

Winter 2013 Newsletter



LCC 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.

- **MINDFUL YOGA**

Tuesday – 6 pm - March 12, 19, 26 & April 2nd

Midge Kinder will guide you through a mindfulness program utilizing yoga and meditation to balance stress, strength, health and promote wellness. (Fee \$40 for 4 classes)

GET INVOLVED
volunteer & socialize

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.

Reasons to Volunteer:

- Foster personal growth
- Make social connections
- Gain new insights
- Encourage others

Become a Friend for the Journey

Contact Mark Sawyer
Mark.Sawyer@live.com
610-869-8676

Anita Proctor shares her experiences as a
volunteer on page 4 - “My Story of Hope.”

Tips for Caregivers of Cancer Patients

**taken from lungcancer.about.com*



A caregiver can be any age.

Healing Journey Welcomes Donations

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*

▪ **Maintain a Sense of Humor**

Watch a funny movie. Recall amusing memories. Compare the nurses and doctors around you to your favorite cartoon characters! Cancer is a serious, scary disease, but sometimes laughter is the best medicine. Check out books such [The Funny Side of Lung Cancer](#) or [Smiles Are Naturally Bald](#). Laugh – but be sensitive. There is a time to laugh and a time to mourn.

▪ **Take Care of Yourself**

Getting adequate rest, exercise, and good nutrition are more important than ever when you are caring for another. For those who feel guilty considering their own needs important, consider what you would hope for if the situation were reversed.

▪ **Make Use of Available Resources**

Seek out resources in your community that are available for cancer patients and their caregivers. Ask for a list of local organizations from your cancer center. Support groups allow you to share your experiences with others in a similar situation, and can be a source of further resources. Several online cancer support groups are available that you can join without leaving your home.

A great resource is [Lori Hope's book Help Me Live: 20 Things People With Cancer Want You to Know](#).

▪ **Maintain Your Boundaries**

Give as you can but know your limits. Stop periodically and think about your giving. Are you feeling pleasure in your efforts? Giving beyond your ability and sacrificing your own needs may leave you feeling resentful and bitter.

▪ **Keep a Journal**

Writing a journal can be a great way to express those thoughts and feelings you can't share openly. Checking back over your entries can also help you monitor your stress level and know if you are overextending yourself.

▪ **Educate Yourself**

Learning as much as you can about your loved one's illness can help you understand more about what he/she is experiencing. This can also prepare you – a bit – for some of the inevitable bumps in the road.

▪ **Pamper Yourself**

Take a bath. Indulge in a massage. Listen to your favorite music. Read an uplifting or inspirational book. Take time to maintain your friendships. Caring for another does not mean giving up your own needs and desires.

Options for the Uninsured Person with Cancer

*Taken from cancer.about.com/lwHealth-Medicine/Conditions-and-diseases/Options-for-the-Uninsured

▪ **Talk to Your Doctor**

Discuss your situation with your oncologist, who may offer payment plans for uninsured patients. At Lancaster Cancer Center we offer discounts to all self-pay patients. Our financial counselor along with our billing staff can assist with questions in order for you to begin therapy.

Check Out Government-Sponsored Plans

Medicaid is jointly funded by federal and state governments, so coverage varies from state to state. To learn more about the coverage offered where you live, visit Govbenefits.gov.

Medicare is a federally funded program for citizens ages 65 or older or citizens of any age with certain disabling conditions. Its services include coverage for hospitalization, doctor visits and prescription drugs. To determine your eligibility, visit Medicare.gov.

The **Veterans Administration** provides medical care to men and women who have served in the U.S. armed forces. They need not be combat veterans, and the treatment isn't limited to illness or injury sustained during service. If you served in the armed forces and were not dishonorably discharged, visit the Veterans Administration online.

▪ **Get Help From Nonprofits**

Cancer Care is a national nonprofit dedicated to serving cancer patients and their families. It can provide financial and other assistance at no charge. To learn more and fill out an application, visit the [Cancer Care Assist](http://CancerCareAssist.org) website.

