

ILLINOIS CANCERCARES

Free Patient Newsletter • May/June 2014 • Issue 27



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ILLINOIS CANCERCARE

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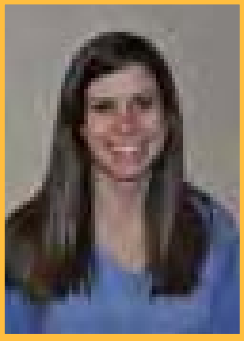
OUR MISSION

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

National Nurses Week



Rachel Bontje, RN, BSN

Illinois CancerCare, P.C.

I am so proud to be a nurse. Being an oncology nurse not only gives me the opportunity to care for some of the most courageous patients, but also to work alongside some of the most skillful and knowledgeable coworkers that exist. I consider it a privilege to play a part, no matter how big or small, in the lives of my patients.



Lindsey Grys, RN, BSN, OCN

Illinois CancerCare, P.C.

To me, being a nurse means doing what is right for the patient even when it's not the easiest thing to do or most popular opinion. I especially enjoy Oncology because it affects people from all walks of life and the standard of care is always changing. There are always new and exciting innovations coming around the corner, bringing us closer to a cure.



Kim Ryan, RN, OCN

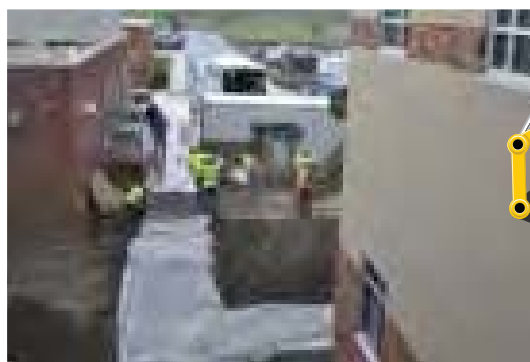
Illinois CancerCare, P.C.

Working in oncology for the last 18 years has been a very rewarding and life changing career. I am thankful that I can do my best daily to improve the outcome for my patients. Oncology nurses become very aware of how precious life, time and relationships are to us all. Even the small gestures can make a difference with our patients. I cherish the bond I have with my patients and co-workers.

Illinois CancerCare Nurse Statistics

- 66 Nurses
- 17 Advance Practice Nurses
- Longest tenure as Nurse:
Jean Hallam, 24 years

Under Construction

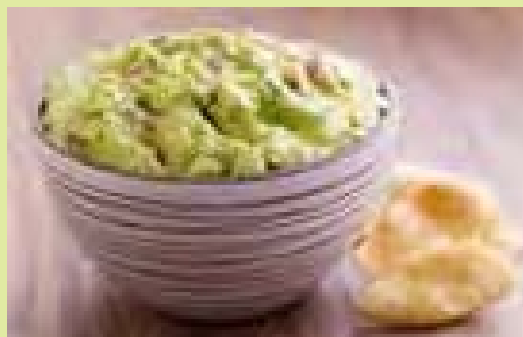


UPDATE ON CONSTRUCTION IN PEORIA



CONSTRUCTION IS UNDERWAY FOR THE GALESBURG CLINIC

Recipe from Sharon



Tofu Guacamole

1 14-oz package soft tofu
1 whole avocado
½ lime
½ red onion
3 whole tomatoes
2 cloves garlic
1/4 teaspoon cumin
1 pinch(s) salt
2 tablespoons cilantro or flat-leaf parsley

Directions

1. Chop up onion and tomatoes and place in a separate bowl.
2. Cut avocado in half, remove the pit, and scoop the flesh into a blender or food processor. Crumble in tofu then blend until smooth and creamy. Add a teaspoon of water if necessary.
3. Mix together avocado mixture, tomatoes, onions, and lime juice. Sprinkle cumin, salt, and paprika or tabasco sauce into mixture if desired.
4. Serve with cilantro or parsley and tortilla chips

Nutrition Facts

Total fat: 4 g , Saturated fat: <1 g, Cholesterol: 0 mg, Sodium: 154 mg, Total Carbohydrate: 6 g, Dietary Fiber: 2 g, Protein: 4g



Sharon Windsor

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

Word Search

Theme: May-June

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

Words:

