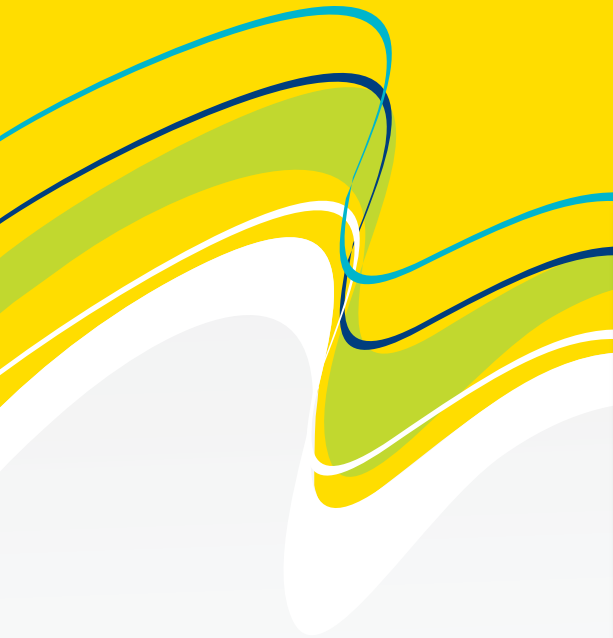


ILLINOIS CANCERCARE

Free Patient Newsletter • July/August/September 2014 • Issue 28



Articles Inside:

A Day in the Life -
Medical Laboratory Scientist

What's New in Diagnostic Imaging
Sneek preview of the GE Optima 560

GOLFIN' IN THE WILD
RESERVE YOUR TICKETS NOW
FOR SATURDAY, AUGUST 16TH.
Join the fun! To register, visit
[http://www.illinoiscancer.com/
GolfinInTheWild/](http://www.illinoiscancer.com/GolfinInTheWild/)

Swing for the Cure
It was a beautiful night at Dozer Park for the Annual Swing for the Cure to honor Cancer Survivors, their families and care givers.

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



Janet Varnes, Executive Director

News from Executive Director—Janet Varnes

It's hard to believe that we are half way through summer. I hope that you are enjoying the season. Spring was a busy time at the Foundation as we hosted six Survivorship Expos throughout central and western Illinois. It was a wonderful opportunity for the Foundation to get to meet nearly 200 patients being served through our regional clinics. Made possible by a grant from Amgen, we plan to continue this important outreach and look forward to seeing many of you at future events.

Summer continues to see us gear up for our busiest time of the year – the launch of event season!!! There are a number of wonderful fundraising events being planned for this summer and we hope that you can participate in one, or all of them!

First, the fourth annual **Morton BBQ Throwdown** will take place the weekend of July 25/26. This is a wonderful community activity that provides fun for young and old. Sanctioned by the Kansas City BBQ Society, the event brings together 45 professional teams from across the nation to compete. The Foundation is fortunate to have been the charity sponsor with this group since its inception. This year's fundraising goal is \$30,000, which if achieved, will bring the total of contributions from the event to over \$75,000. The charitable support received through this annual event is greatly appreciated, and makes a positive impact on patients and their family members through research, education and patient care programs. For more information about the event, visit <http://www.mortonbbqthrowdown.net>.

That same weekend, the third annual **Leather and Leis River Run and Party**, sponsored by the Central Illinois Parrot Head Club, will begin with registration at Kuchie's on the Water from 10:00-11:30AM. Whether by motorcycle, boat or car, you can spend the day with a great group touring some wonderful riverfront stops. The ride will end at Hooters of Peoria with live music provided by the Fatty Lumpkin Band, a member of which is an Illinois CancerCare patient. For more information about this event, visit <http://www.ciphc.org>.

Finally, the third annual **Golfin' in the Wild Event** will be held on Saturday, August 16 at Wildlife Prairie Park. Coordinated by the Foundation's Young Leaders Board, this unique, nine-hole golf course is geared for the golfer of any skill level. Many fun activities and refreshments are provided on the course and a dinner, silent auction and raffle are held after golfing. For more information, visit <http://www.illinoiscancer.com/GolfinInTheWild>.

To top it all off, the Foundation is launching a new fundraising endeavor where you can help us fight cancer in a new, personal way. The **Power of Hope** personal fundraising site allows you to turn any occasion into a way to support cancer patients through the Illinois CancerCare Foundation by creating a Power of Hope personal fundraising webpage. It only takes 3 easy steps:

CREATE

Create a personal fundraising page

TELL

Tell your personal story on your page about why supporting cancer patients and their families important to you..., and

SHARE

Share your personal page, ask friends and family to donate to your cause, and give hope in the fight to cure cancer and support local cancer patients and their families throughout central and western Illinois during a very difficult time.

