



## WHITNEY'S WALK CHILI COOK-OFF

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# Encore!

### Letter from the Executive Director

The 2015 year has ended and I would like to remind everyone of the great work and fun that the Hult Staff had serving the community! We started the last quarter of 2015 with our **Uncorked!** event, held October 30. Over 600 people attended and spent the evening at Par-A-Dice Hotel tasting and drinking some of the finest foods and wines in the Peoria area! If you missed it, please mark your calendars for next year's **Uncorked!** - October 14, 2016 at Par-A-Dice Hotel. Proceeds from this event support the Hult cancer programs, which meet the needs of cancer patients, survivors, and caregivers. In 2015, Hult provided cancer services to over 15,000 people, addressing their nutritional, behavioral health, and physical needs.

We were among many local agencies to participate in **#GivingTuesday** on December 1. This national movement celebrates giving and philanthropy and allows agencies to fundraise online, making it easier for donors. One of our funders, *The Coleman Foundation*, pledged to match the dollars raised from new donors and gifts exceeding 2014 donations. This year we raised \$7,165, with the funds to be spread across our programs.

It has been business as usual for all the other programs Hult offers. Our team of health educators was very busy in 2015 with in-house and outreach programs, and touched the lives of over 52,000 children.

The **Encore!** program engaged over 2,500 seniors with our health classes and presentations.

In short, it has been an awesome year!

If you are not already, be sure to follow us on Facebook. Got a healthy thought or question?! Tweet us using **@HultCenter1**, and if you would like to learn more about our programs, activities and volunteer opportunities, please visit us at [www.hulthealthy.org](http://www.hulthealthy.org) where we are...

**“Empowering people to live healthier lives.”**

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

## Save the Date



### 2016 Fundraising Events

*Spirit  
OF Living*

April 16, 2016



June 11, 2016



July 30, 2016



August 27, 2016

**HOTTEST**  
The wine & food tasting in town  
**UNCORKED!**

October 14, 2016

## Featured Events

We invite you to join other families & friends who have lost a loved one to suicide



*Whitney's Walk for Life's  
9th Annual Candlelight Vigil*

**Monday, March 7, 2016**  
**Salem Lutheran Church, 1700 W. War Memorial, Peoria**

**6:00-6:30 Candlelight Vigil & Prayer Service**  
**6:30-7:30 Social Hour (refreshments provided)**

The Vigil is an opportunity for healing and remembrance in a small, intimate gathering and features speakers who have lost someone to suicide, the lighting of candles, and prayers. It's open to all, so please feel free to invite friends and family to come with you.

Sponsored by the Hult Center for Healthy Living  
Questions? Call Kayla at 692-6650



**SAVE THE DATE**



**“Community Leadership in Mental Health:  
Making Meaningful Connections”**

**April 9, 2016**  
**8:30 a.m. - 5:00 p.m.**  
**Alumni Center at Bradley University**

The Hult Center for Healthy Living and Bradley University are pleased to host the 4th Annual Mental Health Forum with keynote speaker Ray LaHood. This forum is for people who care for or work with individuals and families experiencing mental health needs.

**It offers professionals and families opportunities to:**

- Acquire skills and strategies that will improve outcomes for families with mental health needs
- Gain knowledge of best practices and latest research in familial mental health and related fields
- Enrich understanding of different perspectives and common goals in support of all families



**Keynote Speaker**  
Ray LaHood,  
Former Secretary  
of Transportation

**CEUs/CNEs/CPDUs offered**

## Education

### February is Dental Health Month

#### Rotting Away- Sugar's Harmful Effects on Youth Oral Health

by Nicole Bushman, MPH, Encore Coordinator, Hult Center for Healthy Living

Oral health among children is an important health matter that can be often overlooked. Untreated dental pain is considered the leading cause as to why children miss school. Furthermore, it causes pain and infections that may lead to problems with eating, speaking, playing, and learning (Centers for Disease Control and Prevention). According to the 2011 *Heart of Illinois United Way Community Needs Assessment*, children who suffer with chronic dental pain often have difficulty concentrating, poor self-image, impaired speech development, and problems completing schoolwork. Unfortunately, symptoms of chronic dental pain can mimic several other health conditions and make a child appear tired, anxious, or depressed. Because these can be fairly common symptoms, parents and teachers often times overlook these symptoms and do not correlate these signs to untreated dental pain.

A study from the *National Health and Nutrition Examination Survey* found that 16% of total calories consumed by children came from added sugars. Through this study, boys demonstrated a higher rate of sugar consumption at 16.3%, compared to girls who consumed approximately 15.5%. Furthermore, the results demonstrated that the majority of sugar calories were consumed at home, rather than outside of the home. Upholding diets that are high in sugar can increase the risk of developing chronic diseases, including obesity, type 2 diabetes, and cardiovascular disease.

