



GOSHEN
CENTER FOR CANCER CARE

200 High Park Avenue, Goshen, Indiana 46526

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The Link for Hope

A newsletter of the Goshen Cancer Survivor Network August 2010



photo by Sibyl Deacon



inthisissue

- Women's Expo!
- Run for Research: Sept. 18
- Camp Jenée Retreat: Sept. 24
- Walking Miracle: Dale Stutzman
- Network Patient Supplement Fund

Exploring Mindfulness

Mindfulness is about learning to experience life fully as it unfolds - moment by moment. Through the practice of mindfulness, you can learn to develop greater calmness and clarity in facing and embracing all life experiences, and turning them into occasions for learning, growing, and deepening your own strength and wisdom.

- Date:** Tuesdays, Aug. 24 - Sept. 14
- Time:** 4:30 – 6:00 p.m.
- Location:** Goshen Center for Cancer Care upper level conference room
- Facilitator:** Rita Gingrich, LCSW, Mind - Body Counselor

Registration not required.
 Open to cancer patients, survivors and support persons.
 All sessions will include a time for group processing and sharing. ■

Group Sessions

- Week 1: Aug. 24**
 Benefits of Mindfulness
 Mindful Breathing
 Mindful Meditation
- Week 2: Aug. 31**
 Mindful Eating
 Mindful Walking
 Mindful Listening
- Week 3: Sept. 7**
 Mindful Movement
- Week 4: Sept. 14**
 Incorporating
 Mindfulness in Daily Life

Walking Miracle: Dale Stutzman

My cancer journey with Stage 4 large cell Lymphoma began October 21, 2004 while visiting family in North Carolina. I didn't feel well, and the following week when my wife, Ethel and I headed back home to Indiana, I decided I would go see my family doctor. He heard some wheezing in my chest, but not much else.

By February of 2005, my symptoms got worse, and I experienced uncontrollable shaking, and my hands turned purple. I returned to my doctor and began to undergo tests of all types: blood, cholesterol, prostate, chest x-rays and more. The shaking, chilling and fevers continued into April, but my blood tests and x-rays continued to show normal results. Finally, I was diagnosed with a prostate infection and given antibiotics.

I was referred to an infectious disease specialist, who agreed with the prostate infection diagnosis and prescribed another antibiotic. But by June, the doctors were not satisfied with the infection diagnosis, and a lump had now appeared on my neck. I went to see my surgeon, and told him I wanted the 'lump' removed. Although he reassured me it was nothing, he removed it, and sent it for a biopsy examination. Meanwhile, I returned home to my uncontrollable shaking and fevers.

Since my symptoms continued, I was sent to Cleveland Clinic. There I was told that I had lymphoma, and that it was treatable near home at the Goshen Center for Cancer Care. Dr. Poldman, the lymphoma specialist, was very encouraging, and told me, "You've got a good cancer center in Goshen, so you can go home."

Within two days I was admitted to the hospital, and I met Dr. Pennington. He told me I had an enlarged spleen and was very ill. The lymphoma was very aggressive and affecting my bone marrow. Without treatment, I couldn't expect to live more than a few weeks to a month or two. But with treatment, I had a chance of remission and being well again. After nine months of waiting to find out what was wrong with me, I was relieved to finally hear a diagnosis. And so the real battle for my life began, and prayers from all over the country were offered in my behalf.

By June 29, I was near death's door. Lying in a hospital bed, every area of my body was swollen and full of fluid, yet my mouth was so dry I could hardly talk. My family and friends gathered at the hospital to hold an anointing service for me and read the scriptures: Isaiah 43:1-4, Romans 8:31-38 and James 5: 13-14.

My chemotherapy began that evening after everyone had gone home, and I had a terrible reaction. I began shaking uncontrollably and my heart rate soared. I was placed on oxygen and a heart monitor, and Ethel was called back to the hospital with the expectation that I might not make it through the night. One of the nurses sat at my bedside, and by 4:30 a.m. I had stabilized.

I left the hospital July 4, 2005, very weak and still sick, but a truly grateful person. I'll never forget Dr. Pennington's words, "You were about out of here, Bud." I think my family and I knew that I came very close to dying.

