

ILLINOIS CANCERCAREs

Free Patient Newsletter
September/October 2012
Issue 18



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

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ILLINOIS CANCERCARE
foundation

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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



Illinois CancerCare has 13 clinics throughout Central and Western Illinois. This new section of the newsletter will give you the inside perspective on each clinic, its staff and patients.

Location: Ottawa at the Fox River Cancer Center



Physicians:



Dr. Sachdev Thomas



Dr. Pankaj Kumar

Ottawa Staff

Dr. Sachdev Thomas	Sarah Kettler, RN
Dr. Pankaj Kumar	Lindsey Tharp, RN
Mary Twardowski, APN	Connie Urnikis, RN
Pam Gross, RN	Alexis Hart, Reception
Leandra Harris, RN	Jaci Plumlee, Reception
Holly Harwood, RN	Jenny McNear, Pharmacy



Some of the wonderful Ottawa Clinic Staff

Opened in 2008, Illinois CancerCare (ILCC) in Ottawa is located in the Fox River Cancer Center, along with Radiation Oncology of Northern Illinois. Patients receiving treatment in Ottawa enjoy the gorgeous view of trees and flowers along the Fox River.

In addition to the gorgeous facility and beautiful view, patients and their families at Ottawa credit the staff for making their experience pleasant. JoAnne Arwood, the wife of patient Tim Arwood, did not know about Illinois CancerCare in Ottawa until Tim was diagnosed with pancreatic cancer before Thanksgiving of 2011. JoAnne and Tim have had a wonderful experience at Illinois CancerCare and do not have to travel far from home.

"The nurses are phenomenal. They are very understanding, empathetic and are always available to answer questions and are able to calm Tim down when he becomes overwhelmed with the side effects of his chemotherapy," says JoAnne, "Tim has built a special bond with oncology nurse, Pam Gross."

When talking with Pam, who has worked at Illinois CancerCare for 20 years, she loves being in a clinic setting because she is able to get to know the patients on a very personal level, which was echoed by all the other staff who were interviewed.

"The Arwoods have been married for 34 years, and still act like they're on their honeymoon," says Pam, "It's been a pleasure to see their love for each other during such a challenging time."

Jenny McNear, Pharmacy Technician, works closely with all the staff at the Ottawa clinic, including Doctors Thomas and Kumar.

"I love the staff here," says Jenny, "you get to know what everyone does, and build a bond with them, and the patients are able to get to know the staff on an intimate level as well."

Sarah Kettler, a nurse who has worked at ILCC for 6 years, is very proud of the Ottawa clinic and feels it has a calming presence, even on a busy day.

(continued on page 4)



Clinic Spotlight

"The team of nurses and the rest of the staff take ownership of their jobs and everyone is here for the same reason, to help the patients," says Sarah.

The pride of the staff, and their caring nature, makes all the patients feel welcome and confident in their decision to select the Ottawa Clinic for their treatment. Linda Kluska, who's breast cancer has been in remission since 2009, drives five hours, (yes, you read that correctly, five hours), to get her yearly check-up at the Ottawa Clinic. "I love coming to Ottawa, the staff are wonderful and make you feel like you're their only patient," says Linda, "my whole experience has been great."

The Ottawa Clinic offers a beautiful facility, a caring staff and a team of two wonderful physicians to serve its patients.



Tim and JoAnne Arwood



View from treatment room

Word Search

Theme: National Pharmacy Technician Day

National Hospital & Health-System Pharmacy Week is October 21-27th and acknowledges the invaluable contributions that pharmacists and technicians make to patient care in our nation's health care institutions. The pharmacy technicians at Illinois CancerCare play a pivotal role in the daily activities of the pharmacy and October 23rd has been designated National Pharmacy Technician Day to recognize their hard work. The Illinois CancerCare Pharmacy came up with this word search to celebrate that day. We would like to thank the whole pharmacy department for all they do for the patients and staff at Illinois CancerCare.

