

# ILLINOIS CANCERCAREs

Free Patient Newsletter  
November/December 2012  
Issue 19

## Articles Inside:

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Now Is The Time to Quit Smoking:  
Why it is vital to your health that you quit smoking? How can you get help to stop? Find out inside.

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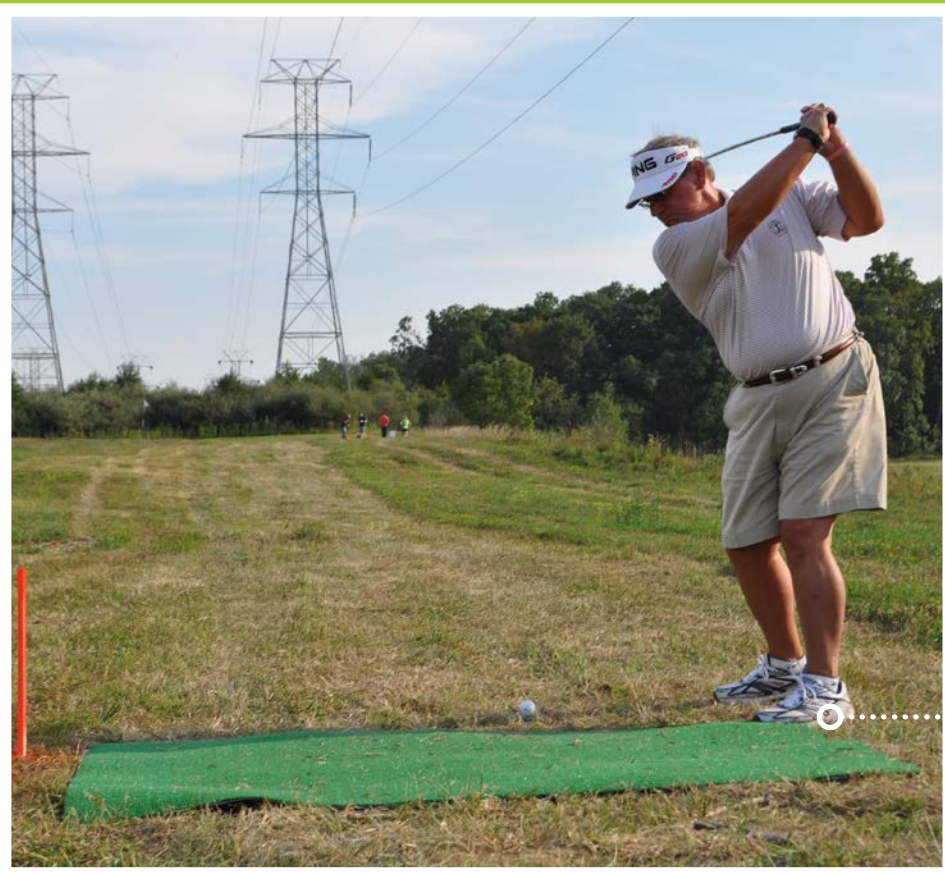
Counterfeit Drugs/Internet Pharmacy:  
Find out the importance of knowing where your medications come from.

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Cancer Doesn't Discriminate:  
The Raber family is like many of us because they have been directly affected by cancer. Read their story and why they support the Illinois CancerCare Foundation.

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1st Annual Golfin' in the Wild:  
Check out details and pictures from the first annual Golfin' in the Wild!



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

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ILLINOIS CANCERCARE  
foundation

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# ILLINOIS CANCERCARE

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### OUR MISSION

To provide comprehensive, compassionate care that enhances the lives of patients and their families

### OUR VALUES

- Patients first
- Treat others with respect and compassion
- Open and timely communication
- Commitment to research
- Invest in personal and professional development
- Take ownership in our practice
- Positive attitude



## Why I Work Here...

*We all have a story to tell. Everybody has a reason for why they work at Illinois CancerCare. This recurring feature tells the stories of the Illinois CancerCare staff and why they work here. November is lung cancer awareness month so this article features Jenny Stannard, from the research department who works on lung cancer clinical trials.*

**Name:** Jenny Stannard

**Position:** Certified Clinical Research Professional

**Years at Illinois CancerCare:** 4.5 years

As a certified clinical research professional, Jenny spends her days at Illinois CancerCare following up with patients enrolled in clinical research trials. She tracks how they are responding to treatment, any side effects they may have and arranges their treatment and testing. For Jenny, working with patients is her favorite part of her job. "Patients having amazing stories and are so strong, which is very inspiring," says Jenny.



