

SurvivorTimes

A NEWSLETTER FOR CANCER SURVIVORS

Sponsored by the Dr. Diane Barton Complementary Medicine Program

VOLUME 11 | ISSUE 1 | 2019

Seeds of Hope

Cancer survivor Felicia Saunders carrying sunflowers grown through Cooper's Seeds of Hope program at the Dr. Diane Barton Complementary Medicine Program.

(see page 4)





Dear Friends,

**HOPE is more than a word.
RESILIENCE is not just a
state of mind.**

These are lessons that have been taught to us on a daily basis by our patients, who courageously battle against cancer with dignity, perseverance, and grit.

Resilience is that transcendent quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes.

Resilience is the ability to roll with the punches. When stress, adversity or trauma strikes, you still experience anger, grief, and pain, but you're able to keep functioning — both physically and psychologically. Resilience isn't about toughing it out, being stoic or going it alone. In fact, being able to reach out to others for support is a key component of being resilient.

So how do you develop resilience? For some survivors, resilience seems to be a personality trait. Others work to improve their outlook on life through support and practice.

Find strength in what you can control. Such as:

- Learn from your experience.
- Review and adjust your outlook on life.
- Identify what causes you stress and anxiety and implement strategies to manage your stress.
- Reflect on what you learned about yourself and your own strength.
- Accept that some things in life are out of your control.

Coping with cancer is no easy task, but learning to manage stress can help make the journey a little easier. Stress can present itself in a variety of ways, including sleeping difficulties, irritability, headaches, poor concentration, and depression. It is important to recognize these warning signs and work to reduce your stress and anxiety. For many, that means surrounding themselves with a support team, talking with other cancer survivors, exercising, and eating a healthy diet.

**Get CONNECTED.
Make every day MEANINGFUL.
LEARN from experience.
Remain HOPEFUL.
Take care of YOURSELF.
Be PROACTIVE.**

It is with this in mind that integrative oncology and complementary medicine use evidence-based therapies that focus on the three pillars of a healthy lifestyle — nutrition, physical activity and emotional health — incorporating complementary therapies focusing 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. All programs are free for cancer survivors. 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. 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*

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



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:

- 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.



PROJECT



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.



Recent Study Finds Gardening Can Improve Outcomes In Some Cancer Survivors

By **Bonnie Mehr**, Director, Integrative Oncology Services
Director, The Dr. Diane Barton Complementary Medicine Program

The Dr. Diane Barton Complementary Medicine Program offers cancer survivors the opportunity to take part in a variety of activities and therapies designed to heal the mind, body, and soul. One of our most popular and rewarding programs is our Seeds of Hope horticultural therapy program. The Seeds of Hope garden is an organic 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 infusion treatment at infusion centers.

Horticultural therapy is accepted as a beneficial and effective therapy. It is widely used within a broad range of rehabilitative, vocational, and community settings. Horticultural therapy helps improve memory, cognitive abilities, language skills, and socialization. In physical rehabilitation, it can help strengthen muscles and improve coordination, balance, and endurance.

A recent study supported these findings and found additional benefits for some cancer survivors.

The study was conducted by researchers at the University of Alabama at Birmingham's Comprehensive Cancer Center and involved 82 female breast cancer survivors residing in Alabama. Half of the participants were randomly assigned to participate in a yearlong gardening program with master gardeners and the other half were put on a waiting list for the program. The wait-list group served as the control group.

The study measured how cancer survivors responded to the therapy — how it affected their diet and exercise behaviors, health-related quality of life, biomarkers of successful aging and intestinal health, and physical functioning.

Throughout the yearlong pilot study, the survivor—master gardener teams planned and planted three gardens for fall, spring, and summer. Surveys collected data on the survivors' diet, physical activity, and quality of life.

The findings, published in the prestigious medical journal *Cancer*, demonstrated that for cancer survivors, three seasons of home vegetable gardening may increase physical activity, a diet filled with more fruits and vegetables, and enhanced feelings of self-worth. Possibly as a result of these healthy behaviors, gardeners in the small study also tended to gain less weight around their waists compared to counterparts not participating in the study.

