

ILLINOIS CANCERCARE

Free Patient Newsletter • September/October 2013 • Issue 24



Articles Inside:

Genetics in Breast Cancer (page 3)

Learn who should consider genetic testing and how that testing can help patients with their medical choices.

Volunteer Profile (page 7)

Meet Mary Peifer and learn how massage can help you.

Peoria Clinic Expansion (page 8)

See what is going on in Peoria and what it means for patients and staff.

Summer Fund Raising Events (pages 9 – 12)

The Giving Community has been busy this summer! Check out the pictures and see what is coming up.

ILLINOIS CANCERCARE

Table of Contents

Illinois CancerCare Mission & Values 2

Genetics: Choosing to Know 3-4

News from Executive Director-Janet Varnes 5

Recipe from Sharon: Swiss Oatmeal 6

Word Search and Sudoku 6

You’re in Good Hands 7

Clinic Spotlight: Why is Illinois CancerCare expanding? 8

2nd Annual Golfin’ in the Wild. 9

Morton BBQ Throwdown. 10

Parrot Head Club. 11

Lemonade Stand. 11

America’s Pull 12

Word Search and Sudoku Solutions 12

Cancer Fair. 13

Calendar of Events 14

Calendar of Events Descriptions 15

Illinois CancerCare Social Services 15, 16

Illinois CancerCare Physicians. 16

OUR MISSION

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

OUR VALUES

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

Choosing to Know

by Nancy Donini, RN, OCN, Genetics Nurse Navigator

"Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next." These are the words of Gilda Radner who died in 1989 from ovarian cancer at the age of 42. Compare this with a recent quote from Angelina Jolie who is 37 years old: "My doctors estimated that I had an 87 percent risk of breast cancer and a 50 percent risk of ovarian cancer, although the risk is different in the case of each woman. Once I knew that this was my reality, I decided to be proactive and to minimize the risk as much as I could. I made a decision to have a preventive double mastectomy." Jolie's mother, actress and producer Marcheline Bertrand, battled breast cancer but died of ovarian cancer in 2007 at the age of 56. Her maternal aunt, Debbie Martin, recently died of breast cancer.

Almost a quarter of a century has passed since the world lost Gilda Radner to a disease that was most likely caused by a BRCA mutation. Today we can know our risks and this knowledge gives women as well as men options that let them live and not succumb to breast or ovarian cancer while in the prime of their life. Angela Jolie knows that she has a BRCA1 mutation that she shares with her mother, her maternal aunt and probably her grandmother. She knows why the women in her mother's family died young and she knows she has options that will help her beat the odds and live to see her grandchildren grow up.

There are probably hundreds of genes that affect a person's risk of breast and ovarian cancer but the focus is still on BRCA1 and BRCA2. People with certain mutations in either of these genes are at high risk for breast and ovarian cancer. Even men who carry a BRCA1 or BRCA2 mutation have an increased risk of breast cancer. Genes are passed down in families so women and men who have family members with breast or ovarian cancer should have genetic testing to see if they carry an abnormal version of a BRCA gene.

Genetic testing might be right for you if you fit any of these descriptions:

- You have two or more close relatives with breast or ovarian cancer, especially if one or more of the relatives was diagnosed with cancer before the age of 50. Close relatives include your mother, grandmother, sister, or daughter and can include men with breast cancer such as your father, grandfather, brother or son.
- You have a close family member with more than one type of cancer, such as cancer in both breasts or cancer of the breast and the ovary.
- You have family members from different generations with breast or ovarian cancer. For example, your grandmother, mother, and sister, all with cancer. Family history on your father's side is as important as your mother's side.
- You have Ashkenazi Jewish ancestry (Central or Eastern European) and one relative with breast or ovarian cancer.

Before you undergo genetic testing, you should talk to a genetics professional. This can be a genetic counselor, a nurse with an advanced degree, or a physician who specializes in genetics. Genetics professionals can help you understand what the results of your genetic tests could mean for you and your family. A physician who specializes in genetics can make recommendations for surgical options or surveillance tests that can detect cancer at an early stage. A physician can also prescribe medications to help reduce your risk for getting breast or ovarian cancer.

Genetics

If you test positive for a BRCA1 or BRCA2 mutation, remember there are ways to lower the chances of getting cancer, and not everyone who has a mutation gets cancer. Tell your family about your results. Your family members should be tested for the mutation you have. Their testing will not cost as much as yours because we will know which specific gene mutation to look for.

