

ILLINOIS CANCERCARE

Newsletter

January • February • March 2020

ARTICLES INSIDE

Genetic Testing

First Advancement For Pancreatic Cancer Treatment In Ten Years

What I Wish I'd Known Then

One Woman Shares Some Important Things She Learned Throughout Her Cancer Journey

10th Annual CUREageous

A Record-Breaking Year!

From The Heart

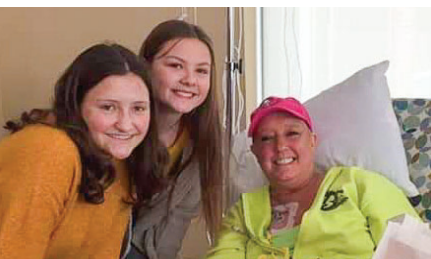
A Profile In Kindness: Following An Illinois CancerCare Volunteer

2019 Trust In Hope



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

IN THIS *Issue*



Clinic Connections

PG 4



Genetic Testing

Huge Advancement For Pancreatic Cancer Treatment

PG 5

What I Wish I'd Known Then

Things I Learned Throughout My Cancer Journey

PG 6

Upcoming Foundation Events

PG 7

10th Annual CUREageous

A Record-Breaking Year!

PG 8



From The Heart: A Profile In Kindness

Following An Illinois CancerCare Volunteer

PG 10

2019 Trust In Hope

PG 14

The Community Gets Involved!

PG 16



Sudoku / Word Search

PG 12

Balance after Breast Cancer Weight Management Group

PG 13

Sudoku / Word Search ANSWERS

PG 15

Community Programs for Patients & Families

PG 18

hello

LETTER FROM THE
EXECUTIVE DIRECTOR OF THE FOUNDATION



Friends in the Fight,

Tonda

Tonda Thompson

Executive Director

Illinois CancerCare Foundation



INVOLVED *in our communities!*

Dr. Kumar and Dr. Ku participated in the recent Central Illinois Chapter of the Links Breast Cancer Symposium. They were honored to present alongside other local experts, including survivor advocate Mrs. Ronda Guyton.



(L-R) Dr. Doris Houston, Dr. Kimberly Ku - Illinois CancerCare, Dr. Thembi Conner-Garcia, Mrs. Ronda Guyton.



(L-R) Dr. Pankaj Kumar - Illinois CancerCare, Dr. Daniel Hurst, Dr. Lynne Jalovec, Dr. Denise Mammolito



A big thank you to all who helped welcome our newest clinic location! Dr. Bajaj and Dr. Zhang were honored to officially cut the ribbon with the Dixon Chamber of Commerce and all of our guests.

As always, we enjoyed discussing and celebrating our dedication to bringing cutting-edge care close to home.

a warm welcome to **DIXON**



Paving the way for future scientists

Dr. Madhuri Bajaj was recently named as a 2019 American Cancer Society ResearchHERS Ambassador! Dr. Bajaj is using her voice and expertise to pave the way for all young women interested in the field of science.

"Let's work together to inspire and encourage young women to pursue and excel in the fields of science and research. Today's discovery is tomorrow's cure."

Congratulations, Dr. Bajaj!



FIRST ADVANCEMENT FOR PANCREATIC CANCER TREATMENT IN TEN YEARS COMES AS A RESULT OF *Genetic Testing*

Pancreatic cancer has the reputation of being one of the toughest cancers to treat - yet clinical cancer research is equally relentless in its search for better treatments and a cure. The current trend in cancer treatment has been personalized therapy.

Physicians are genetically testing more and more people to see why they have cancer and realizing that different genetic abnormalities of the same type of cancer are going to be treated very differently. In the case of pancreatic cancer, this has led to the first advancement in treatment seen in ten years.

Dr. Michael Veeder, an Illinois CancerCare physician on the pancreatic cancer treatment team, attended the national meeting where this groundbreaking treatment was announced. He states, "Due to results gathered from the clinical trial POLO (Pancreas Cancer Olaparib Ongoing), we now know that the five percent of people who have an inherited form of pancreatic cancer with BRCA1 and BRCA2 gene alterations benefitted from a maintenance drug olaparib (Lynparza) that inhibits the cancer from multiplying." On December 27th, 2019, this treatment was approved by the FDA and is now available at Illinois CancerCare for central Illinois patients.

