

# ILLINOIS CANCERCARES

Free Patient Newsletter • April/May/June 2015 • Issue 31



## Articles Inside:

- Spring 2015 Advancing a Cure Lecture - Successful Screening and Treatment of Lung Cancer
- Advance Practice Nurses
- Research Report
- Pharmacy Article
- Sign up for Swing for the Cure



Celebrating Advance Practice Nurses  
During Nurses Week

# 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

# Spring 2015 Advancing a Cure Lecture/ MayK Overs & Margaritas for a Cause

## You Are Invited to attend the **Spring 2015 Advancing a Cure Lecture**

presented by   
**ILLINOIS CANCERCARE**  
foundation

**Date:** Wednesday May 13, 2015 **Time:** 4:30 pm to 6:30 pm

**Place:** Illinois CancerCare, P.C.  
8940 N. Wood Sage Road Peoria, IL 61615

No Admission • Seating Is Limited  
Please RSVP by Friday May 8th, by calling 309.243.3437  
or emailing [info@illinoiscancer.com](mailto:info@illinoiscancer.com)

## Successful Screening and Treatment of Lung Cancer



Gregory Gerstner, MD



Jane Liu, MD



Ambreen Laeeq, MD



Patrick Whitten, MD



Judith Williamson, APN

Drs. Gregory Gerstner, Jane Liu, Ambreen Laeeq, Patrick Whitten along with  
Advanced Practice Nurse, Judy Williamson, will present a lecture on lung cancer  
including its epidemiology, risk factors, prevention, screening tests and treatment therapies  
available. The panel will also discuss the incidence of recurrent disease, palliative care  
programs, and lung cancer clinical trials available in central Illinois.

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

Come celebrate May Day, Cinco de Mayo, and Mother's Day  
at a great evening to support charity!

## IT'S A GIRLS NIGHT OUT AT SENARA!

PROCEEDS SUPPORT ILLINOIS  
CANCERCARE FOUNDATION.

**\$25** per person

Thursday, April 30TH, 2015 | 3-9 PM  
RSVP by April 24th—by phone: 309.693.9600

online: [www.experiencesenara.com/maykover2015](http://www.experiencesenara.com/maykover2015)

### **MAYK OVER YOUR HEALTH:**

Unlock your wellness potential  
with our computerized stress  
screenings!

### **MAYK OVER YOUR MUSCLES:**

Take a mini Yoga or Training  
class! Wear comfy clothes so  
you can move. Sessions every  
30 minutes.

### **MAYK IT SPARKLE:**

Construct a one-of-a-kind  
"Hope" necklace to take  
home! LIMIT 1 PER GUEST.

**\$25 FEE IS DUE  
AT CHECK-IN.**

### **CHOOSE ONE SERVICE:**

**MAYK YOURSELF RELAX:**  
Unwind with a mini massage.

**MAYK OVER YOUR FACE:**  
Update your look with a La  
Bella Donna Mineral make-up  
make-over.

**MAYK YOUR IMPRESSION:**  
Turn heads with your choice  
of: Eye Collagen, Lip Collagen,  
Hand Paraffin, or Custom  
Brow!

**MAYK OVER YOUR FEET:**  
Relaxing foot soak and scrub!

## MAYK-OVERS & *margaritas* FOR A CAUSE

CHARITY  
FUNDRAISER TO  
SUPPORT THE



**ILLINOIS CANCERCARE**  
foundation

2208 WEST Willow Knolls Road, Peoria, IL 61614  
309.693.9600 | [www.experiencesenara.com](http://www.experiencesenara.com)

SENARA

# Celebrating Nurses Week

## Celebrating Advanced Practice Nurses During Nurses Week

Nurses week will be celebrated May 6-12, 2015. In recognition of this week of celebration, Illinois CancerCare would like to introduce you to our Advanced Practice Nurses, or APN's. Our APN's are masters prepared, board certified registered nurses who, through advanced education, national testing, and training, are qualified to provide a wide range of preventive and acute care services for the patients of Illinois CancerCare.

