ILLINOIS CANCERCARES Free Patient Newsletter • Apr/May/Jun 2016 • Issue 31

Articles Inside:

- Celebrate National Doctors Day
- 2016 Save the Dates
- Celebrate National Laboratory Professionals Week
- Palliative Care: How Pharmacists Can Help
- Diagnostic Imaging Accreditation
- Swing for the Cure
- Celebrate National Volunteer Day
- Prairie Garden of Hope
- Celebrate National Nurses Day
- Celebrate National Cancer Survivor Day



Contact Us:

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 Toll Free: 1.866.662.6564 • Peoria: 309.243.3000

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 Specializing in Cancer and Blood Disorders
 8940 North Wood Sage Road, Peoria, IL 61615



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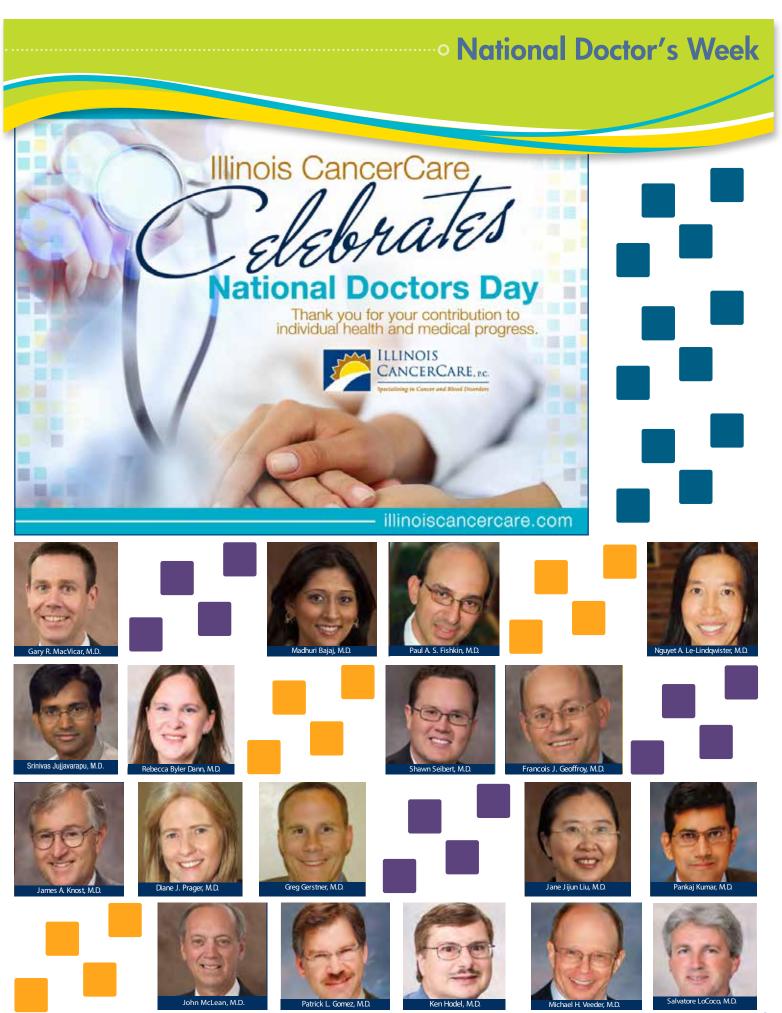
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Save the Date o



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••Laboratory Professionals Week

Illinois CancerCare

Elebrales Laboratory Professionals Week

Thank you for being behind the scenes, to perform critical testing and playing a vital role in every aspect of health care.



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Palliative Care •···

Palliative Care: How Pharmacists Can Help

Tim Ho, PharmD; Lee Brune, PharmD Candidate; Cassy Collins, PharmD Candidate

What is Palliative Care?

