

ILLINOIS CANCERCARE

Newsletter

July / August / September 2018

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hello

LETTER FROM THE EXECUTIVE DIRECTOR OF THE FOUNDATION

Saturate our community with HOPE

H - Help local cancer patients and their families

Foundation gifts support the Illinois CancerCare, P.C. volunteer program with over 120 volunteers providing a special touch by lending a helping hand and items of comfort to patients and their families. The Foundation's Trust in Hope program provides compassion and support to patients in need during the holidays. In the last nine years, nearly 2,000 Thanksgiving meals have been delivered and over 125 families with over 300 children have received holiday gifts. Foundation grants also provide transportation assistance, assessment tools, lymphedema support, genetic screening programs to identify hereditary cancers, along with studies and therapies that help patients cope with side effects of cancer treatment.



O - Open more Clinical Research Trials

People facing cancer are living longer, healthier lives as a direct result of clinical trials conducted in the greater Peoria area. In fact, Illinois CancerCare's Heartland NCORP (NCI Community Oncology Research Program) is one of the nation's top enrollers in treatment and cancer control trials that seek to prevent cancer or control incidence rates. These advanced treatment options allow patients to remain in central and western Illinois for the best care possible, where they can be surrounded by family and friends. Illinois CancerCare, P.C. has over 100 clinical trials open at any given time.

P - Partner with local businesses to increase impact

Being a corporate partner of our Foundation's annual events is a way to show your company's support and commitment to local cancer patients. We invite you to become a corporate partner of the Illinois CancerCare Foundation and the patients we serve. Your sponsorship will not only promote your company brand, it allows us to discover new ways to prevent, treat and cure cancer through groundbreaking research and cutting edge programs. Your sponsorship dollars stay local allowing you to make a daily impact in the fight against cancer in the community you serve.

E - Engage people in our mission

Leaders! Volunteers! Donors! These are the pillars upon which the Illinois CancerCare Foundation is built. Since our founding in 2001, we've relied on your contributions of time, talent and financial resources to advance our mission – making sure every local cancer patient has access to every possible weapon in their battle with cancer. Engaging people in our mission and inspiring them to take action is what we do!

The Power of Partnership – How YOU can help US Exponentially Impact HOPE

I invite you to Join Us today!

Friends in the Fight,

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

Tonda Thompson
Executive Director
Illinois CancerCare Foundation



BLOOMINGTON CLINIC PATIENT PERFORMANCE



Patients at the Bloomington Normal Clinic received a special concert. Mr. & Mrs. Lentz performed in the treatment room at the center this past spring. Mr. Lentz is currently a patient and Mrs. Lentz is an accomplished singer and ukulele player.

GALESBURG CLINIC PATIENT IS GIFTED A CAR FROM KNOX COLLEGE FOOTBALL PROGRAM



Together we make a difference! Connie, an Illinois CancerCare Galesburg Clinic patient, struggled getting to and from her cancer treatments and often walked or took a cab. Jamie Taylor, an Illinois CancerCare nurse, learned the Knox College Football Program was giving away a car to someone in need. Jamie nominated Connie and the rest is history! Connie no longer has to worry about how she is going to get to her treatments. ❤️

PEORIA CLINIC CINCO DE DERBY



PHOTO: Winning Peoria Clinic employees L to R: Belinda Livengood, Lynda Detmers, Leslie Schenkel and Marsha Kutter.



Illinois CancerCare's Peoria Clinic celebrated spring with Cinco de Derby! Staff competed for the crowd favorite Cinco de Mayo derby hat and enjoyed the locally famous Emily's Tattoo Tamales.

Swing for the Cure



LEFT: Patient Candace Dunbar smiles with her family. Her youngest son threw out the first pitch. RIGHT: Illinois CancerCare Foundation Director Tonda Thompson poses with Dozer, the Chief's mascot.

Illinois CancerCare honored cancer patients and their families at **Swing for the Cure** cheering on the Peoria Chiefs at Dozer Park. It was Super Hero –Avengers Night, pretty fitting for our Super Hero Patients, Caregivers and Staff! The night ended with a rocking fireworks show. Thank you to all of the staff, patients, family and caregivers who celebrated with us!



