

ILLINOIS CANCERCARE

Newsletter

October / November / December 2018

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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

GO FROM FANS IN THE STANDS TO PLAYERS ON THE FIELD JOIN OUR ILLINOIS CANCERCARE FOUNDATION TEAM!

It's that time of year when pumpkin spice and football take over our store aisles and TV!

Team Illinois CancerCare Foundation would like to invite you to "huddle with us" in the fight for HOPE! PROGRESS! CURES!

We have a position for everyone and hope you will join us! Our Foundation roster includes: Event Sponsors, Donors, Volunteers, Survivor Testimonials, Board Members and Community Ambassadors. All of these positions are needed on our team to win in the fight against cancer.

Everyone has different criteria for selecting their favorite football team; the coach, the city/state represented, players on the team or maybe even just the uniform colors. When selecting a charitable organization, you may wonder, "Where do the funds go? Is my donation really making a difference? Who does the mission serve?" At Illinois CancerCare Foundation, we want to make sure you know how your dollars are used, just how much they matter and how they connect to the patients we serve.

Donations to the Foundation fill the critical funding gap between actual costs and funds received from the National Cancer Institute (NCI), helping ensure any local cancer patient who is eligible and interested can participate in a clinical trial. In fact, financial supporters of the Foundation are a major reason Illinois CancerCare is ranked one of the nation's top enrollers in clinical trials – ahead of well known names as Dana-Farber and the Mayo Clinic. The cost of clinical trials exceeds the amount received from NCI, resulting in a cost to Illinois CancerCare, P.C. of more than 3 million in funding over the past 8 years. Your Illinois CancerCare Foundation has committed to funding \$400,000 per year for the next two years to help fill this funding gap, allowing over 100 clinical trials to be available to patients at any given time.

Clinical Trial Research isn't the only play in our playbook. With your help, we are able to fund community grants, offer educational programs and support volunteer efforts that do more than just advance cancer treatment. They help improve quality of life for our patients and their loved ones.

Our specialty team comes in to run our patient service programs. One of our programs, Trust in Hope provides compassion and support to cancer patients and their families who are experiencing financial need during the holidays with fully cooked meals at Thanksgiving and gifts for children at Christmas. Trust in Hope offers patients much needed support during what can be a very trying time – the holidays. In the past 9 years nearly 2,000 meals have been delivered and nearly 300 children from more than 125 families have received holiday gifts.

Our volunteer service program supports over 120 volunteers providing a special touch to patients and their families by lending a helping hand and items of comfort during their visit.

Genetic screening is part of our defense strategy. The Foundation supports genetic screening programs to identify hereditary cancers, with special emphasis on central and western Illinois families with breast, colon and pancreatic cancer. Additionally, we support studies that target oral therapies to patients whose tumors have driver mutations found in molecular sequencing.

YOU CAN BE A PLAYMAKER! JOIN OUR ILLINOIS CANCERCARE TEAM TODAY!

Friends in the Fight,

Tonda

Tonda Thompson
Executive Director
Illinois CancerCare Foundation



BLOOMINGTON CLINIC - VOLUNTEER GOLF OUTING



Thank you Coach Rich Gordon for hosting the 1st Annual Mia Gordon Raider Classic held at The Den at Fox Creek in Bloomington. 22 teams from across IL participated raising over \$2,000.00 for Community Pancreatic Cancer Genetic Testing.



WE ARE
Moving
to a new location in Pekin
OCTOBER 22, 2018

Our office will be closing at noon on October 18th to start moving and will reopen October 22nd in the new location.

ON SITE CT SCANS | FULL LAB | RETAIL PHARMACY

Compassionate Service and Care
Our new address will be 1641 Broadway Street, Pekin

 **ILLINOIS CANCERCARE, PC**
Specializing in Cancer and Blood Disorders



BLOOMINGTON CLINIC – STAFF SERVES SURVIVOR DINNER AT RELAY FOR LIFE



Illinois CancerCare was proud to sponsor the American Cancer Society, McLean County Relay for Life. Our Bloomington Clinic Staff enjoyed serving the Survivor dinner at this year's event held on June 22.

BLOOMINGTON CLINIC - STAFF VOLUNTEERS AT KOMEN MEMORIAL BLOOMINGTON RACE FOR THE CURE



Illinois CancerCare was a proud sponsor of Bloomington/Normal's Race for the Cure September 8th. The Bloomington staff came out to support race participants! Congratulations event ambassadors: Annette Simmons and Kathleen O'Brien.