Jenny Stannard

Jenny is a part of the lung team here at Illinois CancerCare and works alongside Dr. Fishkin, Dr. Gerstner and Dr. Thomas. Jenny has been monitoring trials for lung cancer patients since January. There are currently 11 open non-small cell lung cancer trials and one small cell lung cancer trial taking place at Illinois CancerCare. Jenny feels trials are vital to finding better treatment options for patients. "Trials give patients another opportunity for treatment close to home," says Jenny. "Trials are changing the future of cancer treatments."

Jenny loves working for the research department. The department consists of people with different functions to help get studies up and running and to help maintain them during the course of the research. Research is also broken down into different specialty teams so that each member can focus on their specific areas of interest.

Not only is the research department vital in furthering cancer treatments, they also enjoy having a good time. Every month they have a potluck to celebrate birthdays. "We also get a little competitive when it comes to any employee sponsored activities such as dressing up for Halloween or decorating the department for the holidays," says Jenny. "In years past we have raised money and made donations to the Trust in Hope to help provide Thanksgiving meals or Christmas gifts for those patients that need it." Many members of the research department also volunteer their time at outside events for the Illinois CancerCare Foundation to help spread the word about clinical trial research. Jenny finds it to be very rewarding to be a part of a team that is advancing cancer treatment and giving patients additional options for cancer treatment.

Jenny's time outside of work is spent with her husband and five year old son. She has two dogs and is a huge animal lover, having grown up on a farm in central Illinois. Jenny also enjoys movies, reading, music, dancing, and spending time with those she loves.

# Welcome Back

Welcome Back

## Dr. Geoffroy Completes Neuro-oncology Fellowship



Dr. Geoffroy

Dr. Francois Geoffroy, medical and neuro-oncologist here at Illinois CancerCare, recently completed a one-year neuro-oncology fellowship at Duke University Medical Center. Dr. Geoffroy was at Duke from July of 2011 until August of 2012. Dr. Geoffroy is the only oncologist/neuro-oncologist outside of the Chicago and St. Louis markets to have completed this fellowship program. The fellowship Dr. Geoffroy completed is extremely prestigious as Duke University Medical Center is one of only a few training programs in the country that offers fellowships in pediatric and adult neuro-oncology. Completion of this fellowship allows Dr. Geoffroy to bring the latest knowledge in the treatment of brain tumors back to Illinois CancerCare. This will allow him to better treat patients with brain tumors and share that knowledge with the other Illinois CancerCare physicians.

*Congratulations and welcome back Dr. Geoffroy from all of us at Illinois CancerCare!*

## Honor Your Care Champion!

Honor the physician, nurse or any employee who provided exceptional care to you or a loved one.

Honor them with a tax deductible gift to the Illinois CancerCare Foundation which recognizes their commitment to excellent care.

Upon receipt of your gift, your Care Champion will receive a special card and lapel pin to proudly wear as a visible display of their caring dedication to their work and patients.

Call 309.243.3423 for more information about the Care Champion program.



Stay up to date with the



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Illinois CancerCare  
Foundation



Follow us on Twitter  
@ILCCF



*We had so much information this issue to share with you we ran out of room for our clinic spotlight feature. Be sure to check back next issue for a spotlight on the Pekin Clinic!*



# Now Is the Time to **Quit** Smoking

By: Suzy Herrington, B.S., Health Educator  
Hult Center for Health Education

Almost everyone knows what a cigarette is. Basically, its dried tobacco rolled in white paper, with a cellulose acetate filter. However, what may surprise people is exactly what goes into making those addictive cancer sticks. Inside the rolled paper is tobacco that has been treated with approximately 600 ingredients. When burned, cigarettes create more than 7,000 chemical compounds, of which at least 250 are known to be harmful and at least 70 are proven to cause cancer. Among the long list of toxic chemicals found inside cigarettes, here are some you might recognize (see side bar ->)

Considering these ingredients, it's easy to see why cigarette smoking causes all sorts of health problems for the user, as well as those exposed to secondhand smoke. Immediate health consequences include; increased stress, changes to brain cells (from nicotine), increased phlegm production, airway irritability, cough, decreased physical performance, plaque buildup in artery walls, blood clot development, constricted blood vessels, increased heart rate, increased blood pressure, acid reflux and weakened immune system. Long-term use and/or exposure to tobacco smoke is known to cause cancer (lung, larynx, oral, bladder, pancreas, uterus, cervix, kidney, stomach and esophagus), respiratory disease and heart disease.

Given all of these consequences, there are many good reasons not to smoke. If someone decides to stop smoking, the benefits of quitting begin within twenty minutes. Some of those benefits include:

- 20 minutes after quitting: Your blood pressure and pulse rate return to normal
- 12 hours after quitting: Your blood oxygen level will increase to normal
- 48 hours after quitting: Your sense of smell and taste begin to become normal
- 1 year after quitting: Your risk of heart disease is cut in half
- 2-5 years after quitting: Your risk of stroke has declined to that of a non-smoker
- 5-15 years after quitting: Your chance of cancer of the mouth, throat, esophagus, and bladder is cut in half.

