

ILLINOIS CANCERCARE

Newsletter

January / February / March 2018

ARTICLES INSIDE



Dr. Prager discusses research for triple negative breast cancer

Dr. Bajaj awarded the title *Rock Doc*

Dr. Liu recognized for efforts as lead investigator in cancer research

New APN Nita Raut joins the Bloomington Clinic

Golfin' in the Wild 2017

CUREageous 2017



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

IN THIS ISSUE



Letter from Executive Director **PG 2**

ILCC Clinic Connection **PG 4**

Word Search and Sudoku Puzzle **PG 5**



ILCC Foundation Update **PG 6**

ILCC Foundation Events Calendar **PG 8**

Research Paving the Way for New Treatments for Triple Negative Breast Cancer **PG 10**



Volunteer Highlights **PG 16**

Community programs for our patients and families **PG 18**



Golfin' in the Wild and CUREageous 2017 **PG 6**

Dr. Bajaj awarded the title *Rock Doc* **PG 9**

Dr. Liu recognized for efforts as lead investigator in cancer research published research articles **PG 12**

Answers to Word Search and Sudoku **PG 15**

hello

LETTER FROM THE EXECUTIVE DIRECTOR OF THE FOUNDATION

Since 2001, **No One Fights Alone** has been the mantra of the Illinois CancerCare Foundation. We want every cancer patient to have every weapon available in the battle against this disease. The funds we've raised over the past 16 years help make that possible every day for local cancer patients. .

The Foundation got its start as a way to manage donations from patients and families who wanted to give back and help further the cause. But it wasn't long before the physicians at Illinois CancerCare, P.C. realized the Foundation could play a much bigger part in the fight by helping fund clinical trial research. Today the Foundation provides \$400,000 a year to support the shortfall in the clinical cancer research program which accelerates the development of interventions for preventing, treating, recovering from and curing cancer. The Foundation's support allows Illinois CancerCare, P.C. to keep more than 100 trials open locally at any given time.



The proceeds fund clinical research, education, and patient support and assistance programs. All money raised stays local, giving cancer patients the very best cancer care possible right here in their hometown. Your partnership keeps HOPE alive!

Over the past 16 years, almost 6,000 patients have participated in over 1,400 nationally renowned clinical cancer research trials while staying in their home surrounded by family and friends.

Hope. It is one of the most important therapies during a cancer diagnosis. On behalf of our Board of Directors, Advisors, and Young Leaders, and our CUREageous event committee, thank you for joining us and for giving so generously.

Friends in the Fight,

Tonda

Tonda Thompson
Executive Director
Illinois CancerCare Foundation



MEET OUR NEW NURSE PRACTITIONER IN BLOOMINGTON:

Nita Raut



Nita has worked as an oncology nurse for several years and has been inspired by closely seeing her patients battle the disease with bravery. She chose oncology because she wants to be an integral part of their journey and help to create more success stories. “The various treatment options today to provide quality care to our patients are very encouraging,” Nita says. “Although cancer is still the beast it always has been, we are better prepared to manage it today and improve our patients’ quality of life.”

Nita is also proud to be practicing in the Bloomington/Normal area. “I did my schooling here in Normal, IL – Go Redbirds! I have lived here for a few years now and absolutely love the town! It doesn’t make any sense to me to serve any place else – other than the community that has offered me so much love and support.” In her spare time, Nita enjoys dancing, tennis, hiking and traveling.

When it comes to advice for newly diagnosed patients, Nita has a message of hope, “Because of all the research that is being done to prevent and treat cancer, we have many more options to help treat your cancer. It can be very overwhelming to get the initial diagnosis, but Illinois CancerCare is here to help and support you throughout your journey.”



Valley Regional Cancer Center in Peru hosts the Illinois Valley Area Chamber of Commerce Business After Hours.

Illinois CancerCare Peru Clinic, as part of the Valley Regional Cancer Center, hosted a Business After-Hours for the local Chamber of Commerce. Dr. Greg Gerstner and the Illinois CancerCare team treated guests to Trefzger’s cookies and tours of the state of the art facility. It is a privilege to be a part of the team bringing cutting edge cancer care to the Illinois Valley area.



Scribbles, a local Bloomington daycare, brought a group of 4-5 year olds to the Bloomington-Normal Illinois CancerCare Clinic to sing Christmas carols. The patients and staff enjoyed the cheerful voices of the young children. The concert was organized by the clinic's volunteer Gary, who was thrilled to share the joy of the season with the patients in Bloomington.

