



**YOUTH HEALTH
EDUCATION PROGRAMS**



**ONCOLOGY PROGRAMS
& SERVICES**

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Encore!
Hult
Center
for healthy living

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Letter from the Executive Director

I hope that you are enjoying summer! We are excited to be welcomed by the Carver Community Center staff in our new partnership this summer. This new partnership allows the Healthy Heroes youth summer camp to be located at the Carver Community Center. This was made possible through United Way funding. The Healthy Heroes camp educates youth on healthy food choices and exercise through the CATCH (Coordinated Approach to Child Health) curriculum.

On Friday, June 8th, we hosted our Annual Golf Tournament in honor of Mike Seneca whose life was cut short due to his cancer diagnosis. We had a great time on the Metamora Fields Golf Course with a variety of new games to challenge your golf game. Thank you to all who attended. Your support will help fund our oncology programs.

In the last twenty years, suicide rates have increased by 25% across the country, and right here in Illinois suicide is the 3rd leading cause of death for ages 15 to 24 and the FIRST leading cause of death for ages 10 – 14. You can help by joining us on July 28, 2018 for our annual Whitney's Walk for Life – a 5K Walk and Run. This event makes it possible for the Hult Center for Healthy Living to continue our critical work in suicide prevention. Sheriff Brian Asbell will join us as the Honorary Chair of the Walk. You can read his letter on page 2.

September will be here before you know it! Be sure to save the date for our Annual Lobster Boil on September 22, 2018.

Sincerely,
Andrea D. Parker, Executive Director

A Word From Whitney's Walk for Life Honorary Chair:

As a police officer, I have accepted the fact that my everyday routine often involves dealing with someone else's worst day, but last May, my professional life and personal life collided amidst a tragedy. A somewhat routine call for service ended with a family member taking his own life. My family will be forever changed by this heartbreaking event as we have joined the ranks of countless others left behind, devastated by the challenge of how to move forward after such a tragedy.

On an average there are 123 suicides a day in the United States and suicide has become the 10th leading cause of death. Broken down even further, suicide is the 3rd leading cause of death among those ages 15 to 24. No race, religion, gender, profession, degree of wealth, or success is invulnerable. Every 12 minutes, another life is lost, and the emotional toll on families and friends is eternal.

I have been honored to be named Honorary Chair for Whitney's Walk for Life 2018, which

will be held at Jubilee College State Park on Saturday, July 28, 2018. Since 2004, Whitney's Walk for Life has raised over \$1.3 million dollars for LOCAL suicide prevention programs!

We still need to do more as local suicide rates continue to climb. Please join me on July 28th in showing support of the families and friends who have lost loved ones to suicide. By supporting Whitney's Walk for Life 2018, we can raise more money for depression awareness and suicide prevention programs being used right here in our community.

Together, we can continue to drive awareness, understanding and support the cause, and remain steadfast in the mission to save lives and bring hope.

From the bottom of my heart, I thank you for considering this request for support.

Sincerely,

Brian Asbell
Peoria County Sheriff

Thank you to our Mike Seneca Golf Classic Sponsors





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**

QPR: Question, Persuade, Refer **Adults**

This will train individuals to identify suicidal behaviors and save lives through innovative, practical, and proven strategies for recognizing the signs of crisis.

***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” highlights the wonders of the human body. Our professional health educators will provide an introduction program of the students choice at the Hult Center or in the Classroom, 2 programs in the classroom. The program will emphasizing the 5 senses, dental, nutrition, and exercise. The lessons will be reinforced and student interest will be captured by larger-than-life displays and interactive models. **(Two 30-minute site visits plus one 45-minute visit to the Hult Center/Classroom)**

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 5-8**

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. (five 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 those with a cancer diagnosis, survivors, & caregivers

MONDAY

Aqua Survivor | 9a | Landmark Recreation Center | 3225 N. Dries Ln., Peoria
 Gynecological Cancer Support Group | 3:30p | Illinois CancerCare | 8940 Wood Sage Rd., Peoria
 Breath of Joy Yoga | 5:15p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria
 Tai Ji for Life | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

