

ILLINOIS CANCERCARE® *Newsletter*

January / February / March 2019



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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

MAKING A DIFFERENCE IS WHAT WE DO!

Happy 2019! Last year we celebrated our 17th year and it was a great one! Today we move forward to bring more great research and support to cancer patients and their families. The Illinois CancerCare Foundation has and always will continue to connect central and western Illinois cancer patients and their families with cutting edge clinical trial research, valuable patient services, new targeted therapies, genetic screenings and priceless volunteer support! Our mission – making sure every local patient has access to every possible weapon in the battle against cancer - **YOU ASK, WE ANSWER!**

In 2018, the Foundation sponsored four annual fundraising events – Swing for the Cure, Mini Golf in the Wild, Golf in the Wild and our signature CUREageous outrageous party! The combined proceeds from these events raised over \$300,000.00. We are forever grateful to everyone who took the time to participate in and support these events - **WHEN WE ASK, YOU ANSWER!**



No one fights alone. This battle takes all of us...the Foundation's fundraising reach is exponentially increased by the hard work of our third party partners who hold community events supporting our mission cumulatively raising over \$120,000.00 throughout this past year - **WHEN WE UNCOVER A NEED, YOU RESPOND!**

HOPE - the Foundations Trust in Hope program, Foundation funded and volunteer driven, patient support program - delivers much needed support during the holidays. In 2018, you helped us provide 240 Thanksgiving meals to 59 families and holiday presents were presented to 69 children - **PEOPLE HELPING PEOPLE, BEACONS OF HOPE!**

RESEARCH – Illinois CancerCare Foundation - supports clinical trial research, bringing over 100 clinical trials to central and western Illinois. Due to cuts in National Cancer Institute (NCI) funding, the Foundation is needed to fill a critical funding gap to ensure no local patients lose access to clinical trials. In 2018, Illinois CancerCare Foundation granted \$400,000 to clinical trial research - **BECAUSE OF YOUR SUPPORT, WE WERE ABLE TO FILL A NEED!**

GENETIC TESTING – gives people the power to be proactive. For those with a family history of cancer, genetic testing can provide peace of mind ruling out a genetic link or it can allow those who are predisposed to take action. Many insurance plans cover the cost of testing, Foundation dollars help fill the gap when patients need support or testing isn't covered. The Foundation launched a new Community Pancreatic Cancer Genetic testing in 2018 providing genetic testing at no charge to first and second generation relatives of individuals diagnosed with pancreatic cancer. **INFORMING AND ARMING IN THE FIGHT, MAKING A DIFFERENCE!**

As we enter our 18th year, we will be persistent in keeping our mission at the forefront of all we do. I firmly believe we can reach new levels in 2019, but it will require everyone's help - Leaders, Donors, Sponsors and Volunteers! I am humbled and honored to lead this lifesaving mission with the extraordinary leadership of our Executive Board of Directors, Advisory Board, Young Leaders Board and Foundation staff.

I am excited for all the new things we will do together in 2019. I invite you to get involved - do not hesitate to reach out to myself or anyone else that is a part of our organization if you desire to get involved.

Friends in the Fight,

A handwritten signature in black ink that reads "Tonda".

Tonda Thompson
Executive Director
Illinois CancerCare Foundation





PEKIN CLINIC MOVES

Our Illinois CancerCare facility in Pekin has a new home! The same great patient care now includes expanded services with an on-site laboratory, CT scans and retail pharmacy which will allow patients to conveniently pick up their prescription medicine.

"More space means we've been able to provide more services," says Illinois CancerCare physician Dr. Patrick Gomez. "For example, patients having chemotherapy must have their blood drawn beforehand. We have that capability here...so chemotherapy patients can go right in and get their treatment instead of having to come in the day before or go somewhere else for a blood draw. It's more efficient and more convenient for the patients."

