

ILLINOIS CANCERCARE

Newsletter

Sept / Oct 2016

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New England Journal of Medicine

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HAWK Subaru and Leukemia &
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Cheryl Dietrich and her business office
team go to bat for you



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

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hello

LETTER FROM THE EXECUTIVE DIRECTOR OF THE FOUNDATION



Celebrating! Thriving! Engaged!

On May 11th I celebrated my first year with Illinois CancerCare Foundation! I can't believe it has been a year already. Time goes by so quickly when you love what you do!

This past year has been an exciting year full of growth and impact. I am very proud to share the Foundation team made up of volunteers, donors, board members and staff celebrated raising \$134,606 new mission dollars over what was raised last year. Our two signature events Golfin' In the Wild and CUREageous experienced record numbers. Attendees at both events had a lot of fun engaging in our new silent auction mobile bidding feature allowing everyone the freedom to enjoy the party while staying constantly connected to the auction elevating their overall event experience and generously exceeding our auction goals.

One of my biggest highlights this past year was getting to know the Foundation board members. It's been a privilege to serve beside three hardworking, committed and passionate boards; the Young Leaders Board, Advisory Board and Executive Board of Directors. Together we have seen success but we know there is more to do and the stakes are high. Federal funding cuts have made a huge impact on cancer research. The Foundation raises money to help provide additional cutting edge treatments for cancer patients by filling in the gaps of the government research shortfall through grants. These advanced treatment options allow cancer patients in central Illinois the opportunity to receive the best care possible while staying in their own home surrounded by family and friends.

Likewise, our Trust In Hope program is receiving more and more nominations – patient needs are growing as our economy continues to struggle. Over the past 7 years we have delivered over 1,200 Thanksgiving meals and provided gifts to more than 200 children and their families.

These increasing needs were the seeds that took root and grew into our board's desire to pursue a grander vision. This year we started on a journey to develop a 3 year strategic plan to inspire and engage others to partner together to raise a million dollars a year to bring help and hope to cancer patients in Central Illinois. We know this journey will be scary and unpredictable at times but we are willing to dive headfirst - we can't afford not too! I look forward to sharing more about this journey with you after our Fall Board Retreat.

This past year was full of learning, relationships and connectivity. I can't wait to see what this next year holds. I invite you to join me! Together we can do more!

Friends in the Fight,

Tonda

Congratulations

ON 5 YEARS, PERU!



Peru Clinic Staff: left to right: Kelly Siembab, Laura Soens-Lunn, Britney Barto, Jen Harris and Jana Rogers



Hult Center for Healthy Living Staff share nutrition tips and patient resources



Illinois CancerCare's Peru Clinic participated in the Caring for Our Community event celebrating the 5 year anniversary of the Valley Regional Cancer Center. Guests participated in a memory balloon release, community mosaic, massages in our treatment room, nutrition tips from Hult Center for Healthy Living, and more!



Patients of the Peru Clinic gather to celebrate the 5 year anniversary



Illinois CancerCare team at Bloomington/Normal Clinic celebrates National Survivors Day

Illinois CancerCare Bloomington/Normal Clinic Celebrates Survivors Around the World

The Bloomington/Normal Clinic celebrated the week leading up to the June 5th National Survivors Day by celebrating Survivors Around the World. Patients received a fresh flower with a tag saying, "Celebrating You!" upon arrival and enjoyed a waiting room daily transformed to a worldly theme including fiesta, Parisian, luau and All-American.



Bloomington/Normal Clinic volunteer Gary grills up hot dogs for All-American Day



PERU CLINIC PINK RIBBON CLUB TURNS 3-YEARS-OLD

Pink Ribbon Club started as a support group for breast cancer survivors, but now welcomes all cancer survivors and caregivers. They provide resources and encouragement to make the journey easier. Illinois CancerCare sponsored the July meeting of the Peru Pink Ribbon Club as they celebrated their third anniversary. Guests enjoyed an Avanti's dinner and speaker Marsha Kutter, ILCC Research Business Administrator, who spoke on new cancer research using immunotherapy.



