

We are the *cancer center of choice* for the eastern region of central Illinois

www.CancerCenter.org



COMMUNITY
CANCER CENTER

A collaboration of Advocate BroMenn & OSF Medical Centers

EVENTS

Cancer Bites May 18

*Music and tasting
in The Healing Garden*

Moonlight at the Manor June 17

*Moonlight summer
magic at Ewing Manor*

Butterfly Release June 22

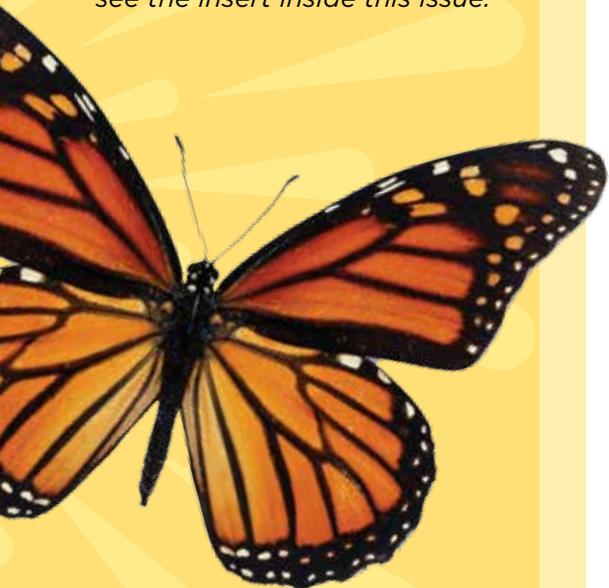
*Hope flies high in a memorial
fundraiser for the garden.*

Relay for Life 4pm, June 23–4pm, June 24

Go the distance against cancer.

Support Groups & Educational Services

*For a listing of ongoing events,
see the insert inside this issue.*



A Chance to Give Back

Memories from my own survivor journey as we
celebrate Cancer Survivor Day



Joe Prosser
Executive Director

Each diagnosis is different. Each person's journey as a cancer survivor begins at the moment he or she receives that life-changing news.

For me, it began on a day in March in 1990. I was a freshman in college taking business classes, still at a point where I was deciding what I wanted to do with my life.

Then, at age 19, I was diagnosed with testicular cancer.

My survivor story

I remember sitting in the doctor's office while he explained to me that I had cancer. My mom broke down and I remember telling her, "Mom, it's ok."

I remember feeling very strong when I learned about my diagnosis. My journey began as it does for many of us, not just with coming to grips with our own diagnosis, but helping those around us cope with our new reality.

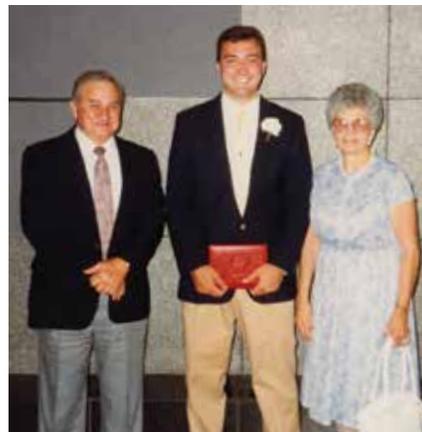
At the time, I felt a real calm and strength come upon me. I had this

sudden need to give back, even while I was still in treatment. I felt my diagnosis was a blessing as it gave me the desire to devote my life and career to support the cause of cancer treatment to the best of my ability.

Shortly after, I changed the focus of my studies to the health care field. It put me on a path to my role with Community Cancer Center today.

Finding new meaning in cancer survivorship

Fortunately for me, my cancer was caught at stage 1. Testicular cancer is also a very curable disease. But



Joe Prosser stands with proud grandparents at his 1992 graduation from X-Ray school. He was inspired to devote his life to health care after successfully fighting cancer at age 19.

Continued from Page 1

going through surgeries and not knowing for sure what would happen was scary at times.

The experience taught me to appreciate life, even at such a young age. I learned not to take life for granted and learned many important life lessons.

Fighting cancer gave me a new perspective on who I am. It gave me insight on my life's path and purpose. In my new field of study, being a cancer survivor helped me understand cancer treatment from both the clinical and human standpoint.