The ups and downs of chemotherapy continued through the summer, and on October 12, I had another appointment with Dr. Pennington. He told me to, "Stand up and take a bow, there is no sign of cancer." Those were wonderful words for me and my family, words that we were not sure we would ever hear. God had indeed performed a miracle.

It has now been almost five years since I was pronounced 'cancer free,' and I see Dr. Pennington every year to make sure I stay that way. I tell everyone who will listen, that I am a walking miracle, because I know it is true.



Dale creating a rug.

Note from the Cancer Registry office:

If you receive a follow-up questionnaire from the cancer registrar, please take a moment to fill it out. Maintaining accurate registry data is very important. Please help us, help you, and return your survey.



WOMEN'S EXPO 2010

The Retreat Women's Health Center is hosting a campus-wide women's health exposition on Tuesday, October 5, 2010 from 2:00 p.m. – 7:00 p.m. The Retreat is located at 1135 Professional Drive, Goshen, adjacent to the intersection of Plymouth and Indiana Avenues.

The Women's Expo will feature free health screenings, medical presentations, health and fitness demonstrations, health information and a large exhibitor hall for information and shopping. The exhibitor hall will be located next door at The Life Center. Free samples, giveaways and door prizes will be distributed throughout the event.

Information on the following Goshen Health System services will be available: Care at Home and Hospice, Goshen Center for Cancer Care, Centers for Rehabilitation, Center for Sleep Studies, Circle of Caring Birthplace, Community Wellness & Education, Gastro Intestinal Department, Goshen Heart & Vascular, Imaging, Park Home Medical Equipment, TEAM Bariatrics, The Retreat OB/GYN and Volunteer Services.

There are no fees for any health screenings, but eligibility criteria may apply. Pre-registration is required for mammograms and pap tests. Beginning in September, call 574.537.5000 to register. Child care is not provided. Please keep this in mind if you are planning to participate in any of the medical exams. Children may not be left unattended and may not accompany you into the exam room.

Health screenings available on a walk in basis are: blood pressure, skin cancer, lung cancer assessments, blood glucose, bone and joint, bone density heel

scan, non-fasting cholesterol, body mass index, ankle brachial index screenings, height, weight, heart monitor patterns, cardiac risk assessment, urinary incontinence assessment and colon cancer self test kits.

Entries from The Retreat's 3rd Annual Decorated Bra Event to raise awareness for breast cancer will be unveiled at the Expo. Stop by to view the gallery and vote for your favorite entry. For more information call 574.537.5000 or toll free at 1.877.966.2671. Information may also be obtained online at www.RetreatWomensExpo.org.

Medical Presentations

3:00 p.m. Women and Heart Health: James Dunnick, MD, Goshen Heart & Vascular; Aroop Banerji, ND, The Retreat Women's Health Center.

4:00 p.m. Hormone Replacement Therapy: Peter Delneky, MD, The Retreat OB/GYN; Emily Moore, ND, Goshen Center for Cancer Care; Leah Sherman, ND, Goshen Center for Cancer Care.

5:00 p.m. Relief from Acid Reflux: Gary Cornette, MD, Goshen Acid Reflux Center; Mark Ranzinger, MD, Goshen Acid Reflux Center.

6:00 p.m. What's my Risk for Breast Cancer? Marcia Prenguber, ND, Goshen Center for Cancer Care; Brittany Van Groningen, NP, The Retreat Women's Health Center.

Healthy Lifestyle Demonstrations

2:30 p.m. Martin's Supermarket School of Cooking

3:30 p.m. Super Smoothies: Philip Grasso, ND

4:15 p.m. Green Cleaning: Philip Grasso, ND

5:00 p.m. Martin's Supermarket School of Cooking

6:00 p.m. Ear Acupuncture: Dr. Aroop Banerji, ND

Fitness Demonstrations

2:00 p.m. Mind - Body Fitness: Yoga, Pilates, Tai-Chi

3:15 p.m. Cardio Fitness: Boot Camp and Dance

4:00 p.m. Working Out With Limitations

4:45 p.m. Mind - Body Fitness: Yoga, Pilates, Tai-Chi

5:30 p.m. Cardio Fitness: Boot Camp and Dance

6:15 p.m. Working Out With Limitations

Camp Jenée Fall Retreat - Sept. 24-26

Retreat: a safe quiet gathering offering time for self reflection and contemplation away from the pressures of ordinary life. Camp Jenée, held at the YMCA Camp Potawatami just north of Kendallville, Indiana will host a cancer survivors' weekend retreat for adult men and women, September 24 - 26, 2010. Cost is \$50 for the entire weekend and includes:

- Friday and Saturday overnight accommodations at the Sharpies Conference Lodge
- Meals
- Choice of one session: massage, Reiki, healing touch or reflexology
- Stress reduction activities such as: Tai Chi, arts & crafts, small group discussion, journal writing, quieting the mind exercises, and relaxation techniques.

The registration deadline is August 20 and is on a first come, first served basis. For more information contact Mary Riecke at Camp Jenée, 260.417.1533 or visit the web site at www.conceptsofhealing.org. Registration forms are also available from Sandra Carbone, Cancer Survivor Network Coordinator at 574.535.2922.



Join Us: Support Goshen Research!

Saturday, September 18, 2010

The 5th annual Run for Research will be held Saturday, September 18, and consists of a 10 K run, 5 K run, 5 K walk, and 1K fun walk and dog walk. All profits from the event will support clinical research at the Goshen Center for Cancer Care under the direction of Douglas Schwartzentruber, MD, FACS. Host and emcee for the day is Carol Westbrook, MD, medical oncologist at Goshen Center for Cancer Care. An avid runner, Dr. Westbrook is the sponsor for the cancer survivor cash awards.

Pre registration forms may be obtained by contacting Theresa Hochstetler at 574.535.2491 or on-line at www.goshensurvivors.org. A copy of the route map is also available on-line. Registration forms must be received by August 18 to be guaranteed a race day tee shirt. A registration form must be completed and signed by the parent or legal guardian of any participant under the age of 18. Water stations will be available on the race course, and free water, fruit and healthy snacks will be available after the race. Dog walk registrants will receive a dog bandana and treats instead of a tee shirt.

Start location: Center for Cancer Care parking lot, 200 High Park Avenue, Goshen.

Race day registration: 8:00 a.m. - 9:30 a.m.

Start times:

10 K run - 9:00 a.m.

5 K run - 9:15 a.m.

1 K Fun walk - dog walk - 9:30 a.m.

5 K Walk - 10:00 a.m.

Awards - 11:00 a.m.

Registration fees:

5 K & 10 K run - Adult \$20 (\$25 race day)

Student rate - \$15 (\$20 race day)

5 K walk - \$15 (\$20 race day)

1 K Fun walk - dog walk - \$10 (\$15 race day)

Children 12 and under walk free with adult registration.

Dog Walk Rules:

1. We reserve the right to turn away dogs that behave aggressively.
2. Dogs in heat will be turned away.
3. Dogs must be on a leash at all times, maximum length 6 ft.
4. Participants must clean up after their dogs.

\$50 cash award for the top finishing 5 K Run cancer survivor for these categories:

Female under 50 Female over 50

Male under 50 Male over 50

\$75 cash award for the fastest runners in the following categories:

Female - 5 K and 10 K Runs:

Ages 29 & under; 30 - 49; 50 & over

Male - 5 K and 10 K Runs:

Ages 29 & under; 30 - 49; 50 & over



Coordinator's Corner

By the time you receive this newsletter, I will be celebrating my second anniversary as your cancer survivorship coordinator. I have gotten to know many of you, and it has been a privilege to walk along side you as the Goshen Cancer Survivor Network has taken shape.

I am pleased to share with you the new Survivor Network Patient Supplement Fund. This fund is a result of family members and friends who wanted to memorialize, in a very tangible way, their lost loved ones. The donated funds will be used to help financially strained, on-treatment patients obtain supplements and homeopathics prescribed by CCC naturopathic doctors. The application process has been established, and eligible patients will soon benefit from the fund. Please contact me if you would like more information. ■

Thanks to all for another great year,
Sandy

CONTACT INFO

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