Senara MAYK-OVERS AND MARGARITAS



Guests supported the Illinois CancerCare Foundation while enjoying a wonderful evening of pampering, fundraising and margaritas at Senara Health and Healing Center & Spa. A big THANK YOU to all the staff at Senara for working so hard for the Illinois CancerCare Foundation! The event raised \$2,400.00 to help local cancer patients and their families.

IVAN SPENDS THE DAY WITH DR. GEOFFROY



Ivan Pfautsch, the inspiration for Illinois CancerCare's fundraising club Ivan's Army, has been learning about cancer care and clinical research by shadowing our physicians and staff at the Peoria Clinic. Previously, he had spent time completing patient visits alongside Dr. Gerstner. They had great discussion over patient care and staying current on the latest cancer treatments. Then Ivan met with Morgan Maddox, Lead Clinical Research Assistant, in the research department.

Most recently, Dr. Geoffroy spoke with Ivan about his interest in the nervous system and clinical research to treat brain cancer. Dr. Geoffroy is a board certified neuro-oncologist and has 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 work with Ivan and to have these experts on staff at Illinois CancerCare to inspire the next generation!



PEORIA ND STUDENTS JOIN IVAN'S ARMY TO SUPPORT ILLINOIS CANCERCARE FOUNDATION

Peoria Notre Dame students have an impressive, longstanding tradition of taking up a monetary weekly donation for causes that are close to them. Julia and Jackson Pfautsch nominated Illinois CancerCare's Ivan's Army, a fundraising initiative started by her younger brother Ivan Pfautsch, and the students collected \$345.00 to support local cancer patients. Thank you, Peoria Notre Dame!



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.illinoscancercarefoundation.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



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



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

Illinois CancerCare Staff attends National Cancer Research Meeting



Each year, our research department staff attends the National Cancer Institute Community Oncology Research Program meeting. This year, the meeting was held in Springfield, IL. Illinois CancerCare physicians Dr. Gary MacVicar and Dr. Jane Liu also attended. Dr. Liu is the Principle Investigator for Heartland NCORP representing Illinois CancerCare. This meeting gives cancer research teams time to come together and share findings.

BOTTOM LEFT: Visit our Illinois CancerCare Foundation Facebook page to watch Dr. Liu discuss Illinois CancerCare's participation in this national cancer research.

BOTTOM RIGHT: Illinois CancerCare's Dr. Jane Liu (far left) completes a press conference with other physicians working in cancer research.



"Cancer death rate has drop by 25% in the last 25 years. Cancer treatments are evolving so quickly that many times, clinical trials are often the best way to provide patient the most advanced therapeutic option. They are often treatments that are not available anywhere else except through clinical trial.

More than 85% cancer patients are treated in the community they live, not academic centers. ILCC, as a major component of Heartland NCORP (stands for NCI Community Oncology Research Program), we are able to receive NCI (national cancer institute) grant to conduct clinical trials and provide our patients with the cutting edge therapy and advances in cancer care.

By having these trials available to our patients in their hometown, they are going to get the kind of care here that they can get at any major cancer center in the country. The work we do here will positively impact the lives of the patients in our community and beyond." – Dr. Jane Liu, Illinois CancerCare, P.C.

Puzzle and Sudoku

Sudoku #361 (Easy)

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

John Wayne Movies

Find and circle all of the John Wayne movies that are hidden in the grid. The remaining letters spell a John Wayne quotation.

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

ALAMO, The
 ARIZONA
 BABY FACE
 BIG JAKE
 BIG TRAIL, The
 BLOOD ALLEY
 BLUE STEEL
 BRANNIGAN
 CHISUM
 CIRCUS WORLD
 COMANCHEROS, The
 CONFLICT
 CONQUEROR, The

COWBOYS, The
 DAKOTA
 DAWN RIDER, The
 DECEIVER, The
 DESERT TRAIL, The
 EL DORADO
 FLYING TIGERS
 FORT APACHE
 GREEN BERETS, The
 HATARI
 HELL FIGHTERS
 HONDO
 IN HARMS WAY

JET PILOT
 LONELY TRAIL, The
 LONGEST DAY, The
 MCLINTOCK
 MCQ
 NEW FRONTIER
 NIGHT RIDERS, The
 PITTSBURGH
 QUIET MAN, The
 RANGE FEUD
 RED RIVER
 RIO BRAVO
 RIO GRANDE

