

Connections Quarterly

SUMMER 2019 ISSUE 70



Quarterly Content

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For more information about the Connections Quarterly Newsletter or the C.R. Wood Cancer Center please call **518.926.6640**

SURVIVOR STORIES

Learn about Alek Lenkiewicz, Danielle Morgan, Peter Lawrence, Joyce Heckler, and Kenneth Gossen and their fight against cancer.

Chemo "Super Powers"

Alek Lenkiewicz: Colon Cancer Super Hero

Alek is 43 years old and has been working in the medical manufacturing field for the last year and a half. His job is maintaining the machines that manufacture magnets for medical imaging. Little did he know that he would be able to test out these magnets personally. Alek started his journey to Cancer Super Hero when he started to have some abdominal pain in October of 2018. He went to his primary care physician who tested him for infections, and then sent him to other specialists to rule out any other probable cause for his pain. When he finally made his way to get a CT Scan, the doctors saw some thickening in his sigmoid colon. This led to a referral to a gastroenterologist and a colonoscopy — and then “Boom” there it was; cancer! Due to his age, no screening was recommended and even the doctors didn’t think colon cancer at first.

“I don’t want to look back and regret not doing everything I could to give me the best chance at a cure.”

In March he had a sigmoidectomy, surgery to remove the part of his colon with the known tumor. The surgeon believed he got the entire tumor. This was classified as a stage II high-risk colon cancer. Dr. Rozell, medical oncologist, recommended “clean up” chemotherapy, or as he and his girlfriend Jenn like to call it, his “Super Powers” to attack any cells that may have been left behind. His chemotherapy treatment is called Xelox, which consists of an IV infusion of oxaliplatin on day 1 and an oral pill called Xeloda which he takes for 15 days. This regimen is repeated every 21 days for a total of 8 cycles. Once chemo therapy is completed he will undergo daily radiation. His first round of chemo was a little rough with some nausea and cold sensitivity from the oxaliplatin, but it was tolerable.



Alek and Jen bought special T-Shirts to wear to treatment Summer 2019.

In preparation for his second round of chemotherapy, he and his girlfriend Jenn designed a day of fun. This included pizza and beer for lunch, games at Dave & Busters, petting puppies at a local pet shop, shoe shopping (for Alek not Jenn), and finished the day with ice cream for dinner.

Alek will be taking some time off from work while undergoing treatments. He is trying to keep himself busy doing home projects when he has the energy, and playing Battlefield 4 on his PS4 game system when he doesn’t. Alek is originally from Michigan where most of his family still lives. He gets to spend time with his daughter as much as he can. His message to everyone is to make sure you do everything you can to increase your chances of survival. He stated “I don’t want to look back and regret not doing everything I could to give me the best chance at a cure. I have a daughter I need to be around for.”

Jenn's family and friends have been great sources of support for them through this whole journey. Jenn states from a caregiver perspective, she tells Alek to not be afraid to lean on her. She leans on her family and friends for support. Jenn recommends to everyone to get as much education as you can. Do your research and come to appointments with questions. Don't be afraid to ask questions. Everyone we have met with sits with us and patiently answers all of the questions we have. The more you learn, the better equipped you are to handle every situation.

Joining Facebook Groups for colon cancer patients and caregivers has been extremely helpful in this process. "We encourage others to do the same. There are lots of groups out there consisting of patients and caregivers going through the same exact struggles that we are. They have also been a wealth of knowledge and a great resource to have".

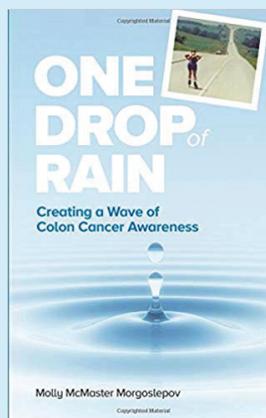
"From the start, the CR Wood Cancer Center has been incredibly helpful. We didn't know what services were available. We met with a nurse navigator, Nicole. We were always encouraged to ask questions. We haven't had any issues for advocacy since we came to the cancer center. We have been treated with respect throughout the whole process. Every time we encounter anyone at the CR Wood Cancer Center, we are met with smiles, friendliness and a sense of humor. It's a very special place full of very special people who are here to help you and your family."

Colon Cancer Isn't Just a 50+ Disease

A great story of a young woman who was diagnosed with colon cancer at the age of 23, treated at the CR Wood Cancer Center.

