

ILLINOIS CANCERCARES

Free Patient Newsletter • Oct/Nov/Dec 2015 • Issue 31



Articles Inside:

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- Meet Carrie & Teresa
- Social Media Month

Golfin' In the Wild

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

Letter from the Executive Director

Fall is officially here - my favorite time of year! I always look forward to nature's beautiful hues of red, orange, and yellow combined with sweatshirts, bon fires, s'mores, caramel apples, pumpkin pie and football – Go Colts!

When seasons change, I find myself reflecting on the past while preparing for the new. This past summer the Foundation celebrated several wonderful fundraising events.

First, the 5th annual **Swing for the Cure** took place on May 29th at Peoria Chiefs Dozer Park. Illinois CancerCare provided tickets to 650 patients and their families along with 100 Illinois CancerCare staff members and their families. We are excited to announce \$4,500 was raised for the Foundation from onsite fundraising activities.

On July 11th the **4th Annual Leather and Leis River Run and Party**, sponsored by the Central Illinois Parrot Head Club kicked off at 10am at Kuchie's on the Water for a day of fun touring scenic riverfront stops while raising \$3,500.

Two weeks later the **Morton BBQ Throwdown event** took place on July 24th and 25th. This year marked the 5th year for this Kansas City BBQ sanctioned competition bringing together 45 professional teams from across the country raising \$23,500 dollars making a cumulative total of \$80,000.

The Illinois CancerCare Foundation's **4th Annual Golfin' In the Wild** event coordinated by the Foundation's Young Leaders Board took place on August 15th at Wildlife Prairie Park. Golfin' in the Wild is a unique, nine-hole golf course designed for any skill level. This event is crazy fun, packed with on-course activities, food and refreshments followed by a dinner and silent auction. This year was Wildly successful raising over \$31,000.

Saturday, August 22nd was the **4th Annual Eric Albers Memorial Event**. This fundraising event is held so that those who knew Eric may never forget him. Eric was diagnosed with Ewings Sarcoma (bone cancer) in May 2009, three days after he married his best friend and bride Liz Oyer. Liz, family and friends celebrated a big milestone this year by raising \$8,500 bringing their total dollars raised to \$25,000!

We ended this summer with a **CUREtini – Martini Tasting party at UFS Downtown Outlet Center** where this year's CUREtini was selected by our attendees while raising over \$1,100 in just 2 hours.

As you can see we had quite a bit of summer fun! **\$72,000** was raised for local research, education and patient care programming for cancer patients and their families. On behalf of the Foundation and the Board of Directors I want to Thank our volunteer leaders and communities for your generosity and support!

We aren't done yet...This fall we look forward to 2 more events– the **3rd Annual Theresa Tracy Trot**, a 4 mile run/2mile walk to be held on Saturday, November 7th at Bass Pro Shop in East Peoria. I invite you to come join me by signing up today at www.theresatracytrot.com.



We end the year with our final Foundation sponsored event, **CUREageous**. I would like to personally invite you to our Outrageous Party to fund our CUREageous mission on November 13th at the Par-A-Dice Hotel. This year will be our 6th year and we are extremely excited to honor three Rock Docs who excel in research in their practice of medicine: Dr. Zahangir Khaled from Unity Point Health – Methodist, Dr. Lisa Snyder from Institute of Physical Medicine and Rehabilitation, and our own Dr. Paul Fishkin from Illinois CancerCare. 3 and a Half men will entertain us as we enjoy the smashing CUREtini Bar, Fabulous Raffle and Super Silent Auction –please register today at CUREageousEvent.com or call 309-243-3437. You won't want to miss this event!

Looking forward brings a time of Thanksgiving. To all organizers, volunteers, and donors, I **Thank You** and will be forever grateful for your continued support for our mission. Your support is the foundation for our patients as they journey through a cancer diagnosis, treatment and recovery. You are the core of why the Illinois CancerCare Foundation exists. We are committed to supporting patients and their families every step of the way by offering outstanding patient care and nationally recognized clinical research right here in central/western Illinois. We couldn't do that without your support.

Whether it's through a grant we fund, patient service assistance we provide or the support we give our events, it is the community that is the heart of our efforts. It is our strong belief that Illinois CancerCare patients must have available to them every possible weapon in their battle. On behalf of our Board of Directors, Board of Advisors, Young Leaders Board, Volunteers and Foundation Staff, Thank YOU for being a friend to the Foundation in the fight against cancer.

