

The C. R. Wood Cancer Center at Glens Falls Hospital

CONNECTIONS

Quarterly

Issue #40

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

C. R. Wood Cancer Center's *Connections* Newsletter Celebrates 10 Years of Publishing!

Connections is pleased to celebrate ten years of the C. R. Wood Cancer Center's quarterly newsletter.

A little over ten years ago, the Cancer Center leadership asked if we could produce a newsletter that would provide information about programs, services and information relevant for our patients and other cancer survivors in our region. As the lead editor, I am very proud to announce that we are still going strong and have not missed a single issue in those ten years.

We decided to produce a quarterly newsletter because we felt that anything printed more often might be difficult to accomplish as we are a health care provider first, not a publisher. So the first small steps were taken in my office with scissors and paste (literally) as a masthead was developed and frantic searches were made to find 'content'. Looking back, those first couple of issues seem somewhat undeveloped now. We soon formed an editorial board that has been instrumental in maintaining and growing the *Connections* newsletter.

After several issues were published, we held a number of focus groups to help us determine what cancer survivors wanted to see in a newsletter. Those

meetings helped us determine the format you see in *Connections* today. We followed those focus groups with a number of surveys over the years to continue to improve and remain responsive to our reader's needs and desires. We will continue to seek input as we move forward. As always, if anyone has a suggestion or request at any time, we are eager to hear from you.



Connections Editorial Board:

(standing left to right) Melissa Engwer, Suzy Virgil, Paul Miller, Joan Butler, Vickie Yattaw (seated left to right) Nannette Oberhellman, Kelle Engel, Beth Sponzo, Sandy DiNoto (not pictured) Donna Winchell, Kwaku Nimako

We were mailing over 750 copies of *Connections* before we asked our readers if they wouldn't mind viewing us online. Now we mail nearly 200 copies to our readers who don't have internet access. We are happy to mail hard copies to anyone who prefers this so please let us know if you would like to receive *Connections* by mail. We always have paper copies available in the Cancer Center and we hand them out to new patients as part of our introductions.

To celebrate ten years of *Connections*, we have changed the type face (font) from Times New Roman to Garamond which has a more elegant look but is still very readable. We also have a new masthead that is in harmony with other hospital publications and flyers.

Please join us and the editorial board in celebrating 10 years of *Connections*!

Survivorship: A Small Price to Pay



By Emily Williams

As I write my survivor story, it is very hard to believe that it is the one year anniversary of my diagnosis of breast cancer. I was 35 years old and married to my husband, Matt, with two wonderful children Grayson, (four) and Ben (one). We were living a fairly normal life in Sarasota, Florida. My story does not start out with 'I felt a lump' although I wish I could say that! I had just switched doctors and found myself making an appointment for lower back pain. On my way out of the office I happened to mention that my arm pit felt almost as if it were swollen. Dr. Prakash, my very new physician, took that one comment seriously and within minutes I was undressed and back on the table. My lymph nodes seemed to be swollen, no lumps, or scrapes of any kind. Since it was only a couple months after I stopped breastfeeding, blocked milk ducts seemed to be a reasonable explanation. After two weeks of antibiotics there was no change. I thank God that this doctor listened and took the time. A two week whirlwind followed with tests, ultrasounds, mammograms and a biopsy.

The surgeon called, and the next thing I knew, I was sitting in his office holding my husband's hand. I couldn't hold back the tears anymore and along with them came the four words that would change my life forever. "You have breast cancer". I couldn't believe what I was hearing. Another week of meeting new doctors and taking more tests went by. If time did not seem to stand still during first round of tests, it certainly did here. Once again, within another week, I was sitting holding my husband's hand in my oncologist's office when he explained to us that there was evidence of the cancer metastasizing to my spine. All surgery was off, and I was told I had stage IV breast cancer and that the goal was to control the cancer and prolong my life. The cancer was hormone based, very aggressive, but would respond well to treatments. I was just beginning to accept the diagnosis, and now all of this. All I kept thinking was that I felt fine, how could I be so sick? I couldn't imagine not being here for my children. I spent months dwelling on why I couldn't have had a lump so I could have caught it early. Thanksgiving week-end ended with the first Chemotherapy treatment,

and Christmas began with my husband shaving my head. I knew I had to do everything possible to fight.

The best way for me to fight was to take as much responsibility for my own health as I expected the doctors to do. I have always been healthy, but now that just didn't seem to be enough. I am now very careful about what I put into my body and the type of nutrients it provides. I juice and drink wheatgrass every day. It has become my new way of life. I am very lucky to have such supportive family and friends that encouraged me through this entire journey. I found myself feeling like I needed more from my doctors. That is when my husband started researching and found the C. R. Wood Cancer Center.