This clinical research trial illustrates the importance of genomic testing in pancreatic patients. Through the generous philanthropy of the Theresa Tracy Strive to Survive organization, Illinois CancerCare physicians

have been able to offer genomic screening for pancreatic cancer patients at no cost since 2016.

Genomic testing in pancreas cancer patients can now direct oncologists to FDA approved targeted therapy. In addition, genetic information can inform family members who may not be aware of a familial risk.

In 2018, this service expanded to include family members of pancreatic patients through Illinois CancerCare's Community Pancreatic Cancer Screening Clinic to help identify risk factors for developing many cancers.

Medical professionals with training in cancer genetics are available to educate family members on what their results mean and provide guidance if follow up is needed. It is through services such as this that Illinois CancerCare continues to fulfill our mission of providing comprehensive, compassionate care that enhances the lives of patients and their families. ■

Community Pancreatic Cancer Screening Clinic

Open the third Friday of every month to all community members 21+ that have had a first- or second-degree relative diagnosed with pancreatic cancer, regardless of where they were treated.

To register, please call 309-243-3733.

THERESA TRACY TROT *strive to survive*

A team of Illinois CancerCare staff members were proud to participate in the Seventh Annual Theresa Tracy Trot - Strive to Survive Pancreatic Cancer Walk/Run in November!

The Theresa Tracy Trot organization works hard all year long to raise funds in honor of Theresa to raise awareness of and fight pancreatic cancer.

They recently presented Illinois CancerCare Foundation a check for over \$50,000.00! These funds are used to support our Community Pancreatic Cancer Screening Clinic mentioned above. ■



WHAT I WISH I'D KNOWN *Then*

DIAGNOSED WITH BREAST CANCER A YEAR AGO, GAYLE SIEMS WANTS TO SHARE SOME IMPORTANT THINGS SHE LEARNED THROUGHOUT HER JOURNEY

With two daughters in college, Gayle Siems immediately thought of her family when she was diagnosed with breast cancer in early December of 2018. That Tuesday, Gayle and her husband, Brian, had gone to her call-back appointment at the Susan G. Komen Breast Cancer Center anticipating that it was just a fluke and she'd simply need more frequent follow-ups.

But her appointment revealed that she had invasive ductal carcinoma, a tumor in the milk duct that had started to penetrate the wall to invade nearby tissue. Although the news was different than Gayle expected, her doctor was incredibly positive. He explained that her lump was one of the most common types, and that it was very small (4 mm) and slow-growing.

Anyone who knows Gayle knows that she has a get-it-done mindset. After receiving the biopsy results and talking with her surgeon, she decided to move forward with a lumpectomy followed by radiation. Both treatments went well and she continues to be monitored. Today, she's sharing some things she learned along that way that may help others going through cancer treatment.

RADIATION REALIZATION

Looking back, Gayle recognizes that she had approached radiation as if it was just another item on her To Do list. Although she was incredibly thankful she didn't have to undergo chemotherapy, she was surprised at the toll radiation took on her energy level.

"Each radiation treatment was pretty quick and virtually painless, but I didn't anticipate how tired I'd become," Gayle explains. "I figured I could keep up my normal schedule and continue to go, go, go."

But she had to curtail some of her activities and give herself permission to rest. During these times, Gayle appreciated those who checked in on her and prayed for her. Regardless of the type of treatment, patients can always benefit from friends and family who provide encouragement and support.

IT'S OKAY TO SPEAK UP

After discussing her ongoing needs, Gayle and her physician decided she'd take an estrogen blocker to reduce the risk of her breast cancer returning. Balancing the benefits of the drug against the potential side effects, she began taking anastrozole (Arimidex).