Sarah Lindsey, BLOOMINGTON CLINIC APN

ILLINOIS CANCERCARE'S 2017 EMPLOYEE OF THE YEAR!



Congratulations to Illinois CancerCare's 2017 Employee of the Year, Sarah Lindsey! While accepting her award at the annual Holiday Party, Sarah shared that she could not do what she does without the support of everyone at Illinois CancerCare. She ended with "I love Illinois CancerCare, my patients and what I do!" Congratulations, Sarah!



Puzzle and Sudoku

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

Winter

Find and circle all of the Winter related words that are hidden in the grid
The remaining letters spell a Japanese proverb.

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

BLACK ICE
BLIZZARD
BOOTS
CARNIVAL
CHRISTMAS
COL
EGG NOG
FIREPLACE
FIREWOOD
FOG
FREEZE
FROST
GLOVES
HAIL
HEADBAND
HIBERNATION
HOCKEY
HOLIDAYS
ICE FISHING

ICICLES
KNIT CAP
LONG UNDERWEAR
MITTENS
OLYMPICS
PARKA
SCARF
SEASON
SKATES
SKI DOO
SKI PANTS
SKIING
SLED
SLEET
SLIPPERY
SNOW CASTLE
SNOW PLOW
SNOW SHOVEL
SNOW TIRES

SNOWBALL
SNOWBOARD
SNOWFLAKE
SNOWMAN
SNOWSHOES
SOLSTICE
SOUP
STEW
STORM
SWEATSHIRT
TOBOGGAN
VACATION
WIND CHILL
WOOL SOCKS

Golfin' in the Wild 2017



Illinois CancerCare's Dr. Francois Geoffroy



Illinois CancerCare Young Leaders Board members

Saturday, August 12th the Illinois CancerCare Foundation Young Leader's Board hosted the 6th Annual Golfin' in the Wild at Wildlife Prairie Park. Golfers competed in a unique nine hole golf course amidst prairie grass, wildflowers and bison (behind a fence). Each hole also included an activity such as Golf Pong, Crazy Shot, and a marshmallow Longest Drive. Colorful pinwheels were sold by committee members prior to the event to create a Prairie Garden of Hope honoring loved one's fights against cancer and research towards a cure. Afterwards, golfers gathered in the ballroom overlooking the sunset on the prairie course for a dinner, silent auction and program. Patient Barbara Vlachos spoke at the event this year sharing her story of finding hope while battling breast cancer. Golfin' in the Wild reached a record number of attendees and donations, raising over \$27,000.00 to support local cancer research, education and patient support. Pinwheels are still available in the Foundation Office for a \$10.00 donation to the Illinois CancerCare Foundation.

"Thank you to everyone that came out to support the Young Leaders Board's Golfin' in the Wild this year. I am so proud of what this event has become over the past six years and am looking forward to seeing the momentum continue as we work to bring hope, support and cutting edge treatments to our local cancer patients and their families." Emily Weeks, CPA Caterpillar, Young Leaders Board Chair.

The Illinois CancerCare Foundation Young Leaders Board is comprised of young professionals seeking to support the Foundation's mission of funding research, education and supportive services to families battling cancer in central Illinois. Want to join? Contact Lauren Obalil at lobalil@illinoiscancer.com or 309-243-3423.



Patient Speaker Barbara Vlachos and husband Alex

CUREageous 2017

On November 11th, 2017 the Illinois CancerCare Foundation hosted their 8th annual CUREageous at the Par-A-Dice Hotel and Casino. This event honors area physicians and affiliated medical professionals who dedicate their time to furthering research in their specialty while providing exceptional care for their patients.

Thanks to the generous support of sponsors and guests, CUREageous was able to net \$208,506.00 surpassing the 2017 goal and bringing the total raised over 8 years to OVER 1 MILLION dollars. These proceeds bring cutting edge research, education and other supportive services to cancer patients in Central Illinois.

MEET OUR CUREAGEOUS HONOREES:



Pictured from Left to Right: Dr. Richard Anderson, Dr. Madhuri Bajaj, Dr. Glyn Jones and AMP Champ APN Jodi Stoner

2017 ROCK DOCS

These Central Illinois physicians dedicate their time to furthering research in their specialty while providing exceptional care for their patients.

DR. RICHARD ANDERSON, Thoracic Surgery, Peoria Surgical Group/University of Illinois College of Medicine

Dr. Anderson values research for “the chance to improve patient outcomes and quality of life.” He believes there is a need for doctors and scientists to advance this field.

