

ILLINOIS CANCERCAREs

Free Patient Newsletter
September/October 2011
Issue 11



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She has a passion and desire to help find a cure and improve the lives of cancer patients. We want to welcome her to the Illinois CancerCare Foundation team.

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

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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 - Carrie Pruett

Name: Carrie Pruett

Position: Medical Technologist

Years at Illinois CancerCare: 2.5 months

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.

In lab, you will see a new, smiling person. That person is Carrie Pruett, a recent graduate of Illinois State University in Normal, IL. She has a degree in medical laboratory science. In her job search, Carrie found Illinois CancerCare to be full of friendly people and could tell employees were treated well. Because of this, Carrie decided Illinois CancerCare would be a "nice place to start a first job."

Carrie, a medical technologist, spends her days preparing lab specimens for testing. She also uses different analyzing techniques to check the specimens to make sure there is nothing abnormal about them. The most interesting thing Carrie has experienced thus far is being able to see rare blood disorders. She's been able to monitor the course of those diseases and will enjoy doing that in the future.

In her short time here, Carrie has really enjoyed being able to help with bone marrow extractions. Not every patient gets a marrow extraction, but they are used to help diagnose blood disorders. There are two parts to the marrows, the liquid



Carrie Pruett

and biopsy part. After the extraction, Carrie handles the liquid specimens and looks for spicules, which are tiny parts of the bone that have the consistency of fat. She takes these spicules and puts them on slides for the doctors to examine.

Working in a real lab setting has allowed her to learn things no college textbook could ever teach. So far, Carrie enjoys that she is learning something new every day, "the field of medicine and technology is always changing, which allows me to grow as a technician."

Being new to the practice, Carrie has appreciated that the staff and the doctors have gotten to know who

she is. "My co-workers make me want to come to work every day."

Carrie grew up in Bloomington so living in Peoria has not been a huge adjustment for her because both cities are about the same size. However she thinks there is a lot more to do in Peoria and has enjoyed living here. In her free time Carrie likes to get together with her college friends and go to movies and baseball games.

If you see Carrie in the lab area, be sure to introduce yourself and say hello! She loves meeting patients.



Exemestane Shown to Reduce Breast Cancer Incidence

By Marsha Kutter, CCRP, Research Business Administration

Breast cancer has long been the most feared diagnosis for women. It is indeed the second leading cause of cancer deaths for women, leaving us to mourn the loss of nearly 40,000 women in 2010 in the United States (1). Every October we wear pink ribbons, celebrate breast cancer survivors, mourn those who have succumbed to this disease and hope and pray for a cure. As research continues to work for a cure, women now have a new option to prevent this disease from developing. This option could potentially change practice patterns toward breast cancer prevention around the country.

This past June at the annual meeting of the American Society of Clinical Oncology (ASCO), researchers from the United States, Canada and France released the positive results of a study they have been doing since 2004. The study compared the incidence of invasive and non-invasive breast cancers in 4560 healthy post-menopausal women with at least one of the following risk factors for breast cancer: age greater than or equal to 60 years; five-year Gail risk score greater than 1.66%; prior atypical ductal or lobular hyperplasia or lobular carcinoma in situ; or ductal carcinoma in situ with prior mastectomy. Half of the women received a hormonal pill called exemestane and the other half received an identical looking placebo pill. The results showed that there was a 65% reduction in the incidence of invasive breast cancer for the exemestane group after three years of follow-up(2).

Neither the women nor their health care providers knew whether a woman was receiving the active drug or the placebo. This kind of study is called double-blind, placebo-controlled. This means that both the patient and her doctor are "blind" to the actual treatment, the active drug or a placebo. A placebo is an inactive agent with no therapeutic

action. [Remember that these were healthy women, so the use of a placebo did not withhold a therapy they would otherwise have received.] The placebo group is known as the control group.

The study was called Mammary Prevention(3). (or MAP.3 for short). The rationale for the study states that hormonal treatment using exemestane may reduce the number of developing breast cancers by decreasing the production of estrogen and progesterone, two hormones often seen in breast cancers. The primary goal of the study was to see if using exemestane reduced the number and frequency of breast cancers diagnosed compared to using a placebo.

Exemestane is part of a group of drugs called aromatase inhibitors (AIs). Aromatase inhibitors are used to treat post menopausal women with breast cancer that is hormone receptor positive, meaning their tumors have detectable amounts of estrogen and/or progesterone. AIs, as their name implies, inhibit estrogen and progesterone.

