

# ILLINOIS CANCERCARE

## Newsletter

April / May / June 2018

### ARTICLES INSIDE

First FDA Approved Treatments for Non-Metastatic, Castration-Resistant Prostate Cancer and Stage III NSC Lung Cancer

Illinois CancerCare Partnership with Hult Center for Healthy Living & the American Cancer Society

Women of Distinction in the Battle Against Cancer

Free Pharmacy Delivery Service

Morton Lady Potters Basketball Team Give Back

Theresa Tracy Trot Strive to Survive volunteers make an impact on Pancreatic Cancer



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**

---



First Ever FDA Approved Treatments Available at Illinois CancerCare **PG 10**

---

Volunteer Highlights **PG 14**

---

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

---



Women of Distinction in the Battle Against Cancer **PG 9**

Answers to Word Search and Sudoku **PG 12**

Recipe: Easy Mexican Stuffed Bell Peppers **PG 13**

Illinois CancerCare Partnership with Hult and ACS **PG 16**

# hello

## LETTER FROM THE EXECUTIVE DIRECTOR OF THE FOUNDATION

**Commits, Supports, Advocates, Funds, Partners, Educates and Equips. These are not only key words describing the mission of Illinois CancerCare but are also the core of what we do to bring HOPE to central and western Illinois families coping with a cancer diagnosis.**

2018 marks the 17th year the Foundation has been following the mantra, No One Fights Alone! We want local cancer patients to have every weapon available in their battle against this disease. The funds raised over the past 16 years – thanks to your incredible generosity – makes that possible every day for local cancer patients. But our work is about more than money, it's about bringing feet to the fight, engaging people in the cause and inspiring them to take action.



Over the past 16 years....

- 4,848 Illinois CancerCare patients have participated in clinical trials
- 99 fundraising events were held
- \$5,086,481 has been raised by Illinois CancerCare Foundation to keep HOPE alive
- 2,000 Thanksgiving meals have been delivered to over 125 Illinois CancerCare families
- 300 children of Illinois CancerCare patients have received holiday gifts

Because of your support, we're able to fill a critical gap in government funding and ensure that no local Illinois CancerCare patient loses access to clinical trials. Because of your generosity, we're able to award grants and offer education programs. Because of your compassion, cancer patients and those they love know they'll never have to face this fight alone.

This year we have ten different opportunities for you to engage with us (See Calendar of Events on Page 8). We hope you will feel inspired to bring your feet to the fight and join us as we strive to grow our fundraising revenues to \$1 million dollars by 2020. This will allow us to do more for local cancer patients and their loved ones. When it comes to fighting cancer, every contribution of time, talent and resources makes a difference.

I invite you to join us!

For event information call 309-243-3437 or visit [www.illinoiscancercarefoundation.org](http://www.illinoiscancercarefoundation.org) and click on Events.

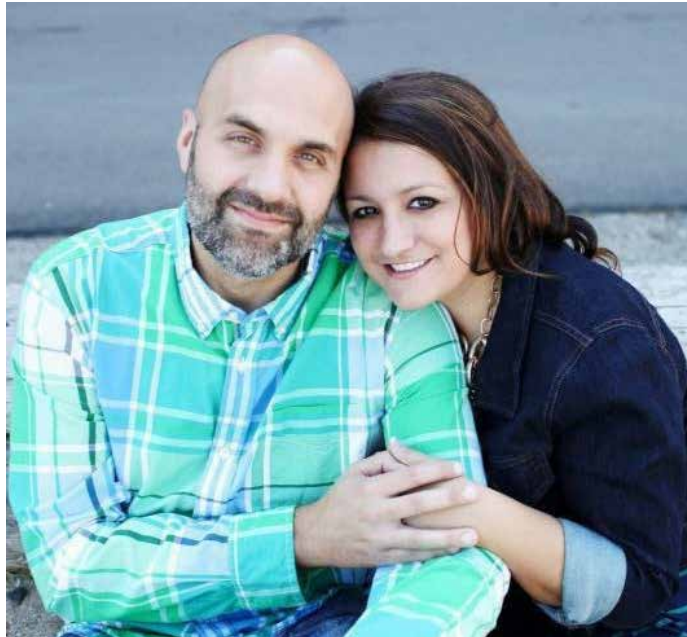
Thank you for being part of our Illinois CancerCare Foundation movement – we are looking forward to much more in 2018!

Friends in the Fight,

A handwritten signature in black ink that reads "Tonda".

