



# Encore!



**Hult Center for Healthy Living is going green this year! The full newsletter covering all programs is available online at [www.hulthealthy.org](http://www.hulthealthy.org).**

The Encore newsletter will be printed and mailed quarterly.

**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 or visit [www.hulthealthy.org/newsletter](http://www.hulthealthy.org/newsletter)**

Happy Spring, Encore Members!

After a long winter, I am excited to have warm weather coming our way! We have an exciting and fun-filled year ahead of us with Encore! The National Diabetes Prevention Program will be having two groups beginning this quarter in both Peoria and Tazewell Counties. If you, or someone you know, is pre-diabetic or at risk for type 2 diabetes, then you want to be sure to check out this program! More information can be found on page 2 of the newsletter. We will also be starting another group of the Matter of Balance fall prevention program on June 3rd. For more information, be sure to see details on page 2. Please be sure to check out our Seniors on the Go programs, as we will be having presentations on the following topics: COPD, Aging and Oral Health, and Strokes.

We are excited for the start of a new program, entitled Thrive4Life! This program is designed for individuals who have completed our year-long National Diabetes Prevention Program and will help participants in their lifelong journey for wellness and disease-free lifestyle. Thrive4Life will provide participants who have completed the National Diabetes Prevention Program the long-term support that is pivotal to lifelong success of lifestyle change. You must have completed the National Diabetes Prevention Program to be eligible, please contact Nicki or Ellery at 309-672-4926 for more information.

As always, please be sure to register for Encore events in advance by calling (309) 672-4926 or by going online to [www.hulthealthy.org](http://www.hulthealthy.org).

I hope to see many of you at the upcoming programs! We always welcome and encourage you to bring a friend or family member as well!



All the best,

Nicki Bushman, MPH  
Assistant Manager  
[nbushman@hulthealthy.org](mailto:nbushman@hulthealthy.org)



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, May 7, 2019	Tuesday, June 4, 2019
9:00-10:00 a.m.	5:00-6:00 p.m.
Miller Senior Center	Hult Center
551 S. 14th St.	5215 N. Knoxville Ave.
Pekin, IL 61554	Peoria, IL 61614

#### ● 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



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

### Next Session Information:

Start Date: Monday, June 3, 2019

Time: 10:00 AM-12:00 PM

Location: Hult Center

Cost: \$10.00



To register, please call  
309-672-4926

Please register in advance for all programs by calling Encore! at 309.672.4926.

## April Events

**3rd: Six Secrets to Losing Weight (11:30 AM-12:30 PM)** Humana (2601 West Lake Ave, Peoria)

Weight can sometimes go up and down like a rollercoaster. Learn six secrets that may help you in your journey to maintaining a healthy weight.

**4th: Sunshine Café: Attitude Motivation & Behavior Change (10:00-11:30 AM)** Fondulac Park District Administration Building (201 Veterans Drive, East Peoria)

Attitudes can positively or negatively affect a person's behavior. ... These positive attitudes are usually manifested in a person's behavior; people with a good attitude are active and productive and do what they can to improve the mood of those around them. How can our own behaviors and attitudes affect our health and how can we have better behaviors and attitudes?

**10th: Catching Zzz's (1:00-2:30 PM)** Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Sleep is often one of the most overlooked aspects of our well-being, in fact, 35% of adults in America get less than 7 hours per night. Join us for a discussion on the importance of sleep, its relationship to chronic disease, sleep disorders, and what we can do to stop counting sheep and simply count on feeling a little better.

**16th: Senior Care Network's Dimensions of Wellness (1:00-3:00 PM)** Carver Community Center (710 W Percy Baker Jr Ave, Peoria)

Organized by Senior Care Network, this educational fair featuring speakers on brain health, vendors, door prizes, healthy snacks, and giveaways. The Dimensions of Wellness event is focused on helping older adults remain healthy as they age.

**17th: Seniors on the Go: COPD: Know the Facts (10:30 AM-12:00 PM)** Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Did you know that chronic lower respiratory disease, primarily COPD, was the fourth leading cause of death in the U.S. in 2016? Join Dr. Gupta, Pulmonologist, as she discusses COPD and methods to keep your lungs healthy. The Wellmobile will be available from 8:00-10:30 AM for screenings at no charge! Screenings include blood glucose, cholesterol, spirometry, and blood pressure. Fasting is required for these screenings. The presentation begins at 10:30 and is followed with a lunch. Participants must register in advance for presentation.

**18th: Sunshine Café: Energy Savings Tips (10:00-11:30 AM)** Fondulac Park District Administration Building (201 Veterans Drive, East Peoria)

Join Ameren Illinois as a representative provides tips on how you can save energy within your home!

**19th: Beginner iPhone & iPad (1:00-3:00 PM)** Hult Center for Healthy Living (5215 N. Knoxville, 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!

