

SURVIVOR

A NEWSLETTER FOR CANCER SURVIVORS
Sponsored by the Dr. Diane Barton Complementary Medicine Program **TIMES**

Integrative Oncology Program Focuses on Optimizing Cancer Treatment and a Return to Wellness

“Hippocrates, the Greek physician and ‘father of medicine,’ whose oath all physicians take before entering into the practice of medicine, once said, ‘It is more important to know what sort of person has a disease than to know what sort of disease a person has.’ This quote captures the essence of Integrative Medicine, a field that combines the best of mainstream, conventional therapies with complementary therapies while optimizing a healthy lifestyle, all in a manner that is truly evidence-based.” – Pallav K. Mehta, MD

The paradigm of cancer care has been shifting greatly over the past decade and continues to do so at a rapid pace. Advances in surgical techniques, equipment and training along with more powerful and precise radiation technology have allowed doctors to more accurately and completely eliminate tumors while sparing normal tissue. The pace of change has been even more dramatic in chemotherapy. Today, targeted medicines attack cancer cells while sparing normal cells, and biologic therapies harness the immense power of the immune system to fight cancer. It is the combination of these approaches, wielded with precision by a skilled multidisciplinary team, that has led to some astounding stories of survival.

While traditional treatments are often essential to eliminate a patient’s cancer, at MD Anderson Cancer Center at Cooper we strongly believe in patient-oriented cancer care, not cancer-oriented patient care. *We are not machines to be fixed, but people to be healed.* Based on this



Pallav K. Mehta, MD

approach, MD Anderson Cooper has created the Integrative Oncology Program, led by Pallav K. Mehta, MD.

Dr. Mehta comes to MD Anderson Cooper with over a decade of oncology experience. Prior to his medical training, Dr. Mehta was a personal and athletic trainer, which began his lifelong interest in the importance of a healthy lifestyle. He is one of only a handful of physicians in the nation to be triple board certified in hematology, oncology and integrative medicine, and frequently incorporates integrative therapy into the care plans of his cancer patients. Dr. Mehta is also the coauthor of the recently released book, “After Cancer Care” an invaluable guide to nutrition and sup-

plements, physical activity and stress modification for patients who have completed cancer therapy.

MD Anderson Cancer Center in Houston, TX has been at the forefront of cancer care for decades and was one of the first cancer centers in the nation to develop a program in integrative medicine. Following their lead, and under Dr. Mehta’s guidance, the Integrative Oncology Program at MD Anderson Cooper focuses on incorporating the three pillars of a healthy lifestyle – nutrition, physical activity and emotional health – into the patient’s care plan, no matter where they are in their cancer journey.

The Integrative Oncology Program is centered on clinical expertise, education and research and has already launched a twelve-week pilot program for patients who have completed breast cancer treatment. The program will soon initiate the first of many clinical trials, with the inaugural trial focusing on the benefits of acupuncture on cancer patients.

Along with caring for patients with breast cancer – his oncologic specialty – Dr. Mehta will also provide one-on-one integrative oncology consultations for patients with any cancer diagnosis and will collaborate with the cancer care team and nutrition, behavioral health and survivorship services to develop a comprehensive and individualized care plan. ■



THE THREE PILLARS OF A HEALTHY LIFESTYLE

Consultations are made by appointment by calling 855.632.2667. For more information please talk to a member of your cancer care team.

Letter from the Editor:



Bonnie Mehr

*A wise person once said...
"Wellness is the complete
integration of body, mind and
spirit – the realization that
everything we do, think, feel
and believe has an effect on
our state of well-being."*

*At MD Anderson Cancer Center
at Cooper we believe that the
best health outcomes are*

*reached by treating the whole patient and not just
the cancer. That philosophy of care drives us to offer
our patients not just outstanding cancer treatment,
but with programs and services that provide care
for the mind, body and spirit.*

In this issue of *Survivor Times* I am excited to share with you our 2016 schedule of classes and programs offered through the Dr. Diane Barton Complementary Medicine Program. In addition to the classes that you've known and enjoyed for years, you'll see quite a few new offerings. We hope that you, as a cancer survivor living with, through or beyond cancer, can incorporate these programs into your life with the goal of maximizing your health, wellness and overall state of well-being.

Integrative Oncology Program

Consultations are now available with MD Anderson Cooper's Integrative Oncology Program.

So....you may ask, "What is Integrative Oncology?"

Integrative oncology is an approach to cancer care which addresses the whole patient, making use of all health care professionals, disciplines and proven treatment approaches to achieve optimal health and healing. An integrative oncologist seeks to support the body's own healing abilities through techniques that encourage personal responsibility, empowerment and lifestyle choices that can improve cancer outcomes and overall quality of life. Integrative therapies can benefit people who are at risk for developing cancer, survivors and others undergoing treatment.

Pallav K. Mehta, MD, a medical oncologist, Director of the Integrative Oncology Program, and co-author of the book "After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients After Cancer," believes that strengthening the body through exercise and nutrition and empowering the mind to manage stress and anxiety can result in optimized cancer treatment and a return to wellness.

An Integrative oncology consultation with Dr. Mehta can guide cancer patients through diagnosis, treatment

and long-term survivorship with strength and confidence. Integrative oncology services can be incorporated into a patient's care plan no matter where they are in their cancer journey.

Lifestyle Programs

In addition to one-on-one integrative oncology consultations with Dr. Mehta, we will offer disease-site specific focused Lifestyle Programs. The Lifestyle Programs are designed to provide cancer survivors with an introduction to the three pillars of a healthy lifestyle. Participants will learn about the importance of nutrition, physical activity and emotional health and take part in activities such as yoga, meditation and exercise with the goal of regaining a sense of physical and mental empowerment after a cancer diagnosis. Details to be announced.

Seeds of Hope Project

The Seeds of Hope Project is a new venture from The Dr. Diane Barton Complementary Medicine Program that will be offered in Voorhees in spring 2016. Patients will plan and tend an organic vegetable and herb garden in the space adjacent to the Dr. Diane Barton Healing Garden. Produce harvested from the garden will be shared through the Tea Cart Program with patients receiving chemotherapy and radiation treatment.

The quality of your cancer journey and survivorship is important to us...

Both Integrative and Complementary Medicine utilize evidence-based therapies that focus on mind, body and spirit while supporting mainstream medical care. Our programs are designed to help cancer survivors discover ways to cope with the stress and anxiety of their diagnosis, and to alleviate some of the side effects of their treatment.

These programs, lectures and activities offer patients access to social, educational and support opportunities.

All programs are free for cancer survivors; regardless of where you received your cancer treatment – all are welcome. I encourage you to check out the program options listed in this edition.

If you would like to submit an article or make a donation to the Dr. Diane Barton Complementary Medicine Program, please contact me at: mehr-bonnie@cooperhealth.edu

Be Well...

Bonnie Mehr
Editor, Survivor Times Newsletter
Director, Integrative Oncology Services
Director, The Dr. Diane Barton Complementary Medicine Program
MD Anderson Cancer Center at Cooper



VOORHEES
THE DR. DIANE BARTON COMPLEMENTARY MEDICINE PROGRAM

JANUARY – AUGUST 2016

Signature Class SERIES

A FREE series of classes for cancer survivors.

