

# ILLINOIS CANCERCARE® *Newsletter*

April / May / June 2017

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



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# hello

## LETTER FROM THE EXECUTIVE DIRECTOR OF THE FOUNDATION

### 2017 Brings A Brand New Year Filled with HOPE and POSSIBILITY!

As we kick off our 2017 Fundraising season, I would like to first say THANK YOU for making 2016 a remarkable year for Illinois CancerCare Foundation!

Our dedicated Foundation volunteers, donors and staff did an incredible job achieving goals, and expanding our outreach while strengthening our clinical trial grants, and patient support programs and services.

Last year's success brings HOPE by allowing us to increase the value of grants and services delivered directly to local cancer patients and their families by 12% to a total of \$733,921!

A few 2016 program highlights include:

- Provided 51 Illinois CancerCare patients and families with 253 Thanksgiving meals; bringing our total outreach to 1,500 meals delivered over the past 8 years.
- Supported 26 Families with 42 children experiencing financial need during this holiday season with holiday gifts reaching over 100 families and 250 children since 2008.
- Funded \$400,000 in cutting-edge Clinical Trial Research in partnership with Illinois CancerCare, P.C. allowing local cancer patients to receive the best care possible while staying in their home.
- Celebrated 3 local Physicians and 1 Affiliated Medical Professional who provide exemplary contributions to research at our 7th Annual CUREageous Event while also raising over \$189,000.
- Empowered family members of cancer patients by supporting genetic screening programs to eligible ILCC cancer patients to identify hereditary cancers. This allows families to understand their risk, provide relief from uncertainty and make informed decisions about their healthcare.
- Grew our Friends of the Foundation by 50% giving us the privilege to nurture relationships, allowing us to provide local cancer patients with every possible weapon available to them in their battle!

Our ongoing goal is to keep our overhead low while increasing our service in the field, and you truly make this possible! Illinois CancerCare Foundation is stronger than ever due to our continually expanding Foundation community who comes together to donate time, resources, and talent in support of our important mission.

2017 is full of endless POSSIBILITIES! On January 9th, Illinois CancerCare Foundation Executive Board met and created a 3 year strategic plan. With the generous donation of Ernst & Young, strategies were set to create a strong Foundation identity with the goal to grow fundraising revenues to \$1 million by 2020! As we worked as a team and defined our strategic imperatives, we began to see and understand how impactful this movement could be. Our potential to grow exponentially and chase our passion to serve patients fighting cancer began to map our 2017 Fundraising season. Our focus is to stay connected to what is possible this year and for years to come!

We are excited to kick off a NEW event this year on July 15th – Mini Golf in the Wild. This family friendly miniature golf event held at Illinois CancerCare will offer everyone a chance to play miniature golf and participate in other fun games and activities. Our 6th Annual Golf in the Wild event will tee off at Wildlife Prairie Park on Saturday, August 12th. This unique nine-hole golf course, geared for any skill level, is designed more for fun than birdies! Come enjoy on-course activities and refreshments followed by a dinner, silent auction and raffle.

We wrap up 2017 with our signature event, CUREageous! This event is one big OUTRAGEOUS party - You don't want to miss it! Mark your calendars, November 10th, 2017! This event honors area physicians and affiliated medical professionals who made great strides in research. Dueling Pianos will be this year's entertainment, along with great food, our signature CUREtini, an outstanding silent auction, raffle and wine pull.

For event information call 309-243-3437 or visit [www.illinoiscancer.com](http://www.illinoiscancer.com) for more information

Thank you for being a part of our Illinois CancerCare Foundation movement. We are looking forward to much more in 2017!

Friends in the Fight,

*Tonda*





# Bloomington Normal Clinic

## NEWLYWEDS PRESENT CHECK TO ILLINOIS CANCERCARE BLOOMINGTON NORMAL CLINIC



Dr. Kumar and APN Nancy Erwin of the ILCC Bloomington/Normal Clinic accept the check from the newlyweds.

