

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

EVERY SEASON PRODUCES SOMETHING OF VALUE FOR THE SEASON TO COME...

Are you one who loves fall with all the colors, cooler temperatures, football and everything pumpkin? Or do you love summertime with lots of sunshine, chasing lightning bugs, water adventures and family cook-outs?

For me, each season brings a sense of excitement - the beginning of something new. Seasons have a way of helping us put life in perspective and teach us to look forward and enjoy each special moment.

Here at Illinois CancerCare Foundation, fall means planning for [CUREageous](#), our signature fundraising event. CUREageous honors area physicians and medical professionals who have made great strides in the field of research. This year is going to be extra OUTRAGEOUS as we celebrate our ten year CUREageous Anniversary!

NEW this year will be the [Outstanding Alumni Award](#) – we will announce the winner of the inaugural “Rock Doc Outstanding Alumni” live at the event. CUREageous also features live music, a silent auction and raffle, an elite wine pull along with great food and a signature drink - the CUREtini.

We invite you to join us [Friday, November 15th, 2019](#) as we celebrate a DECADE OF DOCS! Visit [CUREageousEvent.com](#) to reserve your tickets today or come to the Illinois CancerCare Foundation office at 8940 North Wood Sage Road, Peoria, Illinois.

Dollars raised from CUREageous along with Illinois CancerCare Foundation’s Swing for the Cure, Golfin’ in the Wild, and over a dozen third party event partners allows Illinois CancerCare Foundation to bring cutting edge treatment, fund state of the art research and provide a helping hand for the holidays to central and western Illinois patients and their families.

The Foundation’s [Trust in Hope](#) program provides compassion and support to eligible cancer patients and their families during the holidays when demands of treatment can be especially challenging. Established over 14 years ago, this patient service program provides fully cooked meals at Thanksgiving and/or gifts for children during the holidays. In the last ten years, 2,240 Thanksgiving meals have been delivered, and 151 families with 370 children have received holiday gifts through this program. [Last year, 40 Thanksgiving meals were delivered to 59 families and holiday gifts were given to 69 children of 36 local families.](#)

If you would like to support our 2019 Trust in Hope patient service program, you can make a donation, adopt a family, or help deliver meals and/or gifts! Delivering meals, gifts and HOPE is a small gesture that means so much over the holidays. Donations can be made online at [IllinoisCancerCareFoundation.org/donate](#) or mailed to 8940 N. Wood Sage Rd. Peoria, IL 61615. If you are interested in volunteering or adopting a family, please give the Foundation a call at 309-243-3437.

Your gift will provide compassion and support to your friend, neighbor, and/or local community cancer patients and their families experiencing a terminal diagnosis or financial need during the holidays. The Illinois CancerCare Foundation is committed to funding research, education, and patient services. All donations stay local to help make an impact in the lives of cancer patients in our community, while paving a way to a cure.

Thank you for your support – We can only do what we do through your giving!

Friends in the Fight,

Tonda Thompson

Executive Director

Illinois CancerCare Foundation



CLINIC CONNECTIONS

WE ARE INVOLVED *in our communities!*

Our Bloomington clinic stepped up for the recent MORE THAN PINK Walk! Dr. Kumar, Dr. Gomez and several staff members represented Illinois CancerCare in a big way.

This fundraiser supports four major pillars in the fight for a world without breast cancer - research, care, community and action. Dr. Kumar had the privilege of representing the research pillar to kick off the event!



now open in **DIXON**



Our brand new clinic location located inside the KSB Town Square Centre in downtown Dixon is officially open! Currently, we are seeing patients on Tuesdays and Fridays.

We are excited to be in town and are trying to spread the word. Starting with the recent Sterling Senior Health Fair at Northland Mall, as well as a small after-hours event at local favorite Basil Tree Ristorante. Meeting new faces and talking about all that Illinois CancerCare is excited to bring to the area!



What's happening around the clinics?



