

C o n n e c t i o n s

Quarterly

See this and previous issues of *Connections* at www.glensfallshospital.org

The Sun and Ultraviolet Radiation

By Stephen C. Verral, D.O., M.P.H.
Gateway Dermatology, P.C.
Glens Falls, NY

Let's begin by stating that the sun is our friend. Without the sun life on this planet would not exist. However, like many other things that are good for us, excess is dangerous. People have many reasons for getting excessive sun but there is no such thing as a safe tan. Excessive exposure to ultraviolet radiation of the sun is the most important preventable cause of all skin cancers. The United States Department of Health and Human Services has declared ultraviolet radiation from the sun and artificial sources as a known carcinogen. While the sun is not the only cause of skin cancers, it is the most important from a prevention standpoint. We can control the amount of sun exposure we receive during the day.

Radiation from the Sun

Sunlight consists of two types of harmful rays: ultraviolet A (UVA) and ultraviolet B (UVB). Ultraviolet A rays penetrate deeper into the skin to an area called the dermis which is the thickest part of the skin. These UVA rays can cause suppression of the immune system. This suppression can interfere with our body's ability to protect us against the development and spread of skin cancer. Premature aging, seen as wrinkling and age spots, is also caused by UVA exposure. Window glass does not block UVA rays. As a dermatologist, I see more sun damage and skin cancers on the left side of the face of car drivers and on the right side



of the face of passengers.

Ultraviolet B rays are blocked by windows. UVB rays are the sun's burning rays which is why people do not get sunburns through glass. Excessive exposure to both forms of ultraviolet radiation can lead to the development of skin cancers. These harmful UV rays are more intense in the summer, at higher altitudes, and closer to the equator. However, even on cloudy days, UV radiation reaches the earth and can cause skin damage.

There is a UV Index developed by the National Weather Service (NWS) and the Environmental Protection Agency (EPA) that provides information to help plan outdoor activities and avoid overexposure to UV radiation. The UV Index helps forecast the amount of ultraviolet radiation expected to reach the earth's surface. The index is reported as a number that ranges from 1 to 11+. The higher the index, the greater the risk of overexposure to UV radiation.

UV INDEX NUMBER	EXPOSURE LEVEL
2 or less	Low
3-5	Moderate
6-7	High
8-10	Very High
11+	Extreme

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Survivorship

A Tale of Two Battles

By Kimberly Springer

My name is Kimberly Springer and I am 44 years old. I have always had a positive outlook on life. I have three beautiful kids and they are my inspiration.



I have been a patient of Dr. Sponzo and Jean VanAuken for thirteen years. It all started with a mole on the back of my arm. I could not see the mole, because of its location, so it didn't bother me. But some friends of mine told me I should have it looked at.

I had it removed and it came back positive for melanoma. I had a wide excision done and they got it all. To have a diagnosis of cancer was a little scary, but when they said they got it all, I was fine.

Seven years later, I had to have an MRI, because I had tingling on the whole left side of my body. At the time I had a new doctor at the health center. He said he was testing for MS, stroke, or possibly a recurrence. Well, the first MRI showed a spot on my sinus in my brain. My doctor had a neurologist look at it and the conclusion it was that it was congenital, meaning I was born with it.

I did not tell my kids because I did not want to upset them. I always say, "Don't worry until there is something to worry about". When I had my follow-up MRI, there was something to worry about. They found five spots on my brain. I went back to Dr. Sponzo. He sent me for a CT scan that showed a spot in my right lung and my liver, so more tests were planned.

Dr. Sponzo offered me three options. The first was to wait a couple of months and see what happens, the second was to have a lung biopsy and the third was to get a second opinion. I chose number three and Dr. Sponzo recommended Dr. Ernstoff,

who I found out later is one of the best specialists for melanoma. I went to Dartmouth Hitchcock Hospital in New Hampshire. Dr. Ernstoff went over all my test reports, looked at the films and gave me a thorough exam. When we returned to his office, he told me that he was sure it was melanoma and recommended that I have the lung biopsy, which I did.

Two days later the results showed that I had metastatic malignant melanoma in my brain, right lung and liver and I was a stage IV cancer patient. Was I scared? Yes, very much so. I made the mistake of researching the disease on line. What I read was not very comforting and in fact, made me more scared. Being a cancer patient is scary enough, but when you have stage IV disease, it is really scary.

I went back to see Dr. Sponzo and he started me on Temodar[®], a drug intended to keep the cancer from growing or spreading. It worked great for two years, until my body got used to it. The next scan I had showed a big spot on the right adrenal gland, above the kidney. I went back to Dartmouth Hitchcock for an adrenalectomy. After the surgery, I met with Dr. Ernstoff, to discuss my options. He gave me three options. The first was clinical trials, the second was a shot that I would have to get once a week to help keep the cancer stable. The third option was to receive Interleukin-2 (IL-2) treatments. For me the only option was number three. Dr. Ernstoff gave me a pamphlet about IL-2. The side effects were the typical side effects: nausea, vomiting, diarrhea and chills. It was the last side effect listed that caught me by surprise: "possibly death".