According to the World Health Organization, palliative care is defined as, "an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by early identification, assessment and treatment of physical, psychosocial and spiritual problems".1 The goal of palliative care is to prevent and treat the symptoms and side effects of the illness and its corresponding treatment as early as possible. An article published in the New England Journal of Medicine found that early palliative care in lung cancer patients led to significant improvements in quality of life and mood. They also determined that these patients had less aggressive care at the end of life, in addition to longer survival in comparison to standard care.2

Palliative care is applicable for patients of any age, any stage of disease, regardless of prognosis or lifeexpectancy. Palliative care is often associated, and confused with, hospice care. While they share some similarities, they individually are quite different.



Hospice care is intended for patients whose treatment is no longer controlling their illness and have an estimated life expectancy of 6 months or less. In



contrast, palliative care is given in addition to their treatment plan and can be started as soon as a patient is diagnosed in order to maintain the best possible quality of life.

The term palliative care describes a multidisciplinary team based approach to the management of symptoms and treatment of possible side effects that may reduce a patient's quality of life. This team may include, but are not limited to physicians, dieticians, licensed clinical professional counsellors, nurses, pharmacists, and social workers. As patients work through their illness, the palliative care team has been expertly trained to provide comprehensive care to assist patients, family members, and caregivers.

Pharmacist's Roles in Palliative Care:

Pharmacists play a vital role in pharmacovigilance, which is the detection, assessment, and understanding of adverse effects caused by medications. Often complex illnesses require specialized therapy and medication that may lead to patients experiencing more frequent adverse effects. Fortunately, pharmacists possess a unique clinical skill set to help identify medication interactions which can aide in reducing any undesired effects. A study published in the Annals of Oncology found that 58% of cancer patients had at least one potential medication interaction. Of those, 34% were considered a major medication interaction that required an intervention. As a result, pharmacists

Palliative Care Continued

are ideal members of a palliative care team, contributing by:

- Reviewing and assessing the appropriateness of medication orders and dosing strategies
- Identifying medication interactions and recommending an alternative
- Effectively educating and communicating with the palliative care team about medication therapy
- Counseling patients, family members, and caregivers to ensure they understand and follow the directions provided with medications
- Discussing the use of over-the-counter medications and herbal products
- Addressing and assisting with any financial or affordability concerns
- Ensuring safe and legal disposal of medications

Pharmacists can assist in optimizing the medications used to treat pain, nausea, vomiting, constipation, appetite, skin health, difficulty sleeping, fatigue, shortness of breath, and many other symptoms. They consider the patients' goals of treatment, their beliefs, and affordability of therapy to recommend the safest and most effective medication options. The inclusion of a pharmacist improves the medicationrelated knowledge and skills of the palliative care team which can ultimately lead to better patient medication management and quality of life.





Resources Available

There are many resources available for patients and their family members who are interested in learning more or pursuing palliative care treatment. To learn more about palliative care visit, "www. getpalliativecare.org" or "www.caringinfo.org". Both resources have additional information and tools to help with decision making, along with a database to find palliative care providers in your area. If you or a family member is interested in palliative care services simply speak with your physician to determine if palliative care is right for you.

References

- "Palliative care is an essential part of cancer control." World Health Organization. www.who.int/cancer/palliative/en/
- Temel JS, Greer JA, Muzikansky A, et al. Early palliative care for patients with metastatic non-small-cell lung cancer. N Engl J Med. 2010;363:733-42.
- 3. Van Leeuwen RWF, Swart EL, Boven E, et al. Potential drug interactions in cancer therapy: a prevalence study using an advanced screening method. Ann Oncol. 2011;22:2334-41.

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Meet the Pharmacist



Kirsten Sutton

Kirsten has been with Illinois CancerCare since January 2016. She has a background working in retail pharmacy since 2006 and completed her Doctor of Pharmacy degree in 2013 from the University of Illinois-Chicago College of Pharmacy.

Kirsten is originally from Channahon, IL and relocated to the central Illinois area about 3 years ago. She resides in Bloomington with her husband, Nate, and their dog, Shooter. Her interests include spending time with family and friends, traveling, cooking new dishes, and boating at Lake Shelbyville during the summer months.





