



For more than a decade, the Healing Journey offers support programs, complimentary therapies, and educational programs to cancer patients and their loved ones. Our programs may help to reduce medication side effects, boost the immune system and promote general wellness. Please join us for one or more of our programs.

• **Laughter Club**

As we laugh, the brain releases endorphins which serve as the body's natural energy. Join Elaine Boltz, a certified laughter leader who will lead in a form of laughter therapy.

Laughter club will resume in November

When: First Thursday of every month, 5:30 – 6:30 pm

Location: Lobby of the Lancaster Cancer Center

• **Mindful Yoga**

Those living with cancer can benefit from practicing yoga. Yoga can minimize symptoms of fatigue, insomnia, pain and stress. Mindful yoga focuses on breath, posture, alignment, flexibility, strength and balance. Join Midge Kinder, MAT and registered Yoga instructor for the four-week series.

Please wear comfortable clothing and bring a yoga mat.

When: Tuesdays, November 5th, 12th, 19th & 26th,

Time: 6:00-7:00 pm

Location: Lobby of Lancaster Cancer Center

Fee: \$40/per person for 4 week series

(FREE for patients of Lancaster Cancer Center)

• **Pink Hat Club**

Join the Pink Hat Club a group of cancer survivors, as they celebrate each other's joyful moments and encourage friends in times of need.

When: Last Wednesday of every month, 12 pm

Location: The Pressroom, 26 W. King Street, Lancaster
(FREE parking is available in the Vine Street garage.)



Win Lia Sophia Jewelry

Friday, October 25th

6:00 pm

20 Rounds

Tickets

The Old Mill

419 Pierson Road
Lititz, PA 17543

50/50

Pre-Sale: \$10

At the Door: \$15

Includes 25 cards!

ALL PROCEEDS BENEFIT

Food

Additional cards available

The Healing Journey

a non-profit organization at the
Lancaster Cancer Center

To purchase please call 717.371.0729 or
email Amanda@gilbertsonphotos.com

Hosted By:



Samantha Reedy
www.liasophia.com/samanthareedy

Mini Health Fair

Raffle Prizes



A History of Caring



• **Writer's Workshop**

The writing workshops provide a confidential and relaxed setting for participants to write stories that encourage health and healing during their personal journey. The workshop can also be utilized to recite poems or quotes written or chosen by the patient. Writers will have the opportunity to respond to one another's writings.

When: October 7th, 14th, 21st & 28th

Time: 6:00 – 8:00 PM

Location: Lobby of Lancaster Cancer Center

To register for or to obtain more information on any of the Healing Journey programs, please call 396-8679 or visit our website,

www.lancastercancercenter.com

On Living Fully

After writing about cultivating self-compassion in the last newsletter, my attention this time turns to cancer as a loss and to grief as a normal response to this significant and meaningful loss. As I share my thoughts with you, I again invite you to take a compassionate look at your own experience.

When mental health professionals first began thinking and writing about loss, the focus was often on loss through death. As the responses people have to death became better understood, an awareness developed that there are many kinds of losses and all of them naturally lead to grief. Events like a break-up or divorce, job-loss, a geographical move, leaving home for college, and serious illness all involve losses, and all will elicit a grief reaction. To those who have never been ill or close to someone who has been ill, the idea that illness involves loss may be a foreign one. But there are many losses associated with illness and with cancer in particular. Let me list just a few (while noting that not everyone experiences all of these):

- Loss of your image of yourself as strong and healthy; loss of energy.
- Loss of your original role in the family (as bread-winner, as cook, as carpool driver, as social organizer, as gardener, as emotional supporter to others).
- Loss of your former body (through scarring, mastectomy, hair-loss, reduced muscle tone, bloating from steroids, etc.).
- Loss of friends who can't deal with the illness.
- Loss of routines.
- Loss of the spouse/partner you once knew.

It's important to notice that these losses are experienced not just by the person with cancer; loved ones, too, are affected by cancer and experience loss and grief.