Because bone loss is a common side-effect of this medication, patients are advised to take calcium, do light weight-bearing exercises and incorporate cardio into their days. For Gayle, this sounded like a good plan. After all, she already enjoyed biking, hiking and working out.

However, after taking anastrozole for six months, she began to experience bone pain so severe that she had to force herself to even go for a walk. This was definitely out of character for Gayle, as hitting the trails is one of her favorite things to do. She decided to talk to Dr. Nguyet Le-Lindqwister, her Illinois CancerCare oncologist. Dr. Le-Lindqwister recently prescribed a replacement drug hoping that it will have fewer side effects.

ROCK STAR RESOURCES

Speaking of healthcare providers, Gayle was blown away by the expertise we have right here in central Illinois, "Even before I was diagnosed with cancer, I knew we had a good community of healthcare providers in Peoria," she says. "But now I know that we have REALLY good providers."

After her experience with local oncology resources, Gayle now tells her friends from the Chicago area that they should consider Peoria to be their hub for cancer treatment. In addition to the depth of expertise available in central Illinois, she tells them that the kindness, personal attention and accessibility can't be beat.

SHARE YOUR STORY

Not only does Gayle sing the praises of our medical resources, but she's also found that there's a community of patients and their caregivers who support each other. Whether she's on the job at a boutique in Peoria Heights or she's spending time on Facebook, people have questions about her diagnosis, treatment and side effects.

This ability to share her experience – and the faith that sustained her – is an important part of the healing process. In addition, these conversations empower others to move forward confidently in their own cancer journey.

MUST-DO MAMMOGRAMS

"One of the biggest blessings is that by sharing my story at least 10 women have gotten their first mammograms," Gayle tells us. "I was fortunate that the lump was found when it was small. If it hadn't been caught, my treatment and recovery would have been much different."

Gayle said she can't emphasize enough how important it is to get mammograms starting at the age your doctor or nurse practitioner recommends it. And, of course, if you find a lump or notice anything unusual, you should definitely get it checked out right away. She is also a big fan of 3D mammograms, which are especially helpful for women with dense breasts.

LITTLE THINGS MEAN A LOT

One of the most important things Gayle wants patients to know is that every person's experience is different. That's why it's critical to reach out to for support, even if it's about little things like thinning hair, weight gain or daily discouragement.

Gayle also advises taking someone with you to appointments so they can jot down notes and ask questions you may forget to bring up. This is especially crucial early in your diagnosis and treatment. Not only is there a huge volume of information to absorb, but it's easy to get overwhelmed during a stressful situation, so it's great to have a second set of ears at your appointments.

Finally, women often find it hard to ask for help – with meals, rides to the doctor, prayer, picking up your kids from school, etc. – but Gayle says it's really important to reach out and let others know what you need. **When you've been diagnosed with cancer, it's smart to change your mindset and lean on others for support - so you can pay it forward somewhere down the road. ■**

ADVICE FOR FELLOW PATIENTS...

- Expect the unexpected and be gentle with yourself
- Communicate your concerns, side effects and questions with your medical team
- Realize what a fantastic medical community we have in central Illinois
- Share your story and be a resource for others
- Follow recommended screening guidelines and know your body
- Talk about the little things and reach out for support



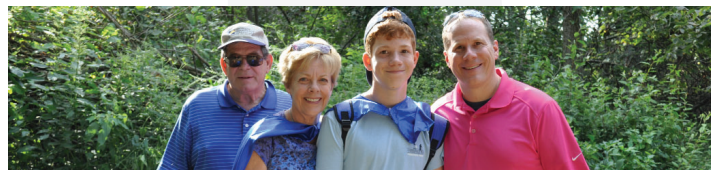
save the dates



**MAY
29**

Swing for the Cure

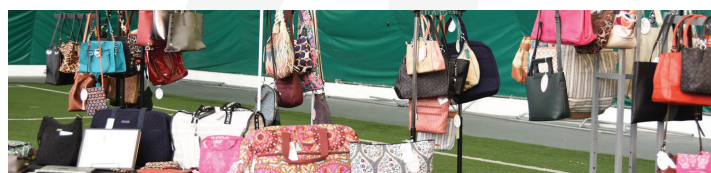
Dozer Park
730 SW Jefferson Avenue · Peoria, IL



**AUG
8**

Golfin' in the Wild

Wildlife Prairie Park
3826 N. Taylor Road · Hanna City, IL



**OCT
17**

Totes for Ta-Tas

Moose Lodge
2605 Broadway Street · Pekin, IL



**NOV
20**

10th Annual CUREageous

Par-A-Dice Hotel & Casino
21 Blackjack Blvd · East Peoria, IL

10TH ANNUAL CUREAGEOUS A RECORD-BREAKING YEAR!