Tonda Thompson  
Executive Director  
Illinois CancerCare Foundation





**LEFT:** RN Brooke, who knew Andrea's boyfriend Nate, accepts the donation of chemo bags at the Illinois CancerCare Bloomington/Normal Clinic.

**RIGHT:** Andrea Yuhas and Nate Lyons.

## CHEMO COMFORT BAGS IN BLOOMINGTON/NORMAL

For the second year, Andrea Yuhas and her thirty-one bags clients donated hundreds of chemo bags full of comfort, care and love to patients at the Illinois CancerCare Bloomington/Normal Clinic. Last spring, Andrea blessed our Bloomington/Normal patients, and this year, she is at it again – plus adding a delivery to the Ottawa clinic! Each bag is lovingly packed by Andrea herself (the inventory takes over her home!), and includes items to bring patients comfort during treatment such as lotions, chap stick, mouthwash, mints, water bottles, notepads, puzzles and blankets. Andrea makes the donation in honor of her late boyfriend Nate Lyons who was a patient at the Illinois CancerCare Bloomington/Normal Clinic. “I am just so glad to be able to give back after the wonderful care Nate received” says Andrea.

### **How she did it:**

Andrea's passion drives her success. She did her fundraising through a facebook post, and the community responded. Each \$25.00 donation provided both the designer thirty-one bag and everything in it. Andrea used her discount as a thirty-one bags representative and bought the contents in bulk. Overall she raised \$10,000 (!! ) that provided 272 bags to the Illinois CancerCare Bloomington/Normal Clinic and 100 bags to the Illinois CancerCare Ottawa Clinic. Each bag includes a tag honoring Nate and the individual who made the \$25 donation toward the bag.

“When I started this last year, my goal was to fundraise for 10 bags, but I ended with 100,” says Andrea. “Imagine my surprise this year!”

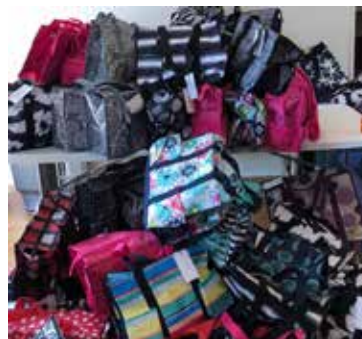
***Thank you, Andrea and everyone who generously donated to bring these beautiful chemo bags to our patients! Your gift means much more than comfort. It shares love, care and hope with our patients as they fight to stay strong through treatment.***



I am just so glad to be able to give back after the wonderful care Nate received.

— *Candrea*

The bags are donated in honor of Nate Lyons.



272 bags were delivered to the Bloomington/Normal Clinic and an additional 100 to the Ottawa Clinic. Each bag includes a tag honoring Nate and the individual who donated the bag.

## Puzzle and Soduko

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

### Gardening

Find and circle all of the words that are hidden in the grid. The remaining 27 letters spell a Lady Bird Johnson quote.

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

ANNUALS  
 BEANS  
 BEETS  
 BIENNIAL  
 BROCCOLI  
 CARROTS  
 COMPOST  
 CULTIVATE  
 DAISIES  
 DIGGING  
 FERTILIZER  
 FLOWERS  
 FUCHSIA

GARDEN  
 GERANIUMS  
 GLOVES  
 GNOME  
 GREENHOUSE  
 GROW  
 HOES  
 HORTICULTURE  
 HOSE  
 HYDRANGEA  
 LILACS  
 LILIES  
 MARIGOLDS

ORGANIC  
 PEAS  
 PERENNIAL  
 PETUNIAS  
 PINWHEEL  
 PITCH FORK  
 PLANTING  
 RAIN  
 RAKE  
 RELAXING  
 ROSES  
 ROWS

SEEDS  
 SHOVEL  
 SOIL  
 SPADE  
 SUNSHINE  
 TOMATOES  
 TROWEL  
 TULIPS  
 VEGETABLES  
 WATER  
 WEEDS  
 WHEELBARROW



## MORTON LADY POTTERS: *Champions On and Off the Court!*

The Morton Lady Potters Women's Basketball Team, 3X State Champs, were once again Champions at Illinois CancerCare! This outstanding group of athletes, women and philanthropists raised \$6,610 for the Illinois CancerCare Foundation (surpassing last year's total by \$4,110) by hosting a Pink Night, selling T-shirts, 50-50 sales and a great silent auction. The women also spent a day volunteering at Illinois CancerCare's Peoria Clinic. They were very busy serving patients snacks, assembling new patient packets and lovin' on the therapy dog Wrigley. These donations will be used to further the Foundations mission of patient support, education and clinical research for a cure.