The basket raffle will raise money for Trust in Hope Thanksgiving Dinners and Trust in Hope Christmas Presents for our Patients through the Foundation. Our very own Marti Williamson started the programs to help patients in need during the holidays. Each year Illinois CancerCare Foundation spends on average \$10,000 on the two programs, providing meals for patients and their families at Thanksgiving if they have a physical need, financial need, or are all alone.

BASKETS WILL BE ON DISPLAY MAY 31st – June 10th

- Tickets may be purchased by Patients, Staff and Friends between May 31st –June 10th
- Ticket Prices: 1 for \$1, 6 for \$5 and 25 for \$20
- We will draw baskets at the Swing for the Cure Baseball Game on June 10th. Need NOT to be present to win.

Thank you for supporting the Illinois Cancercare Foundation!309.243.3437• info@illinoiscancer.com• illinoiscancer.com



Diagnostic Imaging

Congratulations to the Diagnostic Imaging Department

Sharon Williams, RT(R)

Recently, the Illinois CancerCare Diagnostic Imaging Department has successfully completed the Intersocietal Accreditation Commission (IAC) Computed Tomography (CT) Accreditation process. Illinois CancerCare has held this accreditation since 2010. This accreditation is a "seal of proof" that patients can rely on as an indication that the facility has been carefully critiqued in all aspects of its operations considered relevant by medical experts in the field of CT. Illinois CancerCare has been granted another three-year term of accreditation in CT. The information below is from the IAC website (http://www.intersocietal. org/ct/main/what_is_accreditation.htm)

What is IAC CT Accreditation? IAC accreditation demonstrates a commitment to quality care.

The purpose of IAC CT accreditation program is "to ensure high quality patient care and to promote health care by providing a mechanism to encourage and recognize the provision of quality CT diagnostic evaluations by a process of accreditation." Through the accreditation process, facilities assess every aspect of daily operation and its impact on the quality of health care provided to patients. While completing the accreditation application, facilities often identify and correct potential problems, revising protocols and validating quality improvement programs. Because accreditation is renewed every three years, a long-term commitment to quality and selfassessment is developed and maintained. Facilities may use IAC CT accreditation as the foundation to create and achieve realistic quality care goals.

IAC accreditation provides a confidential peer-review.

Designed to serve facilities as an educational tool, IAC CT accreditation is made up of two crucial steps. First, facilities conduct a detailed self-evaluation using the IAC Standards and Guidelines for CT Accreditation and the Online Accreditation application. Completion of the

application requires detailed information on all aspects of facility operation as well as the submission of actual case studies for review. The case studies are crucial in determining the facility's compliance with the IAC Standards, and are the basis for judgment of the quality of work that facilities perform. Once the self-evaluation is completed, the documents and case studies are reviewed by the IAC CT Board of Directors. All aspects of the review

are confidential.

IAC accreditation is proven successful.

Modeled after the success of the first of Intersocietal Accreditation Commission (IAC) division, Vascular Testing, IAC CT was created in 2007 to accredit CT imaging facilities, becoming the fifth member division of the IAC. Since its creation, the IAC CT accreditation program has offered a pathway for those utilizing CT imaging to both document their quality and comply with insurers' payment policies that mandate accreditation including the most recent mandate, the Medicare Improvements for Patients and Providers Act (MIPPA). As of January 1, 2012, MIPPA requires all nonhospital providers of advanced diagnostic imaging, inclusive of Nuclear Medicine, MRI, CT and PET, be accredited as a condition for reimbursement.

IAC accreditation demonstrates accountability.

Health care organizations are held to very high levels of accountability, by peers and by the general public. In numerous states, reimbursement directives that require accreditation of the facility have been instituted by Medicare carriers as well as private, third-party insurers. Similar draft payment policies are pending throughout the United States. Facilities attaining accreditation before it is required for reimbursement demonstrate a willingness to surpass current expectations. The general public and members of the CT community will recognize an unmatched commitment to providing quality health care by facilities that achieve IAC CT accreditation.



