

# ILLINOIS CANCERCARES

Free Patient Newsletter • October/November/December 2014 • Issue 29



## Articles Inside:

- Morton BBQ Throwdown
- What Those With Chronic Pain and Illness DO Want to Hear

Golf in the Wild .....

# ILLINOIS CANCERCARE

## Table of Contents

Illinois CancerCare Mission & Values . . . . .	2
News from Executive Director Janet Varnes . . . . .	3
Morton BBQ Throwdown. . . . .	4
Golfin in the Wild . . . . .	5
Nutrition   Word Search and Sudoku Puzzles . . . . .	6
What Those With Chronic Pain or Illness DO Want to Hear . . . . .	7
Patient Perspective Continued . . . . .	8
CUREageous Event Program Booklet Information   Central Illinois Parrot Head Club . . . . .	9
Power of Hope . . . . .	10
Winter Weather Information   Word Search and Sudoku Solutions . . . . .	11
5th Annual CUREageous. . . . .	12
Our Giving Community . . . . .	13
Calendar of Events/Descriptions . . . . .	14
Calendar of Events/Descriptions . . . . .	15
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



Janet Varnes, Executive Director

### News from Executive Director-Janet Varnes

It was certainly a busy summer season here at the Foundation as we hosted the 4th annual Swing for a Cure at Dozer Park and the 3rd annual Golfin' in the Wild at Wildlife Prairie Park. It was a beautiful evening on Friday, May 30 for Swing for a Cure with over 650 survivors and their family members participating in the event.

Thanks to those of you who were able to join us for this outstanding event and allow us to show our admiration and appreciation for your courage in your cancer journey.

We were also blessed with great weather day on Saturday, August 16 during the Golfin' in the Wild event. It was a splendid afternoon of golf enjoyed by everyone in attendance, and we were able to raise over \$20,000 to support research and other important programs for patients and their families.

We enjoyed a number of third-party events this spring and summer including the third annual Morton BBQ Throwdown, the second annual Central Illinois Parrot Head Club Leather and Leis River Run, and the third annual Eric Albers Memorial Fundraiser. With summers end we look forward to a wonderful event this fall - the second annual Theresa Tracy Trot, a 4 mile run/2 mile walk to be held on Saturday, November 1 at Bass Pro Shop in East Peoria. We are forever grateful for third party events held throughout the year which provide more than \$50,000 to support research, education and patient assistance programs offered through the Illinois CancerCare Foundation. To all organizers and volunteers involved in these events, we thank you and are forever grateful for your continued advocacy and support of our patients.

The final Foundation sponsored event for the year will be our 5th annual CUREageous gala to be held on Friday, November 14 at the Par-A-Dice Hotel. We are extremely excited to honor three Rock Docs who excel in research in their practice of medicine; Dr. John Hafner from OSF Saint Francis Medical Center, Dr. Vaughn Hanna from UnityPointHealth-Methodist/Proctor, and our own Dr. Michael Veeder from Illinois CancerCare. We hope you will consider supporting or attending the event this year. Proceeds from this year's event will help us to surpass the \$500,000 mark in total funds raised through CUREageous in support of our patients and their families.

It's hard to believe that the holidays are just around the corner.

We wish you and your family hope, joy and peace through the holidays and into the New Year.



# Morton BBQ Throwdown

The 4th Annual Morton BBQ Throwdown saw a record 48 professional teams from seven states that prepared chicken, ribs, pork and brisket for the two-day, Kansas City Barbecue Society-sanctioned competition. A record 32 teams participated Saturday in the Backyard Barbecue Contest, an amateur competition for chicken and ribs. While the weather for this year's event was not ideal with a damp and cool Friday and a hot and humid Saturday with a storm rolling in during the awards ceremony, the teams and event goers still had a great time! The Grand Championship was awarded to team Thunder Hog (Ron Foster and Bill and John Maegerlein) and the People's Choice Winner was Captain Ron's Brew-n-Que (Ron and Amy Lewen).

Around 4,500 people came out for the event that included food, music, a craft show and kids' activities. Mark your calendars now for July 24 and 25, 2015, as new activities are in the works for the next Morton BBQ Throwdown. Thanks to the outstanding committee who coordinated the event and the volunteers who make the day of the event possible. Watch the Foundation's Facebook page for pictures of the check presentation – we've been told it exceeds \$20,000!