DR. MADHURI BAJAJ, Hematology/Oncology, Illinois CancerCare, P.C.

Dr. Bajaj prides herself on giving her patients cutting edge/breakthrough therapies, “Research enables me to bring more to the table when I care for my patients.”

DR. GLYN JONES, Cosmetic and Reconstructive Surgery, Illinois Cosmetic and Plastic Surgery

Dr. Jones is involved in research out of his desire to advance the care of his patients. “I love being in the operating room and knowing that I can change and improve my patients’ lives.”

2017 AMP CHAMP

The AMP Champ is an Affiliated Medical Professional who also provides exemplary contributions to research and works hand in hand with Rock Docs. .

JODI STONER, APN, OSF Saint Francis Medical Center

Special Thank You
TO OUR CUREAGEOUS COMMITTEE!



Brian Buralli (Co-Chair), Jamie Harper (Co-Chair), Terri Baldi, Ann Best, Sue Blocker, Gina Kouri, Brenda Noel, Susan Paul, Pam Romolo, Linda Scott (not pictured), Karoline Seitz-Goddard, Ketra Tobin and Wendy Wagner.



MAY 3 **Senara Mayk-Overs & Margaritas | 5:00 pm**
Senara Health & Spa, 2208 West Willow Knolls Drive, Peoria 309-693-9600

Come celebrate the beginning of May with Senara Health & Spa's "May"k-overs and Margaritas. Enjoy a Girls-Night-In with drinks, treats, spa services and activities designed to relax, pamper and rejuvenate - All wrapped up in to one great evening to support local cancer patients and their families. www.experiencesenara.com



MAY/JUNE **Swing for the Cure**
May /June 2018 Dozer Park 730 West Jefferson Avenue, Peoria

Survivors and their families are welcome to get free tickets from the Illinois CancerCare Foundation office to enjoy a day at the ballpark watching the Peoria Chiefs. www.illinoscancercarefoundation.org



JULY 7 **6TH Annual Leather & Leis River Run & Party | 10:00 am – 8:00 pm**
Peoria Riverfront

Join the Central Illinois Parrot Head Club for an all day event touring both sides of the Illinois River in the Peoria area and stopping at beach themed bars along the way! The event concludes with a party and live music at the East Peoria Boat Club. If you prefer to ride instead of drive, reserve your seat on the party bus. Proceeds raised from this event benefit the Illinois CancerCare Foundation. <http://www.ciphc.org/wordpress/> or www.facebook.com/leatherandleis.



JUNE **Mini Golfin' in the Wild | 9:30 am**
Illinois CancerCare 8940 North Wood Sage Road, Peoria 309-243-3000

An event for all ages, Mini Golfin' is a golf outing perfect for everyone in your household. This event will feature a miniature golf course, games, obstacle course, treats and more – right here in the beautiful prairie surrounding our Illinois CancerCare Peoria location. All proceeds will benefit the Illinois CancerCare Foundation. Join us for a morning to bring HOPE to local cancer patients and their families. www.illinoscancercarefoundation.org



AUG 11 **7th Annual Golfin' in the Wild | 3:00 pm – 9:00 pm**
Wildlife Prairie Park 3826 N. Taylor Road, Hannah City 309-676-0998

This unique, nine-hole golf course carved out in the middle of the prairie is geared for any skill level (non-golfers will fit right in). Throughout the course there are additional entertaining activities and refreshments. Following golf, guests enjoy dinner, a silent auction and raffle in the ballroom overlooking the beautiful park. www.illinoscancercarefoundation.org



NOV 3 **Theresa Tracy Trot | 8:00 am**
East Peoria Riverfront Park 1204 Riverside Drive, East Peoria

The Theresa Tracy Trot is a 4 mile run or 2 mile walk along the East Peoria Riverfront and Levee District. It is held in honor of Theresa (Naramore) Tracy, a young wife and mother who lost her brief but courageous battle with pancreatic cancer. Donations support the mission to increase survivability of pancreatic cancer through awareness of signs and symptoms and advancement of cures through funding for research for early detection, testing and treatment of pancreatic cancer. www.theresatracytrot.com



NOV 5 **Totes for Ta-tas**

Totes for Ta-tas is an annual fundraising event to support local breast health organizations and charities. This year funds are being raised for the Illinois CancerCare Foundation. The event features new or gently used handbags, totes, wallets, coin purses, and more, all available by live and silent auction during the affair. www.totesforta-tas.com



