



# Connections

## Quarterly

See this and previous issues of *Connections* at [www.glensfallshospital.org](http://www.glensfallshospital.org)

### American Cancer Society Health Insurance Information Service and Patient Advocate Foundation

The American Cancer Society's **Health Insurance Information Service** assists patients who are struggling with health insurance-related issues. The service provides guidance with general and state specific insurance needs. It helps identify health insurance options that cancer patients might be eligible for based on a variety of factors.

Assistance to those with cancer related needs related to health insurance coverage includes:

- Those who do not have health insurance coverage, and are seeking it.
- Have health insurance coverage, but will be losing it and want to discuss options.
- Are experiencing life changes that impact their insurance status and want to discuss options.
- Have health insurance coverage, but needs are not met.

The major goals of the service are:

- To assist cancer patients in identifying health insurance options for which they might be eligible.
- To share patient stories, data, and trends with the American Cancer Society's Cancer Action Network (ACS CAN) to advocate for national policy change.

This service is for cancer patients, persons with cancer symptoms, cancer survivors, or someone calling on their behalf who has needs related to

health insurance coverage. The person needing help must be 64 years old or younger and must not be currently receiving ongoing assistance from Medicare or Medicaid programs. Also, a patient losing Medicare or Medicaid is eligible.

If you wish to contact this service, please call: 1-800-227-2345, Monday - Friday 8:00AM - 5:30PM. Ask to speak with someone from the Health Insurance Information Service.

**The Patient Advocate Foundation (PAF)** is a national nonprofit organization that serves as an active liaison between the patient and their insurer, employer and/or creditors to resolve insurance, job retention and/or debt crisis matters relative to their diagnosis through case managers, doctors and attorneys.

Patient Advocate Foundation seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability. General services are provided to all cancer patients who are in treatment or less than two years out of treatment.

**Patient Advocate Foundation Direct Patient Services** specialize in mediation, negotiation and education on behalf of patients nationwide on the

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# Survivorship

## Cancer - The First and Second Time Around

By Renee Priddle

I was diagnosed with colon cancer in 2009 when I was 42 years old. Everything I thought I understood about my well being flew out the window. I found myself in a free fall, not knowing when, where, how, or even if I would land.

This fall from innocence - the innocence in believing that I would live forever - began with that diagnosis.



I had previously lost my position as office manager with a commercial and residential framing construction company in May of 2008, due to the decline in the housing industry.

In May 2009 I started experiencing blood in my stool. I panicked. I was unemployed and uninsured. I was forced into paying cash for a colonoscopy in September 2009 and I was diagnosed with colon cancer. Just like so many other cancer patients, I had to tell my husband and kids as well as my mom and dad. How can I tell mom and dad? My husband and I had a good cry and he reassured me we would get through this. I then had to tell my

20 year old daughter who lived here in New York and my 23 year old daughter who lived in Florida at the time. I thought, "Why me, the glue that holds my family together?" I knew I had to be strong for my family's sake. I found it very difficult to answer my grandchildren's questions like "Nani, are you sick?" and getting past their thinking that I was contagious. It was also hard to get beyond people asking how I was doing like I was going to die. But I pushed forward, scared, with no insurance and not being eligible for any type of assistance. I went ahead and met with the surgeon Dr. Joseph D'Agostino and proceeded with the colon surgery.

About six weeks after the surgery I was visiting with some friends when one of them mentioned that her sister worked for the New York State Cancer Services Program and she thought that it might be an avenue for me. I was immediately concerned about income levels and later found out that to qualify you could make 250% above poverty level which was great news. I immediately went to the website and was so excited to find a program that I might actually be eligible for. I was later informed that I didn't qualify. I did not give up. I wrote my Senator, Kirsten Gillibrand, saying that I was currently unemployed and going through the worst

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## Your Cancer Care Team

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**Lillian Reamer, RN**  
Inpatient Oncology

Lillian received her Bachelor's Degree in Nursing Science from Russell Sage College in 2010.

Lillian and her fiancé, Daniel, live in Greenfield Center and plan to be married in October. Lillian is an avid Eagles fan and enjoys being in the outdoors, especially hiking, four wheeling and playing with her new golden retriever, Zoey.



**Cheryl Demeo,**  
Patient Scheduling Specialist  
Hematology Oncology

Cheri has worked at Glens Falls Hospital since 2009 in Centralized Scheduling and the West Lobby.

She and her husband, Rick, live in Bolton Landing. They have three children, Gregory, Kelsey and R.J. Cheri enjoys gardening, sewing, baking, reading and spending time with her family.

# Your Cancer Center Care Team



**Dorleen Wessling, RN**  
**Inpatient Oncology**

Dorleen received an Associate's Degree in Nursing at SUNY Adirondack in January, 2011.

She worked as a volunteer on the University of Vermont EMS. She plans to pursue a Bachelor's degree in Nursing.

Dorleen lives in Hudson Falls and has two younger brothers, Diek and Kyle. She enjoys snowboarding, Zumba fitness and summers in Lake George with her family.

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**Christine Sinay, RN**  
**Inpatient Oncology**

Christine received an Associate's Degree in Nursing from Maria College in 2009. She is enrolled at SUNY Empire to pursue a

Bachelor's Degree in September. Christine previously worked as a Private Home Nurse and a Emergency Room Secretary in Bennington, Vermont.

