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Volunteer Gen Dubois at Illinois CancerCare.

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What do you get when you combine a loved ones memory, a Big Gulp® (fountain soda), a game of golf, with family and friends?

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We are the grownups. We are the ones who have all the answers, who make everything 'OK' again...

UPCOMING EVENTS

Monday, March 9, 2009 :

Breathe of Joy - 5 PM
Tai Ji - 6:30 PM

Thursday, February 12, 2009 :

Yoga with Heidi - 9 AM
Cancer Basics - 11:30 AM
Yoga with Lisa - 6:15 PM

Monday, March 16, 2009 :

Look Good...Feel Better - 4:00 PM
Kids Connected - 6:00 PM

Wednesday, March 18, 2009 :

Networking Support Group - 1:00 PM

Thursday, March 19, 2009 :

Cancer Survival 110 - 2:00 PM

See the Calendar Insert for more information.

ILLINOIS
CANCERCARE 

Free Patient Newsletter



ILLINOIS
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Specializing in Cancer and Blood Disorders

Has Gone Green!

"Going Green" is the current catch phrase in American culture with businesses, industry and individuals jumping on this environmentally popular bandwagon made from recycled steel and post-consumer plywood. This is not a bad thing as long as it is not a passing interest which will fade as the next fad replaces it. The concern is that people may not truly understand why it matters to them, to others and ultimately for the planet we all inhabit. Peer pressure to do the right thing, like recycle, works well as long as it is in vogue and doesn't inconvenience us too much.

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Contact Us

Toll Free: 1.866.662.6564
Peoria: 309.243.3000

Our Websites

www.illinoiscancercare.com
www.peoriacancercenterfoundation.com



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PEORIA CANCER CENTER
foundation

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ILLINOIS CANCERCARE



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Breast Cancer

By Pankaj Kumar, M.D., Oncologist, Hematologist, Internist

Many medical papers were written and presented in 2008 dealing with breast cancer and the use of Aromatase inhibitors such as Arimidex, Femara and Aromasin, which are potent anti estrogen medications that are used in post menopausal women who have estrogen or progesterone receptor positive breast cancer. These medications have been shown to cause bone weakness (osteopenia or osteoporosis), especially noted as most likely to occur in those women who have weak bones to begin with. There are several commercially available oral bisphosphonates (Fosamax, boniva, actonel, etc) that are currently being used to counteract these side effects, which may prevent the weakening of bones in these women.

Interestingly, at the Annual American Society of Clinical Oncology conference in 2008, there was a preliminary report presented from an Austrian Breast and Colorectal Cancer Study Group trial (ABSCG-12) that raised the interesting possibility that adding such bone building medications (bisphosphonates) to anti estrogen therapy may actually decrease the possibility of breast cancer recurrence. The study showed that women who were on these medications along with their hormonal breast cancer treatment had a lower rate of recurrence of cancer in the other breast, same breast and in the rest of the body. While these results are very early, this issue is currently being actively explored in other studies. If these results turn out to be real, then this could be a very powerful treatment modality in breast cancer.

Have you heard of "Chemo Brain"?

By Lindsay Struebling, PharmD/MBA Candidate, Drake University

"Chemo brain" is a term used to describe thinking and memory problems that may arise during and after cancer treatment. Symptoms can include increased forgetfulness, trouble concentrating and multi-tasking, difficulty remembering details, taking longer than usual to finish things, a short attention span, and trouble finding the right words when speaking. Although the brain usually recovers over time, these mental changes are vague and may be very frustrating.

The term "chemo brain" is misleading, because research is still being done to determine what exactly causes these problems. It may be the chemotherapy, the cancer itself, other medications used during treatment (such as anti-nausea or pain medicines), age, stress, low blood counts, depression, fatigue, hormone changes, or any combination of the above.

There is currently no treatment available for chemo brain. If you or a loved one are experiencing these difficulties, here are some tips for day-to-day coping:

- Keep a journal of when you having problems during the day and what happened
- Use a detailed daily planner to remind yourself of important tasks and events
- Exercise your brain with word puzzles or games
- Don't try to multitask - focus on one thing at a time
- Get plenty of rest and sleep
- Maintain a good diet and exercise regularly

Also, be sure to let your close family, friends, and doctor know what you are going through so they can help. Remember that you are not crazy or stupid, you are just experiencing a side effect that can be managed. Sometimes a good laugh is all it takes to feel better about forgetting to bring that lengthy grocery list to the store.

