

# ILLINOIS CANCERCARES

Free Patient Newsletter • March/April 2014 • Issue 26



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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

## Our Four Legged “Therapists”

By: Barb Stoppenhagen, Registered My Therapy Dogs Member and Approved Tester/Observer



Amanda & Finnigan



L to R: Lauren and Orion; Judy and Honey; Barb and Sam; and Janice and Gracie

It was my desire to bring therapy dogs to Illinois CancerCare for a variety of reasons. However, there was one special person in my life that made the idea even more important to me. I wanted to start a program in honor of, and now, in memory of my only niece.

In the spring of 2001, Stacy was 23 years old and just had her first baby when she was diagnosed with non-Hodgkin's lymphoma. Over time, and after chemotherapy, radiation, and a stem cell transplant, Stacy lost her long battle in January, 2013. She was 35. Over the course of those almost 12 years, she most always wore a beautiful smile, displayed the most positive disposition, and always had her little Chihuahua dog attached to her. She was such an inspiration for anyone who met her, and will forever be remembered.

So, in mid-January, 2011, I made the first introduction of myself and Therapy Dogs Incorporated to Illinois CancerCare. The concept was well received, and by April, 2011, we began our visits.

Between January and April of that year, there were some preliminary preparations that needed to be put into place to assure that the program would run as smoothly and as safely as possible. There was an initial group of teams (handler and dog) that were experienced, registered therapy dogs, and excited to get started.

In the beginning, just like anything new and different, we had some minor “growing pains”. However, most were insignificant, and we have steadily grown since. Many of our original teams are still a part of the Illinois CancerCare's Therapy Dog Program. We have lost a few for various reasons, and we regularly have new teams starting.

Illinois CancerCare Therapy Dog Program currently has approximately 15 dog/handler teams (up from the original 12 teams in 2011) that volunteer on various days and times throughout the week. Be sure to look for a visiting furry friend!

If you are not a dog lover, that is okay! Before any of the handlers approach, they will introduce the dog. Feel free to say that you do not want a visit from the therapy dog. The handlers will not be offended if you chose not to pet the dog. They want you to be comfortable.

If you're interested in having your puppy become a therapy dog, Barb encourages you to enroll them in obedience school and get them socializing with other dogs. This will help your dog know how to be controlled and have good manners. If you'd like to become a therapy dog member or are interested in having your dog tested, please email Barb Stoppenhagen at [k9crew3@comcast.net](mailto:k9crew3@comcast.net).

## Why Have Registered Therapy Dogs at Your Facility ? (from the TDInc. Website)

Therapy Dogs Incorporated (TDInc.) registered therapy dogs have passed extensive testing to make sure that they have good manners and do not mind being touched by strangers. The dogs must be clean, up to date on rabies vaccines, other inoculations recommended by their personal veterinarians, and must show proof of a negative fecal (stool) exam every 12 months. Once the dog and handler pass the handling/good manners part of the test, they are required to complete three successful visits in a facility, school or other public venue where they will interact with strangers in therapy-like settings. Two of these visits must be in a medically related facility. In these observations, the tester can evaluate, assist and assess how well the team works together, and how safely and effectively the team interacts with people.

Research has shown that dogs can help people in many ways. Researchers and experts agree that pets excel as therapeutic agents, that dogs are an antidote to depression, and that life in a long term care facility can be lonely and boring. A visit from a therapy dog can break the daily routine, increase happiness, calmness, and overall emotional well-being, and stimulate the mind in dramatic ways. Studies have shown a decrease in both blood pressure and stress levels during therapy dog visits.

Dogs can help people by:

- 🐾 Bringing joy and laughter, even if for a short time
- 🐾 Taking a person's mind off personal problems, aches, pains and worries
- 🐾 Providing soft, comforting fur to be petted and stroked
- 🐾 Acting as an ice breaker, encouraging people to share their emotions & stories
- 🐾 Giving a chance for people to communicate with others
- 🐾 Lowering stress levels and blood pressure
- 🐾 Rekindling warm memories of their own pets



front: Kirsten and Lola; back row: Lisa and Luie;  
Jeanne and Piper; and Linda and Abby

### The heART of Healing

By Barb Stoppenhagen

Back a few years  
When I was just a pup,  
I knew what I'd be  
When I grew up.