After one year, 40 percent of participants were eating at least one more vegetable and fruit serving a day. The researchers said that while increasing vegetable and fruit intake was the focus, subjects also improved their exercise level. Their physical functioning improved greatly. Sixty percent of participants engaged in at least 30 minutes or more of physical activity every week. All improved in three out of four objective measures of strength, agility, and endurance.

Among participants in the gardening groups, 91 percent stayed with the program through the one-year follow-up, 70 percent said their experience was "excellent," and 85 percent said they "would do it again."

While the study was small, it shows that vegetable gardening may provide a holistic approach to improving diet quality, physical activity, body weight status, and psychosocial well-being. ■

REFERENCE: Jennifer R. Bail PhD, RN, Andrew D. Frugé, PhD, RD, et al "A home-based mentored vegetable gardening intervention demonstrates feasibility and improvements in physical activity and performance among breast cancer survivors." *CANCER*, vol 124, no. 116, pp. 3427-3435, August 15, 2018, onlinelibrary.wiley.com/doi/full/10.1002/cncr.31559

A Sister Story

By Jennie Stone, MS, LCGC, Licensed Genetic Counselor, William G. Rohrer Cancer Genetics Program, MD Anderson Cancer Center at Cooper

Our story begins nearly 50 years ago when our mother, Joan, was first diagnosed with breast cancer. My sister Debbie and I were little then. We didn't know much about what was going on with our mother at that time, of course. We sometimes had to go to "doctor appointments" with her, and we noticed when her arm swelled (what I now know was lymphedema from surgical removal of lymph nodes at the time of mastectomy). But we were active kids with school and Girl Scouts and chores, and not much else to worry about. This was before the time of genetic testing, in fact only about 15 years after the discovery of DNA.

Our mother did not survive her battle with breast cancer. She died in 1972; my sister and I hadn't even reached middle school yet. Our family grieved, and, with time and the help of our loving friends and community, we continued to grow and thrive. My sister and I were fortunate to graduate from the University of California and begin careers. I moved across the country to New Jersey with my husband, became a genetic counselor, and started a family. My sister began a successful design career in California and met her future husband. And we began mammogram screenings.

Then my sister was found to have breast cancer – Ductal Carcinoma in Situ. She was even younger than our mother was, but she recognized that her cancer was non-invasive. She had more treatment options and a great prognosis. She changed many health habits, took a leave from work and had surgery. She is now a survivor! She is a role model for good health and self-care.

Debbie's diagnosis was about the same time that the BRCA1 and BRCA2 genes were discovered. These genes help repair DNA damage in the body's cells that happens all

"Now genetic science has advanced, and we know of several more genes that are part of the DNA repair system and can contribute to cancer risk."

through our lives. When repair is successful, cancer is prevented. But a problem with one of these genes can increase the chance for cancer to happen. A few years later, when clinical testing was

available for the genes, we talked about getting tested. As a trained genetic counselor, I can recognize people's different approaches to testing. I'm an information-seeker: let me have all the facts, then I can think my way to a decision. But Debbie feels her way through personal decisions more often. She needed to continue on a path of self-healing and wanted to see herself as healthy and cancer-free. So she declined testing and has continued to thrive with regular screenings.

I decided to get tested anyway. I was negative for any changes in the BRCA genes at that time. But my result is called an "uninformative negative." That is, we still don't know if there is an inherited predisposition to breast cancer in the family. So I continue to be managed in the high-risk program as a previvor.

Now, several years later, genetic science has advanced, and we know of several more genes that are part of the DNA repair system and can contribute to cancer risk. So now

Debbie and I are considering testing again, this time for "expanded panel" testing for these genes.

Debbie and I are in different places in our lives now. She has started a new career in therapeutic counseling. I am newly re-married and am an empty nester. So the discussion about testing takes us to a different place – one of mutual caretaking. There are still issues of insurance and self-perception to consider.