This is her incredible story of advocacy and awareness.

This book is available in the **Glens Falls Hospital Gift Atrium** and on **Amazon.com**. A few copies are available in the **CR Wood Cancer Center Library**.



One Drop of Rain
Molly McMaster Morgoslepov

If I Had Cancer, I Would Have a Good Cry and Then Get Up and Fight

Danielle Morgan

I came home in the morning from working out at crossfit on March 27th, 2018 and sat down on the couch to check my email before jumping in the shower. While sitting there I suddenly felt a painful, burning sensation under my left arm. "Ouch" I thought, and then it subsided. A few minutes later the same thing. Curious as to what was the cause of this pain I started poking around under my arm. My investigation soon led me to find a lump in my breast near my armpit. I showed it to my mother who advised me to call my doctor. When it was still there the next day I took her advice and went to the doctor immediately. After that things began to move quickly, and I soon found myself undergoing an ultrasound, mammogram, and the following week, a biopsy.

On April 3rd I received the official news that I had been diagnosed with breast cancer. After meeting with my oncologist and undergoing further testing, I found out that I was stage IIb, ER/PR/Her2 positive. The cancer was also in the lymph nodes under my arm and I would need chemotherapy in addition to surgery and radiation. I also found out I would need a year's worth of targeted therapy (Herceptin every 3 weeks via a port) to address the Her2 status.

On May 3rd I had surgery to insert a port into my chest to receive chemotherapy. This was a difficult day for me as having this surgery somehow made this all "real." The fact that I was going to have chemotherapy was actually going to happen. I struggled in those early days of my diagnosis with fear, and also with pride. I had always been healthy and I hated the thought of having "terrible" things put into my body. I hated the idea of losing my hair. I hated the idea of being "less than" what I was before.

On May 17th I received the first of what was supposed to be 6 rounds of Taxotere, Carboplatin, and Perjeta

as well as the Herceptin. I remember dropping my 7-year-old son off at school that morning and then continuing on to the hospital with my husband. I prayed the whole way. When my feet

hit the blacktop I wanted to run away just as fast as I could go. When I got inside I checked in, and then my husband suggested we work on a puzzle. As I sat there working on that puzzle, a peace came over me. They called my name and my husband and I highfived and we said "let's do this," and we did. My husband was a great source of support and went to every round of chemotherapy with me. We made 12 visits in all, as my body was unable to handle the Taxotere, and I had to switch to weekly Taxol.

On September 20th I completed my final dose of Taxol and the end of chemotherapy. On November 1st I had a lumpectomy and axillary node dissection. The Pathology report came back saying that there was no cancer found in the lesion in my breast, but 5 out of the 11 lymph nodes removed had small amounts of cancer. I began radiation the beginning of December and finished towards the end of January. The end of February I had another surgery to have my ovaries removed. This put me into menopause, and I began a hormonal regimen of daily Arimidex. On May 9th, 2019 I finished my final round of Herceptin. Treatment completed. Hallelujah!



Looking back on the past year I remember when I was first diagnosed. I remember feeling as though I was trapped inside a fish bowl, watching the rest of the world go on as normal, but my life being at a stand still. Somehow I continued to function with work, daily errands and all my "Mom" stuff. It's strange, but I remember having the thought soon before discovering the lump that "if I ever had cancer, I would have a good cry and then get up and fight." Also, a few months before my diagnosis, I had a strong desire to get back into church and back into fellowship. I believe both these things were God preparing me for what lay ahead.

"I had no hair, but I felt beautiful. I was sick from chemotherapy, but I had peace. I was tired, but I had joy."

So, I had my good cry and then I got up and fought. I made myself a "Wall of Warfare" and filled the mirror in my bedroom with scripture from the Bible. I would read the scripture I had written down out loud, and recite these throughout my day. My favorites were "You do not give me a spirit of fear, but of power, and of love, and of a sound mind," and "you know the plans you have for me, they are for good and not for disaster, to give me a future and a hope", and for chemo "I will drink poison and it will not harm me." I also made myself a check list which read like this "I choose: life over death, love over fear, blessing over cursing, peace over strife and joy over sorrow." Everyday I would take every negative thought captive and stand on the promises of God. As a result I was "transformed by the renewing of my mind." I had people tell me, you're the healthiest sick person I ever saw. I had no hair, but I felt beautiful. I was sick from chemotherapy, but I had peace. I was tired, but I had joy.

