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Encore!

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Letter from the Executive Director

I have had a great start here at the Hult Center. Since I began in March, we have hosted our annual Spirit of Living dinner on April 11th, which honored individuals who have given extraordinary support to those near and dear to us with cancer, those who are survivors, and those who have lost their battle to cancer. Our appreciation goes to Par-A-Dice Hotel Casino and Heaven On Earth for creating a beautiful venue that evening. We raised \$60,000 to support our Cancer programs that provide the palliative services.

May was another enlightening month. I met all those who make Hult a “diamond in the rough”. I met the wonderful staff, our funders, sponsors, community partners, our Hult Board, and most of all, the beautiful children and the people who are engaged in our Health Education programs, Mental Health committees, Encore (senior health care services) events, and the Cancer program services.

On June 6th, we held our 5th annual Mike Seneca Golf Classic at WeaverRidge Golf Club. There we had 32 foursomes...that’s 128 people playing golf for a good cause! We raised \$20,000 which will go towards our Cancer programs. Thank you to the Seneca Family, WeaverRidge, and everyone who made this a worthwhile day!

As the month of June closes, we are preparing for one of our largest events - Whitney’s Walk. This Walk has been held annually since 2004, largely due to the perseverance of Earl and Karen Grotts in honor of their daughter Whitney Grotts, who lost her life to suicide. The Walk raises funds for our suicide prevention and depression awareness programs. Please plan to join us at Jubilee Park on Saturday July 25th, and bring your walking shoes! As the summer continues, our summer camp, Healthy Heroes, will go through July, so come out and get your volunteering on. If you want to know more about what’s going on at the Hult Center for Healthy Living, visit us at www.hulthealthy.org where we are...

“Empowering people to live healthier lives.”

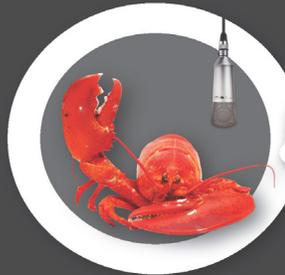
Andrea D. Parker, R.N., M.S

Event Spotlight

The Hult Center for Healthy Living has had so much fun roasting and putting someone in the hot seat the last couple years! We are continuing the fun this year with a unique twist— **EVERYONE** is going to be a part of the show!

This Roast is one you won't want to miss as we bring in comedian **Tim Cavanagh**, whom you may recognize from *The Bob & Tom Show!* Tim will come armed with inside information about members of the audience, so be ready!

YOU may just become part of the **18th Annual Lobster Roast!**



18th Annual
LOBSTER ROAST

SAVE
THE
DATE

August 29, 2015 • Weaver Angus Farm
Featuring Special Guest Comedian

Tim Cavanagh



For more information about tickets and sponsorship, please contact Kayla Thompson at 692-6650 or kthompson@hulthealthy.org



6:00pm Cocktails & Hors d'oeuvres

7:00pm Dinner and Program

5:30-6:30pm Exclusive Sponsor Reception

Register Online at www.hulthealthy.org

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

UNCORKED!



Friday, October 30
Par-A-Dice Hotel Casino

Join us for a fabulous night of dancing and sampling of the finest wines, craft beer and hors d'oeuvres. We're bringing the party of the year to Par-A-Dice for a one-of-a-kind red carpet feel like you've never experienced before!

Featuring Dexter O'Neal and Funk Yard!

Event Spotlight

Saturday, September 12, 2015, 9:00am - 12:30

Touch, Caring & Cancer ...

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

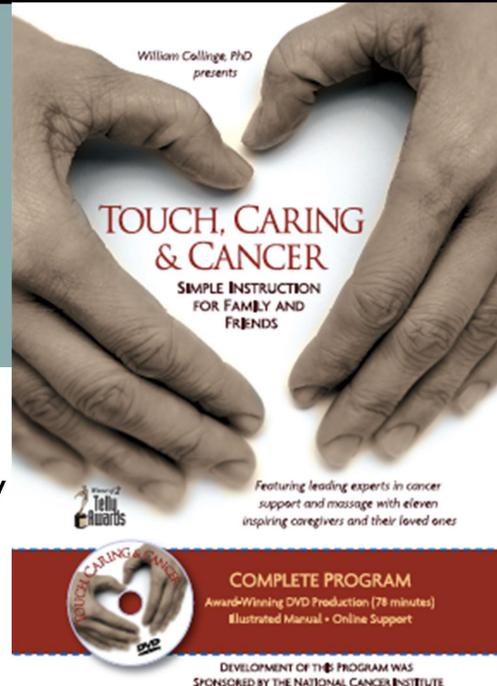
Based on the award winning, evidence based research program funded by the National Cancer Institute this program's intention is to empower family/ friends to be active participants in a loved one's care, overcome feelings of helplessness, enjoy new satisfaction in caregiving, and deepen a sense of connection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

To register please contact:

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

Registration Deadline: Friday, Sept. 4, 2015



To be held at:

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

Education

Suicide is the 10th leading cause of death in the U.S. & the 3rd leading cause of death among those ages 15-24.