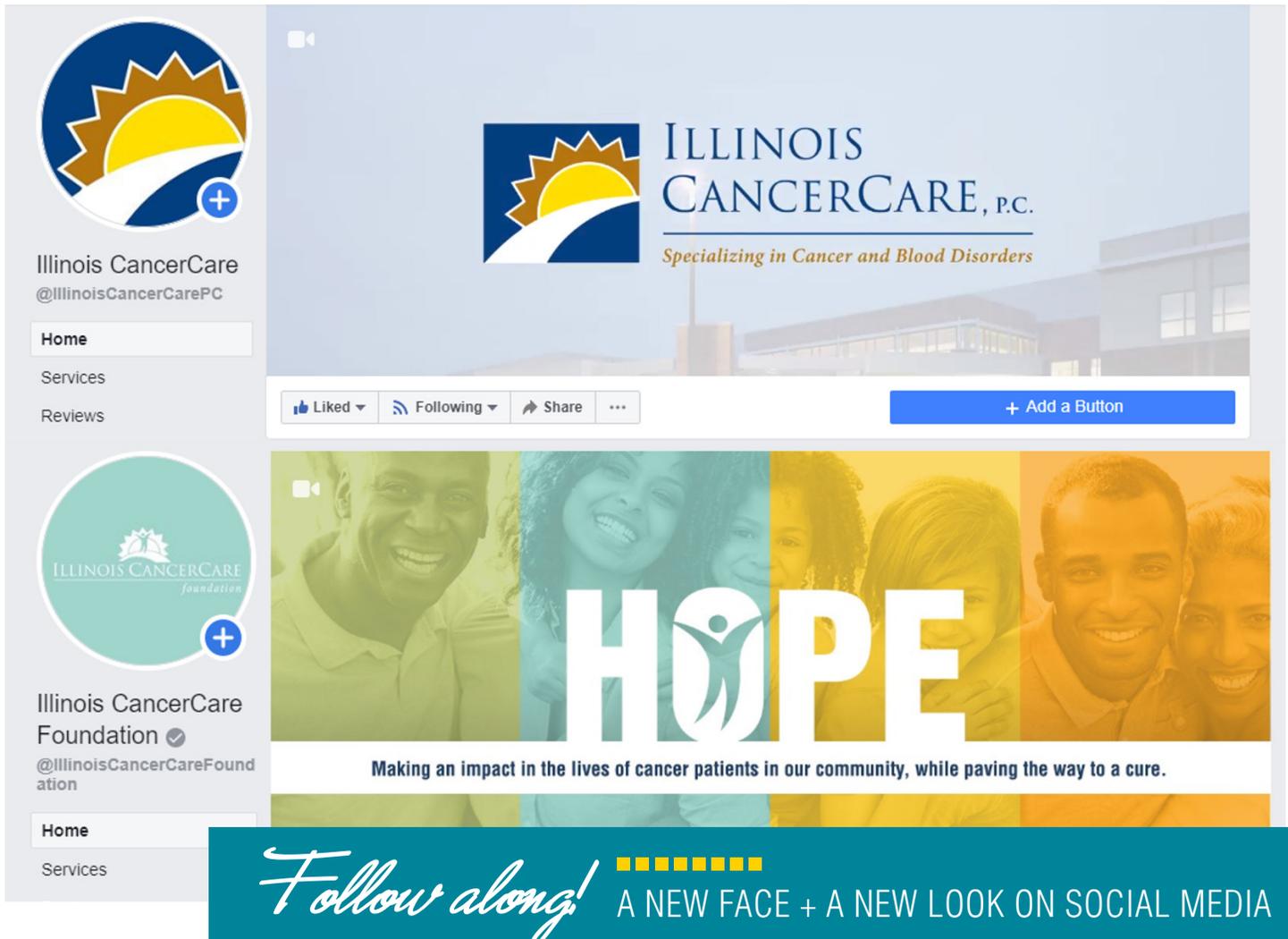
Subaru and The Leukemia & Lymphoma Society of Illinois recently teamed together to deliver beautiful blankets to patients at both our Ottawa and Bloomington clinics!



