

ILLINOIS CANCERCAREs

Free Patient Newsletter
January/February 2013
Issue 20



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ILLINOIS CANCERCARE

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OUR MISSION

To provide comprehensive, compassionate care that enhances the lives of patients and their families

OUR VALUES

- Patients first
- Treat others with respect and compassion
- Open and timely communication
- Commitment to research
- Invest in personal and professional development
- Take ownership in our practice
- Positive attitude



Illinois CancerCare, P.C. Receives National Recognition for Patient Care from Largest Oncology Society in United States

Illinois CancerCare, P.C. has been recognized by the Quality Oncology Practice Initiative (QOPI®) Certification Program. The QOPI® Certification Program (QCP) provides a three-year certification for outpatient hematology-oncology practices that meet the highest national standards for quality cancer care.

“We at Illinois CancerCare are proud to be a part of a select group of hematology and oncology practices across the US to have received this distinction,” said Dr. Pankaj Kumar, Illinois CancerCare physician in Bloomington and Physician Liaison of the Quality Assurance Department. “This certification acknowledges that we provide the highest possible standard of care to our patients.”

QOPI is a voluntary, self-assessment and improvement program launched by the American Society of Clinical Oncology in 2006 to help hematology-oncology and medical oncology practices assess the quality of the care they provide to patients. To become certified, Illinois CancerCare, P.C. submitted an evaluation of the entire practice and documentation standards. The QCP staff and steering group members then verified that the evaluation and documents were correct and that Illinois CancerCare met core standards in all areas of treatment, including:

- treatment planning
- staff training and education
- chemotherapy orders and drug preparation
- patient consent and education
- safe chemotherapy administration
- monitoring and assessment of patient well-being

The QOPI Certification Program (QCP) was launched in January 2010. This certification for outpatient oncology practices is the first program of its kind for oncology in the United States. Oncologists can achieve certification by demonstrating practice consistent with the highest standards of care. The QCP seal designates those practices that not only scored high on the key QOPI quality measures, but meet rigorous safety measures established by ASCO and the Oncology Nursing Society (ONS).

Illinois CancerCare is the only 2012 QOPI certified practice in the Peoria/Bloomington-Normal area.

“QOPI certification demonstrates the high level of skill in providing chemotherapy and cancer services which has always been a part of Illinois CancerCare,” said Dr. Paul Fishkin, Illinois CancerCare physician and president. “In addition, we are pleased that the QOPI auditors found the same high level of care in our regional clinics, reflecting our commitment to bring the same exceptional level of care everywhere that we practice. This is a true team effort, reflecting physicians, nurses, pharmacists, and our entire support team.”



QOPI® Certification Program

Quality Cancer Care: Recognizing Excellence

Clinic Spotlight



Clinic Spotlight

Illinois CancerCare has 13 clinics throughout Central and Western Illinois. This new section of the newsletter will give you the inside perspective on each clinic, its staff and patients.

Location: Pekin, IL



Pekin Staff

| | |
|---------------------------|--------------------------|
| Dr. Patrick Gomez | Ashley Smith, RN |
| Dr. Nguyet Le-Lindqvister | Deb Smith, RN |
| Carrie Jones, APN | Jenni Hoerr, Reception |
| Sarah Lindsey, APN | Marilyn Dale, Reception |
| Silvia Drafahl, RN | Tricia Maurice, Pharmacy |
| Nicole Nolan, RN | Sue Jacobson, Pharmacy |
| Heather Pierce, RN | |

Physicians:



Dr. Patrick Gomez



Dr. Nguyet Le-Lindqvister



Some of the wonderful Pekin Clinic Staff

Open: Monday-Thursday, 1st Friday of the month

Written by: Kaci Green, Illinois CancerCare Foundation Assistant

A cancer diagnosis is tough on everyone affected by it. What makes it a little easier is having a supportive group of people around you during that time. That is exactly what the staff of Illinois CancerCare provides for their patients. At the Pekin clinic location, the staff is proud to be a part of Illinois CancerCare. They are a tight knit group of people, who care about each other and the patients they serve.

"We are like a big family," said Ashlee Smith, a treatment room nurse in Pekin. "We get to take part in the patient's journey and they become part of our family."

