

ILLINOIS CANCERCAREs

Free Patient Newsletter
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Issue 13



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A Thank You and Fond Farewell
At the end of the year, Dr. Kugler will be retiring from Illinois CancerCare. We would like to thank him for his hard work and dedication over the years and we wish him the best in retirement.

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Physicians and Staff Recognized
Look inside to see who received which awards at this year's Illinois CancerCare office party.

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2011 Rock Docs

View the profiles of the five area doctors who were honored at this year's CUREageous event for their work in the field of research.

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Volley for a Cure

Galva Girl's Volleyball team played their senior night this year wearing teal and pink to show their support to finding a cure for Breast and Ovarian cancer.



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

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ILLINOIS CANCERCARE
foundation

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OUR MISSION

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

OUR VALUES

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



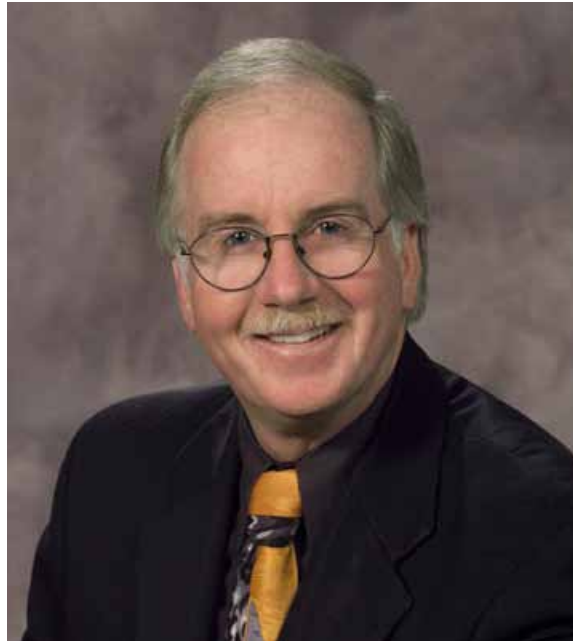
A Thank You and Fond Farewell

At the end of 2011, after over 25 years of dedication and hard work at Illinois CancerCare (ILCC), Dr. Kugler rode off into the sunset of retirement. Dr. Kugler has been a part of this practice since 1986 and during that time has dedicated countless hours to his patients and their families as well as cancer research.

During his time at ILCC, Dr. Kugler has seen many changes take place in the treatment of cancer. The most significant in his mind is "the leap from cytotoxic chemotherapy to molecular targeting agents." For those of us not as well versed in the latest ways to treat cancer, molecular targeting agents allow treatments to be individualized for each patient. As Dr. Kugler explains with the use of molecular targeting, "ten different people with colon cancer will ultimately be able to receive ten different types of therapy." Dr. Kugler sees this being how every patient will be treated 5-15 years down the road.

While reflecting on his favorite part of being an oncologist Dr. Kugler said, "taking care of patients and working with their families in the midst of a bad situation and crisis." Patients were always Dr. Kugler's priority and he wanted to take care of them just as he would take care of a member of his own family. Over the years Dr. Kugler has met many wonderful people and their families, and will miss interacting with patients and their families now that he has retired.

Over his years at Illinois CancerCare, Dr. Kugler has been pleased that the philosophy of treating patients like you would treat your family has remained a priority for all 260 employees of ILCC. He feels this is what makes the ILCC staff so unique. "They're all focused on making this the best experience for the patients so they can come



Dr. Kugler

out of this situation the best they can with the least amount of hassle," he says.

Now that he is retired, Dr. Kugler will do an 11 week motorcycle trip to Alaska next summer. After that he plans on getting involved with the Ambassadors Ski Patrol program in Steamboat, Colorado. Through this programs he will help travelers new to the area learn how to ski and show them around. Dr. Kugler also wants to get back into fly fishing and deer and elk hunting. After taking time for himself, Dr. Kugler hopes to get back into cancer research and would like to be involved in an advisory or consultant role with a pharmaceutical company.

When asked about the legacy he would like to leave, Dr. Kugler humbly answered, "Keep yourself grounded, don't forget where you came from and remember that you're not better than anyone else." What great advice for all of us to follow.