Nutrition



Katrina Sommer

Katrina Sommer is a Registerd Dietician for Hult Center for Healthy Llving.

Nutrition Facts 1 Serving Servings per Recipe: 4

Amount per serving:

Calories: 200 Total Fat: 16g Saturated Fat: 5g Sodium: 157mg Total Carbohydrate: 5g Dietary Fiber: 2.4g Protein: 11g

Recipe from Katrina Roasted Asparagus with Fried Eggs and Parmesan | Prep Time: 10 minutes | Cook Time: 12 minutes

Fresh asparagus stays best when kept damp. To store fresh asparagus, wrap the ends in a damp paper or cloth towel, put in a ziptop bag and keep in the refrigerator. It is best to consume asparagus within approximately 48 hours of purchase.

Roasting asparagus brings out this vegetable's sweetness and is a simple addition to any meal! This recipe takes roasted asparagus from an easy side dish, to a quick and easy meal!

Ingredients:

- 1 1/2 lbs. (~ 1 bundle) fresh asparagus spears
- 2 Tbs. extra-virgin olive oil
- Salt and freshly ground pepper, to taste
- 2 Tbs. unsalted butter
- 4 eggs
- 1 small chunk Parmesan cheese or grated parmesan



Directions

- 1 Preheat an oven to 425°F.
- 2 Break off the tough end of each asparagus spear, about 1 inch from the base. Lay the spears on a baking sheet, drizzle with the olive oil and toss to coat well. Sprinkle lightly with salt and pepper. Roast until the spears are just tender when pierced with a small knife, 10 to 12 minutes.
- 3 While the asparagus is roasting, fry 4 eggs to your preference.
- 4 Divide asparagus among 4 plates and place one egg on top. Season with salt, pepper and grated parmesan cheese.

Adapted from Williams-Sonoma New Flavors for Vegetables, by Jodi Liano (Oxmoor House, 2008). http://www.williams-sonoma.com/recipe/roasted-asparagus-with-fried-eggs-and-parmesan.html

Sudoku

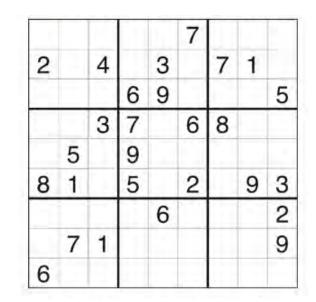
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Words

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Point Guard Points Power Forward Quarter Rebound Referee Rim Scoreboard Shooting Guard Shot Slam Dunk Small Forward Sneakers Substitutions Team **Thee Pointer** Time-Out Traveling



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



Friday, June 10th - 7:00 PM

Tickets sign up will begin Monday, April 11th. Tickets can be picked up Tuesday, May 31st - Friday, June 3rd.

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

Cancer Survivors will receive two tickets to the game, a goody bag and a t-shirt.

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

LLINOIS

CANCERCARE, pc

Sponsored By:

Dueling Piano Night

National Volunteers Day



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Thanks to Illinois CancerCare Volunteers and Tri Valley Middle School students from Downers, IL for sharing the warmth at the Bloomington Clinic.

Three Tri-Valley Middle School 6th grade girls surprised cancer patients today at our Bloomington Clinic. Emma Culbertson, Molly Forbes and Shelbi Kinder delivered blankets, cookies, pillow cases and treat baskets to cancer patients. They are calling their mission - Emma's Dream! Emma's grandma is a patient of the Bloomington ILLCC clinic and Shelbi's grandma, Linda Kinder - pictured in blue is a volunteer. Emma also volunteers at the center in the summer. Thank you girls for making today an extra warm day for our patients in Bloomington!



