

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

[www.CancerCenter.org](http://www.CancerCenter.org)



COMMUNITY  
CANCER CENTER

A collaboration of Advocate BroMenn & OSF Medical Centers

## ReNew Lifestyle program begins classes!

**Mary Kay Holloway RDN CSO LDN**

*Registered Dietician, Board Certified in Oncology Nutrition*

This spring, the Community Cancer Center is introducing renew Healthy Lifestyle for cancer survivors. A cancer survivor is defined as anyone from time of diagnosis through the balance of his or her life.

The monthly class will cover the basics of nutrition, exercise and wellness strategies that may help to reduce the risk of recurrence or improve quality of life based on current scientific data.

**For more information go to the website or call 309-451-2243.**

### Dietician Services Available

Your physician can make a referral or you can contact Mary Kay to set an appointment at 309-451-2218.



## 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

## The Community Cancer Center unveils new Donor Wall



**Joe Prosser, MBA**

*Executive Director*

Great things result when a dedicated community commits itself to a worthwhile cause. The new Donor Wall at the Community Cancer Center is lasting recognition of the many great gifts to our Capital Campaign.

The center's new donor wall commemorates the contributions of a group of amazing individuals and organizations. The over \$6.4 million they provided made possible a major facility expansion that took place from 2010 until 2015.

### An urgent need to serve

The number of cancer diagnoses annually has just reached 1.6 million annually due to factors like an aging population of baby boomers.

Also, because of better screening techniques and newer forms of treatment, cancer patients are living longer. Because of these and other changes, we're experiencing a need to serve more people.

Thankfully, the expansion of our facility has given us more capacity to serve more patients, caregivers and members of our community.

### A future made possible by you

I invite you to stop by and take a look at our beautiful, new Donor Wall next time you're at the center. It's located to your right as you face the reception desk.

A sincere thanks to all who contributed to help make the Community Cancer Center a warm and caring local resource for the advanced treatment of cancer. The future of our healing mission is a gift made possible by you.





## Everyday Gifts

### The gifts honored by our new donor wall enrich our lives everyday

**Dr. Shermian Woodhouse, M.D., M.P.H.**  
*Medical Director*

The unveiling of our new donor wall brought back the memory of so many people we've cared for and loved — and all of the goodness those gifts have brought to our center.

As I walk through our halls, I notice many different places our donor gifts have made possible. Many of them are my favorites for many different reasons.

One of these is our patient consultation area. We have exam rooms, of course, but now we also have a separate room where I can help patients understand their conditions.

There is even a whiteboard where I can write and draw pictures to help them get a clearer view of their health status and treatment plan.

#### More than a building

Our donor's gifts didn't just provide facility space. They provided:

- Areas for improved treatment services
- Space for caring support services
- A beautiful, restorative environment
- Education opportunities on cancer prevention and treatment
- Help for the vulnerable who might not otherwise be able to receive services



**“We didn’t just build a building. We built a shining example of what partnership and collaboration can achieve in a community — whether it is between institutions, groups or individuals, such as you. You helped us remain on a trajectory to fulfill our mission to be the destination of choice for cancer care for the Eastern region of Central Illinois. We are poised to embrace the future.”**

— Shermian A. Woodhouse, M.D., M.P.H.  
*Medical Director*

Address given on the dedication of the Donor Wall

- A better, more healing experience for the present, as well as a lot of hope for our future
- A higher quality of care for the populations we serve

#### I took a walk (and made a beautiful discovery)

The non-clinical side of me loves our Healing Garden with its Butterfly Garden, waterfall, beautiful greenery and Labyrinth. It's so peaceful and its beauty restores the spirit.

When we first installed the Labyrinth

last summer, Chaplain Cheryl gave us an introduction on how to follow its path as a way to relax, pray and meditate.

I had my phone with me, and as it so often happens, I had to take a phone call. Upon my return, and from my recollection she took my phone. In her recollection, I gave it to her!

Separated from my phone, I started to walk the labyrinth. But I couldn't shake the feeling that I was missing something. I started thinking things like, "How long is this taking?"

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And, “I don’t have my phone!” But I kept walking.

Wouldn’t you know, by the time I was finished, I just didn’t care anymore! I had to laugh. No one was more surprised than me at how much my mental state had improved by the end of that walk.

### The gift of better care

It’s funny how you get so attached to

technology and all the many things you need to do. We don’t just stop and appreciate the free moments that we have.

The gift of the center’s restorative outdoor environment invites us all to stop for a moment and realize how blessed we are to have the time we have *right now*.

### Generosity lives on in daily care

Whether it is for you, someone you care

for — or the many members of our community who will someday walk through our doors — I am thankful for the gifts our donors provide. They continue to enrich our capacity to serve.

