

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



COMMUNITY
CANCER CENTER

www.CancerCenter.org

A collaboration of Advocate BroMenn & OSF Medical Centers

ReNew Class Offerings

Mark your calendars to attend these ReNew classes from 6:00-7:00 pm in the 2nd Floor Conference Room.

Call 309-451-2243 to register.

Improving Cognitive Function (Chemobrain!)

April 26

Vitamin B Food and You

May 24

Watch the website for class topics



Celebrating the spirit of openness



Dr. Sherman Woodhouse
M.D., M.P.H.
Medical Director



Joe Prosser
Executive Director

As we move into spring, things are opening up. Grass is starting to green up here and there. Early spring flowers begin to burst into blooms in colors that we associate with Easter and a renewal of hope and faith.

It's a time that inspires all of us to open up. It's a season to breathe fresh air and feel just a little bit more free and easy.

Celebrating the value of being open with each other

It's also a time that reminds us here at Community Cancer Center about the value of open communication. And, how much we value our interactions among our patients, doctors, hospital partners and our medical, support service and administrative staff.

We would like to take this opportunity to invite you to feel free to contact us when you have questions, whether they are large or small. Cancer treatment benefits in an atmosphere of strong communication.

Underscoring the value of staying informed

We would like to take a moment to focus on the value of education. When it comes

to cancer treatment, we feel strongly about the value of continuing education and staying informed.

These elements are always a critical priority for our entire team. But it's also important for our patients.

It's the reason for our new on-site Resource Center. Please feel free to take some time to browse.

We also encourage you to stay current with trusted online educational information from the National Institutes of Health (NIH) and CancerLink. Ask your care team to help you connect.

"It's a season to breathe fresh air & feel just a little bit more free and easy."

Read the answers to your tough questions

Inside this issue, we'll be answering some of the most frequently asked questions about Community Cancer Center. Once again, please feel free to contact a member of our staff whenever you have questions.



Answers to your questions about the Community Cancer Center

Who is the Community Cancer Center?

Community Cancer Center is a joint venture between our two local hospitals in Bloomington-Normal, OSF St. Joseph Medical Center & Advocate BroMenn Medical Center. We house a comprehensive array of cancer treatment and support services for the Central Illinois community. We serve McLean County and 9 surrounding counties.

What cancer treatment services do you provide?

The Community Cancer Center houses treatment services that include:

- The only True Beam STX linear accelerator in the region. Our technology also includes a Tomotherapy linear accelerator. Both of these tools are used for radiosurgery and allow us to deliver radiation treatments with sub millimeter accuracy.
- Our radiation services are on par with many larger institutions, including academic institutions in Chicago and St. Louis.
- We are the only radiation therapy facility in McLean County that provides this level of care close to home to cancer patients in our community.
- Medical oncology services are provided by Mid Illinois Hematology and Oncology Associates, LLC, an independent physician practice.

What supportive services for patients and families do you provide?

The Community Cancer Center is strongly committed to helping our patients and families in learning to live and grow as they face the challenge of cancer. Here are just a few of our services:

- **Nutritionist**– Our dietitian is a certified specialist in oncology nutrition. Patients, caregivers and the community can learn to better support their specific nutritional needs through comprehensive nutrition care and education.
- **Oncology Social Worker**– Patients, families and significant

others receive psychosocial services. They receive support, connection and information to help them work through the life adjustments they face after a cancer diagnosis.

- **Breast Health Navigator**– This provider is an advocate to help improve the quality of cancer care. The service supports patients from the time of diagnosis throughout their cancer journey.
- **Chaplain**– An on-site counselor provides spiritual support to patients, families and staff.
- **Health Educator**– This professional instructor coordinates and monitors community outreach events and activities that relate to cancer prevention and early detection. Programs are provided according to standards set by the American College of Surgeons for accredited cancer programs.

What is the environment like at the Community Cancer Center?

The Community Cancer Center is located in a quiet residential area in Normal, IL, away from noise and traffic. It's surrounded by sheltering trees, our Healing Garden and adjacent to the Constitution Trail walking and bike path. You'll find it offers an atmosphere of peace and privacy.



Answers to your questions about Cancer

How prevalent is cancer in our population? Here are some recent statistics from the National Institutes of Health (NIH):

How many cases of cancer will be diagnosed in 2016?