2019 CUREageous Committee | Tonda Thompson - Illinois CancerCare Foundation, Ann Best, Karoline Seitz-Goddard, Brenda Noel, Wendy Wagner, Terri Baldi, Brian Buralli, Monica McClellan, Jamie Harper - Illinois CancerCare, Jennifer Rozboril, Pam Romolo, Tori Worsfold - Illinois CancerCare Foundation



Our tenth annual CUREageous event was bigger and better than ever! As always, the sincerest thank you goes to our committee for their hard work and loyalty to the cause all year long - we could not do it without you. Additionally, we'd like to extend thanks to our generous donors and all of our attendees - we hope you enjoyed yourselves just as much as we did!





CELEBRATING A *decade* OF DOCS

Congratulations to our 2019 Rock Docs and AMP Champ pictured above (left to right):
*Dr. Alexander Adler (UnityPoint Health - Methodist), Dr. Joseph R. Evans (OSF St. Francis Medical Center),
 AMP Champ Rachel DeLong, APN (Peoria Surgical Group), Dr. Patrick L. Gomez (Illinois CancerCare)*

New this year, we also celebrated a 'decade of docs' with the inaugural Rock Doc Outstanding Alumni Award.
 Congratulations to *Dr. Michael Tarantino (Illinois Bleeding and Clotting Disorders Institute)*,
 pictured above with his team. Dr. Tarantino was part of the Rock Doc Class of 2010!

A *record-breaking* YEAR!

This year, we raised a total of

\$312,190.00

**We had outstanding attendance at 580 GUESTS,
 our wine pull sold out in just 40 MINUTES and the
 silent auction and raffle raised OVER \$39,000.00!**



From the Heart

A PROFILE IN KINDNESS FOLLOWING AN ILLINOIS CANCERCARE VOLUNTEER

You really see the human strength and spirit,” Joanne Woiwode says of the time she spends volunteering with patients at Illinois CancerCare almost every Thursday.

An 11-year breast cancer survivor and 5-year Illinois CancerCare volunteer, Joanne says she sees a lot of “hope, faith and love” when meeting the needs of patients and their caregivers in the pod where she typically spends her time. (A pod is an area where a group of patients receive chemotherapy or other infusion treatment.)

During the three to three and a half hours she visits Illinois CancerCare each week, Joanne tends to the needs of the patients in her pod. Every 20 to 30 minutes, she

swings by the pod with a full basket of doctor-approved snacks, offers coffee and lemonade, provides them with warm blankets or serves as a listening ear. Just as often as she cares for the patients, she’s also there to support their caregivers – the spouses, adult children, friends and other loved ones.

CARING FOR THE CAREGIVER

Joanne knows first-hand the importance of taking time for those who are providing support to the patient. She explains that her treatment and recovery was traumatic for her husband, Terry. Many caregivers feel helpless watching their loved one deal with cancer and its side effects, so Joanne is very aware of their needs.

When talking with patients or their support system, she always tries to be sensitive to their personalities and their current mood. While some people prefer to chat to distract themselves, others prefer to rest quietly during their treatments. For Joanne, she didn't crave that social interaction when she was a patient – she just wanted to sleep when getting her chemotherapy.



LEGACY OF LOVE AND HOPE

A former special education teacher, Joanne pours her heart into everything she does. When she fully retired about five years ago, she knew she wanted to use her time to create a legacy for others – and she felt like she had something to offer patients and caregivers.

