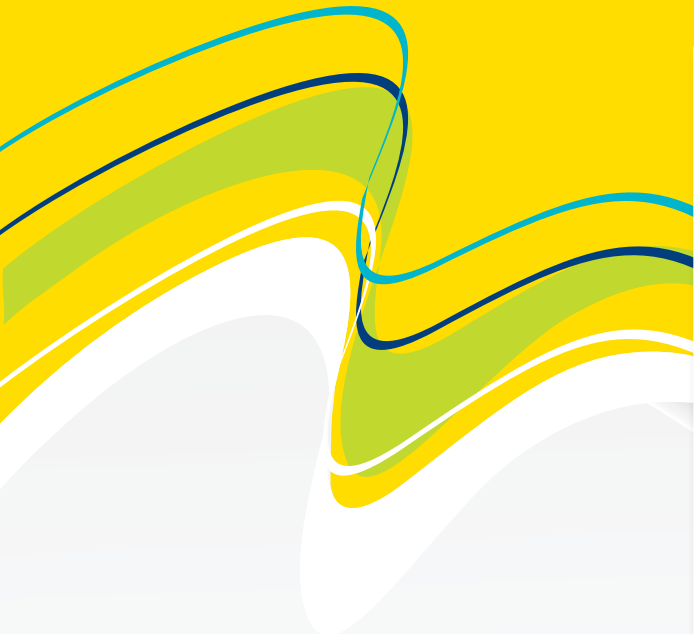


# ILLINOIS CANCERCAREs

Free Patient Newsletter • July/August 2013 • Issue 23



## Articles Inside:

### **New Chemo Alternative Prolongs Lives of Prostate Cancer Patients (page 5)**

A new treatment has been made available for men with prostate cancer that has spread to the bone. This treatment causes fewer side effects than traditional chemotherapy.

### **Illinois CancerCare Achieves Two Clinical Research Milestones (page 8)**

We would like to congratulate our physicians and research department for their hard work and dedication that made these milestones possible.

### **Golfin' in the Wild Raffle Tickets (page 9)**

We are now selling raffle tickets for three great prizes: Junction City Basket, Chicago Getaway and iPad 2. Check inside for more details and how to purchase tickets.



### **Swing for the Cure (page 12)** .....

Over 6,600 baseball fans packed into Dozer Park for our Annual Swing for the Cure to honor cancer survivors, their families and caregivers.



ILLINOIS CANCERCARE  
foundation

### Contact Us:

Toll Free: 1.866.622.6564 • Peoria: 309.243.3000  
www.illinoiscancer.com • www.illinoiscancer.com  
8940 North Wood Sage Road, Peoria, IL 61615



ILLINOIS  
CANCERCARE, P.C.  
Specializing in Cancer and Blood Disorders

# 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



## Do You Know Your Risk for Cancer?

Did you know some families have an increased risk of developing cancer simply because of their genetic makeup? Advancements in science and technology are making it easier and less expensive to test for hereditary genetic mutations and identify cancer syndromes in families. The most common cancer syndromes involve breast, ovarian uterine and colon cancers but can also include prostate, melanoma, thyroid, pancreatic and kidney cancers.



ILLINOIS CANCERCARE, P.C.  
Genetics Clinic

FOR MORE INFORMATION

CALL 309.243.3549

VISIT:

[WWW.ILLINOISCANCERCARE.COM](http://WWW.ILLINOISCANCERCARE.COM)

Right here at Illinois CancerCare we want to help you and your family discover your risk for cancer at our new genetics clinic. Our genetics clinic staff will review your personal and family cancer history and construct a pedigree (a precise outline of your family's cancer history). Based on your personal assessment, you will receive genetic counseling from Dr. James Knost, a medical oncologist who specializes in genetics. If genetic testing is appropriate, it will be performed on a blood or saliva sample obtained the day of your visit. You will have one more visit approximately three weeks later where you will receive your genetic test results as well as a personal cancer risk assessment and recommendations tailored to you and your family.

If you or anyone in your family is interested in a genetic screening, we encourage you to contact our genetics clinic today!