Christine lives with her partner, Greg, in Granville. She has two grown children, Sean and Marissa. She enjoys reading, spending time with family and weekend get-a-ways.

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**April Casertino,**  
**Medical Assistant**  
**Hematology Oncology Clinic**

April worked as a Medical Assistant at G.I. Associates for seven years and most recently, as a

Crime Victim Advocate with the Domestic Violence Project.

April and her husband, Peter, live in Glens Falls with their three children, Tylor (14), Alyssa (11) and Julia (7). She enjoys Zumba classes, spending time with her family and especially watching her children's sports events.

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**Krystle Kent, RN**  
**Inpatient Oncology**

Krystle studied Sports Medicine at Castleton State College and received an Associate's Degree in Business Management in

2005. In 2009, she received an Associates in Applied Sciences for Nursing from Adirondack Community College. While attending college, she worked at CVS as a Pharmacy Technician and Photo Lab Supervisor.

Krystle and her husband, Brett, live in Hampton with their two dogs, Star and Raun. She enjoys playing sports, reading and spending time with family and friends. Krystle plans to become Oncology Certified and to pursue a Bachelor's Degree in Nursing.

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**Kim Sheppard, RN**  
**Hematology Oncology Clinic**

Kim received a Bachelor's Degree in Nursing from San Diego State University. She worked as a

Clinical Research Nurse at Massachusetts General Hospital in Boston for nine years.

Kim, her husband, Jim, and their daughter, Allison (2) live in Saratoga Springs. She has two stepchildren, Samantha (16) and Jake (19). Kim enjoys reading, knitting, working out and is an avid Red Sox fan. She is excited to join the Cancer Center Team!



# Food for Thought

## 17 Ways to Picnic the Healthy Way

From Stealth Health

<http://www.rd.com/health/picnic-the-healthy-way/>

Eating outside under the sun, with the crash of waves on the beach or the wind through the trees as your musical accompaniment, makes any meal taste better.

If the word “picnic” is synonymous in your mind with fried chicken, potato salad topped with bacon, and overstuffed hoagies, this is for you. Here are 17 ways to ensure that dining al fresco doesn’t translate to dining al fatso.

### 1. Try these easy-to-transport entrées:

**Turkey or chicken breast** sandwiches with low-fat cheese, sandwich pickles, tomatoes, and spinach leaves.

**Hummus** stuffed into whole wheat pita bread with bean sprouts, diced tomatoes, and sliced grapes.

A **green salad** topped with grilled chicken. Pack the dressing separately.

**Whole wheat wraps with smoked salmon**, capers, tomato, avocado, hummus, spinach, and shredded carrots.

### **Cumin, black bean, and corn salad.**

Rinse and drain a can of black beans and a can of sweet corn. Mix with a drizzle of olive oil, 1 tablespoon balsamic vinegar, and a pinch of cumin.

**Ricotta, spinach, and Parmesan whole wheat wrap.** Place 2 cups loosely packed raw spinach leaves in food processor and grind. Mix in 1/2 cup fat-free ricotta and 1 tablespoon Parmesan cheese, and wrap in a whole wheat burrito.

**Mediterranean tomato salad** in whole wheat pita. Dice fresh tomato and cucumber, mix with a thinly sliced red onion and black olives, drizzle

with a little olive oil, red wine vinegar, salt, and pepper and stuff into a pita pocket.

**2. Pack angel food cake for dessert.** Bring sliced strawberries and nonfat whipped topping along for your own version of strawberry shortcake. Freeze the whipped topping the night before; it will thaw by the time you’re ready to serve and still be cold enough to be safe. Or even easier, pick up a can of it.

**3. Stuff celery with nonfat cream cheese, peanut butter, or goat cheese for appetizers.** Baked corn chips with fat-free salsa or fat-free bean dip also works great as a meal opener.



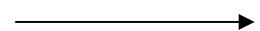
### 4. Substitute this for fried chicken.

Brush boneless, skinless chicken thighs with olive oil and sprinkle with rosemary, salt, and pepper. Bake or grill until juices run clear, about 45 minutes. Chill overnight and bring along on your picnic. For another option that’s just as finger-lickin’ messy as the real thing, mix the juice of 1 lemon with 1 tablespoon Dijon mustard, 1/4 cup honey, a pinch of curry powder, and a pinch of salt. Roll skinless chicken drumsticks in the mixture to coat well and bake until done, 45-60 minutes.

**5. Freeze turkey burgers the night before.** By the time you’re ready to grill, they should be thawed and ready to go. Other good burger options: salmon burgers, lentil burgers, veggie burgers, and ground chicken burgers.

**6. Instead of mayonnaise-dripping coleslaw,** buy a package of coleslaw mix and drizzle on fat-free Italian dressing once you’re ready to eat.

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# Pharmacy Corner

## New Drug Approved for Treatment of Metastatic Melanoma

By Beth Sponzo, RN, BS, OCN®

Yervoy (ipilimumab) is a new drug approved by the FDA for newly diagnosed, previously-treated unresectable (inoperable) or metastatic melanoma. Yervoy is a monoclonal antibody. The drug is an immunomodulator, meaning that it harnesses the immune system to fight cancer.