** Based on information retrieved from the American Cancer Society (www.cancer.org) and the Mayo Clinic (www.mayoclinic.com)

Sudoku Puzzle

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

Meet Gen Dubois Wife/Mother/Friend/Volunteer

By Kollet Walty, Director of Public Relations at Illinois CancerCare

If you've been at the clinic on a Wednesday or Friday afternoon for any reason, likely you would have seen Gen Dubois. As a faithful volunteer at Illinois CancerCare for over four years, Gen says she has spent her time helping anywhere she is needed, with only one exception.

"I feel very strongly that I shouldn't put myself in the roll of talking to the patients when they are undergoing their treatments, because I haven't personally walked in their shoes", she states "But I will do anything I can to make sure they are comfortable and feel taken care of".

While true, Gen hasn't personally had a cancer diagnosis, she is an experienced care giver to her husband of 58 years, who was diagnosed with Lymphoma just over 10 years ago and is today a survivor. Couple



this with the fact that her daughter, Kathy Dubois-Barnhart, who is a certified cancer nursing specialist here at Illinois CancerCare, and you get what brought Gen here to volunteer in the first place, and what keeps her committed to coming back.

In fact, while it may be a bit confusing, Gen is the one who helped her daughter get her job here, and in turn, her daughter helped get Gen the volunteer job here. Let me explain.

During her husband's cancer treatments, Gen's daughter, who happened to be a cancer nurse for over 10 years in the Navy, called to say she was coming home so

she could be there for her parents. It was natural then that when Gen explained that to her husband's doctor at the time, Dr. Jim Gerstner, he said she should have her come in when she gets back in town. Her daughter came in for an interview, offered a job the same day, and started what has now been a 10 year career here at Illinois CancerCare.

Fast forward 6 years, and her daughter Kathy went home and said "Mom, they need a volunteer on Friday afternoons at Illinois CancerCare, are you interested?"

So in the end, they each got the other a job here, which may be the first time we can say that this has happened.

Gen loves to be around people and was glad she could help. The fit is perfect. Since then, she has taken on the commitment of Wednesday afternoons as well, since there was a need. Having made many friends here at the center Gen finds spending her time here very rewarding. "The volunteer coordinator, Laura Matus, is very nice and she makes coming here a lot of fun", she said, "plus it's a bonus to see my daughter when I come to work too".

Her Family

Besides her daughter, Gen also has 4 sons. One, a dentist, who has been serving in the military for 24 years as a colonel, one in Peoria, employed at St. Francis Hospital in the maintenance department, another, a caterer, resides in Arizona and finally the last calls North Carolina home and is employed as an electrical engineer.

"I would think after having 5 kids, I would have a bunch of grandkids, however I only have 5" she states. She feels very blessed with what she does have and certainly wasn't complaining, just stating the facts. When asked about great grandkids, she said "nope, don't have any and don't know if the grandkids want to have children, so probably won't have any".



Pictured from left to right: Deb Smith, Lara DeVecchi, Melissa Bateman, Gen Dubois and Laurie Geurther

Keeping Busy

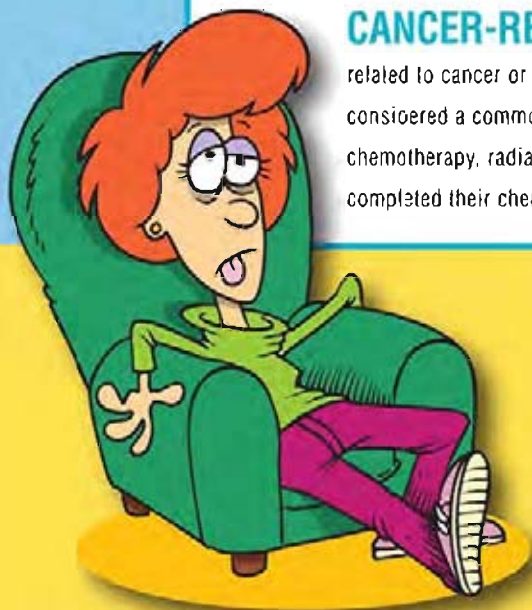
As if 5 children didn't keep Gen busy enough, once the youngest was near school age she started working part time, and did so for many years. She ended her working career at Hickory Farms, where she says she worked every single Sunday for 6 years because no one else wanted to work them. She didn't care; she loves people and life, and just wanted to keep busy.