BLOOMINGTON PHYSICIAN FEATURED SPEAKING ON ENCOURAGING NEW TREATMENT

Immunotherapy a new hope for treatment

Immunotherapy is a newer type of cancer treatment which uses our body's defense system to fight cancer. Our immune system not only protects us against common cold and pneumonia. It also protects us against cancer.

The cells of our immune system are constantly monitoring our body for cancer cells. We have many different types of defense immune cells such as natural killer cells, dendritic cells and T cells. Once these cells find the cancer, they send signals to their



PANKAJ KUMAR

partners and they work together to destroy the cancer cells. Unfortunately, this is not a foolproof system. In some patients, the cancer cells get smarter and escape this attack. At times, cancer cells may even start to stimulate and attack our immune cells.

The cancer cells use many different tricks to beat our immune system. One such trick is called the immune checkpoint. In this process, the cancer cells forcibly engage blockers in our immune system. They shut it down by deactivating the T cells. The T cell is like a tank that is moving toward the enemy line. In this case, the cancer cell, by engaging the immune checkpoint, the

cancer cells apply the brakes on the T cells. Once the brakes are on, our tank is stuck in its tracks. It cannot move and it cannot fire. It has been deactivated and the cancer continues to grow.

Over the past decade, we have learned a lot about these checkpoint interactions. One such interaction is between the PD-1/PDL-1 molecules. We have been able to utilize this knowledge to develop new medications that remove the brakes from the T cells and help to activate these sleepy or deactivated T cells. These medications include ipilimumab (Yervoy), pembrolizumab (Keytruda), nivolumab (Opdivo), atezolizumab (Tecentriq), avelumab (Bavencio) and durvalumab (Imfinzi). There are several more in the works. We have been using these medications in the treatment of lung cancer, melanoma, bladder cancer and some rare cancers.

What about breast cancer and immunotherapy? This is the new frontier of cancer research. As of now, we do not have any FDA-approved breast cancer immunotherapies. However, within the past few years, there has been a lot of exciting research in this field. We have a better understanding of the breast cancer and immune system interaction. As it turns out, there is a specific type of breast cancer called triple negative

breast cancer (these breast cancer cells do not have estrogen, progesterone or the Her2/neu receptors) in which immunotherapy is very active.

There are several ongoing research trials that are looking at immunotherapy in triple negative and other types of breast cancer. In years to come, immunotherapy will continue to evolve as its role in breast cancer is rapidly developing. Immunotherapy is making a real and meaningful difference in the lives of our patients by improving their treatment options.

Kumar is a medical oncologist and hematologist with Illinois CancerCare, Bloomington.

Bloomington Clinic physician Dr. Kumar was interviewed for an article in the local Pantagraph newspaper on immunotherapy saying, "Immunotherapy is making a real and meaningful difference in the lives of our patients by improving their treatment options." To learn more about how immunotherapy is evolving its role in cancer treatment, read the full article on our website at IllinoisCancerCare.com/news/immunotherapy-a-new-hope-for-treatment.



Highlights from our Holiday!



The **Eureka Clinic** received a special visit from one of Santa's helpers! Illinois CancerCare patient David visited his care team in a magnificent Santa suit that was made by his sister for his dad who used it to bring Christmas cheer to local businesses. The suit was passed down to David and he wore it to hand out candy canes to the Eureka Clinic patients this past holiday season.

Two thoughtful Elves – Snowella & CandyCane – asked two helpful little girls – Lucy and Autumn - to cook, decorate and deliver cupcakes to the staff working at the **Illinois CancerCare Pekin Clinic**. In their letter, the elves told the girls that this is a way “to show the wonderful medical staff how much they are appreciated in all they do” and to “Remember to always do good things for others. It’s the little things that we can do that make a big difference to some people.”





9TH ANNUAL **CURE***ageous*

On November 9th, 2018 the Illinois CancerCare Foundation hosted their 9th annual CUREageous 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 \$233,000.00 surpassing the 2018 goal and bringing the total raised over 9 years to OVER 1.3 MILLION dollars. These proceeds bring cutting edge research, education and other supportive services to cancer patients in Central Illinois.