They will work in collaboration with your oncologist performing many services, including obtaining health histories, providing complete physical examinations, interpreting laboratory, X-ray and scan results, diagnosing and treating acute and chronic medical problems, and prescribing and managing your medications and other therapies. In addition, a member of the APN group will meet with you individually to provide chemotherapy education, discuss and explain your treatment plan established by your oncologist, and provide supportive counseling and health teaching.

The APN's are most interested in assisting you and your loved ones in managing any side effects you might experience as a result of your chemotherapy treatments. This includes, but is not limited to, control of pain, nausea, vomiting, diarrhea, constipation, dehydration, decreased appetite, fatigue or infection. The APN will assist your oncologist in closely monitoring any side effects you may experience, working to obtain your highest quality of life.

Illinois CancerCare currently employs 17 APN's. You may work with them in our Peoria office, or in any of our 11 satellite clinics. Also, our three APN's on our Peoria hospital teamwork alongside the medical oncologist to care for those who need to be hospitalized at OSF Saint Francis Medical Center or Unity Point Health Methodist-Proctor in Peoria. They are based at the hospital, available to see you daily, and work with the hospital staff to design and implement a comprehensive plan of care, meeting your acute needs. All of our APN's maintain privileges at the local Peoria hospitals, as well as at the hospitals utilized by our satellite clinics.

The APN's also provide an integral role in providing care in the four specialty clinics offered to the patients of Illinois Cancer Care. These clinics include Palliative Care,

SmartCare, Survivorship Clinic, and Genetics Clinic. These clinics, and the APN's involved, work in concert to provide you with the comprehensive care you receive at Illinois CancerCare.

The Palliative Care Clinic and the three associated APN's provide care that focuses on improving pain and other distressing symptoms for patients with advanced or life-limiting illness. Palliative care provides emotional and social support according to the patient and family culture, needs, values, and beliefs. The team will assist patients with advanced care planning and Power of Attorney desires.

The SmartCare clinic utilizes all of the APN's working in our Peoria or satellite clinics. Same day visits are available to meet your acute care needs. The APN's will see you, take a history, examine you, and order labs, X-rays, medications, or infusions as deemed necessary, all right at your Illinois CancerCare location.

The Survivorship clinic currently has three APN's working in our Peoria office, and two APN's in our Bloomington office. Currently, the APN's see breast cancer survivors only.

A survivorship visit is planned shortly after completion of therapies, where a comprehensive, individual plan of care is developed for each patient. The plan addresses the patient's specific physical and psychosocial needs, monitors for cancer recurrence, monitors and manages long-term side effects, and promotes a healthy lifestyle. The goal is to move into other disease sites as well.

Our newest clinic with APN involvement is our Genetics clinic. Currently, one APN works with our medical oncologist in this clinic. She assists in providing counseling and testing for all types of cancer including: hereditary colon cancer, breast cancer, ovarian cancer, cancer of the uterus, prostate cancer, melanoma, thyroid cancer and sarcoma.

Any of these clinics can be accessed by speaking with your oncologist or calling 309-243-3000.

Our Illinois CancerCare APN group salutes the hard working nurses of Illinois CancerCare and joins them in celebrating National Nurses Week. But for all of us, it's all about YOU, OUR PATIENTS!! We celebrate you every day for allowing us to be a part of your journey. It is our honor and privilege!

To see all of our Advanced Practice Nurses and learn more about them please visit <http://illinoiscancercare.com/doctors/advanced-practice-nurses/>.

# ○ Opportunities and Celebrations

Great Clips offers complimentary clipper cuts to people facing hair loss due to cancer treatment. Please ask the receptionist in your clinic for the complimentary clipper cut card. *Please see the list below for the Great Clips nearest to you.*

## **Peoria:**

4811 N Rockwood – 679-2050  
4620 N University – 691-2000  
9915 N Knoxville – 243-8600  
Grand Prairie – coming soon

## **East Peoria:**

805 W Camp – 427-5900

## **Morton:**

833 W Jackson – 266-9500

## **Pekin:**

3412 N Veterans – 346-5700

## **Washington:**

By Walmart – coming soon

## **Normal:**

1700 Parkway Plaza – 454-2100  
1715 Bradford – 454-3700

## **Bloomington:**

1701 E Empire – 433-9100  
State Farm South – coming soon

## **Pontiac:**

By Walmart – coming soon

## **Canton:**

15 Eastside Square – 649-1000



Diana Bowman, her husband and a few friends celebrated in style for her last chemo treatment!



