

ILLINOIS CANCERCARE

Free Patient Newsletter

July/August 2010 | Issue 4



ILLINOIS
CANCERCARE, P.C.

Specializing in Cancer and Blood Disorders



ARTICLES INSIDE

Giving Back with a Grateful Heart ...Page 3

Meet cancer survivor and Illinois CancerCare volunteer and mentor, Ginny Mills. Learn how she started giving back.

ASCO Annual Meeting HighlightsPage 4

Learn about some of the new studies that were announced at the American Society of Clinical Oncology Annual Meetings

Care Champion Program..... Page 11

Has an Illinois CancerCare employee gone the extra mile for you? Recognize them as a Care Champion.

2010 Hero Award



The Peoria Cancer Center Foundation presented the Hero Award to Dr. Frank Benningfield in honor of his late wife Jeanne...*Read the story on Page 11*



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PEORIA CANCER CENTER
foundation

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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



Volunteer Profile

Giving Back with a Grateful Heart – Meet Ginny Mills

"It's scary to hear you have cancer and have to have treatments. Truly, it's one of the scariest things to hear, I believe."

Ginny Mills is not only a volunteer at Illinois CancerCare, but also a cancer survivor, who has been in remission for 15 years. Ginny was diagnosed with lung cancer and was placed on a clinical trial by Dr. Kugler. After three years on the clinical cancer research trial, Ginny was given the exciting news that she was in complete remission! She knows that her participation in that trial helped her go into remission.

Several years after her cancer diagnosis and treatment, Ginny was sitting in the lab waiting room at Illinois CancerCare during an annual check-up. She noticed a flyer about volunteering at Illinois CancerCare. Ginny thought that volunteering could be a place she could make a difference since that was something important to her.

For the past six years, Ginny has been volunteering on Thursdays. She said she enjoys when she feels like she has made a connection with someone and made them feel better. "It is important to first sit back and get a feel for a patient," she says, "some patients want to talk and others prefer not to. It is important to me to do what makes the patient most comfortable."

Ginny helps our patients during her time here as a volunteer, but also goes the extra mile as a mentor. As a mentor, Ginny gives her phone number to patients and lets them know they can call anytime about anything they need. Sometimes, they just need to talk to someone else who has been where they are.

One instance that comes to Ginny's mind where she knew she was the right mentor for one special patient was a young mother who was diagnosed with breast cancer. As part of her treatment, she was placed on a clinical trial. She was so hesitant to participate in the clinical trial she cancelled her first appointment until Ginny called and assured her she would be right by her side.

And, she was – sitting with her in the waiting room and for part of her treatment. Ginny continued her support even when the patient's treatments were moved to a different day contacting her to see how the treatments were going. The patient is now done with her treatments and doing well.

It is very important to Ginny to spread the word about the incredible role patient's play by participating in clinical cancer research trials. "Clinical trials are a wonderful thing. There is a chance the trial will help the patient just as it did me, but even if it doesn't, it could help someone else in the future like one of their relatives or a friend. Clinical cancer research trials are such an important part of finding cures and helping people diagnosed with cancer," Ginny says. She shares her story with patients if they have any questions or hesitations about clinical trials.

The support and appreciation Ginny gets from Volunteer Coordinator, Laura Matus, makes her want to keep coming back to volunteer. She says Laura makes all the volunteers feel appreciated. "At my annual visits with Dr. Kugler he always tells me thank you for volunteering. It means a lot to hear that from him too

because I know what I'm doing makes a difference to others," says Ginny.

Ginny has four children – a son and three daughters - that all live in the area. She also had 9 grandchildren ranging from 4 years to 27 years old and 3 great grandchildren. She and her husband Vern have a pool at their house and she says her grandchildren love to visit and swim.

She says she feels an extra special connection to patients diagnosed with lung cancer. "I like to share that I'm cancer free because many people feel like they aren't going to live through a lung cancer diagnosis." Ginny's living proof you can survive.

Thank you Ginny for sharing your story and your talents with our patients.





ASCO Annual Meeting Highlights



American Society of Clinical Oncology

Making a world of difference in cancer care

At this year's annual American Society of Clinical Oncology (ASCO) meeting held in June 2010 the theme was Advancing Quality through Innovation. With personalized, targeted therapy and treatments being the vision of Oncologists worldwide, there were promising results from several clinical cancer research trials to share.