But we both enjoy exploring each other's perspectives. And whether we get tested or not, we remain devoted sisters. ■



Jennie Stone, right, with her sister Debbie.



Clinical Research at MD Anderson Cancer Center at Cooper

By Andrew March, Manager, Research Program, MD Anderson Cancer Center at Cooper

When hearing the term *clinical research*, what comes to mind? Some may think of pipettes and lab mice; others may think of undue risk or a last-ditch treatment effort. Personally, when I hear the term *research*, I think not only of hope for future generations, but also for all past and current patients who participated in a clinical trial and benefited from an exciting new treatment. I think of scientific advancement. Most importantly, I think of the passion I have towards finding more effective treatment options for the life threatening diseases that impact the lives of individuals and families around the world.



"When I hear the term *research*, I think not only of hope for future generations, but also for all past and current patients who participated in a clinical trial and benefited from an exciting new treatment."

At MD Anderson Cancer Center at Cooper, our team of physicians, nurses, and other cancer specialists work together to offer a menu of innovative clinical trials to our patients. Our center's strong passion for clinical research is grounded by the desire to provide our patients with clinical opportunities that may not be available elsewhere in the South Jersey region.

Some of the frequently asked questions regarding the clinical trials offered at our sites:

What is a clinical research trial?

A clinical research trial is a scientific investigation that involves voluntary human participants and aims to identify new ways to prevent, detect, diagnose, or treat specific diseases. The Food and Drug Administration categorizes clinical trials into one of four phases. Each phase requires its own investigation that must result in positive clinical outcomes before moving on to the next phase.

Who can participate in research?

Unfortunately, not everyone is eligible to participate in clinical research trials. Each study has specific inclusion and exclusion criteria that a patient must meet in order to participate. Some

criteria are broad, such as having a specific diagnosis, whereas others are more detailed, such as blood-work values of a certain level. These criteria are heavily monitored to ensure patient safety and scientific integrity.

What types of trials are available at MD Anderson at Cooper?

At MD Anderson at Cooper, we have a wide variety of clinical trials currently open for enrollment. The majority of our trial portfolio focuses on cancer treatments including chemotherapy, immunotherapy, surgery, and radiation. In addition, we also conduct trials focused on cancer prevention, diagnostic/ screening techniques, quality of life, and family genetics.

Why participate?

All of the currently available cancer treatments are based on the results of past clinical trials. Those who participate in a clinical trial may potentially benefit themselves, but more important, may benefit those diagnosed with cancer in the future. Research participants truly are heroes to future generations.

What questions should I ask my doctor?

It is important for a research participant to fully understand the details of the trial before agreeing to participate. Examples of questions that should be asked include:

- What is the purpose of this research?
- What are the potential benefits and risks?
- How does this research compare to the standard of care I would receive?
- How is my personal health information protected?
- Are there any additional costs or time requirements if I choose to participate?

All clinical trial participants are also provided with a copy of their signed informed consent document, which outlines this information and much more.

Participation in a clinical trial is completely voluntary and a patient may withdraw at any time. Whatever decision is made, the level of professionalism and compassion that a patient receives at our center will not be affected. **For more information about clinical trials at MD Anderson at Cooper, please call 855.MDA.COOPER (855.632.2667) or email the research team directly at researchcancer@cooperhealth.edu.** ■

Inspired to Live

By Lynn Morris, Cancer Survivor

Adverse situations in life either overtake you or make you. One of the hardest things to do is to keep living through those times. I would like to share some of my life challenges and how came through the other side.

Years ago my ex-husband became addicted to drugs, which resulted in him leaving our family. I became a single mom and I promised myself that my children would not become a casualty of the neighborhood or a statistic. It is a sacrifice of love to provide for your children. They were my priority.

Unfortunately at around this time I became sick. I suffered from fibroids and had to receive several blood transfusions and an iron infusion. I held on to my faith in God by meditating and drawing strength from His Word. I knew I had to accept the things I could not change, and change what I could. God is my place of serenity. God gives me joy. All five of my children are God fearing, successful in their careers, and have begun their own families. I stayed active in my church and community — being a positive force and example of what you can achieve through hard work and faith. I even became a chaplain's aide.