My husband talked to and e-mailed Vickie Yattaw. We felt like we were getting more answers and support from a place where I wasn't even a patient. We were planning a move in the summer, but decided to move *and* find a new oncologist that was more compatible. In the middle of chemotherapy, we moved from Sarasota, Florida to Glens Falls, New York (in the middle of January when it was cold and snowy). I can now say, this has been the best move of our lives. Our first meeting was with Donna Boss and then with my new oncologist, Dr. Stoutenburg. Once again we found ourselves sitting in another doctor's office with tears streaming down our faces, but this time it was because there was hope, something I did not feel much of in the past. We were in the right place. I felt like I was in this fight with the entire C. R. Wood Cancer Center in my corner. I remember one particularly hard day when I needed to talk to someone and I found Karen Cook at the Cancer Center. Karen encouraged me to attend Cindy's Retreat, which was wonderful. That was the first time I was in a room with so many other women survivors. My daughter was able to participate in Cindy's Comfort Camp for kids which she still talks about like it was yesterday. Since then, I have participated in the forever fit program which also helps with meeting new people and sharing our support.

My chemotherapy ended in April and there was talk about having a mastectomy after the results of the

Your Cancer Center Care Team



**Lauren Cabana, RPA-C,
Oncology Practice**

Lauren recently joined the Medical Oncology Practice as a full-time Physician Assistant. She received a Bachelor of Science degree from the University of Albany, (Major in Human Biology) and a Master of Science in Health Sciences (Physician Assistant Studies) from Philadelphia College of Osteopathic Medicine. She previously worked as a Patient Care Associate on the Hematology/Oncology Floor at Albany Medical Center and as a Nurse's Aide on 4 West and 4 Central at Glens Falls Hospital.

Lauren enjoys cooking, hiking and reading.



**Amanda Cottone,
Oncology Inpatient**

Amanda recently joined the Inpatient Unit on Tower 2 as a Unit Secretary. Amanda received an Associate's Degree from Adirondack Community College. She has been employed at Glens Falls Hospital for over 5 years, working as a Specimen Processing Technician in Pathology.

Amanda and her husband, Frank, live in Fort Edward and have two children, Frankie (3) and Viviana (11 months). She enjoys reading, walking, playing Bingo and spending time with her family.



**Sandy Christian, CPhT, Cancer
Center Pharmacy**

Sandy recently joined the Cancer Center as a full-time Pharmacy Technician. She worked at Moses Ludington Hospital for 5 years and then in the Main Pharmacy at Glens Falls Hospital for 2 years.

Sandy and her husband, Dennis, live in Severance. They have two adult daughters, Mikie and Cassidy and a grandson, Daniel (10). She enjoys traveling, reading, knitting, cooking and spending time with her family.



**Christina Schmetterer, NCPT
Phlebotomist**

Christina recently joined the Cancer Center Lab as a full-time phlebotomist. She is also a Registered Medical Assistant. Chris worked as a phlebotomist for over nine years, at several locations, including Lab Corp and Saratoga Hospital. She worked for GI Associates as a Medical Assistant, but preferring Phlebotomy, returned to the field and accepted a position in the Cancer Center.

Chris lives in Queensbury with her three sons, Trevor, Jr. (19), Peter (17) and David (11). When she is not working, Chris enjoys cooking, baking, Zumba and spending time with her sons.



**Emanuel Gadison,
Oncology Inpatient**

Emanuel joins the Oncology Inpatient Unit on Tower 2 as a Nurse's Aide. He graduated from South Glens Falls High School and BOCES, majoring in Health Occupations. While in high school, Emanuel completed an internship at Glens Falls Pediatric Dentistry and received clinical training at Maple-

wood Manor, Saratoga Hospital and Wesley Nursing Home. He plans to pursue an education in Nursing at Adirondack Community College.

Emanuel enjoys listening to music while he studies, reading fiction, dining out and playing football with friends and family.

Food for Thought: Dietary Guidelines for Americans

The *Dietary Guidelines for Americans* offer a practical roadmap to help you make changes in your eating plan to improve your health.

Balancing Calories to Manage Weight

The first step is to focus on balancing calories with physical activity and consuming an overall healthy eating pattern. This will put you on the road to achieving or maintaining a healthy weight and reducing the risk of developing diet-related chronic diseases. The *Dietary Guidelines* recommend shifting eating patterns to eat more of some foods and nutrients and less of others. A healthy eating pattern will allow you to meet the recommendations while staying within your calorie needs.

