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Letter from the Executive Director

I have celebrated my first year here at the Hult Center. Wow! It has been an amazing yet challenging year. We have grown from a staff of 12 to 18 and we have been busy. We have over 23 funded programs that need our attention daily.

All schools have returned from winter break so the **youth health education programs** have been well-attended, seeing over 11,000 students through February.

The **Encore program**, which offers healthy living education to our senior population of 50+, has drawn over 520 attendees since January.

The **cancer support programs** - nutrition and counseling - have continued to provide supportive nutrition and counseling for those in need. Come participate on April 26 at the *Spring Healthy Cooking Demo* at Hy-Vee and learn healthy cooking recipes.

Mark your calendar - our **Spirit of Living Dinner** will be held April 16th at the Par-A-Dice Hotel. This event warms the heart as it allows us to celebrate the lives of those who have survived cancer, as well as recognize those who have volunteered their time to support the programs of Hult.

The **Mental Health Forum** will be held April 9th at Bradley University. This annual conference offers educational opportunities for those who work in the behavioral health arena of health care. CEUs/CNEs/CPDUs will be available.

Staff is currently planning for **Healthy Heroes**, so if you are interested in volunteering or would like to register to attend, please call Ashley Donahoe here at the Hult Center or visit www.hulthealthy.org.

I am dedicating this edition of our newsletter in honor of Mrs. Shirley Hult, who passed away January 21, 2016. She was the wife of Mr. Marvin Hult, of whom the Hult Center was named.

Andrea D. Parker, R.N., M.S

Featured Fundraisers

Reserve your tickets
TODAY at
www.hulthealthy.org!



18th Annual
Spirit of Living

Saturday, April 16, 2016
Par-A-Dice Hotel Casino
East Peoria, IL

6:00 pm • Cocktails & Hors d'oeuvres
7:00 pm • Dinner, Program & Presentation of Awards
Panel Discussion with the "Pink Survivors" to follow

Please join us for an evening to honor and recognize those who are an inspiration to our community and to the Hult Center for Healthy Living. Enjoy a motivational panel discussion with the "Pink Survivors" as they share their personal experiences battling cancer.

Business Professional Attire



6th Annual Mike Seneca Golf Classic

Saturday, June 11, 2016
WeaverRidge Golf Club

**12:00 p.m. Lunch &
Registration**

1:00 p.m. Shotgun

**\$125 per golfer
\$500 per foursome**

www.hulthealthy.org

Featured Activities

Your Amazing Body Project Showcase

April 21, 2016

**Bright Futures
& Tazewell/Woodford Head Start
5:30-7:30 P.M.**

The Project Showcase allows students to present information, projects, and pictures to their families and the community detailing what they've been working on in their classrooms through the *Your Amazing Body* program!

Open to the public! All are welcome!



We're seeking volunteers for:

Healthy Heroes - This program educates youth on the importance of nutrition, exercise, and other healthy habits, while teaching them the skills necessary to positively modify their health behaviors. This program provides 1,180 low-income, at-risk youth, ages 3-12, with a multi-session summer program. Topics are based on the areas of need identified in the HOIUW 2014 Community Assessment, which instills core health behavior concepts and skills that will encourage them to respect their bodies and make healthy choices that will benefit their future. Additionally, students are provided with a dental bag with dental supplies and other materials for the adults in their homes. This program is funded, in part, by the Heart of Illinois United Way.

VOLUNTEER Sign up online at
www.hchl.ivolunteer.com
or call Julie at 692-6650.

SAVE THE DATE!

HEALTHY HEROES SUMMER CAMP

Available Volunteer Opportunities:

JUNE	7, 8, 9
	14, 15, 16
	21, 22, 23
JULY	12, 13, 14
	19, 20, 21

Schedule your volunteering
at: hchl.ivolunteer.com or
Call Julie at: 309-692-6650



Education

A Full Plate: What's on YOUR Plate?

by Donata Finley-Boykin, Certified Health Education Specialist at the Hult Center for Healthy Living

Does the saying, “I have a full plate!” sound familiar? Many individuals use this idiom to describe a busy life schedule. But in June 2011, when dietary guidelines introduced MyPlate, a visual reminder to Americans of a full healthy plate during meal time, it encouraged us to think of this idiom differently. A “full plate” can be healthy if we make healthy choices.

Every 5 years the U.S. Department of Health and Human Services and the U.S. Department of Agriculture create dietary guidelines for Americans, ages two and up, to help promote health, prevent chronic disease and help people reach and maintain a healthy weight.

MyPlate became a user-friendly way to introduce the dietary guidelines in 2010. New dietary guidelines of 2015-2020 makes MyPlate personal by offering three examples of healthy eating patterns that can be adapted and based on cultural and personal preference. The three healthy eating patterns include: Healthy U.S.-Style Eating Pattern, Healthy Mediterranean-Style Pattern, and the Healthy Vegetarian Eating Pattern. The guidelines suggest you have a full plate of nutrient-dense foods, maximizing nutrients and minimizing calories. The guidelines key recommendation suggests you consume a healthy eating pattern that includes all foods and drinks at appropriate calorie level.

The key recommendations of a healthy eating pattern include:

- A variety of vegetables from all of the subgroups- dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

- Saturated fats and trans fats, added sugars, and sodium
- Consume less than 10 percent of calories per day from added sugars
- Consume less than 10 percent of calories per day from saturated fats
- Consume less than 2,300 mg per day of sodium
- If alcohol is consumed, it should only be in moderation and only by adults of legal drinking age; up to one drink per day for women and two per day for men (health.gov)

Quality and quantity are both equally important when making healthy food choices. The recommended amount of each food group depends on your age, sex and level of physical activity.

The Healthy U.S.-Style Eating Pattern of 2,000 calories suggests portion sizes of 2.5 cups of vegetables, 2 cups of fruits, 6 ounces of grains, 5.5 ounces of protein, and about 5 teaspoons of oil per day. Dairy recommendations are based on age rather than calories. For young adults ages 9-18 and adults, the recommendation is 3 cups per day.