Thanks to all of you who have given — and all of you whom we serve. I am sincerely grateful for the spirit and beauty you bring to our lives each day.

## March is Colon Cancer Awareness Month

### Join our drive to support 80% screened for colorectal cancer by 2018

By Becky Powell, Health Educator

Did you know colorectal cancer is the second leading cause of cancer death in the U.S.? **Nearly 135,000 adults are diagnosed with colorectal cancer each year.**

That’s why the Community Cancer Center is dedicated to the **80% by 2018** initiative. It’s a program led by the American Cancer Society (ACS), the Centers for Disease Control and Prevention (CDC) and the National Colorectal Cancer Roundtable (an organization cofounded by ACS and CDC).

The Community Cancer Center is one of hundreds of organizations that have committed to substantially reducing colorectal cancer as a major public health problem for those 50 and older.



Here at the center, our goal is bring various community groups together to talk about what can be done locally to achieve an 80% screening goal by next year.

### Make the appointment that can save your life

Let’s face it. Colorectal screening isn’t most people’s favorite thing to think about! But it’s important to make that critical appointment. Here’s why:

- **Colorectal cancer can be prevented.** In many cases, colorectal cancer can be prevented through the detection and removal of precancerous polyps.
- **Early treatment is more successful.** When colorectal cancer is detected at an early stage, treatment has the best result.
- **Populations less likely to test are vulnerable.** About 1 in 3 adults between 50 and 75 years old are not getting tested as recommended. Populations least likely to be tested are Hispanics, American Indians or Alaska Natives, rural populations, men, those 50 to 64, and those with lower education and income.

### Recommended tests for colorectal cancer

Screening can save lives but only if people get tested. Recommended screening test options include:

- Colonoscopy
- Stool tests (guaiac fecal occult blood test [FOBT] or fecal immunochemical test [FIT]).
- Sigmoidoscopy

Ask your family practitioner or GI specialist about which test is right for you. Remember... the best test is the one that gets done!

Do you have a question about screening? Or, would you like to schedule a cancer education or prevention event for your company or group? Contact me at 309-451-8500.

We can provide information and resources on colorectal cancer, breast cancer, skin cancer and other topics related to cancer screening and prevention. An informational program can help save and extend the lives of the people you care about.

# Meet Mike Bailey, Foundation Intern



“The mission of CCC is made possible in part to many dozens of volunteers who give of their talents, passion and time. Our foundation intern, Mike Bailey, is just one of these people. In this issue, we’d like to introduce you to Mike and some of the contributions he’s making to the center.”

## WHY VOLUNTEER?

**Mike:** Doing volunteer work is not just about being able to put experience on a resume. Volunteering, to me, is about helping others and making great connections along the way. We live in a small world, and the more people we know, the better.

## DESCRIBE YOUR JOB AS AN INTERN AT THE CANCER CENTER.

**Mike:** I help out in the foundation part of the CCC, so I work with donors rather than patients. On a typical day at the cancer center, I will enter in all the data necessary about our constituents. I then send letters to the families of the donors and let them know who the donations were in memory/honor of. Another thing I’ve learned how to do here is make bank deposits. Knowledge of how to process both electronic and physical deposits is something I will use for the rest of my life.

## WHAT DO YOU DO OUTSIDE OF YOUR INTERNSHIP HERE AT THE CCC?

**Mike:** I am currently a senior in high school, but I have all my credits required to graduate. This leaves me with a lot of free time during the school day. I chose to use that time to get ahead on college classes, so I am taking aviation courses through Parkland University in Champaign. I use the remainder of my time to help out here at the cancer center.

## WHAT DO YOU WANT TO DO AFTER YOUR EXPERIENCE AT THE CCC?

**Mike:** After I graduate high school, I plan on getting a degree in aviation and starting my career as a pilot. I don’t see myself working in the foundation office in the future, but that’s not going to stop me from getting as much experience here as possible.

**Our sincere thanks to Mike Bailey for your contribution to the Community Cancer Center!**

# Pause to Plan: National Health Decision Day

By Candi Gray, Certified Oncology Social Worker

## On April 16, take time out to make your wishes known

Did you know National Health Decision Day is April 16? It’s an opportunity to take stock of all the many planning considerations surrounding your health and financial status.

In my work at the Community Cancer Center, I help connect our patients, families and caregivers with resources that can help them plan and implement the more contractual aspects of their care.

These include advance directives, living wills and health care directives. At the Community Cancer Center, all of these planning services are free of charge.

## Answers for questions about financial concerns

In my office, I help our patients find answers regarding financial concerns and insurance issues, such as coverage and deductible’s. I am knowledgeable about many local, state and federal programs and can work with you to come up with the most workable financial solutions for your situation.