NOV 9 **9th Annual CUREageous | 6:00 pm – 11:00 pm**
Par-A-Dice Hotel & Casino

Illinois CancerCare Foundation's signature event is so OUTRAGEOUS you won't want to miss the party! The event honors area physicians and affiliated medical professionals who have made great strides in cancer research. CUREageous features entertainment, a silent auction and raffle, along with great food and its signature drink, a CUREtini. www.illinoscancercarefoundation.org

Dr. Bajaj

INSPIRED BY THE PAST & BRINGING HOPE TO THE FUTURE



Illinois CancerCare's Madhuri Bajaj, MD, was recently recognized as one of the best and brightest on the front lines of the local fight against cancer. She was awarded the title of Rock Doc at the CUREageous fundraiser held last November at the Par-A-Dice Hotel & Casino.

Dr. Bajaj is an oncologist/hematologist who has always had a love for research. But looking back, it seems she was destined for a life in cancer care after the disease struck a member of her own family.

"I got introduced to this field learning about my grandfather's diagnosis. What are the drugs they're giving him? How are they going to treat his colon cancer? And now I'm one of our colorectal cancer specialists," she shares, explaining how it's come full circle.

This year Dr. Bajaj was nominated by her peers for the "Rock Doc" award for outstanding patient care and research. Word of the honor spread through the practice, even reaching some of her patients. That included Larry Noder, a retired farmer who came to his appointment with a balloon in hand to help congratulate the doctor who he says helps make a difficult cancer diagnosis and prognosis more bearable.

"Just in talking to her you can tell that she's got confidence in herself, that she knows what she's doing, and wants to bring everything she's got to you," Noder explains.

Of course, Dr. Bajaj admits that working in a field where the reality is not all patients will make it can take its toll. But that's why the married mother of two says she's adopted a positive philosophy.

"Every day is so valuable, so I basically have a lot of gratitude in the days we have," she shares.

And she leads by example, undertaking new challenges such as running a half marathon, dancing on stage, embarking on glacier mountain hikes, and braving cave explorations.

"All of these things are really rejuvenating for me on a personal level so I can go back to that next room and see the next patient, and see if we can make a difference," she explains

And her patients and colleagues say she does make a difference.

- Caitlin Knute, WEEK 25 News, (posted 10/26/17, updated 11/9/17)

The Mission of Illinois CancerCare is to provide comprehensive, compassionate care that enhances the lives of patients and their families. Illinois CancerCare, P.C. is a comprehensive practice treating patients with cancer and blood diseases



ILLINOIS CANCERCARE RESEARCH BRINGS HOPE FOR PATIENTS BATTLING TRIPLE NEGATIVE BREAST CANCER ■■■■■■■■■■

An interview with Illinois CancerCare physician Dr. Diane Prager



Evelyn Wilkerson, host of WMBD's Living Well, sits down with Illinois CancerCare's Dr. Diane J. Prager to discuss advances in treatment of triple negative breast cancer, a disease that currently makes up about 15% of breast cancer patients and can be more aggressive than other breast cancers.

Evelyn: A lot has happened in how triple negative breast cancer and metastatic breast cancer is treated. Tell us about what is happening now to help people live longer lives.

Dr. Prager: The primary treatment for metastatic triple negative breast cancer is chemotherapy, but in the last number of years there has been a lot of development in terms of supportive care. So whilst a lot of the medications may cause symptoms such as nausea and vomiting, we are better able to palliate those symptoms so that patients can receive their treatments at the full doses and not be ill all the time. We also have a slew of new chemotherapy agents which are effective for triple negative breast cancer.

Looking towards the future, at triple negative breast cancer and its treatment...a wise person once said that when you define a disease by its negatives, it implies that there is more than one disease there. What we have discovered when we look at the molecular level is that instead of one disease entity, there are actually about six different subtypes. And, by targeting those subtypes specifically with different therapies, we will probably be more effective in treating this type of malignancy.

Evelyn: But there definitely is hope though?

Dr. Prager: Absolutely. Absolutely. For example, one of the newer therapies for triple negative breast cancer specifically is using immunotherapy, where we are allowing the body's

own immune system to fight the cancer. In a subtype of triple negative that has this immune background, we have seen, with a single agent, responses in excess of 11 months, which is extremely hopeful.

Evelyn: You are attending conferences and staying on the cutting edge of what is happening in the field. Does this bring hope to your patients?

