



**GOSHEN
CENTER FOR CANCER CARE**

200 High Park Avenue, Goshen, Indiana 46526

The Link for Hope

A newsletter of the Goshen Cancer Survivors Network JANUARY 2009

photo by Tony McNair, surviving spouse



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Survivor Receives Support, Even After Treatment

When diagnosed with breast cancer, Kathy Walton was devastated. She was caring for her terminally ill husband, Chuck, who was also battling cancer, and didn't want to leave him to complete her own treatment. Fortunately, Kathy knew she could turn to Goshen Center for Cancer Care to receive the latest therapies, and emotional support she needed to survive.

"I already felt comfortable with the oncology team since they worked with Chuck," Kathy said. "I also remembered how counselor Rita Gingrich sat with our family at home in his final hours. After battling advanced melanoma for three years, Chuck passed away in January 2008. Everyone was so compassionate and honest throughout Chuck's struggle with cancer, I knew they would treat me the same way. In fact, they told me I needed to heal myself first before I could help him."

Now having completed treatment, Kathy appreciates the support she receives at Goshen. "I still meet with Rita when I need a shoulder to cry on, and I've worked with Dr. Emily Moore to adjust my diet and supplements to keep me healthy," she said. "With Goshen's help, I'm learning to deal with my grief and focus on myself again." ■



Pictured: Kathy and Chuck Walton
Read Chuck Walton's inspiring book titled *Almost Always Fatal* (Surviving Cancer With a Sense of Humor) available at Amazon.com.

SAVE THE DATE
True Celebration
May 17, 2009

Trip to Northwest *Rejuvenates* Survivor



Since recovering from breast cancer, Mary Campbell understands that life is a gift and sometimes too much planning can keep you from fully experiencing it. So when she and her husband, Wayne, visited the Northwest this summer, they traveled without hotel reservations or an itinerary. “We threw everything to the wind,” Mary remembers. “We said, ‘Let’s do it. Let’s have fun.’”

For six weeks, the couple hiked in national parks, read books and “ate every chance they could,” according to Mary. “Since the air out there was so pure, and everyone was so active, I came back completely rejuvenated. I’m fortunate that I’m well enough to travel like this in my twilight years.”

Mary is also thankful that she received treatment at Goshen Center for Cancer Care, where every day staff and specialists encircled her with a “big hug” of support. And to return the favor, she serves as a Cancer Survivor Network buddy to those newly diagnosed and their families. “It can be encouraging to talk with someone who went through the same things as you,” Mary said. “Right now, I wouldn’t want to be doing anything else, anywhere else.”

Join the Network NIGHT

If you are a cancer survivor, join us for dinner and fellowship at the Goshen Hospital Arbor Conference Center the evening of Friday, January 30 from 5:30 to 7:00 p.m. and sign up to join the Goshen Survivor Network.

Come visit with old friends and make new ones while you learn more about the activities and events being planned for cancer survivors and their families.

Table displays will be attended by cancer survivor committee members who will answer questions about activities that are being planned for 2009. Committee members will also welcome your suggestions for future events and educational seminars.

The buffet dinner will consist of Italian Lasagna, seasoned green beans and tossed salad. Seating is limited so reservations are required by replying no later than January 23 to Sandra Carbone, 574-535-2922 or scarbone@goshenhealth.com.

Goshen Survivor Network members will be invited to the spring event “Healing through the Arts”, to be held this spring at the Midwest Museum of Art in downtown Elkhart IN. The event will be free to Network members. Speaker for the event will be Pastor Scott Schmeiding of Baton Rouge, LA. Pastor Scott is a cancer survivor who learned to talk again after losing his tongue to cancer at the age of 32. Watch for more information in your March edition of *The Link for Hope*.

Living with Cancer Support Groups

Spring 2009

Living with Cancer support group meetings for people living with, through and beyond cancer will begin Tuesday, January 6. This 10 week series meets every Tuesday from 4:30 to 6:00 p.m. and continues through March 10, 2009. The group is free of charge and focuses on providing education and support for cancer patients, families and friends in understanding and dealing with cancer. Each group meeting includes an educational component and an opportunity for group sharing and interaction. Groups are led by PNI counselors Rita Gingrich and Pat Shoemaker from the Goshen Center for Cancer Care. Groups are held in the upper level conference room of the Center for Cancer Care (take CCC elevator to 2nd floor and proceed straight ahead.) Advance registration is not required but notification of attendance is appreciated.

