

Support and Networking:
Building
rock-solid **Trust**



Join Us
Sunday, May 6, 2018

Register Today!
walk.wellnesshouse.org

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 go on sale late summer
For more information please visit
wellnesshouse.org

Special thanks to our Presenting Sponsor



Dear Friends,

Spring is here. As I write this message, Chicagoland temperatures are barely above the freezing mark, but my calendar reassures me that the air will be soon be warmer, flowers will bloom, and our trees and parks will once again be green.

Springtime has significance. Nearing the end of the school year, start of baseball season, the fleeting supermarket appearance of Cadbury® chocolate eggs – these annual happenings are associated in our minds with the sensations of spring. I'm delighted to see that, over the years, many of our constituents have also come to equate spring's arrival with our Walk for Wellness House. With great anticipation and energy, they look forward to organizing their teams, setting goals, and joining the enthusiastic crowd of runners and walkers at Wellness House on a morning in May. (This year, it will be Sunday, May 6.)

If Wellness House participants were all typical "charity run" veterans, I might not be as struck by how our Walk has become an established part of community members' calendar. But, of course, that is not the case. For many, Walk for Wellness House was their introduction to this type of event, and now they come back every year. For others, like participants Ann and John Wallace who are profiled on p. 4, 5Ks, 10Ks, and even marathons were a part of life – but the fundraising activities are new and unexpectedly fun for them. The Wallaces enjoy promoting donation targets on their social media pages, and working together with their Walk team (TheCrownRoyalsTeam). The event, like so much of their Wellness House experience, has become largely about coming together as a community and, with the support and encouragement of others, trying something new.

The benefit of community is a central tenet of the Wellness House experience. Building trust, expressing one's feelings, learning from best practices, and being in contact with people who understand your journey are consistently cited as our greatest gift. With the staff expertise and diverse programs we have assembled, Wellness House is able to support a nurturing, strengthening community like few organizations can. And with your help, through events like Walk for Wellness House, we can always be counted on. Just like the return of spring.

Jeannie Cella
President and CEO

John Paro
Board Chair

Wellness House attends annual APOS meeting

Learning state of the art tools and interventions to deliver the best psychosocial care

The American Psychosocial Oncology Society (APOS) is a professional organization that works toward advancing the psychological, behavioral and social care of individuals with cancer. Each year, over five hundred psychosocial oncology providers from around the world, gather at APOS' annual conference. Members of the clinical team at Wellness House attend the APOS conference to learn state-of-the-art interventions identified by the most current research in the field of psychosocial oncology, which is the foundation of clinical service at Wellness House.

These gains have been used, for example, to develop a screening tool used at Wellness House to better understand both the stressors and strengths of our participants, to improve existing programs and develop new ones, and to actively deliver psychosocial care going forward. Starting in 2017, Jenna Kiel, Psy.D. (Support and Family Programs Manager), Ellen Nieman, LSW (Oncology Social Work Navigator), and Michael Williams, Psy.D. (Senior Oncology Support Counselor) committed to a two-year distress screening training program held at the APOS conference, led by the Yale University School of Nursing. Wellness House began the training program with a cohort of 17 other groups, mostly from major medical institutions across the country. "We have spent the past year developing a screening tool and a protocol that best meets the needs of our participants and our unique setting. At this year's conference, Wellness House presented the tool and the protocol we have developed. During the next year, we will continue to screen participants, modify our tool and protocol as needed, and collect data on the efficacy of our program," said Dr. Kiel.



From Left: Michael Williams, Psy.D. (Senior Oncology Support Counselor), Jenna Kiel, Psy.D. (Support and Family Programs Manager), Ellen Nieman, LSW (Oncology Social Work Navigator)

Attendance at the conference also gives Wellness House staff the opportunity to learn from, share with, and network with some of the leading psycho-oncologists in the field. In a presentation of note, "The Survivorship Tsunami: How Will We Be Able to Deliver Psychosocial Care to Those in Need," Deborah K. Mayer, PhD., RN, AOCN, FAAN spoke about the growing population of cancer survivors, many still with unmet psychosocial needs. "This presentation underscores the need for services such as those at Wellness House, given the growing demand and limited resources in healthcare," said Lisa Kolavennu, LCPC, Senior Director of Programs. Ongoing networking at the APOS conference, with both new professionals and long-term colleagues who are now national and international leaders in our field, provides the opportunity to collaborate around a