These Newlyweds have a giving heart! This past October, Mark and Emily Leluga were married in Chicago, IL. In lieu of take-home party favors for their guests, this thoughtful couple made a donation to the Illinois CancerCare Foundation in honor of the bride's father and his courageous battle with multiple myeloma. A card at each table told their friends and family about the gift and shared the couple's gratitude for the IL CancerCare Bloomington/Normal Clinic staff. "...the team at Illinois CancerCare hold a special place in the bride and grooms hearts," the card shared, "We cannot thank them enough for being the amazing individuals that they are!" The ILCC team was greatly touched by their kind words and generous gift as they accepted the check at the Bloomington Normal Clinic.



## Chemo Comfort Bags bring care to the Bloomington Clinic

Andrea Yuhas and her thirty-one bags clients donated hundreds of thirty-one bags full of comfort, care and love to patients at the Illinois CancerCare Bloomington/Normal Clinic. Each bag was packed with items to help patients in treatment such as blankets, tissues, mints, hand sanitizer and crossword puzzles. Andrea made the donation in honor of Nate Lyons, a boyfriend who was a patient at the ILCC Bloomington/Normal Clinic.





## Cancer Research Awareness Week April 17-21



## National Nurses Day May 8th



## Crossword puzzle and Sudoku

### Beatles Songs 2

Find and circle all of the songs by The Beatles that are hidden in the grid. The remaining letters spell the name of an additional Beatles song.

```

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

All My Loving	Help	Paperback Writer
And I Love Her	Helter Skelter	Penny Lane
Because	Her Majesty	Piggies
Blue Jay Way	I Feel Fine	Rain
Come Together	I Need You	Revolution
Dig It	I'm A Loser	Rocky Raccoon
Doctor Robert	I'm So Tired	Savory Truffle
Drive My Car	Let It Be	She Loves You
For No One	Love Me Do	The Word
For You Blue	Love You To	This Boy
Girl	Maggie Mae	What Goes On
Glass Onion	Martha My Dear	Wild Honey Pie
Golden Slumbers	Nowhere Man	
Good Night	Old Brown Shoe	

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



# CUREageous 2016

Photos by SchuhPrints Design & Photography



On November 11th, 2016 the Illinois CancerCare Foundation hosted their 7th annual CUREageous party at the Par-A-Dice Hotel and Casino. This event honors area physicians and affiliated medical professionals who dedicate their time to furthering research in their specialty while providing exceptional care for their patients.



*Thanks to the generous support of sponsors and guests, CUREageous was able to net \$189,000.00 to bring cutting edge research, education and other supportive services to cancer patients in Central Illinois.*





## MEET OUR CUREAGEOUS

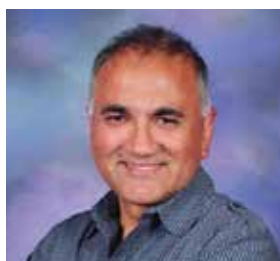
# Rock Docs

These Central Illinois physicians dedicate their time to furthering research in their specialty while providing exceptional care for their patients.



**Jane Liu, M.D., Illinois CancerCare, P.C.**

Dr. Liu is a highly respected and beloved oncologist and hematologist at Illinois CancerCare. She is passionate about research because it provides information that advances cancer care. Many of the research studies her patients enroll in are treatment trials looking at drugs that may become the new and improved standard of care. She leads by example by collaborating with the research staff to find clinical trials to bring to Illinois CancerCare patients. Her efforts reinforce the fact that cutting edge clinical trials are available right here in Central Illinois.



**Kishore Karamchandani, M.D., Unity Point Health - Methodist**

Dr. Karamchandani practices pulmonary/sleep/critical care at Unity Point Health – Methodist. He is a tireless research advocate, encouraging qualified patients who might benefit from clinical studies to participate in research trials. Dr. Karamchandani believes this research is necessary to develop new therapies and medications for pulmonary patients. He currently serves as an Executive Medical Director within Unity Point Health Peoria and is known for his leadership and clinical skills amongst his peers.