Foods and Nutrients to Increase

The *Dietary Guidelines* encourage Americans to eat more:

- **Whole grains:** Increase whole grains by choosing whole grain breads and cereals, brown rice and whole wheat pasta. Make at least half your grain servings whole grains.
- **Vegetables:** Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Most adults need 2 ½ cups of vegetables per day.
- **Fruits:** Add fruit to meals and snacks— fresh, frozen or canned—to get about 2 cups each day.
- **Low-fat or fat free milk, yogurt and cheese or fortified soy beverages:** Include 3 cups per day for calcium, vitamin D, protein and potassium. Lactose-free milk is also an option.
- **Vegetable oils such as canola, corn, olive, peanut and soybean:** These are high in monounsaturated and polyunsaturated fats. Use in moderate amounts in place of solid fats.
- **Seafood:** Include a variety of seafood more often in place of some meat and poultry.

Foods and Food Components to Reduce

More than one-third of all calories consumed by Americans are solid fats and added sugars.

The *Dietary Guidelines* recommend eating less:

- Added sugars
- Solid fats, including trans fats
- Refined grains
- Sodium



Sodium

The recommendation for sodium remains the same - no more than 2,300 milligrams of sodium - for most people. However, a reduction to 1,500 milligrams per day is recommended for people over age 51, African-Americans and those with a history of high blood pressure, chronic kidney disease and diabetes.

Suggestions for reducing sodium:

- Prepare food using little salt or fewer high sodium ingredients. For example, skip using salt in cooking pasta, rice, cereals and vegetables.
- Taste food before salting it. Lightly salt food only as needed, not as a habit.
- Eat fresh fruits and vegetables which are naturally low in sodium
- Use herbs, spice rubs and fruit juices in cooking in place of salt.
- Check food labels comparing like items and choose lower sodium foods. Also watch for terms like “low sodium” and “no added salt.”
- Eat fresh, lean meats, poultry, fish, dry and fresh beans and peas, unsalted nuts and eggs, all of which contain less sodium.

Fats

For optimal health, most people should reduce their intake of solid fats and trans fat by replacing them with monounsaturated and polyunsaturated fats. Solid fats are found in fatty animal-based foods such as well-marbled meat, poultry skin, bacon, sausage, butter and whole milk products. Trans fat is found in foods made with vegetable oils that have been partially hydrogenated such as cookies, donuts, pastries and crackers. Most fats should be polyunsaturated or monounsaturated such as liquid vegetable oils like canola, olive, corn, peanut and soybean. Plant-based foods like nuts, seeds, olives and avocados also contain these healthy fats.

Eating Right with MyPlate

Get a personalized eating plan at www.choosemyplate.gov. Your MyPlate Plan will give you the amounts of each food group you need daily. If you have special dietary needs, consult a registered dietitian for a customized plan.

References:

www.choosemyplate.gov

Pharmacy Corner: Drug Availability, The Long and the Short of It

By Nada Rezkallah, PharmD. Student

Drug shortages are nothing new. What is new is that drug shortages have become far more common.

About 150 'medically necessary' drugs were in short supply in early 2011, according to the American Society of Health System Pharmacists (ASHSP). That's twice the number of medically necessary drugs that were in shortage in 2006.

Several different factors have led to the growing number of drug shortages. Manufacturing problems, business decisions and regulatory issues are the leading causes of drug shortages.

