

ILLINOIS CANCERCAREs

Free Patient Newsletter
May/June 2013
Issue 22



NURSES WEEK

NATIONAL



MAY 6-12



Articles Inside:

PAGE 3-4

NATIONAL NURSES WEEK

Illinois CancerCare would like to thank all of our nurses for their hard work and dedication. Inside you'll find a spotlight of 5 of our wonderful nurses.

PAGE 6

THE GRAPEFRUIT EFFECT

Did you know that grapefruit can cause unwanted reactions with certain medicines? Jaymi Holloman, a PharmD candidate educates us all on grapefruit reactions.

PAGE 9

CANCER RESEARCH AWARENESS MONTH

Find out more information about the advances being made through cancer research to better treat the disease.

PAGE 13

TEAM JESS

See how Jess Strader's family celebrated her 30th birthday while bringing awareness of breast cancer to the Sterling community.



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

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ILLINOIS CANCERCARE
foundation

Table of Contents

Table of Contents

ILLINOIS CANCERCARE

Table of Contents

Illinois CancerCare Mission & Values	2
National Nurses Week	3-4
Recipe from Sharon: Chilled Cantaloupe Soup with Mint	5
Word Search and Sudoku	5
The Grapefruit Effect	6
National Cancer Survivors Day	7
Smiles from a Giving Heart	8
Cancer Research Awareness Month- Looking Toward the Future	9
Letter from the Executive Director.	10
Morton BBQ Throwdown.	11
Golfin' in the Wild	11
Do You Know a Doc That Rocks?	12
Spring Fling Craft Fair	12
Leis and Leather River Run.	12
Team Jess	13
Word Search and Sudoku Solutions	13
Calendar of Events	14
Calendar of Events Descriptions	15
Illinois CancerCare Social Services	15, 16
Illinois CancerCare Physicians.	16

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



National Nurses Week

May 6th-12th



Randi V.



Laura S.



Anne J.

In 2012, Americans again voted nurses as the most trusted profession in America for the 13th time in 14 years according to a Gallup poll that ranks professions for their honesty and ethical standards. What a true testament to a profession of countless dedicated and passionate individuals.

At Illinois CancerCare, nurses are at the forefront of patient care and pride themselves in what they do. Randi Vaughan, RN-BC, BSN, echoed these sentiments and added, "Illinois CancerCare definitely puts patients and their families first because we understand how important good support is."

Being supported through your cancer journey makes the whole experience more bearable and the staff and nurses at Illinois CancerCare recognize this. Sara Althiser, RN, BSN has been on both sides of this support.

I would say the most memorable experience for me was when I was able to be a nurse here while my dad was getting treatment. It was great to know that I could visit him and be there if he needed me. He received great care while he was here, starting from the front door all the way to the treatment room. Being a nurse at Illinois CancerCare, I knew that he would receive the best care possible, and to be here just as a family member, I witnessed this in action.

A reason patients are so supported by their nurses, is because the nursing staff is supportive of each other. A common thread

(continued on next page)

Illinois CancerCare Nurse Statistics

- 57 nurses
- 17 APNs (Advanced Practice Nurses)
- 56 to 1 female to male ratio
- Average Age of Nursing Staff: 38
- Average length working at Illinois CancerCare: 17 years
- Longest Tenure as Nurse: Jean Hallam, 23 years



Teresa C.

throughout Illinois CancerCare is the enjoyment people get from being around their co-workers. "My co-workers ROCK and I enjoy coming to work," exclaimed Anne Johnson, a new member of the nursing staff team. "I'm using my skills, am able to get up and interact with patients and my co-workers, and since I like a good challenge, most days I get one!"

"I love my co-workers," veteran nurse, Teresa Craig agreed. "We have such an awesome team here; from the maintenance crew to the lab to the nursing staff to research to administration and everyone else in between."

Nursing brings many challenges, new experiences and the need to think quickly on your feet. This was the challenge Laura Saal, RN, decided to take one when she went back to school to become a nurse. "I was in marketing for ten years and after staying home with my kids for a year I decided I'd go into nursing," stated Laura. "Oncology was always the area of nursing I wanted to go into. My mom is surviving and still battling breast cancer after 20 years and her attitude has always been an inspiration to me."



Sara A.

All four of these women credit you, the patients as their inspiration. You teach them lessons, have positive attitudes and become like family to them. The fulfillment they get from interacting with you each and every day makes them enjoy coming to work.

During National Nurses Week we hope you'll show them your great attitudes and also recognize all of our nursing staff for the superb job they do. Whether it's a smile, hug or a card, please let them know how much you appreciate them.

