



Welcome, Joanna Rodriguez, MD

Dr. Rodriguez earned her Doctor of Medicine degree in 2008 from St. George's University School of Medicine, her Internal Medicine certification in 2011 from Thomas Jefferson University Hospital in Philadelphia, as well as her Fellowship in Hematology and Medical Oncology in 2014. Dr. Rodriguez earned numerous awards during her academic career, is Board certified in Internal Medicine, and board eligible in both Hematology and Medical Oncology. She has extensive research experience and holds membership in the American Society of Hematology, the American Society of Clinical Oncology, and the American College of Physicians. She is also fluent in Spanish.

"A cancer diagnosis is a life-changing event that requires hope, strength and support. Providing comfort and compassionate care is my passion and purpose. As your doctor, I will be your tireless partner and advocate."



**VOLUNTEER
BECOME
INVOLVED
MAKE A
DIFFERENCE**

"Become a Friend for the Journey."

Contact Mindy DeGreen

melindadegreen@gmail.com

717-725-4402

Donations

The [Healing Journey Foundation](http://www.lancastercancercenter.com) 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 Foundation](http://www.lancastercancercenter.com) visit our website, www.lancastercancercenter.com or call 717-396-8679 and a representative of the [Healing Journey Foundation](http://www.lancastercancercenter.com) will provide assistance.

follow us:  

www.lancastercancercenter.com
healingjourneyfoundation@gmail.com

1858 Charter Lane, Suite 202
Lancaster, Pa 17601
717-396-8679

NATURAL MOVEMENT CLASS



Dates: Monday evenings: Classes will begin September 22nd and end October 27th

Time: 5:00 p.m. – 6:00 p.m.

Location: Lancaster Cancer Center lobby

Fee: Free to Lancaster Cancer Center patients and family members

Participants will benefit by:

- **Creating and maintaining higher levels of health and wellness**
- **Accessing and developing skills to influence inner and outer balance to handle stress, build resilience, and calm the mind**
- **Participating in an atmosphere that is respectful of individual differences, non-competitive and promotes self-healing. Enjoyable, safe and adaptive movement is encouraged.**

Natural Movement class is appropriate for men and women of all ages, physical conditions and skill levels. Please wear comfortable clothing to allow ease in movement. Bring a mat and towel if you wish to be on the floor. Chairs will be provided.

Registration and Questions: Please call 717-396-8679 or email healingjourneyfoundation@gmail.com.

LCC Family Picnic



FAMILY PICNIC
SEPTEMBER
13TH
1 P.M. TO 4 P.M.

Location:

Calvin G. High Pavilion
on William Penn Way
in the Greenfield
Industrial Park

Games* Prizes* Fun

Registration is
required by 9/5/2014

Sign up today by
calling 396-8679

The event is catered
by Hess's Barbecue

Sponsored by:



Full Cancer Living

Full Cancer Living is a group designed to address the normal psychological, social, and spiritual issues faced by people with cancer. Cancer and its treatment place significant demands on relationships, on emotional wellbeing, and even life purpose. Addressing those challenges head on; living fully with cancer is what this group is about.

Topics addressed vary, depending on the interests of the group. Participants are always encouraged to raise questions and issues that they'd like to discuss.

The group is professionally facilitated by Janneke van Beusekom, MSS, LCSW. Janneke encourages an atmosphere of compassionate and non-judgmental attending to the topics raised. She also provides information about the topics and provides periodic handouts. While everyone is offered the opportunity to speak, no one is required to speak.

Meeting Details

Place: Reception Room of the Lancaster Cancer Center, **Time:** 6:30 p.m. to 8:00 p.m.

Date: Normally the second and Fourth Thursday of the month. There are occasional changes in this schedule (due to holidays or vacations) and every effort will be made to post those on the website.

Registration and Questions: Please contact Janneke van Beusekom, MSS, LCSW 393-3002 or email her at info@lancaster-therapy.com.

Laughter Club

First Thursday of every month, 6:00 P.M. at LCC

Elaine Boltz, a certified laughter leader, leads us each month in a form of laughter therapy, Laughter Club. She strives to help us use and enjoy playful laughter as a tool for healing. Our Club is not based on humor or jokes, but rather on forced or "fake" laughter as a form of physical exercise. Those who are new to the group may feel awkward at first, but the benefits soon become clear. As we laugh, the brain releases endorphins which serve as the body's natural energy-boosters, painkillers and mood enhancers. We find that after an hour of Laughter Club our vitality is increased, our oxygen level higher, our pain reduced remarkably, and our thoughts have gone beyond our cancer to a pleasant place. Laughter Club is open to all, cancer survivors, caregivers and any who want to receive the benefits of laughter. Spread the word. Bring a friend. You will be so glad that you did!

Registration and Questions: Please contact Candy DeGreen at 717-299-4777 or email candydeg@aol.com.

Websites of Interest on Humor Therapy:

- <http://www.cancer.org/>
- <http://worldlaughtertour.com/>
- <http://www.everydayhealth.com/cancer/humor-therapy-and-cancer.aspx>
- <http://www.emaxhealth.com/1020/51/27003/cancer-treatment-enhanced-throughlaughter.html>
- <http://www.giggleboxes.org/> (website for children with cancer)