If you've visited our Peoria location recently, you likely have noticed a new set of wheels zooming around. Our shuttle drivers have sure been enjoying themselves!



Staff at our Peru clinic recently celebrated RN Alyssa's recent wedding - cake and fun for all!



Illinois CancerCare, P.C. is proud to officially be a part of the fun that is social media! Illinois CancerCare Foundation has been in on the fun for years, and it was finally time that the practice joined in, as well.

Please follow along with us as we share research updates, staff introductions, pharmacy details, practice history, patient stories and more!

Our goal with the new Facebook page is to educate our patients, their families and our communities on the services we provide and the people who make it happen.

We also want to highlight and focus on our patients - the reason we all do what we do. If you have an inspiring message or story you'd like to share with your fellow patients or caregivers, please reach out to us at wecare@illinoiscancercares.com. We would love to hear what you have to say!

If you see members of our marketing team out and about with cameras in hand - don't shy away! We are simply trying to capture the warm atmosphere and welcoming patient experience that we strive to provide daily.



This photo posted in honor of Patriot Day on September 11 showed off our pride for our country, as well as our brand new sign in the Peoria lobby!

Along with this new Facebook page comes an updated look for the Foundation Facebook page. We are excited to unveil new, softer colors as a way to separate our two entities. Keep an eye out for this new look in future Foundation materials, as well!

Follow us online at facebook.com/illinoiscancercarespc and at facebook.com/illinoiscancercaresfoundation.

ILLINOIS CANCERCARE HOSTS

advancing a cure

On Thursday, June 27, Illinois CancerCare hosted 'Advancing A Cure: Colorectal Cancer' - an expert roundtable discussing colorectal cancer treatment, research and prevention.

The panel was moderated by Illinois CancerCare's own Madhuri Bajaj, MD. Panelists included representatives from Peoria Surgical Group, OSF Healthcare, and Unity-Point Health.

PANEL DISCUSSION

Our expert panel provided an evening full of helpful information for patients, their caregivers and community members in the room. The physicians discussed risk factors for colorectal cancer, screening and detection, therapy options, and colorectal cancer management.

REAL PATIENT CASE STUDIES

Next, current patient case studies were discussed. These case studies included patient background, diagnoses, treatment plan, an update on their treatment status today, and words of inspiration and pictures from the patients themselves.

Many of these patients were in the room and were brave enough to stand up and be introduced after their case was discussed. We certainly appreciate the willingness of these patients to share their stories with others. It is without a doubt the most effective way of spreading awareness - seeing people who would never have guessed this is how their own story would go.

No one ever envisions cancer being a part of their story - but if it does happen it's comforting to know you are not alone. Our patients know this better than anyone and want others to feel comfort in hearing their stories.

Below are some words of inspiration for newly diagnosed patients shared by these brave patients:

"Let others do something for you - it lets them share your journey and success and there is healing for all."

"Take one day at a time. Reach out to others who have been through the same so you don't feel alone. Never give up hope!"

"Cherish every moment. Don't sweat the small stuff!"

"The only statistic that matters is yours."

"Facets of healing: prayer, personal drive, family/friend support and a great medical team!"

"Treatments and procedures are part of your story but they don't define you. Make memories and find a hobby - even when you don't feel great, it feels good to live."

Thank you to all who attended this event - especially our patients new and old. We look forward to hosting similar panel discussions and patient events. Stay tuned! ■





OCT 8 **Midwest Farm Charm Workshop | 5:00 pm – 8:00 pm**
The Atrium at Illinois CancerCare Peoria · 8940 N. Wood Sage Road · Peoria, IL

Join Illinois CancerCare Foundation for a special DIY evening making adorable seasonal wooden signs! Grab some friends and join us for a fun night getting our craft on for a good cause. For examples of signs, please visit www.mwfarmcharm.com. To register and get more details, call the Foundation at 309.243.3437.