For more information on how to make a personal impact in the lives of cancer patients, please see our ad on page 12 in this newsletter or visit, illinoiscancer.donorpages.com/PersonalFundraising.

Hope. It is one of the most important therapies during a cancer diagnosis. Your continued support and advocacy of the Foundation's mission provides real hope to our patients and their families and is appreciated beyond words.

All my best,

A handwritten signature in black ink that reads "Janet Varnes". The signature is written in a cursive, flowing style.

Medical Laboratory

A day in the life of a Medical Laboratory Scientist, or MLS; where do I even begin? A MLS's day begins bright and early with the most essential part of the job before the patients arrive: turning the instrumentation on, doing the essential maintenance and making sure patient results are accurate based on the quality control report. By 7:30 am patient specimens start arriving. Sometimes the specimens trickle in and other times come in by the handful.

What do those colors mean?



Carrie Pruitt

Purple tube top	Complete Blood Count (CBC)	15 to 20 minutes to process – first results shared with physicians
Green tube top	Complete Metabolic Panel or Basic Metabolic Panel	Tests for electrolytes and kidney and liver function; takes up to an hour to process
Orange tube top	Cancer markers – drawn at the time of diagnosis and then to monitor treatment	Test results to the physicians in an hour
Blue tube top	Prothrombin times or PT/INR (tracks Coumadin dose); tube must be filled to the top	Test results to the physician in an hour
Yellow tube top	For labs not performed at Illinois CancerCare	

Many of the labs require separating the plasma from the rest of the aspects of the blood. This is done by spinning the specimens at 3500 RPMs for 3 (orange tube tops) to 10 (green tube tops) minutes. The sample is then put into the appropriate equipment. It is this length of time that determines how long between your lab appointment and your appointment with the physician. The results of the tests are transmitted via a software interface directly into your medical record. Having this available before your appointment helps the physicians make decisions about your care.

In general, most of our day consists of spinning down the tubes described earlier. As the tubes are loaded into the instrument that performs the actual tests, the techs inspect the specimen for quality. Approximately every 3-15 minutes a new set of specimens is placed on any given instrument. The lab also processes research kits. The research kits come with specific instructions to ensure the specimens meet study requirements. On occasion, a tech needs to put on a “mechanic’s hat” and trouble shoot a machine. The instruments send an error message identifying any problems. Fortunately, it is rare that the machines need mechanical attention. Another part of the day includes microscope work. One tech each day is assigned to manual differentials.

These are done when the machine notices anything not quite within “normal”. This can range from a low platelet count to abnormal cells. The techs have been trained and educated in identifying these differences. The tech will make a peripheral smear of the patient’s blood and stain it.

(continued on bottom of page 5)



Susan Skinner



The Diagnostic Imaging Department will soon begin performing PET/CT scans with the newly installed GE Optima 560. The most significant upgrade in this unit is the 'Time of Flight' software that will more accurately time the gamma ray event within the body to create the image in the diagnostic test. This will "sharpen" the image, creating more definition to the exam and ultimately aid the radiologist in the interpretation of the scan.

In the near future, the current scanner will be replaced by a new, dedicated CT unit that will have the ability to accomplish more indications and scans. We are very excited to start using this new technology to further enhance patient care and the Mission of all of us here at Illinois CancerCare!

(continued from page 4—Medical Laboratory Scientist)

Then the slide goes under the microscope for evaluation. A manual differential starts with the counting of 100 white blood cells. The techs are often the first ones to see a sudden change, though it may be suspected by your doctor, making our job extremely important in patient care. The final stage of the manual differential is a red blood cell evaluation. Certain disease states can cause the red cells to exhibit different shapes other than the normal "donut-like" shape. They can look like anything from a tear drop to a target. All of these findings are reported and sent to the doctor.

Toward the end of our day, the techs can generally catch their breaths. This is when we inventory reagent, stock supplies, complete other projects or run reports on orders. Each afternoon a tech stays until each physician is done or until there is notification that no further labs are needed. We want to make sure each patient gets everything he or she needs while here in our office.

The Illinois CancerCare Medical Laboratory Scientists work extremely hard every day to provide the best patient care possible. What we do in our lab is important and essential to your visit and we take value in that!

