



## YOUTH HEALTH EDUCATION PROGRAMS



## FREE CANCER PROGRAMS & SERVICES

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Encore!  
Hult  
Center  
for healthy living

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### Letter from the Executive Director

The Hult Center for Healthy Living thanks all of our readers, participants, donors and everyone who has a role in making the Hult Center a great place to work and a health resource in the community.

Did you notice that the Hult Center went green in 2017 with no longer printing our agency brochure, but instead providing the same health education information online?

Our **health education programs** continue to grow in both number of participants and in new programs. As you know, for over 25 years, the Hult Center has provided health education to our youth – pre-K through high school.

With the acquisition of the **Encore! program**, we have created programs that no longer just serve our older adults, but all adults. This May 2017 marked our first year of offering a very successful adult Pre-Diabetes CDC certified health education curriculum and statistical differences were achieved by the participants as seen in their weight loss, the lowering Hgb A1c's, attitudes and behavior changes and much more!

Our **cancer programs** have expanded to include two new support groups, gynecological cancers and breast cancers, addressing those with a current diagnosis, survivors and/or the caregivers.

Be sure to register for **Whitney's Walk** on July 29 and help make a difference in the fight against suicide. Also, don't miss the **"Royal Lobster Boil"** on September 16 at the Hult Center! You can enjoy whole, juicy lobsters and a silent auction while helping raise funds for the Hult Center!

We could not do what we do without our hundreds of volunteers and donors – **THANK YOU** for helping us to **empower all people to live healthier lives.**

Sincerely,  
**Andrea D. Parker, Executive Director**

## Welcome New Staff, Board Members, & Interns!

We'd like to welcome Health Education Specialists **Kari Pauli, BS** and **Amanda Marciano, BS, CHES** to the Hult Center for Healthy Living team!

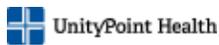


Welcome **Dr. Christopher Dea, Dave Reams, and James Weekley** to the Board of Directors!

Welcome to our summer interns - **Chelsea Parker, Ryan Hale, and Alyssa Inskeep**. We are glad to have you here!

## Spirit of Living Sponsors-THANK YOU!

*THANK YOU to our Generous Sponsors*



Cullinan Falcon Foundation

Doug & Diane Oberhelman



## Hult Receives 2017-2018 United Way Funds and Designations

The Hult Center for Healthy Living is proud to be a United Way partner agency! We are excited to again have United Way funding for the 2017-2018 year, including six programs and the United Way campaign designations! **Thank you to the Heart of Illinois United Way and thank you United Way supporters!**

## CHES Certified!

Congratulations to our own Health Education Specialist, **Morgan Casey**, for recently earning her CHES certification!

## Thank You's!

A special thank you to **Dr. Laura Donlan** for donating funds so we could purchase a giant toothpaste for our "Tooth or Consequences" program!

Thank you to **Rotary North Peoria** for providing a grant for Hult to provide QPR suicide prevention training to the community!

## Kudos to Kay!

Kudos to our Behavioral Health Clinical Counselor, **Kay Blankenship, BA, MPC, LCPC, NCC, CCMHC**. Kay facilitated Hult's "13 Reasons Why" Discussion for 67 community members in May, and facilitated a QPR suicide prevention training for the community in June. Great job, and thank you, Kay!

## Youth Mental Health First Aid Training

YOU can get trained in Youth Mental Health First Aid! Just as CPR helps assist an individual having a heart attack, Mental Health First Aid helps assist youth experiencing a mental health crisis. Register today for our training on July 27 at the Hult Center from 8:00-5:00. Training is \$45 per participant, with lunch and manual included. *For more information, contact Becca Mathis at [bmathis@hulthealthy.org](mailto:bmathis@hulthealthy.org) or 309-692-6650.*

## Hult Staff CATCH Certified

The Hult staff received training in the CATCH (Coordinated Approach to Child Health) program. Way to go!



## Promoting Smoke-Free Policies

The Hult Center for Healthy Living is proud to be a support to smoke-free policy changes in Peoria County. With the help of the Hult Center staff, this year Forest Park Apartments officially adopted a smoke-free pool policy for residents and guests. We are proud of Forest Park Apartments for choosing to implement a policy to help everyone that uses their pool breathe cleaner air and have a safe and healthy summer. If you are interested in learning more about smoke-free policy changes, or would like help in implementing one, please contact the Hult Center for Healthy Living at 309-692-6650, or email Health Education Specialist Jessica Draper at [jdraper@hulthealthy.org](mailto:jdraper@hulthealthy.org).