May
June
Mother's Day
Father's Day
Summer Fun
Schools Out
Memorial Day
Sun
Flip Flops
Barbeque
Baseball
Boating

Sudoku

	2				7			
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			7				5	



The Things I Wish I Were Told When I Was Diagnosed With Cancer

By: Jeff Tomczek, Freelance Writer
and Founder of C2Bseen

Posted 06/28/2012 8:00 pm
[http://www.huffingtonpost.com/jeff-tomczek/
cancer-advice_b_1628266.html](http://www.huffingtonpost.com/jeff-tomczek/cancer-advice_b_1628266.html)

Your relationships are about to change. All of them. Some will get stronger. They will probably not be with the people you would expect. The people you want to handle this well might not be able to for a variety of reasons. Some of the reasons will be selfish. Some of them will be entirely innocent and circumstantial. All of them will be forgivable because no one plans for cancer. Carrying bitterness or anger won't help your recovery. Fighting for anyone to stick with you won't cure you. Those who can, will.

You will be determined to have more energy than you do. You will convince yourself that you are thinking straight, are able to handle all of this and do not need anyone. You will run out fuel. Your body will change first and your mind will follow. You won't lose your mind, memories or sensibility. It will all come back. But, you will be different. You will never have the same sense of self. You should embrace this. Your old self was probably really great. Your transformed self will be even better. Give into what is happening and trust it.

You are going to feel fear. Even if you are normally stubborn, confident and seemingly invincible you will finally find yourself admitting that you are scared of something. Cancer is scary and incredibly confusing. The unknowing will eat at you worse than the disease itself. You'll need distractions. Music and sleep will probably be the ones you resort to most. Reading will become difficult. So will watching TV or movies, having conversations, writing and basically everything else. They call it "chemo brain" for a reason. You will feel normal eventually. Just a new kind of normal. When you feel afraid let yourself lean on those around you. Cry. Be vulnerable. You are vulnerable. There will be time for strength, but never admitting weakness will cause anxiety to mount and your condition to worsen. Let it all out. Yell if you need to. Sing when you feel up to it. Sob uncontrollably. Apologize for your mood swings. Treatments and prescriptions will often be the cause of them. The people that love you will understand.

The people that love you will be just as scared as you are. Probably more. They will be worrying even when they are smiling. They will assume you are in more pain than you are. They will be thinking about you dying and preparing for life without you. They will go through a process that you will never understand just like they will never understand the process you are going through. Let them process. Forgive them when they don't understand. Exercise patience when you can. Know that those that were built for this will be there when you get to the other side and you will all be able to laugh together again. You'll cry together too. Then you'll get to a place where you will just live in the world again together and that is when you know that you have beaten this.

The sooner you recognize that you are mortal, the sooner you can create the mentality for survival. There is a chance you might not make it. Just like there is a chance that you will. Don't look at statistics. You are unique and what is happening inside you is unique. Your fight is yours alone and there are too many factors to compare yourself to others that have had your condition. No one will want you to think about death, but you won't have a choice. You will think about it from the moment you are given your diagnosis. Come to terms with it. Calmly accept it. Then, shift every thought you have into believing that you won't die. You are going to beat this. Your mental focus on that fact will be more powerful than any treatment you receive.

Illinois CancerCare requests original material from patients and caregivers for publications representing a patient's perspective. Please email to info@illinoiscancer.com

Your doctors and nurses will become your source of comfort. You will feel safe with them. If you do not feel safe with them you need to change your care provider immediately. There is no time to waste. This shouldn't be a game played on anyone's terms but yours. When you find the right caretakers you will know immediately. Do not let insurance, money or red tape prevent you from getting the treatment you deserve. This is your only shot. There is always a way. Find those hands that you trust your life in and willingly give it to them. They will quickly bring you a sense of calm. They will spend time answering your questions. There will be no stupid questions to them. They won't do anything besides make you feel like you are the most important life that exists. They will never make you feel like they don't have things in control. They will be honest and accessible at all times. They might even become your friends.

You might celebrate with them over drinks months or years after they have cured you. They deserve your gratitude, respect and appreciation daily. If you get upset at them during treatment know that they'll forgive you. They get that you're going through something they can't imagine- but they understand better than anyone. They see it every day and they choose to be there because they want to make the worst experience of your life more tolerable.

