

ILLINOIS CANCERCARE

Newsletter

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

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hello

LETTER FROM THE EXECUTIVE DIRECTOR OF THE FOUNDATION

SUMMERTIME... FAMILY FUN, CELEBRATIONS, BACKYARD BBQ'S. IT'S A TIME FOR MANY TO CONNECT WITH FAMILY AND FRIENDS!

Summertime at Illinois CancerCare Foundation means event season is in full swing. There are a number of fundraising events planned for this summer – we hope you can participate in one or all of them!

First, the 7th Annual **Leather & Leis River Run & Party** sponsored by the Central Illinois Parrot Head Club on **July 13th, 2019** will begin with registration at Kuchie's on the Water from 10:00am-11:30am. Whether by motorcycle, boat, car or party bus, you can spend the day with a great group touring some wonderful beachy riverfront stops. The ride will end at the East Peoria Boat Club for dinner, music, silent and live auctions. For more information about this event, visit www.ciphc.org.



Second, the 12th Annual **Bikers for Ta-Tas Ride** for breast cancer founded by Greg and Nancy Borum takes place on **July 20th, 2019** from 8:00am-11:30pm. Registrations takes place at the Bartonville American Legion with four stops built into the route ending at the American Legion for dinner, music and fun! For more information about this event, visit www.bfft.org.

Third, the Illinois CancerCare Foundation's 8th Annual **Golfin' in the Wild** event will be held on **August 24th, 2019** at Wildlife Prairie Park. Coordinated by the Foundation's Young Leaders Board, this unique, nine-hole golf course is geared for the golfer of any skill level. Fun activities and refreshments are provided on the course and a dinner, silent auction and raffle are held after golfing. For more information, visit www.bidpal.net/Golfin19.

Fourth, the 6th Annual **Totes for Ta-Tas** event for breast cancer will be held on **October 20th, 2019** at the Avanti's Dome (new location). This event will feature a live and silent auction of purses, totes and wallets. For more information, visit their Facebook page at www.facebook.com/totesfortatascentralll.

Fifth, the 7th Annual **Theresa Tracy Trot Strive to Survive** on **November 2nd, 2019** is a 4-mile run and 2-mile walk through the beautiful East Peoria Riverfront. This fundraising event is dedicated to raising awareness and increasing survivability of pancreatic cancer and advancement of cures through funding pancreatic research, early detection, genetic testing and treatment. For more information about this event, visit www.theresatracytrot.com.

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

On behalf of the Illinois CancerCare Foundation board of directors, staff and dedicated volunteers, *I wish you a very safe and happy summer.*

We hope you can join us this summer!
Friends in the Fight,

Tonda

Tonda Thompson
Executive Director
Illinois CancerCare Foundation



We're Coming For You, Dixon!



Patients will enjoy a view of charming downtown Dixon from the spacious treatment room.

Our newest clinic is set to open at the end of July and is looking great! Located in the heart of downtown Dixon, most exam rooms have oversized windows with beautiful views of the charming shops and restaurants lining the streets. If you look far enough, patients can even enjoy a view of the Rock River from the spacious treatment room!






DIXON CLINIC *Physicians*

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

A NIGHT WITH PERU'S pink ribbon club



A big thank you to the Pink Ribbon Club in Peru for inviting Illinois CancerCare to your most recent event. Jessica Stewart, APN at the Peru Clinic, spoke on survivorship to the over 60 members in attendance. Illinois CancerCare was proud to sponsor the event and provided Avanti's for dinner and Trefzger's cookies for dessert. These Peoria staples were a big hit in Peru!



a special delivery AT PEKIN CLINIC

The Pekin Clinic recently had a very 'special delivery' to bring a little joy to our patients. Lucy, niece of Illinois CancerCare's Pekin clinic receptionist Jenni, and her Illini Bluffs preschool class decorated brightly colored flower pots as a spring project. They took time out of their day for a little trip to the clinic to deliver these pots and adorable flowers to patients. What a special way to brighten someone's day!



