

SurvivorTimes

A NEWSLETTER FOR CANCER SURVIVORS

VOLUME 11 | ISSUE 2 | 2019

Sponsored by the Dr. Diane Barton Complementary Medicine Program



A Stitch in Time: My Cancer Journey through Quilting

By Carolyn Shelby, Breast Cancer Survivor

When I received my cancer diagnosis I was determined that it was not going to slow me down.

When I heard those words: "You have cancer," I immediately responded with, "Okay, so what do we do now?" My doctor said that with that attitude I was going to do just fine.

I was diagnosed with Stage 2 invasive ductal carcinoma at MD Anderson Cancer Center at Cooper in 2012. Treatment started immediately. I underwent chemotherapy and a mastectomy followed by breast reconstruction, and six weeks of radiation.

At the time of diagnosis and throughout my treatment I continued to motor through life as usual, working full-time for the Department of Agriculture, volunteering in the community, and discovered quilting.

When cancer becomes a part of your life, it's easy to forget to do the things you enjoy because it takes a lot of time and energy, and understandably your health becomes a top priority. But quilting was a great distraction from stressful circumstances and became a wonderful part of my healing journey.

In addition to being a healthy escape, my passion for quilting took on a second and equally important purpose once I was cancer-free: fundraising.

Quilting for a Cause began in 2013 after I saw pictures from The Cooper Foundation's Pink Roses Teal Magnolias Brunch. I joined the host committee the following year and offered to create one pink and one teal quilt to be auctioned during the event.

But I wanted to do more. Inspired by the Online Quilt Auction benefiting the Blanton-Davis Ovarian Cancer Research Program at MD Anderson Cancer Center in Houston, TX, I approached Susan



In addition to being a healthy escape, my passion for quilting took on a second and equally important purpose once I was cancer-free: fundraising.

Bass Levin, President and CEO, The Cooper Foundation, about hosting a similar event in New Jersey. It launched in 2015 with 50 quilts donated through my network of local quilters and quilting shops across South Jersey. One hundred percent of the proceeds from the inaugural auction benefited the Pink Roses Teal Magnolias Fund for breast and gynecologic cancer research and clinical care at MD Anderson at Cooper.

Since its inception, there have been two online quilt auctions and one in-person show raising more than \$40,000 for The Cooper Foundation.

I spend countless hours on the creation of each quilt with the intention of providing the buyer not only warmth and comfort, but also hope, beauty, and inspiration.

I was so fortunate throughout my cancer journey. I had very few side effects or moments of feeling sorry for myself. Of course there were minor challenges along the way, but what I learned about myself and the benefits of giving back through the entire experience definitely outweighed any of the negative.

After completing treatment I became even more involved by joining the MD Anderson at Cooper Patient Family Council. The council is composed of patients who are in active treatment or have completed treatment, as well as family members and caregivers. The council meets quarterly and serves both in an advisory capacity and as a sounding board for new ideas to enhance the patient/family experience. Taking part in the council give me the opportunity to directly impact the experience of other patients.

Being a naturally happy person really helped me push forward on my journey to being cancer-free. My mindset, along with my amazing support system of family, friends, and coworkers, allowed me to focus everyday on what really mattered most. ■



Dear Friends,

"The greatness of a community is most accurately measured by the compassionate actions of its members." — CORETTA SCOTT KING

On a sunny Thursday morning in April, I had the privilege of attending one of the Creative Arts for Healing classes held at the Cooper Clock Tower Building in Voorhees. As part of The Dr. Diane Barton Complementary Medicine Program, these hour-long classes provide an opportunity for cancer survivors to relax, connect with other cancer survivors, and express their creative side through a variety of art and craft activities.

While I was there, I couldn't help but notice the tremendous sense of community, comradery, compassion, and friendship extended to one another throughout the class. So much so, chances are that if you come to one of our classes somewhat down or anxious, you will leave feeling emotionally uplifted.

The project for that day was crafting chalkboard signs for our Seeds of Hope Project organic vegetable garden, which is located on the Voorhees campus behind The Dr. Diane Barton Complementary Medicine Program Healing Garden.

Attending the class for the first time were four lovely ladies. As newcomers to the program, they naturally gravitated toward one another and sat together. Within moments, the rest of the class "veterans" appeared one by one to make introductions. They all came together like a force of nature. From that moment on, they collaborated, chatted, laughed, and created the most beautiful signs to decorate and give extra meaning to our garden. It really resonated with me in that moment; community makes such a positive difference ...like one of the signs we made, **"Love Grows Here."**



Benefits of Being Part of a Community

- **ENCOURAGEMENT:** Life trips us up sometimes and when that happens we need people to remind us of our true potential. We each have a gift that we're meant to share and finding people to remind us of that makes life a little easier.
- **SUPPORT:** Life happens: the good, the bad, and the unthinkable. It's important to have people around to help carry you through all of the emotions. There's a good chance you will find many people within your community with something in common, whether it's a location, a hobby, or a personal relationship. Find those similarities and form a bond because of them.
- **CHALLENGE:** Whether you need a new outlook on life, a new skill or hobby, or a support team to help you rise from a dark place, challenge yourself—and allow others to challenge you—to become a better person. Sometimes we need tough love and raw honesty to show us that the biggest obstacle in life might just be ourselves.
- **CELEBRATE:** We all need a support system of personal cheerleaders and people to celebrate with us when we've done something amazing. After all, it feels great to be recognized for hard work and a job well done.
- **GRATITUDE:** Celebrate the small things in life, the people to be thankful for, and the opportunity to give back. The self-fulfillment felt when you give more than you receive is priceless. Helping and supporting others can feed your soul in a way unlike any other.

The programs at The Dr. Diane Barton Complementary Medicine Program are designed to help cancer survivors cope with the stress and anxiety of their diagnosis and to alleviate some of the side effects of their treatment. Our evidence-based integrative and complementary therapies support mainstream medical care by targeting the three pillars of a healthy lifestyle—nutrition, physical activity, and emotional health—and by focusing on the mind, body, spirit connection to overall wellbeing. These programs offer patients access to social, educational, and support opportunities, and allow survivors to connect, share experiences, and draw encouragement from one another. Reaching out and interacting with your care team and other cancer survivors can help make a positive difference in your cancer journey. All programs are free for cancer survivors.