Sharon Windsor

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

## Recipe from Sharon Whole Wheat Yogurt Pancakes

### Ingredients:

- $\frac{3}{4}$  cup plain Greek yogurt
- 1 egg
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  cup whole wheat flour
- 1 tsp baking soda



### Directions

1. Combine Greek yogurt, egg, and water until creamy.
2. In a separate bowl, combine flour and baking soda.
3. Mix wet ingredients with dry ingredients and stir just until batter is combined. Let rest for 10 minutes.
4. Cook pancakes as you would other pancakes. Yields 5 pancakes.
5. Top with fresh fruit, if desired.

### Nutrition Facts

#### (per one pancake):

73 calories, 1 g fat,  
10 g carbohydrates,  
1 g sugar, 6 g protein

Adapted from:

Veggies by Candlelight blog

## Word Search

Theme: Chocolate

### Chocolate

Find and circle all of the words that are hidden in the grid.  
The remaining 55 letters spell a secret message.

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

### Words

Addictive Filling  
Baking Fondue  
Bars Food  
Bittersweet Fudge  
Brownies Ice Cream  
Cakes Icing  
Candy Ingredient  
Chips Milk  
Chocolatiers Mousse  
Confectionery Pudding  
Cookies Semisweet  
Cream Pie Sugar  
Cupcake Swiss  
Dark Syrup  
Decadent Treat  
Delicious Truffles  
Dessert Unsweetened  
Drinks White

