

ILLINOIS CANCERCARE

Newsletter

April / May / June 2019

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

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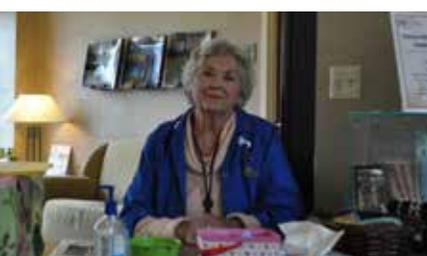
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hello

LETTER FROM THE EXECUTIVE DIRECTOR OF THE FOUNDATION

TIME IS A COMMODITY WE ALL HAVE THE SAME OF... WHAT ARE YOU DOING WITH YOUR TIME, TREASURE AND TALENTS?

2019 marks our 18th year as a Foundation! We couldn't be where we are today without the support of our volunteers, sponsors, donors, third party partners, and Executive board leadership!

HOPE! COMPASSION! SUPPORT! – That's what we do!

Illinois CancerCare Foundation is able to fill a critical gap in government funding and ensure that all local Illinois CancerCare patients have access to over 100 groundbreaking clinical trials – **HOPE!**

Illinois CancerCare Foundation is able to award community grants, transportation assistance, offer education programs and genetic screening - **SUPPORT!**

Illinois CancerCare Foundation understands the demands that treatment can place on our patients and their families – especially during the holidays. The Foundation's Trust in Hope program provides Thanksgiving meals and holiday gift donations to eligible patients and their families– **COMPASSION!**

This year we have ten different opportunities for you to engage with us (see calendar of events on page 7). We hope you will feel inspired to join us and influence others to join you – to help local cancer patients and those they love through their cancer journey. No one should face this fight alone!

What can you do to help...

- Volunteer or participate at an event
- Recruit a business to become a corporate partner by sponsoring an event
- Serve on a Foundation committee
- Spread the word about our events and the work we do
- Make a donation to the Foundation

I invite you to join us this event season!

For event information call 309-243-3437 or visit www.IllinoisCancerCareFoundation.org and click events
Donations can be made by phone, website or mail 8940 N. Wood Sage Rd. Peoria, IL 61615

Your gift of **time, treasure and talents** will allow us to do more for local cancer patients and their families. When it comes to fighting cancer, every contribution of any resource makes an impact!

Thank you for being part of our story!

Friends in the Fight,

Tonda Thompson
Executive Director
Illinois CancerCare Foundation



Pekin Clinic Ribbon Cutting



Members from the Pekin Area Chamber of Commerce celebrate with the ILCC Pekin Clinic team as Dr. Le-Lindqwister cuts the ribbon.



Dr. Le-Lindqwister, Pekin Mayor John McCabe & Dr. Gomez

We celebrated our new Illinois CancerCare facility in Pekin with an open house and ribbon cutting in February. ILCC staff, the Pekin Chamber of Commerce and Mayor of Pekin, John McCabe, came out to congratulate the team.

What's new in Pekin?

The same great patient care now includes expanded services with an on-site laboratory, CT scans and retail pharmacy which will allow patients to conveniently pick up their prescription medicine.

"More space means we've been able to provide more services," says Illinois CancerCare physician Dr. Patrick Gomez. "For example, patients having chemotherapy must have their blood drawn beforehand. We have that capability here...so chemotherapy patients can go right in and get their treatment instead of having to come in the day before or go somewhere else for a blood draw. It's more efficient and more convenient for the patients."



ILCC team members at the Pekin Clinic Ribbon Cutting

NEW CLINIC LOCATION

DIXON, ILLINOIS

OPENING SUMMER 2019

DIXON CLINIC PHYSICIANS

- DR. ZHANG – TUESDAY CLINIC
- DR. BAJAJ – FRIDAY CLINIC

MORE INFORMATION COMING SOON



A Gift of Life AT THE BLOOMINGTON CLINIC

Above Left Desirae Linden (Left) and Kenne Rushton (Right) prepare for surgery. **Above Right** Kenne Rushton (Left) and Desirae Linden (Right) relax in the park.