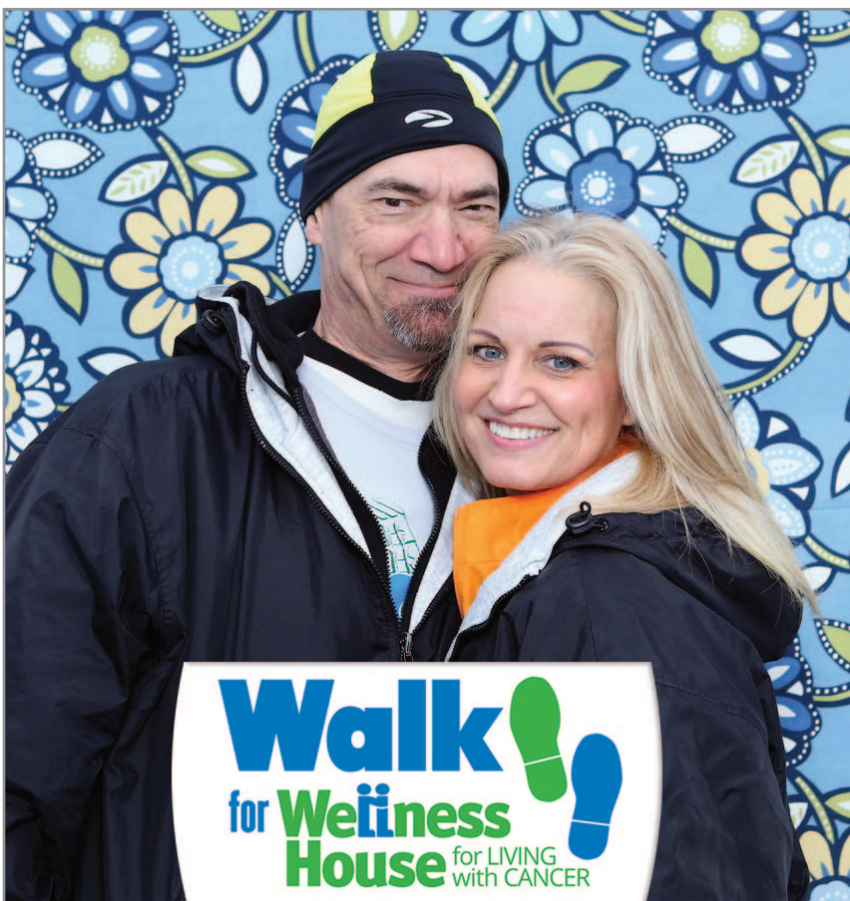
shared mission, deepen relationships that help keep Wellness House strong, and continue to utilize best practices in delivering psychosocial care.

"We have spent the past year developing a screening tool and a protocol that best meets the needs of our participants and our unique setting."

**– Jenna Kiel, Psy.D.
(Support and Family
Programs Manager)**

Support and Networking Programs:

Building community



“I found myself more aware of my emotions and those of my fellow participants. For me, the networking groups are all about building rock-solid trust with other people. That allows people to be open and truthful.”

- John Wallace, Participant

John and Ann Wallace had always paid great attention to their health and happiness. They had never experienced serious illness, and had even run multiple marathons over the years. But in late 2015, John seemed to be drained of his usual high energy. Despite making every effort to take care of himself, he battled increasing fatigue. When he fell fast asleep at 7:00 p.m. on New Year's Eve, Ann saw it as a sign. The next morning, she declared that it was time to see a doctor and figure out what was wrong.