At an earlier appointment, Dr. Ernstoff had asked me if I wanted my prognosis. I said that I was in a good frame of mind and positive, and that I didn't want to hear anything bad. I told him that I might ask at some point down the road. He sent

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Your Cancer Center Care Team



**Julia Gannon, RN
Outpatient Medical
Oncology Cancer
Treatment Center**

Julia recently joined the Outpatient Cancer Treatment Center. She received a

Bachelor's Degree in Nursing from the University of Vermont in 2007. For the past two years, Julia worked as a Medical Surgical Nurse at Beth Israel Deaconess Medical Center in Boston, Massachusetts.

Julia's family lives in Boston and she is the youngest of five children. Both her mother and her sister are also nurses. Julia lives in Ballston Spa with her boyfriend, John. When she is not working, she enjoys skiing, running, yoga and arts and crafts.



**Shari Armer, Nurse's Aide
Inpatient Oncology Unit**

Shari recently joined the Inpatient Oncology Unit. She has been a Nurse's Aide for four years, working for a nursing agency in various

locations. She plans to go back to school in January 2011 for a Registered Nursing degree.

Shari is a single Mom and lives in Ballston Spa, with her two children, Brianna, (7) and Tannis, (4). She enjoys spending time with her family, likes to play volleyball and just make the most with what little "free" time there is.



**Jackie Barker, Scheduling
Specialist**

Partnership Enhances Care

Patient Access and the C. R. Wood Cancer Center have formed a new partnership.

Jackie Barker, Centralized Scheduler, has relocated to the Cancer Center, 2nd Floor Scheduling Area.

In the past, when a patient needed to have additional tests set up, Cancer Center Schedulers would make a call to Centralized Scheduling. Depending on the day, there might be a several minute delay waiting to speak to a representative that could make the appointment for them. Often the patient was sent home to wait for a phone call with the appointment information.

Now the orders go directly to Jackie to schedule the test(s). Jackie is able to work directly with the Cancer Center Scheduler to determine the time and location that best meets the patient's needs. She is

able to schedule the appointment and the patient is then given an appointment card along with any special instructions before they leave the Cancer Center.

When asked about the success of the partnership, Jackie said, "Overall I think the teamwork and effort by everyone in the Cancer Center is great. The patients come first. My being here is just one more way to make a difficult time a little easier on the patient and hopefully for the Cancer Center staff. I enjoy having the face-to-face interaction with the patients."

Cancer Center Schedulers comments included, "Having Jackie right here is positive for both patients and staff. Patients can get their test appointments while they are here and we spend a lot less time on the phone."

Jackie has worked at Glens Falls Hospital in Patient Access for over nine years. She lives in Glens Falls with her husband, Robert and has two adult children. She enjoys outside activities including walking and hiking.

Food for Thought

Hydration is Important - Especially During the Summer

By Kelle Engel,
RN, BSN, OCN®



Patients undergoing cancer treatment need good hydration. This is especially important during the summer when fluid loss through sweating due to higher temperatures and increased physical activity can increase the risk for dehydration.

The best time to drink fluids is before you are thirsty. If you know that you will be spending time outside (gardening or enjoying a picnic), make sure that you drink fluids before going outside and continue to drink fluids on a regular basis while outside. You should avoid drinks that contain alcohol or caffeine as these are diuretics - they stimulate urine production and can promote dehydration. The best drinks to have are water and flavored sports drinks. Sports drinks help to replace electrolytes that may be lost due to sweating and they can provide carbohydrates to working muscles.

It is also helpful to wear loose fitting clothing and to try to avoid direct sunlight. Try to find shady areas to work or play while outdoors.

As we age our sensation of thirst decreases and we need to make a more conscious effort to take in enough fluids. Some people undergoing cancer therapy say that water does not taste good. They can try adding a little juice or try flavored water. Other good sources of fluid include summer fruits such as watermelon and other melons, 100% juice popsicles and smoothies made with fruit yogurt and ice.

The majority of the body is made up of water, which can be up to 75% of the body's weight. Most of the water is found within the cells of the body (intracellular space). The rest is found in what is referred to as the extracellular space, which consists of the blood vessels (intravascular space) and the spaces between cells (interstitial space).

Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. The body is always changing. This is especially true with water in the body. We lose water when:

- we breathe and moist air leaves the body
- we sweat to cool the body
- we urinate or have a bowel movement to rid the body of waste products.

In a normal day, a person has to drink a lot of water to replace this routine loss. The body is able to monitor the amount of fluid it needs to function. Thirst signals the body to drink water when the body is dry. As well, hormones like anti-diuretic hormone (ADH) work with the kidneys to limit the amount of water lost in the urine when the body needs to conserve water.

Dehydration occurs because there is too much water lost, not enough water taken in, or most often a combination of the two.