It started with an email from our Illinois CancerCare physician Dr. Kumar, “I learnt of an amazing series of events in the Bloomington office yesterday... I have suspected that there are saintly people in the world, I did not know that they are this close to us.” The story that unfolded was one that would prove this statement true...

Kenne Rushton has been a scheduler with Illinois CancerCare for over seven years. If you have been to the Bloomington Normal Clinic, you have most likely seen her smiling face that seems to light up the whole center from her corner of the room. It is well known what an invaluable part Kenne plays in our Illinois CancerCare family. It was not well known at the time that her kidneys were failing her.

Kenne has a genetic kidney disease that affects 1 in 25,000 people in the U.S. called polycystic kidney disease. This disease squeezes the life out of your kidneys over your lifetime. When kidneys fail to perform their normal function, the waste products accumulate in the blood and begin to poison the body. There is no cure for polycystic kidney disease. Patients have two options: dialysis or a kidney transplant. At the point Dr. Kumar sent his email, Kenne’s kidneys were functioning at 9% and, although she was on a donor waitlist for over two years, she was told to be prepared that a donor may never come. Time was running out.

Enter Desirae Linden, team lead nurse at the Illinois CancerCare Bloomington Normal Clinic. Desi has a unique background. Before joining the Illinois CancerCare team two years ago, she was a nurse at the Children’s Hospital of Pittsburg in the pediatric oncology

and bone marrow transplant units. In her role on the transplant side, Desi witnessed the day to day ups and downs of her bone marrow transplant families. There was so much waiting: waiting for the match results, waiting for the bone marrow, waiting on the transplant. In her words, there was “joy, worry and heartache” as the nursing staff would go through these emotions with the family – or at least as best as they could understand.

Desi found out about Kenne’s need for a kidney from another Illinois CancerCare coworker and it started a slow but steady chain of events. After she could not get the thought out of her head, Desi talked to her husband about “what if” she was a match. Then she started all of the paperwork, blood tests and evaluations to see biologically “what if” she could actually do it. This required calculated juggling of days off and lots of secret keeping from her friends and coworkers. If Desi was in fact a match, she wanted the final decision to be something her and her husband made between just them. In April, all of the evaluations on Desi’s part were completed, but she would still need to wait 3 more months to hear the final answer. By the time the call came in July, Desi was certain she was going to gift Kenne her kidney if it was a match – and it was!

Desi was working at the Illinois CancerCare Ottawa Clinic when she heard the good news. As soon as she could, she headed back to Bloomington where Kenne was working and got the rest of the staff to assure that Kenne would still be there a little past closing time. While another coworker took video to share with the team, Desi nonchalantly asked Kenne what went in to finding a kidney donor. Kenne thoroughly and (too) slowly for Desi went through step by step all that finding



Desi jokingly chose "Mario & Luigi" as the names of her kidneys, but, as you can see, the names stuck!

a donor and then evaluating the match would entail, but Desi stopped her toward the end & said, "What if I told you that I have already called and did all of that and I just found out that I got cleared to give you my kidney today?"

Kenne was speechless. She says now that July 17th at 5:15 p.m. was the best day of her life. All she could do was grab Desi and cry. The rest of the staff exclaimed, "She said yes to the kidney!"

In his podcast "Hidden Stories with Jeremy Fulkerson" hosted by Kenne's nephew in North Carolina, Jeremy interviews both his Aunt Kenne and Desi about this decision.

Kenne: "I'll never forget Desi saying, 'My mom told me if you don't need it, donate it' and God bless her heart that's exactly what she is doing. And, I just hope that from that kidney I get some of Desi that will be with me every day.

She is just an incredible person, nurse, friend – she's just an amazing person. To do this for someone that she has only known for 2 years...that says what kind of a person she is.

Desi, I owe my new life to you. Thank you"

Desi: "I'm just grateful to be healthy enough to do this. I really do feel like I'm just as lucky as Kenne that I can do this. The tests I had were just boxes to check off and, to me, that's amazing in itself... that I can just give away a kidney and basically take a 3 month setback and reset with a few scars but nothing much else...I do feel very lucky."

Through some emotion, Jeremy also shares what his mother's (Kenne's sister) kidney donor meant to him: "She did not just give a kidney. She gave a mother to me, a grandma to my kids, a friend to many friends, and

a sister to her siblings... and there is not a word for it. It's not selfless – it's beyond that. This gift compounds. It's not just a kidney. You are making this world a better place."