OCT 10 **Bourbon Lottery | 5:00 pm – 7:00 pm**
UFS Downtown Outlet Center · 1800 SW Adams · Peoria, IL

This event is part one of the below 'Walk the Block' fundraiser listed below. Join us for a night of fun including a bourbon raffle, silent auction, and more! We'll be drawing for the opportunity to purchase highly allocated bottles of bourbon to bring awareness to Prostate Cancer. www.walktheblock309.com



OCT 12 **Walk the Block for Prostate Awareness | 12:00 pm – 3:00 pm**
UFS Downtown Outlet Center · 1800 SW Adams · Peoria, IL

Join in the New Orleans-style fun with our friends at UFS Downtown Outlet Center! Our Saturday will start off with Walk the Block for Prostate Awareness with the Tito's Girls, then the bourbon and craft beer tasting will begin. Good food, live music, bottle engraving and silent auction that includes a Pappy Van Winkle 15. www.walktheblock309.com



OCT 20 **Totes for Ta-Tas | 6:00 am – 11:00 pm**
Avantis 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



NOV & DEC **Trust in Hope**
All throughout our communities

The Foundation's Trust in Hope program provides compassion and support to cancer patients and their families during the holidays. In the last eight years alone, nearly 1,500 Thanksgiving meals have been delivered and over 100 families with over 250 children have received holiday gifts! illinoscancercarefoundation.org/what-we-do/patient-care

CURE *ageous* 10 years

join us

NOVEMBER 15, 2019

6:00 PM – 11:00 PM

PAR-A-DICE HOTEL

The 10th annual CUREageous event will be a rockin' entertaining, one-of-a-kind party thrown by our own Illinois CancerCare Foundation to honor Physicians (Rock Docs) and Affiliated Medical Professionals (AMP Champs) that move patient care forward through their dedication and commitment to research.

All proceeds will fund local clinical research, education and awareness, and patient assistance supported by the Illinois CancerCare Foundation. For more details and to purchase your ticket(s), visit www.cureageousevent.com.

2019 AWARD WINNERS

rock
DOCS



**Alexander
ADLER** MD, FACC
UnityPoint
Health - Methodist



**Joseph
EVANS** MD, PhD
OSF St. Francis
Medical Center



**Patrick
GOMEZ** MD
Illinois CancerCare



amp
CHAMP

**Rachel
DeLONG** APN
Peoria Surgical
Group



Cancer survivor Coach Kerrie Redeker (right), pictured with her Illinois Central College Women's Basketball Team volunteers. Thank you for your time, ladies!

GOLFIN' IN THE WILD *what a fun day!*

The 8th annual Golfin' in the Wild celebrated our donors as the superheroes they are! Our new course on Wildlife Prairie Park's frisbee golf course was the perfect set up for a fun afternoon. A big thanks to all of our sponsors, volunteers, and Wildlife Prairie Park for the hospitality - we couldn't have done it without all of your support!

OVER \$31,000 WAS RAISED THIS YEAR!

Funds support local cancer research, education & patient support through the Foundation.



Swinging for a cause! Illinois CancerCare's Dr. Greg Gerstner (right) and son, Tyler, pictured with Dr. James Gerstner and Janice Gerstner.



Golfers posed for a picture: Tatum Aitken, Ashley Gilfillan, Rachel Hamer, Sarah Overton, Abby Stephens



Fun on the course! Golfers pictured include Rick Lehew, Kim Foster Lehew, Tammy White, Jeff White



Golfer Nick Morales takes a swing!



Smiles for miles with this group! Golfers pictured include Marnie Harris, Ryan Harris, Matt Ogburn, Richole Ogburn



Call in the Family

RICIA LEFEBVRE WAS INITIALLY HESITANT TO GET GENETIC COUNSELING. BUT AS A WOMAN WITH A FAMILY HISTORY OF BREAST AND OVARIAN CANCERS, SHE ULTIMATELY PURSUED THE TRUTH.