Lucy delivered a special flower to Illinois CancerCare physician Dr. Le-Lindqwister





On the Cutting Edge

ILCC PATIENT FIRST IN THE WORLD
ON LUNG CANCER CLINICAL TRIAL

This is exciting,” Illinois CancerCare’s Dr. Gary MacVicar announces to the room of clinical research associates. “In 30 years, finally there is an advancement in small cell lung cancer! I think it reflects on the whole of our practice and all of your work. It’s a milestone and hopefully we can see that kind of advancement in other disease sites.”

Dr. MacVicar is referencing the practice changing clinical trial IMpower133/GO30081. This study recently led to the FDA approval of the first initial treatment option in three decades for extensive stage small cell lung cancer. Not only did Illinois CancerCare participate in this study, but the research program enrolled the very first patient in the world to this clinical trial and was the second highest enrolling site in the United States!

At the midway point between Chicago and St. Louis, Illinois CancerCare’s primary clinic resides in Peoria, Illinois along with a robust medical community including two major regional health systems, the University of Illinois College of Medicine at Peoria and the award-winning Jump Simulation & Education Center. The 12 additional Illinois CancerCare locations bring cutting-edge cancer treatment throughout central Illinois – one of the founding physicians’ main goals in establishing the private practice over 40 years ago. The other goal was clinical research.

Recognized nationally for its clinical trial participation, this premier practice is among the top accruers in the U.S. for both treatment and supportive care studies with more than 10,000 patients enrolled in nearly 1,500 clinical trials. At any given time, Illinois CancerCare has approximately 100 open clinical research trials, with a large part of that participation being coordinated through the NCI Community Oncology Research Program. In addition to

being honored 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’s nationally-recognized research program continues to receive honors including the American Society of Clinical Oncology (ASCO) Clinical Trials Participation Award.

An invaluable partner in the fight against cancer, the practice also has the backing of the Illinois CancerCare Foundation, which is committed to providing patient education, helping to fund research and offering patient support.

“It is a real commitment to bring cutting-edge care close to home and something that all of us physicians and staff value as we encourage patients and their families to consider clinical trials as an option for part of their care,” Dr. MacVicar states. His partner Dr. Jane Liu agrees, “I believe that all patients are a potential trial candidate at some point of their journey fighting cancer. I feel very fortunate to share this success with everyone here. We are lucky enough to witness this influx of newer therapies that improve patient’s lives and prolong both life and quality of life.”

Certainly, much of today’s cancer innovation is coming from our coastal cities, but do not discount the flyover states. *In central Illinois lies a national leader in clinical research passionate about access to superior care.* ■



ILLINOIS CANCERCARE TAKES ON *asco!*

ASCO, the American Society of Clinical Oncology, is a professional organization representing physicians of all oncology sub-specialties who care for people with cancer. There are nearly 45,000 ASCO members worldwide.

With over 40,000 attendees, the ASCO Annual Meeting is one of the largest educational and scientific events in the oncology community. The five day event in Chicago is where physicians and scientists present research results to a global audience.

Illinois CancerCare physicians who attended the ASCO conference this year were Drs. Liu, MacVicar, Prager, Veeder and Zhang. Illinois CancerCare was also represented by members of the Human Resources and Marketing teams at the vendor fair this year.

BIG ANNOUNCEMENT FROM THIS YEAR'S CONFERENCE: PHASE III TRIAL FINAL RESULTS

On June 2, 2019, an international team of investigators presented final results from a phase III trial POLO (Pancreas Cancer Olaparib Ongoing) at the ASCO annual meeting in Chicago, IL. The results from this trial demonstrate that metastatic pancreatic patients with germ line (inherited) pathologic mutations in BRCA1 and BRCA2 who are stable or responding to oxaliplatin chemotherapy had a prolonged progression free survival with olaparib (Lynparza, AstraZeneca) compared with a placebo.