Yervoy is given over 90 minutes intravenously for a total of 4 doses. The most common adverse reactions are fatigue, diarrhea, rash, itching, and colitis (inflammation of the intestines).

While Yervoy is activating the immune system to fight melanoma, it can also cause immune-mediated adverse reactions. This means that the drug can interfere with the body's normal immune system functions. There is a "Black Box Warning" for these reactions. The most common severe immune-mediated adverse reactions are enterocolitis (inflammation of the colon), hepatitis (inflammation of the liver), dermatitis (irritation of



the skin), neuropathy (damage of the nerve endings), and endocrinopathy (interference in the function of the pituitary, adrenal or thyroid glands). Most side effects are effectively treated with steroids.

Your doctor will discuss the risks that may be associated with Yervoy therapy. It is important to communicate closely with your oncology team and report all side effects. Do not treat your side effects without the approval of your provider. As always, report all medications that you are on including prescription, over the counter medications, vitamins, herbs and supplements. Lab work will be ordered before and during treatment with Yervoy to monitor thyroid functions and chemistries.

Metastatic melanoma is an aggressive form of cancer. Despite the rising incidence of this disease, no new treatments have been approved in over ten years. Yervoy is the first treatment to be approved in a very long time.

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**7. Replace mayonnaise in summer salads** with nonfat yogurt, sour cream, or a mustard vinaigrette.

**8. Pack baby veggies for dipping.** Another good use for baby vegetables (tiny corn, squashes, cauliflower, etc.) is to pickle them the day before by soaking them in a jar of vinegar.

**9. Instead of sweetened sodas or fruit juices,** bring seltzer mixed with all-natural fruit juice; unsweetened, flavored iced tea; or bottles of water. Freeze the bottled water the night before, to use as cold packs to keep food cold. When you're ready to eat, you'll have an icy bottle of water ready to

drink.

**10. Instead of hot dogs,** take along turkey kielbasa or apple chicken sausages for grilling.

**11. Make a Thanksgiving-in-the-summer salad.** This recipe comes from Joan Salge Blake, R.D., clinical assistant professor of nutrition at Boston University's Sargent College. Mix leftover chicken or turkey with dried cranberries, 2 tablespoons light mayonnaise, and 1 teaspoon cinnamon and stuff into a whole wheat pizza pita.

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## American Cancer Society Health Insurance Information Service and Patient Advocate Foundation

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following issues:

- Pre-authorization
- Coding and billing
- Insurance appeal process
- Expedited appeal process
- Debt crisis, as it pertains to their disease
- Job retention
- Access to pharmaceutical agents, chemotherapy, medical devices and surgical procedures
- Expedited applications - but not approvals - for Social Security disability, Medicaid, Medicare, SCHIPS (State Children's Health Insurance Program), and other social programs
- Access to care and screening for uninsured symptomatic survivors less than 2 years out of treatment (application for programs such as Medicaid, county indigent programs, hospital/facility charity, appointments at local free/sliding scale clinics, and volunteer services by providers)

**Colorectal Care-line** provides case management assistance to patients who have been diagnosed with colorectal cancer and are seeking education and access to care. The program may be contacted direct via the toll free number: 1-866-657-8634, or the web site: <http://www.colorectalcareline.org>.

**CINV Care-line** is a patient/provider hotline, providing assistance to patients with chemotherapy induced nausea and vomiting and are seeking education and access to care. The program may be contacted direct via the toll free number: 1-877-614-9242, email: [cinv@patientadvocate.org](mailto:cinv@patientadvocate.org), or the web site: <http://cinv.patientadvocate.org>

**Co-Pay Relief Assistance Program** provides fi-

nancial assistance to patients who meet certain qualifications, helping them with co-payments for needed pharmaceutical agents (such as chemotherapy drugs or other prescription medications). Applications for this program are taken **only** from patients who have insurance (including Medicare or Medicaid) **and** one of the qualifying diagnoses (listed below). Additional information and online applications are accessible via: <http://www.copays.org>.

**Note:** Phone and online applications are typically accepted during the first three business days of each month only. After that time a phone call to the program can verify if any monthly funds are still available. PAF's Co-Pay Relief Program serves those cancer patients with one of the following diagnoses. (The conditions covered may change from time to time; an updated listing is available on the web site.)

- Breast cancer
- Chronic pain
- CIA/CIN (anemia and neutropenia subsequent to chemotherapy treatment for cancer)
- Colon cancer
- Cutaneous T-Cell Lymphoma
- Head and neck cancer
- Kidney cancer (renal)
- Lung cancer
- Lymphoma
- Malignant brain tumors
- Multiple myeloma
- Myelodysplastic Syndrome (and other pre-leukemia diseases)
- Osteoporosis (including osteoporosis related to a cancer diagnosis and treatment)
- Pancreatic cancer (pancreas)
- Prostate cancer
- Sarcoma

To contact the Patient Advocate Foundation, please call: 1-800-532-5274.

Half the modern drugs could well be thrown out the window, except that the birds might eat them.

~Martin H. Fischer

# Multidisciplinary Care at the C. R. Wood Cancer Center

Multidisciplinary care is the hallmark of high-quality cancer management. Here at the C. R. Wood Cancer Center, discussion about the plan of care for our patients among different disciplines and specialties is an everyday process. This happens naturally in an informal manner because we work closely with each other under the same roof. We also have several forums, called case conferences, that meet regularly in order to discuss the best plan of care for our patients.