A Special Thank You

to our CUREageous Committee! Brian Buralli (Co-Chair), Jamie Harper (Co-Chair), Terri Baldi, Ann Best, Sue Blocker, Beth Fischer, Tara Gerstner, Gina Kouri, Brenda Noel, Susan Paul, Pam Romolo, Linda Scott, Karoline Seitz-Goddard, Ketra Tobin and Wendy Wagner.



from left to right: Dr. Sudhir Mungee, Carrie Geoffroy, Dr. Steven Tsoraidis and Dr. Jonathan Roberts

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.

- Dr. Sudhir Mungee, Interventional Cardiology, OSF Cardiovascular Institute
- Dr. Jonathan Roberts, Hematology, Bleeding & Clotting Disorders Institute
- Dr. Steven Tsoraidis, Colorectal Surgery, Peoria Surgical Group

MEET OUR 2018 AMP CHAMP:

The AMP Champ is an Affiliated Medical Professional who also provides exemplary contributions to research and works hand in hand with Rock Docs.

- Carrie Geoffroy, BS, CCRP, Clinical Research Associate, Illinois CancerCare, P.C.



Trust In Hope 2018

Each year, Illinois CancerCare staff & volunteers support patients and their families through the Foundation's Trust In Hope program. This past year 240 Thanksgiving meals were delivered and 36 families, including 69 children, received holiday gifts. Thank you to all the staff and donors who make this program possible!

ILCC FOUNDATION EVENTS

Bikers for Ta-Tas

BIKERS FOR TA-TAS, A FRIEND OF ILLINOIS CANCERCARE FOUNDATION, PRESENTED THE FOUNDATION WITH A \$7,500.00 DONATION! Biker for Ta-Tas, a motorcycle ride started by Nancy Borum in 2008, has grown from 15 riders to 900 bikers and 1,300 participants in 2018. Nancy raises funds in honor of her mom, sister and so many more! The mission of the ride is to raise money to benefit breast services in central Illinois; mobile mammography, breast cancer awareness and treatment.



Participant and survivor Betsy Fanin with her ILCC physician Dr. Le-Lindqwister



Theresa Tracy Trot 2018

The Theresa Tracy Trot is a run/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. **WE ARE GRATEFUL TO THE THERESA TRACY STRIVE TO SURVIVE FOUNDATION FOR SHARING THEIR EFFORTS WITH THE ILLINOIS CANCERCARE FOUNDATION AND THE UNIVERSITY OF ILLINOIS COLLEGE OF MEDICINE AT PEORIA DONATING OVER \$76,800.00 IN 2018!** Their hard work provides cutting edge pancreatic genetic screening, clinical trial research and bench research! Together we will continue to make strides forward in the pancreatic cancer fight.



Totes for Ta-Tas

Sharyl Nuske and Jenna Buffington chaired the 5th Annual Totes for Ta-Tas event on Sunday, November 4th at Burroughs Farm. Sharyl's mom loved purses so Sharyl and her daughter Jenna decided to hold a nicely used/new purse auction and brunch in honor of their mom and grandma. **THIS YEAR WAS A RECORD BREAKING YEAR FOR TOTES FOR TA-TAS RAISING \$25,000 FOR ILLINOIS CANCERCARE FOUNDATION BREAST CANCER RESEARCH FUND BRINGING TOTES FOR TA-TA'S FIVE YEAR TOTAL TO \$87,000.00!**



UFS CUREtini

At the 2018 CUREtini, guests voted on their favorite Deep Eddy's vodka martini vying for the coveted title CUREtini at the 9th annual CUREageous event. Guests judged the blue martinis while lounging at the downtown UFS Furniture Store and all proceeds benefitted Illinois CancerCare Foundation.



Illinois CancerCare physician Dr. Bajaj enjoys a blue martini with her husband Sandeep.