- **Diarrhea:** Diarrhea is the most common reason a person loses excess water. A significant amount of water can be lost with each bowel movement.
- **Vomiting:** Vomiting can also be a cause of fluid loss and it is difficult for a person to replace water by drinking it if they are unable to tolerate liquids.
- **Sweat:** The body can lose a lot of water when it tries to cool itself by sweating. Whether because of the environment (for example, working or exercising in a hot place), or because a fever is present due to an infection; the body loses water in the form of sweat to cool itself. Depending upon weather conditions, a brisk walk can generate up to 16 ounces of sweat (a pound of water).
- **Diabetes:** In people with diabetes, elevated blood sugar levels cause sugar to spill into the urine and water then follows, which can cause significant dehydration. For this reason, frequent urination and excessive thirst are among the symptoms of diabetes.

Pharmacy Corner

Medication-Induced Photosensitivity

By Beth Sponzo, RN, BS, OCN®

There are many drugs that can cause skin to be sensitive to sunlight, called “photosensitivity”. The combination of certain medications and sunlight can cause redness and burning of the skin resembling a sunburn. Even a little sun exposure may cause a reaction, such as walking to your car or getting the mail.



There are many medications that cause photosensitivity. Some common ones are:

- Antibiotics (especially tetracycline, ciprofloxacin, levofloxacin and sulfonamides)
- Birth Control Pills
- NSAIDS (such as ibuprofen, ketoprofen and naprosyn)

- Chemotherapy (especially 5FU, Xeloda, Taxol, Erbitux, Tarceva, Tykerb and Vectibix)
- Retin-A

To prevent a reaction you should wear protective clothing and wear sunscreen with UVA and UVB protection. Sunscreen should be applied liberally to all exposed areas, including your scalp and ears.

Treatment of medication-induced photosensitivity should be cool compresses and topical steroid cream. If these measure are not effective seek medical advise for further help.

If your skin develops eruptions or is very painful, contact your physician as further treatment may be indicated. If you are not sure if your medication causes photosensitivity, it should tell you on the information provided by the pharmacy, or you could ask your pharmacist.

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- **Inability to drink fluids:** The inability to drink adequately is the other potential cause of dehydration. Whether it is the lack of availability of water or the lack of strength to drink adequate amounts, this, coupled with routine or extraordinary water losses can compound the degree of dehydration.

Patients undergoing cancer treatment may have diarrhea, nausea and vomiting or feel unable to take in as many fluids as they need due to the side effects of treatment. Therefore, it is even more important to anticipate and take steps to prevent dehydration.

The body's initial responses to dehydration are thirst to increase water intake along with decreased

urine output to try to conserve water. The urine will become concentrated and more yellow in color.

As the level of water loss increases, more symptoms can become apparent. The following are further signs and symptoms of dehydration:

- dry mouth
- the eyes stop making tears
- sweating may stop
- muscle cramps
- nausea and vomiting
- heart palpitations
- lightheadedness (especially when standing)

References:

<http://www.medicinenet.com/dehydration/article.htm>

Oncology Education and Support Services Receives Grant from the Susan G. Komen for the Cure® Foundation

By Vickie Yattaw, RN OCN®, CBCN

Fourteen local organizations involved in the fight against breast cancer can serve more people and save more lives thanks to \$279,889 in grants announced by the Northeastern New York Affiliate of Susan G. Komen for the Cure®. “For the past 15 years, Komen grants have been an important source of local funding for scores of programs that help the medically underserved in our communities, awarding nearly \$2.1 million to organizations right here in Northeastern New York.” said Affiliate President Ellen Kaufman.



Grant monies were distributed from proceeds raised from the 15th annual Susan G. Komen Northeastern New York Race for the Cure® held last October, other fundraising efforts held throughout the year and funds received from the Susan G. Komen for the Cure national organization.

Up to 75 percent of the net income raised by Komen Northeastern New York stays in the community to fund programs in upstate New York. The remaining 25 percent supports the Susan G. Komen for the Cure® Grants Program supporting research, awards and educational and scientific programs around the world.

The C. R. Wood Cancer Center was awarded a grant to expand the education and support services to breast cancer survivors in Hamilton and Southern Washington counties.

Programs in **Hamilton County** include a monthly **After Breast Cancer Support Group** in Indian Lake. This group will meet the 2nd Friday of every month at 5:30pm in the Rescue Squad office located on Pelon Road. Periodical educational programs and speakers will be available at these monthly meetings. Any breast cancer survivor at any stage of survivorship is welcome and encouraged to attend.

Programs in **Washington County** include:

Weekly education and support by oncology nurse navigator, Vickie Yattaw, RN, OCN, CBCN at the Greenwich Regional Medical Center on Friday mornings. She is available to meet with newly diagnosed breast cancer patients to discuss topics of concern while navigating through treatments and into survivorship.

The After Breast Cancer Support Group will meet on the 3rd Friday of every month in Greenwich, please call Vickie at 926-6639 for the time and location.

Weekly Healthy Steps™ exercise class will be held in the Curves location on route 40 in Greenwich. These classes will be held from 11:15am – 12:15am every Friday. Classes are free of charge thanks to the support of the Susan G. Komen for the Cure® foundation.

