

# ILLINOIS CANCERCAREs

Free Patient Newsletter

July/August 2012

Issue 17



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Summer is upon us! Find ways to protect yourself from the sun inside.

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2nd Annual Morton BBQ Throwdown

It's that time of year to come out to downtown Morton, eat some delicious BBQ and spend time with your family. Check inside for more details.

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Younger Volunteers Make an Impact

This summer there are 19 student volunteers helping out at Illinois CancerCare. Look inside to find out more.



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

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**ILLINOIS CANCERCARE**  
*foundation*

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# ILLINOIS CANCERCARE

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### OUR MISSION

To provide comprehensive, compassionate care that enhances the lives of patients and their families

### OUR VALUES

Patients first  
Treat others with respect and compassion  
Open and timely communication  
Commitment to research  
Invest in personal and professional development  
Take ownership in our practice  
Positive attitude



## Sun Protection Tips

It's that wonderful time of the year again, summer. The perfect occasion to be outdoors, go swimming and enjoy time with your kids and family. With summer also comes fun in the sun, however, the sun can be harmful if you do not protect yourself against it. Many people have grown up hearing about how harmful the sun's rays are; however, many of us don't know the difference between UVA and UVB rays. Both play an important role in premature skin aging, eye damage and skin cancers.

### UVA

UVA rays penetrate the skin more deeply than UVB rays and play a key role in wrinkling and skin aging. UVA is the dominant ray for getting a sun tan and as we all know, tanning causes cumulative skin damage over time.

### UVB

UVB rays cause reddening of the skin and lead to sunburns. UVB rays damage the skin's epidermal layers which play a key role in the development of skin cancer.

As you expand your summer activities to the outdoors, make sure you are protecting yourself against the sun. The Center for Disease Control recommends the following tips:

- Seek shade, especially during the hours of 10 am and 4 pm
- Wear loose fitting clothing to protect exposed skin
- Wear a hat with a wide brim to shade your face, head, ears and neck
- Wear sunglasses that block as close to 100% of UVA and UVB rays
- Avoid indoor tanning
- Wear sunscreen that is SPF 15 or higher

When applying sunscreen, it is important to know that SPF is not the amount of protection, instead it indicates how long it will take for the UVB rays to redden your skin, compared to how long skin would take to redden without sunscreen. For example, if you use SPF 30, it will take your skin 30 times longer to redden than without sunscreen.

Sunscreen should be applied to your entire body 30 minutes before sun exposure. One ounce, or two tablespoons, is the recommended amount. Reapply sunscreen every two hours or soon after swimming or excessive sweating. Proper sunscreen application will keep your skin safe and allow you and your family to enjoy your time together this summer!

### Sources

[http://www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/skin/basic_info/prevention.htm)

<http://www.skincancer.org/prevention/uva-and-uvb/understanding-uva-and-uvb>





# Our Physicians

## Our Physicians

### Welcoming A New Physician Dr. Jijun "Jane" Liu



Illinois CancerCare is pleased to welcome Dr. Jijun "Jane" Liu to our team of extraordinary physicians. Dr. Liu is joined the practice in July and is working hard to help patients during their cancer diagnosis. She will see patients with all types of cancers but her focus is breast cancer, skin cancer, GI and thoracic malignancies.

Dr. Liu was born in Beijing, China and received her medical degree from Beijing Medical University. She has been studying or working in the United States since 1997. Prior to completing her residency, Dr. Liu worked as a research scientist at Amgen, Inc. for 5 years. She completed an internal medicine residency at University of Southern California in Los Angeles, California. Her hematology/oncology fellowships were done at H. Lee Moffitt Cancer Center in Tampa, Florida.

Dr. Liu chose to go into oncology/hematology because she feels the diseases are complex, interesting and challenging to manage. In her experience as an oncologist, Dr. Liu has observed a direct reward from the interactions with the patients and their families, in which she often makes a positive and valued contribution during a very difficult time.