We want to wish Dr. Kugler a happy retirement and thank him for all his years of service and dedication to the patients and employees of Illinois CancerCare.



Physicians and Staff Are Recognized for Clinical Trial Involvement

By Marsha Kutter, CCRP, Research Business Administrator



Marsha Kutter, CCRP

As you know from reading previous issues of "Illinois CancerCares", advancements in cancer treatments are possible only through the scientific study of new therapies with patients willing to participate in clinical trials. Illinois CancerCare (ILCC) offers a variety of cancer clinical trials to

our patients. As a way to encourage physician and staff to support clinical trial involvement and to acknowledge the fact that clinical research is a practice-wide commitment, the research department of ILCC recognizes physicians and staff who have made significant contributions in their efforts to accrue patients to our clinical trials.

The recent Holiday party for Illinois CancerCare staff and physicians offered a wonderful setting for this year's awards as it provides the best venue for "publicly" announcing the winners of these awards. ILCC recognizes physicians who have enrolled the most participants in clinical trials over the past year. The physician who has put the most patients on clinical trials has his or her name put on a plaque that is displayed in the lobby of the Peoria Cancer Center, the location of ILCC. The winner is a closely guarded secret, and some years the determination of the top accruing physician "comes down to the wire."

It was with great pride that Dr. Sachdev Thomas

is announced as the winner for being the physician who entered the most patients in clinical trials in 2011. Since the physicians cannot do their work alone, ILCC also recognizes Dr. Thomas' clinic team: Sarah Kettler, Holly Harwood, Lindsey Tharp and his nurse practitioner, Deb Rufus. Dr. Thomas and his team see patients in Peoria and at the Ottawa clinic. They all deserve our congratulations for their support of clinical research at ILCC.

Dr. Pankaj Kumar and his team were the runners-up for this year's award. Dr. Kumar's team consists of Kathie Kindred, Brooke Sullivan and Nancy Erwin, our nurse practitioner. This is a tremendous feat for Dr. Kumar and his team because he does not see patients in Peoria. He is based in Bloomington/Normal and also sees patients at our Ottawa clinic. Since the clinical research staff is based in Peoria, Dr. Kumar and his team's accomplishment shows that clinic locations, too, can be top accruing sites for clinical research trial participation.

Years ago the research staff working with breast studies developed their own award for the top-accruing physician in breast clinical trials. Whimsically called the BRA award for Breast Research Advocate, the award recognizes the physician and team getting the most patients to breast studies. Since the Peoria office now has breast specialists, who see the majority of breast cancer patients, there are two BRA awards: one for the specialist and one for the non-specialist. This year's Breast Research Advocate Award goes to Dr. Nguyet Le-Lindqwister and her team of Deb Smith, Nicole Nolan, and her nurse practitioners Kami Doubet and Carrie Jones. The Non-Specialist BRA Award this year went to Dr. Sachdev Thomas and his team. Well done, all of you.

ILCC and the research department realize that the entire practice is involved in cancer clinical



trials to some extent. ILCC has a type of clinical trial called cancer control studies which treat symptoms or side effects of cancer and its treatment. Sometimes patients do not want to “bother” the doctor with complaints about side effects or symptoms they may be experiencing, but they will talk about these symptoms with the nurses or other staff people. The research department acknowledges these nurses and staff who make referrals to the research department for cancer control studies that may help patients with side effects or certain symptoms. This year the cancer control referral winner from nursing was Tiffany Crady. The runner up was Laura DeVecchi. Angie Colley from the billing office was the cancer control referral winner from outside of the nursing department. Our thanks to all the staff who make referrals for cancer control studies. Keep up the good work!

This year the National Cancer Institute’s Community Clinical Oncology Program (CCOP) began recognizing physicians within the CCOPs across the country who actively accrue patients to cancer clinical trials. There are 2,547 physicians who are members of CCOPs and can accrue patients to cancer clinical trials. The Illinois Oncology Research Association CCOP, of

which ILCC is a founding member, received two accrual awards. Dr. Nguyet A. Le-Lindqwister received a platinum certificate, the highest certificate awarded, for accruing 25 patients or more on clinical trials within the first 9 months of the CCOP year which runs from June 1st to May 31st. She was one of 25 physicians in CCOPs across the country to receive a platinum certificate. Dr. Pankaj Kumar, received a silver certificate for accruing 15-19 patients on clinical trials during the same period. He was one of 46 CCOP physicians to receive a silver certificate for patient accrual. At this year’s Holiday party ILCC acknowledged both Drs. Le-Lindqwister and Kumar for these achievements and for their active support of their patients on cancer clinical trials. We are very proud of our physician investigators and hope to be able to announce additional physicians when they achieve similar accrual goals on CCOP cancer clinical trials.