**MAY
2**

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 to one great evening to support local cancer patients and their families. www.experiencesenara.com



**JUNE
15**

Swing for the Cure

Dozer Park 730 West Jefferson Avenue, Peoria

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



**JULY
13**

7TH Annual Leather & Leis River Run & Party | 10:00 am – 8:00 pm

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 and live music at the East Peoria Boat Club. 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.



**JULY
20**

Bikers for Ta-tas

Bartonville

Bikers for Ta-tas are women and men, bikers and cagers, all with a common goal: to bring mammography to all, assist with breast cancer awareness and education, assist patients and survivors and bring a voice to breast cancer. Since 2008, an annual fund-raising motorcycle ride for breast cancer awareness kicks off in Bartonville the third Saturday in July. www.bfft.org



**AUG
24**

8th Annual Golf in the Wild | 3:00 pm – 9:00 pm

Wildlife Prairie Park 3826 N. Taylor Road, Hannah City 309-676-0998

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



**OCT
20**

Totes for Ta-tas

Avantis Dome 3401 Griffin Avenue, Pekin

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
2**

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
15**

10th 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



IMMUNOTHERAPY OFFERS *promise* TO CANCER PATIENTS

The Nobel Prize is a big deal—a REALLY big deal. And last year, the Nobel Prize is especially meaningful to all of us at Illinois CancerCare (ILCC).

In recognition of their work in immunotherapy—which is a huge breakthrough in the treatment of cancer—the Nobel Prize in Physiology or Medicine was awarded to James P. Allison (United States) and Tasuku Honjo (Japan).

But central and western Illinois have their own immunotherapy rock stars, too! The ILCC team is

already using immunotherapy as a treatment option for patients who may benefit from it. Our healthcare providers aren't happy to sit on the sidelines waiting for new innovations and life-saving therapies. Instead, our medical staff is actively involved in conducting research that brings new treatment options to current ILCC patients, while also paving the way for a future filled with less cancer and more survivors.

This innovative treatment is also referred to as immunologic therapy, biological therapy or



biotherapy. You may have heard pharmaceutical commercials talk about biologics, which refers to the drugs themselves. Let's take a look at what immunotherapy is, how it helps and what the future holds for this life-saving intervention.

To understand this type of treatment, we need to first review our immune system, which is a complex network of cells, organs and tissues that protect our bodies from infection in several ways. Safeguards include preventing germs from getting into our bodies, destroying those that find their way in and monitoring our bodies for cancer cells.

WHEN GOOD CELLS GO BAD

Ordinarily, our cells stop growing at a certain point, but cancerous (malignant) cells continue to divide and grow unchecked. Another difference is that normal cells remain in the area of the body they started in, but cancer cells can invade nearby tissues and continue spreading (metastasize).

Our bodies have defensive cells (such as natural killer [NK] cells, dendritic cells and T cells) that can attack cancer, but they don't always accomplish their mission. In these situations, your oncologist may recommend chemotherapy, radiation, hormone therapy, surgery or a combination of treatments to wipe out the malignant cells.

While these options remain appropriate and effective for many types of cancer, one key side effect with these treatments is that they can also kill normal cells or damage healthy tissue. In addition, surgery

and a weakened immune system can put you at risk for infection.

Fortunately, research has found that immunotherapy can step in when your body isn't able to obliterate the damaged cells on its own ... but without many of the side effects of traditional treatments. The discoveries that led to the creation of immunotherapy is beyond thrilling for researchers, physicians and patients.

The Nobel Assembly states it best when they say, "By stimulating the inherent ability of our immune system to attack tumor cells, this year's Nobel Laureates (Drs. Allison and Honjo) have established an entirely new principle for cancer therapy." It's believed that immunotherapy accomplishes this by:

- stopping or slowing the growth of cancer cells,
- preventing cancer from spreading (metastasizing)
- and/or boosting your own immune system's ability to wipe out those nasty cancer cells.

HOW DOES IMMUNOTHERAPY WORK?

Without getting too technical, researchers and oncologists know that cancer cells can be quite smart. A key function of our immune system is its ability to tell healthy cells and damaged cells apart, so it can attack the foreign cells while leaving the normal cells intact. This happens at "checkpoints" within our immune system.

