

# ILLINOIS CANCERCAREs

Free Patient Newsletter

May/June 2012

Issue 16



## Articles Inside:

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Recognizing our Nurses

Help us celebrate our nurses at Illinois CancerCare during Nurses Week. Find out more about why they love their jobs.

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How Important is Taking My Medications?

Read why it is so vital to take your medication as prescribed and how the Illinois CancerCare Pharmacy can help.

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Do You Know a Doctor (Doc) that Rocks?

The Illinois CancerCare Foundation is once again looking for nominations of doctors that rock in the field of research. Winners will be recognized at our third annual CUREageous event in November.

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Meet Our New Volunteer Coordinator  
Dena Keenan has joined the Illinois CancerCare team as the new volunteer coordinator. Learn a little more about her inside.



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



## Melanoma – The Bad and the Good of this Ugly Disease

Nearly everyone has heard the warnings about staying out of the sun, wearing sunscreen and keeping an eye out for changes in your skin. But many people are still not aware these basic measures can help prevent one of the most dangerous types of skin cancer – melanoma – along with the breakthrough research that is being done to combat this deadly disease.

Melanoma are cancerous growths that develop when DNA damage to skin cells triggers mutations that leads to these cells multiplying rapidly and forming malignant tumors. These tumors originate in what are called melanocytes, the cells in the skin that produce and contain the pigment melanin that colors the skin, hair, and eyes, as well as forms moles. Since most of these pigment cells are found in the skin, melanoma of the skin is the most common type of melanoma.

### The bad news

The American Cancer Society estimates that at present, about 120,000 new cases of melanoma in the US are diagnosed in a year, and an average of one in 55 people will be diagnosed with melanoma during their lifetime. It is considered one of the most serious types of skin cancer due to its tendency to spread, or metastasize, to lymph nodes and other areas of the body, such as the liver, lungs, bones and brain. While much has been done to educate the public, many people still continue to use tanning beds, forgo sunscreen and neglect to monitor changes in their skin. In addition, certain factors such as family history, skin type, and number of moles on your skin can make you at a greater risk for melanoma.

### The good news

Survival rates of individuals with melanoma increased from 49 percent (1950 - 1954) to 92 percent (1996 - 2003), according to a National Cancer Institute SEER Cancer Statistics Review. That percentage may increase even further with a promising study showing that combining two types of targeted therapies is safe and slows or stops melanoma growth.

Illinois CancerCare's Dr. Sachdev Thomas explains, "Targeted therapy for melanoma pinpoints the specific genes, proteins or tissue environment of the cancer and targets the mutations of two different genes that contribute to melanoma growth. By combining the drugs normally used to target one gene or the other, our initial findings are promising in our goal to slow or stop melanoma growth."

Two new drugs are being studied as treatment for patients with advanced or metastatic melanoma. Ipilimumab (Yervoy), a type of immunotherapy treatment designed to boost the body's natural defenses to fight cancer, is being combined with dacarbazine, the initial treatment for metastatic melanoma, with promising results. In addition, the drug vemurafenib, a type of targeted therapy as explained above, is actually becoming the new standard in slowing and/or stopping melanoma growth, replacing the current treatment of dacarbazine only. "Both the ipilimumab and the vemurafenib are major advances in the treatment of advanced or metastatic melanoma," says Dr. Thomas. "Vemurafenib is utilized for those patients who carry a specific gene mutation and ipilimumab combined with dacarbazine helps boost the patient's immune system to help them better fight the cancer."

They may be complex drugs and treatment therapies, but the bottom line is that great strides are being made in the fight against melanoma. By heeding preventative measures, checking your skin on a regular basis, and seeing your doctor if you notice any changes to moles or other aspects of your skin, you can help combat this disease.

### Do You Know Your ABCDEs?

**A - Asymmetrical Shape:** Melanoma lesions are typically irregular, or not symmetrical, in shape. Benign moles are usually symmetrical.

**B - Border:** Typically, non-cancerous moles have smooth, even borders. Melanoma lesions usually have irregular borders that are difficult to define.