One day the unexpected occurred. I went for a physical to get ready for a missionary trip. At the appointment the doctor gave me a breast exam and felt something unusual in my breast. I went for a mammogram and the doctor read the results to me. I had stage II

breast cancer. I needed surgery, chemo, and radiation right away. This report took my breath away and silence overcame me for a moment. My emotions raced within me and I didn't know whether to cry, scream, shake, or shout.

Unfortunately, even with treatment, my cancer spread and three years after my diagnosis, I was told my cancer had progressed to stage IV metastatic breast cancer.

My family was and is my support system. They shower me with love and remind me daily to be strong and brave. Their presence gives me the courage needed to see the vision of a better future. I was determined in my heart and mind that I would continue to fight and live in spite of the diagnosis. I was also determined to take action.

I researched and found Dr. Generosa Grana at MD Anderson Cancer Center at Cooper. I made an appointment to see her and know that I am in the right hands. Dr. Grana has been remarkable in her care of me. Her skill and work is seen through my life. I am grateful to God for giving my cancer team the knowledge and ability to care for so many people. They are life savers. I love you, Dr. Grana — and the MD Anderson at Cooper family.

Today I am a five-year cancer survivor. I daily profess the promises of God over my life. I have hope and a future. I will not give up life to this disease. God is keeping me alive. Be encouraged, you can make it! ■

My family was and is my one support. They showered me with love and reminded me daily to be strong and brave. Their presence gave me the courage needed to see the vision of a better future.





Advances in Radiation Oncology

By Anthony Dragun, MD, Chairman and Chief, Department of Radiation Oncology

When I see patients in consultation for radiation therapy, they're often scared and confused about what radiation therapy is and how it works. Many times they have anticipatory anxiety because they've heard secondhand stories of patients going through radiation therapy and having significant trouble and side effects. While the prospect of radiation therapy can be intimidating, it is important to understand how incredibly far the specialty has come, even in the last decade.

History of Radiation Therapy

It may be hard to believe, but radiation was actually one of the first "medicines" discovered by humankind. In the late 1800s, Wilhelm Conrad Roentgen and Marie Curie discovered x-rays and radium, respectively, and won the first two Nobel Prizes in Physics. Shortly thereafter, it was found that radiation was very useful in the treatment of a number of medical maladies, including cancer. Radiation therapy immediately gained popularity in Europe for the treatment of cancers that could not be addressed with surgery (definitive treatment) as well as a supplementary therapy for patients who had undergone surgery (adjuvant therapy). A medical revolution was under way in cancer medicine.

As physicians gained more experience with the treatment of cancer patients, they also gained insights into the dangers of radiation therapy. Many people who were harmed by radiation-therapy exposure in those early days were not patients undergoing treatment, but the physicians and nurses who treated them. Thus began our modern scientific understanding of radiation safety. However, up until the early 1950s, the use of radiation remained largely unregulated in the medical community. It was not uncommon for pediatricians to have a jar of liquid radium available for the treatment of tonsillitis and ring worm of the skin. As hard as it may be to believe today, radiation was commonly used as a gimmick in shoe stores where patrons were invited to have their feet x-rayed in a new pair of shoes to insure proper fit!

The post-World War II "atomic age" brought much greater understanding of the potential dangers of radiation and gradually medical applications of radiation for diagnostic and therapeutic uses became consolidated under a relatively new medical specialty called "radiology." Early radiologists were skilled in using radiation to both diagnose medical conditions (diagnostic) as well as the treatment of medical maladies (therapeutic). Approximately 50 years ago, these two main uses of radiation began to diverge and the specialty of "radiation oncology" was born.