Do you or someone you know want to quit smoking but don't know how? Well there is hope and help available through the Illinois Tobacco Quitline. The Quitline is staffed by Registered Nurses, Respiratory Therapists and Tobacco Addiction Specialists, who want to help you quit! All services are completely confidential and available free of charge. If the individual proceeds with phone counseling, they will be able to access 8 weeks of free nicotine-replacement patches (NRT's) as provided by the Peoria County Health Department, in collaboration with the American Lung Association. Let today be the day you quit smoking. Call the Quitline at 1-866-QUIT-YES to find out how.

## Toxic Chemicals

- **Acetone-** Found in nail polish remover
- **Acetic Acid-** Found in hair dye
- **Ammonia-** A common household cleaner
- **Arsenic-** Used in rat poison
- **Benzene-** Used in rubber cement & found in gasoline
- **Butane-** Used in lighter uid
- **Cadmium-** A component of battery acid
- **Carbon Monoxide-** Released in car exhaust
- **Formaldehyde-** Used to embalm dead bodies
- **Hydrogen Cyanide-** Used in chemical weapons
- **Lead-** Used in batteries
- **Methanol-** Main component in rocket fuel
- **Tar-** Material for paving roads
- **Toluene-** Used in paint thinners
- **Vinyl Chloride-** Used to make pipes

**Daddy, I want you there on my**

Call & Quit:  
**866-QUIT-YES**





## Recipes from Sharon

### Chicken and White Bean Soup

Serves 6-8

Prep Time: 15 minutes or less

Total Time: 1 hour or less

#### Ingredients

- 1 rotisserie chicken breast section or 3 cups chopped white chicken meat
- 1 tablespoon canola oil
- 3 carrots, sliced
- 2 celery stalks, diced
- 1 onion, chopped
- 2 cups water
- 6 cups reduced-sodium chicken broth
- 1 (15 oz.) can Great Northern Beans, rinsed and drained
- Salt and freshly ground pepper

#### Directions

In a pot coated with nonstick cooking spray, sauté the onion and garlic over a medium heat until tender, about 5 minutes. Add the pumpkin. Gradually add the chick broth and milk. Season with salt and pepper. Cook until heart through, about 5 minutes. Serve with a dollop of yogurt.

#### Nutritional Information Per Serving (6 servings)

Calories-235, Calories from fat-45, Total Fat-5g, Saturated Fat-1g, Trans Fat-0g, Polyunsaturated Fat-1.4g, Monosaturated Fat-2.3g, Cholesterol-60mg, Sodium-675mg, Total Carbohydrates-17g, Dietary Fiber-5g, Sugars-5g, Protein-28g



Sharon Windsor

Sharon Windsor is a Registered Dietician for the Cancer Center for Healthy Living.

## Word Search

Theme: Weather

## Sudoku

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

#### Words:

- Weather
- Blizzard
- Clouds
- Cold
- Drizzle
- Fog
- Freeze
- Frost
- Hail
- Hot
- Ice
- Lightning
- Rain
- Sleet
- Snow
- Storm
- Sunny
- Thunder
- Tornado
- Windy

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

## Illinois CancerCare Ranks Among Top Enrollers for Cancer Clinical Trials

Enrolled in a clinical trial at Illinois CancerCare? If so, you are a part of Illinois CancerCare's Community Clinical Oncology Program (CCOP), one of the **nation's top enrollers in cancer clinical trials** in the newly formed Alliance of Clinical Trials in Oncology. According to the Alliance's Accrual Data and Protocol listing (April 1, 2011–March 31, 2012), the Illinois CancerCare CCOP ranks number 9 in treatment and cancer control trials that seek to prevent cancer or control its incidence. This puts Illinois CancerCare ahead of many other nationally recognized cancer programs such as Cleveland Clinic, University of Iowa and MD Anderson Cancer Center.

Clinical trials are a crucial component to the advancement of cancer treatment. Illinois CancerCare physicians and research team offers patients the opportunity to participate in leading edge research that is usually only available at Comprehensive Cancer Centers or academic institutions, and would require patients to travel away from central Illinois for trial treatment. More than 100 cancer treatment, symptom management and preventions studies are available to patients at Illinois CancerCare.