If you have a BRCA mutation, you can reduce your chances of getting breast or ovarian cancer by:

- Getting screened for breast and ovarian cancer often. This will help find cancer at its earliest stage when it can be easily treated or even cured.
- Having your breasts and ovaries removed. Recommendations are to remove your ovaries before the age of 40, after childbearing is complete.
- Taking prescription medicines that help prevent cancer.
- Combining some or all of these choices.

Angelina Jolie titled her essay announcing her surgery "My Medical Choice". That's exactly what her preventive mastectomies were - her choice, what was right for her, not necessarily what is right for someone else with the same BRCA mutation. However, her choice and her public disclosure will both empower and reassure thousands of women. Women no longer have to live in fear that the cancer that "runs in their families" will someday affect them. They can know what their risks are and face those risks empowered.

For more information about genetic testing, or to make an appointment, please call the Illinois Cancer Care Genetics Clinic at 309-243-3549. You can also visit our website at www.illinoiscancercare.com/genetics.

Outrageously
CURE
ageous

**We Are On An Outrageous Mission
To Find A CURE!**

Join Us for a Party You Won't Want to Miss that Will Honor
Docs that Rock in the Field of Research

Friday, November 8, 2013 • Par-A-Dice Hotel
6:00 p.m. – Midnight
West MacQueen Street Band

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

All proceeds will directly support
clinical research and education
provided by:

ILLINOIS CANCERCARE
foundation



Janet Varnes, Executive Director

News from Executive Director—Janet Varnes

Illinois CancerCare Foundation Announces Local Grant Funding

The Illinois CancerCare Foundation is pleased to announce grants approved for the period July 2012 – July 2013. Grant commitments totaling \$480,635 were approved by the Board of Directors in support of a total of 10 programs through the following organizations: Community Clinical Oncology Program; Illinois CancerCare Genetics; Sojourn Bears, Inc.; OSF Saint Francis Medical Center Breast Center/Illinois CancerCare Genetics and OSF Saint Francis Medical Center Outpatient Rehab/Lymphedema Services.

The Illinois CancerCare Foundation, created in 2002 by the physicians of Illinois CancerCare, P.C., is dedicated to supporting local cancer patients through the funding and promotion of Scientific Clinical Cancer Research; Early Cancer Detection & Prevention Education and Clinical Trial Awareness; and Patient Support and Assistance.

Projects seeking grants must further the research and public service objectives of Foundation in a manner consistent with its status as a not-for-profit corporation. Grant recipients recognized during the 2012 - 2013 funding cycle included research, clinical studies, pilot genetic screening programs and assessment programs.

Details for each program follow:

Community Clinical Oncology Program for a companion study of Pazopanib as a second line therapy in treating patients with metastatic prostate cancer.

Community Clinical Oncology Program for research initiated by Dr. Pedro DeAlarcon examining gene expression from cord blood and from bone marrow from children and adults to look for genetic factors involved in the production of platelets in response to a naturally occurring hormone – thrombopoietin. Understanding the gene expression will increase the knowledge of how patients could respond to cancer therapy.

Community Clinical Oncology Program for shortfall funding to accelerate the development of interventions for preventing, treating, recovering from and curing cancer.

Community Clinical Oncology Program for fuel cards for clinical trial participants who need to travel considerable distances in order to participate in cancer clinical trials.

Community Clinical Oncology Program for creation of an iPad application for collecting research-related data from patients to further the understanding of the diagnosis, screening, prevention, and treatment of cancer, particularly in the areas of underserved populations and comparative effectiveness of treatments.

Illinois CancerCare Genetics for a pilot genetic screening program to screen central Illinois families at risk for hereditary non-polyposis colorectal cancer (HNPCC), also referred to as Lynch Syndrome.

Illinois CancerCare Genetics for molecular tumor sequencing to identify mutations in selected metastatic cancer patients who may be candidates for targeted therapies such as Dovitinib and BKM 120.

Sojourn Bears, Inc. for hand-made teddy bears to provide inspiration and comfort to newly diagnosed cancer patients.

OSF Saint Francis Medical Center Breast Center/Illinois CancerCare Genetics for a partnership to develop a comprehensive breast cancer risk assessment program.

OSF Saint Francis Medical Center Outpatient Rehab/Lymphedema Services to assist patients with the cost of treatment and compression garments.

A handwritten signature in black ink that reads "Janet Varnes".