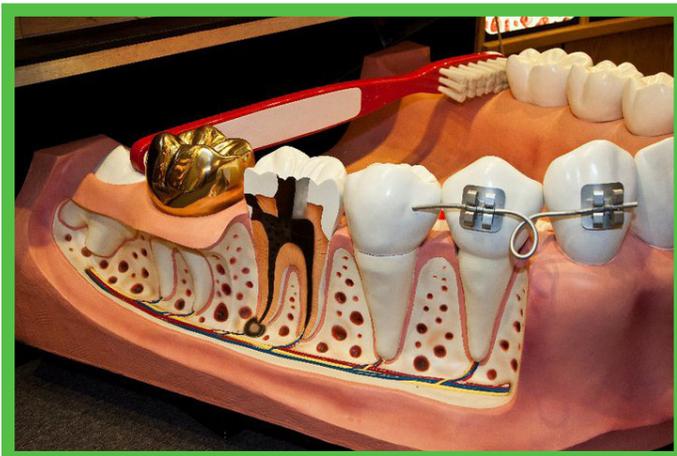
Added sugar calories are characteristically consumed through processed foods and beverages; however, the *National Health and Nutrition Examination Survey* found that more than 40% of calories consumed from added sugar came from beverages. When children consume one can of regular soda, they are

ingesting approximately 33 grams, or about 7 teaspoons of sugar into their system. A diet that consists of excess sugar does not only increase the risk of developing chronic diseases, but it can also lead towards several oral health complications. When a child indulges in candy, soda, or other sugary drinks, the sugar begins to form plaque on and around the teeth. The bacteria in plaque mix with the sugars in food and beverages to produce acids, which will eat away at the tooth enamel. Over time, the risk of cavities and tooth decay increases significantly.

In order to maintain proper oral health practices, children and adults should brush their teeth at least two times every day with toothpaste that contains fluoride. It is recommended that individuals brush their teeth every morning, as well as every evening before they go to bed. It is extremely important for children to brush their teeth before going to bed in order to eliminate the built up food and sugars that collect during each day. In addition to brushing teeth, it is highly recommended that both children and adults floss their teeth once every day.

**The Hult Center for Healthy Living is addressing this epidemic through providing a free dental health education outreach program called “Tooth or Consequences”, which specifically targets low-income students in Peoria and McLean Counties.**

This program teaches children in pre-k through first grade about proper brushing and flossing techniques. The students also learn about healthy foods and the harmful effects on getting too much sugar. At the end of each program, every student receives a dental bag which consists of a new toothbrush, toothpaste, floss, and an informational brochure for parents on sugar consumption.



The “General Health” Theater at the Hult Center for Healthy Living features this larger-than-life mouth and teeth model to teach students proper brushing and flossing techniques and the importance of oral health.

# Mental Health

## Whitney's Walk Closed 2015 Books with Largest Fundraising Year

Individual fundraisers for Whitney's Walk 2015 began as early as January 2015 and efforts continued throughout the year. The hard work of so many paid off as Whitney's Walk closed its' 2015 books with a record-breaking year, **raising \$163,148.52 for suicide prevention programs in central Illinois.**

**Since its inception in 2004, Whitney's Walk has raised over \$1,000,000.** Proceeds from Whitney's Walk are used locally for youth depression awareness and suicide prevention programs provided by the Hult Center for Healthy Living. Thousands of youth in central Illinois have benefited from these programs.

A check presentation took place Thursday, December 3 at the Hult Center for Healthy Living at 10:00 a.m.



Whitney's Walk raises money through donations made to walk in Whitney's Walk for Life, held annually on the last Saturday in July at Jubilee College State Park. However, over half of the funds Whitney's Walk raises in a year come from the individual fundraisers teams hold throughout central Illinois. The support of the cause reaches well beyond Peoria. These individual fundraisers include a chili cook-off in Brimfield, plant sale and earring sales in Peoria, spaghetti dinner and backyard challenge in Farmington, trivia bowl in Lewistown, a wiffle ball tournament in Chillicothe, and a golf outing in Pekin.

**THANK YOU to our many sponsors, volunteers, and supporters who helped make this year's Walk a success, and to all those who support Whitney's Walk and our fundraising events all year! You are the reason we are able to shed light on depression awareness and suicide prevention, and impact youth's lives every day!**

**SAVE THE DATE**

**Whitney's Walk for Life**

**Saturday, July 30, 2016**

**Jubilee College State Park**

## WHITNEY'S WALK FOR LIFE



**Come Join us for Food & Fun**  
at  
**Brimfield American Legion**

For the 9th ANNUAL

### WHITNEY'S WALK

### CHILI COOK-OFF

**Saturday, January 23, 2016 - 5:30**

Registration for Chili Cook-Off participants is from 4:00 - 5:00 p.m.  
Bring your "Prepared" 4-Quart Pot of Chili with appropriate serving utensils  
Entry Fee- \$20.00

5:30 p.m. - Winners Announced & Awards Ceremony for the following Categories

Most Original Chili Name, Best Tasting Chili - HOT,  
Best Tasting Chili - Mild, The People's Choice Chili,  
and Best Tasting Non-Traditional Chili

Come have dinner for a good cause and taste all the Cook-Off participant's chili  
by purchasing an endless bowl for \$5.00 - Taste Them All!

Hot Dogs and Brats will also  
be available for purchase.

SILENT AUCTION, LIVE AUCTION,  
AND MUCH MORE!!!



## S.O.S. SURVIVORS OF SUICIDE

SURVIVORS OF SUICIDE is a support program designed to assist families, friends and individuals affected by suicide.