Back to Dr. Kumar's email to the Illinois CancerCare staff:

Kenne our scheduler has a kidney condition and needs transplant. 3 people in our office had volunteered: a scheduler, a nurse and one more person in secret. This third person secretly got tested over four months on her off days – went to U Chicago –and yesterday she was told that she is good to donate her kidney to Kenne.

For some time now, I have suspected that there are saintly people in the world. I did not know that they are this close to us. This third person is my team lead nurse: Desirae Linden.

There is a kidney themed pot luck in the Bloomington office tomorrow.

*Best,
Pankaj*

To hear more, including an update on the successful surgeries completed last February, tune in to the podcast Hidden Stories with Jeremy Fulkerson episode named "Kenne Rushton and Desirae" from 3/13/2019 ■

Why Mario and Luigi?The lengthy process of getting "worked up" to finally declare Desi's kidney a match required hours in waiting rooms. Desi joked with her husband Jeff that she was naming her kidneys out of boredom – Luigi on the left and Mario on the right. Now, Kenne gets to keep Luigi forever – and the Illinois CancerCare team will never look at those Mario Kart characters without thinking of this beautiful sacrifice for a better life. ■



MAY 2 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



JUNE 15 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



JULY 13 7TH 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.



JULY 20 Bikers for Ta-tas
Bartonville

Bikers for Ta-tas are women and men, bikers and cagers, all with a common goal: to bring mammography to all, assist with breast cancer awareness and education, assist patients and survivors and bring a voice to breast cancer. Since 2008, an annual fund-raising motorcycle ride for breast cancer awareness kicks off in Bartonville the third Saturday in July. www.bfft.org



AUG 24 8th 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.illinioscancercarefoundation.org



OCT 20 Totes for Ta-tas
Avantis Dome 3401 Griffin Avenue, Pekin

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 2 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 15 10th 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



MORTON LADY POTTERS & BLESSED SACRAMENT RAISE OVER \$5,000.00 FOR ILLINOIS CANCERCARE FOUNDATION.



March Madness has come & gone, but not before crowning the Morton Lady Potters Basketball Team STATE CHAMPS! Illinois CancerCare can vouch for these ladies excellence both on and off the court. For their annual Pink Night, the winning team sells tee shirts, organizes an auction and other fundraisers supporting the Illinois CancerCare Foundation. This year, the Lady Potters modeled mentoring by inviting the girls basketball team of nearby Blessed Sacrament to play a scrimmage at halftime. The Blessed Sacrament girls were inspired by everything from the locker room traditions, team sportsmanship and fundraising efforts they witnessed that night. The Morton Lady Potters are true leaders. Thank you for supporting local cancer patients and inspiring future generations!



ICC WOMEN'S BASKETBALL

fundraise all season



"The fun thing about 18 and 19-year-old kids is they don't want to talk about cancer," the head coach of the women's basketball team at Illinois Central College said. "They want to live for today and that's been really good for me."

Redeker was diagnosed with breast cancer last year and received treatments from April through August before having surgery last September.

"When I was at one of my treatments, I was thinking how can I pay it forward? To continue to have our kids be a part of this," Redeker said. "They can make baskets but they don't have money."

Her Cougars have been practicing their three-point shooting because all season long they have been taking pledges. For every three-point shot they made or offensive charge they took, the Cougars have donated money to Illinois CancerCare Foundation.

"We can help other people in need while doing something we love as well," said ICC freshman Summer Stower. "It will benefit people in the long run."

"We keep track every game," ICC sophomore Emma Henderson said. "Having that incentive to give back makes it more fun when you do it in the same."

The checks keep coming as the season wraps up – the Cougars are HOT this year!

THANK YOU TO COACH REDEKER AND HER COUGARS FOR THEIR SUPPORT OF LOCAL CANCER PATIENTS!