Dr. Michael Veeder, an Illinois CancerCare physician on the pancreatic cancer treatment team attended the ASCO meeting. "In a cancer that is as difficult to treat as cancer of the pancreas, this is one of the real advances we have seen in the last 10 years," he stated.

This clinical research trial illustrates the importance of genomic testing in pancreatic patients to identify

germline mutations including BRCA1, BRCA2, Lynch Syndrome mutations, FAMMM, and others. Through the generous philanthropy of the Theresa Tracy Strive to Survive organization, Illinois CancerCare physicians have been able to offer genomic screening for pancreatic cancer patients at no cost since 2016. Only in the last few months has genomic testing been covered by insurance, and even today some insurance will not cover the cost.

"Genomic testing in pancreas cancer patients can now direct oncologists to FDA approved targeted therapy which is already currently approved. Our physicians look forward to AstraZeneca submitting this data for FDA approval," stated Veeder.

The results from this testing can assist oncologists in choosing personalized treatment options. In addition, genetic information can inform family members who may not be aware of a familial risk. In 2018, this service was expanded to family members of pancreatic patients through Illinois CancerCare's Community Pancreatic Cancer Screening Clinic.

Genetic testing can help identify risk factors for developing many types of cancers. Medical professionals with training in cancer genetics are available at Illinois CancerCare to educate family members on what results mean and provide guidance if follow up is needed. It is through services such as this that Illinois CancerCare continues to fulfill its mission of providing comprehensive, compassionate care that enhances the lives of patients and their families. ■

Illinois CancerCare continues to be a leader in oncology care by providing patients with ground-breaking services. **Our Community Pancreatic Cancer Screening Clinic is open the third Friday of every month to all community members 21 years of age or older that have a first or second degree relative diagnosed with pancreatic cancer. To register, please call 309-243-3733.**



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 | 6:00 am – 11:00 pm
American Legion Post 979 · 4501 Airport Road · Bartonville, IL

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, IL

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



OCT 20 Totes for Ta-Tas | 6:00 am – 11:00 pm
Avanti's Dome · 3401 Griffin Avenue · Pekin, IL

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, IL

The Theresa Tracy Trot is a 4-mile run or 2-mile walk along the East Peoria Riverfront and Levee District. The event 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 · 21 Blackjack Blvd · East Peoria, IL

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 a signature drink - the CUREtini, of course! www.illinoscancercarefoundation.org/events



SATURDAY, AUGUST 24
WILDLIFE PRAIRIE PARK • 3:00 PM

REGISTER TODAY!

illinoiscancercarefoundation.org/events

- 9-hole scramble for all skill levels
- Food, drinks & fun throughout the course
- Individual \$60 • Twosome \$115 • Foursome \$220

RAFFLE TICKETS
\$10 EACH
5 FOR \$40



White Gold & Diamond Suite
RETAIL VALUE: \$580
NEED NOT BE PRESENT TO WIN

TICKETS CAN BE PURCHASED
IN THE FOUNDATION OFFICE
OR BY CALLING 309-243-3437.

BE A SUPER HERO FOR HOPE!



CURE ageous
10 years

**THE COUNTDOWN IS ON TO OUR
BIGGEST EVENT OF THE YEAR!**

NOVEMBER 15, 2019

'MAY'KOVERS & MARGARITAS *for a cause*



What a nice May evening of relaxation and fun spent at Senara Health & Healing Center & Spa in Peoria! Our night was full of mini spa services, stress screenings, La Bella Donna 'May'kovers, health seminars and of course... margaritas!

THANK YOU TO ALL WHO ATTENDED!





CANCER RESOURCES ONLINE:

Factor or Fiction?

When you or someone you love is diagnosed with cancer—or undergoes testing to determine if a malignancy exists—it's tempting to go straight to the internet for answers, reassurance and cures. The web is a double-edged sword that can provide helpful information, as well as dangerous misinformation.

