONDER

SAVE THE DATE

Saturday, October 20, 2018

Museum of Science & Industry

Wellness House Ball Chairs

Molly & James Haunty

Noelle & Brian Perkins

Tickets on sale now!

For more information please visit
wellnesshouse.org

Special thanks to our Presenting Sponsor



Night of Wonder Tickets on Sale Now!

Last year, Wellness House hosted over 385 guests at Radisson Blu in Chicago for its annual black-tie ball and raised over \$550,000 for programs supporting those who are living with cancer. This year's event will be held Saturday, October 20th at The Museum of Science and Industry. Guests will enjoy an elegant dining experience in the expansive rotunda followed by an opportunity to support those living with cancer through a wine auction, live auction and paddle raise. Ball chairs, Molly & James Haunty & Noelle & Brian Perkins along with Wine Chairs Puja & Sachin Gupta, Melissa & Todd Schaefer, Monica & Brian Sodikoff began planning this very special event over a year ago.

Don't miss this very meaningful evening!

Tickets are on sale now
at www.wellnesshouse.org

Dear Friends,

You make such a positive impact on so many people – most of whom you've never met. We're reminded of this every day, and today is no different. As we read the articles that appear in this issue, we feel infinitely grateful to you for making such a profound difference in the lives of Wellness House participants. Thank you!

Perspective is everything. Some say that working with people affected by cancer must be painful -- but we find that it's quite the opposite. Wellness House is full of peace and inspiration and life. Our community is made up of people utterly committed to helping each other live their best life, no matter where on their journey they find themselves.

We're incredibly fortunate.

Fortunate to know you – the friends who make Wellness House a safe haven for thousands of people affected by cancer every year.

Fortunate to work with amazing volunteers and staff who are devoted to supporting participants through challenges and celebrations alike.

Fortunate to serve with an amazing board. We're especially grateful to Rob Knuepfer for accepting his new role as board chair, and to John Paro for his years of service.

Fortunate to work with participants who inspire us every day with their grace and strength.

Katie Hwan is one such participant. You'll meet her on page 3, in an article that explores new services geared toward helping participants manage one of the most stressful side effects of cancer treatment: hair loss.

Katie has said that living with cancer gave her a new perspective on life. She appreciates what she once took for granted, and works hard not to "sweat the small stuff." We're honored to be surrounded by role models like Katie as we live our own lives. And we're thankful to families like the Eisels who support those participants (learn more about the Eisels' generous gift on page 3).

As we consider what's most important to us, we're reminded of how grateful we are for all of you. Thank you bringing education, support, and empowerment to all of our Wellness House participants.

A handwritten signature in black ink that reads 'Jeannie'.

Jeannie Cella
President and CEO

A handwritten signature in black ink that reads 'Robert C. Knuepfer III'.

Robert C. Knuepfer III
Board Chair

Bringing Possibilities to Life

Our donors bring so many wonderful possibilities to life. Many, many thanks to John Eisel and family, who recently helped expand our salon services by endowing our wig boutique in memory of his wife Linda. His thoughtful generosity will make a world of difference to Wellness House participants. (See story at bottom to learn more about the Eisels.)

For years, Wellness House has offered a wig boutique on our lower level. We've invited interested participants to select from among a variety of wigs, then learn how to care for their wig before bringing it home. We've also offered makeup application, eyebrow penciling, and scarf tying classes.

But starting in September, thanks to the Eisel family and several other donors, we will expand those salon services. Stylists will be available to shave or style thinning hair and to show participants how to manage regrowing hair. These compassionate volunteers will work with participants in our comfortable and private space; participants are also welcome to bring family and friends for additional support. We'll also be adding new services related to managing skin and nail changes. As always, thanks our generous friends, all of these services will be entirely free of charge.

Katie Hwan, a neonatal nurse who underwent chemotherapy following her breast cancer diagnosis, recalls the emotional challenges of managing her own hair loss. "Before I decided to shave my head, I got my first short haircut at



Katie Hwan, a neonatal nurse recalls the emotional challenges of managing her own hair loss.

the kids shop where I brought my little boy for his cuts. It was depressing to be in a regular salon, where everyone is so social. I always tried to schedule appointments at times when no one else would be there.

"Then my hair started coming out in clumps; I would touch it and it would fall out all over the house. When the time came to shave it, my brother just buzzed it off in his garage. I'm glad he could do it, but it was very emotional. It would have been great to do all of this at Wellness House instead."