Death by suicide in Illinois averages 2.9 every day. Suicide attempts in Illinois average 16.7 every day.

More than 1,000 Illinoisans die each year by suicide.

Untreated depression is the leading cause of suicide.

Mental illness CAN be treated. In fact, 70-90% of those suffering from depression and other mental health illnesses who receive the help they need go on to live happy, healthy lives.



IT'S WHAT'S ON THE INSIDE
YOU CAN'T SEE

1 (800) 273-8255



Join the Hult Center for Healthy Living in “Hult-ing The Stigma” surrounding mental health.

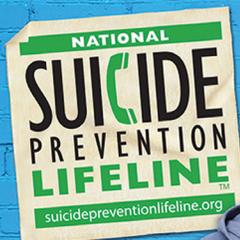
The Hult Center for Healthy Living encourages **EVERYONE** to save the **National Suicide Prevention Lifeline** number (1-800-273-8255) in their cell phone.

Please take the time to educate yourself on the warning signs of depression and suicide.

Together we can

#HultTheStigma

This campaign is funded in part by a grant through Illinois Department of Public Health.



IT'S WHAT'S ON THE INSIDE
YOU CAN'T SEE

1 (800) 273-8255



Mental Health



WHITNEY'S WALK FOR LIFE 2015

Saturday, July 25th

7:55am 5K Run

8am 5K Walk

*Jubilee College State Park
Quail Meadow*

*HELP US RAISE OVER
\$1,000,000*

*Since 2004, more than
\$917,000 has been raised
for depression awareness and
suicide prevention programs!*

*Sign Up Today
www.whitneyswalk.com*

Whitney's Walk For Life is sponsored in part by



UnityPoint Health
Methodist | Proctor

What is the money raised by Whitney's Walk used for?



Money from Whitney's Walk for Life is donated to the Hult Center for Healthy Living which is a registered 501(c)3 nonprofit.

Hult combats suicide through community based education, awareness and advocacy programs.

These include:

Signs of Suicide – S.O.S is a suicide prevention skills training for youth. The training teaches middle and high school students to recognize the signs and symptoms of depression and to respond appropriately to the signs of suicide in a friend or family member. This program can be taught in schools, camps and other youth gatherings.

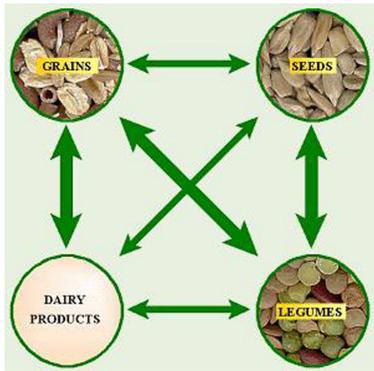
Hope Project – The project uses local theater talent in one person/one act monologues which tell real-life stories relating to mental illness. The stories portray people who have experienced mental illness in themselves or a loved one and have overcome their personal tragedies. The program is available to schools, churches and other organizations.

Mental Health Screening – Hult Center for Healthy Living offers an online mental health screening program. This free screening is anonymous and is available to all. The screenings are provided so that you may find out – in a matter of minutes – whether or not further evaluation would be helpful to you. Go to www.hulthealthy.org, click on the Mental Health Programs link and then choose Mental Health Screening.

The Power of Plant-based Protein

By: Robert J. Leonard, OSF Dietetic Intern

Proteins are known as the building blocks of life. Within our bodies, protein breaks down into amino acids that promote cell growth and repair. Being that protein is found in almost all body cells, its availability is vital for maintaining muscle tissue, red blood cells, carrying body compounds and medications, maintaining fluid balance, and fighting infections while strengthening the immune system.



During cancer treatment like surgery, radiation therapy, or chemotherapy, your protein requirements may increase to heal tissues and help fight infection. When your body doesn't receive enough protein, it may break down muscle for the fuel it needs. Therefore, including protein rich sources into our diet ensures our body has the nutrition it needs to heal efficiently.