Your physicians and advanced practice nurses (APNs) know your specific health history, diagnosis and treatment options, so we strongly encourage you to turn to them for medical advice. However, we also know that some patients like to supplement that relationship by learning

more online or creating friendships with other patients who you can relate to. Illinois CancerCare physicians and APNs are also available to clarify information you find on the internet.

The most important thing to check when reading medical information (of any kind) in print or online is the source. While some lifestyle bloggers, pseudo-healthcare groups or professional-looking websites may seem to have the answers you're looking for, it's extremely important to verify the source to determine its underlying goals and credibility.



The Source

The following types of sites generally provide reliable information - keep in mind, though, that bits of misinformation (or outdated facts) can show up nearly anywhere:

WELL-ESTABLISHED NON-PROFITS

The American Cancer Society's site (cancer.org) provides accurate information that is organized in a logical way. It is easy to find what you are looking for with a few quick searches or by following their straightforward navigation. Being a .org site does not guarantee credible information, but it is one aspect to consider.

American Cancer Survivor Network

American Institute for Cancer Research

Cancer.Net (from ASCO)

Cancer Survivor Toolbox

Livestrong Foundation

GOVERNMENT WEBSITES

The website of the National Cancer Institute (cancer.gov) is a division of the National Institutes of Health and offers educational information, ongoing research trials and the latest news on treatment breakthroughs. It's also a resource for oncology researchers and healthcare providers. Another good site is the Centers for Disease Control and Prevention.

LEGITIMATE CONTENT SOURCES & TREATMENT PROVIDERS

Sites that end in .com are often for-profit companies. That being said, there are many .com websites (including ours) that provide accurate, medically-reviewed content. WebMD.com is one such site that many patients and their families turn to. Written for healthcare consumers, the site also includes illustrations and diagrams that appeal to non-medical consumers.

MEDICAL SCHOOLS

Institutions of higher education are affiliated with teaching hospitals and are often on the cutting-edge of new treatment options. Combining the fresh insights of up-and-coming physicians with the hard-earned wisdom of experienced doctors, these sites deliver a powerful storehouse of information through .edu websites (some medical school resources use a .com URL). Here are some reputable options:

Northwestern Medicine

Feinberg School of Medicine

Pritzker School of Medicine

Washington University in St. Louis

Mayo Clinic College of Medicine

The University of Texas MD Anderson

AT ILLINOIS CANCERCARE

we advise our patients to use the internet with eyes wide open for content that will contribute to their overall well-being, rather than cause fear or anxiety. The web can be a wealth of information or a wealth of misinformation, but with good judgement it can be a great resource.

Please keep in mind that we are your *personal, local resource* for guidance about YOUR individual health care needs.



Type of Information

In the previous section, we addressed sources for actual medical content, but the internet has a vast array of supplemental resources. As with anything, it is smart to determine the legitimacy of the source and the validity of the information. Unfortunately, there are many unethical people in the world—and the internet has made it easier for them to target and scam others during a vulnerable time.

HEALTHY LIVING TIPS

The internet is full of resources to help you and your family make healthier life choices—some of these are even specifically written for cancer patients. Many sites suggest alternative healthcare remedies including herbal supplements, vitamin regimens, detoxification with coffee enemas, healing recipes and a variety of other suggestions. While some of these options may be valid, you should ALWAYS ask your APN or physician before trying alternative treatments. We will not judge or dismiss alternative ideas, but we can evaluate whether these options have the potential to enhance - or impede - your current treatment protocol.

The pharmacy at Illinois CancerCare has a fantastic tool that allows us to evaluate how certain herbs, vitamins and supplements may affect your current prescriptions. Please do not hesitate to ask us about this.

EVERYDAY LIFE CONCERNS

Some cancer patients and caregivers have questions about whether or not they should continue working, what they should tell their employer, what rights they have in the workplace, etc. Do your best to differentiate between legal advice and personal opinion. ■

Loaded Baked Omelet

This easy dish not only makes a great breakfast, but a terrific brunch or dinner dish as well! It is packed with nutrient-rich vegetables that have been shown to aid in cancer prevention. Make this dish in advance to save yourself time on an early morning!