**Ann Stroink, M.D., Central Illinois Neuro Health Sciences**

Dr. Stroink is a neurosurgeon, trained at the Mayo Clinic in Rochester, Minnesota, and now practicing in her hometown of Bloomington, Illinois at Central Illinois Neuro Health Sciences. She is a much respected doctor, educator and researcher, who started a neurosurgery residency program in the Bloomington/Normal area. Dr. Stroink was actively involved in the research of biomedical materials and spinal instrumentation specific to cervical spine and was instrumental in the design, planning and implementation of numerous research protocols using CyberKnife Robotic Radiosurgery System for brain and spinal cord cancers.

## Meet our CUREageous AMP CHAMP

New this year! The AMP Champ is an Affiliated Medical Professional who also provides exemplary contributions to research while working hand in hand with Rock Docs.



**Chetaye Knox, BS, CCRP, Illinois CancerCare, P.C.**

Chetaye is a Lead Clinical Research Associate at Illinois CancerCare. Within her department, Chetaye has always been described as a leader. Her passion for research and compassion for her patients effortlessly reflect in her work. She is available to physicians and coordinators at any minute of the day, willing to help with questions related to cancer clinical trials available to patients. She has a caring and approachable nature when it comes to working with patients and has improved the quality of life for hundreds of patients through accrual to these trials.





# TRUST in *Hope*



In the last 8 years alone, nearly 1,500 Thanksgiving meals have been delivered and over 100 families with nearly 250 children have received holiday gifts.

2016

51 families totaling **253 MEALS** for Thanksgiving  
**26 FAMILIES** with 42 children for Christmas.







## **MAY 4** Senara Mayk-Overs & Margaritas | 5:00 pm

Senara Health & Spa: 2208 West Willow Knolls Drive, Peoria | 309-693-9600

Come celebrate the beginning of May with Senara Health & Spa's "May" k-overs and Margaritas. Enjoy a Girls-Night-In with drinks, treats, spa services and activities designed to relax, pamper and rejuvenate - All wrapped up in one great evening to support local cancer patients and their families. [www.experiencesenara.com](http://www.experiencesenara.com)



## **JUN 10** Swing for the Cure | 5:30 Doors Open, 6:30 game followed by fireworks

Dozer Park 730 West Jefferson Avenue, Peoria | Peoria Chiefs vs. Clinton LumberKings

Survivors and their families are welcome to get free tickets from the Illinois CancerCare Foundation office to enjoy a day at the ballpark watching the Peoria Chiefs. [www.illinioscancercarefoundation.org](http://www.illinioscancercarefoundation.org)



## **JUL 8** 6th Annual Leather & Leis River Run & Party | 10:00 am - 8:00 pm

Riverfront

Join the Central Illinois Parrot Head Club for an all day event touring both sides of the Illinois River in the Peoria area and stopping at beach themed bars along the way! The event concludes with a party at the East Peoria Boat Club with live music from Mike McEnery of the Jumbo Shrimp Band from 5:00-8:00 p.m. If you prefer to ride instead of drive, reserve your seat on the party bus. Proceeds raised from this event benefit the Illinois CancerCare Foundation. <http://www.ciphc.org/wordpress/> or [www.facebook.com/leatherandleis](http://www.facebook.com/leatherandleis).



## **JUL 15** Mini Golfin' in the Wild | 9:30 am - 12:30 pm

Illinois CancerCare 8940 North Wood Sage Road, Peoria | 309-243-3437

New this year! A family friendly event to compliment the already established Golfin' in the Wild, Mini Golfin' is a golf outing perfect for everyone in your household. This event will feature a miniature golf course, family friendly games, kid activities, treats and more – right here in the beautiful prairie surrounding our Illinois CancerCare Peoria location. All proceeds will benefit the Illinois CancerCare Foundation. Join us for a morning to bring HOPE to local cancer patients and their families. [www.illinioscancercarefoundation.org](http://www.illinioscancercarefoundation.org)



## **AUG 12** 6th Annual Golfin' in the Wild | 3:00 pm - 9:00 pm

Wildlife Prairie Park 3826 N. Taylor Road, Hannah City

This unique, nine-hole golf course carved out in the middle of the prairie is geared for any skill level (non-golfers will fit right in). Throughout the course there are additional entertaining activities and refreshments. Following golf, guests enjoy dinner, a silent auction and raffle in the ballroom overlooking the beautiful park. [www.illinioscancercarefoundation.org](http://www.illinioscancercarefoundation.org)