Today I am a changed person. It even sounds crazy to me when I say this, but I wouldn't change the past year if given the option. I have learned so much and am all the better for everything I've been through. I appreciate everything more. I don't sweat the small stuff. I care less of what people think of me. Family and friends have shown me so much love that all I want to do is pay it forward. I have great empathy for those who are sick or hurting. I'm saying yes to trying new things that I would have said no to a year ago. I'm stronger, I'm better, I'm free. I'm not less than, I'm more than.

So what does life look like after treatment is over? Well, it's abundant. I'm enjoying time with new friends that I now share a common bond with, some of whom I met through Cindy's Retreat. I'm enjoying my first season of being a "baseball Mom." I'm looking forward to turning 50 in June...yes I said it, and it's true! I'm journaling several times a week. I'm working on regaining my strength through the Livestrong program at the YMCA. I'm working with a nutritionist and physical therapist to get my body healthy. I'm attending church and Christian events. Most of all, through the peace and love I've received from God, I'm refusing to let any fear of recurrence take up one second of my time.

In closing, I would like to say that the doctors, nurses and staff at the Cancer Center are incredible. They are kind, caring, and competent. I can't say enough nice things about the wonderful care I've received there. They have made me enjoy my visits to the hospital. They have greeted me with smiles, provided valuable information, and met my every need. I'm ever so grateful for each and every one of them.

Peace and blessings,
Danielle Morgan

You Have to Get to the Garage and Let the Mechanic Look Under the Hood

Peter Lawrence

About six years ago, I accepted a job offer to replace the cement floor to accommodate a new radiation machine in the CR Wood Cancer Center. Little did I know, that one day, that machine would save my life. My name is Peter Lawrence, I am 61 years old and a cancer survivor.

A few months ago, I felt a lump underneath my jaw. In December, I went to see Dr. Dickinson with Adirondack ENT. He did two different biopsies and within a week, the results came back positive for tonsillar cancer. Within just a few days, I had my first consults with Dr. Taylor and Dr. Yun. While I was not surprised by the positive cancer diagnosis, it did feel a little bit like a punch to the gut. I say that I was not surprised because my father and younger brother both had cancer, I just figured it was my turn. When Dr. Dickinson told me it was treatable, I thought to myself, well it is time to get myself to the garage and let the mechanic check under the hood.

“You let the professionals do what they need to do and then they put you back on the road.”

It turns out, there were a lot of mechanics! When I first met with Dr. Taylor, he told me that I needed to see a dentist. I also met my nurse navigator, Lisa. She coordinated the appointment with the dentist, Dr. Baim. She also explained that I would need to meet with a dietician, speech therapist, occupational and physical therapists and complete a hearing evaluation. At first I thought it seemed unnecessary, but once I met with everyone, I really understood the need to have a baseline and then be able to capture any changes that happen during treatment.

Dr. Baim was a huge help; she provided me with a lot of education and made me realize the importance of good oral hygiene and dental health. This really helped me going through treatment.



I just did not realize how important it was to keep my throat clean of bacteria until I worked with Dr. Baim. I also really appreciated the time my wife and I spent with Andrea, the dietician. She gave us a list of foods and recipes that proved to be really helpful going through treatment.

Once treatment started, it was really simple. It was almost like taking a car to be repaired. You let the professionals do what they need to do and then they put you back on the road. After the first two weeks of chemo and radiation, the lump started to get smaller. I was not expecting this to happen until after treatment was over. The fact that I had such quick results really helped me stay strong and positive. I never really felt that I needed the additional support services because I was always able to keep my spirits up. But it was good to know that they were available if needed.

From the time I was diagnosed, my wife was by my side. She was my biggest support and was with me every step of the way. She has been a caregiver for family members and friends, she was my nurse and my support. She always approached this with the attitude of “we will get you through this whatever it takes”. Cancer has changed my life, I feel like I have been given another chance to enjoy life. Every day, even the littlest things. I want to be healthy, to maintain my dental health, to eat the right foods. I hope to never feel another lump, but if I do, I will feel the urgency and respond quickly by seeing a doctor right away.

