



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

Playing with Produce
To Reduce Cancer Risk
Free Community Program



2010 Relay For Life of McLean County
June 25 – 26, Noon – Noon
Normal Community West
High School Track



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



COMMUNITY CANCER CENTER

The Leader in Cancer Care.

Newsletter

May 2010



CELEBRATING SURVIVORSHIP

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.

During the week of June 1-6th the Community Cancer Center will join other National Cancer Survivors Day Celebrations across the country to recognize the strength and courage of local survivors and to pay tribute to the contributions made by survivors' families, friends, and their healthcare providers. There are now over 11 million cancer survivors in America which means that people are now living with and beyond cancer. This has been made possible due to the many advances in prevention, early detection, treatment, and support from people that care for them. A cancer survivor is anyone living with a history of cancer from the moment of diagnosis throughout the remainder of life.

This year the Community Cancer Center's annual Celebration of Life event will take on a new look. Cancer survivors and their guests are invited to join us for an evening of fun and festivities as we hold the **2010 Cancer Survivors Day Celebration at the CornCrib**, the new baseball field, as the Normal CornBelters take on the Kalamazoo Kings! Activities that night will recognize and honor cancer survivors.

Sunday, June 6, 2010

Game Starts at 5:00 pm

(Gates open 1 hour before game time)

Where: The CornCrib Stadium located on Raab Road next to Heartland Community College in Normal.

Free Tickets are available for pick up at the Community Cancer Center starting May 3rd. Hours: M-F from 8am to 4pm. Up to 4 tickets per cancer survivor. Tickets are limited.

Throw Out the First Pitch Contest!

Nominate a cancer survivor to throw out the first pitch at the game. See nomination form with details included in this newsletter.

Cancer survivors serve as an inspiration to their healthcare team, family and friends, and for each other as well. The staff at the Community Cancer Center would like to take this opportunity to wish all our local survivors the very best as we share in your survivorship celebration.



may
is National Oncology
Nursing Month

Oncology nurses play an integral part in helping cancer patients during and after their treatments which for many, is one of the most challenging times of their lives. No matter if the treatment plan includes chemotherapy or radiation therapy, the oncology nurse is there to teach, listen, support and care for the patient and family during these difficult times. The Community Cancer Center would like to express our sincere gratitude and thanks to all of the oncology nurses in our community that serve cancer patients on a day to day basis for a job well done.

**Happy Oncology
Nursing Month!**

**Playing with Produce
To Reduce Cancer Risk**

In 2010 the focus of the cooking class series is learning to play with your food. For many of us, cooking lost that sense of fun around the same time we realized we have to do it. For others learning to cook and enjoy produce can be overwhelming and expensive, especially if we are not sure what something tastes like or what to do with it. For our May cooking class Mary Kay and friends will be teaming with Ed Desmond, produce manager of Schnucks Supermarket to play with produce and have cooking be fun again. We will discuss how to store and prepare various produce. Samples will be provided.

The second of the series is at **5:30 pm, Monday, May 17, 2010** and will be at the First Assembly of God Church across the street from the center. While the church is under construction – we will be there to direct you for parking and access to the hall. This event is a **free community education offering of the Community Cancer Center. Seating is limited.**

Call 309-451-8500 to reserve your seat.



On May 21, 2008, the United States House of Representatives declared May “National Brain Tumor Awareness Month.” The passage of the resolution is another important effort to direct attention to brain tumors and the pressing need for more research aimed at deepening our understanding of the causes of brain tumors and accelerating the development of new and better treatments. Brain tumor advocates are dedicated to increasing awareness of brain tumors and providing support to those individuals affected by this disease. Here are some important resources you may like to check out:

American Brain Tumor Association

Comprehensive site for brain tumor information, treatment explanations, support resources and research updates.
Web: <http://www.abta.org/> <http://www.abta.org/>
Toll-free Ph: 847-827-9910 / Patient Line: 800-886-2282

National Brain Tumor Society

Raises funds for research, provides an information forum and provides support groups.
Web: <http://www.braintumor.org>
Toll-free Ph: 1-800-770-8287 / Patient Line: 1-800-934-2873

National Cancer Institute

The National Cancer Institute's Cancer.gov site provides information for patients, the public, and health care professionals about brain cancer treatment, screening, prevention, supportive care, genetics and clinical trials.
Web: <http://www.cancer.gov/cancertopics/types/brain>

International Radiosurgery Support Association

An independent organization, has dedicated itself to providing educational information and guidelines on stereotactic radiosurgery for brain tumors and brain disorders.
Web: <http://www.irsa.org>

North American Brain Tumor Coalition

Site provides valuable information, links and an "Ask the Health Professional" page.
Web: <http://www.nabraintumor.org>



May is National Skin Cancer Awareness Month and a great time to share some important reminders about sun safety.

- When choosing a sunscreen product make sure you purchase one that is broad spectrum which provides both UVA and UVB protection. The label should give you this information. It should also have a Sun Protection Factor (SPF) of 15 or higher.
- Approximately one ounce of sunscreen is what is needed to properly cover the exposed areas of the body. If your sunscreen is from 2 years ago, check the expiration date. The FDA requires that all sunscreens are stable for at least 3 years. If you are outside a lot and are using the proper amount, you should not have sunscreen left over from year to year!
- Wear protective clothing such as hats, shirts, and sunglasses.
- Avoid the sun between 10am and 4pm when the rays are the strongest.

Melanoma, the most serious form of skin cancer, is on the rise in our community. We have seen the number of new cases rise from 48 in 2004 to an all-time community high of 91 new cases diagnosed in 2008. We can all help lower this number by making sun safety part of our everyday routine.



Cards 4 Cancer Day

A team of local volunteers in Bloomington/Normal participated and gathered over 200 cards to be distributed to individuals battling cancer. They delivered the uplifting cards to the Community Cancer Center for distribution to our cancer patients during the month of May. This local team was one of many around the world who took part in an effort to deliver over 100,000 cards to cancer centers across the globe.

About Spirit Jump

Spirit Jump is a 501(c)(3) grassroots nonprofit organization with a mission to provide hope and comfort to the many men, women and children battling cancer. Spirit Jump accomplishes this by providing uplifting cards and inspirational gifts during this most difficult time through their Cards 4 Cancer program. For additional information visit www.SpiritJump.org or www.cards4cancer.org.



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.

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