Targeted Therapy Drug Slows Growth of Advanced Ovarian Cancer

According to a new study, adding the targeted therapy drug bevacizumab (Avastin) to chemotherapy and keeping patients on the drug after chemotherapy ends increases the amount of time it takes for advanced epithelial ovarian cancer, primary peritoneal cancer, and Fallopian tube cancer to grow and spread. These are all cancers of a woman's reproductive system that are treated similarly.

After surgery, the women in this study received one of three treatments: standard chemotherapy with paclitaxel and carboplatin, standard chemotherapy and bevacizumab, or standard chemotherapy and bevacizumab followed by bevacizumab maintenance therapy (longer-term treatment after the main treatment ends) for up to 10 months.

The cancer took about four months longer to grow and spread for women who received standard chemotherapy and bevacizumab with bevacizumab maintenance therapy than women who received only standard chemotherapy.

What this means for patients "This is the first time a large study has shown that a drug like bevacizumab slows the growth and spread of ovarian cancer for women with this very hard-to-treat disease," said lead researcher Robert A. Burger, MD, Director of the Women's Cancer Center at Fox Chase Cancer Center in Philadelphia. "Based on these results, bevacizumab can be used as an initial treatment for patients with

advanced ovarian cancer and other related cancers."

Drug Improves Survival for Patients With Advanced Melanoma

Researchers found that patients with advanced melanoma who received the drug ipilimumab, either with or without a specialized vaccine that stimulates the immune system, lived almost four months longer than patients who did not receive this drug. Ipilimumab is a type of drug called a monoclonal antibody that uses the body's immune system to help fight cancer. In this study, patients received ipilimumab, a specialized vaccine, or a combination of ipilimumab and the vaccine. All of the patients in the study had received previous treatment for melanoma.

What this means for patients "Over the last 30 years, studies haven't shown an increase in survival for patients with advanced melanoma. It's an extremely difficult disease to treat," said lead researcher Steven O'Day, MD, Chief of Research and Director of the Melanoma Program at The Angeles Clinic and Research Institute in Los Angeles, and Clinical Professor of Medicine at the University of Southern California Keck School of Medicine. "These results are an important advance for patients with advanced melanoma."

New Drug Helps Manage Advanced Non-Small Cell Lung Cancer for Some Patients

Researchers found that a drug called crizotinib helped shrink the tumor for patients with advanced lung cancer who have a specific genetic change. Crizotinib is an ALK inhibitor that stops cancer cells from producing ALK, a substance cancer cells use to grow and spread. Not all people with lung cancer have cells that produce ALK. It is only made by cells when one gene called ALK attaches to another gene, in a process called gene fusion. About one in 20 people with lung cancer have such a gene fusion. All patients who participated in this study had the ALK gene fusion. Researchers found that the ALK inhibitor helped shrink the tumors for more than half the patients and slowed or stopped tumor growth for most of the patients.

What this means for patients "For patients with advanced NSCLC, we would expect only about 1 out of 10 patients to have the tumor stop growing and spreading," said lead author Yung-Jue Bang, MD, PhD,

ASCO Annual Meeting Highlights *(continued)*

Professor in the Department of Internal Medicine at Seoul National University College of Medicine in Seoul, Korea. "These results are an improvement over what we would see with standard chemotherapy for patients with advanced lung cancer." This study is an example of personalized medicine, which looks to match treatments with the patients who will benefit the most. Research on ALK inhibitors is ongoing and tests to look for an ALK gene fusion may not be available outside of clinical trials.

Dasatinib More Effective than Imatinib for People Newly Diagnosed With Chronic CML

Researchers found that the drug dasatinib (Sprycel) is more effective than imatinib (Gleevec), a drug that works similarly to dasatinib, for people newly diagnosed with chronic myeloid leukemia (CML). Previous studies have shown that dasatinib can be an effective treatment for patients who stop imatinib because of side effects or because the drug stopped working (called drug resistance).

This study looked at a measure called complete cytogenetic response (CCyR) that is used to determine how well the treatment is working. After a year of treatment, more than three-quarters of patients receiving dasatinib had a complete cytogenetic response, compared with two-thirds of patients receiving imatinib. Patients receiving dasatinib also were more likely to have a major molecular response, another measure of how well the treatment is working, more quickly than patients receiving imatinib.