Because a large number of people in B Pod are breast cancer patients, Joanne can relate to a lot of what they're going through and the concerns their family has. Although she's often drained after a shift of meeting the needs of a room full of patients, she knows that every single person deserves to have her full support and energy while receiving their treatment. As a result, Joanne has developed warm relationships with many of these patients and their family. She likes to think that, as a former patient, her ability to serve them is a reminder that this, too, shall pass.

At Illinois CancerCare, we have volunteers that fill a wide range of roles and may have one that's just right for you. In addition to caring for patients getting infusions like Joanne does and putting packets together like Terry does, other needs include labeling prescription bags, maintaining candy jars, helping in the library and greeting patients as they enter the building. **For more information on volunteering, you can contact Jodi McDuffee, our Volunteer Coordinator, at jmcduffee@illinoiscancercare.com.** ■

Words of Wisdom

Joanne is far from the only volunteer. Illinois CancerCare has an army of people who want to help in any way they can. For Joanne, she serves because she wants to “pay it forward” after the wonderful care she received during her treatment. Her husband, Terry, gives back by assembling informational patient packets, usually about 100 each week.

JOANNE'S ADVICE TO THOSE WHO MAY WANT TO SERVE OUR PATIENTS:

- **Work with the volunteer coordinator, Jodi, to find an opportunity that fits your skills and passions. If you're not comfortable visiting with patients, there are plenty of behind-the-scenes tasks that are critical to supporting our overall culture. This could include making lemonade and coffee, stuffing envelopes or other quiet yet important activities.**
- **Ask yourself if you have something to offer that would benefit others. Although it seems like this would be a logical first step, it's important to find out what volunteer opportunities are available, rather than deselecting yourself without knowing what the options could be.**
- **Don't offer medical advice to patients, but it's certainly appropriate to share your own personal experiences. One tip Joanne likes to share is that she and her husband would often go out for lunch right after chemo because she usually had a burst of energy at that time. She had learned how to work around treatment to maintain a sense of normalcy for both of them.**



Joan Williamson began volunteering at Illinois CancerCare upon finishing treatment for breast cancer 17 years ago, making her our longest serving volunteer. Joan enjoyed her last official day of volunteering for us in Fall 2019, as she and her husband look forward to a new season of life moving closer to family.

Thank you for your years of service, Joan!

RECIPE

Turkey Stuffed Winter Squash

New Year - New Delicious Flavors! This recipe is full of warming flavors and bursting with nutrition. It incorporates a variety of nutrient-rich veggies that have been shown to help lower the risk for many cancers and the healthy fat helps you absorb those nutrients. It also provides a significant amount of protein to help you feel satisfied. You can even prepare the stuffing ingredients in advance to save time on a busy week night!

NUTRITION FACTS

Serving Size: ½ Squash **Servings per Recipe:** 2
Calories: 353 **Total Fat:** 14g
Saturated Fat: 2g **Cholesterol:** 56mg
Sodium: 92mg **Total Carbohydrate:** 32g
Dietary Fiber: 9g **Protein:** 30g

PREP TIME 55 Minutes

INGREDIENTS

- 1-2 medium carrots, peeled and diced
- ½ small onion, chopped
- 2 garlic cloves, minced
- ½ cup mushrooms, chopped
- 1 ½ cups spinach, chopped
- 2 tablespoons walnuts, chopped
- 2 tablespoons dried cranberries
- 1 tablespoon olive oil
- ½ pound lean ground turkey
- ¼ teaspoon each of rosemary, thyme, oregano, & chili powder
- 1/8 teaspoon nutmeg
- ¼ teaspoon ground pepper
- 1 medium winter (acorn) squash

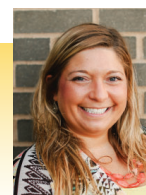


DIRECTIONS

1. Pre-heat oven to 375 degrees. Cut squash in ½ length-wise, scoop out seeds. Grease baking sheet and place squash face-side down. Bake 35-45 minutes or until soft.
2. For the Stuffing: place a large skillet on stove over medium-high heat and add oil. Then add carrots, onions, and garlic. Sauté for 10-12 minutes or until soft with slight crunch.
3. In a separate skillet, cook turkey until no longer pink.
4. Combine mushrooms, spinach, browned turkey, seasonings, walnuts, and cranberries to cooked carrots, onions, and garlic. Sauté for an additional 5 minutes or until spinach is wilted.
5. Remove squash from oven when done. Stuff with turkey mixture and return to oven to bake for an additional 5-7 minutes to allow flavors to combine.