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

- Helpful
- Certified
- Knowledgeable
- Technique
- Friendly
- Licensed
- Courteous
- Awesome
- Professional
- Thorough
- Accurate



Cancer Awareness for September and October and Beyond. By Marsha Kutter, CCRP, Research Business Administrator

If you are reading this article you are probably someone who has been affected by cancer, either as a patient, a caregiver or a health care professional. Most of us are aware that October is National Breast Cancer Awareness month because great publicity has raised the public conscientiousness to preventing, diagnosing, treating and surviving breast cancer. Breast cancer accounts for 29% of all cancer diagnoses in women.⁽²⁾ Breast self-exams and mammograms help women (and men) detect changes in their breasts which might indicate a tumor. Positive strides continue in breast cancer detection and treatment as clinical trials test new drug treatments and interventions.

Perhaps it is lesser known that the month of September has been given national awareness designation to several other cancers that also affect patients at Illinois CancerCare and in central Illinois. September is Prostate Cancer Awareness Month. For men, prostate cancer the most commonly diagnosed cancer second only to non-melanoma skin cancers and accounts for 29% of cancers.⁽²⁾ The diagnosis of prostate cancer raises many questions for discussion concerning the role of PSA tests (prostate-specific antigen), who really needs treatment, and what form should that treatment take. For the majority of men the disease would likely offer no real health risks, even without treatment, although the surgeries and treatments themselves can bring side effects that result in long-term quality of life challenges, including incontinence and impotence. On the other hand, there are men who definitely need to be treated for their prostate cancers regardless of potential side effects. The current question is how do we know who would benefit from treatment and who could thrive with a watchful waiting approach. The issue is quite controversial.

Ovarian Cancer Awareness Month falls in September, too. Ovarian cancer, which accounts for 3% of cancers in women⁽²⁾, has been called a silent disease because it does not have symptoms which would be easily recognized. Women may have vague complaints of abdominal discomfort or bloating or low back pain. These symptoms mimic those of many common conditions, especially urinary or digestive problems. This makes early diagnosis difficult and challenging for researchers. The results of a couple of recent clinical trials show promise by adding a drug which inhibits the growth of blood vessels to tumors to standard chemotherapy for ovarian cancer.⁽³⁾



Marsha Kutter, CCRP

Last but not least, September is Leukemia and Lymphoma Cancer Awareness Month. These malignancies have probably combined as they are hematologic cancers, meaning they arise from the blood and bone marrow, where blood cells develop. Leukemias and lymphomas both have a number of subsets whose treatments and prognoses vary depending on the type.

Leukemias are categorized in 2 different ways: 1) Chronic or acute leukemias indicate how quickly the malignant cells grow, with chronic leukemias growing more slowly than acute leukemias. 2) Myeloid or lymphocytic leukemias are named based on the type of blood cell from which the cancer develops. Myeloid leukemias arise from the white blood cells, whereas lymphocytic leukemias develop from lymphocytes. In 2012 it is estimated that 3% of cancers in men will be leukemia, and less than 3% in women.⁽²⁾

Lymphomas have gone through a number of subtyping classifications over the years. The main division is between Hodgkins and non-Hodgkins lymphomas. Among the non-Hodgkins lymphomas, the classifications are complicated and vary according to several factors: cell appearance, genetic mutations, if they are tightly clustered or more spread out, what proteins they have on the cell surface, and what cells they arose from. Non-Hodgkins lymphomas accounts for 4% of malignancies in both men and women.⁽²⁾

As we move into autumn, we continue to be aware of the many forms that cancer can take and are reminded of the journey we continue in our efforts to control this disease. For more information about cancer clinical trials available at Illinois CancerCare, please visit our web site: <http://www.illinoiscancercare.com/> and click on current Illinois CancerCare trials under the research tab.

(1) Source: 2012 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC."

(2) Source: <http://www.cancer.org/Research/CancerFactsFigures/CancerFactsFigures/cancer-facts-figures-2012>

(3) Source: <http://www.cancer.gov/clinicaltrials/results/summary/2011/bevacizumab-ovarian0611>

To find all National Healthcare
Observances during the year visit
<http://healthfinder.gov/nho/nho.asp>.