Core Strengthening & Stamina Building Through Belly Dancing FOR CANCER SURVIVORS

This fun class will cover all the basics of the ancient art of belly dancing in a relaxed and supportive atmosphere. We will work on strength, isolations and conditioning through the belly dance technique. Come learn a variety of moves and choreography that will be broken down at the beginner level. No experience is necessary and hip scarves will be provided.

PRACTITIONER: Dee Farley, *The Dr. Diane Barton Complementary Medicine Program*

DATES: May 25; June 8 & 22
TIME: 9 a.m. – 10 a.m.

Guided Imagery & Meditation for Calming Anxiety FOR CANCER SURVIVORS

This class uses meditation and guided imagery to calm anxiety by teaching patients:

- How to use meditation to cultivate well being.
- Mindful meditation to reduce stress and anxiety.
- Visualizations for inner peace and healing.

PRACTITIONER: Corinne Corcoran, EdD, NCBTMB, ARCB,
The Dr. Diane Barton Complementary Medicine Program

DATES: April 13 & 27; May 11 & 25; June 8, 15, 22 & 29
TIME: 10:30 a.m. – 11:30 a.m.

Qi Gong and Meditation FOR CANCER SURVIVORS

This class combines two very valuable, centuries-old modalities. Qi Gong uses movement and breath as a way to increase, harness and move the vital energy that is within and around us. It can increase circulation and relax you. Enjoy incorporating the deeply relaxing practice of meditation for the purpose of nurturing and supporting yourself through life's stresses and joys.

PRACTITIONER: Corinne Corcoran, EdD, NCBTMB, ARCB,
The Dr. Diane Barton Complementary Medicine Program

DATES: April 28, May 26, June 16 & 30
TIME: 10:30 a.m. – 11:30 a.m.

Healing Music FOR CANCER SURVIVORS

Bring a snack and enjoy the soothing sounds of light classical music with Julliard-trained Madi Day of the Philadelphia International Music Festival.

PRACTITIONER: Madi Day, *Julliard-trained musician*

DATES: April 14, May 26, June 23
TIME: 12 p.m. – 1 p.m.

LIVE & LEARN A NEW PERSPECTIVE FOR THE CANCER PATIENT

TIME: 10:30 a.m. – 11:30 a.m.

• **Thursday, March 31, 2016:**

IN HONOR OF NATIONAL NUTRITION MONTH: Spring Strength-Building Smoothies and Vitamix Demo and Tasting

PRESENTED BY: MD Anderson Cancer Center at Cooper Oncology
Nutrition Department

• **Thursday, April 14, 2016:**

USING NEW TECHNOLOGY TO IMPROVE HEALTH AND WELLBEING

PRESENTED BY: MD Anderson Cancer Center at Cooper Behavioral
Medicine Department

• **Thursday, May 12, 2016:**

HOW THE INTEGRATIVE ONCOLOGY and COMPLEMENTARY MEDICINE PROGRAMS CAN BENEFIT YOUR CANCER JOURNEY: A Dialog with Bonnie Mehr

PRESENTED BY: Bonnie Mehr, *Director, Integrative Oncology
Services; Director, the Dr. Diane Barton
Complementary Medicine Program, MD Anderson
Cancer Center at Cooper*

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.

Please call: **1.800.8.COOPER** (1.800.826.6737),
or register online at events.CooperHealth.org

Workshops may be cancelled due to inclement weather.

LOCATION FOR ALL CLASSES:

Cooper Clock Tower, 931 Centennial Boulevard
Voorhees, NJ 08043

THESE CLASSES ARE FOR CANCER SURVIVORS ONLY

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Cancer Center

Making Cancer History®

JANUARY – AUGUST 2016

Signature Class SERIES

A FREE series of classes for cancer survivors.

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PRACTITIONER: Dee Farley, *The Dr. Diane Barton Complementary Medicine Program*

DATE: June 27 **TIME:** 10:30–11:30 a.m.

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This class uses meditation and guided imagery to calm anxiety by teaching patients:

- How to use meditation to cultivate well being.
- Mindful meditation to reduce stress and anxiety.
- Visualizations for inner peace and healing.

PRACTITIONER: Corinne Corcoran, EdD, NCBTMB, ARCB, *The Dr. Diane Barton Complementary Medicine Program*

DATES: March 14, June 13 **TIME:** 10:30–11:30 a.m.

Qi Gong and Meditation FOR CANCER SURVIVORS

This class combines two very valuable, centuries-old modalities. Qi Gong uses movement and breath as a way to increase, harness and move the vital energy that is within and around us. It can increase circulation and relax you. Enjoy incorporating the deeply relaxing practice of meditation for the purpose of nurturing and supporting yourself through life's stresses and joys.

PRACTITIONER: Corinne Corcoran, EdD, NCBTMB, ARCB, *The Dr. Diane Barton Complementary Medicine Program*

DATE: April 11 **TIME:** 10:30–11:30 a.m.

Creative Arts for Healing Workshops FOR CANCER SURVIVORS

These workshops are designed for cancer survivors to inspire creative flow and personal expression. Each workshop covers a different project that's easy to follow. All materials are provided and no artistic skills are required. These workshops are free for cancer survivors and there is no cost for materials. Please register for each workshop so the appropriate number of supplies can be provided.

DATES: May 16: Project: **Affirmation Jewelry**

TIME: 10:30–11:30 a.m.

Gentle Chair Yoga FOR CANCER SURVIVORS

Chair yoga is a unique yoga style that creatively adapts traditional yoga poses to be done while seated. The chair replaces the yoga mat and becomes an extension of the body. We will warm up the body safely, engage in meditative breathing, and flow into gentle yoga poses mindfully with support and stability. This class is open to all levels of flexibility and experience.

PRACTITIONER: Julie Fischer, *The Dr. Diane Barton Complementary Medicine Program*

DATES: March 14 & 28; April 11 & 25; May 16; June 13 & 27

TIME: 9:30–10:30 a.m.

LIVE & LEARN A NEW PERSPECTIVE FOR THE CANCER PATIENT

TIME: 10:30 a.m. – 11:30 a.m.

• **Monday, March 28, 2016:**

Q&A With Our Expert Oncology Nutritionist Honoring National Nutrition Month

PRESENTED BY: MD Anderson Cancer Center at Cooper Oncology Nutrition Department

• **Monday, April 25, 2016:**

HOW TO COPE WITH EMOTIONAL FATIGUE

PRESENTED BY: MD Anderson Cancer Center at Cooper Behavioral Medicine Department

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.

Please call: **1.800.8.COOPER** (1.800.826.6737), or register online at events.CooperHealth.org
Workshops may be cancelled due to inclement weather.

