



Sergeant Charles Hanna,
United States Marine Corps and
H. Peter (Tracy) DeGreen, III, DO

Proud to Care for Veterans

November 11 marks Veterans Day, it's a day to honor and give thanks for those who served in the military. The sacrifices they have made to keep our freedoms in our country are paramount.

We understand the many challenges that patients face when diagnosed with cancer. Sorting out health insurance coverage, financial assistance, support, and locating quality care can also add stress. Every individual and Veteran deserves the right to the highest level of cancer care, close to home.

At Lancaster Cancer Center, we are proud to care for Veterans through our partnership with TriWest Healthcare Alliance.

From all of us at Lancaster Cancer Center, thank you for your service and protecting our freedom!

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



Strength

Mother of four. Diagnosed with breast cancer. Jill knew she needed to be strong for her children, ages 24 to 10. Her children knew they needed to be strong for their mother. Together, they found strength in each other ... and in the experienced, compassionate care Jill received at the Lancaster Cancer Center. Today, Jill is stronger than ever. And so is her family.

*"With hope
the odds
don't matter."
-anonymous*



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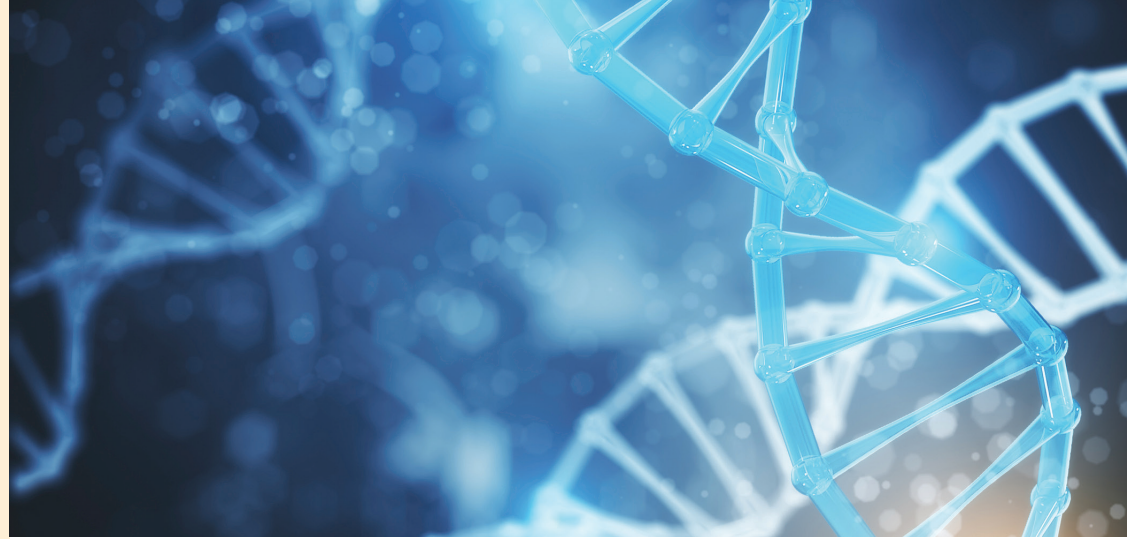
The Healing Journey Foundation was formed to empower cancer patients by giving them support in their journey through a variety of programs at no cost. The Foundation serves as an advocate to help patients and the community. Donations enable the foundation to provide free services which help patients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

Medicare Enrollment 2020

Medicare's open enrollment for 2020 will run from October 15, 2019, to December 8, 2019. During the annual enrollment period (AEP) you can make changes to your current coverage. Please remember to notify the Front Desk Staff and Patty our financial counselor of any changes for the New Year.

New Medicare Cards

If you have not received your new Medicare card, call 1-800-MEDICARE (1-800-633-4227). There may be a problem that needs corrected, like updating your mailing address. Effective 1/1/2020 Medicare will no longer accept your old Medicare ID #. Please make sure the Front Desk has your new Medicare ID # to avoid any claim denials.



Know What's In Your Genes

Do you have a diagnosis of breast cancer, ovarian cancer, prostate or pancreatic cancer? Were you diagnosed when you were 50 or younger? Are you from a family that has multiple members with cancer? If you have answered yes to any of these questions, you may be eligible for genetic testing. This blood test can tell us if you have a mutation on your gene that may have been responsible for your cancer development. At Lancaster Cancer Center, we can order this blood test which detects inherited gene mutations so we can alter your plan of care accordingly for you and your family. Talk with your doctor today and find out for certain if you have this inherent risk.



Dishes to Nourish (D2N) Upcoming Nutrition Classes

Holiday Favorites

Thursday, November 14
10 am

Join D2N this month for a class focused on seasonal foods for the holidays with nutrition in mind. We will also highlight some cancer-fighting ingredients in traditional dishes.

Mindful Eating

Thursday, December 12
10 am

You may have heard of "mindfulness," but what is it, and how does it apply to food? Our registered dietitian will lead the class through the benefits of this practice and provide tips for enjoying food more mindfully.

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

Iron deficiency anemia occurs when the body does not have enough iron and healthy red blood cells. It's often a frequent complication in cancer patients. At Lancaster Cancer Center, our lab now offers in-house Iron Profile testing. To schedule an appointment, call **717.291.1313**.

If any patient that currently has Patient Assistance to please contact Patty to ensure she has the necessary information needed to apply for the New Year.



Coping with Cancer Throughout the Holiday Season

The holidays are fast approaching and can create even more stress for those living with cancer. Here are a few tips to help you and your family enjoy the season:

- Make the most of your energy and simplify
- Chose meaningful activities you want to attend
- Shop online
- Holiday traditions can be hard to give up but rethinking decorating, cooking, and planning is okay. Allow yourself to reframe traditions.
- Give yourself permission to express your thoughts and emotions with your family and loved ones.
- Enjoy yourself



Lena Dumasia, MD

From the Desk of Dr. Dumasia

Fall is on us! The weather is changing, leaves are falling. Now is the time that many people can get ill. So, please spend time to relax, enjoy doing the things you like to do, and take care of you! Remember, this October is Breast Cancer Awareness month, so schedule your mammograms if you haven't had one yet this year. Mammograms are the best tool for early breast cancer diagnosis.

Please also remember to schedule your flushots at LCC as we are in flu season! Make sure to stay well hydrated, get plenty of sleep and think positive, as those things can keep you feeling well going into the upcoming winter season!



PICNIC 2019





Upcoming Events in the Infusion Room

Giving Thanks ...

A Thanksgiving Celebration
November 20

Our Holiday Tradition -

Wear your Ugly Christmas Sweaters
December 17

Donate Your Vehicle and Make a Difference

Donate your car, truck, motorcycle, RV, or boat to our nonprofit organization by simply visiting the website: <https://careasy.org/nonprofit/healing-journey-foundation>

Complete the form and we'll reach out to you to arrange the pick-up of your vehicle donation, at no cost to you. You may qualify for a tax deduction while supporting The Healing Journey Foundation.

Vehicle donation pick-up is always free to you and most vehicles can be picked up within 24-72 hours. You'll receive an initial cash donation receipt upon pick-up and then CAREASY team will work to turn your car into cash to support our cause. Once your vehicle is sold, we will provide you proper tax forms in time to file.

Thank you for your support!

To learn more about how to contribute to The Healing Journey Foundation, contact Mindy DeGreen at **717-725-4402** or by email mindydegreen@gmail.com



The Healing Journey
Foundation