Saturday, August 16th brought out the "wild side" in every golfer attending the third annual Golfin' in the Wild event held at Wildlife Prairie Park. This unique golf event is organized by Illinois CancerCare Foundation's Young Leaders Board. Over 100 people came out to enjoy the beautiful weather and the golf course created by the Golfin' in the Wild's logistic 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. Each hole featured a different activity, food or beverage. Golfers were treated to Arnold Palmers, gondolas, golf pong game, margaritas and a final "crazy" shot hole. After golfing, participants gathered at Hespell Deck overlooking the wildlife in the park. Dinner, a short program, and a silent auction and raffle kept the wild evening going. Winners were announced for the craziest shot, lowest score and highest 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 \$21,500 for the Illinois CancerCare Foundation to support local clinical cancer research, education and patient support.



## Recipe from Sharon



### Holiday Eggnog

- 1 (16 ounce) liquid pasteurized egg whites
- 4 Tbsp frozen whipped topping
- 1 Quart whole milk eggnog
- 1 Tsp Vanilla
- Dash of Nutmeg



Sharon Windsor

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

### Directions

1. Stir frozen whipped topping into liquid egg whites until thoroughly incorporated.
2. Stir in eggnog and vanilla.
3. Sprinkle nutmeg over top when ready to serve. Serve chilled.

**Tip #1:** To increase the calories in this holiday eggnog, add 2 Tablespoons of heavy cream per serving immediately before use. See nutrition information below.

### Nutrition Facts without Heavy Cream

Serving Size (1 cup), Servings per Recipe: 6, Amount per Serving:  
Calories: 195, Fat Calories: 81, Total fat: 9 g, Saturated fat: 5 g,  
Cholesterol: 106 mg, Sodium: 185 mg, Total Carbohydrate: 15 g,  
Dietary Fiber: 0 g, Protein: 14 g

**Tip #2:** Try different flavored eggnogs, such as pumpkin or gingerbread.

**Tip #3:** Try substituting your favorite flavored coffee creamer - such as pumpkin, gingerbread, or peppermint for the heavy cream for additional flavor and calories.

### Nutrition Facts with Heavy Cream Added

Serving Size (1 cup), Servings per Recipe: 6, Amount per Serving:  
Calories: 299, Fat Calories: 189, Total fat: 21 g, Saturated fat: 11 g,  
Cholesterol: 148 mg, Sodium: 197 mg,  
Total Carbohydrate: 15 g, Dietary Fiber: 0 g, Protein: 14 g

## Word Search

Theme: November-December

## Sudoku

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

### Words:

November  
December  
Thanksgiving  
Turkey  
Snow  
Happy Holidays  
Cornucopia  
Family  
Winter  
Ornament  
Sleigh bells  
Cranberries

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

### Here's what the chronically ill wish you'd say to them.

*Published on July 5, 2012 by Toni Bernhard, J.D. in Turning Straw Into Gold*

#### "You look so good, but how are you really feeling?"

It's hard for us to respond to comments like, "You look so good" (or the always dreaded, "But you don't look sick") because we know that you're just trying to be nice. If we respond truthfully with, "Thanks, but I feel awful," you might be embarrassed or think we're being ungrateful. It would be such a relief to be asked a question that goes to the heart of the matter: "How are you really feeling?"

#### "I'm going to the grocery store, can I pick anything up for you?"

This is a helpful question, as opposed to, "Call me if there's anything I can do". We're unlikely to respond to such an open-ended offer, meaning we won't call and say, "Can you go to the grocery store and get me some dish soap?" We don't want to make you go somewhere that you aren't otherwise going. But if you let us know that you're already going to the store, that's a different matter entirely!

In fact, the more specific your offer of help, the better. For example, we'd love to hear an offer to do one of those life tasks that back up for us because we're not well enough to get to it: take our car for an oil change (we'll pay for it!); weed in our garden for a bit; do a load of laundry; even clean our refrigerator.

#### "It must be hard to be sick and in pain all the time," or "Not being able to work must be so frustrating," or "I imagine it's a daily grind to have to pace yourself so carefully."

These comments are examples of "active listening," a child raising technique I learned when my two kids were young. I wasn't always as skillful at it as I wanted to be, but the idea is to let your kids know you've really heard their concerns by feeding back to them, in your own words, what they've said.