**23rd: Senior Day in the Park (9:00 AM-1:00 PM)** Veteran's Memorial Arena (250 Red Bud Drive, Pekin)  
Join the Miller Senior Center for the 2nd Annual SENIOR DAY IN THE PARK! This is a senior resource fair that provides education, health screenings, bingo, prizes, entertainment and a lunch for seniors at no cost!

**24th: Prediabetes: Are You at Risk? (1:00-2:30 PM)** Hult Center for Healthy Living (5215 N. Knoxville, 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.

**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.

**29th: Freeform Dance (10:00-11:00 AM)** Hult Center for Healthy Living (5215 N. Knoxville, Peoria)  
Freeform dance is free movement to music or rhythm. You move however your body feels like moving. This kind of self-expression can bring out feelings of wellbeing, freedom, and joy. If you can move, you can dance!



Please register in advance for all programs by calling *Encore!* at 309.672.4926.

30th: Eating Right with Encore: Healthy Eating for Active Aging (1:00-2:30 PM) Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

This program provides a more in-depth look at nutrition and physical activity guidelines for older adults.

## May Events

2nd: Sunshine Café: Essential Oils (10:00-11:30 AM) Fondulac Park District Administration Building (201 Veterans Drive, East Peoria)

You've probably heard the buzzword "essential oils" before, but what exactly are they? Join us to find out more about essential oils and how they may benefit you.

7th: Healthy Brain & Mental Fitness (1:00-2:30 PM) Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Can "Brain games" delay dementia? If my parents had Alzheimer's, am I doomed? Can you improve mental sharpness with diet and exercise? This presentation, presented by Professional Therapy Services, will answer all these questions and more.

8th: Lawn Envy (1:00-2:30 PM) Hult Center for Healthy Living (5215 N. Knoxville, 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.

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. It has even been linked with chronic diseases, such as diabetes and heart disease. Dr. Nicole Sudholt of Donlan Sudholt 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: Adaptive Equipment (10:00-11:30 AM) Fondulac Park District Administration Building (201 Veterans Drive, East Peoria)

Did you know that there are hundreds of various types of adaptive equipment to help you live your life with more ease? Join Personal Mobility as they educate on the different types of adaptive equipment to help you get more out of life!

22nd: Hearing Loss: It's Not Just About Your Ears (1:00-2:30 PM) Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Hearing loss impacts much more than just the volume of the television or interactions with friends and family. Correlations have been found between hearing and many other aspects of cognitive and physical health. This presentation will discuss these hidden effects of hearing loss and how to obtain appropriate treatment.

23rd: Advanced iPhone & iPad (1:00-3:00 PM) Hult Center for Healthy Living (5215 N. Knoxville, 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.

29th: 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.

30th: Medicare Made Clear (10:00-11:30 AM) Hult Center for Healthy Living (5215 N. Knoxville, 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.

## June Events

**4th: Lymphedema- What You Need to Know (1:00-2:30 PM)** Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Join Janet Forinash, Certified Lymphedema Therapist with Professional Therapy Services as she discusses everything you need to know about lymphedema, from signs and symptoms to appropriate treatments.

**5th: Digital Photography & Your iPhone/iPad (1:00-3:00 PM)** Hult Center for Healthy Living (5215 N. Knoxville, 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.

**6th: 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.

**7th: Senior Care Network's Picnic in the Park (11:00 AM-1:30 PM)** Fondulac Park District (201 Veterans Drive, East Peoria)

Come on out for an afternoon full of education, resources, entertainment, and a lunch at no cost!

**11th & 12th: AARP Smart Driver Course (8:30 AM-12:30 PM)** Hult Center for Healthy Living (5215 N. Knoxville Ave. 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 AARP membership card, Driver's License, and a pen. Must attend full session on both days to qualify for Insurance Discount.

**13th: Power of Positivity (1:00-2:30 PM)** Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Do you look at the glass as half empty or half full? In this program, we practice the power of positive thinking. Sometimes, we simply get stuck in a rut and

need to examine our habits. Learn how to develop new habits, cope with stress, and increase your happiness in this presentation.

**19th: Seniors on the Go: Stroke Basics (10:30 AM-12:00 PM)** Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Did you know that strokes are the fifth leading cause of death in the United States? Join Dr. Honan, UnityPoint Health – Pekin East Medical Director, as he discusses the basics of stroke and how to lower your risk. 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.