If I could pass on any advice to other patients at risk for tonsillar cancer, it would be maintain your dental health! Go see your dentist and make sure you have a good understanding of the importance of dental hygiene and its role in cancer prevention. Everyone that my wife and I have met here at

the CR Wood Cancer Center has been friendly, professional and just great. The doctors, my nurse navigator, the nurses, radiation techs and front staff always made me feel like I was part of the team. Just remember...you have to get to the garage and let the mechanic look under the hood!!

At this Point, I'm Really Just Taking it One Day at a Time

Kenneth Gossen

In 2017, I was at a routine doctor's appointment and he said, "I don't like the sound of your lungs, so I am going to order a chest x-ray." It was a total fluke that he found the cancer, because I never had any symptoms. If he had not ordered that chest x-ray, chances are I would not have been diagnosed until I was really sick.

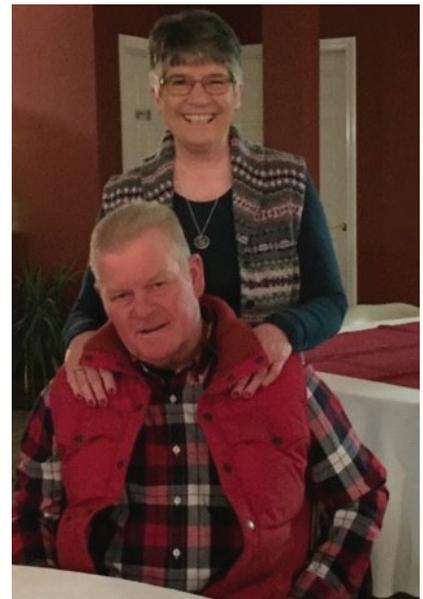
When I was told that I had lung cancer, I was a little surprised but not completely surprised. There is a big history of cancer in my family. Three of my sisters died from cancer.

"While cancer has had an impact on my life, it has not stopped us from doing the things we love to do."

The first part of my treatment consisted of a right lower lobectomy. After surgery, we learned that my tumor had the right markers for Keytruda, an immunotherapy drug that uses my own immune system to attack the cancer cells. I started Keytruda in April of 2018 and have tolerated it quite well.

My experience here in the Cancer Center has been fantastic. Everyone is great and very supportive. While we have not participated in the different support services, it is nice to know that they are available.

My wife, family and friends have been there for me throughout all of this. While cancer has had an impact on my life, it has not stopped us from doing the things we love to do. Despite being in treatment, we were still able to winter in Arizona. Dr. Mason and our nurse navigator worked with the doctor in Arizona to coordinate care and make that process easier. At this point, I'm really just taking one day at a time. I'm thankful to my wife, family, friends and care providers for their continued support.



Thank you for the Opportunity!

Joyce Heckler

Probably the most frightening thing that has ever happened to me was being diagnosed with breast cancer this past January. I was in a constant state of fight or flight (as my blood pressure will attest to) for months. Waiting for biopsy results, doctor visits, pathology reports, surgery, etc.

But then I put myself in the hands of the most amazing team of doctors, nurses, therapists (both radiation and physical), and the incredible front desk staff. I was always made to feel real, and normal. As a health care provider myself, I have always been the giver. Care giver, nurturer, supporter. Now I found myself in the position of being the receiver, a very difficult transition for me. I expected myself to serenely accept this diagnosis, to be objective, and not to show my fear. Without the support of my family, and the team at the CR Wood Cancer Center, this transition would have been much more difficult.

“But then I put myself in the hands of the most amazing team of doctors, nurses, therapists (both radiation and physical), and the incredible front desk staff.”

Now I find myself back as a giver. I am a barrel racer, and belong to a network of over a hundred other barrel racers in our NY and VT region. (If you don't know what barrel racing is, it is a rodeo event, fast and furious). You can see it every Friday this summer at Double M Rodeo, and weekends at the Painted Pony Rodeo in Lake Luzerne.

At the last three Barrel races, my husband Jim and I sold raffle tickets for a donated headstall and bit (Horse gear). The generosity of the barrel racers when they found out about my journey with breast cancer was amazing, and



Joyce Heckler, Dr. Timothy Zagar & Vickie Yattaw

today I can share their generosity with the patients of the CR Wood Cancer Center. We were able to raise \$661 to support the Breast Cancer Care & Research Fund at the CR Wood Cancer Center that helps cover co-pays and transportation for others diagnosed with breast cancer. But this is only the beginning of their generosity. In October, there is going to be a “Pink” race. Proceeds of which will also be donated to the Breast Cancer Care & Research fund at the CR Wood Cancer Center. We are hoping to raise an additional \$1,000.00.