Most of all, we want to thank and acknowledge the many patients who willingly agree to participate in the clinical trials we offer at ILCC. Without your cooperation and participation, all forward progress would halt in our efforts to improve the quality of care we provide our patients. Thank you!

Sudoku & Word Search

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

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

Snowflake Level

Sledding Heart

Mittens Valentine

Scarf Cupid

Snowman Fireplace

Frost Cocoa

Shovel Frozen



Letter from the Director – Katharine Francis

At the Illinois CancerCare Foundation we are ringing in the New Year with HOPE. We believe the greatest HOPE for finding cures for cancer is found through clinical trials. Through a generous grant provided by Amgen's Breakaway from Cancer initiative, the foundation will be spreading the good news of clinical trials to our community throughout the year in 2012 with our new Clinical Trial Advocacy Program.

Many people simply don't know that many treatments used today are the result of past clinical trials. Clinical trials are research studies where promising new treatments are measured against today's standard of care. They are actually the final step in a long process that begins with research in a lab. Until treatments provide cures for all cancers, there will be a need for clinical trials.

Illinois CancerCare is committed to finding faster diagnoses, better treatments, and one day, a cure for cancer. Since 1977, Illinois CancerCare has been at the forefront in conducting clinical research trials and is recognized today among the top community research centers in the nation.

Illinois CancerCare is conducting between 100 and 150 open clinical trials at any given time, offering patients access to the most recent national clinical trials and cutting-edge treatment options—right in their own home town. Many of the most effective therapies currently used nationally have been the result of successes experienced in the clinical trials at Illinois CancerCare. In fact, these trials have earned Illinois CancerCare a top-10 ranking nationwide with a Clinical Trials Participation Award in 2007 – an honor that can only be bestowed upon awardees once every five years.

The goal at Illinois CancerCare remains the same, to provide the most advanced cancer treatments possible in settings close to home where patients can be surrounded by family and friends. Participation in clinical trials is safe and benefits not only cancer patients today, but future cancer patients as well. Over 8,500 Illinois CancerCare patients have participated in such trials.

A major goal of the Illinois CancerCare Foundation is to help pay for the unfunded costs involved in bringing these trials to our community. Another goal is to educate our community – about the importance of early detection and cancer prevention as well as the importance of clinical trials. We are grateful for sponsorship from Breakaway from Cancer and the resources they bring to people facing cancer in our community.



Breakaway from Cancer is a national initiative aimed at increasing awareness of important resources available to people affected by cancer – from prevention through survivorship. The Breakaway from Cancer partners collectively offer people affected by cancer a broad range of support services complementing

those already provided by a patient's team of healthcare professionals:

- PREVENTION: Prevent Cancer Foundation
- FIGHTING CANCER: Cancer Support Community
- FINANCIAL ASSISTANCE: Patient Advocate Foundation
- SURVIVORSHIP: National Coalition for Cancer Survivorship

We are thankful for every sponsor, donor, and volunteer who joins us in our mission "to make an impact in the lives of cancer patients in our community, while paving the way to a cure".

Abundant blessings to all in 2012!

*Katharine Robinson Francis
Interim Executive Director
Illinois CancerCare
Foundation*





Recipes from Sharon

Roasted Butternut Squash and Shallot Soup

Makes 6 servings

Ingredients

4 cup (1-inch) cubed peeled butternut squash (about 1 ½ pounds)
 1 tablespoon olive oil
 ¼ teaspoon salt
 4 large shallots, peeled and halved
 1 (1/2 inch) piece peeled fresh ginger, thinly sliced
 2 ½ cup fat-free, less-sodium chicken broth
 2 tablespoons (1-inch) slices fresh chives
 Cracked black pepper (optional)

Instructions

Preheat oven to 375 degrees. Combine first 5 ingredients in a roasting pan or jelly-roll pan; toss well. Bake at 375 degrees for 50 minutes or until tender, stirring occasionally. Cool 10 minutes. Place half of squash mixture and half of broth in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large saucepan. Repeat procedure with remaining squash mixture and broth. Cook over medium heat 5 minutes or until thoroughly heated. Top with chives and pepper, if desired.