An estimated 1,685,210 new cases of cancer will be diagnosed in the United States. 595,690 will die from the disease.

What will be the most commonly diagnosed cancers this year?

In 2016, the top five most common cancers are projected to be:

1. Breast cancer
2. Lung and bronchial cancer
3. Prostate cancer
4. Colon and rectal cancer
5. Bladder cancer

What are some statistics about cancer cases in our population?

- The number of new cancer cases a year is 454.8 per 100,000 men and women.
- The number of cancer deaths is 171.2 per 100,000 men & women each year.
- Cancer mortality is higher among men than women. It is highest in African American men and lowest in Asian/Pacific Islander women.
- U.S. National expenditures for cancer care totaled almost \$125 billion in 2010. It could reach \$156 billion by 2020.



Glamp for Camp Kesem

Each year, over 3 million children are affected by a parent's cancer. Want to make a difference? Join us at Epiphany Farms on Friday, April 22nd from 7:00 to 10:00 pm as we Glamp for Camp! The elegant ballroom of this beautiful, old building will be transformed into a Glamping themed party featuring a camping inspired buffet of delectable appetizers with the Epiphany Farms flare.

The tone will be set with folky music from Hot Sauce Universe, an auction and raffle of unique, desirable items, and several activities designed to share the Camp Kesem experience with event attendees. Think nerf archery, cabin chats, and competitive tournaments. 100% of proceeds go directly to Camp Kesem Illinois, an organization that provides free summer camps to kids in central Illinois affected by a parent's cancer.

Let's Glamp for Camp together and I'm confident we can reach our goal of sending at least 10 new kids to the exciting, supportive, extended family of Camp Kesem Illinois.



WE'RE GOING DIGITAL!

Your second quarter issue will be sent to you via email. If we don't have your email address, please contact the Community Cancer Center Administrative Office at 309-451-8500.

Support & Networking Groups

Supportive & educational groups and programs are offered free of charge to help patients and families cope with cancer and its effects — emotional, physical, practical and financial. Sponsored by the Community Cancer Center Foundation and facilitated by the Community Cancer Center staff, these classes meet at the Center unless noted otherwise.

For more information about any of these groups and programs listed, for individual support, or to identify groups for cancers not listed here, please call (309) 451-2217.

AC - ADVANCED CANCER

4th Thursday 5:30-6:30 p.m.

For persons with recurrent or metastatic/Stage IV cancer. Call (309) 451-2217 to register.

BREAST CANCER

2nd Tuesday 5:30-6:30 p.m.

A group for individuals with breast cancer at all stages in the treatment/recovery process.

BREAST SELF-AWARENESS CLASS

This class will teach individuals how to perform a thorough and proficient breast self-exam (BSE). Call (309) 451-2216 for more information.

CHILDREN & TEEN SUPPORT GROUPS

**Twice-a-month after school (September to May)
Weekly during summer (June & July)**

Cool Club for children ages 5-18 or Teen Group for ages 13-18 who have a loved one with cancer. Call (309) 451-2217 to register.

LOOK GOOD...FEEL BETTER®

1st Monday 4:00-6:00 p.m.

This one-session class offered in partnership with the American Cancer Society teaches make-up techniques to women who are actively undergoing cancer treatment to help combat appearance-related side-effects of cancer treatment. Call (800) 227-2345 to register. *Space is limited.*

LYMPHEDEMA CLINIC

1st Monday of each month 9:00 a.m.

This clinic provides preventative education and screening. Call (309) 451-2216 to register.

COMMUNITY CANCER CENTER SUPPORTIVE TEAM

Breast Health Nurse Navigator: (309)451-2216
Chaplain: (309) 451-2259
Registered Dietitian: (309) 451-2218
Social Worker: (309) 451-2217

REACH TO RECOVERY®

This program, offered in partnership with the American Cancer Society, provides information and support for persons newly diagnosed with breast cancer. A trained volunteer will meet with the patient in person or by telephone. Call 1(800) 227-2345 to register.

RENEW™

4th Tuesday 6:00-7:00 p.m.

Monthly education program for individuals with any type of cancer survivor covering nutrition, exercise & wellness topics.

RESOURCE CENTER

Open M-F, 7:00 a.m.-5:00 p.m. (Located near Café)

Offers various educational and supportive books & resources, as well as access to the internet and the **Cancer Help Online® Patient Resource.**

SENIOR HEALTH INSURANCE PROGRAM (SHIP)

A free program offering health insurance & Medicare counseling by trained volunteers. Call PATH at (309) 834-0586 to register.