If you would like to make a donation to The Dr. Diane Barton Complementary Medicine Program or would like to suggest a topic for an upcoming issue of *Survivor Times*, please contact me at mehr-bonnie@cooperhealth.edu.

Be Well,

Bonnie Mehr

Editor, *Survivor Times*

Director, Integrative Oncology Services

Director, The Dr. Diane Barton Complementary Medicine Program

MD Anderson Cancer Center at Cooper



MD Anderson Cooper Cancer Center

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 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:

- Therapeutic Chair Massage
- Workshops and Reflexology
- Guided Imagery and Meditation
- Horticultural Healing
- Gentle Chair Yoga
- Seeds of Hope Project
- Creative Arts for Healing Classes
- Gentle Body Movement
- Mindfulness
- 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 and hand massage services in our Camden and Voorhees infusion units.
- 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 chair-side Reflexology 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

Seeds of Hope

The Seeds of Hope Project is run through The Dr. Diane Barton Complementary Medicine Program:

 **PROJECT**

- The Seeds of Hope Project is an organic vegetable garden planned, planted and tended by our cancer survivors. It is located on our Voorhees campus (behind the Dr. Diane Barton Complementary Medicine Program Healing Garden). Harvests from the garden are shared with MD Anderson Cancer Center at Cooper patients receiving treatment in our infusion centers.
- For more information or to make a donation, contact **Bonnie Mehr** at mehr-bonnie@cooperhealth.edu or 856.325.6646.



I Am In Love With Nature *Poem by cancer survivor Felicia Saunders*

Despite the fact that she can be: unpredictable, intimidating, and destructive. For she is also nurturing, giving and awesomely beautiful. She speaks to me. She heals, comforts, and soothes me. Nature is one of my best friends.



UPDATE: Lung Cancer Research Offers More Hope

By Polina Khrizman, MD

Lung cancer continues to be the leading cause of cancer deaths. In fact, more people die of lung cancer than of colon, breast, and prostate cancers combined. As with most cancers, lung cancer is more treatable when found at an early stage. The problem is most are not detected until symptoms, such as shortness of breath or a chronic cough, arise. Most people are diagnosed after their disease becomes advanced. Although there's no cure for advanced lung cancer, there are treatments that can make symptoms easier to handle and in some cases extend life.

There are many promising treatment options in development today and we now know that for people at high risk (those who have a significant smoking history) lung cancer screening using CT scans has become one of the most effective prevention tools in healthcare today.

For individuals who have lung cancer, the Lung Cancer Program at MD Anderson Cancer Center at Cooper remains committed to offering the most effective prevention and treatment options available today while helping to develop new strategies for the future. We are always evaluating newer targeted therapies, evolving technology, and innovative surgical techniques, and participating in research efforts to advance their use particularly when a tumor is located near or in a vital organ like the lungs. For patients, this means we can potentially reduce treatment time, limit side effects, and, most importantly, promote a longer, better quality of life.

Probably one of the most exciting advances in lung cancer care in recent years is immunotherapy. Immunotherapy is designed to help a patient's own body detect and attack cancer cells. Since its introduction, some people with advanced lung cancers have shown significant improvement in quality and length of life. However, not all lung cancers respond the same to this

treatment so research, typically in the form of clinical trials, is aiming to learn why and how to apply specific immunotherapy agents to different types of lung cancer.

MD Anderson at Cooper is proud to be participating in a current large, multicenter trial sponsored by the National Cancer Institute called the Adjuvant Lung Cancer Enrichment Marker Identification and Sequencing Trial (ALCHEMIST). ALCHEMIST is designed to assess whether newly available and investigational immunotherapy drugs, which are normally reserved for advanced cancers, can be effective for patients with early-stage lung cancer in preventing the cancer from returning and increasing longevity of life.

Clinical trials, like the ALCHEMIST, that are currently underway at MD Anderson

at Cooper offer hope for so many people and represent a new way of thinking for physicians in the fight against lung cancer. They are also critical to keeping our cancer care on the leading edge by allowing us to apply new therapies in the earliest stages of discovery.

While there is still no one solution for treating lung cancer, there are many options available today that can be individualized based on each patient's needs and, as research continues, more are on the horizon. This is an exciting time for both lung cancer patients and caregivers as we continue making incredible strides in creating a newer, safer, and better standard of care and a more hopeful future. ■





Survivorship Issues – Fear of Recurrence

By Evelyn Robles-Rodriguez, DNP, APN, AOCN, Director, Outreach, Prevention and Survivorship, MD Anderson Cancer Center at Cooper

For cancer survivors, worrying their cancer will return after treatment is normal and quite common. In fact, the American Cancer Society estimates almost 70 percent of cancer survivors will experience some degree of fear of recurrence, especially in the first year after treatment. For some, this fear will improve over time and can even inspire positive behaviors, such as scheduling follow-up health care appointments, seeking needed support, and establishing healthier lifestyle habits. For others, though, it can persist and worsen, ultimately affecting their quality of life.

Understanding the possible causes and how to manage the fear and anxiety may help someone feel less anxious and more secure and confident as they continue moving forward in their survivorship journey.

Tips to manage fear of recurrence:

- **Discuss your concerns with your oncology team.** Sometimes having a better understanding of your cancer, the signs and symptoms of recurrence, and what you can do to lower your risk can be helpful.
- **Learn what triggers your fears** (e.g., anniversary of diagnosis, waiting for test results, or having a new symptom of concern). Develop coping strategies and distractions that can help when triggers occur, such as music, art therapy, or exercise.

Understanding the possible causes and how to manage the fear and anxiety may help someone feel less anxious and more secure and confident as they continue moving forward in their survivorship journey.

- **Take control of your own health** and make choices that support a healthier lifestyle, such as being more physically active, eating more nutritious meals, and getting adequate sleep.
- **Do not suffer alone.** Share your concerns with someone who will listen and sympathize with you and help you cope with your fears.