Although there are other approved treatments to prevent breast cancer in women with a high risk of developing the disease, women with a moderate risk have been reluctant to try these drugs because of the potential side effects, some of which are serious and life-threatening. The good news about exemestane is its low side effect profile. It is very well tolerated, and the side effects reported by the exemestane group were similar in severity and frequency as those reported by the placebo group. This drug will be a welcomed addition to the breast cancer prevention armament.



Marsha Kutter, CCRP

1. 2010, American Cancer Society, Inc., *Surveillance and Health Policy Research*
2. *New England Journal of Medicine* June 23, 2011, 364(25): 2381-91.



Recipes from Sharon

Ginger Sweet Potato Muffins

Prep Time: 15 minutes Cook Time: 20 Minutes **Makes 16 servings**

Ingredients

- 1-3/4 cups all-purpose flour
- 3/4 cup firmly packed light brown sugar
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 3/4 cup mashed baked sweet potato, cooled
- 1/2 cup skim milk, at room temperature
- 2 large eggs, at room temperature, lightly beaten
- 3 Tablespoons canola oil
- 1-1/2 teaspoons vanilla extract
- 1/3 cup finely chopped crystallized ginger

Instructions

Preheat oven to 375 degrees F. Line muffin pan/cups with muffin liners. In a large bowl, stir together flour, brown sugar, baking powder, baking soda, salt, cinnamon, and ground ginger. In another bowl, stir together sweet potato, milk, eggs, oil, and vanilla, until blended. Make a well in center of dry ingredients; add milk mixture and stir just to combine. Stir in crystallized ginger. Spoon batter into prepared muffin cups. Bake for 20 minutes, or until a toothpick inserted in center of one muffin comes out clean. Remove muffin pans to wire rack. Cool for 5 minutes before removing muffins from cups; finish cooling on rack. Serve warm, or cool completely and store in an airtight container at room temperature.



Sharon Windsor

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

Nutrition Facts (Per serving)

Calories: 310 Total Fat 9.4 G. Cholesterol: 85.2 mg Protein 29.8 G. Dietary Fiber 2.2 G.

Source: *Eating Well, Staying Well During and After Cancer*

Sudoku & Word Search

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

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

School Ghost

Fall Halloween

Backpack Candy

Crayons Leaves

Pencils Goblin

Markers Zombie

Glue Boo



Kids Konnected Visits Illinois CancerCare



Some of the Kids Konnected participants pose for a picture with the ice cream and pie.

The smell of apple pie and the faces of smiling children were apparent around Illinois CancerCare in early July. Seven kids, ages 5-18, became junior volunteers for the day. They spent their time passing out apple pie and ice cream to people in each treatment pod. All of the kids have had their lives changed because a parent, grandparent or caregiver has been diagnosed with cancer. Because of this, they all take part in a free program called, Kids Konnected. This program provides members a safe place to share their feelings and concerns about their loved one's cancer with a group of peers. It allows them to recognize they are not alone.

On this particular day, the Kids Konnected participants came to Illinois CancerCare to see where many of their loved ones receive treatment. Judy Oakford, the program's coordinator wanted the kids to know that the place their parent or caregiver goes for treatment is not scary or intimidating. The junior volunteers were able to not only pass out ice cream and apple pie but they could talk with the patients while who were receiving treatment. They also passed out the delicious treats to members of the Illinois CancerCare staff. Some of the kids asked nurses different questions in order to make cancer less frightening to them.



An energetic member of Kids Konnected passed out bracelets to patients.

The day was a huge success for both the kids and patients who were involved. "It allowed the kids to be able to give back and the patients were wonderful to them," Judy explained. All of the kids participating got something different from the experience and many gained more confidence as they moved from Pod to Pod. One Kids Konnected volunteer said, "It was neat, I'm glad I went."

Kids Konnected began in 1993 by 11-year old Jon Wagner-Holtz in Orange County, California after his mom was diagnosed with breast cancer. At the time, there were no programs in that area for children to connect with other children with a sick parent. Jon wanted to be able to talk with other people his age about cancer. As Jon says "The success of the program lies in the tears of a child being wiped away by a caring friend and in the quiet 'Thanks' of a sick parent that can worry less about the emotional stress their illness has on the children. Kids helping Kids is what we're all about."

