

ILLINOIS CANCERCARES

Free Patient Newsletter • January/February/March 2015 • Issue 30



Articles Inside:

- Medical Imaging and Laboratory Updates
- What's New in the Lab?
- Theresa Tracy Trot
- Community Donations
- Caring for the Caregiver
- Calendar of Events

• CUREageous 2014

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

News from Executive Director—Janet Varnes



Janet Varnes, Executive Director

Although the New Year is now upon us, I wanted to take this opportunity to thank everyone for their support of the Illinois CancerCare Foundation during 2014. It was a very busy and successful year for the Foundation and we are thankful for the generosity that has been shared by so many caring friends. The Foundation sponsored three fundraising events during the year – The Morton BBQ Throwdown, the third annual Golfin' in the Wild, and the fifth annual CUREageous. The combined proceeds from these events raised over \$187,000 to support cancer patients and their families through the Foundation's outreach programs. We are forever grateful to everyone who took the time to participate in and support these events. In addition, we again benefitted from a number of third-party events throughout the year which cumulatively provided \$57,000 to support cancer patients and their families. We are truly grateful for this outpouring of community support.

The Foundation continues to partner with Illinois CancerCare in helping increase patient enrollment in the latest nationally renowned clinical cancer research trials. Despite declining government support,

this important program continues with funding from the Foundation of nearly \$350,000 in 2014 to help accelerate the development of interventions for preventing, treating, recovering from and curing cancer. This year alone, support helped to:

- Enroll 138 patients into 59 different clinical trials encompassing more than a dozen different cancer types.
- Provide a research patient navigator to screen patients daily at our 12 clinic locations for clinical trial opportunities.
- Follow more than 800 patients who have participated in clinical trials prior to 2013.

People facing cancer are living longer, healthier lives as a direct result of these trials and the advanced treatment options they provide. Bottom line - our patients can remain here in central Illinois surrounded by family and friends to receive the best care possible.

Patient assistance remains a priority for the Foundation and we continue to provide needed assistance to our patients in a number of areas:

- Fuel cards for cancer clinical trials participants and other patients who face financial barriers.
- Compression garments and therapy for breast cancer survivors through a partnership with the OSF Saint Francis Medical Center Rehab Services.
- Trust in Hope continues to provide support to patients and their families during the holidays.

Philanthropic gifts to the Foundation continue to support genetic screening for central Illinois families at risk for hereditary non-polyposis colorectal cancer (HNPCC or Lynch Syndrome) and breast cancer. And we are now supporting studies that offer targeted oral therapies to patients whose tumors have "driver mutations" found through molecular sequencing. When needed, philanthropic support will enable eligible patients, and their family members, to receive financial assistance for their genetic screening and tumor sequencing.

Hope. It is one of the most important therapies during a cancer diagnosis. Your continued support and advocacy of the Foundation's mission provides real hope to our patients and their families and is appreciated beyond words.

Wishing you all the best in this New Year,

Janet

For more information about any of these support programs, or upcoming fundraising events, please contact the Foundation at 309.243.3437.

By Todd Collins
CNMT, Lead Nuclear Medicine Technologist

The construction is complete at Illinois CancerCare and there have been some exciting developments in the medical imaging department. Illinois CancerCare in Peoria has undergone some very extensive remodeling that has involved most departments. These renovations were to accommodate our continued growth as a leader in providing the best possible cancer care for our patients and their families. In the case of medical imaging, this means providing our patients with up-to-date scanners and larger space to ensure smooth and timely service.

The X-Ray department has a new DEXA scanner that is used to measure bone density. The DEXA scanner expands our ability to more accurately follow patients who are receiving therapies that may impact their bone density. Lower bone density may lead to a higher risk of fractures. Some medical trials require additional tests that the new DEXA scanner is also able to perform. These extended capabilities allow Illinois CancerCare patients to participate in trials that were not available before the installation of the equipment.

The CT department has replaced the previous PET/CT unit with a dedicated CT scanner. This new scanner is able to perform a scan of a patient's head that the previous equipment was not able to do. The addition of this equipment assists staff in keeping the patient on time for the rest of their appointments and reduces patients' wait times for scan results.

In the PET department there is a new scanner with state-of-the-art hardware and reconstruction software. This improves the ability to detect and monitor cancers. This area was also designed with more space to keep our patients comfortable.

We have also expanded our CT service to our new Galesburg clinic. When the new Bloomington clinic is completed, the same level of service will be available. These improvements in medical imaging demonstrate Illinois CancerCare's commitment to bring the best possible care to our patients right here in central and western Illinois.