ILCC team: Tonda Thompson, Marsha Kutter, Alli Turner

Full Service
ILLINOIS CANCERCARE PHARMACY
 We Are Full SERVICE.
 We Are YOUR PHARMACY.
ASK YOUR PHARMACIST TODAY!

FREE DELIVERY

Swing for the Cure

2016



ILCC patient David McClure throws the first pitch at Swing for the Cure

Friday, June 10th over 550 survivors, caregivers and their families were celebrated at the Peoria Chiefs game at Dozer Park alongside 200 Illinois CancerCare (ILCC) staff and their families. ILCC staff organized a raffle that raised over \$5,300.00 to provide gas cards and transportation help to patients via the Trust in Hope program. An additional \$500.00 was raised for the Illinois CancerCare Foundation with a Text2Give campaign during the game. Survivors and caregivers were honored throughout the night and the event ended with a spectacular fireworks display.



Dr. Liu



Dr. Karamchandani

Introducing the 2016 Rock Docs of Illinois CancerCare Foundation's CUREageous, Friday November 11th 2016

- **Jane Liu, MD, Peoria**
Specializes in Medical Oncology at Illinois CancerCare, P.C.
- **Kishore Karamchandani, MD, Peoria**
Specializes in Pulmonary/Sleep/Critical Care at UnityPoint Health Peoria
- **Ann Stroink, MD, Bloomington**
Specializes in Neurosurgery at Central Illinois Neuro Health Sciences



Dr. Stroink



Chetaye Knox

And AMP Champ award recipient

- **Chetaye Knox, BS, CCRP Peoria**
Clinical Research Associate (CRA)/Lead Navigator at Illinois CancerCare, P.C.

The Rock Doc Award is presented to physicians who work in the healthcare field in central Illinois, who exhibit outstanding patient care, and who move patient care forward through their support in research. The AMP Champ Award recognizes Affiliated Medical Professionals (AMP) for their contributions to research.

5th Anniversary of *Golfin' in the Wild*



ILCC patient Jennifer Rozboril (center) who spoke at the event surrounded by her caregiving team of family and friends.



Keith and Missy Brummel, Kim (ILCC APN) and Joe Tauke



Golfin' Event Chair Trista Westhafer and Young Leaders Board Chair Emily Weeks

Saturday, August 6th the Illinois CancerCare Foundation Young Leader's Board hosted the 5th Annual Golfin' in the Wild at Wildlife Prairie Park – this year with an Olympic theme! Golfers competed in a unique nine hole golf course amidst prairie grass, wildflowers and bison (behind a fence). Each hole also included an Olympic themed activity such as javelin throw, “golf pong”, synchronized driving, and a marshmallow longest drive to commemorate golf's first appearance in the Olympics. Colorful pinwheels were sold by committee members prior to the event to create a Prairie Garden of Hope honoring loved one's fights against cancer and research towards a cure. Afterwards, golfers gathered in the ballroom overlooking the sunset on the prairie course for a dinner, silent auction and program. Patient Jennifer Rozboril spoke at the event this year sharing her story of breast cancer, clinical research and learning to rock her headscarf. The event reached a record number of attendees and donations, raising over \$28,000.00 to support local cancer research, education and patient support. Pinwheels are still available in the Foundation Office for a \$10.00 donation to the Illinois CancerCare Foundation.

“Thank you to everyone that came out to support the Young Leaders Board's Golfin' in the Wild this year. I am so proud of what this event has become over the past five years and am looking forward to seeing the momentum continue as we work to bring hope, support and cutting edge treatments to our local cancer patients and their families.” Emily Weeks, CPA Caterpillar, Young Leaders Board Chair.

The Illinois CancerCare Foundation Young Leaders Board is comprised of young professionals seeking to support the Foundation's mission of funding research, education and supportive services to families battling cancer in central Illinois. Want to join us? Contact Lauren Obalil at lobalil@illinoiscancer.com or 309-243-3423.