Multidisciplinary Cancer Conferences (also called Tumor Boards) are an important way to improve the care of cancer patients, especially with unusual or interesting diagnoses. Since 1987, our team approach has included discussion of the stage of the cancer, clinical practice guidelines and other case-specific details. Multidisciplinary case conferences are also valuable for continuing education of the professional staff.

Glens Falls Hospital provides several case conferences. These include a weekly Breast Cancer Conference and a weekly Case Conference that looks

at all cancer sites (general) and lung specific cancers on alternating weeks. There is also a twice-monthly Lymphoma Conference, held in conjunction with the University of Vermont. The case conferences host the following specialties: Radiation and Medical Oncologists, Diagnostic Radiologist, Pathologists, Surgeons, Urologists, Researchers, Pharmacists, Nursing, Nutritionist, Cancer Services Program, Breast Center, Education & Support Services, and occasionally students.

Each case conference includes the presentation of pathologic slides and radiographic images. Participating physicians discuss the details to determine the best treatment course for that particular patient. Support staff is encouraged to contribute their insight into available clinical trials, addressing psychosocial needs and dietary concerns. All of the comments and concerns expressed are considered when developing a treatment plan. The managing physician, in collaboration with the patient and their family will ultimately choose the best course of treatment based on the information and opinions offered at these case conferences.

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

~Doug Larson

## 17 Ways to Picnic the Healthy Way

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**12. Go Mediterranean.** Microwave two boxes of whole wheat couscous (boil the water in a Pyrex measuring cup, add the couscous, cover with a plate, and let steam) and add fresh or roasted vegetables, a can of chickpeas, a sprinkling of feta cheese and sliced black olives, and a drizzle of olive oil. "Now you've got a gorgeous Mediterranean salad that goes great on a picnic," says Blake.

**13. Pack frozen mango cubes.** They provide a sweet accompaniment to any picnic. Or mix several bags of frozen fruits in a container. By the time you're ready to eat, you'll have a sorbet-like treat.

**14. Make your own salsa.** Drain a 15-ounce can of diced tomatoes with green chiles and add a handful of fresh cilantro leaves and a pinch or two of cumin and salt to taste. Put through the food processor or mini chopper and voilà! - Salsa. "Serve with baked tortilla chips or add to black beans for a cold salad just perfect for picnicking", says Lisa C. Andrews, R.D., a nutritionist at the VA Medical Center in Cincinnati.

**15. Make your pasta salad a meal.** Before the picnic, Andrews recommends grilling skinless chicken breasts, cutting them into strips, and adding them to pasta salad. Toss in some fresh

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## *Offering Support Services in Concert with Medical Care*

For general questions about cancer or support services available, please call Oncology Resource Nurses:  
Vickie at 926-6639 or Paul at 926-6629

### **Services for Individuals by Appointment**

#### *Care Management*

For: Continuing care needs, transportation and financial concerns

Info: Patty Godnick, RN ~ **926-3316**  
pager ~ **969-1211**

Donna St. Hilaire, RN ~ **926-3322**  
pager ~ **926-5038**

#### *Nutrition Counseling*

For: Nutrition advice for cancer prevention and during or after cancer treatment

Info: Joan Butler, RD, CSO, CDN, CNSC, CDE  
~ **926-2609**

#### *Patient Financial / Insurance Assistance*

For: Referrals, prior authorizations, billing, insurance questions

Info: Michele Stauches ~ **926-6637**

#### *Psychosocial Oncology*

For: Counseling for patients and/or their families

Info: Gerry Florio, Ph.D. ~ **926-6529**  
Karen Cook, LMSW, OSW-C ~ **926-6619**

#### *Resource Nurses*

For: Individuals & family diagnosed with any cancer

Meets: By appointment or stop by (office is across the hall from the Cancer Center Library)

Info: Vickie Yattaw, RN, OCN® CBCN~ **926-6639**  
Paul Miller, RN, OCN® ~ **926-6629**

#### *Uniquely You® Boutique & Salon*

For: Any cancer patient  
free wigs, hats & turbans, skin & hair care

Meets: By appointment on Tuesdays in the C. R. Wood Cancer Center

Info: Call **926-6640** for an appointment

#### *Look Good ... Feel Better®*

#### *American Cancer Society*

For: Women Cancer Survivors

Meets: C. R. Wood Cancer Center Library

Info: Call **1-800-395-LOOK** for date and time

#### *Spa Services at Cindy's Healing Place*

#### *(Reiki and Massage Therapy)*

For: Cancer patients during and after treatment

Meets: By appointment in Cindy's Healing Place

Info: Call **926-6640** for an appointment

### **Special Programs Pre-Registration Required**

#### *Annual Survivors Events*

**Breast Cancer Survivor Luncheon - October**

Call Vickie at **926-6639** for information

**Spring Survivorship Celebration Breakfast**

Call Paul at **926-6629** for information

#### *CG Men's Retreat*

For: Men living with and beyond cancer

Meets: One weekend each year in late Summer

Info: Paul Miller, RN, OCN® ~ **926-6629**

#### *Cindy's Comfort Camp*

For: Children and teens ages 6-17 years who have experienced the death or serious illness of a parent or close relative

Meets: One weekend each Spring and Fall at the Double "H" Hole in the Woods Ranch in Lake Luzerne, NY

Info: **926-6515 / www.cindysretreat.org**

#### *Cindy's Retreat*

For: Women living with and beyond cancer

Meets: One weekend each Spring and Fall at Silver Bay on Lake George

Info: Karen Cook, LMSW ~ **926-6619**

**www.cindysretreat.org**

#### *Tobacco Cessation*

Whether you're thinking about quitting or ready to quit, call the NYS Smokers' Quitline for help and support.