BLOOMINGTON CLINIC – LYMPHOMA & LEUKEMIA SOCIETY / SUBARU BLANKET DONATION



Illinois CancerCare Bloomington patients were pampered this summer with beautiful blankets from the Leukemia & Lymphoma Society Subaru Cares Promotion! THANK YOU Jeff Monninger and team from Grossinger Subaru for sponsoring this program for our patients! A special thank you to Linda Trippel, LLS volunteer for coordinating this wonderful event.

Mini Golfin' in the Wild



In the second year of this event, participants of all ages played nine holes of miniature golf amongst the beautiful prairie outside of Illinois CancerCare in Peoria. Players competed on holes in an array of themes, such as beach party, Star Wars, fairy garden and camping. Guests also enjoyed inflatable obstacle course, face painting, games, snacks, food trucks and a fire truck. Over \$10,000 was raised to support local cancer research, education and patient support.



Golfin' in the Wild

Saturday, August 11th the Illinois CancerCare Foundation Young Leader's Board hosted the 7th Annual Golfin' in the Wild at Wildlife Prairie Park. Golfers competed in a unique nine hole golf course amidst prairie grass, wildflowers and bison. Each hole also included an activity such as Golf Pong, Crazy Shot, and a marshmallow Longest Drive. Afterwards, golfers gathered in the ballroom overlooking the sunset on the prairie course for a dinner, silent auction and program.

Golfin' in the Wild reached a record number of attendees and donations, raising over \$34,000.00 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?

Contact Lauren Obalil at lobalil@illinoiscancer.com or 309-243-3423.





NOV 3 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. Donations support the mission to increase survivability of pancreatic cancer. www.theresatracytrot.com



NOV 4 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, all available by live and silent auction during the affair. www.totesforta-tas.com



NOV 9 9th Annual CUREageous | 6:00 pm – 11:00 pm
Par-A-Dice Hotel & Casino

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 entertainment, a silent auction and raffle, along with great food and its signature drink, a CUREtini. www.illinioscancercarefoundation.org

Puzzle and Sudoku

Sudoku #362 (Easy)

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

Delicious Desserts

Find and circle all of the desserts that are hidden in the grid.
The remaining letters spell a secret message.

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

AMBROSIA
APPLE CRISP
APPLE PIE
BAKED ALASKA
BAKLAVA
BANANA SPLIT
BREAD PUDDING
BROWNIES
BUTTER TARTS
CARROT CAKE
CHEESE CAKE
CHOCOLATE CAKE

CINNAMON ROLLS
CREME BRULEE
CREPES
ECLAIRS
EMPANADAS
FLAN
FRUIT CRUMBLE
FUDGE
GELATO
GINGERBREAD
ICE CREAM

S JELLY ROLLS
LEMON BARS
MACAROONS
MERINGUES
MONKEY BREAD
MOUSSE
NUT BRITTLE
PARFAIT
PASTRIES
PAVLOVA
PEACH COBBLER

PINEAPPLE DELIGHT
PLUM SQUARES
RAISIN PUDDING
RUM BALLS
SORBET
STRAWBERRY SHORT CAKE
STRUDEL
SUNDAE
TIRAMISU
TORTES
TRIFLE

RECIPE

White Chicken Chili

This White Chicken Chili is a healthful twist on traditional style chili that helps us to limit red meat and increase our plant based approach to eating! The American Cancer Society recommends limiting processed and red meat to no more than 18 ounces per week and increasing fiber to reduce the risk of cancer. This recipe swaps in chicken breasts for ground beef that is typically in chili. Beans, another key ingredient in any chili recipe, are added and are packed with variety of essential nutrients like fiber, protein and other vitamins and minerals. This healthful recipe is simple and can be made ahead of time and left simmering on the stove or in the crockpot until you are ready to enjoy it. Serve with a whole grain bread and it makes the perfect meal on those cool fall and winter evenings. For more cancer prevention cooking ideas, come to the free of charge cooking demo put on by our registered dietitian and interns on November 13th. Please RSVP at 309-692-6650.