For example, if your daughter is afraid of the dark, instead of trying to talk her out of how she's feeling by saying, "There's no reason to be afraid of the dark," or "You're too old to be afraid of the dark," you feed back her feelings to her by saying, "The dark is scary to you." When you actively listen in this way, children feel heard and validated. This makes it easier for them to overcome a fear because they know you're taking their concern seriously and that you're trying to understand it from their point of view. We who are chronically ill want to feel heard and validated. We want to know that you understand how we feel. In fact, *everybody*—sick or not—wants to know that others understand them!

To "active listen," put yourself in another's shoes and think about how you'd feel if you were in his or her circumstances. Then feed those feelings back by saying, for example, "You must feel sad and disappointed that you can't go to the party." I hope all of you have experienced the relief that comes from feeling deeply listened to.

## Patient Perspective (continued) ○.....

“How are you holding up? Do we need to stop visiting so you can rest?”

What a blessing it would be to hear a visitor offer this “prompt.” I’ve lost count of the number of times my body was telling me to lie down, but I didn’t excuse myself. Even if we’re wilting away or are in bad pain, most of us are unlikely to bring it up ourselves because we don’t want to let you down. But if we know you’re aware of and sensitive to our limitations, we’ll respond honestly.

“I miss going out to lunch together,” or “I miss going to the movies with you,” or “I miss going to the mall together.”

Speaking personally, I want to hear a heartfelt expression of the way you feel about how things have changed for us. It lets me know that you value our relationship.

“Don’t feel bad if you have to cancel our plans at the last minute. I’ll understand.”

What a relief this would be to hear! I used to force myself to keep commitments even if I was too sick to leave the house. Invariably, it led to a bad “crash.” I’m much better now about cancelling plans if I have to, but I still feel bad about it unless those plans were made with one of my “it’s okay to cancel” friends. I treasure them.

“Would you like to hear about this crazy adventure I had yesterday?”

You bet I would! Some friends don’t want to tell me about what they’re up to, especially if it’s something exciting. They think that talking about their lives will make me feel bad since I’m so limited in what I can do. But hearing about another’s adventure makes me feel connected to the world and adds real-life adventure to what I often just have to get off the TV.


“I hope you’re as well as possible.”

To those of us living day-to-day with health challenges, this comment is so spot-on that many of us just use the initials AWAP when communicating with each other, as in, “I hope you’re AWAP.” Reflecting on this, wouldn’t it be a compassionate comment to make to anyone? Everybody has his or her share of stresses and sorrows—in sickness and in health. And so, my wish for everyone reading this piece is that you’re AWAP.

© 2012 Toni Bernhard [www.tonibernhard.com](http://www.tonibernhard.com)

*Toni Bernhard is the author of the award-winning [How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers](#) and [How to Wake Up: A Buddhist-Inspired Guide to Navigating Joy and Sorrow](#). Her new book on chronic pain and illness will be published in the Fall of 2015. Before becoming ill, she was a law professor at the University of California—Davis. Her blog, “Turning Straw Into Gold” is hosted by Psychology Today. Visit her website at [www.tonibernhard.com](http://www.tonibernhard.com).*





**Help us fight cancer in a personal way!**

Remember a loved one, support a cancer survivor, thank a caregiver or show appreciation to your healthcare provider and/or team with a special message in the 2014 CUREageous program booklet!

Visit [www.IllinoisCancer.com](http://www.IllinoisCancer.com), find the CUREageous block, and submit your message today.

Share a personalized message with one of our program options:

- \$25 Lion-Hearted Listing:** 1 line of text up to 35 characters
- \$50 Valiant Listing:** 1 (Bold) line of text up to 35 characters
- \$100 Fearless Super Star Message:** 1 text box, up to 50 words or 250 characters
- \$250 1/4 Page Space:** Black and White 3.5" x 4.75" ad
- \$350 1/2 Page Space:** Black and White 7.5" x 4.75" ad
- \$500 Full Page Space:** Black and White 7.5" x 11" ad

For more information about purchasing an ad call (309) 243-3437 or visit [illinoiscancer.com](http://illinoiscancer.com) and click on the CUREageous link.

All program proceeds benefit:



Scan to fill out form online:



## Central Illinois Parrot Head Club

The Central Illinois Parrot Head Club held its 3rd Annual Leather and Leis River Run and Party on Saturday, July 26th. The event brought in approximately 70 bikers, boaters and car enthusiasts who cruised through the community with riverfront stops at Kuchie's on the Water, Burger Barge, Banana's Beach Bar, No Wake Zone, and finishing up at Hooters.