For more information regarding any of the above programs please contact Vickie Yattaw, RN, Oncology Resource Nurse at (518) 926-6639.

I am pretty sure that, if you will be quite honest, you will admit that a good rousing sneeze, one that tears open your collar and throws your hair into your eyes, is really one of life's sensational pleasures.

~Robert Benchley

Let's Raise the Roof

The Glens Falls Hospital Foundation has launched a community-wide celebration called "Let's Raise the Roof" as part of its 2010 Annual Fund campaign to raise \$1.5 million for the Floyd H. Rourke Inpatient Surgery Center. The Center is one of the busiest areas of the hospital, with our talented surgeons and staff performing more than 16,000 procedures each year.

In recent years, people across our community have generously helped Glens Falls Hospital purchase a number of advanced new surgical technologies – technologies that could someday save your life or that of a family member or friend.

These technologies generate far more heat, and are far more sensitive to temperature fluctuations and humidity levels than earlier technologies. To ensure optimum performance, our Surgery Center's heating/ventilation/air conditioning system – and the roof that supports it – must be updated as well.

Glens Falls Hospital is the largest hospital between Albany, New York, and Montreal, Canada, and the comprehensive health care system for New York's Warren, Washington, northern Saratoga, Essex, Hamilton and northern Rensselaer counties. In addition to our main acute care hospital campus, we operate 28 regional health care facilities, including health centers in the communities of Cambridge, Corinth, Granville, Greenwich, Hoosick Falls, Salem, Whitehall and Wilton.

Simply put, our not-for-profit hospital provides a health care safety net for individuals and families from the immediate Glens Falls area to smaller, geographically remote communities tucked away in the heart of the six-million-acre Adirondack Park.

Hospital History - A Tradition of Community, Charity, Innovation & Volunteerism

The face of the American hospital was changing

rapidly in the summer of 1897 when a group of 12 Glens Falls-area physicians began discussions regarding the establishment of a regional healthcare facility.

Until that time, hospitals were often referred to as "almshouses," places where the sick and poverty-stricken waited to die. But the dawn of the new century was bringing dramatic advances in American medicine. Hospitals across the nation were chasing away death and promising life and this visionary group of physicians saw a local hospital as providing the lifeblood for an entire region.

Later that year the hospital was fully incorporated and the search for a suitable location was underway. After many meetings with the newly formed hospital board of directors, a local industrialist by the name of Solomon A. Parks generously donated his home at 48 Park Street for the formal establishment of what became known as Parks Hospital.

With this gift began a remarkable tradition of community support that continues on Park Street today. Businesses and individuals from across the region immediately began contributing to the hospital's future, filling the building over the next year and a half with the equipment, supplies, furnishings and staff so critical to the institution's success.

On May 22, 1909, the name of the hospital was officially changed to Glens Falls Hospital, and hospital officials ushered in a new era of continuous professional and technological improvement.

Today, Glens Falls Hospital is larger than 90 percent of all hospitals in America in terms of our scope of services, and our caregivers provide a breadth and quality of service that is unusually expansive for a rural, community hospital. In essence, Glens Falls Hospital provides big-city medicine in a hometown setting – a fitting tribute to the vision of its founding fathers.

To learn more, we encourage you to read "Hospital by the Falls: The History of Glens Falls Hospital, 1897-1987," by Joseph Cutshall-King.

Offering Support Services in Concert with Medical Care

For general questions about cancer or support services available, please call Oncology Resource Nurses:
Vickie at 926-6639 or Paul at 926-6629

Open Support Groups

These groups are open-ended and you may come as you wish.
You may want to call if you are new or you have not come for some time to make sure that the schedule or location has not changed or that a special event has been scheduled.

ABC Support Group (After Breast Cancer)

For: Individuals with breast cancer
Meets: 4th Monday each month
6:00 P.M. ~ Cancer Center Waiting Room
New Indian Lake group meets on the second Friday each month at 5:30 PM. Call for details
New Greenwich group meets on the third Friday each month. Please call for time and location



Info: Vickie Yattaw, RN, BSN, OCN® ~ 926-6639

Blood Cancer Support Group

For: Individuals & family diagnosed with lymphoma, leukemia or multiple myeloma
Meets: 2nd Wednesday each month (does not meet in July or August)
6:00 P.M. ~ Cancer Center Library
Info: Karen Cook, LMSW, OSW-C ~ 926-6619

Daytime Cancer Support Group

For: Individuals & family with any cancer
Meets: 3rd Thursday each month
1:00 P.M. ~ Cancer Center Library
Info: Karen Cook, LMSW, OSW-C ~ 926-6619

Evening Cancer Support Group

For: Individuals & family with any cancer
Meets: 2nd Monday each month
7:00 P.M. ~ Cancer Center Library
Info: Paul Miller, RN, OCN® ~ 926-6629