**C - Color:** The presence of more than one color (blue, black, brown, tan, etc.) or the uneven distribution of color can sometimes be a warning sign of melanoma. Benign moles are usually a single shade of brown or tan.

**D - Diameter:** Melanoma lesions are often greater than 6 millimeters in diameter (approximately the size of a pencil eraser).

**E - Evolution:** The evolution of your moles(s) has become the most important factor to consider when it comes to melanoma. Knowing what is normal for YOU could save your life. If a mole has gone through recent changes in color and/or size, get it checked out by a dermatologist immediately.

This is an exciting time in cancer research and Illinois CancerCare is honored to be a part of the discovery process. Thanks to patients and families who agree to participate, this process will continue to improve overall survival rates and ultimately find cures.





# Our Nurses

## Recognizing our Nurses for Nurses Week

***Cancer is such a journey in people's lives and if they must make the journey then I am proud to help them along the way. – Vanessa Younker, Illinois CancerCare Nurse***



*Nurses Vanessa Younker and Shay Clark*

Vanessa Younker started as a nurse at Illinois CancerCare in August 1996. "A friend told me her mother worked at this 'huge' oncology practice in Peoria," says Vanessa. "I was hired as the 12th registered nurse (RN) and only 8 physicians -- my, how we have grown!" Since then, Illinois CancerCare has grown with over 200 employees including 55 nurses and 17 physicians. That includes nurses Connie Urnikis, Ashlee Smith and Shay Clark, who joined Illinois CancerCare in May 2006, September 2011 and January 2012, respectively.

As we celebrate National Nurses Week, May 6-12, we take a moment to recognize all of the Illinois CancerCare nurses. "It takes a special person to work at Illinois CancerCare," says Ashlee. "We all feel that the patient comes first and that love of the patients allows us to work together so well." Each one agrees it is the patients who make the job worthwhile.

Shay shares, "I think that it is so special that we as healthcare professionals get the opportunity to be part of the patients' lives. Seeing the patients smiling faces when they come into the treatment rooms is so inspirational to me. Working at Illinois CancerCare has given me a whole new perspective in my life."

Connie, who has worked in oncology her entire nursing career and can't imagine doing anything else, enjoys the daily interaction with the patients. "I love the way the patients let you into their lives and share their story. You feel as though you become a part of their family."

Ashlee is amazed when the patients share their story and always takes the opportunity to sit with them and listen, whether it's for hours or minutes. "I get so much joy and satisfaction talking with them. Their smiles are contagious -- that's what makes for a great day!"

The care and compassion extends to all of the clinics as well.

"Some of my favorite days are those when I'm out at clinic in Galesburg and Monmouth. The patients appreciate us reaching out to outlying areas and offering the same level of care that they need and deserve," says Vanessa. "Whether a patient needs camaraderie or silent support, it is very fulfilling to know that you can just be there for someone who needs it."

While it is the patients who inspire them, it is the entire staff at Illinois CancerCare that gives them support every day. Connie mentions it is always a team effort and knows she is never alone. The "amazing staff" feels like a second family to Shay, and she says she has found her calling as an oncology nurse, and she cannot imagine spending her life and career any other way. Ashlee notes there isn't any specific aspect she loves the most. "This is the best job I've ever had. I have co-workers I love to work with, and the doctors are great."

"Everyone who works here -- from the nurses, doctors and pharmacy technicians to the business office, medical records and schedulers - is 100% professional and an expert in their area," says Vanessa. "I'm proud to work with such impressive staff."