### Features the Suggest Hereditary Cancer

- You or a family member with breast or ovarian cancer before age 50
- You or a family member with colorectal cancer before age 60
- Cancers occurring in multiple generations on the same side of the family
- Rare cancers in a family

## Recipe from Sharon

### Fluid Replacement Drink

Preparation Time: 5 minutes  
Makes 4 servings

#### Ingredients:

- 1 cup orange juice (or non-citrus juice if you're experiencing mouth sores)
- 8 teaspoons sugar
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 4 cups water

#### Directions:

1. Mix all ingredients in a pitcher or large container
2. Stir thoroughly

#### Nutrition Facts

Calories 68, Total Fat .5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 449 mg, Total Carbohydrate 14 g, Dietary Fiber 1 g, Protein 2 g, Calcium 500 mg



Sharon Windsor

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

## Word Search

Theme: Solar System

## Sudoku

U	Q	T	U	R	A	N	U	S	I	E	G	O
C	S	I	E	N	K	G	M	A	R	S	T	M
P	M	B	G	R	G	A	V	O	O	U	N	O
S	V	R	H	U	E	S	O	I	L	K	O	O
U	U	O	G	T	R	T	L	P	L	D	L	N
U	M	N	K	A	Q	E	N	U	T	P	E	N
C	E	N	E	S	O	R	T	Y	S	M	V	O
K	T	T	P	V	C	O	X	I	E	T	T	E
V	E	T	H	O	H	I	E	R	P	E	A	D
F	O	X	M	E	Z	D	C	M	N	U	N	R
G	R	E	P	J	S	U	E	A	F	L	J	G
H	T	R	A	E	R	U	L	G	Y	O	D	I
F	Q	D	X	Y	L	P	N	U	S	T	X	N

#### Words:

Asteroid  
Comet  
Earth  
Jupiter  
Mars  
Mercury  
Meteor  
Moon  
Neptune  
Orbit  
Planet  
Pluto  
Saturn  
Star  
The Sun  
Uranus  
Venus

		4				7		
6	7						9	3
3			7				5	
		9	4	5			3	
4			9		7			6
	1			6	3	2		
	8				1			4
5	4						6	1
		2				8		

## New Chemo Alternative Prolongs Lives of Prostate Cancer Patients

Kimberly Kaufman, PharmD Candidate, Drake University Class of 2014

As of May 15th, there is a new treatment available for men with prostate cancer that has spread to the bone. The treatment can alleviate bone pain and prolong the lives of men with prostate cancer. This radioactive compound, known as Xofigo (zo-fee-go), specifically targets cancer cells within the bone, sparing some healthy cells that could be destroyed by other treatment options. As of May 15th, Illinois CancerCare is the 7th site in the country to administer this drug, and only the 2nd site in Illinois. We are very humbled and excited to be able to administer this drug and are receiving calls from patients in other states to come and receive it. Currently, there are no facilities offering this drug in Iowa or Missouri.

### How It Works

Xofigo is an injection of the radioactive material radium-223 dichloride into the blood. Upon entering the body, Xofigo mimics calcium and binds to areas within the bone where there is increased bone turnover. Since cancer cells experience uncontrolled growth, Xofigo is specifically targeting these rapidly dividing cancer cells. Once inside the bone, the radioactive drug emits alpha particles, which travel into surrounding cells and cause both strands of the DNA within the cell to break. This destruction of DNA leads to the death of the cell and thus deterioration of the tumor. The radium-223 dichloride then decays and ultimately remains in the bone as a stable form of lead. Xofigo's alpha particles radiate at a range of less than 100 micrometers, which amazingly equates to the diameter of only ten cells and significantly limits damage to surrounding healthy tissue.

### Working With Radioactive Compounds

Xofigo is a radioactive compound, therefore it can only be administered in certain facilities where the staff has proper training in this unique area. Illinois CancerCare is proud to be a facility with these capabilities. Our dedicated staff takes special precautions to ensure that those preparing, administering, and receiving the drug do not receive unnecessary exposure to the radiation. The radiation from Xofigo leaves the body through the urine and stool. This means that those in contact with the individual will not be exposed to radiation as long as good hygiene practices are used.

### Benefits of Xofigo Versus Standard Chemotherapy

Prior to the approval of Xofigo, patients with non-responsive prostate cancer were placed on injectable chemotherapy medications. The chemotherapy travels throughout the body, resulting in the death of any cells that are rapidly dividing—both cancerous and healthy. It is the death of normal cells that causes the commonly seen side effects of chemotherapy, including severe nausea, vomiting, diarrhea, hair loss, rash, mouth sores, and destruction of blood cells that work to fight infection.

*“Since Xofigo specifically targets cancer cells in the bone, there are fewer side effects than traditional chemotherapy medications.”*

The most common side effects seen in clinical trials for Xofigo were nausea, diarrhea, vomiting, and swelling. A course of treatment is also only 6 injections that are 4 weeks apart, reducing the duration of treatment needed. Additionally, it was found that patients taking Xofigo lived 3.6 months longer than patients on standard treatment in the clinical trial. Therefore, this novel medication is not only a safer option, but also has the potential to prolong the lives of men with prostate cancer.