In her spare time, now that she is retired, Gen's main responsibility and time is spent taking care of her husband but she does make time for volunteering, doing word find puzzles, traveling at least once a year and "piddling in the yard". She also likes to collect stuffed animals. Mostly bears. (Big ones, little ones and anything in between her daughter shared).

While she may only get to travel once a year, when she does, she does it big! In November of 2007 her and her daughter went on an Alaskan cruise and in November of 2008 they went to Churchill Canada to see the Polar Bears. November 2009? She doesn't yet have plans but says, "We are talking about it".

Illinois CancerCare is very fortunate to have Gen give of herself and her time to help both our patients and staff. Thank you for all you do.

DO YOU HAVE CANCER-RELATED FATIGUE?



CANCER-RELATED FATIGUE is a constant sense of tiredness related to cancer or cancer treatment that interferes with your day to day living. It is considered a common symptom of patients with cancer, existing in those receiving chemotherapy, radiation therapy, biologic therapies, and even in people having completed their chemotherapy.

Is cancer-related fatigue affecting your quality of life and interfering with your day to day living?

What is your fatigue?

1 2 3 4 5 6 7 8 9 10

1 = No Fatigue

10 = Fatigue as bad as it can be

If you rated yourself as a 4 or higher you may be eligible for a new study to help with your cancer related fatigue.

Talk to your doctor if you have fatigue and:

- ✓ Are going through any type of treatment for your cancer
- ✓ Have finished treatment for your cancer
- ✓ Are NOT taking prescription pain medication

You might be eligible for a new study to treat cancer-related fatigue



Talk to your doctor or call

Illinois CancerCare Research Department at 309-243-3605 to see if you meet the criteria for a National Institute of Cancer study investigating a potential treatment for cancer-related fatigue.



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

Recipes from Sharon

Turkey Italian Wedding Soup

1/2 pound ground turkey breast
1/2 pound 93% lean ground sirloin
1 egg, slightly beaten
3/4 cup grated Parmesan cheese, divided
1/2 cup Italian seasoned breadcrumbs
2 Tbsp. Italian parsley, dried
1/2 tsp. garlic powder
1/2 tsp. onion powder
Salt and freshly ground black pepper to taste
12 cups low fat, reduced-sodium chicken broth
1 lb. whole-wheat pasta (miniature shells work best)
2 cups fresh spinach
4 cups fresh escarole, chopped

Nutrition Facts

Makes 14 servings. Per serving: 210 calories, 4 g total fat (1.5 g saturated fat), 28 g carbohydrate, 16 g protein, 4 g dietary fiber, 530 mg sodium.

Instructions:

- Combine meat, egg, 1/2 cup of cheese, breadcrumbs, parsley, garlic powder, onion powder, and salt and pepper in a bowl. Mix the ingredients well with your hands. Do not over mix. Form small meatballs, no larger than 1 inch in diameter.
- Bring broth to boil in a large pot then reduce to a simmer. Add the meatballs to the broth and cook until they are almost done, 10 to 15 minutes depending on the size of the meatballs. Test them by removing one from the pot and cutting it open. Use a large spoon to scoop off any foam.
- Add the pasta to the pot. Cook until pasta is tender, about 6 minutes. Add spinach and escarole and cover for about 2 to 3 minutes until greens are wilted. Ladle into serving bowls and top each with a sprinkling of remaining cheese.

Source: aicr.org

Although extremely satisfying, this week's soup is much leaner than traditional Wedding Soup recipes. Combining ground turkey breast with lean ground beef ensures that the meatballs stay moist, while eliminating excess fat. The substitution also helps you help your family reduce their red meat intake, since experts note an increased risk for colorectal cancer when red meat is eaten in excess of 18 ounces per week.