But damaged cells can put the brakes on these immune system checkpoints, making them ineffective. In their ground-breaking work, Drs. Allison and Honjo demonstrated how different strategies for inhibiting the brakes can have a powerful impact on cancer treatment.

Known as checkpoint inhibitors, there are several types of immunotherapy available today. Each of the following types of treatment take a different approach to working with your immune system to rid your body of cancer cells:

- T cell therapy
- Interferon
- Interleukin

- Monoclonal antibodies
- Colony stimulating factors (cytokines)
- Oncolytic virus therapy
- Cancer vaccines
- Non-specific immunotherapies

In addition to the primary goal of supporting your immune system in its fight against malignancies, immunotherapy has several other key benefits.

- When paired with other treatments, like chemotherapy, it may be able to produce a better outcome.
- Because this approach specifically targets your immune system (instead of all the cells in your body), patients often report fewer side effects.
- Your cancer may be less likely to come back—or you may experience a longer period of remission. This is due to the fact that immunotherapy “teaches” your immune system how to attack the cancer cells, so they’re prepared if the cells return. This is referred to as immunomemory.

WHO DOES THIS HELP?

As with any aspect of cancer research, early findings and new treatments provide a benefit to very specific populations of cancer patients. But it usually doesn’t stop there—breakthrough results

lay the groundwork for innovations that will serve larger groups of people.

In this case, current checkpoint inhibitors are being used with patients who have lung, kidney, bladder, and head and neck cancers, as well as those with melanoma and Hodgkin’s lymphoma. Currently available options include ipilimumab (Yervoy), pembrolizumab (Keytruda), nivolumab (Opdivo), atezolizumab (Tecentriq), avelumab (Bavencio) and durvalumab (Imfinzi).

People often ask if immunotherapy will work for breast cancer. Thus far, there aren’t any FDA-approved immunotherapy treatments for patients with breast cancer. However, this is definitely an area of intense research and we anticipate seeing continued improvements in breast cancer treatment options.

Every day, we are incredibly thankful for the opportunity to care for patients at ILCC. We are also extremely grateful that our group is committed to researching and conducting clinical trials on emerging treatments that may change the face of cancer forever. At Illinois CancerCare, we’re optimistic about the future of cancer treatment—and we’re proud to help drive that mission forward.

Puzzle and Sudoku

Sudoku #447 (Easy)

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

60's Songs

Find and circle all of the 1960's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1960's song.

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

BABY LOVE
BLUE MOON
BLUE VELVET
BUS STOP
CARA MIA
CHAIN GANG
CHERISH
CRAZY
CRYING
DIZZY
DOWNTOWN
EL PASO
MEMPHIS
MY GIRL
MY GUY
PEOPLE
PUPPY LOVE
RESPECT
RUNAWAY
SHERRY
SOUL MAN
SPOOKY
STAY
SURF CITY
ELENORE
FINGERTIPS
FIRE
GALVESTON
GOOD LOVIN'
GROOVIN'
HAIR
HEATWAVE
HEY JUDE
HOLIDAY
ITCHYCOO PARK
LAST KISS
TEEN ANGEL
THE BOXER
THE TWIST
THESE EYES
VALLERI
VOLARE
WHITE RABBIT
WILD THING
WINDY
WIPEOUT
WORDS
YESTERDAY

RECIPE

White Chicken Chili

White chicken chili is a modern twist on the more traditional style chili. This recipe uses chicken breasts instead of ground beef that is typically in chili. The American Cancer Society recommends limiting processed and red meat in the diet to no more than 3 to 4 servings per week. Beans are another key ingredient in any chili recipe. Beans are packed with protein and fiber. Eating foods high in fiber is recommended because they contain other nutrients that may help reduce cancer risk. This recipe is so easy and you can make a big pot of this chili early in the day and just let it simmer on the stove until you are ready to enjoy it, making it the perfect meal on cold winter days.