John expected the examination to tell him how to adjust his fitness routine so he could get back to normal. When instead, the doctor delivered a multiple myeloma diagnosis, their first reaction was surprise more than anything else. John remembers, **“We had already spent hours at the clinic, and were waiting for the results of yet another test when we saw the word ‘oncologist’ on the doctor’s office whiteboard. Not until that point had cancer even entered our minds.”**

But the Wallaces moved quickly from surprise to strategic planning. On the day of that unexpected diagnosis, a Wellness House program booklet was sitting on a table in the waiting room and, on the doctor's recommendations, they committed to finding out more. Within a few weeks, they were attending the annual Some Enchanted Evening event. **“It was a beautiful gathering – the food, the people, everything”** Ann recalls. **“We heard gracious remarks from the staff, and enjoyed our conversations with other attendees.”**

John smiles, guessing what Ann will say next. “But this was before John's treatment had begun and, honestly, at that point in our journey, it felt like we shouldn't be there. John still had a healthy appearance and his full head of hair!”

Despite not yet fully knowing what was to come, their connection to Wellness House was almost immediate. **“The tone that is set from the moment you walk into the house – welcoming, warm, and understanding. So different from any other place.”** As the months progressed, the Wallaces learned more about the available resources and programs. The first year with the Cancer Support Group at Wellness House was, according to John, **“revelatory.”**

continued on page 5

continued from page 4

“I saw first-hand the importance and the power of sharing my individual perspective and listening to others. I found myself more aware of my emotions and those of my fellow participants. For me, the networking groups are all about building rock-solid trust with other people. That allows people to be open and truthful.”

Ann, meanwhile, participated in the Caregivers Support Group and grew more and more confident in her ability to support her husband. The months ahead would test her knowledge and strength, as she was being asked to handle some of the at-home aspects of John’s treatment.

John expresses his amazement at her dedication.

“Fighting cancer has become my ‘job.’ But I think Ann’s journey is more challenging. She is having to bear everything and keep things operating, all while taking care of me.”

He takes a moment to gather his thoughts.

“I had heard the words, ‘For better or worse, in sickness and in health.’ But until you see it in action, you don’t really absorb how profound that is. The fact that I am loved and that someone is so committed to my health makes me grateful and humble.”

This circle of support has expanded to include the larger Wellness House community. The Wallaces have become enthusiastic participants in the Walk for Wellness House, and enjoy spreading the word and fundraising along with their adopted Walk team, TheCrownRoyalsTeam. Their experience here has inspired their friends outside the Wellness House community to make significant donations, “not because they themselves have cancer, but because the resources here are so important to the two of us.”

Talking to the Wallaces about their family’s last two years together is to recognize the power of partnerships. It’s clear the cancer journey is something they have faced as a couple. And while their life together is changed and deeply challenging, they recognize that some subtle benefits have been received along the way. John recalls that in one group discussion, a fellow participant asked, **“When will my life get back to normal?” the group facilitator transformed my perspective when he simply pointed out that this is the new normal.** For Ann and me, living with cancer is ‘the new normal.’ Except here at Wellness House, where it’s just ‘normal.’”



Inland Raises More than \$1.3 Million for Wellness House

2018 marks The Inland Real Estate Group of Companies, Inc.’s 25th year supporting Wellness House. Over the last quarter century, Inland and its employees have raised more than \$1.3 million through numerous fundraising initiatives.

Every May, Inland employees look forward to participating with friends and family in the well-known Walk for Wellness House. Since the fundraiser’s inception in 2002, a total of nearly 1,000 Inland employees have participated. This year, in honor of Inland’s 50th anniversary, every employee who registers with Inland’s team is able to register a friend for free, courtesy of Inland.

Headquartered in Oak Brook with approximately 1,000 employees, Inland also hosts Jeans Days, where employees can enjoy wearing jeans and casual attire to work by making a donation to Wellness House.



THE INLAND REAL ESTATE GROUP OF COMPANIES, INC.

ALWAYS BUILDING FOR TOMORROW

“Our support for Wellness House is evident throughout our company and has been for one-half of Inland’s 50 years of existence,” explained

Bob Baum, Wellness House Lifetime Trustee and Vice Chairman of The Inland Real Estate Group, LLC. “Wellness House treats people with priority and fairness while recognizing the compelling need to treat the human spirit as a vital component to dealing with a physical disease. It is an honor to support such an important organization and we look forward to continuing to help Wellness House execute its mission in the years to come.”

