



# Lancaster Cancer Center

Care Beyond Treatment

# NEWS

Issue No. 9

FALL 2020

## The New Normal



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Wearing masks, practicing social distancing, and washing your hands often have become part of our way of life now. These are the best defenses to keep you safe.

The COVID pandemic is serious and some patients may be at an increased risk due to weakened immune systems caused by their cancer and the treatment.

It is important for our patients and their caregivers to take precautions to lower their risk of getting COVID-19. Patients should also avoid or limit all non-essential travel, especially to places where COVID-19 infection rate is high. Travel increases your chances of getting infected. If you are seeking to travel, check the CDC's website where they list places to avoid where the risk is high.

We encourage you to ask questions and share any concerns you may have to protect yourself and keep you safe and empowered.

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

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



## FLU SEASON AHEAD!



According to the National Institute of Allergy and Infectious Diseases, the flu affects between 5 and 20 percent of the U.S. population each year.

We encourage everyone (patients, their family, loved ones, and friends) to be vaccinated.

The flu vaccine is the best shot at stopping the flu.

We provide flu shots to our patients. Talk with one of our nurses to schedule your flu shot today.

## In this Issue

Understanding  
Medicare

Support and  
Self Care

Holiday Gatherings  
and COVID-19

Employee  
Spotlight



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.



## Support and Self Care

Cancer brings a variety of emotions, stress, and fear. The COVID pandemic has added additional worries and concerns but finding ways to manage those fears and uncertainties is important to your well-being. Here are some ways and suggestions to help you cope.

- Engage in mindful meditation, tai chi, or yoga at home with online apps.
- View and participate in virtual support groups or religious services. The Cancer Support Community provides a range of virtual programs. Visit [www.cancersupportcommunity.org/virtual-programs](http://www.cancersupportcommunity.org/virtual-programs) to learn more.
- Disconnect from news and social media outlets from time to time. Taking a break and reading a book or going for a walk and decrease anxiety.
- Stay in touch with family and friends by phone or virtually to stave off the effects of isolation.
- Eat well and find humor even in the smallest of things.



## Holiday Gatherings amid COVID-19

Since the COVID-19 pandemic broke in mid-March, many of us have stayed away from friends and families as a result of the stay-at-home orders. As we head into the holidays, we wonder what this season will look like. In the past, the upcoming months represent a time filled with joy and hope, where traditions and memories are made and shared with loved ones. This year, when planning times to gather and celebrate, it's important for cancer patients and their caregivers to not let their guard down. Cancer patients are at a higher risk of contracting COVID-19 and the flu due to their weakened immune system. CDC guidelines recommend:

- Remind any guests to stay at home if sick
- Limit the number of people to under 25 when indoors.
- Practice social distancing (6 feet apart from anyone who is not in your household)
- Wave and/or verbally greet guests, no hugs, handshakes, or kisses
- Use single-use options for serving food, condiments, beverages, etc.
- Wash your hands often
- Clean and disinfect all commonly touched surfaces after event
- Take advantage of technology such as FaceTime, Zoom, and Skype to keep in touch with family and friends



## Understanding Medicare

Whether you are now eligible for Medicare or reviewing the latest plans available to switch, we can help you navigate the waters and provide resources to help you make the best decision for you. When to start and important information:

- You can sign up if you are 65 (or almost 65) and not receiving Social Security.
- There are certain times of the year when you can sign-up. The Medicare Advantage and Prescription Drug Plan Annual Enrollment Period is a chance for Medicare beneficiaries to evaluate their current coverage against the latest plans available and switch. The enrollment period runs from October 15 - December 7.
- If you sign up for Medicare Part B when you are first eligible, you can avoid a penalty.

Understanding the different parts of Medicare:

- Medicare Part A (Hospital Insurance) Part A covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care.
- Medicare Part B (Medical Insurance) Part B covers certain doctors' services, outpatient care, medical supplies, and preventive services.
- Medicare Part D (prescription drug coverage) Helps cover the cost of prescription drugs (including many recommended shots or vaccines)



Our financial counselor, Patty can help answer any questions you may have. Stop by the front office to schedule a meeting.

## Employee Spotlight



**Andi**  
**COVID Pre-Screener and Office Staff Assistant**

As a recent graduate from LCCTC's Medical Assistant program and Solanco High school I am eager to begin my career at the Lancaster Cancer Center. I am excited to provide care and assistance to our patients while continuing to build on my education in the medical profession.



**Christy, RN**  
**Nursing**

I am proud to join Lancaster Cancer Center and draw from my experience as a breast cancer coordinator along with utilizing my nursing degree and passion for caring for those who have been diagnosed with cancer.



**Jennifer**  
**Dispensary Technician**

I am a fulltime bilingual pharmacy technician and happy to be returning to the Medically Integrated Dispensary team at LCC. I am also a mother to a beautiful baby girl who was born in July 2020.



**Jordan**  
**Dispensary Technician**

I am excited to join Lancaster Cancer Center's team in the Medically Integrated Dispensary. I am also a wife and mother of a 2-year old daughter.



**Megan**  
**Medical Assistant**

I recently completed Medical Assistant school at LCCTC and my looking forward to beginning my career with the team at Lancaster Cancer Center. I am a wife and mother of two young boys.





### Autumn Word Search Puzzle

autumn

autumnal foliage

back to school

birds fly south

cornucopia

fall

Halloween

harvest

leaves change color

mellow fruitfulness

nights grow darker

picking apples

pumpkins

squirrels gather nuts

Thanksgiving

winter approaches

## Lancaster Cancer Center is on the Road

We're proud to provide the highest level of cancer care in our communities. From Ephrata to Lititz to Gap and New Holland, and beyond ... we offer trusted care without leaving the County.



## Virtual Support Group

The pandemic has left all of us a bit isolated, especially those affected by cancer. We recognize the benefits of connecting, talking, and sharing concerns with others provides emotional support and inspiration.

Join us as we check-in with one another to reflect on the past months and set goals for the future. The group will be led by Mindy DeGreen (serving as a moderator only and is not a substitute for obtaining medical advice or treatment) on Zoom. To learn more or to sign-up, email **Mindy at [mindydegreen@gmail.com](mailto:mindydegreen@gmail.com)** or call **717-725-4402**.

**When:** Third Thursday of every month,  
starting October 15

**Time:** 7 p.m.