LOCATION:

MD Anderson Cancer Center at Cooper
Two Cooper Plaza, 400 Haddon Avenue
Room C4100/C4101, Camden, NJ 08103

FREE VALET PARKING

THESE CLASSES ARE FOR CANCER SURVIVORS ONLY

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Making Cancer History®



The Dr. Diane Barton Complementary Medicine Program Presents:

2016 Creative Arts for Healing

WORKSHOPS

**These classes are free for CANCER SURVIVORS ONLY
and there is no cost for materials.**

Please register for each class so the appropriate number of supplies can be provided.

Please call: **1.800.8.COOPER** (1.800.826.6737). You can also register online at events.cooperhealth.org.

VOORHEES

2016 DATES	PROJECTS
March 23:	Decoupage Project
April 6:	Make Your Own Jewelry
April 20:	Mosaic Tile
May 4:	Seashell Sun Catchers
May 18:	Affirmation Rock Project
June 1:	Decorate a Mini Tote Bag

TIME:

WEDNESDAYS 10:30 a.m. – 11:30 a.m.

LOCATION:

Cooper Clock Tower
931 Centennial Boulevard
Voorhees, NJ 08043

Therapeutic Massage & Reflexology Days

ATTENTION ALL CANCER SURVIVORS:
Come enjoy the mind body spirit benefits of
Therapeutic Chair Massage and Reflexology.

2016 DATES:

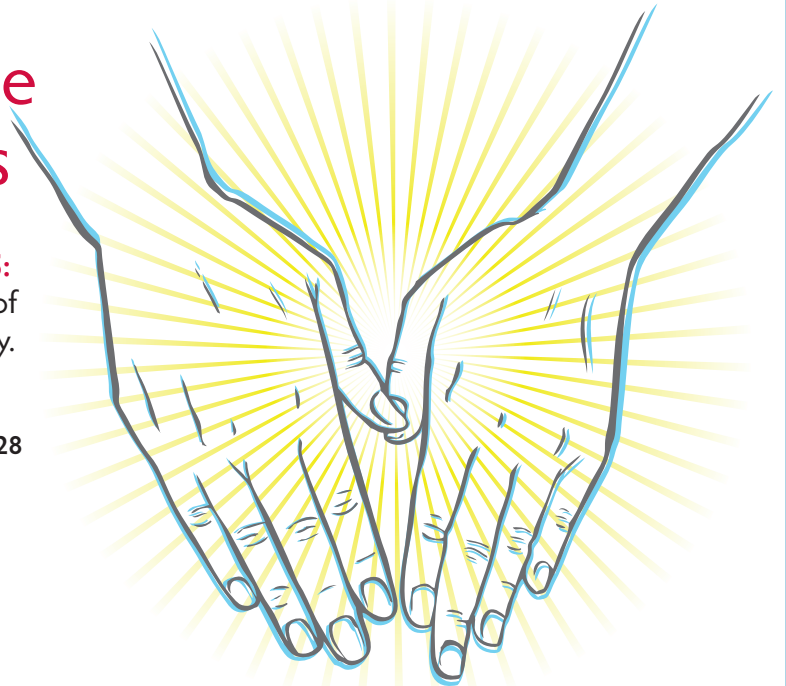
March 29 / April 12 & 26 / May 10 & 24 / June 14 & 28

TIME:

9:30 a.m. – 1:00 p.m.

LOCATION:

Cooper Clock Tower
931 Centennial Boulevard, Voorhees, NJ 08043



THESE CLASSES ARE FREE FOR CANCER SURVIVORS ONLY.

Please register by calling **1.800.8.COOPER** (1.800.826.6737). You can also register online at events.cooperhealth.org.

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The Dr. Diane Barton Complementary Medicine Program Presents:

HORTICULTURAL THERAPY

FOR CANCER SURVIVORS



2016 DATES

Please register for either a Tuesday OR Thursday session. Projects are the same on both days.

TUESDAYS	PROJECTS	THURSDAYS	PROJECTS	TIME:
March 22:	Rose Petal Topiaries	March 24:	Rose Petal Topiaries	Tuesdays & Thursdays 10:30 a.m. – 11:30 a.m.
April 5:	Miniature Clay Bird Baths	April 7:	Miniature Clay Bird Baths	LOCATION: Voorhees Clock Tower 931 Centennial Boulevard Voorhees, NJ 08043 Please register online at: events.cooperhealth.org .
April 19:	Mason Jar Patio Garden	April 21:	Mason Jar Patio Garden	FACILITATOR: Rachelle Hasenberg, BS, HTM, Senior Therapist of Inspirational Horticultural Therapy
May 3:	May Day Baskets	May 5:	May Day Baskets	
May 17:	Memorial Day Milkshake Arrangements	May 19:	Memorial Day Milkshake Arrangements	
June 7:	The Secret Life of Ferns	June 9:	The Secret Life of Ferns	

THIS CLASS IS FREE FOR CANCER SURVIVORS ONLY and there is no cost for materials.

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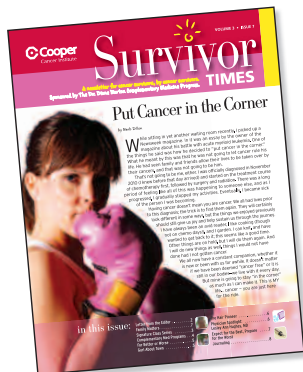
Making Cancer History®

The Dr. Diane Barton Complementary Medicine Program

Becoming a cancer survivor starts the moment a patient is diagnosed, and at MD Anderson Cancer Center at Cooper we realize that physical healing is only part of our mission.

The Dr. Diane Barton Complementary Medicine Program enhances traditional cancer treatment by focusing on mind, body and spirit. The program offers a variety of mind-body therapies performed by certified therapists and practitioners.

Our complementary therapies are designed to lessen the pain, stress and anxiety associated with a cancer diagnosis. They also provide assistance in managing the side effects of traditional treatments, such as radiation and chemotherapy.



The following are available throughout the year in our Camden and Voorhees locations:

- Laughter play shop
- Therapeutic chair massage
- Reflexology
- Qi Gong and meditation
- Horticultural therapy
- Gentle chair yoga
- Music therapy
- Creative Arts for Healing classes
- Gentle body movement
- Nutrition education
- Behavioral Medicine workshops
- Educational seminars
- Survivor Times newsletter
- Tea Cart program



Tea Cart Program

Program Highlights

- The Dr. Diane Barton Complementary Medicine Program has provided services to thousands of cancer survivors, at no cost, regardless of where they receive care, since its inception in 2004.
- The program has recently expanded to include chair-side reflexology services and creative arts in the chemotherapy infusion units, as well as therapeutic chair massage throughout the cancer center in Camden for patients and their family members.
- Surveys are conducted annually to measure the program's effectiveness in reducing stress and anxiety, and in patient satisfaction. The most recent survey conducted on Chairside Reflexology, Introduction to the iPad classes and Creative Arts for Healing classes demonstrated a 100 percent satisfaction rating in all areas.

For any questions, please contact Program Director Bonnie Mehr at mehr-bonnie@CooperHealth.edu or 856.325.6646.



Participants bask in a sense of community, nurturing friendships and the mutual support they have experienced through The Dr. Diane Barton Complementary Medicine Program.

