

ILLINOIS CANCERCARE® *Newsletter*

August / September / October 2017

ARTICLES INSIDE

Dr. Liu published in
Journal of Thoracic Oncology

Dr. Gerstner publishes article on
Lung Cancer in *The Lancet Oncology*

Mini Golfin' in the Wild

Senara's Mayk-Overs and Margaritas

Central Illinois Parrot
Head Club Leather & Leis

Illinois CancerCare Foundation
Swing for A Cure 2017

HAWK Subaru and
LLS blanket donation



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

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hello

LETTER FROM THE EXECUTIVE DIRECTOR OF THE FOUNDATION

Summer is winding down with the start of a new school year while aisles in the stores are bursting with fall decorations and candy, our seasons are changing!

Illinois CancerCare Foundation Board of Directors, committee members, volunteers, and staff have been busy this event season creating awareness and raising money to help fund cutting edge clinical trial research, educational programs and patient support services for local cancer patients and their families.

We kicked the summer off by hosting our 7th annual Swing for the CURE with the Peoria Chiefs on Saturday, June 10th. Everyone enjoyed a beautiful evening at Dozer Park celebrating over 180 cancer survivors and their loved ones along with 250 Illinois CancerCare, P.C. staff and their families. July 15th launched our 1st Annual Mini Golf in the Wild event. This family friendly miniature golf event, along with other carnival like activities for all ages, was a huge success. You don't want to miss this event next year! *See page 7.



On Saturday, August 12th we were blessed again with beautiful weather for our 6th Annual Golf in the Wild event coordinated by the Foundation's Young Leaders board. We had another fun-filled, crazy afternoon of on-course events, food and entertainment followed by a successful silent auction, dinner and evening program.

The Foundation couldn't do the mission work we do without our third-party partners. Since 2001, our third party partners have raised over \$500,000 for Illinois CancerCare Foundation!!! This summer we enjoyed partnering with Senara Health & Healing Center & Spa for the 3rd Annual Senara Mayk-Overs & Margaritas event held on May 4th and the 6th Annual Leather and Leis River Run on July 8th hosted by the Central Illinois Parrot Head Club.

We aren't done yet - On November 4th and 5th we are looking forward to two more third party events; the 6th Annual Theresa Tracy Trot run/walk for pancreatic cancer research on Saturday, November 4th and the 4th Annual Totes for Ta-Tas event, Sunday, November 5th.

We are very grateful to work alongside our third party partners and local community groups. TOGETHER We Can Do MORE to keep HOPE alive for central and western Illinois families coping with a cancer diagnosis.

Our final Illinois CancerCare Foundation sponsored event for 2017 will be held on Friday, November 10th, our 8th Annual CUREageous Outrageous Party. We will be honoring three Rock Docs who excel in research along with an AMP CHAMP, an affiliated medical professional who also provides exemplary contributions to research. You won't want to miss this event! Dueling Piano's will entertain us as we enjoy a smashing CUREtini Bar, fabulous raffle and silent auction along with an outstanding wine pull. Make your reservations today at CUREageousEvent.com or call 309-243-3437.

We continue to be proud that one hundred percent of the Foundation's fundraising proceeds stay local to support our patients and their families being cared for in our 12 clinics throughout central Illinois. This level of commitment could not be achieved without the dedication and support of many friends to raise funds on our behalf.

My heart is filled daily by watching our front line caregivers and staff, along with the cadre of outstanding volunteers who work tirelessly to create the best environment possible for our patients and their families. Our mission is at work every day – Thank you for supporting your Illinois CancerCare Foundation! You are making a difference!

Friends in the Fight,

Tonda

Crochet for a Cause

BLOOMINGTON/NORMAL CLINIC



The 4th, 5th and 6th grade students at All Saints Catholic School in Lewiston, Idaho have given up a bit of their recess time weekly since 2015 to crochet hats for those who are undergoing treatment for cancer. As they crochet, they also say a prayer for those who will be receiving them. Their goal is to mail a box of hats to a cancer center in each of the 50 states. Our Bloomington/Normal Clinic was the recipient of this thoughtful gift. Thank you All Saints students!

Peru Clinic Pink Ribbon Club features Illinois CancerCare APN Kami Doubet talk on Survivorship

Illinois CancerCare Advanced Practice Nurse Kami Doubet spoke at the Peru Clinic's *Pink Ribbon Club* meeting on the topic of Survivorship. Illinois CancerCare, P.C. sponsored the evening and brought dinner from Avanti's along with treats from Trefzger's Bakery to celebrate these survivors and caregivers.