Thank you for the opportunity to donate this money on behalf of the NY and VT Barrel Racers.

 **KEEP UP THE FIGHT** 

For general questions about cancer or support services available, call Nurse Navigators **Vickie** at **518.926.6639**, **Lisa** at **518.926.6563**, or **Nicole** at **518.926.6629**.

SERVICES FOR INDIVIDUALS BY APPOINTMENT

Care Management

For: Continuing care needs, transportation, and financial concerns.
Info: Karen Cook, LMSW | 518.926.6619

Chemotherapy Education Class

For: Individuals & family starting chemotherapy.
Meets: Tuesdays at 4:00pm | Cancer Center Library or by appointment at your convenience.
Info: Vickie Yattaw, RN, BSN, OCN® | 518.926.6639
Lisa Haase, RN, BSN, OCN® | 518.926.6563
Nicole Molinero, RN, OCN® | 518.926.6629

Clinical Research

For: Anyone interested in learning about clinical trials.
Info: Beth Brundage, RN, OCN® | 518.926.6644

Genetic Counseling

For: Anyone concerned about their personal or family history of cancer.
Info: Rebecca Kerr, MSc, CGC | 518.926.6574

Nutrition Counseling

For: Anyone interested in dietary counseling.
Info: Andrea Chowske, RD, CD-N | 518.926.2635

Pastoral Care

For: Anyone interested in spiritual counseling.
Info: 518.926.3531

Patient Financial Assistance

For: Referrals, prior authorizations, billing, insurance questions.
Info: Elizabeth McCauley | 518.926.6516

Psychosocial Oncology

For: Counseling for patients and/or their families.
Info: Gerry Florio, Ph.D.
Kate Lail, MHCH
Call 518.926.6640 for an appointment

Nurse Navigators

For: Individuals & family diagnosed with any cancer.
Meets: By appointment or stop by.
Info: Vickie Yattaw, RN, BSN, OCN® | 518.926.6639
Lisa Haase, RN, BSN, OCN® | 518.926.6563
Nicole Molinero RN, OCN® | 518.926.6629

Spa Services at Cindy's Healing Place *Massage Therapy*

For: Cancer patients during and after treatment.
Meets: By appointment at Cindy's Healing Place.
Info: Please call 518.926.6640

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: Please call 518.926.6640

SPECIAL PROGRAMS *Pre-Registration Required*

Couples Retreat

For: Anyone living with and beyond cancer.
Meets: One weekend each year in the fall.
Info: Vickie Yattaw, RN, BSN, OCN® | 518.926.6639

Cindy's Comfort Camp

For: Families, 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 for families and fall for children living with loss, at the Double H Ranch in Lake Luzerne
Info: 518.926.6640

Cindy's Retreat

For: Women living with and beyond cancer.
Meets: One weekend each spring and fall at Silver Bay on Lake George.
Info: Lisa Haase, RN, OCN® | 518.926.6563

Breast Cancer Survivors Luncheon

For: Breast cancer survivors and a guest.
Meets: One Saturday in October.
Info: Lisa Haase, RN, OCN® | 518.926.6563

Survivor Breakfast

For: Any cancer survivor and a guest.
Meets: One Saturday in June.
Info: Lisa Haase, RN, OCN® | 518.926.6563

Summer Picnic

For: Any cancer survivor and their family.
Meets: One Wednesday in August.
Info: Vickie Yattaw, RN, OCN® | 518.926.6639

Holiday Party

For: Any cancer survivor and their family.
Meets: One night in December.
Info: Lisa Haase, RN, OCN® | 518.926.6563

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.
 6:00pm | Cancer Center Waiting Room
 Info: Lisa Haase, RN, BSN, OCN® | 518.926.6563

Blood Cancer Support Group

For: Individuals & family diagnosed with lymphoma, leukemia, or multiple myeloma.
 Meets: 2nd Wednesday each month.
 6:00pm | Community Learning Center (Side A)
 Info: Karen Cook, LMSW 518.926.6619

Caregiver Support Group

For: Caregivers for patients diagnosed with cancer.
 Meets: TBD.
 Cancer Center Library
 Info: Kate Lail, CMHC | 518.926.6522

