



*For more than a decade, the Healing Journey has offered 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.*

- **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](mailto:info@lancaster-therapy.com)*

*Location: Lobby of the Lancaster Cancer Center*

- **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 –6:30pm*

*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, October 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>, 6:00-7:00pm*

*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, 12pm*

*Location: The Pressroom, 26 W. King Street, Lancaster*

*(FREE parking is available in the Vine Street garage.)*

**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](http://www.lancastercancercenter.com)**

## “On Living Fully”

### A letter from Janneke van Beusekom, therapist of the Healing Journey program “Full Cancer Living.”

I am pleased to share with you that I will be writing regularly for this newsletter on topics related to psychological and emotional health as it applies to living with cancer. In all likelihood, and certainly if you are reading this, cancer has affected you in some way and you already know that it is a life-changing event; for some of you it may feel like a pothole in your life, for others it may feel like falling into a sinkhole, and for still others will be somewhere in between. In any case, living with cancer is not easy. My intention and hope is that my voice will be able to serve as a companion in your journey, lightening your load, providing comfort, and being a stimulus for personal growth.

I expect that what I will write about will vary from discussing concrete and practical tools for dealing with problems to sharing more philosophical thoughts and ideas about illness that I have gleaned over my years of practice. I hope that any of you reading this will not hesitate to provide feedback. Suggestions for topics are also welcome. All feedback should be emailed to [healingjourneyorg@gmail.com](mailto:healingjourneyorg@gmail.com).

As I contemplate a primary message that I want to share with you in this first column, my thoughts repeatedly turn to compassion, especially compassion for yourself. Cancer is enough of an assault; self-criticism is like adding insult to injury. Who needs that?! So... if you find yourself saying things to yourself like – I’m eating way too much junk; I’m a bad Mom/Dad for yelling at the kids; What’s wrong with me? Doing laundry is not such a big deal!; This is all my fault. I should have gone to the doctor sooner; I’m a mess, other people deal with this so much better than I do; I should be more positive – I invite you to practice self-compassion.

How do you do that? There’s much that can be said about the “how” of self-compassion and I expect I will write about it more in the future. For now, a short guide will have to do.

1. First, you will want to notice the thought and identify it as a self-criticism. Notice it, but don’t judge it.
2. Then comes the response. With kindness in your heart and voice, say something to yourself that affirms where you are right now. For example, you might say: You’re going through a lot right now. Of course you’re struggling. And you’re okay, you’re a good person, I cradle you with my love.
3. As a third step, it’s important to take a moment to take it in. Feel it, let it flow through your body, breathe it into every cell.

Of course you don’t have to wait for the negative thought to come in order to say these loving affirming things to yourself. In fact, I encourage you to say them many times, every day, and let yourself feel it.

May Compassion be with you, Janneke



*For additional information on the Healing Journey program, “Full Cancer Living,”*

*Contact Janneke personally by email at*

[info@lancaaster-therapy.com](mailto:info@lancaaster-therapy.com)

*or by phone at*

717-393-3002.



## Skin Cancer:

### *Warning Signs and Prevention Tips*

Melanoma Research Alliance cofounder, Debra Black, and [dermatologist](#), Dr. Karen Burke, share warning signs and prevention strategies -- including how to choose the right sunscreen.

#### **Detecting Melanoma: Know Your ABC's**

Regular self-inspections are crucial to monitor growths on your skin for irregularities. When trying to distinguish melanoma from a regular mole, remember what to look for with these alphabetical keywords:

**Asymmetry:** Unusually shaped moles

**Border:** Irregular or jagged borders

**Color:** Multiple colors in the same lesion

**Diameter:** Greater in diameter than a pencil eraser

**Evolution or Enlargement:** Changing in size or thickness

#### **Know Your Risk Factors**

Your chances of developing melanoma may be increased if you exhibit any of these risk factors:

**Sun exposure:** Just one blistering sunburn in childhood more than doubles a person's chances of developing melanoma later in life. Your risk for melanoma also doubles if you've had more than five sunburns at any age.

**Tanning bed use:** Tanning booths use wavelengths of UV light that can cause melanoma.

**Fair skin:** Light-skinned people burn more easily, so they're at greater risk for skin cancer.

**Heredity:** If you have many moles, a history of abnormal moles, or a close relative who has had melanoma, you should take extra precautions.

#### **Trust Us on the Sunscreen**

You've heard it before, but we'll say it again: Wear sunscreen. To wear it most effectively, choose an SPF 25 or higher and apply every 90 minutes whenever you are outside. Zinc oxide is the very best sunscreen, because it's a **physical** block against the sun's rays.

Don't skimp on your face -- many people miss the edges and in front of their ears, resulting in a high number of skin cancers in those areas.

**Products to try:** **SkinCeuticals UV Defense SPF 50**, **SkinCeuticals C E ferulic serum**



**GET INVOLVED**  
volunteer & socialize



“Become a Friend for the Journey.”  
Contact Mark Sawyer  
[Mark.Sawyer@live.com](mailto:Mark.Sawyer@live.com)  
610-869-8676

Lancaster Cancer Center's Family Picnic  
Sponsored by the Healing Journey  
September 14<sup>th</sup>, 1p.m. to 4p.m.

- All LCC staff and their families along with all patients and their immediate family members are invited to join us for a picnic style meal at the Calvin S. High Pavilion on William Penn Way in the Greenfield Industrial Park.
  - Games, prizes and fellowship!
  - Registration deadline is September 6<sup>th</sup>
    - Sign up today by calling  
396-8679



## 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](http://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 story's to [healingjourneyorg@gmail.com](mailto:healingjourneyorg@gmail.com) or if you wish to print a copy, you may give it to Angie or Maribel at the front desk.