A Mighty Team

**FIGHTING CANCER, SUPPORTING THE COMMUNITY
& INSPIRING OTHERS**



The Central Illinois Endoscopy Center is what some would consider small for a medical team...but they are proving they are a mighty force to be reckoned with. The team consists of less than 50 professionals ranging from nurses and physicians to managers and auxiliary staff. Spending time with them, you get the clear sense that they are close as family. What is even more impressive is how many patients this team sees on a daily basis. Located on the top floor of the IMC medical building near downtown Peoria, the staff efficiently moves patients through the three areas they will visit as they complete their treatments. This allows them to see 45 patients each day.

Why is this important? Central Illinois Endoscopy Center is on what we would consider the front lines of the fight against colon cancer – the third most common cancer (after lung and breast) and the second leading cause of cancer-related deaths. Colon cancer is also one of the most preventable type of cancer. Yes, colorectal cancer can be prevented – not just detected – through Colonoscopy. In fact, 90% of colon cancer deaths can be prevented by a Colonoscopy.

But this group does not stop there – Colonoscopies & spreading awareness about cancer prevention are their jobs...but they have been changed by their interactions with patients and this has flowed over in their personal time. Long time nurse Susan Krumholz was given the charge to start a Community Service Committee for 2019. At first, they were not sure where to start, but when an OSF partner invited them to attend a fundraiser for one of their patients battling a rare colon cancer, it seemed like a natural fit. The Community Service Committee decided their first project would be to creatively find ways to raise money for the Michael P. Brown Colon Cancer Foundation, a nonprofit funding research and novel treatment for Signet Ring Cell Adenocarcinoma, a rare and aggressive type of cancer that affects less than 1% of all colon cancer patients. Susan had met Michael and his wife Angie at monthly colon cancer support group and reached out to share her team's intentions.

Here is the amazing part. In a month, this mighty group raised \$4,228.00. That is no small task. Some area fundraisers are thrilled to earn half that donation for a worthy cause. How did the team do it? That is what I had to find out! Turns out they were really good at doing a little bit of a lot of things... ■

How they DID IT

Friday Jeans Days for a \$5 donation.....	\$1,459
Bake Sales.....	\$550
Silent Auction.....	\$350
Mexican Dinner at Sombrero night.....	\$500
“Give Cancer the Boot” blue boot.....	\$429
Dodging Colon Cancer for Michael Dodgeball Tournament.....	\$940

Grand Total: \$4,228.00
for the Michael P. Brown Colon Cancer Foundation!

And it's not stopping here!

Future Goals:

The Central Illinois Endoscopy Center Community Service Committee is continuing their efforts – and it's not just cancer they are fighting:

Future fundraisers are already organized to benefit:

- Esophageal Cancer Awareness
- American Cancer Society's Relay for Life
- Dream Center's Backpack Program
- Hult Center for Healthy Living's Whitney Walk for Life (Suicide Prevention)
- Susan G. Komen Memorial Affiliate (Breast Cancer)
- Peoria Humane Society's Bark in the Park

What an impact from a mighty group of people!

How you can support:

Email Susan Krumholz with Central Illinois Endoscopy Center Community Service Committee at skrumholz@ciendoscopy.com

Follow the second annual dodgeball event on **facebook** – search **Ulrike Kiefel & go to Events.**

Black Bean Quesadilla

Not only is this black bean quesadilla ready in minutes, but it is also full of cancer fighting nutrients. By replacing meat with beans, you are adding fiber to your diet. It is recommended to eat 25-35g of fiber per day. Fiber is a food that may help fight cancer that many Americans do not get enough of. The whole grains and vegetables in this recipe also provide a variety of phytochemicals that may help fight cancer. Add avocado, salsa, or plain Greek yogurt as a topping to add even more flavor and nutrients.

Nutrition Facts: Serving Size: 1 Quesadilla, Serves 4

201 calories
5 g fat
2 g saturated fat
8 mg cholesterol
310 mg sodium
13.2 g fiber
12 g protein



Grace is a 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



Jeanna is a Registered Dietitian through the Hult Center for Healthy Living and is available for FREE individual consultations during and after treatment. Nutrition can be used to manage symptoms & to maintain energy and strength. To schedule a consultation, contact her at 309-243 3462 or jrich@hulthealthy.org.



