

# ILLINOIS CANCERCARE

## Newsletter

Nov / Dec 2016

### ARTICLES INSIDE

Coping with Holiday  
Stress with Cancer

Tips for Caregivers over the Holidays

Birthday boy Ivan honors his mom

Newlyweds celebrate bride's  
dad and ILCC Bloomington Clinic

CUREageous event

Trust in Hope patient support

Turkey Stuffed Winter Squash Recipe

Central Illinois Parrot Head Club  
hosts record breaking Leather & Leis



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

# IN THIS *ISSUE*



Clinic Connections: Newlyweds celebrate  
bride's dad and ILCC Bloomington Clinic

PG 5

CUREageous event

PG 6

Trust in Hope patient support

PG 7



Turkey Stuffed Winter Squash Recipe

PG 9

Coping with Holiday Stress with Cancer

PG 10



Tips for Caregivers over the Holidays

PG 14

Volunteer Highlight:  
Birthday boy Ivan honors his mom

PG 16

Central Illinois Parrot Head Club hosts  
record breaking Leather & Leis

PG 16



Illinois CancerCare Canton  
Clinic finds a new home

PG 4

Operation Courtyard at Peru  
Clinic for Girl Scout Gold Award

PG 4

Welcome Jodi McDuffee, Illinois  
CancerCare Volunteer Coordinator

PG 8

Word search and Crossword puzzles

PG 13

# hello

## LETTER FROM THE EXECUTIVE DIRECTOR OF THE FOUNDATION

Fall is officially here - my favorite time of year! When seasons change, I find myself reflecting on the past while preparing for the new.

It was certainly a busy spring and summer season here at Illinois CancerCare Foundation. We kicked off the summer hosting our 6th annual *Swing for the Cure* at Peoria Chiefs Dozer Park.

On Saturday, August 6th we were blessed with perfect weather for our 5th annual Golfin' in the Wild event coordinated by the Foundation's Young Leaders Board. We had a fun filled, crazy afternoon of on-course Olympic themed activities, food and refreshments followed by a wonderful evening program, silent auction and dinner. The course was extra colorful and special this year with the addition of our Prairie Garden of Hope pinwheels honoring those battling cancer and remembering loved ones lost to cancer.

We enjoyed partnering with a number of third party events including the *2nd Annual Senara Mayk-Overs & Margaritas*, *5th Annual Leather and Leis River Run*, sponsored by the Central Illinois Parrot Head Club, and the *6th annual Central Illinois BBQ Throwdown*, a Kansas City BBQ sanctioned competition.

We ended this summer with a *CUREtini – Martini Tasting party at UFS Downtown Outlet Center* where this year's CUREtini was selected.

We aren't done yet – On November 5th we look forward to two more third-party events; the *5th Annual Theresa Tracy Trot*, and the *3rd Annual Totes for Ta-Tas*.

As you can see we had quite a bit of summer fun! Over \$80,000 was raised for local research, education and patient support and services for cancer patients and their families. On behalf of the Foundation and the Board of Directors I want to *Thank* our volunteer partners and communities for your generosity and support!

The final Foundation sponsored event for the year will be our 7th annual *CUREageous* Outrageous Party. We are extremely excited to honor three Rock Docs who excel in research in their practice of medicine: Dr. Jane Liu from Illinois CancerCare, P.C., Dr. Kishore Karamchandani from Unity Point Health, and Dr. Ann Stroink from Central Illinois Neuro Health Sciences. We added a new award this year, AMP CHAMP, honoring an affiliated medical professional who also provides exemplary contributions to research and works hand in hand with Rock Docs. Dueling Piano's will entertain us as we enjoy the smashing CUREtini Bar, fabulous Raffle and Super Silent Auction –please register today at [CUREageousEvent.com](http://CUREageousEvent.com) or call 309-243-3437. You won't want to miss this event!

Looking forward brings a time of Thanksgiving. To all third party partners, volunteers, and donors, I *Thank You* and will be forever grateful for your continued support of our CUREageous mission. Together we bring HOPE!