Illinois CancerCare physicians know the importance of clinical trials and work hard to get patients enrolled in them. **At 11 percent, Illinois CancerCare has one of the highest patient accrual rates into cancer clinical trials in the U.S., far above the national average of 4 percent.**

Recently at the annual Community Clinical Oncology Program (CCOP) conference in Washington, DC, four Illinois CancerCare physicians received awards for their extraordinary efforts in research. The awards were presented to physicians who enrolled the highest number of patients to clinical cancer trials across the nation, over a 9 month period. Of all the CCOP physicians, only 3.4% qualified for the awards. Winners from Illinois CancerCare are as follows:

- Dr. Kumar received the Silver Award
- Dr. Le-Lindqwister received the Gold Award
- Dr. Knost received the Gold Award
- Dr. Thomas received the Platinum Award



Dr. Kumar



Dr. Le-Lindqwister



Dr. Knost



Dr. Thomas

Big congratulations to these physicians for their hard work in research. And a HUGE thank you to every patient who is willing to enroll in these trials.

*Remember, Today's Standard of Care for Cancer Treatment were Yesterday's Clinical Trials.*



# Volunteers

Volunteers

## The Caring Volunteers of Illinois CancerCare



By: Kaci Green,  
Illinois CancerCare Foundation Assistant

While you sit in the waiting room, receive treatment or walk in the door of Illinois CancerCare, you'll notice men and women in blue vests. These men and women give of their time and energy to help patients and their families during their visit to Illinois CancerCare.

"We have a great group of volunteers out here," says Dena Keenan, volunteer coordinator. "Their hearts are really in it and they just want to make the experience out here the best it can be for the patients."

The volunteers consist of 56 men and women of all ages; some are survivors, some have lost loved ones to cancer and others just want to give of their time.

"I wanted to give back. I was a patient of Dr. Thomas' and wanted to give back to others because I received such excellent care," says Johnnie McAfee, a 4 year volunteer.

The volunteers have many different tasks (highlighted in the sidebar) but their main task is to make the experience better for patients and their families while they receive care and treatment at Illinois CancerCare.

"I love being with patients and their families in hopes of making a difference in their life for just one day," says Mary Remmers, a cancer survivor and 7 ½ year volunteer.

Larry Sullivan, a 1 ½ year volunteer echoed this sentiment, "You meet a lot of very nice people and from the patients you find out what courage really is."

The patients and their families love the volunteers too. As I was interviewing Ellen Sullivan, a 5 ½ year volunteer, two patients chimed in, "We love her. She's just great."

The volunteers not only build relationships with the patients, but they build friendships with each other. In talking with all of them, they stated how much they enjoy working with the other volunteers.

Gary Whitehead began volunteering 4 ½ years ago after his wife passed from cancer and he wanted to help others in some way. He sums up a sentiment felt by many of the volunteers, "my favorite part is just coming out here (to Illinois CancerCare); it's a great experience that everyone should try it."

If you are interested in volunteering you can call Dena Keenan at 309.243.3502 or email her at [dkeenan@illinoiscancercare.com](mailto:dkeenan@illinoiscancercare.com).

**We would like to give a big THANK YOU to all the volunteers for their handwork, dedication and positive attitudes!**

## VOLUNTEER TASKS

- Greet patients at the door
- Assist patients getting in and out of cars
- Offer wheelchairs and walkers and assist patients in getting to and from the Lab and Pods
- Make coffee, lemonade and other beverages
- Serve snacks and beverages
- Keep all waiting and Pod areas clean and tidy
- Restock all patient comfort items
- Fold blankets and pillowcases
- Get warm blankets for patients
- Provide guidance and check to make sure patients are in the right Pods
- Distribute donated items such as hats, scarves, puzzles and books
- Help other departments with projects and events
- Deliver the chemo treatments to the Pods
- Host patient events such as theme weeks with food and games and the Cancer Fair
- Provide comfort, someone to talk to, and a friendly face







## Counterfeit Drugs/Internet Pharmacy

By: Aaron Peil, PharmD Candidate,  
Ohio State University Class of 2013

Buying medicine on the internet can be a cheaper alternative to your local pharmacy. However, there are additional risks when purchasing online. The pills you receive may be different than what you think you are getting. They may have no active ingredient in them or may have a different ingredient in them. This could cause serious harm to you or your family members.

