



Lancaster Cancer Center

Care Beyond Treatment

NEWS

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Warrior

Early 20's. A bright future. Shanicka thought she had the world at her feet. Then a lump in her neck told her otherwise. Time to be strong. Time to fight. Shanicka turned to Lancaster Cancer Center to help her win her battle with lymphoma. Her future looks bright again ... and she's back on top of the world where she belongs in Lancaster County.



"I'm not what I have done, I'm what I have overcome."

-anonymous

Healthcare is changing in Lancaster, but we remain steadfast.



With a hospital closing and practices merging, the healthcare climate is changing. Cancer is stressful enough and navigating your care shouldn't add to it.

We are honored that you've selected us to care for you.



For nearly 40 years, we have been devoted to providing the highest level of cancer care in an outpatient setting. Our patient-centered approach provides more time with patients, easier access to care, comprehensive cancer care, and a convenient location close to

home (with no need to travel out of the county), all at a lower cost to patients.

Should you have any questions on your treatment, billing, or support, please talk with us, our healthcare professionals can assist.

You have a choice in your cancer care. Thank you for entrusting us.

H. Peter (Tracy) DeGreen III, DO and
Lena Dumasia, MD

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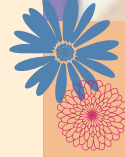
This newsletter is published by The Healing Journey Foundation.

The Healing Journey Foundation was formed to empower cancer patients by giving them support in their journey through a variety of programs at no cost. The Foundation serves as an advocate to help patients and the community. Donations enable the foundation to provide free services which help patients and their families cope with a cancer diagnosis and treatment.



Seasonal Allergies and Cancer

It's that time of year again when seasonal allergies can be frustrating for many, especially those dealing with cancer. Runny eyes and nose, sinus pressure, sore throat and headaches and cancer may seem disheartening. Good news is that seasonal allergies aren't likely to directly interfere with cancer treatments or their effectiveness. If you suffer from allergies, talk with your oncologist.



Healing Together Support Group NEW DATES ADDED

Cancer is a life-changing event. It affects patients, family and friends. Talking and sharing with others on the same journey can help. Led by Licensed Social Workers, this support group is FREE to patients, families, and loved ones. It will begin with a topic that will be presented to encourage participation.

New Dates and Times

- When:** Beginning in April this group will meet the first and third Thursday of each month. (April 4 and 18).
- Time:** 6:30 p.m. (light dinner and refreshments are available at no cost and will be served at 6 p.m.)
- Where:** Lancaster Cancer Center
- To register, call **717.725.4402**.

Call Us First

When you are receiving chemotherapy, biotherapy, or immunotherapy please remember our healthcare team providers are available 24/7 to answer your questions. Our trained oncology nurses triage phone calls throughout the day and will direct your concerns to your providers promptly. Our focus is on you. Call **717.291.1313**.



Dishes 2 Nourish (D2N) Upcoming Nutrition Classes

Farmers Market & Local Produce

Thursday, April 11
10 - 11 a.m.
Foods grown locally are usually tastier, healthier, and cheaper. Come learn how and where to find the best produce in the Lancaster County area.

Mediterranean Diet & Lifestyle

Thursday, May 9
10 - 11 a.m.
This diet is famous for reducing risk for several chronic diseases, including some cancers. Join us to learn more about this lifestyle and why it works.

Meal Prep Made Easy

Thursday, June 13
10 - 11 a.m.
Many feel they are too busy to eat well, but meal planning and preparation can help those with limited time to eat better. Learn our dietitian's favorite tips.

All classes are held at Lancaster Cancer Center, 1858 Charter Lane, Greenfield Corporate Center, Lancaster. Seating is limited. Registration required.
To learn more or to register, call 717.291.1313 ext. 102 or email lcoleman@lancastercancercenter.com.

From the Lab

LCC lab will be purchasing a new hematology instrument for complete blood counts which include white blood cells, hemoglobin, and platelets. The lab will now have the capability to perform some additional testing to include iron studies. Unfortunately, this machine will not be able to provide you with a cardboard printout but you may request a copy print of your lab tests (just ask one of our laboratory technicians).

Please remind us if your insurance has changed as this may impact our ability to draw your blood in our office and avoid any billing issues. *Thank you.*

Employee Spotlight



Lindsay Coleman, RD, LDN is the Dietitian and Oncology Care Model (OCM) Program Manager for the Lancaster Cancer Center. She divides her time at work between consulting with patients undergoing cancer treatment, teaching the Dishes 2 Nourish healthy cooking classes, and managing the practice's participation in the Medicare

Quality Payment Program. A native to Lancaster County, she attended Conestoga Valley High School and completed her nutrition education and training at Messiah College. She is currently a board member of the Central PA Academy of Nutrition and Dietetics (CPAND) and a member of the dietetic practice groups for Oncology Nutrition and the Dietitians for Integrative and Functional Medicine. When not at work, Lindsay loves to swim, spend time with friends and family, and experiment in the kitchen. The next time you walk toward the lab from the waiting room, look left and say hi to Lindsay! She is happy to see any patients with dietary questions.

Newest Team Member



Amber Hauck joined LCC in January 2019 as a Medication Technician. As part of our healthcare team, she will reconstitute and prepare chemotherapy, biotherapy, and immunotherapy agents. Amber lives in Ephrata and enjoys spending time with her pet bunny "Marvin".

FINANCIAL ASSISTANCE

Any patient receiving Financial Assistance, please contact Patty Miller, CMA at **717.291.1313 ext. 111** or **pattym@lancastercancercenter.com** to ensure that requirements are met for the upcoming year.

Please remember to notify the Front Desk and Patty of any insurance changes for the New Year and bring copies of your new insurance cards.

Reminder: Medicare Part B deductible has increased slightly for 2019 to \$185.00 per year.



LCC enjoys hump day as a team and celebrates with wearing their 'hump-day' t-shirts.

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Pink Hat Club Luncheon

We welcome any woman who is surviving cancer to have lunch with us so we can share friendships, encouragement, and support.

When: last Wednesday of every month at noon

Where: Iron Hill Brewery & Restaurant

To reserve your seat, email Candy DeGreen at candydeg@aol.com