## Sudoku

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

Swing for the Cure



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

**FRIDAY  
MAY 29TH**

**6:30 PM**

**AT THE PEORIA CHIEFS  
DOZER PARK**

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

To sign up for tickets see the volunteers in any of the Pods or call 243.3437

**Ticket sign up will begin Monday, March 30th**

**Tickets can be picked up Monday, May 4th - Friday, May 15th**

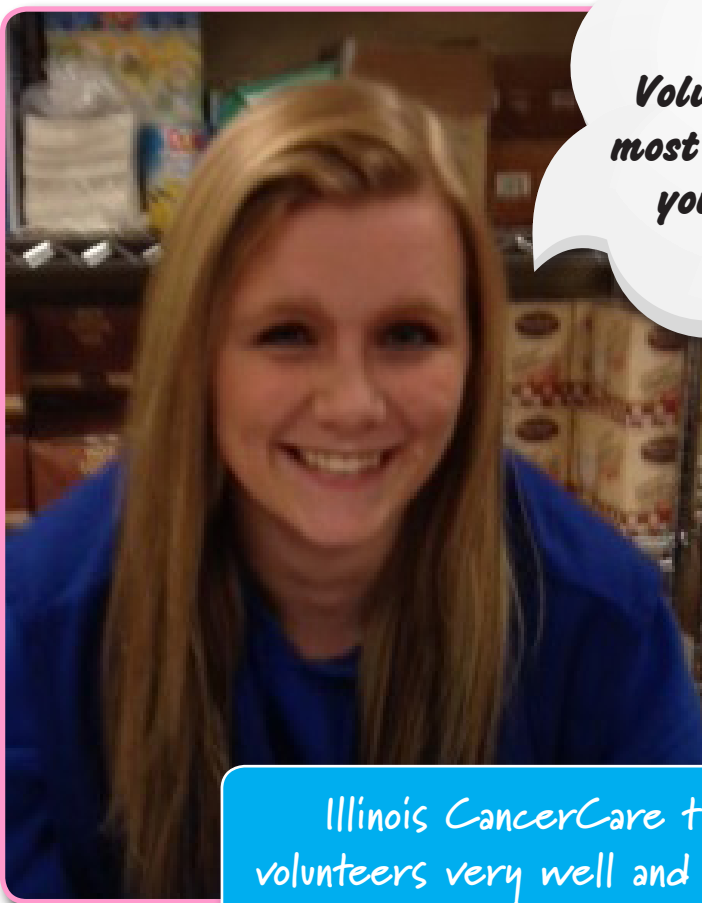


**All tickets and t-shirt sizes will be handed out on a first come first serve basis**

## APRIL IS VOLUNTEER MONTH

The Volunteers at Illinois CancerCare were asked to complete a survey about their service here. Many responded (THANK YOU!) and here are some quick facts:

Volunteers have been with Illinois CancerCare between "just started" and 12 years! Almost all of them volunteer because there has been a relative or friend or they themselves have been a patient. All the volunteers said their favorite part about volunteering is that they enjoy helping people and making new friends!



*Volunteering is the  
most rewarding thing  
you will ever do.*

*-Tori*



*Illinois CancerCare treats its  
volunteers very well and makes them  
feel valued.*

*- Barbara N.*



*I gain much more from volunteering than I  
could ever give back.*

*- Nina C.*

### THEIR ADVICE TO SOMEONE WHO IS WONDERING ABOUT VOLUNTEERING: *Just do it!*

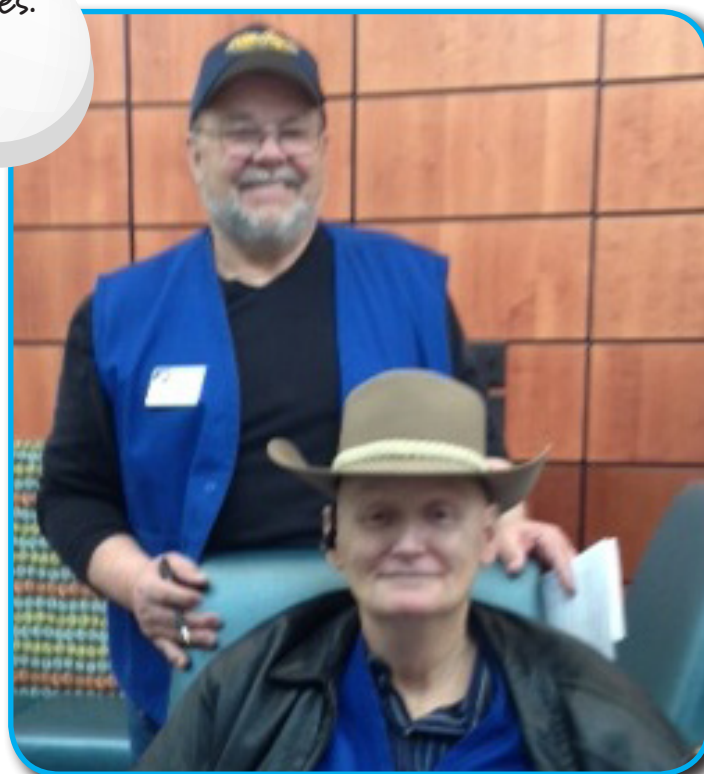


Dena is the perfect fit for her job.  
She models behavior for volunteers as she  
listens, cares and truly empathizes  
with others.  
- Volunteers to Dena



# Volunteers cont.

We love getting to know  
the patients & their families.  
- Chuck & Shirley J.



I leave my  
volunteering position in a  
much happier state than when  
I walk in, due to all the positive  
staff, volunteers, and patients.  
-Kelly P.

*You get more  
than you give.*  
- Larry Sullivan and  
Pam F.