Counterfeit drugs are a big problem when dealing with internet pharmacies. Pharmacy laws in our country make it one of the safest countries when it comes to counterfeit drugs. However, it is still an issue, especially when dealing with internet pharmacies. Many of them do not follow regulations or may operate from outside the country. It is important to make sure your internet pharmacy is in good standing and are following all of the laws. Here are some ways you can make sure your pharmacy is safe:

### Make sure your pharmacy:

- requires a prescription from your doctor
- has a phone number and address where you can contact them
- has a pharmacist available to talk to you
- is located in the United States

### Protect yourself from getting counterfeit drugs:

- Buy only from state-licensed pharmacies
- If buying from online sources make sure the pharmacy is licensed.
- Look for the VIPPS (Verified Internet Pharmacy Practice Sites) seal or check the list at <http://vipps.nabp.net>
- Know your medicine



Your Illinois CancerCare Pharmacy purchases medications only from reputable wholesalers who can provide pedigreed drug. A pedigree is a document that traces every product directly back to the original manufacturer. Purchasing pedigreed drug is one way to assure that the dispensed medication is authentic, and meets the FDA standards for product integrity.



*The entire Raber Family  
at the farm Don grew up on*

## Cancer Doesn't Discriminate

The Raber family enjoys family get-togethers, eating at local restaurants and going to sporting events. And like so many of us, their lives have been affected by cancer.

On June 17 their lives changed drastically when Don Raber, the pillar of the family, was diagnosed with brain cancer. With the help and support of Dr. Andrew Tsung of the Illinois Neurological Institute, Dr. James McGee of OSF Radiation Oncology and Dr. Francois Geoffroy of Illinois CancerCare, Don, his wife, Carolyn, and the entire family embarked on his cancer treatment journey.

"The doctors that we dealt with were down to earth, caring individuals with dad's wellbeing, being number one on the priority list," said Doug Raber, Don and Carolyn's son.

"The Illinois CancerCare staff always made room for our entire family—my mom, myself, my sister and brother, and at times, the in-laws of the family," explains daughter Amy Koerner. "They just kept bringing us more chairs and Kleenex."

"No one ever made you think you were taking up too much of their time," remarked daughter Sara Zimmerman.

After a tough treatment regime, eleven weeks after the initial diagnosis, Don, surrounded by family, passed away. Despite the unwanted outcome, the family bond grew stronger and they wanted to make a difference in the lives of other cancer patients by designating his memorial, the Illinois CancerCare Foundation. "We want to help others that might have to face the terrible disease that Don was experiencing," said Carolyn. "We also decided to honor Dr. Geoffroy (as a care champion) in the whole process because he had helped us so much in the final resolutions with Don's situation."