The Dr. Diane Barton Complementary Medicine Program
at MD Anderson Cancer Center at Cooper
PRESENTS

THE Seeds of Hope PROJECT

Join us as we plan and tend our organic vegetable garden. Our bounty will be shared through the Tea Cart Program with patients receiving chemotherapy.
Thursdays, 9–10 a.m.

PLANNING MEETINGS:

March 31
April 28

Cooper Clock Tower
931 Centennial Boulevard
Voorhees, NJ 08043

TENDING THE GARDEN:

May 12
June 2
June 23
July 14
August 4
August 18

These sessions will meet in the Healing Garden outside of 900 Centennial Blvd. Building 1 Voorhees, NJ 08043



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Pre-registration is required.
Please call 1.800.8.COOPER
(1.800.826.6737)
or register online at
events.CooperHealth.org





RADIATION THERAPY:

What Every Patient Needs to Know.

WHEN:

This class is offered every Wednesday from 2–3 p.m.

WHERE:

MD Anderson Cancer Center at Cooper
Two Cooper Plaza,
400 Haddon Avenue
Conference Room C1111
Camden, NJ 08103

PRE-REGISTRATION IS REQUIRED FOR THIS CLASS.

Please call: **1.800.8.COOPER** (1.800.826.6737) or register online at events.cooperhealth.org.



Chemo and Biologic Therapies: What Every Patient Needs to Know

CAMDEN

When:

This class is offered every Tuesday from 9:30 – 10:30 a.m.

Where:

MD Anderson Cancer Center at Cooper
Two Cooper Plaza
400 Haddon Avenue
Conference Room C1111
Camden, NJ 08108

VOORHEES

When:

This class is offered every Thursday from 2 – 3 p.m.

Where:

Cooper Clock Tower
931 Centennial Blvd.
Voorhees, NJ 08043

Pre-registration is required for this class.

Please call **1.800.8.COOPER** (1.800.826.6737) or register online at events.cooperhealth.org

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SUPPORT GROUP SERIES

US T00 Prostate Lecture Series (Voorhees)

Presentations led by medical professionals on the diagnosis, treatment options and management of prostate diseases. There will be ample time to ask questions and share experiences. Significant others are invited to attend.

DATES: February 9, May 10

TIME: 6 – 7:30 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Voorhees: 900 Centennial Boulevard, Building #1, Suite L Conference Room, Voorhees, NJ 08043

Breast Cancer Support Group (Voorhees)

A support group for women with breast cancer and those who care about them. We offer information about breast cancer, treatments, and an opportunity to meet with other survivors. The group sessions will provide emotional support as well as strategies for coping.

DATES: January 11, February 8, March 14, April 11, May 9, June 13, (No meetings in July or August)

TIME: 2 – 3:30 p.m.

LOCATION: The Ripa Center for Women's Health & Wellness: 6100 Main Street, Voorhees, NJ 08043

Women's Cancer Support Group (Camden)

A support group for women diagnosed with any cancer type. The group will provide a space in which female cancer survivors can provide emotional support for one another, share experiences, and express feelings and thoughts. A facilitator will be on hand to help guide the discussion.

DATES: January 8, February 12, March 11, April 8, May 13, June 10, July 8, August 12

TIME: 10:30 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden: Two Cooper Plaza, 400 Haddon Avenue Room 4100/4101, Camden, NJ 08103

Head & Neck Cancer Support Group (Camden)

This group is for anyone (patients, families, caregivers) affected by cancers of the mouth, tongue, larynx, and nasopharynx.

DATES: January 14, February 11, March 10, April 14, May 12, June 9, July 14, August 11

TIME: 2 – 3:30 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden: Two Cooper Plaza, 400 Haddon Avenue, Room C1111, Camden, NJ 08103

Sister Will You Help Me (Camden & Willingboro)

A breast cancer support group for women of color and faith. The group's mission is to empower through knowledge, encourage through sisterhood, enlighten through faith and bond through love.

CAMDEN:

DATES: January 14, February 11, March 10, April 14, May 12, June 9, (No meetings in July and August)

TIME: 6 – 7:30 p.m.

LOCATION: One Cooper Plaza, Roberts Pavilion 10th Floor, Room 1014, Camden, NJ 08103

WILLINGBORO:

DATES: January 7, February 4, March 3, April 7, May 5, June 2, (No meetings in July and August)

TIME: 6 – 7:30 p.m.

LOCATION: Willingboro Public Library 220 Willingboro Parkway, Willingboro, NJ 08046

Brain Tumor Support Group (Voorhees)

A support group for people with brain tumors and those who care about them. We will offer information about brain tumors, treatment and an opportunity to meet with other survivors.

DATES: March 2, April 6, May 4, June 1, July 6, August 3

TIME: 6 – 7:30 p.m.

LOCATION: Clock Tower Building 931 Centennial Blvd., Voorhees, NJ 08043

Young Women with Breast Cancer (Voorhees)

A support group for all young breast cancer survivors, whether you are newly diagnosed, or a long-term survivor. For more information and to register please contact: **Carla Doorman** at cdoorman_ysc@outlook.com or **856.630.6659**. www.youngsurvival.org/ysc-f2f

DATES: January 20, February 17, March 16, April 20, May 18, June 15, July 20, August 17

TIME: 7 – 8:30 p.m.

LOCATION: The Ripa Center for Women's Health & Wellness: 6100 Main Street, Voorhees, NJ 08043

Latino Cancer Survivors (Camden)

Cancer information and support for you and your family. Free refreshments and parking. For more information and to register please call: **Virgenmina Lopez 856.968.7092**.

DATES: January 14, February 11, March 10, April 14, May 12, June 9, July 14, August 11

TIME: 11:30 a.m. – 1 p.m.

LOCATION: One Cooper Plaza, Roberts Pavilion, 10th Floor, Room 1004, Camden, NJ 08103

LLS Multiple Myeloma Group (Camden)

For myeloma patients and their loved ones.

DATES: January 25, February 22, March 28, April 25, May 23, June 27, July 25, August 22

TIME: 10 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden: Two Cooper Plaza, 400 Haddon Avenue, Room C1111, Camden, NJ 08103

Look Good, Feel Better (Camden & Voorhees)

Program offered in partnership with the American Cancer Society to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence. Each participant receives a free kit of cosmetics to use during the program and at home. To register you are required to contact The American Cancer Society at **1.800.ACS.2345**.

VOORHEES:

DATES: February 8, April 11, June 13, August 8

TIME: 4:30 – 6:30 p.m.

LOCATION: Cooper Clock Tower, 931 Centennial Boulevard, Voorhees, NJ 08043

CAMDEN:

DATES: March 21, May 16, July 18

TIME: 10 a.m. – 12 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden: Two Cooper Plaza, 400 Haddon Avenue Room C1111, Camden, NJ 08103

To register for these support groups, please call 1.800.8.COOPER (1.800.826.6737) or register online at events.cooperhealth.org (unless otherwise noted).

Call for cancellation information due to inclement weather.