Advice for those thinking of going into nursing

"Get plenty of experience in healthcare. Become a tech, volunteer...do something to familiarize yourself with the hospital setting." - Laura Saal

"Each day brings new challenges and opportunities to advance your knowledge. There are so many different specialties that are available to nurses, so there is surely an area that would be of interest to each person." - Sara Althiser

"It's an awesome career! There are so many opportunities to do and go different places, you'll never get bored!" - Anne Johnson

"Just know that nursing provides many avenues to provide care, education, support and much more to others. It's truly a rewarding and meaningful endeavor!" - Randi Vaughan

"Work hard. Be kind. Don't ever be afraid to ask questions if you don't understand something. Don't give up!" - Teresa Craig



Recipe from Sharon

Chilled Cantaloupe Soup with Mint

Preparation Time: 20 minutes
 Chilling Time: 1-2 hours
 Makes 4 servings

Ingredients:

- 4 cups cubed cantaloupe (about 1 cantaloupe)
- 2 tablespoons honey, or to taste
- 3 tablespoons freshly squeezed lime juice, or to taste
- 1/8 teaspoon ground cardamom to taste (optional)
- Sliced fresh strawberries, for garnish
- 1/4 cup whole fresh mint leaves, for garnish

Directions:

1. Put the cantaloupe in a wide, shallow, microwave-safe container. In the microwave, heat the melon on medium (50% power) for 2 minutes, or just until the melon softens slightly.
2. Transfer the cantaloupe to a blender or food processor. Add honey, lime juice, and cardamom and blend the mixture until smooth.
3. Transfer to a bowl and refrigerate for 1 to 2 hours, until cold.
4. Before serving, taste and add more honey, cardamom or lime juice as needed.
5. Garnish each serving with strawberry slices and mint leaves.



Sharon Windsor

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

Nutrition Facts

Calories 85, Total Fat 0 g, Saturated Fat 0 g, Sodium 27 mg, Total Carbohydrate 22 g, Dietary Fiber 1 g, Protein 1 g

Word Search

Theme: Infants

Sudoku

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

Words:

- Baby
- Bottle
- Bouncer
- Boy
- Crawl
- Crib
- Cute
- Diapers
- Giggle
- Girl
- Labor
- Onesie
- Pacifier
- Pregnant
- Rattle
- Smile
- Snuggle
- Soft

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



The Grapefruit Effect

Written by Jaymi Holloman, PharmD Candidate SIUE Class of 2015

What is the grapefruit effect? This is when drinking grapefruit juice or eating a grapefruit causes an unwanted reaction with the medication you are taking. Grapefruits contain a chemical that blocks how your body breaks down drugs before getting to your bloodstream. It is important for drugs to break down normally so that they can be cleared from your body. When drug breakdown is lowered, this can lead to a drug overdose. Just one grapefruit and even an 8 ounce glass of grapefruit juice can lead to this reaction happening. It is best to not eat or drink grapefruit or grapefruit juice while on your medication. You should always talk about this with your doctor or pharmacist to see what is best for you.

What cancer drugs should I avoid grapefruit with?

- 
- Afinitor (everolimus)
 - Bosulif (bosutinib)
 - Busulfex (busulfan)
 - Camptosar (irinotecan)
 - Cometriq (cabozantinib)
 - Doxil (doxorubicin)
 - Gleevec (imatinib)
 - Inlyta (axitinib)
 - Iressa (gefitinib)
 - Ixempra (ixabepilone)
 - Jakafi (ruxolitinib)
 - Jevtana (cabazitaxel)
 - Mitoxana (ifosfamide)
 - Navelbine (vinorelbine)
 - Nolvadex (tamoxifen)
 - Oncovin (vincristine)
 - Pomalyst (pomalidomide)
 - Sprycel (dasatinib)
 - Stivarga (regorafenib)
 - Sutent (sunitinib)
 - Tarceba (erlotinib)
 - Tasigna (nilotinib)
 - Taxol (paclitaxel)
 - Taxotere (docetaxel)
 - Toposar (etoposide)
 - Torisel (temsirolimus)
 - Tykerb (lapatinib)
 - Velban (vinblastine)
 - Velcade (bortezomib)
 - Votrient (pazopanib)
 - Vumon (teniposide)
 - Xalkori (crizotinib)
 - Zytiga (abiraterone acetate)



National Cancer Survivors Day

By Kaci Green, Illinois CancerCare Foundation Assistant

From family members to close friends, everyone knows someone whose life has been touched by cancer. In America alone, there are nearly 14 million people living with a history of cancer. More people than ever before are surviving the disease as a result of advances in prevention, early detection, treatment, and follow-up care. How great is that!