**MEETING DATES/TIMES**  
6:00pm - 7:00pm  
1st Wednesday of each month  
Begins Wednesday, December 2, 2015

**LOCATION**  
Hult Center for Healthy Living  
5215 N Knoxville Ave.  
Peoria, IL 61614





All are welcome  
No reservation necessary

[www.beaugrantfoundation.org](http://www.beaugrantfoundation.org)  
[www.facebook.com/thebeaugrantfoundation](https://www.facebook.com/thebeaugrantfoundation)  
[beaugrantfoundation@gmail.com](mailto:beaugrantfoundation@gmail.com)



S.O.S. is an extension of the Beau Grant Foundation

## Cancer Program

**Saturday, March 12, 2016, 9:00am - 12:30 pm**

# Touch, Caring & Cancer...

....a workshop to deepen communication and relationships through safe, effective touch

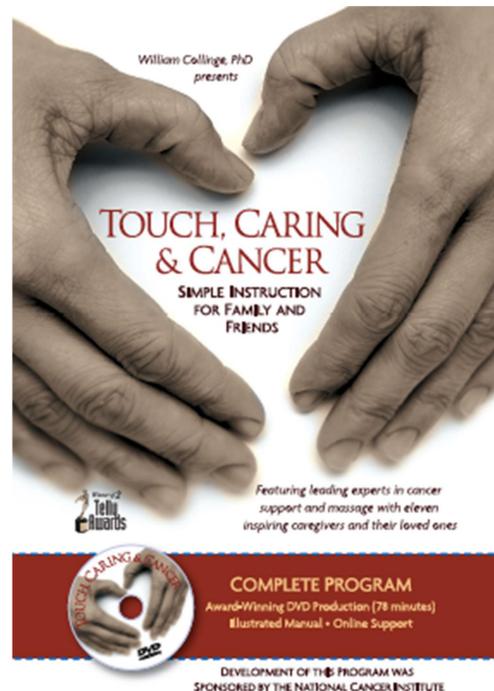
Based on the award winning, evidence based research program funded by the National Cancer Institute this program's intention is to empower family/ friends to be active participants in a loved one's care, overcome feelings of helplessness, enjoy new satisfaction in caregiving, and deepen a sense of connection with one another.

- Space is limited-- 14 (total)  
- 7 caregiver/receiver pairs
- All participant pairs receive a complementary DVD/instruction booklet
- Lecture/DVD viewing
- Hands-on learning
- Q&A's

### To register please contact:

Susie Flick  
309-692-6650 or  
sflick@hulthealthy.org

Registration Deadline: Friday, March 4, 2016



### To be held at:

Hult Center for Healthy Living  
5215 N. Knoxville Ave.  
Peoria, IL

## CANCER SUPPORT GROUP: MULTIPLE MYELOMA & BLOOD CANCERS

Wednesdays 1:00-3:00 p.m.  
Hult Center for Healthy Living  
5215 N. Knoxville Ave./Peoria, IL

We offer weekly, informal gatherings of cancer patients, survivors and their caregivers, discussing the issues and concerns that arise from a cancer diagnosis and its impact on daily life.

*However, all cancer types are welcome.*

Our Support Groups offer the following:

- Emotional/Educational support
- Reduce Stress
- Gain Practical Knowledge
- Reduce Feelings of Helplessness
- Provide a Sense of Control
- Feel less Depressed/Anxious
- Better Manage Emotions
- Improve Quality of Life

Please call Kitty Bienemann at 309.243.3461 with questions or if you would like to attend.

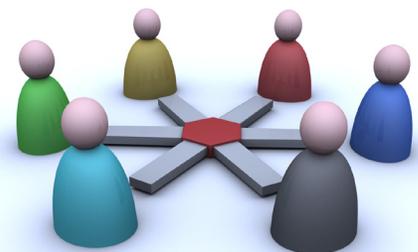
### Making Connections Program

According to Susan G. Komen, it is estimated that among U.S. women in 2015 there will be 231,840 new cases of invasive breast cancer, 60,290 new cases of in situ breast cancer, and 40,290 breast cancer deaths. Komen also estimates that the rate of breast cancer incidence among women in Illinois is approximately 127 per 100,000 women.

**The Hult Center's "Making Connections" program offers individual counseling, group support, and yoga classes to cancer patients, survivors, and caregivers at no cost.** Through the program, Hult's Licensed Clinical Counselor provides individual counseling to cancer patients and caregivers to help them improve their coping skills, self-efficacy, anxiety management, and quality of life in the areas of psychological and social well-being. Support groups are also provided to cancer patients, survivors, and caregivers, offering them an outlet to share their experiences, exchange information, build a network of support, and discuss the issues and concerns that arise during their cancer journey. Specialized yoga classes are also offered for breast cancer patients and survivors to enhance their quality of life and contribute to their healing process.

This program has been made possible, in part, by a grant from the *Fontaine Earle Fund*, the *Mental Health Remembrance Leadership Fund*, and the *Caterpillar Community Leadership Fund of the Community Foundation of Central Illinois*.

**With funding and support received from the Community Foundation of Central Illinois, in addition to funding received for Susan G. Komen for the Cure, the Hult Center is able to continue providing these invaluable services to cancer patients, survivors, and caregivers at no cost.**



## New Massage Protocol



The Hult Center offers reduced-price oncology massages for cancer patients and caregivers. Call us at 309-692-6650 for more information.

Hand-Foot Syndrome (HFS) is a skin reaction, usually on the palms of the hands and sometimes soles of the feet, caused by certain chemotherapies. The skin may become red, swollen, blistered, tender and painful. Recently, an incidence of HFS (not in our area) was believed to have been directly caused by massage to the hands and feet.