Her mother died from ovarian cancer in 2006. Her mother's three sisters succumbed to breast cancer. Several other family members – including one man – tested positive for cancer mutations.

THE WRITING ON THE WALL

It seems like a woman with this history would be running to the nearest genetics clinic. But, like many people, she felt that knowing the answer can be a scary concept. That's why Ricia Lefebvre was initially hesitant to get genetic counseling. But it's also why she ultimately pursued the truth.

When Ricia was about 35 years old, she began to consider the idea of testing. By the time she'd hit her mid-forties, she had already undergone multiple biopsies and lumpectomies – and needed another lumpectomy. Her surgeon strongly urged her to schedule genetic testing and counseling.

"Sure enough," Ricia said. "I tested positive for the BRCA1 gene."

The nurse practitioner in the genetics clinic at Illinois CancerCare reviewed Ricia's bloodwork and described the statistical likelihood of breast and ovarian cancer





occurring – the odds were extremely high. Her doctor recommended a prophylactic (preventive) double mastectomy and total hysterectomy.

“Seeing the percentages on paper made it real,” Ricia explained. “It was too risky to not do both procedures, so we moved forward.”

TREATMENT & RELIEF

In December of 2016, Ricia underwent a double mastectomy and had spacers placed in anticipation of breast reconstruction surgery. During the procedure, the surgeon discovered a 2 cm lump, which turned out to be Stage 1 triple negative breast cancer. Because this is an aggressive type of cancer that can be difficult to treat when it is more advanced, Ricia believes that her surgeon saved her life.

After finishing six months of chemotherapy and completing the breast reconstruction process, Ricia took several months to regain her strength and then had her total hysterectomy in December of 2017. Thanks to the amazing medical resources available in our community – including Illinois CancerCare – Ricia was able to remain in Peoria for all of her treatment and follow-up.

It was certainly an overwhelming time in her life, but looking back on her decision, this soft-spoken married mother of three adult children doesn't regret a thing. After all, being around for her husband, kids and pets is what matters most.



Genetic Testing OVERVIEW

Women (and men) who have a family history of breast or ovarian cancer may be at increased risk for these diseases. Talk to your doctor if you are of Eastern European (Ashkenazi) Jewish heritage, have two or more family members who had ovarian or breast cancer, or a family member who has had:

- **BREAST CANCER BEFORE AGE 50**
- **CANCER IN BOTH BREASTS**
- **BOTH OVARIAN AND BREAST CANCER**
- **or IS A MALE WITH BREAST CANCER**

Genetic testing is a simple blood test and genetic counseling is an opportunity for you to talk with a specially-trained physician or nurse practitioner to determine your cancer risk. In addition to ovarian and breast cancer, Illinois CancerCare offers genetic counseling for several other types of cancer, including pancreatic.

A NOTE FROM THE PHYSICIANS...

About 5-10% of all cancers are inherited. This means that mutations in specific genes are passed down from one blood relative to another. Individuals who inherit one of these abnormal genes are at increased risk for developing cancer in their lifetime and are more likely to develop cancer at an earlier age.

Based on a hereditary cancer risk assessment, it may be recommended that you undergo genetic testing. This usually involves a simple blood draw or saliva collection. The results may help determine whether you or members of your family face higher risks for certain types of cancer or help explain why cancer has occurred in your family.

If you undergo genetic testing, you will meet with our doctors a second time to go over your test results. They will explain what your results mean to you as well as make recommendations to help you reduce your risks for developing cancer, or for developing a second cancer.

To learn more about the genetics clinic at Illinois CancerCare and schedule an appointment, please visit us online at www.illinoiscancercare.com/genetics. ■

White Chicken Chili

A modern twist on the more traditional style chili! This recipe uses chicken breasts instead of ground beef that is typically in chili. *The American Cancer Society* recommends limiting processed and red meat in the diet to no more than three to four servings per week. Beans are another key ingredient in any chili recipe and are packed with protein and fiber. Eating foods high in fiber is recommended because they contain other nutrients that may help reduce cancer risk.

