

ILLINOIS CANCERCAREs

Free Patient Newsletter
November/December 2011
Issue 12



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Laughter: What Makes Life Bearable
Find out about the importance of laughter during cancer treatment and ways to find laughter everyday.

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Celebrating Those Who Help: National Family Caregiver Month
In the month of November, we celebrate those who care for their loved ones during their cancer treatments.



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

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ILLINOIS CANCERCARE
foundation

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ILLINOIS CANCERCARE

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OUR MISSION

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

OUR VALUES

- Patients first
- Treat others with respect and compassion
- Open and timely communication
- Commitment to research
- Invest in personal and professional development
- Take ownership in our practice
- Positive attitude



Why I Work Here - Becky Kunkel

Name: Becky Kunkel

Position: Research Data Manager

Years at Illinois CancerCare: 7 years

We all have a story to tell. Everybody has a reason for why they work at Illinois CancerCare. This recurring feature tells the stories of the Illinois CancerCare staff and why they work here.

Becky Kunkel has a passion for working at Illinois CancerCare. During her seven years here, she has had several jobs here, each allowing her to "grow as an individual and understand the practice better." Currently Becky works in the research department as a research data manager. She helps to maintain patient charts by supporting CRA's with clinical trial data. For the most part, Becky works with breast cancer patients but she has patients with a wide variety of cancers.

As the data manager, Becky plays a small part in national clinical trials that take place here at Illinois CancerCare. This is an exciting aspect of her job, because she believes that ILCC is "doing amazing research that can change cancer."

Besides research, Becky's favorite part of her job is talking with patients and getting to know them on a personal level. Several patients she interacts with are overseas. When she talks to them she feels like she is "talking to an old friend." It is also rewarding to Becky to keep in touch with patients who are cancer free and to see how the work done at ILCC has changed their lives.



Becky Kunkel

Not only has Becky seen patients lives changed, Becky's life has changed by working at Illinois CancerCare... "About a year ago, I was in a personal slump and a friend from high school was here for treatment for colon cancer. We re-kindled a friendship and it was amazing. I always visited her while she had treatment and I will never forget her huge smile when I walked through the doors. Two days before her passing she thanked me for being so nice when really I wasn't the person needing the thanks. She gave me a new found strength to continue believing in a cure. She had such strength and dignity."

Being inspired by patients keeps Becky coming to work every day and inspires Becky to work hard to find a cure for cancer.

To help find a cure, Becky is a volunteer of the Illinois CancerCare Foundation. Becky is a huge help in planning the Foundation's signature CUREageous event. Becky has so many creative ideas and wants the event to be a success because she knows the money she helps raise goes to clinical trials at ILCC. She loves knowing that her work is making a difference in the lives of cancer patients.

In her free time, Becky enjoys spending time with her five year old son. She enjoys every moment she has with him and loves that he is incredibly funny. Becky also likes gardening, harvest time in the fall and going to the theatre.



Laughter: What Makes Life Bearable

Comedic master Bob Hope once said, "I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful." Mr. Hope sure hit the nail on the head with that. Laughter, can make anything more bearable, even cancer.

A serious illness like cancer does not care who you are as a person. It doesn't care about what type of car is in your garage, if you graduated college or how large your house is. Cancer is and can be unbearable and that is why laughter is so important during treatment. Laughter helps reduce stress, improve attitude and enhances a person's quality of life. According to some studies laughter helps to:

- o Stimulate the heart and lungs
- o Boost the immune and circulatory systems
- o Enhance oxygen intake
- o Ease digestion
- o Balance blood pressure
- o Relax muscles throughout the body
- o Reduce pain
- o Trigger the release of endorphins
- o Improve mental functions

Laughter and humor play a role in dealing with cancer or any serious illness. Just because you are going through something serious, does not mean you should have to give up laughing. It provides a retreat and positive outlet from the stress of cancer. Laughter cannot eliminate the pain but it allows one to have a meaningful release to help relieve suffering and make the seriousness of the illness more bearable.