- When a drug manufacturer produces multiple products on the same equipment the increase in orders of one product may cause the delay of another product on the production line.
- Supply chain issues include the inability to source raw materials and other breakdowns in relationships with manufacturers, wholesalers, prime vendors, buying groups, and end-user health care organizations.
- The unavailability of raw materials can occur when there is just one supplier of a component used in a high demand drug or if there is competition from several manufacturers for a raw material in short supply. A majority of raw materials for drugs sold in the United States come from overseas markets.
- The trend toward "just-in-time" procurement and inventory management also impacts the steady supply of needed drug products. Many manufacturers, distributors and health care organizations have adopted just-in-time management. Some health care organizations keep little or no inventory on hand and are dependent on daily delivery by suppliers. In this case, a temporary back-order of a medically necessary drug can become a crisis for physicians and patients.
- A manufacturer may decide to stop manufacturing a drug that has lost its patent and faces generic competitors in order to concentrate on producing newer drugs with patent protection. A manufacturer may also discontinue production of a drug because newer drugs are safer or more effective.
- Some manufacturers also stop production after meeting an annual quota or because of reduced financial return from reduced sales.
- Many drugs under patent protection are single-source products. Any interruption in their supply can cause a shortage.
- Merged companies might discontinue manufacturing drug products because they want to focus on a certain drug line or because they have two similar products. The new merged company might not be able to keep up with production demand.
- The Food and Drug Administration (FDA) cannot require a manufacturer to produce a specific product nor dictate the volume of production. It can, however, help address shortages in other ways such as expediting the approval of related new or generic drugs.
- The FDA may bring enforcement action against manufacturers found in noncompliance with Current Good Manufacturing Practices (CGMPs). In this case, the FDA would weigh the seriousness of the noncompliance with the medical necessity of the drug before ordering a facility cease production. The FDA offers some assistance and resources for companies wanting to conform to good manufacturing practices.
- Some shortages, such as the several year shortage of immune globulin intravenous pentelate, an injectable drug product for boosting the immune system, have occurred after a regulatory agency suspends production because of a manufacturer's failure to meet regulatory standards. Manufacturers that are in compliance and produce the same drug may be unable to meet demand.

Drug Availability, The Long and the Short of It

(Continued from page 5)

- A voluntary recall of a drug product can lead to shortages, especially if the drug has no or little competition in the marketplace. When an FDA inspection results in a voluntary recall it can put both the agency and the manufacturer in the difficult situation of having to weigh medical needs against the seriousness of the manufacturing flaw. This is especially true if the flaw has to do with something technical, like labeling, as opposed to contamination or another public health safety issue.
- Orphan drugs, those used to treat rare diseases that occur in a small percentage of the population, are produced in short supply by a small number of manufacturers. Shortages can develop quickly if a manufacturer reduces or ceases production because of low profitability. In recent years the federal government has introduced greater incentives to encourage manufacturers to produce orphan drugs.
- When generic versions of a drug begin to enter the market, product manufacturers may reduce production or withdraw from the market leading to a temporary shortage.
- Procurement decisions, such as when a large health care organization or the military begins buying large quantities of a certain drug, can also lead to drug shortages for people outside those organizations.
- Sometimes production capacity cannot match sudden, unexpected jumps in demand for a drug. Increased demand can result from a new disease like H1N1 coming on the scene or recommendations for off-label use of a drug.
- Natural disasters have, on occasion, damaged or destroyed manufacturing facilities that were the sole producer of a drug, and led to shortages.

For example, a 1997 hurricane in the Caribbean caused damage to a manufacturing plant there that was unable to keep up with the demand for gentamicin, and a drug made from piperacillin and tazobactam.

- There are several alternate sources and incentives that the United States government is exploring that would help solve the drug shortage issue. The first alternate source is to import medication from Europe and Asia to ease the shortage. Early in November, President Obama signed an executive order directing the FDA to take measures to decrease the drug shortage by speeding up reviews of new drugs. Manufacturers are also required to report shortages earlier so measures can be taken early to find alternative sources of drugs. Pharmacists are maintaining strict drug inventories and reporting to physicians about anticipated shortage of a particular drug.

Here at the C. R. Wood Cancer Center, pharmacists have implemented several new policies to make sure that our patients receive the medications they need. Additional staff have been hired to assist with the continual contact with different manufacturers to get the medications here. We only use approved supply chains and manufacturers for safety. Every effort is made to make sure that all the drugs are ready for the patient before they come in for their treatment. In the case where there is no possible way to receive the medication, an alternative treatment which is proven to be just as clinically affective may be initiated upon the discretion of the physician. We are dedicated to giving our patients the highest level of patient care.

“Drug Shortage Sparks Mayhem In Many Oncology Pharmacies.” November 2011. http://www.clinicaloncology.com/ViewArticle.aspx?d=Policy+and+Management&d_id=151&i=November+2011&i_id=784&a_id=19547

<http://pharma.about.com/od/Manufacturing-and-Technology/i/Drug-Shortages.htm>

Disease is somatic; the suffering from it, psychic. ~ Martin H. Fischer

Next Step Runs Again

By Beth Sponzo, RN, BS, OCN®

The C. R. Wood Cancer Center provided a 10 week group training program for people with little or no experience to get fit, have fun and feel healthy. With the enthusiastic guidance of Coach Dan Olden, the Next Step program helped all levels of walkers and runners develop their fitness level and habits in a 10 week period with the ultimate goal of finishing a 5K event. Included in the program was a detailed training schedule and informational handouts, three group walk/runs each week and informational clinics about topics such as nutrition, clothing, footwear and injury prevention.