Good sources of protein include

fish, poultry, lean red meat, eggs, and low-fat dairy products; however, plant-based protein sources are becoming popular for those following a vegan/vegetarian lifestyle or experiencing taste changes with meat products. These plant-based protein sources include nuts and nut butters, dried beans, peas, lentils, and soy foods.

Protein can be broken into two categories: complete and incomplete: Plant based protein sources are mainly incomplete (the exceptions are quinoa and soy). These incomplete protein sources lack one or more of the essential amino acids. If you combine two types of incomplete protein sources, they can become complementary to each other. For example, rice and beans have long been known to complement each other to form a complete protein. This figure illustrates which combined food groups will create a complete protein.

There are vast opportunities to include plant-based protein sources into your lifestyles.

- Seeds, nuts and nut butters: These can be mix with oatmeal or smoothies for additional protein and flavor! Peanut butter toast with sunflower seeds offers protein and healthy fats for a swift and simple meal.

- Lentils: These pair extremely well with tacos or burritos as a meat substitute (see recipe), or can enhance a chili/soup exquisitely. Coming in at 18 grams of protein per cup (cooked), lentils are one of the best plant-based protein sources.

- Beans: Black, pinto, red, kidney, etc. are exceptionally nutrient-dense. They integrate well in any stir-fry, Mexican dishes, chilis, and can also create a creamy, rich dip (like hummus) for sandwich spreads or chip dips.

- Grains: Oats, brown rice, quinoa, millet, etc. pair delightfully with soups/ chilis, salads, stir-fry, and dishes requiring any grain!

- Soy: Soy-based foods like tofu and tempeh are becoming wildy popular as meat substitutes. The soy bean itself is a complete protein, and can be cooked in any way meat can. Try tofu baked, grilled, or pan-seared!

Plant-based protein sources, when complimented with each other, provide excellent protein rich meals when animal protein sources may be out of the question. You will find experimenting with beans, grains, nuts, and seeds are not only delicious, but also exciting as well!

Sources:

1. "Eating Well During and After Your Cancer Treatment." Memorial Sloan Kettering Cancer Center, 29 Sept. 2014. Web. 3 Feb. 2015. <<http://www.mskcc.org/cancer-care/patient-education/resources/eating-well-during-and-after-your-treatment>>.
2. Claghorn, Katrina. "Protein needs during cancer treatment." OncoLink. Penn Medicine, 23 Dec. 2014. Web. 3 Feb. 2015. <<http://www.oncolink.org/coping/article.cfm?c=464&id=979>>.
3. Dalzell, Kim. "All about protein." Cancer Treatment Centers of America. Rising Tide, 1 Jan. 2014. Web. 3 Feb. 2015. <<http://www.cancercenter.com/community/nutritional-support/all-about-protein/>>.
4. "Nutrition for the Person with Cancer during Treatment: A Guide for Patients and Families." American Cancer Society, 9 June 2014. Web. 3 Feb. 2015. <<http://www.cancer.org/acs/groups/cid/documents/webcontent/002903-pdf.pdf>>.
5. English, Nick. "12 Complete Proteins Vegetarians Need to Know about." Greatist, 29 Apr. 2014. Web. 3 Feb. 2015. <<http://greatist.com/health/complete-vegetarian-proteins>>.

Tasty Lentil Tacos

Makes 6 servings

Prep: 10 minutes, Cook: 40 minutes

Ingredients:

- 1 teaspoon canola oil
- 2/3 cup finely chopped onion
- 1 2/3 cups chicken broth
- 1 small clove garlic, minced
- 2/3 cup salsa
- 2/3 cup dried lentils, rinsed
- 12 taco shells
- 1 Tablespoon taco seasoning, or to taste
- 1 lime, juiced (optional)

Alternative ingredients: Quinoa, black beans, pinto beans, or tofu/tempeh



Directions:

1. Heat oil in a skillet over medium heat; cook and stir onion and garlic until tender, about 5 minutes. Mix cooked lentils and taco seasoning into onion mixture; cook and stir for 1 minute.
2. Pour chicken broth into skillet and bring to a boil. Reduce heat to low, cover the skillet, and simmer until lentils are tender, 25 to 30 minutes.
3. Uncover the skillet and cook until mixture is slightly thickened, 6-8 minutes. Mash lentils slightly; stir in salsa.
4. Serve about 1/4 cup lentil mixture in each taco shell.