What this means for patients "We've been seeing more patients with CML develop imatinib resistance, so these results are very exciting," said lead author Hagop Kantarjian, MD, Professor and Chair of the Leukemia Department at the University of Texas M.D. Anderson Cancer Center in Houston. "Our findings suggest that by using dasatinib first for patients newly diagnosed with CML, we can improve outcomes." Because complete cytogenetic response can be a way to predict a patient's survival, dasatinib may lengthen the lives of patients with CML. However, this study is ongoing and researchers will not know if dasatinib increases survival until the study is completed.

Maintenance Therapy with Rituximab Reduces Risk of Lymphoma Recurrence

Recent research shows that patients with follicular lymphoma who received the drug rituximab (Rituxan) for two years as maintenance therapy were less likely to have a recurrence (return of cancer after treatment). Maintenance therapy is longer-term treatment given after initial treatment to keep the cancer from returning.

This study looked at patients with stage III or IV follicular lymphoma who received rituximab as an initial treatment to shrink the cancer or get rid of it entirely. Then, one group of patients was given an additional two years of rituximab. The patients who did not receive this additional treatment were twice as likely as patients who continued with rituximab to have the lymphoma grow and spread.

What This Means for Patients "These findings provide hope for the way we manage this disease. Rituximab maintenance therapy is likely to become a new standard of care for these patients," said lead author Gilles Salles, MD, Professor of Medicine at the University of Lyon in France. Most patients with this type of lymphoma have a recurrence within three to six years after initial treatment. This study only looked at the risk of recurrence during the two years the patients received rituximab; it's not yet known if using rituximab can also reduce the risk of a recurrence later.

Article resources: American Society of Clinical Oncology, Web MD, Cancer.net



Illinois CancerCare Pharmacy - The Right Choice for our Patients

Illinois CancerCare Pharmacy – The Right Choice for our Patients

The Illinois CancerCare Peoria facility has a full retail pharmacy on-site, to manage all of your prescription (as well as some of the more common over the counter) needs.

Dr. Michele Rice, PharmD, BCOP Director of the Illinois CancerCare Pharmacy Services, specializes in cancer and blood disorder drugs.

As a cancer or blood disorder patient the last thing you should have to worry about is the safety and interactions of your medications while on treatment. You can be certain that Dr. Michele Rice has the needed qualifications, along with her entire pharmacy team, to see that all of your prescriptions are managed and dosed properly.

When it's Something as Important as Your Cancer Care, We Invest the Time...

The Illinois CancerCare Pharmacy is reserved for use by our patients only, allowing the pharmacy staff the needed time to check and double check the prescriptions for dosing requirements, scheduling and drug interactions that chain store pharmacists don't have the daily working experience with nor



the time to research drugs that they don't often fill prescriptions for.

The Illinois CancerCare pharmacy is open during regular clinic hours and stocks many of the hard-to-find cancer and blood disorder medications. Cash prices are comparable to the leading chain pharmacies and we accept most prescription insurance plans.

In addition to the on-site pharmacy, patients can order medication refills online. Just log in to our secure refill server and fill out the refill order form. Our pharmacist will send you an email when your request has been filled and is ready for pickup. Delivery service is also available in the Peoria/Dunlap area during the center's normal business hours or your medications can be sent by FedEx directly to your home.

You can speak with Dr. Rice and her team about any questions or concerns you may have at any time by visiting the pharmacy counter, calling (309)243-3404 or submitting an online question via the www.illinoiscancercare.com contact us page on our website.



Dr. Michele Rice, PharmD, BCOP, director of Pharmacy Services, specializes in Cancer and Blood Disorder medications. She brings the unique understanding of how our patients specific treatments interact with the medications they may be taking. A committed professional focused on providing the finest patient care possible and helping you win the fight against cancer and blood disease.



HOW TO STAY YOUNG



1. Try everything twice. On one woman's tombstone she said she wanted this epitaph: "Tried everything twice...loved it both times!"

2. Keep only cheerful friends. The grouches pull you down. (Keep this in mind if you are one of those grouches!)

3. Keep learning: Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. 'An idle mind is the devil's workshop.' And the devil's name is Alzheimer's!

4. Enjoy the simple things.

5. Laugh often, long and loud.. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with HIM/HER.

6. The tears happen: Endure, grieve, and move on. The only person who is with us our entire lives, is our self. LIVE while you are alive.