For more information about the Living with Cancer support groups call Rita at 574.535.2519 or Pat at 574.535.2889.



AVOIDING THE COMMON COLD is an important part of enjoying the winter months. Curling up with a good book or movie and a cup of hot tea can be great relaxation if it's not interrupted by the sniffing and sneezing of a cold. Although we can't avoid all the people and places where we might encounter a cold virus, there are some steps you can take.

Consider the following information from Goshen Center for Cancer Care naturopathic physician Dr. Emily Moore to help stay well this winter. The best treatment for the common cold is prevention.

PREVENTION TIPS: Emily Moore, ND, LAc.

Try these simple measures:

- Exercise
- Get plenty of sleep
- Wash your hands often
- Eat more fruits and vegetables
- Drink water throughout the day
- Gargle twice daily with plain water

Try these proven supplements to strengthen your immune system:

Vitamin C: necessary for proper immune function. Rich food sources of vitamin C include broccoli, red peppers, strawberries, and citrus fruits. Several studies have shown that vitamin C supplementation decreases the incidence, duration and severity of the common cold.

Zinc: a trace mineral found in meat, fish, legumes, nuts and seeds, and some whole grains. It is essential for normal function of the immune system and has antiviral properties. Zinc capsules and lozenges are useful in preventing and treating colds.

Elderberry: contains powerful antioxidants and flavonoids which boost the immune system and protect cells from viral invasions.

Green tea: contains powerful antioxidants to stimulate the immune system. A new study looked at the effect of a green tea extract on the occurrence and severity of the common cold. Compared with placebo, 32.1% fewer people in the green tea group experienced any cold and flu symptoms.

Echinacea: taken at the first sign of infection reduces the number of days of illness and the severity of the symptoms.



Survivors and others enjoyed the healthy buffet provided at the October 9 dinner and focus groups.



Formation of the **Survivor Network**

By Sandra Carbone, Survivor Network Coordinator

Begun in the spring of 2008 as the brain child of Joseph Gagliardi, Senior Vice President of the Goshen Center for Cancer Care, the Survivor Network is a new program to help meet the quality of life issues of cancer survivors.

In past years, the term survivor was used to describe someone who lived five years after treatment. Today, the term survivor applies to anyone who has received a diagnosis of cancer and is living with, through and beyond that diagnosis. YOU are a survivor everyday of your life and the Survivor Network at the Goshen Center for Cancer Care is here to support you.

To find out what you, the patient, wanted from the Survivor Network, we invited patients from the Goshen Center for Cancer Care to contribute their ideas. A total of 146 patients and family members volunteered to help design the program and 55 of them attended a dinner and small group focus meetings on October 9, 2008.

The five focus groups produced a total of 13 pages of suggestions! These ideas will help shape the network's focus.

As a result of the focus groups, 25 survivors offered to volunteer for committee service to turn the ideas into action. Five committees have been established which will provide oversight and help coordinate activities, support groups, education, seminars, opportunities for advocacy, and public forums.

Because we realize that cancer affects not only the patient; but caregivers as well, the Survivor Network is available to anyone affected by cancer. If you would like more information about how you can participate in the Survivor Network please call Sandra Carbone, Survivor Network Coordinator at 574-535-2922 or email scarbone@goshenhealth.com. ■



Coordinator's Corner

Welcome to the first edition of *The Link for Hope*, your Survivor Network newsletter. After consulting with our cancer survivors we have named it *The Link for Hope* because that is our goal in creating the Survivor Network... to link cancer patients together for strength and support to face the future with hope. This bi-monthly newsletter will be filled with stories about you and others like you who have walked in the shoes called cancer. It's no secret that a burden shared is a burden cut in half. I hope that as we publish your stories you will find hope and healing.

The Link for Hope will also include ideas for healthy living, education, medical information and links to resources. We want this newsletter to be a valuable resource in helping you live with, through and beyond cancer.

Thank you for allowing me to join you as your Survivor Network coordinator. My mother, Sarah Jane, who lost the fight to colon cancer fourteen years ago would be pleased. As always, if there is anything I can do to help you on your journey, just call.

Blessings, Sandy

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