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

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



Grace is a 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

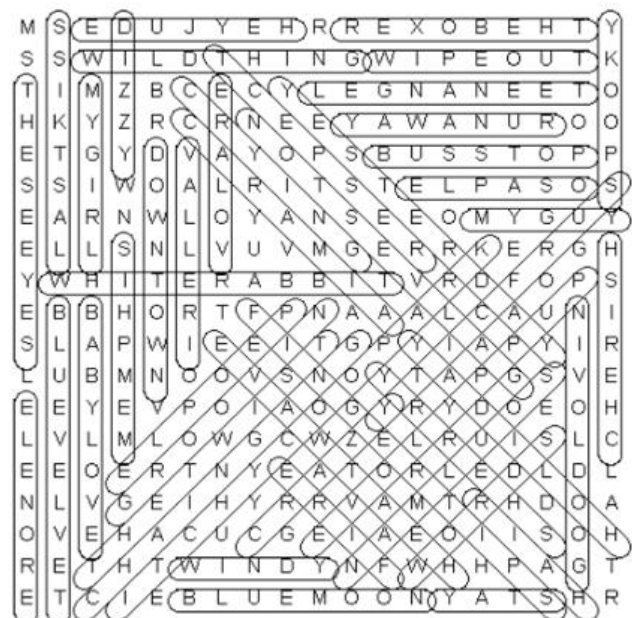
Directions

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.

Crossword puzzle and Sudoku Answers

Sudoku #447 (Easy)

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





BALANCE AFTER BREAST CANCER: WEIGHT MANAGEMENT FOR SURVIVORSHIP

Illinois CancerCare
8940 Wood Sage Rd
Peoria, IL 61615

Diet and physical activity play an essential role in breast cancer survivorship! Did you know being overweight/obese may increase risk of reoccurrence? 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 **four month, bi-weekly program** will equip you with tools and skills you need to manage our weight with diet and lifestyle balance.



To register contact Grace Hensold, RDN, LDN
at 309-243-3464 or ghensold@hulthealthy.org

Volunteer Highlights

STRONGER TOGETHER WITH ICC WOMEN'S BASKETBALL



The ICC Women's Basketball team has launched a "Stronger Together" campaign for their '18-19' season in honor of Coach Karrie Redeker. All donations and pledges will go to our Illinois CancerCare Foundation mission supporting clinical trial research, patient services and community education for local cancer patients and their families.

Fans can participate by pledging an amount per three pointer, pledge an amount per charge taken, or pledge a flat donation. Donations can be made in person at any ICC Women's Basketball game or by mail to Illinois Central College, Attn: Karrie Redeker, 1 College Dr. East Peoria, IL 61635. You can also email Coach Redeker at karrie.redeker@icc.edu.

THANK YOU COACH REDEKER AND TEAM FOR SUPPORTING OUR MISSION!

ILLINOIS CANCERCARE VOLUNTEERS CELEBRATE 50 YEARS OF MARRIAGE!



Long time Illinois CancerCare volunteers & supporters of the Illinois CancerCare foundation, Jim and Marianne Benson, celebrated their 50th wedding anniversary with a renewal of their vows last December. They have three daughters and seven grandchildren who also celebrated their love!

CAT MEN WEAR MUSTACHES FOR A CAUSE



This Caterpillar group raised over \$1,350 with a No-Shave fundraiser! Way to go!

FRANKLIN PRIMARY SCHOOL SEWING CLUB HONOR TEACHER



Franklin Primary School sewing club students made pillows, post-surgery mastectomy pads and seatbelt pillows for chemo-ports in honor of their teacher Jennifer Rozboril. Earlier this fall, students at the school raised \$2,000 for Illinois CancerCare Foundation through pink lemonade and bubble gum sales to help local cancer patients and their families. Both projects not only taught the students math skills, communication and patience, but also generosity and empathy. The students enjoyed meeting patients when they came to Illinois CancerCare with their sewn gifts last December.