**CONGRATULATIONS Morton Lady Potters Women's Basketball team for your outstanding success on the court and THANK YOU for your commitment to helping local cancer patients in central and western Illinois!**

## A REMARKABLE GIFT IMPACTING PANCREATIC CANCER

Illinois CancerCare Foundation board members, volunteers and staff, along with Illinois CancerCare, P.C. providers and researchers, are very grateful to Theresa Tracy Strive to Survive committee members, volunteers and supporters! In 2017, Theresa Tracy Strive to Survive raised \$80,889.02 to help fight Pancreatic Cancer. This group of selfless, hardworking, passionate volunteers donated \$35,944.51 to the Illinois CancerCare Foundation. This brings their total donation to the Illinois CancerCare Foundation to \$108,000. The University of Illinois College of Medicine at Peoria (Dr. Christopher Gondi) also received a donation for \$44,944.51 to impact their work in researching new treatment options for pancreatic cancer patients.

The gift to the Illinois CancerCare Foundation funds genetic testing for pancreatic cancer patients through the Illinois CancerCare Genetics Clinic. This key test identifies if the pancreatic cancer was genetically caused and could potentially be passed on to further generations. If the pancreatic cancer was caused by a genetic mutation, family members have the option to receive genetics testing and genetics counseling. While there is currently no cure for pancreatic cancer, early detection can make a remarkable difference in prognosis and successful treatment of the disease.

For more information about this program, contact Jamie Harper, Illinois CancerCare Director of Clinical Research, at 309.243.3618 or [jharper@illinoiscancer.org](mailto:jharper@illinoiscancer.org)





# Inspiring the Next Generation TO CURE CANCER



Ivan & Dr. Gerstner



Ivan & the ILCC research team

Ivan Pfautsch, the inspiration for Illinois CancerCare’s fundraising club Ivan’sArmy, spent a morning in March learning about cancer care and clinical research with our team at the Peoria location. He began with mentorship and patient visits alongside Dr. Gerstner. They had great discussion over patient care and staying current on the latest cancer treatments. Then Ivan spent time with Morgan Maddox, Lead Clinical Research Assistant, in the research department. Morgan was able to dive deeper in to Ivan’s biggest interest – the nervous system. She showed Ivan some clinical research protocols being used in treatment for brain cancer, and they explored the 3-D brain model. Ivan ended his morning spending time with Jamie Harper, Director of Research. Ivan inquired how drugs receive their names after discovery and Jamie was able to share a presentation regarding drug names and how they relate to the cancers they treat.

“Ivan is very intuitive, respectful, smart, and you could tell he was soaking up every ounce of information we shared with him. I am sure this young man is going to be a part of a new treatment discovery in the next 15-20 years!” – Morgan Maddox, Lead Clinical Research Assistant, Illinois CancerCare

Next for Ivan...Illinois CancerCare’s Dr. Geoffroy will talk to Ivan about his interest in the nervous system and clinical research to treat brain cancer. Dr Geoffroy is a board certified neuro-oncologist and recently completed a fellowship in neuro-oncology at Duke University, one of the largest and most well-known brain tumor and clinical research programs in the U.S. We are excited to have this expert on staff at Illinois CancerCare to inspire the next generation!



**WHAT IS IVAN'S ARMY?**

Ivan's army is an army of young people creatively funding the fight against cancer!

You are never too young to make an impact on the front lines of cancer research, education and prevention. Have fun fundraising for HOPE and support the Illinois CancerCare Foundation in its mission to make an impact in the lives of cancer patients in our community, while paving the way to a cure.

**WHO IS IVAN?**

Ivan Pfautsch is a 11-year-old boy from Central IL. He wanted to do something to honor his mother's recovery from breast cancer as well as impact cancer research toward a cure. For his birthday, he asked for donations instead of presents and raised \$285.00 for the Illinois CancerCare Foundation. Ivan donated his check alongside his parents, brother Clay and sister Ruby at the Illinois CancerCare CUREageous event. **In doing so, he sparked a movement...**

**YOU ARE NEVER TOO YOUNG TO MAKE AN IMPACT**

**JOIN IVAN'S ARMY! An army of young people funding HOPE in the fight against cancer!**  
Learn more at [illinoiscancercarefoundation.org](http://illinoiscancercarefoundation.org)



**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](http://www.experiencesenara.com)



**MAY 18** **Swing for the Cure**  
**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.illinioscancercarefoundation.org](http://www.illinioscancercarefoundation.org)



