

# ILLINOIS CANCERCARES

## Free Patient Newsletter

May/June 2011

Issue 9



### Articles Inside:

PAGE 3

May is Cancer Research Awareness Month

Marsha Kutter shares why we celebrate Cancer Research Awareness Month and what it has meant to current treatments and therapies at Illinois CancerCare.

PAGE 5

Therapy Dog Program

Illinois CancerCenter has gone dog gone crazy... Well not exactly, but you may just see dogs in the building when you come in for treatment. Read about the new Therapy Dog Program at Illinois Cancer care.

PAGE 8

Illinois CancerCare Pharmacy Services: The Right Choice for Our Patients

Learn how our retail pharmacy can best serve you - our patients.

PAGE 11

A Look Ahead

Check out what is coming up for the Illinois CancerCare Foundation and the efforts our community is making to help cancer patients

### Contact Us:

Toll Free: 1.866.622.6564 • Peoria: 309.243.3000  
[www.illinoiscancercare.com](http://www.illinoiscancercare.com) • [www.illinoiscancer.com](http://www.illinoiscancer.com)  
8940 North Wood Sage Road, Peoria, IL 61615

# Table of Contents

Table of Contents

# ILLINOIS CANCERCARES

## Table of Contents

### Table of Contents

Illinois CancerCare Mission & Values .....	2
Research: Cancer Awareness Month .....	3
Why I Work Here: Recognizing Our Nurses .....	4
WOOF Therapy Dog Program .....	5
Your Health: Lymphedema & Breast Cancer Rehabilitation .....	6
Getting the Most from Your Pharmacy .....	7
Word Search & Soduku Puzzle .....	7
Illinois CancerCare Pharmacy Services .....	8
Recipes from Sharon: Steamed Halibut with Ginger and Green Beans .....	9
Word Search & Soduku Puzzle Solutions .....	9
A Note from Illinois CancerCare Foundation Director, Kollet Koulianous .....	10
A Look Ahead to Benefit the Illinois CancerCare Foundation .....	11
Illinois CancerCare Foundation Annual 50/50 Raffle .....	12
Care Champions .....	12
Survivor Night at O'Brien Field .....	13
Calendar of Events .....	14
Calendar of Events Descriptions .....	15
Illinois CancerCare Social Services .....	15, 16
Illinois CancerCare Physicians .....	16

### OUR MISSION

To provide comprehensive, compassionate care that enhances the lives of patients and their families

### OUR VALUES

Patients first

Treat others with respect and compassion

Open and timely communication

Commitment to research

Invest in personal and professional development

Take ownership in our practice

Positive attitude



## May is Cancer Research Awareness Month

By: Marsha Kutter, CCRP, Research Business Administrator

### May is Cancer Research Awareness Month.

At the risk of showing my age, this reminds me of an old television program hosted by Garry Moore

called "I've Got a Secret." I won't make you guess what our secret is because we really want to shout it from the mountaintops, if there were any mountains around here. "Cancer Research is alive and well in central Illinois!" There are so many people in central and western Illinois who do not



Marsha Kutter, CCRP

know this, and we at Illinois CancerCare and the Illinois Oncology Research Association Community Clinical Oncology Program (IORA CCOP) want you all to know about the important research that is being done right here in your local community.

### May is Cancer Research Awareness Month.

Since 1979 Illinois CancerCare (known as Oncology Hematology Associates at that time) has been enrolling patients on cancer clinical trials. A clinical trial is a scientific research study involving human subjects. It has clear objectives, methodologies (how things are to be done) and a plan to analyze the results. Over these many years more than 9,000 people from this area have participated in cancer clinical trials with Illinois CancerCare and the IORA CCOP, which is the program providing National Cancer Institute-approved cancer clinical trials to central Illinois.

### May is Cancer Research Awareness Month.

Many kinds of cancer research are available to eligible participants. Illinois CancerCare and the IORA CCOP offer clinical trials to treat people with metastatic disease and those with surgically-resected disease. There are studies to treat the symptoms of cancer and to treat the side effects

of the treatments. There are sometimes even studies to prevent cancers. Illinois CancerCare has clinical trials that use new compounds which are only available through study participation. There are trials that use older drugs in new ways or for different types of cancer than they were originally approved to treat.