Tips for Finding Humor

- Give yourself permission to laugh
- Laugh regularly
- Look for humor around you
- Don't be afraid to be silly
- Take a laughter break with TV, movies, books and home videos
- Surround yourself with people who make you laugh
- Participate in fun activities
- Smile often, it will make you feel more positive
- Play fun games that make you laugh.
(Ex. Pictionary, Cranium, Apples to Apples)

So despite the dreary environment that can surround cancer, remember to try and find something to laugh about each day. It will help you and your loved ones cope better.





Recipes from Sharon

Kicked Up Turkey Meatloaf

Makes 6 servings

Ingredients

- | | |
|--------------------------------|-------------------------------------|
| 1 lb lean ground turkey | 1 cup cooked black or green lentils |
| 1 large carrot, diced | 1 large onion, diced |
| 2 cloves garlic, minced | 2 cups mushrooms, chopped |
| 1 1/2 tsp worcestershire sauce | 1/4 cup ketchup |
| 1 tsp salt | 1/2 T olive oil |
| 1/4th tsp black pepper | 3/4 cup panko breadcrumbs |
| 1/3 cup milk | 1 egg, slightly beaten |

Glaze:

- | | |
|----------------------|----------------------|
| 2 T ketchup | 1 T pure maple syrup |
| 1 T balsamic vinegar | |

Instructions

Preheat oven to 400. Heat the olive oil in a large skillet over medium high heat. Add the diced onions and saute for about six minutes, until soft and translucent. Add the carrot and garlic and cook for three minutes. Add the chopped mushroom and cook for another five minutes or so, until the mushroom has turned soft and all the veggies are nice and juicy. Remove from heat and transfer to a large bowl. Add the cooked lentils, salt, pepper, worcestershire sauce and ketchup and mix well. In a small bowl, combine the milk and panko bread crumbs. Let sit for three minutes so the breadcrumbs can absorb a little of the milk. Add to veggie mixture. Add ground turkey and beaten egg and mix well. It's easiest here to use your hands. Transfer to a greased loaf pan and press down to smooth top. Combine the ingredients for the glaze and pour over top of meatloaf. Spread with a spoon to cover the top. Bake for 55 minutes or until a meat thermometer reads 165 degrees.



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

Sudoku & Word Search

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

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

Thanksgiving Shopping

Turkey Christmas

Football Santa

Parade Ornaments

Corn Reindeer

Gravy Hanukah

Blessings Menorah



Volunteer Profile: Chele Meyers

Chele Meyers has been volunteering at Illinois CancerCare since May 2008. She loves coming in every Monday and spending time with the patients and caregivers in Pod B. Chele was diagnosed with blood cancer in June 2006 and received treatment at Illinois CancerCare. Being a cancer patient allows Chele to understand what other patients are going through during their treatment.

During her treatment, Chele saw a friend of hers go through treatment as well. During her treatment, Chele's friend also volunteered at Illinois CancerCare. Seeing this and being a cancer patient herself inspired Chele to become a volunteer. Volunteering has allowed Chele to become great friends with her fellow volunteers; many of these friendships have endured outside of Illinois CancerCare.

Volunteering in Pod B consists of simple tasks, like making coffee, shutting the blinds and bringing patients a warm blanket. But to Chele volunteering is so much more. It's about being there to support the patient and develop a relationship with them and their caregiver. Chele loves hugging patients when they're having a rough day or being an extra support system to a worn down caregiver. She even enjoys the simple things like, bringing people coffee or a warm blanket.

Patients inspire Chele everyday by showing their courage and strength during their treatment and into recovery. Chele loves rejoicing and celebrating milestones with patients and is also there to continue to encourage them through their journey. Chele is also encouraged by the therapy dog, Theo who comes in to be with patients on Monday. Theo gives Chele a boost in her spirits when she sees him and she knows he does the same for patients.

Outside of her time at Illinois CancerCare, Chele spends time with her husband Wayne, their five children and nine grandchildren. She feels fortunate that all her grandkids live in the Central Illinois area. Chele and Wayne spend time at their

grandkids sporting events and in the winter, they travel to Crystal River, Florida to get away from the cold weather. While in Florida, Chele misses the patients at Illinois CancerCare and looks forward to coming back to see them once winter is over.