*Throughout a patient's journey with cancer, oncology nurses are consistently on the front lines always committed to their patients. Illinois CancerCare understands the impact nurses make in the lives of our patients and for that we say thank you.*

### **What is the advice you always give to patients?**

*"Be positive. Always know YOU CAN DO THIS." – Vanessa*

*"Stay Strong, stay positive, and keep faith." – Shay*

*"Take it one day at a time. Always call us if you need something. And, I love to give out hugs." – Ashlee*

*"Don't let cancer control you – you control the cancer.*

*Keep doing what you love to do, don't let it change your life." – Connie*



*Nurses Ashlee Smith and Connie Urnikis*



## A Cancer Connection – Obesity & Lack of Physical Activity

By Marsha Kutter, CCRP, Research Business Administrator



Marsha Kutter, CCRP

Although April is the official Cancer Prevention and Control Month, there are lessons we should all carry throughout the year. A recent report entitled "Annual Report to the Nation on the Status of Cancer, 1975–2008" appeared in the March 28, 2010 issue of Cancer. The report was a collaboration among several groups: the National Cancer Institute, the American Cancer Society, the Centers for Disease Control and Prevention (CDC), and the North American Association of Central Cancer Registries (NAACCR). The report has some good news and some thought-provoking comments on what we can do to modify the results of this report in the future.

The good news is death rates from cancer continue to fall, continuing a trend that began in the 1990s. This trend held in most but not all cancers, but did include the four most common cancers: lung, colon, breast and prostate. In addition, the incidence of cancer in men decreased by 0.6% every year from 1999 to 2008. The incidence of cancer in women decreased by 0.5% each year from 1999 to 2006 and held steady from 2006 – 2008.

In addition to the cancer incidence and mortality statistics reported, every year The Annual Report to the Nation selects a special topic that has importance to the cancer research community and the public. This year the topic addresses the connections between cancer and the nation's rising obesity and lack of physical activity.

It is now estimated that more than 60% of American adults are overweight or obese. If this trend continues, the increased health care costs to the nation will be staggering, and the quality of life for these individuals will be increasingly challenged by disease and disability. It has been long-known there is a connection between obesity and certain diseases, like diabetes, heart disease, arthritis and asthma. Obesity and overweight and lack of physical activity and their association with cancer are now coming to greater recognition.

There are many reports that show convincing links between excess weight and several cancer types, including endometrial, postmenopausal breast, colorectal, kidney, esophageal, and pancreatic cancer. The special feature in The Annual Report to the Nation is meant to raise awareness of the connections and address the need for strategies to promote healthier diets and increased activities with the expectation that these approaches will have a positive impact on cancer incidence and mortality. A healthy weight and lifestyle that includes physical activity is important for cancer survivors as well as for people who want to reduce their chances of developing cancer, diabetes or heart disease. As the authors of The Annual Report to the Nation state, "Continued progress in reducing cancer incidence and mortality rates will be difficult without success in promoting healthy weight and physical activity, particularly among youth."

It seems that the bottom line for all of us is to put down the potato chip bag, get off the couch and start moving. We must all realize the importance of efforts to promote healthy weight and sufficient physical activity in reducing the cancer burden in the United States. Illinois CancerCare offers information on diet and nutrition from the dietician at the Cancer Center for Healthy Living (CCHL). For more information on exercise classes, check out our calendar of events on page 14.

### Sources:

1. Ehemann C, Henley SJ, Ballard-Barbash R, Jacobs EJ, Schymura MJ, Noone AM, Pan L, Anderson RN, Fulton JE, Kohler BA, Jemal A, Ward E, Plescia M, Ries LA, Edwards BK: "Annual Report to the Nation on the status of cancer, 1975-2008, featuring cancers associated with excess weight and lack of sufficient physical activity." Cancer 2012 Mar 28.
2. Reynolds, Sharon: "Special Report - U.S. Cancer Deaths Continue Steady Decline" NCI Cancer Bulletin April 3, 2012 • Volume 9 / Number 7.





## Meet Dena Keenan – Our New Volunteer Coordinator

***"The influence of a beautiful, helpful character is contagious, and may revolutionize a whole town."  
~Collier Graham***



Melinda and Dena Keenan

When Dena Keenan started as the new Volunteer Coordinator in March of this year, she was excited to combine her love for volunteers and her desire to give back, especially since her mother is a two-time cancer survivor. "My Mom was treated in Colorado so I was unable to help as much as I would have liked," she said. "I knew what wonderful support my Mom received from the staff and volunteers, and I saw this job as an opportunity to give back."