**JUNE 23** **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. [www.illinioscancercarefoundation.org](http://www.illinioscancercarefoundation.org)



**AUG 11** **7th Annual Golfin' in the Wild | 3:00 pm – 9:00 pm**  
**Wildlife Prairie Park 3826 N. Taylor Road, Hannah City 309-243-3437**

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.illinioscancercarefoundation.org](http://www.illinioscancercarefoundation.org)



**SEP 1** **PAPAS Fun Ride | Check-In 12:00 pm – 1:00 pm**  
**Jimmy's Bar 2801 W. Farmington Rd. West Peoria, IL 61604**

The Peoria Area Prostate Society, otherwise known as the PAPAS, lead a pub crawl of bike riders to spread awareness for prostate cancer. The group stops at 6 locations to remind men that being proactive about your prostate screenings could save your life. All you need is a bike! Part of the proceeds benefit the Illinois CancerCare Foundation.



**SEPT 15** **Pints for Prostates | 1:00 pm – 3:00 pm**  
**UFS 1800 SW Adams St. Peoria**

Please join UFS grassroots campaign to raise awareness among men about prostate cancer and the importance of early detection. Join us for a cold one and get the facts on prostate screening...it could save your life. For a \$20 donation to the Illinois CancerCare Foundation, Pints for Prostate participants will receive three pints of beer, additional craft beer tastings, and enjoy live music outside UFS, downtown Peoria.



**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. Donations support the mission to increase survivability of pancreatic cancer. [www.theresatracytrot.com](http://www.theresatracytrot.com)



**NOV 4** **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](http://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.illinioscancercarefoundation.org](http://www.illinioscancercarefoundation.org)





## *Women of Distinction in the Battle Against Cancer*

**A DISCUSSION WITH FIVE PHYSICIAN LEADERS RECOGNIZED FOR THEIR COMMITMENT TO PRACTICE AND RESEARCH**

As one of the largest private oncology practices in the nation, Illinois CancerCare, P.C. has been providing comprehensive, compassionate care since 1977, enhancing the lives of patients and their families. Utilizing an integrated approach to cancer treatment and therapies, the team at Illinois CancerCare is comprised of talented medical professionals, including 15 physicians, 25 advanced practice nurses and more than 375 staff members. The organization is also recognized internationally for its research and participation in clinical trials, which leads the way for successful cancer treatments and improves quality of life for cancer patients.

While the field may be dominated by males, a number of female physicians at Illinois CancerCare are responsible for continuing the legacy of care and research originally established by the practice's founders, Dr. Stephen Cullinan and Dr. James Gerstner.

### **DRIVE TO SUCCEED**

Madhuri Bajaj, MD; Jane Liu, MD; Nquyet A. Le-Lindqwister, MD; Diane J. Prager, MD; and Nadia Rehman, MD, are five women of distinction at Illinois CancerCare—and all have been recognized for their commitment to practice and research. Most recently, Dr. Liu was acknowledged as the highest enrolling physician for all cancer prevention and symptom management trials available through the NCI Community Oncology Research Program (NCORP). Dr. Bajaj was a recipient of the 2017 Rock Doc award, presented each year to physicians who work in central Illinois, exhibit outstanding patient care, and advance patient care forward through their support in research. She has also been published in a number of medical journals, including the July 2016 edition of the prestigious *New England Journal of Medicine*.

When asked what drives them as physicians, all five reference their patients. "Being able to provide cutting-edge cancer care to patients in every one of the communities we serve is the most rewarding experience I can have as a physician," states Dr. Liu. "It's about our ability to look at new ways of preventing, detecting and treating cancer while improving the overall quality of life for our patients."

All of these physicians feel that positive mentorship led to their drive to succeed, compassion to provide care, and ability to lead satisfying and fulfilling lives. In the case of Dr. Rehman, it was her

mother who had the most significant influence. "She always offered guidance whenever I needed it... and taught me the importance of strength and independence," she states.

Dr. Le-Lindqwister, who was raised by her grandmother, adds, "Being a woman in Vietnam during the colonial era, my grandmother was not allowed to pursue an education. She taught herself writing, reading and even how to speak French. She encouraged me to pursue my goals and to aim for the stars."

Dr. Liu cites Dr. Wendy Stockton at the University of Chicago as a key mentor. "Dr. Stockton is a world-renowned leukemia doctor and researcher. Working closely with her for our patients who have acute leukemia and attending research meetings together paved my career of being a community oncologist/researcher in this field." Dr. Bajaj adds that her mentor, Dr. Elisabeth Heath, taught her to "balance my career and family."