Dr. Prager: We try to do that. All of the physicians at Illinois CancerCare attend conferences throughout the year and we are definitely at the cutting edge. We bring cutting edge research to Peoria and that way we can translate it as fast as possible for our patients to benefit them and their fight against cancer.

Evelyn: Do you have a message of hope to offer to people out there who might have this type of triple negative breast cancer?

Dr. Prager: Definitely speak with your oncologist. Definitely stay engaged with the community. Go online, go to the American Cancer Society, and you can go to our website (IllinoisCancerCare.com). There are studies all the time for triple negative breast cancer. There is a lot of research going on right now.



Dr. Prager works alongside a team of other doctors and researchers in an effort to save lives in the fight against metastatic breast cancer. Morgan Maddox, Lead Clinical Research Associate at Illinois CancerCare, is a part of this team. She gives us insight into how research in central Illinois is helping metastatic breast cancer patients get access to the latest treatments by participating in their clinical trials.

"Back in the beginning, and even when I started here nine years ago, a lot of the treatments were with what we would call general chemotherapy," says Morgan. "That type of chemotherapy cannot tell the difference between a cancer cell and a normal cell. That means that type of chemotherapy will attack anything high moving in the body. The drugs from then until now have really been able to tell the difference and they can attack just the cancer cell."

That development is reducing side effects and making treatment for patients easier to bear.

"Our patients are able to come in here and go through their normal day without being so sick and without having as many side effects as in the past, because these drugs are so smart."

Clinical trials are another way for patients to have an opportunity that they otherwise would not be able to have. The drugs that these physicians prescribe are smart because Illinois CancerCare's dedication to research.

"They are making great strides in how effective the drug is, not only the side effects avoided, but extending the patient's life. Clinical research is really making a great impact in stage IV breast cancers."

"Our big goal here is commitment to research, paving the way for people in the future."

By making strides, Illinois CancerCare is setting the standard for others in the medical community. It's a commitment that they are determined to fuel until cures for all types of cancer are found.

"We thrive on being able to be the first in a lot of situations, from breast cancer to other disease sites, giving patients the opportunity that they might not be able to get anywhere else...or maybe not in time."

-article taken from interview by Evelyn Wilkerson, WMBD news



congratulations

DR. JANE LIU

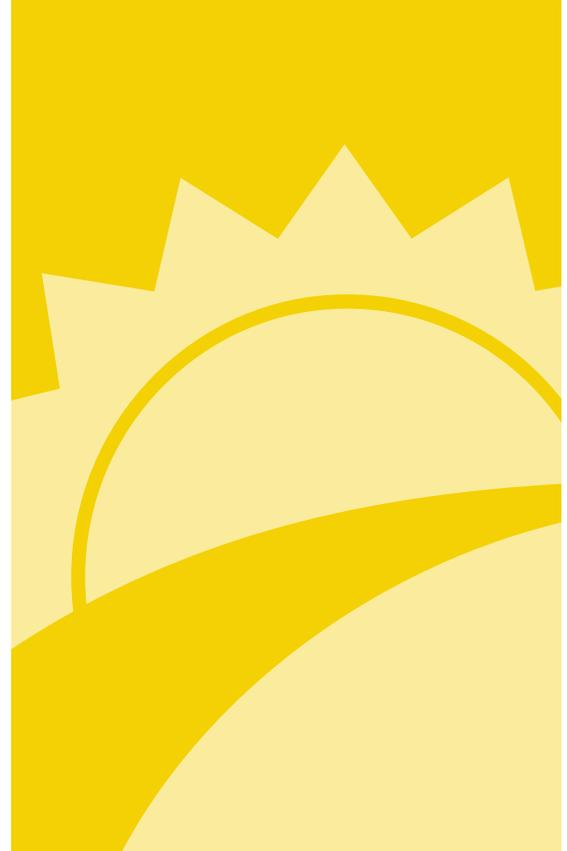
**for Efforts
as Lead Investigator
in Cancer Research**



Dr. Jane Liu, Medical Oncologist at Illinois CancerCare, was recognized as the highest enrolling physician for all cancer prevention and symptom management trials available through the NCI Community Oncology Research Program (NCORP).



illinoiscancercare.com



Dr. Jane Liu Recognized for Efforts **AS LEAD INVESTIGATOR IN CANCER RESEARCH**

Dr. Jane Liu, Medical Oncologist at Illinois CancerCare, was recognized as the highest enrolling physician for all cancer prevention and symptom management trials available through the NCI Community Oncology Research Program (NCORP). The recognition was recently presented at the annual NCORP meeting in Bethesda, MD.