"Be well informed about your disease, understand the options and work with your treating physician as one team. Illinois CancerCare is always there for our patients," says Dr. Liu in her advice to patients.

Dr. Liu currently lives in Peoria with her husband and two children. In her free time she enjoys spending time with her family, cooking, traveling and following trends in technology.

Illinois CancerCare is excited to welcome Dr. Liu to Peoria and our team. Her expertise will benefit the patients of central Illinois and bring a fresh face to our experienced team of physicians.

***Be on the lookout in the September/October issue of Illinois CancerCares for an article welcoming Dr. Madhuri Bajaj to our practice.***





## Muscle Wasting in Non Small Cell Lung Cancer

Written by: Michele Rice, PharmD, BCOP

In addition to investigating new treatments for cancer, clinical trials are also designed around minimizing side effects of treatment or preventing and managing complications of cancer. Supportive care research can be just as important to patients and can impact both quality and quantity of life.

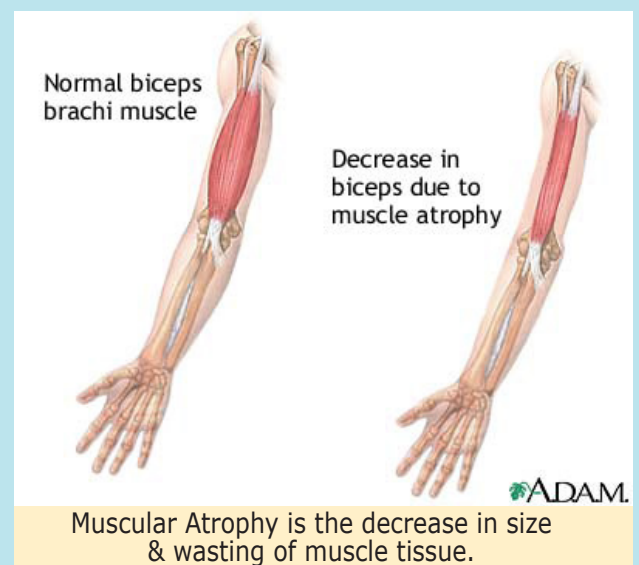
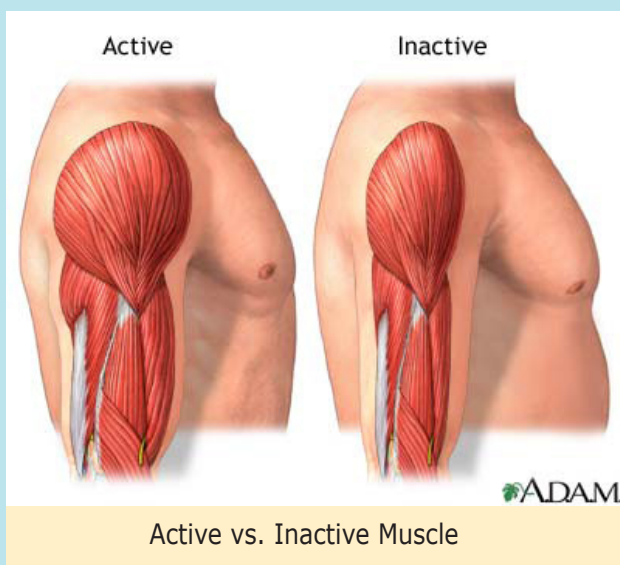
For some patients with advanced cancer, the wasting syndrome is one of the more distressing complications of cancer. Wasting syndrome, clinically known as "cachexia," is a combination of loss of appetite, weight loss, weakness, and fatigue. Patients who develop this syndrome have a poor response to chemotherapy, more side effects from treatment, and are not likely to live as long as patients who retain or gain weight. Lung cancer patients are particularly susceptible to wasting syndrome.

Traditionally, nutritional counseling has been provided to improve dietary intake. Some recommendations include avoiding cooking smells, eating smaller, more frequent meals, and eating earlier in the day rather than later. However, nutritional counseling alone has demonstrated limited benefit to patients, particularly if much weight loss has already occurred at diagnosis.

