



Lancaster Cancer Center

Care Beyond Treatment

NEWS

2022 | Issue No. 1

Spring Is Upon Us

It's a time to let go of the cold weather, dreary days, and sometimes isolating moments that winter brings. Here at Lancaster Cancer Center, we all look forward to spring and its blue sky, sunshine, and warmer temperatures. We'll also enjoy watching nature come into bloom at our new location, especially in our Healing Garden.

All the signals of new beginnings can bring joy; however, renewal and new beginnings can be bittersweet for those living with cancer. Spring cleaning often is relegated to cleaning out closets and our homes. It's also a good time to declutter your mind and reflect on your journey from celebrating your strength to giving yourself compassion with the challenges.

Our Healing Journey Foundation offers support and programs such as group meetings, where individuals can benefit with sharing with others on their journey. You can also nurture your creative side by attending the upcoming "Healing with Journaling and Nature" 6-week program, where you will learn how expressive writing and nature can be a healing environment. And, if you love to garden or have a desire to volunteer, the Foundation is seeking volunteers to help with upcoming outdoor projects where you can help the Healing Garden grow while spending time with others.

"With the coming of Spring, I am calm again."

- Gustav Mahler

Hyatt P. DeGreen III, DO (Tracy)

Lena Dumasia, MD



We are pleased to announce **Lena Dumasia, MD** has been Appointed to the Board of Directors of the Lancaster City & County Medical Society

SURGICAL MASKS ARE REQUIRED TO BE WORN IN OUR OFFICE

Acceptable Surgical Mask Shown



- Your mask should cover your nose and mouth and fit snugly against your face and nose. There shouldn't be any gaps.
- Your mask should be able to stay in place over your nose and mouth during all of your daily activities.
- A homemade masks can only be worn under a surgical mask when inside our building. Fabrics do not provide adequate protection against new strains of Covid.

If you do not have one, one will be provided.

HELLO
Spring!





Healing Journey Foundation

Healing Garden Update



Phase 1 of the Healing Garden has been completed. Appropriately named, the Spirituality section, is centrally located in the heart of the garden where visitors enter through a pathway of steps which represent the climb on their journey. The path leads to a comforting sanctuary for visitors to sit and reflect.

The Healing Journey Foundation would like to thank the thoughtful and generous support of the many volunteers, staff, and landscapers that helped make the first phase of the Healing Garden become a reality.

Stay tuned as this spring, we're excited to reveal our plans for Phase 2 of the Healing Garden. If you're

interested in learning more about Phase 2 directly, please contact **Mindy DeGreen** at **717.725.4402** or by email at **mindydegreen@gmail.com**.

If you have a love of gardening, desire to volunteer, or would like to support the second phase of the Healing Garden, please contact the Healing Journey Foundation below.

Journaling Series

Learn and experience nature therapy through journaling. Creative journaling can support our well-being, health and healing with expressive writing, drawing, and painting. The Healing Garden offers a soothing environment to explore and help you focus on your creative spirit and healing journey.



The 6-part series will be led by Dr. Carol Welsh, a two-time cancer survivor and patient of the Lancaster Cancer Center. Carol has been teaching journaling to various groups since 2014 that help inspire others to work

through their cancer diagnosis. She began design work on a series of Nature Journaling workshops as a means of promoting diversity and environmental sustainability with the Lancaster County Conservancy and at the North Museum.

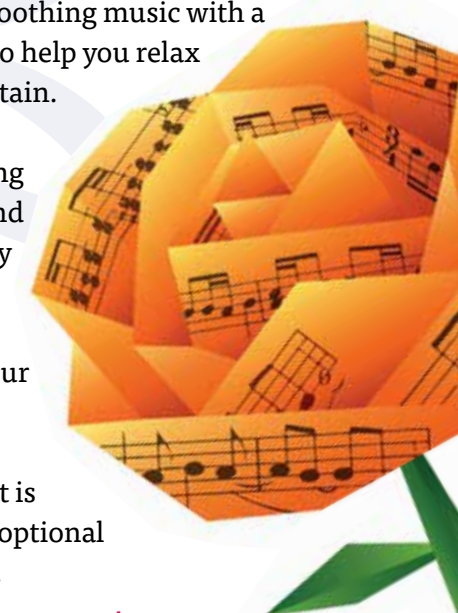
6-part series will be held from **2 to 4 p.m.** beginning on **Thursday, April 21** and **on every Thursday until May 19**. This event is free with optional donation. To register, please see the contact box below.

Commemorative Event

Music in the Garden

Join us in the Healing Garden for a night of soothing music with a capacity to help you relax and entertain.

Enjoy the enchanting sounds and the beauty of the garden during your musical journey. This event is free with optional donation.



Thursday, June 9 | 6 p.m.

To attend, please see the box below to register.

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.

To learn more about ways to give to the Healing Journey Foundation, contact Mindy DeGreen at **717-396-8679** or **717-725-4402** or by email at **mindydegreen@gmail.com**.

Looking for Volunteers

Do you have a love of gardening or a desire to volunteer? We're seeking volunteers with spring clean-up and planting. Are you involved with a landscaping company or nursery and are looking for ways to give back to the community by donating plants and trees? We welcome the opportunity to meet. To volunteer, please see the contact box below.



Wish List

The mission of the Healing Journey Foundation is to serve as an advocate to help cancer patients on their journey by providing programs and services that are designed to educate, inspire, and empower and are free to Lancaster Cancer Center patients and their families as well as to those in the community. As a 501 c3 nonprofit organization, we rely on support from individuals and companies. Below is a list of our most needed items currently:

- Birdseed
- Plants - annuals for 2022 season and perennials (including your home divisions) are always welcomed!
- Soaker hoses
- Benches
- Picnic table

If you would like to fulfill one of our wishes listed above, please see the box below to contact us.

The Healing Journey Foundation relies entirely on contributions from individuals and companies who are invested in helping those affected by cancer. Your thoughtful support enables us to maintain, broaden, and enhance our program offerings and services.

To learn more about any of the projects, programs, and volunteer opportunities, please contact **Mindy DeGreen** at **717.725.4402** or **mindydegreen@gmail.com**.

Know What's In Your Genes

Do you have a diagnosis of breast cancer, ovarian cancer, prostate or pancreatic cancer? Were you diagnosed when you were 50 or younger? Are you from a family that has multiple members with cancer? If you have answered yes to any of these questions, you may be eligible for genetic testing. This blood test can tell us if you have a mutation on your gene that may have been responsible for your cancer development. At Lancaster Cancer Center, we can order this blood test which detects inherited gene mutations so we can alter your plan of care accordingly for you and your family. Talk with either Dr. DeGreen or Dr. Dumasia today and find out for certain if you have this inherent risk.

DID YOU KNOW?

We Treat Cancer and Other Chronic Illnesses?

Our focus is on you and providing a personalized plan that arms you with the best care and treatment to fight your cancer. In addition to providing infusion therapy and injections for multiple types of cancer we also treat other chronic conditions such as hematological disorders, rheumatoid arthritis, anemia, multiple sclerosis, and asthma. To learn more, speak with one of our nurses.

Daylight Savings Time Begins



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

-Thomas Campbell

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's Remembrance Ceremony will be held on **Thursday, May 12 at 6:30 p.m.** in the Healing Garden at Lancaster Cancer Center.