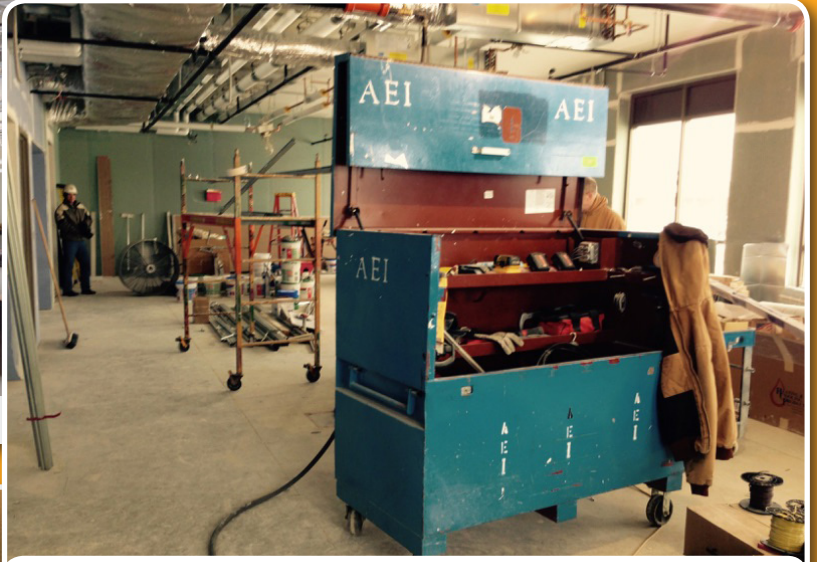
If you are  
bashful, volunteers  
also can contribute  
behind the scenes!  
Becky M.



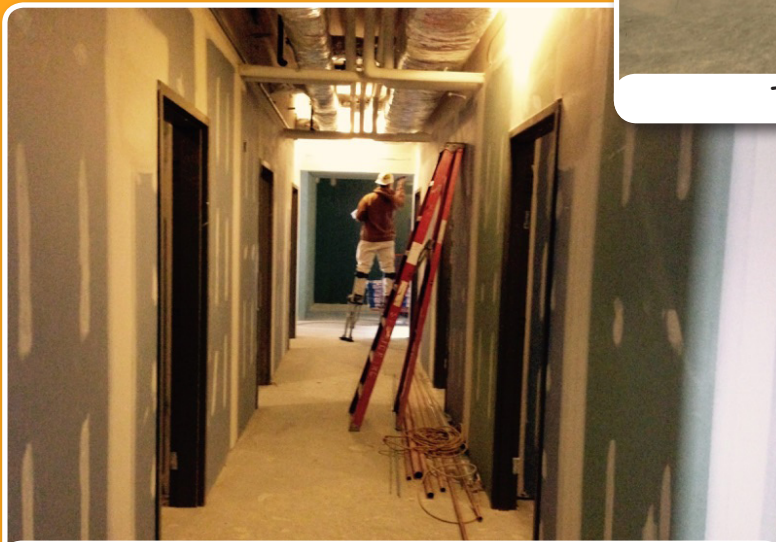
# Bloomington Construction Update



Illinois CancerCare, new Bloomington location.



Treatment room, under construction!



Exam room hallway.

CHECK OUT THESE COOL PICS FROM  
"BEHIND THE SCENES"  
AT OUR NEW BLOOMINGTON LOCATION!



The new waiting room.



Check-In Area.

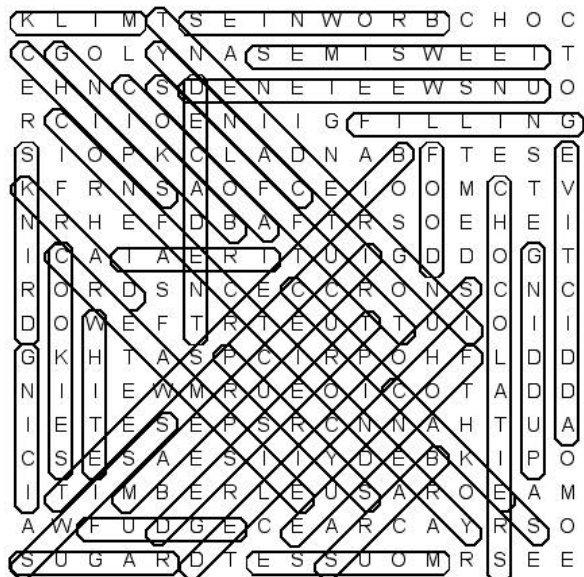
## Did you know?

