



Lancaster Cancer Center Programs

www.lancastercancercenter.com

To register please call 717-396-8679

• **FULL CANCER LIVING**

2nd and 4th Thursdays - 5:30pm

Janneke van Beusekom, LCSW, a gifted therapist will help you gain invaluable viewpoints as you share with others in this group. (No Fee)

▪ **LAUGHTER CLUB**

1st Thursday - 6:00pm

Elaine Boltz, certified laughter leader, will take you on a journey of exercises through therapeutic laughter. This is an informal group of individuals who get together to experience the healing of laughter. (No Fee)

▪ **PINK HAT CLUB**

Last Wednesday- Monthly-Pressroom-12pm.

All women cancer survivors and friends are invited to enjoy a light lunch and conversation with good friends.

• **FRIENDS FOR THE JOURNEY**

At LCC we have repeatedly seen the value and benefit of "giving back" to others who are now following that same healing journey we once traveled. Become a friend for the Journey volunteer.
Contact: Mark.Sawyer@live.com / 610-869-8676

Writer's Workshop "The Power of Words."

May 6th, 13th, 20th, and 27th from 4:30 – 6 p.m. at LCC

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.

Breast Cancer Symposium and Luncheon

Understanding Your Journey through Breast

Cancer: Topics and Speakers below

Date Friday, May 31, 2013 / Time: 9:30 a.m. to 2:30 p.m. / Where: Armstrong Manor / 2025 Lititz Pike / Lancaster, PA

Space kindly donated by Rodgers and Associates

- Prevention and Treatment of Recurrent Breast Cancer: H. Peter DeGreen, MD
- Genetic Testing: What Does It Mean?: Melanie Rice, RN, OCN, CRPN
- Triple Negative Breast Cancer: Lena Dumasia, MD
- Long Term Side Effects of Breast Cancer Therapies: Marcia Ostrowski, RN, OCN, Certified Breast Cancer Educator
- Full Cancer Living: Janneke vanBeusekom, MSW
- Laughter Therapy: Elaine Boltz, Certified Laughter Leader
- The event is free of charge. Registration is required. Please call 396-8679. Space is limited.

Cancer Survivorship



According to the [American Cancer Society](#), there are now more than 13.7 million cancer survivors in the United States. That number is expected to grow to nearly 18 million by 2022.

Some survivors may live with cancer as a chronic disease requiring periodic treatments, while others may go into long-term remission. Many will lead normal lives with few side effects, if any. In fact, two-thirds of survivors report that cancer has not had a significant long-term impact on their lives.

As many survivors have learned, however, recovery is not always the end of the cancer experience. Even several years after successful treatment, cancer recurrence is always a possibility. Toxic cancer therapies can leave you with health issues that require lifelong surveillance. Finally, recovering from the social and emotional trauma of cancer can take longer than recuperating from treatment.

After decades of focus on treating cancer, researchers now face the challenge of helping survivors achieve a decent quality of life for many years after treatment has ended. According to the U.S. Centers for Disease Control and Prevention and the National Cancer Institute, 64% of adults diagnosed with cancer today can expect to be alive in five years.

Stages of Cancer Survivorship

Since the 1980s, cancer survivors and doctors have attempted to describe the stages that cancer survivors typically experience. Most break it down into some version of the three stages outlined below:

Living with cancer refers to the experience of receiving a cancer diagnosis and any treatment that may follow. During this time, patients will undergo treatment and may be asked to join a clinical trial to study new cancer therapies. Patients and their caregivers may be offered services to help cope with emotional, psychological and financial concerns.

Living through cancer is the period following treatment in which the risk of cancer recurring is relatively high. Many patients are relieved that treatment is over, but anxious about no longer seeing their cancer doctor on a regular basis. During this stage, patients typically see their cancer doctor two to four times a year depending on their circumstances.

Living beyond cancer refers to post-treatment and long-term survivorship. While two out of three survivors say their lives return to normal, one-third report continuing physical, psychosocial or financial consequences. During this stage, most survivors go back to the care of their primary physician. Ideally, they will have developed a long-term health care plan with their cancer doctor to be implemented by their regular doctor.

