

ILLINOIS CANCERCARES

Free Patient Newsletter • January/February 2014 • Issue 25

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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



Janet Varnes, Executive Director

News from Executive Director—Janet Varnes

Although the New Year is now upon us, I wanted to take this opportunity to thank everyone for their support of the Illinois CancerCare Foundation during 2013. It was a very busy and successful year for the Foundation and we are thankful for the generosity that has been shared by so many caring friends. The Foundation sponsored three fundraising events during the year – The Morton BBQ Throwdown, the second annual Golfin' in the Wild, and the fourth annual CUREageous. The combined proceeds from these events raised nearly \$170,000 to support cancer patients and their families through the Foundation's outreach programs. We are forever grateful to everyone who took the time to participate in and support these events.

Our Foundation is proud to partner with Illinois CancerCare in helping increase patient enrollment in the latest nationally renowned clinical cancer research trials. In the past 12 months, the Foundation has committed \$550,000 to support the shortfall in the clinical cancer research program which accelerates the development of interventions for preventing, treating, recovering from and curing cancer. This year alone, support helped us to:

- Enroll 175 patients into 27 different clinical trials encompassing more than 15 different cancer types.
- Provide a research patient navigator to screen patients daily at our 13 clinic locations for clinical trial opportunities.
- Follow more than 1,000 patients who have participated in clinical trials prior to 2013.

People facing cancer are living longer, healthier lives as a direct result of these trials and the advanced treatment options they provide. Bottom line - our patients can remain here in central Illinois surrounded by family and friends to receive the best care possible.

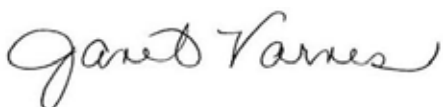
Patient assistance remains a priority for the Foundation and we continue to provide needed assistance to our patients in a number of areas:

- Fuel cards for cancer clinical trials participants and other patients who face financial barriers.
- Compression garments and therapy for breast cancer survivors through a partnership with the OSF Saint Francis Medical Center Rehab Services.
- Trust in Hope continues to provide support to patients and their families during the holidays.

Genetic testing at Illinois CancerCare continues to save lives and improve outcomes for patients. Screening also aids our physicians in cancer prevention, alerting them to "red flags" that may signal the potential for the onset of various cancer family syndromes. Philanthropic gifts to the Foundation continue to support genetic screening for central Illinois families at risk for hereditary non-polyposis colorectal cancer (HNPCC or Lynch Syndrome). We are now supporting studies that offer targeted oral therapies to patients whose tumors have "driver mutations" found through molecular sequencing. When needed, philanthropic support will enable eligible patients to receive financial assistance for their tumor sequencing. A new community partnership is also underway to launch a comprehensive breast cancer risk assessment program and follow up assistance for breast cancer patients. These important programs empower families to understand their risks, eliminate uncertainty, and help them make informed decisions about their health care.

Hope. It is one of the most important therapies during a cancer diagnosis. Your continued support and advocacy of the Foundation's mission provides real hope to our patients and their families and is appreciated beyond words.

Wishing you all the best in this New Year,



What is Palliative Care? Start with Care and Make it Better

By Michele Rice, PharmD, BCOP Illinois CancerCare

Palliative care is a coordinated effort to improve symptoms associated with cancer or its treatment; to provide psychological support for the patient and family; and to help in decision making for the end of life. Not a new concept, it has become important recently because of a recent study in the *New England Journal of Medicine* on Early Palliative Care for Patients with Metastatic Non-Small Cell Lung Cancer (Temel, J.S., et al) which found improved quality of life, improved mood, and longer survival with adequate symptom management.

Palliative care focuses on management of symptoms, psychosocial support for the patient and caregivers, and assistance with decision-making. This movement originally started as a grass roots movement by patients unhappy with end of life care. Palliative care services are being advocated by American Society of Clinical Oncology (ASCO) along with the American Cancer Society (ACS), Centers to Advance Palliative Care (CAPC), and the Oncology Nursing (ONS).

Recent research recommends initiating palliative care earlier in the disease/treatment process. This has been difficult to implement since, for many patients, the terms “palliation” and even “hospice” have become synonymous with giving up hope. This stigma has caused many cancer patients to avoid accessing valuable services that could have increased their quality of life significantly, provided support for their caregivers and other loved ones, and even relieved some of the financial burdens.