Between April 2006 and September 2010, Illinois CancerCare enrolled six patients into a national kidney cancer trial. As part of this trial, patients donated tumor tissue, blood, and urine specimens. Testing of these samples may tell us who might benefit or definitely not benefit from therapies in the treatment of their kidney cancer following surgery, and possibly in advanced disease. If the results of this trial hold up in other ongoing trials, patients in the future could be spared unnecessary side effects.

Illinois CancerCare is one of the top enrollers to the Lung-MAP trial for patients with advanced squamous cell lung cancer. The trial uses genomic profiling to match patients to one of several different investigational treatments that are designed to target the alterations found to be driving the growth of their cancer. This innovative approach to clinical testing should improve access to promising drugs for patients.

Illinois CancerCare is also one of the top enrollers to the Alchemist trial. ALCHEMIST is studying whether or not treatment based on genotype improves cure rates in early stage non-small cell lung cancer patients that have had their disease completely removed.

## Word Search & Sudoku Solutions



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

## ONCOLOGY-SPECIALIZED PHARMACISTS ENHANCE SERVICE AT ILLINOIS CANCERCARE

*Michele Rice, PharmD, BCOP, Director of Pharmacy*

The Illinois CancerCare Pharmacy serves patients in Peoria, IL and 11 additional satellite clinics across central and western Illinois.

The pharmacy is made up of two primary departments: IV Preparation and Specialty/Retail. IV preparation is responsible for safely and accurately preparing intravenous treatments to be administered on-site to patients within the office. The Specialty/Retail department is focused on dispensing oral medications to be taken by the patient in the convenience of their own home.

The specialty of oncology pharmacy incorporates comprehensive knowledge, skills, and expertise of pharmacy practice. An oncology pharmacist possesses a unique skill set that is specific to the care of cancer patients resulting in the ability to effectively recommend, monitor, and check treatment plans for various malignant diseases. Medication safety, cancer center formulary management, and supportive care guideline development are at the forefront of their expertise.

Since 1998, The Board of Pharmacy Specialties (BPS) has strictly defined criteria for board certification in oncology pharmacy. Established in 1976 as part of the American Pharmacists Association (APhA), certification through BPS is widely recognized as the gold standard in identifying pharmacists qualified to contribute in an advanced practice setting. Across the United States, there are only 1,000 BPS board certified oncology pharmacists, including practitioners from 17 different countries.

Three pharmacists oversee the chemotherapy process at Illinois CancerCare. The Director of Pharmacy, Michele Rice, PharmD, BCOP, has 17 years of experience as a pharmacist with 15 years in oncology. Michele

has been BPS board certified since 2003; her most recent renewal occurring in 2010. The Specialty/Retail Manager, Jason Harlow, PharmD, BCOP, has 15 years of experience as a pharmacist with four years in oncology. Jason obtained his BPS board certification this past year. Tim Ho, PharmD, joined Illinois CancerCare nearly two years ago as a new graduate following a clinical rotation as a pharmacy student. Tim will be eligible to sit for the BPS board certification examination in two years. Recertification is required every seven years either by earning 100 hours of continuing education or achieving a passing score on the BPS Oncology Pharmacy Recertification Examination.

### A BPS Board Certified Oncology Pharmacist:

- Has the advanced knowledge and experience to manage cancer-related and drug-related adverse events or clinical situations not encountered in other disease states due to the increasing number and complexity of drug therapies to treat and prevent cancer.
- Is specially trained to recommend, design, implement, monitor and modify pharmacotherapeutic plans to optimize outcomes in patients with malignant diseases and reduce medication errors.
- Recognizes and responds to adverse physical and emotional issues that may arise during treatment, including pain, nausea and hair loss.
- Works in hospital settings as part of a multidisciplinary team; and in ambulatory clinics, arranging for patients to receive their chemotherapy in a care facility or at home.