You may be thinking to yourself, well I am newly diagnosed with cancer so I am not a survivor until I rid my body of this disease. That however, is erroneous thinking as you are a survivor! The National Cancer Survivors Day Foundation defines a “survivor” as anyone living with a history of cancer – from the moment of diagnosis through the remainder of life. As Gloria Gaynor put it in her famous song, “I will survive” and you are!

**“Don’t give up.
Don’t ever
give up.”**

–Jim Valvano, NC State Basketball Coach, Cancer Survivor until 1993.

June 2nd is National Cancer Survivors Day. It’s an opportunity for all of us to recognize the survivors in our lives. Whether that is through a hug, card, Facebook post or over lunch, I hope you’ll take time on June 2nd to let the survivors in your life know how much they mean to you. Tell them what you appreciate about them and how they touch your lives.

For all you survivors out there, I hope you stand proud on June 2nd for overcoming such an all-consuming disease. I do encourage you to take the time thank the caregivers in your life for their tireless efforts to help you through their cancer journey.

Now, I am also very sensitive to those of you who's loved ones are no longer here to celebrate this day. I, myself know how hard that can be. I lost my beautiful and courageous mother to cancer in 2011. At 22, that was a hard pill to swallow and still is to this day. However, on June 2nd, I will remember my mom. For those of you, like me, who watched a loved one fight this disease to the very end, I hope you will take time of National Cancer Survivors Day to remember someone no longer with us. Remember how they inspired you in their fight and with their lives.

We are all on this journey together. Whether we are fighting the battle ourselves, watching a loved one do it or cheering someone on from afar. Cancer is a disease that affects us all.

Volunteers

Volunteers

Smiles Through a Giving Heart



Illinois CancerCare was a recipient of Traci's Project 40! To celebrate her 40th birthday, Traci Sullivan wanted to do 40 random acts of kindness to brighten the lives of people in our community. Traci, one of her friends and their kids came out to Illinois CancerCare's Peoria clinic to hand out balloons to our patients. The bright colors, and all the warm, loving smiles, brightened the day of everyone who came in contact with Traci and her gang of balloon givers!

Traci handed out cards encouraging people to pay the kindness forward! We are so grateful for Traci and her kindness.



Traci's Project 40 raised \$1,350 to help others, from paying late fines at the library, offering free tokens at the laundromat, and delivering carnations to seniors and donuts to police officers.



Dawn McKinney wanted to give back to the patients of Illinois CancerCare in memory of her grandfather, who received treatment at our Peoria clinic. During his time here, Dawn's grandfather received a blanket from one of our volunteers and cherished it immensely. After hearing that we were in need of blankets, Dawn made 15 and brought them to hand out to patients. People loved them, and it brought a smile to everyone's face. The whole experience was emotional for Dawn, but very rewarding. She hopes to make and donate blankets to our patients on an annual basis.



Cancer Research Awareness Month- Looking Toward the Future

By Jamie Harper, MHA, CCRP, Clinical Research Supervisor

Since our first patient enrolled into a clinical trial in 1978, Illinois CancerCare has been devoted to advancing the treatment of cancer towards a cure. According to Research!America, more than 1.6 million people in the United States were expected to develop cancer in 2012. As the second leading cause of death in the US, cancer led to approximately 575,000 deaths in 2012.

But the term “cancer” can be misleading. Cancer is a varied disease. For example, “breast cancer” refers to the collection of cancers that occur in the breast; but on a molecular level, there are at least five different subtypes of breast cancer. Each one of these subtypes acts differently and requires different treatments. Cancer research has led to new treatments that target these specific molecular processes, including what causes cancer progression and the specifics of an individual’s cancer.

Targeted Therapies

Targeted therapy is a new trend in cancer treatment that involves trying to interfere with the cancer cell’s ability to replicate without limit, avoid cell death, and create its own blood supply for oxygen. This type of therapy can be more effective and less harmful to the patient because they specifically act on cancer cells, leaving normal cells intact. The biggest challenge with targeted therapies is determining the correct molecular target and predicting whether or not the patient will respond.



Personalized Medicine

Every cancer has a unique genetic makeup, just as every individual has their own unique genetic makeup. For this reason, personalizing cancer treatments and doses to the individual person and that person’s cancer is becoming increasingly important. Biomarkers are substances produced by cancer cells or the body in response to cancer, that identify the specific type of cancer a patient may have. These biomarkers can be obtained through blood, urine, or tissue tests. Personalized medicine will allow us to determine who should receive what drugs in order to obtain the best response to treatment.