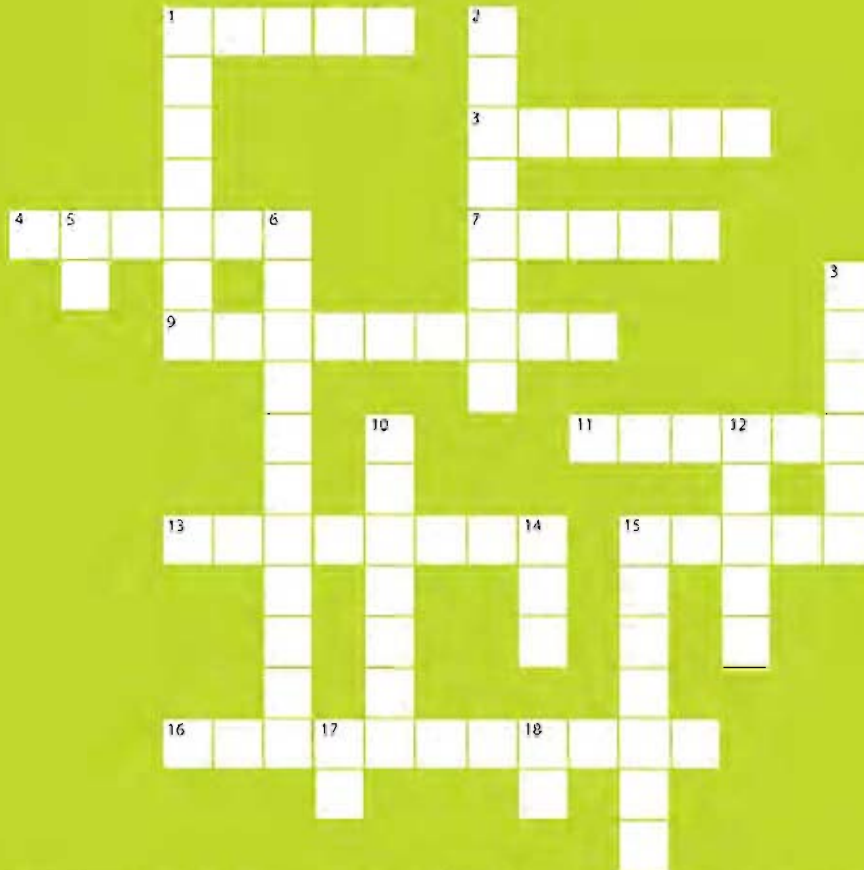


Share Your Story with Us



Illinois CancerCares invites our readers to contribute a story about a way our physicians and or staff have had an important impact on your life. Please type a story or share your story with Laura Matus, the Volunteer Coordinator. Your story will become a part of this newsletter and be placed in one of the next issues.

If you would like to e-mail your story, please send your submissions to kwalty@illinoiscancer.org or bhopper@illinoiscancer.org



Answers to the crossword can be found at <http://www.illinoiscancercare.com/index.cfm?pageID=111>

Across

- 1. The fluid (red in vertebrates) that is pumped by the heart
- 3. A licensed medical practitioner
- 4. A bodily organ that is essential for life
- 7. A visual display of information
- 9. A sudden unforeseen crisis
- 11. A shallow vessel used by a bedridden patient for defecation and urination
- 13. A healthy facility where patients receive treatment
- 15. Something that resembles a tablet of medicine
- 16. Measuring instrument for measuring temperature.

Down

- 1. A piece of soft material that covers and protects an injured part of the body
- 2. Something that treats or prevents or alleviates the symptoms of disease
- 5. Administration of nutrients through a vein
- 6. A medical instrument for listening
- 8. Any break in the skin or organ
- 10. What a nurse wears
- 12. The rhythmic contraction and expansion of the arteries with each beat of the heart
- 14. A nurse who has enough training to be licensed by a state to provide routine care to the sick
- 15. A person who requires medical care
- 17. A graduate nurse who has passed examinations for registration
- 18. A room in a hospital staffed and equipped to provide emergency care



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Going Green - Why Bother?

By Marsha Kutter, Research Business Administrator

"Going Green" is the current catch phrase in American culture with businesses, industry and individuals jumping on this environmentally popular bandwagon made from recycled steel and post-consumer plywood. This is not a bad thing as long as it is not a passing interest which will fade as the next fad replaces it. The concern is that people may not truly understand why it matters to them, to others and ultimately for the planet we all inhabit. Peer pressure to do the right thing, like recycle, works well as long as it is in vogue and doesn't inconvenience us too much. That might be called doing the right thing for the wrong reasons. It is effective but has no staying power. However, decisions to change our behavior based on information, conscience, and self preservation may turn the fad into a way of life and thus be a powerful tool for good. If knowledge is power, then hopefully the readers will feel more empowered after reading this article and be inspired to change their behaviors.