The Fatty Lumpkin Band provided live music to complete the day. The event raised \$3,000 for the Illinois CancerCare Foundation. We want to thank all the sponsoring stops, participants and generous donors.

If you are interested in joining the Parrot Head Club, and participating in all their philanthropic and social events in the community, please look for the Central Illinois Parrot Head Club Facebook page, or visit [www.ciphc.org](http://www.ciphc.org)





## THE *Power* OF HOPE

### Your Cause. Your Fundraiser.

Help us fight cancer in a new, personal way.

Is your birthday coming up? Are you participating in a 5K run or walk? Would you like to celebrate the life and memory of a friend or loved one? Are you a survivor celebrating a milestone in your cancer journey? Now **any occasion can support cancer patients** through the Illinois CancerCare Foundation by **creating a Power of Hope personal fundraising webpage**. Share your story on your personal page, ask friends and family to donate to your cause, and give hope in the fight to cure cancer and **support cancer patients and their families throughout central and western Illinois**.

Here are just a few reasons to create a *Power* OF HOPE personal fundraiser today:

- It's a unique opportunity for you to share your personal story, or the story of a friend or loved one.
- It's easy to make an impact. \$500 raised is just \$25 from 20 friends or family members.
- You are providing hope to local cancer patients and their families during a very difficult time.



It's easy to start your page now. Just go to [illinoiscancer.donorpages.com/PersonalFundraising](http://illinoiscancer.donorpages.com/PersonalFundraising)

## THE *Power* OF HOPE

### Your Cause. Your Fundraiser.

For questions, contact:  
[info@illinoiscancer.com](mailto:info@illinoiscancer.com) | 309.243.3437

Create Your Page Today:  
[illinoiscancer.donorpages.com/PersonalFundraising](http://illinoiscancer.donorpages.com/PersonalFundraising)



### CREATE.

Create a personal fundraising page.



### TELL.

Why is supporting cancer patients and their families important to you? Tell your personal story on your page. Make it your own by adding a picture or video.



### SHARE.

Ask your friends, family and loved ones to support your online fundraiser and join you in your quest to give hope to cancer patients and their family members.



## ILLINOIS CANCERCARE WINTER WEATHER POLICY OPTIONS

- 1 309.243.3010
- 2 LOCAL RADIO OR TV
- 3 ILLINOISCANCERCARE.COM

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 run along the bottom of the screen on the home page.

## Word Search & Sudoku Solutions

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

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



Please Join Us  
for the 5th Annual

# CUREageous

As We Continue Our Outrageous PARTY  
to Fund Our CUREageous MISSION.

**Friday, November 14, 2014**

**Par-A-Dice Hotel • 6 p.m. - 11 p.m.**

**\$125 per person or \$1000 – Party Packet of 10 tickets**

*(\$75 of each ticket is tax deductible)*

**Enjoy Heavy Hors d'oeuvres and Desserts**

Complimentary beer and wine 6 p.m. - 7 p.m.

**Smashing CUREtini Bar**

**Fabulous Raffle and Silent Auction**

**Outrageous Entertainment**

throughout the evening featuring West MacQueen Street Band

**Attire: Dressy Casual with an Outrageous Twist**



## Raffle Items



### Ranch Mink Cape

Beautiful natural ranch mink cape with silver fox trim.

**Value \$14,995**

Generously donated by  
Broms Furs and Fashions



### Tacori Necklace and Earrings

The Cushion-shaped necklace and earring are Clear Cut Quartz over Green Onyx set in Sterling Silver and 18K Yellow gold.

**Value \$2,200**

Generously donated by Bremer Jewelry



### Chicago Getaway for Two

Enjoy dinner, a Bulls basketball game and a luxurious evening at the Ritz-Carlton Hotel in the Windy City.

**Value \$1,000**

Generously donated by  
Dr. and Mrs. Steve Baldi  
Pat Hranka

### 2014 Rock Docs



John Hafner, M.D.



Vaughn Hanna, M.D.



Michael H. Veeder, M.D.