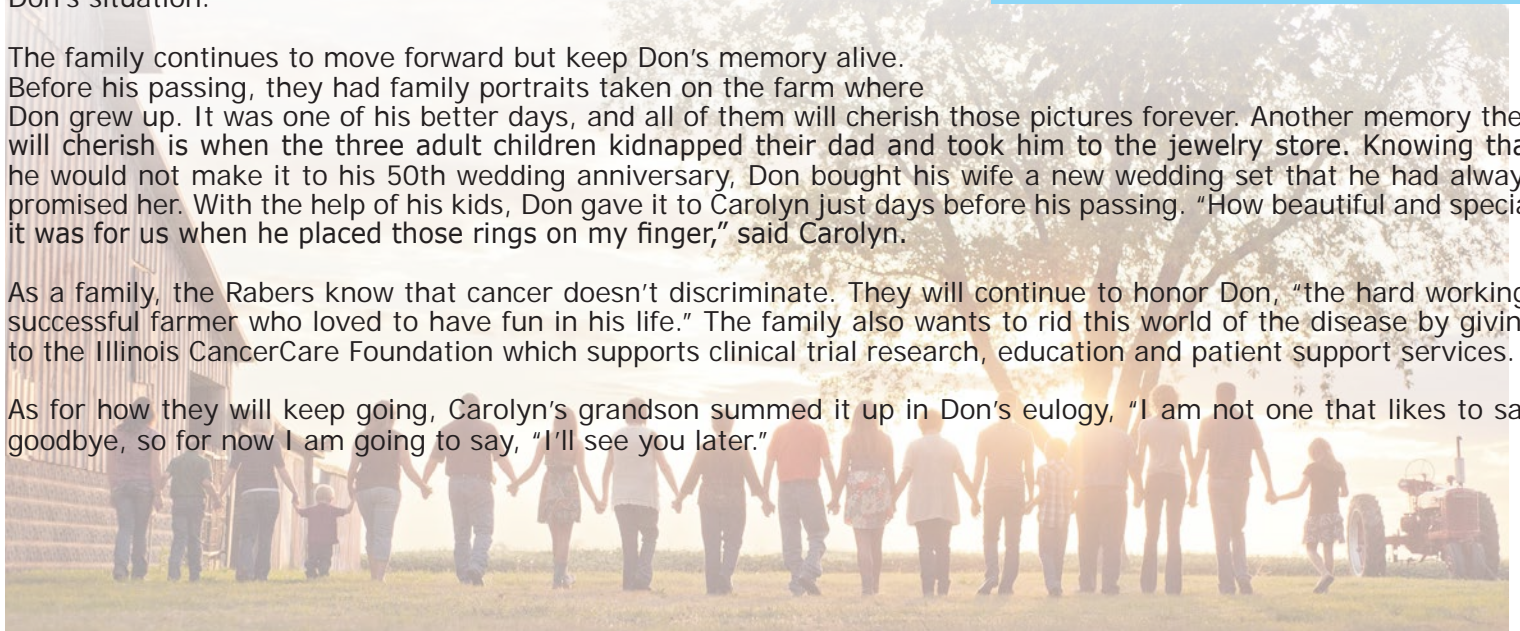


*Don and Carolyn with their kids Sara,  
Amy and Doug*

The family continues to move forward but keep Don's memory alive. Before his passing, they had family portraits taken on the farm where Don grew up. It was one of his better days, and all of them will cherish those pictures forever. Another memory they will cherish is when the three adult children kidnapped their dad and took him to the jewelry store. Knowing that he would not make it to his 50th wedding anniversary, Don bought his wife a new wedding set that he had always promised her. With the help of his kids, Don gave it to Carolyn just days before his passing. "How beautiful and special it was for us when he placed those rings on my finger," said Carolyn.

As a family, the Rabers know that cancer doesn't discriminate. They will continue to honor Don, "the hard working, successful farmer who loved to have fun in his life." The family also wants to rid this world of the disease by giving to the Illinois CancerCare Foundation which supports clinical trial research, education and patient support services.

As for how they will keep going, Carolyn's grandson summed it up in Don's eulogy, "I am not one that likes to say goodbye, so for now I am going to say, 'I'll see you later.'"





Janet Varnes, Executive Director

## Letter from Executive Director—Janet Varnes

I have always found fall to be the most magnificent of the four seasons. This time of year brings with it a beauty and crispness that, to me, is like no other. Following the arid summer we experienced, what a blessing for us to enjoy the vibrant palette of trees and shrubs transforming into the most radiant hues of red, yellow, gold, orange and brown. How refreshing it has been these last few weeks to step outside each day to view the ever changing portrait of nature in all its brilliance.

Autumn also brings to conclusion the Illinois CancerCare Foundation's annual fundraising activities as we prepare for our signature event, CUREageous. Now in its third year, this event serves as a premiere celebration on behalf of those we serve on a daily basis. CUREageous brings together people from all walks of life who share the same passion and goal - to convey hope and compassion for cancer patients and their families through clinical research trials, educational opportunities and tender loving care provided through our cadre of volunteers.

As you have read, the Raber family fully grasps our core mission – to make patient and their family members are our number one priority. At a time in their lives when they are experiencing confusion, fear, and distress - our physicians, staff and volunteers band together to hold them up through their journey in battling cancer. We are grateful to the Raber family for sharing their experience and story with others and for selecting the Illinois CancerCare Foundation as the charity recipient of Don's memorial gifts. The Raber family, like others here at Illinois CancerCare, understands the Foundation's commitment to supporting families through their fight against cancer. We greatly appreciate their confidence in our ability to be good stewards of their philanthropy.

I encourage you to consider how you might also join the Raber family in advancing our mission of service to patients and their families. Whether through participation in one of our events, a year-end gift to celebrate a loved one, caregiver, physician or staff member, or consideration of a bequest or estate gift, I assure you that your investment in our work, in any amount your heart suggests you share, will be greatly appreciated and well used to support patients and their families.

I look forward to seeing many of you at CUREageous on November 9th! May the upcoming holiday season be filled with family, fun, hope and joy.

All my best,

Janet M. Varnes  
Executive Director



# Our Giving Community

Our Giving Community



The Central Illinois Parrot Head Club held its 1st Annual Leather & Leis River Run on Sunday, September 9th. The event brought out around 30 bikers who cruised through the community with stops at Kuchi's on Water, the Burger Barge, Dolpin's Cove, and Castaways. The ride ended at Hooters in East Peoria where riders were treated to music from the Coco Loco Band, a Jimmy Buffet Cover Band. The event raised \$1,200 for the Illinois CancerCare Foundation. We want to thank Sue and Bill Blocker for organizing this event, along with everyone who participated.



If you are interested in joining the Parrot Head Club, and participating in all their philanthropic and social events in the community visit [www.ciphc.org](http://www.ciphc.org).



## Morton BBQ Check Presentation

Organizer Ryan Koener, his wife Shelli, their daughter Rylli, and Morton BBQ Committee members Kathy Francis, Larry Stimeling, Rob Personett and Susan Pyles presented a \$20,000 check to Illinois CancerCare Patient Bob Smith, his wife Hazel and Janet Varnes, Foundation Executive Director and Kaci Green, Foundation Assistant.