Research shows that hair loss is among the most stressful side effects of cancer treatment. Although it isn't physically painful, it serves as a constant (and potentially public) reminder of the disease. It can negatively impact self-image and exacerbate a sense of lost control.



"Everyone is different and approaches hair loss in their own way. But no matter what I do, I know I'll be supported at Wellness House," Katie says. **"That's one of the best things about this place. It's safe here. It feels like home."**

**- Katie Hwan
(participant)**

Katie, who has now completed her course of chemotherapy, reports that her hair is returning – and bringing new difficulties with it. "I have no idea what to do with my hair now. It's different lengths, and it's growing on the top of my head last." She's pleased that Wellness House will be able to help her with this, as with so many challenges.

Donor story: Linda and John Eisel

John Eisel recently endowed the Wellness House wig boutique with a generous gift in memory of his wife, Linda, who faithfully served the Courtyard for two decades before dying of breast cancer.

John explains that Linda took great pleasure in wearing a beautiful wig after she lost her hair. "She didn't want people

to think of her as sick," he says. "Everyone is different – but for her, looking healthy was part of feeling healthy."

He recognizes that their family was fortunate to be in a position to afford the wig. "I'm happy that we can make that possible for other people," he says. "And Linda would be happy to know that she left that kind of legacy."

Leadership Development Programs:

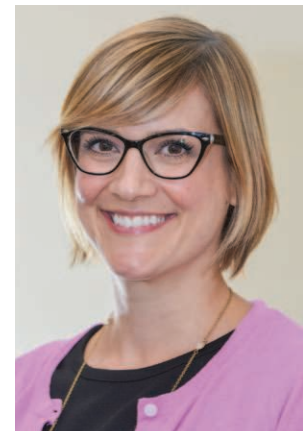
Ladder to Leadership

Developing future leaders



Leadership development is critical for every organization to thrive and grow. It helps in many different areas such as collaborative leadership skills, influencing skills, networking skills, client focused service, innovations, visionary thinking and organizational boundaries. Tracy Lester, MS, ACSM/ACS CET, ACE health Coach, RYT, Wellness and Education programs Manager was selected to participate in a 16-month Ladder to Leadership Program presented by the Center for Creative Leadership and sponsored by Community Memorial Foundation. Participants receive support to enhance their skills through a series of courses, mentoring, action learning projects and individual professional coaching.

To be selected for this program, Tracy needed 5 years of supervisory experience and to be recommended by Wellness House leadership. Wellness House is thankful to The Community Memorial Foundation for selecting and supporting Tracy Lester for this impactful 16-week leadership development program.



“I feel incredibly fortunate to be a part of the Ladder to Leadership program. There is so much value in connecting with other professionals from not-for-profit organizations in the surrounding communities to network, share ideas, and exchange experiences. I have already learned several tools to improve team communication, and I look forward to bringing what I learn to my team and Wellness House.”

- Tracy Lester, Wellness and Education Programs Manager

We couldn't do what we do without volunteers!

See below for our current volunteer needs.

Saturday Front Desk Volunteer: Making participants feel welcome is part of our philosophy. We are looking for people to greet visitors and help create a warm environment by answering phones and checking people into our busy programs. 4 hour shift, 1-2 shifts per month.

Saturday Courtyard Volunteer: The Courtyard is our local consignment/retail store that sells a variety of fine furnishings. All proceeds benefits Wellness House. Whether it's helping customers or setting up eye-catching displays, we would benefit from retail or computer support. 4 hour shift, 1-2 shifts per month.

Massage Volunteer: Help us support participants by providing massage. Minimum 2 appointments per month.

Salon Volunteer: We are looking for licensed cosmetologists to provide hair cutting, wig cutting, and head shaving services in our salon. We are also looking for a volunteer to coordinate these services.

Administrative Volunteer: We are looking for a volunteer to help with scanning, filing, and making follow up calls to participants.

Walk for Wellness House 2018

NBC5 & WGN's Ben Bradley Attend!



The 2018 Walk for Wellness House turned out to be a very special year! Over 3,000 cancer survivors, families, friends and volunteers gathered together in May 2018 for our annual walk. More than \$614,295 was raised to support Wellness House programs. This year, news anchor Ben Bradley with WGN presented an exciting and heartfelt opening program. Throughout the morning, news reporter Regina Waldrop from NBC 5 broadcasted live with five live segments. Wellness House experts and specialists were interviewed along with participant Leslie Hansen and her team.

The annual Walk for Wellness House is held each year to make it possible to offer no cost psychosocial support to people affected by cancer around the Chicago area. The proceeds of this inspirational walk provide 20% of the yearly budget.