Keep in mind that a serving size and portion size are different. Portion is the amount of food eaten for a meal or snack, while a serving size is a measured amount of food or drink. The serving size is found on the nutritional facts label on packaged food, while a portion size is the amount of food you choose to eat.

The goal of the dietary guidelines for Americans is to promote health and to help prevent chronic diseases at every stage in life. Although the guidelines are designed as a tool for health professionals and policymakers who create food and nutrition programs that feed the American people, YOU ultimately make the choice of what's on your plate. So ask yourself – “What and how much is on my plate?”

Dietary guidelines can be found at health.gov/dietaryguidelines/.



The Hult Center for Healthy Living offers nutrition programs for grade-school classes, as well as implements the CATCH (Coordinated Approach To Child Health) program. CATCH is an evidenced-based, easy action plan for teaching children to make healthy choices. It creates a school environment that encourages healthy eating and physical activity. For more information, visit hulthealthy.org or call 309-692-6650.



The “Nutrition” Theater at the Hult Center for Healthy Living features plastic food models, interactive screens, “go-slow-whoa” foods, and more.

Mental Health: *Youth Mental Health Matters*

Youth Mental Health Matters is an educational program designed to create awareness and decrease the stigma of mental illness by providing 6th-9th grade students in Peoria District 150 with education on a variety of mental health issues through a collaboration between the Hult Center for Healthy Living & the Center for Prevention of Abuse. Additionally, students are provided with a “safety net” by being directly linked to an outreach counselor that they can see up to five times at no cost. The program is being provided to District 150 at no cost, thanks in part to a grant from the Heart of Illinois United Way and proceeds from Whitney’s Walk for Life. Topics included are anger management, conflict resolution, suicide prevention, stress, anxiety, depression, self-esteem, body image, eating disorders, and cyber-bullying.

“Before this program, I had dealt with cyberbullying and threats online but I was too scared to report it... but now I feel if something like that were to happen again I’d be more likely to report it.”

Youth Mental Health Matters

DID YOU KNOW?

- 1 in 25 teens has attempted suicide... that's about 1 student per classroom.
- Nationally, 4 out of 25 students have thought about suicide... in District 150, that number is double.
- 2.9 million cases of child abuse are reported every year in the United States.
- About 80% of 21-year-olds who were abused as children met criteria for at least one psychological disorder.

Youth Mental Health Matters* is an educational program designed to create awareness and decrease the stigma of mental illness by providing 6th-9th grade students in Peoria District 150 with education on a variety of mental health issues through a collaboration between the Hult Center & the Center for Prevention of Abuse. Additionally, students are provided with a “safety net” by being directly linked to an outreach counselor that they can see up to 5 times at no cost**.

*The Youth Mental Health Matters program is being provided to District 150 at no cost, thanks to a grant from the Heart of Illinois United Way and proceeds from Whitney’s Walk for Life. **Mental Health & Developmental Disabilities Code (405 ILCS 5/3-501) States that any minor 12 years of age or older may request and receive counseling services on an outpatient basis without the consent of parent/guardian. The minor’s parent shall not be informed of counseling without the consent of the minor, unless director believes disclosure is necessary. Counseling is limited to not more than 5 sessions, a session lasting not more than 45 minutes.

How It All Started...

- During the 2014-2015 school year, the Hult Center presented the “Signs of Suicide” program to all 9th grade health classes in Peoria District 150. From that program alone, the Hult Center educators collected over 70 ID numbers from students who requested additional help.
- Because of the obvious need for additional mental health programs, a survey was sent out to all District 150 staff to determine their needs and wishes for mental health education and training. The #1 request across all grade levels was **bullying & cyber-bullying**, followed by **stress, anxiety, self-esteem, & anger management**. An overwhelming request was also made for **additional counseling** to be made available to schools, as many staff members felt that they were not equipped to handle suicidal concerns, and/or were too busy with other duties to provide one-on-one counseling with every student in need.
- Hult and Center for Prevention of Abuse report to Heart of Illinois United Way each quarter to ensure program success. So far this year, 1,786 students have participated in the programs. Currently through post-testing, **81% of students have shown a gain in knowledge, and 67% of students have shown a change in behavior & increased confidence.** 143 students have requested counseling support.



Cancer Program

Spring Healthy Cooking Demonstration

presented by

**Hult Center for Healthy Living—Cancer Program
Oncology Dietitian & OSF Saint Francis Dietetic Interns**

Tuesday, April 26, 2016

Hy-Vee Sheridan Village

12:00 pm & 5:00 pm

Free Event

Seating is limited!

RSVP Required: 309.692.6650

Join us for a demonstration of delicious spring recipes
as part of our *Cancer Prevention Series*.

For more info visit
hulthealthy.org or call 309.692.6650





Kids Konnected

A Support Network for Kids & Teens Affected by Cancer



Kids Konnected is a support program that meets under the leadership of professionals to provide support, friendship, and education to families and children whose parents, grandparents, or caregivers have or had cancer.

Kids Konnected meets twice monthly for support groups. On the third Saturday of each month, a supportive community event from 1:30 pm to 3:00 pm is planned. On the first Tuesday of the month from 6:00 pm to 7:30 pm, a support group with a light dinner is provided at the Hult Center for Healthy Living.

These events are provided at no cost to participants.