Modern Radiation Technology

In the 1950s and 1960s a revolutionary method of producing high energy x-rays was developed at Stanford University. The linear

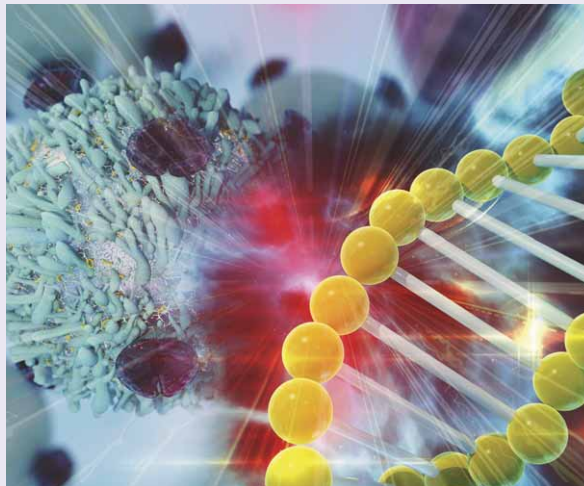
accelerator used microwave technology to produce x-rays that were much more efficient at killing cancer and protecting surrounding normal tissue. Linear accelerators are extraordinarily complicated and precise machines that require a tremendous amount of maintenance, quality assurance, and specialty care to ensure that the exact dose of radiation therapy is properly delivered according to the radiation oncologist's specification.

Behind the scenes, there exists a team of radiation physicists, dosimetrists, and radiation therapists skilled in the proper and safe use of these machines in the treatments of patients. Over the decades, our specialty has transformed from one that relied on estimations of tumor location and radiation exposure to vital organs based on physical examination and primitive diagnostic x-rays to a high-tech, three-dimensional, virtual-reality world where a near infinite number of radiation-beam angles and shaping is tailored to each individual patient's unique anatomy. Terms such as "intensity-modulated radiation therapy" (IMRT), "image-guided radiation therapy" (IGRT), and "stereotactic radiosurgery" (SRS) largely didn't even exist 15 or 20 years ago. Radiation oncology is truly a specialty that has benefited from the computer revolution more than any other medical field.

The Future of Radiation Oncology

Just as most people today have difficulty remembering what life was like before the advent of cell phones, so too do young radiation oncologists have difficulty understanding what radiation therapy was like for patients before the technological revolution. And just as pharmaceutical medications have become more effective with fewer side effects and surgery has become less invasive, the radiation therapy that a patient receives today bears little resemblance to that which may have been used a generation ago. Radiation therapy today is delivered faster, with fewer treatments, in order to preserve a patient's quality of life. The future of radiation oncology involves even more personalization, precision, and convenience for patients.

Research shows that individuals treated at major academic medical centers that have advanced technologies and care for high volumes of cancer patients like MD Anderson at Cooper, have better outcomes than those treated at hospitals with lower volumes and less advanced technologies. The MD Anderson at Cooper radiation oncology team is committed to providing our patients with radiation therapy that is both safe and effective. In addition, patients undergoing radiation therapy at MD Anderson at Cooper have their radiation therapy plans reviewed by a radiation oncologist at MD Anderson Cancer Center in Houston — the nation's leading cancer center. It is an extraordinarily exciting time to be part of this unique medical specialty with a broad reach and deep history. ■





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*

January – August 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.

March 2019

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

April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2  9:30 – 10:30 am Get Moving <hr/>  11 am – Noon Guided Imagery and Meditation	3  9 – 10 am Seeds of Hope Planning Meeting	4  12:30 – 1:30 pm Mindfulness	5
8  10 – 11 am Gentle Chair Yoga	9  9:30 – 10:30 am Laughter for Health <hr/>  11 am – Noon Qi Gong and Meditation	10  9 – 10 am Seeds of Hope Planning Meeting	11  11 am – Noon Creative Arts for Healing <hr/>  12:30 – 1:30 pm Mindfulness	12
15	16  9:30 – 10:30 am Gentle Chair Yoga <hr/>  11 am – Noon Guided Imagery and Meditation	17  9 – 10 am Seeds of Hope Project (Garden)	18  12:30 – 1:30 pm Mindfulness	19
22	23  9:30 – 10:30 am Get Moving <hr/>  11 am – Noon Qi Gong and Meditation	24  9 – 10 am Seeds of Hope Project (Garden) <hr/>  9:30 am – 1 pm Therapeutic Massage and Reflexology	25  11 am – Noon Creative Arts for Healing <hr/>  12:30 – 1:30 pm Mindfulness	26
29  10 – 11 am Gentle Chair Yoga	30  9:30 – 10:30 am Gentle Chair Yoga <hr/>  11 am – Noon Guided Imagery and Meditation			