Rays of Hope

For: Women with ovarian cancer.
 Meets: 3rd Wednesday each month.
 4:00pm | Cancer Center Library
 Info: Mary Davis | 518.656.9321
 Carol Smith | 518.793.0565

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

QUIT FOR LIFE
Stop Smoking Program
Pre-Registration Required
 A four-week program for anyone who would like to quit smoking.
 July 9th – 30th, 2019
 Tuesday nights from 6:00pm – 7:00pm
 In the C.R. Wood Cancer Center Library.
 For information or to register, please call
Lisa Haase, RN, BSN, OCN® | 518.926.6563

ACTIVITY GROUPS

Healthy Steps®

For: Gentle exercise for individuals with a cancer diagnosis.
 Meets: Tuesdays at 10:00am | Community Learning Center (Side B)
 Info: Vickie Yattaw, RN, BSN, OCN® | 518.926.6639

Tai Chi and Relaxation/Meditation

For: Anyone interested.
 Meets: Monday afternoon at 3:30pm and 5:30pm.
 Community Learning Center (Side B)
 Info: 518.926.1000

Twisted Twirlers

For: Individuals diagnosed with any cancer and caregivers who would like to join this Hall of Fame twirling group. New twirlers always welcome!
 Meets: 1st and 3rd Tuesday each month.
 11:30am | Community Learning Center (Side B)
 Info: Barbara Ringer | 518.792.7437

Coming Soon!

Care Giver Support Groups and Socials. We will be planning Caregiver Teas and Social/discussion groups for caregivers.

Info: Vickie Yattaw, RN, BSN, OCN® | 518.926.6639

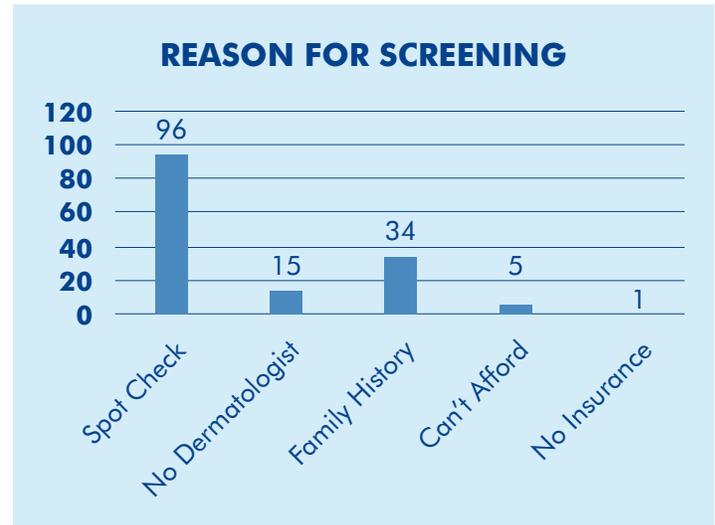


Healthy Steps® participants.

Cancer Outcomes for GFH

Skin Cancer Screening

Each year the C.R. Wood Cancer Center hosts a free skin cancer screening program for the community, regardless of insurance. This screening program is staffed by volunteer Dermatologists, Primary Care Physicians, Medical Oncology Providers and Staff, as well as Medical School Students. The C.R. Wood Cancer Center has hosted this free skin cancer screening clinic for the past 13 years, and have seen an increase in the number of people who utilize this service. In 2019 we had 151 people screened in this three hour event. All screening participants were assessed head to toe and if any abnormal area was found they were referred to their Primary Care Physician or a Dermatologist for follow-up. There were 5 people who had a suspected Melanoma that were referred to the dermatologist for further evaluation. This screening program is usually held



in April each year. For more information regarding this screening program, or other Melanoma resources please call Vickie Yattaw, RN, OCN® at **518.926.6639**.

Lung Cancer Screening

In 2014 the Glens Falls Hospital started a Low Dose Lung Cancer Screening Program based on the USPTF (United States Preventative Task Force) Guidelines. This program has been well received and utilized. The Lung Cancer Screening program is a low dose chest CT for patients ages 55– 74, whom are current smokers, have a 30 pack/year smoking history, or whom have quit within the last 15 years, or who have other risk factors like environmental exposures, family history or personal history of lung cancer. In 2018 there were 1,019 high risk individuals who were screened through this program. 13 people were found to have a positive diagnosis of lung cancer. 3 were found at a Stage 1, 4 were a stage 2, 4 were stage 3. and 4 were stage 4. Many others have nodules that will need to be followed to ensure stability. Lung Cancer screening needs to be ordered by your primary care physician and most insurance companies cover the cost of the screening program as long as you meet screening guidelines. If you would like more information regarding the Lung Cancer Screening Program please call Vickie Yattaw, RN, BSN, OCN® at **518.926.6639**.