Appetite stimulants have also been used to treat patients with wasting syndrome. Both corticosteroids (drugs like prednisone) and progestational agents (drugs like megestrol) improve appetite and increase weight gain. However, both classes of drugs are associated with unpleasant side effects that patients may find difficult to tolerate long enough to see a weight gain benefit.

Today, new agents are being investigated to prevent wasting syndrome associated with cancer and to treat those patients in whom wasting has begun. Dr. Sachdev Thomas at Illinois Cancer Care is the local principle investigator for clinical trials that are being investigated to prevent wasting syndrome associated with cancer and to treat those patients in whom wasting has begun. Dr Thomas sees patients in Peoria and Ottawa, but any of his partners can enroll eligible patients.

Discovering an effective treatment for muscle wasting will be a tremendous benefit to cancer patients, particularly patients with non-small lung cancer. Effective, new treatments cannot be found without the efforts of clinical trials, motivated physicians, and patients committed to finding cures.





## Volunteer Profile: Student Volunteers

This summer you'll be seeing many young faces throughout the building, in treatment areas and pods of Illinois CancerCare. Nineteen students ages 13-24 have volunteered their time to help the patients and staff at Illinois CancerCare. These students come from different schools, all with the same purpose, to lend a helping hand to any patient who might need it.

The tasks of the students vary, some greet people at the door, while others pass out snacks. Many help out in the Illinois CancerCare Foundation and played a big role in the success of Swing for a Cure. No matter what the task is, these students, along with the adult volunteers are always willing to help out the patients at Illinois CancerCare.

Avani Patel, a volunteer from Dunlap High School, spends her Thursdays at Illinois CancerCare because she wants to make the patient's experience more enjoyable and make them smile. Avani's sister Reeti also volunteers on Thursdays. Their grandmother is a cancer survivor, and Reeti wanted to be able to help patients out. Her favorite part of volunteering is passing out snacks because it allows her to talk with the patients.

Many of the student volunteers have been affected by cancer in some way. Amber Naramore, a volunteer from East Peoria High School, had an aunt pass away from cancer and Amber wants to be able to help other patients and eventually would like to be an oncologist. Her most memorable patient interaction happened last summer, when an elderly patient talked with her about softball every week.



Amber is not the only student volunteer who wants to go into the medical field, Christy Joseph, a volunteer from Bradley University, volunteers because she loves helping people and is pursuing a career in the medical field. She enjoys meeting patients and working with the other student volunteers. Christy, along with Dustin and Tori, two high school volunteers have formed a close bond during their time at Illinois CancerCare.

Elizabeth Lindqwister volunteers every Thursday and Friday. "I wanted to be able to help cancer patients have a more relaxed and easy time here. I want to be able to make their day better," says Elizabeth.

If you see any of these students be sure to say hello to them! They are happy to assist you and are here to brighten your day! We want to thank them for their hard work and dedication.





# Clinical Trials Advocacy Program

## Cancer Terms

Being diagnosed with cancer can be very overwhelming. The hope of this new section of the newsletter is to help you feel not so overwhelmed by all the medical terms you may come across during the course of your treatment. Each newsletter will feature a few common cancer related terms and their definition. If you are unsure of anything during your treatment, please consult your doctor.

### Adjuvant chemotherapy

Chemotherapy given after surgery or radiation therapy when there is no visible cancer but there is a risk that there are still cancer cells left in the body.

### Biopsy

Removal of a tissue sample from the body to see if the cells are cancerous. A doctor examines the cells under a microscope, comparing them to normal cells. Techniques to remove cells include:

- Fine needle aspiration (FNA) biopsies use a needle attached to a syringe to withdraw a small amount of tissue from a tumor. When a slightly larger needle is used, it is called a needle core biopsy.
- During an excisional biopsy, a surgeon removes an entire tumor. During an incisional biopsy, only a small amount of tumor is removed. Both of these procedures involve a surgeon cutting through the skin. Sometimes the surgery requires general anesthesia, and sometimes it can be done by simply numbing the area to be cut (local anesthesia).