You will need to find balance after treatment. Start by seeking balance during treatment. Eat well. Sleep well. Listen to your body. Explore meditation. Experiment with new forms of exercise that aren't so demanding. Embrace massage and other body therapies. Go to therapy. A therapist will be able to guide you through your journey in ways you could never fathom. Do not be too proud to speak to someone. You cannot afford to store up the intensity of the emotion that comes with fighting a life-threatening illness. Let it out for yourself. You will begin to hear your voice changing. That voice is who you are becoming in the face of mortality. Listen to that voice. It will be the purest, most authentic version of you that you have ever known. Bring that person into the world -- strengths and vulnerabilities and everything between. Be that person forever.

You will inspire others. It will feel weird. People you haven't spoken to since grade school will be in touch. Ex-girlfriends, former colleagues... even people you felt never wanted to talk to you again. The influx of interest in your seemingly fading life will be greater than any living moment you have ever experienced. That support is what will shift a fading life into a surviving one. Be grateful for every message. Be appreciative of each gift and each visit. There will be moments where all of this attention will make you feel lonelier than you have ever felt in your life. In a hospital room full of people with messages stuffing your inbox, voicemail and mailbox you will find yourself feeling completely alone. This is when you will realize that you could afford to have a stronger relationship with yourself. That only you walk this earth with 100% investment in you. Make the investment and use this as an opportunity to reexamine your self-worth. Love yourself more than ever and recognize how much love there is for you in the world. Then start sharing that love. You will come to see that even when you are the neediest person you know you can still be giving. Giving will make you feel better than taking.

When you get to the other side you won't believe it. They will tell you the disease is gone. Everyone you know will rejoice and return back to their lives. You'll constantly wonder if it is coming back. Slowly this feeling will fade, but cancer will always be a part of you. It will define how you see the world moving forward. You're going to feel like the future is a funny thing to think about because the present is going to suddenly seem incredibly important. Keep moving. You'll be more productive. You'll understand who truly loves you because they will still be there. You'll want to meet new people that connect to the newly evolved version of your old self. You'll want to let go of those that don't "get" who you are now. You'll feel a little guilty doing it. Then, you'll move on. You don't have time to waste. The greatest gift you've been given is that you now understand that and you're going to make the most of every second. You're going to be the most passionate person you know going forward. Translate that passion to a greater purpose. Be fearless again.

I was diagnosed with leukemia at the age of 27. Now 28, I have been told I have no trace of the disease in my body.

To read more by Jeff visit: www.wordsworthsharing.com. Reprinted with permission from Jeff Tomczek.

OSTEOPOROSIS AND YOUR DEXA SCAN

By Sharon Williams, RT(R), Medical Imaging Supervisor



Like any other organ in the body, bones are constantly changing. Throughout childhood and as young adults, bones grow in strength and in size. Around the age of 30, bones reach their peak strength and then naturally become weaker with age. Osteoporosis is a condition where bones become weak to the point of breaking. Osteoporosis is often called the "Silent Disease". There are rarely signs until a lot of bone has been lost.

Dexa scans are the most commonly used test to measure bone density and one of the most accurate ways to diagnosis Osteopenia or Osteoporosis. Dexa stands for "Dual Energy X-Ray Absorptiometry." This test is so accurate that a follow-up Dexa scan can be used to monitor your treatment to learn if your plan is working. The bone densitometer measures bone mineral density (BMD). The amount of bone mineral relates directly to bone strength. The bone densitometer uses small amounts of x-ray to measure BMD and to produce images of the spine, hip, or even whole body. The spine and hip are measured because that is where most osteoporotic fractures occur.

Why a Dexa scan and not a regular x-ray or Cat scan?

Dexa scans are more accurate than regular x-rays. A person would need to lose 20-30% of their bone density before it would show up on an x-ray. A Dexa scan requires less radiation exposure than a Cat scan. You are exposed to more radiation on a coast-to-coast airline flight than you are during a Dexa scan. Dexa scans are also less costly than other tests.

We at Illinois CancerCare have a state-of-the-art Dexa scanner. We recently updated our GE scanner to a new GE scanner, which includes some added information such as FRAX to help your doctor decide what treatment path, if any, they should prescribe. FRAX determines your percentage of risk of getting a fracture

within the next 10 years. It provides information about your own risk of fracture in the same way a cholesterol test indicates risk of a heart attack. A diagnosis of osteoporosis cannot predict a bone fracture, just as high cholesterol cannot predict a heart attack. Instead, it means that the risk of having a fracture is higher than that for normal bones. Your test results combined with other factors sum up your overall risk of fracture.

