



YOUTH HEALTH
EDUCATION PROGRAMS



FREE CANCER PROGRAMS
& SERVICES

pg
6



Encore!
Hult
Center
for healthy living

pg
10

Going Green in 2017!

The Hult Center for Healthy Living is going green this year, meaning our full newsletter covering all programs is available on our website, www.hulthealthy.org.

In an effort to decrease expenses, we will no longer print and mail the full newsletter. Encore members will still receive a quarterly newsletter in the mail containing Encore information; however, if you wish to receive information on additional programs and updates happening at the Hult Center, please visit www.hulthealthy.org/newsletter to sign up for this quarterly electronic newsletter that will be emailed to you!

This savings allows us to put more money back into our programs, helping us reach more children, seniors, and those with a cancer diagnosis in our community.

If you no longer wish to receive our printed newsletter or would like to help us go green by signing up for the email version instead, call us at 309-672-4926.

Thank you for helping us go green in 2017!

Thank You, Peoria District Dental Society!

The Hult Center would like to thank the Peoria District Dental Society for funding dental props & supplies for our dental programs. With the donation, Hult will be able to provide dental floss for over 4,000 students in Central Illinois and upgrade our giant toothbrush & toothpaste that belongs to Mary the Mandible (a giant jaw with teeth) in our General Health Education room. Thank you, PDDS!

Smoke-free is the Way to Be!

The Hult Center for Healthy Living advocates for smoke-free policies at colleges, multi-unit housing properties and outdoor spaces in Peoria County. If you are tired of the smoke and want to learn more about how you can become involved in creating change in the community, please contact Jessica Draper, Health Education Specialist by phone at 309-692-6650, or email: jdraper@hulthealthy.org.

Cancer Support Group Holiday Party

Thank you to those who attended our cancer support group holiday party on December 7, 2016.

Special thank you to:

*Starbuck's at

Pioneer Park and Knoxville

*Dixon's Seafood Shoppe

*HyVee at Grande Prairie

*Matthew J. Kindred, Broker with The Knell Group

*Decorations by Deanna Walenta

*Susie Flick & Kayla Thompson



Shop Amazon?!



Any time you shop Amazon, you can support the Hult Center at the same time! Use [smile.amazon.com](https://www.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 Screening

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/

Hult's Holiday Open House

Thank you to all who joined us on Tuesday, December 6 at the Hult Center for our Holiday Open House! We had a great turnout and enjoyed a wonderful evening visiting with our friends and supporters!



THANK YOU for Supporting #GivingTuesday!

We want to thank all who supported the Hult Center and our community on Tuesday, November 29 during #GivingTuesday! **THANK YOU** for your continued support of Hult and for allowing us to continue serving over 65,000 members of the community each year!

Fall Healthy Cooking Demo a Success!

Hult Center for Healthy Living's cancer program oncology dietitian and OSF dietetic interns had 70 participants in their annual fall healthy cooking demo on November 15, 2016. The dietetic interns demonstrated how to make holiday recipes more colorful to promote healthful nutrition during the holidays.



Uncorked! Thank You

Wow! Our Uncorked! fundraiser on October 14 was such a great night.

Thank you to all who attended, sponsored, and donated!

Because of your support, we raised over \$60,000 for the Hult Center.

THANK YOU! A special thank you to

Katie Kim, Bill Kwon, Molly Murphy, and Joe

Wolford for assisting. Your awesome efforts are much appreciated!

Thank You!



Hult Center for Healthy Living Youth Health Education Programs

309-692-6650 or 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 Classrooms Initiative Grades 4--6

Students respond to pre-assessment questions about nutrition, exercise, alcohol, tobacco, puberty, and disease prevention. Hult staff then completes an analysis of the students' assessments and provide two targeted interventions that focus on students' greatest areas of need. The students then complete a post-assessment to assess knowledge gain and positive behavior change as a result of the program. (Three educational sessions, 60-90 minutes each) ***In-house or Outreach**

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 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
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 Atrium ABC 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

Counseling & Support Groups

Cancer Support Groups- For persons with cancer or who have had cancer and their caregivers, facilitated by our licensed counselor. Please call Kitty at 309.243.3461.

Kids Konected- For children ages 5-18 whose parent, grandparent or caregiver has or had cancer. To register for this free group, please call 309.672.5785.

Prostate Support Group "Us TOO Prostate" - Call George Melton at 309.691.6523 for dates and times.