Our team is here for you. All you need to do is reach out to us. If this fear is causing distress and preventing you from moving on with your life, your oncology care team can refer you to support groups, online resources, or psychological counseling. As you continue moving forward as a cancer survivor, having a healthy mind is as important as a healthy body. ■

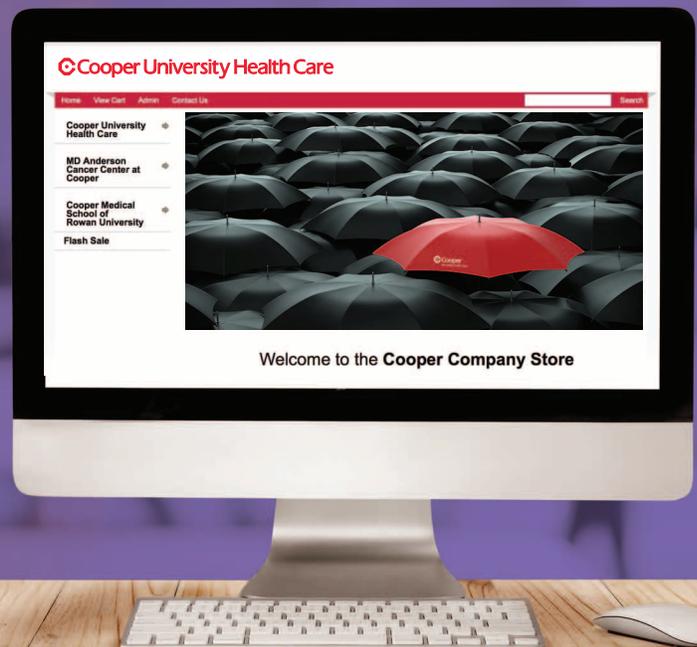


Looking for Swag From MD Anderson Cancer Center at Cooper ?

The online Cooper Company Store is where you'll find a variety of apparel items including sweat-shirts, jackets, warm hats and scarves, baseball caps, and running/performance shirts, as well as mugs, blankets, umbrellas, tote bags and more – all embellished with logos from MD Anderson at Cooper (or Cooper University Health Care).

There's something for everyone!

To place your order simply visit the Cooper website at CooperHealth.org. Scroll to the bottom of the page. In the dark gray box, under the heading **About Cooper**, you'll find a link to the Cooper Company Store





MD Anderson at Cooper Introduces Pancreatic Cancer Screening Program

By Brooke Levenseller Levin, MS, Kristin DePrince Mattie, MS, and Jennifer Stone, MS, Licensed Genetic Counselors

Unlike some other conditions, such as breast, colon, and prostate cancer, there is no recommended screening to detect pancreatic cancer. Typically, by the time any symptoms of the disease surface, the cancer is too advanced to treat, making it the third leading cause of cancer death in the US.

According to the American Cancer Society, more than 55,000 new cases of pancreatic cancer are diagnosed each year, some of which (approximately 10 percent) are caused by a gene change or mutation that can be passed down from generation to generation. These are known as hereditary pancreatic cancer syndromes.

Inherited conditions can come from both sides of the family. The most common known hereditary causes for pancreatic cancer are gene mutations in the BRCA1/BRCA2 (hereditary breast and ovarian cancer syndrome), CDKN2A (hereditary melanoma pancreatic cancer syndrome), MHL1/MSH2/MSH6/PMS2/EPCAM (Lynch syndrome), TP53 (Li-Fraumeni syndrome), STK11 (Peutz-Jeghers syndrome), and PALB2.

People with a genetic mutation that is linked to an increased risk for pancreatic cancer or with a family history of the disease may want to consider genetic counseling and/or testing, which is now available at MD Anderson Cancer Center at Cooper through the Pancreatic Cancer Screening Program, created in partnership with the William G. Rohrer Cancer

Genetics Program, MD Anderson Cooper, and gastroenterologist Christopher Deitch, MD, of the Gastrointestinal Cancer Center, MD Anderson Cooper.

The Pancreatic Cancer Screening Program is modeled after the protocol being used at MD Anderson Cancer Center in Houston, TX, and follows their guidelines for risk assessment and screening of individuals who are at increased risk. It is not designed for those already diagnosed with pancreatic cancer.

Screening methods are tailored to each individual depending upon risk factors and family history and may include one or a combination of imaging, laboratory, and/or genetic tests. If testing identifies a gene mutation associated with hereditary pancreatic cancer syndrome, family members may also be tested for that same gene mutation.

Although screening tests cannot confirm or exclude a cancer diagnosis, knowing your potential risk for hereditary pancreatic cancer syndrome can help you and your healthcare provider make more informed decisions about your health care, including the creation of a risk-reduction plan.

Today, researchers are working to develop pancreatic cancer screening tests that may eventually help to improve patient outcomes. When found early, pancreatic cancer can be more treatable. It is important to discuss the potential benefits, risks, and limitations of screening with your healthcare provider. ■

"Having a family history of pancreatic cancer and watching my big, strong father and his sister succumb to this disease, I was thrilled to find out about this program. After discussing the details of the program with Dr. Christopher Deitch, I went from feeling helpless against this silent killer to having hope knowing I have a team of true experts behind me who want to keep me healthy. By the time you feel symptoms with pancreatic cancer, it is usually advanced in stage. If caught early there are so many different promising options for treatment. This is a huge step in the right direction in fighting pancreatic cancer and I am one to say this will not beat me. I will fight this. Now I can say I will not fight alone. The team at MD Anderson Cooper is the best!" — JENNIFER PIROLI MCERLANE

To learn more about the Pancreatic Cancer Screening Program or to schedule an appointment, please call 1.855.MDA.COOPER and ask to speak with the William G. Rohrer Cancer Genetics Program Administrative Coordinator. Referrals to program are typically made through the Cancer Genetics Program once eligibility has been assessed. Office visits and testing may be covered by health insurance on a case-by-case basis.



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 12, May 14, September 10, November 12

TIME: 6 – 7:30 p.m.

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

Latino Cancer Survivors Sobrevivientes Latinos de Cáncer (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.

Información sobre el cáncer en español y apoyo para usted y su familia. Refrescos y estacionamiento gratis. Para más información contacte a Virgenmina Lopez 856.968.7092.

DATES: January 10, February 14, March 14, April 11, May 9, June 13, July 11, August 8, September 12, October 10, November 14, December 12

TIME: 10 – 11:30 a.m.