At the Hult Center for Healthy Living we strive to provide the safest massage techniques possible to our clients. So, we have adopted a new policy regarding massage to the hands and feet for those people taking chemotherapies (oral or IV) that are currently known to cause HFS. The list includes (but is not limited to):

- liposomal doxorubicin (Doxil)
- capecitabine (Xeloda)
- floxuridine (FUDR)
- fluorouracil (5FU)
- sorafenib (Nexavar)
- axitinib (Inlyta)
- regorafenib (Stivarga)
- cabozantinib (Cometriq)
- dabrafenib (Tafinlar)
- lenvatinib (Lenvima)
- sunitinib (Sutent)
- vemurafenib (Zelboraf)

If you are currently receiving chemotherapy - IV, oral or injection - we ask you to bring a current list of medications to your next massage appointment. *Please note: If you are on any of the medications on our lists your hands and feet will be held but not massaged.* The rest of your body may still receive an appropriate gentle, relaxation massage. Once your chemo regimen has finished, and at least 2 weeks have passed since the last dose, massage to your hands and feet may resume.

Thank you so much for your understanding as we continue to provide the most relaxing and comforting massage experience possible!



### Fresh Vegetable Minestrone Soup

Preparation Time: 20 minutes

Cooking Time: 40 minutes

#### Ingredients:

- 3 tablespoons olive oil
- 1 cup minced onion (about 1 small onion)
- ½ cup chopped zucchini
- ½ cup frozen cut Italian green beans
- ¼ cup minced celery (about ½ stalk)
- 4 teaspoons minced garlic (about 4 cloves)
- 4 cups vegetable broth
- 2 (15 ounce) cans small white beans or great northern beans, drained and rinsed
- 2 (15 ounce) cans red kidney beans, drained and rinsed
- 1 (14 ounce) can Italian seasoned no salt added diced tomatoes
- ½ cup carrots, julienned or shredded
- 2 tablespoons minced fresh parsley
- 1 ½ teaspoons dried oregano
- ½ teaspoon ground black pepper
- ½ teaspoon dried basil
- ¼ teaspoon dried thyme
- 2 cups water
- 4 cups fresh baby spinach, cut

#### Directions:

1. Heat olive oil over medium heat in a large soup pot.
2. Saute onion, celery, garlic, green beans, and zucchini in the oil for 5 minutes or until onion begin to turn translucent.
3. Add vegetable broth to pot, plus drained tomatoes, beans, carrots, water, and spices.
4. Bring soup to a boil, then reduce heat and allow to simmer for 20 minutes.
5. Add spinach leaves and cook for an additional 20 minutes or until desired consistency.

Recipe adopted from: <http://www.food.com/recipe/copycat-olive-garden-minestrone-soup-77585>

#### Nutrition Facts:

Serving Size: 1.5 cups  
 Servings per Recipe: 8  
 Amount per Serving:  
 Calories: 191, Fat Calories: 49, Total Fat: 5.5 g, Cholesterol: 0 mg, Sodium: 558 mg, Carbohydrates: 27 g, Protein: 9 g, Fiber: 7.25 g

# January 2016

<p>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.</p>						 <b>CLOSED</b>	1	2
3	4	5	6	7	8	9		
	<p>Aqua Survivor 9a*</p> <p>Breath of Joy Yoga 5p</p> <p>Tai Ji Life of Learning 6:30p</p>	<p>Aerobics 9a</p> <p>Mindfulness Meditation 5:15p</p>	<p>Yoga w Jean 11a</p> <p>Cancer Support Group 1p</p> <p>Tai Ji /Beginners 6:30p</p>	<p>Restorative Yoga w Marcy 5:15p</p>	<p>Living Strong 9a</p> <p>Cancer Support Group 10a*</p>			
10	11	12	13	14	15	16		
	<p>Aqua Survivor 9a*</p> <p>Breath of Joy Yoga 5p</p> <p>Tai Ji Life of Learning 6:30p</p>	<p>Aerobics 9a</p> <p>Basics of Essential Oils 1p*</p> <p>Mindfulness Meditation 5:15p</p>	<p>Yoga w Jean 11a</p> <p>Cancer Support Group 1p</p> <p>Brain Fitness 2p*</p> <p>Tai Ji /Beginners 6:30p</p>	<p>Restorative Yoga w Marcy 5:15p</p>	<p>Living Strong 9a</p> <p>Cancer Support Group 10a*</p>	<p>Kids Kconnected 1:30-3p*</p>		
17	18	19	20	21	22	23		
	<p>Aqua Survivor 9a*</p> <p>Breath of Joy Yoga 5p</p> <p>Tai Ji Life of Learning 6:30p</p>	<p>Aerobics 9a</p> <p>Healthy Living as We Age 2:30p*</p> <p>Mindfulness Meditation 5:15p</p>	<p>Seniors on the Go-Vitamins 10:30a*</p> <p>Yoga w Jean 11a</p> <p>Cancer Support Group 1p</p> <p>Tai Ji /Beginners 6:30p</p>	<p>Sunshine Cafe 9:30a*</p> <p>Restorative Yoga w Marcy 5:15p</p>	<p>Living Strong 9a</p> <p>Cancer Support Group 10a*</p>	<p>Whitney's Walk Chili Cookoff 5:30p</p>		
24	25	26	27	28	29	30		
	<p>Aqua Survivor 9a*</p> <p>Breath of Joy Yoga 5p</p> <p>Tai Ji Life of Learning 6:30p</p>	<p>Aerobics 9a</p> <p>Retirement: Making Your Money Last 1p*</p> <p>Mindfulness Meditation 5:15p</p>	<p>Yoga w Jean 11a</p> <p>Cancer Support Group 1p</p> <p>Tai Ji /Beginners 6:30p</p>	<p>Medicare Made Clear 1p*</p> <p>Restorative Yoga w Marcy 5:15p</p>	<p>Living Strong 9a</p> <p>Cancer Support Group 10a*</p>			
31								
<p>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.</p>								