I would be different  
And special for sure;  
For my job just might be  
To help with a cure.

I'm not a fine doctor  
Or use meds for the cause –  
Just wiggles and wags,  
Soft fur, and four paws.

I may look quite common  
When led by my lead;  
However, there's more  
To the story indeed!

My ears are attentive;  
My patience so strong;  
My eyes filled with love  
The entire day long.

I know when you're happy;  
I can tell if you're sad;  
I can feel at those times  
When your day has gone bad.

It's times such as this  
That my gift is an art.  
For now I take lead  
From my own loving heart.

I will give you my time –  
My love on this day,  
And hope I have helped  
In any small way.

The pat of my head  
And the smile I receive,  
Has told me without words  
I've served human need.

I will go saying thank you  
And my own smile within;  
Looking forward to time  
When I can visit again.

Yes, I'm here for a reason;  
For all people you see!  
The love of my life –  
A Therapy Dog I be . . .



# Our Giving Community



Gracie



Orion



Barb & Max



Piper



Lucy



Samson



Kirsten and Lola



Lisa & Luie



## *Trust in Hope Program Delivered Christmas Presents*



In the last five years alone, over 55 families with nearly 150 children have received holiday gifts. The Dunaway family was kind enough to share pictures of the children opening the presents that were delivered by a volunteer.



Volunteer coordinator, Dena Keenan, joined the Illinois CancerCare volunteers for a holiday lunch.

## MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH - HAVE YOU BEEN SCREENED?

By Marsha L.B. Kutter, CCRB

Research Business Administrative, CCOP Administrator

A driver loses control and takes out your mailbox by the road. A distracted driver hits your legally parked car. Your home is destroyed by a tornado. There are lots of bad things in life, big and small, over which we have no real control, so wouldn't you want to take control wherever and whenever possible? For instance, if there was something you could do to prevent colon cancer or to find it early when it's very curable, wouldn't you be interested in knowing about it?

March is National Colorectal Cancer Awareness Month, and we want to raise your awareness by giving you some information you need to understand colon cancer screening and early detection. According to the Centers for Disease Control and Prevention (CDC), colorectal cancer is the second leading cause of cancer deaths in the United States. Finding it early is key to improving this statistic, and that means screening.

### Who should be screened?

The risk of developing colon cancer increases as we age. Guidelines from the CDC, the American Cancer Society (ACS), and the American College of Gastroenterology (ACOG) all recommend that Americans should be screened for colorectal cancer beginning at age 50. (ACS and ACOG recommend African Americans begin screening at age 45.) Screening should continue until age 75 at which time testing should be done only if a person has symptoms like blood in the stool, persistent abdominal pain/cramping or unexplained weight loss. People without symptoms should not need screening after the age of 75. Some people have a higher risk of developing colon cancer. They may wish to begin screening at an earlier age. The folks who fall into this category are those with inflammatory bowel disease, those with personal history of polyps, and those with inherited risks such as familial adenomatous polyposis or non-polyposis colorectal cancer (also known as Lynch syndrome).

Routine screening for colorectal cancer reduces the likelihood of dying from colorectal cancer by 32-40%. Yet only 65% of people ages 50-70 are up to date in their colon screening, and 28% have never been screened. If more people were screened and kept up to date with their screening, perhaps colorectal cancer would no longer be the second leading cause of cancer deaths in the U.S.

### What kind of screening should people get?

The kind of screening that would be best for you should be discussed with your doctor. However, these are the tests recommended in the guidelines from the groups mentioned above:

- Colonoscopy (every 10 years).
- Flexible sigmoidoscopy (every 5 years).
- High-sensitivity fecal occult blood test (FOBT) (every year).

The least invasive and least expensive of the tests listed is the FOBT. It involves analyzing stool samples for the presence of blood, which may be an indication of colon cancer. Additional tests are usually recommended when there is a positive FOBT. The sigmoidoscopy is a flexible tube that the physician inserts in the rectum which allows him/her to see the left side of the colon. It usually requires a bowel prep to clean out the colon so the evaluation can be accurate. A colonoscopy is the most expensive screening

require a bowel prep to clean out the colon. It is usually done under sedation. Some physicians call this test the gold standard, but some patients do not like the doing the bowel prep or cannot take the time away from work that would be required the day of the colonoscopy.