*This project was made possible by funds received from the Illinois Department of Public Health with support from Peoria City/County Health Department, and Hult Center for Healthy Living.*

## Art Students Add Color to Hult Center

The **Peoria Central High School art students** volunteered their time and artistic talents to bring more color to our building! The four murals depict the Hult Center's four areas of service – youth health education, senior health education, mental health and cancer.



Students created images of what they felt shows these services and how it impacts people's lives. With just a few guidelines, students used their creativeness and came up with their own interpretation. Great job and THANK YOU!

## Women to Women Award Nominee

Congratulations to our own **Nicki Bushman, MPH, Encore Coordinator**, for her 2017 Women to Women Award nomination! Well deserved, Nicki, and thank you for all you do for the Hult Center.



## Hult Center for Healthy Living Youth Health Education Programs

309-692-6650 or [info@hulthealthy.org](mailto:info@hulthealthy.org)  
for details, fees, and scheduling

### Social-Emotional Wellness Programs

#### Social Emotional Learning **Grades 1-6**

This program is customizable for each school and utilizes the PATHS® (Promoting Alternative THinking Strategies) curriculum to provide age-appropriate education in a variety of topics in order to promote social and emotional competence and reduce behavior problems in young children. Areas of focus vary by grade level and include a variety of topics including: building empathy, emotion management, problem solving, manners, friendship skills, self-control, respecting others, and bullying prevention. Number and length of sessions varies by school.

**\*In-house & Outreach**

#### SOS: Youth Suicide Prevention Program **Grades 5-12**

This program is designed to teach students how to identify the symptoms of depression and suicidality in themselves and others and how to get the help that they need.

**\*In-house & Outreach**

#### Youth Mental Health Matters **Grades 6-9**

This program covers a variety of mental health topics and also provides the opportunity for students to request additional counseling services. Sessions vary by grade level and include a variety of topics including: anger management, conflict resolution, bullying & cyber-bullying, suicide & depression, self-esteem, addiction, positive coping skills, body image & eating disorders, as well as self-reflection & trust building. Number and length of sessions varies by school. **\*In-house & Outreach**

#### Youth Mental Health First Aid **Adults**

An interactive training designed to teach parents and teachers how to help school-aged children experiencing a mental health or addictions challenge, or what to do if the school-aged child is in crisis. Topics covered include: anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. Training is 8 hours, and can be conducted for 10-30 individuals. Pricing varies depending on training date, location, and number of participants. **\*In-house & Outreach**

### Youth Reproductive Health Programs

#### Michelle **Girls only, grades 4-5**

This program discusses the uniqueness of all individuals, female pubescent changes, the female reproductive system, and feminine hygiene products. (90 minutes)

**\*In-house & Outreach**

#### Matthew **Boys only, grades 4-5**

This program focuses on the uniqueness of all individuals, male pubescent changes, the male reproductive system, and masculine hygiene products. (90 minutes) **\*In-house & Outreach**

#### Life Begins **Grades 5-7**

Students will be introduced to genetics, the male and female reproductive systems, fertilization and conception, fetal growth and development, the childbirth process, and the concept of abstinence. (90 minutes) **\*In-house & Outreach**

#### Breast/Testicular Self-Awareness **Grades 9-12**

Single-gender programs discussing incidence, risk factors, anatomy and physiology, signs and symptoms, and breast/testicular self-exam (technique). (45 minutes) **\*Outreach**

#### Teen Talk **Grades 9-12**

The Teen Talk program is the Hult Center's sexual health education curriculum, in which lessons and topics are customizable for each school. Lessons are derived from evidence-based comprehensive curriculum and align with the National Sexuality Education Standards. The overall goal of the Teen Talk program is to foster the growth of knowledge, attitudes, skills, and lifelong behaviors that will enable the students to assume responsibility for healthy living and personal wellbeing. Emphasis is placed building self-confidence, positive relationships, and seeking resources in the community. (Times vary, 60-90 minutes each) **\*In-house & Outreach**