Recipe from Sharon



Mozzarella and Tomato Pasta Salad

- 1 (16 ounce) package bow tie pasta
- 2 cups fresh mozzarella cheese, cubed
(this is the very soft mozzarella cheese, not your standard Kraft-type cheese)
- 1 cup parmesan cheese, shredded
- 1 cup fresh basil, torn into small pieces
- 3 large tomatoes, diced
- ½ lemon
- ½ cup olive oil
- salt and pepper



Sharon Windsor

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

Directions

1. Cook pasta until tender and rinse in cool water.
2. Mix together pasta, cheeses, basil, and tomato.
3. Squeeze the juice from the lemon and mix with olive oil. Toss in pasta. Add salt and pepper as desired.

Nutrition Facts

Serving Size (1 cup), Servings per Recipe: 8, Amount per Serving:
 Calories: 507, Fat Calories: 216, Total fat: 24 g, Saturated fat: 7 g, Cholesterol: 24 mg
 Sodium: 308 mg, Total Carbohydrate: 53 g, Dietary Fiber: 4 g, Protein: 20 g

Word Search

Theme: July-August

Sudoku

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

Words:

- Fireworks
- Cookout
- Pool
- Sandals
- Heat
- Hotdog
- Swimming
- Lemonade
- Sunburn
- Lightening
- Beach
- Lotion
- Vacation
- Barbeque
- Shade

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

Our Giving Community

In celebration of Kristin Keene's memory, her friends and family donated 100 bags from Thirty-One Gifts. Katie Kerckhove (center) and Kellan (left) and Kalleigh Keene (right) brought the bags to Illinois CancerCare on June 13.

The Foundation has been providing bags to financially disadvantaged patients that include a number of items that the nurse practitioners suggested would be helpful. The donated bags will be used for these Patient Comfort Kits.



Linda Prox donated a blanket warmer in memory of her husband, Stan. Bea LeMasters joins Linda in front of the new equipment at the Macomb clinic. A warm blanket while receiving treatment is one simple way to provide a little more comfort to our patients.

Under Construction



- Monday, August 11 — patients will start being seen in new location
- Thursday, September 11 — Open House

CONSTRUCTION IS ALMOST COMPLETE AT THE GALESBURG CLINIC!





[/IllinoisCancerCareFoundation](#)

From Karen

(via Facebook):

Attitude is 90 percent of the battle. Be honest but look for the best in every situation. Be kind to yourself, if you are the caregiver please be patient we have never been down this road and are scared. You can do this. God is good all the time.

From Julie

(via Facebook):

My friend gave me this book when I was diagnosed. Since, I have given over a dozen copies away to others who have been diagnosed. It is a very helpful book. Praying Through Cancer: Set Your Heart Free from Fear: A 90-Day Devotional for Women (Praying Through Cancer is a collection of stories by women who have faced cancer and, with triumphant spirits, found comfort and sometimes even joy in the midst of it. Published by Thomas Nelson; Susan Sorensen(Contributor), Laura Geist(Contributor))

July 25 and 26th 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: Midnight
Special and Jury's Out

Saturday Schedule

10am- 5pm 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
3-6pm Face Painting
4-5pm Awards Ceremony
6:30-10pm Live Music: 3 and a half men