Nutrition Facts:

Serving Size: 1/6th of the Casserole

Servings per Recipe: 6

Calories: 154

Total Fat: 9g

Saturated Fat: 3g

Cholesterol: 258mg

Sodium: 254mg

Total Carbohydrate: 5g

Dietary Fiber: 1g

Protein: 13g



Ingredients

- ½ cup onion, diced
- ½ cup bell pepper, diced
- ½ cup mushrooms, diced
- ½ cup spinach, finely chopped
- ½ cup tomato, diced
- ¼ cup meat of choice, chopped
- ½ cup part-skim, low moisture shredded mozzarella cheese
- 8 large eggs
- ½ cup 1% milk
- ¼ teaspoon ground black pepper

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Spray an 8 x 11 casserole pan with non-stick cooking spray. Set aside.
3. In a large bowl, whisk together eggs, milk, and ground black pepper.
4. Combine onion, bell pepper, and mushrooms in a non-stick skillet over medium heat. Sauté vegetables just until tender. Once tender, remove from heat and place in sprayed casserole dish.
5. Layer spinach, tomato, meat and mozzarella cheese on top of sautéed vegetables. Pour egg mixture on top.
6. Place casserole dish in oven and cook for 22-25 minutes, or until light golden brown on top. Serve immediately and enjoy!

Make Ahead Directions

1. Prepare full recipe. Once finished baking, allow to cool and then cover with foil and place in refrigerator. Store in refrigerator for 3-4 days.
2. To reheat, thaw and bake at 350° for 25-30 minutes or until omelet reaches 165 degrees Fahrenheit. Serve immediately and enjoy!



Grace is a Registered Dietitian 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 Grace at 309-243-3464 or ghensold@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 Jeanna at 309-243 3462 or jrich@hulthealthy.org.

SODUKU & WORD SEARCH

Old West 2

Find and circle all of the words that are hidden in the grid. The remaining 30 letters spell a Will Rogers quotation.

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

ASSAY OFFICE

BANK ROBBER

BARN

BLACKSMITH

BOOTS

BUCKBOARD

BUNKHOUSE

CALAMITY JANE

CHAPS

COAL OIL

COWPOKE

DOCTOR

DRESSMAKER

FENCE

GENERAL STORE

GOLD NUGGET

GUNSLINGER

HATS

HIRED HAND

HORSES

ICE HOUSE

LASSO

MINE SHAFT

OUTLAWS

PELTS

PIGS

PIONEERS

POST OFFICE

RANCH HAND

REVOLVER

RUSTLER

SADDLER

SALOON GIRL

SCOUTS

SHOOTOUT

SHOTGUN

SPURS

STIRRUP

TOWN HALL

TRADING POST

TUMBLEWEED

WAGON

WANTED POSTER

WHISKEY

Sudoku #449 (Easy)

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



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



A NIGHT AT THE *Ballpark!*

WHAT A GREAT TURNOUT AT OUR 9TH ANNUAL SWING FOR THE CURE!

Our night with the Peoria Chiefs started out with a survivor walk around the field with the above group. What a site to be seen!

As the team started warming up and the field prepped, out walked Illinois CancerCare's new physician, Dr. Wenqing (Mark) Zhang to throw the first pitch. After a few days of researching pitching form and honing his baseball skills, he stepped confidently onto the mound and threw (a little high) right to the catcher's mitt. Way to go Dr. Zhang!

With raffle baskets galore and t-shirts to sell, the Illinois CancerCare Foundation staff stayed busy throughout the game raising hundreds of dollars for cancer research. Survivors and their caretakers/families enjoyed the action on the field, including themed games for 'Star Wars Night'!

