



COMMUNITY CANCER CENTER

The Leader in Cancer Care.

Newsletter

June 2010

Men's Health Week

OUR MISSION

Our mission is to improve the health status of individuals by providing comprehensive, community-based cancer care.

LIBRARY HOURS

Monday-Friday
8 a.m. to 5 p.m.

Library volunteers are available to assist you from
9 a.m. to Noon
&
1 p.m. to 4 p.m.



Join the Community Cancer Center in recognizing National Men's Health Week, June 14-20. The goal of Men's Health Week is to increase awareness of preventable health problems and to stress the importance of screening tests, early detection, and treatment options for men and boys.

Men's Health Network proclaims that we are facing a "silent health crisis"—American men are often less healthy and die younger than their female counterparts. Healthy lifestyle choices and regular screening exams can help combat this startling fact. Men's Health week provides health care providers, the media, and individuals with the opportunity to spread the message regarding the importance of regular medical advice and early diagnosis and treatment for disease and injury.

Cancer screening exams available for men include prostate, colon, skin, and testicular cancer. These

tests look for non-cancerous or pre-cancerous symptoms that can possibly be treated before a cancer develops. The exact age men should start these specific exams will vary. This will be determined by you and your physician and will be based on any problems or symptoms you might be having, your age, race, and family history of disease. Knowledge of your family medical history can be very beneficial information that should be shared with your physician. For more information on these screening exams, visit www.cancercenter.org or call 309-451-8500.

As spoken by Congressman Bill Richardson, "Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue". During the week of June 14-20 help spread the word about men's health by wearing blue and encouraging the men in your life to be proactive in getting regular medical check-ups and screening exams.



CHILDREN & TEEN GROUPS

Summer Schedules are now available

At the Community Cancer Center, we offer support groups for children, and for teens, who are dealing with cancer in their family. There is growing awareness that kids whose parents have cancer can benefit from support groups. The main goal of a child's support group is to give children the chance to meet other kids whose parents have cancer. Here is a list of our current groups for children and teens:

Cool Club

A support group for children (ages 5-12) who have a loved one with cancer.

Courageous Kids

A support group for children (ages 5-12) who have experienced the death of a loved one to cancer.

Teen Support Groups

For teens (ages 13-18) who have a loved one with cancer and for teens who have experienced the death of a loved one to cancer.

To register your child or teen for these groups, call Candi at 309-451-8500.



**2nd Annual Photo contest from
May 1, 2010 – July 31, 2010**

to benefit the Community Cancer Center



"Live, Love, Laugh" is a 3-month long photo contest designed to spotlight photos that convey living, loving and laughing.

Local residents and business are donating money for prizes, and **75%** of all donations will be given to the Community Cancer Center Foundation and **25%** will go towards prizes.

The four winning photos along with six honorable mention photos will be unveiled during a celebration at the Center where they will remain on display for patrons and visitors to enjoy.

To learn more about how to make a donation or how to enter the contest, please visit JMC's website at www.jmcpds.com or call JMC at (309) 663-4677.



2010 Cancer Survivors Day Celebration Saturday, June 6th

This year, the Community Cancer Center will be celebrating National Cancer Survivors Day on **Sunday, June 6th 2010** at the **CornCrib Stadium** as the Normal CornBelters baseball team takes on the Kalamazoo Kings. The game starts at 5:00 pm with gates opening one hour before. Cancer Survivors can receive up to 4 free tickets for this event which are available for pick up at the Community Cancer Center M-F from 8:00 am until 4:00 pm. Tickets for this event are limited so get your tickets now! Activities that night will recognize and honor local cancer survivors. A cancer survivor is anyone living with a history of cancer from the moment of diagnosis throughout the remainder of life.



2010 Relay For Life of McLean County

**June 25 – 26, Noon – Noon
Normal Community West
High School Track**

The American Cancer Society Relay For Life is a life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. At Relay, teams of people camp out at a local high school, park, or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event. Because cancer never sleeps, Relays are overnight events up to 24 hours in length.

Information forms about the McLean County Relay, Luminaria, Survivor, Volunteer and Youth Victory Lap are now available near the front volunteer desk at the Community Cancer Center.