It's hard to believe the holidays are just around the corner. As you make your list and check it twice, we ask you consider a gift of HOPE! Illinois CancerCare Foundation holiday gifts can be made through our Giving Tuesday campaign, or by going to [www.illinoiscancer.com](http://www.illinoiscancer.com) and select the donate now button.

On behalf of our Board of Directors, Board of Advisors, Young Leaders Board, Volunteers and Foundation Staff, Thank YOU for being a friend to the Foundation in the fight against cancer.

Friends in the Fight,

Tonda



## Canton clinic moves

OUR CANTON CLINIC FOUND A NEW HOME ON OCTOBER 12TH. HERE IS A PEEK OF THE FRESH SPACE...



Our New Address  
180 S. Main St. Suite 2E  
Canton, IL 61520



### Operation Courtyard at Peru Clinic

Katrina Rudolph, an Ambassador Girl Scout working toward her Gold Award, is creating a peaceful outdoor space at Valley Regional Cancer Center in Peru, IL to bring comfort to cancer patients and their families. Inspired by her grandfather's love for the outdoors during his treatment for leukemia, Katrina is raising money through personalized brick sponsorships to create a wheelchair accessible outdoor patio outside of the IL Cancer-Care chemotherapy treatment room at the Peru clinic. This area will also include a water feature, lighting and beautiful landscaping. Personalized bricks are available for a \$50.00 donation and can be made in honor/memory of an individual or commemoration of a special day. For more information, call the Peru clinic at (815) 223-7010, email Katrina at [goldawardoperationcourtyard@gmail.com](mailto:goldawardoperationcourtyard@gmail.com), or visit Operation Courtyard on Facebook at <https://www.facebook.com/operationcourtyard>.



# NEWLYWED'S CELEBRATE

## the Bloomington/Normal Clinic with gift at their reception

This past October, Mark and Emily Leluga were married in Chicago, IL. In lieu of take-home party favors for their guests, this thoughtful couple made a donation to the IL CancerCare Foundation in honor of the bride's father, Ron Davison, and his courageous battle with multiple myeloma. A card at each table told their friends and family about the gift and shared the couple's gratitude for the IL CancerCare Bloomington/Normal Clinic staff. "...the team at Illinois CancerCare hold a special place in the bride and grooms hearts," the card shared, "We cannot thank them enough for being the amazing individuals that they are!" The ILCC team was greatly touched by their kind words and generous gift.



*The Bride and groom wish to donate the funds that would have been spent on guest favors to Illinois Cancer Care in Bloomington Illinois. Dr. Kumar, Nancy Erwin A.P.N, and the team at Illinois Cancer Care hold a special place in the Bride and groom's hearts, as they took wonderful care of Emily's father through his courageous battle with Multiple Myeloma. The love, respect, and amazing compassion these individuals showed towards Ron Davison will forever be appreciated. We cannot thank them enough for being the amazing individuals that they are!*



## Mackinaw students make blankets for patients at the Pekin Clinic

This group of Mackinaw students made blankets in their Life Skills class and then brought them to the Pekin Clinic to deliver to patients receiving treatment. Blankets are greatly appreciated in our chemotherapy treatment rooms year round. What a comforting and thoughtful gift!



# JOIN US AT CUREageous



Please Join Us for the 7th Annual **CUREageous** with **Dueling Pianos!**

As We Continue Our Outrageous **PARTY** to Fund Our **CUREageous MISSION.**

**Friday, November 11, 2016**  
Par-A-Dice Hotel • 6 p.m. – 11 p.m.  
\$125 per person or \$1000 – Party Table of 10  
(\$75 of each ticket is tax deductible)

Enjoy Heavy Hors d'oeuvres and Desserts  
Complimentary beer and wine until 7 p.m.

Smashing **CUREtini** Bar

Fabulous Raffle and Silent Auction  
Visit our silent auction on November 9th at [bidpal.net/cureageous](http://bidpal.net/cureageous)

Entertainment throughout the night featuring **Dueling Pianos**

Attire: Dressy Casual with an Outrageous Twist

**2016 ROCK DOCS**

Jane Liu, M.D.  
Illinois CancerCare, P.C.