Throughout my visit at the Pekin clinic it was obvious that the staff try to make each patient's visit a little easier. There were hugs given, an abundance of laughter and a genuine love shown to everyone that walked in the door.

"We (the staff) have a lot of fun," said Marilyn Dale, receptionist and scheduler. Marilyn is known to her staff as "the gatekeeper" and "the boss." "You draw strength from the patients and they become your family."

As you can see, family is the theme around the Pekin clinic. Without family, Heather Pierce, a nurse at Illinois CancerCare, may have never started working here.

My family had just moved to Pekin and I was about to accept a job. I lived next door to Silvia Drafahl (nurse at Illinois CancerCare) and one day, my dog got loose and ended up biting Silvia's husband in the butt. (At this point, many of the Pekin staff is cracking up laughing) After apologizing a lot, Silvia and I got to talking and she encouraged me to apply at Illinois CancerCare. Hearing her love for what she did made me turn down the other job. During my time job shadowing I saw just how awesome the patient care was and I knew I had made the right decision to work at Illinois CancerCare.

"Pekin is unique because it's small," said Dr. Gomez. "For the staff, it's like they're taking care of family and they always want to go the extra step to make sure the patients are being taken care of in a special way."

The Illinois CancerCare clinic in Pekin is located adjacent to Pekin Hospital and has been serving patients in Pekin for 35 years.



Preventive Actions to Fight the Cold and Flu

1. Cover your nose and mouth with a tissue when you cough or sneeze.
2. Wash your hands often with soap and water. If soap and water are not available, use an alcohol based hand rub.
3. Avoid touching your eyes, nose and mouth. Germs spread this way.
4. Try to avoid close contact with others with the cold or flu.
5. Get enough rest. Your body is able to fight infections better when you're well rested.
6. Quit smoking. Not smoking will make you all around healthier.



Word Search

Theme: Toys

Sudoku

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Words:

Barbie
 Battleship
 Care Bears
 Game Boy
 Hot Wheels
 Nerf Balls
 Play Doh
 PlayStation
 Silly Putty
 Slinky
 Spirograph
 Tinkertoys
 Tonka Trucks
 Transformers
 Yo-Yo

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Recipes from Sharon

Oven Fried Parmesan Chicken

Makes 10 servings

Ingredients

¾ cup nonfat plain yogurt
 ¼ cup lemon juice
 1 ½ tablespoons Dijon mustard
 3 cloves garlic, minced
 ½ teaspoon dried oregano leaves
 10 boneless, skinless chicken breasts
 2 tablespoons margarine, melted

Bread Crumb Coating Ingredients (do not use to marinate chicken)

2 cups dry bread crumbs or Italian bread crumbs
 ¼ cup grated Parmesan cheese
 Combine all ingredients into a shallow bowl

Directions

Combine all ingredients except margarine. Marinate, covered 2 hours or overnight in refrigerator. Preheat oven to 350 degrees. Drain chicken and coat with bread crumb coating. Place a baking sheet coated with nonstick cooking spray and chill for 1 hour (if time permits). Drizzle chicken with margarine. Bake for 45 minutes to 1 hour or until tender and golden brown.

Nutritional Information

Calories 246, Protein 30g, Carbohydrates 16g, Fat 6g, Cal from Fat 21%, Saturated Fat 2g, Dietary Fiber 1g, Cholesterol 68 mg, Sodium 347 mg



Sharon Windsor

Sharon Windsor is a Registered Dietician for the Cancer Center for Healthy Living.

Chicken and White Bean Soup

This is a reprint from the last newsletter.

We apologize for any inconvenience caused by having the wrong directions printed last time.

Serves 6-8

Prep Time: 15 minutes or less

Total Time: 1 hour or less

Ingredients

1 rotisserie chicken breast section or 3 cups chopped white chicken meat
 1 tablespoon canola oil
 3 carrots, sliced
 2 celery stalks, diced
 1 onion, chopped
 2 cups water
 6 cups reduced-sodium chicken broth
 1 (15 oz.) can Great Northern Beans, rinsed and drained
 Salt and freshly ground pepper

Directions

1. Remove wings from chicken and reserve. Remove skin from breast and discard. Shred the meat from the breast off breastbones.
2. In a stockpot over medium heat, add oil. Sauté the carrots, celery, onion, chicken wings, and breastbones for 8 to 10 minutes or until vegetables soften.
3. Add water and chicken broth and bring to a boil, stirring to combine. Reduce the heat, cover, and simmer for 15 to 20 minutes. Add beans and chicken and cook for 5 minutes. If too thick, add additional broth or water. Discard bones and wings before serving. Season with salt and pepper.