Illinois CancerCare Mike Voeller,
Dr. Francois Geoffroy,
Dr. Greg Gerstner,
and Honorary Event Chair
Chris Waible.



Please join us for the 7th annual CUREageous
Friday, November 11, 2016
Par-A-Dice Hotel 6 p.m. – 11 p.m.
\$125 per person or \$1,000 Party Table of 10

Heavy Hors d'oeuvres and Desserts
Enjoy a Fabulous Raffle and Silent Auction plus Outrageous Entertainment: Dueling Pianos!
more information at CUREageousEvent.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.

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.

New to our Foundation Team!

Alli Turner joins our Foundation Team as a part-time Marketing Associate for Illinois CancerCare. Alli is a Peoria native with a passion for cancer research and supportive services for patients and their families. Her father, grandfather and aunt have all been patients of Illinois CancerCare. In her spare time, Alli enjoys making memories with her husband, Jake, and two children, Autumn and Ambrose.





Katrina Sommer

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



Nutrition Facts:
(per bite-sized slice prepared with peanut butter)
155 calories, 3 g fat, 26 g carbohydrates, 3 g sugar, 6 g protein

Squash Crostini

Enjoy this fall-themed appetizer. They are higher in calories and protein, and are great to nibble on when experiencing appetite loss or diarrhea.

Directions:

1. Preheat oven to 350 degrees.
2. Place squash on a greased baking sheet, with the insides faced down, and place in the oven. Bake for 45 minutes or until tender.
3. Remove squash from oven and allow to cool.
4. Slice the baguette into bite-sized slices and brush with desired amount of olive oil while the squash is cooling. Arrange slices individually on a baking sheet.
5. Place baguette slices in the oven to toast for 8-10 minutes. Flip the slices halfway through.
6. Meanwhile, heat the ½ Tbsp. of olive oil in a skillet over medium-high heat. Add the green onions, salt, pepper, and cook until golden (about 5 minutes).
7. Remove the 1-½ cups of squash flesh, onions, and peanut butter to food processor. Purée until smooth, about 5 minutes. Spread over toasted crostini. Yields 10-12 bite-sized servings.

Adapted from: Whole Foods

Ingredients:

- 1 small butternut squash, halved lengthwise and seeded
- ½ Tbsp. olive oil + extra from brushing
- 1-½ cups chopped green onions
- ½ tsp. salt
- ½ tsp. pepper
- 1 baguette
- 3 Tbsp. peanut butter (or almond butter)

Crossword puzzle and Sudoku

Old TV Shows 2
Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.

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

A-Team
ALF
Airwolf
Baretta

Barnaby Jones
Benson
Big Valley
Bonanza

Cheers
Coach
Dallas
Doctor Who
Dynasty
Equalizer
Falcon Crest
Fame
Fantasy Island
Fish
Flintstones
Full House
Growing Pains
Hawaii Five-O
Hee Haw
Hunter
Jeffersons
Knight Rider
Macgyver
Maverick
Mayberry R.F.D
Mister Ed
Munsters

Nanny
Newhart
Night Court
Outer Limits
Prisoner
S.W.A.T.
Silver Spoons
T.J. Hooker
Twilight Zone
Virginian
Webster



Sudoku #195 (Easy)

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

Business

DEPARTMENT GOING TO BAT FOR OUR PATIENTS



Director Cheryl Dietrich and Financial Counselors

If you are a patient at Illinois CancerCare, you have a whole team fighting for you behind the scenes. The Illinois CancerCare Business Office is comprised of 47 full time employees focused on assisting patients through the ever changing insurance reimbursement and payment process. The business office staff is proud of their dedication to Illinois CancerCare's mission of putting the patient first. "We enhance the lives of our patients and families by preventing financial burdens so they can focus on what really matters: getting better!" says Lynda Detmers,

C.P.C., Charge Team Lead.

The job of the business office begins before the patient steps through the door with the **New Patient Schedulers**. These two employees schedule over 500 new patients our physicians at Illinois CancerCare see each month. They also send out New Patient Packets with first visit information and paperwork that can be filled out conveniently at home while verifying benefits and obtaining any necessary referrals that insurance might require.