Proceeds Benefit



Food Vendors

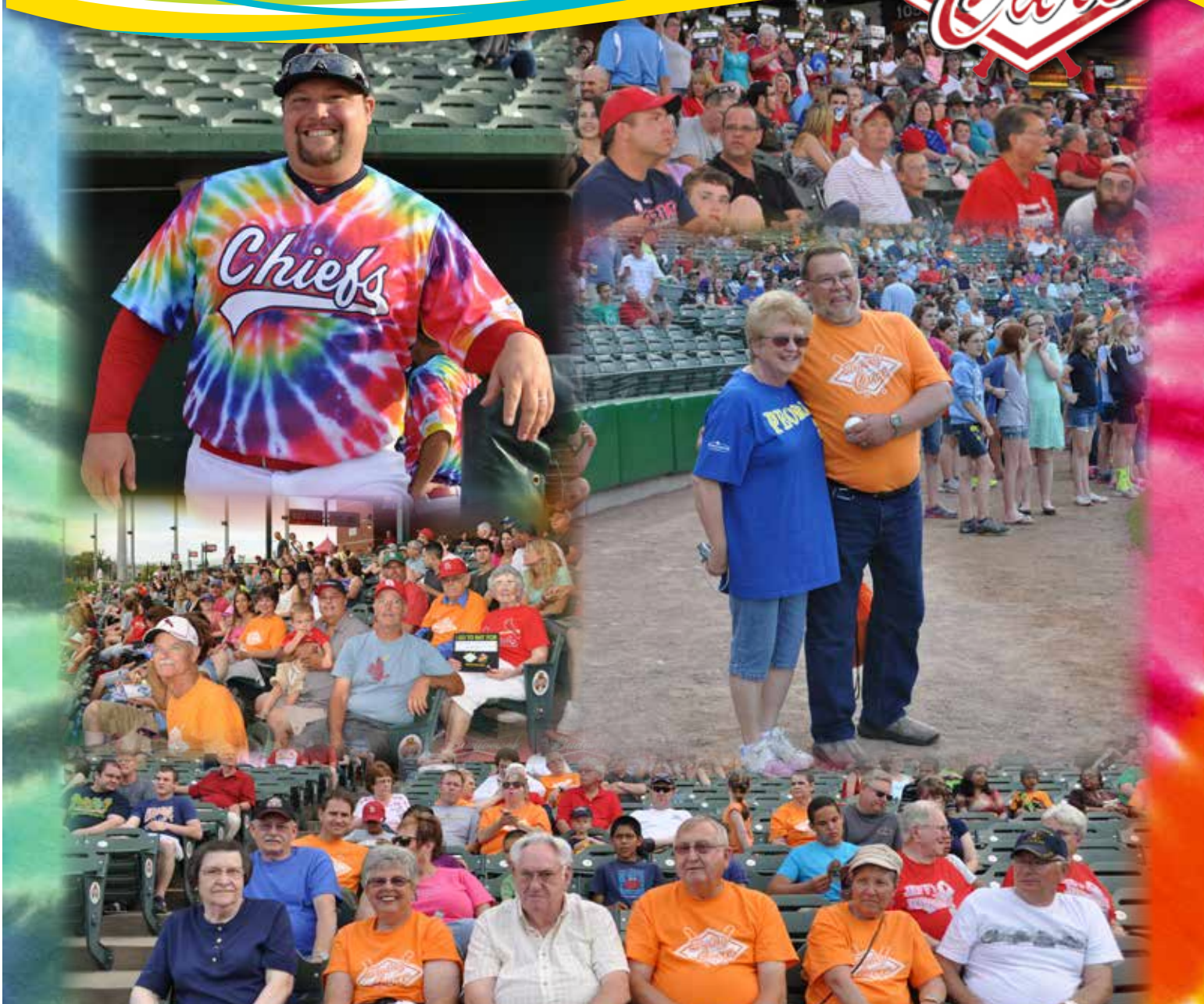
Hick'ry Stick BBQ, Meat-n-Place,
Eli's Coffee Shop, Barracks Cater Inn,
MHS Football Team, Papa Murphy's,
Morton Tourism Association, Famous Dave's BBQ,
Progressive Poppers, and American Legion

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.

Swing for the Cure



The fourth annual Swing for the Cure was held on Friday, May 30. It was a lovely evening at Dozer Field to celebrate with cancer Survivors and their families. We would like to again thank Heartland Bank and Trust Company, Otto Baum Construction, and Fortner Insurance Agency, Inc. for their support in providing shirts and bags to all of the cancer survivors in attendance. Illinois CancerCare provided tickets to 650 patients and their families along with 100 Illinois CancerCare staff members and their families who wanted to show their support of the patients.

Again this year, before the 4th inning, the players took a break for the fans to hold up "I Go to Bat" signs allowing everyone the chance to participate. If you were there that night, you may have noticed one group of supporters that were not seated with the "orange" shirt fans. That group were friends and family of three of our patients who purchased a block of over 60 tickets together.

The tie-dye jerseys worn by the Peoria Chiefs players were chosen to honor cancer patients and represented all cancer types. The jerseys were auctioned off during the game with proceeds benefitting the Illinois CancerCare Foundation. In total, the event raised over \$3,000.00. At the end of the evening, everyone was treated to a great fireworks show.



08.16.14

Join us for Golfin' in the Wild at Wildlife Prairie 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, join all the golfers inside for great food and entertainment. You won't want to miss this Wild Good Time!

Wildlife Prairie Park

Registration: 3:00 pm

Shotgun Start: 3:30 pm

\$50 Per Person

\$95 Twosome

\$180 Foursome

\$50 Dinner Only

All Proceeds Benefit:



Raffle: \$20 each or

iPAD three for \$40

Chicago Getaway

Vacation Package

Visit www.IllinoisCancer.com/GolfinInTheWild/
Or call 309.243.3437

CUREageous

Help us fight cancer in a personal way!