Nutrition Facts: Serving Size: 1 Cup, Serves 8

287 calories
3 g fat
1 g saturated fat
368 mg sodium
7 g fiber
29 g protein



Grace is the new Peoria Clinic Registered Dietitian Nutritionist through the Hult Center for Healthy Living. She is available for FREE individual consultations to help manage symptoms, maintain energy and strength during treatment, and maintain a healthy lifestyle after. To schedule a consultation, contact her at 309-243-3464 or ghensold@hulthealthy.org



Ingredients

1 tbsp. vegetable oil
1 onion, chopped
3 cloves garlic, crushed
1 (4 ounce) can chopped mild green chili peppers
2 tsp ground cumin
1 tsp dried oregano
1/8 tsp ground cayenne pepper
2 (14.5 ounce) cans low sodium chicken broth
3 cups chicken breast, cooked and chopped
3 (15 ounce) cans low sodium white beans

Suggested Topping:

Monterey Jack cheese, shredded

Directions

1. Heat the oil in a large saucepan over medium-low heat. Slowly cook and stir the onion until tender.
2. Mix in the garlic, green chili peppers, cumin, oregano and cayenne pepper. Continue to cook and stir the mixture until tender, about 3 minutes.
3. Mix in the chicken broth, chicken breast, and white beans. Simmer 15 minutes, stirring occasionally.
4. Remove mixture from heat. Serve warm and add cheese as desired.

*Recipe was developed from: All Recipes <http://allrecipes.com/recipe/22302/cha-chas-white-chicken-chili/>

BALANCE AFTER BREAST CANCER: WEIGHT MANAGEMENT FOR SURVIVORSHIP

Did you know being overweight/obese may increase risk of reoccurrence? Diet and physical activity play an essential role in breast cancer survivorship! Studies show that breast cancer survivors who adopt healthy eating practices and engage in moderate physical activity have improved emotional well-being and overall better survival than those who remain sedentary. This program will equip you with tools and skills you need to manage weight with diet and lifestyle balance.

To register for an upcoming session, please contact Grace Hensold, RDN, LDN at 309-243-3464 or ghensold@hulthealthy.org.





YOUR FRIEND HAS CANCER: WHAT TO DO, WHAT TO SAY

*Your friend has cancer. You want to help,
but you don't know how.*

You may be afraid of saying the wrong thing, so you say nothing. You don't want to be pushy, so you don't do anything. You secretly feel thankful (and guilty) that you're still healthy. Cancer often becomes the elephant in the room. Ignoring the "C word" doesn't make cancer go away, but it can make it more difficult for your friend to feel comfortable talking to you. It's important to really listen to your loved one to find out how they're feeling about their diagnosis. They may not be as scared as you think or their worries may be less focused on their disease and more on day-to-day issues (like caring for their kids and spouse).

WHERE TO START

“Just let me know what you need,” is a common offer people make. Although this statement is made with 100% sincerity, newly-diagnosed patients may not even know what they need yet. Or they’re too polite to tell you.

We recommend taking a slightly different approach by offering tangible suggestions, while also leaving the offer open-ended. Here’s an example: “Susie, I can’t imagine what you’re going through, but I’d love to help out. Could I make meals for the family, drive the kids to school or sit with you during chemo treatments? Of course, I’m happy to help any way I can, but I thought this might be a good place to start.”

Some other ideas may include:

- Prep and freeze meals, keeping in mind food allergies or preferences (even if your friend isn’t hungry, their family will appreciate the meals).
- Ask your friend if any foods appeal to them.
- Put food in disposable pans and write the reheating instructions on top.
- Include festive and sturdy paper plates and plastic silverware.
- Get others involved by using an online organizer like CareCalendar.
- Offer to help with kids’ homework, shuttling them to activities and recording important events.
- If you’re taking your loved one to chemo, bring along a movie, a playlist or a deck of cards. If your friend prefers to rest quietly during treatment, simply hold their hand, flip through a magazine or close your eyes for a cat nap.
- Let them know you’re willing to join them at doctor’s appointments—it’s helpful to have another set of ears.
- Ask if they’re up for a walk or another outing.
- Offer to clean their home or hire a service. Be sure to ask before showing up with a vacuum and mop.
- Give them a journal so they can jot down thoughts, sketch pictures or keep important notes.
- Help your friend streamline communication with well-wishers by offering to set up an app like CaringBridge.
- Be supportive and encouraging, without being bossy. They’re already being told what to do from a medical standpoint, so they need to feel empowered about other aspects of their life.

THE RIGHT WORDS

People often avoid visiting sick relatives or friends because they don’t know what to say. These tips may help you feel more comfortable:

- Call before visiting to make sure they want company; ask if

they need for you to bring them anything.