On October 29th, members and mentors of the program participated in the Goblin Gallop 5K in Glens Falls. Participating in the program were cancer survivors and family members. Members of Adirondack Runners and Cancer Center Staff volunteered as mentors. What a great day! What an accomplishment by all of the runners and walkers! Congratulations to everyone!

I think I speak for everyone involved when I say how fun and informative the program was. It was a truly positive experience for all. A special thanks to Dan Olden for his inspiration and insight. I look forward to next year and hope to see many of you there.



Above - Rose, Beth, Katie and Ruth (front) have some fun in their Goblin Gallop Garb.
Below - Next Steps runners pose prior to the race.



Know, then, whatever cheerful and serene
Supports the mind supports the body too.
~John Armstrong

A Small Price to Pay

(Continued from page 2)

scans. That was a very hard month. Who knew what those scans would show? We were so used to getting the worst case scenario. This time the news was better than we could have imagined; the scans came back and the cancer was gone. There was not any evidence of cancer in my breast or bone. Once again, for a better reason this time, there would be no surgery.

I would not wish this on my worst enemy, but in

the same sense, I feel fortunate in many ways. I now live each day to the fullest, and I have given up sweating the small stuff (as much as I can). I try not to pay attention to statistics and stages, but pay attention to the way I feel every morning to start the day. This year I was lucky enough to experience the seasonal changes through my kids' eyes for the first time, birthday celebrations, running 5K's with my husband, and I have made so many new lifelong friends and reconnected with old ones. Yes, I will go to the doctor every three weeks indefinitely, but it is a small price to pay to be able to enjoy life with my family and friends.

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

Services for Individuals by Appointment

Care Management

For: Continuing care needs, transportation and financial concerns

Info: Donna St. Hilaire, RN ~ 926-3322
pager ~ 926-5038

Nutrition Counseling

For: Nutrition advice for cancer prevention and during or after cancer treatment

Info: Joan Butler, RD, CSO, CDN, CNSC, CDE
~ 926-2609

Patient Financial / Insurance Assistance

For: Referrals, prior authorizations, billing, insurance questions

Info: Michele Stauches ~ 926-6637

Psychosocial Oncology

For: Counseling for patients and/or their families

Info: Gerry Florio, Ph.D. ~ 926-6529
Karen Cook, LMSW, OSW-C ~ 926-6619

Resource Nurses

For: Individuals & 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, OCN® CBCN
~ 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

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 Celebration Breakfast
Call Paul at 926-6629 for information

CG Men's Retreat

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

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

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)

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.

Discussion Groups

ABC Support Group (After Breast Cancer)

For: Individuals with breast cancer
Meets: 4th Monday each month
6:00 P.M. ~ Cancer Center Waiting Room
Info: Vickie Yattaw, RN, BSN, OCN®
~ 926-6639

Blood Cancer Support Group (Leukemia & Lymphoma Society)

For: Individuals & family diagnosed with lymphoma, leukemia or multiple myeloma
Meets: 2nd Wednesday each month
6:00 P.M. ~ Cancer Center Library
Info: Paul Miller, RN, OCN® ~ 926-6629

Family Connections

For: Children, teens and parents facing life after illness or loss of a loved one
Meets: 3rd Thursday each month during school year
5:30 P.M. ~ Moreau Elementary School
Info: Gerry Florio, PhD ~ 926-6528

Living with Hope

For: Individuals with advanced or recurrent cancer
Meets: 3rd 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

Activity Groups

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

Healthy Steps[©]

For: Gentle exercise for individuals with a cancer diagnosis
Meets: Tuesdays at 10:00 am - Auditorium B/C
Info: Vickie Yattaw, RN, BSN, OCN®
~ 926-6639

Mindfulness Meditation Group

For: Anyone interested
Meets: 1st and 3rd Wednesday evening each month at 6:30 P.M. at The Chapel on 1 Central
Info: Rev. Jeffrey Palmer ~ 926-3531

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

Twisted Twirlers

For: Individuals diagnosed with any cancer who would like to join this Hall of Fame twirling group
Meets: 11:30 A.M. ~ First and Third Tuesday each month
Info: Carol Newton ~ 854-9860

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. ~ Shirt Factory - January through March for pottery classes. Sorry, this section is not open to new students but we can put you on a sub list. if interested.
Info: Paul Miller, RN, OCN® ~ 926-6629

Main Streets Go Blue

By Gail Infante

The Cancer Services Program has been busy planning “Main Streets Go Blue” (MSGB) 2012. The goal of MSGB is to raise awareness of the importance of colon cancer screening and encourage those who haven’t yet been screened to get checked.