### May is Cancer Research Awareness Month.

Although all of the physicians at Illinois CancerCare are involved in cancer research, there is involvement in cancer clinical trials that extends beyond the walls of the cancer center and clinic sites. Through the IORA CCOP, other disciplines are involved in cancer research, including radiation oncologists, surgeons, and urologists. Sometimes a clinical trial involves more than one kind of treatment. These are called multi-modality or multi-disciplinary studies. They might involve both chemotherapy and radiation therapy, or a clinical trial might begin with chemotherapy to shrink tumors before surgery. The multi-disciplinary studies have input from several different kinds of doctors, all of whom are interested in providing their patients with the best possible care. The best possible care often includes cancer clinical trials.

### May is Cancer Research Awareness Month.

Some may ask why such a fuss over cancer research that it deserves having a month designated to making people aware of its existence. Here's why. Every single bit of information we know about diagnosing and staging cancer, about preventing side effects and evaluating treatment response, about what works and does not work in preventing and treating cancer is because of cancer research. Somebody, or a lot of somebodies, in the past through today realized that the only way the body of knowledge can grow about this dreaded disease is if they stepped up and participated in a clinical trial. Every standard treatment used today began as a clinical trial with participants involved in cancer research.

We thought you'd want to know.

# Why I Work Here

Why I Work Here

## Why I Work Here - Celebrating Our Nurses

In 1982, President Ronald Reagan signed a proclamation officially declaring May 6 as "National Recognition Day for Nurses". In 1990, The American Nursing Association Board of Directors expanded the recognition of nurses to a week-long celebration, beginning May 6 and culminating on the May 12th, (Florence Nightingale's birthday).

Illinois CancerCare realizes the value that Nurses make in the lives of its patients...

A diagnosis of cancer brings a variety of unwelcome struggles and emotional pitfalls. Throughout a patient's treatment journey, oncology nurses are consistently on the front lines, readily available to be the important link between patients and their physicians.

Nursing can be emotional, challenging, chaotic and rewarding. It takes a great amount of dedication and patience. Nurses are often the unsung heroes of the medical profession, providing much of the hands-on care patients receive. Illinois CancerCare Nurses, Holly Jo Delinski, Kathie Kindred and Lara DeVecchi, 2011 Journal Star Nurses Week Honorees, share with us why they chose nursing and especially why they choose to make Illinois CancerCare home.

"Thinking back from the age of 10, I have always wanted to be a nurse so I could help others," Lara DeVecchi shares, "From the beginning, I never gave consideration to any other profession, the only choice I had to make was which medical field interested me the most". Lara said she chose the Oncology field because her best friend's mom passed away from breast cancer and she felt the need to do something to keep her memory alive.

Holly Jo Delinski and Kathie Kindred both have had the determination to be nurses from a young age as well. "I had several family members and close friends who were affected by cancer and I wanted to explore my opportunities," Kathie shared.

Today, all three are caring, empathetic nurses in the Oncology field providing our patients the best possible care.

Each person has different opinions, but for these three extraordinary nurses they agree the patients are the most rewarding part of their jobs. "The patients who we treat and come back in remission," Holly Jo said. "When they come back and receive good news and everything we do works that is very rewarding."

Oncology nursing is more than what is in the job description. Lara recently received a reminder of how great it is to connect with patients. "The other day a patients' family member stopped me in the hall, hugged me and remembered my name, and they hadn't seen me since 2003," Lara said. "It was nice to see I made such an impact in their lives that 8 years later they knew my name."

Holly Jo mentioned that she has gotten close to a lot of patients over the years. A lot of friendships have started from getting to know them and their families. Kathie, like her peers, likes connecting with her patients and being able to help them conquer their disease. "I love seeing them out and about after their treatments, doing well," Kathie said.

When asked what advice they would like to share with patients battling this disease, the following are their collective answers. Holly Jo tells her patients to remember every day is a new day. Lara reminds patients to laugh. "It is serious, but remember to laugh because you're still living life and we will get through this together".

Kathie encourages patients to never give up. "Fight like you have never fought before," Kathie said. "Keep fighting, there is always something new around the corner and there is always something we can help you with."

Every nurse at Illinois CancerCare is committed to their patients. They are the smiling faces dressed in light blue that provide hope and reassurance to our patients.

Please help us celebrate your nurse during National Nurses Week, May 6-12.