In closing, Chele knows that everyday there is always someone to give a hug to and she feels good knowing that she has made a difference in the life of a patient here at Illinois CancerCare. Thank you Chele for sharing your time and compassionate hearts with our patients at Illinois CancerCare.



Our Giving Community

Our Giving Community



Illinois CancerCare Foundation – A Letter from the Interim Director

The last two months of the year can be a time of great joy and a time of stress. During times of stress, my mother always taught me to take a deep breath and count my blessings. Throughout this season of Thanks and Celebration, Illinois CancerCare is inviting you to take time to reflect upon the people who put CARE into cancer treatment in Central Illinois. Join us in celebrating all of the family caregivers, professional caregivers, and the hundreds of people behind the scenes, who devote themselves to improving the lives of people living with cancer in our communities.

On November 11, the Illinois CancerCare Foundation is hosting our signature event – CUREageous. This spectacular evening seeks to honor ALL who have shown courage in the battle against cancer by celebrating patients, researchers, staff, caregivers, and the lives of loved ones lost. The night is really a celebration – a celebration of HOPE! And at the Illinois CancerCare Foundation, when we talk about HOPE, we are not talking about wishful thinking... we are talking about genuine EXPECTATION... we BELIEVE the work our researchers do WILL bring us closer to CURES!

The Path to a CURE, and often the best possible care, includes cancer clinical trials. Serving 15 community clinics throughout Illinois, the physicians of Illinois CancerCare run one of the most successful community-based clinical cancer research programs in the nation. That means the people of Illinois

who are battling cancer have access to some of the newest most promising treatments which are often available only through clinical research trials.

It takes a lot of resources – money and people – to run a successful research program. With increasing cuts in government spending, many new trials don't have the funding they need to cover all of the costs. The physicians at Illinois CancerCare are so passionate about their patients, they established the Illinois CancerCare Foundation to help bring more research opportunities to our community. The physicians remain among the foundation's principal

donors and they are joined by a growing number of people and organizations who believe that their donations of time and money can truly make a difference for people here in our communities.

At Illinois CancerCare Foundation, we endeavor to be great stewards of the resources with which we have been entrusted. One hundred percent of the money granted by the Foundation stays here... bringing cutting edge treatments, early detection/prevention education, and awareness of the importance of clinical trials to the people in our communities. Join Us in Giving Thanks & Wishing Blessings to all of our Illinois CancerCare Family this Holiday Season!



Katharine Robinson Francis
Interim Executive Director

*Katharine Robinson Francis,
Interim Executive Director
Illinois CancerCare Foundation*

Are you
CUREageous?
ILLINOIS CANCERCARE
foundation

Join us
Friday
November 11, 2011
Par-A-Dice Hotel
East Peoria (11.11.11)
6:30 pm - Midnight

After Party Band
JammSammich

Look for
CUREtini's
at local
restaurants
and bars!

For tickets or more information, visit
www.illinoiscancer.com/cure
or call (309) 243-3320



Cancer Terms

Being diagnosed with cancer can be very overwhelming. The hope of this new section of the newsletter is to help you feel not so overwhelmed by all the medical terms you may come across during the course of your treatment. Each newsletter will feature a few common cancer related terms and their definition. If you are unsure of anything during your treatment, please consult your doctor.

Carcinogen—Anything that causes cancer. Carcinogens can be physical (eg, UV light), chemical (eg, cigarette, smoke), or viral, but many are not known.

Clinical Trial- A type of research study that tests how well new medical approaches work in people. Also called clinical study or clinical research study.

Immunotherapy—A type of therapy that stimulates the immune system to help fight cancer. Immunotherapy may also be used to lessen side effects of treatment.

Magnetic resonance imaging (MRI)- a technique that uses a magnetic field and radio waves to create detailed images of the organs and tissues within your body.

A majority of MRI machines are large, tube-shaped magnets. When a patient lies inside an MRI machine, the magnetic field temporarily aligns the water molecules in your body. Radio waves cause these aligned particles to produce very faint signals, which are used to create cross-sectional MRI images.