Nutritional Information Per Serving (6 servings)

Calories-235, Calories from fat-45, Total Fat-5g, Saturated Fat-1g, Trans Fat-0g, Polyunsaturated Fat-1.4g, Monosaturated Fat-2.3g, Cholesterol-60mg, Sodium-675mg, Total Carbohydrates-17g, Dietary Fiber-5g, Sugars-5g, Protein-28g

This is the story of Liz Pisano, a cancer survivor. Genetic testing saved Liz and her younger brother's life.

At age 22 the last thing I expected to deal with was a cancer diagnosis. Both fortunate and unfortunately, I already knew the obvious warning signs of colon cancer. Only six years prior I watched my older brother who was 21 at the time succumb to the same disease. How could two young adults develop a cancer that is most common in people over 50 and what does this mean for my other brother?

These were questions that only genetic testing could answer. Simple blood tests and a long wait were required, but my family was rewarded with answers. With results in hand, I was dealt a hard but inevitable truth, **I had colon cancer**. To prevent further cancer development, a hysterectomy was necessary. As a newlywed, this was a tough blow that would mean no children of my own. I doubted my decision even after the surgery was complete; however, when pathology reports came back showing pre-cancerous cells in my uterus and again in my colon, I knew I had made the correct choice. As one doctor would put it, I was a ticking time bomb.

Without genetic testing, where would I be today? Still undergoing treatment or worse? In the meantime, my brother got the news that we had all been praying for, his genes showed a slight difference than mine. While he would have to be monitored closely after age 40, this was positive news for our entire family. **As a direct result of genetic testing**, my family can **rest easier** as we know the types of cancer that our mutations cause and what symptoms to look for in each case.



Liz with her brothers Jake and Aaron



in partnership with



ILLINOIS
CANCERCARE, PC
Specializing in Cancer and Blood Disorders

want to help families like Liz's understand their risks
and ease their uncertainty through genetic screening

Screening will begin December 1st

Families interested in participating can contact
Nancy Donini, RN at 309.243.3000

Volunteers



Mary Schuck



Shirley and Chuck Johnson

CONGRATULATIONS

The volunteers at Illinois CancerCare make such a difference in the lives of patients and their families. Their kind words, treats, smiles and hugs make everyone's experience a little better. Illinois CancerCare would like to recognize three volunteers who have been here for over 10 years, caring for our patients and their families. Mary Schuck has been volunteering since 2001 and Chuck and Shirley Johnson have been volunteering since 2002. Their time as volunteers began at the atrium building downtown and transitioned to our current location. Mary, Chuck and Shirley, THANK YOU for your support, love and dedication the past ten years!



A Birthday Gift

For his 10th birthday, Dominick Bonafede decided he wanted to do something different. Rather than ask for presents, he asked for gifts to give to patients at Illinois CancerCare. So instead of presents, his friends generously gave Dominick packets of socks, lotions and other care products which will be passed out in the clinic. You might know Dominick's grandmother, Shirley Bremer. She is not only a cancer survivor, but is also an Illinois CancerCare volunteer.

Thank you, Dominick for sharing your birthday with the cancer patients and volunteers at Illinois CancerCare and thank you Shirley for your shining example and dedication as an Illinois CancerCare volunteer!



ILLINOIS CANCERCARE WINTER WEATHER POLICY OPTIONS

- 1 309.243.3010
- 2 LOCAL RADIO OR TV
- 3 ILLINOISCANCERCARE.COM





Hand-Foot Syndrome

What is it?