## Therapy Dog Program



Illinois CancerCare has gone dog gone crazy... Well not exactly, but you may just see dogs in the building when you come in for treatment. We launched the therapy dog program here at our main facility at the beginning of April. The therapy dog program was started because research has clearly shown that therapy dogs lower patient blood pressure and decrease the stress level of patients

and their loved ones. Because of this a group of Therapy Dog Inc. members saw a huge need within the Peoria community for therapy dogs. It was an obvious choice to bring the dogs to Illinois CancerCare.

At least 2 of the members of the therapy dog program have loved ones that have spent significant amounts of time in treatment at Illinois CancerCare and know the stress levels that can accompany a cancer diagnosis. One of those members is Barb Stoppenhagen. Having known people affected by cancer made Barb want to help other cancer patients during their treatments. "Seeing the happiness a dog can bring to a patient is amazing," said Barb, "The dogs relieve a lot of the stress the patients are feeling and help get rid of any negativity there might be in the air."

The therapy dog program at Illinois CancerCare currently has 12 dogs and 11 handlers. The dogs range from Biggs, a Great Dane who brings a calming presence to the patients to Sam, a Shih Tzu, who is

so cute you cannot help but smile.

All the dogs and handlers have passed three observation tests and are registered with Therapy Dogs Inc., a national dog therapy organization. All of the rules of Therapy Dogs Inc. are adhered to during their visits at Illinois CancerCare which assures all that potential safety issues are addressed for the patients, the handlers and the dogs.

If you don't want to pet the dogs that is completely okay! Before any of the handlers approach you or your loved ones they will introduce the dog and ask if you'd like to pet the dog. Feel free to say no. The point of the dogs is to relieve stress not create it. Having patients say no will not offend the handlers. They want you to be comfortable.

If you're interested in having your puppy become a therapy dog, Barb encourages you to enroll them in obedience school and get them socializing with other dogs. This will help them know how to be controlled and have good manners. If you'd like to become a therapy dog member or are interested in having your dog tested as a therapy dog, please email them at k9crew3@comcast.net.



# Our Giving Community

Our Giving Community



## Lymphedema & Breast Cancer Rehabilitation

By Molly Nettles, OTR/L, CLT-LANA, The Institute of Physical Medicine & Rehabilitation

### **What is Lymphedema?**

Lymphedema is chronic swelling in a portion of the body due to accumulation of lymph fluid in the tissue spaces. It is a result of obstruction of venous and/or lymphatic vessels or lymph nodes. It usually occurs in the arms or legs, but can affect the face, neck, trunk, or genitals. Lymphedema is classified as a disease with progressive stages.

### **What are the types and causes of Lymphedema?**

There are two different types of Lymphedema-- Primary and Secondary. Primary Lymphedema is caused by a lymphatic abnormality present at birth. Secondary Lymphedema is caused by infection, injury, surgery, radiation therapy, or trauma. This type of lymphedema may be a side effect of cancer treatment that results in chronic and debilitating swelling. It may occur following the removal of lymph nodes and/or cancer treatment. Secondary lymphedema may occur immediately after surgery, or even up to twenty years later.

### **Can Lymphedema be cured?**

With early intervention and proper treatment, the condition can be controlled, allowing the individual to lead a full and normal life. However, this is frequently a persistent condition. Therefore, techniques for self-management and maintenance of swelling reduction and other side effects are essential factors in control.

### **What treatment is available?**

At The Institute of Physical Medicine & Rehabilitation, a thorough evaluation is performed by an occupational or physical therapist certified in the treatment of lymphedema. A proper course of treatment is then determined based on findings. The treatment for Lymphedema is called Complete Decongestive Therapy (CDT) and may include the following:

- Manual Lymph Drainage
- Compression Bandaging
- Comprehensive Exercise Program
- Skin Care
- Compression Garment Fitting and Instruction
- Education and Home Maintenance Instruction

### **Who is a candidate for evaluation and treatment?**

Individuals whose surgery or cancer treatment included lymph node removal and/or radiation therapy are at risk for the development of Lymphedema. Individuals who have any unresolved swelling following cancer treatment are eligible for an evaluation.

### **Are breast cancer rehabilitation services offered in addition to Lymphedema treatment?**

Yes. Breast Cancer Rehabilitation services are offered to those suffering from the following after breast cancer surgery and treatment: pain, reduced strength, reduced flexibility and range of motion, reduced endurance, breast and trunkal swelling, increased sensitivity.