Wellness House Family Programs a safe place to share and heal



**Pictured: Carly Jokich,
MS, CCLS, CEIM
Wellness House Child
and Family Specialist**

Meet Our Experts

When Carly Jokich MS, CCLS, CEIM joined the Wellness House team in July of 2016 as our new Oncology Child and Family Specialist, she brought direct experience in the field. At the same time, Wellness House brought Carly an ideal opportunity to practice what she had come to realize was her life's calling.

“They’re so resilient. I am constantly amazed at how much children can grow and understand.”

**- Carly Jokich
MS CCLS, CEIM
Oncology Child and
Family Specialist**

In fact, Carly admits that Wellness House had always been on her professional radar. Carly grew up in Chicago's southwestern suburbs, and after receiving her Bachelor of Science degree in Education from Texas Christian University, returned to the area. While earning her Master of Science degree in Child Development from Chicago's Erikson Institute, she began volunteering at Children's Memorial (now Lurie) Hospital and Rush Memorial, helping tutor kids – and seeing first-hand the remarkable efforts of child service workers. Her true career aspirations came into focus just as the relatively new field of Child Life was gaining a greater foothold in hospitals and clinics. Carly seized the moment, pursuing her Child Life accreditation by completing a practicum at Rush and a Child Life internship at Children's Memorial. She spent six years in the pediatric hospital environment, gaining invaluable knowledge and experience.

Child Life Specialists are trained to work with families facing illness, hospitalization or loss. Their focus is on the child's feelings and mental state, working alongside pediatric nurses who concentrate on physical health. Through healthy interaction and socialization exercises, they help children express their anxieties about their diagnosis or procedures, sometimes using art and play when feelings are especially difficult to verbalize. In Carly's opinion, we underestimate children's abilities. “They're so resilient. If we're able to create an environment where they feel

safe to express difficult emotions, I am constantly amazed at how much children can grow and understand.”

At Wellness House, the first step for participants looking to engage with our Child and Family Programs is to schedule a family session with Carly and Oncology Support Counselor Karie Milewski-Carlson, M.Ed., MSSW, LSW. The session allows the two of them to become better acquainted with family participants, with the ultimate goal of making a plan to best meet the family's needs. Considering the wellness journey holistically – as something that is experienced by the entire family and impacts all aspects of one's life – has been Wellness House's approach since it was founded over 28 years ago. “Parents know their children best. They don't come to Wellness House because they have no idea how to care for their child during an illness in the family. They are simply looking for the best tools, the wisest and most thorough plan that will give their family members what they need. I admire these parents so much for recognizing that, in the face of a new, challenging situation, they may need some help.”

Carly is learning every day at Wellness House, and feels honored to work with the caring parents and children she meets. “Here, I am able to be on the journey with them. I can be engaged with children as their cognitive development progresses. And I'm growing – in wisdom and skills – along with them!”



Angela Dennison, RD, LDN
Wellness House Oncology Dietitian

Cruciferous Vegetable Salad

2 cups finely chopped kale
1.5 cups chopped/shredded Brussels sprouts
1 cup chopped red cabbage
1 cup chopped apple
½ finely chopped red pepper
Optional toppings: Pumpkin seeds, sunflower seeds, hemp seeds, ground flaxseed

Dressing:

½ cup extra virgin olive oil
1 small shallot, chopped
2 garlic cloves
¼ cup fresh lemon juice + ¼ teaspoon zest (zest is optional)
½ bunch fresh parsley
½ bunch fresh basil
Pinch of sea salt
Pinch of ground pepper

Directions:

Put all chopped vegetables in a bowl and mix to combine. Blend all dressing ingredients in a blender until smooth. Enjoy!

According to the National Cancer Institute, cruciferous vegetables are great cancer fighting foods for these reasons:

- They help protect cells from DNA damage.
- They help inactivate carcinogens.
- They have antiviral and antibacterial effects.
- They have anti-inflammatory effects.

Recipe by Angela Dennison, RD, LDN

Wellness House Presents Four Special Events in June!

