

ILLINOIS CANCERCAREs

Free Patient Newsletter
March/April 2013
Issue 21

YOUR PHOTO ON PEORIA CHIEFS JERSEY



Articles Inside:

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BLOOMINGTON CLINIC SPOTLIGHT
The Bloomington Clinic is one of 13 Illinois CancerCare clinic locations and the only one, besides Peoria to have full time physicians. Look inside for more details on the staff and physicians at the clinic!

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Find out more about the latest research findings for kidney and colorectal cancers.

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NEW PALLIATIVE CARE PROGRAM AT ILLINOIS CANCERCARE
Look inside to find out more about the newest care being provided to the patients at Illinois CancerCare by our wonderful APNs and physicians.

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HAVE YOUR PHOTO ON A PEORIA CHIEFS JERSEY
Take this opportunity to have your photo put on the back of a Peoria Chiefs jersey to be worn at their May 18th game! See inside for more details on how to participate.

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OUR MISSION

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

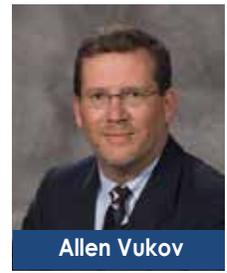
OUR VALUES

- 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

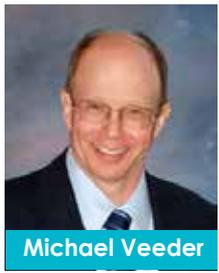


Doctor's Day

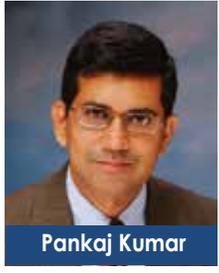
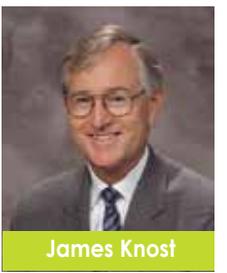
Saturday, March 30



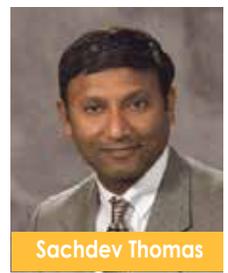
As we celebrate Doctors Day on Saturday, March 30, we at Illinois CancerCare are excited to honor the 17 wonderful physicians who dedicate their time, care and resources to serve our patients. Providing patient focused care has always been at the forefront of the physicians for Illinois CancerCare, formerly known as Oncology Hematology Associates of Central Illinois. Founded by Drs. Stephen Cullinan and James Gerstner, Illinois CancerCare was among the first practices in the country to take the practice, physicians, nurses and all, to outlying communities to provide state of the art cancer care to patients in their home communities. As the practice added physicians to their incredible team, they continued to expand the number of clinics to more communities. Currently Illinois CancerCare reaches patients in 13 communities throughout Central and Western Illinois.



Not only do the physicians at Illinois CancerCare want patients to be treated in their home community, they also want patients to have the latest treatments available to them. Established in 1979 by Dr. Stephen Cullinan, the Illinois Oncology Research Association (IORA) is bringing the latest clinical trials to Illinois CancerCare. The research done at Illinois CancerCare was honored in 2012 by being ranked 9th in the nation for enrolling patients in treatment and cancer control trials. Without the dedication and initiative of our physicians and tremendous research department, this ranking would not be possible.



This Doctor's Day we celebrate our 17 physicians and the many great physicians throughout our region. We hope you will join us and share your appreciation for those dedicated physicians who take care of all of us and our loved ones.



Clinic Spotlight



Clinic Spotlight

Illinois CancerCare has 13 clinics throughout Central and Western Illinois. This new section of the newsletter will give you the inside perspective on each clinic, its staff and patients.

Location: Bloomington, IL



Open: Monday-Friday

Written by: Kaci Green,
Illinois CancerCare Foundation Assistant

Walking into the Bloomington clinic, you get a sense of how much the staff care about the patients and families who walk through the door. I must admit, I am little biased, as my mom was treated in our Bloomington clinic in 2004 and again in 2011 for breast cancer, however, as you read on, it is clear the patients are so important to the Bloomington staff. There is laughter, love and hugs to go around. Despite the dreariness that cancer can bring, the Bloomington staff works hard to brighten everyone's day.