NCORP is a National Cancer Institute (NCI)-supported network that brings cancer prevention clinical trials, cancer care delivery research, and cancer treatment trials to people in their communities. Locally, these clinical trials and research programs are available through Heartland NCORP which includes Illinois CancerCare, OSF HealthCare and UnityPoint Health-Methodist. Dr. Liu was also recognized for her efforts as the second highest enrolling physician across the entire NCORP network. In addition, 5 other physicians at Illinois CancerCare were recognized for their achievements in enrolling patients. They include: **Madhuri Bajaj, MD; Gregory J. Gerstner, MD; Patrick L. Gomez, MD; Pankaj Kumar, MD; and Gary MacVicar, MD.**

These recognitions are important as they highlight individuals and organizations for their dedication and commitment to research for individuals with cancer. This commitment can lead to new and improved cancer treatments and better ways to provide cancer care.

Heartland NCORP is comprised of three nationally recognized community cancer programs located in Peoria, IL, Decatur, IL and St. Louis, MO. These groups each had participated in NCI's Community Clinical Oncology Program (CCOP), the predecessor program to NCORP.

Breast Cancer Survivor's Weight Management Program



Diet and physical activity play an important role in breast cancer survivorship!

Did you know:

- Being overweight/obese may increase risk of reoccurrence
- Breast cancer patients who engage in moderate physical activity have improved emotional well-being and overall better survival than those who remain sedentary

This six month, bi-weekly program will equip you with tools and skills you need to manage your weight with diet and lifestyle balance.

For more information contact Grace Hensold, RDN, LDN at 309-243-3464 or ghensold@hulthealthy.org

YOUR TIME IS IMPORTANT



WE HAVE IMPROVED OUR SCHEDULING PROCESS

WE ARE EXCITED TO INTRODUCE OUR TEAM BASED MODEL

PLEASE ASK OUR RECEPTIONIST IF YOU HAVE ANY QUESTIONS



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

Butternut Squash Soup

Butternut squash is the cold-weather all-star in this dish because it is so versatile and full of vitamins and minerals. Butternut squash gets its vibrant orange color from an antioxidant known as beta-carotene, a form of Vitamin A, which supports your skin and eyes, and can help protect against cancers. Butternut squash can be found in the produce section of most grocery stores year round or seasonally at your local farmer's market September through October. For easier peeling and cutting, pierce the squash a few times and microwave for 2 minutes. If you don't want the hassle of cutting the squash, look for pre-cut or frozen squash. Pair with a slice of whole grain bread for a meal or add some sausage to add extra flavor!

If you are interested in learning more about diet and cancer prevention, plan to attend the **Spring Healthy Cooking Demonstration on Tuesday, April 17, 2018 at Hy-Vee Sheridan Village. The demonstration is being offered at 12:00pm and 5:00pm. Call the Hult Center for healthy Living at 309-692-6650 to reserve your space as seating is limited!**

Nutrition Facts per 1 cup : 200 Calories, 4g Fat, 310 mg Sodium, 39g Carbohydrates, 4g Fiber, 21g Sugar, 4g Protein

Ingredients

- 2 tablespoon butter
- 1 med onion- chopped
- 2 cloves garlic- minced
- 3 med carrots- diced
- 2 stalks celery- diced
- 1 med potato- peeled and diced
- 1 med butternut squash- peeled, seeded and diced (or 4 cups cubed)
- 3- 14.5 oz cans chicken broth low sodium
- 1/2 cup honey or less to taste
- 1/2 teaspoon dried thyme leaves, crushed
- salt & pepper to taste

Directions

In a large pot, melt butter over medium heat. Stir in onion and garlic. Cook and stir until lightly browned, about 5 minutes. Stir in carrots and celery. Cook and stir until tender, about 5 minutes. Stir in potato, squash, chicken broth, honey and thyme.

Bring mixture to a boil; reduce heat and simmer 30-45 minutes or until vegetables are tender. Remove from heat and cool slightly. Working in small batches, transfer mixture to blender or food processor; process until smooth (I use a hand blender and process in the pot. The texture is a bit less smooth, but still acceptable).

Return pureed soup to pot (if using the stand blender or food processor). Season to taste with salt and pepper. Heat through until hot and serve.