## Word Search & Sudoku Solutions

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

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



## 1<sup>ST</sup> ANNUAL GOLFIN' IN THE WILD



The last Saturday in August brought out the wild side in every golfer attending the first annual Golfin' in the Wild event at Wild Life Prairie Park. This unique, exciting golf event was organized by Illinois CancerCare Foundation's Young Leaders Board. Around 140 people came out to enjoy the beautiful weather and take part in the Par 3 golf course, created by the Golfin' in the Wild logistics committee.

All skill levels were welcome at the event, with each participant using only one golf club and challenged to hit their golf ball through a wicket. Each hole featured a different activity or food and drink. Golfers were treated to Dilly Bars from DQ, Kettle Corn from Progressive Poppers, margaritas, ice cream from Spotted Cow and sandwiches from Michael's Italian Feast.

After golfing, participants gathered at Hespell Deck which overlooks the animals. Dinner, a short program, hosted by WHOI's Marshana Hester and a silent auction kept the wild event going. Winners were announced for the craziest shot, best score and worst score. The band Rachel's Hippo's wrapped up the night, playing until well after dark.

"The young leaders board put in many hours to create such a fun and unique event to benefit those battling cancer in Central Illinois," said Golfin' Chairperson, Tara Panek. "We hope next year will bring out even more adults; young and old, in the community to help raise money for an amazing foundation." This year's event raised nearly \$14,000 for the Illinois CancerCare Foundation to support local clinical cancer research.



ILLINOIS CANCERCARE  
foundation

[www.illinoiscancer.com/cure](http://www.illinoiscancer.com/cure)

CUREageous

Congratulations to the  
2012 Rock Doc Winners!  
You ROCK!



Kevin Khater, M.D.



Nguyet Le-Lindqwister, M.D.



Denise Mammolito, M.D.



James McGee, M.D.



Andrew Tsung, M.D.

Winners recognized at CUREageous on November 9th




# Calendar of Events

## Calendar of Events

\* Please see next page for all group and service descriptions.  
If you are attending a class for the first time, you will need to pre-register.

## November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30 pm – Restorative Yoga with Lisa 6:00 pm – Kids Connected	2 9:00 am – Living Strong 10:00 am – Cancer Support Group	3
4	5 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	6 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	7 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	8 5:30 pm – Restorative Yoga with Lisa	9 9:00 am – Living Strong 10:00 am – Cancer Support Group 	10
11	12 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	13 9:00 am – Aerobics 12:00pm – Holiday Cooking Demo 5:00pm – Holiday Cooking Demo 5:15 pm – Mindfulness Meditation	14 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	15 5:30 pm – Restorative Yoga with Lisa	16 9:00 am – Living Strong 10:00 am – Cancer Support Group	17
18	19 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:00 pm – Kids Connected 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	20 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	21 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	22 Office Closed for Thanksgiving	23 Office Closed for Thanksgiving	24
25	26 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	27 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	28 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	29 5:30 pm – Restorative Yoga with Lisa	30 9:00 am – Living Strong 10:00 am – Cancer Support Group	

## December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	4 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	5 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	6 5:30 pm – Restorative Yoga with Lisa 6:00 pm – Kids Connected	7 9:00 am – Living Strong 10:00 am – Cancer Support Group	8
9	10 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	11 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	12 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	13 5:30 pm – Restorative Yoga with Lisa	14 9:00 am – Living Strong 10:00 am – Cancer Support Group	15
16	17 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:00 pm – Kids Connected 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	18 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	19 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	20 5:30 pm – Restorative Yoga with Lisa	21	22
23	24 Office Closed for Christmas Eve	25 Office Closed for Christmas	26 Office Closed for Holidays	27 Office Closed for Holidays	28 Office Closed for Holidays	29 Office Closed for Holidays
30	31 Office Closed for Holidays					



## Calendar of Events Descriptions

For Cancer Center for Healthy Living (CCHL) programs, please call 309-693-8139 to pre-register.

### Massage Therapy

By Appointment Only

Massage is available for cancer patients and survivors for \$25 anhour. Our massage therapists, Laurie Weaver and Tonya Pruet are specifically trained for oncology massage using the Sloan-Kettering Method. Please call (309) 693- 8139 to schedule your appointment today.

### Individual Reflexology Sessions

By Appointment Only

Individual reflexology sessions are for anyone currently undergoing treatment only. Come see how great your body feels after a 30 minute session with Molly Richmond. Please call (309) 693-8139 to make your appointment today.