Recipe adapted from www.dietitianmission.com

Our Registered Dietitians from the HULT Center for Healthy Living are available for FREE individual consultations during and after treatment. Nutrition can be used to manage symptoms, maintain energy and strength during treatment, and maintain a healthy lifestyle after.



Contact Grace Hensold at 309-243-3464 or ghensold@hulthealthy.org
 Contact Jeanna Rich at 309-243-3462 or jrich@hulthealthy.org

SODUKU & WORD SEARCH

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

1960'S SONGS

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
 ELENORE
 FINGERTIPS
 FIRE
 GALVESTON
 GOOD LOVIN'
 GROOVIN'
 HAIR
 HEATWAVE
 HEY JUDE
 HOLIDAY
 ITCHYCOO PARK
 LAST KISS

MEMPHIS
 MY GIRL
 MY GUY
 PEOPLE
 PUPPY LOVE
 RESPECT
 RUNAWAY
 SHERRY
 SOUL MAN
 SPOOKY
 STAY
 SURF CITY
 TEEN ANGEL
 THE BOXER
 THE TWIST
 THESE EYES
 VALLER
 VOLARE
 WHITE RABBIT
 WILD THING
 WINDY
 WIPEOUT
 WORDS
 YESTERDAY



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



Trust In Hope delivery volunteers Alli Turner of Illinois CancerCare and Katie Koors of the Young Leaders Board.

TRUST IN Hope

Our biggest Trust In Hope season came to a close at the end of the year - and what a season it was. We want to give a big thank you to all who had a hand in this year's program. From our staff who nominated all of our deserving patients, to our volunteers who packaged up and made some special deliveries, to all of our Trust in Hope donors throughout the year.

As always, our hope with this program is to bring joyful smiles to our patients and their families at a difficult time when those smiles are cherished so very much.

In the words of our one of loyal staff volunteers, "It's just what family does. Because that is what we are here at Illinois CancerCare - a family."



We received many heartfelt thanks from all of the participating families. One patient stated,

"I didn't have the means to buy my kids any presents this year... then you entered our lives and gave us one of the BEST holidays ever! You did it all and we appreciate it from the bottom of our hearts!" ■

2019 STATS:

**364 THANKSGIVING MEALS
DELIVERED TO 82 FAMILIES**

AND

**40 FAMILIES WERE PROVIDED
HOLIDAY GIFTS FOR 53 CHILDREN**

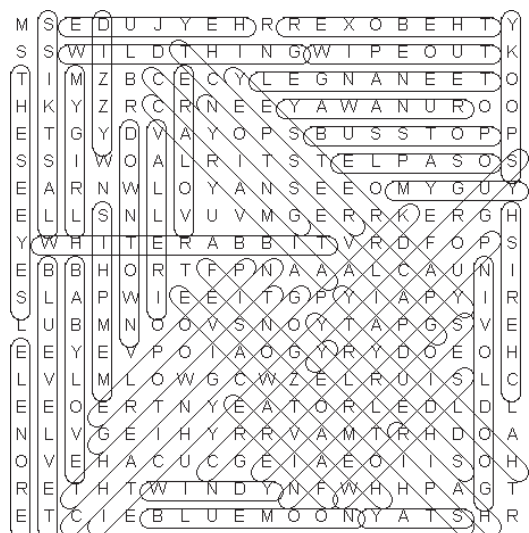
About the program... At Illinois CancerCare, we understand the demands that treatment can place on our patients and their families - this could be especially true during the holidays. In an effort to engage in our mission of providing comprehensive, compassionate care, the Trust In Hope program provides Thanksgiving meals and holiday gift donations to eligible patients and their families.