– from the [National Action Plan for Cancer Survivorship: Advancing Public Health Strategies](#)

General Resources

- American Institute for Cancer Research www.aicr.org
- Cancer and Careers www.cancerandcareers.org
- Cancer Care www.cancercare.org
- Cancer Financial Assistance Coalition www.cancerfac.org
- Cancer Support Community www.cancersupportcommunity.org
- Job Assistance Network www.askjan.org
- Journey Forward www.journeyforward.org
- LIVESTRONG www.livestrong.org
- LIVESTRONG Survivorship Centers of Excellence
- MyOncofertility.org www.myoncofertility.org
- National Coalition for Cancer Survivorship www.canceradvocacy.org
- Patient Advocate Foundation www.patientadvocate.org
- American Cancer Society www.acs.org
- Lancaster Cancer Center home of the original Healing Journey www.lancastercancercenter.com
-from the © 2005-2012 American Society of Clinical Oncology (ASCO).



25 Practical Tips for Patients / From – UC San Diego Health System Website

Living with a serious disease is not easy. Try these 25 practical tips to help you throughout your treatment.

1. Adopt a fighting spirit.
2. It's okay to discourage false cheerfulness and to share how you're feeling.
3. Seek support from your family and friends.
4. As a member of your health care team, learn about your disease and ask questions.
5. Be an active participant in your treatment and recovery efforts.
6. Make positive changes in your lifestyle that will improve your outcomes, such as quitting smoking, incorporating exercise and getting good [nutrition](#).
7. Find something to laugh about each day. Good humor is healthy for the body and soul.
8. For safety's sake, when not feeling your best, ask for transportation assistance to your medical appointments.
9. Participation in a [support group](#) can help you learn from others.
10. Pay attention to how you are feeling and get plenty of rest, good [nutrition](#), and take time for personal care.
11. Find ways to express your feelings by speaking with a mental health provider or the Cancer Center [Social Worker](#).
12. Consider [complementary therapies](#), such as massage, aromatherapy, acupuncture, yoga to help relieve stress and other symptoms.
13. Just be yourself and continue to do the things that you already enjoy doing.
14. Continue your current sports activities as much as physically possible.
15. Allow yourself private time apart from your family and friends to do nothing, or something important to you.
16. If you are currently employed, continue to work if physically possible.
17. Practice guided visualization and/or meditation.
18. Nourish yourself spiritually through prayer or guidance from a religious leader.
19. Listen to relaxing music that can bring about serenity.
20. Read uplifting books.
21. If you have a significant person in your life, keep the romance going by selecting romantic movies to watch.
22. Take time for simple pleasures, such as a warm bath, a manicure or pedicure.
23. Keep in mind that your memory function and energy level will fluctuate according to your treatment and medications. Let your caregiver know when you need help.
24. Consider writing down your feelings in a journal.
25. Keep a calendar and or log of activities and appointments to help stay organized.

Healing Journey, a non-profit organization, provides support for cancer patients and caregivers. Donations enable us to sustain this program of love and support.

**Donations can be sent to Healing Journey
1858 Charter Lane, Suite 202
Lancaster, Pa 17603*

Family Celebrations

Realizing how laughter, family and community are an important part of the healing process, the Center sponsors family events where we can all get together for times of sharing and caring. Each celebration is offered at no charge.

Family Picnic / September 12 / 12 pm - 4pm / Calvin G. High Pavilion / Greenfield Industrial Park

To register please call 396-8679

Wellness Day

The Healing Journey is committed to promoting patient awareness of the importance of whole body wellness. In supporting a healthy balance of the mind, body and spirit, the Healing Journey is offering patients the opportunity to attend informational seminars that will promote the idea of wellness. The speakers and workshops will focus on making good choices, leading healthy lives, and understanding and appreciating life before and after cancer. The time, topics and schedule will be announced in the summer newsletter.