For Sarah Lindsey, APN, her goal is to bring a smile to the patients face as they are being treated. "I am always shocked by how much laughter comes from the treatment room," chuckled Sarah. "Our staff works hard to make patients laugh, as chemo is not the funniest adventure to embark on."

Brooke Sullivan, who's worked at Illinois CancerCare for 3 years, loves being an oncology nurse. "The patients give you so many life lessons because they are fighting for theirs," says Brooke. "You want to make them smile, because they become like family." Patient scheduler, Kenne Rushton echoed that sentiment, "You get attached to all the patients and they become your family."

As an 18 year Illinois CancerCare nurse, Kathie Kindred has had her life touched by many patients and enjoys getting to know them on a very personal level. "The most rewarding part of my job is to see patients, 5 to 10 years down the road and see how they have overcome this disease," remarked Kathie.

Like all Illinois CancerCare clinics, Bloomington focuses on patients and supporting them during their treatment. As the only clinic besides Peoria, to serve patients 5 days a week, Illinois CancerCare makes its presence known to the people of Bloomington Normal and surrounding areas. Doctors Gomez and Kumar, along with APNs Nancy Erwin and Sarah Lindsey

Physicians:



Dr. Patrick Gomez



Dr. Pankaj Kumar



Some of the wonderful Bloomington Clinic Staff

make it possible to have the latest treatments and clinical trials available to residents of the community. All four of them, and members of the staff live in the Bloomington/Normal community which makes them thoroughly invested in their jobs.

"We could not be where we are today in Bloomington, without Dr. John Kugler (retired from Illinois CancerCare in 2012)," says Nancy. "He helped bring our presence to this community and Dr. Gomez and Kumar have built on what he started."

Trends and treatments have changed in cancer, but offering patient focused care close to home has always been at the forefront for Illinois CancerCare and the staff of Bloomington clinic lives up to that standard. As much as the staff takes care of the patients, the patients are cheering on and helping the staff.

"The patients have taught me that regardless of what you're faced with, you can have a positive attitude towards it and face it head on," concluded Jackie Corrie, a patient scheduler at Illinois CancerCare for 6 years. "It's wonderful knowing that they inspire me too."

The Illinois CancerCare Bloomington Clinic has been serving patients there for over 27 years and is located in the Eastland Medical Plaza at OSF St. Joseph Medical Center



Recipe from Sharon

Stuffed Peppers

Preparation Time: 30 minutes

Cooking Time: 55 minutes

Ingredients:

- 6 peppers (any kind- yellow and red are sweeter)
- 1 ½ lb ground turkey
- 1 envelope of Lipton onion soup mix
- 1 cup uncooked instant rice
- 1 teaspoon salt
- Garlic powder to taste
- 2 large cans of tomato sauce (30 oz each)
- 1 cup mozzarella cheese

Directions:

1. Brown ground turkey
2. Add soup mix and rice to turkey
3. Mix in ½ can of tomato sauce and add garlic powder and salt
4. Boil peppers in a large pot of water for 2-3 minutes
5. Remove peppers and rinse with cold water
6. Stuff peppers with meat mixture and cover with remaining tomato sauce (About 1 inch deep in a casserole dish)
7. Cover with glass lid and cook about 45 minutes at 350 degrees
8. Uncover and sprinkle the top with mozzarella cheese
9. Bake uncovered for 5-10 minutes more or until the cheese is melted and bubbly

Nutrition Facts

Calories 227, Total Fat 7.9 g, Saturated Fat 2.4 g, Cholesterol 47 mg, Sodium 1351 mg, Total Carbohydrate 23 g, Dietary Fiber 3.5 g, Protein 17 g, Calcium 116 mg



Sharon Windsor

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

Word Search

Theme: Mount St. Helens

Sudoku

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

Words:

- Cascades
- Crater
- Crust
- Dome
- Earthquake
- Eruption
- Gases
- Geologist
- Glacier
- Landslide
- Plate
- Rock
- Steam
- Tremor
- Volcano
- Washington

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



Medical Laboratory Professionals Week 2013

Written by Sarah Berberich, Supervisor of Laboratory Services

As patients you are sometimes unable to see behind the scenes of your care. You don't see the team of laboratory professionals working around the clock to help save your life. You don't see all the dedication and expertise that is demonstrated for every patient that is cared for. And due to the size of our practice, as a patient you won't be able to meet everyone responsible for your care.