All proceeds will fund local clinical research, education and awareness, and patient assistance supported by



## Event generously sponsored by



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



**[www.illinoiscancer.com/cure](http://www.illinoiscancer.com/cure) | 309.243.3437**

# Calendar of Events

## Monthly Programs for Cancer Patients, Survivors & Caregivers provided by the Hult Center for Healthy Living

MONDAY

**Aqua Survivor | 9a | Landmark Recreation Center | 3225 N. Dries Lane, Peoria**

**Breath of Joy Yoga | 5p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*A registered yoga teacher who brings her experience as a cancer survivor to the class. FREE of charge and available to Breast Cancer patients, survivors & caregivers.*

**Beyond Beginner Tai Ji | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*For those of you who want to challenge yourself, but are not ready for advanced, led by Cara Murdoch.*

**Tai Ji Circle | 7p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*Advanced gentle exercise with Cara Murdoch.*

**Aerobics | 9a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*Gentle Exercise with low impact with instructor Beth Stauffer. All levels welcome.*

**Mindfulness Meditation | 5:15p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*These sessions are a very simple form of meditation, so you don't need any previous experience. Comfortable seating is provided and sitting on the floor is not required.*

TUESDAY

WEDNESDAY

**Yoga with Jean | 11a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*All levels welcome.*

**Cancer Support Group | 1p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

**Beginner Tai ji | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*Very basic Tai Ji taught by Cara Murdoch.*

THURSDAY

**Restorative Yoga with Marcy | 5:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave.**

*As a cancer survivor, Marcy brings her experience to her classes to gently open body, heart and mind with breath and movement. Beginner friendly. Relax and restore with Marcy.*

FRIDAY

**Living Strong | 9a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*Strength training class with Beth Stauffer. All levels welcome.*

**Cancer Support Group | 10a | Illinois CancerCare | Route 91, Peoria**







## Support Groups & Nutritional Counseling

**Individual, Family & Group Cancer Support**– Free support services Monday-Friday for persons with cancer, those who have had cancer and for caregivers, facilitated by Kitty Bienemann, MA, NCC, LCPC. To make an appointment, please call 309.243.3461. Group support meets twice a week.

**Kids Konnected**– For children ages 5-18 whose parent, grandparent or caregiver has or had cancer. This group meets on the Third Saturday of every month from 1:30p-3p. To register for this free group, please call 309.692.6650.

**Prostate Support Group “Us TOO Prostate”**– Call George Melton at 309.691.6523 for dates and times.

**Individual Nutritional Counseling**– Free nutritional counseling sessions available Monday-Friday with Sharon Windsor, RD, CSO, LDN and Katrina Sommer, RD, LDN for patients who are experiencing side effects from cancer treatment. To make an appointment, please call 39.243.3462.

## Therapeutic Services

**Individual Healing Touch Session**– By appointment only. Becky Dailey will see clients the 2nd and 4th Thursday of each month at 8:30a and 9:15a. For anyone currently undergoing treatment, enjoy a healing touch therapy session. Please call 309.692.6650 to schedule your appointment.

**Massage Therapy**– By appointment only. Massages are \$30 per hour for those in “active” treatment and \$40 per hour for those not in active treatment and caregivers. Our experienced team of massage therapists have all received specialized training in oncology massage to deliver safe, comfort-oriented massages to all affected by cancer and its treatments. Please call 309.692.6650 to schedule your appointment.

**Mindfulness Meditation**– Every Tuesday at 5:15p FREE to cancer patients, survivors and caregivers. These sessions are a very simple form of meditation, so you don’t need any previous experience. Comfortable seating is provided and sitting on the floor is not required.

**Reflexology**– By appointment only. Judy Schlueter, Licensed Reflexologist will see clients on the 1st and 3rd Thursday of each month at 8:30a and 9:15a. Call 309.692.6650 to schedule an appointment.

5215 North Knoxville Avenue | Peoria, IL 61614 | p 309.692.6650 | f 309.692.6575 | [www.hulthealthy.org](http://www.hulthealthy.org)

I would like more information about the following services:

Social services form for patients

ACS = American Cancer Society

HCHL = Cancer Center for Healthy Living

- |   |  |
|---|--|
| <input type="checkbox"/> Help for children coping with a parent who has cancer (Kids Konnected)                                     | <input type="checkbox"/> Support Networking groups (HCHL)                                |
| <input type="checkbox"/> Individual counseling for the patient, family members, or caregivers (HCHL)                                | <input type="checkbox"/> Massage therapy for patients in treatment (\$30 fee/hr.) (HCHL) |
| <input type="checkbox"/> Healthy Living classes (yoga, gentle aerobics, Tai Ji) (HCHL)  | <input type="checkbox"/> Nutritional counseling (HCHL)                                   |
| <input type="checkbox"/> Cancer Basics 101 class (ACS/HCHL)   | <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

# 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 this time

**Information about programs & services on the reverse side**