The Inland Real Estate Group of Companies once again showed their spirit of dedication and support to those living with cancer serving as the presenting sponsor and raising over \$123,814 for Wellness House.

Teams are an important element of fundraising and contributed \$321,894 toward the total in 2018!

TOP TEAMS

Inland	\$123,814
Thecrownroyalsteam	\$47,762
Phil and the Mountain	\$31,186
Team Morrison	\$22,885
Brooks Strong 2018	\$21,580

We wish all kids affected by cancer could go to Kids Kamp. What's your wish?



Wellness House Support Programs

transforming lives through connection



Pictured: Karie Milewski-Carlson, MEd, MSSW, LSW

Meet Our Experts

Karie Milewski-Carlson, MEd, MSSW, LSW is one of our team's most recent additions. Since joining us last year as an Oncology Support Counselor, she's been transforming the lives of couples and families through individual and group therapy. She also facilitates a bereavement support group for parents who have lost a partner/spouse.

“Our work at Wellness House goes beyond helping people. It's about making authentic human connections,” she continues. “I'm honored and humbled to be a part of people's journeys.”

- Karie Milewski-Carlson, MEd, MSSW, LSW

We are so grateful to Wellness House's generous donors, who make it possible for us to attract some of the area's best cancer experts to educate, support, and empower our participants.

Karie recognizes that traditional support groups can be intimidating, so she works to find new ways to reach people who may not be comfortable in those contexts. Currently she's developing a program called Taking Time Out Together. “We're aiming to organize more activities that couples can enjoy together with the opportunity to meet others – like a cooking class or a night of meditation exercises,” she explains. “Conversations and connections emerge more organically when you're experiencing something fun together – even in the midst of navigating cancer.”

While all participants face a unique set of challenges, Karie acknowledges that common themes can emerge in the groups she facilitates. “For instance, people who are caring for or have lost partners to cancer often feel guilty when taking time to care for themselves. Reading a book or meeting a friend for lunch can feel too indulgent,” she says. “This can be especially true if they're parents of young children. But it's like those airplane safety instructions many of us know: You need to put your own oxygen mask on first before you can help those around you.” Karie helps participants work through feelings of guilt – and appreciate the value of self-compassion -- in bereavement groups and individual counseling sessions.

Karie's professional highlights

- Joined Wellness House in 2017
- Previously served as an Austin (Texas) police department victim services counselor and a psychiatric/behavioral health social worker
- Earned a social work license and two graduate degrees
 - MEd in health education, University of Texas at Austin
 - MSSW in clinical social work, University of Texas at Austin
- Received her BS in journalism and communications from the University of Illinois at Urbana-Champaign
- Belongs to the National Association of Social Workers

Parenting with cancer

Karie often works with parents who are struggling to communicate information about their diagnosis to their children. She notes that although many parents feel they need to protect their kids from bad news, children typically know when adults are hiding information – and that can scare them even more. Karie's advice? “Be direct and transparent. Use the word ‘cancer.’ When kids ask questions, answer honestly and in a way that's age appropriate. For instance: ‘There are bad cells in my body. Chemotherapy is a medicine that fights them off.’”

Wellness House Spring 2018 Events

Staying Informed, Empowered and Prepared

Hot Topics in Breast Cancer June 2018

Information is an incredibly important component to the decision-making process while deciding what course of treatment to follow after diagnosis. This unique format enables doctors to present the top updates, research, treatments and information in an intimate setting with those experiencing cancer and their caregivers. That's why Wellness House presents events such as Hot Topics in Breast



Cancer, Hot Topics in Prostate Cancer and now a just added Hot Topics in Lung Cancer this November. This unique format invites doctors to present the top updates and treatments in an intimate setting with those experiencing cancer and their caregivers.

This year, over 100 attended the main panel discussion which presented the latest updates in medical oncology, surgical oncology and radiology. The main presentations and panel discussion included Updates in Medical Oncology, Janet Chin, MD, DuPage Medical Group, Updates in Surgical Oncology by Swati Kulkarni, MD, FACS, Northwestern University, Updates in Radiology Oncology,

with Peter M. Jokich, MD, FSBI, FACR, Rush University. The main panel was followed up with the presentation, Breast Cancer and Body Image with Rebecca Hunter, Ph.D Rush University.

Participants and their caregivers were able to attend break-out sessions on topics that mattered most to them. Topics included, Eating well After Breast Cancer, Anita Ratterman, RDN, CSO, LDN, Northwest Community Hospital, Updates in Metastatic Breast Cancer with Gini Fleming, MD, FASCO, The University of Chicago and Surgical Management of Lymphedema and Breast Reconstruction with Daniel Liu, MD, Cancer Treatment Centers of America.