What can I expect during my bone densitometry test?

The bone densitometer is a large, padded and comfortable table. The test is painless and quick, taking about 15 minutes. Normal clothing, in most cases, is fine. Belt buckles, metal, or thick plastic buttons, and metal jewelry will need to be removed from the region being examined.

When the technologist brings you into the Dexa room, you will be weighed and measured for your height. This information will be put into the scanner so we may acquire an accurate reading. The technologist will ask questions on medications and life style habits.

You will then be placed on the Dexa scan table and asked to lie on your back. The technologist will position your arms and legs for the test. The technologist will ask you to turn your feet in as if you were pigeon toed, helping to straighten the top of your femurs. They will use a gentle foot holder to help with this process.

The patient is not enclosed. The Dexa arm will scan over the top of the patient. The area of interest is from mid spine to the top of the pelvis and mid pelvis down each femur.

Once the scans are complete, the technologist will check to make sure all areas are present to calculate. The technologist will set the parameters needed to complete the exam. The test compares your Bone Mineral Density to that of a "young adult" at peak bone strength. It also compares your results to people of your same age called "age-matched". The test results will be given to your physician to go over with you at your doctor visit.

The National Osteoporosis Foundation (NOF) is one of the leading sources of information about osteoporosis and bone measurements. Risk factors for osteoporosis include being female, Caucasian, advanced age, history of bone fracture, a family history of bone fracture, removal of ovaries, early menopause, certain medicines (such as steroids or anticonvulsants), alcohol and tobacco use. Speak with your doctor to see if you are at risk. An order is needed to perform a Dexa scan and we can only perform scans on Illinois CancerCare patients.

Clinical Trials Awareness – 30+ years of the Illinois Oncology Research Association (IORA) CCOP comes to an end but cancer research continues

Marsha Kutter, CCRP, Research Business Administrator/CCOP Administrator

An incredible, unprecedented journey for cancer clinical trials began on September 1, 1983 when the National Cancer Institute (NCI) began funding the Community Clinical Oncology Program (CCOP) nationally and for central Illinois. Illinois Cancer Care (ILCC) has been a successful participant in the CCOP from the very beginning. The purpose of CCOP was to enable physicians to offer life-saving, cutting-edge therapies to cancer patients in their local communities. It meant patients could participate in cancer clinical trials and receive promising therapies close to home where they are close to family, friends and their homes. It was a novel idea back in 1983 when most clinical trials were performed at major academic medical centers in large cities like New York, Chicago and St. Louis. It meant patients had to travel and stay for extended periods of time at these university hospitals far from their homes and support network.

Over the years as the success of CCOP grew, it was clear that making clinical trials available to patients in their local communities made good sense for patients and resulted in good science for the medical community. These clinical trials offer a wide range of therapies ranging from palliative treatment to cancer therapeutic treatments to cancer prevention efforts. Our CCOP which is called the Illinois Oncology Research Association CCOP, or IORA CCOP for short, strives to expand clinical research in the community, foster a network of local health professionals willing to work with the IORA on cancer trials, encourage community participation in cancer prevention efforts, increase minority and underserved participation in current research, and increase the involvement of primary care physicians in cancer prevention and control studies.

For many years now, CCOPs across the country routinely account for 40% of all patients who participate in clinical trials. Over the 30+ years of Illinois CancerCare's participation, more than 8,600 Illinois CancerCare patients have volunteered to participate in cancer clinical trials through IORA CCOP. In addition, another 1,400+ patients have participated in trials sponsored by pharmaceutical

companies and other research networks, bringing the total number of patients in central and western Illinois who have entered clinical trials through ILCC to over 10,000.

Due to cancer clinical trial participation, patients have seen many advances in treating their diseases. New treatment interventions have increased life expectancy for patients with breast cancer, non-small cell lung cancer, colorectal cancer, melanoma, lymphoma, and multiple myeloma, just to name a few types of cancer where improved therapies have helped our patients. There are now treatments to prevent breast cancer and current studies looking at colon cancer prevention. All this has been possible because of cancer clinical trials.