	1 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	2 Aerobics 9a Mindfulness Meditation 5:15p	3 Yoga w Jean 11a Cancer Support Group 1p Audiology Basics 1p* Tai Ji /Beginners 6:30p	4 Sunshine Cafe 9:30a* Restorative Yoga w Marcy 5:15p	5 Living Strong 9a Cancer Support Group 10a*	6
7	8 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	9 Aerobics 9a Mindfulness Meditation 5:15p	10 Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	11 Beginner iPhone & iPad 5p* Restorative Yoga w Marcy 5:15p	12 Living Strong 9a Cancer Support Group 10a* Eating Right with Encore 1p*	13
14	15 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	16 Aerobics 9a Mindfulness Meditation 5:15p	17 Seniors on the Go 10:30a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	18 Sunshine Cafe 9:30a* Restorative Yoga w Marcy 5:15p	19 Living Strong 9a Cancer Support Group 10a*	20 Kids Konnected 1:30-3p*
21	22 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	23 Aerobics 9a Truth About Sweeteners 1p* Mindfulness Meditation 5:15p	24 Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	25 Brain Fitness 10a* Restorative Yoga w Marcy 5:15p	26 Living Strong 9a Cancer Support Group 10a*	27
28	29 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p					
<p>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.</p>			<p>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.</p>			

# March 2016

		1 Aerobics 9a Mindfulness Meditation 5:15p	2 Yoga w Jean 11a Cancer Support Group 1p Collette Vacations: New England 1p* Tai Ji /Beginners 6:30p	3 Sunshine Cafe 9:30a* Restorative Yoga w Marcy 5:15p	4 Living Strong 9a Beginner Facebook 9a* Cancer Support Group 10a*	5
6	7 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p Whitney's Walk Candlelight Vigil 6p	8 Aerobics 9a Taming the Legal Lions 1p* Mindfulness Meditation 5:15p	9 Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	10 Advanced iPhone & iPad 5p* Restorative Yoga w Marcy 5:15p	11 Living Strong 9a Cancer Support Group 10a*	12 Touch, Caring & Cancer 9a*
13	14 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	15 Aerobics 9a Mindfulness Meditation 5:15p	16 Seniors on the Go 10:30a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	17 Sunshine Cafe 9:30a* Restorative Yoga w Marcy 5:15p	18 Living Strong 9a Cancer Support Group 10a*	19 Kids Konnected 1:30-3p*
20	21 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	22 Aerobics 9a Medicare Made Clear 1p* Mindfulness Meditation 5:15p	23 Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	24 Restorative Yoga w Marcy 5:15p	25 Living Strong 9a Cancer Support Group 10a*	26
27	28 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji Life of Learning 6:30p	29 Aerobics 9a Digital Photography & iPhone 1p* Mindfulness Meditation 5:15p	30 Yoga w Jean 11a Cancer Support Group 1p Tai Ji /Beginners 6:30p	31 Stress Management 1p* Restorative Yoga w Marcy 5:15p		
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## 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

## Special Programming

### Touch, Caring & Cancer

**Saturday, March 12**

**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

### Thank You Board Members

The Hult Center for Healthy Living team would like to recognize and thank outgoing board members who have generously served and made an impact on the organization. Outgoing board members include **Alan Lee and Boyd Roberts**. Thank you for your leadership and support!

## 2016 Hult Center for Healthy Living Board of Directors

### Officers:

**Chairman:** Stacy Borho - First State Bank of Central Illinois  
**Vice Chairman:** Joe Wolford - Federal Companies  
**Corporate Vice Chairman:** Todd Baker - UnityPoint Health-Peoria  
**Treasurer:** Tony Moore - UnityPoint Health-Peoria  
**Secretary:** Danila McAsey - Speech & Language Rehabilitation Services  
**Immediate Past Chairman:** Jonathan Williams - Commerce Bank

### Members:

Erika Anderson - OSF Healthcare System  
 Madhuri Bajaj, MD - Illinois CancerCare  
 Gerald Brookhart - Emeritus  
 Erik Christian - HR Fit, LLC  
 Beth Crider Derry - Peoria Regional Office of Education  
 Christine Zak-Edmonds - Emeritus  
 Jennifer Goettler - Heinold Banwart, Ltd.  
 Judge John Gorman  
 Karen Grots - Jim Maloof  
 Pat Hagenbuch - Philippi-Hagenbuch  
 Jennifer Jones - Bradley University Athletics  
 Pat Kellogg - Diocese of Peoria  
 Katie Kim - The Kim Group & Horan Construction  
 Jan Leonard - HOI United Way  
 David Nathan, MD - UnityPoint Health-Peoria  
 Judy Oakford - Emeritus  
 Bill Rohner  
 Joan Ruppman - U of I College of Nursing  
 Jean Savage - Caterpillar  
 Dean Steiner - UnityPoint Health Behavior Health  
 Margaret Swanson, PhD - Illinois Central College