### Neoadjuvant chemotherapy

Chemotherapy given before surgery in order to shrink the tumor.

## Sudoku & Word Search

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

Apples  
Kiwis

Apricots  
Papayas

Banana  
Peaches

Blueberries  
Pear

Theme: Fruit

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

Cantaloupes  
Raspberries

Cherries  
Watermelons

Grapes

## Pharmacy Student Update

We have had 32 pharmacy students on rotation here since I joined the practice in 2005. We have accepted students from eight pharmacy schools in four states. ILCC is a very popular rotation site with several pharmacy schools, and we often have to turn away students to keep the rotation a positive experience for both the student and the practice. Not only is ILCC one of few oncology specialty sites, we offer a unique setting in community oncology, where the student can observe both the large and small clinic. Students participate in order processing, IV admixture, and specialty retail pharmacy and the opportunities to answer drug information questions are varied and challenging. Most students research a topic of interest to cancer patients and write an article for this newsletter.

Many of our students go on to residency. For pharmacists, this is recommended postgraduate training for pursuing a career as a clinical or specialist pharmacist. Residencies are one or two year programs, usually supported by teaching hospitals, where residents perform structured activities as licensed professionals under the supervision of an experienced preceptor. Applicants interview and both applicant and program rank their preferences. Similar to medical residencies, the Match is announced at the end of March, and residencies begin in July. First year residencies (PGY1) provide an organized, general competency program over a broad range of disease states. Second year residencies (PGY2) are focused on a specific area of practice.

From this year's students, two have been accepted for first year residencies.

- Greg Zumach will graduate in May from Drake, then begin residency at Ministry St. Joseph Hospital in Marshfield WI in July. You might remember that Greg developed our worksheets for our desensitization protocols and the standing orders for treating hypertension from some chemotherapy drugs. He hopes to be accepted for their second year residency in critical care, as well.
- Kim Maxa will also graduate in May from Drake, then begin residency at Children's Hospital of Atlanta. Kim did her presentation on Ovarian Cancer and researched the Nomotex® anti-nausea wristband for us. She hopes to pursue specialization in pediatric oncology.

Also this year, I heard from two recent students who are doing very well.

- Jordan Ruestman, PharmD (Drake '11) will complete her PGY1 at University of Iowa Hospitals in July. She will continue there as a PGY2, developing a specialty in pediatrics. Jordan wrote, administered, and graded a chemotherapy competency exam for our nursing and pharmacy staff in the classroom two years ago.
- April Sondag, PharmD (UIC '10) just completed her PGY2 at St. Luke's Medical Center-Mountain States Tumor Institute (MSTI), Boise, ID as a specialist in oncology. April is hoping to return to the Midwest and is now seeking employment as an oncology pharmacist.

I keep in touch with many of our students and many of them go on to successful careers. Everyone who contacts me with updates remembers ILCC fondly as one of the rotation sites where they learned the most.





## Recipes from Sharon

### Banana Ricotta Cream with Fresh Fruits

#### Ingredients

3 very ripe bananas  
1 (15 oz.) container light Ricotta cheese  
1 Tbsp. honey  
1 Tbsp. lemon juice  
12 ripe strawberries washed, huller and quartered lengthwise  
1 (1 lb.) honeydew melon, halved, seeded and cut into 12 thin wedges

#### Directions

Cut the bananas into chunks and place them in the bowl of a food processor with the Ricotta. Process about 10 seconds. Add the honey and lemon juice; process again, just until blended. Transfer the mixture to a bowl. At serving time, spoon ½ cup Ricotta mixture onto each plate and top each serving with the equivalent of 2 strawberries. Surround each with 2 wedges of the melon. Makes 6 servings.