Volunteer Profile: Cathy Totten and Gladys Carter

Cathy Totten and her mother Gladys Carter, make volunteering at Illinois CancerCare a family affair. Both women have experienced cancer first hand in their lives. Gladys' husband Charles passed away from lung cancer and Cathy is currently undergoing treatment at Illinois CancerCare for her third recurrence of ovarian cancer.

Cathy and Gladys are so thankful for the wonderful staff of physicians and nurses who have made Cathy's cancer battle easier. Both women commented on how incredibly helpful and willing the staff are to answer any questions. Cathy's niece and Gladys' granddaughter, Holly Jo Delinski works as an oncology nurse at Illinois CancerCare. Both are so thankful for what Holly Jo has done to ease Cathy's worries about cancer and appreciate that all the staff at Illinois CancerCare are so straight forward in answering questions.

Having cancer hit so close to home in their family has made both women want to give back to other cancer patients. Gladys has volunteered for the past nine years. She began after a friend she golfs with, (another big passion of hers) told her about her experience volunteering at Illinois CancerCare.

"From what she said, volunteering sounded very rewarding so I decided to give it a try," says Gladys.

Cathy began volunteering five years ago after her first bout with ovarian cancer went into remission.

"Having experienced cancer myself, allows me to be able to relate to the patients better as I know what they are going through," says Totten. "When women



Cathy Totten & Gladys Carter

lose their hair I am able to reassure them it's just hair and it will grow back."

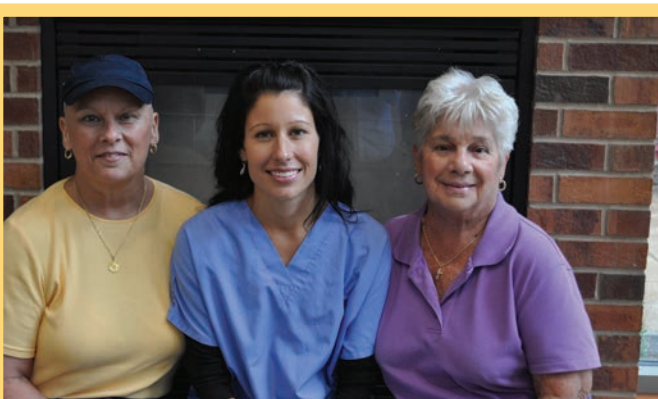
The most satisfying part of volunteering for both women is working with the patients. Both Cathy and Gladys stated multiple times that the patients are so friendly and thankful for what the volunteers do. Cathy and Gladys strive to get to know the patients on a personal level and make their experience as comfortable as possible.

Cathy and Gladys enjoy making each other and those around them laugh. Both women choose to keep humor in their lives despite how serious cancer can be.

"You have to have humor, otherwise it would make things so much harder," says Gladys.

Starting in October, be on the lookout for Cathy and Gladys on Monday mornings. Cathy will be in B Pod and Gladys in D Pod. They will be sure to have a smile on their face, an ear to listen and a laugh to share.

Check out page 8 to see the nursing profile on Holly Jo Delinski.



Cathy Totten, Holly Jo Delinski & Gladys Carter

Recipes from Sharon

Pumpkin Soup

Makes six, 1-cup servings

Ingredients

- ½ cup finely chopped onion
- ½ teaspoon minced garlic
- 1 (15-ounce) can solid pack pumpkin
- 3 ½ cups canned fat –free chicken broth or vegetable broth
- ½ cup skim milk
- Salt and pepper to taste
- Nonfat plain yogurt

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

Calories 45, Protein 4g, Carbohydrate 8g, Fat 0g, Calories from Fat 0%, Saturated Fat 0g, Dietary Fiber 3g, Cholesterol 0mg, Sodium 391mg



Sharon Windsor

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

Sudoku

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

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.



Why I Work Here

Why I Work Here

Why I Work Here...



Holly Jo Delinski

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.

