

# ILLINOIS CANCERCARE

Free Patient Newsletter • Jan/Feb/Mar 2016 • Issue 31



## Articles Inside:

- Trust in Hope 2015
- Meet Our New Nurse Practitioners
- Introducing Hult Center for Healthy Living's New Dietitian
- Learn about the Quality Oncology Practice Initiative
- Congratulations to Bloomington's Sarah Lindsey
- CUREageous 2015

CUREageous Rock Doc's  
Snyder, Fishkin and Khaled.

CUREageous Committee  
Honorary Co-Chair  
Julie Lagacy and  
Chair Teresa Kitson



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

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ILLINOIS CANCERCARE  
*foundation*

# 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

Happy New Year! As we begin the New Year, I wanted to provide an update on the current state of the Illinois CancerCare Foundation and a glimpse into what's in store for 2016.

2015 was very busy and we saw great success! This past year the Foundation sponsored three fundraising events – The Morton BBQ Throwdown, the 4th annual Golfin' In the Wild, and the 6th annual CUREageous Outrageous Party. Combined these events raised over \$204,000 – a 9% increase over last year!

We are very thankful for the generosity that has been shared by so many caring friends. The investment you made with our Foundation will provide research, education and patient service support to cancer patients and their families right here in central and western Illinois.

This success could not happen without two very special groups of people – our volunteers and our donors. We are forever grateful to all of you!

The ability to which the Illinois CancerCare Foundation is able to provide care and make it possible to keep HOPE alive relies greatly on the generosity of our caring and dedicated communities.

This past year, the Illinois CancerCare Foundation was also privileged to partner with many loved ones and other community volunteers who came together to organize impactful fundraising events in support of the Foundation's mission. In 2015, third party event organizers cumulatively raised over \$70,000 to help support cancer patients and their families every step of the way by offering outstanding patient care and nationally recognized clinical research.

The Foundation continues to partner with Illinois CancerCare to help increase patient enrollment in the latest nationally renowned clinical cancer research trials. Due to budget cuts, national funding of cancer research has declined by 25% representing a cumulative loss of \$10 billion dollars since 2003. Closer to home the Illinois CancerCare Research department has experienced a \$2,605,298 cumulative loss since 2008. The Illinois CancerCare Foundation provided \$400,000 in 2015 to support the shortfall in the clinical research program. This funding will accelerate the development of interventions for preventing, treating, recovering from and curing cancer.

In 2015 this support helped to:

- Enroll 213 patients in more than 40 different clinical trials encompassing more than 13 different types of cancer.
- Provide 4 research patient navigators to screen patients daily at our 12 clinic locations for clinical trial opportunities.
- Follow more than 600 patients who have participated in clinical trials prior to 2015.

People facing cancer are living longer, healthier lives as a direct result of these trials and the advanced treatment options provided right here in central and western Illinois. One big win is allowing patients to get state-of-the-art treatment while staying in their own home.

Patient assistance remains a priority for the Foundation. It is our strong belief that our patients must have available to them every possible weapon in their battle.

- Fuel cards are provided to clinical cancer trial participants and other patients who face financial barriers.
- Compression garments and therapy are available for breast cancer survivors through a partnership with OSF Saint Francis Medical Center Rehab Services.
- Trust in Hope continues to provide support to patients and their families during the holidays.
- A community partnership with OSF IPMR studies the effects of Taxane on balance in breast cancer patients
- Imaging and echocardiograms for clinical trial participants that are not considered routine care by insurance companies are covered by the Foundation.

HOPE! It's one of the most important therapies during a cancer diagnosis. Your support provides genuine hope and loving compassion to those forever touched by cancer.

For 2016, the Illinois CancerCare Foundation boards and staff are looking forward to developing a three-year strategic plan with the support of Ernst and Young. EY has generously donated two consultants to help develop a roadmap to determine "what's next" for the Illinois CancerCare Foundation. As the new Executive Director of the Foundation, this exercise is both exciting and appreciated.

On behalf of the Executive Board of Directors, the Advisory Board, the Young Leaders Board, and our event committees, THANK YOU for your continued support.