Kishore Karamchandani, M.D.  
Unity Point Health Peoria

Ann Stroink, M.D.  
Central Illinois Neuro Health Sciences

**2016 AMP CHAMP**

Chetaye Knox, BS, CCRP  
Illinois CancerCare, P.C.

**NEW THIS YEAR!**

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

**RAFFLE ITEMS**

**Big Green Egg**  
Value \$1,200  
Smoker/Grill with \$250.00 Pottstown Meat and Deli Package.  
Generously donated by Lindy's and Pottstown Meat and Deli

**Five-Piece Jewelry Suite**  
Value \$1,720  
Stunning trio of hammered bangles in three colors of silver, 40-inch layering necklace studded with gemstones and midnight finished diamond shapes, completed with an elegant marquise shaped pendant.  
Generously donated by Bremer Jewelry

**Chicago Getaway**  
Value \$2,000  
Four Bulls basketball tickets and two luxurious rooms at the Ritz-Carlton Hotel on Michigan Avenue in the Windy City.  
Generously donated by Dr. and Mrs. Steve Baldi and Pat Hranka

**Our Generous CUREageous Sponsors**

All proceeds will fund local clinical research, education and awareness, and patient assistance supported by

**ILLINOIS CANCERCARE**  
Foundation

[CUREageousEvent.com](http://CUREageousEvent.com) | 309.243.3437

# Illinois CancerCare Foundation's

## TRUST IN HOPE

The Illinois CancerCare Foundation's Trust in Hope program provides compassion and support to cancer patients and their families during the holidays. It began 12 years ago when Illinois CancerCare employee Marti Williamson struck up a conversation with a patient while drawing his blood. She asked about plans for the upcoming Thanksgiving holiday and found out this patient was planning on spending the day as any other, with a can of Spam for dinner. Marti went to work recruiting her fellow employees to put together the first Trust in Hope Thanksgiving dinner delivery, and a holiday tradition was born.

Today, Trust in Hope delivers 200-250 Thanksgiving meals to families identified as being in need either financially or physically. For a cancer patient unable to shop, cook or travel due to treatment, these dinners can relieve holiday stress while providing nourishment, comfort and time to spend on the important things. Thanksgiving dinners, complete with pumpkin pie, are prepared in the Lariat Steakhouse kitchen and delivered by volunteers to patient's doors.

Trust in Hope continues in December by sharing the gift-of-giving with Illinois CancerCare patients and their families. The Foundation requests shopping lists from eligible patients for the children in their household and purchases these items, along with wrapping supplies, for the patient to give as presents. It is designed for patients to be a part of the process - they request, see and wrap the presents themselves, making the gifts truly from them. Illinois CancerCare volunteers enjoy doing the shopping and delivery to the patients. In addition to the children's wish-list items, families receive a Wal-Mart gift card to use for whatever they need most. Patients are nominated by Illinois CancerCare staff based on prognosis or financial need, and volunteers from around the community join in to make it happen.

### How you can help:

- 1) Donate gift cards to be used to purchase requested gifts. Places like Wal-Mart and Kohl's help purchase toys, electronics and dress clothes.
- 2) Adopt a child or family! From one family to another, you can bless a family with the items they request by purchasing and delivering yourselves.
- 3) Volunteer to shop or deliver! Volunteers are needed to deliver Thanksgiving meals on Wednesday, November 23rd as well as to shop and deliver gifts throughout the month of December.



If interested, please contact  
Lauren Obalil with the Illinois  
CancerCare Foundation at  
(309)243-3423 or  
[lobalil@illinoiscancer.com](mailto:lobalil@illinoiscancer.com).

**NOV**  
**3** Theresa Tracy Trot  
November 5th, 2016 | 8:00 am



The Theresa Tracy Trot is a 4 mile run or 2 mile walk along the East Peoria Riverfront and Levee District. It is held in honor of Theresa (Naramore) Tracy, a young wife and mother who lost her brief but courageous battle with pancreatic cancer. Donations support the mission to increase survivability of pancreatic cancer through awareness of signs and symptoms and advancement of cures through funding for research for early detection, testing and treatment of pancreatic cancer. For more information, visit [www.theresatracytrot.com](http://www.theresatracytrot.com).