## PHARMACISTS HELP MAKE YOUR MEDICATIONS WORK

Medicine can save your life-but it can also hurt you if it is not taken the right way. That's why you need to know all you can about all the medicine you take. While you're at *Illinois CancerCare*, the pharmacy staff is here to make sure that you receive the best and safest medications.

***Here are some tips for using your medications safely while you are in the hospital:***

**Tell your doctor and pharmacist all the medicines you take.**

- Bring a medicine list with the names of:
  - Medicines prescribed by your doctors
  - Medicines you bought at a drug or grocery store (like medicines for pain or a cold)
  - Vitamins, and herbs or nutritional supplements

**Tell your doctor and pharmacist what you can't take.**

- Your medicine list should also include:
  - Medicines that you should not take (because of allergies or other problems)
  - Other allergies you have (to things like peanuts, shellfish or latex)

**Watch out for:**

- Any changes in your medicine when you get your medicines each day, like a different color or shape
- Any reactions or side effects that the doctor or pharmacist didn't tell you about

**Ask your doctor or pharmacist:**

- The name of any medicine you are given or asked to take
- About anything that you don't understand or that doesn't seem right
- For information about your medicines in writing. This way you have something to refer to later
- If you have any questions about your medicine, ask to talk to a pharmacist

**Get help**

- Ask a family member or friend to help you. This person can ask questions for you and help you to speak up.



*Your Illinois CancerCare Pharmacy Team*

# Volunteering As a Survivor

By: Kaci Green, Illinois CancerCare Foundation Assistant

## Volunteer mission statement

*We are a volunteer group dedicated to the lives of those undergoing treatment of cancer. We believe that people who are going through the physical, emotional and mental rigors of cancer deserve some pampering and special treatment. Our common denominator is a desire to brighten the lives of cancer patients while they are going through a challenging time.*

Illinois CancerCare is fortunate to have a volunteer force of over 50 men and women, who dedicate their time, energy and smiles to serve you as patients and family members. All of these men and women have been touched by cancer in some way. Whether it was their spouse, parent, child or loved one, they all come here to give back to a place that supported them during their journey with cancer. We also have the unique privilege of having a group of volunteers who are survivors themselves. I had the privilege of talking with some of them about their journey with cancer and as volunteers at Illinois CancerCare.



Shirley

Shirley Bremer has been volunteering at Illinois CancerCare for almost 4 years now and cherishes the opportunity to meet people from different areas. "I just wanted to give back and help others going through difficult times," said Shirley. "I try to make it a good day for them."



Jim

Jim Benson, a retired teacher and 3.5 year survivor, loves volunteering because of the mission statement he was given the first day he started. (See statement above) "It sums up how I feel as a volunteer," said Jim. "I want to let patients and their families know that there are many people here who care about them and want to help them physically and psychologically."



Jose

A survivor since his 2003 diagnosis, Jose Sanchez just recently started volunteering at Illinois CancerCare. "I remember the impact that volunteers had on me and my family when I was being treated," said Jose. "I like that now I can use my perspective to help others to stay strong."

Jose encourages patients and families to stay positive and take things one day at a time during their cancer journey. "Ask friends and family to provide support," he explained.



Kathy

Kathy Dixon is newly cancer free, having completed her treatment this May. When she had her appointments, she was impressed by the volunteers and decided that if she made it through her cancer battle, she would volunteer. "Everyone was so uplifting during my treatment, that it drew me in to volunteer," said Kathy. "Doing this makes me thankful every day and I love seeing the nurses and other patients I became close with during my treatment."

*All of our volunteers have a special story to share about their journey with cancer. We are grateful to have them here, and hope you'll ask them their story sometime.*

## ILLINOIS CANCERCARE ACHIEVES TWO CLINICAL RESEARCH MILESTONES

Illinois CancerCare was awarded the 2013 Clinical Trials Participation Award, presented by the Conquer Cancer Foundation of the American Society of Clinical Oncology (ASCO). This prestigious award was only presented to seven community-based oncology practices in the United States. This award recognizes Illinois CancerCare's commitment to advancing cancer research through continued participation in clinical trials.

This year also marks the 30th anniversary of the Illinois CancerCare Community Clinical Oncology Program (CCOP). Illinois CancerCare received one of the first National Cancer Institute (NCI) CCOP grants in 1983, and is one of the oldest, continuously funded CCOP in the nation.