Locations

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

May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1  9 – 10 am Seeds of Hope Project (Garden)	2  12:30 – 1:30 pm Mindfulness	3
6  10 – 11 am Gentle Chair Yoga	7  9:30 – 10:30 am Get Moving <hr/>  11 am – Noon Qi Gong and Meditation	8  9 – 10 am Seeds of Hope Project (Garden)	9  11 am – Noon Creative Arts for Healing <hr/>  12:30 – 1:30 pm Mindfulness	10
13	14  9:30 – 10:30 am Laughter for Health <hr/>  11 am – Noon Guided Imagery and Meditation	15  9 – 10 am Seeds of Hope Project (Garden)	16  12:30 – 1:30 pm Mindfulness	17
20  10 – 11 am Gentle Chair Yoga	21  9:30 – 10:30 am Gentle Chair Yoga <hr/>  11 am – Noon Qi Gong and Meditation	22  9:30 am – 1 pm Therapeutic Massage and Reflexology	23  11 am – Noon Creative Arts for Healing <hr/>  12:30 – 1:30 pm Mindfulness	24
27	28	29  9 – 10 am Seeds of Hope Project (Garden)	30  12:30 – 1:30 pm Mindfulness	31

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.

June 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  10 – 11 am Gentle Chair Yoga	4  9:30 – 10:30 am Get Moving <hr/>  11 am – Noon Guided Imagery and Meditation	5  9 – 10 am Seeds of Hope Project (Garden)	6  11 am – Noon Creative Arts for Healing <hr/>  12:30 – 1:30 pm Mindfulness	7
10	11  9:30 – 10:30 am Gentle Chair Yoga <hr/>  11 am – Noon Qi Gong and Meditation	12  9 – 10 am Seeds of Hope Project (Garden)	13  12:30 – 1:30 pm Mindfulness	14
17  10 – 11 am Gentle Chair Yoga	18  9:30 – 10:30 am Get Moving <hr/>  11 am – Noon Guided Imagery and Meditation	19  9 – 10 am Seeds of Hope Project (Garden)	20  11 am – Noon Creative Arts for Healing <hr/>  12:30 – 1:30 pm Mindfulness	21
24	25  9:30 – 10:30 am Gentle Chair Yoga <hr/>  11 am – Noon Qi Gong and Meditation	26  9 – 10 am Seeds of Hope Project (Garden)	27  12:30 – 1:30 pm Mindfulness	28

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.

July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8  10 – 11 am Gentle Chair Yoga	9	10  9 – 10 am Seeds of Hope Project (Garden)	11  12:30 – 1:30 pm Mindfulness	12
15	16	17  9 – 10 am Seeds of Hope Project (Garden)	18  12:30 – 1:30 pm Mindfulness	19
22  10 – 11 am Gentle Chair Yoga	23	24  9 – 10 am Seeds of Hope Project (Garden)	25  12:30 – 1:30 pm Mindfulness	26
29	30	31  9 – 10 am Seeds of Hope Project (Garden)		

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

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 in the Healing Garden are subject to weather and growth conditions.

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



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®



Live a Robust, Healthy, Joyful Life After Cancer Treatment

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*

It is now well known that lifestyle does have an effect on some types of cancer. According to the World Health Organization, 30% of cancers could be prevented by not using tobacco, having a healthy diet, being physically active, and moderating the use of alcohol. This is coming from an organization that is often looked upon as the world's authority on disease and health.

According to recent research, your choices in diet, exercise, and environment can help determine your likelihood for reoccurrence.

If you have just been through the intense experience and range of emotions that come with surgery, radiation, or chemotherapy (or all three), you might find yourself asking, What's next?