MACOMB CLINIC



Project Dance Company beautiful tribute donation

Macomb's Project Dance Company competition team consists of dancers ranging in age from 5 to 18. After winning 13 categories, several groups and individuals decided to exchange their trophies for a \$720.00 cash donation to the Illinois CancerCare Foundation given in honor of a dancer's mom, Kris Polley, who passed away last February after a courageous battle with brain cancer. Thank you to these inspiring dancers as they honor Ellie's mom and fight for a cure for this disease.



Ottawa Clinic receives Subaru Blanket Donation

Hawk Subaru brought lots of love to our Ottawa clinic this summer. By partnering with the The Leukemia & Lymphoma Society, Illinois Chapter, Hawk Subaru brought boxes of blankets and kid art kits to local cancer patients and their families. Thank you, Hawk Subaru Joliet!



Swing for a Cure 2017



Saturday, June 10th caregivers and their families were celebrated at the Peoria's Chiefs game at Dozer Park alongside Illinois CancerCare staff and their families. Survivors and caregivers were honored throughout the night and the event ended with a spectacular fireworks display.



Basket Raffle Results



Thank you to everyone who supported the 2017 Illinois CancerCare Foundation Basket Raffle! Staff teams organized and donated baskets that raised over \$5,300.00 to provide gas cards and transportation help to patients via the Foundation's Trust in Hope program.

Puzzle and Soduko

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

Comedy Movies 1

Find and circle all of the comedy movies that are hidden in the grid. The remaining letters spell an additional comedy movie.

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

All of Me
Annie Hall
Babe
Being There
Big
Bob Roberts
Bull Durham
Cars
Cat Ballou
City Slickers
Clerks
Clueless
Duck Soup
Election

Fletch
Ghostbusters
Happy Gilmore
Harvey
Holiday
Hotshots
Legally Blonde
Liar Liar
Local Hero
Mallrats
Manhattan
Meatballs
Moonstruck
Oh, God!

Plaza Suite
Repo Man
Rushmore
Shrek
Slacker
Slap Shot
Sleeper
The Rutles
Tootsie
Trading Places
Uncle Buck
Yes Man

OUR NEW EVENT

Mini Golfin' in the Wild!



This NEW event for all ages brought 9 holes of miniature golf to the beautiful prairie outside Illinois CancerCare in Peoria. Players competed on miniature golf holes in an array of themes, such as beach party, Star Wars, fairy garden and camping. Guests also enjoyed an inflatable obstacle course, face painting, games, snacks, food trucks and a hot air balloon visit. Over \$10,000 was raised to support local cancer research, education and patient support.

The Illinois CancerCare Foundation Young Leaders Board is comprised of young professionals seeking to support the Foundation's mission of funding research, education and supportive services to families battling cancer in central Illinois. Want to join us? Contact Lauren Obalil at 309-243-3423 or lobalil@illinoiscancerfoundation.org.

SAVE THE DATE FOR



NOVEMBER 10TH, 2017 @ PAR-A-DICE HOTEL & CASINO



SENARA'S

Mayk Overs and Margaritas



Senara Health and Healing Center & Spa again pampered Foundation supporters with their signature Mayk-Overs and Margaritas event. Guests sipped on an array of margaritas while being treated to massages, pedicures, crafts, educational seminars, food from One World, and more! The event raised \$2,500 for the Illinois CancerCare Foundation.



Leather & Leis



The 6th annual Leather and Leis River Run, organized by the Central Illinois Parrot Head Club, had another successful year raising over \$10,000 for the Illinois CancerCare Foundation! Each year, participants party the day away on the Peoria riverfront before capping off the night with dinner, live music, auctions, and tons of fun at the East Peoria Boat Club.



Welcome NEW BOARD MEMBER JULIE LAGACY

CIO & VICE PRESIDENT AT CATERPILLAR INC.

Julie A. Lagacy is the Chief Information Officer and Vice President of the Global Information Services division at Caterpillar Inc., the world's leading manufacturer of construction and mining equipment, diesel and natural gas engines, industrial gas turbines and diesel-electric locomotives.



IVAN'S ★★★★★★ ARMY

WE'RE RECRUITING

JOIN IVAN'S ARMY! An army of young people funding HOPE in the fight against cancer!