Ingredients

1 teaspoon olive oil
1 clove garlic (about 1 teaspoon)
½ cup yellow onion, diced
½ cup red bell pepper, diced
1 cup no salt added, canned black beans
2 teaspoons reduced sodium taco seasoning
Non stick cooking spray
4 six inch, 100% whole wheat tortillas
½ cup reduced fat, shredded Colby jack cheese

Directions

1. Sauté garlic in olive oil in medium pan over medium/low heat until lightly browned.
2. Add onion, bell pepper, and 1 teaspoon taco seasoning to pan. Sauté until onions are translucent.
3. While onion and bell pepper are cooking, mash black beans with fork.
4. Add black beans to pan with last 1 teaspoon of taco seasoning. Mix thoroughly and sauté until beans are warm.
5. Remove mixture from pan and set aside.
6. Spray pan with nonstick spray and lay tortilla flat. Add 1 tablespoon cheese to half of the tortilla, add ¼ cup black bean mixture on top, and then add 1 tablespoon cheese on top of mixture. Fold tortilla in half and brown tortilla on both sides.
7. Repeat step 5 until recipe is complete.

Puzzle and Sudoku

Old West 1

Find and circle all of the words that are hidden in the grid. The remaining 25 letters spell a George Eliot quotation.

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

BANKER
BARKEEP
BILLY THE KID
BOOT HILL
BRAND
CAMPFIRE
CATTLE DRIVE
CHAPARRAL
COAL
CORRAL
COWBOY
DOC HOLLIDAY
FARRIER
FORT
FURS
GOLD MINE
GOLD PANNING
GRAZE
HIRED GUN
HOGS
HOMESTEAD
HOTEL
JUDGE
LARIAT

LAWMAN
LIVESTOCK
MINER
OUTLAW GANG
PISTOL
PLOW HORSE
POSSE
RAILROAD
RANCH
RATTLESNAKE
RIFLE
SADDLE
SALOON
SHERIFF
SHOPKEEPER
SITTING BULL
STAGECOACH
TELEGRAPH
TRACKER
TRAIL
TRAIN
UNDERTAKER
WATER TANK
WELL

Sudoku #448 (Easy)

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



BALANCE AFTER BREAST CANCER: WEIGHT MANAGEMENT FOR SURVIVORSHIP

Illinois CancerCare
8940 Wood Sage Rd
Peoria, IL 61615

Diet and physical activity play an essential role in breast cancer survivorship! Did you know being overweight/obese may increase risk of reoccurrence? Studies show that breast cancer survivors who adopt healthy eating practices and engage in moderate physical activity have improved emotional well-being and overall better survival than those who remain sedentary. This **four month, bi-weekly program** will equip you with tools and skills you need to manage our weight with diet and lifestyle balance.



To register contact Grace Hensold, RDN, LDN
at 309-243-3464 or ghensold@hulthealthy.org



CHETAYE KNOX: CLINICAL RESEARCH MARKETING MANAGER

RESEARCH UPDATE WITH *Chetaye*

ILCC RESEARCH CONTRIBUTES TO KEY TREATMENT BREAKTHROUGH FOR EXTENSIVE STAGE SCLC PATIENTS!

Genentech's clinical research trial GO30081 led to the recent FDA approval of the first initial treatment option for extensive stage small cell lung cancer in over 20 years! Our Research program enrolled the very first patient in the world on this clinical trial and was the 2nd highest enrolling site in the United States. We are very excited to be able to offer this newly approved treatment to our patients at ILCC.