#### Nutritional Information Per Serving

Calories: 188 Total Fat: 6 g Saturated Fat: 4 g Cholesterol: 22 mg Sodium: 97 mg  
Carbohydrate: 27 g Dietary Fiber: 2 g Protein: 9 g



Sharon Windsor is a Registered Dietician for the Cancer Center for Healthy Living.

## Sudoku & Word Search Solutions

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

Theme: Fruit

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



## A Warm Welcome



Janet Varnes, Executive Director

The Illinois CancerCare Foundation is excited to welcome Janet Varnes to the team as our new Executive Director. Janet started at the Foundation at the end of May and brings more than two decades of philanthropic experience and expertise to her role as Executive Director. She has previously served as Executive Director at the University of Illinois College Of Medicine and the OSF St. Joseph Medical Center Foundation. Janet is a graduate of the University of Illinois at Springfield, holding a B.A. in business management and an M.A. in health services administration.

Janet was excited to join the Foundation because she wholeheartedly supports its mission of expanding the breadth of clinical trials available to patients throughout central Illinois. Additionally, she has long been aware of Illinois CancerCare's outstanding reputation as one of the largest private oncology practices in the nation and welcomes the opportunity to become part of an organization focused on helping patients and their families to overcome a cancer diagnosis.

Janet's life has been touched by cancer as well, losing both her father and grandmother to cancer. Additionally, a number of Janet and her husband's friends and business colleagues have dealt with a cancer diagnosis, which brings it very close to home. Janet has been inspired by the advances in treatment options which have occurred over decades. While far fewer options existed for her father and grandmother years ago when they were diagnosed, she is uplifted by the options available now which can extend

life for patients and in many cases, lead to remission. She is excited to have the opportunity to play a role in a community-based effort to fight cancer.

In the future, Janet hopes to work collaboratively with the Foundation Board of Directors as well as the cadre of community volunteers, many of them cancer survivors, who work tirelessly to share this vision of hope and increase the level of philanthropic funding available to support it. She also hopes to help expand the level of volunteerism and support for our patient care and research initiatives not just in the Peoria area, but throughout the 13 other regional areas where patients and their families are served. Many cancer survivors and their families have a deep-rooted desire to give back and we want to be able to provide as many opportunities as possible for individuals to continue to feel engaged and connected with us in sharing the mission.

Janet lives in Peoria with her husband, Rick, and they have three children and four grandchildren. In her free time, Janet enjoys gardening, motorcycling, and spending time with her family.



# Our Giving Community

Our Giving Community



Join us for Golfin' in the Wild at Wildlife Prairie State Park benefiting the Illinois CancerCare Foundation. The event will feature a unique golf course set up throughout the Wildlife "terrain" that all skill levels can enjoy. After nine holes of wild excitement, all of the party animals can gather inside for great food and entertainment. You won't want to miss this Wild Good Time!

## 08.25.12

WILDLIFE PRAIRIE PARK  
REGISTRATION: 4:00 PM

GOLF FOLLOWED BY:  
DINNER, LIVE ENTERTAINMENT  
**AFTER PARTY**

ALL PROCEEDS BENEFIT:



Fighting cancer one swing at a time.

[WWW.ILLINOISCANCER.COM/GOLFININTHEWILD](http://WWW.ILLINOISCANCER.COM/GOLFININTHEWILD)





## Recap of Events...

### Eric Albers Softball Tournament



The winning team, PBS poses for a picture after their victory in the Eric Albers Memorial Softball Tournament.

The weekend of June 2nd brought together nine softball teams to celebrate the life of Eric Albers. Eric was a patient at Illinois CancerCare's Pekin clinic. In May 2009, he was diagnosed with Ewings Sarcoma, a type of bone cancer. He lost his battle with the disease in June of 2011. Throughout his life, Eric had a love and passion for softball, so in honor of Eric, Eric's wife Liz, his family and Liz's brother Luke, who was Eric's best friend, decided to start an annual softball tournament. The purpose of the tournament is, "that those that knew Eric would never forget him and those that didn't have the privilege of knowing him would get to know his story through the tournament," says Liz.