What's New in the Lab?

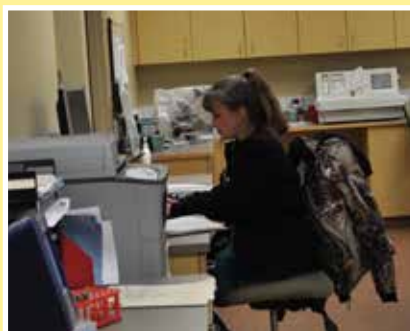
Over the last few months the laboratory and phlebotomy area have gone through extensive renovations. These changes were designed to give patients a better experience and to streamline work flow. The phlebotomy area includes two port draw rooms and four drawing areas (with a fifth room available when needed).

The shot chair can also be found in this area. Each room provides plenty of space for both the patient and staff and, if requested, more privacy. The new restroom also features a specimen cabinet that goes directly to the lab.

In the new laboratory, the space has grown significantly. The new laboratory space is approximately one and a half times larger than previously. The larger, open layout is more efficient for the staff. This enables the staff to send your test results to your doctor more quickly.

Two new laboratory technicians have joined the team: one in Peoria and one that travels between Peoria and Galesburg. We are happy to have Julie M. and Julie B. on our laboratory team. When you see them, please welcome them!

Laboratory services have expanded to the Galesburg clinic. And when the new Bloomington Clinic is complete, the same services will also be available to patients. The laboratory staff is very excited to have been able to upgrade these services and improve the quality care for Illinois CancerCare patients.



Recipe from Sharon



Valentine's Day Gelatin Hearts

This Valentine's Day recipe may be tolerated with symptoms of nausea and vomiting and contains instant dry milk to increase the protein and calorie content.

Ingredients:

- 2-1/2 cups boiling water
- 2 packages (6 oz. each) of red gelatin
- 1 cup whole milk
- 3 Tbsp. instant dry milk
- 1 package (3.4 oz) of vanilla instant pudding mix



Sharon Windsor

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

Directions

1. Combine all gelatin packages into the boiling water, and stir until gelatin is completely dissolved. Allow the gelatin to cool at room temperature for 30 minutes.
2. Stir instant dry milk into the whole milk until it is dissolved. Use a whisk if necessary.
3. Stir the vanilla pudding mix into the milk mixture until a thick pudding has formed. Use a whisk if necessary.
4. Add the pudding into the cooled gelatin, and stir until evenly mixed.
5. Pour gelatin into an 11"x7". Refrigerate for 3 hours or until firm. Yields 12 rectangular servings.
6. If desired, cut gelatin into heart shapes using a heart-shaped cookie cutter and top with whipped cream.

Nutrition Facts (per one serving):

162 calories, 1 g fat, 35 g carbohydrates, 32 g sugar, 3.25 g protein

**Adapted from Kraft Foods*

Word Search

Theme: Winter Wonderland

Sudoku

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

Words:

- January
- February
- Twenty Eleven
- Happy New Year
- Resolutions
- Noise Maker
- Cupid
- Love
- Valentine's Day
- Candy Hearts
- Arrow
- Snow
- Super Bowl
- Commercials

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

Thanksgiving meals were delivered to patients and their families on Wednesday, November 26th. Once again, the great folks at the Lariat Steakhouse prepared 225 meals. The Peoria Notre Dame Junior Varsity and Varsity basketball players and coaches along with other volunteers took time to deliver meals. In the weeks leading up to Christmas, many elves were busy searching down requests for children of Illinois CancerCare patients. Then a different group of elves graciously donated their time to deliver the gifts.

- *In the last 6 years alone, over 1,000 Thanksgiving meals have been delivered*
- *And over 60 families with over 160 children have received holiday gifts.*

Anyone interested in donating to the Trust in Hope fund can contact the Illinois CancerCare Foundation at (309) 243-3437 or send a check to Illinois CancerCare Foundation, 8940 N. Wood Sage Road, Peoria, IL 61615. In the memo section of the check, please indicate "Trust in Hope."

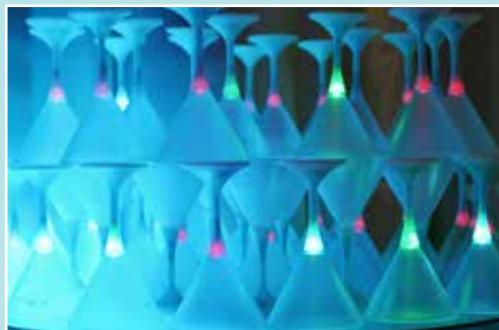
**Donations may also be made on-line at IllinoisCancer.com*



CUREageous 2014

On a Mission to Find a Cure

Thanks to everyone involved in making the 5th Annual CUREageous a huge success. Over \$147,000 was raised to support cancer patients and their families through clinical research, patient assistance and educational outreach.