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

## Encore

### BRAIN FITNESS CHALLENGE: VEGETABLE WORD SEARCH

E G G P L A N T C T E Z R B F  
 B A J Z R C K A H C E E A R R  
 C G N W G E R P U U W E S A E  
 O Z A J W R B T A O Y E B B P  
 L B E R O A T M L R O W J U P  
 L R G T L E T F U T S Z Y H E  
 A O A R L I I E A C U N F R P  
 R C B U Z L C T R D U K I W E  
 D C B T U L O W R C M C K P R  
 M O A A F P A S P A R A G U S  
 E L C B S W T V E Y D E C R L  
 L I Z A E O D R A H C I S H O  
 O C E G D A N O I N O V S S D  
 N P Q A P H N T Y X I S V H Q  
 I B A R L H O K N P I N R U T

ASPARAGUS	CUCUMBER	PEPPER
BEAN	EGGPLANT	POTATOES
BEET	GARLIC	RADISH
BROCCOLI	KOHLRABI	RHUBARB
CABBAGE	LETTUCE	RUTABAGA
CARROT	MELON	TURNIP
CAULIFLOWER	ONION	WATERCRESS
CHARD	PARSNIPS	
COLLARD	PEAS	

## January Events:

**12th: Basics of Essential Oils [1:00-2:30 PM] @ Hult Center for Healthy Living**

Essential oils have recently become popular to assist with food preparation, beauty treatment, and health care practices. This presentation will educate you on what essential oils are and how they may benefit you!

**13th: Brain Fitness [2:00-3:00 PM] @ Morningside of Washington [100 Grand Victorian Pl, Washington, IL]**

Join Encore Coordinator, Nicki Bushman, for a fun afternoon of creative thinking, trivia, and games to get your brain fired up! Come out and learn how to break out of routine and see things in a new light.

**19th: Healthy Living as We Age [2:30-4:00 PM] @ Evergreen Senior Living [404 S. Stillwater Drive, Chillicothe, IL]**

Join Encore Coordinator, Nicki Bushman, as she discusses the world of basic nutrition and physical activity recommendations as we age.

**20th: Seniors on the Go: The A, B, C, & D's of Vitamin Supplementation [10:30 AM - 12:00 PM] @ Hult Center for Healthy Living**

How do you know what you really need? Are you protecting your health, or are you wasting your money? Join Preckshot Pharmacy for this informative presentation where you will look at popular vitamins available, examine their potential value, and help you determine if vitamins are the right choice for you. The presentation begins at 10:30 and is followed with a lunch. Participants must register in advance.

**21st: Sunshine Café [9:30-11:00 AM] @ Fondulac Park District [201 Veterans Drive, East Peoria]**

Come on out to East Peoria for a morning full of socialization and fun! This event will be held every first and third Thursday of each month. A light breakfast will be provided. You do not want to miss out on this fun morning!

**26th: Retirement: Making Your Money Last [1:00-2:30 PM] @ UnityPoint Health-Methodist-N. Allen**

Have you retired recently? Are you planning to retire soon? Join Fran McKay, Financial Advisor from Edward Jones, as she discusses ideas to help build a reasonable and sustainable strategy for managing income and expenses during retirement.

**28th: Medicare Made Clear [1:00-2:30 PM] @ UnityPoint Health-Methodist-N. Allen**

Did you know the best Medicare plan for you may change from year-to-year? Dan Smith from Fortner Insurance will provide an easy to understand explanation of Medicare, the various types of plans, and the questions you should be asking yourself prior to open enrollment this year.

## Encore

### February Events:

**3rd: Audiology Basics [1:00-2:30 PM] @ Hult Center for Healthy Living**

Why see an Audiologist? Come learn all you need to know, as Patti Ally of Connect Hearing discusses parts of the ear, signs & symptoms of diseases, diagnostic evaluation, range of hearing, hearing test results, myths & truths about hearing loss, factors that affect cost of hearing aids, and hearing aid technology.

**4th: Sunshine Café [9:30-11:00 AM] @ Fondulac Park District [201 Veterans Drive, East Peoria]**

Come on out to East Peoria for a morning full of socialization and fun! This event will be held every first and third Thursday of each month. A light breakfast will be provided. You do not want to miss out on this fun morning!

**11th: 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!

**12th: Eating Right with Encore: Anti-Inflammatory Foods [1:00-2:30 PM] @**

**UnityPoint Health-Methodist-N. Allen**

Join Colleen Kennedy, UnityPoint Health- Methodist|Proctor Registered Dietitian, and learn foods that may have anti-inflammatory effects. Help protect your health and reduce your risk of disease by avoiding foods that cause inflammation and adopting an anti-inflammatory diet.

**17th: Seniors on the Go: Heart Disease Basics [10:30 AM-12:00 PM] @ Hult Center for Healthy Living**

Join Dr. Malebranche, UnityPoint Health- Methodist|Proctor Cardiologist, and learn the basics of cardiovascular disease, including the various types, prevention, and how to manage! The Wellmobile will be available from 8:30-10:30 AM for screenings at no charge! Screenings include blood glucose, cholesterol, and blood pressure. Fasting is required for these screenings. In addition, heart screenings will be available for \$40.00. The presentation begins at 10:30 and is followed with a lunch. Participants must register in advance.

**18th: Sunshine Café [9:30-11:00 AM] @ Fondulac Park District [201 Veterans Drive, East Peoria]**

Come on out to East Peoria for a morning full of socialization and fun! This event will be held every first and third Thursday of each month. A light breakfast will be provided. You do not want to miss out on this fun morning!