Nutrition

Meet with our Registered Dietitians to find out how you can get the proper nutrition to help you maintain energy and strength. Our dietitians can help you manage your nutrition-related side effects from cancer and chemo treatments. Individual consultations are FREE and tailored to your particular needs and preferences. Contact Katrina at 309-243-3464 or ksommer@hulthealthy.org or Jeanna at 309-243-3462 or jrich@hulthealthy.org.

Therapeutic Services

Individual Healing Touch Session- By appointment only on the 2nd Thursday of each month at 8:30a and 9:15a. Please call 309.692.6650 to schedule your appointment.

Massage Therapy- By appointment only. Massages are \$30 per hour for those in "active" treatment and \$40 per hour for those not in active treatment and caregivers. Our experienced team of massage therapists have all received specialized training in oncology massage to deliver safe, comfort-oriented massages to all affected by cancer and its treatments. Please call 309.692.6650 to schedule your appointment.

Mindfulness Meditation- Every Tuesday at 5:15p. A very simple form of meditation, so you don't need any previous experience.

Reflexology- By appointment only on the 3rd Thursday of each month at 8:30a and 9:15a. Call 309.692.6650 to schedule an appointment.

Healthy Living Classes

Aerobics- Gentle Exercise with low impact. All levels welcome.

Aqua Survivor- An aqua class at Landmark Recreation Center, 3225 N. Dries Ln., Peoria.

Tai Ji for Life for Beginners - Ancient art of meditative movement.

Tai Ji for Life of Learning - An advanced level of the art form with more in-depth understanding and practice.

Breath of Joy Yoga - A registered yoga teacher, Marcy brings her experience as a cancer survivor to the class.

Yoga with Jean- All levels welcome.

Living Strong- Strength training class. All levels welcome.

Restorative Yoga - Gently open body, heart and mind with breath and movement in this yoga class. Beginner friendly.

Kids Konnected Family Event

Wednesday, February 8, 2017

Hult Center for Healthy Living
5215 North Knoxville Ave., Peoria, IL 61614

Dinner: 5:30 – 6:00 p.m.
Painting Party: 6:00 – 8:00 p.m.

This is a free family event for children and teens whose lives have been affected by a parent, grandparent, or caregiver with a past or present diagnosis of cancer.

To sign-up or for more information, please call 309-672-5785.



Cancer is a “we” disease; it affects whole families.

Family members—both immediate and extended—are often the first people we turn to for emotional and practical support when life gets tough after a cancer diagnosis and during treatment. What a better way to remind your family of that support than to hang a family tree on your wall at home!

Under the guidance of instructor Teresa Bassett, owner and founder of Canvas Connections, each family will have the opportunity to work together to paint a one-of-a-kind 16 x 20 canvas of their family tree. No prior art experience necessary! Dinner will be served from 5:30 to 6:00.

The Kids Konnected program offers a safe place for children and teens to share feelings and concerns and to ask questions about their loved one's cancer. The meetings and activities are facilitated by a master's level professional that helps children, teens, and adults share their feelings and receive support from others. Kids Konnected is supported, in part, by a grant from the Susan G. Komen[®] Memorial Affiliate.

You're in Good Hands

by Mary Peifer

Did you know that we offer nearly 20 massages a 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, those in palliative care, and even caregivers.

All massage therapists at Hult have received the minimum national standard of twenty four hours of specific training in oncology massage therapy that is essential for clinical safety and therapeutic benefit. Oncology massage does not try to “fix” anything, and unlike many massage modalities is not a series of techniques or applied protocols. Rather, it is the ability of the therapist to recognize and safely work within clinically established guidelines, given a client’s unique circumstance.

The massage therapists at the Hult Center for Healthy Living are licensed and insured and have numerous years of experience in working with persons of all abilities and especially with those experiencing health concerns. Some have additional training in oncology massage as well as other massage modalities. Our staff includes: Elmira, LMT, NCBTMB, has been offering massage and bodywork in Peoria, Illinois since 2004 after graduating from the Illinois Valley Community College Therapeutic Massage Program. She is also a fitness trainer and wellness professional.

Julie, LMT, graduated from the Therapeutic Massage program at Illinois Central College in December of 2011. Her massages are influenced by trigger point therapy and Reiki. Through experience and practice she continues to educate herself in order to refine her work and offer more to her clients.

Laurie, LMT, NCBTMB, is a Peoria native graduating from Judson University in Elgin, IL with a Bachelor of Science degree in Psychology in 1981. She also graduated from Illinois Central College with a certificate in Therapeutic Massage in December 2009.