WHAT IS IVAN'S ARMY?

Ivan's army is an army of young people creatively funding the fight against cancer!

You are never too young to make an impact on the front lines of cancer research, education and prevention. Have fun fundraising for HOPE and support the Illinois CancerCare Foundation in its mission to make an impact in the lives of cancer patients in our community, while paving the way to a cure.

WHO IS IVAN?

Ivan Pfautsch is a 11-year-old boy from Central IL.

He wanted to do something to honor his mother's recovery from breast cancer as well as impact cancer research toward a cure. For his birthday, he asked for donations instead of presents and raised \$285.00 for the Illinois CancerCare Foundation. Ivan donated his check alongside his parents, brother Clay and sister Ruby at the Illinois CancerCare CUREageous event.

In doing so, he sparked a movement...



**YOU ARE NEVER
TOO YOUNG
TO MAKE AN IMPACT**



YOUR MISSION:



CREATE YOUR OWN FUNDRAISER! WHAT UNIQUE SKILLS DO YOU BRING TO THE WORLD?



PARTY ANIMAL?

THROW A PARTY AND ASK FOR DONATIONS...

Donations could be money (any amount) or things our patients can use such as lap blankets for chemo treatment, mints, hand sanitizer, Ensure meal replacement shakes, puzzles, lotions, chap stick, etc.



CRAFTY?

MAKE SOMETHING TO SHARE WITH OUR PATIENTS

Handmade cards with encouraging messages or fleece no-sew blankets are great gifts.



PRANKSTER?

DECORATE YOUR FRIENDS AND NEIGHBORS YARDS WHEN THEY ARE NOT LOOKING. Then leave a note asking for a donation to find out who did the deed (before you clean up).



CHEF?

HOST A BAKE SALE OR LEMONADE STAND during the neighborhood garage sale or block party.



ENTERTAINER?

ASK FRIENDS AND FAMILY TO SPONSOR A SHOW FOR THE PATIENTS. Each song, poem or magic trick "costs" a \$5 donation. Then, come and perform for our patients during their treatment.

THIS IS ONLY THE BEGINNING! What ideas do you have to raise funds, donations and awareness to help local cancer patients? Once you have your donations, what's next?

COME VISIT US! Ivan's Army members are welcome to come to Illinois CancerCare during open hours to share their donations with our patients. Or, mail them in/Drop them off...with pictures



JOIN IVAN'S ARMY! An army of young people funding HOPE in the fight against cancer!

Learn more at illinoiscancercarefoundation.org



8940 N Wood Sage Rd | Peoria, IL 61615 | 309-243-3437
www.illinoiscancercarefoundation.org



**AUG
12**

6th Annual Golf 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.illinoscancercarefoundation.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.



**NOV
5**

Totes for Ta-Tas | 11:00 am Champagne Brunch

25356 Cooper Road, Morton

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.



**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.illinoscancercarefoundation.org

Join Us

IN CELEBRATING SOME OF OUR NURSING STAFF

HIGHLIGHTED IN THE PEORIA JOURNAL STAR'S NURSES WEEK EDITION!

Kami Doubet

When I was in high school, my dad said "be a nurse, you'll always have a job" (which seemed like a better alternative to him than a journalist I guess). Throughout my career, I have learned so much about the human spirit and how very strong and resilient people can be.

I have learned it's more important to be kind than to be right, and I have learned that every day really is a gift. My patients have taught me how to embrace every day and never take life for granted. My life has been enriched by those who I care for far more than I could ever imagine helping them. Today my career means doing something that I love every day that is far more than a job. I am blessed to be a nurse!



Kami Doubet
MSN, FNP
Illinois CancerCare, P.C.

Tiffany Crady

I have been a nurse at Illinois CancerCare for 10 years now and I truly feel that oncology nursing is the most rewarding specialty in the nursing field. It is emotionally and mentally challenging but so rewarding at the same time. It is an honor to be able to support cancer patients through possibly the toughest time in their life and knowing that I can have a positive impact on their cancer journey is so meaningful to me.



Tiffany Crady
RN, OCN
Illinois CancerCare, P.C.

Barbara Kenny

Taking care of people has always been a natural instinct and my passion. My nursing career began in cardiology. Several personal encounters with cancer, peaked my interest in the disease. A career opportunity of a lifetime opened up. I am surrounded by compassionate and knowledgeable professionals, here at Illinois Cancer Care. It is a pleasure to work with Dr. Nadia Rehman. She cares for the "whole" patient; mind, body, and spirit.