We as Americans have been a culture of consumerism, convenience and dispensability. This has been to the detriment of our natural resources, our economy and our planet, but we can change our bad habits. Here are some shocking facts about:

Paper

- According to Illinois.earth911.org - Americans throw away every year enough office and writing paper to build a wall 12 feet high all the

way from New York City to Los Angeles. That's 2,462 miles of paper 12 feet high! That's a lot of paper.

- The amount of paper and wood we throw away every year is enough to heat 50 million homes for 20 years.
 - According to recycling fun facts on AOL - approximately 1 billion trees worth of paper is thrown away every year in the United States.
 - It takes a 15 year old tree to produce 700 grocery bags.
- ### Plastic
- According to earth911.org - In 2006, Americans drank about 167 bottles of water each but only recycled an average of 23 percent. That means of the 49,350,000,000 water bottles used by us, 38 billion of them wound up in landfills.
 - According to fun facts on AOL - Americans use 2,500,000 plastic bottles every day!
 - It takes 700 years for plastic bottles to begin to decompose in a landfill.
 - Plastic bags and other plastic garbage thrown into the oceans kill as many as 1 million sea creatures every year.

Aluminum

- Americans use 80 billion aluminum pop cans every year.
- It takes 90-95% less energy to recycle aluminum cans than to make new ones.

Styrofoam

- Styrofoam is a petroleum based



plastic known as polystyrene. It contains harmful chemicals that leach from it, especially when heated in the microwave.

- Americans throw away 25 billion Styrofoam coffee cups every year. The vast majority of these go to the landfills because polystyrenes are not currently recyclable.

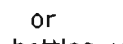
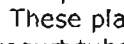
Contrast the bad news above with this good news:

- One ton of recycled/reused plastic bags saves the energy equivalent of 11 barrels of oil.
- In 2003, 54 billion cans were recycled, saving the energy equivalent of 15 million barrels of crude oil.
- 75% of aluminum cans are now recycled in the U.S.
- There is no limit to the number of times an aluminum can can be recycled.

- Half of all the polyester carpet manufactured in the U.S. is made from recycled plastic bottles. It takes five 2-liter plastic bottles to make one square foot of carpet.
- Plastic from recycled bottles are used in clothing and in filling for sleeping bags and quilts.
- Other uses for recycled plastic include playground equipment, traffic barrier cones, detergent bottles, park benches and trash cans.
- According to the American Forest & Paper Association, 55 percent of the paper consumed in the U.S. was recovered for recycling in 2007. It is used to make more paper.

We all have a responsibility to take care of our environment, but that may seem intangible to some people, too vague a concept. Let's bring it down to a practical level. Recycling creates jobs, conserves dwindling natural resources, saves energy, reduces the need for landfills and incinerators, and reduces the emission of greenhouse gases into the environment. Unless we drastically reduce the carbon emissions from our use of fossil fuels, like coal and oil, life on this planet for humans will be unsustainable. The time frame for this disaster is certainly debatable as carbon dioxide levels in the atmosphere increase and world wide oil reserves decrease. We may feel helpless in changing this doomsday scenario, but each of us working in concert can make all of the difference. How?

The solution is up to all of us doing our part. At Illinois CancerCare we began a recycling program in the autumn of 2007. Throughout the Cancer Center there are containers into which employees, patients and visitors can deposit their recyclable materials. What do we recycle?

We recycle all plastics except the polystyrene (Styrofoam). Look for the triangle on the bottom of plastic things. They look like this:  or  These plastics include milk jugs, water or soda bottles, yogurt tubs, plastic packaging, and some plastic glasses.

In addition to plastic, Illinois CancerCare recycles aluminum cans, newspapers, cardboard, glass of all colors, tin cans, junk mail, and magazines. Although our confidential patient information is recycled, it is recycled differently, going into special totes to be incinerated to protect personal health information.