Mary, RN, LMT, has been offering therapeutic massage and bodywork in Peoria, Illinois since 2005 after graduating from the Illinois Central College Therapeutic Massage Program. She also is a 2010 graduate of the Peregrine Institute of Oncology Massage Program in Santa Fe, NM. Massage appointments are offered Monday-Friday from 8:30am-3:30pm. Appointment times fill quickly. Persons in “active treatment” are given priority. We do our best to schedule you in a timely manner.

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 blossom and grow to accommodate all those in need of a gentle, soothing, calming touch.


Cancer Programs

Gynecological Cancers Support Group
for women who have OR have had a gynecological cancer

Thursdays
3:30—5:00 p.m.

UnityPoint Health-Methodist Atrium
ABC Room (main floor)
900 Main St., Peoria, IL

For more information, contact Kitty Bienemann
at 309-243-3461 or kbienemann@hulthealthy.org

The National Diabetes Prevention Program

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

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

Sessions: 16 group sessions are held weekly during Phase One. Monthly sessions are held during Phase Two for remainder of year

Dates: The first session will begin on February 7th from 3:30-4:30 PM at the Hult Center and continue weekly

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



Interested in Volunteering?

You've seen them at *Encore* programs: they greet you, encourage you to check in, they hand out materials, but you may not realize that without them, the *Encore* program wouldn't be such a success!

These volunteers are who keep our program possible and growing. So the next time you see them, be sure to give them a big thank you!

Interested in volunteering with *Encore*?
Contact Nicki at 309-672-4926!

SAVE THE DATE for the **2017 Annual Senior Health Fair**

Wednesday,
September 20, 2017

7:30-11:30 AM

Hult Center for Healthy Living

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

January Events:

4th: New Year - New You! (10:00-11:30 AM)
Snyder Village Assisted Living (1115 Harbers Lane, Metamora)

Are you ready to make a change with your health? This program will discuss proper nutrition, physical activity recommendations, smoking cessation, and stress management.

10th: Caregiver Wellness (9:30 AM-11:00 PM)
Proctor Place (2724 W Reservoir Blvd, Peoria)

Did you know approximately 34.2 million Americans have provided care to an adult, aged 50 or older, in the last 12 months? This program will discuss techniques for caregivers to improve their health through nutrition, physical activity, stress management, and sleep.

11th: New Year- New You! (9:30-11:00 AM)
Heartland Health Services (1701 W Garden St, Peoria)

Are you ready to make a change with your health? This program will discuss proper nutrition, physical activity recommendations, smoking cessation, and stress management.

18th: Seniors on the Go: Healthy Steps- Nutrition & Physical Activity (10:30 AM-12:00 PM) Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Join this two-part presentation by Carly Klaus, Registered Dietitian, and Dana Combs, Exercise Specialist, as they discuss a more in-depth presentation on nutrition and physical activity recommendations. **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 AM and is followed with a lunch. *Participants must register in advance.*

19th: Sunshine Café: Winter Safety (10:00-11:30 AM)
Fondulac Park District (201 Veterans Drive, East Peoria)

Join Chief Mike Johnson as he provides tips on how to stay safe during the winter months!

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

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

24th: Get Sleep Now (1:00-2:30 PM)
Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Is it getting harder to get to sleep and stay asleep? Is your sleep deprivation affecting your job, relationships, and family? If so, then join Dr. Kelch from AlignLife of North Peoria as he will educate on how to get a good night's sleep with permanent solutions that will have you counting sheep in no time!

25th: 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.

31st: Advance Care Planning (1:00-2:30 PM)
UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

This interactive class taught by experts from OSF, UnityPoint, and Pekin Hospital, will help you think about what kind of care you want at the end of life, who you would want to make your health care decisions, and the next steps you can take to complete advance care planning.

February Events:

1st: Beginner Facebook (9:00 AM-12:00 PM)
UnityPoint Health- Proctor Professional Building Basement (PC Training Room 1)

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

2nd: Sunshine Café: Downsizing Matters (10:00-11:30 AM) Fondulac Park District (201 Veterans Drive, East Peoria)

Come to learn and talk about downsizing, what it can do for you and those you love, and how to get it right. Join Cheryl McGuire and Elaine Goslin, the Owners of Turning Point Spaces, which is a Peoria firm that specializes in downsizing, rightsizing, real estate staging, and redesign.

**8th: Basics of Diabetes (9:30-11:00 AM)
Heartland Health Services (1701 W Garden St, 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!

10th: Eating Right with Encore: Halt the Salt! (1:00-2:30 PM) UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Believe it or not most of our sodium intake does not come from the salt shaker at the table. Ask yourself: How often do you eat out? How much of your food comes from a can or box? Join Colleen Hamilton, Registered Dietitian, to learn how to cut back on salt and keep sodium in check!

