

Hult Center for Healthy Living has been a vital community resource in the areas of physical, mental, and social/emotional health. Hult Center typically serves over 70,000 youth and adults each year through educational programming, mental health consultations, and oncology support programs and services. Due to our 30 year reputation and ability to adapt to community needs, Hult Center has built a foundation of trust and familiarity and has provided services to multi-generations of families in our community. During the COVID-19 shutdown and school closures, it is estimated that over 6,000 families, students, teachers and parent/caregivers missed health education programming and services as a result. At this same time, though, Hult Center's oncology team saw a dramatic increase in the need for supportive services. With the uncertainty of school delivery and changing community needs due to COVID-19, Hult Center has adapted to address these needs in some creative and unique ways.

First, Hult Center is proud to announce that we applied for and were awarded a Community Development Block Grant (CDBG) from City of Peoria to respond to COVID-19 and community needs. Through the "Neighborhood Response Team for COVID-19 Relief" project, our public health professionals are working with three UnityPoint In-School Health Clinics (located at Peoria High School, Trewyn School, and Manual High School) to provide COVID-19 prevention education, routine healthcare services, and community referrals. Clinic visits have provided the perfect opportunity to ensure that our local families are prepared with the knowledge and tools to prevent and protect themselves from COVID-19. Our team is also providing COVID-19 supplies and education throughout targeted neighborhoods in Peoria. Be on the lookout for some of our stops. So far, we have collaborated with local nonprofits, food pantries, clinics, and more to reach individuals in need. This project will continue through the remainder of the year.

We have also continued to provide health education programming for youth and adults. During the shutdown, we transformed our health education programs to virtual learning, and have continued to offer a virtual option for those individuals who prefer to remain distanced. For our youth programs, Hult Center staff is currently in the process of developing a new, e-learning platform that will allow for self-paced learning for our middle and high school students. Grant funding from the Illinois Department of Public Health has made this possible. Our new "Hult E-learning" platform is set to launch in October, and will help to close some of the gaps for the students who missed programs during school closures. The platform will also allow students to revisit past programs and serve as a continuous learning tool for a healthy future. For the fall, our Health Education Specialists will only be providing youth education virtually, and we will reassess field trip and outreach opportunities for the spring.

Hult Center is also launching a new Prevent T2 cohort this fall. At this time, we will continue to offer dual participation, with in-person and virtual available. If you are looking to improve your health and reduce your risk of type 2 diabetes, join us for All About the Prevent T2 Program on September 29th to find out more about this year-long lifestyle change program. Prevent T2 uses trained Lifestyle Coaches to facilitate discussions and lessons to help participants learn new, healthy lifestyle skills, set goals, and stay motivated, while interacting with a cohort of people with similar goals and challenges. Throughout the one year program, there will be private weigh-ins, food and activity tracking, and action planning to help participants be successful. You must be considered prediabetic by your healthcare provider to participate in this program, however, we find that most people are unaware that they are prediabetic. Please call or refer to our website to learn more about prediabetes. A limited number of participants may register, so please sign up early. The cost to participate is \$100 for the entire one year program, which helps to cover the cost of materials for each participant.

Browse our newsletter for current updates and new program offerings this fall, and be sure to check our website and social media for any unanticipated changes. We look forward to seeing you at Hult Center for Healthy Living!

Sincerely,  
Andrea Parker, RN, MS  
Executive Director  
Hult Center for Healthy Living

To register for any class or program, please visit Hult Center for Healthy Living website [www.hulthealthy.org](http://www.hulthealthy.org) or call us at 309-692-6650.

### Fall Adult Health Education Opportunities

#### A Matter of Balance Fall Prevention Program

Do you find yourself frequently falling or being fearful of falling? *A Matter of Balance* is an eight-week, evidence-based program to reduce your fear of falling and increase activity levels. *Cost for this program is \$20 for the entire 8-week program. Participants must register in advance by going online or by calling Hult Center for Healthy Living at 309-692-6650. Class size is limited to 8 individuals to allow for physical distancing, so please register early.*

**Tuesday, September 1st: A Matter of Balance (8:30 AM - 10:15 AM) Hult Center for Healthy Living (5215 N Knoxville Avenue, Peoria)**

This 8-week course will take place on the following dates: 9/1, 9/15, 9/22, 9/29, 10/6, 10/20, 10/27, and 11/3; Attendance is required for minimum 7 out of 8 sessions.