Upon arrival, patients are greeted by

business office employees at the **front desk** where they are checked in and fitted with their patient ID bracelet. If a patient is new to the practice or has information that needs updating, the **New Patient Registrars** take care of all the details to make the patient's appointment seamless. As a patient checks out, follow up tests, labs, treatment and office visits are scheduled and the behind the scenes work begins. The **Pre-Cert Team** works as patient advocates to authorize diagnostic testing and procedures with insurance companies verifying the benefits of desired testing

GOING TO BAT FOR OUR PATIENTS AT THE GALESBURG CLINIC:

JOY HILLARY



KAREN FIELDS



Business Office Director Cheryl Dietrich and her new patient welcoming team



Cheryl and her Charge Editor team

and communicating with clinical staff regarding limitations to coverage that could result in high costs for the patients.

The next business office team that gets involved is the **Financial Counselors**. Working in advance of treatments, the financial counselors verify insurance coverage and secure any precertification that may be needed during a patient’s course of treatment. These counselors also identify potential areas where the patient may need financial assistance during treatment and have a variety

of sources available to them to prevent the patient from occurring financial hardship. “It’s a great privilege to work for a compassionate team of physicians who understand

“ WE ENHANCE THE LIVES OF OUR PATIENTS BY PREVENTING FINANCIAL BURDENS ”

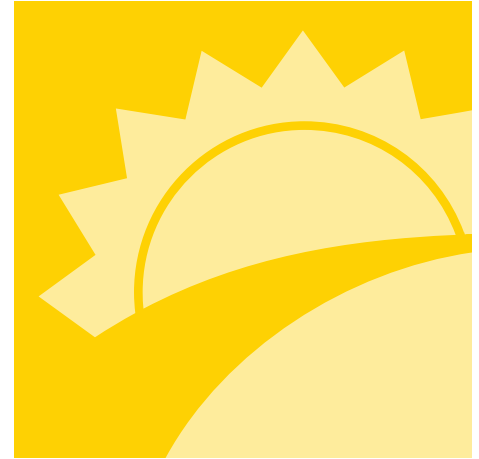
that easing the financial burden of cancer treatment is an integral part to the complete care of our patients,”

says Megan Lock, C.P.C., Financial Counselor, “The Financial Counseling team works together to ensure that every new treatment plan is covered by the patient’s insurance and to help locate any resources available to meet the patients individual financial needs.”

Within 24 hours of a patient’s visit, the business office begins the insurance claim process. This is when the **Charge Team** reviews the physician’s notes and assigns the proper diagnosis code. All other services provided, including labs, scans, biopsies, surgeries, research,



Cheryl and the collections team



chemotherapy and hydration, are also reviewed and coded appropriately. No charge associated with Illinois CancerCare goes to an insurance company without a member of the Charge Team personally verifying that it is correct. On average, 500 patients receive services at our clinics daily creating approximately 2,000 charges which are reviewed each business day.

After the insurance company processes the charge, an Explanation of Benefits is sent reflecting payment, adjustments and denials to our **Payments Team**. This team verifies the correct payments were made, provides any additional information requested by the insurance

company and files appeals when necessary – going to bat for our patients! After all available funds have been collected from insurance, the Payments Team works with Illinois CancerCare patients to answer questions and discuss a payment plan that works for them.

The final business office team is the **Collections Team**. They provide assistance to patients that may have financial difficulties with payment. They also continue to fight for the patient by following up with outstanding insurance appeals.

“Our job is incredibly rewarding,” says Angie Cooley, CPC, Lead Financial Counselor. “Patients are very thankful when they see how hard we work to get their treatments approved and medical bills as reasonable as possible.” This October, Illinois CancerCare will celebrate all of that hard work with Business Office Appreciation Week scheduled for October 17th-21st.