Source: *Cooking Light*, November 2008



Sharon Windsor

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

**ILLINOIS CANCERCARE
WINTER WEATHER POLICY OPTIONS**

1. Call: **309.243.3010**, after 6AM, you will get a pre-recorded message that will tell you if the office is closed or opening late.
2. Watch or listen to **local radio and/or television stations** for office closing or opening late messages.
3. Log onto: **www.illinoiscancercare.com** for office closing or opening late messages. Weather announcements will be posted on the home page.

CARE **HELP**

ILLINOIS CANCERCARE WINTER WEATHER POLICIES

It is important for you to note the various ways you can check office hours should there be a winter storm during one of your scheduled appointments.

If there are severe winter conditions, you may choose from the following three options:

1. Call: **309.243.3010**, after 6AM, you will get a pre-recorded message that will tell you if the office is closed or opening late.
2. Watch or listen to **local radio and/or television stations** for office closing or opening late messages.
3. Log onto: **www.illinoiscancercare.com** for office closing or opening late messages. Weather announcements will be posted on the home page.

Thank you for your cooperation and be safe.



Illinois CancerCare Pharmacy Services

THE RIGHT CHOICE FOR OUR PATIENTS



Michele Rice, PharmD, BCOP, director of Pharmacy and Research, 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, 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. Michele Rice 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 their 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 and visit the pharmacy section of the website to submit questions directly to the pharmacists.



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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.

Body surface area (BSA): The total surface area of the human body. It is used in many measurements in medicine, including the amount of fluids to be administered through an IV and the calculation of the dosage of a drug.

Bone marrow: The spongy, soft tissue found in the center of large bones where blood cells are formed.

Complete blood count (CBC): a blood test used to evaluate your overall health. It can detect a wide range of disorders, including anemia, infection and leukemia.

A complete blood count test measures several components and features of your blood, including:

- Red blood cells, which carry oxygen
- White blood cells, which fight infection
- Hemoglobin, the oxygen-carrying protein in red blood cells
- Hematocrit, the proportion of red blood cells to the fluid component, or plasma, in your blood
- Platelets, which help with blood clotting

Abnormal increases or decreases in cell counts as revealed in a complete blood count may indicate that you have an underlying medical condition that calls for further evaluation.

Localized cancer: Cancer that is confined to the area where it started and has not spread to other parts of the body

Radiation: Treatment of cancer with high-energy that destroy cancer cells.

Word Search Puzzle Answers

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

Sudoku Puzzle Answers

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

Our Giving Community

Our Giving Community

CUREageous



Friday, 11.11.11 was a big night for the Illinois CancerCare Foundation at the second annual CUREageous event at the Par-A-Dice Hotel. The event honored five area doctors for their medical research. CUREageous raised money to pay uncovered costs of clinical research trials for cancer and promote education about cancer prevention. CUREageous is also an event that brings out the fun side of all those who attend.

Honorees at CUREageous are referred to as "Rock Docs, because they rock in the field of research," said Kathy Francis, interim director of the foundation. (See the next page for details on these Docs who Rock.) These doctors all specialize in a different type of research and are making great strides within the medical community.

The night fit the theme of being "Outrageously CUREageous." Ann Best, chairwomen of the event described the night as, "a party you do not want to miss." When guests walked into the room, there were colorful lights and a larger than life, spinning Martini glass. The evening featured exciting entertainment as a stilt walker juggled for guests. Guests were also able to enjoy test-tube shots and CUREtinis served by a mad scientist. If people wanted to be silly and goofy, they could dress up in hats and costumes and have their photo taken in the photo booth. Popular local band, JammSammich performed at the after

party. They played a wide variety of upbeat and current songs as guests danced the night away on the dance floor.