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

LLS Multiple Myeloma Group (CAMDEN)

For myeloma patients and their loved ones.

DATES: January 28, February 25, March 25, April 22, May 20, June 24, July 22, August 26, September 23, October 28, November 25, December 23

TIME: 10 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at Cooper 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: Jan. 10, Feb. 14, March 14, April 11, May 9, June 13, July/Aug – NO DATES, Sept. 12, Oct. 10, Nov. 14, Dec. 12

TIME: 6 – 7:30 p.m.

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

WILLINGBORO

DATES: Jan. 3, Feb. 7, March 7, April 4, May 2, June 6, July/Aug – NO DATES, Sept. 5, Oct. 3, Nov. 7, Dec. 5

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: Jan. 9, Feb. 6, March 6, April 3, May 1, June 5, July 10, Aug. 7, Sept. 4, Oct. 2, Nov. 6, Dec. 4

TIME: 6 – 7:30 p.m.

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

Laryngectomy Support Group (CAMDEN)

A support group for people with laryngectomies and their loved ones.

DATES: January 10, February 14, March 14, April 11, May 9, June 13, July 11, August 8, September 12, October 10, November 14, December 12

TIME: 2:30 – 4 p.m.

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

Ostomy Support Group (CAMDEN)

A support group for people with ostomies (such as a colostomy, ileostomy, or urostomy) and their loved ones. To register, please call **856.968.8570**.

DATES: January 17, February 21, March 21, April 18, May 16, June 20, July 18, August 15, September 19, October 17, November 21, December 19

TIME: 4 – 5:30 p.m.

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

Attendees should meet in the Main Lobby

Women's Cancer Support Group (CAMDEN & VOORHEES)

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.

CAMDEN

DATES: January 11, March 8, May 10, September 13, November 8

TIME: 10:30 – 11:30 a.m.

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

VOORHEES

DATES: February 8, April 12, October 11, December 13

TIME: 10:30 – 11:30 a.m.

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

To register for these support groups, please call **800.8.COOPER (800.826.6737)** or register online at events.cooperhealth.org (unless otherwise noted).

Call for cancellation information due to inclement weather.

CENTER FOR INTEGRATIVE ONCOLOGY

The Dr. Diane Barton Complementary Medicine Programs

Calendar of Events

*Enhancing Traditional Cancer Treatment by Focusing on Mind,
Body, and Spirit*

August – December 2019



Welcome

Becoming a cancer survivor starts the minute a person is diagnosed, and at MD Anderson Cancer Center at Cooper we realize that physical healing is only part of our mission. Our program aims to enhance traditional cancer treatment by focusing on supporting the mind, body, and spirit. Therapies are designed to lessen the pain, stress, and anxiety associated with a cancer diagnosis and to assist in managing the side effects of treatments such as radiation and chemotherapy. All programs are free and open to **CANCER SURVIVORS ONLY**.

For more information about the Dr. Diane Barton Complementary Medicine Program, please contact:

Bonnie Mehr

*Director, Integrative Oncology Services
Director, the Dr. Diane Barton
Complementary Medicine Program
MD Anderson Cancer Center at Cooper*

mehr-bonnie@cooperhealth.edu

856.325.6646

How to use this guide

Look for these symbols to help you navigate the many program options we offer:



**Creative Arts
for Healing**



**Horticultural
Programs**



Physical Activity



**Emotional
Health**



**Physical/Emotional
Wellness**

Locations

Program locations are color coded for quick reference. Programs in **Camden will appear in red**. Programs in **Voorhees will appear in purple**.

Camden

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

Voorhees

Cooper Clock Tower Building
931 Centennial Boulevard
Voorhees, NJ 08043

All Seeds of Hope programs are held
behind the 900 Centennial Boulevard
Healing Garden unless otherwise
noted.

Registration

All programs are free
and open to **CANCER
SURVIVORS ONLY**.

Registration is required.

To register call
1.800.8.COOPER
(1.800.826.6737) or visit
events.cooperhealth.org
to register online.

August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  12:30 - 1:30 pm Mindfulness	2
5	6	7  9 - 10 am Seeds of Hope Project (Garden)	8  12:30 - 1:30 pm Mindfulness	9
12  10 - 11 am Gentle Chair Yoga	13	14  9 - 10 am Seeds of Hope Project (Garden)	15  12:30 - 1:30 pm Mindfulness	16
19	20	21  9 - 10 am Seeds of Hope Project (Garden)	22  12:30 - 1:30 pm Mindfulness	23
26	27	28  9 - 10 am Seeds of Hope Project (Garden)	29  12:30 - 1:30 pm Mindfulness	30

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5  12:30 – 1:30 pm Mindfulness	6
9  10 – 11 am Gentle Chair Yoga	10  9:30 – 10:30 am Gentle Chair Yoga <hr/>  11 am – Noon Qi Gong and Meditation	11  9 – 10 am Seeds of Hope Project (Garden)	12  11 am – Noon Creative Arts for Healing <hr/>  12:30 – 1:30 pm Mindfulness	13
16	17  9:30 – 10:30 am Get Moving <hr/>  11 am – Noon Guided Imagery and Meditation	18  9 – 10 am Seeds of Hope Project (Garden)	19  12:30 – 1:30 pm Mindfulness	20
23  10 – 11 am Gentle Chair Yoga	24  9:30 – 10:30 am Gentle Chair Yoga <hr/>  11 am – Noon Qi Gong and Meditation	25  9 – 10 am Seeds of Hope Project (Garden)	26  11 am – Noon Creative Arts for Healing <hr/>  12:30 – 1:30 pm Mindfulness	27

Locations

Program locations are color coded for quick reference. Programs in **Camden** will appear in red. Programs in **Voorhees** will appear in purple.

Camden

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

Voorhees

Cooper Clock Tower Building
931 Centennial Boulevard
Voorhees, NJ 08043

All Seeds of Hope programs are held behind the 900 Centennial Boulevard Healing Garden unless otherwise noted.

