



Goshen Center for Cancer Care

200 High Park Ave.
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The Link for Hope

A newsletter of the Goshen Cancer Survivor Network

May 2011



Photo by Tony McNair

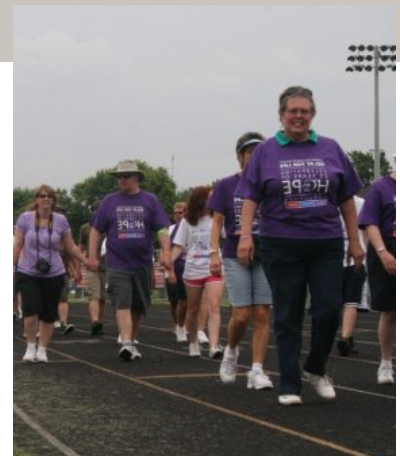


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Relay for Life Survivor Luncheon

Calling survivors! Join us Saturday June 11 for Relay For Life at the Goshen High School sports field. The survivor luncheon begins at 12:00 p.m. followed by the opening ceremony and survivor lap at 2:00 p.m. Any survivor registered for Goshen Relay may attend at no charge and bring a guest. Reservations are required due to limited seating. Call 574.364.2922 to register for the luncheon or for more information. Luncheon speakers will be Howard and Val Kidder. Howard was in treatment for colon cancer when Val was diagnosed with breast cancer. Join us to hear their amazing husband and wife story. Lunch is provided courtesy of Lucchese's Italian Restaurant, Olive Garden Italian Restaurant and Martin's Super Market Bakery. Reserve your seat now! ■



Susan Geist Smith, CSN member

It was a typical day, February 21, 2007, but it didn't remain that way. I took Edna, my wife, to her doctor in Kendallville for a routine visit. Before I knew it, I was the patient. I had been taking Prevacid for abdominal pain, but it wasn't helping and the pain was getting worse. I was sent for a CT scan and soon learned that I had a large mass in my pancreas that was likely cancer.

Never Give Up



Glen with companion, Mitzie

I was referred to Fort Wayne to see an oncologist, but there was a two week wait, so I called Kristin Rheinheimer at Goshen Center for Cancer Care and told her that I had just been diagnosed with pancreatic cancer. I'm a farmer and out in the sun a lot, so I had seen Kristin for skin exams. She also knew that I had survived prostate cancer five years earlier. Kristin was super; within an hour she had me face to face with Dr. Hostetter to discuss treatment for pancreatic cancer. After our meeting, Dr. Hostetter told me to go home and discuss it with my family. I have four children and when I told them, they all said "Go for it Dad!" I told other people too, some were encouraging, but others said "Don't bother, you're not going to make it anyway," but I called Dr. Hostetter and told him I was going to fight it. And so the journey began.

I had my surgery March 2, 2007 and spent 11 days in the hospital. While I was an inpatient on 2 North, I met Pat Shoemaker, one of the cancer center counselors. It was a Tuesday afternoon and Pat was baking cookies for family hour. That chance meeting over cookies proved to be important to me when I started chemotherapy two months later. Pat was wonderful, not just during family hour, but throughout my 28 week chemotherapy regimen. She told me to "Never give up" and I didn't. Don't get me wrong, treatment was not easy, but Pat seemed to appear just when I needed her most.

I understand that many people don't win the battle with pancreatic cancer, but I did. And the people at Goshen are the reason why I'm alive. I told Kristin Rheinheimer one day "You saved my life" and she said "Well, that's what we're here for." I believe that the doctors and nurses at Goshen are the best you can find. Even when I stop in to visit after all these years, the nurses still recognize me and call me by name.

I have been cancer free now for four years. I had my port removed recently and was released from the cancer center. I now follow up with my family doctor to make sure I keep the health that Dr. Hostetter and Kristin fought so hard for me to have. Edna, my family and Mitzie my dog, are enjoying life with me, cancer free. ■



Sue Romans, Gretta Peterson, Jillian Hawn and Kristin Neufeld participate in a Healthy Steps class.

101 Lymphedema

What is lymphedema?

Lymphedema is a condition which develops in the lymphatic system as a result of lymph node damage after radiation or lymph node removal after surgery. Lymphedema may also be caused by injury or scarring after a surgery. Cancer treatments are contributing factors for the development of lymphedema. It is a chronic and progressive swelling caused by the abnormal circulation of lymphatic fluid and the body's inability to remove bacteria and toxins from the affected area. The Vascular Disease Foundation estimates that there are one million cases of lymphedema in the United States.