**Tuesday, September 1st: A Matter of Balance (10:15 AM - 12:00 PM) Hult Center for Healthy Living (5215 N Knoxville Avenue, Peoria)**

This 8-week course will take place on the following dates: 9/1, 9/15, 9/22, 9/29, 10/6, 10/20, 10/27, and 11/3; Attendance is required for minimum 7 out of 8 sessions.

**Monday, September 21st: A Matter of Balance (9:00 AM - 11:00 AM) Hult Center for Healthy Living (5215 N Knoxville Avenue, Peoria)**

This 8-week course will take place on the following dates: 9/21, 9/28, 10/5, 10/26, 11/2, 11/9, 11/16, 11/23; Attendance is required for minimum 7 out of 8 sessions.

#### 27th: Writer Within (1:30-3:00 PM) ZOOM Meetings Only

This is the perfect monthly 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. Dates are:  
 -Wednesday, August 26th  
 -Wednesday, September 23rd  
 -Thursday, October 29th  
 -Wednesday, November 25th  
 -No December meeting  
*There is no cost for this program. To sign up, please call 309-692-6650.*

### Prevent T2

Prevent T2 is a year-long evidenced-based lifestyle change program that empowers individuals to decrease their risk of developing type 2 diabetes. The program is limited to only 15 individuals. At this time, both in-person and virtual options will be available. In order to qualify for this program, you must be considered prediabetic. Those who have type 2 diabetes will not qualify for the class. Check out the CDC Prediabetes Screening Test on the following page, or talk to your doctor to determine your risk for type 2 diabetes. The cost is \$100 for the entire year-long program. *Please register by calling or emailing Debbie Harris, Diabetes Prevention Lifestyle Coach at 309-692-6650 or email [dharris@hulthealthy.org](mailto:dharris@hulthealthy.org).*

#### To be eligible for the program, you MUST meet all of the following:

1. Be 18 years or older
2. Not pregnant at the time of enrollment
3. Not diagnosed with type 1 or type 2 diabetes
4. Have a body mass index of >25 (or >23 if Asian American) [Click here to calculate your BMI.](#)

#### AND must meet ONE of the following:

1. A recent (within the past year) blood test meeting one of the following:
  - Fasting blood glucose of 100-123 mg/dl
  - Plasma glucose measured 2 hours after a 75gm glucose load of 140 to 199 mg/dl
  - A1C of 5.7 to 6.4
2. Clinically diagnosed gestational diabetes during a previous pregnancy
3. A positive screening for prediabetes on the CDC Prediabetes Screening Test (Score of 5 or more on Page 3)

**Tuesday, September 29th: Session 0: All About the Prevent T2 Program; Preview Session (10:00-11:00 AM) Hult Center for Healthy Living (5215 N Knoxville Avenue, Peoria)** Join us for an informational class. You'll learn about prediabetes, what the Prevent T2 program offers, as well as the eligibility criteria and what makes a person successful. If you're ready to join this lifestyle change program, you'll also have the opportunity to register for the program today! There is no cost to attend Session 0. *Please register online or call Hult Center for Healthy Living at 309-692-6650.*

**Tuesday, October 13th: Prevent T2: Session 1 (10:00-11:00 AM) Hult Center for Healthy Living (5215 N Knoxville Avenue, Peoria)**

There are 24-26 sessions throughout the year-long program. Participants meet weekly as a group for the first 16 weeks, followed by monthly.

### Did you know... 1 out of 3 people are prediabetic, and 84% of them do not know! (CDC, 2020)

You can take the Prediabetes Risk Test online by visiting [www.cdc.gov/diabetes/risktest](http://www.cdc.gov/diabetes/risktest) or see below:

#### 1. How old are you?

- Younger than 40 (0 points)
- 40-49 (1 point)
- 50-59 (2 points)
- 60 or older (3 points)

#### 2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

#### 3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

#### 4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

#### 5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

#### 6. Are you physically active?

- Yes (0 points)
- No (1 point)

#### 7. What is your weight category? (See chart to the right)

### TOTAL SCORE: \_\_\_\_\_

If you scored a 5 or higher, you are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Talk to your doctor to see if additional testing is needed. Prediabetes is serious, and there are steps you can take now to delay or prevent type 2 diabetes. In individuals with prediabetes, blood sugar levels are higher, but not quite high enough to be considered diabetic.