With sincere appreciation,

Tonda Thompson, Executive Director

Our Giving Community

2015 Morton BBQ

The 5th Annual Morton BBQ Throwdown was full of new excitement this year. Along with the professional teams that cooked chicken, ribs, pork and brisket there was a bags tournament, a Kid's BBQ competition, a pie contest, and pig racing. Again this year, the number of participants in the Backyard Barbecue Contest grew. Tim's Full Belli Deli took home the Grand Championship award this year and the People's Choice winner was Smokey Lincs.

This year more than 3,500 people came out on a beautiful July day in central Illinois to enjoy the food, music, craft show, and the kids' activities. Mark your calendars for the 2016 Morton BBQ Throwdown scheduled for July 22 and 23. Thank you's to all who make this event happen from the committee who work hard all year long to the volunteers who come for a three hour shift. It couldn't be done without you. Watch the Foundation's Facebook page for photos of the check presentation – we've been told it exceeds \$23,000 this year! That will bring the overall total for five years to over \$80,000!



Eric Albers Memorial Event

The weekend of August 22nd was the fourth year that friends and family of Eric Albers came together to celebrate and remember Eric. Originally established as a softball tournament in honor of Eric's love of softball, his wife, Liz, his best friend and Liz's brother Luke, and their families come together to celebrate Eric's memory. Life changes prompted the move to a memorial event held at Goodfella's in Pekin. But the intent remains the same says Liz, "that those who knew Eric would never forget him and those that didn't have the privilege of knowing him would get to know his story through the event." Eric lost his battle with Ewings Sarcoma, a type of bone cancer, in 2009, but his memory lives on through those who join together in this fund raising effort. This year Liz, Debra Albers (Eric's mom), and Liz's son, Abel, presented Tonda Thompson, Executive Director of the Illinois CancerCare Foundation with a check for \$8,500. This brings the four year total to \$25,000!



Central Illinois Parrot Head Club



The Central Illinois Parrot Head Club held it's 4th Annual Leather and Leis River Run and Party on Saturday, July 11th. Although stormy weather impacted attendance this year, 43 participants cruised through the community with riverfront stops at Kuchie's on the Water, Lacon American Legion, Banana's Beach Bar, No Wake Zone, and finished up with a party at New Amsterdam.

Billy Washburn and Jerry Foley provided live music to complete the day. The event raised \$3500 for the Illinois CancerCare Foundation. We want to thank all the sponsoring stops, participants and generous donors.

If you are interested in joining the Central Illinois Parrot Head Club, and participating in all their philanthropic and social events in the community, please look for the Central Illinois Parrot Head Club Facebook page, or visit www.ciphc.org.



Golfin' in the Wild



The fourth annual Golfin' in the Wild held Saturday, August 15 brought out the wild side in every golfer in attendance! Coordinated by the Illinois CancerCare Foundation's Young Leaders Board, Golfin' in the Wild combines the fun of golf in a more relaxed and wild terrain at Wildlife Prairie Park. This year's course moved to greener pastures - literally! Attendees were treated to a brand new course that was located in the South Pasture of the bison area. Not only did the move give attendees a better view of those furry creatures, but also allowed onlookers to view the course from Hespell Deck, where the evening's dinner and program were held. Over 120 people enjoyed the 9-hole scramble golf event, where attendees could use only one club of their choosing.

Participants were met by volunteers at the holes with delicious food and drinks like pulled pork sliders, margaritas, chips and salsa and Arnold Palmers. Attendees were asked to flex their muscles to "Beat the Pro", Chris Waible, over the water hole, show their most creative crazy shot, get closest to the pin or drive a large marshmallow the farthest. It is safe to say this was not a typical golf outing!

The evening was capped off with dinner, a silent auction and raffle, and a program that included a speech by Illinois CancerCare patient Liz Pisano. With a record breaking year for attendance and the silent auction, the Golfin' in the Wild event raised nearly \$23,000 for the Illinois CancerCare Foundation!

A special thanks to the Young Leaders Board for all of their hard work on the event and to all attendees who joined us at this wild event!



Sharon Windsor

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

Recipe from Sharon **Squash Crostini**

Enjoy this fall-themed appetizer at Thanksgiving or your next holiday party. They are higher in calories and protein, and are great to nibble on when experiencing appetite loss or diarrhea.

Ingredients:

- 1 small butternut squash, halved lengthwise and seeded
- ½ Tbsp. olive oil + extra from brushing
- 1-½ cups chopped green onions
- ½ tsp. salt
- ½ tsp. pepper
- 1 baguette
- 3 Tbsp. peanut butter (or almond butter)



Nutrition Facts

(per bite-sized slice prepared with peanut butter):

155 calories, 3g fat,
26g carbohydrates, 3g sugar,
6 g protein.