At the beginning of 2013, Illinois CancerCare initiated a formal Palliative Care Team. The group consists of a physician, advance practice nurses, pharmacists, nurses, and medical office assistants who work together with support services provided by the American Cancer Society and the Hult Center for Healthy Living. This team has been organized as a multidisciplinary effort, which means professionals from different educational



backgrounds and training work together to provide a stronger foundation of knowledge than any one specialty could alone. Every member of our team has contributed to the growth of this service in unanticipated ways, to the benefit of our patients.

Our palliative care clinic is currently being held every Friday morning at the main Illinois CancerCare location in Peoria. Referrals were initially limited to newly diagnosed

Stage IV lung cancer patients, but this has now expanded to any patient with a metastatic cancer who is likely to benefit from the high-touch attention to supportive care we can provide. The team is also developing good communication with local hospices and the IPMR Star Survivorship cancer rehabilitation program to provide a wider base of services to improve the quality of our referrals.

Advanced care planning will be introduced at the first visit and many times will require several discussions. The patient will continue to see his/her primary oncologist for cancer treatment. Communication between the team and the primary oncologist occurs throughout.

A complete description of the Palliative Care Team can be found on the Illinois CancerCare website <http://www.illinoiscancercare.com/palliativecare/>. Most of our referrals come from our medical oncologists, but patients are encouraged to ask their physician about this service. There is also “Contact Us” information on the website for questions directed to the team. Palliative Care has been an exciting advancement in patient care this year at our practice and we look forward to continuing to improve this program throughout 2014 at Illinois CancerCare.

Temel, J.S., et al. Early Palliative Care for Patients with Metastatic Non-Small Cell Lung Cancer. *New England Journal of Medicine*. August 19, 2010. 363: 733-742.

Recipe from Sharon



Mac-N-Cheese

2 cups whole milk
2 ½ cups grated cheddar cheese
2 ½ cups grated gruyere cheese (may substitute Swiss)
1 pound uncooked macaroni
1½ cups shelled edamame, cooked
½ cup salted butter
Salt and black pepper, to taste

Directions

1. Cook pasta according to directions on package.
2. In a large pot, heat the milk and butter until blended. Then, add 2 cups of each cheese, stir until melted. Add seasoning to taste.
3. Stir in the pasta and edamame. Place in oven-safe casserole dish and top with remaining cheese.
4. Broil on high until brown and bubbly. If placing in the oven from a cooled or cold state, then heat in the oven at 350 degrees for 15 minutes before broiling.



Sharon Windsor

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

Nutrition Facts

Serving Size: 1 cup, Servings per Recipe: 8, Amount per serving: Calories: 702,
Fat Calories: Total fat: 39 g Saturated fat: 23 g, Cholesterol: 111 mg, Sodium: 444 mg, Total Carbohydrate: 55 g, Dietary
Fiber: 4 g, Protein: 33 g

Word Search

Theme: Circus

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

Words:

BEARS
CAGE
CLOWNS
ELEPHANT
FIRE
HOOPS
HORSES
JUGGLERS
LION TAMER
LIONS
NET
PEANUTS
POPCORN
RINGMASTER
STILTS
TIGERS
TIGHTROPE
TRAPEZE
UNICYCLE

Sudoku

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

Our Giving Community



Janet Varnes, Pam Kanies, Michele Barattini, and Lynn Van Norman

Our friends from Vitas Innovative Hospice Care Stopped by Decembe 9th to bring a check from Vitas Community Connect for a total 2013 gift to the Illinois CancerCare Foundation of \$4,500.

2014 Upcoming Events

Don't forget to mark your calendars!

Friday and Saturday
July 25 and 26

Morton BBQ Throwdown

An event for the public and a KCBS sanctioned BBQ competition! It features food vendors, a beer garden, top notch entertainment, a craft show, kids' activities and much more.

Saturday
August 16

3rd Annual Golfin' in the Wild

Hosted at Wild Life Prairie Park, this unique, nine-hole golf is fun for any skill level! Participants use one club to hit their ball around the course. Additional activities and refreshments are located along the course.

Friday
November 14

CUREageous

Our signature event is so OUTRAGEOUS you won't want to miss it! There will be great food, entertainment and area physicians will be honored for their work in research.

Trust in Hope Program Brings Thanksgiving Meals to Cancer Patients and Their Families

The Illinois CancerCare Foundation through their Trust in Hope program delivered Thanksgiving meals to cancer patients and their families in need on Wednesday, November 27th. Volunteers took meals, prepared by Lariat Steakhouse, to 58 cancer patients and their families totaling 255 meals – over 70 more meals this year. Meals were delivered to families as far away as Prophetstown (North) and Tremont (East). This year we were excited to have the Peoria Notre Dame Junior Varsity and Varsity basketball players and coaches help with meal delivery.