Theresa Tracy Trot

Check Presentation

Tuesday, December 30th, 2014 . . .

Carrie Margis and Janet Varnes were privileged to accept a check for \$17,044 representing proceeds from the 2nd Annual Theresa Tracy Trot. This is the second year the Illinois CancerCare Foundation has been the recipient of funds in memory of Theresa designated toward pancreatic cancer research.

We are proud to be a partner with Theresa Tracy Strive to Survive and all the wonderful volunteers who support their mission of fighting pancreatic cancer. Thank you, again, to all participants and volunteers for your generosity.

*We look forward
to bringing new treatments
and therapies
to pancreatic cancer patients
in 2015!*



Volunteer Christmas Party!



Community Donations



"Hats for Healing" was a project of a patient. She said a nice hat made all the difference in her day.



These kids played music for everyone while their mother received a treatment. They were nice enough to come two days to brighten everyone's spirits.



May your days be Merry and Bright! *Woof*



Cooper, Lily & Max brought us three boxes of 31 Bags donated by customers & filled with goodies purchased with the proceeds.



These ladies and their faculty advisor, Mr. Herriford, are from the Dunlap High School Multi-Cultural Club. Their service project this year was to collect and distribute hats.



Madeline and Matthew brought a box of blankets to warm the patients.



ILLINOIS CANCERCARE WINTER WEATHER POLICY OPTIONS

- 1 309.243.3010
- 2 LOCAL RADIO OR TV
- 3 ILLINOISCANCERCARE.COM

CARE

HELP

ILLINOIS CANCERCARE WINTER WEATHER POLICIES

It is important for you to note the various ways you can check office hours should there be a winter storm during one of your scheduled appointments.

If there are severe winter conditions, you may choose from the following three options:

1. Call: **309.243.3010**, *after 6AM*, you will get a pre-recorded message that will tell you if the office is closed or opening late.
2. Watch or listen to **local radio and/or television stations** for office closing or opening late messages.
3. Log onto: **www.illinoiscancercare.com** for office closing or opening late messages. Weather announcements will run along the bottom of the screen on the home page.

Word Search & Sudoku Solutions

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

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

CARING FOR THE CAREGIVER

Current estimates indicate that there are more than 44 million family caregivers in America of which 59% work or have worked while providing care. It may be a spouse taking care of a spouse, adult child caring for a parent, grandchild caring for a grandparent, or unrelated caregivers such as friends or neighbors.

A caregiver is defined as someone who is relied upon to provide unpaid help to another particularly a senior citizen or someone who is ill. Services may include help with errands, meal preparation, laundry, paying bills, transportation, personal care, shopping, yard work, housework, or medical care.

Being a caregiver can be a full time job and caregivers often put their own needs and emotions aside while caring for a loved one. Taking good care of yourself as a caregiver is an important part of the process. This can improve your quality of life and help you be better equipped to handle the responsibilities of being a caregiver.

Caregivers can often feel very much alone and overwhelmed. It is important to know and accept your limitations. Many feel as if they are a burden when asking friends or family for help and support. As a result, they burn out and develop health problems themselves, which then makes them less able to provide care. Caregivers who receive help report feeling less isolated, anxious and depressed.

Illinois Cancer Care is offering a Caring for the Caregiver class that will be held on two successive Saturdays from 9 AM to noon. Supported by a grant from the Illinois CancerCare Foundation, we are anticipating starting this program in early spring. There will be no charge for this program and it will be offered at Illinois CancerCare.

Information will include management of symptoms such as pain, constipation, diarrhea, sleep disturbances, fatigue, mouth sores and difficulty swallowing. These will be addressed by Tammy Daily and Judy Williamson, both advanced practice nurses. Sharon Windsor, dietician, will address nutrition and problems eating.

Debra Disney and Kitty Bienemann, both counselors, will address depression, anxiety and the mind body connection. Catherine Guebert, social worker and American Cancer Society navigator will address community resources. Advanced care planning with respect to living wills, durable power of attorney forms, and end of life wishes will also be discussed. Time will be allowed for discussion, questions, or topics of interest to the participants.

For more information please contact either Tammy Daily (309) 243-3431 or Judy Williamson (309) 243-3754.