## **NOV 4** Theresa Tracy Trot | 8:00 am

East Peoria Riverfront Park 1204 Riverside Drive, East Peoria

The Theresa Tracy Trot is a 4 mile run or 2 mile walk along the East Peoria Riverfront and Levee District. It is held in honor of Theresa (Naramore) Tracy, a young wife and mother who lost her brief but courageous battle with pancreatic cancer. Donations support the mission to increase survivability of pancreatic cancer through awareness of signs and symptoms and advancement of cures through funding for research for early detection, testing and treatment of pancreatic cancer. [www.theresatracytrot.com](http://www.theresatracytrot.com).



## **NOV 5** Totes for Ta-tas

Totes for Ta-tas is an annual fundraising event to support local breast health organizations and charities. This year funds are being raised for the Illinois CancerCare Foundation. The event features new or gently used handbags, totes, wallets, coin purses, and more available by live and silent auction during the affair. [www.totesforta-tas.com](http://www.totesforta-tas.com).



## **NOV 10** 8th Annual CUREageous | 6:00 pm - 11:00 pm

Par-A-Dice Hotel & Casino | 21 Blackjack Boulevard, East Peoria

Illinois CancerCare Foundation's signature event is so OUTRAGEOUS you won't want to miss the party! The event honors area physicians and affiliated medical professionals who have made great strides in cancer research. CUREageous features dueling pianos, a silent auction and raffle, along with great food and its signature drink, a CUREtini. [www.illinioscancercarefoundation.org](http://www.illinioscancercarefoundation.org)



# Illinois CancerCare

CLINICAL SUPPORT TEAM - CARING FOR YOU!



Clinical Support team members are truly at the heart of healthcare. Behind every great doctor, APN and nurse, is a care team of assistants keeping the day on schedule, disruptions at bay, and the patient's needs heard.

At Illinois CancerCare, our Clinical Support army consists of 68 team members conquering daily necessities such as scheduling, taking patient's vital signs, working with nurses in treatment rooms, preparing patients charts and answering the phones.

And, they do it all with a smile.

Here are some of the reasons why our Clinical Support Team is so amazing...

- They manage the calendar
  - Schedulers handle arrangement of appointments, scans, procedures and referrals
- They answer EVERY phone call
  - You have probably talked to them. Clinical Support team members working in Triage receive all the calls at Illinois CancerCare, including calls to the 11 clinic locations. They make sure every patient is directed to the right person and that all messages have been handled by care teams at the end of the day.
  - Each Triage worker answers an average of 100 or more phone calls per day!
- They wear purple and wine colored

scrubs, but you won't find them whining...

- "We are here to serve you!" says Allison Plottner, Medical Records Clerk. Andrea Smith, MOA/CMA also states, "Our role here at Illinois CancerCare is to make sure the needs of our patients are met. We offer a friendly and often familiar face to the patients, as well as their families who come through our doors. We hope that knowing that someone is here to listen, care for them, and make them comfortable, makes their time here easier."

- 100 patients a day? No problem!
  - Clinical Support team members help create a strong foundation to serve patients. They make sure



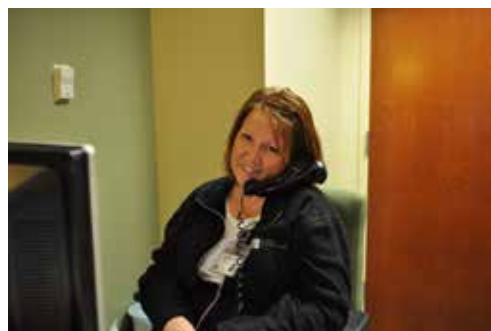


everything is done in a timely manner and the needs of the patients and the care team are met. They make care for over 100 patients a day possible.

- They cover Central Illinois  
- Clinical Support team members are working hard at all 12 Illinois CancerCare locations. They spread love and care all over Central Illinois!



“You think our team is big? You should see our hearts ;)” - *Allison Plottner, Medical Records Clerk.*







Katrina Sommer

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

#### Nutrition Facts

Serving Size: 1 cup

Servings per Recipe: 4

Amount per serving:

Calories: 111

Total Fat: 7g

Saturated Fat: 1g

Sodium: 316mg

Total Carbohydrate: 11g

Dietary Fiber: 3g

Protein: 3g

## Balsamic Sea Salt Roasted Brussels Sprouts

Preparation Time 30 minutes