SPIRITUAL PATHWAYS

1st Thursday 5:30-7:00 p.m.

Spiritual support group for persons of all religious and spiritual perspective on the cancer journey. Call (309) 451-2259 to register.

TRANSPORTATION

Free transportation to/from cancer treatment for patients residing in Bloomington-Normal. Call Scott Resources, (309) 823-4224.

USTOO® PROSTATE CANCER

2nd Tuesday 7-8:30 p.m. (Jan., April, July, Oct.)

Education and Support Group for men, family, friends and health professionals.

YOGA

Tues. 10:30-11:30 a.m. and Wed. 7:30-8:30 a.m.

Therapeutic, gentle, all levels yoga & meditation for both patients and caregivers. **Cost: \$48 for 8 classes (1st class is free!)**

Pre-register recommended / Walk-ins welcome

Call (309) 287-5479 to register for Tuesday session.

Call (309) 531-3528 to register for Wednesday session.

In the words of a patient...

A patient who participated in our recent Patient Satisfaction Survey summed up the Community Cancer Care experience even better than we could ourselves. Thank you to all of our patients who provided such wonderful feedback!

“This facility is very comforting and welcoming to those battling cancer. I enjoyed sitting by the fireplace (especially during cold days) and enjoyed having piano music to listen to. Very nice facility, so glad we have this available locally.

My radiation techs were awesome– I got to know them and they were friendly and professional. They made me relax through my radiation process. Actually, all the staff and volunteers have been very helpful and courteous. I have no complaints, which helped make my cancer journey with radiation-chemo a tolerable journey.

We are blessed to have this facility locally (glad I did not have to do a daily trip to Peoria). Although I have not attended any support group sessions yet, I do plan on catching a couple of them.”



Pianist, Margaret visits to play for patients of the center.



Volunteers Jonetta and Nan helping patients at the front desk.

Ferdinand's Wigs

**Mondays from 10:00 a.m. to 3:00 p.m.
Beginning January 4, 2016**

Merchandise is available for purchase including wigs, wig care products, and comfy grip headbands. Wig fittings, sizing, styling, and care instructions will be provided by appointment. Styling and fitting services provided for small fee.

Please Contact Alicia at (309) 682-8423 to schedule your appointment

OTHER WIG AND PROSTHESIS RESOURCES

The Wig Bank at Fox & Hounds Hair Studio

200 W. Monroe Street, 2nd Floor
Bloomington 61701

A selection of free wigs are available. These are provided by the American Cancer Society and a sampling of them are on display in the Cancer Center Gift Shop.

Comprehensive Prosthetics and Orthotics

908 N. Hershey Road, Bloomington 61704

A limited selection of free prosthesis available.

Explore our gift shop!

Off to the left side as you enter our center, you'll notice our cozy little gift shop, run by our team of dedicated volunteers. All proceeds are returned to the Community Cancer Center.



It is a place to pick up a quick snack, a cute gift or something you forgot. The gift shop also carries products, such as Calendula cream, that are recommended for cancer patients.

Enjoy a bit of fun

One of the more interesting products is the Phony Pockets. They're popular with oncology patients as a way to stow a phone during chemotherapy treatment.

Art by Sheri Ohmes-Heusel, a Midwest watercolor artist, Ponderables by interior decorator, Betty Toland, and other arty selections are available for purchase at the Community Cancer Center gift shop.



**Stop by the gift shop
next time you are at the
Community Cancer Center!**



COMMUNITY
CANCER CENTER

407 E Vernon Ave #1
Normal, Illinois 61761

Illinois Heart & Lung Foundation's Annual Women's Health Night

Come visit our Pink Partner® and Community Cancer Center booths for educational information, activities, and a chance to win great prizes. The Community Cancer Center will also be offering a Skin Cancer Screening at Women's Health Night from 4:00 p.m. to 6:00 p.m. Please stop by our screening booth at the event to register. This screening will provide people the

opportunity to have a "spot check" of an area of concern and is not a full body screening.



ILLINOIS
Heart & Lung
FOUNDATION

Tuesday, April 5, 2016, 3:00 to 7:00 pm at the ISU Bone Student Center



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