Year	2016	2017	2018
Total # Screened	320	690	1019
1st Annual Screen	246	550	717
F/U Annual Screen	74	140	302
Cancer Confirmed	2	17	13

Part of the lung cancer screening program is to offer smoking cessation counseling for those who are interested in quitting. The C.R. Wood Cancer Center host four — 4 week smoking cessation group sessions per year. The Quit for Life program is free to the community, but pre-registration is required. The next session will be held July 9 – July 30, 2019 at 6pm in the Cancer Center Library. To register or for more information please call Lisa Haase, RN, OCN® at **518.926.6639**.

ENJOY A FULL SILVER BAY EXPERIENCE!

Silver Bay is excited to host families who are in active treatment at the CR Wood Cancer Center. Located on beautiful Lake George, Silver Bay is the perfect spot for families of all ages to enjoy a variety of activities; boating, hiking, swimming, crafts, tennis, or you are welcome to rock on the porch of the Inn to enjoy the view.

Two Nights, Three Days at Silver Bay for you and your family.

We have found that families are able to spend quality time and

experience the natural beauty and calming effect that Silver Bay has to offer. Includes lodging and meals courtesy of wonderful Benefactors!

This program will be available May – October as funds are available.

For more information contact Karen Cook, LMSW at the CR Wood Cancer Center at **518.926.6619** or email kcook@glensfallshosp.org

CANCER SURVIVORS BBQ

Monday, August 5th, 2019

5:00PM to 7:30PM

Crandall Park Pavilion, Glens Falls

Cancer survivors and their guests are invited to attend.

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).

Barbeque food and bottled water will be provided.

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 near the playground (you can't miss us).

For more information, please call Nicole at **518.926.6629**
Lisa at **518.926.6563**
Vickie at **518.926.6639**





Date: October 18–20, 2019

Location: Double H Ranch
Lake Luzerne, NY

Suzy at **518.926.6640** or
svirgil@glensfallshosp.org

A Place For Fun

A free, weekend overnight camp located at the Double H Ranch, A Serious Fun camp, in Lake Luzerne, NY for children and teens ages 6 – 17 whom have experienced a loss of a close family member. Our campers enjoy a weekend filled with games, sports, hiking, boating and arts and crafts.

A Place For Sharing

Our “Healing Circle” group sessions provide campers an opportunity to explore and express their thoughts and feelings with their peers and our professional grief counselors.

A Place For Connecting

Campers are matched one-to-one with a trained adult volunteer, known as a “Big Buddy”, who serves as the camper’s mentor and friend for the weekend—joining them in activities and providing a listening ear, a comforting smile and all the encouragement a camper may need.



Date: September 20–22, 2019

Location: Silver Bay Conference Center
Lake George, NY

To apply please contact Lisa Haase,
RN, OCN at **518.926.6563** or
ehaase@glensfallshosp.org

Cindy’s Retreat is a weekend of reflection, relaxation, and real-life guidance for women living with and beyond cancer during a supportive and immersive weekend-long retreat. We’re proud to extend an open invitation to any woman with a diagnosis of cancer to join us. Cindy’s Retreat is \$200 for the weekend, but scholarships are available thanks to generous support provided by the Cindy’s Retreat Funds.

FINANCIAL CORNER

Most people are scared of the “Financial Toxicities” regarding cancer treatment. We can assist everyone with finding funding options to help manage this scary reality of treatments.

One of the many resources that Elizabeth uses is Diseases Specific National Copay Foundations from the manufacturer.

If you have questions or would like more information about financial assistance options, please call Elizabeth at **518.926.6516**.



FINANCIAL

NAVIGATORS CORNER

The Oncology Nurse Navigators assist patients and families with many issues that arise due to a diagnosis of cancer.

One of the best tasks that the navigators offer is to take notes during key doctors appointments, new patient consults, treatment discussion, or any other change in care.

For more information on how to utilize the navigators please call **518.926.6639** for more information.



NAVIGATOR

CAREGIVER CORNER

Putting your life into balance is what gives you energy to do all that you need to accomplish for your loved one.