Brussels sprouts, or “mini cabbages,” are a cruciferous vegetable that are a great source of phytonutrients, and more specifically antioxidants. They provide a healthy helping of vitamin C and are also packed with fiber to keep you full and satisfied. Don’t like regular Brussels? Try the milder and sweeter tasting baby Brussels sprouts! You can also mix-in heart healthy nuts to balance out their natural bitterness and add extra crunch.



Look for firm and bright green colored sprouts when shopping for fresh Brussel sprouts. In addition to fresh versions, you can get microwaveable steam bags of Brussels sprouts in the freezer section for added convenience! To store the sprouts, keep them covered in the refrigerator. Wash and trim them before using, discarding any yellow or wilted leaves. There are a few different ways to cook Brussels sprouts, such as roasting them in the oven, sautéing in a pan with a little olive oil, or boiling

Brussels sprouts are very healthful to eat on their own or they make an easy side to compliment your meal. Pair them with lean meats such as chicken and fish. They can be mixed with other colorful veggies as well. For a quick and easy meal, combine roasted Brussel sprouts with quinoa and cooked eggs as a great way to get a healthy dose of fiber and protein.

There are countless ways to enjoy Brussels sprouts, so be adventurous and eat your Brussel sprouts!

### Ingredients:

- 1 pound Brussels sprouts, halved
- 2-3 tablespoons olive oil
- 1 tablespoon minced garlic
- 3 tablespoons balsamic vinegar
- ½ teaspoon sea salt

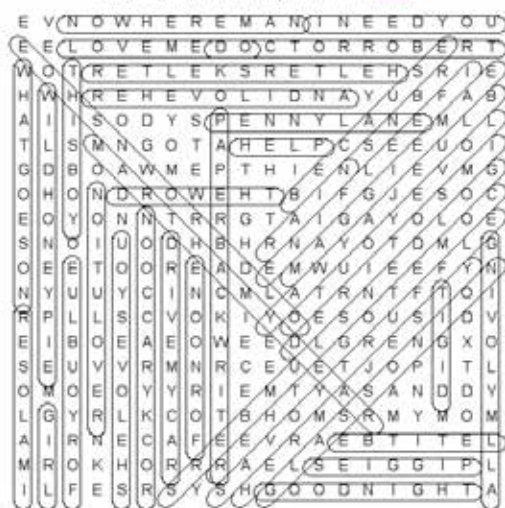
### Directions:

1. Preheat oven to 400 degrees.
2. Wash and pat dry Brussels sprouts. Slice off the end and slice in half. Place on large baking sheet.
3. Drizzle with olive oil and balsamic vinegar. Sprinkle on minced garlic and sea salt.
4. Toss Brussels sprouts together to coat evenly.
5. Place in oven for 20-25 minutes, or until slightly browned. Serve and enjoy!





## Crossword puzzle and Sudoku Answers



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



## Oncology Massage Internship

*During the week of November 14-17, 2016 a new program began at Illinois CancerCare that allows licensed massage therapists the experience of working with clients affected by cancer and its treatments. After a full day of in-depth review, my intern, Jane Sorrentino Perez, and I began touring throughout the building daily to offer free hand, foot or neck/shoulder massages to patients receiving treatment.*

*We were delighted to meet so many wonderful people and most especially treasured our time with each and every client we met. Since this was such a successful experience we will be returning during the following weeks in 2017: June 5-8 and September 18-21. We look forward to seeing you all--thank you for making this such an amazing experience!*

**Mary Peifer, RN/LMT, Instructor**





# 80% *by* 2018

a shared goal to have 80% of adults screened for colorectal cancer by 2018.

**ILCC Joins Forces with Over 1,000 Local and National Organizations to Increase Colorectal Cancer Screenings Rates across the Country**



## join the **FIGHT**

Colorectal cancer is the nation's second-leading cause of cancer related deaths; however it is one of only a few cancers that can be prevented. Through proper colorectal cancer screening, doctors can find and remove hidden growths (called "polyps") in the colon, before they become cancerous.

**Removing polyps can prevent cancer altogether.**



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*Specializing in Cancer and Blood Disorders*

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Illinois CancerCare

*Welcomes*

## Nadia Rehman, MD



**Undergraduate:**

University of Illinois in Champaign-Urbana

**Medical school:**

Medical College of Wisconsin in Milwaukee

**Internal Medicine residency:**

University of Minnesota in Minneapolis

**Hematology/Oncology fellowship:**

University of California-Davis

**Medical Specialties**

In fellowship I was trained broadly  
in both hematology and oncology



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# Volunteer Highlights