Recipe from Sharon

Swiss Oatmeal

Preparation Time: 10 minutes
Makes 1 serving

Ingredients:

½ cup Quaker Old Fashioned Oats, uncooked
1-8-ounce non-fat, sugar-free vanilla yogurt
1/3 cup skim milk
1 small Granny Smith Apple, chopped
1 small banana, sliced
2 tablespoons raisins
2 tablespoons dried cherries or cranberries
1 teaspoon ground cinnamon

Directions:

1. In a medium sized bowl, mix the oats, yogurt and milk and allow to sit for a few minutes.
2. Stir in the apples, bananas, raisins, dried cherries or cranberries and the cinnamon.
3. Serve Immediately and enjoy!
 - To make this breakfast more hearty and filling, try adding a handful of almonds or pecans!

Nutrition Facts

Calories 68, Total Fat .5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 449 mg, Total Carbohydrate 14 g, Dietary Fiber 1 g, Protein 2 g, Calcium 500 mg



Sharon Windsor

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

Word Search

Theme: Herbivores

Sudoku

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

Words:

Beavers
Bison
Buffalo
Cows
Deer
Donkeys
Elephants
Giraffes
Goats
Gophers
Horses
Koalas
Moose
Porcupines
Rabbits
Rhinoceros
Sheep
Squirrels
Zebras

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

You're In Good Hands

By Mary Peifer, R.N., L.M.T., Volunteer Massage Therapist

Massage has traditionally been considered a "treat" or luxury but that is rapidly changing especially regarding its use both during and after cancer treatment. Oncology massage is a therapeutic modality that is increasingly being used to complement care in the clinical setting. Research is showing that massage can reduce pain and anxiety in persons affected by cancer and its treatments. Patients also report benefits that include: improved sleep, decreased sense of isolation, enhanced body image, and increased feelings of well-being¹.

Illinois CancerCare volunteer, Mary Peifer, R.N., L.M.T., has been periodically rotating through our chemo infusion rooms offering free hand/foot massages since May, 2012. Mary has been providing therapeutic massage and bodywork in Peoria, Illinois since 2006. As a Registered Nurse since 1995, Mary's background in community health, along with oncology nursing experience, allows her to embrace the best of both worlds by offering education, nurturance, support and healing to those she serves. Realizing the need and importance of working safely with medically compromised clients she undertook an intensive three year, 400-hour certification in Santa Fe, New Mexico, graduating from the Peregrine Institute of Oncology Massage Training in November, 2010. Her practice offers restorative, comfort-oriented massage along with lymphatic drainage and Eastern bodywork. To learn more go to: www.thebodykneadsmassage.com.

Besides working in private practice Mary also is an independent contractor with the Institute for Physical Medicine and Rehabilitation (IPMR). In April, 2013, she and twenty-four other staff therapists at IPMR, successfully completed specialized training and certification in STAR (Survivorship, Training and Rehabilitation). This nationally recognized program assists people



affected by cancer to regain their health through strengthening, nutrition, exercise, rehabilitation and complementary therapies such as acupuncture and massage.

Besides working as a massage therapist, Mary also is an oncology massage educator for other therapists. Specialized oncology massage education of the therapist is essential for clinical safety and therapeutic benefit. (Be sure to ask if your massage therapist has had any training -- 24 hours of oncology massage training is a minimal standard!) When providing massage for patients and survivors, primary considerations include but are not limited to bone integrity, vital organ involvement, and compromised lymph nodes.

Massage adaptations are required for:

- Fatigue
- Peripheral neuropathy
- Low blood cell counts
- Blood clots
- Bone pain/metastases
- Radiation or surgery
- Removal of lymph nodes
- Lymphedema
- Medications
- Medical devices
- Late effects of treatment

An oncology massage therapist will modify the massage session to adapt to these considerations, as well as to those pertaining to the late effects of treatment and disease progression.

You'll typically find Mary at the clinic on Wednesdays. It is her hope to rotate and offer more "mini-massages" on other days and perhaps recruit other massage therapists to provide more coverage. Be assured though that whenever you do meet her... you will be in good hands!

¹. Society for Oncology Massage, April, 2013

Why is Illinois CancerCare expanding?

The physicians of Illinois CancerCare want to continue to provide state of the art facilities and treatments for the residents of central Illinois. Our current Peoria facility will be 10 years old and we want to diversify the services available to our patients and their families. We plan on doing that by expanding office space and converting current office space into improved clinical space.

A new 20,000 square foot addition will house our administration, business office, research department, triage, and IT departments. This will allow us to remodel 13,000 square feet of our current clinic including the laboratory, imaging department, out-patient area, lobby, and retail pharmacy.