Hand-foot syndrome (HFS) is a side effect often experienced following administration of some chemotherapy medications. Small amounts of drug can leak out of small blood vessels (called capillaries) into the surface of tissue in the hands and feet. Pooling of medications in the tissue can result in symptoms ranging from fairly mild to quite severe. Mild symptoms could include numbness, tingling, and redness of the hands and feet; severe limit daily function and might involve blistering, severe pain, and even peeling of the outer layers of the skin. The medications that are most associated with HFS are: Campostar© (irinotecan), Clolar© (clofarabine), Doxil (liposomal doxorubicin), fluorouracil, Inlyta© (Axitinib), Nexavar© (sorafenib), Sutent© (sunitinib), and Xeloda© (capecitabine).



Prevention

Unfortunately there are not many options that definitely prevent HFS. However, many methods have been studied to help reduce the occurrence or severity of HFS, such as vitamin B6 (pyridoxine), Celebrex© (celecoxib), and emollient creams (Ex: Eucerin©, Aquaphor©, and Cetaphil©). Of these, keeping the skin moist has been shown in clinical trials to provide some benefit with no added toxicity, so your doctor may recommend you use an emollient cream to protect your skin. Another promising prevention strategy being researched is localized cooling. Icepacks are placed around the wrists and ankles during drug administration and periodically between treatments. Theoretically, reducing blood flow to the hands and feet will also reduce the amount of drug delivered to the hands and feet. This should prevent leakage out of the capillaries. There is concern however that preventing drug from reaching these areas of the body may allow the cancer to escape treatment.

Treatment

The treatment provided for HFS should be based on the severity and impact of symptoms on the patient's activities. Lifestyle modifications are often used to help reduce pain and discomfort, and to prevent HFS from worsening. Lifestyle modifications include: avoiding long exposure to hot water (washing dishes, long showers or baths), avoidance of jogging, aerobics, jumping and long days of walking. Patients should also avoid using garden/household tools (screwdrivers, knives) as they may cause excessive pressure and friction. Use of steroids, urea based cream, and pyridoxine have also been used but it is still unclear of the effectiveness of these treatments. Emollients are often used as well and may provide some relief to patients. Even with treatment of HFS, the medication may need to be decreased or stopped. The medication may then be restarted once your doctor feels that it is safe.



Janet Varnes, Executive Director

Letter from Executive Director—Janet Varnes

Although the New Year is now upon us, I wanted to take this opportunity to thank everyone for their outstanding support of the Illinois CancerCare Foundation during 2012. It was a very busy and fruitful year for the Foundation and we are thankful for the generosity that has been bestowed upon us by so many caring friends. The Foundation sponsored three fundraising events during the year – The Morton BBQ Throwdown, the first annual Golfin' in the Wild, and the third annual CUREageous. The proceeds of these events raised just over \$125,000 to support cancer patients and their families through the Foundation's outreach programs. We are forever grateful to everyone who took the time to participate in and support these events.

As featured in this issue of the newsletter, Illinois CancerCare, P.C. has achieved the distinction of being recognized by the Quality Oncology Practice Initiative (QOPI®) Certification Program, receiving a three-year certification as an outpatient hematology-oncology practice that meets the highest national standards for quality cancer care. This certification places us among a select group of oncology/hematology practices across the country that provide the highest possible standard of care to their patients.

Additionally, Illinois CancerCare's Community Clinical Oncology Program (CCOP) has been recognized as one of the nation's top enrollers in cancer clinical trials, ranking 9th in treatment and cancer control trials that seek to prevent cancer or control its incidence. Our enrollment surpasses many other nationally recognized cancer research programs such as MD Anderson Cancer Center, Mayo Clinic Jacksonville, Mayo Clinic Scottsdale, and Cleveland Clinic. Since 1979, nearly 9,000 cancer patients have participated in 1,400 clinical research trials through Illinois CancerCare. Of significant note, Illinois CancerCare also has one of the highest patient accrual rates into cancer clinical trials in the U.S. at 11% - far above the national average of 4%.

People facing cancer are living longer, healthier lives as a direct result of these trials and the advanced treatment options they provide. Our Foundation is proud to partner with Illinois CancerCare in helping increase patient enrollment in the latest nationally renowned clinical cancer research trials right here in our community. Bottom line - our patients can remain here in central Illinois surrounded by family and friends to receive the best care possible. We wouldn't be able to help fund investigator initiated trials without your support.