7. Surround yourself with what you love: Whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it...If it is unstable, improve it...If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

Sudoku & Word Search

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

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

July
Back to School

August
Bathing Suit

Swimming Pool
Tank top

Fourth of July
Shorts

Fireworks
Backpack

Picnics
Beach

Services in the Community:

An interview with Michele Holman from Joy Miller & Associates

Michele Holman is a one of a kind social worker, literally. She is a Licensed Clinical Social Worker and a Certified Oncology Social Worker with Joy Miller & Associates. Those are her credentials – important certifications, especially since she has special credentialing in oncology social work that no one else in private practice possesses in central Illinois. But, Michele doesn't get wrapped up in titles and credentials, she finds her job rewarding because of the people she is helping and the opportunities she has had to create and design many of the psychosocial support services within oncology in the Peoria area. "It's all rewarding. It is also one of the most authentic privileges that I've had the opportunity to be a part of professionally," she says.

Michele has been in the oncology field for 16 years, of which, the past decade has been devoted to working with patients, families and healthcare providers in the greater Peoria area. She collaborates with other healthcare providers to ensure her patients are getting the most comprehensive care possible. Michele knows the needs of an oncology patient and their families are very unique. She understands it is not just the person who receives a cancer diagnosis that is impacted – it has a ripple effect throughout the entire family system.

Michele says she finds one-on-one care very meaningful, but is also very passionate about program development because it provides a different kind of support for patients, families and healthcare providers. She understands that each person and diagnosis is different. That is why each time she sees a patient, the care is individualized and



Michele Holman, LCSW, COSW

customized to each patient's needs.

"When you get a cancer diagnosis, the rest of your life doesn't stop, so all of a sudden you have competing needs. I help navigate them through their new normal," Michele says. "Many times family members are wondering if it is normal to feel the way they do," she says. "Each person's emotional adjustment is unique."

In addition to the one-on-one care, she partners with many local healthcare providers to provide continuity of care after a cancer diagnosis. The services Michele provides are a different and distinct refuge for patients. "There is a need for all of the collaborative multidisciplinary partnerships in our oncology community in order to provide and facilitate true comprehensive care," she says. "I'm just one small piece of that collective community partnership that has the potential to assist patients, families and providers."

"Once someone knows they have the resources available to them, they can learn new ways to cope with the impact of the diagnosis and ultimately create the opportunity to decrease their anxiety and that in turn can impact their quality of life."

Patients, families and healthcare providers interested in Michele's services can contact Joy Miller & Associates at 309-693-8200 or visit www.joymiller.com for more information. All major insurance providers accepted, EAP (Employee Assistance Programs, and self pay options are available.

New Colon Polyp Prevention Study Open To Enrollment

OPEN TO PATIENTS WITH STAGE I OR II COLON CANCER

Polyp prevention may reduce the risk of getting colon cancer again and the purpose of this study is to find out whether rosuvastatin (Crestor) is able to prevent colon polyps and colon cancer from occurring.

If you are not currently taking a statin to lower your cholesterol and you were diagnosed with your colon cancer within the past year, you may be eligible.

Please call Jenny at 309-243-3619 or talk to your Oncologist today.





Recipes from Sharon

Triple-Berry Oatmeal Muesli

Prep time: 25 minutes ~ Start to finish: 40 minutes ~ 6 servings ~ Whole grain serving: 2

Ingredients

2 $\frac{3}{4}$ cups old-fashioned oats or rolled barley
 $\frac{1}{2}$ cup sliced almonds
 2 containers (6 oz. each) banana crème or French vanilla low-fat yogurt
 1 $\frac{1}{2}$ cups milk
 $\frac{1}{4}$ cup ground flaxseed or flaxseed meal
 $\frac{1}{2}$ cup fresh blueberries
 $\frac{1}{2}$ cup fresh raspberries
 $\frac{1}{2}$ cup sliced fresh strawberries

Instructions

1. Heat oven to 350°F. On cookie sheet, spread oats and almonds. Bake 18 to 20 minutes, stirring occasionally, until light golden brown; cool 15 minutes.
 2. In large bowl, mix yogurt and milk until well blended. Stir in oats, almonds and flaxseed. Top each serving with berries.

Betty Tip

This muesli is a combination of great-tasting, good-for-you foods, including whole-grain oats, flaxseed (the highest plant source of omega-3 fatty acids), yogurt and three kinds of berries.