**1-866-NY-QUITS (1-866-697-8487)**

## ***Open Support Groups***

These groups are open-ended and you may come as you wish.  
You may want to call if you are new or you have not come for some time to make sure that the schedule or location has not changed or that a special event has been scheduled.

### **Discussion Groups**

#### ***ABC Support Group (After Breast Cancer)***

For: Individuals with breast cancer  
Meets: 4th Monday each month  
6:00 P.M. ~ Cancer Center Waiting Room  
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

#### ***Blood Cancer Support Group (Leukemia & Lymphoma Society)***

For: Individuals & family diagnosed with lymphoma, leukemia or multiple myeloma  
Meets: 2nd Wednesday each month  
6:00 P.M. ~ Cancer Center Library  
Info: Karen Cook, LMSW, OSW-C ~ **926-6619**  
Paul Miller, RN, OCN® ~ **926-6629**

#### ***Family Connections***

For: Children, teens and parents facing life after illness or loss of a loved one  
Meets: 3rd Thursday each month during school year  
5:30 P.M. ~ Moreau Elementary School  
Info: Gerry Florio, PhD ~ **926-6528**

#### ***Featured Speakers Group (Information Presented on Cancer Related Topics)***

For: Anyone interested  
Meets: 1st Tuesday each month 6:00 P.M.  
Cancer Center Waiting Room  
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

#### ***Living with Hope***

For: Individuals with advanced or recurrent cancer  
Meets: 3rd Thursday each month  
1:00 P.M. ~ Cancer Center Library  
Info: Gerry Florio, Ph.D. ~ **926-6528**

#### ***Prostate Cancer Awareness Group (American Cancer Society - Man to Man)***

For: Men with prostate cancer and their families  
Meets: 3rd Thursday each month  
7:00 P.M. ~ Cancer Center Waiting Room  
Info: Paul Miller, RN, OCN® ~ **926-6629**

#### ***Rays of Hope***

For: Women with ovarian cancer  
Meets: 3rd Wednesday each month  
4:00 P.M. ~ Cancer Center Library  
Info: Mary Davis ~ **656-9321**  
Carol Smith ~ **793-0565**

### **Activity Groups**

#### ***Circle of Hope Knitting Group***

For: Cancer Survivors who want to learn to knit and crochet. Teachers available for new knitters  
Meets: Wednesdays ~ 1:00 P.M. ~ Cancer Center Library  
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

#### ***Healthy Steps***®

For: Gentle exercise for individuals with a cancer diagnosis  
Meets: Weekly for six weeks on Tuesdays at 10:00 am Auditorium B/C  
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

#### ***Monthly Meditation and Relaxation Group***

For: Individuals & family diagnosed with any cancer  
Meets: First Thursday each month 1:00 P.M.  
The Chapel on 1Central  
Info: Gerry Florio, Ph.D. ~ **926-6528**

#### ***Twisted Twirlers***

For: Individuals diagnosed with any cancer who would like to join this Hall of Fame twirling group  
Meets: 11:30 A.M. ~ First and Third Tuesday each month  
Info: Carol Newton ~ **854-9860**

#### ***Tai Chi***

For: Anyone interested  
Meets: Monday afternoon at 3:30 P.M. and 5:30 P.M.  
Crandall Park Pavilion (during the summer)  
Info: Paul Miller, RN, OCN® ~ **926-6629**

#### ***Ways of Seeing - Art Workshop***

For: Individuals & family diagnosed with any cancer who want to enjoy the life affirming pleasures of making art  
Meets: 2nd and 4th Tuesday each month  
11:30 A.M. ~ Cancer Center Library  
Info: Paul Miller, RN, OCN® ~ **926-6629**

#### ***Weekly Mindfulness Meditation Group***

For: Anyone interested  
Meets: Wednesday evening at 6:30 P.M.  
The Chapel on 1 Central  
Info: Rev. Jeffrey Palmer ~ **926-3531**

# Support Services Program Dates

## Open Support Group Dates (Monthly)

### ABC Support Group

Mondays - July 25, August 22,  
September 26

### Blood Cancer Support Group

Wednesdays - July 13, August 10,  
September 14

### Family Connections

Thursdays - September 15 (off during summer)