## General Health Education Programs

### Your Amazing Body! Grades Pre K-K

Your Amazing Body! Is a five-part series that highlights the wonders of the human body. Our professional health educators will provide four programs in your classroom, emphasizing the brain, heart, lungs and teeth. Following the on-site component, students will visit the Hult Center here lessons will be reinforced and student interest will be captured by larger-than-life displays and interactive models. **(Four 30-minute site visits plus one 45-minute visit to the Hult Center)**

### My Special Body Grades Pre-K-1

\*Only offered in March; Students rotate to different learning centers for hands-on multisensory learning. Topics include heart, lungs, brain, and the five senses. Preferred class size is no more than 24 students. (60 minutes)  
**\*In-house only**

### Tooth or Consequences Grades Pre K-1

Participants will be shown proper brushing and flossing techniques and learn about food groups, healthy vs. unhealthy snacks, and the importance of regular checkups. Each child will also receive his or her own dental health bag including a new toothbrush, toothpaste, and dental floss! (35 minutes each, 1 or 2 day programs available)  
**\*Outreach only**

### Dental Healthy Partners Pre-K-1

\*Only offered in February (Dental Health Month)  
Participants will be shown proper brushing and flossing techniques and learn about food groups, healthy versus unhealthy snacks, and the importance of regular dental checkups. Students will visit hands-on brushing and flossing stations that utilize dental models. Each child will also receive his or her own dental health bag including a new toothbrush, toothpaste and dental floss! (45 minutes)  
**\*In-house only**

### Super Kids, Super Feelings Grades K-1

Topics include: uniqueness of each individual, food groups, dental health, healthy behaviors, skeletal system, and getting along with others. (60 minutes) **\*In-house only**

### Safe Kids, Smart Kids Grades K-2

In coordination with the Peoria Humane Society, topics discussed in this class include animal safety, safety in the home, stranger danger, how to say "no", and how to get help in an emergency (60 minutes) **\*In-house only**

### Healthland Grades 2-3

Every child should understand the criteria for making healthy decisions and developing healthy habits. This program will teach just that through discussion on the main food groups, the five senses, and how to care for them. (60 minutes) **\*In-house only**

### Food, Fitness & FUN Grades 2-5

Students will learn about portion sizes and explore the differences between healthy and unhealthy foods and fats. Students will also learn the importance of exercise in a fun, heart-healthy activity that will raise their heart rates. (90 minutes) **\*In-house only**

### Healthy Adventure Grades 3-4

Students will take a tour through the human body, uncovering everything from cells and tissue to organs and body systems. They will learn about the digestive system, healthy nutrition, and what it takes to truly care for and respect the body they live in. (60 minutes) **\*In-house only**

### Healthy Kids, Healthy Classrooms (HKHC) Grades 4--6

Students use Turning Technologies© response system to answer a series of questions about: nutrition, exercise, substance abuse, tobacco, puberty, and social/emotional health. After Hult staff reviews the students' results, three targeted interventions are provided to the students that focus on their two areas of greatest need. Following the interventions, the students complete a post-test to assess knowledge gain and positive behavior change (Five sessions, 60-90 minutes each) **\*Outreach only**

### Our Incredible Machine- Heart Adventure Grades 4-5

\*Only offered in September; Topics discussed in the program include cells, organs and body systems, with particular focus on the respiratory and circulatory systems. Students will have the opportunity to run, scoot, and dribble their way through the "Heart Adventure Challenge Course" where they will be encouraged to raise their heart rate as they race through a series of tubes designed to show the flow of blood through the body. (90 minutes)  
**\*In-house only**

### Fueling Around Grades 5-9

Students will learn about portion sizes, reading food labels and the roles of fiber and calcium. They will also learn the difference between healthy and unhealthy fats and nutrient-dense and empty-calorie foods. They will understand the importance of exercise and maintaining a healthy weight. This program engages students through interactive remotes. (90 minutes) **\*In-house and Outreach**

## Substance Abuse Education Programs

### Drugs: Choice or Chance? Grades 4-5

This program discussed tobacco, alcohol, and marijuana and teaches students how to deal with peer pressure. It will engage critical thinking among students as well as collaboration through interactive remotes. (90 minutes)

**\*In-house only**

### Steroids & Supplements in Sports Grades 6-12

Students will participate in a competitive “game” format using interactive remotes. They will be presented with information on anabolic steroids, supplements, diet and exercise and then answer questions about them.