TUESDAY

Groove Therapy (low-impact 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
 Oncology 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

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



**Free
Support Groups**
for cancer survivors
& caregivers



Oncology Caregiver Support Group

for those caring for a loved one with cancer

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

Illinois CancerCare

(8940 Wood Sage Rd., Peoria)

**Oncology 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 Monday from 3:30—5:00 p.m.

Illinois CancerCare

(8940 Wood Sage Rd., Peoria)

**For more information or if interested in attending a group, contact
Kitty Bienemann at 309-243-3461 or kbienemann@hulthealthy.org**

Kids Konnected Family Fun!

Thursday, July 19, 2018 6:30 – 8:30 p.m.

Roc Ice Cream and Golf
220 Farmdale Rd, East Peoria, IL
(Off Rt 8 between East Peoria and Sunnyland)

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

Please call Greta at 309-672-5785 by Tuesday, July 17 to sign up for the event.



A lesson in Resilience

Resilience is a big buzz word nowadays but it is a valuable psychological weapon to protect us against what stress can do to our bodies and minds. Think of resilience like a rubber band that snaps back to its original shape once it's been stretched. Our ability to "snap back" from obstacles and adversity helps us grow in ways that we never could if everything was smooth and easy all the time.

Come build your resilience and teach your kids about the value of fun in the midst of hardship by playing a round of mini golf with a scoop of ice cream at the 19th hole! This event is for the whole family. Whose golf ball with land in the water trap most often? Who will get a hole in one? Who knows but there's sure to be lots of laughs topped off with a sweet treat at the end.

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.





WHITNEY'S WALK FOR LIFE

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

Saturday, July 28, 2018

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



You Can Prevent

Type 2 Diabetes

About PreventT2 Program

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

● **Start Dates**

Tuesday, August 9, 2018
5:00-6:00 p.m.
Hult Center for Healthy Living
5215 N. Knoxville Ave.
Peoria, IL 61614

or

Monday, October 1, 2018
3:00-4:00 p.m.
Miller Senior Center
551 S. 14th St.
Pekin, IL 61554

● **Cost**

\$25.00 for the year-long program

Contact Us

Nicki Bushman
Phone: 309-672-4926
Email: nbushman@hulthealthy.org



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



MANAGING CONCERNS ABOUT FALLS

Next Session Information:

Start Date: Tuesday, August 7th

Time: 9:00-11:00 AM

Location: Hult Center for

Healthy Living

Cost: \$10.00

Encore!

To register, please call
309-672-4926

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

July Events:

11th: Catching Zzz's: The Importance of Sleep (1:00-2:30 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria) Sleep is often one of the most overlooked aspects of our well-being, unless you're one of the 164 million Americans who has trouble sleeping at night. In that case, you're probably a little *too* aware of just how great of an effect sleep has on our health. Join us for a discussion on the importance of sleep and what we can do to stop counting sheep and simply count on feeling a little better.

12th: Beginner Android (10:00-11:00 AM) Riverview Senior Living (500 Centennial Drive, East Peoria)

Join us for a very popular introductory class on using your Android-based smartphone. This class has limited space and fills quickly, so please register early AND bring your Android-based smartphone!

17th: Preventing Falls: What Can You Do? (1:00-2:30 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

Falls are the leading cause of both fatal and non-fatal injuries for seniors, and the reason for more than 3 million visits to the emergency department per year. Join Health Education Specialist, Morgan Casey, for a discussion on living a falls-free lifestyle and demonstration of exercises you can do to help prevent falls.

18th: Seniors on the Go: Don't Get Burnt! Skin Care & Cancer Prevention (10:30 AM-12:00 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

Did you know that nearly 5 million individuals are treated for skin cancer each year in the United States? Join Michelle Roth, MPAS, PA-C from Soderstrom Skin Institute as she discusses methods to protect your skin, skin cancer prevention approaches, and signs of skin cancer. 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.

