



Goshen Center for Cancer Care

200 High Park Ave.
PO Box 139
Goshen, IN 46527

Brought to you by IU Health Goshen

The Link for Hope

A newsletter of the Goshen Cancer Survivor Network

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Photo by Tony McNair



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Nominate a woman for Hello Gorgeous!

Hello Gorgeous is a not-for-profit organization that provides free professional make overs and cosmetic education for women battling cancer. Hello Gorgeous provides a day spa experience, including chocolates, flowers, massage, hair style, clothing and more.

Hello Gorgeous is currently accepting nominations for a makeover that will take place at the WOMEN'S EXPO 2011 on October 4 at the IU Health Women's Retreat, Goshen. One woman will be pre-selected to receive a complete makeover in the mobile day spa. The entire process is aided by family and friends who nominate the woman of their choice and then help with the surprise reveal. More information and nomination forms are available at www.goshensurvivors.org or by calling 574.850.0471. ■

Save the Date:

WOMEN'S EXPO

Oct. 4

WOMEN'S EXPO 2011



Cancer related hair loss?

Are you a woman with cancer undergoing chemotherapy or radiation which has caused hair loss? Not sure where or how to obtain a wig? If this sounds familiar, consider contacting an American Cancer Society wig bank. Wig companies such as Paula Young, Inc., Raquel Welch Wigs and Gabor Wigs donate new wigs for ACS wig banks nationwide. These wigs are available to patients at no cost through ACS authorized 'wig banks' located at local beauty salons and also at Look Good - Feel Better sessions.

Karlene Christianson, licensed cosmetologist for Bristol O'Hair-Port has helped many women through cancer related baldness: "The wig bank is a blessing. I had a lady come in to get her head shaved because her hair was falling out. After I shaved it, we asked her what color wig she wanted. She was amazed that she had choices and that the wigs and salon services were free. I wish I had a picture of her face when she walked out with her new hair!"

Free wigs are also available at ACS Look Good - Feel Better sessions. Any woman going through treatment for cancer is welcome to participate in LG - FB. IU Health Goshen Center for Cancer Care hosts quarterly Look Good- Feel Better sessions. The next CCC session will be held August 22 at 9:00 a.m. in the Heritage room at Goshen Hospital. Registration is required by calling ACS at 1.877.499.4673.

If you are not able to attend a Look Good - Feel Better session, contact one of the following wig banks. If you live in an area that is not listed, call 1.877.499.4673 for additional sites. ■

Bristol O'Hair-Port

102 N. Chaptoula St., Bristol Ind.
574-848-4955, ask for Karlene

Vonda's Beauty Salon

120 N. Walnut St., Plymouth Ind.
574-935-6680, ask for Vonda

Salon 301

3509 Grape Road, Mishawaka, Ind.
Call: 574-254-0301, ask for Brandi or Jeff

Hair Therapy

207 S. Heaton, Knox, Ind.
574-772-3715, ask for Hesper Manns

Tangles Hair Design

1844 W. Lincoln Ave., Goshen, Ind.
574-533-8667, ask for Teresa or Nicole



Jan Maes and Deb Rogers, before and after a Look Good - Feel Better makeover



Health Screenings

AT THE 4H FAIR

Summer is here and that means it is time for the Elkhart County 4H Fair! While you are enjoying the sights and sounds of the fair, remember to stop by the Indiana University Health Goshen tent. Located near the fair office and adjacent to the Ronald McDonald farm, health related educational materials, demonstrations and free screenings will be available.

Blood pressure screenings will be available daily from 9:00 a.m. – 8:00 p.m.

Senior Health Day Friday, July 22. 9:00 a.m. – 4:00 p.m. Have an assessment to measure your risk of falling or obtain a knee, shoulder, ankle or spine screenings. Osteoporosis ankle scans are available from 9am-6pm.

Vascular Health Day Saturday, July 23. From 9:00 a.m. to noon, obtain an ABI - Ankle Brachial Index or a heart monitor pattern screening. Foot screenings will also be available from 9:00 a.m. – 8:00 p.m.

Cancer Prevention Day will be Sunday, July 24. Skin cancer screenings will be available for site specific concerns from 1:00 p.m. to 3:00 p.m. and also from 5:00 p.m. – 7:00 p.m. Each session will accommodate a maximum of 75 persons.

Naturopathic Health Day Monday, July 25. Featuring family oriented cooking demonstrations of heart healthy foods at 10:00 a.m., noon, 2:00 p.m., 4:00 p.m. and 6:00 p.m. Free mini massages will also be available.

General Health Day Tuesday, July 26. Heart monitor pattern screenings, blood sugar screenings and body mass index screenings with body composition

analysis will be available from 9:00 a.m. – 8:00 p.m. Recipe samplings will also be available.