Genetic testing at Illinois CancerCare has saved the lives of countless patients and has also aided physicians in cancer prevention, alerting them to "red flags" that may signal the potential for the onset of various cancer family syndromes. Through philanthropic gifts to the Illinois CancerCare Foundation, a pilot project in identifying hereditary colorectal cancer has been launched. By 2014, we anticipate expanding this program to surrounding communities as our way of helping patients and families prevent cancer in the future. This program will empower families to understand their risks, eliminate uncertainty, and help them make informed decisions about their health care. It will also serve as the gateway for future genetic screening opportunities in breast, uterine and thyroid cancers. The very best care we can provide is through prevention.

Thank you for your continued support of the Foundation. I wish you the best in this new year.

Janet M. Varnes
Executive Director



Our Giving Community

Our Giving Community

OUTRAGEOUSLY CUREageous

JammSammich. Neon martini glasses. The Gamma Phi Circus. Mayor Jim Ardis. City Dance. Area physicians who ROCK in research. A stilt walker. These things can only describe one OUTRAGEOUS event. Can you guess what it is?

If you guessed CUREageous you are correct! The Illinois CancerCare Foundation's 3rd annual fundraising event was held on Friday, November 9, 2012 at the Par-a-Dice Hotel from 6:30-midnight. Tickets included entrance to the event, heavy hors d'oeuvres and complimentary beer and wine until 9:30 and all the evening's entertainment! The event raised over \$90,000 to benefit local cancer patients through research, education and patient comfort care.

Guests had the chance to win one of two fabulous raffle items. The first, was a \$8,995 mahogany mink short jacket generously donated by Broms Furs & Fashions. The second item was a \$3,800 18-karat free form pendant with diamonds, black diamonds and sapphires donated by Jones Bros. Jewelers. The winners of both items were in attendance at the event thrilled with what they went home with! Many guests also took home a plethora of silent auction items.



The stilt walker is a staple of CUREageous



The 2012 Rock Docs L-R: Dr. Kevin Khater, Dr. Nguyet Le-Lindqwister, Dr. Andrew Tsung, Dr. James McGee, Dr. Denise Mammolito



This year's event featured a CUREtini Cabana and neon CUREtine glasses



City Dance got the crowd excited with their hip hop dancing



Gamma Phi Circus did a great job of entertaining the crowd

"This Year's CUREageous was a unique and lively celebration of research and progress right here in our community," said Ann Best, CUREageous Co-Chair. "CUREageous is an opportunity for all of us in the community to feel like we are part of finding a solution to cancer. It feels good to give!"

And a BIG congratulations to the 2012 Rock Doc winners:

Dr. Kevin Khater, Ottawa

Dr. Denise Mammolito, Peoria

Dr. James McGee, Peoria

Dr. Nguyet Le-Lindqwister, Peoria

Dr. Andrew Tsung, Peoria



Ho Ho Ho, Happy Holidays

Thanksgiving had ended, so it was time to bring out the big man in the red suit! Tara Panek, owner of the Locker Room in downtown Peoria, invited Santa to come to breakfast the day after Thanksgiving. Children of all ages and their parents were able to spend the morning eating breakfast with Jolly Old Saint Nick. Children also got to sit on Santa's lap and tell him their Christmas wishes and get their photo taken. The event put everyone in the holiday spirit before Santa had to leave to make it in time for the Christmas parade downtown.



In the spirit of the season, the Locker Room donated part of their profits from the breakfast to the Illinois CancerCare Foundation's Trust in Hope Program which provides Thanksgiving meals to patients in need and Christmas gifts for terminally ill patients and their families.

TRUST IN HOPE PROGRAM BRINGS THANKSGIVING MEALS TO CANCER PATIENTS AND THEIR FAMILIES

The Illinois CancerCare Foundation through their Trust in Hope program delivered Thanksgiving meals to cancer patients and their families in need on Wednesday, November 21st. Volunteers took meals, prepared by Kickapoo Creek Winery, to 49 cancer patients and their families totaling 184 meals. Meals were delivered to families as far away as Pontiac.

Trust in Hope was started by Illinois CancerCare's Marti Williamson, a clinical medical office assistant and draw tech. In the last 3 years alone, over 350 Thanksgiving meals have been delivered and 30 families with over 85 children have received holiday gifts.

