



## June is Cancer Survivor's Awareness Month



The month of June marks many milestones from high school and college graduations to weddings and the start of summer.

June also is National Awareness Month

of Cancer Survivors. Dr. Dumasia, our staff, and I celebrate all our patients who have fought the disease and those who are currently in treatment.

As of January 2019, there were an estimated 16.9 million cancer survivors in the United States. According to the National Cancer Institute, an individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life. Every survivorship experience is unique as they may face challenges during and after treatments.

Thanks to advancements in medicine and research, we as medical oncologists, have an arsenal of treatment options including targeted therapies for patients that are specific to their disease type and genetics. These targeted therapies are not only saving the lives of cancer patients but are also helping them to lead a higher quality of life after treatment.

In this issue, you'll hear from Carol Welsh, a cancer survivor who was treated and continues to be followed by our practice.

There are lots of things to be grateful for and as we move into the summer months, let us all reflect on the importance of spending time with those we love, long summer days, and supporting those who are affected by cancer.

Hyatt P. DeGreen III, DO (Tracy)  
Lena Dumasia, MD

### STAY HEALTHY THIS SUMMER

**Use broad-spectrum** sunscreen SPF30+ to protect against BOTH UVB and UVA rays



**Cover up** and hit the shade between 10 a.m. and 4 p.m.



**Stay Hydrated:** drink lots of water



**Eat Fresh** washed fruits & veggies



**Schedule workouts earlier** in the day to avoid the heat



Hello!  
Summer



Our **Remembrance Celebration** was held Thursday, May 12. The evening honored our patients who we lost to cancer over the past year. It was a special time of reflection and celebration with families, loved ones, and staff members. Special thanks to Caring Hospice and our own Patty M. to help make the evening memorable.



## Dispensary News

Our On-site Medically Integrated Dispensary makes it easy for you to fill and pick up your prescriptions, prescribed by our physicians, before you leave our Center for the same co-pay as any drugstore ... saving you time and extra trips.

In some cases, we can provide generic medications for less than your co-pay. We bill most insurances and will work through any insurance problems quickly and efficiently to give you the best care.

*Many of the medications prescribed by our office are available to request to be refilled electronically. Simply, login to your CareSpace account and click on refills.*

### Dispensary Hours:

Monday – Thursday: 8 a.m. to 4:30 p.m.  
Friday: 8 a.m. to 1:30 p.m.

## Employee Spotlight

**Lori, BSN, RN, OCN**  
**Clinical Director**



*I have devoted my entire career (32 years) as a cancer nurse and the past 23 years caring for our patients at Lancaster Cancer Center. As my role has evolved to nurse manager and clinical administrator, I continue to be*

*grateful to care for patients with a cancer diagnosis while collaborating with our highly educated team of dedicated individuals who give 100% every day.*

*Something that most people don't know about me is that I'm a fraternal twin and my sister talks and looks identical to me.*

*"I am honored to care for patients, establishing a trusting relationship with them while providing education to assist them with their decision making."*

## Congratulations to Roxanna for furthering her education to become a Nurse Practitioner.



We look forward to celebrating her journey and welcoming her in her new role.



## Carol's three C's of Cancer Survivorship: Caring, Connecting, Commitment

### CARING

As a three-generation survivor of breast cancer I know that cancer changes you but must not define you. Thus, self-care to me means caring about quality of life in terms of healthier eating, exercising, and doing things you love whatever that is. I love painting and journaling so making time for that is essential now that I am recovering from my second breast cancer recurrence 17 years apart. It also means finding a best practice oncologist like Dr. DeGreen and Dr. Dumasia with the team surrounding them at Lancaster Cancer Center and it means providing care for the caregivers as much as possible as they care for me.

### CONNECTING

Connecting to others in the cancer community has been possible through the Healing Journey Foundation. Experiencing cancer treatment in the time of COVID was a more isolating and socially distanced experience for me so it helped me to find resources to continue Journaling for Healing. Connecting with others has evolved into Zoom meetings and small gatherings of Pink Hatters as well as working outdoors in the Foundation's Healing Garden where every day there I have meaningful conversations about the joys of life in the garden. I loved seeing the daffodils bloom for the first time, and I loved gathering friends to plant them and for the memory trees and plants offered by friends of the Lancaster Cancer Center.

### COMMITMENT

Commitment to me indicates a sense of giving time and financial donation to develop relationships nurtured through the Healing Journey Foundation and Garden, providing care for the seeds of plants there which in turn provide for the peace of Lancaster Cancer Center caregivers and friends who have supported our healing journey for three generations of my family. The National Wildlife Native plant garden and the view from the Healing Garden developed by Mindy DeGreen brings a sense of serenity to all who go there. Making a commitment of small or large donations to the Lancaster Cancer Center Healing Journey Foundation and garden feels right to me. This week we planted 200 Zinnia seeds in front of LCC and hope they grow to provide joy in a time when we need it most.

I hope to meet you in the garden soon.

- Carol Welsh



## New Nutritional Videos Available

Check out our latest Dishes 2 Nourish (D2N) nutritional videos that offer valuable information and cooking demonstrations that are designed for cancer patients. Visit our video library at [www.healingjourneyfoundation.org](http://www.healingjourneyfoundation.org) and click on the programs and classes under the Healing Journey Foundation tab.



## Virtual Support Group

Join us as we check-in with one another to reflect on the past months and set goals for the future. The group is led by Mindy DeGreen (serving as a moderator only and is not a substitute for obtaining medical advice or treatment) on zoom.

**Every Thursday at 7 p.m.**



## Pink Hat Club

Last Wednesday of each month, noon at Greenfield Restaurant.

## Volunteer

Do you have a love of gardening or a desire to volunteer? Are you involved with a landscaping company or nursery and are looking for ways to give back to the community by donating plants or trees? We welcome the opportunity to meet.

## Donate

Donations support cancer patients, their loved ones and families. Donations are accepted online or by check payable to Healing Journey Foundation and sent to our address. Go to [www.lancastercancercenter.com/donate/](http://www.lancastercancercenter.com/donate/) to click on the print and mail box below to include a printed form with your contribution.

## Patient and Family Advisory Council

The Patient and Family Advisory Council (PFAC) is a collaborative arm of both the Lancaster Cancer Center (LCC) and the Healing Journey Foundation. It serves as a bridge of communication between LCC patients and the LCC administration and medical professionals. The PFAC works to preserve and enhance the excellence of the family-centered medical care already in place at LCC. To that end, all communications received by the PFAC concerning patients and families experiencing cancer at the LCC are addressed in a respectful, timely, and confidential, and compassionate manner.

If you're interested in learning more about PFAC, please contact Mindy DeGreen at **717.725.4485**.

To learn more about any of the projects, programs, and volunteer opportunities, please contact **Mindy DeGreen** at **717.725.4485** or [mindydegreen@gmail.com](mailto:mindydegreen@gmail.com).