October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Guided Imagery and Meditation	2  9 - 10 am Seeds of Hope Project (Garden)	3  12:30 - 1:30 pm Mindfulness	4
7  10 - 11 am Gentle Chair Yoga	8  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Qi Gong and Meditation	9  9 - 10 am Seeds of Hope Project (Garden)	10  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	11
14	15  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Guided Imagery and Meditation	16	17  12:30 - 1:30 pm Mindfulness	18
21  10 - 11 am Gentle Chair Yoga	22  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Qi Gong and Meditation	23	24  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	25
28	29  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Guided Imagery and Meditation	30  9:30 am - 1 pm Therapeutic Massage and Reflexology	31  12:30 - 1:30 pm Mindfulness	

November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4  10 - 11 am Gentle Chair Yoga	5  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Qi Gong and Meditation	6	7  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	8
11	12  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Guided Imagery and Meditation	13	14  12:30 - 1:30 pm Mindfulness	15
18  10 - 11 am Gentle Chair Yoga	19  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Qi Gong and Meditation	20  9:30 am - 1 pm Therapeutic Massage and Reflexology	21  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	22
25	26	27	28	29

Locations

Program locations are color coded for quick reference. Programs in **Camden** will appear in red. Programs in **Voorhees** will appear in purple.

Camden

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

Voorhees

Cooper Clock Tower Building
 931 Centennial Boulevard
 Voorhees, NJ 08043

All Seeds of Hope programs are held behind the 900 Centennial Boulevard Healing Garden unless otherwise noted.

December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Qi Gong and Meditation	4	5  11 am to 2 pm Holiday Open House <i>(details below)</i>	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27



December 5

11 am to 2 pm

The Dr. Diane Barton Complementary Medicine Program Holiday Open House

Cooper Clock Tower Building
931 Centennial Boulevard
Voorhees, NJ 08043

Stop by our open house to ring in the season, mingle with your fellow survivors and members of the MD Anderson at Cooper support team, and indulge in some sweet holiday treats!

Please feel free to bring a baked good to share with the group.

No registration required.

Program Descriptions

Creative Arts for Healing

Practitioner: Andrea Meehan

Engaging with the creative arts can be a powerful healing experience. We believe that making art frees the body's healing powers — uniting body, mind, and spirit. Join us for a variety of fun projects.

Qi Gong and Meditation

Practitioner: Corinne Corcoran, EdD, NCBTMB, ARCB

This class combines two-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. Meditation can help nurture and support you through life's stresses and joys.

Guided Imagery and Meditation

Practitioner: Corinne Corcoran, EdD, NCBTMB, ARCB

Participants will learn how to use guided imagery and meditation to cultivate well-being, reduce stress and anxiety, promote healing, and develop inner peace.

Gentle Chair Yoga, Get Moving, Laughter for Health

Practitioner: Julie Fischer

Join us for a series of classes that enriches the mind, body, and spirit. All classes are open to all levels of flexibility and experience.

Seeds of Hope Project

Join us as we plan and grow our organic vegetable garden. Our bounty will be shared through the Tea Cart Program with patients receiving chemotherapy. All classes will be held in the Healing Garden in Voorhees, except for the Planning Meetings, which will be held in the Cooper Clock Tower.

Therapeutic Massage and Reflexology

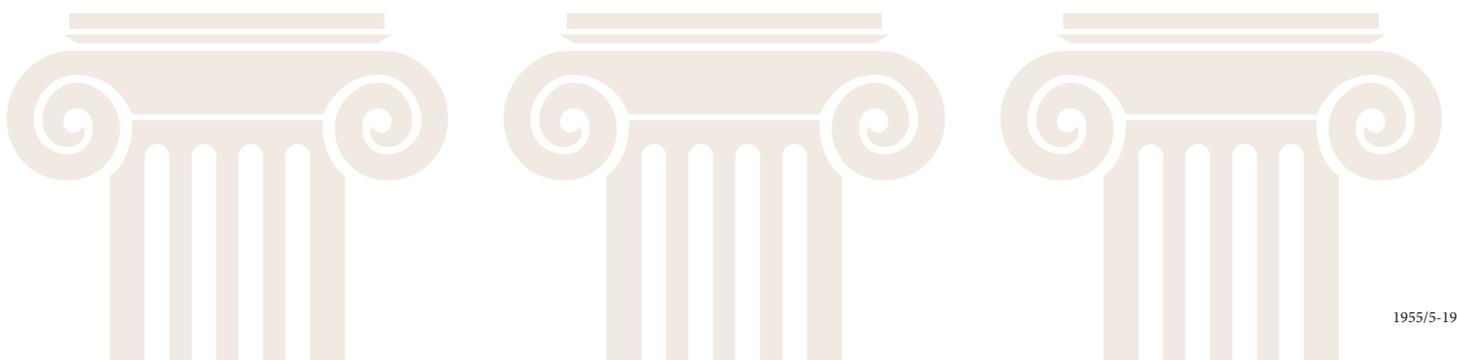
Come enjoy the mind-body-spirit benefits of therapeutic chair massage and reflexology. Our sessions run from 9:30 a.m. to 1 p.m. in Voorhees — register for the session but arrive when it works best for you.

Mindfulness

Practitioner: Corinne Corcoran, EdD, NCBTMB, ARCB

Mindfulness, or Mindfulness-Based Stress Reduction, is a consciousness discipline that is grounded in Eastern practices and focuses on awareness of the present moment. Using techniques developed by founder Jon Kabat-Zinn, PhD, it aims to teach people to deal more effectively with experience through awareness of feelings, thoughts, and bodily sensations. Participants learn to engage in mindfulness practices, such as body scan, simple yoga exercises, and meditation. Substantial research has demonstrated how mindfulness-based practice improves mental and physical health and can help people cope with stress, anxiety, pain, and illness.

The Dr. Diane Barton Complementary Medicine Program, which is part of our Center for Integrative Oncology, utilizes evidence-based therapies that focus on the three pillars of a healthy lifestyle: nutrition, physical activity, and emotional health.



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 855.632.2667.
For more information please talk to a member of your cancer care team.

MD Anderson  Cooper
Cancer Center

Making Cancer History®



Living in a Polluted World: Avoiding Toxic Chemicals

by Pallav K. Mehta, MD, Hematologist/Medical Oncologist; Director of Integrative Oncology Program, 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*

Cancer is caused by changes to certain genes that alter the way our cells work. Some of these genetic changes occur naturally when DNA is replicated during the process of cell division. But others are the result of environmental exposures that damage DNA.