Metastasis- The spread of cancer cells from the primary affected area to other parts of the body via the bloodstream or lymphatic system.

Pharmacokinetics (PK) -The process by which a drug is absorbed, distributed, metabolized, and eliminated by the body.

Remission- Complete or partial disappearance of the signs and symptoms of disease. A remission, however, is not necessarily a cure.

Word Search Puzzle Answers

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

Sudoku Puzzle Answers

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



A Day in the Life of a Pharmacy Technician

By Chris Selby, Student Pharmacist, Southern Illinois University - Class of 2014

My name is Chris Selby and I am a second year pharmacy student at Southern Illinois University in Edwardsville and originally from Wyoming, Illinois. I was able to spend three weeks here at Illinois Cancer Care as an introductory learning experience. I have spent time with the nurses, pharmacists, and technicians here and would like to tell you more about the world of pharmacy technicians.

Around 7 A.M. the first of the pharmacy technicians arrives to set everyone up for a productive day. These technicians are a driving force behind Illinois Cancer Care, but you might never see them. Each time you are here for an appointment, you may meet with your doctor, a few nurses, and possibly, the retail pharmacist Jason, but more often than not, you never see a pharmacy technician. They spend the majority of their time working in the back of the pharmacy.

What exactly goes on behind the curtains here at Illinois Cancer Care? These techs are the people responsible for getting your medications to you. They receive new shipments of chemotherapy agents every morning, making sure that each medication is stored properly to ensure it will work as needed, when it is needed. While some of the technicians work on that, others are already in the sterile "clean" room preparing the IV bags that you receive, as well as any other syringes or pumps.

The mornings here are the busiest time of day for the technicians, as most patients come in early to make sure there is plenty of time to process the lab results and receive infusions over a long enough time, when necessary. It's an almost constant flow, the clean room running like a well oiled machine, sending out mixes just as fast as the orders come in. Any "free time" that pops up is used to prepare items for the next day; they are always one step ahead!

After lunch, the amount of new orders coming in slows down; however, the technicians are not

done yet. There is a whole list of cleaning duties that must be performed each day in order to make sure the clean room stays sterile. While some technicians are busy cleaning, others are free to move on to special projects. For example, one is involved with all of the medications that are used in clinical research trials, while another sends her free time keeping track of patients on home infusion pumps.

Even though you may never see one, pharmacy technicians are crucial to the day to day operations and success that our patients experience here at Illinois Cancer Care. When you see a pharmacy technician – wearing navy blue – walking the halls on a special delivery, make sure to stop and say hello, because without them things would be much different around here.



Our Giving Community

Our Giving Community

Breast Cancer Awareness Week



Many people say college students do not have the drive or desire to make a difference. Bradley University's Association of Residence Halls (ARH) proves that wrong. ARH worked incredibly hard to put together Bradley's Annual Breast Cancer Awareness Week. All activities held during the week raise money to support local breast cancer research.



This year there were five featured events

for students to attend. Tuesday evening a Spa Night was held. Haircuts were offered for \$5 and students could get a massage for \$10. Breast Cancer Awareness Week's signature event was Mid Night Breakfast which is held annually on the Wednesday night of the week. Students were able to get a delicious breakfast of pancakes, eggs and bacon.

The rest of the week featured new events that ARH worked hard to put together to make the week even more exciting for students. Thursday marked the first ever, Tugs for Jugs competition. Students competed in a tug of war contest on the squad and the winners received a prize. Friday was the Mr. and Mrs. ARH Pageant, which was a drag competition for students to compete in. Just like the Miss America Pageant, students participated in a runway portion, showed off their hidden talents in the talent section and were grilled during the Q&A section. Saturday was a benefit concert with Kendel & Shep. The concert was free with the band asking for donations from students who attended.

Overall, many Bradley students turned out to participate throughout the week. Students could be seen wearing pink to support breast cancer awareness and show they wanted to make a difference. ARH donated all their proceeds to the Illinois CancerCare Foundation for breast cancer research because they wanted the money to stay local and help patients in the Peoria community.