Wishing you the best 2016,



*Tonda Thompson, Executive Director*



# Our Giving Community

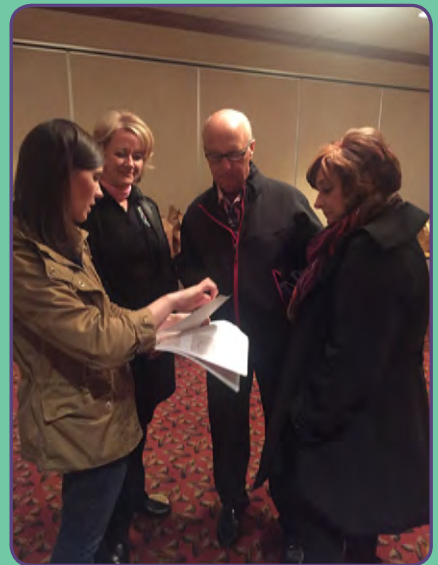
## Thanksgiving | Trust in Hope

Once again this year, the Illinois CancerCare Foundation Trust in Hope Program delivered over 200 Thanksgiving meals to cancer patients and their families. We are grateful to our friends at the Lariat Steakhouse for their continued partnership with preparing our Thanksgiving meals. Volunteers gathered the morning of Wednesday, November 25th to deliver much needed Thanksgiving meals through-out central and western Illinois. Over the past seven years, more than 1,200 Thanksgiving meals have been delivered.

In the weeks leading up to Christmas, many elves were busy collecting names of children of Illinois CancerCare patients. A second group of elves graciously donated their time to deliver gifts to families for the holidays. This year 20 patients and their 40 children received holiday gifts and support.

Anyone interested in donating to the Illinois CancerCare Foundation Trust In Hope can contact the Illinois CancerCare Foundation at 309/243-3437 or send a donation to Illinois CancerCare Foundation, 8940 N. Wood Sage Road, Peoria, IL 61615. In the memo section of your check, please indicate "Trust In Hope". Donations may also be made online at [www.Illinoiscancer.com](http://www.Illinoiscancer.com)

 Giving Back 







PART OF THE  
HATS FOR HEALING  
DELIVERY DAY CREW:  
CANDACE, JANA, JUDY,  
MARY & KRYSTAL



Shelly McDuff and the Housewives of  
Tazewell County helped purchase Trust in  
Hope Christmas presents!

## Volunteer Lunch



# New Nurse Practitioners



*Lynette Eeten*

Lynette has been with Illinois CancerCare since July 2015. She completed her Associates Degree in Nursing in 2002 from Illinois Central College. In 2011 She completed her Bachelors of Science from OSF College of Nursing. In May, 2015 Lynette received her Masters of Science in Nursing as a Family Nurse Practitioner also from OSF College of Nursing. Her background includes both critical care and emergency medicine.

Lynette has been married to her husband, Todd, for 20 years. Together they have two children: Zack who is 12 and Zoe who is 10. The whole gang lives in rural Peoria. Lynette has lived in Peoria her entire life. Her interests include spending time with her family, traveling, gardening, and watching her children play travel baseball and softball. She says, "I am an avid baseball fan and love the summertime!"

Please welcome Lynette to our Illinois CancerCare Family!

Colleen has been with Illinois CancerCare since November 2015. She completed her Bachelors of Nursing Science from Bradley University in 1980. In 2010 she completed her Masters of Science – Nursing as an adult clinical Nurse Specialist at OSF College of Nursing. In 2015 Colleen received her post Masters certificate as a Family Nurse Practitioner.

Colleen has one daughter and one granddaughter. She, too, has lived in Peoria her entire life. Her interests include spending time with her family, traveling and college football.

Please welcome Colleen to our Illinois CancerCare Family!



*Colleen Ragon*





Katrina Sommer

Katrina Sommer is a Registered Dietician for Hult Center for Healthy Living.

## Recipe from Katrina Sweet Kale Salad | 15 minutes

A fresh taste of summer during the winter! Massaging the kale with a little salt helps remove bitterness and makes the kale softer. For best flavor, make ahead and refrigerate to allow the flavors to blend.

### Ingredients:

1 bunch kale  
 ½ teaspoon salt  
 1/3 cup crumbled Feta cheese  
 1 cup pecans  
 1 cup apple, diced  
 ½ cup red onion, diced  
 ¼ cup Craisins  
 ¼ cup raisins (optional)

### Dressing:

½ cup olive oil  
 2 Tbsp red wine vinegar  
 1 tsp honey  
 Juice from ½ of a lemon



### Nutrition Facts

Serving Size: ½ cup  
 Servings per Recipe: 12

### Amount per serving:

Calories: 156  
 Fat Calories: 117  
 Total Fat: 13g  
 Saturated Fat: 2g  
 Cholesterol: 3mg  
 Sodium: 245mg  
 Total Carbohydrate: 9g  
 Dietary Fiber: 1g  
 Protein: 2g  
 Calcium: 52mg