April 2016 Dates:

Tuesday, April 5, 2016

Saturday, April 16, 2016

May 2016 Dates:

Tuesday, May 3, 2016

Saturday, May 21, 2016

June 2016 Dates:

Tuesday, June 7, 2016

Saturday, June 18, 2016

RECIPES

Healthy Chocolate Cherry Muffins

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Ingredients:

- ¾ cup unsweetened applesauce
- 1/3 cup granulated sugar
- ¼ cup honey
- 1 large egg (or 2 large egg whites)
- ¾ cup plain Greek yogurt
- 3 teaspoon vanilla extract
- ½ cup all-purpose flour
- ½ cup whole-wheat flour
- ½ cocoa powder
- ¼ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 cup chopped dark sweet cherries (fresh or frozen)
- ½ cup chopped dried cherries
- Chocolate chips for sprinkling on top, optional

Directions:

1. Pre-heat oven 425F degrees. Spray 12-count muffin pan with nonstick spray. Do not use liners.
2. In a large bowl, combine applesauce, sugar, honey, egg whites, Greek yogurt, and vanilla extract. Whisk them all together smooth, with no yogurt lumps remaining.
3. Sift the flours cocoa powder, salt, baking soda and baking powder together. Slowly stir in the wet ingredients, being careful not to over mix. Get any dry pockets of flour out, Fold in the fresh (or frozen) and dried cherries. The batter will be a little chunky.
4. Divide the batter evenly between each muffin cup – fill them all the way to the top if you can. Bake for 5 minutes at 425F. Keeping the muffins in the oven, reduce the temperature down to 375 F and continue to bake for 13 minutes. Insert a toothpick into the center of one muffin. If it comes out clean, they are done. If not, bake for only 2 more minutes.
5. Remove from the oven and allow to cool for 3 minutes in the pan, then transfer to a wire rack to cool completely. Makes 12 muffins. Muffins stay fresh in an airtight container at room temperature for up to 5 days. Muffins freeze well up to 3 months. Heat up for 45 seconds to thaw.

Recipe adopted from: <http://sallysbakingaddiction.com/2014/01/14/skinny-chocolate-cherry-muffins/>

Nutrition Facts:

Serving Size: 1 muffin Servings per Recipe: 12

Amount per Serving:

Calories: 144, Fat Calories: 11, Total Fat: 1.2 g, Cholesterol: 16 mg, Sodium: 209 mg, Carbohydrates: 31 g, Protein: 4.5 g, Fiber: 2.5 g

A Diet to Keep in MIND for Brain Health

By: Michelle Dinges, OSF Saint Francis Medical Center Dietetic Intern

The Mediterranean and DASH diets have been found to have some benefit on the brain even though they were not designed specifically to promote brain health. Subsequently, Rush University Medical Center in Chicago performed research on nutrition and the aging brain. Based on their review, the MIND diet was created. MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay and focuses on what in food is good for the brain.



The MIND diet is a pattern of eating. It recommends a suggested number of daily or weekly servings of specific foods. It stresses 10 brain healthy food groups, and 5 food groups that should be limited. The 10 brain

healthy food groups are green leafy vegetables, other vegetables, nuts, beans, whole grains, olive oil, berries, poultry, seafood, and moderate intake of red wine. The 5 food groups to limit are red meats, butter and stick margarine, cheese, pastries/sweets, and fried/fast food. To test the effects on mental functions between the MIND, Mediterranean, and DASH diets, Rush University led a study. This study found the risk for dementia was reduced when participants closely followed the MIND and Mediterranean diets. Participants had a reduced risk when they followed the MIND diet even moderately.

The reasons for the positive effects on the brain are due to specific nutrients the MIND diet recommends. Antioxidants are especially important for the brain to protect against cell damage. Antioxidants are found in plant foods such as fruits (berries specifically are recommended), vegetables, and nuts. B vitamins are also key for proper brain functioning. For this reason green leafy vegetables are recommended, high in the B vitamin folate. Other sources of B vitamins include whole grains, beans, and nuts.

The type of fat we eat also influences brain health. Evidence shows both trans fats and saturated fats are harmful to the brain. Trans fats, also known as hydrogenated oils, are found in some packaged foods, pastries, and fried foods. Saturated fat is found mainly in high fat animal products. Choose lean sources of protein such as chicken, turkey, lean beef, seafood, and low fat dairy products to reduce your saturated fat intake. Lastly, monounsaturated and omega 3 fats protect the brain. Monounsaturated fats include olive oil, avocados, nuts, and seeds.

In addition, fatty fish such as salmon, tuna, and mackerel are some of the best food sources of omega 3s.

Overall, the MIND diet is not about following a strict diet with many limitations. Rather it indicates a pattern of eating and specific foods found to reduce the risk of Alzheimer's.

Eating healthy is not only important for the brain, but in cancer prevention, as well. The Hult Center for Healthy Living cancer program, in conjunction with the OSF Saint Francis Medical Center Dietetic Intern Program, hosts bi-yearly Healthy Cooking Demonstrations as part of a Cancer Prevention Series.

The Hult Center's registered dietitian can also help cancer patients create a nutrition plan tailored to their specific needs and preferences. For more nutrition resources and information, visit hulthealthy.org or call the Hult Center for Healthy Living at 309-692-6650.

Sources:

Moore, Marisa. "Inflammation and Diet." Academy of Nutrition and Dietetics. Eatright.org. 1 September 2014. Web.

Morris, Martha, et al. "MIND Diet Associated with Reduced Incidence of Alzheimer's Disease." *Alzheimer's and Dementia*. (2015). Web.

Morris, Martha, et al. "MIND Diet Slows Cognitive Decline with Aging." HHS Public Access. n.d.

Morris, Martha and Christine Tangney. "Dietary Fat Composition and Dementia Risk." *Neurobiology of Aging*. (2014). Web.

Cancer patients are encouraged to:

Meet with our Registered Dietitians to find out how you can get the proper nutrition to help you maintain energy and strength. They can also help you manage your nutrition related side effects. Individual consultations are FREE and tailored to your particular needs and preferences.