Illinois CancerCare Pharmacy Services





Celebrating Those Who Help

In 1997, President Bill Clinton signed the first president proclamation declaring November National Family Caregivers Month. Since 1997, every president has recognized November as the month to celebrate caregivers and all they do for their loved ones.

There are currently over 50 million caregivers in the United States. Caregivers are family, friends, co-workers, neighbors or many others who help someone who is ill through their experience with their illness. A caregiver can provide a hug, a ride to treatment, a smile, a shoulder to cry on, a meal and many, many more things. A caregiver makes the battle with any illness a little less burdensome and stressful.

This month, we'd like to take the time to recognize those Illinois CancerCare caregivers who have cared for or are currently caring for their loved ones. We want to thank you for all you do and the love and support you've given those around you. We also want to work to celebrate you and what you've done. We've compiled a list of ways to celebrate National Family Caregivers Month.



Ways to Celebrate National Family Caregivers Month

1. Offer a few hours of respite time to a family caregiver so they can spend time with friends, or simply relax.
2. Send a card of appreciation or a bouquet of flowers to brighten a caregiver's day.
3. Encourage other friends or families to prepare a meal or run errands for a caregiver.
4. Offer comic relief by purchasing tickets to a local comedy club. Or give a family caregiver your favorite funny movie to view, or provide them with a funny book on tape.
5. As the holidays approach, find 12 different photos of the caregiver's family and friends. Have a copy center create a calendar that the family caregiver can use to keep track of appointments and events.
6. Ask members of your community of faith to not only pray for those who are ill but also pray for those who care for them.
7. Give your caregiver a hug to show them how much you appreciate what they do.

President Barack Obama said in his 2009 National Family Caregiving Proclamation, "The true strength of the American family finds its roots in an unwavering commitment to care for one another." Our hope is that everyone will continue to care for one another and support each other through the process of undergoing cancer treatment.

http://thefamilycaregiver.org/national_family_caregiver_month/

<http://www.seniorjournal.com>

Our Giving Community

Our Giving Community



Care Champions Recognized

Marti Williamson and Hannah Liter, two of our Clinical MOAs and the staff at the Pekin Clinic were all recently recognized as Care Champions. Several patients recognized our staff for their outstanding care through a donation to the Illinois CancerCare Foundation. The Illinois CancerCare Foundation recognized each staff member and presented them with a Care Champion pin.



If you know a staff member at Illinois CancerCare that you would like to recognize as a Care Champion, you can 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 Peoria Cancer Center entryway.

New Addition To Illinois CancerCare

As you walk into you lab area, you have probably noticed a new addition to the space. In the last several months, the Illinois CancerCare Foundation with support of the practice physicians, have added a donor wall to recognize those who have made a difference in the lives of our cancer patients. This wall represents many of those in the community who want to help find a cure to cancer.

The donor wall is two sided and offers privacy for those in the waiting area. There are six levels of recognition on it. Donors are placed on the wall based solely on straight monetary donations. This means that the donor does not receive any goods or services in return of their donation.

- Believe- \$500-\$999
- Compassion- \$1,000-\$2,499
- Hope- \$2,500-\$4,999
- Pave- \$5,000-\$9,999
- Impact- \$10,000-\$24,999
- Fight- \$25,000-\$49,999
- Cure- \$50,000+

With the help of all donations, we are able to make an impact in the lives of cancer patients while paving the way to a cure. The Illinois CancerCare Foundation wants to thank everyone who has donated their time or money to fighting cancer. You give us all hope and allow us to make a difference.





Running to Show Support

Illinois CancerCare was proud to support Ottawa Regional Hospital & Healthcare Center's 7th annual 5K Run/Walk for Cancer Awareness. Since 2008 Illinois CancerCare has been serving communities along the I-80 corridor when the practice first started seeing patients in Ottawa. Patients at the Fox River Cancer Center in Ottawa have access to the latest cutting-edge technology, clinical trials and procedures in cancer care today thanks to the collaboration between Illinois CancerCare, Ottawa Regional Hospital & Healthcare Center, and Radiation Oncologist Kevin Khater. Clinical Trials, previously available only at the largest healthcare institutions, are available close to home for the people of Ottawa thanks to the commitment of the physicians of Illinois CancerCare who devote the time to travel to outreach clinics bringing care home to people in our surrounding communities.