- Start with a hug or squeeze on the shoulder. Let them know you’re glad to see them, even though the circumstances aren’t great.
- Ask how they’re feeling, emotionally and physically. They may not want to get into details and that’s okay—let them set the pace. They haven’t become cancer; cancer has become a part of their life.
- If they seem hesitant to talk about their health, bring up a less-intense subject like a favorite movie, their pets, your children, a new recipe or a recent ballgame.
- Remember that they’re still your friend or family member. Ask them the same types of questions you normally would—advice about a hairstyle, which lawnmower to get, how to potty train your toddler. Everyone likes to feel needed and worthy of contributing.
- Don’t ask questions about past habits (smoking, drinking, sunbathing, diet, etc.) or imply that they’re to blame for their diagnosis.
- Keep in mind that not everyone’s experience is the same and avoid comparing their situation to another person’s journey.
- Don’t offer medical advice unless you’re a health professional. It’s easy to get excited about a miracle cure you found online—but they aren’t always grounded in medical science.
- Before leaving, ask if they need you to do anything—refill a glass of water, fluff their pillow, feed the dogs or tidy up.

It’s easy to put pressure on yourself to keep the conversation going, but don’t feel compelled to fill the silence. Most patients are thankful for your presence and may be too tired for long chats anyway.

THE LONG RUN

When a patient is first diagnosed, they can be inundated with offers of help and words of encouragement—but they often fizzle out as time goes by. One of the best things you can do is to be a consistent (but not overbearing) presence.

Although people would like to believe that cancer treatment is a sprint, it’s often a marathon. The following suggestions will help you support your friend or neighbor on a long-term basis:

- Schedule a weekly or monthly get-together and keep it on your calendar so it will remain a priority. Short, frequent visits can be better than infrequent long visits.
- If in-person chats aren’t possible (or even if they are), send a note or call frequently.
- Handwritten notes are a lost art but are greatly appreciated.



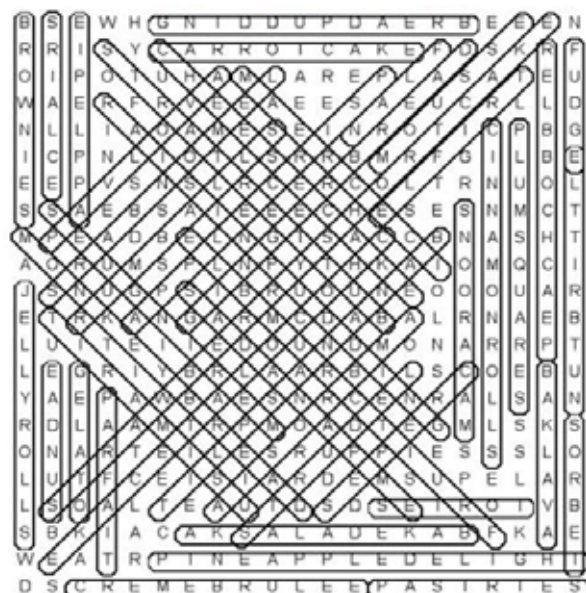
- Vary the content. Send encouraging quotes, magazine clippings, appropriate jokes, pictures your kids made and inspirational messages. You don't have to be William Shakespeare—just be yourself.
- Texting is another way to send a “thinking about you” message or start a heartfelt conversation. Don't post public messages on social media.
- Call or video chat. A familiar voice and face can make a big difference.
- If your friend likes to write letters, provide a package of cute notecards, along with some stamps.
- After some time has gone by, ask if they need more meals. They may have depleted their early supply.

- Depending on your relationship with the patient—and your own financial situation—you might be able to help with bills or other costs.
- You could help with processing insurance paperwork or requesting deferrals for personal expenses.
- Offer to help decorate their home for the holidays, rake the leaves, shovel the driveway or plant flowers.
- If they've been confined, they might enjoy updated surroundings. Frame a special picture and set it near their bed, bring a new blanket or brighten their day with fresh flowers.
- Share books and magazines from your own collection or take them to the library. If they prefer to read on their iPad or Kindle, get them a gift card.
- Treat them to some pampering. If you can't afford a trip to the spa (or they're avoiding public places), take them some new polish and offer to paint their nails.
- Their primary caregiver may be exhausted. Bring them an occasional gift or offer to sit with the patient so they can have an extended break.

Although this can be a scary and overwhelming time, the most important thing you can do is to keep your friend in your thoughts and make time for them in your days.

Crossword puzzle and Sudoku Answers

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





TRUST in *Hope*

In the last 9 years alone, nearly 2,000 Thanksgiving meals have been delivered and over 125 families with nearly 300 children have received holiday gifts.

2017

55 families totaling 320 MEALS for Thanksgiving
28 FAMILIES with 66 children for Christmas.