But there is more... **Loss is also about change and hope.** It is through loss and change that we grow. This is true from the moment we are born and lose our mother's womb while being thrust into a cold and unfamiliar world. All changes in life circumstances involve losses AND the possibility for growth. In this way, there is always hope in loss. Many cancer survivors have written memoirs chronicling their post-cancer growth. Of course, writing a memoir isn't necessary for all of us in order to recognize the ways in which adversity has allowed us to grow. I encourage you to take some time to identify some of the losses you've experienced and then ask yourself what kinds of changes those losses have allowed you to make. Are some of those changes positive? Are there opportunities that have arisen in your changed circumstances that you haven't taken advantage of? Could you do that now? I invite you to compassionately hold your losses while simultaneously looking for hope and opportunity in your cancer journey. If you like, consider attending a *Full Cancer Living* meeting and participate in a discussion where we address some of these questions and share with each other the answers we've come up with.

Wishing you gentleness and compassion,
Janneke



• *Full Cancer Living*

Living fully with cancer is about responding with resilience rather than resistance. This ongoing group addresses the psychological, social and spiritual issues that are normal to people living with cancer. This group is led by Janneke van Beusekom, licensed clinical social worker and psychotherapist.

When: For dates, to register or for more information, call 393-3002 or email info@lancaster-therapy.com

Location: Lobby of the Lancaster Cancer Center

Seminar

Understanding Medicare & Affording Cancer Treatment

Monday, November 4th
5:30 P.M. to 7:30 P.M.
Lancaster Cancer Center
1858 Charter Lane, Suite 202

- **Making Sense of Medicare**

Julie Martin from
Teaman-Martin & Associate

- **Affording Medical Treatments for Cancer**

Bob Orzechowski, MBA, SPHR
Kat Schoenknecht, RN, OCN

- **Light supper will be served**
- **Call 396-8679 to register:**
- **Leave your full name, the number attending, and your phone number**

American Cancer Society informational websites

- Breast cancer screening reminder

The Society's free breast cancer screening reminder allows women to register for a yearly email reminding them to schedule the breast cancer screening tests recommended for their age group by the American Cancer Society. To sign up for your breast cancer screening reminder, visit www.cancer.org/remindme.

- Online support

The American Cancer Society offers several online communities to help people with cancer connect to others who are facing the disease. Each offers a different level of privacy and different types of interactions to meet the diverse needs of people with cancer and their caregivers.

Learn more about these communities at

www.cancer.org/supportcommunities.

- Tender Loving Care®

Tender Loving Care, or "tlc"® is the American Cancer Society's direct mail/online catalog and magazine for women. It offers helpful articles, medical information, and special products for women newly diagnosed with breast cancer, breast cancer survivors, and any woman experiencing treatment-related hair loss. *Products include a variety of hats, turbans, kerchiefs, hairpieces, swimwear, mastectomy bras, and breast forms.*

You can order items by phone at 1-800-850-9445

begin_of_the_skype_highlighting 1-800-850-9445 FREE

end_of_the_skype_highlighting or online at www.tlcdirect.org.



Donations

The Healing Journey welcomes donations. We are a non-profit organization providing support for cancer patients and caregivers. Donations enable us to sustain our programs. We who care for cancer patients look forward to enriching our programs. If interested in supporting the Healing Journey visit our website, www.lancastercancercenter.com or call 717-396-8679 and a representative of the Healing Journey will provide assistance.

Share Your Story!

The Healing Journey is inviting patients and caregivers to submit a story about their cancer journey. We look forward to sharing a new story in each newsletter. Please forward your stories to healingjourneyorg@gmail.com or if you wish to print a copy, you may give it to Angie or Maribel at the front desk.

Thank you!

A special thanks to all of our faithful employees and volunteers for taking the time to make the picnic a very successful event. We are very proud of the support we have through the commitment of our staff and volunteers. We appreciate all of your hard work and thank you for your years of service and kindness.

Sincerely, The DeGreen Family, physicians of Lancaster Cancer Center and the Healing Journey board members.



**GET
INVOLVED**
volunteer & socialize



"Become a Friend for the Journey."

Contact Mark Sawyer

Mark.Sawyer@live.com

610-869-8676