### Living With Hope

Thursdays - July 21, August 18,  
September 15

### Meditation and Relaxation Group

Thursdays - July 7, August 4,  
September 1

### Prostate Cancer Awareness Group

Thursdays - July 7, August 4,  
September 1

### Rays of Hope

Wednesdays - July 20, August 17,  
September 21

### Ways of Seeing Art Workshop

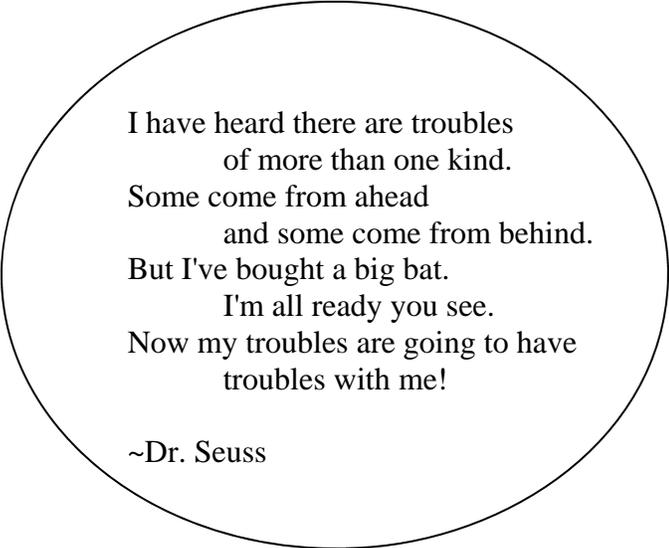
Tuesdays - July 12 & 26, August 9 & 23 ,  
September 13 & 27

### Featured Speakers Group

**July 5th** - Survivorship by Antoinette Booth, Psychology Intern at the CR Wood Cancer Center  
Where do you see yourself in the survivorship realm after cancer treatments? Discussion on exploring where you are now and how to set goals for the future.

**August 2nd** - YMCA Strength Training by John Hirliman, Senior Program Executive at the Glens Falls YMCA. John will discuss the benefits of adding strength training into your wellness plan either during or after treatments. We will also be partnering with the YMCA to bring all survivors a 12 week strength training class at the Glens Falls YMCA.

**September 6th** - Elizabeth Lee - Outdoor Guide  
Discussion on various recreational and educational outdoor programs that can be customized to any skill, interest or convenience of the adventurer. Sights in the Champlain Valley and Adirondack region including fire towers, swimming holes, waterfalls, beaver flows, otter slides and more will be presented.



I have heard there are troubles  
of more than one kind.  
Some come from ahead  
and some come from behind.  
But I've bought a big bat.  
I'm all ready you see.  
Now my troubles are going to have  
troubles with me!

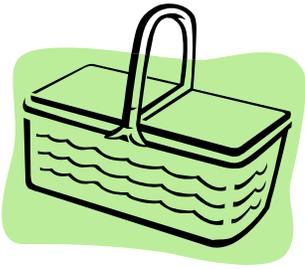
~Dr. Seuss

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## C. R. Wood Cancer Center Expansion

The C. R. Wood Cancer Center is expanding once again. This time, to the third floor of the Pruyn Pavilion where Dr. Sponzo and Jean Van Auken, RPA-C will see patients starting on July 18, 2011.

Patients will still check in at the reception desk on the 1st (ground) floor of the Cancer center. Lab work will still be done on the 1st floor prior to seeing your doctor on the second or third floor (after the expansion). Treatments will continue on the 1st floor as well.



## **Cancer Survivors' Picnic**

**Wednesday – August 3 – 2011  
5:00 – 7:30 PM**

**Crandall Park Pavilion, Glens Falls**



Cancer Survivors and their caregivers are invited to attend this  
“all support group” sponsored picnic.

No reservations are necessary. Come for an hour or stay for the evening.

Please bring a covered dish to share, a beverage for yourself  
and (if you like) a lawn chair (the pavilion has picnic tables).

Hamburgers and hotdogs will be provided. You may bring beer or wine if you like.

Crandall Park is located next to the YMCA on Glen Street.  
Enter Crandall Park next to the pond and follow the road around toward the back.  
The pavilion is next to the playground (you can't miss us).

For more information please call: Paul at 926-6629 Vickie at 926-6639

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## **Register for CG Men's Retreat at Christ the King Spiritual Life Center**

Men with a cancer diagnosis can attend the CG Men's Retreat at The Christ the King Spiritual Life Center in Greenwich, New York. The Retreat begins at noon on Wednesday, September 7, 2011 and ends at noon on Friday, September 9, 2011.

Through a wide range of group and individual activities, men will have the opportunity to enjoy the outdoors, escape the stress of everyday life, build camaraderie and develop tools for living with and beyond cancer.

Activities include: group discussions on various aspects of the cancer experience and free time for taking a walk, reading or just sitting and relaxing. Each participant will stay in a private room at the center.

The registration fee is \$100. The registration fee includes lodging, meals and all activities. Scholarships or financial assistance is available through



the generosity of our program's benefactors and Glens Falls Hospital.

Please call Paul Miller at 926-6629 for more information or to register. Registration forms are available in the Cancer Center or online at: [www.glensfallshospital.org](http://www.glensfallshospital.org). (Click on Services - Cancer Center - Support Services and Survivorship Programs - CG Men's Retreat).

## **Cancer - The First and Second Time Around**

(Continued from page 2)

time of my life. I told her that I was uninsured and sick; that I had a mountain of medical bills piling up; and also that the New York State (NYS) website stated I should be eligible for assistance. As the saying goes - the squeaky wheel gets the grease. I was enrolled into the NYS Cancer Services Program with the help of Melissa Engwer, my case manager who turned out to be my saving grace. Once I got approved for the NYS Cancer Services Program, I was able to relieve my medical bill stress and concentrate on getting better.