(45 minutes) **\*In-house & Outreach**

### Decisions: It’s Up to You Grades 8-12

Whether it’s alcohol, marijuana, or the latest designer drug, use of these substances always has consequences. Students will learn about each as well as how to deal with peer pressure. This program engages critical thinking and student communication through interactive remotes. (90 minutes) **\*In-house only**

### Generation Rx Grades 8-12

Participants will realize the impact prescription drugs have on the body and dangers of their use/abuse. They will discuss opioids, CNS depressants, stimulants, and over-the-counter drugs. Students will also learn about the dangerous and sometimes fatal consequences of mixing alcohol and prescription drugs through an interactive activity. (45 minutes) **\*In-house & Outreach**

### LifeSkills Training Grades 5 to 8

Comprehensive, evidence-based curriculum for educating youth about the harmful effects of tobacco and substance abuse. Focuses on all of the most important factors that lead adolescents to use one or more drugs by teaching them a combination of health information, general life skills, and drug resistance skills. Examples of these sessions are: Making Decisions, Smoking: Myths and Realities, Alcohol: Myths and Realities, and Communication Skills. This program engages student interaction through Turning Technologies® response system. (5 sessions, 45-60 minutes each) **\*In-house & Outreach**

## School-Wide Programming



**Healthy U** is the Hult Center’s school-wide initiative to improve students’ and teachers’ overall health and wellness. This program utilizes the evidence-based **CATCH** (Coordinated Approach to Child Health) curriculum that promotes physical activity and healthy food choices in preschool through middle school aged children and their families. **CATCH** promotes healthy changes within your school’s cafeteria, classrooms, and physical education setting, as well as within your community. **CATCH** improves moderate-to- vigorous physical activity during P.E. classes, along with students’ self-reported eating and physical activity behaviors. In **CATCH** schools, children are not just learning about health they are living healthier lives.

**Healthy U** is implemented over an entire school year and involves extensive training of school administration, teaching staff, cafeteria staff, and more, with the overall goal of making your school a **CATCH** school. To accomplish this, one of the Hult Center’s Certified Health Education Specialists will help transform your school by establishing a Healthy U advisory committee, conducting a variety of trainings for school staff, engaging parents and caregivers in improving the health of their children, and helping your team to coordinate healthy school events.

**Healthy U** pricing is quoted based on the needs of each school, per school year.

**Don’t see what you’re looking for?** Contact us at 309.692.6650 or [info@hulthealthy.org](mailto:info@hulthealthy.org) to have the Hult Center’s team of educators create a program that will be perfect for the needs of your school!



## Monthly Programs for cancer patients, survivors & caregivers

**MONDAY**

Aqua Survivor | 9a | Landmark Recreation Center | 3225 N. Dries Ln., Peoria  
Breath of Joy Yoga | 5:15p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria  
Tai Ji for Life of Learning | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

**TUESDAY**

Aerobics | 9a | UnityPoint Health-Methodist Wellness Center | 900 Main St., Ste. 010, Peoria  
Cancer Caregiver Support Group\* | 5p | Illinois CancerCare | 8940 Wood Sage Rd., Peoria  
\*First Tuesday of the Month only  
Mindfulness Meditation | 5:15p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

**WEDNESDAY**

Yoga with Jean | 11a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria  
Cancer Support Group | 1p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria  
Tai Ji for Life for Beginners | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

**THURSDAY**

Cancer Support Group | 3:30p | UnityPoint Health-Methodist Conference Room | 900 Main St.  
Restorative Yoga with Marcy | 5:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave.