While we can avoid some cancer-causing exposures such as tobacco, others are harder to avoid especially if they are in the air we breathe or the food we eat. Although it is impossible to completely avoid all chemicals, there are some practical things you can do to reduce your exposure and the level of toxicity in your body related to food.

Choose Well

Choose organic food whenever possible. Organic foods are grown without the use of pesticides, synthetic fertilizers, genetically modified organisms (GMOs), or ionizing radiation. Animals that produce meat, poultry, eggs, and dairy products are not given antibiotics or growth hormones. Try shopping at farmer's markets where you can often talk to the farmer directly and learn about how their products are grown.

Eat whole foods and less processed, packaged items to lower exposure to additives, preservatives, and other harmful chemicals often used to preserve shelf life and enhance visual appearance. Avoid canned goods lined with BPA (Bisphenol A).

Limit consumption of red meat. It is recommended men eat less than 12 ounces and women eight ounces per week.

Fish can be an important component of a healthy diet. Oily fish, such as salmon, are high in omega-3 fatty acids, particularly EPA and DHA, which are associated with many health benefits, including reduced cardiovascular and cancer risk. Some fish,

however, such as the "bottom feeders" like catfish and flounder, should be limited or avoided. These types of fish often contain mercury. Furthermore, limit your consumption of larger fish (e.g., swordfish and tuna) since mercury can build up at each step along the food chain.

Although sugar consumption is not directly linked to cancer risk, you should try to limit intake. In addition, the link between sugar intake and obesity, which increases cancer risk, has been well proven.

Store and Cook Better

Food should be stored in glass, stainless steel, or ceramic containers instead of plastic. Use stainless steel, cast iron, or enameled pots and pans to cook instead of non-stick cookware.

Certain foods can become toxic through preparation. For example, acrylamide, which is a category 2A carcinogen, forms naturally when foods high in starch, such as potatoes, are fried. When frying potatoes, wash first and store in the refrigerator to minimize the production of acrylamide. Cooking red meat at high temperatures, such as grilling, creates two compounds (HCAs and PAHs) that may

be "mutagenic," meaning they can cause DNA mutations. To help reduce the toxic effects, leave the grill open when cooking red meat and avoid charring.

Learn More

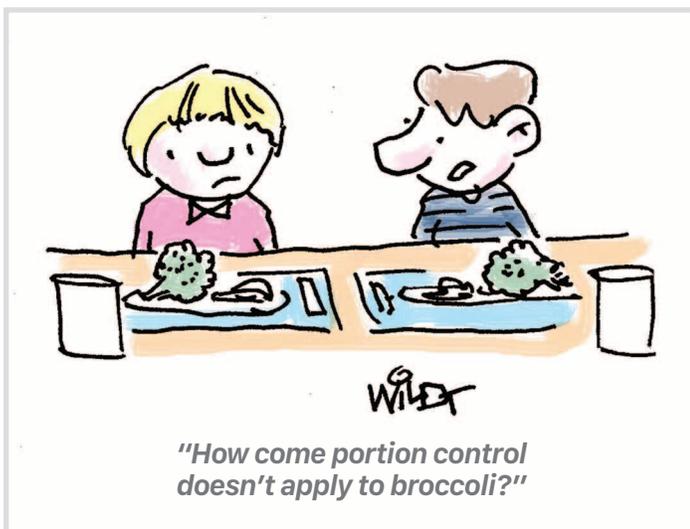
Learn to read labels and become more aware of what you are putting in and on your body. A lot of chemicals can be found in personal care products and cosmetics, which can be absorbed through the skin.

Each year the Environmental Working Group (www.ewg.org) publishes a list of produce that contains the highest level of pesticide residue of those items tested. Here's their 2019 "Dirty Dozen" list:

- | | | |
|-----------------|-------------|--------------|
| 1. Strawberries | 5. Apples | 9. Pears |
| 2. Spinach | 6. Grapes | 10. Tomatoes |
| 3. Kale | 7. Peaches | 11. Celery |
| 4. Nectarines | 8. Cherries | 12. Potatoes |

Being mindful of the toxins that exist in the foods you eat and the cleaning agents or hygienic products you use every day is a good thing. When it comes to what you put in your mouth, on your skin, or in your house, what you don't know could harm you. Knowledge definitely is power. Yet, we need to also be thoughtful about the scientific evidence and "facts" we digest and to not become too paranoid. Be wary of fake crises (news stories) especially when they are accompanied by easy fixes, such as fad diets, cleanses, and detoxes, and, remember, any unprincipled research can be presented to support a certain point of view. ■

When it comes to what you put in your mouth, on your skin, or in your house, what you don't know could harm you.



Rainbow Cauliflower Crust Pizza

Low-carb Cauliflower crust rainbow pizza is packed with veggies inside and out, and is perfect for kids and adults.

Top this delicious pizza with any type of veggies you have. Use whatever is in season or your favorite pizza toppings. Just be sure to dice the veggies really small and arrange the veggies from light to dark to create a rainbow look. Begin by make the crust. Cauliflower pizza crust is much faster to make than regular pizza crust because no rising needed.

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes

Servings: 4

Ingredients

- 1 small to medium sized head of cauliflower—should yield 2 to 3 cups once processed
- ¼ cup shredded Parmesan cheese
- ¼ cup mozzarella cheese
- 1 egg
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon basil or rosemary minced (or dry)
- ½ teaspoon oregano minced (or dry)
- ½ cup marinara sauce
- 1 cup mozzarella cheese
- 1 cup diced bell peppers yellow, orange, red, green, or any combo of your choice
- ½ cup broccoli florets
- ½ cup diced red onion
- ¼ cup canned corn optional and not included in nutritional facts
- ½ cup tomatoes diced

Instructions

1. Preheat oven to 500 degrees F.
2. Remove the stems from the cauliflower and cut into chunks, Place the cauliflower into a food processor and pulse it until it resembles the texture of rice. If you don't have a food processor, you can use a cheese grater or chop it very finely.