Name: Holly Jo Delinski

Position: RN, OCN

Years at Illinois CancerCare: Eight

Each weekday morning for the past eight years, Holly Jo Delinski has had the pleasure of coming to work at Illinois CancerCare (ILCC). As a nurse at ILCC, Holly Jo monitors patient blood counts and helps administer chemotherapy. Holly Jo is also in charge of the Leukemia clinic, where she works alongside Dr. Gerstner and Dr. Vukov and their medical teams. She also works with Dr. Gerstner and Dr. Thomas to coordinate and help patients receiving bone marrow transplants.

Holly Jo credits the great team of nurses currently at Illinois CancerCare for making her job so enjoyable. She feels the nurses are the best team she's ever worked with and they all have one goal in mind, giving great patient care. This goal contributes to the cohesiveness between all the nurses.

Holly Jo's time at Illinois CancerCare has been ever changing. New things are always happening with research, which allows for new treatments to be used for patients. Holly Jo relishes the fact that her job allows her to do a variety of tasks and that she's had the opportunity to focus on Leukemia and bone marrow transplants. But for Holly Jo, the most rewarding part of her job is, "working with patients and getting to know them and help them through their cancer treatment."

Like many people, Holly Jo's life has been affected by cancer. She currently has an aunt undergoing treatment for cancer. She had another family member go through the bone marrow transplant process here at Illinois CancerCare. Being a part of that process was incredibly memorable for Holly Jo as she was able to go through it as a family member and also as a health provider.

"Cancer has made me a more compassionate person. I am able to see two sides to everything as you never know what someone is going through," says Holly Jo.

In her free time, Holly Jo spends time with her husband and their three children, Kenzie (6), Carley (4) and Charlie (2). She also enjoys running, and recently completed the St. Jude Run from St. Louis to Peoria.

You will also find Holly Jo featured in our Volunteer Profile in this issue. Her Aunt Cathy and Grandma Gladys are the featured volunteers this month and wanted to include Holly Jo in their article! Be sure to check it out.





Welcoming a New Physician: Dr. Madhuri Bajaj



Dr. Madhur Bajaj

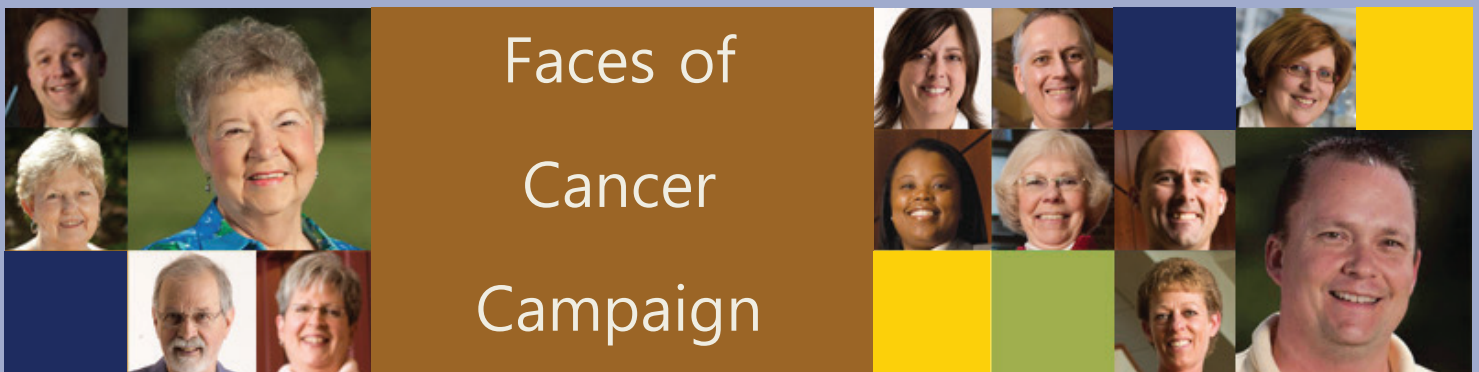
Illinois CancerCare is pleased to welcome Dr. Madhuri Bajaj to our team of astonishing physicians. Dr. Bajaj joined the practice in August and is very focused on helping and caring for her patients during their cancer treatment. She will see patients with all types of cancers but will focus her practice in breast cancer and Genitourinary Oncology.