**NOV**  
**5** Totes for Ta-tas  
November 5th, 2016 |



Totes for Ta-tas is an annual fundraising event to support local breast health organizations and charities. This year funds are being raised for the Illinois CancerCare Foundation. The event will be held at Burroughs Farms in Morton, IL and features new or gently used handbags, totes, wallets, coin purses, and more available by live and silent auction during the affair. For more information, visit [www.totesforta-tas.com](http://www.totesforta-tas.com).

## Illinois CancerCare welcomes Jodi McDuffee as our new Volunteer Coordinator!

Jodi has spent the majority of her professional career working with volunteers. She loves working with people that willingly give so much and is excited to focus on making others smile alongside the volunteers at Illinois CancerCare. Her free time is spent going on family adventures with her husband, Nick and two kids, Paisley and Nolan. She is an avid sports fan cheering on the Cubs, Packers and Illini. She also looks forward to the day when she can enjoy a good book again!







Katrina Sommer

Katrina Sommer is a Registered Dietitian for Hult Center for Healthy Living.

## Turkey Stuffed Winter Squash Preparation Time 55 minutes

This recipe is full of fall flavors and bursting with nutrition! It incorporates a variety of nutrient-rich veggies that have been shown to help lower the risk for many cancers and the healthy fat helps you absorb those nutrients. It

also provides a significant amount of protein to help you feel satisfied. You can prepare the stuffing ingredients in advance to save time on a busy week night.



### Nutrition Facts

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

### Ingredients:

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

### Directions:

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

Recipe adapted from <http://www.dietitianmission.com>.

# Coping with Holiday Stress

WITH CANCER



## HOW TO MANAGE THE HOLIDAYS WHEN YOU HAVE CANCER

By Lynne Eldridge, MD

How can you cope with holiday stress when you have cancer? Most of us without cancer get “stressed-out” with our “should-do,” “would-do,” and “could-do” thoughts. Add to that the demands of treatment and cancer fatigue, and holidays can become overwhelming. What can you do to lower the stress factor, and enjoy this special time with family and friends?

### Give Yourself Permission to Do Less... Or Nothing

Sometimes the most important thing to check off on your holiday to-do list is an entry that says “do nothing.” It’s

okay to have days in which you can’t think of a thing you accomplished.

I remember when my mother was first diagnosed with a serious illness. Rather than the reaction we expected – tears and anxiety – she told us she was very relieved. Her reason? She said that now she had an excuse to rest when she wanted, have someone else host Thanksgiving, and didn’t have to feel like she was being lazy. We usually demand much more from ourselves than others would expect. Give yourself a break. Be as kind to yourself as you would be to a loved one that was likewise living with cancer.

### Practice Simplicity

Do you really need to prepare every ethnic dish your grandmother handed down? Hang those lights on the house? Do your loved ones really need all of those gifts? Simplicity can be freeing, and can add richness to your celebration.

Perhaps this would be a good year to swap names for gifts rather than buying for everyone. One family I know decided against giving each other gifts, and when the father completed his radiation treatment for cancer, they pooled their resources for a family vacation.



Brainstorm ways to simplify your holiday. Less can really be more.

### Delegate

Even if you are giving yourself permission to do less and simplifying your life, there are still things that make the holidays special for you that you want to include. Try delegating those preparations and plans to someone else.

Do you have a family member or friend that enjoys being a coordinator? Make a list of preparations you could use help with, and have your coordinator ask for volunteers. Most people want to help and feel needed, but many, myself included, appreciate direction on what we can do that would best help our loved one with cancer.

### Say Yes and Say No

Learn to say those simple words without feeling you have to explain yourself or feel guilty. Say yes to activities that you might have skipped

in the past because you felt selfish indulging yourself. Say no to activities that are sitting on your mental “should-do” list, but don’t excite you or lift your spirits.

### Plan Ahead if You Will Be Traveling

Nothing adds stress to a family holiday like running out of needed medications or trying to find medical care far from home. Make sure to pack copies of your medical records and important phone numbers, and talk with your doctor about any special travel needs.