Recipe adapted from: <http://allrecipes.com/recipe/tasty-lentil-tacos-2/>

Nutrition Facts:

Serving Size: 2 tacos

Amount per Serving:

Calories: 304

Total Fat: 10g

Cholesterol: 0mg

Sodium: 714mg

Carbohydrates: 44.2g

Protein: 9.4g

July 2015

			1 Yoga w Jean 11a Cancer Support Group 1p Tai Ji for Life for Beginners 6:30p	2 5 Ways to Start Living Younger Today 1p* Restorative Yoga w Marcy 5:30p	3 Living Strong 9a CANCELED: NO Cancer Support Group 10a*	4
5	6 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji for Life of Learning 6:30p	7 Aerobics 9a Mindfulness Meditation 5:15p	8 Floral Design: (Week 1) 10a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji for Life for Beginners 6:30p	9 Restorative Yoga w Marcy 5:30p	10 Living Strong 9a Cancer Support Group 10a* Home Safety 1p*	11
12	13 Aqua Survivor 9a* Audiology 101 1p* Breath of Joy Yoga 5p Tai Ji for Life of Learning 6:30p	14 Aerobics 9a Mindfulness Meditation 5:15p	15 Floral Design: (Week 2) 10a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji for Life for Beginners 6:30p	16 Restorative Yoga w Marcy 5:30p	17 Living Strong 9a Cancer Support Group 10a* Travel 101/Great Trains & Grand Canyon Trip 1p*	18 Kids Konnected 1:30-3p*
19	20 Aqua Survivor 9a* Health & Wellness Series 1p* Breath of Joy Yoga 5p Tai Ji for Life of Learning 6:30p	21 Aerobics 9a Mindfulness Meditation 5:15p Childhood Grief & Loss 6:30p*	22 Floral Design: (Week 3) 10a* Yoga w Jean 11a Cancer Support Group 1p Brain Fitness 2:30p* Tai Ji for Life for Beginners 6:30p	23 Restorative Yoga w Marcy 5:30p	24 Living Strong 9a Cancer Support Group 10a*	25 12th Annual Whitney's Walk for Life 
26	27 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji for Life of Learning 6:30p	28 Aerobics 9a Mindfulness Meditation 5:15p	29 Floral Design: (Week 4) 10a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji for Life for Beginners 6:30p	30 Taming the Legal Lions 1p* Restorative Yoga w Marcy 5:30p	31 Living Strong 9a Cancer Support Group 10a* Senior Self Defense: (Part 1) 1p*	
<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>			

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2	3 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji for Life of Learning 6:30p	4 Aerobics 9a Pre-Planning Your Funeral 1p* Mindfulness Meditation 5:15p	5 Yoga w Jean 11a Cancer Support Group 1p Exact Care Pharmacy 1p* Tai Ji for Life for Beginners 6:30p	6 Restorative Yoga w Marcy 5:30p	7 Living Strong 9a Cancer Support Group 10a*	8
9	10 Aqua Survivor 9a* New Therapeutic Options 1p* Breath of Joy Yoga 5p Tai Ji for Life of Learning 6:30p	11 Aerobics 9a Mindfulness Meditation 5:15p	12 Yoga w Jean 11a Cancer Support Group 1p Medicare Made Clear 1p* Tai Ji for Life for Beginners 6:30p	13 Beginner iPhone & iPad 5p* Restorative Yoga w Marcy 5:30p	14 Living Strong 9a Cancer Support Group 10a*	15 Kids Konnected 1:30-3p*
16	17 Aqua Survivor 9a* Know the Signs of Alzheimer's 1p* Breath of Joy Yoga 5p Tai Ji for Life of Learning 6:30p	18 Aerobics 9a Mindfulness Meditation 5:15p Managing Chronic Pain 6:30p*	19 Seniors on the Go 10:30a* Yoga w Jean 11a Cancer Support Group 1p Tai Ji for Life for Beginners 6:30p	20 Restorative Yoga w Marcy 5:30p	21 Living Strong 9a Cancer Support Group 10a*	22
23	24 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji for Life of Learning 6:30p	25 Aerobics 9a Pets in the Silver Years 1p* Mindfulness Meditation 5:15p	26 Yoga w Jean 11a Cancer Support Group 1p Tai Ji for Life for Beginners 6:30p	27 Restorative Yoga w Marcy 5:30p	28 Beginner Facebook 9a* Living Strong 9a Cancer Support Group 10a*	29 18th Annual Lobster Roast 
30	31 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji for Life of Learning 6:30p					