### **A LASTING LEGACY**

In the coming years, Dr. Le-Lindqwister foresees more patient-centric treatments of cancer, focusing on treatment and care within the community. "There will be more immunotherapy, genetic therapy, and hopefully access to cutting-edge therapy to all patients, regardless of their background or geographic profile."

"Cancer research in our local communities will flourish," Dr. Prager adds. "Illinois CancerCare has made it a priority to treat as many patients as possible in their own community—saving them long drives to regional institutions and having them sleep in their own beds." Dr. Liu is proud of the work that has been done at Illinois CancerCare over the last 40 years and is confident the practice will continue to lead cancer research in central and western Illinois for decades to come.

These five women, in partnership with the entire team at Illinois CancerCare, help deliver state-of-the-art care and make a lasting difference to individuals battling cancer and blood disorders, as well as their families. "We truly have a treasure here with Illinois CancerCare that most communities two to three times larger than ours can only dream about having," notes Dr. Rehman.

*Text taken from iBi magazine- December 2017*

# TWO NEW CANCER TREATMENTS AT ILLINOIS CANCERCARE

FDA APPROVES TWO CUTTING EDGE TREATMENTS THAT ARE BRINGING NEW HOPE TO PATIENTS WHO BEFORE HAD NO OPTION BUT TO WAIT.



*The physicians and staff at Illinois CancerCare are excited to share results that two new drugs, approved by the FDA (Federal Drug Association) this past February, are improving cancer treatments and prognosis for patients with non-metastatic, castration-resistant prostate cancer and stage III non-small cell lung cancer. Both of these treatments are the FIRST approved treatments for these tough to treat cancers.*

## **Apalutamide for Non-Metastatic, Castration-Resistant Prostate Cancer**

Many early-stage prostate cancers need normal levels of testosterone to grow. The first line of treatment is usually androgen-deprivation therapy – a hormonal therapy that robs the tumor of the testosterone it needs to grow. But this treatment doesn't work for "castration-resistant" prostate cancers. Apalutamide, an oral drug, has shown breakthrough effectiveness in keeping castration-resistant prostate cancer from spreading, for up to 40 months, in men whose disease hadn't yet traveled to other parts of their body. Apalutamide works by blocking the effect of androgens, a type of hormone, on the tumor. These androgens, such as testosterone, can fuel tumor growth.

## **About Prostate Cancer**

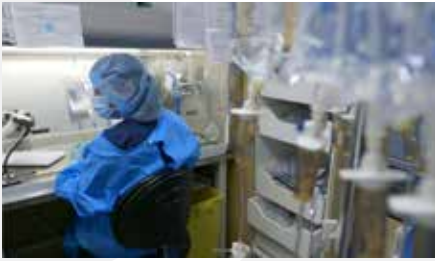
According to the National Cancer Institute, prostate cancer is the second most common form of cancer in men in the U.S. The NCI estimates approximately 161,360 men were diagnosed with prostate cancer in 2017 and 26,730 were expected to die of the disease.

Up to 20 percent of prostate cancer cases are considered castration-resistant, and up to 16 percent of these patients show no evidence the cancer has spread at the time of their diagnosis

In clinical trials of apalutamide, men taking the drug had a 72 percent lower risk of invasive cancer or death, based on results from more than 1,200 patients at 322 sites in 26 countries.

In a first for cancer drugs, the FDA based its approval of Apalutamide not on overall survival results, but on how long patients survived without their cancer spreading

Illinois CancerCare provides state of the art treatments to its patients against these complex diseases by staying at the leading edge of clinical research. As we strive to offer our patients personalized treatment plans, we are excited to offer apalutamide as a new treatment for our non-metastatic, castration-resistant prostate cancer patients.



### Durvalumab for Stage III non-small cell lung cancer

On February 16, 2018, the U.S. FDA approved the use of durvalumab (Imfinzi) for use in the

treatment of patients with stage III non-small cell lung cancer (NSCLC) that could not be completely removed through surgery. Durvalumab received accelerated approval from the FDA as the study results showed the drug may provide substantial improvement over the current therapies. In such cases, the FDA expedites the delivery of the drug to reduce the number of patients receiving potentially less effective treatments.

Illinois CancerCare sees over 500 new lung cancer cases in their region every year. Of those, nearly one-third of NSCLC patients are in stage III. The majority of Stage III NSCLC patients are diagnosed with tumors that cannot be removed completely through surgery. Until now, the current standard of care has been chemotherapy and radiation therapy, followed by active surveillance to monitor for progression. Durvalumab is the first treatment approved for stage III unresectable non-small cell lung cancer that has not progressed after treatment with chemoradiation.