### Directions

- 1 Wash kale and remove leaves from stems. Chop the kale into small pieces and put it in a big bowl.
- 2 Sprinkle the teaspoon of salt over the kale and massage it with your hands for a few minutes, until you notice the color turning darker green. Toss in pecans, apple, red onion, Craisins, and raisins.
- 3 In a small bowl, whisk together the olive oil, vinegar, lemon juice and honey. Pour over salad and toss until evenly coated with the dressing. Allow to set for at least 10-15 minutes or longer in the refrigerator prior to serving.
- 4 Sprinkle Feta cheese over the top before serving. Enjoy!

## Word Search

Theme: Refrigerator

Find and circle all of the refrigerator items that are hidden in the grid. The remaining letters spell an additional item found in many refrigerators.

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

### Words

Apples  
 Bacon  
 Bananas  
 Bread  
 Broccoli  
 Butter  
 Cake  
 Carrots  
 Cheese  
 Cold  
 Drawers  
 Drinks  
 Eggs  
 Grapes  
 Ice Cubes  
 Jam  
 Juices  
 Ketchup  
 Leftovers  
 Lemons  
 Lettuce  
 Lightbulb  
 Magnets  
 Maple Syrup  
 Mayonnaise  
 Meat  
 Milk  
 Mustard  
 Olives  
 Oranges  
 Peas  
 Poultry  
 Produce  
 Shelves  
 Spinach  
 Strawberries  
 Water  
 Yogurt

## 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

# Meet the Dietitian



We would all like to thank Sharon Windsor for her more than eight years of assisting cancer patients with their dietary questions. She often was seen in the hallways with the newest batch of students going to speak with patients in the pods. And now we welcome Katrina to our Peoria facility.

## Meet the Dietitian

Katrina Sommer is a Registered Dietitian for the Hult Center for Healthy Living – Cancer Program. For the past two years, she has been providing nutrition services to Illinois CancerCare clinics outside of Peoria. Katrina graduated with a Bachelor's degree from Bluffton University and completed the Dietetics program at Bradley University. She then went on to graduate from the Bradley University Dietetic Internship program. When asked why she chose to study nutrition, "Well, I have always loved food! When my children were born I really started to pay attention to the foods we ate and how it affects us. Nutrition became my passion! So, I went back to school to study it."



She finds the science of nutrition intriguing, especially as it relates to cancer. "I believe the food we eat and our lifestyle choices can affect our risk for developing cancer. During cancer treatment, nutrition plays a vital role and if you are having difficulty eating then you may not be getting the nutrition you need." Katrina enjoys the challenge of helping patients individually manage their nutrition-related side effects during treatment along with educating patients on the best nutrition choices for cancer prevention and survivorship.

When not at work, you will find Katrina listening to music, cooking, shopping, running and spending quality time with her family and being with her friends.

*The Hult Center for Healthy Living (HCHL) is a non-profit, community-based organization dedicated to working with medical professionals to support the body, mind, and spirit of those affected by cancer.*







## 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](http://www.illinoiscancercare.com)** for office closing or opening late messages. Weather announcements will run along the bottom of the screen on the home page.