Illinois CancerCare Research Department

The Research Department at Illinois CancerCare consists of 24 people, dedicated solely to advancing cancer treatments toward a cure. The clinical trials available at Illinois CancerCare consist of targeted therapies and personalized medicine, as well as cancer prevention and symptom management. We are excited about the prospects of new cancer treatments and hope you will join us in the fight by enrolling into a clinical trial.

For more information about clinical trials, please call the Research Department at 309-243-3605, or visit our website at illinoiscancercare.com.

References:

Cancer- Updated 2013- pamphlet, Research!America, www.researchamerica.org

Newman, Kira; The Future of Cancer Research, The New Individualist- The Atlas Society 2013, www.atlassociety.org



Janet Varnes, Executive Director

Letter from Executive Director—Janet Varnes

I've been thinking a lot lately about the English-adapted proverb, "April showers bring May flowers." Commonly used since the late 1800s, this expression has special meaning to those, like me, who love to "dig in the dirt" each spring. I have spent many a soggy, rainy day recently daydreaming about tending to the plantings in my flower beds and discovering new varieties which I can introduce this year. This passion – or perhaps I should say, obsession – brings great joy and satisfaction, as well as a welcome distraction from the daily routines of life.

This expression can also hold special significance to cancer patients and their families who experience a cancer diagnosis, and all the challenges that come along with it. The advent of spring brings renewed faith as plants that have remained dormant for months come to life once again and remind us of the true wonders of nature. Neither the cold of winter or torrential rains can stop the progression of nature. Spring provides an instinctive time to reacquaint ourselves with the wonders and blessings of nature. From the tiniest bud on a tree, to the re-emergence of our favorite birds – we all marvel at the transformation that belongs to spring.

Late spring also brings a time to celebrate through National Cancer Survivor Day held on June 2. This annual celebration of survivors and their family, friends and caregivers, provides an opportunity to honor those who fight the battle with cancer, regardless of where they are in their journey. It serves as a reminder of the continued pursuit of hope -- hope for the future; hope for comfort; hope for loved ones and friends that they find peace; hope we will make a difference.

At the Illinois CancerCare Foundation, we believe that the greatest hope for progress will be achieved through on-going cancer research. Scores of selfless patients continue to enroll in important investigative studies offered through clinical trials, providing hope for themselves and future generations.

In the weeks to come as you listen to your favorite radio stations, you are likely to hear Foundation-sponsored radio advertisements promoting National Cancer Survivor Day and the Foundation's Clinical Trials Advocacy Program. I encourage you to join us in celebrating this day through participation in an upcoming educational session to learn more about better options and potential cures made possible through clinical research. Please visit us at WhyClinicalTrials.com or call us at 309.243.3320.

On behalf of our Board of Directors, Advisors, Young Leaders and Volunteers, thank you for giving so generously to support cancer patients and their families. We hope that you will join us in celebrating the wonders of spring!



Our Giving Community

Our Giving Community



Last year's Morton BBQ Throwdown brought in \$20,000 for the Illinois CancerCare Foundation. This year, organizer Ryan Koener is hoping to raise even more money to support the Foundation's mission. Bring out your entire family for great food, entertainment and so much more!



Interested in purchasing a cook book with recipes from former and current BBQ teams? If so, visit the front desk at Illinois CancerCare's Peoria clinic. Cookbooks are \$8 each.



Friday, July 26th

- 5-10p Live Entertainment
- 5-9p Food vendors
- 5-10p Beer garden

Saturday, July 27th

- 8-4p Backyard competition
- 10-3p Craft show
- 12-7p Silent Auction
- 12-8p Kids activities
- 12-10p Live Entertainment
- 4pm Awards ceremony



Fighting cancer one swing at a time.

08.24.13

Wildlife Prairie Park

Registration: 4:00 pm

\$50/PERSON \$95/TWOSOME \$180/FOURSOME

Benefiting



Visit illinoiscancer.com/GolfinintheWild for more details

Our Giving Community

Our Giving Community



DO YOU KNOW A DOC THAT ROCKS?

IT'S TIME TO START NOMINATING OUTSTANDING PHYSICIANS FOR THE 2013 ROCK DOC AWARD!