Where does lymphedema occur?

Lymphedema swelling may occur in any area of the body near an affected lymph node. It typically occurs in the arm or leg, but also occurs in the face and neck and occasionally in the groin. After breast cancer treatment, it may occur in the chest, as well as anywhere else on the body where lymph nodes have been removed or radiated.

How is lymphedema diagnosed?

Lymphedema evaluations are available at I. U. Health Goshen Hospital's Rehabilitation Department upon referral from a doctor or nurse practitioner. Occupational therapists Carol Parmelee and Carrie Bloss are both Certified Lymphedema

Therapists, having completed over 150 hours of lymphedema training. Parmelee and Bloss are able to conduct evaluations and if needed, provide treatment. Talk with your health care professional if you have a concern about possible lymphedema issues.

What to look for:

- Visible swelling in any part of the body served by the affected lymph nodes
- Achiness, discomfort or repeated infections
- Clothing or jewelry fitting differently
- Feeling of heaviness

If you have already been diagnosed with lymphedema, consider moderate activity to help move lymphatic fluid through the body and away from the affected area. Consider participating in a group activity such as Healthy Steps: The Lebed Method at The Women's Retreat, Goshen. Lebed is a gentle medically based exercise program designed especially for those affected by lymphedema. The class is also beneficial for those with fibromyalgia or anyone wanting to reintroduce exercise into their daily life. Contact Norma Monik at 574.364.2855 for more information. If you have questions about what level of activity is appropriate for you, ask your health care professional. ■



Cansurvivors: Florida style

Priscilla Morris, cancer survivor and member of IU Health Goshen Cancer Survivor Network has reported that the Mariner's Cove Cansurvivors, Estero Florida have had another great year.

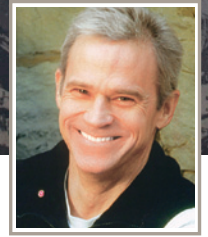
Cansurvivors currently has nine members who regularly meet and reach out to new snow birds diagnosed with cancer. Before leaving Florida, the group assembled a Relay For Life team and constructed a red wagon float titled the 'pink paddy wagon.' The group collected over \$2,400 on behalf of the American Cancer Society. ■



Back row: Janis Schmidt, Beverly Dwenger, Becky Royle, Jackie Mraz and Priscilla Morris Front row: Linda Lenart and Gertrude Schomaker.



True Celebration: May 15



guest speaker

Alan Hobson

*Mt. Everest Climber
and Summiteer,
Author, Cancer
Survivor*

Join us at Sauder Concert Hall on the Goshen College campus from 2:00 p.m. – 4:00 p.m. on Sunday, May 15 to hear Alan Hobson, cancer survivor, author and Mt. Everest summiteer as he encourages survivors to keep facing their mountains and continue climbing.

Hobson's energetic presentation will resonate with cancer survivors and care givers, as he talks about his battle with leukemia, stem cell transplant and the challenges he faced. Hobson is the author of the book *Climb Back From Cancer*, which will be available at the event.

A newly designed survivor lapel pin will be available for any attending survivor. Survivor photos will be taken before the event begins, and finished photos will be available for pick up in the lobby following the presentation. Refreshments will be served after the conclusion of the presentation. True Celebration is open to the public and reservations are not required.

For more information contact Sandra Carbone, Survivorship Coordinator at 574.364.2922. ■

CANCER ORIENTATION

United Cancer Services of Elkhart County is offering a no-cost Cancer Orientation Class each Tuesday from 10:00 a.m. – 11:30 a.m. at their facility, 23971 US Highway 33, Elkhart. Offered in cooperation with United Way of Elkhart County, the class seeks to provide newly diagnosed patients with the necessary information to make informed decisions about their cancer care. Attendees also receive the Cancer 101 binder and document holder. For eligibility to attend contact Rachel Sorg at 574.875.5158. ■



Coordinator's Corner

I hope to see you June 11 at Relay For Life as we celebrate more birthdays. The Survivor Network blue and white striped tent will be on site at Goshen High School throughout the event. I hope you will stop by to say hello.

If you want to participate in Relay, but do not want to form a team, you are invited to join the Goshen Cancer Survivor Network Team. There is no fee for a survivor to register. Register online at www.relayforlife.org/elkhartcountysouthIN or call for a registration form. Relay For Life is the American Cancer Society's largest fundraiser to support ACS cancer services and cancer research. I hope to see you there! ■

Sandy

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