**20th: 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.

**25th: Nutrition & Cancer: What's the Connection? (1:00-2:30 PM)** Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

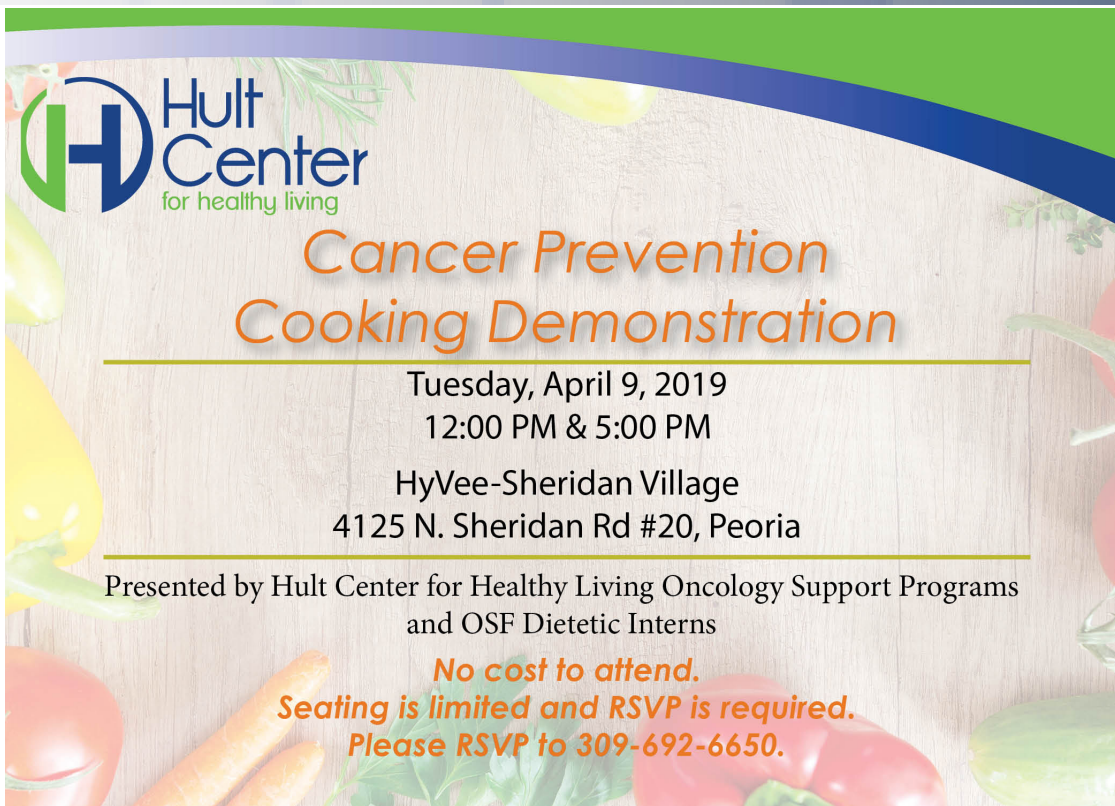
Did you know what you eat may affect your risk to develop cancer? This program will discuss how food along with other factors can affect risk for cancer. Join Grace Hensold, Oncology Registered Dietitian, to learn how to make healthful choices to reduce your risk!

**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: Taming the Legal Lions (1:00-2:30 PM)** Hult Center for Healthy Living (5215 N. Knoxville Ave, 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!

**Hult Center**  
for healthy living

## Cancer Prevention Cooking Demonstration

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Tuesday, April 9, 2019  
12:00 PM & 5:00 PM

HyVee-Sheridan Village  
4125 N. Sheridan Rd #20, Peoria

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Presented by Hult Center for Healthy Living Oncology Support Programs  
and OSF Dietetic Interns

*No cost to attend.  
Seating is limited and RSVP is required.  
Please RSVP to 309-692-6650.*

# Annual Senior Health Fair



*SAVE THE DATE*  
**September 18, 2019**  
**7:30-11:30 AM**  
Hult Center for Healthy Living  
5215 N. Knoxville Ave.  
Peoria, IL 61614

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# Oncology Support Programs and Services

## Nutritional Services

Our Registered Dietitians 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 [gkensold@hulthealthy.org](mailto:gkensold@hulthealthy.org) or Jeanna at 309-243-6462 or [jrich@hulthealthy.org](mailto:jrich@hulthealthy.org).



## Counseling Services

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



## Massage Therapy

Massages are \$35.00 per hour for those in "active" treatment and \$45.00 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.

## Healthy Living Classes

**Aerobics**– Tuesdays at 9:00 AM (Methodist Wellness Center) Gentle exercise with low impact. All Levels welcome.

**Breath of Joy Yoga**– Mondays at 5:15 PM (Hult Center) A registered yoga teacher, Marcy brings her experience as a cancer survivor to the class.

**Yoga with Jean**– Wednesdays at 11:00 AM (Hult Center) All levels welcome.

**Living Strong**– Fridays at 9:00 AM (Methodist Wellness Center) Strength training class. All levels welcome.

**Restorative Yoga**– Thursdays at 5:30 PM (Hult Center) Gently open body, heart, and mind with breath and movement in this yoga class. Beginner friendly.

**Mindfulness Meditation**– Every Tuesday at 5:15 PM. (Hult Center) A very simple form of meditation, so you don't need any previous experience.



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

# Interested in Volunteering?

The Hult Center for Healthy Living has a wide variety of volunteer opportunities to serve youth and adults that engage in our programs.

For more information, contact Renea at 309.692.6650!