COMPREHENSIVE CANCER TREATMENT

for over 40 years



Illinois CancerCare, P.C. provides patients world-class cancer treatment and cutting-edge clinical trial research comfortably close to home. These clinical trials can lead to new and improved treatments and better ways to provide cancer care.

- More than **10,000** Illinois CancerCare patients have participated in trials.
- Illinois CancerCare has **advanced genomic testing** that allows us to offer new treatment options to patients here in central Illinois.
- Targeted cancer therapies allow patients to receive **precision treatment** for their particular type of cancer.
- **12 office locations** allowing Illinois CancerCare to bring comprehensive care where people live.



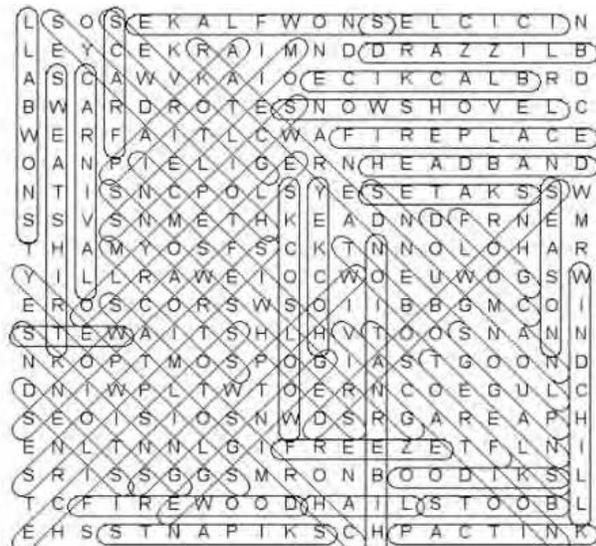
**ILLINOIS
CANCERCARE, P.C.**
Specializing in Cancer and Blood Disorders

**Groundbreaking RESEARCH.
Lifesaving CARE.
Illinois CancerCare...
because LIFE is precious.**

illinoiscancercare.com | 8940 N. Wood Sage Rd Peoria, IL 61615-7822 | 1.866.662.6564

Crossword puzzle and Sudoku Answers

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



Volunteer Highlights

Theresa Tracy Trot



The 5th annual Theresa Tracy Trot raised funds to support local pancreatic cancer research at the Illinois CancerCare Foundation and University of Illinois College of Medicine. This year, Dr. Gerstner and his 11-year-old son Tyler ran the 4 mile race. Thank you to all the Trot participants, sponsors and committee members.

Totes for Tatas



Thank you to Sharyl Nuske and her Totes for TaTa's team. The event was an amazing day of fellowship, fun and fundraising for the fight.



Trust in Hope



Each year, Illinois CancerCare staff & volunteers support patients and their families through the Foundation's Trust in Hope program. This past year 320 Thanksgiving meals were delivered and 28 families with 66 children received holiday gifts. Thank you to all the staff and donors who make this program possible!

Programs



The American Cancer Society has programs and services to help people with cancer and their loved ones understand cancer, manage their lives through treatment and recovery, and find the emotional support they need.

Look Good Feel Better

Look Good Feel Better teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment. Beauty products are provided. Call 1-800-227-2345 to register for a date in your area.

Free Wigs

NEW wigs, hats, turbans and scarves are available free of charge to any woman who has had a recent cancer diagnosis or is actively going through treatment. Call 1-800-227-2345 to make an appointment.

Transportation Resources

Our patient navigator can connect you with our Road to Recovery volunteer drivers, PATH (Patient Assistance Transportation Help) gas gift cards, and other local agencies that assist in transporting patients to and from appointments. Call 1-800-227-2345 to make an appointment.

Homemakers Services

Household services such as cleaning, errands and general assistance are available to support cancer patients in their homes. Call 1-800-227-2345 to find out more.



The Hult Center for Healthy Living serves the communities of Central Illinois through health education programs, senior programs, mental health programs, and cancer programs and services.

Free Cancer Caregiver Support Group

Free Cancer Caregiver Support Group meets the first Tuesday of the month 5:00-6:30 p.m. at Illinois CancerCare 8940 Wood Sage Rd. Peoria, IL. For more information, contact Kitty Bienemann at 309-243-3461 or kbienemann@hulthealthy.org.

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. Call 309-243-3461 to make an appointment.

Kids Konected

Free for children ages 5-18 whose parent, grandparent or caregiver has or had cancer. Call 309-672-5785 for more info.