There are advantages and risks to all of the screening tests. The CDC and the ACS both have on-line information about this and are referenced at the end of this article. Your physician is a good source for helping to decide what kind of screening would be best for you.

Another option is a virtual colonoscopy which is a CT scan of the large bowel. This test requires the same prep as a colonoscopy but is not done under sedation. It is available at several of the hospitals in central Illinois, but this test is not widely available around the country.

## Why should people get screened?

The short answer is that colon screening could save your life. Colon screening can do one of two things, depending on the type of screening you and your doctor decide to do. If a colonoscopy is done, it can spot polyps or adenomas in the colon. Most colon cancers develop from polyps and adenomas, and a colonoscopy allows the doctor to remove these polyps or adenomas so they won't develop into cancer. This is screening for cancer prevention.

Less invasive testing, like fecal occult blood tests, can detect blood in the stool, and flexibly sigmoidoscopy can show if the left side of the colon has any polyps. These are screenings for cancer detection. Although a positive fecal test will likely result in more invasive testing, a negative fecal test can give patients and their physicians some confidence that colon cancer is not detected.

## What about costs?

The Affordable Care Act requires insurers to cover colon screening by fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults beginning at age 50 and continuing until age 75. This screening is to be provided without any out-of-pocket costs to patients. Medicare allows for a colonoscopy for healthy participants once every 10 years, following the guidelines. The cost of a fecal occult blood test is minimal, even for the uninsured. Some insurance policies do not cover virtual colonoscopy testing.

What's the bottom line?

Take control. Talk to your doctor. Get colon screening.

## References

Center for Disease Control: <http://www.cdc.gov/cancer/dcpc/resources/features/ColorectalAwareness/>  
American Cancer Society: <http://www.cancer.org/cancer/colonandrectumcancer/moreinformation/colonandrectumcancerearlydetection/colorectal-cancer-early-detection-acsc-recommendations>

American College of Gastroenterology: <http://gi.org/guideline/colorectal-cancer-screening/>

ACS Cancer Action Network: <http://acscan.org/pdf/healthcare/implementation/factsheets/hcr-colorectal-screenings.pdf>

M. Rosario Ferreira, MD: "Screening for Colorectal Cancer: Occult Blood Testing, Flexible Sigmoidoscopy, Colonoscopy" – OMedLive presentation on-line January 30, 2014.





A night at the ballpark to honor cancer survivors,  
their caregivers and loved ones.

**FRIDAY**  
**MAY 30TH**

**6:30 PM**

**AT THE PEORIA CHIEFS**  
**O'BRIEN STADIUM**

**CANCER SURVIVORS WILL RECEIVE UP TO FOUR TICKETS  
TO THE GAME, A GOODY BAG AND A T-SHIRT**

To sign up for tickets visit the front desk at Illinois CancerCare or call 243.3437

**Ticket sign up will begin Monday, March 17th**

**Tickets can be picked up Monday, May 5th- Friday, May 16th**

Sponsored by



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



**All tickets and t-shirt sizes will be handed out on a first come first serve basis.**



## Recipe from Sharon



### Mozzarella Pesto Stuffed Chicken Breasts

4 boneless skinless chicken breasts  
Salt and pepper, for seasoning chicken  
½ cup basil pesto  
4 ounces sliced fresh mozzarella cheese  
2 large eggs, beaten  
1 cup panko bread crumbs  
1 cup freshly grated parmesan cheese  
1/2 teaspoon Italian seasoning  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper

### Directions

1. Heat oven to 350 degrees. Spray a large baking sheet with cooking spray and set aside.
2. Using a rolling pin, flatten each chicken breast to about a 1/4 inch.
3. Spread 2 tablespoons pesto onto each chicken breast then top each with mozzarella cheese (1 ounce of cheese per breast.) Carefully roll up the chicken and secure with toothpicks.
4. Place the beaten eggs in a pie plate or shallow dish. In a medium bowl, combine panko crumbs, Parmesan cheese, Italian seasoning, salt, and pepper. Dip each chicken breast in the eggs and then into the panko Parmesan mixture. Make sure the breasts are well coated. Place chicken on the prepared baking sheet.
5. Bake 40-45 minutes or until chicken is no longer pink in center and the chicken is golden brown. Slice each chicken breast in half. Remove toothpicks before eating.