**OUR RESEARCH
TOMORROW'S TREATMENTS.
HERE TODAY.**



ILLINOIS CANCERCARE
Specializing in Cancer and Blood Disorders

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illinoiscancercare.com

Illinois CancerCare

PARTICIPATES IN LANDMARK BREAST CANCER STUDY



PHOTO: Dr. Madhuri Bajaj, head of research at Illinois CancerCare, P.C.

Illinois CancerCare participates in landmark breast cancer study
When the results of a landmark breast cancer study were published in the New England Journal of Medicine early this year, the staff at Illinois CancerCare were not surprised at the results — they had helped gather information for the study.

About 100 central Illinois women participated in the largest breast cancer treatment trial ever conducted. More than 10,000 participants in six countries helped researchers determine new treatment protocols. Their findings will affect a huge number of women diagnosed with breast cancer going forward.

“It is a landmark study that has helped shape the way we not only treat, but also how we approach breast cancer patients,” said Dr. Madhuri

Bajaj, who oversees the research department at Illinois CancerCare. “Now we can really give them a full answer, the most complete answer possible, as to what is the risk of their breast cancer coming back after surgery, and what treatment would be most ideal, and have them be able to weigh the risks and benefits of treatment without the grey area that’s been persistent for about the past decade.”

The study, called the TAILORx trial, examined patients with hormone-driven cancer that had not spread to the lymph nodes and did not contain a protein called HER2. The conclusion researchers reached is one many cancer patients will be glad to hear — in most cases patients can skip chemotherapy.

While chemotherapy is a valuable tool in the fight against cancer, it

has many side effects. Being able to use it less often helps doctors improve the quality of life for their patients, said Bajaj.

"These results help to make sure we are not giving chemotherapy in excess of what's absolutely needed for that patient. We want to first do no harm," she said. "That is the oath we took, and I think that is what we want to make sure we keep. So these kind of trials help us be able to do that."


The TAILORx trial is one of many Illinois CancerCare has participated in since it was founded in the late '70s, Bajaj said. It was because of the group's proven track record in research that it was chosen to participate in this landmark study.

"We do some really important research here," said Bajaj. "The depth of clinical trial research we have here ranges from studies that are extremely patient specific and tailored to an individual, to studies that are applicable to masses of oncology patients."

Doing research helps Illinois CancerCare provide cutting-edge treatment to its patients.

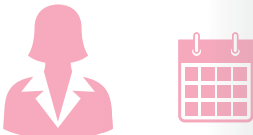
"If there is any apprehension or misconception that you may not get access to world-class cancer care in your hometown, this is a testament to the fact that that's not true," she said. "Because we are so well-versed in research, and so connected to the research giants of the world running these studies, if we don't have something that is ideal for you, we would know who would, and we would make every effort to make sure that you get where you need to be."

Excerpt taken from Journal Star article by author Leslie Renken, lrenken@pjstar.com. Follow her on [Twitter.com/LeslieRenken](https://twitter.com/LeslieRenken), and subscribe to her on [Facebook.com/leslie.renken](https://facebook.com/leslie.renken).

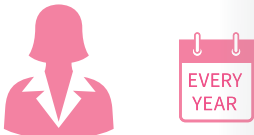


American Cancer Society Recommendations for the Early Detection of Breast Cancer


Guideline for women at *average risk* for breast cancer



Ages 40 – 44
Women should have the choice to start annual breast cancer screening with mammograms if they wish to do so.



Ages 45 – 54
Women should get mammograms every year.



Age 55 and older
Women can switch to mammograms every two years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

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Volunteer Highlights

THE PEORIA ACADEMY SUMMER CAMP HONORS THEIR HEAD OF SCHOOL WITH A CAR WASH



During the Peoria Academy's Last Week of Summer Camp, students participate in "Volunteer Week." And this year, the campers decided to put on a car wash to raise money for Illinois CancerCare. The campers wanted to donate to this cause specifically after their Head of School was diagnosed with cancer.

"We have a very important connection in that regard," Interim Head of School at Peoria Academy Mike Vachow said. "The woman I replaced, left the school ill, and so the kids were really eager as they thought of what charities they'd like to support."