### Individual Healing Touch Sessions

By Appointment Only

Individual healing touch sessions are for anyone currently undergoing treatment. Enjoy a healing touch therapy session with Becky Dailey. Please call (309) 693-8139 to make your appointment.

### Kids Connected Support Group

Do you know a child who is struggling with a parent or caregiver's cancer diagnosis? Would you like your child to learn more about the disease and talk to children who are going through the same thing? Kids Connected is a support group exclusive for children 5-18 years old. There is an adult support group at the same time as the children's group. Dinner is provided at each meeting free of charge. The Kids Connected Support Group meets the 1st Thursday and 3rd Monday of each month. Please call (309) 692-6650 for additional information and to RSVP.

### Individual Nutritional Counseling

By Appointment Only

Individual nutritional counseling is available with Sharon Windsor, RD, CSO, LDN Monday-Friday at her office inside the Peoria Cancer Center on Route 91. Sharon offers free nutritional counseling sessions to patients who are experiencing side effects from cancer treatment. If you are interested in an appointment, please call her at (309) 243-3462.

### Mindfulness Meditation

Tuesdays @ 5:15 PM

Sometimes, life can be challenging! With hectic schedules and other concerns, it's often difficult to find a calm, quiet space inside yourself. So, if you feel overwhelmed with worry or anxiety, or you just wish to explore the benefits of meditation, please join us and peacefully experience the present moment in all its fullness. Mindfulness meditation is a very simple form of meditation, so you don't need any previous experience to enjoy the process. The weekly one-hour sessions are led by Heather Delabre in the CCHL activity room. Comfortable seating is provided, and sitting on the floor is not required. These sessions are open to the public and are free of charge.

### Individual, Family & Group Support Services

By Appointment Only

Kitty Bienemann, MA, NCC, LCPC is available for free support services Monday-Friday at her office inside the Peoria Cancer Center on Route 91. Services include individual, family and support group counseling. If you are interested in an appointment, please call her at (309) 243-3461.

### Hand Reflexology

Our hands play a special role in our lives and are linked to much of what happens every day. Hands are much more accessible than the feet for many people and have the same type of maps for reducing stress, addressing issues such as carpal tunnel or just the daily repetitive use of hands for key boarding or other daily chores. And while some might be hesitant to get their feet worked on, who doesn't like to have their hands massaged! Come learn the benefits of hand reflexology in this "hands on" workshop. Please RSVP today to 693-8139.

### I would like more information about the following services:

### Social services form for patients

ACS = American Cancer Society

CCHL = Cancer Center for Healthy Living

- |   |  |
|---|--|
| <input type="checkbox"/> Help for children coping with a parent who has cancer (Kids Connected)                                     | <input type="checkbox"/> Support Networking groups (CCHL)                                |
| <input type="checkbox"/> Individual counseling for the patient, family members, or caregivers (CCHL)                                | <input type="checkbox"/> Massage therapy for patients in treatment (\$25 fee/hr.) (CCHL) |
| <input type="checkbox"/> Healthy Living classes (yoga, gentle aerobics, Tai Ji) (CCHL)  | <input type="checkbox"/> Nutritional counseling (CCHL)                                   |
| <input type="checkbox"/> Cancer Basics 101 class (ACS/CCHL)   | <input type="checkbox"/> Living will/power of attorney directives (ACS)                  |
| <input type="checkbox"/> Financial assistance for treatment, medications, or medical supplies (ACS)                                 | <input type="checkbox"/> Transportation assistance for appointments (ACS)                |
| <input type="checkbox"/> Lifeline® Home Emergency Response System (monthly service fee) (ACS)                                       | <input type="checkbox"/> Wigs, hats, turban resources (ACS)                              |
| <input type="checkbox"/> Look Good, Feel Better® (ACS)  | <input type="checkbox"/> Housing/lodging information (ACS)                               |
| <input type="checkbox"/> Meal resources/home delivered meal programs (fee may be required) (ACS)                                    |  |
| <input type="checkbox"/> Homemaker services, such as household cleaning, errands, general assistance (per service fees apply) (ACS) |  |

### More information on the reverse side

\*All services are free unless otherwise noted.

[illinoiscancer.org](http://illinoiscancer.org)



# Physicians



## Illinois CancerCare Social Services

Illinois CancerCare is proud to partner with the Cancer Center for Healthy Living and the American Cancer Society to provide the services listed on the other side to our patients and their families.

Name: \_\_\_\_\_

Type of cancer: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Today's date: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Would you like more information about or receive any of the following publications?

Clinical Cancer Research Trials

- Illinois CancerCare Treatments/Trends/Tomorrow magazine
- The Cancer Center for Healthy Living newsletter
- Illinois CancerCare monthly newsletter by e-mail
- No, not at the time

Information about programs & services on other side