Cheryl and the Reimbursement Team

Outstanding Research recognized at Illinois CancerCare

Congratulations to Dr. Bajaj

Illinois CancerCare is **PROUD** to recognize Dr. Bajaj for authoring an article in the New England Journal of Medicine



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Dr. Bajaj is published in the July 14, 2016 NEJM representing, Illinois CancerCare, a member of Heartland Cancer Research NCORP showing that Olanzapine used during chemotherapy reduces nausea and vomiting.

National LEADERS IN RESEARCH

Illinois CancerCare enrolls first patients in the **WORLD** in two clinical trials for treatment of lung cancer.

Illinois CancerCare is first in the **NATION** enrolling a patient in a new immunotherapy clinical trial for melanoma.



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New Advanced Nurse Practitioners



Jessica Gamblin

Jessica joined Illinois CancerCare in June and is working at the Ottawa and Peru Clinic locations. She received her Bachelor of Nursing from the University of St. Francis in Joliet and her Master of Science in Nursing from Governor State University with a concentration as an Adult Clinical Nurse Specialist. “I chose oncology because I want to practice in a field that is constantly evolving for the better of the patient” says Jessica. In her free time, Jessica enjoys spending time with her three children and husband, running and watching movies.



Jodi Foreman

Jodi joined the Illinois CancerCare team in July. She received a Bachelor of Science in Community Health at the University of Illinois, a Bachelor of Science in Nursing at Southern Illinois University and a Master of Science in Nursing (Family Nurse Practitioner) at Mennonite College of Nursing at Illinois State University. “I have always enjoyed taking care of oncology patients in the hospital,” says Jodi, “and was looking for a specialty where I could form long-term relationships with my patients.” Outside of work, Jodi enjoys being outdoors, camping, traveling and spending time with her family and friends.

Understanding ICD-10

THE BIG CHANGE THAT HAPPENED IN MEDICAL CODING

Imagine changing a 36-year-old habit over night...

Almost a year ago, in October of 2015, the behind the scenes of the medical world did just that when they changed from ICD-9 to ICD-10. The ICD is the International Statistical Classification of Disease used worldwide to identify medical conditions for billing and statistical purposes. Medical coding began in the 17th century in England and was first called ICD by the World Health Organization in 1948. Since then, many versions of this coding have been used. After over three decades of supreme reign, ICD-9 finally ran out of room. This led to the creation and implementation of ICD-10 which increased the number of codes available from approximately 17,000 codes to nearly 160,000 codes.

The Illinois CancerCare Business Office was ready for the change! Everyone involved in the medical coding process went through training for the ICD-10 Certification. Their commitment to putting patients first meant that treatment plans could not slow down due to new coding or additional paperwork.

"I am very proud of the proactive effort of our Business Office to learn the ICD-10 coding prior to national launch," says Cheryl Dietrich, Business Office Director, "It allowed us to keep doing what we do best, focusing on relieving the financial burden of our patients and their families."

Chris Stahlecker, acting director of the Administrative Simplification Group at Centers for Medicare and Medicaid (CMS), states that ICD-10 codes will "provide better data to improve management of patient care and better describe new diseases." She goes on to say that the increase in detail will also link provider performance and their patient's outcomes.



Collections Team



Charge Editor Team



THE LEUKEMIA & LYMPHOMA SOCIETY BLANKET DONATION



Karen Heger and Danielle from Leukemia & Lymphoma Society



Subaru of America and The Leukemia & Lymphoma Society (LLS) teamed up this month, which is Subaru's "Loves to Care" month. Today, LLS and HAWK Subaru donated 60 large, soft beautiful blue chenille blankets and messages of hope for cancer patients at Illinois CancerCare.

Visitors to Subaru retailers were given the chance to share personalized messages of hope to patients in their local communities. These messages were delivered alongside blankets to provide comfort and warmth to patients as they continue their fight against cancer. Those who wrote a message of hope received a Subaru and LLS awareness bracelet, to help spread awareness of LLS and Subaru of America's goal to provide hope and care, one gesture at a time.