Eric's family and those who participated were able to raise \$4,500 for the Illinois CancerCare Foundation. Eric's family is glad the money will be going to cancer research and they know it is something Eric would have wanted them to do. The family plans to hold this tournament annually in honor of Eric.

We want to thank them for supporting the Foundation in this inaugural event!

### Morton High School Girls Soccer

On Friday May 11th, the Morton High School girls' soccer team gave cancer a kick in the grass when they hosted Normal U-High in their annual "Kick for a Cure" event. The senior girls were honored that night as well. After a hard fought game, Morton came out on top.

The players all wore Pink Jerseys and socks at the game. Pink t-shirts were sold at Morton High School leading up to the game and the crowd displayed a sea of pink clad parents and fans in attendance. The evening raised over \$3,000 for the Illinois CancerCare Foundation. We would like to thank the Morton High School girls' soccer team for including us in their Senior Night!



The Morton Girls Soccer Team after their senior night victory



Fans lined the sidelines in their pink shirts to show their support for their home team.

### Motorcycle Run

On Saturday May 12th, motorcycle enthusiasts revved their engines as they took part in the 5th Annual Motorcycle Run. Over 125 people participated in the event which took them to local bars where people enjoyed the company of other motorcyclists. Participants were able to bid on silent auction gifts and participate in a 50/50 raffle. Overall the event was a huge success, raising over \$3,200 for the Illinois CancerCare Foundation.

We want to thank everyone who participated in this event!



# Our Giving Community

Our Giving Community



## 2<sup>nd</sup> Annual Morton BBQ Throwdown

The smell of barbeque will be wafting through the streets of downtown Morton at the end of July. The 2<sup>nd</sup> Annual Morton BBQ Throwdown will be Friday, July 27<sup>th</sup> and Saturday, July 28<sup>th</sup>. Ryan Koener, the event organizer, started the throwdown because of his love for BBQ and he saw a need for a BBQ competition in the area. Last year's event raised over \$6,000 dollars for the Illinois CancerCare Foundation. When asked why the event was so successful last year, Ryan said, "everyone loves BBQ, and we had a lot of entertainment to offer the public. Great food, great music and kid's activities."

This year's event is shaping up to be just as successful. It will be held in the streets of Downtown Morton to accommodate more people and it has been expanded to a two day event. Friday night the fun begins at 5:00 pm with food from Meat-n-Place, Barracks, Papa Murphy's Pizza, Slick Pig BBQ, and Hickory Stick BBQ. The beer tent will open at 5:00 pm as well. Friday's bands will be Jury's Out and Rewind. Saturday will feature kid's activities, a craft show, food and beer and the public can watch the teams prepare their BBQ. Saturday night's music will include Mister Sister and JammSammich.

The BBQ Throwdown this year is a Kansas City Barbeque Society sanctioned event that will also feature a backyard style competition. If anyone is interested in joining the competition, volunteering or being a part of the craft show, contact Ryan Koener at rak@koener.com. We hope you'll join us for this fun event!

### schedule

#### Friday

5:00pm-10:00pm	Food vendors & beer garden open
5:00pm- 8:00pm	Kids activities
5:00pm- 7:30pm	Jury's Out plays
7:30pm- 10:00pm	Rewind plays

#### Saturday

11:30am-10:00pm	Food vendor & beer garden open
11:30am- 2:00pm	People's Choice tasting/judging
Noon - 8:00pm	Kids activities
Noon - 2:00pm	Radio Remote
2:00pm- 4:00pm	Mister Sister plays
4:00pm-5:00pm	Awards ceremony
5:00pm- 6:00pm	Mister Sister plays
6:00pm- 10:00pm	JammSammich plays

## 3<sup>rd</sup> Annual CUREageous

Greetings,

Mark your calendar for **Novemeber 9, 2012** for a party you won't want to miss! The Illinois CancerCare Foundation is hosting it's 3<sup>rd</sup> annual fundraising event, **CUREageous**. We will honor **DOCS THAT ROCK** in the field of research, while raising funds for local clinical cancer research.