Anyone interested in donating to the Trust in Hope fund can contact the Illinois CancerCare Foundation at 309.243.3320 or send a check to Illinois CancerCare Foundation 8940 N Wood Sage Road Peoria, IL 61615. In the memo section, please write, Trust in Hope.



Marti Williamson, (right) worked to coordinate all the meals and driving routes for volunteers, such as Norm Endsley and Vern Woosley pictured next to Marti. Norm's wife was a patient at Illinois CancerCare which is why he wanted to help deliver meals to patients and their families.



Deb Wykert, an Illinois CancerCare employee and her children deliver a Thanksgiving meal to Barb, an Illinois CancerCare patient.



Kickapoo Creek Winery employees worked hard to prepare all the meals and get them organized for delivery.

Our Giving Community

Our Giving Community



2013 UPCOMING EVENTS DON'T FORGET TO MARK YOUR CALENDARS!

**SATURDAY
MAY 18**

SWING FOR A CURE

Survivors and their families are welcome to get free tickets from the Foundation office to enjoy a day at the ballpark, watching the Peoria Chiefs.



**FRIDAY AND SATURDAY
JULY 26 AND 27**

MORTON BBQ THROWDOWN

An event for the public and a KCBS sanctioned BBQ competition! It features food vendors, a beer garden, top notch entertainment, a craft show, kids activities and much more.



**SATURDAY
AUGUST 24**

2ND ANNUAL GOLFIN' IN THE WILD

Hosted at Wild Life Prairie Park, this unique, nine hole golf is fun for any skill level! Participants use one club to hit their ball through a wicket. Through the course are additional activities or refreshments.



TBD

CUREAGEOUS

Our signature event is so OUTRAGEOUS you won't want to miss it! There will be great food, entertainment and five area physicians will be honored for their work in research.



Word Search & Sudoku Solutions

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Calendar of Events

Calendar of Events



* Please see next page for all group and service descriptions.
If you are attending a class for the first time, you will need to pre-register.

January 2013

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|--|--|--|-----------|
| | | 1 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation | 2 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji | 3 5:30 pm – Restorative Yoga with Lisa 6:00 pm – Kids Connected | 4 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare | 5 |
| 6 | 7 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle | 8 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation | 9 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji | 10 5:30 pm – Restorative Yoga with Lisa | 11 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare | 12 |
| 13 | 14 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle | 15 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation | 16 9:00 am – Chair Yoga with Lisa 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji | 17 5:30 pm – Restorative Yoga with Lisa | 18 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare | 19 |
| 20 | 21 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:00 pm – Kids Connected 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle | 22 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation | 23 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji | 24 5:30 pm – Restorative Yoga with Lisa | 25 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare | 26 |
| 27 | 28 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle | 29 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation | 30 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji | 31 5:30 pm – Restorative Yoga with Lisa | | |

February 2013

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|---|--|--|-----------|
| | | | | | 1 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare | 2 |
| 3 | 4 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle | 5 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation | 6 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji | 7 5:30 pm – Restorative Yoga with Lisa 6:00 pm – Kids Connected | 8 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare | 9 |
| 10 | 11 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle | 12 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation | 13 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji | 14 5:30 pm – Restorative Yoga with Lisa | 15 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare | 16 |
| 17 | 18 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:00 pm – Kids Connected 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle | 19 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation | 20 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji | 21 5:30 pm – Restorative Yoga with Lisa | 22 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare | 23 |
| 24 | 25 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle | 26 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation | 27 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji | 28 | | |



Calendar of Events Descriptions

For Cancer Center for Healthy Living (CCHL) programs, please call 309-693-8139 to pre-register.

Massage Therapy

By Appointment Only

Massage is available for cancer patients and survivors for \$25 anhour. Our massage therapists, Laurie Weaver and Tonya Pruett are specifically trained for oncology massage using the Sloan-Kettering Method. Please call (309) 693- 8139 to schedule your appointment today.

Individual Reflexology Sessions

By Appointment Only

Individual reflexology sessions are for anyone currently undergoing treatment only. Come see how great your body feels after a 30 minute session with Molly Richmond. Please call (309) 693-8139 to make your appointment today.