Adapted from: Whole Foods

Yields 10-12 bite-sized servings.

Directions

- 1 Preheat oven to 350 degrees.
- 2 Place squash on a greased baking sheet, with the insides faced down, and place in the oven. Bake for 45 minutes or until tender.
- 3 Remove squash from oven and allow to cool.
- 4 Slice the baguette into bite-sized slices and brush with desired amount of olive oil while the squash is cooling. Arrange slices individually on a baking sheet.
- 5 Place baguette slices in the oven to toast for 8-10 minutes. Flip the slices halfway through.
- 6 Meanwhile, heat the ½ Tbsp. of olive oil in a skillet over medium-high heat. Add the green onions, salt, pepper, and cook until golden (about 5 minutes).
- 7 Remove the 1-½ cups of squash flesh, onions, and peanut butter to food processor. Purée until smooth, about 5 minutes. Spread over toasted crostini.

Word Search

Theme: 80's Radio Hits

Find and circle all of the 1980's music artists that are hidden in the grid. The remaining letters spell the name of a hit song by the Bangles.

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

Words

Asia
Bangles
Berlin
Billy Joel
Billy Ocean
Blondie
Bon Jovi
Chicago
David Bowie
Debarge
Duran Duran
Erasure
Eurythmics
Falco
Foreigner
Genesis
Heart
Inxs
Journey
Kajagoogoo
Madness
Madonna
Nena
New Order
Prince
Queen
Quiet Riot
Roxette
Scandal
Soft cell
Talk Talk
Tears For Fears
The Cards
The Fixx
The Motels
The Police
Tiffany
Tom Petty
Toni Basil
Toto
Van Halen
Wang Chung
Wham

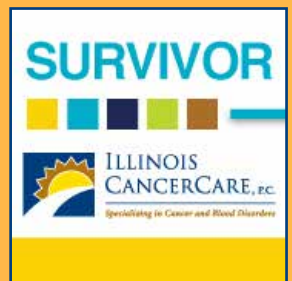
Sudoku

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

November is Illinois CancerCare Social Media Month

We invite you to share your support of Illinois CancerCare and Illinois CancerCare Foundation by uploading these profile badges on your social media accounts. Select the badge that applies to your connection with Illinois CancerCare. Visit the Illinois CancerCare Foundation Facebook page to get your badge.

(www.facebook.com/IllinoisCancerCareFoundation)



During the week of November 9 through November 14 we ask that you support our CUREageous event by changing the badge to celebrate CUREageous.



How to change your FACEBOOK MOBILE PROFILE PICTURE

Please be cognizant of the Illinois CancerCare mission and vision as you comment or post on your social media wall while displaying our Illinois CancerCare logo as your profile and/or cover.

- 1** Go to Illinois CancerCare's mobile Facebook profile.



- 2** Scroll down to their photos and click the arrow



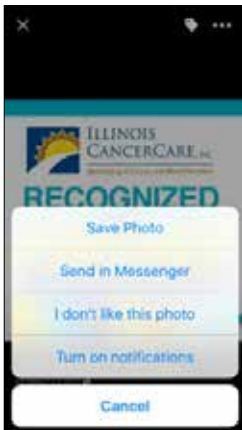
- 3** Find the image that you would like to use and click on it



- 4** The image you selected will pop up



- 5** If this is correct click save photo



- 6** Now find your mobile facebook profile and click on your current profile picture



- 7** The screen will prompt and you want to upload from your camera roll



- 8** Select the image that you would like to use and click on it



- 9** Move and scale the image that you chose and click Done



- 10** Now your profile picture will be set.



Now see how to change your cover photo!

Our Weather ○.....



Help us fight cancer in a personal way!

Remember a loved one, support a cancer survivor, thank a caregiver or show appreciation to your healthcare provider and/or team with a special message in the 2015 CUREageous program booklet!

Share a personalized message with one of our program options:

\$25 Power of Compassion: 1 line of text up to 35 characters

\$50 Power of Hope: 1 (Bold) line of text up to 35 characters

\$100 Power of Strength: 1 text box, up to 50 words or 250 characters

\$250 1/4 Page Space: Black and White 4" x 4" ad

\$350 1/2 Page Space: Black and White 4" x 8" or 8" x 4" ad

\$500 Full Page Space: Black and White 8" x 8" ad

All program proceeds benefit:



ILLINOIS CANCERCARE WINTER WEATHER POLICY OPTIONS

1 309.243.3010

2 LOCAL RADIO OR TV

3 ILLINOISCANCERCARE.COM

CARE

HELP

ILLINOIS CANCERCARE WINTER WEATHER POLICIES

It is important for you to note the various ways you can check office hours should there be a winter storm during one of your scheduled appointments.