**FRIDAY**

Living Strong | 9a | UnityPoint Health-Methodist Wellness Center | 900 Main St., Ste. 010, Peoria



## **Cancer Caregiver Support Group**

*for those caring for a loved one with cancer*

**First Tuesday of the Month from 5:00—6:30 p.m.**

**Illinois CancerCare**

**(8940 Wood Sage Rd., Peoria)**

## **Cancer Support Group: Multiple Myeloma & Blood Cancers**

*\*all cancer types are welcome*

**Every Wednesday from 1:00—3:00 p.m.**

**Hult Center for Healthy Living**

**(5215 N. Knoxville Ave., Peoria)**



## **Gynecological Cancers Support Group**

*for women who have OR have had a  
gynecological cancer*

**Every Thursday from 3:30—5:00 p.m.**

**UnityPoint Health-Methodist Atrium**

**(900 Main St., Peoria)**

**For more information, contact Kitty Bienemann at  
309-243-3461 or [kbienemann@hulthealthy.org](mailto:kbienemann@hulthealthy.org)**

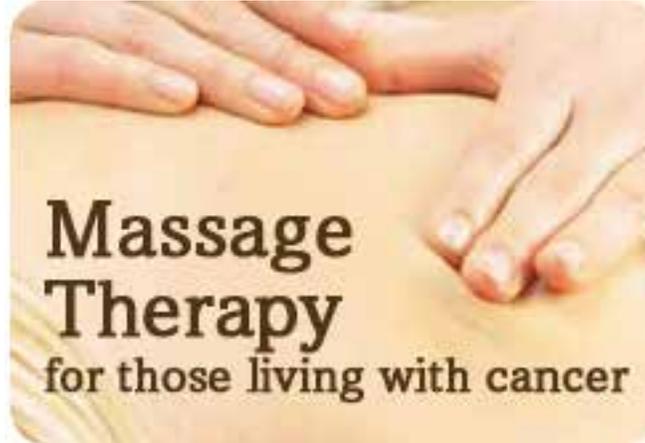
## We're Here for YOU!

Have you been noticing any extra tension or pain in your body? Have you been under extra stress or feeling anxious lately? Have your feet been sore or painful due to neuropathy? How about your energy level? What about your sleep? Has it been awhile since you've had a massage? Then, we're here for you!

Oncology massage considers each client's unique circumstances then develops a plan of treatment governed by safety and working within clinically established guidelines. All our massage therapists are licensed and insured and have numerous years of experience in working with persons of all abilities especially with those experiencing health concerns. Some have additional training in oncology massage as well as other massage modalities. We have nearly 20 massage appointments available each week at the Hult Center for Healthy Living. With four therapists on staff we are able to see a wide variety of clients— those in active treatment, recently into

recovery, long term survivors, those in palliative care, and caregivers too.

Massage appointments are offered Monday-Friday from 9:00am-3:30pm. Currently we have ample availability. Persons in "active treatment" are given



priority. For those out of treatment for an extended period of time--we'd love to see you again! ***Please call Renea Gatson at 692-6650 for your next appointment. Also, if you have an appointment and need to cancel please give 24-48 hours notification. Thanks!***

It is our extreme pleasure to work with each and every one of you. If, at any time you have a concern, comment, or question do not hesitate to share it with us. It is our hope that this valuable program continues to grow to accommodate all those in need of a gentle, soothing, calming touch.



**BIRTHDAY, HOLIDAY  
or ANYTIME Gift Idea!**



**Massage Gift Certificates**

Do you know a cancer patient, survivor or caregiver you would like to celebrate?

Give them a gift certificate for an hour massage by one of our oncology massage therapists!!!

Stop into the Hult Center  
or call 309.692.6650



# WHITNEY'S WALK FOR LIFE

*Honoring life by supporting  
programs for depression awareness  
and suicide prevention.*

***Saturday, July 29, 2017***

***5K Run - 7:55am***

***5K Walk - 8am***

***Jubilee College State Park  
Quail Meadow***

*(entrance off Route 150 - closes at 7:40am)*

***\$25 per person • \$15 (12 & under)***

***Enter as a Team or Individual***

***Join us in the fight against suicide – Sign up today!***

**PAR·A·DICE**  
HOTEL·CASINO®



**UnityPoint Health**

***whitneyswalk.com or 309-692-6650***

Encore!  
Hult Center

# SAVE THE DATE!

## Annual Senior Health Fair

Wednesday, September 20, 2017

7:30-11:30 AM

Hult Center for Healthy Living

(5215 N. Knoxville Avenue, Peoria)



## 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.

### Next Session Information:

**Date:** Monday, August 7<sup>th</sup> and

will continue weekly

**Time:** 3:00-4:00 PM

**Location:** Park Court

Conference Room at

UnityPoint Health-Pekin

**Cost:** \$25.00

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

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

## July Events:

**6th: Sunshine Café: Basics of Diabetes (10:00-11:30 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)**

Did you know approximately 11.8 million seniors suffer from diabetes? Join Encore Coordinator, Nicki Bushman, as she discusses the basics of diabetes and ways to create a healthier lifestyle!