ST. THOMAS SCHOOL SUPPORTS ILCC COOKIE LADY



Beloved Cookie Lady Marianne Waldman



Mrs. Kathy Herr and Mrs. Molly Lagaspi's third grade classes collected baking supplies for Marianne Waldman – aka Illinois CancerCare's Cookie Lady! Marianne's late husband was a patient at Illinois CancerCare. Now, every Thursday (for the past 14 years), Marianne bakes a variety of 12-15 dozen cookies to deliver to Illinois CancerCare Peoria Clinic patients and their families.

Annually Marianne bakes between 8,000 - 10,000 cookies! Her 14 year total is nearly 120,000 cookies! Marianne makes Fridays very special at Illinois CancerCare. She is a one woman show doing all of the buying, baking and serving. Now, she has a team of St. Thomas students behind her!

If you would like to join St. Thomas Elementary 3rd grade classes and donate baking supplies or grocery gift cards to help support Marianne, you can call Jodi, Illinois CancerCare Volunteer Coordinator, at 309-243-3502



Karen Catton is modeling her special hat



*Candace Dunbar
creator of Hats for Healing*

HATS FOR HEALING LEGACY CONTINUES

During Candace Dunbar's 7 year battle with cancer, she focused on helping others through her Hats for Healing program. Last November, Candace's co-workers from Peoria Area Veterinary Group continued Candace's mission in her honor. Lori Newcomer, Tiffany Fleming and Vicki Shroeder delivered hats and scarves to patients at Illinois CancerCare.

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.

Reach to Recovery

Reach to Recovery volunteers are specially trained to help people through their breast cancer experience by offering a measure of comfort and opportunity for emotional grounding and informed decision making. Reach to Recovery volunteers give patients and their families the opportunity to ask questions, talk about their fears and concerns, and express their feelings. Call Janette Murphy at 309-243-3635 to get started.

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 Janette Murphy at 309-243-3635 to get started.

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 Janette Murphy at 309-243-3635 to get started.

Homemakers Services

Household services such as cleaning, errands and general assistance are available to support cancer patients in their homes. Call Janette Murphy at 309-243-3635 to get started.



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.

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 and Jeanna Rich for patients who are experiencing side effects from cancer treatment. Call 309-243-3464 or email ghensold@illinoiscancer.org 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.

MON

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

Groove Therapy (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.



Gary Johnson, 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*



Nadia Rehman, M.D.



Dr. Rehman completed her undergrad degree at University of Illinois in Champaign-Urbana before attending the Medical College of Wisconsin, Milwaukee. She did her internal medical residency at

University of Minnesota, Minneapolis and her Hematology/Oncology Fellowship at University of California-Davis. Dr. Rehman is board certified in internal medicine and medical oncology. She finds studying the pathology of cancer very interesting and has been impressed with the development of targeted therapies that lead to personalized care. To a new patient, Dr. Rehman says, "Cancer is a diagnosis that means you're embarking on a journey. Ask a lot of questions. Empower yourself with knowledge about your disease. Work with your physician to develop a treatment plan you are comfortable with... Take it one day at a time." When outside of Illinois CancerCare, Dr. Rehman enjoys spending time with her children and family.

FEATURED *CNP*



Jessica Stewart, APN



Jessica has been taking care of patients at Illinois CancerCare since 2012. She completed her undergraduate degree from Methodist School of Nursing and completed her BSN from OSF College of Nursing. She then went on to complete her Master of Science in Nursing as an Adult Clinical Nurse Specialist from OSF College of Nursing. Jessica is a Board Certified Adult Clinical Nurse Specialist. On having chosen her profession, Jessica says, "I have worked in a variety of areas and was looking for a challenge in which I can push myself and expand my knowledge base continually. The strong APN base and continual growth of this field of medicine at Illinois CancerCare really peaked my interest and drew me to this position." Outside of work, Jessica enjoys spending time with her family and running to and from her children's sporting events. She also enjoys running, reading, gardening and crafts.