The behind the scenes people referred to above are the wonderful team of medical laboratory professionals here at Illinois CancerCare. Without their knowledge and expertise, precise patient care would be impossible. During Medical Laboratory Professional Week, we wanted to familiarize you with what medical lab professionals do. Also, this year, Lab Professionals around the country are celebrating 50 years of accreditation and we recognize the contributions of those dedicated professionals who work tirelessly to improve laboratory medicine and patient care.

Six Things you probably didn't know about Medical Laboratory Scientists:

1. A medical technologist career requires at least a bachelor's degree in a scientific field. Additionally, the completion of an accredited medical technologist program is also required. The program must be accredited by the National Accrediting Agency of Clinical Laboratory Science (NAA-CLS).

2. Accuracy is critical to the job. If a sample is processed the slightest bit inaccurately, it can make all the difference in the test results, which can influence a doctor's diagnosis of a patient, as well as medications or procedures that the doctor prescribes in response. That's why lab has such strict quality control measures.

3. The Board of Certification (BOC) of the American Society for Clinical Pathology (ASCP) provides a mechanism for these individuals to be recognized as having the necessary competence to perform the medical laboratory roles they seek. This mechanism is called certification.

5. There are 6 different types of Lab Professionals: Phlebotomy Technician, Medical Laboratory Technician, Medical Laboratory Scientist, Histotechnologist, Cytogeneticists, and Lab Support Staff. Illinois CancerCare utilizes four of these professionals.

6. 70% of all medical decisions are based on lab results.

Congratulations to the dedicated Lab professionals that strive for the highest level of patient care each day. Your efforts, although behind the scenes, are unforgettable!





Colorectal and Kidney Cancer Awareness Month

By Jamie Harper, MHA, CCRP, Clinical Research Supervisor

As spring approaches, so does Colorectal Cancer and Kidney Cancer Awareness month.

KIDNEY CANCER

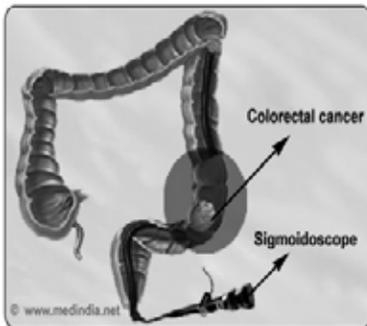
The kidneys are two bean shaped organs, about the size of a fist, located in the abdominal cavity. There is one kidney on each side of the spine. In adults, the most common type of kidney cancer is renal cell carcinoma, but other less common types of kidney cancer can occur. Young children are more likely to develop a kind of kidney cancer called Wilms' tumor.



The incidence of kidney cancer seems to be increasing, but the reason is unclear. Many kidney cancers are detected during procedures for other diseases or conditions. Imaging techniques such as computerized tomography (CT) are being used more often, which may lead to the discovery of more kidney cancers.

Based on results from a clinical trial, the Food and Drug Administration (FDA) has approved a new cancer fighting drug called Inlyta (axitinib) for kidney cancer. This drug is given in tablet form and was approved for patients with advanced kidney cancer (renal cell carcinoma) who have not responded to other treatments for this type of cancer. This approval offers a new treatment option for patients with this disease.

COLORECTAL CANCER



Colon cancer develops in the large intestine (colon). The rectum is the last several inches of the colon. Colorectal cancers include cancer of the colon and the rectum. Most cases of colon cancer begin as small clumps of cells called polyps. Although the majority of polyps are noncancerous (benign), some can become cancerous (malignant) over time. In later stages of the disease, cancerous tumors may penetrate the colon wall and spread (metastasize) to nearby lymph nodes or other organs. Colon cancer rarely causes symptoms in its early stages.