What survivors know

Here are a few lessons I've learned as a survivor that I would like to share:

- **After everything I've already survived, I can survive what's on my plate today.** Sometimes it's hard not to be afraid,

but I can use my experience as a mechanism from which to draw strength.

- **Stay strong, even knowing how hard it can be some days.** Remember that we all have a purpose. Your strength is an inspiration to those who know you and an admirable example of courage and perseverance.
- **Understand that cancer changes us.** There's no doubt about that. It's up to each of us to decide what that change will mean in our lives.
- **Living as a cancer survivor leads us to understand the meaning of our own lives.** It also helps us realize the difference we've made to other peoples' lives. Take time to reflect on all the contributions you've made over the course of your lifetime.
- **Being a survivor allows us to draw closer to our families and teaches us**

not to sweat the small stuff. Each day is an opportunity to celebrate the big things that count and the little things that bring us joy. Our experience leads us to a better understanding of our own truths.

This year marks the 30th anniversary of Cancer Survivor's Day

It's a wonderful day filled with hope, inspiration and friendships as we honor people whose lives have been touched with cancer. It is truly a celebration of life.

Join us as we send up good thoughts and prayers for all survivors as we pause to celebrate their lives at our Cancer Survivor's Day Celebration, May 31, 5-7 p.m.



The changing face of cancer survival

As more people survive longer, expectations are changing

Dr. Shermian Woodhouse, M.D., M.P.H.

Medical Director

Many times, when people think of cancer, they immediately call to mind movies and TV shows with terrible endings. But every year, through advances in cancer treatment science, many of these stories are being rewritten in the real world — and in very positive ways.

The definition of survivor is actually changing. Today, it means anyone living with the diagnosis of cancer.

There have never been so many cancer survivors

Some are in treatment, and some are post treatment, but they are all survivors.

In the old days, there just weren't a lot of people who survived cancer. Today, we acknowledge that there are more people living on past the treatment stage.

With more people surviving this disease, the cancer treatment profession has embraced a growing challenge — how to help survivors live their best lives — often many years past the original diagnosis.

The challenge of long term side effects

Because we now have more people surviving longer, the challenge of

dealing with the often unavoidable side effects of treatment has become ever more important. It's the focus of a lot of new research going on today.

There is hope that further advances in the alleviation of side effects will help us do more to help survivors achieve the very best quality of life.

As an example, some survivors experience long-term fatigue. New studies indicate supportive care can help. Complementary care options such as meditation, nutrition and exercise often improve energy levels, relieve stress and support optimum health.



Recognize that there's a new normal for you

If you feel things are different, they probably are — and you're not alone. This is a challenge all cancer patients face.

But part of the beauty of survivorship is being able to explore new ways to find strength and beauty in your life. Many cancer survivors find that the courage they develop during treatment helps them make brave decisions in other areas of their lives.

Many times, I've seen people become more and more fearless. They become

less afraid to try new things and become more of their own true selves.

Becoming more of your own true self

Now is the time to give yourself the freedom to do what you really want to do.

Commit to doing those things you've always wanted to experience but might have been putting off.

Resolve to take the best care of yourself, both physically and emotionally. Be sure that you keep up with your follow up tests and checks as necessary, but also do your part in every day living.

Pay attention to your diet and exercise as well as your own emotional wellbeing — because these are the things you can control.

Remember: Community Cancer Center offers a variety of Support Services designed to help improve the lives of cancer survivors. Refer to the Support Services insert in this newsletter for our current program list-

ing. Most are free of charge or low cost. If you don't see something you need, please ask!

Celebrate this moment

When I was practicing in New York, I had a patient who was just finishing her treatment. Just before she left on her last visit, she stopped and turned back to me at the doorway.

From the wisdom born of her experience, she gave me this advice: "If there's anything you want to do in life, **just do it.** Because none of us knows how many tomorrows we will have."



RELAY FOR LIFE — GO THE DISTANCE FOR CANCER.