Our evening ended with a stadium-wide tennis ball toss competition (proceeds went to the Foundation!) and an always impressive fireworks show. Thanks to all who attended and helped to make the night such a success! ■



Dr. Zhang was proud to throw out the first pitch!



MCLEAN COUNTY *Relay for Life*

Illinois CancerCare was proud to sponsor the 25th anniversary of the McLean County Relay for Life!

Volunteers from our Bloomington clinic served 130 survivors and caregivers at the Survivor Dinner before the opening ceremony where Illinois CancerCare patient Pattie shared her inspiring journey. A big thank you to American Cancer Society for bringing HOPE and support to our patients! ■



Illinois CancerCare patient Pattie was the inspiring survivor speaker at the event.

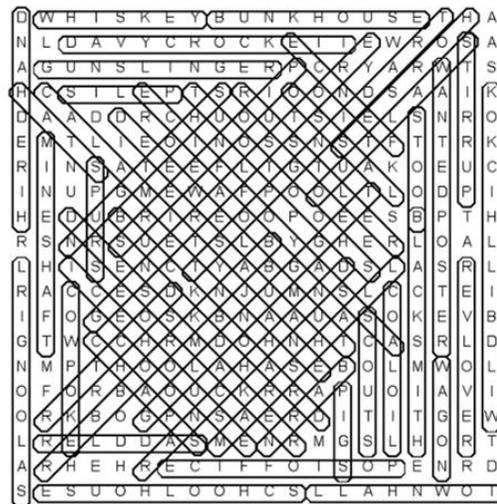


Dr. Kumar and Dr. Ku, newest physician to the Illinois CancerCare family, enjoyed the event with their families

WORD SEARCH AND SUDOKU ANSWERS

Sudoku #449 (Easy)

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



LOCAL TEENS GET INVOLVED!



Bringing Comfort **TO CANCER PATIENTS**

Even as temperatures are warming up outside, the air conditioners in our treatment rooms ensure that blankets are still greatly appreciated!

Dunlap High School Interact Club

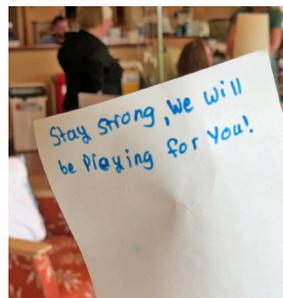
This group of students visited Illinois CancerCare in Peoria to hand out 79 handmade blankets. The high school *Interact Club* is made up of 30 students from Dunlap High School who are helping promote leadership, making a difference in their community, and discovering new cultures and international understanding.



Pekin First Nazarene Youth Group



A group of youth from Pekin First Nazarene Church brought fleece blankets and handwritten notes to give to patients in treatment at both our Peoria and Pekin locations. Their smiles and energy lit up the waiting and treatment rooms as they kicked off their summer of serving others.



Washington Community High School ATHLETES CELEBRATE NATIONAL Donut Day WITH PATIENTS



The Washington Community High School Varsity Softball Team spent National Donut Day, June 7th, celebrating with our patients in Peoria. This amazing team of young women, led by Stephanie Lawson, raised \$1,000.00 for the Illinois CancerCare Foundation at their annual Swing for the Cure Softball Tournament!

INTERESTED IN JOINING THE VOLUNTEER TEAM?
Simply 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.



Hult Center for Healthy Living is Central Illinois' premier nonprofit provider of comprehensive health education and wellness services for people of all ages. Hult Center provides services through youth and adult health education and services. Hult Center's oncology support programs offer a variety of wellness services to empower anyone at any stage of their cancer journey and improve their quality of life.

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.

Individual Nutritional Counseling

Free nutritional counseling sessions available Monday-Friday with Registered Dietitians Grace Hensold and Jeanna Rich for patients who are experiencing side effects from cancer treatment. Call 309-243-3464 or email ghensold@illinoiscancer.org 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 information.