Illinois CancerCare participated in early clinical trials of durvalumab. ***“This is the future for immunotherapy,” states Jamie Harper, Director of Clinical Research at Illinois CancerCare. “We know current therapies work, but by combining immunotherapy with other drugs or treatment modalities we will find how they work better.”***

Illinois CancerCare is excited to offer durvalumab (Imfinzi) as a new treatment for our stage III non-small cell lung cancer (NSCLC) patients.



### About Illinois CancerCare

Illinois CancerCare is central Illinois' largest network of cancer care specialists with approximately 100 open clinical cancer research trials being conducted at any given time. The group has been recognized by the Quality Oncology Practice Initiative (QOPI®) Certification Program for outpatient hematology-oncology practices that meet the highest national standards for quality cancer care. Illinois CancerCare serves patients with 12 clinic locations throughout central and western Illinois including Bloomington/Normal, Canton, Carthage, Eureka, Galesburg, Kewanee, Macomb, Ottawa, Peoria, Peru and Princeton. For further information please visit [www.illinoiscancercare.com](http://www.illinoiscancercare.com).

DOC TALKS

**DR. GARY MACVICAR**  
ANNOUNCES NEW TREATMENT OPTIONS





Watch Illinois CancerCare's Dr. Jane Liu and Dr. Gary MacVicar discuss these two new treatment options on our website, [IllinoisCancerCare.com](http://IllinoisCancerCare.com)

# Free PHARMACY DELIVERY



Did you know Illinois CancerCare, P.C. offers free pharmacy delivery service for our patients?

We deliver to all Illinois CancerCare clinic areas. You can arrange for delivery to your home, work or an alternate address. Drivers can collect copays or copays can be put on a charge account. Illinois CancerCare is dedicated to providing comprehensive cancer care in central and western Illinois.



## PHARMACY

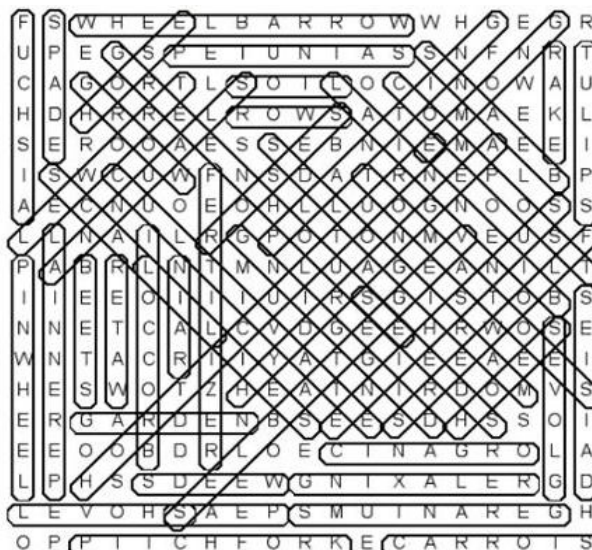
Our retail pharmacy locations in Peoria, Bloomington, Galesburg and Peru provide outpatient prescription filling services, counseling, and insurance billing for patients.

LOCATIONS IN PEORIA, BLOOMINGTON, GALESBURG AND PERU



### Crossword puzzle and Sudoku Answers

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



## RECIPE

### *Easy Mexican Stuffed Bell Peppers*



This is an easy, veggie stuffed recipe that is bursting with nutrition. It incorporates plenty of veggies and quinoa, a complete protein and whole grain, to create a delicious and nutritious dish. The fiber and protein in this dish helps to fill you up and keep you satisfied. Quinoa is the champion of this dish and is loaded with nutrients and fiber, which has been shown to be protective against cancers, especially colorectal cancers. Quinoa can be found in the health food aisles or in the rice aisle. Quinoa should be rinsed before cooking and the general ratio for quinoa preparation is 2 cups of liquid to 1 cup dry quinoa to make 3 cups of cooked quinoa. You can prepare the stuffing the day before to save time on a busy week night, or use the stuffing on its own and add additional veggies for a meal.

**Nutrition Facts per 1 pepper:** Calories: 337, Total Fat: 11 g, Saturated Fat: 5 g, Sodium: 298 mg, Total Carbohydrate: 51 g, Dietary Fiber: 15 g, Sugar: 7 g, Protein: 21 g

Want to learn more about healthy cooking? Come to the Spring into Cancer Prevention! Healthy Cooking Demo at Hyvee on Sheridan on April 17th at 12pm and 5pm. Demo is FREE of charge, but seating is limited. Call 309-692-6650 to RSVP.