In 2012, a large clinical trial found that screening with flexible sigmoidoscopy significantly decreases the incidence of colorectal cancer. Flexible sigmoidoscopy is a minimally invasive technique physicians use to look inside the rectum and lower part of the bowel called the sigmoid colon. Although flexible sigmoidoscopy examines only part of the intestine, it covers those areas that are most frequently affected by colorectal cancer. The procedure is also easier and faster to perform than colonoscopy, which examines the entire large bowel.

If you would like more information or are interested in joining a clinical trial, please speak with your physician, visit the Illinois CancerCare website at www.illinoiscancercare.com, or call the Illinois CancerCare Research Department at 309-243-3605.

References:

- Mayo Clinic, <http://www.mayoclinic.com/health/kidney-cancer/DS00360>
- American Society of Clinical Oncologists (ASCO), Annual Report on Progress Against Cancer 2012, http://www.cancerprogress.net/pdf/CCA_2012.pdf

Our Giving Community

Our Giving Community

When you arrive at Peoria Clinic you may notice that each of the waiting areas and treatment rooms have TV monitors in them. These monitors have been put in place to keep you and your family up to date on things happening at Illinois CancerCare, the Illinois CancerCare Foundation and the research department. These monitors will be used for information only and will not include sound or any television channels.

The monitors and programming software were made possible through a grant from the Illinois CancerCare Foundation from matching gifts received from the Caterpillar Foundation. Please feel free to let us know if you have any questions about the use of the monitors by calling the Foundation at 243.3320.

We hope these monitors will enhance your experience during your visit!

Word Search & Sudoku Solutions

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

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



NATIONAL VOLUNTEER WEEK

VOLUNTEER PROFILE: ANN BEST

Written By: Kaci Green, Foundation Assistant

Winston Churchill once declared, "We make a living by what we get, but we make a life by what we give." Giving of our time, energy and financial play an important role in all of our lives. This year, as we celebrate National Volunteer Week, we would like to thank all of the wonderful volunteers who give of their time and effort to help Illinois CancerCare and the Illinois CancerCare Foundation meet the needs of cancer patients and their families.



Ann Best (left) with 2012 CUREageous Co-Chair Mimi Ardis (right)

As many of you know, Illinois CancerCare has over 50 amazing men and women who volunteer their time to serve you during your visit. But did you know the Illinois CancerCare Foundation has countless volunteers who serve on our committees and boards to support the many fundraising events we hold throughout the year? Without the support of these incredible individuals, the Foundation would not be able to make such a large impact in the community.

Ann Best is one of those volunteers who has helped the Foundation on multiple levels. Not only is Ann a volunteer but she has been touched by cancer. Ann herself is a 10 year breast cancer survivor and has watched both her sister and mother battle the disease. "I feel very lucky to be a survivor," Ann acknowledged over our lunch interview.

Ann first became involved with the Foundation after attending the first annual CUREageous event. She was asked by a friend to co-chair the CUREageous committee which was she excited and honored to do. Over the past two years, Ann has dedicated herself to making CUREageous a fun and successful event, raising over

\$190,000 to advance the Foundation's goals. Ann has also served as a member of the Foundation's Advisory Board as key contributor of the development of the Foundation's strategic plan for the Foundation and recruiting new members to the board.

In 2013, Ann became a member of the Foundation's Board of Directors where she will utilize her leadership talents to further the mission of the Foundation. The Foundation's mission is important to Ann for various reasons. Coming from

family with a genetic mutation which makes them more susceptible to breast cancer, Ann is extremely grateful for the care she and her family have received at Illinois CancerCare. Ann wants people living in Peoria to know about the "hidden gem" our community has in Illinois CancerCare and the Foundation.

"The Foundation does so many things, including funding uncovered research costs, providing gas cards to patients in need and going out into the community to talk about the importance of clinical trials," raved Ann. "The community needs to know about what great support they have in Illinois CancerCare and the Foundation during their cancer treatment."