This recipe is so easy. You can make a big pot of this chili early in the day and just let it simmer on the stove until you are ready to enjoy it - making it the perfect meal as the weather is (finally) starting to change!

Nutrition Facts:

Serving Size: 1 cup	Servings per Container: 8
Calories: 287	Total Fat: 3g
Saturated Fat: 1g	Sodium: 368mg
Total Carbohydrate: 33g	Dietary Fiber: 7g
Sugars: 3g	Protein: 29g



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. 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. Contact Jeanna at 309-243 3462 or jrich@hulthealthy.org.



Ingredients

- 1 tbsp. vegetable oil
- 1 onion, chopped
- 3 cloves garlic, crushed
- 1 (4 ounce) can chopped mild green chile peppers
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1/8 tsp ground cayenne pepper
- 2 (14.5 ounce) cans low sodium chicken broth
- 3 cups chicken breast, cooked and chopped
- 3 (15 ounce) cans low sodium white beans

Suggested topping:

Shredded Monterey Jack cheese

Directions

1. Heat the oil in a large saucepan over medium-low heat. Slowly cook and stir the onion until tender.
2. Mix in the garlic, green chile peppers, cumin, oregano and cayenne pepper. Continue to cook and stir the mixture until tender, about 3 minutes.
3. Mix in the chicken broth, chicken breast, and white beans. Simmer 15 minutes, stirring occasionally.
4. Remove mixture from heat. Serve warm and add cheese as desired!

Recipe was developed from All Recipes:

www.allrecipes.com/recipe/22302/cha-chas-white-chicken-chili/

SODUKU & WORD SEARCH

Sudoku #450 (Easy)

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

Old West 3

Find and circle all of the words that are hidden in the grid.
The remaining 46 letters spell a John Wayne quotation.

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

ANVIL
APOTHECARY
BANK
BARBER
BOARDING HOUSE
BOUNTY HUNTER
BRIDLE
BUFFALO BILL CODY
CATTLE
CHURCH
COAL MINE
DALTON GANG
SETTLERS
SILVER DOLLAR
STABLE
STOCKADE
TOWN
TRAIL BOSS
TRAIN STATION
WAGON TRAIN
WRANGLER
WYATT EARP



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



Special delivery! A local Girl Scout handed out air purifying plants to patients in Peoria's B Pod as part of a 'Journey' project on air pollution and purification. She decided on this specific treatment room because her father was treated there and she wanted to spread joy to current patients. How special!



IT TAKES A *Village*

...AND WE BELIEVE WE HAVE ONE OF THE BEST!

LOCAL STUDENTS GET INVOLVED

We had many students finish out their summers strong this year by donating their time and talents to our patients. Nothing lights up our treatment rooms more than young people making an effort to pass along smiles and positivity!



Our community came together to bring smiles to Illinois CancerCare patients through the summer Pinwheel Fundraiser. Supporters made a \$10.00 donation to the Illinois CancerCare Foundation to honor a current patient who then received a bright garden pinwheel. A few of our summer interns ended their time at Illinois CancerCare by spending an afternoon distributing pinwheels!



This sweet sibling trio called themselves the 'cookie kids' - baking cookies and selling them to raise money in honor of their mother who is a current Illinois CancerCare patient!



The Morton High School Freshman Volleyball team made and donated blankets for a team building night!



Students in the Peoria Academy summer program hosted an end of summer car wash benefiting Illinois CancerCare Foundation. This year, the group's hard labor raised \$600.00, bringing their overall total to \$1,000.00 of support for local cancer patients!

Hope FROM ONE PATIENT TO ANOTHER



Patient Erin went above and beyond to help her fellow patients receiving treatment feel loved and cared for.