3. Microwave the processed cauliflower uncovered in a microwave safe bowl for approximately 4-5 minutes on high. Remove it from the microwave and allow it to cool for at least 4-5 minutes (trust me don't rush this step!). After the cauliflower is slightly cooled, place it in a kitchen towel and squeeze all the liquid out of it. Be sure to squeeze as much liquid as humanly possible.

4. Combine the cooked cauliflower, egg, garlic, cheese, and seasonings. Stir until a dough texture forms. Spread the cauliflower mixture out onto lightly greased parchment paper or a pizza pan in the shape of a pizza crust.

5. Bake the crust for approximately 10-15 minutes (depending on your oven), or until the crust is golden and crispy. I cooked mine for approximately 15 minutes. After the crust is golden remove it from the oven and top with pizza sauce then cheese then the chopped veggies.

6. Place the pizza back in the oven and bake for another 12-15 minutes.

Nutrition Facts

Amount Per Serving

Calories 197

% Daily Value*

Total Fat 11.1g	17%
Saturated Fat 6g	30%
Cholesterol 79mg	26%
Sodium 710.5mg	30%
Total Carbohydrate 13.1g	4%
Dietary Fiber 3.6g	14%
Sugars 7.3 g	
Protein 12g	24%
Vitamin A	18%
Vitamin C	117%
Calcium	25%
Iron	8%

Chemotherapy and Radiation 101 Classes

By Joan Molnar, RN, BSN, OCN; Sue Maltman, RN, MSN, and Alice O'Brien, RN, OCN, HP (ASCP)

A wise man — Francis Bacon — once said that “knowledge is power.” When a patient hears the words “you have cancer,” the need for knowledge is imperative, as this diagnosis leaves a patient and their family feeling overwhelmed and unprepared for what comes next. At MD Anderson Cancer Center at Cooper, we believe that providing information about treatment and side effects empowers patients and their caregivers to partner in the treatment process giving them back the sense of power that they initially thought was lost.

We offer both chemotherapy and radiation classes. These classes are designed to provide patients and their families with a broad overview of the chemotherapy and radiation process. A PowerPoint presentation takes a step-by-step approach that includes treatment preparation, side effects and symptom management, survivorship, and supportive services and resource information.

The one-hour classes are held in both Camden and Voorhees. **Pre-registration is required, although the classes are free.**

We encourage all patients to attend these informative classes. The classes are taught by staff with vast knowledge and experience in caring for cancer patients. A pharmacist is present at most of the classes, providing patients with current and updated information, as well as answering questions about medications.

The classes are small, and are offered in a comfortable and unhurried environment, providing patients and caregivers an opportunity to express concerns and share experiences and insights. Confidentiality is always maintained. Participants often leave with a “buddy” to support each other throughout their treatments.

Most participants agree the classes are an invaluable opportunity and experience.

We are proud to support all patients who receive care at MD Anderson at Cooper through our education programs. ■

“Staff very knowledgeable and well informed.”

“Class was very interactive, informative.”

“The information and support make you feel at ease.”

“The instructor was very calming and reassuring, and now I am less fearful of the treatment.”

“The small group size made it comfortable to ask questions, and I received answers in ‘real’ language.”

“Learning about my treatment made me feel better about what to expect and about my part in the treatment.”

“It’s a wonderful resource, and I hope it continues for all future patients.”

“We believe that providing information about treatment and side effects empowers patients and their caregivers to partner in the treatment process giving them back the sense of power that they initially thought was lost.”



RADIATION THERAPY

What Every Patient Needs to Know

CAMDEN

WHEN: This class is offered every
Wednesday from 2 p.m. to 3 p.m.
and every
Thursday from 10 a.m. to 11 a.m.

WHERE: MD Anderson Cancer Center at Cooper
Two Cooper Plaza, 400 Haddon Avenue
Conference Room 4100, Camden, NJ 08103

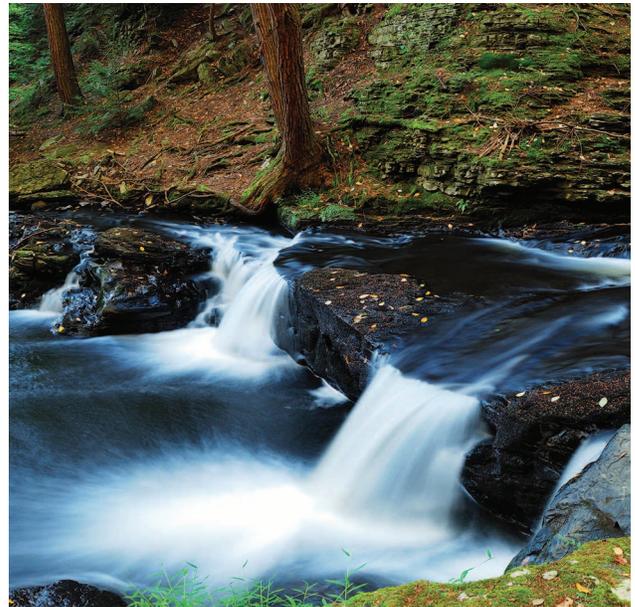
VOORHEES

WHEN: This class is offered every
Monday from 10 a.m. to 11 a.m.
and every
Thursday from 3:30 p.m. to 4:30 p.m.

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

Pre-registration is required for this class.

Please call **800.8.COOPER** (800.826.6737) and choose option 3, 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 and Wednesday from 9:30 a.m. to 10:30 a.m.**

WHERE: MD Anderson Cancer Center at Cooper
Two Cooper Plaza, 400 Haddon Avenue
Conference Room 4100, Camden, NJ 08103

VOORHEES

WHEN: This class is offered every
Monday from 8:30 a.m. to 9:30 a.m. and every
Thursday from 2:30 p.m. to 3:30 p.m.

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

Pre-registration is required for this class.

Please call **800.8.COOPER** (800.826.6737) and choose option 3, or register online at events.cooperhealth.org



pinkroses tealmagnolias
fighting women's cancer for a decade

PINK ROSES TEAL MAGNOLIAS BRUNCH

Sunday, October 27, 2019

11 A.M. - 2 P.M. • Crowne Plaza • Cherry Hill, NJ

Delicious Brunch Buffet • Health Fair
Fabulous Raffle Baskets • Silent Auction

All proceeds benefit breast and gynecological cancer clinical, research and patient programs at MD Anderson Cancer Center at Cooper.