If there are severe winter conditions, you may choose from the following three options:

1. Call: **309.243.3010**, *after 6AM*, you will get a pre-recorded message that will tell you if the office is closed or opening late.
2. Watch or listen to **local radio and/or television stations** for office closing or opening late messages.
3. Log onto: **www.illinoiscancercare.com** for office closing or opening late messages. Weather announcements will run along the bottom of the screen on the home page.

Meet Carrie and Teresa *Our Front Desk Super Heroes*

Both Carrie and Teresa feel that making patients feel more comfortable with their visit is the largest part of their daily responsibilities! Before working at Illinois CancerCare, both worked in health care related positions. In their spare time, they also both can be found spending time with their families (I heard the word “grandchildren” several times). Carrie loves to throw large parties, when she has the extra time. She would chose her mother as a mentor who taught about unconditional love and that family is everything. If reincarnated, Carrie would like to be Mother Nature! And a little known fact is that Diane Sawyer is her third cousin. Teresa has grandchildren who are triplets – no wonder family (grandkids) keep her busy! She also says that her mentors are the Illinois CancerCare Volunteers who give so much of themselves to the patients. If reincarnated, Teresa would like to be ice cream (she didn’t share a favor) because it is her weakness. And the little known fact that she shared is a dislike of massages. Be sure to notice their super hero capes!



Do you need help getting to your doctor appointments?

Road to Recover Program

The American Cancer Society Road To Recovery program is a curbside-to-curbside transportation service that provides free rides to cancer patients to and from their cancer-related treatments. Trained volunteer drivers donate their time and the use of their personal vehicles to help patients get to the treatments they need.

The program is offered to people with cancer who have no means of transportation and/or who are unable to drive themselves. Access to transportation is a major factor in cancer treatment, and this American Cancer Society service offers assistance to people who otherwise might not be able to follow their treatment plan as prescribed by their health care team.



Do you need help with hotel costs when traveling for treatment?

Hotel Partners Program

The American Cancer Society partners with local hotels across the country to provide rooms for cancer patients who are not able to travel back and forth from home to the hospital while receiving treatment. Some cancer patients may not have someone to stay with in the area, and/or it is a financial hardship for them to pay for a hotel stay. Having a place to stay near the cancer treatment facility could be the difference between someone getting treatment or not.

Patients can access both programs by calling 800-227-2345 or they can visit us at www.cancer.org. Here at Illinois CancerCare, **Catherine Guebert, LCSW, OSW-c** is an onsite American Cancer Society Patient Navigator. She can help you with your transportation issues and lodging during treatment. She can be reached at **309/243-3635**.



Please Join Us
for the 6th Annual

CUREageous

As We Continue Our Outrageous **PARTY**
to Fund Our **CUREageous MISSION.**

Friday, November 13, 2015

Par-A-Dice Hotel • 6 p.m. – 11 p.m.

\$125 per person or \$1000 – Party Table of 10
((\$75 of each ticket is tax deductible))

Enjoy Heavy Hors d'oeuvres and Desserts
Complimentary beer and wine until 7 p.m.

Smashing CUREtini Bar

Fabulous Raffle and Silent Auction

Outrageous Entertainment
throughout the evening featuring **3 and a Half Men**

Attire: Dressy Casual with an Outrageous Twist





2015 ROCK DOCS

Paul Fishkin, M.D.
Illinois CancerCare, P.C.



Zahangir Khaled, M.D.
Unity Point Health – Methodist



Lisa Snyder, M.D.
Institute of Physical Medicine
and Rehabilitation



RAFFLE ITEMS



Mink Walking Coat
Value \$24,995

Beautiful dark grey sheared
mink walking coat, reversible
to microfiber

Generously donated by
Broms Furs and Fashions



Jewelry Trio
Value \$1,805

Stunning hematite cushion
pendant and Tacori open weave
sterling silver and diamond ring
accents this dazzling art deco cuff.

Generously donated by Bremer Jewelry



Chicago Getaway
Value \$1,000

Four Bulls basketball tickets and two luxurious rooms
at the Ritz-Carlton Hotel in the Windy City

Generously donated by Dr. and Mrs. Steve Baldi and Pat Hranka

All proceeds will fund local
clinical research, education
and awareness, and patient
assistance supported by



Our Generous CUREageous Sponsors



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



Cardinal Health



CUREageousEvent.com | 309.243.3437

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.hulthealthy.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