2010 Relay For Life of McLean County

June 25 – 26, Noon – Noon

Normal Community West High School Track

For more information about this event, contact:

Fran Massie 664-1612 & Dede Verplaetse 662-4890

2010 Relay For Life of Livingston County

August 6, Noon at Pontiac Township High School

For more information about this event, contact:

Tiffany Meyers at 309-688-3488 or

tiffany.meyers@cancer.org



The Rev. Dr. Andrea E. Andrews Weyhrich



Andrea Andrews Weyhrich has recently joined the staff at the Community Cancer Center, as a part time Chaplain. She is originally from England, (Essex County just northeast

of London), but has resided in this country for 30 years. She lives in Normal with her husband Jan and four cats of various ages. They have two children, Andrew, 27 and Sarah, 24.

Andrea has spent several years in the teaching, mental health, ministry, and counseling fields. She has a masters degree in clinical psychology from ISU, and a masters and doctorate degree from McCormick Theological Seminary in Chicago. She is a Licensed Clinical Professional Counselor accredited by the Illinois Dept. of Financial and Professional Regulation, and has her own private counseling practice. In addition to counseling, Andrea has also spent many years working in parish, hospital and nursing home settings. She is also currently a PRN (as needed) chaplain at St Joseph Medical Center and had worked in chaplaincy at Advocate BroMenn Healthcare in the past.

When asked about her future role at the Community Cancer Center, she states, that as a cancer survivor herself, she is excited about working here in a more active role. She hopes to offer emotional and spiritual support and care to both patients, patient's families and caregivers, and staff, and hopes to offer future programming opportunities for them. A major goal is to develop and coordinate programming and chaplaincy services at the Center, with other community based organizations. She also hopes to work closely with physicians and faith leaders, and faith communities in the area, as she believes strongly in the importance of holistic care and teamwork in the treatment and care of cancer patients and their families.

HOMEMADE BAKED BEANS



Ingredients:

- 1 onion, chopped
- 1 green pepper, seeded and chopped
- ½ cup light brown sugar
- ½ cup tomato sauce
- 1 Tbsp molasses
- 2 Tbsp Worcestershire sauce
- 2- 15oz cans red kidney beans, rinsed and drained
- 2- 19oz cans small white beans, rinsed and drained
- Salt and pepper to taste

Directions:

In a large non-stick skillet coated with non-stick cooking spray, sauté the onion and green pepper until tender, about 5-7 minutes. Combine with brown sugar, tomato sauce, molasses, Worcestershire sauce, kidney beans, white beans, and salt and pepper; pour into a 2 or 3-quart baking dish.

To Freeze: Cool to room temperature and then transfer to freezer containers, label, and freeze. Recommended freezing time: up to 3-4 months.

To prepare after freezing: Remove from freezer to defrost. Reheat in a non-stick pot over a low heat. You can reheat in microwave.

Per ½ cup serving: 217kcal, 12gm Protein, 46gm Carb, 1gm Fat, 10gm Fiber. Diabetic Exchanges: 1 very lean meat, 3 starch.



Saturday, August 28, 2010

For one day, and one day only, the Interstate Center will become "Dozerland," a place for kids and their families to explore the fascinating world of heavy construction equipment. Kids can stare a bulldozer or a dump truck in the face, crawl all over a backhoe, and take rides on a bulldozer, end loader, skid loader, dump truck and fire engine. All proceeds from the event will go to the Community Cancer Center Foundation to fund support and medical services.

To volunteer, donate, or reserve tickets, contact the Community Cancer Center office at (309) 451-8500.



COMMUNITY CANCER CENTER

407 East Vernon Avenue

Normal, IL 61761

(309) 451.8500

www.cancercenter.org

The Community Cancer Center, a joint venture of Advocate BroMenn Healthcare and OSF St. Joseph Medical Center, combines the resources of both to meet its mission of improving the health status of individuals by providing comprehensive, community-based cancer care.

- Medical Oncology
- Radiation Oncology - Cyberknife Service
- Promotion of Prevention, Early Detection and Screening
- Support Groups
- Nutrition
- Library
- Cancer Registry
- Coordination for Multidisciplinary Treatment Planning
- Comprehensive Breast Service
- Social Work
- Community Education

To receive this newsletter by mail, please fill out an address card at the brochure table in the entry room of the CCC or call (309) 451.8500 and we will put you on our mailing list.



UPCOMING PROGRAMS AT CCC

Look inside for further details on these upcoming programs.



2010 Cancer Survivors Day Celebration

Sunday, June 6th

Please visit us on the web at
www.cancercenter.org