MD Anderson Cooper Nurse Practitioners: Advanced Practice Professionals

by Evelyn Robles-Rodriguez, RN, MSN, APN, AOCN, Director, Outreach Prevention and Survivorship, MD Anderson Cancer Center at Cooper

Nurse practitioners (NPs) are valuable members of the cancer care team at MD Anderson Cooper. Their scope of practice allows them to see patients independently or in collaboration with a physician. During a patient's visit at MD Anderson Cooper, their care may be managed by one of these health professionals.

What kind of education do NPs receive?

Nurse practitioners are nurses who have completed their four years of college-level nursing school (BSN) and have furthered their education through a graduate master's degree (MSN) or a post-graduate doctorate degree (DNP) in their area of specialty. In addition to their college education, they are also licensed by the state in which they practice and certified by their specialty organization. To maintain their licenses, specialized knowledge and clinical competency, NPs continue to receive self-directed education while they are actively practicing.

What roles can NPs play in the clinical setting?

NPs are able to provide care at many levels. This includes:

- Assess, diagnose, treat and manage patients in the oncology clinic for both acute and chronic problems.
- Develop and implement a treatment plan.
- Monitor the effectiveness of the treatment plan and modify it as necessary.
- Manage the side effects of the treatment or the cancer.
- Order, perform and interpret diagnostic and laboratory procedures and studies.
- Prescribe medications including narcotics.
- Counsel and educate patients and their families.



Advanced Practice Nurses at MD Anderson Cancer Center at Cooper

- Refer patients to other health care professionals or for other therapies.
- Participate in admitting and discharging patients from the hospital.

When might a patient have a visit with an NP?

Patients might see an NP when they come to any visit at the cancer center. NPs usually work in collaboration with one or two physicians but they can also work on their own. Therefore, patients might see both the physician and NP when they come for an appointment, or they might see only one of these providers.

Is the quality of care just as good with an NP?

Many studies have shown that patients are extremely happy with the care they receive from NPs. NPs help maintain continuity of care so that patients receive quality care over time from the same members of the

NPs help to improve the patient experience and are an integral part of the MD Anderson Cooper team.

team, and improve access to care so patients can be seen in a timely manner. Other studies have shown that when physicians partner with NPs to manage chronic conditions, patients have better outcomes. NPs are good educators and communicators and provide high-level, cost-effective quality care.

What if an NP cannot handle a problem I have?

Should a new problem or question arise, a collaborating physician is always available for consultation with the NP.

NPs help to improve the patient experience and are an integral part of the MD Anderson Cooper team! ■

Take Charge of Your Diet After Cancer

by Linda A. Goldsmith, MA, RD, CSO, *Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper*

Being a survivor means being empowered. Diet and exercise are an integral part of good health and emerging research suggests that embracing a healthy lifestyle may reduce the risk of cancer recurrence. When it comes to diet, key words to remember are “variety” and “moderation.”

Variety is important because different foods provide different nutrients. Go to your local farmer’s market and you will see fruits and vegetables that come in a rainbow of colors. Red peppers are loaded with vitamins A and C, while green leafy vegetables are good sources of iron and vitamin K. The more colors you eat, the more nutrients you get! The American Cancer Society recommends at least 2 ½ cups of fruits and vegetables each day. Try to eat fruits and vegetables with each meal to achieve this goal.

It is also a good idea to consume a variety of healthy fats including olive oil, canola oil and omega-3 fatty acids. Try to limit trans and saturated fats. Trans fats are found in baked goods and other processed foods. Saturated fats are found primarily in animal products such as dairy and meat. These two fats are clearly identified on food labels. The daily total fat intake for an adult should be between 20 and 35 percent of calories. Each person has different nutritional requirements and a registered dietitian can help you to assess your individual needs and keep you on



MD Anderson Cooper oncology dietitian staff.
Samantha Farr, Joanna Myers-Casale, Linda Goldsmith

“The daily total fat intake for an adult should be between 20 and 35 percent of calories. Each person has different nutritional requirements and a registered dietitian can help you to assess your individual needs and keep you on track to reach your goals.”

track to reach your goals.

Protein is another nutrient essential to our wellbeing. You should try to choose lean protein sources such as poultry, fish and low fat dairy products. Limit red meat (and yes, pork is red meat no matter what their marketing campaign claims) to twice a week and try to avoid processed meats completely. Processed meats include products like bacon, sausage, beef jerky, pepperoni, sandwich meat, ham and hot dogs. Incorporate plant-based proteins such as beans, tofu, seeds and nuts. A handful of nuts is a great snack. Nuts are filling and loaded with vitamins, minerals, phytochemicals and fiber.

Certain fad diets would lead us to believe that carbohydrates are bad and should be strictly limited.

In truth, the problem is not carbohydrates across the board, but the amount of processed and simple carbohydrates we consume. In grains that are “processed” or “refined,” the husk, bran and germ portions are removed along with 80% of the nutrients (white flour and white rice are examples). Try

eating more barley and oats or add a new grain like farro or buckwheat. When choosing breads, cereals and pasta attempt to find “whole” and “multi” grain products. These products are less processed and tend to have more fiber and other nutrients. Other simple carbohydrates that should be limited include sugars, jellies, maple syrup, honey and molasses.

The other key word, **moderation**, should be practiced with some of the healthier foods we encounter every day. Cheesecake, for example, will never make the “Top 10 Healthiest Foods” list, but if you truly love a food, you should allow yourself to indulge in a small portion occasionally. Moderation needs to be applied to sodium, refined carbohydrates, sugary beverages, high fat foods and highly processed foods. Think twice about foods that offer a lot of calories without other nutrients such as, soda, cakes, cookies, candy and fried foods.

If you choose to drink alcohol, moderation should once again be your mantra. While some research supports that

(continued on page 13)

“Certain fad diets would lead us to believe that carbohydrates are bad and should be strictly limited. In truth, the problem is not carbohydrates across the board, but the amount of processed and simple carbohydrates we consume.”



alcohol can play a positive role in relation to heart disease, newer evidence shows a link between alcohol consumption and some cancers. The American Cancer Society recommends that you limit yourself to no more than one drink per day for women, and two drinks per day for men.

During your cancer treatment, you may have lost or gained weight. Eating a varied diet that emphasizes vegetables and fruits should help you to achieve a healthy weight. Work with your doctor or a registered dietitian to determine an appropriate weight for your body type. If you need to lose weight, do it slowly and set realistic goals. Try

to stay active since exercise also plays a key role in developing and maintaining muscle mass.

So there you have it! Consider moderation and variety in a diet that emphasizes whole, plant-based foods. Do not try to overhaul your diet and exercise habits overnight. Make small realistic changes in order to ease yourself into a healthier and long lasting lifestyle change. Visit your local farmer's market or plant a garden. Try to make nutritious eating fun! ■

Your MD Anderson Cooper registered dietitians are always here if you have questions or need some inspiration.