My husband and I did research every night to reassure ourselves that we were following the proper medical course of treatment. We decided to get a second opinion on chemotherapy with another oncologist. While the new doctor was reviewing my medical records she noted that my pre-op CT scan showed a nodule on my thyroid. She thought it might be a good idea to have a biopsy, but basically left it up to me. I went ahead and had a fine needle aspiration done and later found out in March 2010 that I had papillary thyroid cancer. I always had in the back of my mind - is this a recurrence or a new diagnosis? I definitely remember feeling weak in the knees wondering if my cancer was spreading and I was going to die. I continued being strong for my family. My oldest daughter was having a very difficult time being so far away and moved to New York to be closer while I went through treatment.

Dr. D'Agostino performed a total thyroidectomy in April 2010. I then had radioiodine therapy from

June 14 - 18, 2010 at Albany Medical Center. I was quarantined and could not go near my grandchildren for a few weeks. It was very scary. I didn't want anyone to touch me or touch anything of mine. I was afraid I was going to give my family radiation. I later found out from Dr. Brian McCandless at Albany Nuclear Medicine that it had spread to the lymph nodes. So once again I found myself calling my life saver, Dr. Joseph D'Agostino. He was very prompt and cordial as always and he reassured me that he thought the best thing at this point would be a modified radical neck dissection. He referred me to Dr. Matthew Dickson, who performed the surgery in August 2010 with Dr. D'Agostino assisting. I am very fortunate and feel blessed to have had such a wonderful surgeon to whom I owe my life. I just knew I was in good hands and I was able to put myself in this place where I was less anxious. I used relaxation techniques to mentally prepare myself for surgeries. I truly believe that having that kind of trust in your surgeon makes a huge difference.

I am currently undergoing physical therapy to try to regain the range of motion in my neck and shoulder as a result of the surgery. I still experience chronic pain along with mobility problems of the neck and shoulder, which I hear are common after a neck dissection surgery. I still suffer on a daily basis with side effects caused by hyperthyroidism: palpitations, heat intolerance, nervousness, insomnia, fatigue, fast heart rate, muscle weakness and memory loss. I still have many issues to deal with but I push through each day being my own advocate, knowing I am a survivor and doing everything I can to keep it that way!

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## **17 Ways to Picnic the Healthy Way**

(Continued from page 7)

broccoli, peppers, and tomatoes with low-fat dressing and you've got a main course.

**16. Try a sweet potato salad.** In a great variation on the original that's chock-full of valuable antioxidants and beta-carotene, Andrews suggests

peeling and boiling a few sweet potatoes, then letting them cool. Cut into chunks and toss with enough orange juice to cover, a pinch of cinnamon, and your favorite dried fruit (Andrews prefers cranberries). Serve cold.

**17. Bring a whole watermelon, cantaloupe, or honeydew** and slice it open on the spot. Nature's packing works beautifully to keep fresh fruit cool and fresh.

# Valet Parking

Glens Falls Hospital is pleased to announce a free valet parking service at the Pruyn Pavilion entrance for our patients and visitors. Free valet parking is part of our ongoing effort to put our “patients first” and provide much needed access to the hospital.

The valet service runs between the hours of 7:30 AM – 5:00 PM, Monday through Friday. The phone number for contacting the valet service while on-site is 926–2120. The phone number for

customers that have key vouchers after the 5:00 PM time frame is 926–8700. This number connects to the Patient Transport Department. Once reached, a staff member will respond to the request and retrieve the customer’s key.

Valet Park of America was chosen over a number of other companies, has an excellent reputation and works with many other local hospitals such as St. Peter’s, Albany Medical Center and Saratoga Hospital.

Attitude is a little thing that makes a big difference. ~ Winston Churchill

## YMCA Cancer Survivor Program

After the hair loss from chemotherapy, after the fatigue from radiation, even after the doctors say that cancer has been eliminated from the body, a whole new round of healing must take place: overcoming the physical and emotional toll of a cancer fight. Studies have shown that cancer survivors are at a greater risk for recurrence and for developing second cancers due to unhealthy behaviors such as smoking, obesity, and lack of physical activity.

In partnership with Glens Falls Hospital, the Glens Falls YMCA has developed a Cancer Survivor Program. This 12 week, small group program is designed for adult cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal". The program is conducted at the YMCA to emphasize that the Cancer Survivor Program is about health, not disease.

Our goals include helping cancer survivors build muscle mass and strength, increase flexibility, aerobic endurance, and improve functional

mobility in a group setting with other survivors. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self-esteem. The program will also assist participants in developing their own physical activity program so they can continue to practice a healthy lifestyle as a way of life. Throughout the 12 week program participants can expect individualized attention from certified instructors.

The 12-week session includes two classes per week meeting at the Glens Falls YMCA:

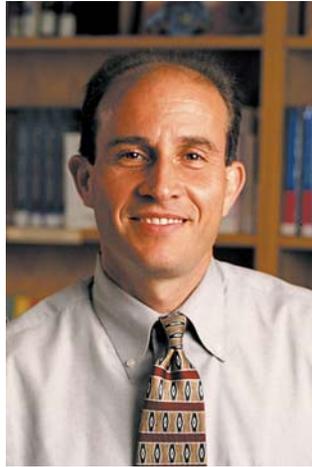
**Aqua Strong-** A low intensity, non-rebounding aquatic exercise program done mostly in the shallow water. Class is designed to improve core muscles, posture, balance, and range of motion.