The Rock Doc candidates must meet the following criteria:

- A ROCK DOC SHOULD BE A PHYSICIAN THAT WORKS IN HEALTHCARE IN THE CENTRAL IL AREA
- A ROCK DOC SHOULD BE A PHYSICIAN WHO IS MOVING PATIENT CARE FORWARD THROUGH THEIR SUPPORT DIRECTLY OR INDIRECTLY IN RESEARCH.
- A ROCK DOC SHOULD BE A PHYSICIAN WHO EXHIBITS QUALITIES THAT DEMONSTRATE OUTSTANDING PATIENT CARE



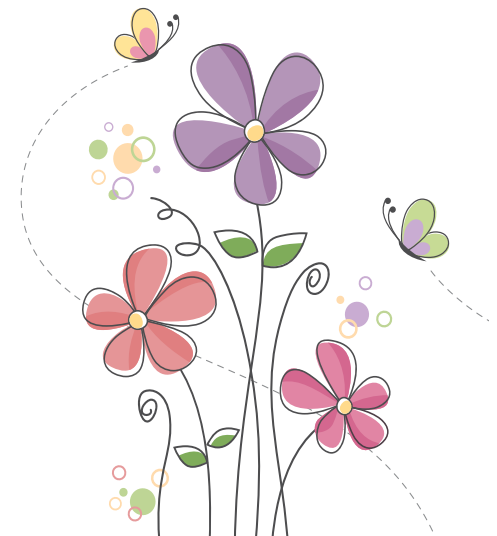
Nominations will be accepted through June 28, 2013. You can pick up an application in any of the waiting rooms or by visiting illinoiscancer.com. Winners will be announced at the CUREageous event on Friday, November 8, 2013.

Spring Fling Craft Fair

Scarves, jewelry, purses, ceramics and so much more overflowed from the Ashland House in Morton, IL. What could bring together so many different and unique pieces? The third annual Spring Fling Craft Fair! Organizer Sharyl Nuske worked hard to bring together 45 craft vendors for this year's event. Hundreds of people funneled through and bought great items to take home or use as gifts.

In the past, the event has gone to support other local charities, but this year, Illinois CancerCare was at the façade of Nuske's mind. "Illinois CancerCare is taking great care of my Mom and others in the area who are near and dear to me," affirmed Nuske. "Dr. Pager, Marti Williamson, Kayla Shaw and the entire nursing staff has taken care of Mom and I wanted to give back to others who are cared for at Illinois CancerCare."

The Foundation is appreciative of the almost \$1,400 donated from the Spring Fling. Sharyl and her mom's experience is echoed by so many in our community and we are grateful to receive this donation.



On Saturday, June 22nd bring your motorcycles, boats or cars and spend the day with the Central Illinois Parrot Head Club touring some wonderful riverfront stops including, Kuchie's on the Water, Burger Barge, Banana's Beach Bar and No Wake Zone Bar and Grill. Registration is from 10-11:30 am at Kuchie's on Water in Creve Couer. The ride ends at Hooters in Peoria with a concert by Billy Washburn and the Boat Drunks. Entry fee per vehicle is \$20 Advance, \$25 Day of Event. To pre-order tickets email officers@ciphc.org or call (309) 323-0017. All proceeds from the event benefit the Illinois CancerCare Foundation.

Our Giving Community

Our Giving Community



TEAM JESS



Friday, March 29th marked Jess Strader's 30th birthday. Her husband Jared, their two kids, countless family members and the entire community of Sterling, IL rallied together to donate over \$5,500 to the Foundation in Jess' memory. Team Jess as they call themselves, came out to the Peoria clinic to talk with the staff and visit Dr. Le-Lindqwister, who treated Jess through her three year battle with breast cancer.

Jess was a K-2nd grade Special Education teacher in the small town of Sterling. Throughout her whole battle with cancer, the community rallied around her with their love and support. Jared was amazed when over 700 people showed up on the day of Jess' passing to pray for the family, sing songs and then release balloons into the air. "She passed away right as the balloons were released," said Jared. "It was like they were guiding her to heaven." Going forth, team Jess is going to continue to bring awareness to others in the fight against breast cancer.

Word Search & Sudoku Solutions

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

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

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.

May 2013

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

June 2013

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						1
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23	24 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	25 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	26 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	27 5:30 pm – Restorative Yoga with Lisa	28 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	29



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 \$30 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 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.

Living a Brain Healthy Lifestyle

Thursday, May 9th 10:30-11:45 am

The health of your brain plays a significant role in almost everything you do: thinking, feeling, remembering, working, playing and even sleeping. There are steps you can take to help keep your brain healthy as you age. A holistic and brain healthy approach to reducing the risk of cognitive decline and living well will be discussed.

Elder Law Update

Thursday, June 13 10:30-11:45 am

Learn about the power of attorney documents, wills, probate, disposition of remains, the use of trusts and Medicaid (nursing home) planning. The objectives of this presentation will be to inform you about legal issues affecting seniors and to provide helpful suggestions to avoid legal problems. There will be time for questions and answers.

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 Connected) | <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