Nutrition Facts (Per serving)

Calories: 320 (Calories from fat 90); Protein: 13 g; Total fat: 10 g (Saturated fat: 2g; Trans fat 0g); Cholesterol: 5 mg; Sodium: 60 mg; Carbohydrates: 46 g (Dietary fiber 8 g; Sugars 16 g); % Daily Value: Vitamin A 8%; Vitamin C 10%; Calcium 20%; Iron 15%

Source: Betty Crocker Whole Grains Easy Everyday Recipes



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

Word Search Puzzle Answers

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

Sudoku Puzzle Answers

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

www.websudoku.com

Our Giving Community

Our Giving Community

Giddy Up & Get Down in the fight against cancer – A Rearin' Good Time!

On June 4, over 275 gathered for a country good time and to support the Peoria Cancer Center Foundation and Cancer Center for Health Living. Nearly \$60,000 was raised that night as people enjoyed a pig roast and other finger lickin' foods, music from local country band Midnight flyer, a raffle and silent and live auction.



Gina Kouri, Angie Kouri,
Rosie Kouri and Connie
Murphy



Will and April Hammer,
Larry and Terry Matthews



Chuck &
Laurie Weaver



Senator David Koehler and
Nora Koehler pose with a
friend



The crowd enjoys their food and live auction



Becky Kugler, Dr. John Kugler
and Peg Ramsey

A Very Big Thank You to all of our event sponsors

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ATS
Caterpillar Foundation
CIB Bank
Commerce Bank
Crimestoppers
Cullinan Properties/Doug & Diane Oberhelman
Elias, Meginnis, Riffle & Seghetti, P.C.
Five Star Water
Friends of Dave Koehler
Heartland Healthcare Systems
Kress Corporation/Rita Kress
McKesson
Otto Baum Construction/Terry Baum
OSF Saint Francis Medical Center
P.J. Hoerr
PDC
PNC
Chuck & Kris Rinkenberger
Schaffnit Wealth Management Group, LLC
Shoppes at Grand Prairie
WeaverRidge Golf Club



Our Giving Community

Our Giving Community

Hero Award – Honoring Jeanne Benningfield

The 2010 Hero Award honors and celebrates the many acts of quiet heroism performed by Jeanne Benningfield as she fought the fight with tenacity, courage and strength.

At the Giddy Up and Get Down in the fight against cancer event on June 4, Frank Benningfield accepted the Hero Award on behalf of his late wife Jeanne Benningfield. After accepting the award, Frank shared Jeanne's story of her diagnosis of myelodysplastic syndrome (MDS) and her journey over the next 6 ½ years that she lived with her diagnosis passing away in February 2010. Frank shared that Jeanne's life was extended thanks to a drug that had just been made available to patients after being on a clinical trial. He wanted to make sure how important clinical cancer research is. It gave the only chance of hope to his wife Jeanne and 6 ½ more years for her family to be with her.

Frank, thank you for sharing the message of hope and love and the life Jeanne lived. She truly is a Hero in our eyes!



Bob Hultgren, Paige (Benningfield) Dierker and Frank Benningfield

Honor Your Care Champion!

- The physician, nurse or any employee who provided exceptional care during your visit.



Honor the physician, nurse or any employee who provided exceptional care to you or your loved one through a tax-deductible gift to the Peoria Cancer Center Foundation.

Your gift will recognize your Care Champion's commitment to excellent care as it helps us to continue our mission of making an impact in the lives of cancer patients while paving the way to a cure.

Upon receipt of your gift, your Care Champion will receive a special card and lapel pin to proudly wear as a visible display of their caring dedication to the work that touches so many lives in our community.

**Call 309-243-3423 for additional information
about the Care Champion Program.**





Our Giving Community

Our Giving Community

Help at Home In-service gets Foundation News

Kollet Koulianos, Executive Director of the Peoria Cancer Center Foundation, gave a 1 hour presentation which included Q and A to the over 120 staff members of Help at Home during their in service at Pekin Hospital on June 8th. The presentation entitled, *The Peoria Cancer Center Foundation Mission, Vision and Values* delivered information on the past efforts of the foundation (dollar raised to difference right here in our community), the importance of clinical cancer research and education and the future vision of the organization.

If you would like to have a presentation regarding the Peoria Cancer Center Foundation given to your club, civic organization, work place or church, please contact the Peoria Cancer Center Foundation office at 309.243.3320.

\$1,000 Rotary Grant Received by the Peoria Cancer Center Foundation

The Peoria Cancer Center Foundation received a \$1,000 Community support grant from the Rotary Club of Peoria North.

These grants funds are made possible due to the generosity of the members of the Rotary Club of Peoria North through their Annual Appeal. The Community Support Grant Committee gives priority to grant requests directly impacting children and focusing on education.