September 2015

		1 Aerobics 9a Healthy Aging 1p* Mindfulness Meditation 5:15p	2 Yoga w Jean 11a Cancer Support Group 1p What is a Wound Center 1p* Tai Ji for Life for Beginners 6:30p	3 iPhone: Beyond the Basics 5p* Restorative Yoga w Marcy 5:30p	4 Living Strong 9a Cancer Support Group 10a*	5
6	7 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji for Life of Learning 6:30p	8 Aerobics 9a Mindfulness Meditation 5:15p	9 Yoga w Jean 11a Cancer Support Group 1p Tai Ji for Life for Beginners 6:30p	10 Restorative Yoga w Marcy 5:30p	11 Living Strong 9a Cancer Support Group 10a* Eating Right with Encore 1p*	12 Touch, Caring & Cancer 9:00a*
13	14 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji for 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 for Life for Beginners 6:30p	17 Collette Vacations: Spotlight on London 1p* Restorative Yoga w Marcy 5:30p	18 Living Strong 9a Cancer Support Group 10a* Skin Cancer 1p*	19 Kids Konnected 1:30-3p*
20	21 Aqua Survivor 9a* Breath of Joy Yoga 5p Tai Ji for Life of Learning 6:30p	22 Aerobics 9a Arthritis 101 1p* Mindfulness Meditation 5:15p When Mind & Body Meet 7p*	23 Yoga w Jean 11a Cancer Support Group 1p Tai Ji for Life for Beginners 6:30p	24 Restorative Yoga w Marcy 5:30p	25 Living Strong 9a Cancer Support Group 10a* Senior Self Defense: (Part 2) 1p*	26
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Calendar Key

Healthy Living Classes

Aerobics *Seniors Welcome

Gentle exercise with low impact with Beth Stauffer. 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 Ben Prichard 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 Breast Cancer Patients, Survivors and Caregivers, led by Lisa Nelson Raabe, LCPC, E-RYT 500.

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

Childhood Grief and Loss

Tuesday, July 21

6:30-8:00p at Hult Center for Healthy Living

Presented by Diana Schroer, Ph.D., LCPC

Have you wondered what you can do to help children, family members, and friends experiencing various forms of grief and loss? Take this opportunity to learn about the various forms of grief and loss, and develop tools and techniques to help grievers of all ages in the path of recovery. Please RSVP to the Hult Center at 309.692.6650.

Managing Chronic Pain

Tuesday, August 18

6:30-8:00p at Hult Center for Healthy Living

Presented by Greta Whittemore

Chronic pain is, well, a pain. But did you know that your thoughts and emotions can influence the pain you feel? Come prepared to learn the current thinking about chronic pain and the role that thoughts and emotions play in pain management. We will add to your mental health toolbox cognitive behavioral skills designed to work alongside medication to decrease pain severity. Come ready to interact with your peers in group discussion and skill building practice sets. A resource packet will be provided to take home to remind you of what you've learned tonight.

Tuesday, September 22, 2015, 7:00—8:30 pm

When Mind and Body Meet

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

Free Program on how the brain and body work together.

Learn how colors and Energy are connected to the mind and body and how the brain functions in human behavior.

Attention to the mind-body connection offers cognitive tools & exercises to gain control of our thoughts and become a more positive individual.



Presenters:
Becky Dailey, HTCP
(Healing Touch Certified Practitioner)
Susan Goodale, M.A., CMFT, LCPC, CLC

Becky & Susan have dynamic information to share with you from many years of experience!

This program will be filled with an overview of what we are all about and what makes us tic!

Please RSVP to the Hult Center by calling 692-6650

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

Encore

July Events:

2nd: 5 Ways to Start Living Younger Today [1:00-2:30 p.m.] @ UnityPoint Health-Methodist-N. Allen
Are you getting older and realizing that your body is just not performing the way it used to? Have you been putting on weight and having difficulty getting the right amount of sleep? Learn 5 ways to help your performance, weight, and get the right kind of sleep to start living younger today!

8th: Floral Design: Week 1 [10:00-11:00 a.m.] @ UnityPoint Health-Methodist Downtown Flower Shop
Join the UnityPoint Health-Methodist Flower Shop on this four-week series on floral design! Throughout the next four weeks, you will be provided materials to make a plant basket, silk arrangement, fresh flower arrangement, and an arrangement of your choice! **This class is limited to 10 individuals, so be sure to register early! There is a \$10.00 total fee** to register in this series so you are able to bring your arrangements home!