19th: Sunshine Café: Fuel Well to Feel Well (10:00-11:30 AM) Fondulac Park District Administration Building (201 Veterans Drive, East Peoria)

What you put in your body matters! Join us as we discuss the MyPlate recommendations for adults, portion sizes, benefits of proper nutrition, and importance of hydration!

19th: Caregiver Wellness (4:30-5:30 PM) Grand View Alzheimer's Special Care Center (6210 N University Street, 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 discusses techniques for caregivers

to improve their health through nutrition, physical activity, stress management, and sleep.

19th: Prediabetes & You (5:00-6:00 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

An estimated 84 million adults have prediabetes, but 90% of them don't know it yet. Prediabetes puts you at a higher risk of developing type 2 diabetes, cardiovascular disease, and stroke. This program will discuss the basics of prediabetes and what steps you can take to prevent or delay the onset of type 2 diabetes and other serious health conditions.

24th: Navigating through Medicaid & Medicare (1:00-2:30 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

With all of the changes in the Illinois Medicaid program, there is a lot of confusion. We plan to discuss ways you may be able to increase benefits without cost. There are plans in your area that you may qualify for that offer transportation, over the counter benefits, dental and more.

24th: Beginner Android (5:00-7:00 PM) UnityPoint Health at N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Join us for a very popular introductory class on using your Android-based smartphone. This class has limited space and fills quickly, so please register early AND bring your Android-based smartphone!

25th: Writer Within (1:30-3:00 PM) UnityPoint Health at N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)

This is the perfect group to write your story that you have lived in memoir form and to pass on to family members and friends, today and "tomorrow". 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.

26th: Lawn Envy (1:00-2:00 PM) UnityPoint Health at N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Hear the tips and tricks of home lawn care. Learn about lawn tools, battling weeds, repairing damaged lawns and prepping for cold winter months. AARP will offer free educational courses on how-to make your lawn the envy of the neighborhood.

31st: Living with Chronic Illness (1:00-2:30 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

Are you living with a chronic illness? This program will discuss the definition and risk factors of living with chronic illness, the impact on your life with chronic illness, tips

and medical steps to take to help with chronic illness, and exercises to assist with a daily program at home.

August Events:

**2nd: Sunshine Café: CPR-Part 1 (10:00-11:30 AM)
Fondulac Park District Administration Building (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.

**2nd: Is Gluten-Free for Me? (11:30 AM-12:30 PM)
Humana (2601 West Lake Avenue, Peoria)**

Many people are giving up gluten and the grains it's found in, but do you need to? Find out what gluten is, who needs to avoid it, and the dangers of cutting it out unnecessarily.

**3rd: Bone Up (1:00-2:30 PM) UnityPoint Health at N.
Allen-Conference Room C (2338 W. Van Winkle Way,
Peoria)**

Did you know that not all exercises build bone health? Even if you have Osteoporosis, you may be able to increase your bone density with targeted workouts two times a week. Come learn about exercises you should and should not do to build healthy bones!

**7th: What to Expect When You're Hospitalized (1:00-2:30
PM) UnityPoint Health at N. Allen-Conference Room C
(2338 W. Van Winkle Way, Peoria)**

There are so many unknowns that occur during a hospital stay. Simply knowing what to expect can help to alleviate some stress and anxiety that lead to your visit. Join Beth Pate, Registered Nurse, as she helps you navigate through what you should expect for your stay in the hospital.

**9th: Beginner iPhone & iPad (5:00-7:00 PM) UnityPoint
Health at 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!

**15th: Seniors on the Go: Aging and Your Eyes (10:30
AM-12:00 PM) Hult Center for Healthy Living (5215 N.
Knoxville Ave, Peoria)**

Come join Dr. Sarah Salim of Illinois Eye Center in a discussion on the different ways aging can impact your eyes. She will cover topics such as presbyopia, dry eyes, cataracts, diabetes, macular degeneration, and much more. In our discussion, we will take a look at different ways to catch early signs of aging changes and ways to treat and maintain your best vision. 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.