*(Information courtesy of [www.pbsweb.org/news/BPSOncologyPharmacyFactSheet.pdf](http://www.pbsweb.org/news/BPSOncologyPharmacyFactSheet.pdf))*

# Calendar of Events

## Monthly Programs for Cancer Patients, Survivors & Caregivers provided by the Hult Center for Healthy Living

### MONDAY

**Aqua Survivor | 9a | Landmark Recreation Center | 3225 N. Dries Lane, Peoria**

**Breath of Joy Yoga | 5p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*A registered yoga teacher who brings her experience as a cancer survivor to the class. FREE of charge and available to Breast Cancer patients, survivors & caregivers.*

**Beyond Beginner Tai Ji | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*For those of you who want to challenge yourself, but are not ready for advanced, led by Cara Murdoch.*

**Tai Ji Circle | 7p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*Advanced gentle exercise with Cara Murdoch.*

### TUESDAY

**Aerobics | 9a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*Gentle Exercise with low impact with instructor Beth Stauffer. All levels welcome.*

**Mindfulness Meditation | 5:15p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*These sessions are a very simple form of meditation, so you don't need any previous experience. Comfortable seating is provided and sitting on the floor is not required.*

### WEDNESDAY

**Yoga with Jean | 11a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*All levels welcome.*

**Cancer Support Group | 1p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

**Beginner Tai ji | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*Very basic Tai Ji taught by Cara Murdoch.*

### THURSDAY

**Restorative Yoga with Marcy | 5:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave.**

*As a cancer survivor, Marcy brings her experience to her classes to gently open body, heart and mind with breath and movement. Beginner friendly. Relax and restore with Marcy.*

### FRIDAY

**Living Strong | 9a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria**

*Strength training class with Beth Stauffer. All levels welcome.*

**Cancer Support Group | 10a | Illinois CancerCare | Route 91, Peoria**





## Support Groups & Nutritional Counseling

**Individual, Family & Group Cancer Support**– Free support services Monday-Friday for persons with cancer, those who have had cancer and for caregivers, facilitated by Kitty Bienemann, MA, NCC, LCPC. To make an appointment, please call 309.243.3461. Group support meets twice a week.

**Kids Konnected**- For children ages 5-18 whose parent, grandparent or caregiver has or had cancer. This group meets on the Third Saturday of every month from 1:30p-3p. To register for this free group, please call 309.692.6650.

**Prostate Support Group “Us TOO Prostate”**- Call George Melton at 309.691.6523 for dates and times.

**Individual Nutritional Counseling**– Free nutritional counseling sessions available Monday-Friday with Sharon Windsor, RD, CSO, LDN and Katrina Sommer, RD, LDN for patients who are experiencing side effects from cancer treatment. To make an appointment, please call 39.243.3462.

## Therapeutic Services

**Individual Healing Touch Session**- By appointment only. Becky Dailey will see clients the 2nd and 4th Thursday of each month at 8:30a and 9:15a. For anyone currently undergoing treatment, enjoy a healing touch therapy session. Please call 309.692.6650 to schedule your appointment.

**Massage Therapy**- By appointment only. Massages are \$30 per hour for those in “active” treatment and \$40 per hour for those not in active treatment and caregivers. Our experienced team of massage therapists have all received specialized training in oncology massage to deliver safe, comfort-oriented massages to all affected by cancer and its treatments. Please call 309.692.6650 to schedule your appointment.

**Mindfulness Meditation**- Every Tuesday at 5:15p FREE to cancer patients, survivors and caregivers. These sessions are a very simple form of meditation, so you don't need any previous experience. Comfortable seating is provided and sitting on the floor is not required.

**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. Call 309.692.6650 to schedule an appointment.

5215 North Knoxville Avenue | Peoria, IL 61614 | p 309.692.6650 | f 309.692.6575 | [www.hultthehealthy.org](http://www.hultthehealthy.org)

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 Konnected)                                     | <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

# 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