The Patient Advocate Foundation offers education and referrals to help patients with financial issues. To request their help, fill out a questionnaire at the Patient Advocate Foundation website. Depending on your diagnosis and treatment, you may also find financial help through the Leukemia and Lymphoma Society or the National Marrow Donor Program.

▪ **What About Cancer Screening?**

Because early detection is so important, many organizations sponsor cancer screening, including free screening. And some of the programs above will also cover screening of family members. In addition, the National Breast and Cervical Cancer Early Detection Program provides medical screening for breast and cervical cancers to women in underserved populations.

For those diagnosed through this program, a federal law has extended Medicaid coverage (in most states) to include treatment. To find out if you're eligible — and to locate a program near you — visit the website.

And don't forget to think locally: Many hospitals host health fairs with free public screenings. Call your local hospital, and ask for the marketing or public relations department to find out if they're planning such an event.

▪ **Other Options**

Don't forget to check for nonprofit organizations in your area. Your hospital or treatment center may have a foundation that assists patients with medical bills and other expenses incurred during treatment. Your local health department may also have a list of nonprofit organizations near you that help people in your situation. Many pharmaceutical companies sponsor programs to provide prescription medications for patients who can't afford them. [Needy Meds](http://NeedyMeds.org) provides information on such programs.

Kat Schoenknecht, LCC financial counselor, is available to give guidance to the uninsured. See page 4 - "In the Spotlight."

My Story of Hope

By Anita Proctor, 14 year Breast Cancer Survivor

Let me tell you about the positive part of my cancer experience. There's a terrific community of cancer survivors and caregivers in Lancaster County who are selflessly willing to give their time and energy to help other cancer patients. Their warmhearted, cheerful ways and first-hand accounts of survivorship give hope to those battling the disease. Since my diagnosis, I have been involved with the Life Enhancement Center, Relay for Life, Pink Hat club, Survivor's Conference and now, a Friend for the Journey at the Lancaster Cancer Center. Each experience has not only given me much appreciated hope and support over the years, but it has also given me the opportunity to meet some wonderful people.

It's been over 10 years since receiving the painful news that I had stage III breast cancer. I've come to think of my bout with this life-threatening illness as a vital piece of my journey to enriching my life with the experiences I've had, the relationships that I've built, and my most memorable moment of being able to "give back."

Having a diagnosis of cancer and learning to live with disease is an immense life altering situation. Let us help you focus on what is most important ...time with those you love. At the Lancaster Cancer Center, we are dedicated to providing not only unmatched quality of care, but also unequaled patient advocacy. – Dr. Tracy DeGreen

In the Spotlight

Kat Schoenkecht, RN, BSN, OCN, Clinical Authorizations Specialist, Financial Counselor

Currently there are very few options for the uninsured patients regarding copay assistance as most organizations require the patient to be insured before they will provide additional aid to cover the cost of treatment. However, if a patient is uninsured, and he/she is being treated with a trade name drug, there may be assistance available from the manufacturer for free product. This is based on family size, household income, and sometimes assets. Additionally, if a patient so chooses, he/she may apply for Medicaid through the Pennsylvania Department of Public Welfare (DPW) which will cover almost all of the cost of healthcare for an eligible member.

If a patient is insured and finds he/she cannot afford treatment due to high deductible or Out of Pocket requirements through his/her insurance and has been diagnosed with cancer, there are options available for financial assistance that can be located with little effort. I recommend a search through www.Needymeds.com website based on diagnosis. I am happy to assist you in navigating this website or locating options for you. If we are not able to find assistance which allows you to be treated here at the Lancaster Cancer Center, I can make a referral to the social worker at the hospital of your choice, who may be able to enroll you through the financial services office at the hospital. This, too, is based on family size and household income. Feel free to contact me at the office for any additional assistance. - Kat

DPW's Compass website... <http://www.dpw.state.pa.us/foradults/healthcaremedicalassistance/index.htm>