Seitz-Goddard and Blaesing

Fight On book donation

Illinois CancerCare Foundation received a beautiful donation of Fight On books written by M.H. Clark for our Illinois CancerCare Treatment Centers. Joanne and Geoff Blaesing gave 30 Fight On books in honor of Karoline Seitz-Goddard. Joanne shared she hopes these books will help all cancer patients at Illinois CancerCare dig deep and find personal strength to FIGHT ON!

STUDENT VOLUNTEER PROGRAM AT BLOOMINGTON/NORMAL CLINIC



Our Student Volunteer Program enrolls young adults ages 13 and older for one to three days per week. These volunteers help in a multitude of ways, including serving treats, delivering donations, organizing supplies and assisting patients. This group of student volunteers from the ILCC – Bloomington/Normal Clinic was interviewed for a feature piece in their local newspaper, The Pantagraph.



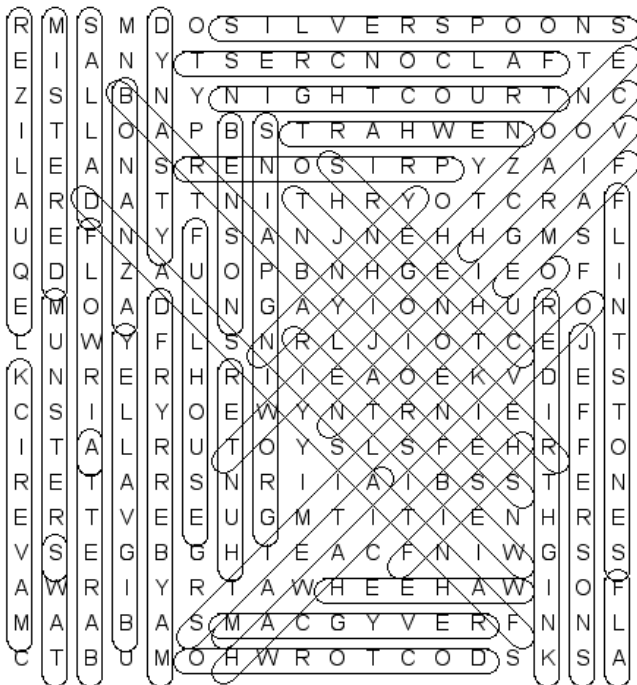
From left to right:
Student Volunteers
Emily, Jerry, Nick,
Ryan and Clarissa



Crossword puzzle and Sudoku

Old TV Shows 2

This is the solution to the puzzle located [here](#).



Sudoku #195 (Easy)

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

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.

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.

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 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

Cancer Support Group - 10:00 a.m. Illinois CancerCare 8940 Wood Sage Road, Peoria



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.



Rebecca Byler Dann, M.D.



Shawn Seibert, M.D.



Francois J. Geoffroy, 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.



John McLean, M.D.

FEATURED *Doctor*



Paul A. S. Fishkin, MD



Dr. Fishkin graduated from Omaha Central High School and attended Creighton University for his undergraduate degree and doctorate in medicine. He completed an internship and a residency in internal medicine at the University of Oklahoma, and he pursued his fellowship in hematology/oncology in San Francisco at Letterman Army Medical Center. He served in the U.S. Army in Honolulu, Hawaii, at Tripler Army Medical Center as a staff hematologist and medical oncologist. He was also an assistant clinical professor of medicine at the University of Hawaii. He teaches at the University Of Illinois College Of Medicine at Peoria.

FEATURED *CNP*



Tammy Daily, APN



Tammy Daily received her Master's of Science in Nursing from Saint Francis Medical Center College of Nursing and she received her Clinical Nurse Specialist in Adult Medical Surgical in 2009. "Over thirty years ago, I decided to try a different type of nursing on a new oncology unit opening and loved the patient care and interactions," says Tammy. "I enjoy the continued learning with new therapies, supportive care and evidence based practice. The patients I meet continue to inspire and I feel blessed to participate in their care." Outside of her work, Tammy enjoys gardening, reading, exercising, motorcycle travels and her grandchildren.