In the last ten years, 2,240 Thanksgiving meals have been delivered and 151 families with 370 children have received holiday gifts.



WORD SEARCH AND SUDOKU ANSWERS

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





THE *Community* GETS INVOLVED



**DELIVERING BLANKETS, HATS,
CARE PACKAGES... AND**

Hope

**STUDENT GROUPS AND COMMUNITY MEMBERS SPREAD
HOPE TO OUR PATIENTS ONE SMILE AT A TIME.**

Hats for Healing recently paid our patients a visit with boxes full of scarves and hats to carry on the legacy started by their beloved Candace Dunbar.

Candace started Hats for Healing in 2012, soon after becoming a patient herself. She found that scarves and hats gave her confidence and wanted to provide the same feeling to her fellow warriors in the treatment room. How special!

Candace's family and friends are committed to continuing the tradition in her memory. We appreciate you all and know that Candace is so very proud!



As part of a leadership program at their school, two students from **Farmington High School** helped collect donations and items from local businesses and members of the community. With that, they were able to deliver special cancer care packages and handmade blankets to our patients.

It's always neat to see students go outside of their comfort zone to start the conversation and interact with our patients. Thank you for always being so welcoming when our students pay a visit!



A couple of months ago, a group of students from the **Washington High IMPACT** group delivered handmade blankets to patients - one of which was given to a family member of one of their teachers who didn't know they were visiting that day. What a fun moment!

"Each tie is a piece of strength that we hope provides warmth and support through your journey."



Peoria's **Franklin Primary School** rewards students for good behavior with sewing classes. Twice a week for three years now, volunteer coordinator Mrs. Woods teaches a one hour class using sewing machines and scraps of material.

This year, the club chose to sew port pillows for Illinois CancerCare patients in honor of their first grade teacher AND cancer survivor Mrs. Rozboril.

The students were excited to visit our Peoria clinic around the holidays to deliver their hand crafted gifts and spread some cheer to the patients in the treatment rooms. They even sang a few carols!



Both the boys and girls swim teams from **Peoria Notre Dame** stopped by recently to visit with patients and make blanket deliveries. Their coach stated, *"One patient told my swimmer that it was the kids that come and do what we did that give him and the other patients 'a glimmer of hope'... How incredible to give hope to someone who may be hopeless. What an awesome gift!"*



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.*



Hult Center for Healthy Living is Central Illinois' premier nonprofit provider of comprehensive health education and wellness services for people of all ages. Hult Center provides services through youth and adult health education and services. Hult Center's oncology support programs offer a variety of wellness services to empower anyone at any stage of their cancer journey and improve their quality of life.

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.*

Individual Nutritional Counseling

Free nutritional counseling sessions available Monday-Friday with Registered Dietitians Grace Hensold and Jeanna Rich for patients who are experiencing side effects from cancer treatment. *Call 309-243-3464 or email ghensold@illinoiscancercare.com to make an appointment.*

Support for Children of Cancer Patients

Free for children ages 5-18 whose parent, grandparent or caregiver has or had cancer. *Call 309-672-5785 for more information.*

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 - Every Monday | 3:30 pm

Illinois CancerCare | 8940 Wood Sage Road | Peoria, IL

Breath of Joy Yoga - Every Monday | 5:15 pm

Hult Center for Healthy Living | 5215 N. Knoxville Avenue | Peoria, IL

*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.***Connections Colorectal Cancer Support Group** - First Monday of every month | 5:30-6:30 pm

Peoria Public Library - North | 3001 W. Grand Parkway | Peoria, IL

*Group discussions and educational programs for colorectal cancer patients, caregivers and loved ones.***EMBRACE: Advancing Beyond the Diagnosis** - Third Monday of every month | 5:30-6:30 pm

UnityPoint - Atrium Building | 900 Main Street - Suite 160 | Peoria, IL

There is life after a Stage IV cancer diagnosis... join us to discover yours. Open to all adults living with Stage IV cancer. Caregivers are welcome.