Recycling can go into one of several receptacles. There



are black wastebaskets with recycling labels indicating what can go there. In addition there are blue tubs in several areas around the Cancer Center, usually in the treatment areas. There are also big green totes with yellow lids where all of the recycling goes weekly so it can be picked up.

In addition to recycling material at Illinois CancerCare, employees are encouraged to bring their own glasses or mugs instead of using Styrofoam cups. We also encourage people to bring their own plates and silverware rather than use plastic ones which are usually not recyclable. Many employees now use cloth bags for their groceries instead of paper or plastic bags. Recycling information is now included as part of the orientation for new employees at Illinois CancerCare.

The practice has tried to make this as convenient as possible, but we all have a responsibility to participate even if we are at times inconvenienced or do not want to bother. Together both here at Illinois CancerCare and in our communities we can make a difference and reduce our "carbon footprint" as we begin to take personal responsibility to recycle, reduce and reuse.

Armed with information we can make informed decisions to change our attitudes, approaches and behaviors concerning "going green" and what it means to us, our children and grandchildren. As the Senegalese ecologist, Babia Dioum, has said, "In the end, we will conserve only what we love. We only love what we understand. We only understand what we are taught."

Sources used in this article:

- <http://earth911.com/>
- <http://www.illinoisrecycles.org/>
- <http://www.earthresource.org/index.html>
- <http://green.msn.com/>
- <http://www.sierraclub.org/>
- http://www.yellowknife.ca/City_Hall/Departments/Public_Works___Engineering/Recycling.html



Together We Can

By Kollet Walty, Executive Director at Peoria Cancer Center Foundation

With the close of 2008 came advances in the fight against cancer. Among gains cited by the American Society of Clinical Oncology (ASCO) report, titled Clinical Cancer Advances 2008: "This report shows we are making important progress in preventing, detecting and treating cancer," Richard Schilsky, MD, ASCO President, said. "Each of the studies represents new hope for people with cancer and those who care for them."

Advances have been made in the early detection of breast cancer screening and new treatments for liver, kidney, head, neck and lung cancers are among this year's most important breakthroughs in cancer care.

The news is good as treatments are improving the lives of many cancer patients, however flat federal funding for research and clinical trials continues to threaten future progress, as reported in ASCO's year end report.

"Overall, this is a very hopeful picture," said Dr. Jim Knost, medical oncologist at Illinois CancerCare and president of the Peoria Cancer Center Foundation. "We have made advances and there is hope that we will make more advances as we enter this new molecular-targeted treatment era."

But, Knost adds, "Funding for cancer research has reached a critical point." "The only ways we can study what's better or worse for patients and get

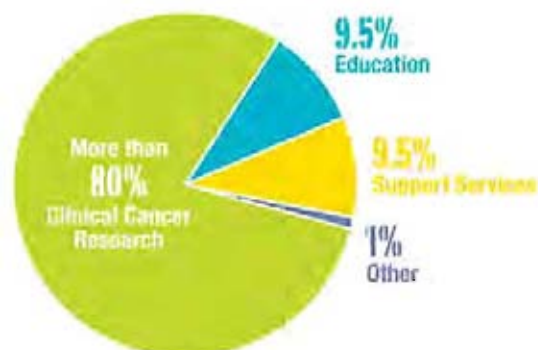
newer more effective drugs and therapies approved, is to do clinical trials," he states. "But where we continue to struggle over the past several years is in reductions in federal money for clinical trials."

The physicians and research staff at Illinois CancerCare have participated in many of the trials that have resulted in the new standard of cancer care; and are committed to continuing to participate in clinical cancer research until there is a cure.

Research is hope, period.

Being in the throws of the largest sustained period of federal funding cuts and sustained flat funding for cancer research demands action on all of our parts. Cancer will touch us all in one capacity or another as cancer affects 1 in 3 people in their lifetime.

"In order for the residents of central Illinois to have access to the very latest treatments and therapies, we must not scale back the efforts that are being done, we must work to double our efforts", said Dr. Jim Knost. "In order to bring these drugs here and work towards finding better, more effective treatments and eventually the hope for a cure, we need your support. The Peoria Cancer Center Foundation is committed to bringing the very latest



99% OF EVERY DOLLAR RAISED FUNDS RESEARCH, EDUCATION AND SERVICES

in cancer research treatments and trials right here to the residents of central Illinois".