The Peoria Cancer Center Foundation Mission is to impact the lives of cancer patients while paving the way to a cure – through research, education and awareness. From the staff, board of directors, advisory board and volunteers of the Peoria Cancer Center Foundation, a heartfelt thank you to the members of the Rotary Club of Peoria North for their generosity and passion to make Peoria a better place.

Let Charity Begin at Home Motorcycle Run Raises \$3,405 for the Peoria Cancer Center Foundation

On May 29, about 75 motorcycle enthusiasts joined forces to help our cancer patients here in central Illinois while enjoying a beautiful day of riding. The motorcycle run started at Toasters Tap in Peoria Heights and stopped in Glasford, Pekin, Groveland, Morton and Washington before ending at Go-Ts in Peoria. At Go-Ts, riders and any interested guests were treated to a homemade dinner. The event also included a Harley Davidson quilt raffle, 50/50 raffle, basket raffle and live auction.

Thank you to everyone who participated and the committee who coordinated the event!



Committee members man the table selling tickets for the Harley Davidson quilt and basket raffle.



Some of the riders enjoy their dinner after riding all day.



Kollet Koulianos and Lauren Obalil from the Peoria Cancer Center Foundation admire some of the great baskets at the event.

Staff Happenings

Staff Happenings

Dr. James Knost gives talk entitled Cancer: past, present and future

Dr. James Knost, Oncologist/Hematologist/Internist at Illinois CancerCare, gave a presentation to approx 75 people at the First Presbyterian church on the corner of Allen Road and Northmoor, during their May lunch and learn session.

His talk was met with great interest, evidenced by the attendance and the Q and A period afterwards. He started with a basic definition of cancer and went through the timeline of where cancer treatments and therapies have gone over the past 75 years.

If your organization, club, workplace or church would like one of our physicians to give a presentation please call Kollet 309.243.3422 or Lauren 309.243.3423 in the Public Relations/Communications office to arrange.

Follow Us...

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twitter



City of Peoria patrolling Illinois Cancer Care parking lot

The City of Peoria is now patrolling all parking lots on Route 91 and Allen Road checking for handicap parking violators. Please be sure to always display your handicap placards and ensure it is not expired as they are ticketing.

Illinois CancerCare has reserved spaces specifically marked for patients under treatment near the entrance if needed.

NEW! Online Library

- Can't attend and educational workshop?
- Have trouble sleeping?
- Want to learn something new?

Log on to: www.cchlpeoria.org

Hover your cursor on the Resources Tab and drop menu will appear. Click library and scroll down until you see Online library.

Some topics include:

- *Cancer Basics 101
- *Guided Meditation
- *Calming an anxious mind

Calendar of Events



Calendar of Events

July 2010

July is Sarcoma Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 9 am - Gentle Aerobics with Beth	7 10:00 am - Online Support Group 11:00 am - Yoga with Jean 1:00 pm - Living with Cancer Support Group 6:30 pm - Beginner Tai Ji	8 9:00 am - Yoga with Heidi 4:00 pm - Cancer Basics 101 6:15 pm - Yoga with Lisa	9 9 am - Living Strong with Beth 10 am - Living with Cancer Support Group	10
11	12 9:45 am - Aqua Dance 1:00 pm - Look Good... Feel Better (Peoria) 5:00 pm - Breath of Joy Yoga with Lisa	13 9 am - Gentle Aerobics with Beth 6 pm - Stretch & Tone	14 10:00 am - Online Support Group 11:00 am - Yoga with Jean 1:00 pm - Living with Cancer Support Group 5:30 pm - Beyond Cancer 6:30 pm - Beginner Tai Ji	15 9:00 am - Yoga with Heidi 9:00 am - American Red Cross Platelet Apheresis 3:00 pm - Stress Workshop 6:15 pm - Yoga with Lisa	16 9 am - Living Strong with Beth 10 am - Coping with Cancer Support Group	17
18	19 9:45 am - Aqua Dance 5:00 pm - Breath of Joy Yoga with Lisa	20 9 am - Gentle Aerobics with Beth 6 pm - Stretch & Tone	21 10:00 am - Online Support Group 11:00 am - Yoga with Jean 1:00 pm - Living with Cancer Support Group 5:00 pm - Friends at Five 5:30 pm - Aromatherapy Workshop 6:30 pm - Beginner Tai Ji	22 9:00 am - Yoga with Heidi 6:15 pm - Yoga with Lisa US TOO Prostate Support Group	23 9 am - Living Strong with Beth 10 am - Coping with Cancer Support Group	24
25	26 9:45 am - Aqua Dance 5:00 pm - Breath of Joy Yoga with Lisa	27 9 am - Gentle Aerobics with Beth	28 10:00 am - Online Support Group 11:00 am - Yoga with Jean 1:00 pm - Living with Cancer Support Group 6:30 pm - Beginner Tai Ji	29 9:00 am - Yoga with Heidi 6:15 pm - Yoga with Lisa	30 9 am - Living Strong with Beth 10 am - Coping with Cancer Support Group	31