Kids Konnected is now nation wide and was brought to Peoria in 1997 with the help of a grant from the Peoria Memorial Affiliate of Susan G. Komen for the Cure and is currently funded through them. The free meetings are held on the first and third Monday of each month from 6:00-7:30pm at the Hult Center for Health Education. If you're interested in getting a child in your life involved in Kids Konnected, visit www.hult-health.org/kids.html or call (309) 692-6650.



Laura Matus, Illinois CancerCare volunteer coordinator, explains to the junior volunteers and their parents about the fun they will have interacting with the patients.



Illinois CancerCare Foundation Welcomes Kathy Francis

In July of this year, Kathy Francis joined the Illinois CancerCare Foundation as its Interim Executive Director. Kathy comes to the Foundation as an accomplished business woman. She brings her passion for cancer research and a desire to help cancer patients to our team.

Kathy's journey with the Foundation and Illinois CancerCare began long before she became the Interim Executive Director. A few years ago, Kathy's mom was diagnosed with cancer and was treated at Illinois CancerCare. "Knowing that Illinois CancerCare was one of the nation's top 10 community research centers gave my parents tremendous comfort and assurance." The treatments Kathy's mom received extended her life and time with her family.

During her mom's final days, Kathy's family decided they wanted to do something in her memory and through that learned about the Illinois CancerCare Foundation. Kathy felt passionate about the Foundation's mission "to make an impact in the lives of cancer patients in our community while paving a way for a cure." Her passion led her to meet with Kollet Koulianos, former Executive Director of the Illinois CancerCare Foundation. After meeting with Kollet, Kathy decided to join the Advisory Board and was elected as the board's first Chairman.

While serving as Chairman of the Advisory Board, Kathy was working at a healthcare technology company she had founded and launched in the Peoria NEXT Innovation Center. As a registered nurse, Kathy's background and training in patient care has given her a desire to help people. When the position for an Interim Executive Director at the foundation opened up, Kathy knew it would be a wonderful new leadership role she could take. This position was a good fit for Kathy because "above all, the foundation is focused on people-it's about improving the lives of people in our community who are faced with cancer. I am a nurse at heart and improving people's lives through healthcare has been a big part of my life's work."

As Interim Executive Director, Kathy is going to work hard to help the foundation grow. She wants people in the community to think of the Illinois CancerCare Foundation when they want to donate. "One hundred percent of the money granted by the foundation stays here, so increased donations will bring even more cutting edge clinical treatment opportunities to our community."

Kathy grew up in Peoria and attended Peoria High School. She and her husband attended Northwestern University and have two sons who both graduated from Illinois Wesleyan University. Both of them live in the Peoria area. Kathy and her family are avid outdoorsmen and spend their free time hiking, exploring, canoeing, and enjoying their cabin in the woods.



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Sudoku Puzzle Answers

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



ILLINOIS CANCERCARE FOUNDATION Message from the Interim Director

It's that time of year again when lots of people begin to Think Pink and pink ribbons adorn attire of every sort. Around the world the color pink is splashed across famous landmarks from the Whitehouse to the pyramids. Yes, October is National Breast Cancer Awareness Month (NBCAM), when sparking awareness of the disease has become a global mission. Wearing pink, seeing pink, and participating in pink events reminds us of the importance of early detection, prevention, treatment, and efforts to find cures for breast cancer.

Thanks to successful campaigns like NBCAM, people are increasingly aware of the power every one of us can bring to the battle against cancer. Each of us can take steps to reduce our own risks, and we can support efforts to discover better ways to prevent, detect, treat, and one day cure cancer. Whether it's wearing pink, volunteering at the local cancer center, standing by our survivors, or participating in fundraising events, the impact of just one person can truly make a difference.

At the Illinois CancerCare Foundation, we appreciate each and every individual, business and organization who shares their time and talent and treasure to help pave the way to a cure. Your involvement ensures our mission continues. We offer heartfelt thanks to our many community partners, volunteers, and donors as we invite others to join our growing numbers. There are many ways and reasons to get involved.

While cancer touches far too many of our lives, reasons for hope abound. Advances are being achieved – cancer is more survivable today than ever before. As groundbreaking clinical research trials accelerate our understanding of the disease, the path to more effective treatments and therapies becomes clearer. Through

research, promising new therapies are measured against the current standard of care. Each successful clinical research trial raises the standard of care and improves chances for survival. Over 8,500 Illinois CancerCare patients have participated in such trials.