Every dollar donated to the Peoria Cancer Center Foundation goes directly to fund cancer research, education and awareness in central Illinois. There are no overhead costs associated with the foundation, as the physicians of Illinois CancerCare are generously underwriting all of the costs associated with the foundation.

Together, We Can.

For patients and families

CarePages bring friends and family close...

when you need them the most.



CarePages are private personalized Web pages provided to you as a free service by Illinois CancerCare.

*"This is an amazing service."
Robert, CarePage Member*

CarePages help you:

- **Receive support from friends and family.** Visitors to your CarePage send you messages of encouragement, giving hope and strength even in the most difficult situations.
- **Update them at the same time without repeated phone calls.** Your CarePage keeps everyone in the loop. You spend less time on the phone.
- **Control the flow of information.** You share news at a time that's right for you. Friends and family call less often since they're automatically e-mailed when you post a new update.
- **Keep in touch before, during, and after your care here at Illinois CancerCare.** CarePages don't have an expiration date, they may be used for as long as you would like.

CarePages are private and fully secure. CarePages are password protected and comply with all patient privacy regulations.

Creating a CarePage is easy! It takes less than 10 minutes to set up a CarePage. To get started, visit www.carepages.com and click on "Create A CarePage" where the steps are clear and easy to follow.

If you would like assistance setting up your CarePage, the volunteers at Illinois CancerCare have a laptop, and are more than willing to help you while you are here for your treatments.

*"My father's CarePage made all the difference."
Sheila, CarePage Manager*

*"I love CarePages! My grandmother had surgery, and I didn't have to worry so much..."
Chris, CarePage Manager*

*"Our son's CarePage was a Godsend."
Lindsay, CarePage Member*



**Connect, share...care.
Start today!**





Clinical Cancer Research Studies at Illinois CancerCare

Submitted By Illinois CancerCare Research Department

NCCTG N0724

A Phase II Study of the Treatment of Oligometastatic Stage IV Non-Small Cell Lung Cancer (NSCLC) with Systemic Therapy plus Radiotherapy to all Sites of Gross Disease or No Radiotherapy

CALGB 40502

A Randomized Phase III Trial Of Weekly Paclitaxel Compared To Weekly Nanoparticle Albumin Bound Nab-Paclitaxel Or Ixabepilone Combined With Bevacizumab As First -Line Therapy For Locally Recurrent Or Metastatic Breast Cancer (Peoria patients only)

NCCTG N0723

MARVEL: Marker Validation of Erlotinib in Lung Cancer - A Phase III Biomarker Validation study of Second-line Therapy in Patients With Advanced Non-Small Cell Lung Cancer (NSCLC) randomized to Pemetrexed Versus Erlotinib

NSABP B-43

A Phase III Clinical Trial Comparing Trastuzumab Given Concurrently with Radiation Therapy and Radiation Therapy Alone for Women with HER2-Positive Ductal Carcinoma In Situ Resected by Lumpectomy



National Cancer Institute
U.S. National Institutes of Health | www.cancer.gov

Fact Sheet

New Fact Sheet: Peanut Product Recall and Cancer Patients

The Centers for Disease Control and Prevention (CDC) has been receiving reports of illnesses caused by a type of bacterium known as *Salmonella enterica*, strain Typhimurium. The U.S. Food and Drug Administration (FDA) has confirmed that peanut butter and peanut paste produced by the Peanut Corporation of America (PCA) are sources of the illnesses. Due to this contamination, all peanut products produced by PCA on or after January 1, 2007 have been recalled.

Because cancer patients with impaired immune systems are more likely to become severely ill from a *Salmonella* infection than others, the National Cancer Institute (NCI) developed a new Fact Sheet, Peanut Product Recall and Cancer Patients, to address the special concerns of cancer patients and their healthcare providers.

- View NCI's Peanut Product Recall and Cancer Patients Fact Sheet:
<http://www.cancer.gov/cancertopics/factsheet/Support/peanut-recall>
- For a searchable list of recalled products, visit the FDA Web site:
<http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm>

The Mike Fritch Big Gulp Classic

By Kollet Walty, Director of Public Relations at Illinois CancerCare

What do you get when you combine a loved ones memory, a Big Gulp® (fountain soda), a game of golf, with family and friends? The 9th annual Mike Fritch Big Gulp Classic!