RIO LOBO
 SEA CHASE, The
 SEARCHERS, The
 THE SHOOTIST, The
 SPOILERS, The
 STAGECOACH
 STAR PACKER, The
 TRUE GRIT
 TYCOON
 UNDEFEATED, The
 WAR WAGON, The
 WESTWARD HO

Serving You With Our Oncology Pharmacy



When faced with a battle against cancer, you need a comprehensive, collaborative, first-rate team to help optimize your treatment and minimize your discomfort. A specially-trained oncology pharmacist is a vital and active member of this team.

The Illinois CancerCare Oncology Pharmacy includes a board-certified oncology pharmacist and additional pharmacists who work closely with our physicians and patients to ensure that you receive the proper medicine and correct dose for your individual needs.

While most people are familiar with IV (intravenous) chemotherapy, oral (taken by mouth) chemo is another treatment method used in some cases. In either situation, oncology pharmacists are experts in this type of medicine, its safety profile and potential side effects.

In addition to collaborating with your oncologist and coordinating your overall medication treatment plan, the professionals in our oncology pharmacy will work closely with you and your family to discuss all your current health conditions and medicines. This allows them to anticipate

the likelihood of potential drug interactions and address any issues that may occur, for both your IV chemo treatments and your at-home medications.

Below you'll find an overview of the four specialty areas of our oncology pharmacy and learn how they benefit your recovery.

ILCC Retail Pharmacy

Our retail pharmacy locations in Peoria, Bloomington, Galesburg and Peru provide outpatient prescription filling services, patient education and insurance billing for patients. We stock many hard-to-find cancer and blood medications, and will special order other medications for patients as needed.

We accept most prescription insurance plans and our cash prices are very reasonable. Both Peoria clinic and satellite clinic patients may choose to fill their prescriptions at this location. Delivery service is offered free at all retail pharmacy locations.

ILCC Infusion Pharmacy (IV Prep)

Our infusion pharmacies prepare IV (intravenous) medications for patients on site following current USP (United States Pharmacopeia) clean room standards. All IV medications (chemotherapy) are prepared, safety checked and monitored.

ILCC Clinical Pharmacist Services

Our staff includes an experienced, board-certified oncology pharmacist and other team pharmacists who provide clinical services tailored to patient care needs. We offer services to both physicians and patients.

In addition to providing general drug education to patients and their families, our team is happy to answer questions related to chemotherapy treatment, side effects and drug interactions at any time.

ILCC Drug Services

Because we believe that research can lead to breakthroughs in cancer treatment, clinical trials are a high priority for Illinois CancerCare. Our pharmacies support our clinical research department. Here we prepare and dispense drugs for clinical trial patients, while also maintaining required documentation.

We've Got Your Back

Finally, we know that money matters – and believe it shouldn't be a worry during your cancer fight. Because our pharmacy team has experience working through the insurance reimbursement process, we may be able to find resources that offer co-pay assistance or manufacturer discounts.

The highly-skilled and compassionate care providers of the ILCC Oncology Pharmacy are a tremendous resource for any questions or concerns you have about your treatment. Please reach out so we can serve you and support you.





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





RAFFLE TICKETS
\$10 EACH
5 FOR \$40

RAFFLE ITEM



BRONZALLURE PIECES

This Bremer Jewelry suite features three stunning rose-gold pieces from designer, Bronzallure: an adjustable BOLO bracelet, a magnetic red agate beaded bracelet, and a long layering necklace adorned with an elegant yet dazzling oval pendant. Retail Value: \$550

NEED NOT BE PRESENT TO WIN

PROCEEDS BENEFIT:



RECIPE

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

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.



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 **ghensold@hulthealthy.org**

Balancing your cancer WITH YOUR LIFE



In today's world, it can be hard to find balance in our lives. This is especially true for cancer patients and their families.

When diagnosed with cancer, it can feel as if "the big C" has taken over everything in your life. And while it's important to aggressively attack this interloper, it's also important to not let cancer crowd out everything else in your life. As a cancer patient – and survivor – it is possible to achieve balance.

