



Lancaster Cancer Center

Care Beyond Treatment

NEWS

Issue No. 8



SUMMER 2020

Cancer Won't Stop. Neither Will We.

We are currently living through the most unprecedented time in history. This pandemic has altered our way of life in our homes and in our office. We thank you for your patience and cooperation during this difficult time and as it continues to evolve.

At Lancaster Cancer Center, we understand how vulnerable our patients are and are committed to keeping your health and safety as well as our staff, our highest priority. Our strict protocols will stay in effect to help to ensure everyone's safety. Patients will continue to have the option of scheduling an appointment in our office to be seen by their physician or schedule a virtual appointment through our Telehealth service. Simply call our office at **717.291.1313** to schedule either visit. And, keep in mind, that every patient has access to their medical record via CareSpace located on our website.

We will continue to update you with any new guidelines as changes emerge.

H. Peter (Tracy) DeGreen III, DO and
Lena Dumasia, MD



Guidelines for Going Out in Public

- Stay at least 6 feet away from other people
- Avoid crowded places
- **Wear a cloth face covering;** be careful not to touch your eyes, nose, or mouth when removing it; and wash your hands right after removal

"We're all in this together."

June is National Cancer Survivor Month

In this Issue

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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.

Fourth of July

S	T	R	I	P	E	S	E	A	E	S	S	O	W	FREEDOM
D	E	C	L	A	R	A	T	I	O	N	G	C	R	DECLARATION
T	U	E	D	A	A	A	C	I	R	E	M	A	S	FRIENDS
T	T	E	E	F	Y	T	R	E	B	I	L	S	E	RED
R	F	I	R	E	W	O	R	K	S	A	R	D	M	INDEPENDENCE
G	F	R	E	E	D	O	M	E	E	R	S	N	A	STRIPES
I	N	D	E	P	E	N	D	E	N	C	E	E	S	STARS
E	E	S	T	A	R	S	E	D	D	O	I	E		AMERICA
T	E	Y	F	E	E	R	D	O	T	N	R	R	L	FIREWORKS
I	E	R	L	P	A	R	A	D	E	R	E	F	C	LIBERTY
H	L	E	T	I	T	I	D	R	E	T	H	S	N	WHITE
W	I	U	E	S	M	S	N	D	G	A	L	F	U	PARADE
N	N	L	A	O	E	A	B	A	O	I	L	R		FAMILY
B	N	B	F	F	F	M	F	A	N	N	S	E	I	FLAG
														UNCLE SAM
														BLUE
														HEROES

“To live in hearts we leave behind is not to die.”

-Thomas Campbell

2020 LCC Family Picnic

Every year, we look forward to connecting with our patients, their families, and staff at our annual community social gathering of friendship, food, and reflection. However, this year with the current COVID-19 pandemic, we've made the decision to cancel the picnic.

Stay safe and well.

The Healing Journey Foundation

At Lancaster Cancer Center, it is our privilege to treat, care, and provide support to our patients. Each Spring, we honor and recognize those we've lost the previous year. The remembrance ceremony brings patient's families and loved ones together to reflect and remember them. This year the pandemic prevented us from holding this in person, but we will never forget.

Keeping You Safe At LCC

We take the safety of our patients and staff seriously. Since the pandemic we've put into place:



1,000 Masks



200 Gowns



100 Boxes of Gloves



10 pairs of goggles

Cancer-fighting foods: Refreshing Apple and Walnut Salad

While you're enjoying the heat, or trying to stay cool, get refreshed with this recipe full of cancer-fighting foods. The leafy greens, full of potassium and antioxidants, are great for cancer prevention. They also offer many other health benefits like managing blood pressure and preventing cataracts.

Ingredients

For the dressing, you'll need:

- 4 Tbsp of fresh orange juice
- 1 Tbsp of honey
- 1 Tbsp of apple cider vinegar
- 1 tsp of minced ginger
- 1.5 Tbsp of extra virgin olive oil

For the salad, you'll need:

- 1 cup of chopped baby spring greens
- 2 cups of chopped romaine
- 1 cup of red cabbage slaw
- ¾ cup of julienned carrots
- 1 large thinly-sliced granny smith apples
- 1 cup of mandarin oranges, drained
- ½ cup of dried cranberries
- ½ cup of pecans
- ¼ cup of pumpkin seeds
- ¼ cup of crumbled gorgonzola cheese



Directions

First, prepare your salad by chopping, slicing, and julienning all of your vegetables according to the ingredient list.

To make your apple and walnut salad, combine all your salad ingredients in a large bowl. Toss the ingredients together to mix well. Sit this bowl to the side while you make the homemade salad dressing.

In a smaller bowl, prepare your salad dressing. Add in the orange juice, honey, apple cider vinegar, ginger, and olive oil. Whisk the ingredients together until well-incorporated.

Serve your salad in a small bowl. Drizzle your sweet and tangy dressing over your salad, and enjoy!

From the Dispensary

During COVID-19, the Dispensary at Lancaster Cancer Center continues to provide its patients with their prescriptions (new and refills), simply call **717.291.1313 x 142** to speak with our pharmacy technician. Our team will fill and deliver your scripts to you in your car in our parking lot.

For any prescription you request to be sent to your local pharmacy, please speak with one of our nurses.



Stay Safe in the Yellow Social Phase of COVID-19 in PA

As of June 5, the following social restrictions are:

- Stay at home order lifted
- Large gatherings of more than 25 prohibited
- In-person retail allowable
- Restaurants and bars may open outdoor dining, in addition to carry-out and delivery
- Gyms, spas, salons, casinos, theaters, remain closed



HEROES AMONG US



Mary, MT (ASCP)
Lab Director



Marcia, RN, OCN



Bev, RN



Alicia, BSN, RN



Lori, BSN, RN, OCN



Julie,
Pharm Tech



Tracy, DO
Physician



Christine,
Front Desk Staff



Melissa, BSN, RN, OCN



Tanya,
Lab Tech



Sara, RN



Melody,
BSN, RN, OCN



Patty,
Financial Counselor



Becky, BSN, RN



Lena, MD
Physician

A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

-Christopher Reeve

Thank You!