## Hats for Healing

Candace Dunbar is a wife and young mother of two boys, ages 11 and 6, from the Chillicothe/Mossville area. She is also a 5 ½ year survivor of stage IV breast cancer. Every year on November 17th, the day she was diagnosed with cancer, Candace returns to Illinois CancerCare with hundreds of new hats that have been donated by her community. "Soon after beginning chemotherapy in January 2012, I lost all of my hair and began to feel the need to feel 'normal' again," says Candace. "One small thing that helped me gain that feeling and gave me back confidence was hats." This past November, Candace again delivered over 350 hats to patients at Illinois CancerCare. Thank you, Candace, for your generosity and inspiration!



## Blessing Bags

Illinois CancerCare business office employee Nicole Bradford and her Jamberry Team made 25 Blessing Bags for ILCC patients. Each bag was filled with Jamberry Nourish lotion, socks, candy, Mary Kay chapstick, a crossword puzzle and bottled water.



## Thirty-one Bags at PEORIA clinic

Desirae Smick (pictured in thirty-one shirt) brought cartloads of thirty-one Bags stuffed with care goodies for our patients in Peoria. Her thirty-one bags customers donated each bag valued at \$20 and Desirae used her commission earnings to fill them with blankets, treats, tissues, puzzles, and other thoughtful gifts for patients going through cancer treatment.



## Midwest Technical Institute

Midwest Technical Institute volunteers from East Peoria deliver care bags and blankets to patients



## Metamora High School Choir

Metamora High School Choir students deliver inspiring cards to patients



# BLANKETS FROM FAITH

Faith Hostetler, and 8th grader at Bethel Lutheran School, chose to honor two of her family members who simultaneously received treatment at Illinois CancerCare by making fleece blankets for the patients receiving chemotherapy.



## Theresa Tracy Trot Check Presentation

This past January, the hard-working Theresa Tracy Trot folks presented checks to both the Illinois CancerCare Foundation and the University of Illinois Foundation from the November, 2016 event. This was another record breaking year for them! Thank you to all the volunteers who work so hard through the year to make the event happen and to all the participants who get up on a chilly November Saturday morning to keep Theresa's memory alive!

**Theresa Tracy Trot volunteers present the ILCC Foundation with a check for \$28,044.50**



# Programs



The American Cancer Society has programs and services to help people with cancer and their loved ones understand cancer, manage their lives through treatment and recovery, and find the emotional support they need.

## Look Good Feel Better

Look Good Feel Better teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment. Beauty products are provided. Contact Catherine Guebert to register for a date in your area at 309-243-3635 or [Catherine.guebert@cancer.org](mailto:Catherine.guebert@cancer.org).

## Free Wigs

NEW wigs, hats, turbans and scarves are available free of charge to any woman who has had a recent cancer diagnosis or is actively going through treatment. Call 1-800-227-2345 to make an appointment.

## Transportation Resources

Our patient navigator can connect you with our Road to Recovery volunteer drivers, PATH (Patient Assistance Transportation Help) gas gift cards, and other local agencies that assist in transporting patients to and from appointments. Contact Catherine Guebert at 309-243-3635 or [Catherine.guebert@cancer.org](mailto:Catherine.guebert@cancer.org).

## Homemakers Services

Household services such as cleaning, errands and general assistance are available to support cancer patients in their homes. Contact Catherine Guebert at 309-243-3635 or [Catherine.guebert@cancer.org](mailto:Catherine.guebert@cancer.org) to find out more.



The Hult Center for Healthy Living serves the communities of Central Illinois through health education programs, senior programs, mental health programs, and cancer programs and services.

## Free Cancer Caregiver Support Group

Free Cancer Caregiver Support Group meets the first Tuesday of the month 5:00-6:30 p.m. at Illinois CancerCare 8940 Wood Sage Rd. Peoria, IL. For more information, contact Kitty Bienemann at 309-243-3461 or [kbienemann@hulthealthy.org](mailto:kbienemann@hulthealthy.org).

## 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. Call 309-243-3461 to make an appointment.

## Kids Konnected

Free 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 1:30-3:00 p.m. Call 309-692-6650 to register.