We are creating a **CUREageous** program book that offers you an opprtunity to remember a loved one, support a cancer survivor, thank a caregiver or show appreciation to your healthcare provider or team. The program book has various levels of participation. We hope one of them is right for you.

**\$25 Whiz Kid Listing** - 1 line of text up to 35 characters

**\$50 Hot Shot Listing** - 1 (**Bold**) line of text up to 35 characters

**\$100 Superstar Listing** - 1 text box (1 "x 3"), up to 50 words or 250 characters

You also have the opportunity to enhance your personalized message by upgrading:

**\$250 = ¼ page space**

**\$350 = ½ page space**

**\$500 = Full page**

The Illinois CancerCare Foundation strives to make an impact in the lives of cancer patients while paving the way to a cure. We can and will do so with your continued support!

Visit: [www.illinoiscancer.com/cure/program](http://www.illinoiscancer.com/cure/program)

Sincerely,  
**CUREageous** Committee Members



# Calendar of Events

## Calendar of Events

\* Please see next page for all group and service descriptions.  
If you are attending a class for the first time, you will need to pre-register.

## July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	3 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	4 CCHL Office Closed	5 CCHL Office Closed 6:00 pm – Kids Connected	6 9:00 am – Living Strong 10:00 am – Cancer Support Group	7
8	9 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	10 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	11 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	12 5:30 pm – Restorative Yoga with Lisa	13 9:00 am – Living Strong 10:00 am – Cancer Support Group	14
15	16 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:00 pm – Kids Connected 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	17 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	18 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	19 5:30 pm – Restorative Yoga with Lisa	20 9:00 am – Living Strong 10:00 am – Cancer Support Group	21
22	23 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	24 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	25 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	26 5:30 pm – Restorative Yoga with Lisa	27 9:00 am – Living Strong 10:00 am – Cancer Support Group	28
29	30 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	31 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation				

## August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	2 5:30 pm – Restorative Yoga with Lisa 6:00 pm – Kids Connected	3 9:00 am – Living Strong 10:00 am – Cancer Support Group	4
5	6 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	7 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	8 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	9 5:30 pm – Restorative Yoga with Lisa	10 9:00 am – Living Strong 10:00 am – Cancer Support Group	11
12	13 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	14 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	15 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	16 5:30 pm – Restorative Yoga with Lisa	17 9:00 am – Living Strong 10:00 am – Cancer Support Group	18
19	20 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:00 pm – Kids Connected 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	21 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	22 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	23 6:15 pm – Restorative Yoga with Lisa	24 9:00 am – Living Strong 10:00 am – Cancer Support Group	25
26	27 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	28 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	29 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	30 5:30 pm – Restorative Yoga with Lisa	9:00 am – Living Strong 10:00 am – Cancer Support Group	



## Calendar of Events Descriptions

For Cancer Center for Healthy Living (CCHL) programs, please call 309-693-8139 to pre-register.

### Support Group Information

**Living & Coping with Cancer Support Groups (CCHL/ACS)** – A gathering of cancer survivors and their caregivers who discuss issues and concerns that come up from a cancer diagnosis and its impact on daily life. Wednesday 1pm at CCHL on Knoxville, Friday 10am at Illinois CancerCare Classroom.

**Kids Konneted** – Do you know a child who is struggling with a parent or caregiver's cancer diagnosis? Kids Konneted is a child support group for children ages 5-18 whose parent, grandparent or caregiver has or had cancer. Each month there is a special event – a Kid Friendly cooking demo in March and Bowling at Bass Pro Shop in April. This group meets the first Thursday and third Monday of each month at 6PM at the Hult Health Education Building. For additional information please call 692-6650.