Our Registered Dietitians can help you with problems such as:

- **Poor Appetite**
- **Taste Changes**
- **Dry Mouth/Sore Mouth/Thick Saliva**
- **Difficulty Swallowing**
- **Nausea/Vomiting**
- **Diarrhea/Constipation**
- **Weight Loss/Weight Gain**
- **High Blood Sugar**
- **Preparing for Surgery or Radiation**
- **Nutrition After Treatment**
- **Food Safety**

April 2016

All ORANGE items require registration by calling the <i>Encore!</i> line at 309.672.4926. Please view the <i>Encore!</i> section for additional info and location of programs.						Living Strong 9a Cancer Support Group 10a*	1	2
3	Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	4 Aerobics 9a Life Reimagined 11a* Mindfulness Meditation 5:15p Kids Konnected 6p*	5 Yoga w Jean 11a Cancer Support Group 1p Beginner iPhone & iPad 1:30p* Tai Ji /Beginners 6:30p	6 Sunshine Cafe 9:30a* Restorative Yoga w Marcy 5:15p	7 Living Strong 9a Cancer Support Group 10a*	8	 Mental Health Forum 8:30a*	9
10	Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	11 Aerobics 9a Know the Signs: Alzheimer's Disease 1p* Mindfulness Meditation 5:15p	12 Yoga w Jean 11a Cancer Support Group 1p Senior Living Next Steps 1p* Tai Ji /Beginners 6:30p	13 Restorative Yoga w Marcy 5:15p	14 Living Strong 9a Cancer Support Group 10a*	15	Kids Konnected 1:30-3p* <i>Spirit & Living</i> Spirit of Living 6p*	16
17	Aqua Survivor 9a* Brain Fitness 2:30p* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	18 Aerobics 9a Mindfulness Meditation 5:15p	19 Seniors on the Go-Knee Arthritis 10:30a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	20 Sunshine Cafe 9:30a* Restorative Yoga w Marcy 5:15p <i>Your Amazing Body Project Showcase 5:30p</i>	21 Living Strong 9a Cancer Support Group 10a*	22		23
24	Aqua Survivor 9a* Focus on Fixed Income 1p* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	25 Aerobics 9a Spring Healthy Cooking Demo 12p* Mindfulness Meditation 5:15p Spring Healthy Cooking Demo 5p*	26 Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	27 Downsizing Matters 1p* Restorative Yoga w Marcy 5:15p	28 Living Strong 9a Cancer Support Group 10a*	29		30
All BLUE items with an asterik either require registration by calling 309.692.6650 or are not held at Hult on Knoxville. Please view the key on page 10 for additional info.								

1	2 Aqua Survivor 9a* Diabetes Prevention 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	3 AARP Smart Driver Course 8:30a* Aerobics 9a Mindfulness Meditation 5:15p Kids Konected 6p*	4 AARP Smart Driver Course 8:30a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	5 Sunshine Cafe 9:30a* Restorative Yoga w Marcy 5:15p	6 Living Strong 9a Cancer Support Group 10a*	7
8	9 Aqua Survivor 9a* Diabetes Prevention 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	10 Aerobics 9a Medicare Made Clear 1p* Mindfulness Meditation 5:15p	11 Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	12 Senior Self-Defense: Part 1 1p* Restorative Yoga w Marcy 5:15p	13 Living Strong 9a Know Your Numbers: Blood Glucose 9:30a* Cancer Support Group 10a*	14
15	16 Aqua Survivor 9a* Diabetes Prevention 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	17 Aerobics 9a Mindfulness Meditation 5:15p	18 Seniors on the Go: Staying Vertical 10:30a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	19 Sunshine Cafe 9:30a* Restorative Yoga w Marcy 5:15p	20 Living Strong 9a Cancer Support Group 10a* Eating Right with Encore 1p*	21 Kids Konected 1:30-3p*
22	23 Aqua Survivor 9a* Diabetes Prevention 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	24 Aerobics 9a Beginner iPhone & iPad 5p* Mindfulness Meditation 5:15p	25 Beginner Facebook 9a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	26 Senior Self-Defense: Part 2 1p* Restorative Yoga w Marcy 5:15p	27 Living Strong 9a Cancer Support Group 10a*	28
29	30 CLOSED No classes Memorial Day	31 Aerobics 9a Diabetes Prevention 9a* Mindfulness Meditation 5:15p				
All ORANGE items require registration by calling the <i>Encore!</i> line at 309.672.4926. Please view the <i>Encore!</i> section for additional info and location of programs.			All BLUE items with an asterik either require registration by calling 309.692.6650 or are not held at Hult on Knoxville. Please view the key on page 10 for additional info.			

June 2016

			Yoga w Jean 11a Cancer Support Group 1p Central IL Weather 1p* Tai Ji /Beginners 6:30p	1 Sunshine Cafe 9:30a* Know Your Numbers: Blood Pressure 2p* Restorative Yoga w Marcy 5:15p	2 Living Strong 9a Cancer Support Group 10a* Senior Picnic in the Park 11a*	3 4
5	Aqua Survivor 9a* Diabetes Prevention 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	6 Healthy Heroes AARP Smart Driver Course 8:30a* Aerobics 9a Mindfulness Meditation 5:15p Kids Konnected 6p	7 Healthy Heroes AARP Smart Driver Course 8:30a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	8 Healthy Heroes Advanced iPhone & iPad 5p* Restorative Yoga w Marcy 5:15p	9 Living Strong 9a Cancer Support Group 10a*	10 11  Mike Seneca Golf Classic 12p*
12	Aqua Survivor 9a* Diabetes Prevention 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	13 Healthy Heroes Aerobics 9a Healthy Living as We Age 10a* Mindfulness Meditation 5:15p	14 Healthy Heroes Know Your Numbers 9:30a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	15 Healthy Heroes Sunshine Cafe 9:30a* Restorative Yoga w Marcy 5:15p	16 Living Strong 9a Cancer Support Group 10a*	17 18 Kids Konnected 1:30-3p*
19	Aqua Survivor 9a* Diabetes Prevention 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	20 Healthy Heroes Aerobics 9a Mindfulness Meditation 5:15p	21 Healthy Heroes Yoga w Jean 11a Cancer Support Group 1p More on Wills & Trusts 1p* Tai Ji /Beginners 6:30p	22 Healthy Heroes Beyond the Numbers 2p* Restorative Yoga w Marcy 5:15p	23 Living Strong 9a Cancer Support Group 10a*	24 25
26	Aqua Survivor 9a* Diabetes Prevention 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	27 Aerobics 9a Mindfulness Meditation 5:15p	28 Yoga w Jean 11a Cancer Support Group 1p Digital Photography & Your iPhone/iPad 1p* Tai Ji /Beginners 6:30p	29 Medicare Made Clear 1p* Restorative Yoga w Marcy 5:15p	30	
All ORANGE items require registration by calling the <i>Encore!</i> line at 309.672.4926. Please view the <i>Encore!</i> section for additional info and location of programs.			All BLUE items with an asterik either require registration by calling 309.692.6650 or are not held at Hult on Knoxville. Please view the key on page 10 for additional info.			