Dr. Bajaj received her medical degree from SABA University School of Medicine in the Netherlands-Antilles. She completed her residency at UMKC School of Medicine at Kansas City, MO. Her hematology/oncology fellowship was done at Barbara Ann Karmanos Cancer Center Institute in Detroit, Michigan.

Dr. Bajaj decided to go into Hematology/Oncology because cancer medicine is constantly evolving. She enjoys the challenge of keeping up with the evolution of the medicine and the disease. "The cancer treatment field is heading towards personalized medicine and the first phase of this endeavor has been quite successful with the development of targeted molecular therapies for various malignancies," says Bajaj.

In providing advice to her patients, Dr. Bajaj says, "Take time to cope with the diagnosis. Keep a positive outlook and explore all your options for treatment. Finding a doctor and treatment center that put your interests first is a crucial initial step in your cancer journey."

Dr. Bajaj is excited to live in a heart-warming community like Peoria. She currently lives in Dunlap with her husband and their two children. In her free time, she enjoys dance, running, cooking and travel. Illinois CancerCare is excited to welcome Dr. Bajaj to Peoria and our team. Her expertise will benefit all the patients at Illinois CancerCare and bring a new renewed perspective to our experienced team of physicians.



We all have a story to tell. The Illinois CancerCare Foundation is launching a Faces of Cancer Campaign to allow **YOU** to share how cancer has affected your life with members of our community. If you are interested in being a part of this campaign, please email Kaci Green at kacigreen@illinoiscancer.com and share with her why you'd make a great face of cancer!



Letter from Executive Director—Janet Varnes



Janet Varnes, Executive Director

My first 60 days on board with the Illinois CancerCare Foundation have been extremely rewarding. I've thoroughly enjoyed meeting many of our front line caregivers and staff members, along with the cadre of outstanding volunteers who work tirelessly to create the best environment possible for our patients undergoing treatment and their families and caregivers.

Another highlight of working at the Illinois CancerCare Foundation has been running into folks whom I've had connections with in the past - whether a former co-worker, fellow community volunteer, or the individual who has performed work in my home. Sometimes it can be emotionally difficult as I am surprised to learn that these individuals and their families are dealing with a cancer diagnosis. On the flip side -- they all possess one striking characteristic in common - exceptional resilience. Despite the challenges that our patients deal with as they face their cancer diagnosis, they display unwavering optimism and a positive and cheerful attitude. Rarely a day goes by that I'm not blessed in some way by a kind word, a smile, or even a laugh with one of our patients. It is truly uplifting! It is no wonder that we have so many long-term employees here at Illinois CancerCare - the patients make it so rewarding for us!

Our Foundation works alongside dozens of volunteers from throughout the region to raise funds to support the following patient initiatives:

1. New Clinical Treatment Trials - Clinical research trials are a reason for the major gains that have been achieved in cancer survival over the past three decades. In addition to improved survival, quality of life for people living with cancer has also been enhanced as trials continue to identify more targeted treatments that can help limit many of the side effects of cancer therapies.

The goal of Illinois CancerCare and the Foundation is simple: Expand the number of patients enrolling in these trials throughout central Illinois, regardless of the level of federal funding available, to discover better treatment and therapy options and ultimately cures for many types of cancers.

I'm pleased to report that the Foundation recently approved a grant request to fund up to \$200,000 of the underfunded costs of clinical trials research conducted through the Illinois Oncology Research Association Community Clinical Oncology Program (IORA CCOP) during FY 2013. Simply put - no patient will be turned away from a national clinical trial because there wasn't sufficient funding to enroll them. And the best news - these promising new treatments will continue to be offered in a patient-focused setting by outstanding physicians and clinical staff right here in central Illinois where patients can be surrounded by family and friends.

2. Education - getting the word out about the importance of clinical trials, early detection and cancer screening is vital in improving patient outcomes. The Foundation is meeting these needs on two fronts. As we enter the fall, we will launch the Clinical Trials Advocacy Program, funded through a generous grant from Amgen. Although clinical trials are the only way to effectively test new medications in people, less than 5 percent of adult cancer patients take part in clinical trials. According to a survey, if people knew that clinical trials were available to them, 75 percent indicated they would be willing to enroll. Through a team of trained community advocates, we will launch a community-wide effort to increase knowledge about the importance of clinical trials throughout central Illinois.