**Forever Strong-** A low impact class using weights, exercise balls, and bands to improve the individuals flexibility, balance, posture, and strength while increasing bone density.

Contact Will Groff NSCA-CPT, YMCA Wellness Director, for details and questions about the YMCA Cancer Survivor Program:  
wgroff@glensfallsymca.org  
or (518)793-3878.

# Gerry Florio Receives Humanitarian Award

Congratulations to Gerry Florio, Ph.D., Health Psychologist, for receiving the James C. Hansen Humanitarian Award in May, 2011. The James C. Hansen Humanitarian Award recognizes individuals associated with the State University of New York (SUNY) at Buffalo Graduate School of Education who, through their leadership, made an outstanding contribution to public service, thus improving and enriching communities, as well as benefiting humanity. The award was created to honor Dr. James C. Hansen, a professor in the Department of Counseling School, and Educational Psychology who, for more than 20 years, was a recognized leader in community service.



yond cancer in his community of Glens Falls, New York”.

Specifically, Dr. Florio exemplified Dr. Hansen’s work by developing psychosocial support groups for patients and families, founding and facilitating Cindy’s Comfort Camp, as well as presenting lectures and instruction to the community and medical students on grief, loss, and coping with illness. Further, Dr. Florio volunteers his time by serving on the boards of several community organizations including Kelly’s Angels, the Double H Hole in the Woods Medical Advisory Board, and the St. Mary’s - St. Alphonse’s Regional School Board in Glens Falls.

Dr. Florio, who received his Ph.D. in Counseling Psychology from SUNY Buffalo, received this award for his diligent and multifaceted work in the capacity as a clinical health psychologist at the C. R. Wood Cancer Center. SUNY Buffalo states that Dr. Florio received the award due to his “15 plus years of commitment to providing programs and services that significantly impact the quality of life of individuals and families living with or be-

Through his leadership, Dr. Florio has truly made an outstanding contribution to public service, thus improving and enriching the C. R. Wood Cancer Center community. His work, lecturing and instruction have far reaching implications that will benefit humanity for years to come. Congratulations, Dr. Florio.

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## In Celebration of National Cancer Survivors Day

Vickie Yattaw scoops ice cream for a patient at our week-long National Cancer Survivors Day (NCSD) celebration. Each day of the week (June 7 - 11) the staff honored our patients with treats and give-a-ways in recognition of NCSD.



The pharmacy held their “guess the number of M&M’s” contest. The actual count was 1144. Prizes were provided by the pharmacy staff: Max S. won the Sutton’s gift certificate. Angela A. and Corinne W. won George’s gift certificates. Jeannette R., Therese F., Lynda R. and Linda M. won gift certificates from the Bistro.

Each day a gift basket, provided by Cancer Center staff, was given away. Basket winners were: Ann B. won the Picnic Basket, Frank G. won the Coffee/Tea Basket, Claudette J. won the Ice Cream Basket, Elaine M. won the Fun-in-the-Sun Basket and Patti R. won the Money Bouquet.



## Dot-Johnstock Fundraiser

On Saturday, June 18, 2011 The Stony Creek Inn held the 4<sup>th</sup> annual Dot -Johnstock Fundraiser to benefit Cindy's Retreat and the SAM (Southern Adirondack Musician) Fund. It is anticipated that they will raise over \$3,000 for Cindy's Retreat. A large crowd gathered to enjoy live music, great food and a huge silent auction. The weather was perfect! Many thanks to Dot Bartell and John Fickel, owners of the Stony Creek Inn, who hosted this fun gathering.

Dot Bartell poses with her cake with "Celebrate Life" written on top.



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## Cancer Services Program (CSP)

Glens Falls Hospital provides a New York State Department of Health Cancer Services Program grant that funds breast, cervical and colorectal cancer screenings and follow-up testing at no cost for

uninsured women and men. If you or someone you love is without health insurance, call today at: 1-800-882-0121 or (518) 926-6570.

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# Relay for Life Wrap Up

By Nannette Oberhelman  
 Glens Falls Hospital, C.R. Wood Cancer Center  
 Team Captain, Charley's Angels

The American Cancer Society's annual Relay for Life celebrated its "Sweet 16<sup>th</sup>" on June 3 & 4<sup>th</sup>. This year's event theme was *The Wizard Of Oz: The Purple Brick Road*. Team members included Cancer Center Staff, family and friends. A track-side raffle of a Wizard of Oz gift basket (movie, popcorn, candies, etc.) donated and assembled by team members took place at our team's campsite, garnering the team an additional \$58 in contributions. Charley's Angels raised \$2,666, with monies still coming in. Thanks to all of you who have supported Relay through your contributions of time, money or moral support!

This year's event raised over \$155,000, with the hope of reaching \$175,000 by 8/31/11. 85 teams were registered with more than 875 individuals participating this year. 155 Cancer survivors were honored this year and over 5,000 luminaries lit the track.



Janet (Scarecrow) Finkle, Emily (Tinman) Winchell and Jackie (Dorothy) Barker pose for a picture at the Relay.

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