Before joining Illinois CancerCare, Dena worked at Bradley University at the Turner Center for Entrepreneurship and most recently has stayed home with her two kids and given of her time and talents as a volunteer herself. It was then she realized how much she enjoyed working with volunteers and taking on leadership roles. The job at Illinois CancerCare seemed like a perfect fit since it incorporated both.

In her short time here, Dena says she really loves the amount of support the volunteer program

gets. It allows them to offer so many resources like the Sojourn Bears, blankets and food. "I have loved getting to know the volunteers. They all have such big hearts," she says. "The staff is wonderful too. Their professionalism is top-notch, and people treat you like they have known you for a long time."

In her current role, Dena wants to make sure our patients have the best experience possible and help both our patients and their families with whatever they need. "I hope to spend as much time as I possibly can interacting with our patients and plan to devote as much time and volunteer staffing as possible to patient interaction," says Dena. "In a lot of ways, the volunteers are the face of Illinois CancerCare. They learn so much about the patients and their families because they are with them day in and day out." She also knows that volunteers bring comfort to the families as well.

It eases the family members to know there is a friendly face to sit with their loved one if they have to step out. "Since many volunteers have been caregivers or are survivors themselves, they can provide extra support for the families as well as our patients."

Dena is originally from Colorado, but she and her husband JD have lived in the Midwest for 21 years, including the last 13 in the Peoria area with their two teenage children. In her spare time, Dena is an avid gardener, plays tennis and enjoys traveling and volunteering/fundraising for local not-for-profits.

"If you have to be here, we want to make it as fun as it can be."



Dena (third from left) visits with ILCC patients and their loved ones (L to R) Richard, Nancy, Dena, Susan, Shirley and Melinda.

# Clinical Trials Advocacy Program



Clinical Trials Advocacy Program



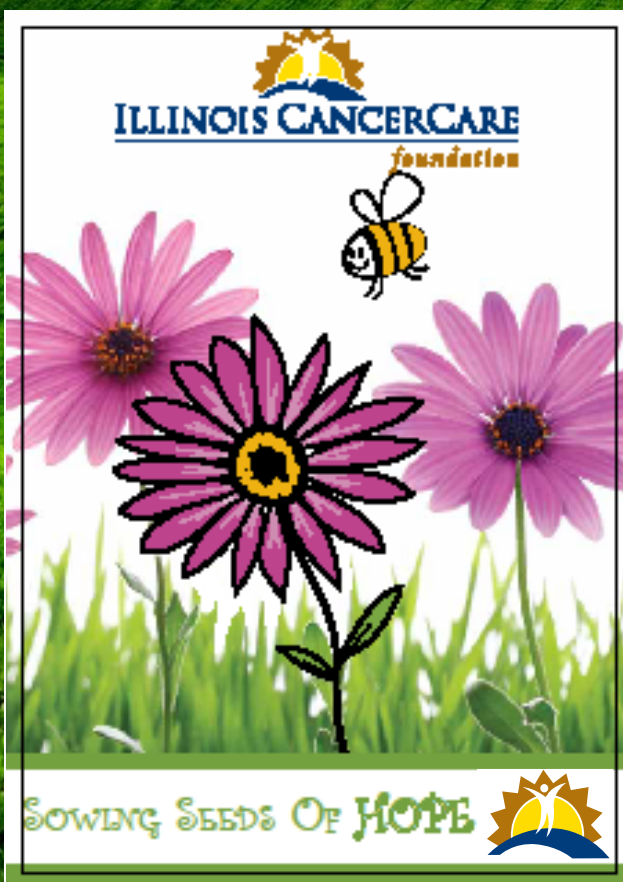
## Sowing Seeds of HOPE

### ANNOUNCING NEW COMMUNITY CLINICAL TRIAL ADVOCACY PROGRAM

Clinical Trials have a tremendous impact on Cancer Treatment... Today's most effective treatments are based on yesterday's clinical trial results. And many of today's most advanced treatments are available ONLY through clinical trials. Volunteers with the Illinois CancerCare Foundation's new program will be learning about how to take this message of HOPE out into the community... For more information contact the Foundation office at 309.243.3320