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 9 am - Gentle Aerobics with Beth	4 10:00 am - Online Support Group 11:00 am - Yoga with Jean 1:00 pm - Living with Cancer Support Group 6:30 pm - Beginner Tai Ji	5 9:00 am - Yoga with Heidi 6:15 pm - Yoga with Lisa	6 9 am - Living Strong with Beth 10 am - Coping with Cancer Support Group	7
8	9 9:45 am - Aqua Dance 5:00 pm - Breath of Joy Yoga with Lisa	10 9 am - Gentle Aerobics with Beth 6 pm - Stretch & Tone	11 10:00 am - Online Support Group 11:00 am - Yoga with Jean 1:00 pm - Living with Cancer Support Group 5:30 pm - Beyond Cancer 6:30 pm - Beginner Tai Ji	12 9:00 am - Yoga with Heidi 1:00 pm - 4 Essentials to Health 4:00 pm - Cancer Basics 6:15 pm - Yoga with Lisa	13 9 am - Living Strong with Beth 10 am - Coping with Cancer Support Group	14
15	16 9:45 am - Aqua Dance 1:00 pm - Look Good... Feel Better (Peoria) 5:00 pm - Breath of Joy Yoga with Lisa 6:30 pm - Kids Connected	17 9:00 am - Gentle Aerobics with Beth	18 10:00 am - Online Support Group 11:00 am - Yoga with Jean 1:00 pm - Living with Cancer Support Group 5:00 pm - Friends at Five 6:30 pm - Beginner Tai Ji	19 9:00 am - Yoga with Heidi 6:15 pm - Yoga with Lisa	20 9 am - Living Strong with Beth 10 am - Coping with Cancer Support Group	21
22	23 9:45 am - Aqua Dance 5:00 pm - Breath of Joy Yoga with Lisa	24 9 am - Gentle Aerobics with Beth 6 pm - Stretch & Tone	25 10:00 am - Online Support Group 11:00 am - Yoga with Jean 1:00 pm - Living with Cancer Support Group 6:30 pm - Beginner Tai Ji	26 9:00 am - Yoga with Heidi 5:30 am - Natural Secrets Workshop 6:15 pm - Yoga with Lisa	27 9 am - Living Strong 10 am - Coping with Cancer Support Group	28
29	30 9:45 am - Aqua Dance 5:00 pm - Breath of Joy Yoga with Lisa	31 9 am - Gentle Aerobics with Beth				

Illinois CancerCare Social Services

Calendar of Events Descriptions

A description for each group and service are listed below.

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

Support Group Information

Living & Coping with Cancer Support Group

(CCHL/ACS) – A gathering of cancer survivors and their caregivers who discuss issues and concerns that come up from a cancer diagnosis and its impact on daily life.

Online Support Group (CCHL) – Join this group from the comfort of your own home. To register, call Debra at 309-243-3461.

Us TOO Prostate Group – Proctor Professional Building, 1, Classrooms 3 & 4. Please call George Melton for more information at 691-6523.

Beyond Cancer Support Group – Held every 2nd Wednesday of every month from 5:30 – 7 pm. Please call Tenile Oderwald at 683-5324 for information.

Friends at Five Support Group – Held at Five Senses Spa and Salon. This support is for breast cancer survivors. Please call Teresa Pheasant at 672-5781 for more information.

Healthy Living Classes

All classes below are open to the general public with a \$5 per class fee unless specifically noted. All classes below are free to cancer survivors. Classes are located at the Cancer Center for Healthy Living office at 5215 N. Knoxville in the Hult Health Education building unless noted otherwise.

Yoga with Jean or Lisa – open to all yoga levels.