Best Veggie Burger

These veggie burgers may be the best meatless dinner you have all week. Black beans form the traditional base, but unlike the usual recipes that use breadcrumbs or eggs to bind, our secret ingredient is actually a blend of brown rice, almond meal and a little spice. The result is a spicy, savory patty with fiber, protein and extra veggies. Go meatless tonight and make classic beef burgers jealous.

Chipotle Black Bean and Rice Burger

- 1 cup frozen brown rice
- 1/4 cup water
- 2 Tbsp. extra virgin olive oil, divided
- 1/2 cup chopped onion
- 1/2 cup finely chopped red bell pepper
- 1 large garlic clove, finely chopped
- 1 can (15.5 oz.) black beans, rinsed and drained
- 1/4 cup almond meal or very finely ground almonds 1/4 to 1/2 tsp. ground chipotle chili pepper
- 2/3 cup (2 oz.) shredded low-fat sharp cheddar cheese Salt and fresh ground black pepper
- 6 whole-wheat pita breads with pockets (5-6-inches) 2 cups baby arugula lightly packed
- 6 thin tomato slices
- 6 very thin red onion slices



In small saucepan, combine frozen rice with 1/4 cup water and cook, covered, until rice is very soft, about 8 minutes. Transfer rice to bowl of food processor.

In heavy medium skillet, preferably cast iron, heat 1 tablespoon oil over medium-high heat. Add onion and pepper, and cook until onion is translucent, 4 minutes. Add garlic and cook until onion is soft, 4 minutes. Transfer vegetables to bowl of food processor.

Add beans to food processor and pulse to chop mixture coarsely. Add almond meal or almonds and chili pepper and pulse just to blend, 6 times. Add cheese and pulse to blend, 4 times. Scoop burger mixture into medium bowl; it will be quite sticky. Season mixture to taste with salt and pepper. Lightly moisten your hands and shape

burger mixture into 6 patties, arranging patties on a plate. Burgers taste best when covered with plastic wrap and refrigerated 8 to 24 hours to let flavors meld.

To cook burgers, heat remaining tablespoon oil in skillet on medium high heat. Add burgers and cook until crusty and dark brown on bottom, 2 minutes. Carefully turn burgers and cook until crusty on second side, 2 minutes.

To serve, open pita breads and arrange 1/2 cup arugula on each bottom. Add cooked burger and top with onion and tomato slices. Serve immediately.

Makes 6 servings. Per serving: 308 calories, 9 g total fat (1.5 g saturated fat), 46 g carbohydrate, 13 g protein, 9 g dietary fiber, 290 mg sodium.



Dr. Mehta's Daily Morning Green Drink

This will make about 1½ quarts, so cut in half if needed for one person.

- 12 oz. of water or coconut water
- 1 cup of spinach or kale
- ½ cucumber (peeled makes for a less gritty drink)
- 1 celery stalk
- ½ cup parsley
- ½ cup mint (extra is fine as it makes for a refreshing taste)
- 1 small carrot (also peeled if possible)
- 1 medium apple, cored (Honey Crisp and Fuji brands tend to be best)
- ½ cup pineapple
- ¼ orange, no skin
- ⅛ lime, no skin
- ⅛ lemon, no skin
- 1 cup ice
- 1 tsp of agave or honey for taste

Blend in high potency blender for 60 seconds. (VitaMix is best, but also Nutribullet, Ninja, etc.) Enjoy!



MD Anderson Cancer Center at Cooper

INTEGRATIVE ONCOLOGY PROGRAM

Integrative Oncology outpatient consultations are now available with

Pallav K. Mehta, MD

Director of Integrative Oncology, MD Anderson Cancer Center at Cooper, Co-Author of *After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients After Cancer*

An Integrative Oncology consultation with Dr. Mehta can guide you through cancer diagnosis, treatment and long-term survivorship with strength and confidence.

Dr. Mehta is a staunch believer that traditional cancer treatment combined with a focus on strengthening the body through exercise and nutrition and empowering the mind to manage stress and anxiety can result in optimized cancer treatment and a return to wellness.

The Integrative Oncology program focuses on incorporating the three pillars of a healthy lifestyle — nutrition, physical activity and emotional health — into the patient's care plan no matter where they are in their cancer journey.

An Integrative Oncology consultation can help you with:

- Symptom management
- Nutrition
- Understanding the benefits and risks of supplements
- Exercise and physical activity
- Physical rehabilitation
- Emotional health and psychosocial needs
- Incorporating complementary medicine options into your care plan



THE THREE PILLARS OF A HEALTHY LIFESTYLE

Consultations are made by appointment by calling 1.855.632.2667. For more information please talk to a member of your cancer care team.

MD Anderson  Cooper
Cancer Center

Making Cancer History®



I Am Filled With Loving Kindness!

Affirming Your Way to Positive Change

by **Julie Fischer**, Practitioner The Dr. Diane Barton Complementary Medicine Program, MD Anderson Cancer Center at Cooper



*May I be filled with loving kindness;
may I be well.
May I be peaceful and at ease;
may I be happy.*

These are the words of an ‘affirmation’ song taken from a Buddhist meditative practice that is widely used to enhance mental & physical wellness, develop focus and concentration and cultivate deep compassion for both the self and others. It goes on:

*May you be filled with loving kindness;
may you be well.
May you be peaceful and at ease;
may you be happy.*

Then it turns into “We.” May we be filled with loving kindness. All of us. The big We, meaning everyone, everything, everywhere. The whole world. By bringing in others, we come out of our own stories and offer our wishes for humanity.

Then back to I, but this time it is the straight I am. As a done deal.

*I am filled with loving kindness;
I am well.
I am peaceful and at ease;
I am happy.*

These are positive affirmations! When we do this as a group at the end of our gentle body movement classes, we include arm movements and actually hug ourselves... and why not? It feels great; we reconnect with ourselves, and offer our immense love to others. And we relax our shoulders as an added bonus.

The Dr. Diane Barton Complementary Medicine Program endeavors to enhance the quality of life and support the spirit of those who are living with, through and beyond a cancer diagnoses. The mind/body and spiritual connection is so important in healing and living a fulfilling life. Often in the wake of the many things there are to do, the things we do to strengthen connection with our intuition, our heart and spirit are pushed to the back burner.

Our busy, multi-tasking lives are often stressful, and there is very little that isn’t stressful about a cancer diagnosis and treatment. Physical stress causes mental stress and mental stress causes physical stress. It is a cycle that is self-propelled and worthy of intervention, as stress is proven to decrease the immune system function, increase health disorders and make decision making and creativity much more difficult.

We cannot stop thoughts from coming in, but we can direct the mind where to focus. When we give the mind a job by pointing it at something positive on purpose, it responds. Like a puppy with a shoe, when we give the mind a toy, it is happy to play with it for a while. The good news is, we pick the toy.

Positive affirmations create a new organization in the mind, re-programming thought processes and allowing possibility to flow through as barriers of stress are removed. They can be used for anything and are especially helpful when there is a goal in mind, or when there is something in life that you want to work on.