Barbara Kenny
RN
Illinois CancerCare, P.C.



Bloomington/Normal Clinic APN Sarah Lindsey receives Outstanding Achievement Award from the Oncology Nursing Society.

We are so blessed and proud to have Sara as
part of the Illinois CancerCare Bloomington
Normal Clinic Team!



STAFFING HIGHLIGHT: WELCOME DANA TO OUR FRONT DESK!

We have a new face welcoming guests at the front desk. Dana Grant joined our family at the start of the summer, jumping right in to greet our guests, volunteers and visitors with her joyful smile each day.

Get to know Dana:

Question: Why do you enjoy working at Check-In?

Dana: I enjoy bringing a smile to our patient's faces

Question: What is one of your favorite things to do
when you are not working?

Dana: Fishing and laughing with my children

Question: What is your favorite food?

Seafood!



Our Peoria Front Desk team Dana Grant (left) and Carri Zaborac

Congratulations to Illinois CancerCare's Chief Financial Officer Mike Voeller
on his 2nd completed RAGBRAI!



The RAGBRAI is the Register's Annual Great Bicycle Ride Across Iowa, which is a non-competitive bicycle ride going from west to east across the state of Iowa. This

year, the bike ride began in Orange City and finished 468 miles later in Lansing, Iowa. In his second year completing the ride, Mike dedicated each day's ride to an individual or family who has touched him during his time working at Illinois CancerCare. He returned to the office the following Monday energized, renewed and a (little) bit sore.

RESEARCH DEPARTMENT



Spotlight JAMIE HARPER

Jamie was elected as PRESIDENT of The Society of Clinical Research Associates (SOCRA)! This is a national membership organization providing education and certification to all people involved in clinical research activities. Many of our research staff are Certified Clinical Research Professionals (CCRP's) which requires our CRA's to take an examination.



Congratulations

DR. GREG GERSTNER

Dr. Gerstner is an Investigator with Hoffmann Cancer Research NCOR

Dr. Gerstner and his co-authors published a peer-reviewed article that identified better treatment options for advanced non-mutated non-small cell lung cancer.



Congratulations

DR. LIU

Senior author of an article published in the June issue of the Journal of Thoracic Oncology!

Pulmonary sarcomatoid carcinoma (PSC) is a type of non-small cell lung cancer characterized by poor prognosis and resistance to chemotherapy. This study found that potentially targetable genomic alterations were identified in most of the PSC cases. The use of comprehensive genomic profiling may provide important treatment options for a difficult to treat disease.



WE ARE PROUD TO ANNOUNCE

Todd Collins

LEAD NUCLEAR MEDICINE TECHNOLOGIST

RECEIVED A 3 YEAR ACR ACCREDITATION

In addition to showing the stage of a cancer, the Pet scan is used to detect how cancer is responding to a treatment plan at its early stages. This allows physicians to react quickly and make sure the treatment plan is the best option for the patient.



RUN IV SARA



Illinois CancerCare Research Team members, along with Dr. Bajaj and her family, ran the May 6th Run IV Sara Color Run at Lakeland Park in Canton, IL. The race was a colorful way to raise awareness for Stage IV Metastatic Breast Cancer and support Sara Hammond, an Illinois CancerCare patient.



Party Animals in the treatment room



Shelly McDuff's girlfriends were not going to let a minute of her birthday go by without a party – which meant they were celebrating during Shelly's morning chemo treatment. The lifelong friends danced, laughed, and treated all the patients, staff and caregivers in the room to homemade lemon and chocolate cakes.



DR. GERSTNER IS NOW LOCATED IN POD C.

IF YOU ARE HERE TO SEE DR. GERSTNER
PLEASE GO TO POD C...
or ask for assistance and we will help you get
to your new location.



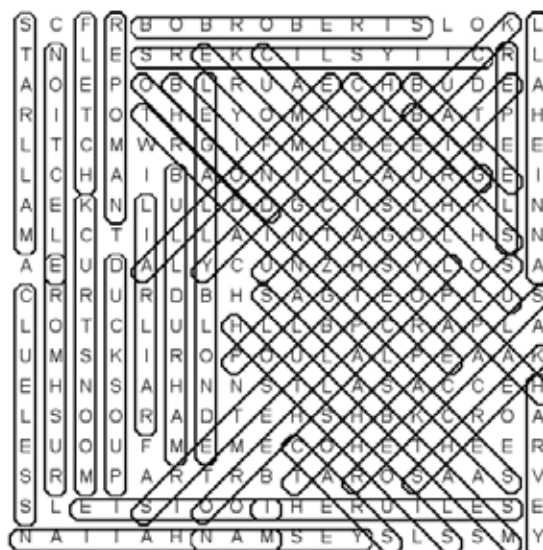
DR. JUJJAVARAPU IS NOW LOCATED IN POD D.