Individual Healing Touch Sessions

By Appointment Only

Individual healing touch sessions are for anyone currently undergoing treatment. Enjoy a healing touch therapy session with Becky Dailey. Please call (309) 693-8139 to make your appointment.

Kids Konnected Support Group

Do you know a child who is struggling with a parent or caregiver's cancer diagnosis? Would you like your child to learn more about the disease and talk to children who are going through the same thing? Kids Konnected is a support group exclusive for children 5-18 years old. There is an adult support group at the same time as the children's group. Dinner is provided at each meeting free of charge. The Kids Konnected Support Group meets the 1st Thursday and 3rd Monday of each month. Please call (309) 692-6650 for additional information and to RSVP.

Individual Nutritional Counseling

By Appointment Only

Individual nutritional counseling is available with Sharon Windsor, RD, CSO, LDN Monday-Friday at her office inside the Peoria Cancer Center on Route 91. Sharon offers free nutritional counseling sessions to patients who are experiencing side effects from cancer treatment. If you are interested in an appointment, please call her at (309) 243-3462.

Mindfulness Meditation

Tuesdays @ 5:15 PM

Sometimes, life can be challenging! With hectic schedules and other concerns, it's often difficult to find a calm, quiet space inside yourself. So, if you feel overwhelmed with worry or anxiety, or you just wish to explore the benefits of meditation, please join us and peacefully experience the present moment in all its fullness. Mindfulness meditation is a very simple form of meditation, so you don't need any previous experience to enjoy the process. The weekly one-hour sessions are led by Heather Delabre in the CCHL activity room. Comfortable seating is provided, and sitting on the floor is not required. These sessions are open to the public and are free of charge.

Individual, Family & Group Support Services

By Appointment Only

Kitty Bienemann, MA, NCC, LCPC is available for free support services Monday-Friday at her office inside the Peoria Cancer Center on Route 91. Services include individual, family and support group counseling. If you are interested in an appointment, please call her at (309) 243-3461.

I would like more information about the following services:

Social services form for patients

ACS = American Cancer Society

CCHL = Cancer Center for Healthy Living

- | | |
|---|--|
| <input type="checkbox"/> Help for children coping with a parent who has cancer (Kids Konnected) | <input type="checkbox"/> Support Networking groups (CCHL) |
| <input type="checkbox"/> Individual counseling for the patient, family members, or caregivers (CCHL) | <input type="checkbox"/> Massage therapy for patients in treatment (\$25 fee/hr.) (CCHL) |
| <input type="checkbox"/> Healthy Living classes (yoga, gentle aerobics, Tai Ji) (CCHL) | <input type="checkbox"/> Nutritional counseling (CCHL) |
| <input type="checkbox"/> Cancer Basics 101 class (ACS/CCHL) | <input type="checkbox"/> Living will/power of attorney directives (ACS) |
| <input type="checkbox"/> Financial assistance for treatment, medications, or medical supplies (ACS) | <input type="checkbox"/> Transportation assistance for appointments (ACS) |
| <input type="checkbox"/> Lifeline® Home Emergency Response System (monthly service fee) (ACS) | <input type="checkbox"/> Wigs, hats, turban resources (ACS) |
| <input type="checkbox"/> Look Good, Feel Better® (ACS) | <input type="checkbox"/> Housing/lodging information (ACS) |
| <input type="checkbox"/> Meal resources/home delivered meal programs (fee may be required) (ACS) | |
| <input type="checkbox"/> Homemaker services, such as household cleaning, errands, general assistance (per service fees apply) (ACS) | |

More information on the reverse side

*All services are free unless otherwise noted.

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Physicians



Illinois CancerCare Social Services

Illinois CancerCare is proud to partner with the Cancer Center for Healthy Living and the American Cancer Society to provide the services listed on the other side to our patients and their families.

Name: _____

Type of cancer: _____

Date of birth: _____

Today's date: _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Would you like more information about or receive any of the following publications?

Clinical Cancer Research Trials

- Illinois CancerCare Treatments/Trends/Tomorrow magazine
- The Cancer Center for Healthy Living newsletter
- Illinois CancerCare monthly newsletter by e-mail
- No, not at the time

Information about programs & services on other side