This initiative began last year in March and was a big success! We doubled the number of people that we normally screen in one month. The City of Glens Falls, downtown businesses and the Cancer Services Program (CSP) partnered together to support and publicize this program. Blue lights will be on the trees in Centennial Circle, in the windows of downtown stores and blue ribbons will be placed on lamp posts next March. Many downtown businesses will donate gift certificates to be used as an incentive for the first ten people who sign up for screening for colon cancer. Glens Falls National Bank will set up an information and education table for the public. Cancer Services Program staff will be on hand all week at Crandall Library to give out FIT Kits (a take-home colon cancer screening kit). Downtown businesses will also have educational materials to



distribute to the public.

The kick-off is March 22nd at the Queensbury Hotel at 5:00 p.m. The evening will start off with speakers including Mayor Diamond, Glens Falls Hospital CEO Dave Kruczynski, and Assemblyman Tony Jordan. There will be a live radio remote with WCKM and TV 8 will also cover the event.

Following the kickoff, a Blues Party with live music and food donated from downtown restaurants will be held. The party is free and open to the public. Downtown restaurants will offer blue plate specials all month, and Arts in the Public Eye will host various art events to tie in with MSGB festivities.



A window display from last year’s initiative suggests that if you wore this suit, or one of these hair styles to your senior prom, then you may need a colon cancer screening.

Making Strides

Making Strides Against Breast Cancer is the American Cancer Society's premier event to raise funds and awareness to save lives from breast cancer. More than 200 Making Strides walks are held nationwide each year to celebrate people who have battled breast cancer, educate people about ways to reduce their risk and empower communities to join the fight. The noncompetitive walks range in distance from 3 to 5 miles. The money raised through the Making Strides walks helps the American Cancer Society create a world with less breast cancer and more birthdays.

This year our region hosted two Making Strides Against Breast Cancer walks. The ninth annual Washington County walk held in Salem, New York was chaired by Elaine Gibb and netted more than \$26,175. The Warren County walk was chaired by Danielle Volks (now 6 months pregnant), and had over 1200 walkers raise a record breaking \$81,000 this year. For more information about the services and programs sponsored by the American Cancer Society, call or e-mail ACS at: (518) 792-5377 or www.cancer.org.

C. R. Wood Cancer Center Patient, Eileen Amara Speaks at Center for Disease Control Conference



On October 20th, 2011 Eileen Amara spoke at a luncheon featuring testimonials from participants (cancer survivors, or pre-cancerous patients) screened or assisted by the Center for Disease Control and Prevention in Atlanta, Georgia. She was featured in our Survivor's Story in *Connections* (issue #36 - winter 2010). The

following is the testimonial that she presented at the Atlanta luncheon:

I have been blessed with a wonderful family who I am very proud of; three children, six grandchildren, seven great grandchildren and a husband who has been very supportive through my journey with cancer.

In August of 2007, at age 64, I was diagnosed with cervical and uterine cancer. I had been having signs that something was seriously wrong for several weeks but foolishly put off going to the doctor because I did not have health insurance. I was hoping I could hold off until I was eligible for Medicare. I had six months to go before I became a "senior citizen". Well, that didn't happen. I started experiencing heavy bleeding and had no choice but to seek medical help.

Rounds of tests were ordered and when it was pretty certain I had cervical and uterine cancer I received a call from the hospital that my mammogram showed a mass in my breast and I would need to see a breast surgeon. Could all this really be happening? I felt like the whole world was falling down on me. I was terrified that I had cancer and terrified I would not be able to pay the mounting bills. At this point Glens

Falls Hospital put me in touch with a nurse from the New York State Cancer Services Program. I call her my Guardian Angel. She immediately took over and got me into a program to cover my tests and treatments until I was eligible for Medicare. This relieved much of the stress so that I could focus on my treatment and getting well.

I had radiation and chemotherapy over a six week period followed by surgery for the cervical and uterine cancer. My breast biopsy came back benign, thank God. My treatments went fairly well, not a walk in the park, but bearable. I was lucky because I did not have any serious side effects from radiation and chemotherapy.

I was very fortunate to have the C. R. Wood Cancer Center available to me for my cancer care. The entire staff is exceptional. Everyone showed compassion, were very supportive and efficient. I know that is why I did so well.

Today I am healthy and cancer free and enjoying life. I am very active in programs offered through Glens Falls Hospital which include a Healthy Steps Class, baton twirling, belly dancing and art.