Additionally, the Foundation has approved participation along with Illinois CancerCare in the establishment of a Genetics Screening Program. The program will launch this fall with the pilot project of screening central Illinois families at risk for HNPCC (Hereditary Non-Polyposis Colorectal Cancer; also known as Lynch Syndrome). You might wonder why genetic screening is important. Screening helps families better understand their risk for a certain disease, and can provide a sense of relief from uncertainty. Also, it aids families in prevention and early diagnosis and treatment and helps individuals make informed decisions about managing their health care.

Successful completion of the proposed pilot project could serve as the gateway for additional screening opportunities in the areas of breast, uterine and thyroid cancers.

3. Patient Support - cancer patients continue to receive special "TLC" from our staff and volunteers during their cancer treatments. Whether it's a warm cup of coffee or hot tea, a delectable sweet treat, or a themed lunch, it is likely made possible through the generosity of the Foundation's Volunteer Fund. Gifts to this fund allow the volunteers to go the extra mile in creating a "home away from home" for the patients and their family members. We are forever grateful to all who support this fund.

We continue to be proud that one hundred percent of the Foundation's fundraising proceeds stay local to support our patients and their families being cared for in our 13 clinics throughout central Illinois. This level of success could not be achieved without the dedication and support of our many friends to raise funds on our behalf through the year, I want to thank everyone for their support of the Illinois CancerCare Foundation and hope you will support us in the future.



Our Giving Community

Our Giving Community

Advocacy Program



Clinical Trial Advocacy Program

Do you want to get involved in finding cures for cancer?

If so, consider being a clinical trial advocate! As a part of the Illinois CancerCare Foundation's new Clinical Trials Advocacy Program, advocates will go out into the community and present to local organizations, clubs, and companies and at health fairs to talk about the importance of clinical trials.

You may be asking yourself, why is being an advocate important?

Clinical cancer trials are a vital step into finding cancer treatments that are more effective and less toxic. While clinical trials are the only way to effectively test new medications in people, less than 5% of adult cancer patients take part in clinical trials. Surveys indicate however, that if people know clinical trials are available to them, 75% of them would enroll. That is why being an advocate for clinical trials is so important to our community.

How do I get involved?

Anyone with a passion to spread the word about the importance of clinical trials and enjoys speaking in front of groups of people about them should attend one of two informational sessions on Tuesday September 25th at 5:00pm or Thursday September 27th at noon. Light refreshments will be provided on the 25th and lunch will be provided on the 27th. All advocates will attend a training session later on and be provided materials to help them better understand the clinical trial process. If you have any questions please call the Illinois CancerCare Foundation at (309) 243-3320. Remember that today's standard cancer treatments were yesterday's clinical trials.

Sudoku & Word Search Solutions

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

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



Morton BBQ Throwdown brings excitement to Morton!

The weekend of July 27th and 28th brought 5,000 people to downtown Morton for the 2nd Annual Morton BBQ Throwdown. Attendees enjoyed activities to choose from including, delicious BBQ from area vendors, craft vendors, a silent auction, kids play area, beer tent and great music from local bands Jury's Out, Rewind, Mister Sister and JammSammich.



Grand Champion Winner Quau and People's Choice Winner It's 5 O'Clock Somewhere with Wolfie from 104.9 The Wolf.

375 attendees who then judged who their favorite was. Bad BBQ (Piggy bank No. 1) was crowned the People's Choice Winner.

Koener credits some big changes to the success of the event this year. "I believe there were four factors involved in the growth of the event-- the new location, expanding it to a two day event, becoming KCBS sanctioned

This year's event featured 33 professional BBQ teams competing in this Kansas City Barbeque Society (KCBS) sanctioned event. Teams came from all around to compete and set up camp in the streets of downtown Morton with their RVs, trailers and grills. After two days of competition, Quau was awarded the Grand Champion title and It's 5 O'clock Somewhere was named Reserve Grand Champion. Ryan Koener, organizer of the event said, "My favorite part was the awards ceremony. There were hundreds of people there to watch and it was very exciting. "

and getting more entertainment for the crowd," said Koener.