Please look for information forthcoming on this program over the television monitors in the treatment or waiting rooms, the Illinois Cancer Care website, or fliers located in examination rooms when the program is scheduled.

Calendar of Events

Monthly Programs for Cancer Patients, Survivors & Caregivers provided by the Hult Center for Healthy Living

MONDAY

Aqua Survivor | 9a | Landmark Recreation Center | 3225 N. Dries Lane, Peoria

Breath of Joy Yoga | 5p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

A registered yoga teacher who brings her experience as a cancer survivor to the class. FREE of charge and available to Breast Cancer patients, survivors & caregivers.

Beyond Beginner Tai Ji | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

For those of you who want to challenge yourself, but are not ready for advanced, led by Cara Murdoch.

Tai Ji Circle | 7p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Advanced gentle exercise with Cara Murdoch.

TUESDAY

Aerobics | 9a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Gentle Exercise with low impact with instructor Beth Stauffer. All levels welcome.

Mindfulness Meditation | 5:15p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

These sessions are a very simple form of meditation, so you don't need any previous experience. Comfortable seating is provided and sitting on the floor is not required.

WEDNESDAY

Yoga with Jean | 11a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

All levels welcome.

Cancer Support Group | 1p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Beginner Tai ji | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Very basic Tai Ji taught by Cara Murdoch.

THURSDAY

Restorative Yoga with Marcy | 5:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave.

As a cancer survivor, Marcy brings her experience to her classes to gently open body, heart and mind with breath and movement. Beginner friendly. Relax and restore with Marcy.

FRIDAY

Living Strong | 9a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Strength training class with Beth Stauffer. All levels welcome.

Cancer Support Group | 10a | Illinois CancerCare | Route 91, Peoria





Support Groups & Nutritional Counseling

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. To make an appointment, please call 309.243.3461. Group support meets twice a week.

Kids Konnected- For children ages 5-18 whose parent, grandparent or caregiver has or had cancer. This group meets on the Third Saturday of every month from 1:30p-3p. To register for this free group, please call 309.692.6650.

Prostate Support Group “Us TOO Prostate”- Call George Melton at 309.691.6523 for dates and times.

Individual Nutritional Counseling– Free nutritional counseling sessions available Monday-Friday with Sharon Windsor, RD, CSO, LDN and Katrina Sommer, RD, LDN for patients who are experiencing side effects from cancer treatment. To make an appointment, please call 39.243.3462.

Therapeutic Services

Individual Healing Touch Session- By appointment only. Becky Dailey will see clients the 2nd and 4th Thursday of each month at 8:30a and 9:15a. For anyone currently undergoing treatment, enjoy a healing touch therapy session. Please call 309.692.6650 to schedule your appointment.

Massage Therapy- By appointment only. Massages are \$30 per hour for those in “active” treatment and \$40 per hour for those not in active treatment and caregivers. Our experienced team of massage therapists have all received specialized training in oncology massage to deliver safe, comfort-oriented massages to all affected by cancer and its treatments. Please call 309.692.6650 to schedule your appointment.

Mindfulness Meditation- Every Tuesday at 5:15p FREE to cancer patients, survivors and caregivers. These sessions are a very simple form of meditation, so you don't need any previous experience. Comfortable seating is provided and sitting on the floor is not required.

Reflexology- By appointment only. Judy Schlueter, Licensed Reflexologist will see clients on the 1st and 3rd Thursday of each month at 8:30a and 9:15a. Call 309.692.6650 to schedule an appointment.

5215 North Knoxville Avenue | Peoria, IL 61614 | p 309.692.6650 | f 309.692.6575 | www.hulthealthy.org

I would like more information about the following services:

Social services form for patients

ACS = American Cancer Society HCHL = 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 (HCHL) |
| <input type="checkbox"/> Individual counseling for the patient, family members, or caregivers (HCHL) | <input type="checkbox"/> Massage therapy for patients in treatment (\$30 fee/hr.) (HCHL) |
| <input type="checkbox"/> Healthy Living classes (yoga, gentle aerobics, Tai Ji) (HCHL) | <input type="checkbox"/> Nutritional counseling (HCHL) |
| <input type="checkbox"/> Cancer Basics 101 class (ACS/HCHL) | <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

Physicians



Illinois CancerCare Social Services

Illinois CancerCare is proud to partner with the Hult 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 Hult Center for Healthy Living newsletter
- Illinois CancerCare monthly newsletter by e-mail
- No, not at this time

[Information about programs & services on the reverse side](#)