AMGEN®



## Sudoku & Word Search

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

Theme: Ocean Creatures

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

- |         |          |          |            |         |         |         |          |
|---------|----------|----------|------------|---------|---------|---------|----------|
| Crab    | Dolphin  | Fish     | Jellyfish  | Lamprey | Lobster | Manatee | Mollusks |
| Octopus | Otter    | Penguin  | Sea Turtle | Seal    | Shark   | Shrimp  | Sponge   |
| Squid   | Starfish | Stingray | Walrus     | Whale   |         |         |          |



## Recipes from Sharon

### Apple/Prune Sauce

To help relieve constipation

Yield: 16 servings ~ serving size: 1 tablespoon ~ calories per serving: 10

#### Ingredients

- 1/3 cup unprocessed bran
- 1/3 cup applesauce
- 1/3 cup mashed stewed prunes

#### Directions

1. Blend all ingredients and store in a refrigerator.
2. Take 1-2 tablespoons of this mixture before bedtime, and then drink 8 ounces of water.

Note: Make sure you drink the water, or else this recipe will not work to relieve constipation.

\*\*People with certain types of cancer should not eat a lot of fiber, so check with your doctor before adding fiber to your diet.



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

## 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.*

### Clinical researcher

A health professional who works directly with patients, or uses data from patients, to do research on health and disease and to develop new treatments. Clinical researchers may also do research on how health care practices affect health and disease.

### Blood-brain barrier

A network of blood vessels and tissue that is made up of closely spaced cells and helps keep harmful substances from reaching the brain. The blood-brain barrier lets some substances, such as water, oxygen, carbon dioxide, and general anesthetics, pass into the brain. It also keeps out bacteria and other substances, such as many anticancer drugs. Also called BBB.

### Brain stem glioma

A tumor located in the part of the brain that connects to the spinal cord (the brain stem). It may grow rapidly or slowly, depending on the grade of the tumor.

### Survivor

One who remains alive and continues to function during and after overcoming a serious hardship or life-threatening disease. In cancer, a person is considered to be a survivor from the time of diagnosis until the end of life.

May is Cancer Research Awareness and National Brain Tumor Awareness month, and in June is National Cancer Survivors Day.



## How important is taking my medications like my doctor wants?

By Nate Wenzel, PharmD Candidate, The Ohio State University

Patients have been found to follow their therapy correctly between 16-100% of the time, depending on the type of therapy. For patients on long-term therapy (like cancer therapy), patients tend to take medications correctly only about 50% of the time!

Not following your therapy can make your cancer worse. Here are just a few of the problems that can happen:

- Have to take medications a lot longer to treat your illness
- Your doctor may think your therapy is not working and change it to a therapy with worse side effects
- Your cancer could get worse and cause you to go to the hospital or emergency department more often
- Your cancer could get much worse, leading to progression, even death.

Every year in the United States, extra hospital visits and treatments from not following therapies waste as much as \$300 billion!

What can cause someone to not follow their therapy?

Reasons for not following therapy can be complex and are different for every person. However, there are some factors that seem to be the most common:



*Illinois Cancer Care Pharmacist Jason Harlow can answer questions you might have about your medications*

- Type of therapy: number of medications, how often you have to take medications, how long you have to be on medications, harshness of side effects, how much do the medications cost

- Personal factors: how happy or sad you are, amount of support from family and friends, how bad you feel your cancer is, how easily you think your cancer can be treated, how long you have had cancer

- Expert care: How easy is it to get to a clinic, are experts understandable, do the experts explain the benefits of therapy as well as the risks, do the experts include you in making

therapy decisions

What can I do to better follow my therapy?