I wish to stress the importance of pre-screening. It can save your life. Cancer does not have to be a death sentence. Women should not be in denial about their risk for cancer. I had a family history of cervical and uterine cancer, but foolishly did not get checked until I had symptoms. If you cannot afford screenings and treatment there are programs that can help.

Your life is precious and having cancer has made me realize just how true that is. It is very important that you remember that you are your own best advocate and do not fear medical information about yourself.

Oh, my friend, it's not what they take away from you that counts - it's what you do with what you have left. ~Hubert Humphrey

Free Valet Parking Continues for Pruyne Pavilion Now Offered at Emergency Care Center

Glens Falls Hospital has expanded its valet parking service to include free valet parking at its Emergency Care Center, Monday through Friday, 11:00 a.m. to 11:00 p.m.

Since early May the Hospital has been partnering with Valet Park of America in offering this service to patients and visitors in the Pruyne Pavilion parking lot.

The Pruyne Pavilion valet service will continue Monday through Friday from 7:30 a.m. to 5:00 p.m.

Valet parking at Glens Falls Hospital has become a popular service. Elaine McNally, a cancer patient from Olmstedville, recently told

hospital officials that it has made a positive impact on her treatment experience.

“I went through 35 days of radiation and the ‘boys’ were so helpful. They escorted me to my appointments with a wheelchair and they even counted down my treatment days each time I arrived. I look forward to coming now,” says McNally.



Touch, Caring and Cancer

Join us for a free class and learn the basic techniques of massage to support well being.

The class is open to any patient of the C. R. Wood Cancer Center and their caregiver.

The class will be held on Tuesdays: January 10, 17 and 24 from 6:00 to 8:00 p.m. in the Cancer Center Library.

Refreshments to be provided. Class size is limited. Please call Karen Cook at 926-6619 to register.

Two C. R. Wood Cancer Center Employees Receive “20 Under 40” Recognition

Two Cancer Center employees were honored by the Post-Star as 2011 “20 Under 40” award recipients at a ceremony held recently at the Fort William Henry Hotel and Conference Center.

Darci Gaiotti-Grubbs, MD, Oncologist/Hematologist, C.R. Wood Cancer Center and **Wendy Little Waldron**, Oncology Administrative Manager, C.R. Wood Cancer Center, were recognized for their commitment to their careers and the community.



Darci Gaiotti-Grubbs

In May, the newspaper began seeking nominations from the community to honor people younger than 40 “...who have demonstrated success and dedication to their careers and are role models in their trades or communities.” Honorees were selected by a committee of community leaders, including 2010 award recipient **Danielle Harris**, GFH Pharmacy.



Wendy Little Waldron

Cindy's Comfort Camp

The Double H Hole in the Woods was the setting for the most recent Cindy's Comfort Camp, taking place the weekend of October 14 - 16, 2011. Thirty-four children who have experienced the loss of a loved one in their family participated in a fun and therapeutic weekend. Each child was matched with a "Big Buddy" and activities included healing circles, kickball, high ropes course and zip line, arts and crafts, a hilarious talent show, and a fun bonfire with S'mores. The kids had a great time, as did the adults. The next Cindy's Comfort Camp will be held in May, 2012, at Double H Hole in the Woods camp in Lake Luzerne. This camp will be for children who have a family member who is seriously ill. If you are interested in enrolling your child, or in volunteering, please call 926-6515 for further information.



Anxiety is a thin stream of fear
trickling through the mind.
If encouraged, it cuts a channel
into which all other thoughts are drained.
~Arthur Somers Roche

Cindy's Retreat: A Weekend of Reflection and Relaxation



This past September, 13 women attended the Cindy's Retreat at the Silver Bay Conference Center in beautiful Silver Bay, New York. In December, 9 women attended Cindy's Retreat at the Spiritual Life Center in Greenwich, New York. The weekends provided many opportunities to meet other survivors, share stories, laugh, and take time to regroup. The retreats offer tools to help manage everyday stressors along with relaxation and guidance to help live beyond cancer. The next Cindy's Retreat is scheduled for April, 2012, at Silver Bay Conference Center. If you are interested in attending, please contact Karen Cook at 926-6619.

Your Cancer Center Care Team

(Continued from page 3)



Changing Places

Krystle Kent, RN
Hematology Oncology Clinic

Krystle recently joined the Medical Oncology Department, working with Dr. John Stoutenburg. In 2009, she received an Associate's degree in Applied Sciences in Nursing from Adirondack Community College. Krystal previously worked on Tower 2, the Oncology Inpatient Unit.