Stressful thoughts are usually a repetition of escalating

negative thoughts, empty of benefit or purpose. Repeating a positive affirmation mindfully is an effective equalizer; it has the opposite, positive reaction through the mind and body. Just as negativity builds stress and decreases respiratory function, positivity relaxes, releases tension through the mind and body.

A positive affirmation contains a few key elements:

1. It is stated in clear and positive terms. Focus on where the desire is, not what you don’t want. (I easily arrive on time, rather than I won’t be late anymore)
2. It is stated in present time. (I am healing now, rather than my sickness will be healed)
3. Repeat it inwardly or outwardly with as much concentration and feeling as possible. Write down one or two, and say them throughout your day.
4. Act in alignment with your affirmation and continue to recommit to your affirmation. Distractions happen, just pick it back up when you notice you have forgotten.

Try this for 10 breaths:

*With each inhale I am nourished.
With each exhale, I relax.*

And this: Place both your hands over your heart, right over left and repeat 3 times along with 3 breaths:

I deeply love and accept myself.

Now switch hands to left over right and repeat it again 3 times with 3 breaths. Calming, isn’t it?

Here are a few more as an example of what different categories may look like:

For Health and Healing

*I am healing every day in every way!
I am fearless in facing challenges!
I am capable of exponential growth!
My bliss is beyond pleasure and pain!
My body knows how to heal itself,
and is doing so right now!*

For Contentment

*Deep peace and harmony flows within me!
I choose joy today!
I am grateful for the love that is all around me!
I feel liveliness and vibrancy
in the midst of all activity!*

Make your own customized affirmations, and use them often! The most important part is that your connection with your own beautiful spirit is kindled and nurtured. Start now and keep going, see where it takes you! I am unlimited potential!

*May you be filled with loving kindness;
may you be well.
May you be peaceful and at ease;
may you be happy.*



Finding My Voice by Karen Reid

I never thought that I would be diagnosed with breast cancer. For ten years, I faithfully had my annual mammograms and never really gave them a second thought. I suppose naiveté was bliss. Since it didn't run in my family, I thought I was safe.

Upon being diagnosed in November 2014, I decided to start a journal to document my appointments and the anguish I was feeling inside. I felt it was the only way to help keep me sane through what was about to become the most difficult journey of my life. As I sat down at my desk, I felt compelled to write a poem. Poetry would become an outlet for me over the coming months as a means for me to voice my feelings about certain events during my journey. Without hesitation, the words just flowed. It became therapeutic to write.

One day while out on a walk, I was distracted by a red cardinal. Although I know cardinals are a common bird, I hadn't seen one by our house in years. For some reason, he seemed determined to get my attention. After darting from tree to tree, he finally landed on a bare limb right in front of me. He started chirping up a storm. I don't know why, but at that moment, I felt there was something special about this bird. If only for a few minutes, I was mesmerized by him. Almost as quick as he had arrived, distracting me from my thoughts, he fluttered past me and took off out of sight. *Bird Song* was penned as a result of this cardinal visit.

Over the year that followed, a cardinal would appear on some very



Karen Reid with her book "Pink Warrior Poetry & Tips"

Poetry would become an outlet for me over the coming months as a means for me to voice my feelings about certain events during my journey. Without hesitation, the words just flowed. It became therapeutic to write.

difficult days. When I was distraught with fear, he became a beacon of light rekindling my faith in God and love, and gave me hope that everything would be alright. Those momentary visits from a little red cardinal ignited a spirit to fight and to be strong during the toughest time of my life.

It was a very long, stressful year, but most important, I am a **survivor**. My cancer scare certainly gave me reason to pause. As the seasons changed, so did I. I thank God every day for waking up and giving me a chance to really appreciate the people in my life and the beauty all around me. My story would not be complete without acknowledging and thanking what I endearingly refer to as my "all-star" team (nurse practitioner Helen Nichter, nurse navigator Angela Frantz, breast surgeon Dr. Brill and oncologist Dr. Grana).

While it was not a "club" I actively sought to join, being a breast cancer survivor has really given me purpose to want to help others. I had this bad thing happen to me, now I want to make something good come out of it. To start, I have documented my story and poetry in a book, including tips that I learned along the way from caretakers, patients and other survivors. A cancer diagnosis is overwhelming enough on its own; if my book offers some guidance and helps to bring relief to even one patient, then it was worth documenting it.

Pink Warrior Poetry & Tips can be ordered by sending an email to authorkreid@yahoo.com, Amazon.com, or direct from the publisher at wwwcreatespace.com/5827972



Bird Song

*Days after receiving the news,
I sought solace with nature
heeding our dog's cues*

*The silence was welcoming
But the noise in my head
was deafening*

*I stood in the middle of the road
Trying to make sense of the code*

*Red, yellow, or green
So many twists and
turns in between*

*If I turned left or right
Would there be
a miracle in sight?*

*"Cheer, cheer,"
I heard it so clear
He missed me by inches
as he brushed by my ear*

*He flitted and fluttered
from branch to branch
Making sure I watched
his elegant dance*

*I looked up and quickly down
There he perched
with his fiery crown*

*Determined to keep my attention
His powerful presence
certainly made an impression*

*His color was bold
against the bare tree
Crimson red, a symbol of strength;
was it a key for me?*

*Perhaps he was sent as a
reminder of steadfast faith
That even through dark times,
he would somehow keep me safe*

*As I stood dumb-founded,
stricken with grief and depression
This bird brought me hope
and a feeling of self-preservation*

*In all his glory,
he suddenly took flight
Upward he soared
escaping my sight*

*Although his visit ever so brief
He awoke a spirit
that ignited some relief*

*And so I've been told...
when cardinals appear
Do not fear, it's a sign that
angels are near*



Calling All Quilters!

The Cooper Foundation is planning a Pink Roses Teal Magnolias "Quilt for a Cure" online auction to benefit breast and gynecologic cancer care at MD Anderson Cancer Center at Cooper.

In partnership with MD Anderson Cooper, the Foundation is asking area quilters to donate a quilt that conveys the theme "Artful Healing" for the auction, which will take place in the Fall of 2016.

"There are so many talented quilters who want to give back to their community," said Susan Bass Levin, President of The Cooper Foundation. "Our Quilt for a Cure auction is an opportunity for quilters to use their artistry to help save lives."

All proceeds raised through Pink Roses Teal Magnolias Quilt for a Cure auction stay local, funding research projects, complementary medicine programs, supportive services, technology and the Patient-in-Need fund, which assists cancer patients in financial distress with transportation, child care,

prescription co-pays and other immediate needs.

In October, The Cooper Foundation auctioned off two quilts during its annual Pink Roses Teal Magnolias Brunch, raising a total of \$4,000.

The quilts were handmade by Pink Roses Teal Magnolias Host Committee Member Carolyn Shelby, who also created a quilt that hangs in the Janet Knowles Breast Cancer Center at MD Anderson Cooper.

"Cancer showed me that I am creative and I can use my creativity to make a difference," said Shelby, a breast cancer survivor. "I put a great deal of love into everything I create and want people to feel that love and draw strength from it."