TECENTRIQ (ATEZOLIZUMAB) IN COMBINATION WITH CARBOPLATIN AND ETOPOSIDE

- **FDA Approval Date** – March 18, 2019 for initial treatment of adults with extensive stage small cell lung cancer (ES-SCLC)
- **What is extensive stage small cell lung cancer?**- ES-SCLC is disease that has spread to the other lung or to other parts of the body. Approximately 70% of all small cell lung cancer patients are diagnosed with extensive disease.
- **What were the results of the clinical trial GO30081?** – Results showed that patients lived longer when receiving this new treatment compared to chemotherapy alone. The average length of survival increased from 10.3 months to 12.3 months. In addition, the length of time from the start of this treatment until the time the patient's disease worsened increased from 4.3 months to 5.2 months.
- **How does Tecentriq work?** – Tecentriq works with the patient's own immune system to fight cancer. A type of white blood cell within the body, called cytotoxic T cells, identifies and kills cancer cells. Certain cancer cells can attach to the T cells in just the right way that it turns off their ability to function. As a result, the cancer can continue to grow and spread. Tecentriq can turn these T-cells back on, allowing them to once again kill the cancer cells.
- **What does this mean for our patients?** – ES-SCLC is a highly aggressive form of lung cancer with limited treatment advancements in the last 2 decades. This new treatment option works better at keeping the cancer from worsening and our patients are living longer as a result! We currently see approximately 60 newly diagnosed ES-SCLC patients each year. These patients can now receive this drug combination as their first treatment option.
- **Other indications** – Tecentriq is also approved for use in certain types of non-small cell lung cancer, bladder cancer, and triple negative breast cancer
- **Assistance program** - Financial assistance is available through Genentech for patients that qualify.



Welcome

NEW PHYSICIAN

DR. ZHANG

STARTING MAY 2019

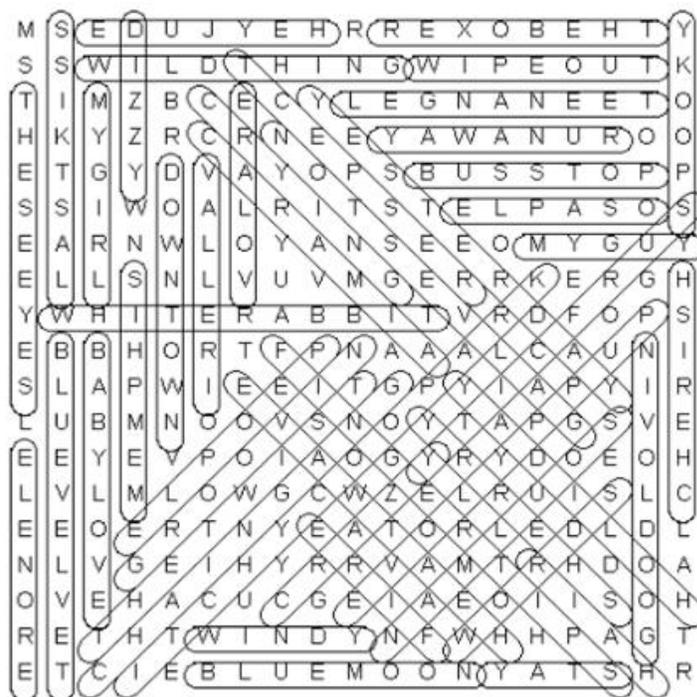


ILLINOIS
CANCERCARE, P.C.
Specializing in Cancer and Blood Disorders

Crossword puzzle and Sudoku Answers

Sudoku #447 (Easy)

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



A Day as an **ILCC VOLUNTEER**

Shuttle driving - greeting guests - delivering medications - warming blankets – baking cookies.... Our weekly volunteers make an invaluable impact. The staff cherish their dedication and support. Have you ever wondered what a day volunteering looks like? Here is a sneak peek at two weekly volunteer positions: front entrance volunteers and pod volunteers.

Entrance Volunteers



Volunteers Joe and Guy

Wheel You In: our volunteers meet guests at the drive with a wheelchair and are happy to wait with them as caregivers park the car.

Warm You Up: they can grab heated blankets and tell you the warmest spots to wait in the lobby.

Handled with Care: these volunteers hand deliver medications from the pharmacy to locations around the clinic.

Keeping it Caffeinated: our volunteers brew & manage the coffee service in the waiting areas.

Receptionists Right Hand: they also run important errands for the receptionists, setting up clipboards for the hundreds of patients seen a day.

What it's really about: "Building relationships, giving morale support and making patients feel as good as possible." – front entrance volunteer Bill

Pod Volunteers

Directions: These volunteers make sure guests know they are in the right spot & are available for updates.

Warmth: They can grab you a warm blanket...and keep them coming.

Snack Attack: They will round the waiting room and treatment room with snacks and drinks regularly.

What it's really about: "The most important thing we do is learn how to read people and give them what they need in that moment. We are here to help."
Kathy, Pod B Volunteer



Pam at the B Pod Volunteer Desk

What do they enjoy most?