Join Team Community Cancer Center at this year's Relay for Life! Take some laps on the track, buy some food and check out all the decorated tents. Bring the whole family and enjoy the kid zone, run or walk the 5K and so much more! Your donations help fund ground breaking cancer research as well as patient care programs that can make a difference in communities like ours. With every donation, you are helping the American Cancer Society save lives.



WHERE: Normal Community High school, 3900 E. Raab Rd, Normal IL 61761

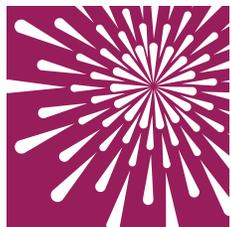
WHEN: 4pm, June 23-4pm, June 24

HOW TO PARTICIPATE: Contact Kimberly Wright at Kimberly.Wright@Cancer.Org or call 419-789-1021.

TO START A TEAM: Visit <http://bit.ly/2oKf5dl>. Or, search Relay for Life of McLean County.

Meet our Breast Health Navigator

This is a second in a series to help you get to know our Support Services team and their programs



Comprehensive Breast Service of the Community Cancer Center



Lisa Lowry
RN, MSN
Breast Health
Navigator

How did you get started in your role?

Lisa: I've been an RN for 10 years. I initially got into oncology in 2010 with Mid Illinois Hematology Associates as a chemo nurse. I took on new roles there as nurse educator and survivorship coordinator.

In that position, I met with people after their diagnosis and educated them about their chemo. I also met with them after their active treatment to help them understand possible long-term effects and their follow schedule with their physicians. When the Navigator position became available, I decided that would be a nice step forward. It would allow me to focus on a specialty of cancer treatment.

What is the Breast Health Navigator?

Lisa: Breast Health Navigator is part of Comprehensive Breast Service at Community Cancer Center. As Navigator, I provide patients with triage services, counsel and treatment support.

I meet with newly diagnosed breast

cancer patients and help them understand their diagnosis and possible treatment. I then talk them through what steps are available to them and what each would mean to their treatment. I work with our breast cancer survivors through the full spectrum of care.

What is one thing that most people don't know?

Lisa: When a lady is diagnosed with breast cancer, she is usually not presented with just one form of treatment. Many factors can affect a person's choice and course of treatment.

The thing to remember is that the majority of times, breast cancer is not an emergent diagnosis. You don't have to decide what treatment you're going to do right this moment. You can take your time and meet with the different physicians to decide which treatment is best for you. You usually can even meet with the full care team before making any treatment decisions.

It's ok to breathe and take a moment to assess your situation and make informed decisions.

What's the best way for a patient to get information about her condition?

Lisa: Not every breast cancer is the same. You can't Google "breast cancer" and expect to learn about what YOU should do. You have to make sure you're looking at reliable resources. We are happy to provide you with a list of trustworthy online resources. I can also work with you individually if you need more answers.

On a patient's first visit, I give them a big, thick cancer resource book. It describes all the different treatments. It also covers issues such as how to tell family members and what to do after active treatment is done. I do hope our women use it to their advantage.

What can affect the treatment choices available?

Lisa: Choices can depend on factors like the grade of tumor and the hormone receptor assay (tests for estrogen and progesterone). So not every woman is treated the same. I typically will go over their pathology in their first visit with



me to help them understand what to expect in next few months.

It's important for each woman to understand the different specialties of physicians. These can include a surgeon, medical oncologist, radiation oncologist — and depending on the type of treatment — maybe even a plastic surgeon.

What's the next step?

Lisa: We get the appointments they need made for them during the first visit. I also consult with them on any other life issues that might be involved. If they need support, I get them in touch with our oncology social worker, nutritionist and chaplain as needed.

I just want to make sure the patients know I'm here for them. I can be an extra resource person for them, even a central point of contact for all of their physicians if needed.

I can help them figure out where to turn to with questions and will monitor their progress through the different spectrums of treatment, through to periodic follow-ups. For breast cancer patients, the last contact typically will happen once they have had their first mammogram taken after treatment is finished.

What is the Breast Cancer Conference?

Lisa: This meeting brings our providers together to hear a presentation on almost every newly diagnosed breast cancer case at Community Cancer Center. Each of our specialty physicians attends and examines the breast cancer cases together while discussing treatment options. The conference helps ensure that all of your physicians and providers are working in a unified direction as your care moves forward.