The imaging department will be adding a new state of the art Pet scanner which will make scheduling scans more convenient and keep the testing at the most current levels of excellence.

Our out-patient area will be larger with more private spaces for injections and blood draws.

Our new pharmacy space will be more private and will allow for individual counseling in a private setting.

These changes will also allow us to provide a space for our GYN/ONC, palliative care and survivorship teams. Our Foundation will also have a more public space to provide services and information to patients and their families.

We look forward to being able to continue to live our mission by providing comprehensive compassionate care for our patients and their families.

UNDER CONSTRUCTION- UNDER CONSTRUCTION- UNDER CONSTRUCTION



2ND ANNUAL GOLFIN' IN THE WILD



Saturday, August 24th brought out the “wild side” in every golfer attending the second annual Golfin’ in the Wild event held at Wildlife Prairie Park. This unique, exciting golf event is organized by Illinois CancerCare Foundation’s Young Leaders Board. Around 100 people came out to enjoy the beautiful weather and take part in the Par 3 golf course, created by the Golfin’ in the Wild logistics committee.

All skill levels were welcome at the event, with each participant using only one golf club and challenged to hit their golf ball through somewhat tough terrain. The recent lack of rain and the park’s tall grasses made it even more challenging. Each hole featured a different activity or food and beverage. Golfers were treated to Arnold Palmers, Kettle Corn, pulled pork sliders, margaritas and a final “crazy” shot hole.

After golfing, participants gathered at Hespell Deck overlooking the wildlife at the park. Dinner, a short program, hosted by WHOI’s Marshana Hester, and a silent auction kept the wild evening going. Winners were announced for the craziest shot, best score and worst score.

“We would like to thank everyone who supported our event this year and helped us exceed our fundraising goal to support the amazing Illinois CancerCare Foundation. Every contribution, big and small, is greatly appreciated. The Young Leaders Board had such a fun time planning and running the event. We can’t wait until next year!” said Golfin’ Chairperson, Emily Shields. This year’s event raised over \$20,000 for the Illinois CancerCare Foundation to support local clinical cancer research.

Morton BBQ Throwdown brings excitement to Morton!



The weekend of July 26th and 27th brought about 5,000 people to downtown Morton for the 3rd Annual Morton BBQ Throwdown. Attendees enjoyed activities to choose from including delicious BBQ from area vendors, craft vendors, a silent auction, kids play area, beer tent and great music once again from local bands Jury's Out, Midnight Special, Mister Sister and JammSammich.

This year's event featured 45 professional BBQ teams competing and 52 Barbecue Society-certified judges volunteering in this Kansas City Barbeque Society (KCBS) sanctioned event. Those numbers are up from last year's event in which 33 teams and 40 judges participated. Teams came from 5 different states to compete and set up camp in the streets of downtown Morton with their RVs, trailers and grills. After two days of competition, Quau was awarded the Grand Champion title and One2BBQ was named Reserve Grand. Ryan Koener, organizer of the event said, "The competition portion of our event has really grown. We are now the second largest BBQ event in the state."

Twenty-two teams chose to compete in the People's Choice competition. Their food was sampled by over 500 attendees who then judged who their favorite was. Whitey's BBQ was crowned the People's Choice Winner.

"In spite of the rain Friday, the event was very successful again this year! The public is starting to get used to the layout of our event and they are looking forward to it each year. We added some more activities for kids this year and they were all very popular. It's important to us that this is a family event and can be enjoyed by people of all ages." This year, two of our food vendors, Papa Murphy's Pizza and Meat-N-Place, generously donated proceeds from the weekend.

Though the weather Friday was less than cooperative, Saturday was a gorgeous, cool day for the crowds to come out for the competition. The growth of the Throwdown is evident through the generous donation of \$22,000 to the Illinois CancerCare Foundation. Proceeds will support local clinical cancer research, community education and advocacy and programs that support patients. We are truly grateful for the donation from this year's Morton BBQ Throwdown and thank everyone who volunteered, supported and organized this year's event. We are so excited to see what next year's event has in store for the community!



Grand Champion, Quau



Reserve Grand Champion, One2BBQ



Rylli Koener & Ella Smallenberger

Our Giving Community

The Central Illinois Parrot Head Club held its 2nd Annual Leather & Leis River Run on Saturday, June 22nd.