Calendar Key

Aerobics *Seniors Welcome

Gentle exercise with low impact with Elmira Akama. All levels welcome. FREE to Cancer Patients, Survivors and Caregivers. A \$5 walk-in fee for all other participants.

Aqua Survivor

An aqua class at Landmark Recreation Center, 3225 North Dries Ln, Peoria. FREE to Cancer Patients, Survivors and Caregivers.

Tai Ji for Life of Learning *Seniors Welcome

This class is for participants who enjoy Tai Ji and are looking for a life of learning about this ancient art form. It is a community-based learning experience that will help you understand and practice with the assistance of more advanced students and teachers. All are welcome to participate. Classes are facilitated by Donna Sturm on Mondays at 6:30p at the Hult Center. Participants should plan to arrive 5-10 minutes before the start time of the class and wear comfortable clothing.

Tai Ji for Life for Beginners *Seniors Welcome

Tai Ji is an ancient art of meditative movement. This class introduces and creates a sense of wellbeing by increasing vitality, improved mobility, posture, improved balance, lower blood pressure and better circulation. Gentle movements are used to create low impact exercise and stress relief. This class is held in conjunction with the Peoria Park District. It is led by Donna Sturm on Wednesdays at 6:30p at the Hult Center. Participants should wear comfortable clothes and shoes.

Breath of Joy Yoga

FREE of charge and available to Cancer Patients, Survivors and Caregivers, led by Marcy Bretsch.

Yoga with Jean *Seniors Welcome

All Levels Welcome. FREE to Cancer Patients, Survivors and Caregivers. A \$5 walk-in fee for all other participants.

Living Strong *Seniors Welcome

Strength training class with Beth Stauffer. All levels welcome. FREE to Cancer Patients, Survivors and Caregivers. A \$5 walk-in fee for all other participants.

Restorative Yoga with Marcy

Beginner friendly. Relax and restore with Marcy Bretsch. FREE to Cancer Patients, Survivors and Caregivers.

Mindfulness Meditation *Seniors Welcome

Simple form of meditation to calm your mind and spirit, led by Heather Delabre.

Special Programming

Touch, Caring & Cancer

Saturday, September 17

9:00 a.m.-12:30 p.m. at Hult Center for Healthy Living

This program's intention is to empower family and friends to be active participants in a loved one's care, overcome feelings of helplessness, enjoy new satisfaction in caregiving, and deepen a sense of connection with one another.

Space is limited. Please register by contacting Susie at 309.692.6650 or sflick@hulthealthy.org.

Board News

Welcome to Our New Board Member

The Hult Center for Healthy Living team would like to welcome the newest member of the Board - **Derek A. Schryer** of Davis & Campbell, LLC.

2016 Hult Center for Healthy Living Board of Directors

Officers:

Chairman: Stacy Borho

Vice Chairman: Joe Wolford

Corporate Vice Chairman: Todd Baker

Treasurer: Tony Moore

Secretary: Danila McAsey

Immediate Past Chairman: Jonathan Williams

Members:

Erika Anderson

Madhuri Bajaj, MD

Gerald Brookhart - Emeritus

Erik Christian

Beth Crider Derry

Jennifer Goettler

Judge John Gorman

Karen Grotts

Pat Hagenbuch

Jennifer Jones

Pat Kellogg

Katie Kim

Jan Leonard

Mary Malson - Emeritus

David Nathan, MD

Judy Oakford - Emeritus

Bill Rohner

Joan Ruppman

Jean Savage

Derek A. Schryer

Jamie Smith, DDS

Dean Steiner

Margaret Swanson, PhD

Christine Zak-Edmonds - Emeritus

To register or for *Encore!* related questions, call the *Encore!* line at 309.672.4926.

Encore

The National Diabetes Prevention Program

Who is it for? At-risk, pre-diabetic individuals

What is it? A lifestyle change program designed to prevent and delay type 2 diabetes

Sessions: 16 group sessions are held weekly during phase one. Monthly sessions are held during phase two for remainder of year

Dates: The first session will begin on May 2nd from 9:00-10:00 AM at the Hult Center and continue weekly

For more information, please contact Nicki Bushman by calling 309-672-4926.



April Events:

5th: Life Reimagined (11:00 AM-1:00 PM) @

UnityPoint Health-Methodist-N. Allen

Join AARP for a class about living a full life, where you are inspired, happy and in control. Please register for this event by calling AARP at 1-877-926-8300.

6th: Beginner iPhone & iPad (1:30-3:30 PM) @

Snyder Village Retirement Center (1200 E. Partridge Street, Metamora, IL)

Join Encore Coordinator, Nicki Bushman, for a very popular introductory class on using your Apple-based iPhone or iPad. This class has limited space and fills quickly, so please register early AND bring your Apple-based iPhone or iPad!