Young Volunteers Making a Difference

Meet Shelby from Cuba, IL

Cuba Middle-Senior High School seniors are required to complete a Senior Project before graduation. The project is to be a community service based project. For her senior project, Shelby wanted to give back to Illinois CancerCare for the kindness show to her family. Her project was making ten full-size tie blankets to donate to the patients. She asked local businesses to donate money to fund this project, and ended up raising \$600. She then bought pre-made kits that included two pieces of material that then had to be put together. Shelby's grandmother helped her decide to sew around the blanket before tying it. This would keep the blankets from coming apart in the future. After sewing, they cut slits along all four edges and tied this fringe into knots. The purchase of the blanket kits did not use all the funds that were donated. Shelby donated the extra funds to volunteer services at Illinois CancerCare. Even after the senior project was completed, Shelby has continued to volunteer.

Shelby says, "I very much enjoy spending time with the patients and being able to help. It was a very humbling and gratifying experience. I will continue coming in to volunteer."







Hollie Kurland is an eight grader attending Bethel Lutheran School in Morton. She picked Illinios CancerCare patients as the recipients of her making a difference project. Hollie made four baskets for patients putting some little gifts in. She said, "I loved working here today and hopefully I can come back soon. I would love to do this again. Thank you so much."



Peru Pharmacy

ILLINOIS CANCERCARE PHARMACY

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OPENING AT YOUR PERU LOCATION

CONVENIENCE

- Prescriptions delivered <u>FREE</u> of charge.
- Our Pharmacists pre-authorize ALL prescriptions.
- ALL of Your Prescriptions can be filled here - including those from other doctors.
- Prescriptions are filled during your visit.

KNOWLEDGE

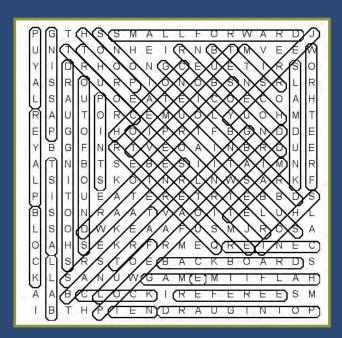
- Our Pharmacists <u>SPECIALIZE</u> in blood disorder and oncology drug interactions with <u>ALL</u> medications.
- Affordable and competitive pricing.
- On-site Pharmacists, here for <u>YOU</u>.

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Word Search & Sudoku Solutions





Golfin' in the Wild

IN THE WILD Fighting cancer one swing at a time.

PRAIRIE GARDEN OF HOPE

PINWHEELS

Honor those battling cancer and remember loved ones lost to cancer by dedicating a pinwheel to be placed in the Prairie Garden of Hope on August 6th at the Illinois CancerCare Foundation Golfin' in the Wild event at Wildlife Prairie Park.

Each p<mark>inwheel</mark> can be p<mark>ersonalized</mark> with a name and message honoring a friend or loved one who has been affected by cancer.

Contact the Illinois CancerCare Foundation Office at 309-243-3437 to purchase your Prairie Pinwheels of Hope. Pinwheels will be displayed at Illinois CancerCare after the event and can be picked up at the Illinois CancerCare Foundation Office in September.

PROCEEDS BENEFIT:

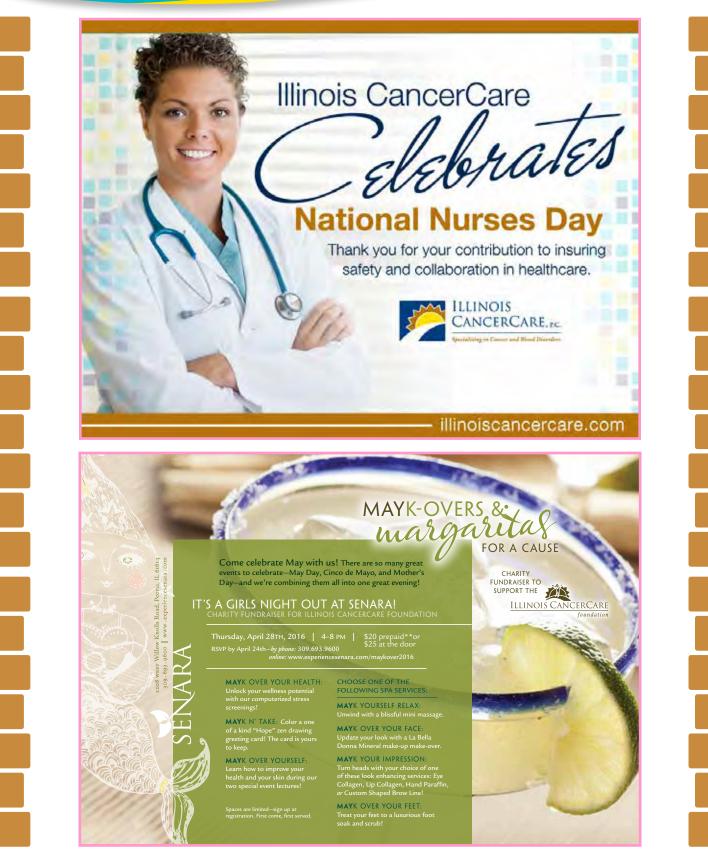
PINWHEELS

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To learn more about Golfin' in the Wild, visit www.illinoiscancer.com/GolfinInTheWild

National Nurses Day



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Welcome to Illinois CancerCare

Robin has been with Illinois CancerCare since July 2015. She graduated in 1997 from Mennonite College of Nursing with masters of science degree as family nurse practitioner. Her background includes family medicine, critical care and radiology.

Robin is married to Dan and together they have one daughter, Joy. She has lived in rural central Illinois her whole life. When not seeing patients at Illinois CancerCare, Robin enjoys gardening, cooking and spending time with her family.



Robin Schertz

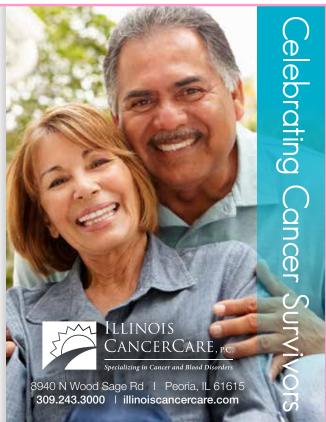
Please welcome Robin to our Illinois CancerCare Family

Join us in CELEBRATING NATIONAL CANCER SURVIVOR DAY on JUNE 5th.

National Cancer Survivors Day® is a **CELEBRATION** for those who have survived, an **INSPIRATION** for those recently diagnosed, a gathering of **SUPPORT** for families, and an **OUTREACH** to the community.

Thanks to advances in cancer prevention, early detection, treatment, and follow-up care, more people than ever before are surviving the disease. In America alone, more than 14.5 million people are alive today after being diagnosed with cancer.







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

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

Breath of Joy Yoga | 5:15p | 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 Cancer patients, survivors & caregivers.

Tai Ji for Life | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria Advanced gentle exercise with Donna Sturm.

Aerobics | **9a** | **Hult Center for Healthy Living** | **5215 N. Knoxville Ave., Peoria** Gentle Exercise with low impact with instructor Elmira Akama. 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.

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 Donna Sturm.

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.



WEDNESDAY

MONDA

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

Hult Center

TUESDAY



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 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 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 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

Massage therapy for patients in treatment (\$30 fee/hr.) (HCHL)

Support Networking groups (HCHL)

Wigs, hats, turban resources (ACS)

Housing/lodging information (ACS)

Living will/power of attorney directives (ACS)

Transportation assistance for appointments (ACS)

Nutritional counseling (HCHL)

ACS = American Cancer Society HCHL = Cancer Center for Healthy Living

Help for children coping with a parent who has cancer (HCHL)

- 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)

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:			
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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