Mind and Spirit

After your initial diagnosis, you may find yourself overwhelmed by tests, treatment and taking care of your family. You may feel that you don't want to bring people down or bore them by talking about your cancer. But it's okay – good, even – to talk about your feelings.

If you don't have a personal support system – or you want to supplement the one you have – there are groups designed to help you work through feelings of anger, fear, sadness and helplessness. In addition to support groups for specific types of cancer, your faith leader or a therapist can also be a solid resource for dealing with this challenging time in your life. In addition to your emotional needs, your spouse and children may benefit from support groups or talking with a trusted counselor.

However, in order to maintain emotional and mental balance, it's smart to also do things that are completely unrelated to your cancer battle. That might mean spending time with friends, pursuing a new hobby or engaging in activities you enjoy. Of course, that doesn't mean you should be in denial about your health situation, but you definitely shouldn't feel guilty about taking time to boost your happiness.



Body and Soul

Throughout your treatment and recovery process, you may discover that you can't kick into high gear like you did before. Maybe you can't run a marathon any more, but you can still appreciate the fresh air and health benefits of long walks with friends.

Perhaps you've lost your appetite or don't have the energy to cook. That's okay, too. Now might be a good time to discover new recipes that other cancer survivors enjoy. If you're experiencing overwhelming fatigue and are spending your days in bed, treat yourself to a new comforter or binge-watch a funny TV show.

As a parent, you may feel guilty if you're too tired to attend your child's school concert. Have a friend record it or watch it live with a service like FaceTime. If you can't attend worship services, you can find online options that feed your soul. You may discover that you can't put in as much time as the office. Try to be gentle with yourself and lower the expectations for your productivity.

It may not be easy, but strive to accept your new normal instead of beating yourself up about not being able to do everything you did before. And remind yourself it won't always be this way.

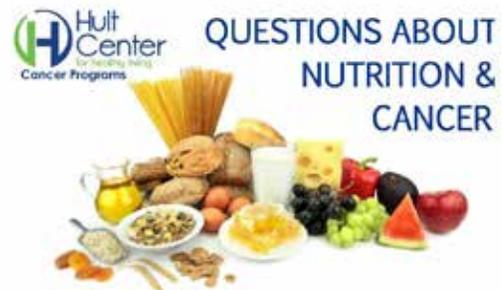
Depending on your health insurance, many of these services may be covered. Be sure to ask your healthcare providers and insurance company for details regarding coverage so you can be financially prepared for your share of the costs.

Some communities have agencies and organizations that offer free or low-cost supportive services to persons with cancer. For example, the Hult Center for Healthy Living offers free dietetic and counseling services to those with cancer, along free oncology wellness classes and reduced-cost oncology massages. Both UnityPoint and OSF



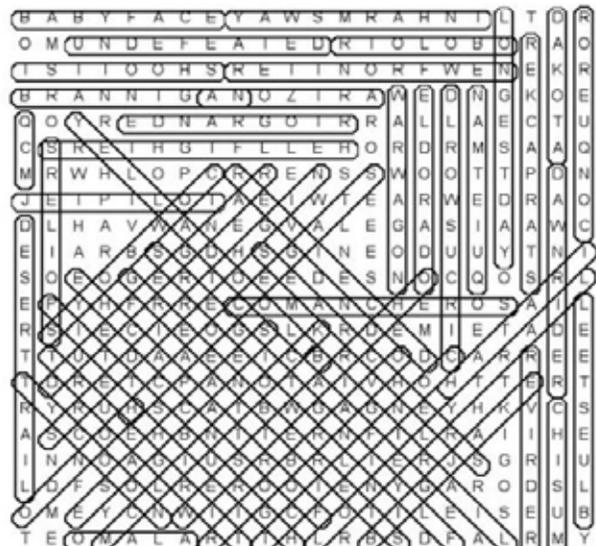
HealthCare have oncology support programs to help patients and their caregivers. The American Cancer Society is also a tremendous resource to help navigate the cancer journey.

Today, more than ever before, patients are overcoming and surviving their cancer diagnosis. That's why it's important for patients and their families to incorporate a balanced approach to cancer treatment and daily living. It may help to remember that cancer is just a part of your life ... it's not the only thing in your life.