Circle of Hope Knitting Group

For: Cancer Survivors who want to learn to knit and crochet. Teachers available for new knitters
Meets: Wednesdays ~ 1:00 P.M.
Cancer Center Library
Info: Vickie Yattaw, RN, BSN, OCN® ~ 926-6639

Living with Hope

For: Individuals with advanced or recurrent cancer
Meets: 1st Thursday each month
1:00 P.M. ~ Cancer Center Library
Info: Gerry Florio, Ph.D. ~ 926-6528

Prostate Cancer Awareness Group (American Cancer Society - Man to Man)

For: Men with prostate cancer and their families
Meets: 3rd Thursday each month
7:00 P.M. ~ Cancer Center Waiting Room
Info: Paul Miller, RN, OCN® ~ 926-6629

Rays of Hope

For: Women with ovarian cancer
Meets: 3rd Wednesday each month
4:00 P.M. ~ Cancer Center Library
Info: Mary Davis ~ 656-9321
Carol Smith ~ 793-0565

Sisterhood Social

For: Women with any gynecological cancer
Meets: 2nd Thursday each month
1:00 P.M. ~ Cancer Center Library
Info: Vickie Yattaw, RN, BSN, OCN® ~ 926-6639

Tai Chi

For: Anyone interested
Meets: Monday afternoon at 3:30 P.M. and 5:30 P.M.
Auditorium B-C
Info: Paul Miller, RN, OCN® ~ 926-6629

Ways of Seeing - Art Workshop

For: Individuals & family diagnosed with any cancer who want to enjoy the life affirming pleasures of making art
Meets: 2nd and 4th Tuesday each month
11:30 A.M. ~ Cancer Center Library
Info: Paul Miller, RN, OCN® ~ 926-6629

Young Survivors Group

For: Young adults with cancer
Meets: 1st Monday each month
6:00 P.M. ~ Cancer Center Waiting Room
Info: Vickie Yattaw, RN, BSN, OCN® ~ 926-6639

Services for Individuals by Appointment

Care Management

For: Continuing care needs, transportation and financial concerns
Meets: By appointment
Info: Patty Godnick, RN ~ **926-3316** pager ~ **969-1211**

Nutrition Counseling

For: Nutrition advice for cancer prevention and during or after cancer treatment
Meets: By appointment
Info: Joan Butler, RD, CSO, CDN, CNSC, CDE ~ **926-2609**

Patient Financial / Insurance Assistance

For: Referrals, prior authorizations, billing, insurance questions
Meets: By appointment
Info: ~ **926-6637**

Psychosocial Oncology

For: Counseling for patients and/or their families
Meets: By appointment
Info: Gerry Florio, Ph.D.
Karen Cook, LMSW, OSW-C ~ **926-6619**

Resource Nurses

For: Individuals & their family diagnosed with any cancer
Meets: By appointment or stop by (office is across the hall from the Cancer Center Library)
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**
Paul Miller, RN, OCN® ~ **926-6629**

Uniquely You® Boutique & Salon

For: Any cancer patient
free wigs, hats & turbans, skin & hair care
Meets: By appointment on Tuesdays in the C. R. Wood Cancer Center
Info: Call **926-6640** for an appointment

Look Good ... Feel Better® American Cancer Society

For: Women Cancer Survivors
Meets: C. R. Wood Cancer Center Library
Info: Call **1-800-395-LOOK** for date and time

Maratelle

For: Breast care and lymphedema products
Meets: By appointment on Thursdays in the Uniquely You® Boutique & Salon
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

Spa Services at Cindy's Healing Place (Reiki and Massage Therapy)

For: Cancer patients during and after treatment
Meets: By appointment in Cindy's Healing Place
Info: Call **926-6640** for an appointment

Special Programs Pre-Registration Required

Annual Survivors Events

Breast Cancer Survivor Luncheon - October
Call Vickie at **926-6639** for information

Spring Survivorship Symposium - May
Call Paul at **926-6629** for information

Cindy's Comfort Camp

For: Children and teens ages 6-17 years who have experienced the death or serious illness of a parent or close relative
Meets: One weekend each Spring and Fall at the Double "H" Hole in the Woods Ranch in Lake Luzerne, NY
Info: **926-6515** www.cindysretreat.org

Cindy's Retreat

For: Women living with and beyond cancer
Meets: One weekend each Spring and Fall at Silver Bay on Lake George
Info: Karen Cook, LMSW ~ **926-6619**
www.cindysretreat.org

Family Connections

For: Children, teens and parents facing life after illness or loss of a loved one
Meets: 3rd Thursday each month during the school year
Info: Carmen Della Bella ~ **926-6515**

Healthy Steps®

For: Gentle exercise for individuals with a cancer diagnosis
Meets: Weekly for six weeks on Tuesdays at 10:00 am Auditorium B/C
New Greenwich class meets on Fridays at 11:15AM - call for location
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

CG Men's Retreat

For: Men living with and beyond cancer
Meets: One weekend each year in late Summer
Info: Paul Miller, RN, OCN® ~ **926-6629**

Tobacco Cessation

Whether you're thinking about quitting or ready to quit, call the NYS Smokers' Quitline for help and support.
1-866-NY-QUITS (1-866-697-8487)

Motivations

May We All Be Coffee

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up; she was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me what you see."

"Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hardboiled egg.

Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, Mother?"

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling.

Live your life so at the end, you're the one who is smiling and everyone around you is crying.

May we all be coffee!

Support Services Program Dates

Open Support Group Dates

ABC Support Group

Mondays - July 26, August 23, September 27

Indian Lake group - Fridays - July 9,
August 13, September 10

Greenwich - Fridays - July 16, August 20,
September 17 - (call Vickie at 926-6639 for
time and location)

Blood Cancer Support Group

Wednesdays - September 8 (does not meet in
the summer)

Daytime Support Group

Thursdays - July 15, August 19, September 16

Evening Support Group

Mondays - July 12, August 9, September 13

Family Connections

Thursdays - September 16

Living With Hope

Thursdays - July 1, August 5, September 2

Prostate Cancer Awareness Group

Thursdays - July 15, August 19, September 16

Rays of Hope

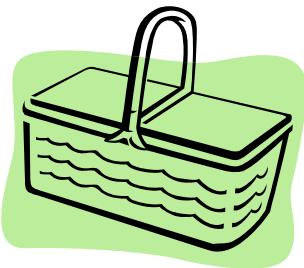
Wednesdays - July 21, August 18,
September 15

Sisterhood Social

Thursdays - July 8, August 12, September 9

Ways of Seeing Art Workshop

Tuesdays - July 13 & 27, August 10 & 24,
September 14 & 28



Cancer Survivor's Picnic

Wednesday – August 4 – 2010

5:00 – 7:30 PM

Crandall Park Pavilion, Glens Falls



Cancer Survivors and their caregivers are invited to attend this
“all support group” sponsored picnic.

No reservations are necessary. Come for an hour or stay for the evening.

Please bring a covered dish to share, a beverage for yourself
and (if you like) a lawn chair (the pavilion has picnic tables).

Hamburgers and hotdogs will be provided. You may bring beer or wine if you like.

Crandall Park is located next to the YMCA on Glen Street.
Enter Crandall Park next to the pond and follow the road around toward the back.
The pavilion is next to the playground (you can't miss us).

For more information please call: Paul at 926-6629 Vickie at 926-6639

A Tale of Two Battles

(Continued from Page 2)

me home to think about it for a little while. I really didn't need to think about it, the IL-2 was the only option.

That meant going back to New Hampshire, but this time, I was packed to stay for six days. The routine for the IL-2 treatments was six days in the hospital, one week out, six days in. A month off and then repeat the cycle. The treatment itself was a fifteen minute treatment, every eight hours for a total of fourteen treatments in six days. I was able to do all of the treatments for the first six days, which pretty much shocked everyone. I think that I was the only one who completed all fourteen.

Dr. Sponzo and Jean started calling me their miracle patient. The spots on my brain were treated with radiation, every day, Monday through Friday for a total of eighteen treatments. My next scans came back and there was good news. Other than scar tissue on my brain, everything else that wasn't supposed to be there was gone! I did get other side effects, including severe headaches. I ended up in Glens Falls Hospital for eleven days. I don't remember the first four days. When I woke up, I had no depth perception and no peripheral vision, but it did finally go back to normal.

Forward to August 2, 2009. I lost my youngest

son, Jay Matthew Lawrence. He would have turned twenty-two on August 20th. This is the worst thing that will ever happen in my life. I did not even get a chance to go through the grieving process, because two months to the day, I was diagnosed with breast cancer.

I had to have a lumpectomy and the cancer had spread to one of my lymph nodes, which meant that I needed both chemo and radiation. I had two different kinds of chemo and did pretty well with both. Then I had to have six and a half weeks of radiation, which ended May 12, 2010. I am hoping that my next scans will come back clear.

Believe it or not, I have stayed positive through all of the trials that life has handed me. I want people to know that you can get through most anything with good friends and family by your side. As I said in the beginning of this story, my kids, Jean Marie Lawrence, Paul Anthony Springer and Jay Matthew Lawrence have been my biggest inspiration. I know if I stay positive, they will stay positive. My sister, Wanda, asked them once how they were handling everything, and Jay said, "We are handling it good, because Mom is handling it good." That was during the time that I was doing the IL-2 treatments.

This is a condensed version of my story. If anyone would like to talk to me, you can ask one of the nurses in the hospital; they know how to reach me.

Register Now for the CG Men's Retreat at Roaring Brook Resort & Conference Center

Men with a cancer diagnosis can attend the CG Men's Retreat at Roaring Brook Ranch and Conference Center. The Retreat begins at noon on Friday, September 10, 2010 and ends at noon on Sunday, September 12, 2010.

Through a wide range of group and personal activities, men will have the opportunity to enjoy the outdoors, escape the stress of everyday life, build camaraderie and develop tools for living with, and beyond cancer.