Talk to a health professional about any questions or concerns you have. Understanding why you are on a therapy and how it will help you get better can keep you focused. One study showed that pharmacists counseling patients led to 83% of those patients still following their therapy after 126 days, compared to only 48% in patients without any help! In addition, having support from friends and family can help you cope with illness. Remember, by closely following your therapy you can avoid any extra side effects, hospital visits, and time of illness. We, here at Illinois CancerCare, are here to help you. Our friendly pharmacy staff is here to answer any questions you may have.



## Letter from the Interim Executive Director – Katharine Francis

*Groundbreaking Research, Lifesaving Care, Illinois CancerCare... because LIFE is precious!*

Throughout the months of May and June the people of Illinois CancerCare will be Sowing Seeds of HOPE during various events as we celebrate cancer clinical trials... we celebrate survivors... and we celebrate life!

May is Clinical Trial Awareness month and the Illinois CancerCare Foundation is kicking off its Clinical Trial Awareness Program which is sponsored by a generous grant from Amgen's Breakaway from Cancer partnership. This community outreach initiative is designed to spread the word about clinical trials throughout our region and encourage people to ASK about clinical trials if they or someone they love is diagnosed with cancer. Clinical Trials give us reason for HOPE and are truly something to celebrate! Major advances in cancer prevention, detection, and treatment are a direct result of Clinical Trials. The result is longer survival, and thankfully, a growing number of cancer survivors are with us today.

June is Cancer Survivor month and we hope you will join us as Illinois CancerCare gathers to honor the people in our community who are living with a history of cancer for their strength and courage. This will also be a time to acknowledge the many contributions of families, friends, and healthcare providers, as well as those engaged in cancer research.

According to the National Cancer Survivor's Day Foundation, "Anyone living with a history of cancer – from the moment of diagnosis through the remainder of life – is a cancer survivor."

Nearly 12 million Americans are now living with and beyond a diagnosis of cancer. In the United States, men have a slightly less than a 1 in 2 lifetime risk of developing cancer; for women, the risk is a little more than 1 in 3. A cancer diagnosis leaves a host of challenges in its wake. Despite the challenges, cancer survivors are increasingly living active and productive lives – not only surviving, but thriving! As they face each day with courage and dignity they serve as an inspiration to all of us. We are encouraging everyone to join the celebration and show support for our community's cancer survivors, their families, friends, and healthcare providers.

Make a note of the special events we have planned... then mark your calendars and plan to bring your friends and family and join us! Look for the Illinois CancerCare tent at the Komen Race for the Cure – and be sure to pick up a packet of our special Seeds of HOPE! Then head to the ballpark as the Peoria Chiefs team up with Illinois CancerCare to Swing for a Cure and honor survivors throughout the region!

If you haven't already, I also hope you will come and learn more about the Illinois CancerCare Foundation and consider joining our growing league of volunteers. I am grateful to have had the opportunity to serve our community in the role of Interim Executive Director of the Illinois CancerCare Foundation over these past 9 months. It has been my honor and pleasure to have worked alongside an amazing team of professionals, volunteers, and friends in advancing the mission of the Foundation.

I believe the Foundation is a true jewel within our community and I am confident the new permanent director will lead the organization to the next level with the same degree of compassion and excellence that are evident throughout Illinois CancerCare.

Best Regards,

Katharine Robinson Francis  
Interim Executive Director  
Illinois CancerCare Foundation





# Our Giving Community

Our Giving Community

## Join Us for *Swing for a Cure*

**Who do you go to bat for?**

**Saturday, June 16 - 6:30 pm  
O'Brien Field**

**Post game fireworks and concert**

**Illinois CancerCare and the Illinois CancerCare Foundation have teamed up with the Peoria Chiefs to once again honor cancer survivors, caregivers and their families as well as those who have lost their battle.**

**All Cancer survivors will receive two complimentary game tickets and a t-shirt. To sign up for tickets or for more information, visit the front desk at the Peoria Cancer Center or call 309-243-3320. Tickets will be available for pick up Monday, June 4 – Friday, June 15.**





# Our Giving Community

Our Giving Community



July 27th  
5:00pm—10:00pm  
July 28th  
12:00pm—10:00pm  
Downtown Morton, IL  
BBQ Cooking Competition  
Featuring Live Music, Crafts,  
Kids Activities, and  
Beer Garden

All Proceeds to Benefit:



## Do You Know a Doctor (Doc) that Rocks?

The Illinois CancerCare Foundation is now taking nominations for this year's Rock Docs to be honored at CUREageous on Friday, November 9th. We want everyone to know how wonderful our local medical community is in research and outstanding patient care.

