

The Link for Hope

A newsletter of the Goshen Cancer Survivor Network

December 2011

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Undergoing treatment for cancer can be a stressful time for patients and families. Finding ways to deal with that stress is an important part of treatment. Patients at Goshen Center for Cancer Care (GCCC) are now able to participate in Art Therapy sessions at no cost.

Art therapy is the creative therapeutic process that involves using various materials under the guidance of an art therapist. It can be helpful for people who are experiencing chronic illness or other challenges. Through the reflective process of creating an art form, the participant may experience increased self awareness, enhanced cognitive ability or relief from stress.

Under the guidance of Art Therapy intern Kortney Malone, patients and their care givers may now schedule one-to-one art therapy sessions to explore the creative arts process to promote personal well being. Malone is pursuing a Master's degree in Creative Arts Therapy through the Pratt Institute, New York.

All Art therapy sessions take place at the Goshen Center for Cancer Care and offer a personalized approach to your treatment needs. No cost, one hour sessions are available through May, 2012 by contacting a GCCC scheduler at 574.364.2673.

For more information about Art Therapy and its benefits, visit www.americanarttherapyassociation.org.

How you can benefit from Art Therapy:

- Gain perspective in your current situation
- Ease the tension of daily living and learn to relax
- Discover positive coping skills to deal with treatment
- Learn how to manage your own well-being
- Create a tangible, visual tool for personal reflection ■



Kortney Malone with Lynne Krull



Dr. Leah Sherman, Larry and Rose Jones

Almost Romantic

By Larry Jones

It was just another ordinary trip to the doctor's office. It was time for my annual physical which included a PSA (Prostate Specific Antigen) test to screen for prostate cancer. Dr. Borrelli told me the levels from my test were too high, and he suspected prostate cancer. He sent me to an urologist for a biopsy, who confirmed his suspicion. We had just celebrated our great granddaughter's birthday when my wife Rose and I learned that I had prostate cancer.

The urologist referred me to Dr. Roth, a surgeon. I had recently lost 45 pounds through Weight Watchers™ and was feeling pretty good, but because of my heart and vascular condition I could not have surgery. Dr. Roth said the chances of my getting off the operating table alive were 50/50, so he suggested I see an oncologist. When I heard that news, I said "I'm going to Goshen. From what I hear, it's the best in the state." So the appointment was made with Dr. Wheeler who said it was pretty serious since my Gleason score was 8. I started radiation treatments soon after that meeting.

During my visit with Dr. Wheeler, I mentioned to him that I had osteoporosis. Since radiation can damage bones, Dr. Wheeler sent me to *The Women's Retreat* for a DEXA bone scan. When we arrived, the receptionist looked at Rose and asked "You're here for a mammogram?" Rose replied "No, I do need one, but he's here for a bone scan." So after they registered me, the receptionist turned to Rose and said "We can get you in for a mammogram now." Rose replied "Well, it's been nine years so I might as well get one since I'm here." We went home after our tests and didn't think much of it. I continued to have radiation treatments for my prostate cancer. Then we got a phone call saying Rose needed another mammogram. The second mammogram

was followed by a biopsy which revealed Rose had breast cancer. Our family doctor suggested we see an Elkhart surgeon, but I told him no, she would come to Goshen with me. We went home and our daughter Patti called the Goshen cancer center's Oncology Information office and spoke with Robyn. Within two days, Rose had an appointment with Dr. Henry. We were amazed with the treatment we received at Goshen. After Rose's surgery, Dr. Henry called our home to let us know that there was no cancer in Rose's lymph nodes. How amazing is that? A surgeon who actually called us! He also said it was a good thing that Rose had that mammogram, because it was so deep in the tissue, that she never would have felt it.

One day at the cancer center, a nurse said she thought it was *almost romantic*, the two of us in treatment at the same time. I told her "Well, it's not what we would have chosen to do together," but as Rose said "We've been through a lot, and we can get through this." I came from a small family and always wondered what it would be like to have a big family. Well at age 65, I found out. Everyone at the Goshen cancer center treated me like family. But there was one person who was unbelievable, Leah Sherman, my Naturopathic doctor. Dr. Leah's recommendations were a great help to both of us.

Survivor Network Buddies

If you have been through treatment for cancer, you know how difficult the process can sometimes be. And, you also understand the connection that is formed when you meet someone who has been through cancer. If you have finished treatment at Goshen Center for Cancer Care and would like to help support a new patient, please consider being trained as a Survivor Buddy.