### ILLINOIS CANCERCARE WINTER WEATHER POLICY OPTIONS

**1** 309.243.3010

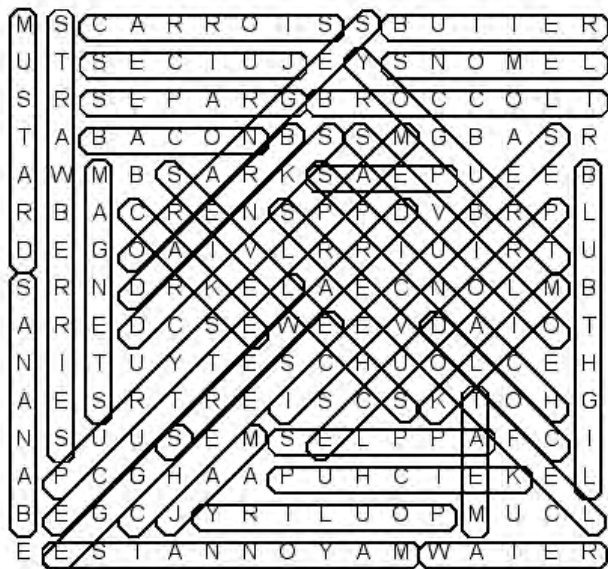
**2** LOCAL RADIO OR TV

**3** ILLINOISCANCERCARE.COM

CARE

HELP

## Word Search & Sudoku Solutions



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

## Quality Oncology Practice Initiative

*By Laura Miller, QA Patient Safety and Risk Manager*

The quality of care that an oncology patient receives is one of the most important aspects of a successful treatment outcome. Medicare and many insurance companies require oncology practices to develop oncology quality measurement and improvement programs. The quality improvement program developed by the American Society of Oncology Physicians (ASCO) uses clinical guidelines and published standards to measure quality in a practice. The certification was available beginning in 2011. All of the Illinois CancerCare physicians are members of ASCO.

More than 160 measures are reported on for over 200 charts each spring and fall. A “measure” is a record of treatment for the patient that is considered a standard of care by the ASCO. For example, if a patient reports nausea to their provider, dependent on the diagnosis and course of treatment, the “measure” is prescribing a proven medication for that patient. Measures are recorded for breast, lung, colon, lymphoma, gyn oncology tumors, supportive care, chemo administration and psychological support. If the Illinois CancerCare score is high enough, certification is awarded.

Certification consists of a review of the practices policies and procedures for chemo administration, preparation and safety, and an inspection of the practice. Certifications are

valid for three years. This is the second time Illinois CancerCare has been certified. We are proud to say Illinois CancerCare has been QOPI Certified since the inception of this standard in 2011. The Quality Oncology Practice Initiative (QOPI) Certification Program recognizes medical oncology and hematology practices that are committed to delivering the highest quality cancer care.

Once again, Illinois CancerCare has achieved the status of a QOPI certified practice. The findings on chart review and practice inspection demonstrate that the oncologists and staff at Illinois CancerCare are consistently performing at high levels and are quickly incorporating new standard tests and treatments into everyday practice.

This certification is in line with our mission to provide comprehensive, compassionate care that enhances the lives of patients and families and to provide state of the art treatments for patients in the fight against these diseases while staying on the leading edge of breakthrough research and medicines and we will continue to provide care consistent with that mission.





## Join Illinois CancerCare in Congratulating Sarah Lindsey

Illinois CancerCare's very own, Sarah Lindsey, was one of two nurses that graduated from Illinois State University's

(ISU) doctor of nursing program. ISU started offering the Doctor of Nursing Practice (DNP) degree, a practice-focused doctorate, the highest degree (along with the PhD) that can be earned by a nurse, in 2013. Other healthcare fields that offer practice doctorates include pharmacy, medicine, and physical therapy.

After working in the banking industry and some time at home with her children, Sarah decided to return to school. She received her bachelors from Mennonite College of Nursing at ISU in 2000. She had been a hospice volunteer and felt that she wanted to do more for cancer patients.

Illinois Cancer Care was fortunate she chose to work at Illinois CancerCare after graduating in 2000. Sarah shared the work was hard and rewarding. She decided she wanted to continue to develop her role in treating oncology patients. She left Illinois CancerCare in 2005 to start her master's program, graduating with an MSN from Duquesne University in 2007. Sarah says she has truly enjoyed being an advanced practice nurse (APN) and has been fortunate to have had a variety of roles, including

radiation, professional education, inpatient and rehabilitation care before joining Illinois CancerCare again in 2011 as an APN.

She says, "I'm a perpetual student. I feel I can always learn more, I knew I wanted to move forward with my doctoral degree. The core curriculum was rigorous and challenging." Her scholarly project was a research study on awareness and management of sarcopenic obesity (loss of muscle mass and increase in fat mass) in cancer survivors, a condition that affects quality of life and how a patient recovers from their diagnosis and treatment. She believes her doctoral program provided a broader foundation to understanding the complexity of healthcare today and her particular patient population. Sarah says, "The entire practice, including physicians, nurses and support staff have been encouraging during my journey. My patients have recognized that earning this degree reflects the commitment I have made to provide high quality, effective care."

Please join the physicians and staff at Illinois CancerCare in congratulating Sarah on her achievements.







2015 CUREageous Committee



Young Leaders Board members supporting CUREageous







Barbara Boyd, 2015 CUREageous Patient Speaker



Dr. Fishkin and Staff Rockin' CUREageous



Peoples Choice Martini  
Lemon Shake Up



Online silent auction Bidding

# 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](http://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**