### **What do breast cancer rehabilitation services include?**

Depending on the individual's needs, the treatment may include any of the following:

- Exercise programs
- Stretching and strengthening
- Lymphedema prevention education
- Compression sleeve recommendations
- Scar tissue management

### **Where is this comprehensive treatment available?**

The Institute of Physical Medicine & Rehabilitation (IPMR), a not-for-profit physical rehabilitation center established in 1950, offers comprehensive treatment by certified and licensed Occupational and Physical Therapists specializing in the treatment of Lymphedema. Lymphedema services are offered both in Peoria and Pekin. Both sites offer free and accessible parking.

### **Will my insurance cover therapy?**

Most commercial and publicly funded medical insurance, including Medicare, covers the cost of therapy. If you are a breast cancer survivor or are actively taking breast cancer treatment, you may qualify for funding through a grant from Susan G. Komen for the Cure. For more information regarding this grant or treatment, call Molly Nettles at (309)621-4109.

### **How do I get help?**

Anyone can contact IPMR at (309) 692-8670 for information, assistance, or to schedule an appointment. If you are calling from outside the Peoria area, you may call 1-800-957-4767. However, since the therapy IPMR provides is medical, a physician referral is needed to initiate treatment. Please ask your physician for a referral to IPMR for lymphedema treatment or breast cancer rehabilitation. IPMR's staff may assist you in this process.

## Getting the Most from Your Pharmacy

**By Leslie Vonderhaar, PharmD Candidate, Southern Illinois University Edwardsville**

Do you get to know your doctor? I mean, really get to know him or her? Do you ask questions, and make sure you fully understand the doctor's counsel before leaving?" These are questions many of us have heard before, possibly on multiple occasions. Most Americans know that having a relationship with your physician is worthwhile, but what about other health care providers, such as pharmacists?

The CDC reports that 74% of physician visits involve drug therapy. (1) In 2007–2008, 1 out of every 5 children and 9 out of 10 older Americans reported using at least one prescription drug in the past month. (2) One needs only to look at the long line at the local pharmacy to see that Americans spend a lot of time (and money) there. Here are some ways to make sure you are getting the most out of your pharmacy.

Actually talk to the pharmacist. Not just the pharmacy technicians, but the pharmacist as well. This is the person who is checking that you are getting the correct drug, at the appropriate dosage for you, and that it is not interacting with your other medications, or could potentially cause an allergic reaction. The more health information this person knows about you, the better. For example, a patient was discussing with her pharmacist the possibility of buying a medical bracelet identifying her peanut allergy. She then gave the pharmacy technician a prescription for an inhaler from her doctor and said she would shop while it was being filled. The pharmacist identified that this inhaler contains an agent that many people with peanut allergies are also allergic to. If not for the interaction between pharmacist and patient, this potential problem would not have been caught.

Don't be afraid to ask your pharmacist questions regarding your medications. Pharmacists are the drug experts, and very accessible health care professionals. How the medication works in your body, what are the possible side effects, and whether it is okay to abruptly stop the medication are examples of questions you might ask your pharmacist. Over-the-counter (OTC) medication and herbal supplement use is often forgotten, but should never

be excluded from the conversation. These can have side effects and interactions just like prescription medications, so if you are taking a nonprescription medication, it is a good practice to let the pharmacist know. Oral cancer medications can also cause drug interactions with other medications. Illinois CancerCare Pharmacist, Jason Harlow, is an expert in oral chemotherapy and can help. If you would like to speak with the pharmacist in private, most pharmacies are equipped with separate rooms just for this purpose.

Take advantage of all services at the pharmacy. Pharmacists are a great resource when it comes to tackling difficult issues like quitting smoking or managing your diabetes. The Illinois CancerCare Pharmacy offers home delivery and access to oncology specialist pharmacists. With all the gift cards, 4-dollar lists, and other incentives out there, it is tempting to frequently switch pharmacies. When you don't get all your prescriptions from one pharmacy, the pharmacist will not have a complete list of medications, and therefore might miss an important interaction between drugs. If you are unable to do this, tell each pharmacy about the other medications you are taking.

Next time you pick up a prescription make a point to talk to the pharmacist, if only for a minute. You might find out something about your medication you didn't know before. Or you might share something with the pharmacist that will help them to better serve you. Think of something you wanted to ask and you're already at home? A pharmacist is only a phone call away.