Many new trials don't have the funding they need to cover all of the costs. Helping pay for the costs of underfunded new clinical research trials is a major goal of the Illinois CancerCare Foundation. Donations made to the foundation

help pay for the non-covered costs of new treatment trials for cancer patients right here in central Illinois. That is where charitable giving dollars can really make a difference. Many patients would travel to the ends of the earth in hopes of a cure... but thanks to funds raised by the Illinois CancerCare Foundation, hope for a cure is increasingly available right here in our community.

Celebrating hope, honoring doctors who Rock in the field of research, and raising research dollars is what our annual CUREageous event is all about. The evening's atmosphere of fun signifies the hope we have as we draw closer to cures. One hundred percent of the funds raised at CUREageous stay right here in our communities allowing

our local cancer care providers to remain among the top community research & treatment programs in the nation. To people of central Illinois seeking hope through the most advanced treatment options, the value is priceless. We would love to have you join us along with hundreds of others on our outrageous mission to CURE cancer! Mark your calendars today for CUREageous on 11.11.11!



Katharine Robinson Francis
Interim Executive Director

*Katharine Robinson Francis
Interim Executive Director
Illinois CancerCare Foundation*



Genetic and Molecular Markers

By Kim Maxa, Student Pharmacist, Drake University Class of 2012

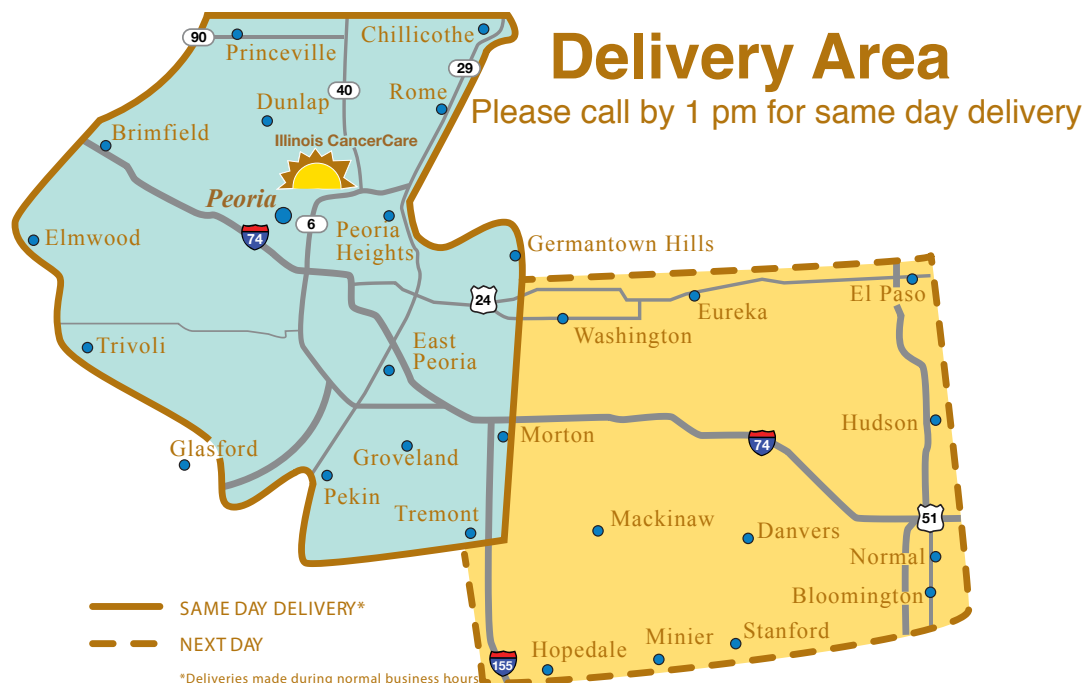
Molecular markers are used to establish a more accurate and definitive diagnosis for a patient. They help to identify patients that are more likely to respond to certain types of chemotherapy as well as identify whether one chemotherapy drug will be more toxic for them. Molecular markers also help to determine those patients that are most likely to experience disease recurrence. There are three major types of molecular markers (1) proteins in the blood, (2) factors in the blood, (3) molecular or genetic analyses of the tumor itself.