2019 Pink & Teal Heroes



Dr. Danielle Behrens
Hematologist/
Medical Oncologist



Dr. Anthony Dragun
Chairman & Chief,
Radiation Oncology



Dr. Marjan Koch
Hematologist/
Medical Oncologist



Dr. Lauren Krill
Gynecologic Oncologist



Bonnie Mehr
Director, Integrative
Oncology Services
Director, the Dr. Diane
Barton Complementary
Medicine Program

Event Co-Chairs

Donna Forman • Ilene Grossman • Janet Knowles • Josephine McGinniss
Carolyn Shelby • Susan Bass Levin • Generosa Grana, MD • Francis R. Spitz, MD
Kristin Brill, MD • David Warshal, MD



Making Cancer History®



Questions? Call 856.342.2222 or email events-cooper-fdn@cooperhealth.edu



Celebrate Strength and Survivorship at 10th Annual Pink and Teal Brunch

By Susan Bass Levin, President and CEO, The Cooper Foundation

"I believe my cancer has a deeper purpose and a new path is ahead of me. One thing I am sure of—I will always support the cause until there is a cure."

— Gloria Fleming, Breast Cancer Survivor, Pink and Teal Brunch, 2010

We held our first Pink Roses Teal Magnolias Brunch in October 2010. I can still remember the feeling I had after looking around the room at the hundreds of women joined together in the fight against breast and gynecologic cancer. I saw mothers and daughters, sisters and wives, friends and neighbors, all touched by cancer in some way.

We were united by something that cancer can ignite, but can never extinguish: strength.

It is the strength that comes from being in battle together, from sharing victories and shouldering defeats, and from being united behind a cause that truly makes a difference between life and death — finding a cure for cancer.

A decade later, as we mark the 10-year anniversary of Pink Roses Teal Magnolias, our resolve has only grown stronger. This year, we have a goal of raising \$1 million to support breast and gynecologic cancer research and clinical care at MD Anderson Cancer Center at Cooper.

"I stand on this stage today because of early detection, advances in research, a treatment plan tailored specifically for my cancer, and education programs—all supported by your donations to Pink and Teal."

— Fran Lunsford, Breast Cancer Survivor, Pink and Teal Brunch, 2016

Over the past 10 years, donations to Pink and Teal have helped fund critical research, new technology, our complementary medicine program, supportive services, and the Patient in Need fund, which assists patients in financial distress with transportation,

childcare, prescription co-pays, and other immediate needs.

Donations have also helped fund our Artful Healing initiative, which brings artwork by New Jersey artists to MD Anderson at Cooper to promote the healing process.

However, Pink and Teal is more than a fundraiser. It is a movement, a sisterhood of amazing women — and more than a few good men — who want to make a difference.

The Pink Roses Tea Magnolias Brunch is energizing with stories of strength from survivors, special tributes to those we have lost, an empowering survivors march, and awards for our Pink and Teal Heroes who are members of the MD Anderson at Cooper team who provide outstanding care for cancer patients and their families.

As in the past, we're sure that this year's brunch will be memorable.

Some of you may remember the year 2012. Even as Hurricane Sandy raced toward New Jersey, the brunch still went on.

Cancer survivors know a thing or two about weathering storms. Or you may remember 2015, the year of our Fight Song, when Pink and Teal host committee members took to the stage for an inspiring rendition of what has become our Pink and Teal anthem.

For me, as an ovarian cancer survivor, every year is special. One year, my 84-year-old mother, also an ovarian cancer survivor, attended the

brunch as she was being treated at MD Anderson at Cooper.

Unfortunately, I had to miss last year's brunch after undergoing emergency surgery (at Cooper, of course) to remove scar tissue left over from my cancer treatment years ago.

It was hard for me not to be there with my Pink and Teal sisters, but I knew I could count on their strength as I recovered.

I'll be back this year though, stronger than ever and wearing my signature teal suede boots to prove it! ■

"Every person with cancer has a story—sometimes a good story, sometimes a sad story or a long story or a short story, but each story is important. It tells who we are."

— Sallie Gorohoff, Endometrial Cancer Survivor, Pink and Teal Brunch, 2017



pinkroses tealmagnolias

fighting women's cancer for a decade

To learn more about Pink Roses Teal Magnolias and how you can get involved, visit <https://foundation.cooperhealth.org> or call 856.342.2222.

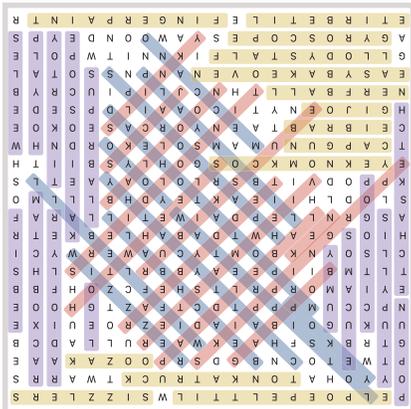
WordSearch

Theme: Classic Toys

Can you find the 52 classic toys that are hidden in the grid?

- | | | |
|----------------|----------------|---------------|
| Balloon | Ken | Skipping Rope |
| Barbie | Lego | Slinky |
| Beach Ball | Lite Brite | Sock Monkey |
| Bop Bag | Little People | Soma Cube |
| Cap Gun | Matchbox Car | Spirograph |
| Chatty Cathy | Meccano | Super Ball |
| Easy Bake Oven | Mr Potato Head | Teddy Bear |
| Etch A Sketch | Nerf Ball | Tinkertoy |
| Finger Paint | Paddle Ball | Tin Soldiers |
| Flatsy Doll | Play-Doh | Tonka Truck |
| Frisbee | Playmobil | Viewmaster |
| G.I. Joe | Pogo Stick | Water Pistol |
| Gumby | Pokey | Weebles |
| Gyroscope | Pop Gun | Wiffle Ball |
| Hot Wheels | Radio Flyer | Wizzer |
| Jacks | Rubik's Cube | Yo-Yo |
| Kaleidoscope | Silly Putty | |
| Kazoo | Sizzlers | |

Solution:



SurvivorTimes

Volume 11, Issue 2 • 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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