(This risk test is provided by the American Diabetes Association and the Centers for Disease Control and Prevention.)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>
You weigh less than the 1 Point column (0 points)			



### COVID-19 Neighborhood Response Team

Funded by City of Peoria's Community Development Block Grant (CDBG)

Hult Center for Healthy Living is excited to announce the formation of the *Neighborhood Response Team for COVID-19 Relief*. This team is mobilizing to create a new network to deliver clinical healthcare services, health education, and critically-needed COVID-19-related information and supplies. To reach those in need of education and supplies, Hult Center's team will work with our local community resources, including, but not limited to Hult Center's team of public health professionals, three UnityPoint In-School Health Clinics (Peoria High, Manual, and Trewyn), Peoria Public School's Wraparound Center, and local food pantries. Through neighborhood events, Hult Center's team will provide COVID-19 prevention education, community referrals, and COVID-19 supply distribution, such as masks and hand sanitizer, for example. Neighborhood outreach events will be scheduled through the end of the year. Please visit Hult Center's website ([www.hulthealthy.org](http://www.hulthealthy.org)) and social media for the most updated list of events. Currently, Hult Center is scheduled for the following dates:

Friday, September 4th: George Washington Carver Center (710 W. Percy Baker Dr. Ave., Peoria) from 10:00 AM - 12:30 PM

Wednesday, September 9th: Heartland Health Services (2301 N. Wisconsin Ave., Peoria) from 12:00 PM - 2:00 PM

Saturday, September 19th: First United Methodist Church, Loaves & Fish (116 NE Perry Ave., Peoria) from 10:00 AM - 1:00 PM

September 22nd: Pilgrim's Progress Church of God in Christ (3033 W. Marquette St., Peoria) from 3:00 PM - 5:00 PM

Hult Center is requesting donations now through December to distribute at neighborhood events. Seeking masks, hand sanitizer, hand soaps, and other essential supplies. Donations can be dropped off at Hult Center for Healthy Living Monday through Friday 8:30 AM - 4:00 PM. Please call or email [info@hulthealthy.org](mailto:info@hulthealthy.org) for more information.

### HCHL's Youth Education Programming Goes Virtual for Fall 2020

Hult Center for Healthy Living will be bringing our health education theatres to homes and classrooms this fall! In place of field trips to the Hult Center and outreach health education to local schools, Hult Center's Youth Education team will provide LIVE, virtual health education presentations to groups using various virtual platforms. Schools and groups will interact virtually with our Health Education Specialists as they teach from inside Hult Center's theatres.

#### Fall 2020 LIVE Virtual Program Offerings:

Your Amazing Brain! Grades PreK-1st

Food, Fitness, and Fun Grades 2nd-3rd

Healthy Adventure Grades 3rd-4th

Choice or Chance: Drug Prevention Grades 4th-5th

Puberty: Exploring and Navigating Changes\* Grades 4th-5th

\*Students are separated by sex for this program

Human Reproduction and Pregnancy Grades 6th-8th

Teen Talk: Sexual Health Education Grades 6th-12th

Decisions: Drug Abuse Prevention Grades 8th-12th

Marijuana 101 Grades 7th-12th

Vaping 101 Grades 7th-12th

Suicide Prevention Grades 6th-12th

LIVE Presentations are OPEN for scheduling! Programs can be scheduled online by visiting [www.unitypoint.org/peoria/classes-and-events](http://www.unitypoint.org/peoria/classes-and-events) Under Hult Center Youth Classes!

#### E-Learning Health Education

Starting October 1st, 2020, Hult Center will launch our new E-Learning Health Education platform! Thanks to funding from the Illinois Department of Public Health, E-Learning program offerings will include Adolescent Sexual Health Education and Suicide Prevention Education for middle and high school aged students attending Peoria Public Schools.

For more information regarding Hult Center's virtual programs or E-Learning Platform, please email [info@hulthealthy.org](mailto:info@hulthealthy.org).

