

Summer Newsletter Blast 2013



For more than a decade, the Healing Journey offers 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 six session group addresses the psychological, social and spiritual issues that are normal to people living with cancer. This group is led by Janneke van Beuskom, licensed clinical social worker and psychotherapist.

When: For dates, to register or for more information, call 393-3002 or email

jmvanbeusekom@comcast.net

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 1st, 8th, 15th & 22nd, 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 us and cancer survivors as we 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 or for more information on any of the Healing Journey programs please call 396-8679 or visit our website, www.lancastercancercenter.com

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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**

Lancaster Cancer Center's Family Picnic September 14th, 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 G. High Pavilion on William Penn Way in the Greenfield Industrial Park.*
- *Games, prizes and fellowship!*
- *Registration is required.*
- *Sign up today by calling 396-8679*
- *The event is catered by:
Hess's Barbecue*