The growth of the Throwdown is evident through the generous donation of \$20,000 to the Illinois CancerCare Foundation. Proceeds will go to local clinical cancer research, community education and advocacy and programs that support patients. We are truly grateful for the donation from this year's Morton BBQ Throwdown and thank everyone who volunteered, supported and organized this year's event. We are so excited to see what next year's event has in store for the community!

Nine additional teams chose to compete in the People's Choice competition. Their food was sampled by over



Mike B Sr Photo: Wolfie from 104.9 goofs around with attendees



Grand Champion Photo: Shelli Koener poses with winners Quau



America's Pull

In the sticky heat of a hot Saturday evening, thousands gathered on July 14th in Henry, IL for America's Pull, a nationally televised tractor and truck pull at the Marshall-Putnam County Fairgrounds. For those who have never experienced a tractor pull, imagine this...modified farm tractors drag a metal sled along the course. The sled contains a heavy load of metal plates that are mechanically moved forward as the tractor pulls it down the course. While this is happening, the tractor loses momentum and torque, giving the audience a reason to get on their feet as the front wheels of the tractors lift off the ground, and drivers try to inch their tractors further down the course. At America's Pull, five classes of tractors and trucks compete. The roar of their engines is loud enough that spectators cover their ears.



A tradition of America's Pull is to raise money for an organization that supports cancer research. This year, Bob and Jerry Read, of Read Brothers, Inc., organizers of the event, chose the Illinois CancerCare Foundation. Before the tractor pull started, Janet Varnes and Kaci Green of the Foundation, walked onto the course with Bob and Julia Read as a young girl sang, "Somewhere Over the Rainbow" and played the ukulele. It was a wonderful moment for all in attendance. Overall, America's Pull raised \$5,500 for the Illinois CancerCare Foundation. We want to thank Bob and Jerry, and those involved in the event for choosing the Illinois CancerCare Foundation as the recipient of this year's charitable donation.

Outrageously
CUREageous

We Are On An Outrageous Mission To Find A CURE!

Join Us for a Party You Won't Want to Miss that Will Honor Docs that Rock in the Field of Research

Friday, November 9, 2012 • Par-A-Dice Hotel
CUREageous Main Event 6:30 p.m. – Midnight
JammSammich 9:00 p.m. – Midnight

All proceeds will directly support clinical research and education provided by:


ILLINOIS CANCERCARE
foundation

For tickets or more information, visit www.illinoiscancer.com/cure or call (309) 243-3320



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.

September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Office Closed for Labor Day	4 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	5 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	6 5:30 pm – Restorative Yoga with Lisa 6:00 pm – Kids Connected @ Forest Park Nature Center	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 6:00 pm – Kids Connected 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	11 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation 5:30 pm – Chakara Workshop	12 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	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 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	20 5:30 pm – Restorative Yoga with Lisa	21 9:00 am – Living Strong 10:00 am – Cancer Support Group	22
23	24 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	25 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	26	27	28	29
30						

October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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	2 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	3 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	4 5:30 pm – Restorative Yoga with Lisa 6:00 pm – Kids Connected	5 9:00 am – Living Strong 10:00 am – Cancer Support Group	6
7	8 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	9 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation 5:30 pm – Hand Reflexology Workshop	10 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	11 5:30 pm – Restorative Yoga with Lisa	12 9:00 am – Living Strong 10:00 am – Cancer Support Group	13
14	15 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	16 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	17 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	18 5:30 pm – Restorative Yoga with Lisa	19 9:00 am – Living Strong 10:00 am – Cancer Support Group	20
21	22 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	23 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	24 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	25 5:30 pm – Restorative Yoga with Lisa	26 9:00 am – Living Strong 10:00 am – Cancer Support Group	27
28	29 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	30 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	31 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji			



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 Konnected 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 Konnected 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 Konnected 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 nutritonal 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 Konnected) | <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



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