

CANCER CONNECTION: YOUR SOURCE FOR COMMUNITY RESOURCES



St. Tammany
CANCER CENTER

1203 S. Tyler Street, Covington, LA 70433 | 985-276-6830 | stph.org/cancercenter

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THE SCIENCE OF NEAR DEATH EXPERIENCES

Thurs. Aug. 1 | 3- 4:30 p.m

STPH Mandeville/Covington Room

Many people with cancer look more deeply for meaning in their lives. Some give more thought to big questions such as, "Is there an afterlife?" Join St Tammany Cancer Center on August 1st as we host Jeffrey Long, MD, author of the bestselling book, "Evidence of an Afterlife" as he explores this very topic. Dr. Long, a radiation oncologist with Mary Bird Perkins in Houma, La, began researching near death experiences over 20 years ago and established NDERF, the largest NDE website in the world with over 4600 accountings of near death experiences from around the world. Dr. Long's research finds that people who have had NDEs report much less fear in their lives and live with more love, peace and compassion. Definitely something worth learning about! To register for the workshop, you may call 985-276-6832 or go to the education link on the STPH website. The program is free. Do reserve a spot because space may be limited.

Congratulations!

Congratulations to the St. Tammany Cancer Center's volunteers! During the month of May, twenty five of our volunteers worked a total of 385.50 hours in the Cancer Center! This included those who worked in the Infusion Unit and Radiation Department, along with our Pet Therapy volunteers. Patients and staff are so appreciative of all these volunteers contribute to our Cancer Center.

If you are interested in learning more about our volunteer program, or perhaps have a dog who has been certified as a Pet Therapy animal, consider becoming a member of our Pet Therapy Volunteers as well. You may call our Volunteer Coordinator at 985-898-4266 or e-mail gham@stph.org

SURVIVORS, THRIVERS AND DRIVERS

Saturday, November 2 | 10 – 4 p.m.

St. Tammany Cancer Center

The cancer survivor celebration will be bigger than ever this year. A car, truck, and motorcycle show will be the feature event. Our own STCC physicians will team up with professional judges to select the car show winners. All attendees will also be able to vote for the People's Choice award.

Survivors and their families will be able to reminisce while looking at the older vehicles from yesteryears and enjoy viewing what new vehicles and their owners showcase. Over 100 cars, trucks and bikes will be on display to raise money for the patients of St. Tammany Cancer Center.

Live entertainment will be provided throughout the day by High Voltage, a seven piece band, with lung cancer survivor, Jimmie Brown on vocals. Also, St. Tammany Cancer Center's own Mike Miranda, Director of MBPCC, will DJ the event.

As in the past, lunch will be served. Family-fun activities are also planned and will feature a silent auction, cake walk and kids' activities.

Look for more information in the next issue of Cancer Connection, but until then, mark your calendars!



WELCOME CHRISTINE FARRELL



Welcome Christine Farrell, RN, OCN to St Tammany Cancer Center patient navigation team. Christine comes to us from the outpatient infusion suite here at the Cancer Center and has been a nurse for 20 years. Ten of those years have been in the Infusion Suite so she has a wealth of knowledge about chemotherapy, supportive therapy and treatment of cancer by site(s). She is known to be enthusiastic, very engaging and a strong patient advocate. What an asset to our Navigation Team!

What's inside:

2
Meditation and Yoga

See inside!
Nutrition Newsletter

3
Support Groups

4
Smoking Cessation

HEALTHY LIVING OPPORTUNITIES:

TAI CHI: HEALING IN MOTION

*9:30-10:30 a.m. on Mondays; June 24 – Sept. 30;
STPH Outpatient Pavilion, Conference Room
16300 Hwy. 1085, Covington*

The art of Tai Chi will help you learn to use the power of movement to fight disease, boost your immune system, find strengths, make the best of treatments and meet the challenges a significant illness brings. Guided by Erlinda R. Nye, yoga and Tai Chi instructor, the class will help regain wellness. Participants may start at any time. The free class is open to individuals with a cancer diagnosis, their caregivers and the health professionals who care for them. To register or for more information, call 985-789-5637.

MINDFUL MEDITATION: AN ALLY IN YOUR CANCER RECOVERY

*10:30 – 11:30 a.m. on Mondays; June 24 – Sept. 30;
STPH Outpatient Pavilion, Conference Room
16300 Hwy. 1085, Covington*

Learn to use the power of your mind to fight disease, find strengths, make the best of treatments and meet the challenges cancer can bring. Guided by Ellen LaRocca, the class will introduce various meditation, guided imagery and simple yoga techniques. Participants may start at any time. The class is open to individuals with a cancer diagnosis, their caregivers and the health professionals who care for them. To register or for more information, call 985-373-6089.

RESTORATIVE YOGA IN CANCER CARE

*10 – 11 a.m. on Fridays
STPH Outpatient Pavilion, Conference Room
16300 Hwy. 1085, Covington*

Classes are facilitated by Wendy McKee, Certified Yoga Instructor, and incorporate yoga techniques appropriate for anyone going through a cancer experience regardless of physical strength or abilities. Yoga has proved beneficial in improving symptoms related to cancer or treatment and improved mood and sleep. Participants may start at any time, based on space and availability. There is no charge for the classes; registration and a medical release are required. To register or for more information, call 985-789-0793.

THE BOUTIQUE

*Private fittings by appointment – 898-4581
St. Tammany Cancer Center*

The Boutique offers wigs, hats, turbans and scarves to women undergoing cancer treatment at no charge. The Boutique is available for fittings during weekday business hours. Donations of items no longer needed assist the staff and volunteers in keeping the Boutique stocked with a variety of items and selection. If you have gently used items that are clean and in good condition and no longer in use, please consider a donation. **NOTE:** Appointments are recommended for visits to the Boutique



MOVING FORWARD AT THE YMCA!