Marsha Kutter, CCRP

However, times change, and the science of clinical trials must adapt to those changes. CCOP is being discontinued in order to make room for NCI's new community clinical trials program, called the NCI Community Clinical Oncology Program, or NCORP. Illinois CancerCare has applied to become part of this new NCORP, and funding is set to begin at the end of summer this year. NCORP will

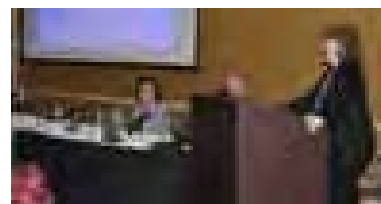
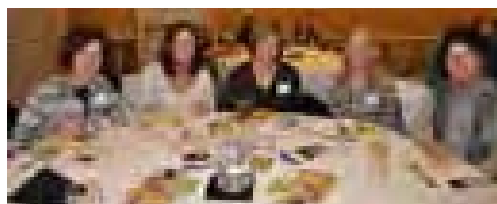
continue to emphasize treatment, cancer control and cancer prevention studies for community sites. At the same time it will expand the program to be able to adapt quickly to scientific discoveries to bring new therapies more rapidly to the clinical trial setting. It will also begin to include outcomes and cancer care delivery research to help physicians and hospitals use their resources more efficiently to the benefit of patients.

Illinois Cancer Care is excited to be part of a program to serve our patients better. Although there is sadness to see the end of the IORA CCOP after more than 30 years, ILCC remains committed to continue offering cancer clinical trial availability to our patients throughout the region. That will not change.

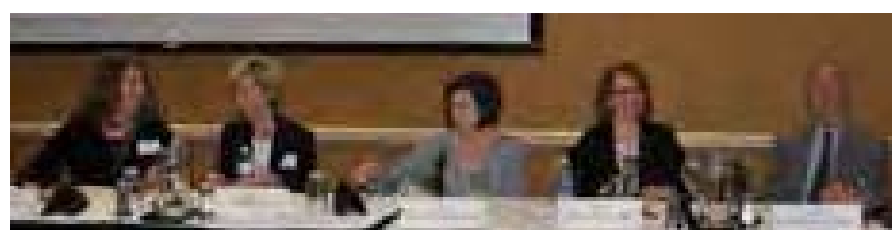
If you have a question about cancer clinical trials, talk to your physician or advance practice nurse.

Discovering New Horizons in Genetic Testing for Hereditary Breast Cancer presented by Dr. James Knost, Dr. Lynne Jalovec & Nancy Donini.

If you would like to receive mailings for future presentations, please email info@illinoiscancer.com or call 309-243-3437.



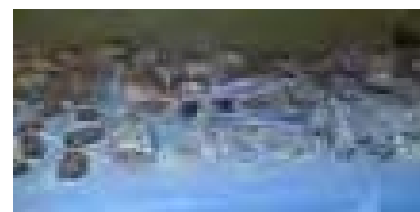
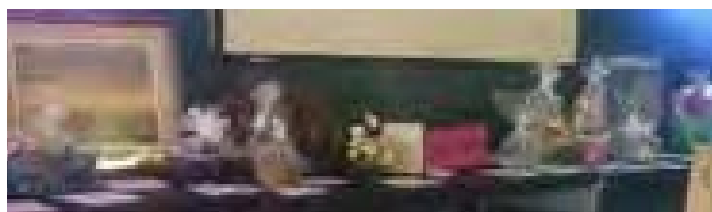
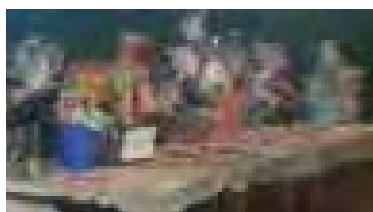
Advancing a Cure Lecture Series - April 3, 2014



Liz Albers presents a \$7,000 check to Janet Varnes.



On Saturday, May 3 over 200 people came together at Goodfellas' Pub and Pizza to celebrate and remember Eric Albers. With over 50 items in the silent auction, a raffl for a TV or iPad Mini, a bake sale, t-shirt sales and spaghetti dinner, Eric's friends and family raised \$7,000 to donate to the Illinois CancerCare Foundation. Liz has big plans already for next year: \$8,500 goal to bring the four year event total to \$25,000. Mark your calendars now for Saturday, May 2, 2015.