GIVING HOPE BEFORE TREATMENT

When a nurse comes rushing into the marketing department here in the Illinois CancerCare offices, we know something special must be taking place! This story lived up to that hype.

Meet Erin. Back in August, she arrived to clinic for treatment, this time with her father along for the ride to keep her company. We knew when she came walking in with a yellow wagon full of goodies she must be up to something.

Before her own long day of appointments and treatment that afternoon, Erin delivered backpacks full of little items for new patients receiving treatment for the first time.

In memory of her mom who just recently passed away from breast cancer, the backpacks are full of items that brought both of them comfort during treatment - snacks, a notebook to write information down - little things to help pass the time.

Our patients never cease to amaze us. Thank you, Erin - your generosity and positive attitude did not go unnoticed!

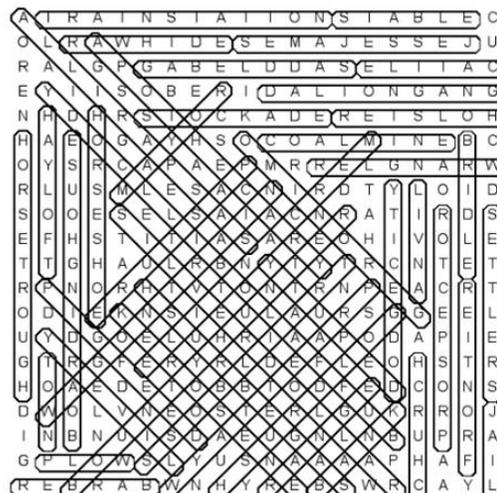
WE WANT TO HEAR YOUR SPECIAL STORIES!

Have you been inspired by a patient, caregiver or staff member around Illinois CancerCare? We want to hear from you! Contact us at wecare@illinoiscancercare.com or 309.243.3433 with your story so we can consider featuring it here in the newsletter and/or online!

WORD SEARCH AND SUDOKU ANSWERS

Sudoku #450 (Easy)

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



LOCAL FUNDRAISERS



Friends in the Fight!

We cannot express enough gratitude to those working hard to raise money for Illinois CancerCare Foundation - giving cancer patients and their families greater access to advanced treatment options and greater **HOPE** close to home!



The Central Illinois Parrot Head Club (above) raised \$8,000 with their annual Leather & Leis River Run this past July!

The East Peoria Express softball team (top left) hosted their 3rd annual tournament to raise funds to help those battling cancer. So far their total donations in three years is an impressive \$16,058!

The 12th Annual Bikers for Ta-Tas (bottom left) recently announced they raised over \$38,000 with proceeds going to both Illinois CancerCare Foundation and UnityPoint Health. What a success!

High school golf teams from throughout Illinois came together to support the fight against pancreatic cancer and raise money at MIA Gordon Memorial Golf Tournament (bottom) in Bloomington.



CLINICAL CANCER RESEARCH

Encompassing more than treatment trials

When hearing the words 'cancer research', many people immediately think of the development and testing of new drugs for the treatment of cancer. However, cancer research encompasses much more than cancer treatment.

Clinical cancer research focuses on each part of a patient's journey starting with screening and continuing through survivorship. Today, clinical cancer research includes clinical trials dedicated to cancer prevention, screening, diagnosis, symptom management, cancer care delivery, and survivorship.

PREVENTION TRIALS test new approaches, such as medications, vitamins, or other supplements, that doctors believe may lower the risk of developing a certain type of cancer or preventing a recurrence of cancer following treatment.

SCREENING TRIALS study ways to detect cancer earlier. These trials are often conducted to determine whether finding cancer before it causes symptoms increases survivorship from the disease. These trials involve people who do not have any cancer symptoms.

DIAGNOSTIC TRIALS study tests or procedures that could be used to identify cancer more accurately. Diagnostic trials usually include people who have signs or symptoms of cancer.