### Reference

1. Therapeutic Drug Use. FastStats Home. Centers for Disease Control and Prevention Online. Available from: <http://www.cdc.gov/nchs/faststats/drugs.htm>
  2. Gu Q, Dillon CF, Burt VL. Prescription drug use continues to increase: U.S. prescription drug data for 2007–2008. NCHS data brief, no 42. Hyattsville, MD: National Center for Health Statistics. 2010.
- By Leslie Vonderhaar, PharmD Candidate, Southern Illinois University Edwardsville

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

Homerun  
Flowers

Summer  
Icecream

Hotdog  
Dandelion

Sunshine  
Camp

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

Graduation  
Outdoors

Garden  
Picnic

Biking  
Barbeque

Fun

# Illinois CancerCare Pharmacy Services

## THE RIGHT CHOICE FOR OUR PATIENTS



**Dr. Michelle 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.



**Jason R. Harlow, PharmD, BCOP**, lead Pharmacist at Illinois CancerCare Retail Pharmacy. Jason has worked in retail, hospital, and home infusion pharmacies over the past 15 years. Working at the pharmacy at Illinois CancerCare puts him in the unique position of having access to physician and nurses notes on each patient to provide good continuity of care that cannot be had from an outside pharmacy. His educational and work experiences enable him to look at the complete medication needs of all patients at Illinois CancerCare from the medications prescribed by the physicians here as well as those prescribed by their primary care physicians.

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.

### Illinois CancerCare Pharmacy – The Right Choice for our Patients

Dr. Michelle Rice, PharmD, BCOP Director, and Dr. Jason Harlow of the Illinois CancerCare Pharmacy Services Team, specialize 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 all of your medications while on treatment. You can be certain that Dr. Michele Rice and Dr. Jason Harlow have the needed qualifications, along with their 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 many times lower than 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 at no charge.

You can speak with Dr. Rice or Dr. Harlow 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 [www.illinoiscancercare.com](http://www.illinoiscancercare.com) and visit the pharmacy section of the website to submit questions directly to the pharmacists.



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

8940 N. Wood Sage Road | Peoria, IL 61615 | 309.243.3000 | 1.866.662.6564  
[www.illinoiscancercare.com](http://www.illinoiscancercare.com)

## Recipes from Sharon

### Steamed Halibut with Ginger and Green Beans

Makes 4 servings

#### Ingredients

1 lb. fresh green beans  
 1 lb. halibut (4 fillets), rinsed and patted dry with paper towel  
 ½ tsp. coarse sea salt  
 1 Tbsp. minced fresh ginger  
 3 Tbsp. thinly sliced green onions  
 1 Tbsp. low-sodium dark soy sauce  
 1 Tbsp. peanut oil  
 1 Tbsp. toasted sesame oil  
 ¼ cup fresh cilantro sprigs, lightly packed

#### Instructions

Steam green beans for about 5 minutes and set aside.  
 Gently rub both sides of the fillets with salt. Place them onto a heatproof ceramic dish. Sprinkle ginger over top. Place dish onto a steamer over several inches of boiling water and cover. Gently steam fillets for 10 to 12 minutes. Remove ceramic dish from steamer. Sprinkle green onions and drizzle soy sauce over fillets. Heat peanut and sesame oils in small skillet over medium high heat until they just begin to smoke. Then carefully pour on top of fillets. Use caution because hot oil will cause onion and residual water on fillets to pop and spatter. Arrange green beans around fillets. Garnish fish with cilantro and serve immediately.

#### Nutrition Facts (Per serving)

Calories: 200 Total Fat 7 G. (1 G saturated fat) Protein 26 G. Dietary Fiber 4 G. Sodium 410 mg.

Source: aicr.org Health-e-Recipes accessed: 1-11-2011



Sharon Windsor

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

## Word Search Puzzle Answers

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

## Sudoku Puzzle Answers

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



# Our Giving Community

## ILLINOIS CANCERCARE FOUNDATION Message from the Director

Mark your calendars for November 11, 2011(11.11.11) for a party you won't want to miss. The Illinois CancerCare Foundation is hosting its 2nd annual fundraising event entitled CUREageous that will honor Docs that Rock in the field of research, while raising much needed funds to allow for clinical cancer research trials that offer every possible hope to those afflicted with cancer in our community. Along with great food and an awesome line up of entertainment, we will be creating a program book that will offer you an opportunity to recognize your healthcare provider and/or team, acknowledge your caregiver, honor a loved one or support your survivor.