Krystle and her husband, Brett, live in Hampton. She enjoys playing sports, reading and spending time with family and friends. Krystle plans to become Oncology Certified and to pursue a Bachelor's Degree in Nursing.

19th Annual Uniquely You Breast Cancer Survivors Pink Ribbon Tea

The 19th Annual Breast Cancer Survivors Luncheon was held at the Queensbury Hotel this year with a Tea Party theme. There were over 240 survivors and their loved ones in attendance enjoying the presentations of speaker Sam Lurie on self hypnosis along with the wonderful entertainment of the Boobie Sisters. The Boobie Sisters are a group of breast cancer survivors from Plattsburgh, New York who change the words of well known songs to add humor and lightness to such topics as menopause, chemo brain and other cancer related topics.



Young Adult Empowerment Symposium

Save the Date:
Saturday, February 4, 2012
Hilton Garden Inn, Troy
9 a.m. - 5 p.m.

Join us for the first annual symposium for young adults touched by cancer. This free event features

topics of great interest to young adults and a social-networking hour with vendor exhibits.

Mark your calendar and watch your e-mail or check us on facebook for more details.

Facebook.com/hopeclub

Sponsored by Leukemia & Lymphoma Society, American Cancer Society and the C. R. Wood Cancer Center.

Funded through a grant from the Harold L. Bloch Foundation and the David Lenahan Memorial Fund.

Pink in the Rink

The Adirondack Phantoms hockey team and the C. R. Wood Cancer Center at Glens Falls Hospital will come together on Saturday, January 21 to increase breast cancer awareness with “Pink in the Rink,” a night of hockey fun and a celebration of support for breast cancer awareness. That evening, the Glens Falls Civic Center ice will be transformed to pink while the



Phantoms players will wear pink jerseys.

Breast cancer survivors and providers from the C. R. Wood Cancer Center will be on hand for special presentations, a post-game auction and other fun events. \$5 from each ticket sold that night will benefit the patients of the C. R. Wood Cancer Center. For more information, please contact Vickie Yattaw, Oncology Resource Nurse, at 518-926-6639 or vyattaw@glensfallshosp.org.

YMCA Forever Strong Program

The C. R. Wood Cancer Center partnered with the Glens Falls YMCA to bring strength training classes to the patients of the Cancer Center. Twenty three people took advantage of this wonderful program. Each participant noticed a decrease in their fatigue level, increase in overall wellness including balance and strength, and enjoyed spending time with other survivors. The program offers specialized classes,

focusing on decreasing the side effects of cancer therapies, with trained instructors. The program also gives each participant a full membership to the YMCA to enjoy any of the other programs offered. We will continue this program in 12-week sessions. If you would like more information, please contact Vickie Yattaw, RN at 926-6639 or e-mail vyattaw@glensfallshosp.org.

Cancer Services Program (CSP)

Glens Falls Hospital provides a New York State Department of Health Cancer Services Program grant that funds breast, cervical and colorectal cancer screenings and follow-up testing at no cost for uninsured women and men. If you or someone you love is without health insurance, call today at: 1-800-882-0121 or (518) 926-6570.



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The information in this newsletter is for educational purposes only and is not intended to be used as medical advice. Please consult your physician for questions regarding your treatment.

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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Please let us know if you wish to be removed from our mailing list.

Save the Date: Spring Survivorship Celebration Breakfast

April 21, 2012 - Fort William Henry

Featuring Brett Leake - At Least I've Still Got My Health: The 4 H's of Humor-Heart-Hope-Health: This laughter stimulating, thought-provoking, life-affirming presentation is just what the doctor ordered for all of us! It will be a perfect follow-up to the presentation last year by Dr. Joel Goodman from The HUMOR Project.

When Brett set out to become a comedian, a reporter wanted to know how long a man with muscular dystrophy could stand the rigors of a traveling stand-up comic. Brett supposed he had about 7 years. That was 29 years ago! Brett attributes his laughing longevity to the healing power of humor. We know that you will absolutely love this session... as this sit-down, stand-up comic weaves his hilarious humor with a heartfelt message.

Invitations will be mailed by the end of March. If you are currently receiving notices for support groups, this newsletter or other Cancer Center programs, you should receive one. Invitations will also be available at the C. R. Wood Cancer Center. Please call Paul at 926-6629 if you do not receive an invitation by April 1 and would like to join us for this program .

Physical strength is measured by what we can carry;
spiritual by what we can bear. ~ Author Unknown

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