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 - Every Monday | 3:30 pm

Illinois CancerCare | 8940 Wood Sage Road | Peoria, IL

Breath of Joy Yoga - Every Monday | 5:15 pm

Hult Center for Healthy Living | 5215 N. Knoxville Avenue | Peoria, IL

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.

Connections Colorectal Cancer Support Group - First Monday of every month | 5:30-6:30 pm

Peoria Public Library - North | 3001 W. Grand Parkway | Peoria, IL

Group discussions and educational programs for colorectal cancer patients, caregivers and loved ones.

EMBRACE: Advancing Beyond the Diagnosis - Third Monday of every month | 5:30-6:30 pm

UnityPoint - Atrium Building | 900 Main Street · Suite 160 | Peoria, IL

There is life after a Stage IV cancer diagnosis... join us to discover yours. Open to all adults living with Stage IV cancer. Caregivers are welcome.

TUES

Groove Therapy (Aerobics) - Every Tuesday | 9:00 am

UnityPoint · Atrium Building | 900 Main Street · Suite 010 | Peoria, IL

Gentle and low impact with instructor Elmira Akama

Mindfulness Meditation - Every Tuesday | 5:15 pm

Hult Center for Healthy Living | 5215 N. Knoxville Avenue | Peoria, IL

These sessions are a very simple form of meditation, so you do not need any previous experience.

Comfortable seating is provided.

FOCUS: Operation Survivor Support Group - Fourth Tuesday of every month | 5:30-6:30 pm

UnityPoint · Atrium Building | 900 Main Street · Suite 160 | Peoria, IL

This group offers encouragement, hope, education, and emotional support to breast cancer patients and their care givers. Group is led by a licensed counselor and oncology nurse navigator.

WED

Yoga with Jean - Every Wednesday | 11:00 am

Hult Center for Healthy Living | 5215 N. Knoxville Avenue | Peoria, IL

All levels are welcome.

Cancer Support Group - Every Wednesday | 1:00 pm

Hult Center for Healthy Living | 5215 N. Knoxville Avenue | Peoria, IL

THUR

Restorative Yoga with Marcy - Every Thursday | 5:30 pm

Hult Center for Healthy Living | 5215 N. Knoxville Avenue | Peoria, IL

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 with Beth - Every Friday | 9:00 am

UnityPoint · Atrium Building | 900 Main Street · Suite 010 | Peoria, IL

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.



Wenging 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*



Pankaj Kumar, M.D.



Dr. Kumar received his medical degree from St. John's Medical College in Bangalore, India. He completed his residency at the State University of New York Health Science Center and practiced internal medicine for several years. Dr. Kumar completed his oncology and hematology fellowship at the Montefiore Medical Center, Albert Einstein Cancer Center in New York City. He worked as a medical oncologist and hematologist at Centre Medical and Surgical Associates in State College, Pennsylvania, and as an assistant professor of medicine at Penn State College of Medicine before joining Illinois CancerCare in 2007. On why he chose to work with cancer patients, Dr. Kumar says, "It is a rapidly evolving field of medicine; there are a lot of exciting changes occurring in this field that are making a meaningful impact on the lives of patients with cancer. And because of the unique opportunity that cancer professionals have in establishing a relationship with patients and their families." When he is not working, Dr. Kumar enjoys spending time with his family, reading and any outdoor activities.

FEATURED *CPN*



Jodi Foreman, APN



Jodi received a Bachelor of Science in Community Health from University of Illinois Urbana-Champaign. She also received a Bachelor of Science in Nursing from Southern Illinois University Edwardsville and a Master of Science degree in Nursing focusing as a Family Nurse Practitioner at Illinois State University before joining Illinois CancerCare in 2016. Jodi has always enjoyed taking care of oncology patients in the hospital during her training and was looking for a specialty where she could form long-term relationships with her patients. One of the greatest changes she has seen in her nursing career is the use of technology and electronic communication as a means to keep in touch between patients, caregivers and healthcare teams. Outside of work, Jodi enjoys being outdoors, camping, traveling and spending time with family and friends.