The program book has three levels of participation and we hope one of them will be right for you.

**• Whiz Kid Listing - \$25**  
**1 line of text up to 35 characters**

**• Hot Shot Listing - \$50**  
**1 (Bold) line of text up to 35 characters**

**• Superstar - \$100**  
**1 Text Box, 50 words or 250 characters**

The following are a few of the sample Superstar messages that were placed in last year's program:

In grateful appreciation for exceptional care by Dr. Fred Brustad and Dr. Michael Veeder.  
-Ann & David Best

Words cannot begin to express the gratitude we have for all the doctors and nurses who work so hard every day taking care of our loved ones.

-Jim, Gina, Vincent, Caroline and Dominic Kouri

Thank you Drs. Mammolito, Murray, Veeder and all of their staff for above and beyond the best care. We are grateful to you.

-Gina, Ken, Michael, Matthew and Benjamin Kouri



Kollet Koulianios  
Executive Director

Dad,

You're the smartest, most dedicated person to his profession that I've ever known. Your patients are lucky to have someone like you taking care of them. We love you.

-Jay & Kids

Dr. Kugler,

You are a Doc that Rocks! Thank you for your always friendly care you provided me during treatments and my follow up visits. 22 years in remission – yea!

-Terry

Dr. Thomas,

Thank you for taking such wonderful care of our mother, Elaine Schmidgall. We appreciate your dedication to fighting this disease.

-Larry & Kim Rossi

For all of those engaged in Research, thanks for thinking of the patients first!

-Michael & Kimberly Voeller

A clinical trial drug 'interferon' saved my father's life! Without it, we would have lost him to melanoma. Dean Wendler (Loving Husband, Father and Proud Papa), Thank You for being CUREageous and Fighting the Good Fight. DOCS you ROCK!!

With Love and Support,

-Devon, Patrick, Emma Lou & Riley Mae Alvord

If you are interested in letting your survivor, caregiver, health care team member(s) see in print how very much you appreciate and support them please consider purchasing space in our CUREageous program book to do so while helping a most worthwhile cause.

The Illinois CancerCare Foundation strives to make an impact in the lives of cancer patients while paving the way to a cure. We can and will do so with your continued support.

Kollet Koulianios

Executive Director,  
Illinois CancerCare Foundation



### A Look Ahead - 3rd party events to benefit the Illinois CancerCare Foundation

The following are events and fundraisers that individuals from the community organize and facilitate to support of the Illinois CancerCare Foundation.

#### Morton High School Varsity Girls Soccer Senior Night

On Tuesday May 10th, the Morton High School Varsity Girls Soccer team will be hosting a pack the place pink night. The event is free and is being held in conjunction with the Senior Night activities as Morton faces off against East Peoria. Everyone is a winner when we work together. Please come on out and support the cause no matter which team you might be cheering for. We hope to see both sides of the stands filled with supporters wearing Just Kick It T-shirts, which will be available for sale at the event, as well as a raffle to win an Ipad 2! For more information please call Kim Voeller at 309.360.7340.

#### 1st Annual Morton BBQ Throw Down

Interested in showing off your BBQ skills? If so enter the Morton BBQ Throw Down at the Field, which will take place on Saturday August 6 at The Field Shopping Center in Morton, IL. This 1st annual event will be a "backyard" style BBQ competition that will follow KCBS rules. There is a \$25 entry fee. BBQ enthusiast or not, come on out for an event that will have something for everyone. Food, live music, crafts, kid events and more! All proceeds from this event will go to the Illinois CancerCare Foundation. For more information or to volunteer for the event, contact Ryan Koener at 309.208.1572.

#### The Cancer Bike Run

On Saturday May 28th, motorcycle enthusiasts can participate in a Motorcycle Run that will help benefit cancer research being funded by the Illinois CancerCare Foundation. This event is in conjunction with the Corn Belt Shuffle. Sign in for the Bike Run will be from 9-11am on May 28th at New Attitudes located on Route 24 in Mapleton. After the ride, bikes will check-in at 6:00 pm at Leisure Oaks Park for bike rodeo, food, games, live music and fun! All proceeds from this event will go to the Illinois CancerCare Foundation. For more information contact Candy Lohnes at 309.360.6071.