7th: Sunshine Café: Pets in the Silver years (9:30-11:00 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Dr. Rachael Kuhn-Siegel of Prairie Animal Hospital will focus on the special needs our senior pets have and how their health makes a difference in your life. A light breakfast will be provided.

12th: Know the Signs: Alzheimer's Disease (1:00-2:30 PM) @ UnityPoint Health-Methodist-N. Allen

Join the Alzheimer's Association as they separate myth from reality and address commonly held fears about Alzheimer's disease in America.

13th: Senior Living Next Steps (1:00-2:30 PM) @

UnityPoint Health-Methodist-N. Allen

Join Dawn Stroup from Riverview Senior Living as she will help you understand the different options available, payment options, and what to look for when you are choosing a community.

18th: Brain Fitness (2:30-3:30 PM) @ Evergreen Senior Living (404 S. Stillwater Drive, Chillicothe, IL)

Join Encore Coordinator, Nicki Bushman, for a fun afternoon of creative thinking, trivia, and games to get your brain fired up!

20th: Seniors on the Go: Current Treatments for Knee Arthritis (10:30 AM-12:00 PM) @ Hult Center for Healthy Living

Join Dr. Driessnack as he discusses surgical and non-surgical treatments for knee arthritis, including knee replacement. The Wellmobile will be available from 8:00-10:30 AM for screenings at no charge! Screenings include blood glucose, cholesterol, and blood pressure. Fasting is required for these screenings. The presentation begins at 10:30 and is followed with a lunch. Participants must register in advance.

21st: Sunshine Café: CPR Basics (9:30-11:00 AM) @

Fondulac Park District (201 Veterans Drive, East Peoria)

Come on out to East Peoria and join Chief Mike Johnson as he discusses the basics of CPR. A light breakfast will be provided.

Encore

25th: Focus on Fixed Income (1:00-2:00 PM) @

UnityPoint Health-Methodist-N. Allen

Join Fran McKay, Financial Advisor, as she explains the basics of fixed income investments, the seven characteristics of, the advantages of laddering, and how fixed income may be part of your investment strategy.

28th: Downsizing Matters (1:00-2:00 PM) @ UnityPoint Health-Methodist-N. Allen

Join Cheryl McGuire and Elaine Goslin, the Owners of Turning Point Spaces, which is a Peoria firm that specializes in downsizing, rightsizing, real estate staging, and redesign.

May Events:

3rd & 4th: AARP Smart Driver Course (8:30 AM-12:30 PM) @ UnityPoint Health-Methodist-N. Allen

The AARP Smart Driver Course is designed especially for drivers age 50 and older. Cost is \$15.00 for AARP members and \$20.00 for non-members. Please, bring your Membership card, Driver's License, and a pen. **Must attend full session on both days to qualify for Insurance Discount.**

5th: Sunshine Café: 5 Ways to Start Living Younger Today (9:30-11:00 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Come on out to East Peoria to join Dr. Kelch of AlignLife of North Peoria as he educates on five ways to help your performance, weight, and get the right kind of sleep to start living younger today! A light breakfast will be provided.

10th: Medicare Made Clear (1:00-2:30 PM) @ UnityPoint Health-Methodist-N. Allen

Dan Smith from Fortner Insurance will provide an easy to understand explanation of Medicare, the various types of plans, and some of the questions you should be asking yourself prior to picking the best plan for you this year.

12th: Senior Self-Defense: Part 1 (1:00-3:00 PM) @ UnityPoint Health-Methodist-N. Allen

Nancee Brown from the Center for Prevention of Abuse will give an overview of senior self-defense tactics and advice for keeping yourself safe.

13th: Know Your Numbers: Blood Glucose (9:30-11:00 AM) @ UnityPoint Health-Methodist-N. Allen

Join Holly Miller, Certified Diabetes Educator, as she explains everything you need to know about your blood glucose levels, including healthy ranges and how to improve elevated levels. The UnityPoint Health- Methodist|Proctor Wellmobile will be available at no cost from 8:00-9:30 AM for you to receive your blood glucose levels, in order to take results to the presentation.

18th: Seniors on the Go: Staying Vertical-Fall Prevention (10:30 AM-12:00 PM) @ Hult Center for Healthy Living

Join Professional Therapy Services as they educate you on your fall risk and train on ways to "Stay Vertical". The Wellmobile will be available from 8:00-10:30 AM for screenings at no charge! Fasting is required for these screenings. The presentation begins at 10:30 and is followed with a lunch. Participants must register in advance.

19th: Sunshine Café: Essential Oils (9:30-11:00 AM) @

Fondulac Park District (201 Veterans Drive, East Peoria)

Come on out to East Peoria and learn what essential oils are and how they may benefit you! A light breakfast will be provided.

20th: Eating Right with Encore: Nutrition Labels (1:00-2:30 PM) @ UnityPoint Health-Methodist-N. Allen

Join Colleen Kennedy, UnityPoint Health- Methodist|Proctor Registered Dietitian, as she educates how learning to read and understand food labels can help you make healthier choices.

24th: Beginner iPhone & iPad (5:00-7:00 PM) @

UnityPoint Health-Methodist-N. Allen

Join Encore Coordinator, Nicki Bushman, for a very popular introductory class on using your Apple-based iPhone or iPad. This class has limited space and fills quickly, so please register early AND bring your Apple-based iPhone or iPad!

25th: Beginner Facebook (9:00 AM-12:00 PM) @

UnityPoint Health- Proctor Professional Building

Basement (PC Training Room 1)

Attend this introductory class on one of the most popular forms of social media today. Participants should already have a Facebook account prior to attending and must bring username & password to log-in. Registration is limited to the first 12, so register early!

26th: Senior Self-Defense: Part 2 (1:00-3:00 PM) @

UnityPoint Health-Methodist-N. Allen

Nancee Brown from the Center for Prevention of Abuse is back to provide a hands-on class of senior self-defense tactics. Please, wear comfortable clothing and shoes for this event. It is highly encouraged that you participate in the Senior Self Defense: Part 1 class before attending.