In addition, I am, as well as our Chaplain, Cheryl Peterson-Karlan, trained in counseling and can assist in addressing the emotional needs of patients and their loved ones.

We are knowledgeable about end of life issues and can support and help you through these difficult decisions.

Together we provide free, professional support services to our patients and caregivers. We are the professionals on your treatment team that are there specifically to assist you as you encounter the many ways a cancer diagnosis may impact your life.

## Make plans now for advance care planning

Spring is a time when we often take a moment to spruce up those areas that need attention after the long months of winter. It’s also a good time to make an appointment to set up an advanced care plan.

These are carefully thought-out directives that your loved ones and health care providers can rely on if you are unable to make your own health care decisions.

Without a plan, family members face the burden of trying to guess your wishes. That is why advance care planning is so important.

I’ll be talking more about advance directives in future issues. In the meantime, if you or your health care agent would like more information — or if you’d like to set up an appointment to begin planning, call me at 309-451-2217. Services are free of charge and we’re always happy to help.

# Strength and joy in difficult times

By Rev. Cheryl Peterson-Karlan, M. Div., Chaplain

I have an incredible job and an amazing window into the lives of the people and families we serve.

Helping people draw upon their own spirituality for strength, meaning and purpose is an important part of what I do here as Chaplain at the Community Cancer Center. I help patients and those who care for them to discover sources of joy and strength along their own personal journey.

## 3 ways to find spiritual strength

- **Build healthy relationships.** We aren't always fortunate enough to find great relationships in the places they're supposed to be, but it's important to find your people! Seek out connection through your faith community, your circle of friends or people you spend time with. Consider joining a cancer support group. One of the greatest assets for healing comes through cherishing our relationships and caring for one another.
- **Keep seeking ways to find meaning in your experience.** Give a voice to

what you're experiencing. Talk about your experience with others or write about it in a journal. Develop a spiritual practice such as prayer, meditation or spiritual reading. Watch for small blessings along the way and lessons learned.

- **Understand that you are unique and your solutions will not be like anyone else's.** Learn how to care for yourself as a person. Take time out to enjoy simple things you might previously have overlooked. Connect with nature, music and the arts. The Healing Garden at the Community Cancer Center can be a wonderful place to meditate, pray and find joy in nature's beauty. Our Interfaith Chapel provides a tranquil space to nourish your spirit.

## How to reach out for spiritual guidance

Remember that you are a spiritual person. A diagnosis of cancer can start a process of looking inward for a stronger connection to what is most meaningful and sacred to you. And, it can provide an opportunity



for you to grow in ways that enable you to truly live your life to the fullest.

The growth individuals experience on this journey is not usually something they recognize while they're going through it. But quite often, I find that people look back amazed at how much they've grown as a person over the course of cancer treatment and recovery.

It's a true blessing for me to be part of this healing journey of growth and discovery with patients and their families.

**If you would like spiritual support, I invite you to contact me at 309-451-2259. Chaplain services are available at no charge to patients, their families, volunteers and staff.**

## Meet our Patient Support Services team leaders

Enhancing quality of life for patients within their circle of care

Fighting and surviving cancer is an experience that effects all facets of a person's life. That's why, our medical team works in partnership with our Patient Support Services team. Together, we treat the whole person, body, mind and spirit.

This newsletter contains details about some of the key missions that are top-of-mind to our Patient Support leadership right now.

We invite you to get to know our Patient Support team and their services. Many of our Patient Support Services are provided without charge to patients, their families and caregivers.



**Get to know Community Cancer Center's Patient Support team:** *Lisa Lowry, Breast Health Navigator (look for her story in our next issue); Candi Gray, Certified Oncology Social Worker; Becky Powell, Health Educator; Rev. Cheryl Peterson-Karlan, M. Div. Chaplain; Mary Kay Holloway RDN CSO LDN Registered Dietitian, Board Certified in Oncology Nutrition.*



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## Save the Dates!

We'll share more information with you down the road about these upcoming fundraising efforts. For now, save the dates so you don't miss out on the fun!

### May 18

#### Cancer Bites

Brought back by popular demand! Watch for a tropical themed event this year. We'll bring the beach to you!

### June 17

#### Moonlight at the Manor

An exquisite event at Ewing Manor on Father's Day weekend.

### July 22

#### Butterfly Release

Our grounds have been designated a monarch way station. Come celebrate our efforts to keep the cancer center beautiful and inviting.

### September 16

#### Cruise for Cancer

Calling all motorcyclists and car fanatics! This is a new event at the cancer center that will get your engines revving.

### November 30

#### Tree of Hope

We will continue this effort with a few elegant touches added in to make it that much more special.