TREATMENT TRIALS are conducted with people who have a cancer diagnosis. Designed to answer specific questions about and evaluate the effectiveness of a new treatment or a new way of using a standard treatment, these trials test many types of treatments - new drugs, vaccines, new approaches to surgery or radiation therapy, or new combinations of treatments.

SYMPTOM MANAGEMENT TRIALS (also called supportive care) trials explore ways to improve the comfort and quality of life of cancer patients and cancer survivors. These trials may study ways to help people who are experiencing nausea, fatigue, pain, cognitive impairment, or other effects from cancer or its treatment.

CANCER CARE DELIVERY RESEARCH focuses on patients, caregivers, providers and practice settings to identify activities and approaches that can be changed to improve care and benefit the patients directly.

SURVIVORSHIP TRIALS focus on the health and life of a person following the completion of cancer treatment.



Article written by Chetaye Knox, Clinical Research Marketing Manager at Illinois CancerCare.

With 40 years of research experience and over 100 clinical trials available, Illinois CancerCare continues to be an expert and leader in clinical oncology research. A full listing of clinical trials is located on our website at www.IllinoisCancerCare.com. Speak with your physician and/or research team about the clinical trial opportunities we may have available for you. ■

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@illinoiscancercare.com 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.

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.

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.

Welcome
NEW PHYSICIAN
DR. KIMBERLY KU
HEMATOLOGY AND ONCOLOGY

 ILLINOIS CANCERCARE
BLOOMINGTON CLINIC
3105 MAGORY DR
BLOOMINGTON, IL 61704

**PROVIDING POWERFUL CARE
WITH A PERSONAL TOUCH**

"The combination of state-of-the-art patient care with access to clinical research is what brought me to Illinois CancerCare. My family and I have been grateful for the warm welcome we have already received from the Bloomington/Normal communities."



Gary R. MacVicar, M.D.



Madhuri Bajaj, M.D.



Paul A. S. Fishkin, M.D.



Nguyet A. Le-Lindqwister, M.D.



Michael H. Veeder, M.D.



Srinivas Jujjavarapu, M.D.



Nadia Rehman, MD



Rebecca Byler Dann, M.D.



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.



Kimberly Ku, M.D.



Greg Gerstner, M.D.



Jane Jijun Liu, M.D.



Pankaj Kumar, M.D.

FEATURED *Doctor*



Patrick L. Gomez, M.D.



Dr. Gomez received his undergraduate degree for the University of California at Irvine and his medical degree from Duke University School of Medicine in Durham, North Carolina. He completed his residency and fellowship in hematology and oncology at Letterman Army Medical Center, Presidio of San Francisco, California. Dr. Gomez then worked for the U.S. Army at Madigan Army Medical Center, Tacoma, Washinton and served as Medical Director for St. Johns Comprehensive Community Cancer Center in Springfield, Missouri. He has brought his compassionate care to Illinois CancerCare Bloomington and Pekin Clinics since joining the practice in 2007. On why he chose his specialty, Dr. Gomez states, "The practice involves all aspects of medicine and surgery and continues to evolve to achieve the goal of curing cancer. On a personal note, I always found oncology patients to be a special group of people so genuinely appreciative for the care they receive."

FEATURED *CNP*



Judy Williamson, APN



Judy graduated from Rockford Memorial Hospital School of Nursing as a RN and completed her Bachelor of Science in Nursing at Northern Illinois University. She has a Masters in Nursing Administration from University of Illinois at Chicago and a Master of Nursing in Oncology through Rush University in Chicago along with a post-master's certificate as a Family Nurse Practitioner from University of Illinois at Chicago. Judy is board certified as a Nurse Practitioner through American Academy of Nurse Practitioners and an Advanced Oncology Certified Nurse through the Oncology Nursing Society as well as Hospice and Palliative Care Nurse through the Hospice and Palliative Care Nursing Society. Outside of her work, Judy enjoys gardening, crafts, reading and muscle cars. She has a restored 1973 Dodge Charger and her husband drives a 1969 Plymouth Roadrunner.