10th: Home Safety [1:00-2:30 p.m.] @ Hult Center for Healthy Living
Join Getz Fire Equipment as they discuss safety for seniors in their homes, including fire safety and fall prevention. An expert will discuss the use of home fire extinguishers, as well as other fire safety tips.

13th: Audiology 101 [1:00-2:30 p.m.] @ 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.

15th: Floral Design: Week 2 [10:00-11:00 a.m.] @ UnityPoint Health-Methodist Downtown Flower Shop
Week #2 of the floral design series.

17th: Travel 101 / Great Trains & Grand Canyon Trip [1:00-2:30 p.m.] @ UnityPoint Health-Methodist-N. Allen
How you pack plays a big role in the outcome of your trip, especially if you don't make long trips very often. If you've ever arrived at your destination only to find your suitcase splattered with the remains of toothpaste explosion, or being frustrated going through customs/security, then this class is for you! Also, be sure to stay and learn more about a trip to Sedona and the Grand Canyon!

20th: Health & Wellness Series: Nutrition & Exercise [1:00-2:30 p.m.] @ UnityPoint Health-Methodist-N. Allen
Molina Healthcare will be doing Health and Wellness education for aging adults to discuss ways for eating well and living well.

22nd: Brain Fitness Event [2:30-3:30] @ Riverview Senior Living [500 Centennial Drive, East Peoria]
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 routine and see things in a new light. This program remains very popular, so register early!

22nd: Floral Design: Week 3 [10:00-11:00 a.m.] @ UnityPoint Health-Methodist Downtown Flower Shop
Week #3 of the floral design series.

29th: Floral Design: Week 4 [10:00-11:00 a.m.] @ UnityPoint Health-Methodist Downtown Flower Shop
Week #4 of the floral design series.

30th: Taming the Legal Lions [1:00-2:30 p.m.] @ 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 simple way that is easy to understand and helps it all make sense. Learn which option is best of you and how to go about getting it done.

31st: Senior Self-Defense: Part 1 [1:00-2:30 p.m.] @ 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. This class has received a great deal of positive feedback from prior sessions!

August Events:

4th: Pre-Planning Your Funeral [1:00-2:30 p.m.] @ Wilton Mortuary [2101 N Knoxville Ave. Peoria]
Come learn about the process of funeral planning and find out how it can benefit you now. This very informative presentation explains all the ins and outs of funeral planning, processes and the steps you can take to ensure your plans are followed.

5th: Exact Care Pharmacy [1:00-2:30 p.m.] @ UnityPoint Health-Methodist-N. Allen
Tired of sorting out your medications every day? ExactCare's licensed pharmacists presort and prepare each customized medication pack per physician instructions, which is packaged in an easy-to-access strip separated by doses and times/days of the week. It includes all medications—from prescriptions and over-the-counter medications—in one convenient package!

[August Events continued on next page...]

Encore

August Events [cont.]:

10th: New Therapeutic Options for Pain [1:00-2:30 p.m.] @ UnityPoint Health-Methodist-N. Allen

Pain complaints are the number one reason why patients seek out physicians. A wide range of new approaches have developed in recent years to better address pain, other than oral pain medications. In this presentation, we will explore therapeutic options that may help individuals to better manage pain issues.

12th: Medicare Made Clear [1:00-2:30 p.m.] @ 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.

13th: Beginner iPhone and iPad [5:00-7:00 p.m.] @ 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!

17th: Know the Signs of Alzheimer's [1:00-2:30 p.m.] @ UnityPoint Health-Methodist-N. Allen

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. Attend this interactive workshop to learn the 10 warning signs of Alzheimer's disease. Join the Alzheimer's Association as they separate myth from reality and address commonly held fears about Alzheimer's disease in America.

19th: Seniors on the Go- Aging & Healthy Movement [10:30 a.m.-12:00 p.m.] @

Hult Center for Healthy Living

Join IPMR and learn how healthy movement and activity can be safely incorporated into daily life to keep your body flexible, strong, and healthy as you age. Join Charlie and Melanie, who have decades of experience helping seniors overcome pain and disability to live healthy, active lives.

25th: Pets in the Silver Years [1:00-2:30 p.m.] @ UnityPoint Health-Methodist-N. Allen

As we get older so do our pets. This seminar will focus on keeping yourself and your pets living healthy, happy lives as you both get wiser together. 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.

28th: Beginner Facebook [9:00-12:00 p.m.] @ UnityPoint Health-Proctor [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 14, so register early.**

September Events:

1st: Healthy Aging [1:00-2:30 p.m.] @ UnityPoint Health-Methodist-N. Allen

Join Health Alliance as they provide tips for keeping your mind and body active.