Congratulations to the staff and physicians at Illinois CancerCare, for your hard work, dedication, and compassion have allowed us to reach these important moments in clinical research.

Thank you to the selfless and brave patients at Illinois CancerCare, for without you none of this would be possible.



### Enrollment in Cancer Prevention Trial Needed.

To better understand ways to prevent cancer, the American Cancer Society is recruiting men and women across the US and Puerto Rico for a landmark new research study – Cancer Prevention Study-3 (CPS-3). Enrollment is being made possible in partnership with Illinois Cancer Care on September 13th, 2013. Individuals may choose to participate if they are willing to make a long-term commitment to the study (which involves completing follow-up surveys periodically over the next 20-30 years), are between the ages of 30 and 65 years old and have never been diagnosed with cancer (not including basal or squamous cell skin cancer). For more information, visit [www.cps3illinois.org](http://www.cps3illinois.org), call 1-888-604-5888 or e-mail [cps3@cancer.org](mailto:cps3@cancer.org).



ILLINOIS  
CANCERCARE, P.C.

Specializing in Cancer and Blood Disorders





# RAFFLE TICKETS

**\$20 EACH**  
**3 FOR \$40**

## ITEMS



### JUNCTION CITY BASKET

Includes certificates from the following...  
Belle Mie  
Skin by Mary  
Three Path's Massage  
Body the Fitness Boutique  
Random  
Sweet Ceces  
Natural Nails



### CHICAGO GETAWAY

Two night stay at a hotel in downtown Chicago (TBD)  
\$100 Wildfire Restaurant gift card  
Passes to the Shedd Aquarium  
Passes to an additional Chicago Attraction  
Additional Restaurant gift card

### IPAD 2 16GB



**YOU CAN PURCHASE TICKETS BY CALLING 243-3320**

## CISA RAISES MONEY TO HONOR FELLOW SOFTBALL REF



The Central Illinois Softball Association lost one of their own, Tim Smith to cancer this past year. Tim was the president of CISA and all of the members wanted to do something in his honor. "Tim was not only a good friend and great husband and father, but he turned our association into something members could be proud of," shared Fred McNeely, CISA member. Members of the association raised money by selling T-Shirts worn by their members as they refereed games during cancer awareness week. In total under \$1,000 was donated to the Illinois CancerCare Foundation. Tim's wife Tina, Fred and fellow CISA members came out to Illinois CancerCare to present the check to the Foundation's Executive Director, Janet Varnes.

We'd like to thank all the CISA members who showed their support for Tim, his wife and daughters Chloe and Kayla. We are grateful to be on the receiving end of this heartfelt donation.



Join us for Golfin' in the Wild at Wildlife Prairie State Park benefiting the Illinois CancerCare Foundation. The event will feature a unique golf course set up throughout the Wildlife "terrain" that all skill levels can enjoy. After nine holes of wild excitement, all of the party animals can gather inside for great food and entertainment. You won't want to miss this Wild Good Time!

**08.24.13**

**WILDLIFE PRAIRIE PARK**  
**REGISTRATION: 4:00 PM**

**GOLF FOLLOWED BY:**  
**Dinner, Silent Auction, Entertainment**

**ALL PROCEEDS BENEFIT:**



**\$50 PER PERSON**  
**\$95 TWOSOME**  
**\$180 FOURSOME**



**Fighting cancer one swing at a time.**

**[WWW.ILLINOISCANCER.COM/GOLFININTHEWILD](http://WWW.ILLINOISCANCER.COM/GOLFININTHEWILD)**



# SHOW YOU CARE!

Remember a loved one, support a cancer survivor, thank a caregiver or show appreciation to your healthcare provider and/or team with a special message in the **CUREageous** program!

Find out more by visiting [illinoiscancer.com](http://illinoiscancer.com) and click on the **CUREageous** link.