**16th: 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 and hands-on training.

**22nd: Writer Within (1:30-3:00 PM)UnityPoint Health at
N. Allen-Conference Room A (2338 W. Van Winkle Way,
Peoria)**

This is the perfect group to write your story that you have lived in memoir form and to pass on to family members and friends, today and "tomorrow". 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: 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.

**24th: Eating Right with Encore: Nutrition for Bone Health
(1:00-2:30 PM) UnityPoint Health at N. Allen-Conference
Room C (2338 W. Van Winkle Way, Peoria)**

Did you know that the foods you eat can affect your bones? Protect your bones by eating a healthy diet. Learn about certain nutrients that can play a key role in preventing and managing bone diseases, such as osteoporosis. Live a full and active life with healthy bones!

**28th: Safer Sex for Seniors: What You Need to Know
(1:00-2:30 PM) Hult Center for Healthy Living (5215 N.
Knoxville Ave, Peoria)**

The Centers for Disease Control and Prevention reports significant increases in Sexually Transmitted Infections (STIs) among adults 65 and over. Your risk of contracting STIs is a possibility at any point in your life if you are sexually active, and this risk does not go down with age. This program will discuss what you need to know about STIs, including Hepatitis C, and how to maintain and promote your health and the health of your partner.

**29th: Communicating with Your Healthcare Provider
(1:00-2:30 PM)UnityPoint Health at N. Allen-Conference
Room C (2338 W. Van Winkle Way, Peoria)**

Taking an active role in your or your loved ones health care is vital for planning ahead and making the most out of each physician visit. Join Jackie Bowers, Director of OSF Senior World, as she discusses tips on how to prepare for a doctor visit, communication techniques to use during a visit, and how to plan for the future.

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

30th: Advanced iPhone & iPad (5:00-7:00 PM) UnityPoint Health at 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: Sunshine Café: Fraud, Scams, and Safety-Oh My! (10:00-11:30 AM) Fondulac Park District Administration Building (201 Veterans Drive, East Peoria)

Join us as a Tazewell County Deputy discusses recent frauds and scams, how to identify scammers, and ways to protect and empower yourself to refuse a scam.

7th: HomeFit (1:00-2:30 PM) UnityPoint Health at N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Is your home "HomeFit"? AARP HomeFit can help you make where you live a lifelong home that's comfortable, safe and a great fit. From simple do-it-yourself repairs to larger design projects, we'll share smart solutions for making your home a great fit. Light refreshments will be served.

11th: Digital Photography & Your iPhone/iPad (1:00-3:00 PM) UnityPoint Health at 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 iPhone and iPad. Please register for this event by calling AARP at 1-877-926-8300.

12th: Pre-Planning Your Funeral (1:00-2:30 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

Whatever the reason your decision may be, preplanning is a logical decision that a rapidly growing number of people make each day. More and more people are taking control of their funeral arrangements and finances well in advance. Eric Ham, 20-year funeral director/embalmer and Veronica Haskell, Certified Funeral Celebrant at Haskell-Hott Funeral Homes will give an educational seminar on the benefits of pre-arranging end of life decisions.

17th: Prediabetes & You (3:00-4:00 PM) Miller Senior Center (551 S. 14th Street, Pekin)

An estimated 84 million adults have prediabetes, but 90% of them don't know it yet. Prediabetes puts you at a higher risk of developing type 2 diabetes, cardiovascular disease, and stroke. This program will discuss the basics of prediabetes and what steps you can take to prevent or delay the onset of type 2 diabetes and other serious health conditions.

19th: 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, various screenings, information from over 40 community resources, and continental breakfast! Be sure to stay for our two presentations at 8:15 AM and 9:15 AM, as well as our healthy cooking demonstration at 10:15 AM!

20th: Sunshine Café: Healthy Shopping Tour (10:00-11:30 AM) Hy-Vee at Sheridan Village (4125 N. Sheridan Road, Peoria)

Join us as Hy-Vee's Registered Dietitian takes us around the store to educate us on reading food labels and discovering new food choices. She will also discuss quick meal ideas, stretching your food dollars, and much more!

25th: The New Tax Law and You (1:00-2:00 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

Join us as AARP Illinois discusses more about the new tax reform passed late December 2017 and how it affects you and your family.