2nd: What Is A Wound Center and Why Do I Need It? [1:00-2:30 p.m.] @ Hult Center for Healthy Living

During this presentation, you will learn about types of chronic, non-healing wounds and how the specialists at the UnityPoint Wound Center will take a team approach to addressing the underlying issues that prevent a wound from healing. We will discuss the different health conditions that may cause non-healing wounds and the methods used to get them healed. You will also learn when to utilize your primary care physician and when to call in the experts.

3rd: iPhone: Beyond the Basics [5:00-6:30 p.m.] @ UnityPoint Health-Methodist-N. Allen

Join AARP for a more in-depth class on your iPhone and iPad. This class is taking the next step to teach you more than just the basics with your iPhone. This class has limited space and fills quickly, so please register early!

11th: Eating Right with Encore [1:00-2:30 p.m.] @ UnityPoint Health-Methodist-N. Allen

Join dietitian, Colleen Hamilton, as she helps us navigate the world of nutrition as we age and discusses recipes and ways to eat healthy during the fall months!

16th: Seniors on the Go-Obstructive Sleep Apnea [10:30 a.m.-12:00 p.m.] @

Hult Center for Healthy Living

Dr. Willey of the Koala Center for Sleep Disorders will be presenting on Oral Appliance Therapy for snoring & sleep apnea and will be discussing the following: Do Oral Appliances Stop Snoring & Treat Sleep Apnea?, TMJ Disorder & Sleep Apnea Relation, Combination Therapy - Low Pressure CPAP & Appliance, Home Sleep Testing, Oral Appliances as an Alternative for CPAP Intolerant Patients, Health Risks of Untreated Sleep Apnea, and more!

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

Encore

September Events (cont.):

17th: Collette Vacations: Spotlight on London [1:00-2:30 p.m.] @ UnityPoint Health-Methodist-N. Allen
Delve into the life in London, one of the world's most iconic metropolises. Explore its rich history, culture, and diversity. Join a local expert on a privately guided panoramic tour of the city. See Trafalgar Square, St Paul's Cathedral, Buckingham Palace, and the Tower of London. Visit mysterious and ancient Stonehenge, a UNESCO World Heritage site. Soar high above the city on the London Eye. Take a step back in time at Shakespeare's Globe Theater. Finally, toast the end to wonderful journey at a traditional British pub.

18th: Skin Cancer: Prevention, Early Detection & Treatment [1:00-2:30 p.m.] @ Hult Center for Healthy Living

Have you noticed an area of skin that is changing colors or growing larger? Or maybe you have what appears to be a common mole that seems to be changing over time? Join an expert from Soderstrom Skin Institute as they discuss all you need to know on skin cancer.

22nd: Arthritis 101 [1:00-2:30 p.m.] @ UnityPoint Health-Methodist-N. Allen

This session will teach you all of the need to know things related to the most common forms of arthritis. Learn a little bit about how to manage your pain, talk to your doctor, and much more. The Arthritis Foundation will provide you with some arthritis basics, to begin thinking about how to better control your arthritis pain.

25th: Senior Self Defense: Part 2 [1:00-2:30 p.m.] @ 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, as you will be practicing these techniques. It is highly encouraged that you participate in the Senior Self Defense: Part 1 class before attending.

29th: Medicare Made Clear [1:00-2:30 p.m.] @ 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.

A Note from Nicki

Happy Summer, Encore Members! I hope everyone is able to enjoy the sunshine and keep cool this summer. In this quarter's newsletter, you will notice an increase in programs that are offered each week.



Starting in July, the Encore program will offer 2-3 programs per week on a variety of topics. **As always, please be sure to register for Encore events in advance by calling (309) 672-4926 or by going online.**

Lastly, please be sure to take a look at the Healthy Living Classes calendar, as many classes are now offered to seniors! The classes offered to Encore members include Mindfulness Meditation, Aerobics, Yoga with Jean, Live Strong, Tai Ji for Life of Learning, and Tai Ji for Life for Beginners. There is a \$5.00 walk-in fee for each class; however, if you are a cancer patient, survivor, or caregiver, your fee is waived. I hope to see many of you at the upcoming programs!

Sincerely,
Nicki Bushman

Encore Event Spotlight

Hult Center for Healthy Living– *Encore* presents...

Spotlight on London

April 20-26, 2016



SPECIAL TRAVEL PRESENTATION!