June Events:

1st: Broadcast Meteorology & Central Illinois Weather (1:00-2:30 PM) @ UnityPoint Health-Methodist-N. Allen

Join Chris Yates, Chief Meteorologist for WMDB, as he discusses what goes in to making a weather forecast and getting that forecast on television.

2nd: Sunshine Café: Stress Management (9:30-11:00 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Come out to East Peoria to learn techniques on how to manage your stress! A light breakfast will be provided.

2nd: Know Your Numbers: Blood Pressure (2:00-3:30 PM) @ UnityPoint Health-Methodist-N. Allen

Join Dr. McMillin as he explains everything you need to know about your blood pressure levels. The UnityPoint Health- Methodist|Proctor Wellmobile will be available at no cost from 12:00-2:00 PM for blood pressure readings, in order to take your results to the presentation.

3rd: Senior Care Network's Picnic in the Park (11:00 AM-2:00 PM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Come on out for an afternoon full of education, entertainment by "The Geezers", and a free lunch!

To register or for *Encore!* related questions, call the *Encore!* line at 309.672.4926.

Encore

7th & 8th: AARP Smart Driver Course (8:30 AM-12:30 PM) @ UnityPoint Health-Methodist-N. Allen

The AARP Smart Driver Course is designed especially for drivers age 50 and older. Cost is \$15.00 for AARP members and \$20.00 for non-members. Please, bring your Membership card, Driver's License, and a pen. Must attend full session on both days to qualify for Insurance Discount.

9th: Advanced iPhone & iPad (5:00-7:00 PM) @ UnityPoint Health-Methodist-N. Allen

Join AARP for a more in-depth class on your iPhone. It is recommended that you take "Beginning iPhone & iPad" before this course. This class has limited space and fills quickly, so please register early! Please register for this event by calling AARP at 1-877-926-8300.

14th: Healthy Living as We Age (10:00-11:30 AM) @ Snyder Village Assisted Living (1115 Harbers Lane, Metamora)

Come learn about proper nutrition, physical activity recommendations, importance of sleep, and stress management techniques to help you live a happier, healthier life.

15th: Know Your Numbers: Cholesterol (9:30-11:00 AM) @ UnityPoint Health-Methodist-N. Allen

Join Dr. McMillin as he explains everything you need to know about your cholesterol levels. The UnityPoint Health-Methodist|Proctor Wellmobile will be available at no cost from 8:00-9:30 AM for cholesterol screenings, in order to take your results into the presentation.

16th: Sunshine Café: Special Pals-Pet Therapy (9:30-11:00 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Special Pals is a pet therapy program that the Peoria Humane Society provides for the community. Come and also meet some of the pet therapy animals! Bring in Science Diet canned kitten food or dry cat/dog food to help the homeless animals at PCAPS! A light breakfast will be provided.

22nd: More on Wills & Trusts (1:00-2:30 PM) @ UnityPoint Health-Methodist-N. Allen

This follow-up to Taming the Legal Lions focuses more directly on Wills and Trusts. Tim Kirk explains the values and impact of each.

23rd: Beyond the Numbers (2:00-3:30 PM) @ UnityPoint Health-Methodist-N. Allen

Dr. McMillin is back for the final portion of the "Know Your Numbers" series to discuss how the results of your blood glucose, cholesterol, and blood pressure all tie in and discuss your cardiovascular disease risk.

29th: Digital Photography & Your iPhone/iPad (1:00-3:00 PM) @ UnityPoint Health-Methodist-N. Allen

AARP has identified all the skills you need to take great photos, organize and protect your images. Please register for this event by calling AARP at 1-877-926-8300.

30th: Medicare Made Clear (1:00-2:30 PM) @ UnityPoint Health-Methodist-N. Allen

Dan Smith from Fortner Insurance will provide an easy to understand explanation of Medicare, the various types of plans, and some of the questions you should be asking.

A Note from Nicki

Happy Spring, Encore Members! For those of you who are new to the program, my name is Nicki Bushman and I am the Coordinator for the Encore program. We have an exciting and fun-filled year ahead of us through



Encore! As you will see, we have many new speakers and topics that will be coming in throughout the course of the year. Please be sure to look into our new series, "Know Your Numbers", which will begin on May 13th. Have you ever been to the doctor and received all your lab results back and not have a clue what all those numbers mean? Here is your chance to get bloodwork completed and have a physician-led class following to explain what all those numbers mean. Also, please note that there will be no "Seniors on the Go" in June, as we will have hundreds of kiddos running around the Hult Center for our Healthy Heroes program! *As always, please be sure to register for Encore events in advance by calling (309) 672-4926 or by going online.*

I hope to see many of you at the upcoming programs!

Sincerely,
Nicki Bushman
nbushman@hulthealthy.org

Encore Event Spotlight

Encore!
Hult Center

Know Your Numbers

New Series!

Concentration	Date	UnityPoint Health Wellmobile	Medical Expert Presentation
Blood Glucose	May 13th	8:00-9:30 AM	9:30-11:00 AM
Blood Pressure	June 2th	12:00-2:00 PM	2:00-3:30 PM
Cholesterol	June 15th	8:00-9:30 AM	9:30-11:00 AM
Beyond the Numbers	June 23th	N/A	2:00-3:30 PM

For more information, contact Nicki at 309-672-4926!

*All programs will be held in Conference Room C at UnityPoint Health-Methodist on N. Allen Road

Encore!
Hult Center

SAVE THE DATE!

Annual Senior Health Fair

Wednesday, September 21, 2016

7:30-11:30 AM

Hult Center for Healthy Living

A Special THANK YOU to the current 2016 Sponsors!