The cancer center understands the importance of exercise, and how critical it is to keep moving forward. Reduced cost memberships with no registration fee for any patient treated at the cancer center are being offered at the West St. Tammany YMCA. Please see Colleen Hughes, Social Worker, for information and required referral form. 985-276-6832 or cmhughes@stph.org.



FIGHTING WITH YOUR FORK NEWSLETTER

The cancer center dietician has had many requests for ongoing nutritional information for those in treatment and post treatment. So much so, that she has developed a nutrition newsletter you will find attached. It has a popular seasonal recipe in the newsletter plus additional information has been added. Let Hailey know what you think or if there are topics you would like to see covered in future issues please contact her at (276-6831 or hstory@marybird.com).

BEREAVEMENT/GRIEF SUPPORT GROUPS:

STPH GRIEF SUPPORT GROUP

3 p.m. the first Wednesday of every month
now meeting at Home Health/Hospice office
725 W. 11th Ave. (Behind Braswell Drugs)

To enroll or for further information, call 985-871-5746 or 985-871-5976.

CANCER SUPPORT GROUPS:

SISTER SURVIVORS

7-8:30 p.m. the first Tuesday of every month,
July 2, August 6, September 3
St. Tammany Cancer Center

This free support group meets the first Tuesday of each month at 7 p.m. at St. Tammany Cancer Center. The group is facilitated by Melinda Breaux, Licensed Professional Counselor and cancer survivor. This support group is for any woman currently receiving treatment or who has completed treatment for any cancer diagnosis regardless of where the treatment was received. For more information, contact Colleen Hughes, Social Worker at 985-276-6832 or cmhughes@stph.org.



COFFEE AND CONVERSATION

10–11 a.m. - the second Wednesday of every month
July 10, August 14, September 11
St. Tammany Cancer Center Foyer

Please stop by and meet members of the cancer center staff, receive support and encouragement, and enjoy coffee and pastries. For more information, contact Colleen Hughes, Social Worker at 985-276-6832 or cmhughes@stph.org.

THE CALENDAR FOR CANCER AWARENESS

THIS QUARTER INCLUDES:

July: Sarcoma/Bone Cancer **September:** Melanoma and Skin Cancer, Brain Cancer and Bladder Cancer



LOOKING FOR A SUPPORT GROUP UNIQUE TO YOUR NEEDS?

Cancer Care is a national cancer counseling, education, and financial assistance service center that offers online and telephone support groups for patients and caregivers. For more information, go to www.cancercare.org/supportgroups or call 1-800-813-4673. All Cancer Care services are free of charge.

Reimagine is an additional online support service for individuals with a cancer diagnosis and their caregivers. This service is easy to use and is a great venue for finding support and learning how to feel better with help from experts. The learning tools are clinically proven to help reduce stress and relieve anxiety. For more information, go to www.reimagine.me.

Caregiver Support Group for Women at Women's Center for Transformation, Abita Springs:

www.womenscenterforhealing.org or 985-892-8111.



SMOKING CESSATION

ARE YOU READY TO QUIT SMOKING?

We'll provide the tools and resources you need to be successful and quit permanently. Individual counseling and group sessions are available. You qualify for this FREE program, if you: (1) Have been smoking since before September 1, 1988 (2) Are a Louisiana resident (3) Are ready to quit smoking. Please call (985) 898-4468 to register.

OTHER SUPPORT SERVICES:

(visit stph.org/cancercenter for more resources)



For additional cancer information videos, visit <http://www.cancer.org/healthy/toolsandcalculators/videos/index>

Free Cancer Screenings – 2019

Please visit our website at marybird.org/screenings-events for additional information. To register for appointment, call toll free 1-888-616-4687.

JOIN THE CANCER CENTER'S PATIENT AND FAMILY ADVISORY GROUP

Are you interesting in shaping the future of our cancer center? The Patient and Family Advisory Group (PFAG) is dedicated to the improvement of quality in patient and family care at the cancer center. The Advisory Council is comprised of past and present patients and family and cancer center staff members.

Patients and their families are often the most knowledgeable members of the care team, and can offer unique perspectives and valuable feedback regarding the standard of care they receive. Patient advisors represent the views of a diverse patient group, with members providing insight representing different genders, ages, cancer sites, information from personal inpatient or outpatient experiences and more.

For additional information about the PFAG, or to inquire about becoming a member of the group, please send an email to ccorizzo@stph.org



Cancercare's educational workshops,

information on available resources on cancer-related topics are completely free of charge. However, pre-registration may be required. Registrants can listen in live over the phone or online as a webcast. For questions, // www.cancercare.com.

Looking for a Support Group Unique to your Needs? Visit: www.stph.org/cancercenter



PREVENTING INFECTIONS

Did you know that routine hand washing is the best way to prevent the spread of organisms that can cause infections? The results of a Canadian study published in a recent issue of Infection Control and Hospital Epidemiology found that less than a third (30%) of patients washed their hands after using the bathroom. This may contribute to the transmission of pathogens that can lead to serious infections in someone who is immunocompromised. What about you as the patient, are you washing your hands? And is your family who cares for you as well?

The Centers for Disease Control and Prevention provides some easy hand washing tips for cancer patients in order to help prevent infections - Wash hands:

- Before, during, and after cooking food
- Before you eat
- After going to the bathroom
- After changing diapers or helping a child use the bathroom
- After blowing your nose, coughing, or sneezing
- After touching or cleaning up after your pet
- After touching trash
- Before and after treating a cut or wound, caring for a catheter, port, or other access device

Reference: http://www.theonc.org/author.asp?section_id=2043&doc_id=276156