**23rd: The Truth About Sweeteners & Other Food Poisons [1:00-2:30 PM]**

**UnityPoint Health-Methodist @ N. Allen**

Are you using artificial sweeteners? Do you know they have been linked to cancer, nerve damage, and many common symptoms you may be experiencing every day? Join Dr. Kelch of AlignLife North Peoria as he explains the truth about sweeteners and other food poisons we may be consuming!

**25th: Brain Fitness [10:00-11:00 AM] @ Snyder Village Assisted Living [1115 Harbers Lane, Metamora]**

Join Encore Coordinator, Nicki Bushman, for a fun morning of creative thinking, trivia, and games to get your brain fired up! Come out and learn how to break out of routine and see things in a new light.

### March Events:

**2nd: Collette Vacations: Islands of New England [1:00-2:30 PM] @ UnityPoint Health-Methodist-N. Allen**

The Islands of New England tour spends eight days exploring New England's charms, from the cobblestone streets of Nantucket to a dry harvest cranberry bog. Step back in time at Plimoth Plantation to sample traditional recipes from that period. In Provincetown, the choice is yours – set out on a whale watch cruise or embark on a scenic adventure through the iconic sand dunes of the Cape. Visit Boston and Providence, the Gilded Age mansions of Newport, the lively artist colony of Provincetown, and the beautiful islands of Martha's Vineyard and Nantucket.

**3rd: Sunshine Café [9:30-11:00 AM] @ Fondulac Park District [201 Veterans Drive, East Peoria]**

Come on out to East Peoria for a morning full of socialization and fun! This event will be held every first and third Thursday of each month. A light breakfast will be provided. You do not want to miss out on this fun morning!

**4th: Beginner Facebook [9:00 AM-12:00 PM] @ UnityPoint Health-Proctor Professional Building Basement [PC Training Room 1]**

Just getting started with Facebook or want to learn more about keeping your information private? 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!

**What exactly is *Encore!*? Visit [hulthealthy.org/senior-programs/](http://hulthealthy.org/senior-programs/) for more information or call Nicki at 309.672.4926.**

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

## Encore

**8th: Taming the Legal Lions [1:00-2:30 PM] @ UnityPoint Health-Methodist-N. Allen**

Tim Kirk is back to help us navigate the winding path of elder law. Find out the difference between Wills, Trusts, Power of Attorney, and much more. Tim explains things in a clear and simple way that is easy to understand. Learn which option is best of you and how to go about getting it done!

**10th: Advanced iPhone & iPad [5:00-7:00 PM] @ UnityPoint Health-Methodist-N. Allen**

Join AARP for a more in-depth class on your iPhone. This class is taking a step higher to teach you more than just the basics with 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!

**16th: Seniors on the Go: Essentials of Arthritis [10:30 AM-12:00 PM] @ Hult Center for Healthy Living**

Over 2 million adults suffer with arthritis in Illinois, 56% of who are 65 years of age and older. Join Dr. Shriaram, UnityPoint Health- Methodist|Proctor Rheumatologist, and learn the basics of various types of arthritis and ways to manage the joint pain that is associated with this condition. The presentation begins at 10:30 and is followed with a lunch. Participants must register in advance.

**17th: Sunshine Café [9:30-11:00 AM] @ Fondulac Park District [201 Veterans Drive, East Peoria]**

Come on out to East Peoria for a morning full of socialization and fun! This event will be held every first and third Thursday of each month. A light breakfast will be provided. You do not want to miss out on this fun morning!

**22nd: Medicare Made Clear [1:00-2:30 PM] @ UnityPoint Health-Methodist-N. Allen**

Did you know the best Medicare plan for you may change from year-to-year? Dan Smith from Fortner Insurance will provide an easy to understand explanation of Medicare, the various types of plans, and the questions you should be asking yourself prior to open enrollment this year.

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

Over the years, you've learned a lot. Now, learn digital photography! AARP has identified all the skills you need to take great photos, organize and protect your images, tell powerful visual stories, and safely share your images with family and friends through your iPhone and iPad.

**31st: Stress Management [1:00-2:30 PM] @ UnityPoint Health-Methodist-N. Allen**

Stress...we all have it, right? A little stress can be normal; however, ongoing stress can worsen or increase the risk of obesity, heart disease, Alzheimer's disease, diabetes, depression, gastrointestinal problems, and asthma. Join our very own Encore member, Vicki Johnson, as she discusses ways we are able to manage our stress!

## A Note from Nicki

Happy New Year, Encore Members! Many of you already know who I am, but for those of you who are new to the program, my name is Nicki Bushman and I am the Coordinator



for the Encore program. I want to thank all of you for welcoming me to your Encore family almost one year ago! It has been a wonderful year and I cannot wait to see what 2016 brings the program! As you will see on the calendar, we will be continuing Encore programs throughout the winter, as I know many of us are still in the area during this time. I will be limiting programs around Easter, as I want all of you to use this time to focus on spending time with your family and friends! *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!**  


**Screenings: 8:30-10:30 AM**

- ◆ Blood Pressure (No Cost)
- ◆ Blood Glucose (No Cost)  
\*An 8-12 hour fast is required
- ◆ Cholesterol (No Cost)  
\*An 8-12 hour fast is required
- ◆ EKG: Heart Screening (\$40.00)

**Presentation: 10:30 AM-12:00 PM**

- ◆ Dr. Malebranche, Cardiologist  
with UnityPoint Clinic

**Lunch: 12:00 PM**

- ◆ No charge!