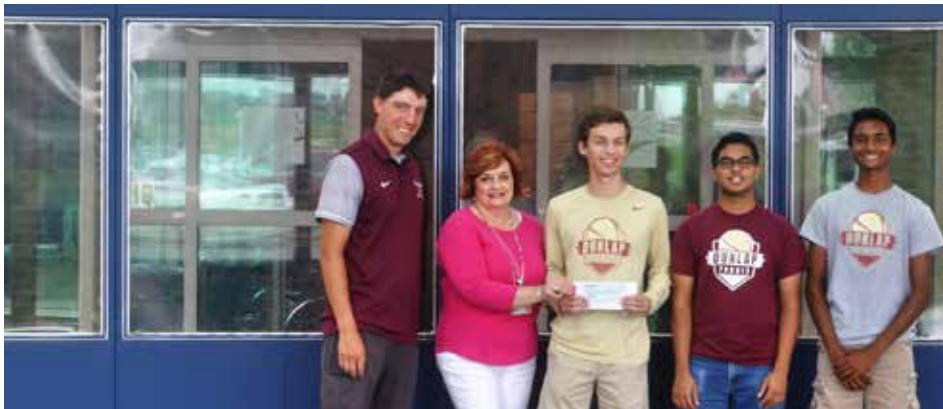
Along with the car wash, the kids were excited to greet you with some ice cold lemonade

GIRL'S SOFTBALL RAISES \$5,500.00 FOR LOCAL CANCER PATIENTS!

A big Thank you to the East Peoria Express White for hosting a Fast pitch tournament and fundraiser for the Illinois CancerCare Foundation raising over \$5,500 this summer for local cancer patients bringing their total dollars raised to \$12,500.00!!! Way to go ladies! ❤️



DUNLAP HIGH SCHOOL BOYS TENNIS TEAM GIVES BACK



Dunlap High School's Boys Tennis Team and Coach Patrick Gornik held a Tennis Clinic for K-8th graders this summer. All proceeds from the clinic and raffle went to Illinois CanceCare Foundation. Coach Gornik, Drew Spencer, Venil Tummarakota and Ahnaf Monyem presented the Foundation with a check for \$1,500.00!

UFS HOSTS FIRST ANNUAL PINTS FOR PROSTATES



PHOTO: Event Chair Jimmy Carter, Peoria Mayor Jim Ardis & Executive Director of Illinois CancerCare Foundation Tonda Thompson declare Sept 15th Prostate Cancer Awareness Day

ufs Pints for Prostates is a grassroots campaign to raise awareness about prostate cancer and the importance of early detection. Guests enjoyed drinks, food and live music in the tents outside ufs as they spread the word on prostate cancer screening. Part of the proceeds benefited Illinois CancerCare Foundation. Mayor Jim Ardis and the Peoria City Council proclaimed September 15th as 2018 Prostate Cancer Awareness Day!



PHOTO: Jimmy and Pierre, event co-chairs



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 Grace Hensold, an oncology dietitian for patients who are experiencing side effects from cancer treatment. Call 309-243-3464 or email her at ghensold@illinoiscancercare.com 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

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

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 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.



Greg Gerstner, M.D.



Jane Jijun Liu, M.D.



Pankaj Kumar, M.D.



FEATURED *Doctor*



Michael H. Veeder, M.D.



Dr. Mike Veeder has been practicing at Illinois CancerCare for over 36 years. His passion for the field, wealth of experience and care for patients make him one of the most beloved physicians in central Illinois.

Dr. Veeder attended Boston College, followed by four years at Yale University School of Medicine. His internship and residency were done in internal medicine at George Washington University, followed by a two year infection disease fellowship in Chapel Hill, North Carolina. He did his oncology training in Boston at the Sidney Farber Cancer Center Institute – the oncology research center for Harvard Medical School. Dr. Veeder's advice for newly diagnosed patients reflects his genuine concern for their wellbeing, "After recovering from the initial shock and fear, it is important to have all of your questions answered, writing them down when they occur to you, so that a good discussion can be held with your physician. It is certainly a good way to start coping with such a difficult problem."

FEATURED *CNP*



Jessica Gamblin, APN



Jessica has been serving patients in our Ottawa Clinic since 2016. She graduated from University of St. Francis in Joliet with a Bachelor's Degree in Nursing. She then graduated with a Master's of Science in Nursing from Governor State University with concentration in Adult Clinical Nurse Specialist. Jessica desired to practice in an area that is constantly evolving for the better of the patient and feels strongly that oncology is that field. In the past few years, Jessica has been encouraged to see treatments develop that offer better management and outcomes to her patients. To a new patient, Jessica says, "Ask questions so that you are well informed and can take an active partnership in your care. Above all, try to remain positive and seek support from loved ones." In her free time Jessica enjoys spending time with her husband and three children, running, and watching movies.