The event brought out around 75 bikers, boaters and car enthusiasts who cruised through the community with riverfront stops at Kuchie's on the Water, the Burger Barge, Castaways, and the No Wake Zone Bar and Grill. The ride ended at Hooters in Peoria where participants were treated to music from the Billy Washburn and The Boat Drunks. The event raised \$2,000 for the Illinois CancerCare Foundation. We want to thank Sue and Bill Blocker for organizing this event, along with everyone who participated.

If you are interested in joining the Parrot Head Club, and participating in all their philanthropic and social events in the community visit www.ciphc.org.

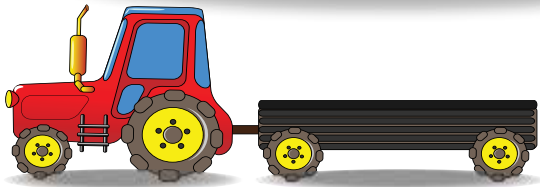


Lemonade Stand



Kalleigh (9) and Kellan (6) Keane raised \$1,000 this year at their annual cold drink stand during Toulon's Old Settlers Days parade. The Keanes live right along the parade route and the generous patrons are always eager to take advantage of the cool refreshments while supporting a good cause. Each year the children choose a charity to benefit from their proceeds. This year half the money (\$500) was donated to the Illinois CancerCare Foundation in honor of their mother, Kristin, who is fighting colon cancer at Illinois CancerCare. The other \$500 will be donated to brain cancer research at Northwestern Memorial Hospital in memory of their uncle, Nolan Keane, who fought brain cancer for 5 years and passed away this spring. Kalleigh & Kellan are the children of Pat & Kristin Keane, Toulon, IL.

Our Giving Community



America's Pull

Thousands gathered on Saturday, July 13th in Henry, IL for the 14th Annual America's Pull, a nationally televised tractor and truck pull at the Marshall-Putnam County Fairgrounds. The weather had returned to a seasonally hot and humid, central Illinois temperature. This nationally televised event was conducted on two parallel clay tracks specifically designed for pulling, providing two of the toughest and most consistent pulling surfaces in the country. Stadium seating along both sides of the two pulling surfaces gives the pulling fans excellent visibility of the entire track. Two rows of interconnected concrete safety barriers line both sides of the track. The Marshall-Putnam Fair has one of the best nighttime lighting systems in the country enhancing the ESPN TV filming and fan viewing. At America's Pull, five classes of tractors and trucks compete. The roar of their engines is loud enough that spectators cover their ears.



A tradition of America's Pull is to raise money for an organization that supports cancer research. Once again, Bob and Jerry Read, of Read Brothers, Inc., organizers of the event, chose the Illinois CancerCare Foundation. This year's America's Pull raised \$4,000 for the Illinois CancerCare Foundation. We want to thank Bob and Jerry, and those involved in the event for choosing the Illinois CancerCare Foundation as the recipient of this year's charitable donation.

Word Search & Sudoku Solutions

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

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



**ILLINOIS
CANCERCARE**
Specializing in Cancer and Blood Disorders

Cancer Fair

**Monday October 14th
at Illinois CancerCare
9:00am-1:00pm**

**Lunch provided by
Alwan's Meat**
Your choice of a
**Pork Chop Sandwich,
Brat, or Chicken Sandwich
with chips and a drink
for \$5**

Informational booths

- Illinois CancerCare Foundation
- American Cancer Society
- Hult Center for Healthy Living
- Illinois CancerCare Pharmacy
- Illinois CancerCare Lab and Imaging
- Clinical Research and Trials

Gifts available with the cancer patient in mind

- Cookie Lady • Cancer Awareness Bracelets • 31 Bags
- Adornments - unique handcrafted jewelry • Scentsy
- Old Fashioned Caramel Apples and Popcorn
- Silk Road Scarves & Fine Jewelry • Tastefully Simple
- Touch, Caring & Cancer - massage • Pampered Chef
- Handmade Cloth Kids Books • Enchanted Florist Flowers
- Charming Celtic Cottage • Rodan & Field Skincare
- Pink Survivors Book Signing • ILCC Pet Therapy
- Breast Cancer Awareness Month Items
- Other Handcrafted Items

**Come learn about the cancer services
Illinois CancerCare has to offer!**

Calendar of Events

* Please see next page for all group and service descriptions.
If you are attending a class for the first time, you will need to pre-register.