How often can patients schedule a consult with the Navigator?

Lisa: The ladies know I'm always there for them. My door is always open and I'm always able to take their call. Some women need more support than others. Some need continuous support. I meet with others on that initial visit and then we aren't in touch again until after treatment is completed.

That's the nice thing about navigation. We do what's needed based on a patient's needs.

Do I need a referral?

Lisa: If you or a loved one has been diagnosed with breast cancer, you don't need a physician referral to access our services. We can even help with questions for patients and family members located outside the local area. **Questions about genetic testing** are another area where we can help.

Sometimes, women are called by a physician and told they have breast cancer. But it might be days to weeks before they can see a specialty physician. In the meantime, they can get in to see me right away to ask questions and start addressing any concerns.

Breast Health Navigation consultation services are free of charge. To get in touch with Lisa Lowry and Breast Health Navigation, call 309-451-2216 or email lloewry@cancercenter.org

Get To Know the Comprehensive Breast Services

All about Lymphedema Clinic

Lymphedema Clinic is held the first and third Mondays of the month. It's for women who have had three or more lymph nodes removed during surgery. It's an educational clinic that teaches women what to look for when they are at risk for lymphedema.

When lymph nodes are removed, lymph fluid can build up and needs to be taken care of. The Breast Health Navigator can assess a patient's need and help them get scheduled. Women can get information and can get signed up for the clinic through the Breast Health Navigator or the Radiation Therapy Nurses.

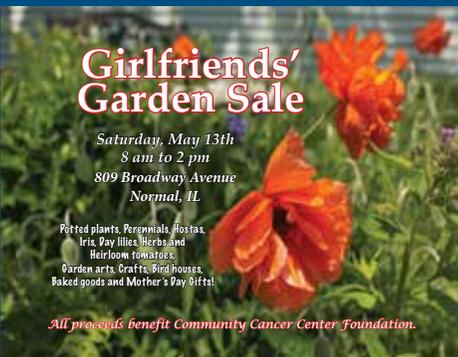
Real people. Real connection. Real help.

Join the breast cancer support group.

Held the second Tuesday each month, this walk-in support group is open to any woman who has been diagnosed with breast cancer, whether she is going through active treatment or is several years out. There is value in meeting with people face to face. Although groups are available online, many people find it reassuring to talk to a real person. Bring your questions. We welcome them all.

Pink Partners promote prevention

Pink Partners group is made up of representatives from the three mammogram facilities in town (Advocate BroMenn, Gail Keeran/Ft. Jesse Imaging Center and OSF). The team works to get the word out about the importance of annual mammograms. The earlier breast cancer is caught, the sooner and more effectively it can be treated.



Mamm and Glamm

Feel pretty, pampered and prepared

**5:30PM-7:30PM, MAY 11
COMMUNITY CANCER CENTER**

Girl's night out! Pink Partners is currently hosting Mamm and Glam, an education, pampering and shopping event.

Sponsored by an array of area beauty and healthy living providers, it's a night to meet with friends and spoil yourselves a little. Come and enjoy facials, updo's and make up while you learn about breast health.

Three sponsoring health centers will be here and will be able to get women scheduled for their mammograms. The event is free and fun for all ages. To sign up, call Lisa at 309-451-2216.



Meet Mister Hula

A fun name kicks off a drive for serious advancement in local cancer treatment.

By Ed Quijano,
Director of Fund Development

The mission of the Community Cancer Center is to increase cancer survivorship in central Illinois. To accomplish that, we need to assure our Radiation Department has the most up-to-date technology.

To further that objective, our new goal is to upgrade our current diagnostics with the latest in PET/CT technology.

Fun night out supports leading edge treatment

The Development Office has set about fundraising for the PET/CT beginning with our Cancer Bites event on May 18. There's nothing fun about cancer, but there is joy in raising funds to fight against it.

We've decided to name our future PET/CT "Mister Hula." The idea arose because patients enter the machine through a round opening. The scanner circles the patient like a hula hoop.