IF YOU ARE HERE TO SEE DR. J
PLEASE GO TO POD D...
or ask for assistance and we will help you get
to your new location.



Crossword puzzle and Sudoku Answers

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



CONNECTED CARE is BEST CARE

Illinois CancerCare, P.C. is proud to be a part
of the Central Illinois Health Information Exchange



Central Illinois Health Information Exchange (CIHIE) is a regional, not-for-profit collaborative, created by healthcare providers in our area to help make it easier for patient records to be accessible when and where needed.

Timely access to patient records minimizes wait time for treatment, reduces costly duplication of services and supports safer care.



Volunteer Highlights

Morton Women's Basketball Team Pink Night



The Morton High School Women's Basketball team held a bake sale, silent auction and sold bandanas leading up to their annual **Pink Night** game. They raised \$2,500 for the Illinois CancerCare Foundation!

Washington High School Women's Varsity Softball gives back



Illinois CancerCare Foundation received a home run gift from the Washington Community High School Varsity Softball Team! This outstanding team presented a check for \$1,000 to the Foundation and served gondolas and chips to Illinois CancerCare patients.



Fraternal Order of Eagles making a difference



Illinois CancerCare Foundation received a wonderful donation of \$4,781.00 from the Fraternal Order of Eagles Peoria Aerie #265 and Ladies Auxillary of Peoria. Thank you to Kathy Higdon, Terri Schultz-Teufel and Scott Morgan for your outstanding leadership, compassion and partnership.

Peoria Express Softball surprises Illinois CancerCare Foundation



Peoria Express 8U, 2 - 10 U and 12 U teams surprised the Illinois CancerCare Foundation with a \$7,000.00 donation. Forty-eight young ladies organized an Express A Change for Cancer, Memorial Day softball tournament at Eastside Center in East Peoria. The girls celebrated their Coach Tomi Tapper's survivorship and believing there is HOPE for a CURE!

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. Call 1-800-227-2345 to register for a date in your area.

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. Call 1-800-227-2345 to make an appointment.

Homemakers Services

Household services such as cleaning, errands and general assistance are available to support cancer patients in their homes. Call 1-800-227-2345 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.

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. Call 309-672-5785 for more info.

Individual Nutritional Counseling

Free nutritional counseling sessions available Monday-Friday with a registered dietitian 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 \$35 per hour for those in active treatment and \$45 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. UnityPoint Health-Methodist Wellness Center 900 Main St., Ste. 010, 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

Cancer Support Group - 3:30 p.m. Illinois CancerCare 8940 Wood Sage Rd., Peoria

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. UnityPoint Health-Methodist Wellness Center 900 Main St., Ste. 010, 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 Jujavarapu, 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*



Francois J. Geoffroy, M.D.



Dr. Geoffroy received his undergraduate degree from the College of the Holy Cross in Worcester, Massachusetts, and his medical degree from Tufts University in Boston, Massachusetts.

He completed his internship and residency in internal medicine at St. Vincent Hospital in Worcester, Massachusetts. Dr. Geoffroy also completed a fellowship in medical oncology at the National Cancer Institute in Bethesda, Maryland, and a fellowship in neuro-oncology at Duke University in 2012. He is board certified in neuro-oncology, medical oncology and internal medicine. Since joining Illinois CancerCare in 1994, he has specialized in brain, colon and skin cancer. Aside from work, Dr. Geoffroy enjoys running marathons, biking, and playing the guitar and piano. He also enjoys to read about science and history, especially the American Revolution.

FEATURED *CNP*



Debra Beach, APN



Deb received her Master's of Science degree in Nursing from the University of Illinois. She is board certified from the American Nurses Credentialing Center as an adult health clinical nurse specialist. Deb is married to Bill Beach a retired superintendent of Limestone High School. They have two children, Elizabeth and Brian, and she is also the proud grandmother of a grandson. In her free time, Deb enjoys yoga.