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

This is the perfect group to write your story that you have lived in memoir form and to pass on to family members and friends, today and "tomorrow". 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: Influenza: What You Need to Know (1:00-2:30 PM) UnityPoint Health at N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Did you know that individuals who are 65 years and older are at greater risk for serious complications from the flu? With flu season just around the corner, join Beth Pate, Registered Nurse, as she discusses what the flu is, symptoms, types, prevention, if the influenza vaccine is for you, and much more!

28th: Taming the Legal Lions (1:00-2:30 PM) UnityPoint Health at 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!

Oncology Support Programs and Services

Nutritional Services are provided by our Registered Dietitians who work one-on-one with patients and their oncology team to develop a nutrition plan that supports healing and helps improve quality of life during cancer treatments and beyond. They also provide healthy cooking demonstrations, nutrition presentations, and a breast cancer survivors' weight management program. To make an appointment or for details, contact Grace at 309-243-3464 or gghensold@hulthealthy.org or Jeanna at 309-243-6462 or jrich@hulthealthy.org.



Counseling Services for individuals with a cancer diagnosis, families, and caregivers. Our licensed counselor conducts individual counseling, educational presentations, therapeutic support groups, and palliative care clinics. To make an appointment or for more information, contact Kitty at 309-243-3461 or kbienemann@hulthealthy.org.



Therapeutic Services

- **Individual Healing Touch Session**—By appointment only on the 2nd Thursday of each month at 8:30 AM and 9:15 AM. Please call 309-692-6650 to schedule your appointment.
- **Massage Therapy**— By appointment only. Massages are \$35 per hour for those in “active” treatment and \$45 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.
- **Reflexology**— By appointment only on the 3rd Thursday of each month at 8:30 AM and 9:15 AM. Call 309-692-6650 to schedule an appointment.

Healthy Living Classes

- **Aerobics**— Gentle Exercise with low impact. All Levels welcome. (Methodist Wellness Center)
- **Tai Ji for Life for Beginners**— Ancient art of meditative movement. (Hult Center)
- **Tai Ji for Life of Learning**— An advanced level of the art form with more in-depth understanding and practice. (Hult Center)
- **Breath of Joy Yoga**— A registered yoga teacher, Marcy brings her experience as a cancer survivor to the class. (Hult Center)
- **Yoga with Jean**— All levels welcome. (Hult Center)
- **Living Strong**— Strength training class. All levels welcome. (Methodist Wellness Center)
- **Restorative Yoga**— Gently open body, heart and mind with breath and movement in this yoga class. Beginner friendly. (Hult Center)
- **Mindfulness Meditation**— Every Tuesday at 5:15 PM. A very simple form of meditation, so you don't need any previous experience. (Hult Center)

ANNUAL SENIOR HEALTH FAIR

September 19, 2018 7:30-11:30 AM

Come on out for the biggest Encore event of the year! The annual Senior Health Fair will have the UnityPoint Health Wellmobile, various screenings, information from over 40 community resources, and continental breakfast! Be sure to stay for our two presentations at 8:15 AM and 9:15 AM, as well as our healthy cooking demonstration at 10:15 AM! Call us at (309) 672-4926 or email Nicki at nbushman@hulthealthy.org for more information.

Membership Discounts

If you have any additional questions about membership discounts or the Encore program, please contact the Assistant Manager:

Nicki Bushman, MPH

(309) 672-4926 or nbushman@hulthealthy.org

Location	Discount
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
Home Health Plus Services	New Clients: \$1.00 off per hour for first month *Does not apply to member who currently receives a package rate in an Independent Living Community
Perkins Family Restaurant	20% Off Regular Menu Items *Not valid with discounted menus or other discounts
Riverview Senior Living Community	\$500.00 application fee will be credited
UnityPoint Health-Methodist & Proctor Cafeteria	10% Off
UnityPoint Health- Methodist Wellness Center	25% off Membership



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



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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 28, 2018

Lobster Boil
September 22, 2018



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.