

Northbrook Voice

JULY &
AUGUST 2024



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Mental Health Awareness Coping with Cancer

Celebrating 35 Years of Hope: Cancer Wellness Center Marks Milestone with Continued Support for All Affected by Cancer

The Cancer Wellness Center is humbled to be celebrating its 35th anniversary this year. For more than three decades, the Center provides guidance and supportive care to anyone affected by a cancer diagnosis. After opening its doors in 1989 in Skokie, Illinois, the Center emerged as a trailblazer, started by two dedicated people answering hotline calls. Shortly after opening, the Center moved to Northbrook and continues to grow, offering a community who gets you, with support from professional staff and comprehensive programming that is always free and accessible to all.

Cancer Wellness Center is here to help anyone touched by cancer find a way

forward. Each year, our free counseling services, support groups, and health and nutrition programs serve over 1,800 community members of all ages and backgrounds. People with cancer, family members, friends, and caregivers all come to us to connect and cope. With guidance from a caring team of professionals and comfort from a participant community who gets it, our holistic services offer a space to make sense of the diagnosis that changed your life – and navigate whatever comes next.

Throughout the year, the Center holds a variety of events, from galas to games, raising critical funds to ensure that we can continue to offer our unparalleled counseling, support, education, and

wellness programs to all who seek our services. Our events provide a welcoming space for our community to be surrounded by compassionate people and we look forward to these events which showcase the commitment of our supporters.

Whether you're seeking support, information, or simply want to learn more about what we offer, the Cancer Wellness Center is here and proud to be serving as a resource for the Northbrook community. We welcome you all at the Center. Visit us in-person at 215 Revere Drive in Northbrook or check out our free programs and services listed on our website at cancerwellness.org.

Diversity, Equity & Inclusion in Northbrook Cultivating Goodness and Kindness for All - by Rabbi Meir Moscovitz



In 1989, a young father approached Rabbi Menachem M. Schneerson, known worldwide as The Rebbe, with a request for a blessing for his autistic son. The Rebbe advised him to place a charity box in his son's room and to give charity every day and inspire others to do the same. The family returned to the Rebbe and reported the profound impact that these repeated acts of kindness had on the young boy. Sermons and inspirational books educate the public, specific activities stimulate the entirety of the

person, transforming them from academic experts in kindness to actors of kindness. In April, in honor of our local village board proclaiming the Rebbe's birthday as Education and Sharing Day in Northbrook, I presented a yellow charity box, part of the ARK (Acts of Routine Kindness) project and encouraged everyone to give charity as an immediate benefit to others.

Day after day these, seemingly minor, acts of kindness build muscle memory as we are transformed into givers and bring joy

Rather than viewing life "what's in it for me", daily acts of giving turn me into a giver, rather than a taker. More profoundly than any lecture, these actions change the world one step at a time. Flex that giving muscle and watch as it strengthens your entire person. On July 9th we will commemorate the 30th anniversary of the passing of the Rebbe, my spiritual guide and ongoing inspiration. I encourage you to emulate the Rebbe's example of encouraging through role modeling. Place a charity box in a central location in your home and business, encourage your family and co-workers to start each day with a simple act of kindness by placing a coin in the box. Transform classrooms into giving spaces beginning each day with this simple act of kindness. Change your routine and you change the world. Together we will make this world a better and more peaceful place for us all.

Rabbi Meir Moscovitz is the senior rabbi at Chabad of Northbrook, longtime instructor for the Jewish Learning Institute and regional director of Lubavitch Chabad of Illinois