Survivor buddies offer encouragement and support to new patients by telephone or personal visit at the cancer center, depending on the situation. Buddies are fully trained volunteers who support and encourage new patients. The Survivor Buddy holds the unique position of understanding the emotions that often accompany a diagnosis of cancer. Cancer survivors who want to be a Buddy complete an application and questionnaire about their cancer experience. This information helps ensure an appropriate match to a new patient.

There are currently 19 trained Survivor Buddies at the Goshen Center for Cancer Care, but more are needed, including survivors of liver, kidney, colon, lung, pancreatic, esophageal, endometrial or ovarian cancers. If you would like more information about Survivor Buddies, please contact Sandra Carbone at 574.364.2922 or email scarbone@IUHealth.org. ■



Celebrate Survivorship

If you would like to honor or memorialize the cancer journey of someone you love, consider purchasing the 2011 Choose Hope ornament. Now available for purchase at the reception desk of the Goshen cancer center, each ornament is \$10 plus tax.

All profits from the sale of the ornaments go directly to the Goshen Cancer Survivor Network's *Patient Supplement Fund*, which provides free supplements to eligible, low-income GCCC patients. In the past year, the fund has provided over \$3,500 of supplements to Goshen patients.

Questions about purchasing an ornament or making a charitable donation to the *Patient Supplement Fund* should be directed to Sandra Carbone, Goshen Cancer Survivor Network Coordinator at 574.364.2922 or scarbone@IUHealth.org.

As a result, Rose and I had very few side effects. Leah was always there when we needed her, not only to help us get stronger physically, but also mentally. When I wanted to quit treatment, Leah talked with me so I could get past my discouragement.

Some of our most memorable life events have involved cancer. Our 45th wedding anniversary was July 8. We had six appointments at the cancer center that day. I suspect it was the most unusual anniversary that we will ever have together. September 1st, while we were at the cancer center,

our home was robbed. We were devastated, but Leah encouraged us through another tough time. Shortly after the robbery, our daughters and grandchildren nominated Rose for a *Hello Gorgeous* makeover. On October 4, Rose was the surprise recipient of the *Hello Gorgeous* makeover at The Women's Expo. It was a great day for all of us.

Through all the ups and downs, Rose and I both believed that *The Man* upstairs was watching over us. As we told the nurse that day, it's not what we would have chosen, but somehow it came out okay. ■



Goshen Center for Cancer Care

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

Holiday Luncheon: December 16



The Crimsonaires

Karen Stump

You are invited to attend the third annual Goshen Cancer Survivor Network Holiday Luncheon, December 16 from 11:30 a.m. - 1:30 p.m. at the Goshen Hospital Arbor Conference Center.

There is no cost to attend but reservations are required for this event. Cancer center research department nurse Becky Eickhoff will provide piano music during the lunch buffet.

Speaker for the event will be Karen Stump, survivor of stage four metastatic melanoma. Diagnosed in 2006, Karen has been cancer free for four years. A resident of Union, Michigan, Karen has been a dance instructor at Debbie Werbroucks School of Dance for 32 years. She also leads the Rockerettes, a YMCA dance group for active seniors. The wife of Dennis Stump, they have one daughter, Sabrina, and two grandsons, Camden and Bryce. The Stumps will celebrate 37 years of marriage in January.

Entertainment will be the Goshen High School Crimsonaires, who celebrate their 50th performance season this year. The Crimsonaires have a long tradition of excellence, both within our community and throughout the state and nation. Directed by Marcia Yost for the past 29 years, the group has received championship trophies at festivals in Washington,

D.C., Toronto, Montreal, Atlanta and New York City. Members also participate in the Advanced Concert Choir at Goshen High School, which holds three State Championships. The choral program at GHS has been ranked in the top ten in Indiana for two decades. The Crimsonaires perform approximately 30 - 40 times yearly, learning and staging more than 35 pieces of music in each school year. This group is in high demand, delighting audiences with their special blend of talent and energy. You will not want to miss this performance.

Parking is off site at the Pro Park lot next to the Gerig Group offices and the Goshen Wound Center, one block south of the hospital. Parking information and a map are available at www.goshensurvivors.org or by calling 574-364-2922. **Please do not park in the hospital or cancer center parking lots for this event. Shuttle services will be available to and from Pro Park.**

For reservations, call 574-364-2922 or email scarbone@IUHealth.org.

There is no cost to attend, but seating is limited. Network members may invite a spouse or caregiver to attend with them. ■

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