Significant medical research has established both theoretical and practical application of the links between nutrition, exercise, and stress and cancer reoccurrence. These principles are beginning to change the face of cancer treatment centers around this country and the world.

Many hospitals currently have Integrative Oncology programs as part of their cancer centers. Most published data about oncology measure the value of a given intervention in terms of "survival." We don't want our patients to just survive; we want them to thrive!

I would like to share with you three recipes that I personally enjoy, which represent a day of complete nutrition. All three recipes plus several more are available in my book, *After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients After Cancer*, available on Amazon or wherever books are sold. ■

We don't want our patients to just survive; we want them to thrive!

A Day of Complete Nutrition Meal Plan:

BREAKFAST:



Total Body Restart Green Juice (From Dr. Oz)

INGREDIENTS

- 2 cups spinach
- 2 cups peeled and chopped cucumber
- 2 ribs celery
- 1/2 teaspoon grated fresh ginger
- 1 bunch parsley
- 2 apples, finely chopped
- Juice of 1 lime
- Juice of 1/2 lemon

DIRECTIONS

In blender, combine the spinach, cucumber, celery, ginger, parsley, apples, lime juice, and lemon.

Blend on high speed until smooth. Enjoy! Note: Generally blends better with higher power blenders. (2 servings)

LUNCH:



Tuscan Kale Salad (From Dr. Andrew Weil's True Food)

INGREDIENTS

- Juice of 1 lemon
- 3-4 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper
- Red-pepper flakes
- ½ cup fresh bread crumbs, made from lightly toasted bread
- 4-6 cups kale, loosely packed and sliced leaves of Italian black Lacinato "dinosaur" cavolo Nero Variety, with the midribs removed (any variety of Kale will do)
- ⅔ cup grated Pecorino Toscano cheese, Asiago, Parmesan, or veggie cheese shreds

POWER FOODS Kale, Lemon, Garlic, Red Pepper, Black Pepper

DIRECTIONS In a small bowl, whisk together the lemon juice, oil, and garlic and season to taste with salt, black pepper, and a generous pinch (or more) of pepper flakes. Place the kale in a serving bowl and pour the dressing over the top. Toss well. Add two-thirds of the cheese and toss again. Let the kale sit for at least 5 minutes. Add the bread crumbs, toss again, and top with the remaining cheese. (6 to 8 servings)

DINNER:



Portuguese Baked Wild Halibut with Rice

INGREDIENTS

- 2 tablespoons extra- virgin olive oil
- 2 tomatoes, chopped
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- ½ cup chopped black olives
- 2 tablespoons chopped cilantro, plus a few sprigs for garnish
- 1 pound halibut
- 1 cup cooked brown rice (organic)
- Salt and ground black pepper
- 2 cups dry white wine (or chicken or veggie broth)

POWER FOODS Tomatoes, Garlic, Onion, Brown rice, Black pepper

DIRECTIONS Preheat the oven to 350 degrees F. Pour the oil into a shallow baking dish. Scatter half the tomatoes, garlic, onion, olives, and cilantro in the dish. Pour the wine on top. Bake for 30-40 minutes, basting often. Place on a warm serving plate. Boil the drippings to desired thickness and pour over the fish to further moisten the plate. Garnish with the cilantro sprigs. (6 servings)



You Gotta Do You!

By Julie Fischer, Practitioner, The Dr. Diane Barton Complementary Medicine Program

When I watch my five-year-old granddaughter, I am amazed at what a character she is. Whether she feels wonderful, awful, amazing, or kind, she goes with it, and expresses said feelings with gusto. This kid dances to her own tune, literally — she is always humming, and she wears bright, sparkly outfits. In fact, last Halloween she was simultaneously a superhero and a princess. She busted a spontaneous move at her first dance recital because she felt the music move through her and couldn't be contained by what was choreographed.

We all have our unique characteristics; Some tend to be more glittery, others more studious, whimsical, content, or mischievous. Each of us has the perfect chemistry of characteristics to make one incredibly, perfectly unique you. I love this about us. I love to find out what it is that makes you YOU. These are the highlights of life! I also love how much we can often find in common with one another.