The event raised \$100,000 - or about \$10,000 more than the inaugural event raised last year. "Each \$1,000 donated to the foundation is enough to enroll one more person in our community in clinical trials," Francis said. Eighty percent of the money raised will go toward adding new patients to clinical trials and the rest will be used for community education.

We would like to thank all of you who worked hard to make this event outrageous. We would also like to thank all of you who attended. If you're interested in getting involved in next year's event please contact the Illinois CancerCare Foundation at 309.243.3320.





Illinois CancerCare Foundation 2011 Rock Docs



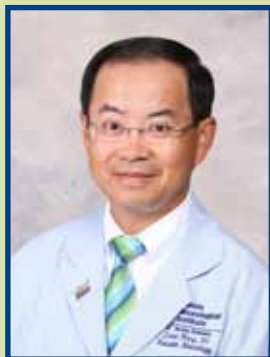
Dr. Barry Clemson is a cardiologist at HeartCare Midwest specializing in interventional cardiology, heart failure and pulmonary hypertension. Since moving to Peoria in 1993, Dr. Clemson has participated in over 120 research projects at HeartCare Midwest, serving as the Primary Investigator for many of the projects. Through his involvement in research, Dr. Clemson has been responsible for providing treatment options including new devices and medications for his patients that would otherwise not be available to them.



Dr. Lynne Jalovec is a surgeon specializing in disease of the breast and breast surgery. After receiving all of her education in Peoria at Bradley University (undergraduate degree) and University of Illinois College of Medicine Peoria (medical degree and surgical residency), Dr. Jalovec remained in the Peoria area to practice medicine. Dr. Jalovec, in partnership with the Illinois CancerCare Research team, is the top accruing surgeon in the country for the National Surgical Adjuvant Breast and Bowel Project's (NSABP) landmark Sentinel Lymph Node Trial.



Dr. Sachdev Thomas is a medical oncologist/hematologist at Illinois CancerCare specializing in lung and other thoracic cancers, upper gastrointestinal cancers, endocrine, lymphoma, T-cell lymphoma, mycosis fungoides and Sezary syndrome. Dr. Thomas has been instrumental in expanding Illinois CancerCare's participation in pharmaceutical research as well as involvement and support of investigator-initiated trials. Dr. Thomas currently has an investigator initiated trial for non-small cell lung cancer patients who have failed at least two prior chemotherapy regimens.



Dr. David Wang is a stroke neurologist at the Illinois Neurological Institute (INI) at OSF Saint Francis Medical Center. Dr. Wang created the INI Stroke Center (OSF Stroke Network), a stroke program that incorporates acute and outpatient research studies/trials to advance the knowledge base for health care professionals to use scientific and evidence based medicine to combat stroke. He has participated in over 38 research trials focusing on the prevention of stroke, acute and long-term treatments and reduction of risk factors. Dr. Wang is an active volunteer and supporter of the Retreat & Refresh Stroke Camp, which provides a weekend camping experience for stroke survivors and caregivers.

Rock Docs Continues on page 12

Our Giving Community

Our Giving Community

2011 Rock Docs Continued...



Dr. Patrick Whitten is a pulmonologist at the Illinois Lung and Critical Care Institute at OSF Saint Francis Medical Center specializing in pulmonary medicine, critical care and sleep medicine. Dr. Whitten is one of the first central Illinois pulmonologists to perform Interventional Pulmonary procedures and the Medical Director of the only dedicated Interventional Pulmonary Lab in the area. As one of the leaders in the development of the Lung Cancer Clinic, he has been influential in establishing a multidisciplinary team that provides comprehensive care for patients diagnosed with lung cancer. Dr. Whitten has presented nine abstract presentations and has been either a principal or co-investigator of 27 clinical research projects since 1993.

Volley For A Cure



On October 20, seeing her players wear teal and pink meant more to Debbie Spets than it would to most high school girls volleyball coaches. Debbie is currently undergoing treatment for ovarian cancer at Illinois CancerCare and was overwhelmed by the amount of support received at Galva High School's annual "Volley for a Cure" night. Galva took on ROWVA and the night was about raising awareness for cancer, specifically breast and ovarian cancer. Galva wore teal for ovarian cancer awareness and ROWVA wore black with pink lettering for breast cancer.



"It was a very humbling experience," said Spets, "to see that such a small school could raise so much money."