These markers are often described as predictive, prognostic, static, or dynamic. Predictive markers are associated with response (or lack of response) to a particular treatment. Prognostic markers are measured at baseline (at diagnosis) and are measured through time to see how the disease has or has not progressed. Static markers are used to diagnose cancer or identify toxicity a patient may experience to certain chemotherapy drugs. Lastly,

are diagnostic markers, which are associated with tumor growth or shrinkage over time.

There are already a variety of different cancers where molecular markers are being used today and their use in cancer treatment is continuing to grow as techniques and research continue to identify new markers. In breast cancer, some of the common markers include estrogen receptor (ER), progesterone receptor (PR), and human epidermal growth receptor 2 (HER2). For ovarian cancer, a commonly measured marker includes carbohydrate antigen-125 (CA-125). Names of common markers used in colorectal cancer include carcinoembryonic antigen (CEA) and a KRAS mutation. For prostate cancer, a regularly measured marker is prostate-specific antigen (PSA). Lastly, in lung cancer, common markers include lactate dehydrogenase (LDH), endothelial growth factor receptor (EGFR) mutation and a KRAS mutation.

Illinois CancerCare Pharmacy Services





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.

Anaplastic- A term used to describe cancer cells that divide rapidly and have little or no resemblance to normal cells.

Electrocardiogram (ECG or EKG) - Each beat of your heart is triggered by an electrical impulse generated from special cells in the upper right chamber of your heart. An electrocardiogram records these electrical signals as they travel through your heart. In terms of cancer treatment, an ECG is used to make sure chemotherapy is not causing damage to the heart.

Lymph- A clear fluid that travels through the lymphatic system and carries cells that help fight infections and other diseases

Lymph Node- Lymph nodes filter lymph and they store lymphocytes (white blood cells).

Word Search Puzzle Answers

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

Take Me Out to the Ballgame for a Cause

Summertime is reunion time for the large number of family and friends of the extended Colgan, Gill, Curran, Welsh, Francis, and Knapp families. In recent years, they have added fund raising for cancer prevention as a great way to express their family spirit. This year, seventy-five people attended their reunion party held during the Cancer Awareness Night at the Peoria Chiefs baseball game on July 16th.

Cancer awareness has a special place in the hearts of this group, because they have multiple cancer survivors among them, several who have been expertly served by the doctors at Illinois CancerCare.

A special focus is family member Dan Gill, son of Joanne (Colgan) and Gene Gill of Wyoming, who passed away from leukemia in 2006. The doctors at Illinois CancerCare significantly helped Dan extend his years and the quality of his life. Dan's bright spirit and the care he received were the inspiration for the family's fund raising which began in 2005.

Because of the excellent care members of these families have received at Illinois CancerCare, the family makes annual charitable contributions to the Illinois CancerCare Foundation to help fight against cancer.

At the Chiefs game, Gene and Joanne Gill, Maura Gill, and Tom Colgan represented the group in presenting a combined donation check of \$4,000 to the Foundation. By the end of the game, additional donations by family and friends added \$750 more dollars to that amount. Their total contributions to the Illinois CancerCare Foundation over the years amount to more than \$20,000.

"It means a lot to us to enjoy our reunions and it means even more when we see everyone show their generous hearts by supporting the foundation. We know we are all in it together when it comes to health issues. A special feature is when our long-distance family and friends who cannot attend our reunion still send in contributions from coast-to-coast and share in the spirit of the event," said Tom Colgan.



Members of the Colgan/Gill family presented the Illinois CancerCare Foundation with a check before the game



Celebrating Survivors with Peoria Chiefs

On Saturday July 16th Illinois CancerCare and the Illinois CancerCare Foundation teamed up with the Peoria Chiefs to honor cancer survivors, their caregivers and their families at a Chief's game. The Cancer Awareness Night was a great success with 400 cancer survivors and their families in attendance along with 150 Illinois CancerCare employees and their families.

In the pre-game, Chip Nellinger, a cancer survivor and member of the Illinois CancerCare Foundation Advisory Board spoke to Chief's broadcaster, Nathan Baliva. Chip explained how wonderful the care he received at Illinois CancerCare was and shared with Chiefs' fans that the money raised by the Illinois CancerCare Foundation supports local cancer research.

The Chiefs' staff and volunteers were seen walking around in black, pink and teal shirts that were sold during the game. Survivors could be recognized in the crowd wearing their teal survivor, "Just Beat It" T-shirts. Terry Baum and the Otto Baum Company, Inc. were a proud sponsor of those t-shirts. Terry was on hand to throw out the first pitch at the game.