Illinois CancerCare was highly represented at the annual 5K Run/Walk for Cancer Awareness. Participants representing the Ottawa Clinic were Jaci Plumlee and her daughter Ora Garbacz, along with Carrie Margis and her friend Amy Rankin. Representation from the Peoria office included Mike Voeller, Brent Cox, and Katharine Francis.

A Day with Horse Can Make A Difference for Lifetime

On November 5th, horses and riders came out to Gary Horse Farm to make a difference in the lives of cancer patients. WHOA Cancer, presented A Day With a Horse Can Make a Difference for a Lifetime. WHOA Cancer is a group of horsewomen who are cancer survivors or who have had a loved one affected by the disease. They are dedicated to increasing awareness for cancer research and they keep working to help find a cure.

November 5th featured a day full of horse demonstrations. The morning featured English riding, with people like Gitza Peterson, Lorna Donahue, Melissa Schielein and the Heart of Illinois Vaulters showing off their talents. During lunch, patrons could ask clinicians any questions they had about horses. The afternoon featured some true cowboys, Britney Reinebach, Brock Reinebach and Brice Howell showing off their western style of riding.

Throughout the day, families could take part in the Competitive Mounted Orienteering. This activity brought out the competitive side in people. Each competitor was given a map with the area's roads and trails clearly marked. Scattered throughout the area were ten numbered circles marked on the map - these were the locations of the Objective Stations, the treasure in this treasure hunt! The circle on the map indicates the approximate area on the map where the objective station and the supporting clues are located. The object of the sport was to find as many of the Objective Stations as one could and get back in the least amount of time, on either a long ten station or short five station course. This event was a big hit with families, but the ultimate treasure of the day was coming out to support funding for cancer research.



Calendar of Events

Calendar of Events

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 am - Aerobics 5:15 pm - Mindfulness Meditation	2 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	3 6:15 pm - Yoga with Lisa	4 9:00 am - Living Strong 10:00 am - Cancer Support Group	5
6	7 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:00 pm - Kids Connected 6:30 pm - Beyond Beginner Tai Ji 6:30 pm - Tai Ji Circle	8 9:00 am - Aerobics 5:15 pm - Mindfulness Meditation 6:15 pm - Stretch & Tone	9 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	10 6:15 pm - Yoga with Lisa	11 9:00 am - Living Strong 10:00 am - Cancer Support Group 7:00 pm - CUREageous Event	12
13	14 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:30 pm - Beyond Beginner Tai Ji 6:30 pm - Tai Ji	15 9:00 am - Aerobics Noon - Healthy Holiday Cooking Demo 5:00 pm - Healthy Holiday Cooking Demo 5:15 pm - Mindfulness Meditation	16 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	17 4:30 pm - C-STARS Support Group 6:15 pm - Yoga with Lisa	18 9:00 am - Living Strong 10:00 am - Cancer Support Group	19
20	21 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:00 pm - Kids Connected 6:30 pm - Beyond Tai Ji 7:00 pm - Tai Ji Circle	22 9:00 am - Aerobics 5:15 pm - Mindfulness Meditation 6:15 pm - Stretch & Tone	23 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	24 CCHL Office Closed	25 CCHL Office Closed	26
27	28 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:30 pm - Beyond Beginner Tai Ji 7:00 pm - Tai Ji Circle	29 9:00 am - Aerobics 5:15 pm - Mindfulness Meditation	30 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji			