### Healthy Living Classes

All classes below are open to the general public with a \$5 per class fee unless specifically noted. All classes below are free to cancer survivors. Classes are located at the Cancer Center for Healthy Living office at 5215 N. Knoxville in the Hult Health Education building unless noted otherwise.

**Yoga with Jean** – open to all yoga levels.

**Yoga with Lisa**– Restorative yoga class. Movements adapted to individual needs.

**Breath of Joy Yoga with Lisa** –Open to breast cancer patients and survivors only

**Living Strong**– strength training class. All levels welcome.

**Beginner Tai Ji**– Led by Cara Murdoch

**Tai Ji**– Gentle exercise with Cara Murdoch. All levels welcome.

**Tai Ji Circle**– Gentle exercise led by all group members

**Chair Yoga**– Open to all levels

**Beyond Tai Ji**– Gentle exercise for those who are no longer beginners.

**Aerobics**– Gentle exercise with low impact. All levels welcome.

**Aqua Survivor** – Gentle Water aerobics. All levels welcome. Led by Kathy Smith at Landmark Health Club.

### Special Programs

Please call 309-693-8139 to

pre-register for all programs below.

### Mindfulness Meditation (CCHL)

Tuesdays @ 5:15pm

These meditation sessions are led by Heather Delabre. If you find yourself overburdened with worries or dreams of the future or full of regret or longing for the past, please consider joining us for this weekly, one-hour session. Mindfulness can help in peacefully experiencing the present moment in all its fullness. Comfortable seating is provided, and sitting on the floor is not a requirement. These sessions are open to the public and free of charge.

### Individual Reflexology &

### Health Touch Sessions (CCHL)

By Appointment Only

Individual Reflexology & Healing Touch sessions are for anyone currently undergoing treatment only. Come see how great your body feels after a 30 minute reflexology or 45 minute healing touch session. Please call 309-693-8139 to make an appointment today.

### I would like more information about the following services:

### Social services form for patients

ACS = American Cancer Society

CCHL = Cancer Center for Healthy Living

- ☐ Help for children coping with a parent who has cancer (Kids Konneted)
- ☐ Individual counseling for the patient, family members, or caregivers (CCHL)
- ☐ Healthy Living classes (yoga, gentle aerobics, Tai Ji) (CCHL)
- ☐ Cancer Basics 101 class (ACS/CCHL)
- ☐ Financial assistance for treatment, medications, or medical supplies (ACS)
- ☐ Lifeline® Home Emergency Response System (monthly service fee) (ACS)
- ☐ Look Good, Feel Better® (ACS)
- ☐ Meal resources/home delivered meal programs (fee may be required) (ACS)
- ☐ Homemaker services, such as household cleaning, errands, general assistance (per service fees apply) (ACS)

- ☐ Support Networking groups (CCHL)
- ☐ Massage therapy for patients in treatment (\$25 fee/hr.) (CCHL)
- ☐ Nutritional counseling (CCHL)
- ☐ Living will/power of attorney directives (ACS)
- ☐ Transportation assistance for appointments (ACS)
- ☐ Wigs, hats, turban resources (ACS)
- ☐ Housing/lodging information (ACS)

More information on the reverse side

\*All services are free unless otherwise noted.

[illinoiscancercare.com](http://illinoiscancercare.com)



# Physicians



## Illinois CancerCare Social Services

Illinois CancerCare is proud to partner with the Cancer Center for Healthy Living and the American Cancer Society to provide the services listed on the other side to our patients and their families.

Name: \_\_\_\_\_

Type of cancer: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Today's date: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Would you like more information about or receive any of the following publications?

Clinical Cancer Research Trials

- ☐ Illinois CancerCare Treatments/Trends/Tomorrow magazine
- ☐ The Cancer Center for Healthy Living newsletter
- ☐ Illinois CancerCare monthly newsletter by e-mail
- ☐ No, not at the time

Information about programs & services on other side