All three types of shirts were a big hit with fans at the game. Some of the volunteers got a good laugh when two muscular men in their late 20's attempted to fit into a medium "Are You Tough Enough to Wear Pink?" shirt because they wanted to prove that they were in fact, tough enough.

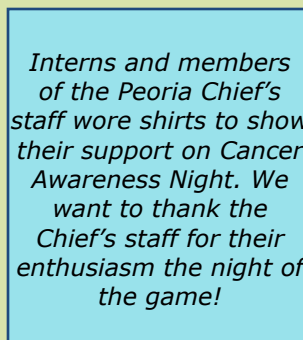
As Chiefs' fans showed their support for their home team, they also showed their support for the survivors and their caregivers in attendance. Twice during the game, applause rang through the stands, not for the action on the baseball diamond, but for the survivors and their caregivers who were asked to stand and be recognized.

Even though the night was to recognize survivors and caregivers, it was extremely important to everyone involved to take time to remember those who have lost their lives to cancer. A moment of silence took place at the beginning of the game to acknowledge those brave men and women who are no longer with us.

The Illinois CancerCare Foundation would like to thank everyone involved in the night for their support. In total between T-Shirt sales and a generous donation from the Colgan/Gill family (see pg 10), almost \$6,000 was raised for local cancer research. We thank all the survivors, caregivers and their families who attended along with all the Illinois CancerCare employees who came out. The night would have not been possible without you.



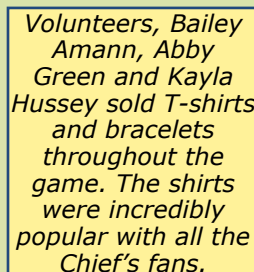
Chip Nellinger a former Illinois CancerCare Patient and member of Illinois CancerCare Foundation Advisory Board talks with the Peoria Chief's broadcaster, Nathan Baliva prior to the game.



Interns and members of the Peoria Chief's staff wore shirts to show their support on Cancer Awareness Night. We want to thank the Chief's staff for their enthusiasm the night of the game!



Volunteers helped sell tennis balls for the Pitch-In-For-Charity event. Illinois Cancer Care Foundation received \$600.



Volunteers, Bailey Amann, Abby Green and Kayla Hussey sold T-shirts and bracelets throughout the game. The shirts were incredibly popular with all the Chief's fans.



A booth of information was set up for attendees to learn more about Illinois CancerCare and the Illinois CancerCare Foundation.

Our Giving Community

Our Giving Community

First Annual Morton BBQ Throwdown



The smell of barbeque in the air and the chance to taste the "People's Choice" pulled pork along with family friendly entertainment and bands brought out over 1,000 to the first annual Morton BBQ Throwdown at the Field Shopping Center. Proceeds from the event benefited the Illinois CancerCare Foundation. People could participate in a 50/50 raffle or purchase tickets to win an Apple iPad, Chamilia bracelet and various other prizes.

18 teams participated in the BBQ Throwdown, competing in various categories including beef brisket, chicken, pork shoulder, ribs, side dish and the "People's Choice" pulled pork. Competitors from as far as Chicago traveled to Morton to participate.

The Morton BBQ Throwdown event raised \$6,000 for the Illinois CancerCare Foundation thanks to the hard work of the committee who organized it and day of volunteers including many Illinois CancerCare staff.

A very special thanks to everyone who participated to make this event a success!

Employee Sponsored Basket Raffle

If you walked into Illinois CancerCare the week of July 18th, you probably noticed something very different. The difference? Baskets full of goodies lined the lobby area. These baskets were a part of the Customer Service Advocates Committee basket raffle! Patients and staff members could purchase raffle tickets and place them in the drawing of their choice in hopes of winning their chosen basket.

Each basket had a theme and was put together by employees of Illinois CancerCare. "Employees had fun with it and you can tell that by their baskets," said Pam Starnes, one of basket raffle coordinators. There were a wide variety of themes for the baskets. They included...

- Loud and Proud Red, White and Blue
- Cubs Vs. Cardinals
- Grab Some Beer and Some Buns, It's Time for Some Summer Fun
- Margaritaville
- Thirty-One and Then Some
- Life is a Highway
- Happy Gardener
- Family Movie Night
- Comfort Items

The most popular baskets were the Life is a Highway basket and the Cubs vs. Cardinals basket. The Life is a Highway basket featured gift cards to area restaurants, grilling equipment plus a bundle of car cleaning supplies. The Cubs vs. Cardinals basket featured paraphernalia for both teams that any diehard fan would want to get their hands on.