Individual Nutritional Counseling

Free nutritional counseling sessions available Monday-Friday with Grace Hensold, an oncology dietitian for patients who are experiencing side effects from cancer treatment. Call 309-243-3464 or email her at ghensold@illinoiscancer.org to make an appointment.

Individual Healing Touch Session

Becky Dailey will see clients undergoing cancer treatment the 2nd Thursday of each month at 8:30 a.m. and 9:15 a.m. Call 309-692-6650 to schedule an appointment.

Massage Therapy

Our experienced massage therapists have all received specialized training in oncology massage to deliver safe, comfort-oriented massages to cancer patients. Massages are \$35 per hour for those in active treatment and \$45 per hour for those not in active treatment and caregivers. Call 309-692-6650 to schedule an appointment.

Reflexology

Judy Schlueter, Licensed Reflexologist, will see clients on the third Thursday of each month at 8:30 a.m. and 9:15 a.m. Call 309-692-6650 to make an appointment.

MON

Aqua Survivor - 9:00 a.m. Landmark Recreation Center 3225 N. Dries Lane, Peoria

Cancer Support Group - 3:30 p.m. Illinois CancerCare 8940 Wood Sage Rd., Peoria

Breath of Joy Yoga - 5:15 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria

A registered yoga teacher brings her experience as a cancer survivor to this class. Free of charge and available to cancer patients, survivors and caregivers.

Tai Ji for Life - 6:30 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria

TUES

Aerobics - 9:00 a.m. UnityPoint Health-Methodist Wellness Center 900 Main St., Ste. 010, Peoria
Gentle and low impact with instructor Elmira Akama

Mindfulness Meditation - 5:15 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria
These sessions are a very simple form of meditation, so you do not need any previous experience. Comfortable seating is provided.

WED

Yoga with Jean - 11:00 a.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria
All levels welcome

Cancer Support Group - 1:00 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria

Beginner Tai Ji - 6:30 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria
Very basic Tai Ji taught by Donna Sturm

THUR

Restorative Yoga with Marcy - 5:30 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria
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.

FRI

Living Strong - 9:00 a.m. UnityPoint Health-Methodist Wellness Center 900 Main St., Ste. 010, Peoria
Strength training class with Beth Stauffer. All levels welcome



Gary R. MacVicar, M.D.



Madhuri Bajaj, M.D.



Paul A. S. Fishkin, M.D.



Nguyet A. Le-Lindqwister, M.D.



Michael H. Veeder, M.D.



Srinivas Jujjavarapu, M.D.



Nadia Rehman, MD

PHYSICIANS



Rebecca Byler Dann, M.D.



Shawn Seibert, M.D.



Francois J. Geoffroy, M.D.



Patrick L. Gomez, M.D.



Diane J. Prager, M.D.



Greg Gerstner, M.D.



Jane Jijun Liu, M.D.



Pankaj Kumar, M.D.

FEATURED *Doctor*



Gary MacVicar, M.D.



Dr. MacVicar attended the University of Chicago both for his undergraduate and medical school education. He then completed a residency in internal medicine followed by a fellowship in hematology/oncology at the University of Michigan in Ann Arbor. Dr. MacVicar was an assistant professor at Northwestern University from 2005 to 2013 where he was involved in the clinical investigation of genitourinary malignancies. He has been involved in many clinical trial cooperative groups, including Eastern Cooperative Oncology Group and the Prostate Cancer Clinical Trials Consortium. He has also served on the NCCN Prostate Cancer Guidelines Panel and the National Cancer Institute Prostate Cancer Task Force. Dr. MacVicar finds oncology both challenging and rewarding. He enjoys caring for his patients during a very stressful time. During his free time, he enjoys running, biking, backpacking, river rafting and reading.

FEATURED *CPN*



Doreen L. Link, APN



Doreen received her Bachelor of Science in Nursing from North Park College in Chicago, IL and her Masters of Science in Oncology Nursing from Northern Illinois University in DeKalb, IL. She also has her Adult Nurse Practitioner Degree from North Park College. Doreen chose to join Illinois CancerCare because she was impressed with the dedication of the practice to participate in the latest cancer research. "All advancements in oncology have been because of research," she says. "It was important for me to work with a team that actively pursued advancing the treatment of cancer patients." She also noticed how the practice was dedicated to helping take care of each cancer patient as an individual. "I value that type of commitment to patient care and wanted to be an integral part of such a quality, patient-centered organization." In her free time, Doreen enjoys music, hiking, and spending time with family and friends.