Every year, family and friends of the late Mike Fritch, come together to honor Mike's memory, by hosting a golf outing, which raises money for a charity of the families choice; doing what Mike liked best, golfing.

Why the name Big Gulp Classic? Because "there wasn't a time his friends didn't see him without a Big Gulp in hand", said Larry Carlson, longtime family friend and organizer of the event. So it seems fitting for the name of the outing to reflect his favorite drink and past time.

This year, the Peoria Cancer Center Foundation was honored to be the recipient of this event, which raised just over \$6,000; to be used for clinical cancer research, education and awareness efforts right here in central Illinois.

The economy didn't keep this group from opening their pocketbooks and having a great time. "This was the biggest year ever", said Cindy Fritch, wife of the late Mike Fritch. Mike's friends and family have gathered together to honor his memory for the past 9 years, while making a difference for others.



The event was held in Mt. Prospect Illinois, home to Mike and Cindy for many years. They both grew up in the Peoria area and still have strong ties to this community. The money raised came from a small admission fee to play and attend the dinner, which was immediately following the event. During the dinner event, there was a silent and live auction, which brought in the majority of contributions.

I personally was privileged to attend this year's event, and I must say, I was moved to tears. The power of love and family, the stories that were told, the video of Mike's life that was shared, all showed a loving, devoted husband, father and friend, who obviously made such a difference in the lives of so many. It's that love that keeps his family and friends committed to carrying on his legacy by helping to make a difference for others. While, I personally never had the honor of knowing Mike, I did walk away with a sense

that I did, through their eyes.

We would like to thank Cindy Fritch, Diane Yates, Larry Carlson, and the rest of Mike's friends and family, for directing the contributions to the Peoria Cancer Center Foundation.

When it comes to fighting cancer, the saying "it takes a village", is so true.

Together ~ We Will Win.



Pictured from left to right: Michael Voeller, Kollet Walty, Bryce Gillespie

Sudoku Puzzle - Solution

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



Recycling at Illinois CancerCare

By Marsha Kutter, Research Business Administrator

If you see a big green tote with a yellow lid, or a green tub, or a black wastebasket with recycling decals on the side, please don't put your regular trash in these receptacles. These are our designated recycling containers and only recyclable material should go into them.

We can recycle PETE and HDPE plastic, which includes plastic water bottles and 2 liter soda bottles; any color glass bottles and jars; aluminum cans; newspapers; magazines; and metal cans. All of these materials can go into the same containers, allowing us to "co-mingle" our recycled material.

You can help Illinois CancerCare continue "going green." If you have something to throw away that could be recycled, put it into a black or green recycling receptacle. Thank you!

I would like more information about the following services:

[Social services form for patients](#)

ACS = American Cancer Society
CCHL = Cancer Center for Healthy Living

- Help for children coping with a parent who has cancer (Kids Connected)
- Support Networking groups (CCHL)
- Individual counseling for the patient, family members, or caregivers (CCHL)
- Massage therapy for patients in treatment (\$25 fee/hr.) (CCHL)
- Healthy Living classes (yoga, gentle aerobics, Tai Ji) (CCHL)
- Meditation group (CCHL)
- Nutritional counseling (CCHL)
- Cancer Survival 101 class (ACS/CCHL)
- Cancer 110 - Nutrition During Cancer Care (CCHL)
- Meal resources/home delivered meal programs (fee may be required) (ACS)
- Homemaker services, such as household cleaning, errands, general assistance (per service fees apply) (ACS)
- Financial assistance for treatment, medications, or medical supplies (ACS)
- Transportation assistance for appointments (ACS)
- Lifeline® Home Emergency Response System (monthly service fee) (ACS)
- Wigs, hats, turban resources (ACS)
- Look Good, Feel Better® (ACS)
- Housing/lodging information (ACS)
- Living will/power of attorney directives (ACS)

*All services are free unless otherwise noted.

[More information on the reverse side](#)

Physicians

Illinois CancerCare 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 following services to our patients and their families.

Name: _____
 Type of cancer: _____
 Date of birth: _____
 Today's date: _____
 Phone: _____

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

Address _____
 City _____ State _____ Zip _____

By e-mail: _____

- No, not at the time

[See Other Side](#)