## July 26 and 27th Downtown Morton

**Friday: 5-10pm**  
**Saturday: 10am-10pm**



### Admission Friday

5-9pm \$5 donation per person

### Saturday

10am-2pm- Free  
2-9pm \$5 donation per person

**Children 17 & under FREE with adults all weekend**

#### Friday Schedule

- 5-10pm Food Vendors & Beer Garden
- 5-8pm BBQ Demos
- 5-10pm Live Music

**Proceeds Benefit**



#### Saturday Schedule

- 10am- 3pm Craft/Vendor Fair
- 10am- 6 pm Bounce Houses
- 11am- 2pm Unique Twist Balloons
- 11am- 10pm Food Vendors & Beer Garden
- Noon- 3pm Petting Zoo
- 2-6pm Live Music: Mister Sister
- 3-6pm Face Painting
- 4-5pm Awards Ceremony
- 5-10pm Live Music: Mister Sister and JammSammich

#### Food Vendors

Hick'ry Stick BBQ, Meat-n-Place, Dairy Queen, Barracks Cater Inn, Schwan's Ice Cream, Papa Murphy's, Slick Pig BBQ, Famous Daves and Progressive Poppers

Want to taste the competitor's creations?  
Saturday ONLY!

\$5 ticket will allow you to select the "People's Choice" for the best pulled pork.

11:30 am until it's gone.  
GOES FAST! Get there early.



# Our Giving Community



May 25th was a great night for a baseball game as over 6,600 baseball fans packed into Dozer Field to watch the Peoria Chiefs play. This night was special for those in attendance as it was Swing for the Cure, a night at the ballpark to honor cancer survivors, their loved ones and caregivers.

Cancer survivors were scattered throughout the crowd in their royal blue t-shirts and they were honored over the PA system for their courage and strength. Other fans attended the game in t-shirts supporting loved ones who are battling cancer. Survivors and fans were also featured in photos on the back of the Chief's jerseys.

Before the 6th inning, fans held up "I Go to Bat" signs, letting those around them know who they go to bat for in the fight against cancer. It was a moving moment for those at the game, as everyone is somehow impacted by cancer.

To end the night, fans were treated to a spectacular fireworks show, with music that fit the theme of the night, survivors as songs like I'm a Survivor by Reba McEntire and Skin by Rascal Flatts played over the loud speakers.

We want to thank everyone who came out and supported this event, whether you're a survivor, a caregiver or just a baseball lover. In total, the night raised over \$3,000 for the Foundation. We hope you'll join us next year!



**ILLINOIS CANCERCARE IS SO GRATEFUL TO THE PEORIA CHIEF'S STAFF FOR THEIR SUPPORT OF THIS EVENT EACH YEAR. WE COULD NOT DO IT WITHOUT YOU.**



# Pack the Place Pink

By: Kim Voeller, Organizer of Pack the Place Pink and Senior Soccer Parent



Morton High School Girls Soccer Team 2012-2013



Upper classmen during freshman/sophomore game



Seniors with their parents, I to r: Ashli Voeller (Michael & Kim), Erica Vedas (Steve & Jill), Alyssa Reitz (Clay & Sue)

Morton High School girls soccer loves to support Illinois CancerCare Foundation with an annual "Pack the Place Pink" charity soccer game. It is an exciting night for them to play in pink uniforms and look into the stands to see all those fans sporting "pink shirts" as well. Besides the t-shirt sales, they host a raffle to win an IPAD. This year's winner was Shelly Kaeb, mother of a boys' soccer player.

The girls on the field hope their small contributions will make a difference in the life of a cancer patient. They are glad to contribute to this worthy cause to support research and hopefully put an end to cancer. This year was the 3rd annual game and our total fundraising efforts reached \$10,000.

## Word Search & Sudoku Solutions

U	Q	T	U	R	A	N	U	S	I	E	G	O
C	S	I	E	N	K	G	M	A	R	S	T	M
P	M	B	G	R	G	A	V	O	O	U	N	O
S	V	R	H	U	E	S	O	I	L	K	O	O
U	U	O	G	T	R	T	L	P	L	D	L	N
U	M	N	K	A	Q	E	N	U	T	P	E	N
C	E	N	E	S	O	R	T	Y	S	M	V	O
K	T	T	P	V	C	O	X	I	E	T	T	E
V	E	T	H	O	H	I	E	R	P	E	A	D
F	O	X	M	E	Z	D	C	M	N	U	N	R
G	R	E	P	J	S	U	E	A	F	L	J	G
H	T	R	A	E	R	U	L	G	Y	O	D	I
F	Q	D	X	Y	L	P	N	U	S	T	X	N

2	5	4	3	9	6	7	1	8
6	7	8	1	2	5	4	9	3
3	9	1	7	8	4	6	5	2
8	6	9	4	5	2	1	3	7
4	2	3	9	1	7	5	8	6
7	1	5	8	6	3	2	4	9
9	8	6	5	7	1	3	2	4
5	4	7	2	3	8	9	6	1
1	3	2	6	4	9	8	7	5