Peg Ramsey, Rock Doc committee chairman, is excited about the Rock Doc nomination process and upcoming awards. "The Rock Doc awards are proving to be everything and more than we anticipated so we are really looking forward to the process again this year," Ramsey said. "Honoring doctors in this way is not only fun but it recognizes those physicians that have contributed to research to benefit the public in many special ways."

Here are the Rockin' requirements to be a Rock Doc:

- A Rock Doc should be a physician that works in healthcare in the central Illinois area.
- A Rock Doc should be a physician who is moving patient care forward through their support directly or indirectly in research.
- A Rock Doc should be a physician who exhibits qualities that demonstrate outstanding patient care.

Forms will be available at the Illinois CancerCare front desk to nominate your Rock Doc. Nominations are due by Friday, June 29th.

# Our Giving Community

Our Giving Community

## Morton High School Girls Varsity Soccer

# PACKING THE PLACE PINK!



Morton Varsity Seniors from left to right: Macaela Bennett, Courtney Allenbaugh, Erin Tisdale & Kayla Campbell

It may be a soccer game  
between downstate rivals,  
but Friday night **May 11th**,  
we hope that the fans  
at the Morton vs.  
Normal U-High  
game will share our  
common goal to  
**raise money  
for cancer  
research.**

**AT THE GAME,**  
you can buy:



T-shirts: \$12 each  
or \$2 for \$20



Raffle tickets for iPad 3:  
\$10 each or 3 for \$25

**FRIDAY, MAY 11, 2012**

Rotary Field at McClallen Park  
Morton, Illinois  
6:30 pm

## Sudoku & Word Search Solutions

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

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

# 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.

## May 2012

May – Cancer Research &  
National Brain Tumor Awareness Month

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

## June 2012

June – National Cancer Survivors Day (June 3)

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





## 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 Konnected** – Do you know a child who is struggling with a parent or caregiver's cancer diagnosis? Kids Konnected 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

**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.

**Stretch & Tone** – A combination of stretching, pilates and yoga with Yinka Adelota, D.C. All levels welcome.

### 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 Dr. Ian Wickramasekera. 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.

### Reflexology Workshop

May 16 at 5:30 pm

Reflexology is the practice of applying pressure to the feet and hands utilizing specific thumb, finger and hand techniques without the use of oil, cream or lotion. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands with a premise that such work effect a physical change in the body. Learn the benefits of reflexology with Becky Cobb. This is a hands-on workshop where you will learn how to do reflexology on yourself and others.

### Aromatherapy Workshop

June 13 at 5:30 pm

Learn the benefits of using essential oils, simple ways to use them and how they work in your body. Workshop led by Becky Cobb. You will also learn what is inside the "first aid kit" of oils that should be in everybody's home! Oils will be available to smell.

### Tai Ji Retreat

June 2 at 9 am – 4:30 pm &

June 3 at 9 am – noon

This workshop will include Tai Ji and Chi Gong from the traditional forms of practice as well as the Five Elements of Circles introduced by Chungliang Al Huang, a world renowned teacher and author. Cielie Tewksbury, Senior Instructor Tai Ji Master will be focusing on the 5 elements. The cost is \$125 for Saturday and Sunday, \$85 for Saturday only and \$65 for Sunday only. Registration forms are available at [www.cchlpeoria.org](http://www.cchlpeoria.org) under special events or by calling 309-693-8139.

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

ACS = American Cancer Society

CCHL = Cancer Center for Healthy Living

- ☐ Help for children coping with a parent who has cancer (Kids Connected)
- ☐ 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)

### Social services form for patients

- ☐ 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