Grace is the new Peoria Clinic Registered Dietitian Nutritionist through the Hult Center for Healthy Living. She is available for FREE individual consultations to help manage symptoms, maintain energy and strength during treatment, and maintain a healthy lifestyle after. To schedule a consultation, contact her at 309-243-3464 or [gghensold@hulthealthy.org](mailto:gghensold@hulthealthy.org)

#### Ingredients

- 6 medium bell peppers (any color), tops cut off and cores removed
- 3 cups quinoa, cooked
- 1 cup corn, drained
- 1 cup black beans, drained and rinsed
- 1 10oz can Ro\*Tel® tomatoes, no salt added
- 1 cup low fat, part skim shredded mozzarella cheese
- ½ cup shredded pepper jack cheese
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- ½ teaspoon cumin
- 2 tablespoon chopped cilantro

#### Directions

Preheat oven to 350 degrees F. Arrange the peppers in a 9 x 13-inch baking dish lined with foil so that the cavity side is facing up. To prepare 3 cups quinoa, rinse quinoa and then bring 1 cup low-sodium broth or water and 2 cups dry quinoa to a boil in medium saucepan. Reduce heat to low and cover and simmer until tender and most of the liquid has been absorbed, about 15-20 minutes. Fluff with fork

In a large mixing bowl, stir together the cooked quinoa, corn, black beans, Ro\*Tel® tomatoes, shredded mozzarella cheese and spices until combined. Spoon the mixture evenly into the cavities of the six bell peppers. Sprinkle the tops with the pepper jack shredded cheese.

Bake uncovered for about 25-30 minutes, or until the peppers are cooked and soft and the cheese is all melted. Serve immediately, topped with additional cilantro if desired.

# Volunteer Highlights

We are proud of our pups!



Alliance of Therapy Dogs

Isn't this something?! Healthline.com named Alliance of Therapy Dogs as one of the Best Animal Therapy Non-Profits of 2017! Frankly, we owe this honor to all of our wonderful members, testers and supporters. Your support and your selfless devotion are the driving force behind ATD's success. In other words, this award belongs to each and every one of you-  
**CONGRATULATIONS!**

Also, many thanks to Healthline for considering ATD



## Midwest Central Middle School delivers blankets to patient receiving chemotherapy



These middle school students from Forest City, Green Valley, Manito and Topeka came to the Illinois CancerCare Peoria location to deliver blankets they made for cancer patients.

## Meet some of our dedicated Illinois CancerCare volunteers!



JoAnne Woiwode has been volunteering on Thursday mornings for the past 4 years. She is a 10 year survivor of breast cancer and wanted to “pay it forward” after having been treated so well here.



Joan Williamson is the longest, current serving volunteer at Illinois CancerCare! Joan has been volunteering since she finished breast cancer treatment 14 years ago.



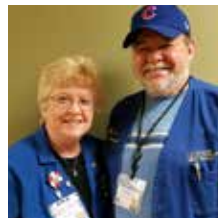
Denny Vaughn has been volunteering here on Monday mornings for the past 6 years. He started after his sister was a patient here, and has been putting smiles on our faces ever since.



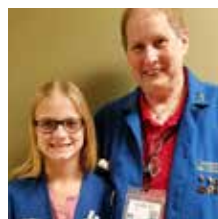
Our famous “Cookie Lady” Marianne has been bringing homemade cookies to the patients and staff at Illinois CancerCare for over 12 years! This past year, Marianne has been joined by her granddaughter Emily, who helps pass out the cookies – the legacy continues!



Guy Coleman has been a dedicated volunteer for 4 years and we get him on both Mondays and Thursdays when he is not at Marco Island, Florida relaxing with his wife.



Allen Lovell has been cancer free since 2009 and wanted to give back after his retirement. His wife Debbie wasn’t going to let him have all the fun – and now we are blessed to have the lovebirds Tuesday and Thursday mornings and Friday afternoons!



Zaira has been volunteering for 3 years on her days off from school and throughout the summer with her grandma, Linda. Zaira started volunteering because her grandma had cancer and she wanted to help make patients happy while here.

# Comprehensive **CANCER CARE**



## Illinois CancerCare partnership with Hult Center for Healthy Living and American Cancer Society



ILCC is proud to partner with two organizations, a local non-profit the Hult Center for Healthy Living and the American Cancer Society (ACS), a national voluntary health organization, to provide social services to their patients and family members.