Trust in Hope was started by Illinois CancerCare's Marti Williamson, a clinical medical office assistant and draw tech. In the last 5 years alone, nearly 800 Thanksgiving meals have been delivered and nearly 50 families with over 130 children have received holiday gifts.

Anyone interested in donating to the Trust in Hope fund can contact the Illinois CancerCare Foundation at 309.243.3320 or send a check to Illinois CancerCare Foundation 8940 N Wood Sage Road Peoria, IL 61615. In the memo section, please write "Trust in Hope."



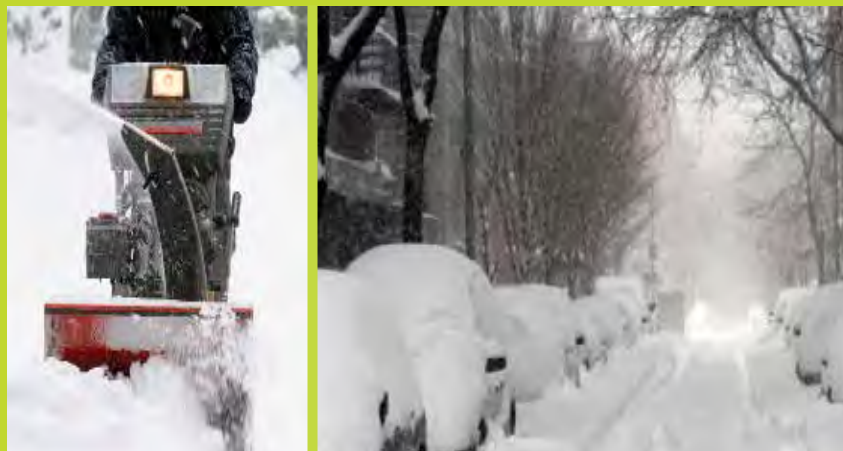
Jeannette Radosevicstreet and Notre Dame basketball players



Steve and Anige Dunaway, their kids, and Notre Dame basketball players



Heather Demetreon and Carol Potter of Wyoming, IL, sent the Illinois CancerCare Foundation the proceeds from their sales of apple cider, hot cocoa and baked goods during Wyoming Moonlight Madness on November 22.



ILLINOIS CANCERCARE WINTER WEATHER POLICY OPTIONS

- 1 309.243.3010
- 2 LOCAL RADIO OR TV
- 3 ILLINOISCANCERCARE.COM

WE
CARE

HELP

Theresa Tracy Trot FIGHTING PANCREATIC CANCER



Carrie Margis from the Illinois CancerCare Research Department joins Janet Varnes and the Friends and Family of Theresa Tracy in celebrating their success.

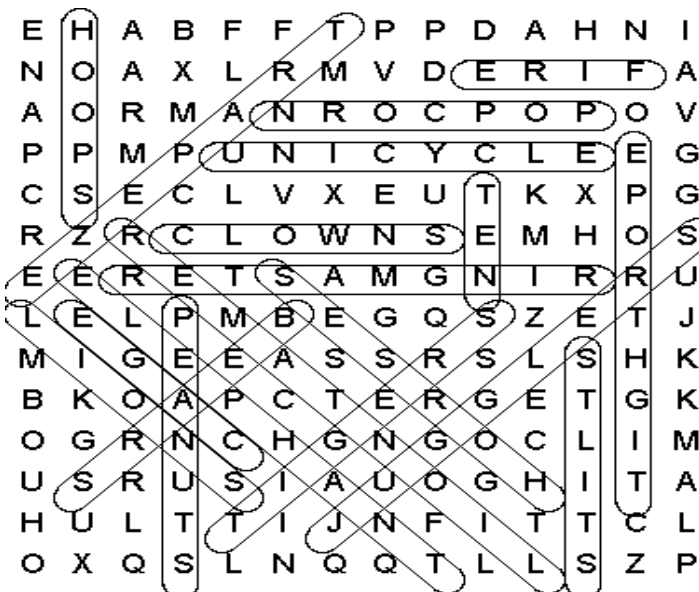
Theresa Tracy Strive to Survive, a new not-for-profit corporation, raised \$18,044 for cancer research at its first fundraising event, Theresa Tracy Trot road race, held on November 2.