**11th: Low Income Subsidy (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)**

With all costs on the rise, the last thing one person should be worrying about are their own medical costs. This program will discuss federal programs and cost effective plan options that assist with medical/prescription drug costs. The goal of this program is to help those on Medicare save money and focus more on health and well-being.

**12th: First Steps to Fitness (9:30-11:00 AM) @ Heartland Health Services (1701 W Garden St, Peoria)**

Starting a fitness program doesn't have to feel like walking blindfolded in a crowded room. This program will discuss what fitness programs are out there, how to find the best one for you, and how to stick with it once you do!

**14th: Social Security- Explaining the Complicated (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)**

Join Beth Cooper of Living By Your Design as she discusses common issues people face while dealing with Social Security, Medicare, and Medicare enrollment. She will cover your options in collecting Social Security; What a widowed spouse may be missing; Medicare high earners and possible ways to reduce the Income Related portion of the premiums.

**18th: Ten Steps to Peace of Mind: What Does It Mean to Live an Anchor-Free Life? (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)**

Join Brad VanBeuning, Executive Director at Medical Reimbursement & Management Services and Living By Your Design to learn details about the ten primary areas of preparation that will help you better enjoy life at 60+- your best year!

**20th: Sunshine Café: Someday is Today- Live Your Bucket List! (10:00-11:30 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)**

Have you ever heard the saying you only live once? Making a "bucket list" of the things we've always wanted to do is a great way to accomplish those goals. Join Cara Allen of the University of Illinois Extension as she discusses the benefits of setting goals throughout life and cover strategies for making a bucket list or action plan.

**21st: Investing with Composure (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)**

Join Fran McKay of Edward Jones and Lori Hilton-White of J.P. Morgan as they discuss 1) Stocks: Could the trend still be your friend; 2) Bonds: This is not your grandmother's bond market; 3) Cash: Is NOT King; and 4) Portfolio stability: The opportunity is ALL of the above.

**26th: Seniors on the Go: Cancer Basics (10:30 AM-12:00 PM) @ Hult Center for Healthy Living (5215 N. Knoxville, Peoria)**

Join Dr. Michael Veeder, Medical Oncologist at Illinois CancerCare, as he discusses all you need to know about cancer. ***The Wellmobile will be available from 8:00-10:30 AM for screenings at no charge! Screenings include blood glucose, cholesterol, spirometry, 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 for presentation.***

**26th: Writer Within (1:30-3:00 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)**

All kinds of writing are welcome at Writer Within, not limited to memoir. There are no prerequisites except for the need to get our stories on paper and knowing there is a group we can share them with.

**27th: Nutrition and Cancer – What is the Connection? (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)**

Did you know what you eat may affect your risk to develop cancer? This program will discuss how food along with other factors can affect risk for cancer. Join Katrina Sommer, Oncology Dietitian, to learn how to make healthful choices to reduce your risk!

**31st: Beginner iPhone & iPad (2:00-3:30 PM) @ Snyder Village Retirement Center (1200 E. Partridge Street, Metamora)**

Join us 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!*

**\*\* Help us go green! \*\***

*Opt out of our printed newsletter for the email version by calling 309-672-4926.*

## August Events:

### 2nd: It's Game ON! (1:00-2:30 PM) @ Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

It's Game ON, as MeridianCare hosts a Scrabble game day at the Hult Center for Healthy Living! This is a time for you to come have fun, and work on exercising your brain. We will also be sampling unique ways to naturally flavor your water this summer.

### 3rd: Sunshine Café: CPR- Part 1 (10:00-11:30 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Did you know approximately 88% of cardiac arrest occurrences out of the hospital happen at home? Join Chief Mike Johnson, as he provides Part 1 of the CPR informational training.