Date: Thursday, September 17th, 2015 **Time:** 1:00 PM

Location: UnityPoint Health-Methodist on N. Allen Road
2338 West Sud Parkway, Peoria

THANK YOU Encore Sponsors
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If you are interested in partnering with our Encore seniors program, contact Nicki Bushman at 309.672.4926 or nbushman@hulthealthy.org.

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Encore Member Discounts

Location	Discount
Perkins Family Restaurant	20% Off Regular Menu Items *Not valid with discounted menus or other discounts
UnityPoint Methodist Cafeteria	10% Off
UnityPoint Proctor Cafeteria	10% Off
Methodist Wellness Center	25% Off Membership
Apple's Bakery	15% Off
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

**If you have any additional questions,
please contact Encore Coordinator:**

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

News & Kudos

Welcome Olivia Walker & Donata Boykin

Please help us in welcoming **Olivia Walker** and **Donata Boykin** to the Hult Center for Healthy Living team! Olivia and Donata are our newest Health Educators.



Olivia is a graduate of the University of Texas at Austin with a Masters degree in Health Behavior and Health Education. Olivia is interested in all aspects of health and wellness and reducing health disparities. Donata is a graduate of Northeastern Illinois University with a Bachelors degree in Community Health and Wellness. She has spent the past 14 years working in the fitness community as a yoga teacher, yoga director and personal trainer in the Chicago area. Welcome to the Hult Center, Olivia and Donata!

Hult Recipient of Area Grants!

The Hult Center recently received the following grants:

- A grant for our Signs of Suicide/HOPE program from Peoria Medical Society Alliance -\$1,295
- A grant for our May Healthy Heroes program from Rotary Club of Peoria-North -\$750
- A grant for National Prevention Week from Illinois Dept. of Public Health -\$2,000
- Grants for our Breast Self-Awareness, Making Connections and Kids Konected programs from Susan G. Komen

Hult is Proud Heart of Illinois United Way Partner Agency

The Heart of Illinois United Way recently announced their awarded grant-funded programs and designations for United Way agencies for the 2015-2016 year. **The Hult Center for Healthy Living is pleased to announce we were awarded \$319,199.36.** The Hult Center was granted increases in each of our United Way funded programs, and was also one of the few agencies to receive funding for a brand new program. We are very excited to expand our programs to serve even more

people in our community, and we're proud to be a Heart of Illinois United Way partner agency!

Heart of Illinois
United Way



Mike Seneca Golf Classic

Thank you to the participants and sponsors of the 5th Annual Mike Seneca Golf Classic on June 6 at WeaverRidge Golf Club. Because of you, we raised over \$20,000 for our cancer programs!
THANK YOU!



Hult Center Wins 2015 Group Award



On May 20, the Hult Center for Healthy Living was named the 2015 Group Award winner of the Children's Hospital of Illinois Community Advocacy Awards! The Group Award recognizes a company or organization that works continually over time in a variety of ways to improve the lives of children. We are honored to receive this award for the work we do with over 45,000 children annually in the community! To learn more about our youth health education programs, visit us at hulthealthy.org.

17th Annual Spirit of Living

We had a great night at the 17th Annual Spirit of Living Dinner on April 11. Congratulations to all of our deserving award winners:

Terry M. Machetti Leadership Award

Jonathan Williams

Kirk P. Gwillim Educator of the Year Award

PNC

Barbara B. Walvoord Inspirational Award

Bill Rohner

Volunteer of the Year Award

Earl & Karen Grotts

Dr. Theresa S. Falcon-Cullinan

Spirit of Hope

Judge John Gorman

A special thank you to everyone who joined us on this special evening! Thank you to all of our great sponsors! Your support of the Hult Center and Spirit of Living is truly appreciated!
THANK YOU!





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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. 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 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.

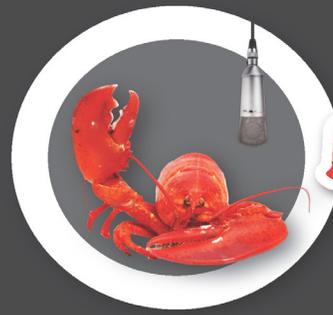
SAVE the DATE

Whitney's Walk
July 25, 2015

Lobster Roast
August 29, 2015

Uncorked!
October 30, 2015

#GivingTuesday
December 1, 2015



18th Annual LOBSTER ROAST

SAVE THE DATE

August 29, 2015 • Weaver Angus Farm
Featuring Special Guest Comedian

Tim Cavanagh



For more information about tickets and sponsorship, please contact Kayla Thompson at 692-6650 or kthompson@hulthealthy.org