### Keep a Regular Routine

Maintaining your regular routine of eating and sleeping can go a long way in eliminating stress through the holidays. For those going through treatment for cancer, this is even more important. We are just beginning to understand how our body’s natural rhythm (our circadian rhythm) plays a role in how people respond to cancer

treatments such as chemotherapy. Don’t compromise your health for the sake of the season.

### Honor Your Emotions

Cancer is a heart-wrenching disease and always close at mind for those living with cancer. Give yourself permission to feel -- and express -- sadness and frustration. Your thoughts may travel to your days before cancer, and how your life has changed. If you have advanced stage cancer, you may wonder how many more holidays are left to enjoy with your family.

These thoughts and feelings are real. Don’t try to hide what you are feeling to protect your loved ones. Don’t be afraid that you will ruin their holiday by sharing what you are feeling openly.

When you express your negative feelings, your loved ones will most likely welcome your honesty. It may, in fact, be the greatest gift you can give, since your expression of sadness gives



them freedom to express theirs as well. Tears can be healing and release you to fully enjoy each other. To quote my late grandfather: "If we share our low times, the high times are that much higher."

### Enjoy Yourself and Celebrate

Remember the reason for the season. Celebrating whichever holidays ignite a spark in your heart and spending time together with loved ones should be your focus. Nobody will remember if you didn't have time to send cards, hang lights on the house, or forgot to pick up the pickled herring. Okay -- they might -- but what both you and your loved ones will remember most is simply being together.

### Make Memories

My dad left us with a wonderful gift. He started a new tradition on the last holiday we shared together. We had hoped it was only the beginning of many years of sharing that tradition together, and even though he is not physically present, it was. Is there a tradition you could begin this year?

### Sources:

American Cancer Society. Emotional Side Effects. Accessed 08/16/16. <http://www.cancer.org/treatment/treatmentsandsideeffects/emotionalsideeffects/index>

Du-Quiton, J. et al. Actigraphic assessment of daily sleep-eating pattern abnormalities reflects self-assessed depression and anxiety in outpatients with advanced non-small cell lung cancer. *Psychooncology*. 2009. Feb. 6. (Epub ahead of print).

National Cancer Institute. Coping With Cancer. Supportive and Palliative Care. Accessed 08/16/16. <http://www.cancer.gov/about-cancer/coping>

<http://www.cancercare.org/publications/55>



### Staying Connected During the Holidays if you cannot travel:

**Calling.** Talking on the phone is a great way to connect with loved ones.

**E-mailing or texting.** E-mail messages and text messages provide fast and easy communication.

### Recording special occasions.

Consider recording friends, family, and special events as a way to bring the celebration to your loved ones. Many cell phones have a built-in camera that allows you to film any event and then email it to friends and family.

**"Skyping".** Skype is a technology that allows people to see and talk to each other online in real time, like a video telephone. Each person needs a web camera that is connected to the internet through his or her computer. Download Skype software from [www.skype.com](http://www.skype.com). The software is free, as is the cost of the call, as long as both of you are using Skype.

Source: <http://www.cancercare.org/publications/55>

# Illinois CancerCare Celebrates

## Pharmacy Week

and National Pharmacy Technician Day

Illinois CancerCare acknowledges the invaluable contributions that pharmacists and technicians make to patient care in hospitals, ambulatory care clinics, and other healthcare settings.



[illinoiscancercare.com](http://illinoiscancercare.com)

### Crossword puzzle and Sudoku

#### Autumn

Find and circle all of the Autumn words that are hidden in the grid. The remaining letters spell a secret message - an Albert Camus quotation.