### 9th: Myth Busters: Health Edition (9:30-11:00 AM) @ Heartland Health Services (1701 W Garden St, Peoria)

Will eating eggs lead to high cholesterol? Does it really take 7 years to digest a piece of gum if you swallow it? Join Morgan Casey of the Hult Center as she discusses some of the most common healthy lifestyle myths and how to sort fact from fiction.

### 9th: The Truth About Depression (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Depression is a leading cause of complicated health and often goes untreated. Join Chelsea Parker, RN, BSN, as she separates the facts from myth, while discussing how to identify signs and symptoms of depression.

### 10th: Beginner iPhone & iPad (5:00-7:00 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Join us 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!

### 16th: Seniors on the Go: Is Hip or Knee Surgery Right For You? (10:30 AM-12:00 PM) @ Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Please join us as Dr. Luke Luetkemeyer, Orthopedic Surgeon, answers your questions about hip and knee reconstruction. You'll learn what causes joint pain, non-surgical treatment options, and what to expect if you do choose surgery. **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.**

### 17th: Sunshine Café: CPR- Part 2 (10:00-11:30 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Chief Mike Johnson is back to provide Part 2 of the CPR informational training.

### 18th: Eating Right with Encore: Dining Out- Be a Smart Diner! (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C

(2338 W. Van Winkle Way, Peoria)

Eating out can be a challenge. Whether you are picking something up at a fast-food place or sitting leisurely at your favorite restaurant, how you decipher the menu affects your health. Join Colleen Hamilton, UnityPoint Health-Methodist|Proctor Registered Dietitian, as she discusses tips about how to make healthy decisions while dining out!

### 22nd: Overcoming Aging Eyes (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C

(2338 W. Van Winkle Way, Peoria)

Many people suffer with reduced vision. Though macular degeneration can't be fixed, you can modify your home to minimize the glare and improve safety. Join Kevin Shrock, Occupational Therapist, as he discusses how you can improve your safety when suffering from vision impairments.

### 23rd: Importance of Brain Health (10:30-11:30 AM) @ Grand View Alzheimer's Special Care Center (6210 N. University Street, Peoria)

Come out and learn about the importance of brain health and ways to keep your brain healthy through proper nutrition, physical activity, and much more! This program will provide both education and fun!

### 23rd: Writer Within (1:30-3:00 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)

All kinds of writing are welcome at Writer Within, not limited to memoir. There are no prerequisites except for the need to get our stories on paper and knowing there is a group we can share them with.

### 24th: Dimensions in Wellness Event (1:00-4:00 PM) @ Carver Community Center (710 W Percy Baker Jr Ave, Peoria)

*Dimensions in Wellness* is the first event of its kind by Senior Care Network. It is an educational fair featuring speakers, vendors, door prizes, snacks, and giveaways. The *Dimensions in Wellness* event is focused on helping older adults remain healthy as they age. No cost to attend.

### 30th: 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 are required to have a Facebook account prior to attending and must bring username & password to log-in to provided computer.** Registration is limited to the first 12, so register early! Directions to classroom: Enter the Proctor Professional Building at Entrance 1, take elevator to basement, and take a left out of the elevator to PC Training Room 1.

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

**31st: Senior Self-Defense: Part 1 (1:00-3:00 PM) @ UnityPoint Health-Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)**

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

**31st: Advanced iPhone & iPad (5:00-7:00 PM) @ UnityPoint Health-Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)**

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.*

## September Events:

**6th: Digital Photography & Your iPhone/iPad (1:00-3:00 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C**

**(2338 W. Van Winkle Way, Peoria)**

AARP has identified all the skills you need to take great photos, tell powerful visual stories, and safely share your images with family and friends through your iPhone and iPad. Please register for this event by calling AARP at 1-877-926-8300.

**7th: Sunshine Café: Nutrition Label Reading (10:00-11:30 AM) @ Fondulac Park District**

**(201 Veterans Drive, East Peoria)**

Carbohydrates. Calories. Protein. Cholesterol. Ever get overwhelmed with reading nutrition labels? Join Carly Klaus, Registered Dietitian, as she breaks down nutrition labels to help you know exactly what to look for in nutrition label reading.

**7th: Senior Self-Defense: Part 2 (1:00-3:00 PM) @ UnityPoint Health-Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)**

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, as you will be practicing techniques. *It is highly encouraged that you participate in the Senior Self-Defense: Part 1 class before attending.*

**12th: Medicare Made Clear (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)**

Are you or a member of your family getting close to signing up for Medicare? 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.