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 4:00 pm - Cancer Basics 101 6:15 pm - Yoga with Lisa	2 9:00 am - Living Strong 10:00 am - Cancer Support Group	3
4	5 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:00 pm - Kids Connected 6:30 pm - Tai Ji Circle	6 9:00 am - Aerobics 5:15 pm - Mindfulness Meditation	7 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	8 6:15 pm - Yoga with Lisa	9 9:00 am - Living Strong 10:00 am - Cancer Support Group	10
11	12 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:30 pm - Tai Ji Circle	13 9:00 am - Aerobics 5:15 pm - Mindfulness Meditation 6:15 pm - Stretch & Tone	14 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	15 4:00 pm - C-STARS Support Group 6:15 pm - Yoga with Lisa	16 9:00 am - Living Strong 10:00 am - Cancer Support Group	17
18	19 9:00 am - Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:00 pm - Kids Connected 6:30 pm - Tai Ji Circle	20 9:00 am - Aerobics 5:15 pm - Mindfulness Meditation	21 11:00 am - Yoga with Jean 1:00 pm - Cancer Support Group 6:30 pm - Beginner Tai Ji	22 6:15 pm - Yoga with Lisa	23 9:00 am - Living Strong 10:00 am - Cancer Support Group	24
25	26 CCHL Office Closed	27 CCHL Office Closed	28 CCHL Office Closed	29 CCHL Office Closed	30 CCHL Office Closed	31



Calendar of Events Descriptions

For Cancer Center for Healthy Living (CCHL) programs, 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. Wednesday 1pm at CCHL on Knoxville, Friday 10am at Illinois CancerCare Classroom on Rt. 91.

Cancer-Sharing Together and Receiving Support (C-STARS)—This support group is for any woman who currently has breast cancer or has ever had breast cancer. Supportive friends and family are welcome! It meets 4:30-6:00 pm on September 22 and October 27 at the Heartland Clinic at East Bluff, 2321 N. Wisconsin Ave in Peoria. Call the CCHL to register, (309) 693-8139. Refreshments will be served.

Kids Konnected – A child support group for children ages 5-18 whose parent, grandparent or caregiver has or had cancer. This group meets the 1st and 3rd Monday at 6PM at the Hult Health Education Building. For additional information please call 692-6650.

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 – Open to all yoga levels.
Yoga with Lisa – Restorative yoga class. Movements adapted to individual needs.
Breath of Joy Yoga with Lisa –Open to breast cancer patients and survivors only

Living Strong – strength training class. All levels welcome.

Beginner Tai Ji– Led by Cara Murdoch
Tai Ji– Gentle exercise with Cara Murdoch. All levels welcome.

Tai Ji Circle – Gentle exercise led by all group members
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 Adelota, D.C. All levels welcome.

Special Programs

CUREageous Event - At the Illinois CancerCare Foundation's signature event, we are on an Outrageous Mission to find a CURE! Join us for a party you won't want to miss that honors Docs that Rock in the field of research.

Healthy Holiday Cooking Demonstration - Thursday November 15 at noon and 5pm. The class is offered to cancer survivors or anyone interested in cancer prevention. The class is free of charge. Recipes and samples will be provided. Takes place at Lipperts, Inc. on Pioneer Lane. Please RSVP today by calling (309) 693-8139.

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, one-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 open to the public and free of charge, and donations to CCHL are welcome.

Cancer Basics 101 – December 1, This social workshop is available for those newly diagnosed and their caregivers. During this class, you will learn about cancer, the origins of chemotherapy, information regarding how to tell your family and friends, how to cope emotionally, how to get nutrition help and the resources available to pay for treatment. The presentation is held at Illinois Cancer Care located on Route 91. This program is free of charge and will include refreshments. Please call 693-8139 to register.

Reflexology Workshop - By Appointment, Our hands play a remarkable role in our lives and are linked to much of what happens each and every day. Hands are much more accessible than the feet for many people and have the same type of maps for reducing stress, addressing issues such as carpal tunnel or just the daily repetitive use of our hands for keyboarding and daily chores. Some may hesitate to get their feet worked on, but who doesn't like to have their hand massaged! Come learn the benefits of hand reflexology in this "hands on" workshop. *The workshop will be led by Becky Cobb. Please RSVP today by calling (309) 693-8139.

Aromatherapy Workshop - By Appointment Only, 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.

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)
- 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)

More information on the reverse side

*All services are free unless otherwise noted.

illinoiscancercare.com

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.

Nguyet A. Le-Lindqwister, 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