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 2014 CUREageous program booklet!

Visit www.IllinoisCancer.com, find the CUREageous block, and submit your message today.

Word Search & Sudoku Solutions

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

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

Our Giving Community



The varsity softball team at Washington Community High School hosts a Pink Day tournament every year. All the teams wear pink in support of cancer patients. The Washington Community High School varsity softball players donated the funds raised this year in honor of faculty and staff who have been touched by cancer.



The Seniors in their prom dresses

Left to Right: Jess Stephens, Meghan Drew, Hannah Hoefft, Abbi Cox, Savannah Rhodes and Olivia Erickson

April 22 the Morton High School Girls Varsity Soccer hosted Pack the Place Pink.

Calendar of Events

Monthly Programs for Cancer Patients, Survivors & Caregivers provided by the Hult Center for Healthy Living

MONDAY

Aqua Survivor | 9a | Landmark Recreation Center | 3225 N. Dries Lane, Peoria

Breath of Joy Yoga | 5p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

A registered yoga teacher who brings her experience as a cancer survivor to the class. FREE of charge and available to Breast Cancer patients, survivors & caregivers.

Beyond Beginner Tai Ji | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

For those of you who want to challenge yourself, but are not ready for advanced, led by Cara Murdoch.

Tai Ji Circle | 7p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Advanced gentle exercise with Cara Murdoch.

TUESDAY

Aerobics | 9a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Gentle Exercise with low impact with instructor Beth Stauffer. All levels welcome.

Mindfulness Meditation | 5:15p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

These sessions are a very simple form of meditation, so you don't need any previous experience. Comfortable seating is provided and sitting on the floor is not required.

WEDNESDAY

Yoga with Jean | 11a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

All levels welcome.

Cancer Support Group | 1p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Beginner Tai ji | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Very basic Tai Ji taught by Cara Murdoch.

THURSDAY

Restorative Yoga with Marcy | 5:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave.

As a cancer survivor, Marcy brings her experience to her classes to gently open body, heart and mind with breath and movement. Beginner friendly. Relax and restore with Marcy.

FRIDAY

Living Strong | 9a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Strength training class with Beth Stauffer. All levels welcome.

Cancer Support Group | 10a | Illinois CancerCare | Route 91, Peoria





Support Groups & Nutritional Counseling

Individual, Family & Group Cancer Support– Free support services Monday-Friday for persons with cancer, those who have had cancer and for caregivers, facilitated by Kitty Bienemann, MA, NCC, LCPC. To make an appointment, please call 309.243.3461. Group support meets twice a week.

Kids Konnected- For children ages 5-18 whose parent, grandparent or caregiver has or had cancer. This group meets on the Third Saturday of every month from 1:30p-3p. To register for this free group, please call 309.692.6650.

Prostate Support Group “Us TOO Prostate”- Call George Melton at 309.691.6523 for dates and times.

Individual Nutritional Counseling– Free nutritional counseling sessions available Monday-Friday with Sharon Windsor, RD, CSO, LDN and Katrina Sommer, RD, LDN for patients who are experiencing side effects from cancer treatment. To make an appointment, please call 39.243.3462.

Therapeutic Services

Individual Healing Touch Session- By appointment only. Becky Dailey will see clients the 2nd and 4th Thursday of each month at 8:30a and 9:15a. For anyone currently undergoing treatment, enjoy a healing touch therapy session. Please call 309.692.6650 to schedule your appointment.

Massage Therapy- By appointment only. Massages are \$30 per hour for those in “active” treatment and \$40 per hour for those not in active treatment and caregivers. Our experienced team of massage therapists have all received specialized training in oncology massage to deliver safe, comfort-oriented massages to all affected by cancer and its treatments. Please call 309.692.6650 to schedule your appointment.

Mindfulness Meditation- Every Tuesday at 5:15p FREE to cancer patients, survivors and caregivers. These sessions are a very simple form of meditation, so you don't need any previous experience. Comfortable seating is provided and sitting on the floor is not required.

Reflexology- By appointment only. Judy Schlueter, Licensed Reflexologist will see clients on the 1st and 3rd Thursday of each month at 8:30a and 9:15a. Call 309.692.6650 to schedule an appointment.

5215 North Knoxville Avenue | Peoria, IL 61614 | p 309.692.6650 | f 309.692.6575 | www.hulthealthy.org

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 Konnected) | <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 (\$30 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

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 this time

[Information about programs & services on the reverse side](#)