The evening featured a moment of silence to honor those who had lost their lives to cancer. Any cancer survivors in attendance were recognized. Overall the night raised over \$1,500 for the Illinois CancerCare Foundation for ovarian cancer research.

We want to thank all those in attendance and the players of the Galva and ROWVA volleyball teams for your support.

Our Giving Community

Our Giving Community



A Pie in the Face

Sticky. That's the only way to describe University Hall's Resident Advisors (RAs) last month. These RAs had whip cream smeared in their faces, on their legs and some had it put down their shirts. Despite the grossness, they knew it was for a good cause.

Bradley's University Hall's Hall Council decided to hold Pie Your RA night with all the proceeds benefiting the Illinois CancerCare Foundation. Tons of people put their studies on hold to take part in this event. Residents of the building could pay 50 cents for a pie to throw or smear on their RA.



"I absolutely love my RA's, but pieing them in the face was so much fun! I mean, no one ever said a little whip-creamed pie in the face was a bad thing," said Holly

Alguire, a freshman resident of U-Hall.

The night ended with sticky RAs who knew they had helped a good cause, but they all needed a hot shower with lots of soap!



Zumba-A-Thon

The rhythm of Latin beats could be felt and heard throughout Bradley University's Markin Recreation Center on November 11. Fifty students came out to join the party at the first annual Zumba-a-thon. Zumba is an aerobic workout that features exotic rhythms set to high-energy Latin and international beats. The motto of the event and all Zumba classes is, "Ditch the workout, join the party."

Lindsey Gerstad, a Bradley student and certified Zumba instructor put together the Zumba-a-thon because she felt it was a fun way to raise money for a cause. Cancer is something close to Lindsey's heart as her grandparents lost their battle to cancer and her father is a cancer survivor. She wanted to hold an event that students could come out for that would make a difference for cancer patients. Lindsey was also aware that students are "financially unable to make substantial donations to charities so having students come together for an event like this is the best way for us to make donations."

The atmosphere for the event was extremely energetic as students were excited to do the Zumba work out. The event also featured a raffle with students winning gift cards to local restaurants, a free fitness pass for work out classes and Bradley apparel. All proceeds from the Zumba-a-thon went to the Illinois CancerCare Foundation.

We thank Lindsey and the students of Bradley University for their support with such a fun event.



Calendar of Events

Calendar of Events

January 2012

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 Connected 6:30 pm – Beyond Beginner Tai Ji 6:30 pm – Tai Ji Circle	3 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	4 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group	5 6:15 pm – Yoga with Lisa 6:30 pm – Weight Management Seminar	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 – Beyond Beginner Tai Ji 6:30 pm – Tai Ji Circle	10 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	11 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 5:30 pm – Hand Reflexography 6:30 pm – Beginner Tai Ji	12 5:30 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 Connected 6:30 pm – Beyond Beginner Tai Ji 6:30 pm – Tai Ji Circle	17 9:00 am – 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 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 – Beyond Tai Ji 7:00 pm – Tai Ji Circle	24 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	25 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	26 5:30 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 – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	31 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation				

February 2012

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 4:00 pm – Cancer Basics 101 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 Connected 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	7 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	8 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	9 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 Circle 7:00 pm – Tai Ji Circle	14 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	15 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 5:30 pm – Feng Shui Workshop 6:30 pm – Beginner Tai Ji	16 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 5:00 pm – Breath of Joy Yoga 6:00 pm – Kids Connected 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	21 9:00 am – 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 5:30 pm – Yoga with Lisa 5:30 pm – Chinese Tea Tasting	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 Circle 7:00 pm – Tai Ji Circle	28 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	29 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji			



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

Kids Connected – 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

Beyond Tai Ji - Gentle exercise for those who are no longer beginners.

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

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 – 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 Only, 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 accesible 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.

Weight Management Seminar -

Thursday, January 5th at 6:30 at the CCHL main office inside the Hult Center for Health Education.

This seminar will focus on starting the new year right! The best way to start the year off right is to focus on the importance of healthy eating, stress management and physical activity. Come learn the importance of all of these topics in this unique workshop. Please call 693-8139 to register.

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)

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.

illinoiscancercare.com

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