### Now more than ever, it is important to take steps to protect everyone's respiratory health in all places people live, work, and play.

Hult Center for Healthy Living is an Illinois Tobacco-Free Communities Partner. Through the Illinois Tobacco-Free Communities program, Hult Center for healthy Living continues to provide no-cost technical assistance and tobacco-free signage in assisting business campuses, parks, events, apartment complexes, and other outdoor spaces adopt tobacco-free policies. Call us today, or email Jessica at [jjohnson@hulthealthy.org](mailto:jjohnson@hulthealthy.org)!



This project was made possible by funds received from the Peoria City/County Health Department and Illinois Department of Public Health.

#### In-School Health Clinics OPEN for Peoria Public Schools Students

The UnityPoint In-School Health Clinics are open and accessible to any student enrolled in Peoria Public Schools. The In-School Health Clinics offer a full-range of health care services, are located inside Peoria High, Manual High, and Trewyn school. The clinics are open Monday-Friday, 8am to 3:30pm.

For information on how to enroll youth in clinic services, visit [www.hulthealthy.org/in-school-health](http://www.hulthealthy.org/in-school-health)

### Oncology Support Programs & 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.

There is no cost for nutritional services for patients with a cancer diagnosis. To make an appointment with one of our registered dietitians or for more information, please contact: Grace at 309-243-3464 or [ghensold@hulthealthy.org](mailto:ghensold@hulthealthy.org) or Jeanna at 309-243-6462 or [jrich@hulthealthy.org](mailto:jrich@hulthealthy.org).



#### Individual, Family, & Caregiver Counseling

For all individuals with a cancer diagnosis, their caregiver, or family. **By appointment only.**

#### Oncology Support Groups Gynecological Cancers

For women who have or have had a gynecological cancer. Meets every Monday from 3:30 - 5:00 p.m. at Illinois CancerCare.

#### Blood Cancers

\*All cancer types are welcome. Meets every Wednesday from 1:00-3:00 p.m. at Hult Center for Healthy Living (5215 N. Knoxville Ave, Peoria).

Counseling services are provided at no cost. To make an appointment with our counselor, or for more information, please 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

At this time, Healthy Living Classes have been paused, but we hope to continue classes as soon as we are able!



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## Help Us Go Green!



In order to "go green" and minimize expenses, HCHL will no longer provide a printed newsletter. Instead, you can view our newsletter online. This way, you will still be able to catch up with all of our programs and services, as well as other events and news updates throughout the year! For more information, please call us at 309-692-6650 or email [info@hulthealthy.org](mailto:info@hulthealthy.org).

## ANNUAL FUNDRAISING UPDATE

Hult Center for Healthy Living's events looked a lot different this year due to COVID-19. Here is an update on our four annual fundraisers:

**Uncorked!** *Uncorked!* was scheduled to take place in person on March 27th, which turned out to be right at the brink of our stay-at home order. Hult Center was the first nonprofit in our community to go virtual with a fundraiser, and it was a tough decision. We pushed on, and hosted an online auction. We hope to hold *Uncorked!* in person in March 2021.

**Seneca Golf Outing:** Our annual golf outing was scheduled for June 12th, but we decided to cancel this event to eliminate the potential of spreading COVID-19. We hope to hold our annual golf outing in June 2021.

**Whitney's Walk for Life:** You guessed it. Our annual *Whitney's Walk for Life* was held virtually on July 25th. This event helps to support our mental health and suicide

*prevention programs and services. You can learn more about this event, or donate to help us reach our goal, by visiting [www.whitneyswalk.com](http://www.whitneyswalk.com).*

**Lobster Boil:** Our annual Lobster Boil, this year titled, Lobster Treasure Island, was canceled. The event was scheduled to take place on October 10th and it was supposed to celebrate Hult Center's 30th year in our community. We hope to see you in person, though, on September 28, 2021. A huge thank you to our sponsors who continued to support us, even though we canceled.

**You can donate to Hult Center for Healthy Living by visiting [www.hulthealthy.org/donate](http://www.hulthealthy.org/donate). Consider a one-time donation, or recurring monthly or annual donations. Hult Center for Healthy Living is a Heart of Illinois United Way funded agency, so you can also donate to Hult Center through your United Way contributions. Thank you for helping us "empower people to live healthier lives".**