**13th: An Apple a Day... (9:30-11:00 AM) @ Heartland Health Services**

**(1701 W. Garden St, Peoria)**

It's well known that prevention is the best medicine. Join us as we discuss health screenings, vaccinations, and lifestyle habits that can help you stay out of the doctor's office!

**20th: Annual Senior Health Fair (7:30-11:30 AM) @ Hult Center for Healthy Living**

**(5215 N. Knoxville Avenue, Peoria)**

Come on out for the biggest *Encore!* event of the year! The Annual **Senior Health Fair** will have the UnityPoint Health Wellmobile, Mammovan, various screenings, and over 40 community resources available! Be sure to stay for our three presentations and continental breakfast.

**21th: Sunshine Café: Medicare Made Clear (10:00-11:30 AM) @ Fondulac Park District**

**(201 Veterans Drive, East Peoria)**

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.

**26th: Taming the Legal Lions (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)**

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!

**27th: Writer Within (1:30-3:00 PM) @ UnityPoint Health-Methodist @ N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)**

All kinds of writing are welcome at Writer Within, not limited to memoir. There are no prerequisites except for the need to get our stories on paper and knowing there is a group we can share them with.

**27th & 28th: AARP Smart Driver Course (8:30 AM-12:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C**

**(2338 W. Van Winkle Way, Peoria)**

The AARP Smart Driver Course is the nation's largest classroom driver safety course and 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.*

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

### *A Matter of Balance* Falls Management Program

What is it? An eight-week, evidence-based program to reduce fear of falling and increase activity levels

#### What will you learn?

- How to view falls and fear of falling as controllable
- Setting realistic goals to increase activity
- Changing your environment to reduce fall risk factors
- Exercises to increase strength and balance

#### Next Session Information:

Date: Friday, August 4th

Time: 9:00-11:00 AM

Location: Hult Center for  
Healthy Living

Cost: \$10.00

Space is limited, so register early!

To register, contact Nicki at  
309-672-4926

### **Breast Cancer**



### **Survivor's Weight Management Program**

*Diet and physical activity play  
an important role in breast  
cancer survivorship!*



#### **Did you know:**

- Being overweight/obese may increase risk of recurrence
- Breast cancer patients who engage in moderate physical activity have improved emotional well-being and overall better survival than those who remain sedentary

**This program will equip you  
with the tools and skills you  
need to manage your weight  
with diet and lifestyle  
modification.**

*For more information contact  
Katrina Sommer, RD, LDN  
at 309-243-3464 or  
[ksommer@hulthealthy.org](mailto:ksommer@hulthealthy.org)*

**A special THANK YOU to our current  
2017 *Encore!* sponsors!**

**Health Alliance  
Heyl Royster  
Liberty Village of Peoria  
Meridian Health Plan**

**UnityPoint Health– Methodist | Proctor**

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

**Encore Member Discounts**

<b>Location</b>	<b>Discount</b>
Alignlife North Peoria	15% Off All Alignlife Nutrients 15% Off Orthotics & Pillows 15% Off All Massages
Auto Owners Insurance Company	5% off Auto Insurance 7% Off Mature Home Owners Insurance
Avanti's Restaurant (Peoria, East Peoria & Pekin locations)	10% Off
Methodist Wellness Center	25% Off Membership
Perkins Family Restaurant	20% Off Regular Menu Items *Not valid with discounted menus or other discounts
Riverview Senior Living Community	\$400.00 application fee will be credited
UnityPoint Health-Methodist Cafeteria	10% Off
UnityPoint Health- Proctor Cafeteria	10% Off



Hult Center for Healthy Living  
5215 N. Knoxville Avenue  
Peoria, IL 61614  
(309) 692-6650  
www.hulthealthy.org



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## Help Us Go Green!



Stay in-the-loop and help us go green at the same time by opting out of our printed newsletter for the email version.

You will receive an e-version of our quarterly newsletter, as well as other events and news updates throughout the year!

Call us at 309-672-4926.

**SAVE**  
the **DATE**

**Whitney's Walk for Life**  
July 29, 2017

**Lobster Boil**  
September 16, 2017

**Uncorked!**  
October 13, 2017



### 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.