The Foundation is grateful for everything Ann has done for the Foundation is also thankful for all of our Board of Directors, Advisory Board Members, Young Leaders and CUREageous Committee members. Our office would not be able to do everything we do without their support. During National Volunteer Week on April 21-27, be sure to thank all the volunteers for what they do! Without them, Illinois CancerCare would have a few less smiles and loving hearts around to help our patients.



New Palliative Care Program at Illinois CancerCare

By Judy Williamson, APN, Illinois CancerCare

Palliative care focuses on management of symptoms, psychosocial support for patient and caregiver, and assistance with decision-making. A recent study in the *New England Journal of Medicine* on Early Palliative Care for Patients with Metastatic Non-Small Cell Lung Cancer (Temel, J.S., et al) found improved quality of life, improved mood, and longer survival with adequate symptom management. The American Society of Clinical Oncology (ASCO) along with the American Cancer Society (ACS), Centers to Advance Palliative Care (CAPC), and the Oncology Nursing Society (ONS) are also advocating palliative care efforts.

This movement originally started as a grass roots movement with patients unhappy with end of life care. Palliative care is an integral component of oncology care and is often under- utilized, as it is not hospice care. Palliative care is a coordinated effort to improve symptoms associated with an ultimately incurable disease, provide psychological support for the patient and family, and help in decision making for the end of life. The approach provides for more personalization of care, in collaboration with the primary oncologist. It is offered simultaneously with ongoing treatment or provides support when treatment is no longer effective and aids the transition to hospice care. Most hospitals are utilizing or have developed inpatient palliative care teams. Recent literature supports initiating palliative care earlier in the disease/treatment process.

Here at Illinois CancerCare, a team consisting of Drs. Madhuri Bajaj, Sachdev Thomas, Paul Fishkin, Jijan Liu, and Greg Gerstner along with Advance Practice Nurses; Tammy Daily, Laura Hertz, and Judy Williamson have worked to develop this process. A palliative care clinic will be held every Friday morning with referrals initially coming from newly diagnosed Stage IV lung cancer patients. Symptoms addressed will include pain, tiredness, nausea, depression, anxiety, drowsiness, appetite, feeling of well being, shortness of breath and others of importance to the patient and family. Advanced care planning will be introduced at the first visit and many times will require several discussions. Other members of the team include Michele Rice, PharmD, Sharon Windsor, RD, Catherine Guebert, MSW, and Kitty Bienemann, Counselor with The Center for Healthy Living. The patient will continue with their primary oncologist for treatment of their disease and/or follow up.

Illinois CancerCare has about 400 new lung cancer patients each year and of those almost 200 are stage IV at diagnosis. The patient and their family will meet with their oncologist for treatment planning. Within the 2nd or 3rd visit, a palliative care consult will be initiated. The first visit will usually be a baseline assessment of symptoms, caregiver stress, depression, and advance care planning needs. Appointments will then be arranged according to ongoing evaluation of symptoms, mood, and patient and caregiver concerns. Patients and their families may need to be seen once or ongoing to improve their quality of life. Eventually, patients with other incurable oncology diagnoses will be included in the clinic and the hours will be expanded as the volume increases. We are proud to begin this endeavor and look forward to improving patient care with the Palliative Care Program at Illinois CancerCare.

Temel, J.S., et al. Early Palliative Care for Patients with Metastatic Non-Small Cell Lung Cancer. *New England Journal of Medicine*. August 19, 2010. 363: 733-742.

Our Giving Community

Our Giving Community



Janet Varnes, Executive Director

Letter from Executive Director—Janet Varnes

Now that we are well into 2013 and spring is hopefully just around the corner, I thought I'd take this opportunity to re-cap a few accomplishments that were achieved last year through the generosity of the many friends who support the Illinois CancerCare Foundation through charitable gifts. Nearly \$300,000 was expended and/or committed during 2012 to support the following patient programming.

Thanks to generous funding from Amgen and Breakaway from Cancer, the Clinical Trials Advocacy program has allowed the Foundation to develop training materials and conduct training for volunteer advocates. To date, over 10,000 community members have learned about clinical trials and their importance in discovering better treatments and therapies and hopefully cures for many forms of cancer.