(12)

Activities include: group discussions on various aspects of the cancer experience, tennis, horseback riding, music and free time for taking a walk, reading or just sitting and relaxing. Each participant will stay in a private room at the conference center.

The registration fee is \$100. Scholarships are available. The registration fee includes lodging, meals and all activities. Financial assistance is available through the generosity of our program's

Survivorship Rehabilitation Program Available at the C.R. Wood Cancer Center at Glens Falls Hospital

By Vickie Yattaw, RN, OCN®, CBCN

A new program for cancer survivors that will help them to heal faster and more fully is coming soon to the C. R. Wood Cancer Center at Glens Falls Hospital. We are teaming up with Oncology Rehab Partners and the Glens Falls Hospital Rehabilitation Services to bring the STAR (Survivorship Training and Rehabilitation) Program to the C. R. Wood Cancer Center.

The STAR Program is a nationally recognized cancer survivorship program that focuses on helping survivors to heal as well as possible, both physically and emotionally. Based on orthopedic and cardiac rehabilitation models, the STAR Program utilizes an interdisciplinary approach in which caregivers from different specialties team up to help patients increase strength and energy, alleviate pain, and improve daily function and well-being. Most of the survivorship services integrated in the STAR Program are reimbursable by health insurance providers.

The STAR Program is being utilized in some of the leading cancer centers in the country including Johns Hopkins as well as excellent community hospitals. Oncology Rehab Partners was co-founded by Julie Silver, MD, an assistant professor at Harvard Medical School, also a cancer survivor. Dr. Silver is a leading expert in rehabilitation medicine and the author of many books including *After Cancer Treatment: Heal Faster, Better, Stronger* and *What Helped Get Me Through: Cancer Survivors Share Wisdom and Hope* (published by the American Cancer Society).

Dr. Silver developed the STAR Program after going through cancer treatment herself and realizing that she desperately needed rehabilitation in order

to return to her former level of function. She now says, "Survivorship services, including oncology rehabilitation, are imperative to cancer care. Every cancer survivor should be offered the opportunity to heal as well as possible and function at an optimal level whether their cancer is cured, in remission or they live with cancer as a chronic disease."

The development of the STAR Program was also prompted by an eye-opening Institute of Medicine report that was published in 2006 and titled *From Cancer Patient to Cancer Survivor: Lost in Transition*. This report highlighted many deficits in survivorship care and recommended that survivorship become a distinct phase of cancer care.

The C. R. Wood Cancer Center offers a wide range of survivorship services including various support groups, weekend retreats, survivorship luncheons and education seminars; as well as a weekly knitting group, Healthy Steps™ exercise and Tai Chi classes. In addition to the services that are currently available, we will soon be offering the STAR Program. The program is scheduled to start in July 2010. Prior to the launch of the STAR Program, the clinical staff in the departments of oncology and rehabilitation has been undergoing intensive training in oncology rehabilitation that will help further develop their expertise in this area of cancer care.

We are excited to be teaming up with Oncology Rehab Partners to bring the STAR Program to the C. R. Wood Cancer Center. The STAR Program is part of a continuing effort to provide the best possible care for our patients. For more information about our comprehensive cancer care, including outstanding survivorship services, please go to: <http://www.glensfallshospital.org/CRWood-Cancer-Center/CRwood.cfm>

benefactors and Glens Falls Hospital.

Please call Paul Miller at 926-6629 for more information or to register. Registration forms are avail-

able in the Cancer Center or online at: www.glensfallshospital.org. (Click on Services - Cancer Center - Support Services and Survivorship Programs - CG Men's Retreat).

Cindy's Retreat and Cindy's Comfort Camp

Cindy's Retreat was held at Silver Bay Conference Center the weekend of April 23 - 25, 2010. The weather was fantastic for the 13 women who participated in the retreat. Our Reiki and Massage Practitioners pampered each participant on Saturday afternoon and in the evening we were treated to a belly dancing lesson. The staff at Silver Bay Conference Center continues to shower us with friendly smiles, compliments on our group and wonderful service. It is truly a healing place.



Double H Hole in the Woods was the setting for the most recent Cindy's Comfort Camp over the May 14 - 16, 2010 weekend. Thirty four campers, their Big Buddies and other volunteers created a memorable weekend on the ropes course, in the healing circles, at a terrific talent show and the bon fire complete with s'mores. It is always inspiring to see so many volunteers dedicate an entire weekend to meet the needs of their little buddies and their families.



Spring Survivorship Symposium Held

The C. R. Wood Cancer Center at Glens Falls Hospital sponsored a Spring Survivorship Symposium on Saturday, May 15, 2010 at Roaring Brook Resort and Conference Center in Lake George. Over 60 area cancer survivors attended this informational program.



The morning began with a keynote address by Jim Snack (pictured far right) from the Humor Project who discussed the Magic of Change. He invited members of the audience to help him with his magic tricks which are designed to help people face change with confidence. It included powerful messages about connecting with core values and vision, staying positive even through difficult times, using humor to manage the stress of change,

improving communication and teamwork and reaching one's fullest potential.