TUES

Zumba - Every Tuesday | 9:00 am

UnityPoint - Atrium Building | 900 Main Street - Suite 010 | Peoria, IL

Mindfulness Meditation - Every Tuesday | 5:15 pm

Hult Center for Healthy Living | 5215 N. Knoxville Avenue | Peoria, IL

*These sessions are a very simple form of meditation, so you do not need any previous experience. Comfortable seating is provided.***FOCUS: Operation Survivor Support Group** - Fourth Tuesday of every month | 5:30-6:30 pm

UnityPoint - Atrium Building | 900 Main Street - Suite 160 | Peoria, IL

This group offers encouragement, hope, education, and emotional support to breast cancer patients and their care givers.

WED

Yoga with Jean - Every Wednesday | 11:00 am

Hult Center for Healthy Living | 5215 N. Knoxville Avenue | Peoria, IL

*All levels are welcome.***Cancer Support Group** - Every Wednesday | 1:00 pm

Hult Center for Healthy Living | 5215 N. Knoxville Avenue | Peoria, IL

THUR

Restorative Yoga with Marcy - Every Thursday | 5:30 pm

Hult Center for Healthy Living | 5215 N. Knoxville Avenue | Peoria, IL

*As a cancer survivor, Marcy brings her experience to her classes to gently open body, heart and mind with breath and movement. Beginner friendly.***Reike** - Second Thursday of every month | 8:30 am & 9:15 am

Hult Center for Healthy Living | 5215 N. Knoxville Avenue | Peoria, IL

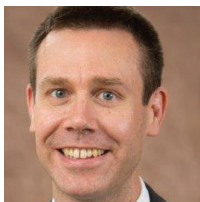
For patients undergoing treatment for cancer, caregivers and survivors. 30-minute appointments available. Call the Hult Center to schedule at 309-692-6650.

FRI

Living Strong with Beth - Every Friday | 9:00 am

UnityPoint - Atrium Building | 900 Main Street - Suite 010 | Peoria, IL

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



Patrick L. Gomez, M.D.



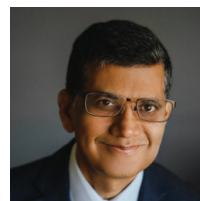
Wenqing Zhang, M.D.



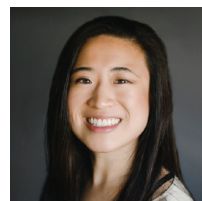
Shawn Seibert, M.D.



Francois J. Geoffroy, M.D.



Pankaj Kumar, M.D.



Kimberly Ku, M.D.



Greg Gerstner, M.D.



Jane Jijun Liu, M.D.



FEATURED *Doctor*



Paul A. S. Fishkin, M.D.



Dr. Fishkin attended Creighton University for his undergraduate degree and doctorate in medicine. He completed an internship and a residency in internal medicine at the University of Oklahoma, and he pursued

his fellowship in hematology/oncology in San Francisco at Letterman Army Medical Center.

He served in the U.S. Army in Honolulu, Hawaii, at Tripler Army Medical Center as a staff hematologist and medical oncologist. He was also an assistant clinical professor of medicine at the University of Hawaii. He teaches at the University of Illinois College of Medicine at Peoria.

Dr. Fishkin joined the practice in 1994 and has since brought his expertise to Illinois CancerCare Peoria and Canton locations.

FEATURED *CPPN*



Kami Doubet, APN



Kami graduated from Illinois Wesleyan University with her BSN and went on to receive her MSN from University of North Dakota. Kami is

When asked why she chose the field of oncology, Kami says 'I originally chose oncology because I found the patient care to be very fulfilling and the science behind the diseases to be very interesting. Today, many years later, I would say my answer remains the same. The science of oncology care is ever changing and more exciting than ever. I still find my patients to be some of the greatest heroes I've ever met. I am constantly in awe of how people cope with this disease and I continually learn something about the human spirit. I am privileged to walk this journey with my patients.'

Kami loves to help our cancer survivors transition back to their post-cancer lives with knowledge and resources for the future.