



# Lancaster Cancer Center

Care Beyond Treatment

# NEWS

Issue No. 2

WINTER 2018-2019



## Season's Greetings!

This is undoubtedly a very special time of year and often can conjure up a variety of emotions such as anticipation, stress, and excitement. However, for those living with cancer, the holiday season can seem overwhelming.

It's important for our patients and families to find the balance in celebrating the holidays. One way is to share with others your concerns to help you feel more connected.

Nutrition is also key for fighting cancer and the holidays provide road blocks. Our healthcare professionals can help answer any questions or concerns you may have. As this time of year quickly passes us by, we're with you every step of the way.

*From everyone at Lancaster Cancer Center, we wish you and your family peace and joy.*

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



## Humor

Humor. Light-hearted laughter. It's always been Frank's way. He handled treatment for a brain tumor the same way. He's grateful that Lancaster Cancer Center's staff combined expert medical care and positive encouragement to save his life. Today, he feels great and is enjoying life with his wife and family. When he visits the cancer center for a checkup, he's met with a smile ... and smiles in return.

*"Hope is the only thing stronger than fear"*  
-anonymous

## INCLEMENT WEATHER

If you're unable to make it into the office in bad weather, please call scheduling at **717.291.1313** to reschedule.

**Stay safe.**



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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.

## 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.*



## Dishes to Nourish (D2N) Upcoming Nutrition Classes

### Anti-Inflammatory Foods

Thursday, January 10  
10 a.m. and 3 p.m.

Aches, pains, and general inflammation can wreak havoc in our bodies, particularly as we age. Inflammation in the body is complex – thankfully, nutrition can play a role in decreasing it. Attend D2N this month to learn how to tweak your diet to fight inflammation.

### Lower-Sodium Soups

Thursday, February 14  
10 a.m.

Whether the weather is cold or mild, soup is a delicious way to nourish the body. For many, the sodium content of many soups in restaurants or the grocery aisle is too high for what the doctor recommends. Join D2N to learn, share, and taste the many ways to have a flavorful, but not salty, soup.

### Healthy Baking

Thursday, March 14  
10 a.m.

Traditional baked goods are a tasty way to celebrate or comfort friends and family, but they tend to provide a lot of calories and not so many nutrients. In this D2N class, Lindsay, our dietitian, will share the many ways she makes her favorite treats into healthier choices.

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 [lc Coleman@lancastercancercenter.com](mailto:lc Coleman@lancastercancercenter.com).**

## Nurse Navigators Provide Supportive Care

A nurse navigator is defined as a trained nurse who is able to guide and support patients and caregivers through the healthcare system. Our practice has dedicated, experienced oncology nurse navigators who provide education and promote advocacy for our patients and their caregivers throughout their cancer experience. Nurse navigators are present with all new patient appointments and are available to contact at any time. Please call our office at **717.291.1313 ext. 2** and leave a message for one of our nurses to assist you with your needs.



## NEW Healing Together Support Group

At LCC we understand the cancer challenges you, your family, and loved ones face. Talking and sharing with others on the same journey can help.

Led by Licensed Social Workers, this support group is **FREE** and will meet once a month. To register, call **717.725.4402**.

When: third Thursday of the month

Time: 6 p.m. light dinner and refreshments; group starts at 6:30 p.m.

Where: Lancaster Cancer Center

## My Cancer Came With Gifts



Anita Proctor with patient

At age 45 I had it all, newly married and a new life in Lancaster after relocating from Brooklyn, New York. It was at that time when life threw me a curve; I was diagnosed with stage 3 breast cancer. The diagnosis left me shocked and devastated. As I faced a mastectomy, chemotherapy and radiation, I received my first gift: a referral to Lancaster Cancer Center. The competent and compassionate doctors and nurses took excellent care of me.

As my treatment ended the support from Lancaster Cancer Center did not. My second gift I received was an invitation to join the *Pink Hat Club*. This group is made of women of cancer survivors that meet once a month for lunch, camaraderie, and laughter. The monthly gatherings helped me on my journey, but I also realized that I've been able to share and help others on theirs, too. Together, we've bonded and are connected and are there for one another on whatever else life throws our way. It's a wonderful group and one that I recommend to other survivors.

My path also led me to the third gift: volunteering for the Friends for the Journey. This program is offered by The Healing Journey Foundation. *The Friends for the Journey* are people who have had personal experience living with cancer. My volunteering focus is spending time with patients and families in the infusion room who are being treated with chemotherapy. I help out getting someone a blanket, a magazine or something to drink, or maybe walk them to the restroom. But mostly, I spend time with patients listening about what they're going through and sharing my cancer experience, giving them hope. As a Friend I also help out at the annual picnic, the Christmas cookie exchange and the various events that take place at Lancaster Cancer Center. It has really been a gift to be able to give back in this way and I strongly encourage any survivor, man or woman, to become a *Friend for the Journey* as you will get so much out of the experience and have some fun, too!

Gifts come in many ways and cancer has led me to some wonderful people and experiences for which I'm grateful.

-Anita

To become a volunteer for Friends of the Journey, please contact Mindy DeGreen at 717.725.4402 or by email at [mindydegreen@gmail.com](mailto:mindydegreen@gmail.com).



## Pink Hat Club

*"It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like "What about lunch?" -A.A. Milne, Winnie-the-Pooh.*

At our *Pink Hat Club* gatherings we are blessed to find those who can face the reality of helplessness. These are friends who share our pain and touch our wounds with a gentle and tender hand. These women celebrate our joys when the outside world may not see any obvious reason to rejoice. They can be silent with us in a moment of despair or confusion and can tolerate not knowing, not curing, not healing...Simply listening.

Twenty years ago a stalwart group of women decided that getting together for a time in good company would be an important part of their healing journey through cancer treatment.

The *Pink Hat Club* meets on the last Wednesday of every month except in December when we move it up a week.

### Special date for the Holidays!

THIRD Wednesday (December 19)

Bring a wrapped (between \$5. - \$10.) gift which is PINK. If it's homemade, all the better. Join us even if you wish not to participate in the gift exchange.

Where: Iron Hill Brewery & Restaurant  
781 Harrisburg Pike  
Lancaster, PA 17603

All are welcome no matter your experience or history with cancer.

To save your spot, email Candy DeGreen at [candydeg@aol.com](mailto:candydeg@aol.com)