After lunch, the audience members attended their choice of two of the breakout sessions which included: George Kansas

(pictured center) speaking on Jumper Cables for the Healing Soul, changing the vocabulary and spirit of the survivorship experience; Alejandro Taylor, Esq. on Legal Issues for Survivors, long term disability income, returning to work and health insurance; Kerri Bondy, OT on Getting Back to a More "Balanced Life", rehabilitation and recovery from treatments; and Aqeel Gillani, MD (pictured left) on Facing Survivorship - What to Expect, how to manage survivorship concerns and medical care.

The Sun and Ultraviolet Radiation

(Continued from page 1)

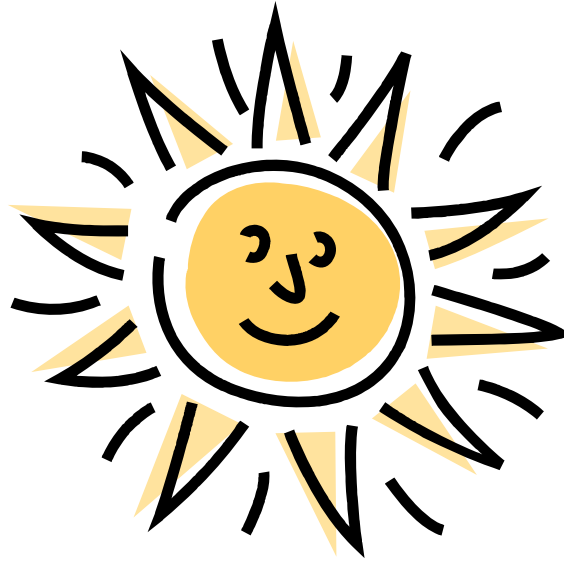
Being Sun Smart

A person's skin type, the time of day and the time of year are all factors in determining how much sun a person needs. Studies have shown that a fair skinned person living in upstate New York during the summer months only needs about five minutes of unprotected exposure to sunlight to get the required daily amount of Vitamin D. People who spend any length of time outdoors need to protect themselves from the sun. People should seek shade when possible, wear protective clothing, sunglasses, wide brimmed hats that shade the face, ears and neck, and of course apply sunscreen.

Sunscreen

Sun Protection Factor (SPF) is the current rating

system for sunscreens. SPF refers to how well a particular product will protect you from UVB rays only. SPF is calculated by comparing the amount of time to produce a sunburn on unprotected skin compared to protected skin. For example, if it takes unprotected skin 10 minutes to burn, that same person with an SPF of 2 would take 20 minutes to burn. However, sunscreen degrades and loses effectiveness with exposure to sun and also rubs off with normal wear, so it needs to be reapplied every two hours regardless of what SPF you are applying. The American Academy of Dermatology currently recommends using a broad spectrum sunscreen that works against both UVB and UVA rays with a SPF of 15 or 30 daily.



Enjoy the great outdoors available in the Adirondacks, but be careful with sun exposure. Have a fun summer, not a sun summer.

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If you are unable to view us on the internet and would like to receive *Connections* at home please call, write, or e-mail:

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Relay for Life Wrap Up

By Nannette Oberhelman
Glens Falls Hospital, C.R. Wood Cancer Center
Team Captain, Charlie's Angels

If you attended the 15th annual American Cancer Society's Relay for Life you may have heard something like this...

And...THEY'RE OFF!

It's Skip To My Leu out of the gate with Head Oophor Heels For You a close second and bringing up the rear is Bottoms Up! Lymph Me Alone in the light green silks is moving to the outside to edge past Heavy Breathing. Looking For A Cure For More Survivors is neck and neck with Bad To The Bone. Going into the turn it's Bottoms Up easing in behind Betty's Hope. Look out, here comes Fastball blowing past Hooters, leaving Nanny P in the mud. If I Only Had A Brain is thinking about making her move to the inside, while Child's Play is making this race look like a walk in the park. Kid-Me is looking for an opening but can't find one...In a last minute burst of speed, it's Skip To My Leu!



The cancer center relay team, Charley's Angels, participated again this year with a "Winner's Circle-Race for a Cure" theme. Each team member chose a cancer to represent and named their horse and assigned colors of the cancer chosen. Each horse was a unique entry! Charley's Angels surpassed a team goal of \$2,000 by \$543.00 to date, with more monies still being posted. We had a great time taking bets the night of the event, adding an additional \$72

to our team total. And the results were: Skip to My Leu to Win with 14 Votes; Hooters to Place with 10 Votes and Bottoms Up to Show with 8 Votes. A total of 72 bets were placed with all horses receiving votes!

Overall, this year's Queensbury relay raised over \$170,000 as of Friday, 6/4/10 and it is expected that \$200,000 be raised by 8/31/10. Ninety one teams participated and over 1,100 participants took part this year. Over 250 cancer survivors were recognized at this year's event.

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