



Lancaster Cancer Center

Care Beyond Treatment

NEWS

Issue No. 1

FALL 2018



WELCOME!

Fall is upon us and while the leaves begin to change and another season starts; our journey of offering the best cancer care in Lancaster continues. We

are happy to bring back our newsletter to communicate the latest happenings in our office while providing education and information to enhance your experience with us at Lancaster Cancer Center. If there's any topics you'd like to see covered, please stop by the front desk.

I encourage you, your families and loved ones to attend one of our Nutrition Classes, Support Group (Healing Together), and Pink Hat Club. These programs are designed to help you on your journey while learning what to eat, how to cope, and celebrating survivorship. We look forward to seeing you.

It's our privilege to provide your care and support.

H. Peter (Tracy) DeGreen III, DO

Grateful



Leah and her family moved into a new home so they could care for her parents. Instead, her parents ended up caring for her. Leah was diagnosed with breast cancer one month after their move. She found a second family at the Lancaster Cancer Center. The experienced, attentive staff never rushed her. They included her husband, sons and parents in her care. Everyone felt more comfortable. Like family.

*"I had cancer,
Cancer never
had me." -Anonymous*



In this Issue

Employee
Spotlight

Nutrition
Classes

Great Times at
Annual Picnic

NEW
Healing Together
Support Group



This newsletter is published by The Healing Journey Foundation.

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.

NEW

Healing Together Support Group

At LCC we understand the cancer challenges you, your family, and loved ones face. Talking and sharing with others on the same journey can help.

Led by Licensed Social Workers, Healing Together is **FREE** and will meet once a month. To register, call 717.725.4402.

When: third Thursday of the month, starting October 18

Time: 6 p.m. light dinner and refreshments; group starts at 6:30 p.m.

Where: Lancaster Cancer Center waiting room

Nursing

Our nursing team is committed to providing education, support, and management of patient concerns regarding their planned treatments.

Patients and family members may reach our nursing staff us at 717.291.1313 ext 2 and leave a detailed message. Our trained oncology nursing staff will respond to your call that day. If they are unable to answer your questions they will consult your oncologist and return your call promptly. We are here to assist with your needs throughout your journey.



From the Lab

We know our patients are used to having the manila card with their Hematology results printed on them. Unfortunately, they are no longer being manufactured. So please feel free to ask the doctor after your visit for a copy, or ask the nurses for a copy after your chemo treatment or shot. If you are in the office for lab work only the lab work only the lab will give you a copy - upon request. FYI - we miss them too!!

A Word on Scheduling

We try to service our patients according to your scheduled times. We prefer you not have to wait should you arrive at an unassigned time. We schedule maintenance and necessary quality measures for the instruments and other laboratory issues around your appointment. We may not be able to service you at these "down" times. So please feel free to call us and advise us if you need to change your time. Lab phone number and extension - 717.291.1313 ext 4. *Thank you.*

FINANCIAL ASSISTANCE

Any patient receiving Financial Assistance, please contact Patty Miller, CMA at **717.291.1313 ext. 111** or pattym@lancastercancercenter.com to ensure that requirements are met for the upcoming year.

Nutrition



Lindsay Coleman, RD is our registered dietitian who provides medical nutrition therapy and helps patients develop dietary strategies.

FREE to the community, Dishes 2 Nourish (D2N) offers cooking demonstrations on a wide-range of nutritional topics in the Lancaster Cancer Center dining commons. Participants can sample the prepared entrees during the class and receive a copy of the recipes to cook at home. Lindsay is also available to answer any dietary questions and how they relate to cancer.



Upcoming Nutrition Classes

"Slow Cooker Meals & Hacks"

Thursday, October 18
10-11 a.m. or 3-4 p.m.

Life is so busy that it can be hard to find time to cook. Want a few ideas for tasty, healthy recipes that practically cook themselves? Interested in learning how to convert your favorite recipes to slow cooker meals? Join us for this class to take a step toward becoming a multitasking pro in the kitchen.

"Anti-Inflammatory Foods"

Thursday, November 15
10-11 a.m. or 3-4 p.m.

Aches, pain, and general inflammation can wreak havoc in our bodies, particularly as we age. Inflammation in the body is complex – thankfully, nutrition can play a key role in decreasing it. Come to D2N this month to learn how to tweak your diet to fight inflammation.

"Holiday Foods to Fight Cancer"

Thursday, December 13
10-11 a.m. or 3-4 p.m.

Food and the holiday season are inseparable, with special treats around every corner. Moderation is key, of course...but every time we eat we have the opportunity to do something good for our bodies. Join D2N to learn about how to incorporate cancer-fighting foods into some holiday favorites.

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.

EMPLOYEE SPOTLIGHT

We are pleased to announce two new additions to our practice.



Rachel Bilger M.A. is our newest addition to our scheduling department. Rachel has been married for 19 years and has 5 children and 8 grandchildren. *"I enjoy assisting our patients with their needs".*



Rebecca Neimer RN joins nursing in our infusion room. Becky has been an RN for over 30 years and is presently enrolled at Eastern Mennonite University completing her BSN degree. Becky has been married for 28 years and has one daughter Katie, who was recently married in May to Leon. Becky's compassion and her ability to listen to her patients is commendable. *"I enjoy getting to know the patients and am an avid learner".*

Medicare Enrollment 2019

Medicare's open enrollment for **2019** will run from October 15, 2018, to December 7, 2018. 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. In the meantime, you can still use your current Medicare card to get health care services.

Identity Theft: Protect Yourself

- Medicare is mailing new Medicare cards. Your new card will have a new Medicaid number that's unique to you (no longer your Social Security Number).
- Do not share your Medicare number or other personal information with anyone who contacts you by phone, email or by approaching you in person, unless you've given them permission in advanced.
- Medicare, or someone representing Medicare, will only call and ask for personal information in these situations:
 - Medicare health or drug plan can if you're already a member of the plan. The agent who helped you join can also call you.
 - If you have called Medicare and left them a message.
 - Only give personal information like your Medicare number to doctors, insures acting on your behalf, or trusted people who work with Medicare.

Great Times at the Annual Picnic Hosted by The Healing Journey

Dozens of patients and their families gathered to enjoy a meal, swap stories, share insights and celebrate survivorship. The event featured a barbecue lunch from Hess's BBQ, children's activities and a community booth for "Be the Match," sponsored by National Marrow Donor Program.