Back by popular demand, the second **Taste of Wellness House Nutrition Fair** will be presented on June 9.

This special event is an opportunity to acquire knowledge, skills, and confidence surrounding all things nutrition. Attendees will learn the latest in nutrition, cooking and eating well from local oncology dietitians, businesses, and restaurants.

A second nutrition-focused event will occur in the format of a live webinar on June 18, **Cooking Up Wellness**. Registered Dietitian, Angela Dennison, will present how to prepare and appreciate real, fresh foods and simple culinary principles for cancer prevention and survivorship. This webinar is part of our ongoing program expansion to reach underserved populations and provide informational opportunities without participants needing to leave their homes.

Wellness House will present **Hot Topics in Breast Cancer Symposium** on June 23rd. This event will provide the latest information about breast cancer, current treatment options and support issues. Top doctors, researchers and healthcare professionals from the Chicagoland area will present on the latest developments in breast cancer.

To end an incredibly exciting month of events, on June 30, Wellness House will present **GRACE - How a Childhood Cancer Survivor and Her Mother Navigated Illness and Recovery**. This heartfelt event will focus on families with children who have experienced cancer. Speaker and author Melinda Marchiano and her mother, Lee Marchiano, will share their family's cancer journey after Melinda was diagnosed at age 14 with Hodgkin's Lymphoma. Following the presentation, children/teens and parents/caregivers will have the opportunity to explore and reflect on their own experiences with pediatric cancer in separate breakout sessions led by the presenters.

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

Donating Highly Appreciated Stock

It can give you a tax break. It can give a charity a tax break in the future.



David Blaydes,
CFP, MS, RFC, AIF

Why sell shares when you can gift them? If you have appreciated stocks in your portfolio (and you hold them in a non-qualified account that doesn't get special tax treatment), then you might want to consider donating those shares to charity rather than selling them someday.

Why, exactly? Donating appreciated securities to a tax-exempt charity can result in a pair of tax breaks. If you have held the stock for more than a year, you can deduct the fair market value of the stock in the year that you make the donation. If the charity is tax-exempt, it won't face capital gains tax on the stock if it sells it in the future. Again, this is all provided you donate the shares to the charity out of a non-retirement account (and not out of a qualified retirement plan such as an IRA).¹

When is donating stock a better choice than gifting cash or just selling the shares?

Two reasons may motivate you to donate highly appreciated stock to a tax-exempt charity. One, if you own too much company stock or your portfolio isn't very diverse, it can give you a chance to reduce overweighting in one stock or sector. Two, it might be a smart tax move if you own a number of low-basis stocks.

Remember the federal tax rules for charitable donations. If you donate highly appreciated stock to a charity, make sure to abide by the rules set down in IRS Publication 526, *Charitable Contributions*. Double-check to see that the charity has legitimate non-profit status under federal tax law, and be sure to record the deduction on a Schedule A that you attach to your 1040.^{2,3}

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

Securities offered through Securities America, Inc., member FINRA/SIPC. Advisory services offered through Securities America Advisors. RPI and Securities America are separate entities. This material was prepared in part by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are unmanaged and are not illustrative of any particular investment.

Citations.

- 1 - raymondjames.com/thorsenwealthmanagement/pdfs/charity_article.pdf [10/12/12]
- 2 - today.com/money/charitable-giving-how-you-can-donate-cause-benefit-tax-time-2D79751463 [6/3/14]
- 3 - irs.gov/uac/Eight-Tips-for-Deducting-Charitable-Contributions [11/4/13]

Thank you to our generous grantors:

Bears Care
Chicago Board of Trade Foundation
DuPage Medical Group Charitable Fund
of the DuPage Foundation
Michael Rolfe Pancreatic Cancer Foundation
The Coleman Foundation
The Greer Foundation
The Grover Hermann Foundation
The Kara Foundation
The Perlman Family Foundation
Edmond and Alice Opler Foundation
Foglia Family Foundation
Fred B. Snite Foundation

**The
Courtyar** 
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
or visit ShopTheCourtyard.com
The Courtyard | 63 Village Place | Hinsdale, IL 60521