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

#### 1 - Medium

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

- |                |               |                |
|----------------|---------------|----------------|
| Acorn          | Frost         | School         |
| Apple          | Halloween     | Season         |
| Bird Migration | Harvest       | September      |
| Blowing Leaves | Haystack      | Shorter Days   |
| Blustery Day   | Hickory Nuts  | Squash         |
| Canning        | Longer Nights | Sweet Potatoes |
| Chestnuts      | November      | Thanksgiving   |
| Chilly         | October       | Turkey         |
| Cold           | Orange Leaves | Windy          |
| Crops          | Pie           | Yellow Leaves  |
| Equinox        | Pumpkin       |                |
| Fall           | Rake          |                |
| Farming        | Red Leaves    |                |
| Feast          | Scarecrow     |                |



## Tips for Caregivers

### DURING THE HOLIDAYS

Holiday preparations can be overwhelming for caregivers of family members. Many caregivers wish to hold on to holiday traditions, but their old traditions don't always fit with new realities.

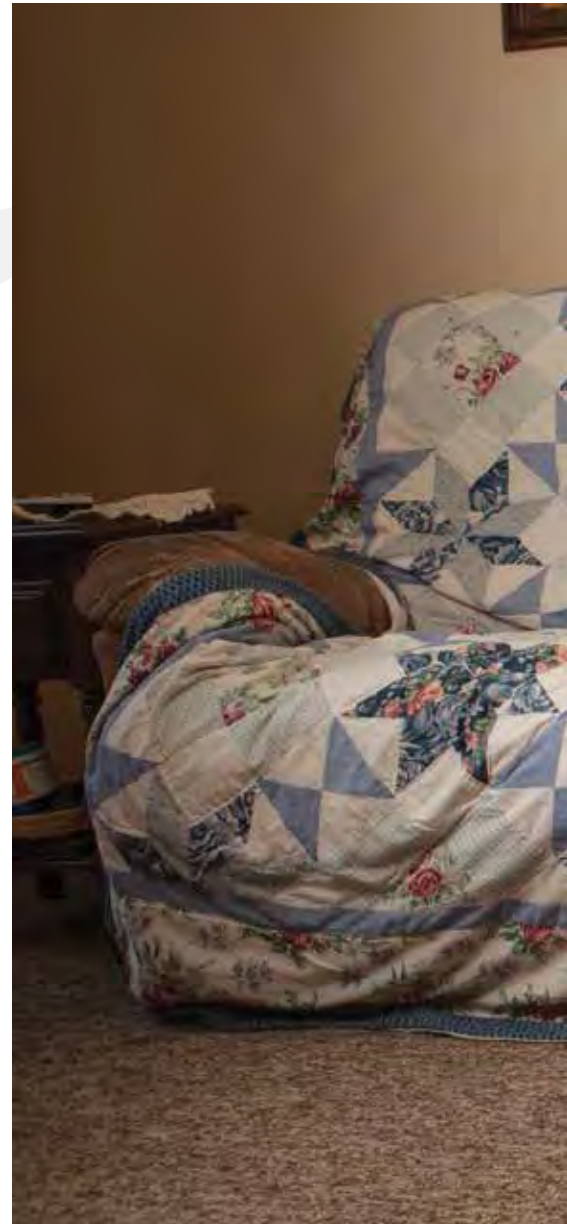
One caregiver related that she used to love baking and having her house full of family and friends during the holidays. But the combined stress of trying to keep her husband's care schedule and preparing a holiday get-together was too much.

Experienced caregivers offer the following suggestions to help you and your family keep the holiday without the hassle.

- Invite guests to the home of the care receiver so that he or she will be comfortable and not have to be taken out.
- Suggest a potluck meal or ask guests to take responsibility for preparing a meal. Make clean-up easy by using festive paper plates and cups.
- Talk to family and friends before they arrive. If the care receiver is confused, has trouble eating or has any behaviors that guests might not understand, explain the circumstances to them and tell them how to approach the situation.
- If guests ask what they can bring, suggest gifts that really will help -- frozen prepared foods, an IOU for caregiving that offers you respite time, a trip to the beauty or barber shop for your care receiver, or an offer to run specific errands.

One caregiver told me that she thought for years that nobody could do it except her. But when she learned to ask for help, she found that holiday joy doesn't depend on doing everything the same way it's always been done.

<http://www.extension.iastate.edu/Pages/communications/holiday/caregiver.html>





IF GUESTS ASK WHAT THEY CAN BRING, SUGGEST GIFTS THAT WILL REALLY HELP...