### Nutrition Facts

Serving Size: ½ (3 oz) chicken breast, Servings per Recipe: 8; Amount per serving: Calories: 299, Fat Calories: 149, Total fat: 17 g, Saturated fat: 6g, Cholesterol: 108 mg, Sodium: 738 mg, Total Carbohydrate: 12 g, Dietary Fiber: 1 g Protein: 26 g



Sharon Windsor

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

## Word Search

Theme: April

## Sudoku

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

### Words:

April  
Bunny  
Easter Egg Hunt  
Flowers  
Four leaf clover  
Green  
Irish  
Jelly Beans  
Leprechaun  
Lucky  
March  
Rainbow  
Showers  
Spring  
St. Patrick's Day

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



# THIRD ANNUAL ERIC ALBERS

MEMORIAL  
SATURDAY MAY 3RD

GOODFELLA'S, PEKIN, IL 3:00 PM - 7:00 PM

**Silent Auction/Bake Sale  
Spaghetti Dinner  
Beginning at 4:00 pm**

Contact Elizabeth Albers  
309/256-6960 for  
tickets and information



All proceeds from the event benefit:



The Eric Albers Memorial Event in Loving Memory of Eric Albers who was diagnosed with Ewings Sarcoma (bone cancer) in May 2009. He lost his battle in June 2011. We have this event annually so that those who knew Eric may never forget him, and those that didn't will get to know his story.

## "THE LIFT TEAM IS NEEDED AT THE FRONT DOOR"

Often you hear this overhead announcement while at Illinois CancerCare. What does that mean? It means that someone needs assistance getting into or out of their vehicle. When the team is paged to a Pod it is to assist a patient into or out of a bed/chair/wheel chair. Recently, Jeanne Griffin, MS, CDMS, director of the Return to Work Center demonstrated to our "Lift Team" the proper way to assist patients to stand.



## Our Mission

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



Andy Cundell, Chris Driscoll, Jennifer McNear, Matt Logsdon, and Scott Christiansen



## Brain Cancer Clinical Trial Shows Positive Results

*Jamie Harper, MHA, CCRP, Director of Clinical Research*

The New Year is off to a good start as we receive the first clinical trial publication of 2014, showing positive results for patients with a specific type of brain cancer.

From 1998 to 2002, patients with low-grade glioma (a slow growing form of brain cancer) had the opportunity to enroll to a clinical trial giving chemotherapy after radiation therapy. Two patients from Illinois CancerCare were enrolled to this study, which looked to improve the survival rate for patients with this disease. Patients who received chemotherapy in addition to radiation therapy lived an average of 5.5 years longer than patients who received radiation alone. These results will change how we currently treat patients with low-grade glioma, with further studies being conducted at the molecular level. These molecular studies will help researchers further identify which patients will benefit most from receiving chemotherapy in addition to radiation therapy.

It is predicted that over 23,000 people will be diagnosed with primary brain tumors in the United States in 2014 and that 10 percent to 15 percent will have low-grade gliomas.

**Reference:** RTOG 9802: A Phase II Study of Observation in Favorable Low-Grade Glioma and A Phase III Study of Radiation with or without PCV Chemotherapy in Unfavorable Low-Grade Glioma. A description of the clinical trial can be found at <http://www.clinicaltrials.gov/ct2/show/NCT00003375>.

For more information about clinical trials, contact the Illinois CancerCare Research Department at 309-243-3605 or ask your physician if a clinical trial is right for you.