Bill: “All the people. My wife is a survivor – she still sees her doc. She gets so personally involved with these people...and some are scared to death. So Kathy can tell them, ‘I cannot tell you what will happen with you, but I can tell you what happened to me.’”

Kathy: “And here I am.... So many years later and this is where I took my chemo for 15 months. We have made dear friends here. I am the most amazed when someone is so sick and you are helping them and they still have a smile for you. It’s because they know they are being loved.”

Joe: “Chatting with the patients. They are interesting and inspiring – their courage and perseverance touches me.”

Guy: “Being around the people and making people comfortable – making their time here less stressful. Plus I get some exercise with all the walking.”

Pam: “Most of the volunteers here have had cancer. They are survivors and want to give strength.”



Married couple volunteers Bill and Kathy are here on Thursdays



A PATIENT'S PERSPECTIVE:

Patient Wilfred surrounded by the ILCC volunteers and staff he loves

Wilfred is currently a regular on Thursdays. His authenticity could be read across his face as he teared up saying, “Them people here when you come in ... these people are some of the sweetest people you gonna meet. They make you feel – they make you feel like you don’t have cancer. They give us love.”



“We couldn’t do our job without them! We love them.”

Carrie Zaborac, check in receptionist



• Do you like chocolate? •
Our patients do too!

Volunteer Services is in need of individually wrapped chocolates to share with patients. Any and all kinds are appreciated.

DONATIONS CAN BE DROPPED AT ANY ILCC FRONT DESK - THANK YOU!

Interested in joining the volunteer team?

Contact our Volunteer Coordinator, Jodi McDuffee, at 309-243-3502 or jmcduffee@illinoiscancercare.com.

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.

Reach to Recovery

Reach to Recovery volunteers are specially trained to help people through their breast cancer experience by offering a measure of comfort and opportunity for emotional grounding and informed decision making. Reach to Recovery volunteers give patients and their families the opportunity to ask questions, talk about their fears and concerns, and express their feelings. Call Janette Murphy at 309-243-3635 to get started.

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 Janette Murphy at 309-243-3635 to get started.

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 Janette Murphy at 309-243-3635 to get started.

Homemakers Services

Household services such as cleaning, errands and general assistance are available to support cancer patients in their homes. Call Janette Murphy at 309-243-3635 to get started.



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.

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 and Jeanna Rich for patients who are experiencing side effects from cancer treatment. Call 309-243-3464 or email gghensold@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.

MON

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

Groove Therapy (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

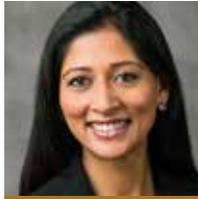
Restorative Yoga with Marcy - 5:30 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria
As a cancer survivor, Marcy brings her experience to her classes to gently open body, heart and mind with breath and movement. Beginner friendly. Relax and restore with Marcy.

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.



Gary Johnson, M.D.



Wenqing Zhang, 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*



Nguyet A. Le-Lindqwister, M.D.



Dr. Le-Lindqwister received her undergrad degree from Princeton University before attending the University of California in Los Angeles (UCLA). She completed her internship, residence and fellowship in hematology

and oncology also at UCLA. Dr. Le-Lindqwister is board certified in internal medicine, hematology and medical oncology. To a new patient, Dr. Le-Lindqwister says, "Take it one step at a time, stay focused and positive, and know that Illinois CancerCare is here for our patients." When outside of Illinois CancerCare, Dr. Le-Lindqwister enjoys cooking, scrapbooking, art, playing the piano and gardening. Her family chose to call Illinois home due to the "Great medical community, great place to raise a family and no traffic/commotion."

FEATURED *CPTN*



Jessica Taylor, APN



Jessica has been taking care of patients at Illinois CancerCare since 2012. She completed her undergraduate degree from St. John's College of Nursing in Springfield, IL. She then went on to complete her Master of Science in Nursing from OSF Saint Francis Medical Center College of Nursing in Peoria. Jessica is certified as a Clinical Nurse Specialist in Adult Health. On having chosen her profession, Jessica says, "While my experience is mostly in surgery, I have an interest in oncology/hematology and feel excited to work in a field with treatments constantly changing and improving." Outside of work, Jessica enjoys spending time with her family, watching movies and playing card games.