## Seniors on the Go: Keep Your Heart in Check

**Date:** Wednesday, February 17, 2016  
**Location:** Hult Center for Healthy Living  
5215 N. Knoxville, Peoria

**Must register in advance.  
Call Nicki at  
(309) 672-4926 to register!**



*Wellmobile*

**Encore!**  


# 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 2015 *Encore!* Sponsors!

Heddington Oaks  
Heyl Royster  
Illinois Retina & Eye Associates  
Proctor Place  
Riverview Senior Living Community  
St. Francis Woods

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



Just West of  
Northwoods Mall

3507 N. Molleck  
Peoria, IL 61604  
Call: 309-688-0093

**ARE YOU READY** to  
spend your time with  
those you love, doing  
what you love, instead  
of painting the house or  
mowing the lawn...or  
fixing the plumbing... or  
shoveling snow?

*Medicaid Accepted—Monthly  
Rates are All Inclusive!*

*Apts. for folks 65 years or better*



  
St. Francis Woods  
SUPPORTIVE LIVING FACILITY

## *Encore!* Member Discounts

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

## Hult Center's Executive Director named a "Woman of Influence"

Hult Center for Healthy Living's Executive Director **Andrea Parker** was recently featured in the December issue of iBi and named one of the "Women of Influence". Check out her article and interview at [www.peoriamagazines.com/ibi/2015/dec/andrea-parker](http://www.peoriamagazines.com/ibi/2015/dec/andrea-parker)

**Congratulations, Andrea!**

## Shop Amazon?!

Any time you shop Amazon, you can support the Hult Center at the same time! Use [smile.amazon.com](http://smile.amazon.com) and select the Hult Center as your charity! Amazon Smile gives a percentage of your purchase back to us! Happy shopping!



## Online Mental Health Screenings

Mental health is a key part of your overall health. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional. **Free, anonymous online screenings are available through the Hult Center's website.** It is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources. Visit our website at [hulthealthy.org/mental-health-programs/mental-health-screening/](http://hulthealthy.org/mental-health-programs/mental-health-screening/)

## What a Blast - Thank You!



Thank you to all who joined us on Tuesday, December 8 at the Hult Center for our Holiday Open House! We had a great turnout and wonderful evening seeing and visiting with our friends and supporters!  
**Thank You!**

## THANK YOU for Supporting #GivingTuesday!

We want to thank all who supported the Hult Center and our community on Tuesday, December 1 during #GivingTuesday! We ended the night raising **\$5,210!** With our matching grant for new donors, that will equal a total of **\$7,165 for the Hult Center!** **THANK YOU** for your continued support of Hult and for allowing us to continue serving over 65,000 members of the community each year!



## Uncorked! Thank You

Wow! Our Uncorked! fundraiser on October 30 was such a great night. Thank you to all who attended, sponsored, and donated! We had a sold-out event with 600 attendees and 24 vendors. Because of your support, we raised **over \$40,000** for the Hult Center. **THANK YOU!**

A special thank you to **Katie Kim** and **Bill Kwon** for assisting with Uncorked! Your awesome efforts are much appreciated!

## Uncorked! Vendors

A very special THANK YOU to these vendors for making the 2015 Uncorked! a huge success! We couldn't do it without you!

### A special THANK YOU to the following businesses for supporting Uncorked!

Keel & Curley Winery  
Kickapoo Creek Winery  
Lucky's Modern Dive  
MarketPlace Selections  
Olio & Vino  
RJ Distributing

#### Craft Beer

Baumgarten Distributing  
Brewers Distributing  
MarketPlace Selections  
Peoria Brewing Company  
RJ Distributing

#### Whiskey

JK Williams Distilling

#### Bourbon

Lucky's Modern Dive

Avanti's  
Barrack's Cater Inn  
The Blacksmith's Steakhouse

Childers Eatery

Dixon Fisheries

EDGE by Chef Dustin Allen

Joe's Peoria

Kickapoo Creek Catering

Kroger

Noir

Olio & Vino

Par-A-Dice Hotel Casino

PVII

Sweet Cakes by Rachael

UnityPoint Food Services

## Thank You Uncorked! Sponsors

**UNCORKED!** The HOTTEST wine & food tasting in town

**Thank You Sponsors**

UnityPoint Health  
Methodist | Proctor

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the KIM group

PARADICE HOTEL-CASINO EAST PEORIA, ILLINOIS

Dr. Lindsey & Kathy Ma

Ed & Ann Rapp

Bill & Kathy Rohner

Kickapoo Creek Winery and Catering

OSF SAINT FRANCIS MEDICAL CENTER

ILLINOIS eye CENTER Your Vision Empowered™

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Hasselberg Grebe Snodgrass Urban & Wentworth

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www.hulthealthy.org



## 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. The Hult Center for Healthy Living is growing and busier than ever! We want to share with you the exciting things going on. Email Kayla Thompson at [kthompson@hulthealthy.org](mailto:kthompson@hulthealthy.org) to be added to our email blast.

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

### SAVE the DATE

**Mental Health Forum**  
April 9, 2016

**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



**MISSION**  
Empowering people to live healthier lives

**VISION**  
The Hult Center for Healthy Living is the premier non-profit provider of comprehensive health education and wellness services for people of all ages.