#### Friends with Hope: An Ovarian Cancer Awareness Night

Calling all Girlfriends! With September being Ovarian Cancer Awareness Month, Cathy Totten (ovarian cancer survivor and Illinois CancerCare volunteer) and her sisters invite you and your girlfriends to a night out on Thursday, September 8, 2011 for an evening of pampering, fun, and fellowship as we share important information about ovarian cancer including the importance of early detection and what symptoms to look for to increase odds of survival. We will provide further details as they become available regarding times and location. For more information contact Bonnie Alexander at 309.243.3320.



# Our Giving Community

Our Giving Community

## 50/50 Raffle

Over the past few months the Illinois CancerCare Foundation office has been buzzing with people purchasing tickets for the 50/50 Raffle. Tickets could be purchased 1 for \$100 or 3 for \$200. All proceeds from the Raffle to support cancer research in Illinois.

We sold 496 tickets with \$36,700 raised through the 50/50 Raffle. The winner received \$18,350 and the Illinois CancerCare Foundation received \$18,350 that will be used for cancer research right here in our community.

After months of anticipation on April 15, 2011 the winner, Maureen Fritsch from Peoria was drawn.



Maureen Fritsch (center) excitedly accepts her raffle winnings from Kollet Kovlianos (left) and Lauren Obalil (right)

## Care Champions



Dr. Michael Veeder, Dr. Nguyet Le-Lindquist and Dr. Paul Fishkin were recognized as the most recent Care Champions. Patients recognized our doctors for their commitment to excellent care by making a donation to the Illinois CancerCare Foundation. In their honor, the Illinois CancerCare Foundation presented the doctors with a Care Champion pin to visibly display their caring dedication.

Do you know of a staff member at Illinois CancerCare who you would like to recognize as a Care Champion? If so, contact the Illinois CancerCare Foundation at 309-243-3320 or fill out a Care Champion envelope located in waiting rooms, exam rooms and in the display in the Illinois CancerCare Center entryway.

Donations to the Illinois CancerCare Foundation will help support cancer research, early detection and prevention programs and patient support programs happening right here in our community.

# Our Giving Community

Our Giving Community



## Survivor Night at O'Brien Field

Today we have lots of reasons to celebrate! There are more survivors today than ever before thanks to better treatments, therapies and Doctors who are dedicated to conquering this disease.

To celebrate, on Saturday, July 16th, Illinois CancerCare and the Illinois CancerCare Foundation will be honoring all survivors from around central Illinois by hosting a survivor night at the Peoria Chiefs game.

" Illinois CancerCare is excited to celebrate survivors," Executive Director of Communications,

Kollet Koulianous said. There are more survivors than ever, because of the better treatments being discovered.

"Illinois CancerCare's vision is to "Just Beat It" and this night is for all of you who did," Koulianous said.

Remember to mark your calendars for July 16th! Tickets will be available at Illinois CancerCare.





# Calendar of Events

## Calendar of Events

**May 2011**

**May is Cancer Research Awareness Month and National Brain Tumor Awareness Month**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:00 pm - Kids Konnected 6:30 pm - Tai Ji	3 9:00 am - Gentle Aerobics 1:00 pm - Mindfulness Meditation	4 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	5 9:00 am - Yoga with Heidi 5:30 pm - Lymphedema: Hot Topics Workshop 6:15 pm - Yoga with Lisa	6 9:00 am - Living Strong 10:00 am - Cancer Support Group	7
8	9 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:30 pm - Tai Ji	10 9:00 am - Aerobics 5:15 pm - Mindfulness Meditation 5:30 pm - Simples Techniques Workshop 6:00 pm - Stretch & Tone	11 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 5:30 - 7:00 pm Beyond Cancer Support Group 6:30 pm - Beginner Tai Ji	12 9:00 am - Yoga with Heidi 6:15 pm - Yoga with Lisa	13 9:00 am - Living Strong 10:00 am - Cancer Support Group	14
15	16 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:00 pm - Kids Konnected 6:30 pm - Tai Ji	17 9:00 am - Gentle Aerobics 5:15 pm - Mindfulness Meditation	18 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	19 9:00 am - Yoga with Heidi 6:15 pm - Yoga with Lisa	20 9:00 am - Living Strong 10:00 am - Cancer Support Group	21
22	23 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:30 pm - Tai Ji	24 9:00 am - Gentle Aerobics 5:15 pm - Mindfulness Meditation 6:00 pm - Stretch & Tone	25 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	26 9:00 am - Yoga with Heidi 6:15 pm - Yoga with Lisa	27 9:00 am - Living Strong 10:00 am - Cancer Support Group	28
29	30 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:30 pm - Tai Ji	31 9:00 am - Gentle Aerobics 5:15 pm - Mindfulness Meditation 6:00 pm - Stretch & Tone				