September is Prostate awareness month. Wellness House has put together a diverse panel of doctors who specialize in Prostate cancer from some of the best medical facilities in the Chicago area for Hot Topics in Prostate Cancer happening September 29.

Taste of Wellness House June 2018

“There’s a lot of stuff to digest, well organized, covered topics that I’m interested in. I’m full of knowledge and ready to take this (cancer) adventure.”

- Event Participant

The topic of eating is on most of our minds. We look for great restaurants, fun recipes and how to eat better. For many with cancer, it can mean a lot more. Most people with cancer are battling side-effects and looking for ways to be able to eat the best cancer fighting foods possible during and after treatment. Taste of Wellness House Nutrition Fair is presented once every two years and one of the most popular events through-out the year. Over 270 people attended this year's fair which included a vendor tent and 5 break-out sessions; Tools for a Cancer Fighting Kitchen, Hot Topics in Oncology Nutrition, Plant-Based Cooking, Berry Healthy at Home and a Product Tasting of plant-based foods.

Participants from our partner locations at University of Illinois Hospital and Mercy Hospital were provided bus service to the event. This is the first year Wellness House has provided bus service for those who have difficulty traveling to the main location for an event and otherwise not able to attend.

Attendees of the event walked away armed with the knowledge of eating the best cancer fighting foods as they navigate cancer and handouts with practical knowledge to put what they learned into every day practice at home.



“These events are helpful to educate the community about screening diagnosis and treatments for cancer and to dispel a lot of the myths.”

- Peter Jokich MD



Wellness House | Main Location
The Kay & Mike Birck Home of Hope
131 North County Line Road
Hinsdale, Illinois 60521



Will Giving Decline?

Charities are questioning how recent tax reform may impact contribution incentives going forward. As a donor, here are some ideas you might consider when thinking about making your charitable donations this year.

David Blaydes, CFP, MS, RFC, AIF Here are a couple key strategies that you may choose to utilize to benefit from a tax perspective:

1) Charitable IRA gifts - For some wealthy traditional IRA owners, a Required Minimum Distributions (RMD) is a bother. They may not really need the income, the income is fully taxable, and if the RMD is large enough, it could put them into a higher tax bracket. A Qualified Charitable Distribution (QCD) may be a good move in this situation, and many charities are encouraging it to be used by donors.

A QCD works like this: a traditional IRA owner earmarks up to \$100,000 in assets from the IRA for a transfer to a qualified charity or non-profit organization. As a perk for the substantial charitable gift, the Internal Revenue Service lets the donor count the amount of the gift toward his or her RMD for that year. The transfer of the assets is tax free, and the gifted amount is not added to the donor's adjusted gross income (whereas an ordinary RMD would be). The tax benefits of this gift apply even if the giver does not itemize.^{1,2}

2) Small gifts combined in one tax-year - A donor can try bunching charitable gifts every second, third, fourth, or fifth year to amass enough itemized deductions to write off more than the standard deduction. That is, make many charitable gifts one year, and perhaps none for 1-2 years after that.

While standard deductions have increased in 2018, there are still ways to give that benefit both the donor and the recipient.

If you have any questions please feel free to contact our office at info@rpiplan.com or 630-778-8100.

We would be happy to review your current gifting strategy to make sure you are maximizing the personal and tax advantages allowed. **David Blaydes and his team may be reached at info@rpiplan.com or 630.778.8100.** www.rpiplan.com

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Citations.

- 1 - [irs.gov/retirement-plans/plan-participant-employee/retirement-topics-required-minimum-distributions-rmds](https://www.irs.gov/retirement-plans/plan-participant-employee/retirement-topics-required-minimum-distributions-rmds) [8/26/17]
- 2 - [marketwatch.com/story/how-to-get-a-tax-break-for-charitable-donations-under-the-republican-tax-bill-2017-12-22](https://www.marketwatch.com/story/how-to-get-a-tax-break-for-charitable-donations-under-the-republican-tax-bill-2017-12-22) [12/22/17]

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- The Greer Foundation
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The Courtyard
You'll treasure the experience.

A Donation/Consignment Shop of Quality Home Furnishings to benefit Wellness House.

ShopTheCourtyard.com
for weekly "featured items" as a preview of the treasures you'll find there.

Hours: Tuesday through Saturday, 10 a.m. to 4:30 p.m.
For more information: Call 630.323.1135
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