Crossword puzzle and Sudoku Answers

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



Volunteer Highlights

KICKAPOO YOUTH BASEBALL ILCC TEAM

Join us in cheering on Team Illinois CancerCare in the 8u division (7 & 8-yr-olds) of the Kickapoo Baseball/Softball competition season!



ABOVE: Cadence Metz shows off the Illinois CancerCare jersey with his "baseball tough" face – no smiles allowed.

KOMEN RACE FOR THE CURE IN PEORIA

Illinois CancerCare staff volunteers at the Komen Memorial Peoria Race for the Cure



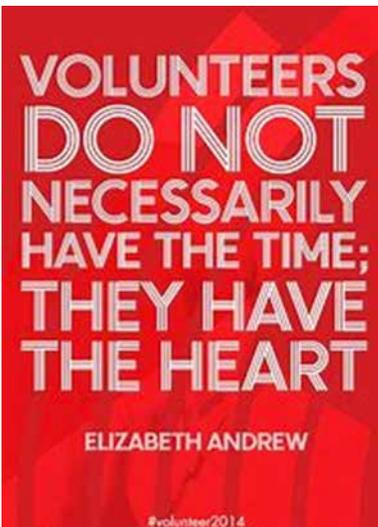
CHILLICOTHE MIDDLE SCHOOL STUDENTS GIVE BACK



Chillicothe Middle School students Kaden and Donovan were tasked to do a project and decided to sell cookies to raise money for the Illinois CancerCare Foundation. Both Kaden and Donovan have family members who have battled cancer and wanted to give back. The young men presented their \$175.00 donation, toured Illinois CancerCare, P.C. and met with Trupti Hattiangadi, Clinical Research Associate to learn about clinical trials.

PRINCEVILLE BROWNIE TROOP BRINGS PATIENTS COOKIES

Brownie Troop 4802 from Princeville Grade School worked to earn 100 BOXES of Girl Scout cookies to donate to our Illinois CancerCare Foundation patients. The troop put on their gloves to serve patients receiving treatment at the Peoria center - their smiles and energy brought joy throughout the clinic!



DID YOU KNOW THAT IN 2017, OUR VOLUNTEERS DEDICATED OVER 9,800 HOURS TO ILCC AND OUR CLINICS? THAT IS THE EQUIVALENT OF 4.5 FULL TIME EMPLOYEES! THANK YOU, ILLINOIS CANCERCARE VOLUNTEERS!



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 Jujavarapu, 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



Madhuri Bajaj, MD



Dr. Bajaj completed her undergraduate education at the University of Illinois at Champaign-Urbana. She then attended medical school at SABA University in the Netherlands-Antilles and completed her Internal

Medicine residency at University of Missouri at Kansas City and her Oncology/Hematology fellowship at Wayne State University/Barbara Ann Karmanos Cancer Center in Detroit, Michigan. She worked as an Academic Hospitalist at Wayne State University in Detroit, Michigan prior to starting her fellowship in Hematology/Oncology. "The cancer treatment field is heading towards personalized medicine and the first phase of this endeavor has been quite successful with the development of targeted molecular therapies for various malignancies," says Bajaj. "Cancer medicine is constantly evolving, much like the disease itself. I enjoy the challenge." In her free time, Dr. Bajaj enjoys dance, running, cooking and travel as well as spending quality time with her husband and two children.

FEATURED CPM



Jamie Cook, APN



Jamie graduated with a Bachelors of Science Degree in Nursing from Methodist College of Nursing and began her nursing career in the Surgical ICU and then Interventional Radiology before returning to school for her Master's Degree. Jamie then received her Master's of Science in Nursing, Family Nurse Practitioner sequence from Mennonite College of Nursing at Illinois State University. She is a Board Certified Family Nurse Practitioner. Jamie knew she wanted to work in a specialty as a nurse practitioner, in a position where she could challenge and push herself. "Oncology is an ever-changing field of medicine where I can continue to learn and expand my knowledge base. It's also very rewarding and incredibly gratifying," says Jamie. "The relationships we develop with our patients and their families are unlike those in almost any other specialty." In her free time, Jamie likes to spend time with family and friends. She enjoys most outdoor activities, walking her dog, riding bikes, hiking, fishing, boating, and snowboarding, as well as traveling.