The Hult Center provides comprehensive health education and wellness services. They offer a variety of services to all cancer patients in the community, including those treated at ILCC. These services include counseling, support groups, mindfulness meditation classes, massages, nutrition services, water exercise courses, yoga, strength training, and others.

The Hult Center's **psychotherapist** and **Registered Dietitians** work on site at ILCC's Peoria location and provide services to all satellite clinics. As providers identify patients in need of these services, they make a referral and the Hult Center team contacts the patient directly. The psychotherapist sees patients across the continuum of care, including through to survivorship. The therapist also works with family members (local or long-distance), caregivers, and friends and hosts counseling sessions in-person and via phone calls. Hult does not bill for any of these services. Any children in need of counseling services are referred to the

Kids Konected program. While much of the work takes the form of standard 50- to 60-minute counseling sessions, the psychotherapist also visits with patients and caregivers while they are in clinic or via the phone for brief, 15- to 30-minute informal sessions.

The Registered Dietitians provide clinical nutrition consults for individualized medical nutrition therapy to aid with patient's symptom management and prevent malnutrition throughout treatments. This service is particularly helpful for patients who are going through cancer that affects the head and neck area or gastrointestinal tract. The dietitians work one-on-one with patients to manage feeding tubes or provide options for patients to attain nutrition enjoyably. They also supervise snack days in which high-protein, high-calorie snacks are offered to patients, and provide cooking demonstrations for the community to promote cancer prevention with nutrition. In addition, the dietitians facilitate a **breast cancer weight management support group** in which breast cancer survivors learn about weight management and healthful lifestyle habits, which studies have shown to reduce the risk of recurrence of breast cancer. In the first five of the eleven week program, participants have lost an average of 5.5% of their body weight and stated they feel "confident in



### QUESTIONS ABOUT NUTRITION & CANCER







their abilities to lead a healthier lifestyle with the support of the program and the group of ladies working together for a common goal”.

ILCC also partners with the American Cancer Society's **Patient Navigator Program**. This collaborative program provides an onsite navigator dedicated to providing patient access to cancer-related educational, resource and referral services. The American Cancer Society offers 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. The ACS patient navigator partners closely with ILCC to tackle patient transportation challenges by connecting patients with the **ACS Road to Recovery** volunteer driver program, and other local agencies that assist with transporting patients to and from appointments. Additional programs offered by the American Cancer Society include: **Look Good Feel Better**, a program that teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment, **homemaker services** such as cleaning, errands and general assistance to support cancer patients in their homes, and **free wigs, hats, turbans and scarves** to any woman who has had a recent cancer diagnosis or is actively going through treatment. The ACS navigator works closely with ILCC clinic staff and makes routine visits to treatment rooms and patient waiting areas in all 12 clinic locations to help patients access the programs and services they need.

*Illinois CancerCare, P.C. greatly values these collaborative partnerships and the benefits they bring to completing the circle of care.*



# 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](mailto: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 Konnected

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](mailto: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



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*



Jane Liu, M.D.



Dr. Liu received her medical degree from Beijing Medical University in Beijing, China and worked as a research scientist at Amgen Inc. for five years prior to starting her residency. She completed an internal medicine residency at University of Southern California

in Los Angeles, California, and her hematology/oncology fellowships were done at H. Lee Moffitt Cancer Center in Tampa, Florida. Dr. Liu has been recognized numerous times for her commitment to cancer research. Most recently, she received an award for being the highest enrolling physician for all cancer prevention and symptom management clinical research trials available through the NCI Community Oncology Research Program (NCORP). Of working with oncology and hematology, Dr. Liu says, "The diseases are complex, interesting and challenging to manage. The medicine is at the cutting-edge of biological research. There is the direct reward from the interactions with the patients and their families, in which the doctor often makes a positive and valued contribution during a very difficult time." In her spare time, Dr. Liu enjoys spending time with her husband and two children, cooking, traveling and following trends in technology.

## FEATURED *CPN*



Jeannie J. Riley, APN



Jeannie received her Bachelor of Science in Nursing from Saint Francis Medical Center College of Nursing and her Masters of Science in Nursing from The University of Illinois at Chicago. Jeannie was born and raised in Peoria. She has three sisters, two brothers and "loads of nieces and nephews." Jeannie joined Illinois CancerCare in 2008, and has been encouraged by the many new chemotherapy drugs and targeted agents she has seen developed over recent years. Her mother succumbed to lung cancer in 1992, but Jeannie has been amazed to see both more and better options for the treatment of this cancer since then. In her free time, Jeannie is an avid reader and loves to travel.