Our Giving Community



The 2013 Morton BBQ Throwdown raised over \$23,000 for the Illinois CancerCare Foundation. Ryan Koener, organizer and BBQ enthusiast, is excited about how this event has grown in four years. This year, Ryan is planning on 48 teams, which is the maximum number that he plans to host at this event. Bring out your entire family for great food, entertainment and so much more!

To volunteer, call Sharyl Nuske at (309) 657-0992 or email at sharylnuske@gmail.com



Friday, July 25th

5-10p	Live Entertainment
5-9p	Food vendors
5-10p	Beer garden

Saturday, July 26th

8-4p	Backyard competition
10-5p	Craft show
12-7p	Silent Auction
12-8p	Kids activities
12-10p	Live Entertainment
4pm	Awards ceremony



GOLFIN' IN THE WILD
Fighting cancer one swing at a time.

08.16.14

Wildlife Prairie Park
Registration: 4:00 pm

\$50/PERSON \$95/TWOSOME \$180/FOURSOME

Benefiting



Visit illinoiscancer.com/GolfinintheWild for more details

Our Giving Community ○.....



Do you know a Doc that Rocks?

It is time to start nominating outstanding physicians for the 2014
Rock Doc Award!

The *Rock Doc* candidates must meet the following criteria:

- 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.

Nominations will be accepted through June 27, 2014. Winners will be announced at the CUREageous event on Friday, November 14, 2014. To nominate a Rock Doc, visit www.IllinoisCancer.com and click on Rock Doc Nomination Form.

Central Illinois Parrot Head Club

July 26th

**3rd Annual Leather and Leis River Run and
Party to Benefit Illinois CancerCare Foundation**

*Bring your motorcycle, boat or car and
spend the day touring awesome riverfront stops.*

Registration is at Kuchie's in Creve Couer beginning at 10AM.

*Please visit the group's Facebook page at
www.facebook.com/groups/167361324314/
closer to the event for more details.*



Janet Varnes and Drake Seibert, March 7, 2014

"Hello, the blog today is just going to be an update blog. I will be telling you about a few things that are coming up in the near future. To start, as you may know I am going to be turning in my big check to the Illinois CancerCare Foundation very soon. Like I said, I will tell you about this when the time comes. Speaking of Illinois CancerCare, the group that works there said that I could possibly be in their newsletter. If that does hopefully happen, it may spread awareness for cancer, so more people can help make a difference. I wanted to tell you one more thing that is coming up soon. I will be putting on a presentation about my website to my fellow classmates. If my teacher decides if I have a good enough presentation, I will be invited to a symposium at our school."

Drake Seibert had a class project – to start a blog; have a project and follow it with the blog. Drake's project included hosting two bake sales at his church. He presented a check for \$572.82 to the Illinois CancerCare Foundation. We think he did an excellent job. See the entire blog at <http://workorcancer.weebly.com/blog.html>.

Word Search & Sudoku Solutions

M	A	Q	W	E	R	T	Y	U	I	O	P	A	S	F
E	D	F	G	H	J	K	L	Z	M	X	C	B	V	A
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8	4	9	6	3	5	7	1	2
5	6	7	1	9	3	4	2	8
3	9	8	5	4	2	1	7	6
2	1	4	7	8	6	3	5	9

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 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30 pm – Restorative Yoga with Marcy	2 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	3
4	5 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	6 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	7 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	8 5:30 pm – Restorative Yoga with Marcy	9 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	10
11	12 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	13 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	14 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	15 5:30 pm – Restorative Yoga with Marcy	16 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	17
18	19 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	20 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	21 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	22 5:30 pm – Restorative Yoga with Marcy	23 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	24
25	26 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	27 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	28 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	29 5:30 pm – Restorative Yoga with Marcy	30 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	31

June 2014

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Calendar of Events Descriptions

Massage Therapy - By Appointment Only

Massage is available for cancer patients in treatment for \$30 per hour and \$40 per hour for survivors and caregivers. 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. 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 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. They get together on the third Saturday of every month from 1:30 to 3:00p.m. For additional information, event location and to register, please call (309) 692-6650 or email P.L.Morge@juno.com.

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 (\$30 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.

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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