## 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. Call 309-243-3462 to make an appointment.

## Individual Healing Touch Session

Becky Dailey will see clients undergoing cancer treatment the 2nd Thursday of each month at 8:30 a.m. and 9:15 a.m. Call 309-692-6650 to schedule an appointment.

## Massage Therapy

Our experienced massage therapists have all received specialized training in oncology massage to deliver safe, comfort-oriented massages to cancer patients. Massages are \$30 per hour for those in active treatment and \$40 per hour for those not in active treatment and caregivers. Call 309-692-6650 to schedule an appointment.

## Reflexology

Judy Schlueter, Licensed Reflexologist, will see clients on the third Thursday of each month at 8:30 a.m. and 9:15 a.m. Call 309-692-6650 to make an appointment.



MON

**Aqua Survivor** - 9:00 a.m. landmark Recreation Center 3225 N. Dries Lane, Peoria

**Breath of Joy Yoga** - 5:15 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
A registered yoga teacher brings her experience as a cancer survivor to this class. Free of charge and available to cancer patients, survivors and caregivers.

**Tai Ji for Life** - 6:30 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria

TUES

**Aerobics** - 9:00 a.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
Gentle and low impact with instructor Elmira Akama

**Mindfulness Meditation** - 5:15 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
These sessions are a very simple form of meditation, so you do not need any previous experience. Comfortable seating is provided.

WED

**Yoga with Jean** - 11:00 a.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
All levels welcome

**Cancer Support Group** - 1:00 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria

**Beginner Tai Ji** - 6:30 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
Very basic Tai Ji taught by Donna Sturm

THUR

**Restorative Yoga with Marcy** - 5:30 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
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.

FRI

**Living Strong** - 9:00 a.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
Strength training class with Beth Stauffer. All levels welcome





Gary R. MacVicar, M.D.



Madhuri Bajaj, M.D.



Paul A. S. Fishkin, M.D.



Nguyet A. Le-Lindqwister, M.D.



Michael H. Veeder, M.D.



Srinivas Jujjavarapu, M.D.



Nadia Rehman, MD



Rebecca Byler Dann, M.D.



Shawn Seibert, M.D.



Francois J. Geoffroy, M.D.



Patrick L. Gomez, M.D.



Diane J. Prager, M.D.



Salvatore LoCoco, M.D.



Greg Gerstner, M.D.



Jane Jijun Liu, M.D.



Pankaj Kumar, M.D.



## FEATURED *Doctor*



### Diane J. Prager, M.D.



Dr. Prager received her medical degree from the University of Witwatersrand in South Africa. She completed an internal medicine residency at Cedars Sinai Medical Center in Los Angeles, California. Her hematology/oncology fellowships were done at the David Geffen School of Medicine at the University of California in Los Angeles. She also served as director of UCLA's lung cancer program from 2000 to 2005 before joining Illinois CancerCare in 2006. She has an extensive research background, and has been the recipient of numerous National Institute of Health research grants, as well as served as Principle Investigator on numerous clinical research trials. In 2013, Dr. Prager started Smart Care at Illinois CancerCare, offering patients' same-day, walk-in access to medical care. Aside from work, Dr. Prager enjoys photography and music by the Beatles.

## FEATURED *CNP*



### Deborah J. Rufus, APN



Deb received her BSN from the University of Wisconsin-Eau Claire and completed her Master of Science, Family Nurse Practitioner tract at the University of Illinois at Chicago, Peoria Campus. She is a board certified Family Nurse Practitioner. Deb has been involved in Family Practice and Internal Medicine for over 34 years, and enjoys the challenge of oncology where she can use her skills to further serve patients in her community. The strong sense of hope and purpose among the staff at Illinois CancerCare drew her to this position. Deb feels that the multiple advancements in the therapies, the further understanding and improved management of side effects, and the wide open field of new research has greatly impacted the field of cancer since she began practicing medicine. She is also encouraged by the emergence of individualized treatment plans and targeted therapies that extend life.