Keeping our promise of care

The Community Cancer Center made a promise to provide leading edge comprehensive cancer care for years to come. We hope you'll join us in bringing Mister Hula to the Community Cancer Center so we can continue to fulfill that promise.

Join our circle of support! To join us at Cancer Bites or to make your Mister Hula pledge online, go to www.cancercenter.org under the fundraising tab. To discuss your personal or corporate gift, call me at 309-451-2214. We hope to see you soon at Cancer Bites!



Mister Hula is the pet name for a new CCC campaign. Its goal is to raise funding for next-level PET/CT technology. The effort hits the beach at Cancer Bites, May 18. Join the fun as we launch this lifesaving quest. #misterhula



There's nothing fun about cancer, but there is joy in raising funds to fight against it.



HORTICULTURAL THERAPY: GARDENING IS HEALING

Saturday, June 10

9 a.m. to 4 p.m.

Community Cancer Center

407 East Vernon Avenue, Normal, IL 61761

\$40 Registration Fee

PROGRAM BACKGROUND

Horticultural therapy utilizes the knowledge of nature to provide therapeutic benefits for individuals to achieve well-being. This day-long conference will provide hands-on experiences that allow attendees to understand key concepts and theories for engaging people in gardening. Breakout sessions will provide activities and educational plans where horticultural therapy can be used for youth through adults in a broad variety of settings.

WHO SHOULD ATTEND

Home Gardeners • Occupational Therapists • Activities Professionals • Special Educators • Social Workers • Other Clinicians • Master Gardeners • Parents of Children with Special Needs • Classroom Teachers

Sponsored by:



McLean County Master Gardeners



AGENDA

- 8:30 Check-In/ Refreshments
- 9:00 **Horticultural Therapy**, Mike Maddox, UW- Extension
- 10:30 Break
- 10:50 **Horticultural Therapy**, cont.
- 12:00 Lunch
- 12:45 **Breakout Sessions**
(Choice of 3 @ 45 mins. each)
 1. **Floral Design to Music**
 2. **Walking a Labyrinth**
 3. **Sensory Gardening**
 4. **Modifying the Garden Experience to the Gardener**
 5. **Nature Journaling**
 6. **Dried Flower Cards**
- 3:30 Sharing Forum/ Wrap-Up
- 4:00 Adjournment

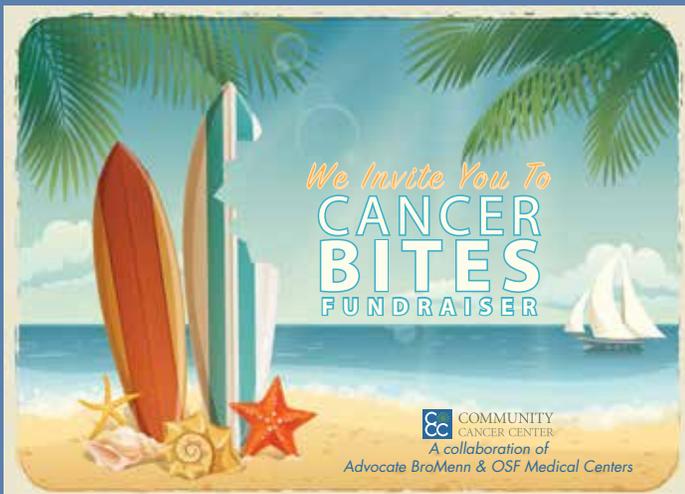
Register online at
go.illinois.edu/RegisterLMW
or call the McLean County Extension Office
at (309) 663-8306



COMMUNITY
CANCER CENTER

407 E Vernon Ave # 1
Normal, Illinois 61761

Events to benefit PET/CT fundraising



Cancer Bites Fundraiser

We'll bring the beach. You bring the beachwear. There will be food, games, cash bar, raffle and music. Special appearance by JP and the Jumpin' Coconuts. To be held at the Community Cancer Center 5:30pm-7:30pm, May 18. Tickets \$30 per person.

To sign up, call 309-451-2209. To pledge your support online, go to: <http://cancercenter.org/cancerbytes.html>.



Moonlight at the Manor

Saturday, June 17. An exquisite event at Ewing Manor on Father's Day weekend. To join us, call 309-451-2209.