**June 2011**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	2 9:00 am - Yoga with Heidi 6:15 pm - Yoga with Lisa	3 9:00 am - Living Strong 10:00 am - Cancer Support Group	4
5	6 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:00 pm - Kids Konnected 6:30 pm - Tai Ji	7 9:00 am - Aerobics 5:15 pm - Mindfulness Meditation	8 11:00 am - Living Strong 1:00 pm - Cancer Support Group 5:30 - 7:00 pm Beyond Cancer Support Group 6:30 pm - Beginner Tai Ji	9 9:00 am - Yoga with Heidi 4:00 pm - Cancer Basis 101 6:15 pm - Yoga with Lisa	10 9:00 am - Living Strong 10:00 am - Cancer Support Group	11
12	13 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:30 pm - Tai Ji	14 9:00 am - Gentle Aerobics 5:15 pm - Mindfulness Meditation 6:15 pm - Stretch & Tone	15 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	16 9:00 am - Yoga with Heidi 6:15 pm - Yoga with Lisa	17 9:00 am - Living Strong 10:00 am - Cancer Support Group	18
19	20 9:00 am - Aqua Survivor 1:00 pm - Look Good... Feel Better 5:00 pm - Breath of Joy Yoga 6:00 pm - Kids Konnected 6:30 pm - Tai Ji	21 9:00 am - Gentle Aerobics 5:15 pm - Mindfulness Meditation	22 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	23 9:00 am - Yoga with Heidi 5:30 pm - Aromatherapy Workshop 6:15 pm - Yoga with Lisa	24 9:00 am - Living Strong 10:00 am - Cancer Support Group	25
26	27 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:30 pm - Tai Ji	28 9:00 am - Gentle Aerobics 5:15 pm - Mindfulness Meditation 6:00 pm - Stretch & Tone	29 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	30 9:00 am - Yoga with Heidi 6:15 pm - Yoga with Lisa		

# Illinois CancerCare Social Services

Illinois Cancer Care Social Services



## Calendar of Events Descriptions

For Cancer Center for Healthy Living (CCHL) programs, please call 309-695-8159 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.

### 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

**Aerobics** – Gentle exercise with low impact. All levels welcome.

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

**Stretch & Tone** – A combination of stretching, pilates and yoga with Yinka. All levels welcome.

### 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.

**Beyond Cancer Support Group** – This is a Survivor for Life Program. A newly diagnosed patient is matched with a specially trained breast cancer survivor to provide support.

**Kids Konnected** – 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.

**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.

**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.

**Lymphedema: Hot Topics (CCHL)** – Come explore and discuss the most recent “hot topics” in the field of lymphedema including the most current research studies, treatment, and legislation that may shape lymphedema treatment for the future! Lymphedema specialists from The Institute of Physical

Medicine and Rehabilitation will present and discuss with participants new research findings and what these findings mean to those suffering from lymphedema.

**Simple Techniques Workshop (CCHL)** – At this workshop you will learn natural secrets to increase your energy, lift your mood, improve your memory and general revitalization.

### Mindfulness Meditation (CCHL) –

These meditation sessions are led by Dr. Ian Wickramasekera. If you find yourself overburdened with worries or dreams of the future or full of regret or longing for the past, please consider joining us for this weekly hour session. Mindfulness can help in peacefully experiencing the present moment in all its fullness. Comfortable seating is provided, and sitting on the floor is not a requirement. These sessions are free of charge.

### 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



Allen M. Vukov, M.D.



Rebecca Byler Dann, M.D.



Pankaj Kumar, M.D.



Paul A.S. Fishkin, M.D.



Francois J. Geoffroy, M.D.



Michael H. Veeder, M.D.



John W. Kugler, M.D.



Patrick L. Gomez, M.D.



James A. Knost, M.D.



Salvatore LoCoco, M.D.



Shawn Seibert, M.D.



Nguyen A. Le-Lindquist, M.D.



Ken Hodel, M.D.



Sachdev P. Thomas, M.D.



Greg Gerstner, M.D.



Diane J. Prager, M.D.



Srinivas Jujjavarapu, M.D.

## 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