Kid's Health Day Wednesday, July 27. Featuring a Safe Kid's Treasure Hunt from 9:00 a.m. – 3:30 p.m. and a Fun with Food and Fitness demonstration at 3:00 p.m. Type 2 diabetes risk assessments for children and heart monitor patterns will be available from 9:00 a.m. – 8:00 p.m.

Women's Health Day Thursday, July 28. Bone DEXA heel scans and BMI Analysis from 9:00 a.m. to noon and 1:00 p.m. – 3:30 p.m. Lactation consultations will be available from 9:00 a.m. to noon. Urinary incontinence assessments will be available from 9:00 a.m. – 7:00 p.m.

Wellness Day Friday, July 29 with body composition analysis available from 9:00 a.m. – 8:00 p.m. A fitness demonstration will be held at 10:00 a.m. and cooking demonstration at 3:00 p.m.

Sleep and Lung Health Day Saturday, July 30. Pulmonary function and oxygen saturation screenings will be available from 9:00 a.m. – 6:00 p.m. Sleep evaluations and obstructive sleep apnea assessments will be available from 10:00 a.m. – noon, 1:00 p.m. – 3:00 p.m. and 4:00 p.m. – 6:00 p.m.

Additional screenings are offered each month for the communities of Warsaw and Goshen. Check your local newspaper for times and locations, call 877.566.4660, or visit goshencancerscreenings.com for more information. ■



Sandra Carbone, with the Personal Health Manager

Organize your medical documents!

If you are undergoing treatment for cancer, you know how quickly you accumulate copies of lab results, scans, treatment plans, invoices and much more. Organizing all of these items can be a challenge; however the American Cancer Society has a solution.

Available free of charge, the Personal Health Manager (PHM) is a portable organizer that helps you keep track of all your important medical records. Designed with separate areas for appointments, treatment information, and record storage the PHM also includes information specific to your type of cancer diagnosis.

To obtain a free PHM, contact the American Cancer Society patient resource center at 1.877.499.4673. ■



Labyrinths: Walking the path of inner healing - July 26

What is a labyrinth? A labyrinth is an ancient pattern, rich in history and symbolism. It has been called “a pattern with a purpose,” as it is used by those who walk the pattern to pray, meditate, make decisions, find clarity, or simply to reflect. A single winding path

leads from the entrance to the center. One simply needs to follow the path. We are all on the path of life, and walking a labyrinth is a metaphor for the sacred journey of life.

The benefits of walking a labyrinth pattern include improved focus, the stimulation of the relaxation response, the provision of a sense of control and confidence, and an improved attitude, all of which promote and support health and well being. Labyrinths have become valued features of healing environments all over the world. The experience of walking a labyrinth can bring joy, hope, calm, and balance.

Labyrinths make a unique contribution to holistic health care. Currently, there are labyrinths at over 150 healthcare facilities in the United States. This reflects the importance that patients and their families have given to inner healing. Symbolically, labyrinths may reflect the path of illness and recovery, with all of the uncertainties, changes of directions, and reaching towards a goal. Healing happens because labyrinths meet people wherever they are emotionally, spiritually, psychologically, always leading them gently forward to the next step. This is significant to the psychological adaptation to a cancer diagnosis, treatment, and survivorship. And even in cases where outer healing fails, inner healing can still take place.

You are invited to walk the labyrinth Tuesday, July 26 from 4:30 p.m. – 6:00 p.m. at IU Health Goshen Center for Cancer Care. Facilitated by Rita Gingrich, MSW, LCSW, OSW-C, Gingrich is a Veriditas-trained labyrinth facilitator who uses a portable canvas labyrinth in this session of the “Living with Cancer” support groups. Cancer patients, family members, and friends are welcome to participate at this and any of the support groups free of charge.

Former participants have described walking the labyrinth as both a quieting and a renewing experience. One patient stated, “I was feeling so down and defeated by the chemotherapy side effects. But walking the labyrinth calmed me and gave me new energy to fight.”

For more information about the July 26 labyrinth walk, contact Amos at 574.364.2673. ■



Coordinator's Corner

Summer weather is here and with it comes walk-a-thons, relays and many opportunities for getting outside and enjoying the weather. Some of these events have a fundraising component, such as the Goshen Relay for Life which recently raised over \$35,000 for American Cancer Society services and research.

Run for Research, the fundraising event that supported Goshen's cancer research department, will not be held this year, but we hope to see you next year!

Regardless of how or where you get your exercise, just remember to get it. A moving body is a healthier body! ■

Blessings for a wonderful summer,

Sandy

CONTACT INFO

574.364.2922

scarbone@IUHealth.org

www.goshensurvivors.org