The race and the charity are in memory of Theresa Naramore Tracy, a wife and mother of three children, who lost her battle with pancreatic cancer three years ago. Net proceeds were presented to the Illinois CancerCare Foundation on Thursday, December 5 at Uncle Buck's Fish Bowl and Grill.

With 462 participants, the generosity of the multiple sponsors, the support provided by the city of East Peoria and the dedicated efforts of 100 volunteers, it was a very successful community event.

The second annual Theresa Tracy Trot road race is scheduled for Saturday, November 1.

Word Search & Sudoku Solutions



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

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.

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Office Closed for Holiday	2 5:30 pm – Restorative Yoga with Marcy 6:00 pm – Kids Connected	3 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	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 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	9 5:30 pm – Restorative Yoga with Marcy	10 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	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 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	16 5:30 pm – Restorative Yoga with Marcy	17 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	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 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	23 5:30 pm – Restorative Yoga with Marcy	24 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	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 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	30 5:30 pm – Restorative Yoga with Marcy	31 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	

February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 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	4 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	5 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	6 5:30 pm – Restorative Yoga with Marcy 6:00 pm – Kids Connected	7 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	8
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23	24 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	25 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	26 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	27 5:30 pm – Restorative Yoga with Marcy	28 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	

Calendar of Events Descriptions

For Hult Center for Healthy Living Program, please call (309) 693-8139 to pre-register.

Massage Therapy

By Appointment Only

Massage is available for cancer patients and survivors for \$30 an hour. Our massage therapists, Laurie Weaver and Tonya Pruettare specifically trained for oncology massage using the Sloan-Kettering Method. Please call (309) 693- 8139 to schedule your appointment today.

Individual Healing Touch Sessions

By Appointment Only

Individual healing touch sessions are for anyone currently undergoing treatment. Enjoy a healing touch therapy session with Becky Dailey. Please call (309) 692-6650 to make your appointment.

Kids Konnected Support Group

Do you know a child who is struggling with a parent or caregiver's cancer diagnosis? Would you like your child to learn more about the disease and talk to children who are going through the same thing? Kids Konnected is a support group exclusive for children 5-18 years old. There is an adult support group at the same time as the children's group. Dinner is provided at each meeting free of charge. Please call (309) 692-6650 for additional information and to RSVP.

Individual Nutritional Counseling

By Appointment Only

Individual nutritional counseling is available with Sharon Windsor, RD, CSO, LDN Monday-Friday at her office inside the Peoria Cancer Center on Route 91. Sharon offers free nutritional counseling sessions to patients who are experiencing side effects from cancer treatment. If you are interested in an appointment, please call her at (309) 243-3462.

Mindfulness Meditation

Tuesdays @ 5:15 PM

Sometimes, life can be challenging! With hectic schedules and other concerns, it's often difficult to find a calm, quiet space inside yourself. So, if you feel overwhelmed with worry or anxiety, or you just wish to explore the benefits of meditation, please join us and peacefully experience the present moment in all its fullness. Mindfulness meditation is a very simple form of meditation, so you don't need any previous experience to enjoy the process. The weekly one-hour sessions are led by Heather Delabre in the CCHL activity room. Comfortable seating is provided, and sitting on the floor is not required. These sessions are open to the public and are free of charge to cancer patients, survivors and caregivers. A fee of \$5 will be charged for all other participants.

Individual, Family & Group Support Services

By Appointment Only

Kitty Bienemann, MA, NCC, LCPC is available for free support services Monday-Friday at her office inside the Peoria Cancer Center on Route 91. Services include individual, family and support group counseling. If you are interested in an appointment, please call her at (309) 243-3461.

Us TOO Prostate

Call George Melton at (309) 691-6523 for dates and times.

I would like more information about the following services:

Social services form for patients

ACS = American Cancer Society

HCHL = Cancer Center for Healthy Living

- ☐ Help for children coping with a parent who has cancer (Kids Konnected)
- ☐ Individual counseling for the patient, family members, or caregivers (HCHL)
- ☐ Healthy Living classes (yoga, gentle aerobics, Tai Ji) (HCHL)
- ☐ Cancer Basics 101 class (ACS/HCHL)
- ☐ 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 (HCHL)
- ☐ Massage therapy for patients in treatment (\$25 fee/hr.) (HCHL)
- ☐ Nutritional counseling (HCHL)
- ☐ 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

Physicians



Illinois CancerCare Social Services

Illinois CancerCare is proud to partner with the Hult 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 Hult Center for Healthy Living newsletter
- ☐ Illinois CancerCare monthly newsletter by e-mail
- ☐ No, not at this time

Information about programs & services on the reverse side