Yoga with Heidi – Class for beginners. Call Heidi at 309-692-8484 to register. Location: Joy Miller & Associates conference room at 7617 Villa Wood Lane

Breath of Joy Yoga with Lisa – Open to breast cancer patients and survivors only

Living Strong with Beth – strength training

Beginner Tai Ji – Led by Cara Murdoch

Gentle Aerobics with Beth – Gentle exercise

Aqua Dance – Gentle Water aerobics. All levels welcome. Led by Kathy Smith at Landmark Health Club.

Special Programs

Cancer Basics 101 (ACS/CCHL) – This workshop is for those newly diagnosed with cancer and their caregivers and includes details about what cancer is, origins of chemotherapy and radiation, emotional and nutritional guidance and resources to help pay for treatment. The workshop is held free of charge at Illinois CancerCare in the Classroom.

Kids Connected – This support program is for children ages 5-18 whose parent, grandparent or caregiver has or had any type of cancer. Facilitated by professionals, this program provides them the chance to share their feelings, gain strength from one another and learn more about cancer in age-appropriate groups. Accompanying adults are welcome to join for dinner at 6 pm and can stay and visit or join their own adult support group. To participate, call 309-589-1800.

Look Good...Feel Better (ACS) – This seminar pairs licensed volunteer cosmetologists with cancer patients to teach them techniques to deal with issues such as hair loss and skin changes and helps to restore appearance and self-image during treatments. There is no charge to attend and patients will receive FREE cosmetics. Patients may bring a friend or relative to the session (they are able to participate but will not receive free make-up). All sessions are held at Illinois CancerCare. To register, call Catherine at 309-243-3635.

Aromatherapy Workshop (CCHL) – Learn the benefits of using essential oils, simple ways to use them and how they work in the body. Also, you will learn what is inside the “first aid kit” of oils that should be in everyone’s home. Oils will be available to smell at the workshop. Led by Becky Cobb.

Natural Secrets Workshop (CCHL) – Come and enjoy this “natural secrets” workshop. You will learn natural secrets to increase your energy, lift your mood, improve your memory and general revitalization. The workshop is led by Becky Cobb.

Community Health Awareness Stress Workshop (CCHL) – Led by Dr. Rodney Nelson and Dr. Alex Pantazonis, this workshop will focus on stress and the impact it has on your body. The workshop will cover two topics – stress factors and our life and managing stress on overload. You will learn how to develop coping strategies for stress and suggestions for natural relaxation techniques to integrate into every day.

4 Essentials to Health Workshop (CCHL) – Led by Dr. Rodney Nelson and Dr. Alex Pantazonis, this workshop focuses on 4 core areas critical to unleashing the body’s optimal potential: nutrition – the new food pyramid; oxygen – the importance of proper exercise regime; water – how much to drink and why tap water is not good enough; Never function – the human element that allows the brain to communicate with the body and the body with the brain.

American Red Cross Platelet Apheresis Program – During a platelet apheresis donation, blood is drawn into a machine which separates the platelets from the rest of the blood. The platelets are collected in a donation bag, while the rest of the blood is returned to the donor. Platelet donation helps, most especially, cancer patients, organ transplant patients and burn patients. The platelet collections are by appointment only. If you are interested in making a platelet donation or would like more information, please contact the American Red Cross tele-recruiter, Jennell, at 309-636-4281.

I would like more information about the following services:

ACS = American Cancer Society

CCHL = Cancer Center for Healthy Living

- ☐ Help for children coping with a parent who has cancer (Kids Connected)
- ☐ Individual counseling for the patient, family members, or caregivers (CCHL)
- ☐ Healthy Living classes (yoga, gentle aerobics, Tai Ji) (CCHL)
- ☐ Cancer Basics 101 class (ACS/CCHL)
- ☐ Financial assistance for treatment, medications, or medical supplies (ACS)
- ☐ Lifeline® Home Emergency Response System (monthly service fee) (ACS)
- ☐ Look Good, Feel Better® (ACS)
- ☐ 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)
- ☐ Support Networking groups (CCHL)
- ☐ Massage therapy for patients in treatment (\$30 fee/hr.) (CCHL)
- ☐ Nutritional counseling (CCHL)
- ☐ Living will/power of attorney directives (ACS)
- ☐ Transportation assistance for appointments (ACS)
- ☐ Wigs, hats, turban resources (ACS)
- ☐ Housing/lodging information (ACS)

Social services form for patients

More information on the reverse side

*All services are free unless otherwise noted.



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