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Office Closed for Labor Day	3 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	4 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	5 5:30 pm – Restorative Yoga with Marcy 6:00 pm – Kids Connected	6 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	7
8	9 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	10 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation 6:00 pm – Cancer Rehabilitation: Becoming a STAR with IPMR	11 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	12 5:30 pm – Restorative Yoga with Marcy	13 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	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 7:00 pm – Tai Ji Circle	17 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	18 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	19 5:30 pm – Restorative Yoga with Marcy	20 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	21
22	23 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	24 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	25 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	26 5:30 pm – Restorative Yoga with Marcy	27 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	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					

October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	2 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	3 5:30 pm – Restorative Yoga with Marcy 6:00 pm – Kids Connected	4 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	5
6	7 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	8 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	9 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	10 5:30 pm – Restorative Yoga with Marcy	11 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	12
13	14 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	15 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	16 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	17 5:30 pm – Restorative Yoga with Marcy	18 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	19
20	21 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	22 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	23 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	24 5:30 pm – Restorative Yoga with Marcy	25 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	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 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	31 5:30 pm – Restorative Yoga with Marcy		

Calendar of Events Descriptions

For Hult Center for Healthy Living Program, please call (309) 693-8139 to pre-register.

Massage Therapy

By Appointment Only

Massage is available for cancer patients and survivors for \$30 an hour. Our massage therapists, Laurie Weaver and Tonya Pruettare specifically trained for oncology massage using the Sloan-Kettering Method. Please call (309) 693- 8139 to schedule your appointment today.

Individual Reflexology Sessions

By Appointment Only

Individual reflexology sessions are for anyone currently undergoing treatment only. Come see how great your body feels after a 30 minute session with Molly Richmond. Please call (309) 693-8139 to make your appointment today.

Individual Healing Touch Sessions

By Appointment Only

Individual healing touch sessions are for anyone currently undergoing treatment. Enjoy a healing touch therapy session with Becky Dailey. Please call (309) 693-8139 to make your appointment.

Kids Connected Support Group

Do you know a child who is struggling with a parent or caregiver's cancer diagnosis? Would you like your child to learn more about the disease and talk to children who are going through the same thing? Kids Connected is a support group exclusive for children 5-18 years old. There is an adult support group at the same time as the children's group. Dinner is provided at each meeting free of charge. Please call (309) 692-6650 for additional information and to RSVP.

Individual Nutritional Counseling

By Appointment Only

Individual nutritional counseling is available with Sharon Windsor, RD, CSO, LDN Monday-Friday at her office inside the Peoria Cancer Center on Route 91. Sharon offers free nutritional counseling sessions to patients who are experiencing side effects from cancer treatment. If you are interested in an appointment, please call her at (309) 243-3462.

Mindfulness Meditation

Tuesdays @ 5:15 PM

Sometimes, life can be challenging! With hectic schedules and other concerns, it's often difficult to find a calm, quiet space inside yourself. So, if you feel overwhelmed with worry or anxiety, or you just wish to explore the benefits of meditation, please join us and peacefully experience the present moment in all its fullness. Mindfulness meditation is a very simple form of meditation, so you don't need any previous experience to enjoy the process. The weekly one-hour sessions are led by Heather Delabre in the CCHL activity room. Comfortable seating is provided, and sitting on the floor is not required. These sessions are open to the public and are free of charge.

Individual, Family & Group Support Services

By Appointment Only

Kitty Bienemann, MA, NCC, LCPC is available for free support services Monday-Friday at her office inside the Peoria Cancer Center on Route 91. Services include individual, family and support group counseling. If you are interested in an appointment, please call her at (309) 243-3461.

Cancer Rehabilitation: Becoming a STAR with IPMR

September 10 @ 6:00 PM

Come and learn how being diagnosed and receiving treatments for cancer does not mean you have to settle for a "New You." Hear from several of the IPMR STAR certified clinicians on ways to combat fatigue, control pain and reduce risk of developing lymphedema, just to name a few. IPMR wants to help you and your loved ones walk this journey together, maximizing your quality of life, before during and following treatments.

I would like more information about the following services:

Social services form for patients

ACS = American Cancer Society

HCHL = 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 (HCHL)
- ☐ Healthy Living classes (yoga, gentle aerobics, Tai Ji) (HCHL)
- ☐ Cancer Basics 101 class (ACS/HCHL)
- ☐ 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 (HCHL)
- ☐ Massage therapy for patients in treatment (\$25 fee/hr.) (HCHL)
- ☐ Nutritional counseling (HCHL)
- ☐ 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 Hult 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 Hult Center for Healthy Living newsletter
- ☐ Illinois CancerCare monthly newsletter by e-mail
- ☐ No, not at the this time

Information about programs & services on the reverse side