Illinois CancerCare patient Jody Scott of Morton and her husband Greg

# Volunteer Highlights



## 11-year-old Ivan asks for donations instead of presents

11-year-old Ivan Pfautsch wanted to do something special to honor his mother Amy's recovery from Breast Cancer. Instead of presents for his birthday, he asked for money to make a donation to the Illinois CancerCare Foundation. Ivan, alongside his mom and siblings Ruby and Clay, brought the entire \$285.00 he received at his party to give to Dr. Le-Lindqwister, Amy's medical oncologist. Ivan also shared with Dr. Le-Lindqwister that he would like to find a cure for cancer one day. Thank you, Ivan. Your generosity is making a difference!



## Kouri's Pub Klassic Golf Outing Raises \$1,000 for Illinois CancerCare Foundation

Thanks to everyone who participated in the Kouri's Pub Klassic! Your support will bring research, education and support to families facing cancer in Central Illinois.



# THE CENTRAL ILLINOIS PARROT HEAD CLUB

hosts record braking Leather and Leis fundraiser benefiting ILCC

On Saturday, July 9th the Central Illinois Parrot Head Club hosted their 5th Annual Leather and Leis River Run. All proceeds benefitted the Illinois CancerCare Foundation. This year was a record breaking year raising \$8,000! Bringing their 5 year total donation to \$18,000! THANK YOU CIPHC! We really appreciate your passion, hard work and support!



## Meet Wrigley the therapy dog

Wrigley and her owner Anne are regular volunteers at Illinois CancerCare. Wrigley is a four-year-old Goldendoodle who loves bouncing through the yard, playing with toys on her back and looking for people to love. She is a cheerful dog, sweet and gentle with a twinkle in her eye. A few of Wrigley's favorite things include snow, having her belly rubbed (of course), her favorite outdoor toy, that dastardly hose, and leaving people with a smile.



## Crossword puzzle and Sudoku Answers



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

# Programs



The American Cancer Society has programs and services to help people with cancer and their loved ones understand cancer, manage their lives through treatment and recovery, and find the emotional support they need.

## Look Good Feel Better

Look Good Feel Better teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment. Beauty products are provided. Contact Catherine Guebert to register for a date in your area at 309-243-3635 or [Catherine.guebert@cancer.org](mailto:Catherine.guebert@cancer.org).

## Free Wigs

NEW wigs, hats, turbans and scarves are available free of charge to any woman who has had a recent cancer diagnosis or is actively going through treatment. Call 1-800-227-2345 to make an appointment.

## Transportation Resources

Our patient navigator can connect you with our Road to Recovery volunteer drivers, PATH (Patient Assistance Transportation Help) gas gift cards, and other local agencies that assist in transporting patients to and from appointments. Contact Catherine Guebert at 309-243-3635 or [Catherine.guebert@cancer.org](mailto:Catherine.guebert@cancer.org).

## Homemakers Services

Household services such as cleaning, errands and general assistance are available to support cancer patients in their homes. Contact Catherine Guebert at 309-243-3635 or [Catherine.guebert@cancer.org](mailto:Catherine.guebert@cancer.org) to find out more.



The Hult Center for Healthy Living serves the communities of Central Illinois through health education programs, senior programs, mental health programs, and cancer programs and services.

## Individual, Family & Group Cancer Support

Free support services Monday-Friday for persons with cancer, those who have had cancer and for caregivers, facilitated by Kitty Bienemann, MA, NCC, LCPC. Call 309-243-3461 to make an appointment.

## Kids Konected

Free 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 1:30-3:00 p.m. Call 309-692-6650 to register.

## Individual Nutritional Counseling

Free nutritional counseling sessions available Monday-Friday with Katrina Sommer, RD, LDN for patients who are experiencing side effects from cancer treatment. Call 309-243-3462 to make an appointment.

## Individual Healing Touch Session

Becky Dailey will see clients undergoing cancer treatment the 2nd Thursday of each month at 8:30 a.m. and 9:15 a.m. Call 309-692-6650 to schedule an appointment.