It wasn't only Illinois CancerCare employees who took part in the raffle; patients excitedly participated as well. Many purchased tickets and some called in to find out who won. Others requested that there be more raffles in the future.

A total of \$3,747.40 was raised from the raffle. The money will go to the Illinois CancerCare Foundation, earmarked for our patients. The committee is working on ideas as to how this money will be used to benefit the patients.



Life is a Highway basket



Cubs vs. Cardinals basket



Baskets lined the lobby area of Illinois CancerCare as employees anxiously awaited the drawing



Ann Best is Outrageously CUREageous



Bradley University's Hipnotiq Hip Hop group danced at the event

Last year, Ann Best heard from a friend about the first annual CUREageous event hosted by the Illinois CancerCare Foundation. Not knowing what to expect, Ann and her husband decided to go because they were curious to see what the event was all about. As soon as they walked in the door, Ann knew they chose the right way to spend their evening. She "totally loved it" and was surprised by how unique CUREageous was compared to other fundraising events she had attended in the past.

Ann, a nine year cancer survivor, felt CUREageous put a fun, positive spin on such a frightening disease. "It was a relief to come to an event that benefits cancer patients that is a fun celebration," said Ann. The night featured many things including a mad scientist concocting test tube drinks, dancers, food and a candy bar. Local doctors were also honored for rocking in the field of research. "My favorite part was the stilt walker and the Rock Doc videos. Overall the night fit it's theme of being Outrageously CUREageous."

For this year's event Ann is looking forward to the Rock Doc Awards. She feels it's a unique award for physicians in our area who do research. "Unless you make the front page it can go unnoticed so this allows doctors to be recognized for their work."

Since attending CUREageous last year, Ann has become the chairperson for this year's CUREageous. In sharing why this event was important to her Ann said, "I love this practice. I'm a survivor, my sister's a survivor, my mom is a survivor, some of my best friends are survivors. Everyone's life is touched by cancer and the Illinois CancerCare Foundation is a relatively new and incredibly valuable resource in our community. CUREageous is its signature event and will help get the foundation's name out there which will help local research and clinical trials." As the chairperson, Ann wants to make this year's CUREageous event as exciting and entertaining as last years, "it will be a fun experience for a great cause."

CUREageous will be held on Friday, November 11, (11.11.11) at the Par-A-Dice Hotel. As Ann said, the night will have "great food, great drinks, great music, great company. You just have to show up and enjoy the fun!" The main event will be held from 6:30pm-9pm with the after party going from 9pm-midnight. JammSammich will be playing at the after party. Tickets for both the main event and after party are \$100 a person or \$175 a couple. After party tickets are \$35 a piece. For tickets or more information visit www.illinoiscancer.com/cure or call the Illinois CancerCare Foundation at (309) 243-3320.

Special thanks to our 2011 CUREageous title sponsor:



The stilt walker went around the room & juggled for guests



The mad scientist passing out test tube drinks



CUREageous ice sculpture



The candy bar

Calendar of Events

Calendar of Events



September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 9:00 am – Living Strong 10:00 am – Cancer Support Group	3
4	5 CCHL Office Closed for Labor Day	6 7:00 am - Tai Ji 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 7:00 am - Tai Ji 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	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 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 Jonnected 6:30 pm - Beyond Tai Ji 7:00 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 5:30 pm - Reflexology Workshop 6:30 pm – Beginner Tai Ji	22 4:30 pm - C-Stars Support Group 6:15 pm – Yoga with Lisa	23 9:00 am – Living Strong 10:00 am – Cancer Support Group	24
25	26 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Tai Ji 7:00 pm - Tai Ji Circle	27 9:00 am - Aerobics 5:15 pm – Mindfulness Meditation 6:00 pm - Stretch & Tone	28 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	29 6:15 pm – Yoga with Lisa	30 9:00 am – Living Strong 10:00 am – Cancer Support Group	31

October 2011

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



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.

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)

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. All levels welcome.

Special Programs

Mindfulness Meditation (CCHL) – Tuesdays @ 5:15pm. 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 – October 13
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 - September 21
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 - October 19
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.

Social services form for patients

- 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.

Physicians

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