The Foundation was able to fund the acquisition of patient view monitors which have been located in the waiting areas and the treatment rooms of our Peoria clinic. These monitors will allow the Foundation and practice to be able to disseminate important information to our patients and their families regarding support services, events, volunteer activities and much more!

A "Gap" Gas Card program was created to provide financial assistance to cancer patients experiencing hardship as a result of their diagnosis. This resource is available to provide short-term, stop-gap assistance between when a patient begins their journey at Illinois CancerCare and when American Cancer Society funds are approved and available – sometimes a 2-4 week period.

Patients undergoing treatment at the Peoria Clinic now have iPads available for checkout. Funded through a Foundation grant and administered through the Volunteer Services program, patients can check out the iPads to watch movies, surf the internet, or catch up on personal or business issues.

A pilot project to launch a genetic screening program to identify hereditary colorectal cancer and its implication on early identification of other types of cancers was funded through a \$135,000 Foundation grant.

Nearly \$30,000 was used, and an additional \$150,000 committed, to support clinical cancer trials.

Thanksgiving meals were delivered to cancer patients and their families in need on Wednesday, November 21st. Prepared by Kickapoo Creek Winery, volunteers delivered a total of 184 meals to 49 cancer patients and their families and were delivered to families as far away as Pontiac. Additionally, 29 children and their parents received a little holiday cheer from the Illinois CancerCare Foundation in the form of Christmas gifts. Trust in Hope continues to be an important program for our families as demonstrated by the following patient comment, "We want to say how thankful we are to your Foundation for giving to us this holiday season. You enabled us to give our daughter a wonderful Christmas. Seeing our daughter happy is the best gift we could have gotten."

Those who have experience with cancer survive on HOPE. Your generous financial support provides genuine hope and loving compassion to those forever touched by cancer. On behalf of our Board of Directors, Advisors, Young Leaders and Volunteers, thank you for giving so generously!



Our Giving Community

Our Giving Community



SATURDAY

MAY 18TH

6:30 PM

O'BRIEN STADIUM

A night at the ballpark to honor cancer survivors, their caregivers and loved ones.

CANCER SURVIVORS WILL RECEIVE UP TO FOUR COMPLIMENTARY TICKETS TO SEE THE PEORIA CHIEFS PLAY, A GOODY BAG AND A T-SHIRT

To sign up for tickets visit the front desk at the Peoria clinic or call 309.243.3320
Ticket sign up will begin Monday, March 4th
Tickets can be picked up Monday, May 6th- Friday, May 17th



All tickets and t-shirt sizes will be handed out on a first come first serve basis

EVER WANTED YOUR PHOTO ON A JERSEY? NOW IS YOUR CHANCE!



\$25 PER PHOTO (1 in x 1 in inside jersey number)

JERSEYS WILL BE WORN BY PLAYERS ON MAY 18TH
Every photo purchase enters you for a chance to win a jersey

ALL PROCEEDS BENEFIT



Visit peoriachiefs.com for more details

Our Giving Community

Our Giving Community



SECOND ANNUAL **ERIC ALBERS** MEMORIAL SOFTBALL TOURNAMENT SATURDAY MAY 4TH

Registration fee is \$200 per team

To register a team please contact
Luke Christopher at 309 253-7967

All proceeds from the event benefit



Cash payouts for 1st and 2nd place

T-shirts and bracelets available at the
tournament or for those unable to come



The Eric Albers Memorial Softball Tournament in Loving Memory of Eric Albers who was diagnosed with Ewings Sarcoma (Bone Cancer) in May 2009 and he lost his battle in June 2011. We will have this tournament annually so that those who knew him may never forget him, and those that didn't have the honor of knowing Eric will get to know his story through the tournament.

Thanks to the support of the Illinois CancerCare staff, patients and volunteers and the generosity of many donors, the Illinois CancerCare Foundation Trust in Hope fund provided Christmas gifts to 13 cancer patients and their families. This year's Trust in Hope at Christmas provided gifts to 29 children from those families. The children received gifts that included clothes, toys, books and much more!