## Massage Therapy

Our experienced massage therapists have all received specialized training in oncology massage to deliver safe, comfort-oriented massages to cancer patients. Massages are \$30 per hour for those in active treatment and \$40 per hour for those not in active treatment and caregivers. Call 309-692-6650 to schedule an appointment.

## Reflexology

Judy Schlueter, Licensed Reflexologist, will see clients on the third Thursday of each month at 8:30 a.m. and 9:15 a.m. Call 309-692-6650 to make an appointment.

MON

**Aqua Survivor** - 9:00 a.m. landmark Recreation Center 3225 N. Dries Lane, Peoria

**Breath of Joy Yoga** - 5:15 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
A registered yoga teacher brings her experience as a cancer survivor to this class. Free of charge and available to cancer patients, survivors and caregivers.

**Tai Ji for Life** - 6:30 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria

---

TUES

**Aerobics** - 9:00 a.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
Gentle and low impact with instructor Elmira Akama

**Mindfulness Meditation** - 5:15 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
These sessions are a very simple form of meditation, so you do not need any previous experience. Comfortable seating is provided.

---

WED

**Yoga with Jean** - 11:00 a.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
All levels welcome

**Cancer Support Group** - 1:00 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria

**Beginner Tai Ji** - 6:30 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
Very basic Tai Ji taught by Donna Sturm

---

THUR

**Restorative Yoga with Marcy** - 5:30 p.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
As a cancer survivor, Marcy brings her experience to her classes to gently open body, heart and mind with breath and movement. Beginner friendly. Relax and restore with Marcy.

---

FRI

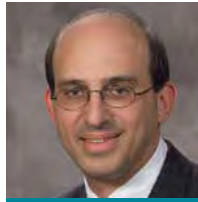
**Living Strong** - 9:00 a.m. Hult Center for Healthy Living 5215 N. Knoxville Avenue, Peoria  
Strength training class with Beth Stauffer. All levels welcome



Gary R. MacVicar, M.D.



Madhuri Bajaj, M.D.



Paul A. S. Fishkin, M.D.



Nguyet A. Le-Lindqwister, M.D.



Michael H. Veeder, M.D.



Srinivas Jujavarapu, M.D.



James A. Knost, M.D.



# PHYSICIANS



Shawn Seibert, M.D.



Francois J. Geoffroy, M.D.



Rebecca Byler Dann, M.D.



Patrick L. Gomez, M.D.



Diane J. Prager, M.D.



Salvatore LoCoco, M.D.



Greg Gerstner, M.D.



Jane Jijun Liu, M.D.



Pankaj Kumar, M.D.

## FEATURED *Doctor*



### Gregory J. Gerstner, MD



Dr. Gerstner grew up in Peoria before attending University of Illinois Champaign-Urbana for his undergraduate degree. He is a devoted Illini fan to this day. He attended medical school at Southern Illinois University and completed his residency at University of Texas and his oncology/hematology fellowship at the University of Arizona. Dr. Gerstner knew he wanted to join the Central Illinois medical community after watching his father co-found what is now Illinois CancerCare with Dr. Cullinan in 1979. Dr. Gerstner was aware of the capabilities of the medical community, the outstanding commitment to research and the quality of subspecialty care. Today, Dr. Gerstner serves as the Director of Stem Cell Transplant at UnityPoint Health-Methodist and as President of the Illinois CancerCare Foundation Board of Directors, which works hard to provide clinical trial funding and support resources for patients in Central Illinois.

## FEATURED *CPTN*



### Carrie A. Jones, APN



Carrie received a Bachelor of Science degree in Biology from the University of Illinois in Champaign-Urbana. She also received a Bachelor of Science in Nursing from Saint Francis College of Nursing in Peoria and a Master of Science degree in a Family Nurse Practitioner sequence at Mennonite College of Nursing at Illinois State University. She has been at Illinois CancerCare since 2003. Carrie chose to work with cancer patients after completing a rotation in nursing school at an oncology unit. "I met the most wonderful people," she says. She tells her patients to "take each day one at a time and try to live your life as much as possible outside of having cancer." In her spare time, Carrie enjoys spending time with her husband and twin daughters, watching movies and playing around on the computer.