# 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.

## July 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 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	<b>2</b> 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation 6:00 pm – Kids Connected	<b>3</b> 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	<b>4</b> Classes closed due to the Holiday	<b>5</b> 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	<b>6</b>
<b>7</b>	<b>8</b> 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	<b>9</b> 9:00 am –Aerobics 5:15 pm – Mindfulness Meditation	<b>10</b> 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	<b>11</b> 10:30 am – Senior on the Go Seminar "Eggs and Boulders and Small Steps for Lasting Weight Loss" 5:30 pm – Restorative Yoga with Marcy	<b>12</b> 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	<b>13</b>
<b>14</b>	<b>15</b> 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	<b>16</b> 9:00 am –Aerobics 5:15 pm – Mindfulness Meditation	<b>17</b> 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	<b>18</b> 5:30 pm – Restorative Yoga with Marcy	<b>19</b> 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	<b>20</b>
<b>21</b>	<b>22</b> 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	<b>23</b> 9:00 am –Aerobics 5:15 pm – Mindfulness Meditation	<b>24</b> 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	<b>25</b> 5:30 pm – Restorative Yoga with Marcy	<b>26</b> 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	<b>27</b>
<b>28</b>	<b>29</b> 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	<b>30</b> 9:00 am –Aerobics 5:15 pm – Mindfulness Meditation	<b>31</b> 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			

## August 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 5:30 pm – Restorative Yoga with Marcy 6:00 pm – Kids Connected	<b>2</b> 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	<b>3</b>
<b>4</b>	<b>5</b> 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	<b>6</b> 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	<b>7</b> 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	<b>8</b> 10:30 am – Seniors on the Go Presentation "My Back Hurts" 5:30 pm – Restorative Yoga with Marcy	<b>9</b> 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	<b>10</b>
<b>11</b>	<b>12</b> 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	<b>13</b> 9:00 am –Aerobics 5:15 pm – Mindfulness Meditation	<b>14</b> 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	<b>15</b> 5:30 pm – Restorative Yoga with Marcy	<b>16</b> 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	<b>17</b>
<b>18</b>	<b>19</b> 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	<b>20</b> 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	<b>21</b> 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	<b>22</b> 5:30 pm – Restorative Yoga with Marcy	<b>23</b> 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	<b>24</b>
<b>25</b>	<b>26</b> 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	<b>27</b> 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	<b>28</b> 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	<b>29</b> 5:30 pm – Restorative Yoga with Marcy	<b>30</b> 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	<b>31</b>

## Calendar of Events Descriptions

For Hult Center for Healthy Living Program, please call (309) 693-8139 to pre-register.

### Massage Therapy

By Appointment Only

Massage is available for cancer patients and survivors for \$25 an hour. Our massage therapists, Laurie Weaver and Tonya Pruettere 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 Connected 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 Connected 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. 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.

### Seniors-On-The-Go Seminars

Reservation Required for both seminars by calling 308.692.6650. Both seminars held at Hult Center for Healthy Living 5215 N Knoxville Avenue Peoria, IL 61614. Lunch provided at both sessions.

### Eggs and Boulders and Small Steps to Lasting Weight Loss

Thursday, July 11th 10:30-11:45 am

### My Back Hurts- Osteoporosis Awareness and Balloon Kyphoplasty Option

Thursday, August 8th 10:30-11:45 am

**I would like more information about the following services:**

**Social services form for patients**

**ACS = American Cancer Society**

**HCHL = Cancer Center for Healthy Living**

- |   |  |
|---|--|
| <input type="checkbox"/> Help for children coping with a parent who has cancer (Kids Connected)                                     | <input type="checkbox"/> Support Networking groups (HCHL)                                |
| <input type="checkbox"/> Individual counseling for the patient, family members, or caregivers (HCHL)                                | <input type="checkbox"/> Massage therapy for patients in treatment (\$25 fee/hr.) (HCHL) |
| <input type="checkbox"/> Healthy Living classes (yoga, gentle aerobics, Tai Ji) (HCHL)  | <input type="checkbox"/> Nutritional counseling (HCHL)                                   |
| <input type="checkbox"/> Cancer Basics 101 class (ACS/HCHL)   | <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.

[illinoiscancer.org](http://illinoiscancer.org)

# Physicians



## Illinois CancerCare Social Services

Illinois CancerCare is proud to partner with the Hult 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 Hult Center for Healthy Living newsletter
- Illinois CancerCare monthly newsletter by e-mail
- No, not at the time

Information about programs & services on other side