Heyl Royster
Health Alliance
Brandon Wood Retirement Center
Rosewood Care Centers of Peoria & East Peoria

If you are interested in financially supporting the Encore program, please contact
Nicki Bushman at (309) 672-4926 or nbushman@hulthealthy.org



*You have questions. We have answers.
Let us help you.*

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Peoria, IL 61602

(309) 677-9519

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Location	Discount
Perkins Family Restaurant	20% Off Regular Menu Items *Not valid with discounted menus or other discounts
UnityPoint Health-Methodist Cafeteria	10% Off
UnityPoint Health-Proctor Cafeteria	10% Off
Methodist Wellness Center	25% Off Membership
Avanti's Restaurant (Peoria, East Peoria, and Pekin locations)	10% Off
Alignlife North Peoria	15% Off All Alignlife Nutrients 15% Off Orthotics & Pillows 15% Off All Massages
Riverview Senior Living Community	\$400.00 application fee will be credited

Additional discount sites may be added in the future and will be listed in this quarterly newsletter. If you have additional questions about the discounts or *Encore!* program, please contact Encore Coordinator:

**Nicole Bushman, MPH
(309) 672-4926
nbushman@hulthealthy.org**

News & Kudos

Welcome New Hult Staff!

Please help us in welcoming **Holland Nickerson** and **Jeanna Rich**, RDN, LDN to the Hult Center for Healthy Living team! Holland has taken the role of Grants Coordinator, while Jeanna is a Registered Dietitian working with our cancer programs. Welcome to the Hult Center!



Thank You CAT Volunteers!

A very special thank you goes out to **Jason Weber** and **John Marincic**, both of Caterpillar. Jason and John volunteered numerous hours in helping us establish a database for capturing cancer program numbers. THANK YOU!

Congrats to Our Own EMBA Graduate!

The Hult Center team would like to congratulate our own **Anne Bowman**, Associate Executive Director, on her graduation from Bradley University's Executive MBA program in December! Congrats, Anne! (Anne is pictured here at graduation with her husband, Shane Bowman.)



Highlighting our Hult Interns

Thank you to our Spring semester interns, **Marcus McCall**, **Nathaniel Johnson**, and **Sami Hanley**! Marcus currently studies Community Health Education at Illinois State University and is interested in substance abuse and mental health. Nathaniel also studies Community Health Education at Illinois State University and has been interested in health and fitness since he was a freshman at Richwoods High School. Sami is a junior at Bradley University majoring in psychology and health. She has been interning with our *Youth Mental Health Matters* and suicide prevention programs. Thank you for all you've done for Hult!

Kudos to A Great Hult Volunteer



The Hult Center wishes to thank **Terri Oesterle-Klein** for all her work volunteering for our *Youth Mental Health Matters* program. Terri spends many hours each week sharing her daughter's personal story of addiction and depression with students. Thank you for bringing this program to life and for making a difference in young lives, Terri!

Encore Coordinator Completes National Diabetes Prevention Training

Nicki Bushman, Encore Coordinator at the Hult Center, completed the National Diabetes Prevention Program's Lifestyle Coach training in Chicago. The National Diabetes Prevention Program is an evidence-based lifestyle change program that is recognized through the Centers for Disease Control and Prevention. The goal of this program is to help prevent or delay the onset of type 2 diabetes in high-risk, pre-diabetic individuals through regular physical activity and a 7% body weight reduction goal. Through this training, Nicki will be leading the Hult Center's first group of individuals in National Diabetes Prevention Program on May 2, 2016.

Your Amazing Body Family Nights

The "Your Amazing Body!" program is a four-part series that highlights the wonders of the human body, funded by PNC, and is implemented in Bright Futures and Tazewell Woodford Head Start schools.

In January and February, Bright Futures families had the opportunity to participate in two circus-themed **Family Nights at the Hult Center**. A total of 471 individuals participated in both events, which included three interactive stations that educated the families on the topics that the students have been learning in their classrooms, including the heart, lungs, and brain. To keep the families engaged and entertained, Hult Center staff dressed as clowns, and offered face-painting, balloon creations, and a photo booth! Several parents commented on how they enjoyed their children coming home from school and telling them how they learned about heart, lungs, and brain. They also enjoyed seeing the Hult Center's Transparent Anatomical Manikin, or "TAM", who further educated students and families about their amazing bodies.

A special THANK YOU to all the volunteers and donors who helped make these events special!

Healthy Classrooms Initiative

The Hult Center's **Healthy Classrooms Initiative (HCI)** is wrapping up another successful year of bringing health education to Peoria area 5th grade students. HCI has been providing programming to schools in need since 1999. This unique program uses an innovative, custom designed online tool that assesses students' knowledge to determine each school's area of greatest need. This year the program expanded from two 90-minute sessions to three 90-minute sessions, which allows for more in-depth programming in topics such as nutrition, physical activity, substance abuse, social-emotional health, and puberty. Hult Center's health educators travel to schools for this program, always with the Hult Center's signature props and visual aids in tow. HCI reaches over 470 students each year, which is made possible with funding from the Heart of Illinois United Way.



Hult Center for Healthy Living
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(309) 692-6650
www.hulthealthy.org



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e-News Sign Up



Stay in-the-loop by signing up for our email blasts! You will receive an e-version of this quarterly newsletter, as well as other events and news updates throughout the year.

Email Kayla Thompson at kthompson@hulthealthy.org to be added to our email blast.

***Help us go green and opt out from our newsletter mailing list and still stay current with our news.**

SAVE the DATE

Spirit of Living
April 16, 2016

Mike Seneca Golf Classic
June 11, 2016

Whitney's Walk for Life
July 30, 2016

Lobster Roast
August 27, 2016

Uncorked!
October 14, 2016

Shop Amazon?!

Any time you shop Amazon, you can support the Hult Center for Healthy Living at the same time!

Simply use **smile.amazon.com** and select the Hult Center as your charity!

Amazon Smile then gives a percentage of your purchase back to the Hult Center!

THANK YOU FOR YOUR
SUPPORT!