Trust in Hope receives tremendous support from the employees of Illinois CancerCare. The program provides an important way for them to give from their hearts to meet some very special needs of the patients they serve. Started with love by Marti Williamson, one of Illinois CancerCare's clinical medical office assistant and draw tech, the Trust in Hope fund helps provide a little extra compassion and support for some of our cancer patients and their families during the holidays. In 2012 alone staff members, patients and community members donated over \$10,000 to be designated to the Illinois CancerCare Foundation's Trust in Hope fund.

We give you our sincerest appreciation to everyone who supports Trust in Hope. Without your support, we would not be able to help so many families during the holiday season.

THANK
YOU

Calendar of Events

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.

March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	2
3	4 Swing for the Cure ticket sign up begins! 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	5 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	6 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	7 5:30 pm – Restorative Yoga with Lisa 6:00 pm – Kids Connected	8 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	9
10	11 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	12 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	13 9:00 am – Chair Yoga with Lisa 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	14 5:30 pm – Restorative Yoga with Lisa	15 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	16
17	18 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	19 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	20 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	21 7:30 am – Seniors on the Go Health Fair 5:30 pm – Restorative Yoga with Lisa	22 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	23
24	25 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	26 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	27 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	28 5:30 pm – Restorative Yoga with Lisa	29	30 National Doctor's Day
31						

April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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	2 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	3 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	4 5:30 pm – Restorative Yoga with Lisa 6:00 pm – Kids Connected	5 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	6
7	8 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	9 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	10 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	11 5:30 pm – Restorative Yoga with Lisa	12 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	13
14	15 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	16 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	17 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	18 5:30 pm – Restorative Yoga with Lisa	19 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	20
21	22 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	23 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	24 9:00 am – Chair Yoga with Jean 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	25 5:30 pm – Restorative Yoga with Lisa	26 9:00 am – Living Strong 10:00 am – Cancer Support Group at Illinois CancerCare	27
28	29 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	30 9:00 am – Aerobics 12:00 pm – CCHL Cooking Demo at HyVee 5:00 pm – CCHL Cooking Demo at HyVee 5:15 pm – Mindfulness Meditation				



Calendar of Events Descriptions

For Cancer Center for Healthy Living (CCHL) programs, 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 Pruett are specifically trained for oncology massage using the Sloan-Kettering Method. Please call (309) 693- 8139 to schedule 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. The Kids Connected Support Group meets the 1st Thursday and 3rd Monday of each month. 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.

Seniors on the Go Health Fair

Thursday, March 21 from 7:30a-11:30a at the Hult Center for Healthy Living. There will be seminars, exhibitors, health screenings, door prizes and snacks.

I would like more information about the following services:

Social services form for patients

ACS = American Cancer Society

CCHL = Cancer Center for Healthy Living

- | | |
|---|--|
| <input type="checkbox"/> Help for children coping with a parent who has cancer (Kids Connected) | <input type="checkbox"/> Support Networking groups (CCHL) |
| <input type="checkbox"/> Individual counseling for the patient, family members, or caregivers (CCHL) | <input type="checkbox"/> Massage therapy for patients in treatment (\$25 fee/hr.) (CCHL) |
| <input type="checkbox"/> Healthy Living classes (yoga, gentle aerobics, Tai Ji) (CCHL) | <input type="checkbox"/> Nutritional counseling (CCHL) |
| <input type="checkbox"/> Cancer Basics 101 class (ACS/CCHL) | <input type="checkbox"/> Living will/power of attorney directives (ACS) |
| <input type="checkbox"/> Financial assistance for treatment, medications, or medical supplies (ACS) | <input type="checkbox"/> Transportation assistance for appointments (ACS) |
| <input type="checkbox"/> Lifeline® Home Emergency Response System (monthly service fee) (ACS) | <input type="checkbox"/> Wigs, hats, turban resources (ACS) |
| <input type="checkbox"/> Look Good, Feel Better® (ACS) | <input type="checkbox"/> Housing/lodging information (ACS) |
| <input type="checkbox"/> Meal resources/home delivered meal programs (fee may be required) (ACS) | |
| <input type="checkbox"/> Homemaker services, such as household cleaning, errands, general assistance (per service fees apply) (ACS) | |

More information on the reverse side

*All services are free unless otherwise noted.

illinoiscancer.org

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