To donate a quilt for the Pink Roses Teal Magnolias Quilt for a Cure online auction, please visit foundation.cooperhealth.org for an application and quilting guidelines or call 856.342.222 for more information. The deadline for submissions is May 13, 2016.

To learn more about The Cooper Foundation's Artful Healing program, visit cooperartfulhealing.com.

Quilting Can Be A Lifesaver

Join in the fight against breast and gynecological cancers.



Dear Talented Quilter:

Would you like to use your quilting artistry to save a woman's life? Would you be willing to create a quilt to help find a cure for breast and gynecological cancer? If the answer is yes, we are inviting you to the Pink Roses Teal Magnolias "Quilt for a Cure" so that we can make breast and gynecological cancer history.

MD Anderson Cancer Center at Cooper is planning an on-line quilt auction for the Fall of 2016. We are asking you to donate a beautiful quilt for the auction that conveys the theme of "Artful Healing." All proceeds from our on-line auction will benefit the Pink Roses Teal Magnolias Fund, which raises funds for breast and gynecological cancer clinical and research programs at MD Anderson Cooper.

All the funds raised through Pink Roses Teal Magnolias Quilt for a Cure stay local, funding research projects, complementary medicine programs, supportive services, technology, our Survivor Program and our Patient in Need fund that assists patients in financial distress with transportation, child care, prescription co-pays and other immediate needs.

This is a perfect way to create art that heals. Please sign up today, using the attached application and quilting guidelines. And feel free to share this with your quilting friends.

Quilt for a Cause. Quilt for a Cure.

Sincerely,

Susan Bass Levin
President and CEO
The Cooper Foundation

Generosa Grana, MD
Director
MD Anderson Cancer Center at Cooper

The Cooper Foundation • 200 Federal Street, Suite 146 • Camden, NJ 08103 • PH: 856.342.2222 • FAX: 856.342.2109



Pink Roses Teal Magnolias Quilt for a Cure Quilt Donation Form

Quilt Title: _____

Created by: _____

Contact Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Description of quilt/Story about quilt (attach additional sheet if necessary)

Machine Quilted? _____ Hand Quilted? _____ Quilt Size: WIDTH: _____ LENGTH: _____

Estimated Value of Quilt(s): _____

How did you hear about our Quilt Project? _____

****For proper display purposes please attach a 4" sleeve at the top of the quilt back.
Quilt sleeve instructions are enclosed.**

(____) I understand that a photographic image will be taken of this donated quilt and will be published to raise funds for the Pink Roses Teal Magnolias Quilt for a Cure Online Quilt Auction at MD Anderson Cancer Center at Cooper. All donated quilts become the property of The Cooper Foundation. Donated quilts may be placed on public display as part of a quilt exhibition hosted by The Cooper Foundation.

MAIL YOUR COMPLETED FORM AND QUILT TO THE ADDRESS BELOW BY MAY 13, 2016.

THE COOPER FOUNDATION
ATTN: TARA ELK
200 FEDERAL STREET, SUITE 146
CAMDEN, NJ 08103

Email: elk-tara@cooperhealth.edu
Telephone: 856.342.2222



Pink Roses Teal Magnolias Quilt for a Cure

Quilting Guidelines

Deadline for receiving quilts is May 13, 2016.

Quilting Guidelines:

- 6 to 12 blocks or your design preference
- Not limited in color or thought
- Please attach quilt sleeve to the back of the quilt so they are ready to hang, ready to use
- Examples of quilts we are accepting: wall hangings, lap quilts (54 x 60), children's quilts, vintage style quilts, bed-sized quilts, and any others that are easily manipulated for folding and storing
- Please fill out the Quilt Donation Form and send it with your quilt.
- Completed quilts can be mailed to the address below or call 856.342.2222 to arrange a drop-off time at The Cooper Foundation

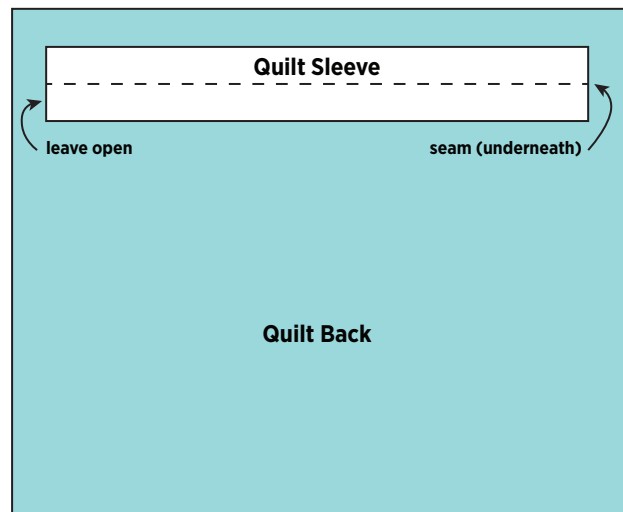
Send Completed Quilts To:

THE COOPER FOUNDATION
ATTN: TARA ELK
200 FEDERAL STREET, SUITE 146
CAMDEN, NJ 08103

Email: elk-tara@cooperhealth.edu
Telephone: 856.342.2222

Quilt Sleeve Instructions:

- Once the quilt has been quilted, measure the width of the quilt. Cut a strip of fabric the width of the quilt less 2 inches and approximately 9 inches wide.
- Hem both ends of the strip.
- With the WRONG sides together, sew the strip into a long tube.
- Press the sleeve flat with the seam running down the center of the sleeve.
- Lay the sleeve on the back of the quilt with the seam facing the quilt. Position the sleeve about ½ inch from the top edge of the quilt.
- Whipstitch the top and bottom edges of the sleeve to the back of the quilt. Be sure and leave the ends open so a hanging rod can be inserted.



WordSearch

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

Theme: VEGETABLES

- | | |
|-------------|-------------|
| ARTICHOKE | FENNEL |
| ASPARAGUS | KALE |
| AUBERGINE | KOHLRABI |
| AVOCADO | KUMERA |
| BEANS | LEEK |
| CABBAGE | LETTUCE |
| CAPSICUM | OKRA |
| CARROTS | PEPPER |
| CAULIFLOWER | RADISH |
| CELERIAC | SHALLOTS |
| COURGETTE | SILVER BEET |
| CUCUMBER | SORREL |
| EGGPLANT | SPINACH |
| ENDIVE | TOMATOES |



SURVIVOR TIMES • Volume 8, Issue 1 • Editor: Bonnie Mehr

Survivor Times newsletter is created and published through the Dr. Diane Barton Complementary Medicine Program. Print versions of the newsletter are available at MD Anderson Cancer Center at Cooper outpatient offices. Digital versions of current and past issues can be found on the Cooper University Health Care website at CooperHealth.org.

For more information about *Survivor Times*, contact Bonnie Mehr at mehr-bonnie@cooperhealth.edu or 856.325.6646.

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Chairman, Board of Trustees;

Adrienne Kirby, PhD, FACHE

President and CEO, Cooper University Health Care



"OK, so that's 2 triple-bacon double-cheese burgers with extra mayo. Would you like a Will with that?"