Treat your body right!

Whether it's a hot bath or a massage, do something special for YOUR body from time to time

Eat Well. You have more energy to help others if you maintain healthy eating.

For more resources call **518.926.6639**.



CAREGIVER

SURVIVOR CORNER

Annual Cancer Screening

Once you have been diagnosed and treated for cancer you will need continual cancer screenings.

Talk with your doctor about what cancer screenings you should have, and which provider will be ordering them for you. Best chance for a cure is with early detection.

Continue your screenings!

For more information on cancer screening services please call **518.926.6639**.

SURVIVOR

Clinical Research at the C.R. Wood Cancer Center at Glens Falls Hospital

If you have been diagnosed with cancer, you may want to talk to your physician about taking part in a clinical trial. Clinical trials may offer treatment options for patients with cancer that are not otherwise available.

- If you have just found out you have cancer, the time to think about a clinical trial is before you make a treatment decision. Talk with your doctor about all your options, including a clinical trial.

Other clinical trials are looking for people who have already been treated for their cancer.

- If you have already had one or more forms of cancer treatment and are looking for a new treatment option, there may still be a clinical trial for you to think about.

Please call our research office at **518.926.6644** or **518.926.6701** for more information about clinical trials available at Glens Falls Hospital or visit our website at

www.glensfallshospital.org/CRWood-Cancer-Center/clinical-research/clinical-research.cfm

You may also want to visit the National Cancer Institute website for other clinical trials at **www.cancer.gov/clinicaltrials**.

Cancer Services Program (CSP)

Men and women who are uninsured, meet eligibility criteria and are in need of treatment for breast, cervical, colorectal, or prostate cancer screening, may be eligible for full Medicaid coverage through the Medicaid Cancer Treatment Program. Coverage is arranged through the Cancer Services Program Case Manager and will last for the entire treatment period.

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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E-mail: **svirgil@glensfallshosp.org**

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

Medical Oncology

When you call during clinic hours (8:30am – 4:30pm weekdays) you will reach the telephone triage nurse. Her phone is **518.926.6620**, the number you are given to call if you have any questions or problems.

If it is an emergency, please call 911.

When you call you will very likely need to leave a message as she is often busy with other patients who have called. Please try to speak clearly (without rushing) giving the following information in the message to help her assist you efficiently:

- Your name, or the name of the person you are calling about.
Please spell the last name.
- Date of birth.
- Your doctor's name.
Not the PA because they work with multiple doctors.
- Your phone number.
- The reason why you are calling.

If you are calling for a medication refill, please include:

- The name and location of the pharmacy you use.
- The medication and the dose.

You will need to allow 48 hours to have the medication refilled. Most prescriptions will be sent to your pharmacy by email (eScribed). If it is a medication that cannot be sent electronically, we will call you back with instructions.

If you are having a medical problem, we will try to call you back within two hours. Please be patient as sometimes many calls come in within a short period of time.

My Health Record

<https://glensfalls.iqhealth.com> Allow 48 hours for a response. If you are having a medical problem that needs prompt attention, it is better to call us and leave a message. My Health Record is designed to provide a brief summary of your most recent visit with your doctor. Unfortunately, it is not an efficient forum for a detailed discussion with your care team. It is better to call with questions or, if appropriate, wait to discuss them at your next visit.

Many doctors return their calls (especially test and lab results) at the end of their clinic or at lunch time, so it may be a few hours before they get back to you. When you call, you can let us know if it is okay for them to leave a message with the results on your answering machine.

If you call after hours and need a response, (evenings, nights, or weekends) please tell the answering service to page the on-call doctor. No one is available to check messages during off-hours so it will not be received until the next business day.

Radiation Oncology

Patients receiving radiation therapy who have questions during clinic hours (8:00am – 4:00pm weekdays) should call the Radiation Therapy Department at **518.926.6670** and ask to speak to a nurse. You will be directed to Kelle Engel RN, BSN, OCN® or Kit Howard, RN, OCN®. If they are not available to speak with you, please leave a brief message with a callback number. You should expect a call back within 20 to 30 minutes.

If it is an emergency, please call **911**. If you have questions or concerns after the department closes or on the weekend, please call the same number, **518.926.6670**. An answering service will take your information along with a phone number and a radiation oncologist will return your call. Please do not wait with a problem. The radiation oncologists are on call to address any of your concerns.