## Word Search & Sudoku Solutions

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

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

You Are Invited to attend the  
**Spring 2014**  
**Advancing a Cure Lecture**  
 presented by



**Date:** Thursday, April 3, 2014 **Time:** 4:30pm to 6:30pm

**Place:** Holiday Inn and Suites • 101 Holiday St. East Peoria, IL 61611

No Admission • Seating is Limited

Please RSVP by Friday, March 28, by calling 309.243.3437  
 or emailing [info@illinoiscancer.com](mailto:info@illinoiscancer.com)



James A. Knost, MD



Lynne M. Jalovec, MD



Nancy Donini, RN, OCN

## Discovering New Horizons in Genetic Testing for Hereditary Breast Cancer

Dr. Jim Knost, Dr. Lynne Jalovec and Nancy Donini, RN will present information about hereditary breast cancer. They will discuss common genetic mutations such as BRCA1 and BRCA2 and four other genes that are considered "actionable". Next Generation sequencing panels will be discussed along with the implications this new type of testing brings to the hereditary testing arena. They will also explore how early risk and mutation carrier identification is important to the decision-making process in terms of surgical intervention and post-surgical treatment. Following the formal remarks, a panel discussion will take place to answer participant questions.

Groundbreaking **RESEARCH**. Lifesaving **CARE**.  
 Illinois CancerCare... because **LIFE** is precious.



## Illinois CancerCare, P.C. Receives Silver American Advertising Award

Recognized for "World Class Cancer Treatment"  
 Branding Campaign

Illinois CancerCare's "World Class Cancer Treatment" branding campaign was recently presented with a Silver award at the annual American Advertising Awards. The campaign focused on communicating the mission of Illinois CancerCare - providing world-class, patient-centered, comprehensive and compassionate care to individuals faced with cancer and their families.

Sponsored by the Peoria Ad Club, the local awards recognize creative excellence in advertising and design. The awards were announced during the annual American Advertising Awards Gala held February 7, 2014 at the PAR-A-DICE Hotel in East Peoria.

# 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.

## March 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 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	7 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	8
9	10 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	11 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	12 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	13 5:30 pm – Restorative Yoga with Marcy	14 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	15 1:30 – 3:00 pm Kids Connected
16	17 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	18 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	19 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	20 5:30 pm – Restorative Yoga with Marcy	21 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	22
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 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	29
30	31 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					

## April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	2 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	3 5:30 pm – Restorative Yoga with Marcy	4 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	5
6	7 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	8 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	9 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	10 5:30 pm – Restorative Yoga with Marcy	11 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	12
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## 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. Please call (309) 692 - 6650 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.

### **Reflexology** - By Appointment only

Judy Schlueter, Licensed Reflexologist will see clients on the 1st and 3rd Thursday of each month at 8:30a and 9:15a. Please call (309).692.6650 to schedule an appointment.

### **Kids Connected 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 Connected is a support group exclusive for children 5 – 18 years old. They get together on the third Saturday of every month from 1:30 to 3:00p.m. with snacks and drinks provided. Please contact Diana Schroer (309) 678-8817 or via e-mail at dischroer@msn.com or (309) 692 – 6650.

### **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**

- |   |  |
|---|--|
| <input type="checkbox"/> Help for children coping with a parent who has cancer (Kids Connected)                                     | <input type="checkbox"/> Support Networking groups (HCHL)                                |
| <input type="checkbox"/> Individual counseling for the patient, family members, or caregivers (HCHL)                                | <input type="checkbox"/> Massage therapy for patients in treatment (\$30 fee/hr.) (HCHL) |
| <input type="checkbox"/> Healthy Living classes (yoga, gentle aerobics, Tai Ji) (HCHL)  | <input type="checkbox"/> Nutritional counseling (HCHL)                                   |
| <input type="checkbox"/> Cancer Basics 101 class (ACS/HCHL)   | <input type="checkbox"/> Living will/power of attorney directives (ACS)                  |
| <input type="checkbox"/> Financial assistance for treatment, medications, or medical supplies (ACS)                                 | <input type="checkbox"/> Transportation assistance for appointments (ACS)                |
| <input type="checkbox"/> Lifeline® Home Emergency Response System (monthly service fee) (ACS)                                       | <input type="checkbox"/> Wigs, hats, turban resources (ACS)                              |
| <input type="checkbox"/> Look Good, Feel Better® (ACS)  | <input type="checkbox"/> Housing/lodging information (ACS)                               |
| <input type="checkbox"/> Meal resources/home delivered meal programs (fee may be required) (ACS)                                    |  |
| <input type="checkbox"/> Homemaker services, such as household cleaning, errands, general assistance (per service fees apply) (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 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**