15th: Seniors on the Go: Keep Your Heart in Check! (10:30 AM-12:00 PM) Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

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 8:00-10:30 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.*

16th: Sunshine Café: Love Yourself (10:00-11:30 AM) Fondulac Park District (201 Veterans Drive, East Peoria)

As Valentine's Day has come and gone, this program will discuss ways to love yourself, including the benefits of massage therapy.

22nd: 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.

23rd: 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!*

24th: Posture is Important! (1:00-2:30 PM) UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Slouched posture is very common, but being hunched over is preventable. In addition, good posture improves breathing and reduces pain. Join Cindy Rankin, Physical Therapist, as she discusses the importance of posture and demonstrates proper stretches.

28th: Someday is Today: Live Your Bucket List (1:00-2:30 PM) UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, 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.

March Events:

1st: 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!

2nd: Sunshine Café: Senior Living Next Steps (10:00-11:30 AM) Fondulac Park District (201 Veterans Drive, East Peoria)

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

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

7th & 8th: 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.**

8th: Healthy Living as You Age (9:30-11:00 AM)
Heartland Health Services (1701 W Garden St, Peoria)

This program will discuss proper nutrition, physical activity recommendations, importance of sleep, and stress management techniques to help you live a happier, healthier life.

9th: 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 Apple-based 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.

15th: Seniors on the Go: Aging & Oral Health (10:30 AM-12:00 PM)
Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Oral health affects our ability to speak, smile, eat, show emotions, and much more. Dr. Nicole Sudholt of Donlan Dental will discuss everything you need to know about keeping your oral hygiene at its best! **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.*

16th: Sunshine Café: Volunteerism (10:00-11:30 AM)
Fondulac Park District (201 Veterans Drive, East Peoria)

Did you know that in 2015, nearly 25% of individuals, ages 65 and over, volunteered? Join this program as it discusses the benefits of volunteering and resources in your community as to where you can volunteer!

17th: The How-To's of Traveling (1:00-2:30 PM)
UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

What is Global Entry & TSA Precheck and do I need to get it? What are my transportation options for travel? What do I need to travel (passport, driver's license, visa)? What travel style options do I have? Join Marci McCarrey of Peoria Chater Travel to get your travel questions answered and to start planning your Bucket List travels!

21st: 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.

22nd: 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.

30th: 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, organize and protect your images, tell powerful visual stories, and safely share your images with family and friends through your Apple-based iPhone and iPad. Please register for this event by calling AARP at 1-877-926-8300.

31st: Addressing the Journey of Hearing Loss & Treatment (1:00-2:30 PM)
UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Join Tessa Gilfillan-Jones, Clinical Audiologist, to find out the answers to all your questions regarding your hearing and the services and benefits available to help improve our ability to stay involved and interact with the world around you.

Encore!


Screenings: 8:00-10:30 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!

Bingo following lunch!

Seniors on the Go: Keep Your Heart in Check

Date: Wednesday, February 15, 2017

**Location: Hult Center for Healthy Living
5215 N. Knoxville, Peoria**

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



UnityPoint Clinic



UnityPoint Health
Methodist | Proctor

Wellmobile

A Special THANK YOU to our 2016 Sponsors!

Brandon Wood Retirement Center

Health Alliance

Heartis Village

Heyl Royster

Humana

Liberty Village of Peoria

UnityPoint Health– Methodist | Proctor

Villas of Holly Brook & Reflections

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

Location	Discount
Alignlife North Peoria	15% Off All Alignlife Nutrients 15% Off Orthotics & Pillows 15% Off All Massages
Auto Owners Insurance Company	5% Discount on Auto Insurance 3% Discount on Mature Home Owners Insurance
Avanti's Restaurant (Peoria, East Peoria & Pekin locations)	10% Off
Heartis Village of Peoria	\$400.00 Assisted Living/Memory Care Reservation Fee Waived *One discount per family
Perkins Family Restaurant	20% Off Regular Menu Items *Not valid with discounted menus or other discounts
Riverview Senior Living Community	\$400.00 Application Fee Credited
UnityPoint Health-Methodist Cafeteria	10% Off
UnityPoint Health-Methodist Wellness Center	25% Off Membership
UnityPoint Health- Proctor Cafeteria	10% Off
Villas of Holly Brook and Reflections (Washington, Morton, Pekin & Bloomington Locations)	\$400.00 Community Fee Waived

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



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

Business After Hours
March 9, 2017

Spirit of Living
April 8, 2017

Whitney's Walk for Life
July 29, 2017

Lobster Boil
September 16, 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.