Sometimes the turns of life, and our action-oriented society can tend to dial us down a bit — or a lot. A cancer diagnosis and treatment can absolutely be one of these events. As sad as I am to see each new diagnosis or reoccurrence, I am equally inspired by the many who somehow weather the storm without losing

themselves to it. I am privileged to witness people striving to keep their sense of balance between dealing with illness and the person they truly are, each in their own way.

Some use humor, others faith; some remind themselves of the things and people they love even when they aren't able to participate fully with them. Still others try new things to fit their current abilities, and this also goes far beyond what it is they are doing — it's a demonstration of their own character, exploring, releasing — a feeding of their inner essence. I see people sporting attitudes of determination and strength to this end that would rival a professional athlete's.

Our changing experiences of life certainly shape its direction, sometimes in the blink of an eye, but our own essence — who we are — remains the same. Our unique essence lives within us, and we can tap into and cultivate or reacquire ourselves at any time.

Tiffany, a breast cancer survivor, sums it up well as she retells a conversation that she'd had with her "breast buddy," who walked a few steps before her on this journey — "Cancer can take my hair, but it can never take me!"

So, here's to you! *Namaste*, as we say in yoga — "the light in me honors the light in you." Rock on with your awesome self! ■

Our changing experiences of life certainly shape its direction, sometimes in the blink of an eye, but our own essence — who we are — remains the same. Our unique essence lives within us, and we can tap into and cultivate or re-acquire ourselves at any time.



Patients enjoying the many opportunities offered by the Dr. Diane Barton Complementary Medicine Program.



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

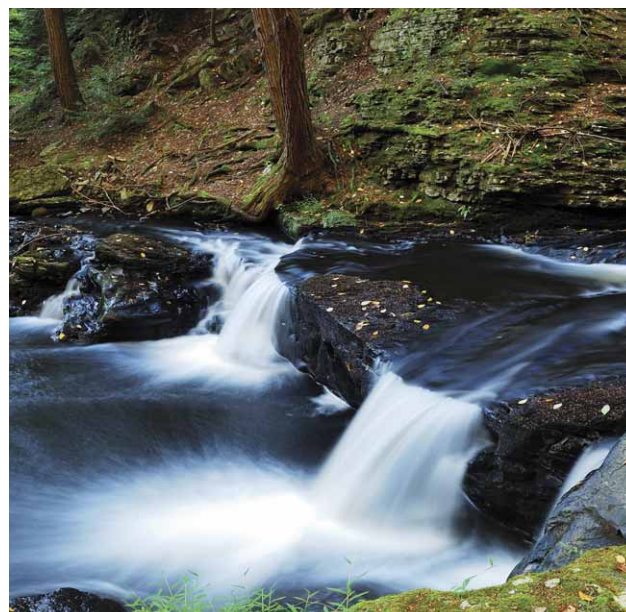
WHEN: This class is offered every
Monday from 10 a.m. to 11 a.m.
and every

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

My Journey With My Husband

By Valerie Jones-Rouse, Cancer Survivor

On a beautiful, chilly day, I ran into a very handsome man. I asked his name, not realizing that he was Andre, the brother of a longtime friend. He had returned to the area after a 30-year absence, and we reconnected.

Our relationship began in 1998, and we got married on February 28, 2004. I considered myself blessed to be his wife. He was a very respectful gentleman, a loving father to his children, and loyal to both his family and mine.

It was Andre who discovered “the lump.” Sometime later, I made an appointment, and a week later, on November 11, 2011, I was informed that the lump was cancerous. Wow. Cancer! My first thought was that I was dying. But God had another plan for my life, and it has never been better! With my Andre, how could I not live!

My treatment began on January 7, 2012. Andre accompanied me to all of my appointments — including every chemotherapy treatment and 10 weeks of radiation treatments. I began with chemotherapy. It was dramatic at first, until I understood the “demon” I was dealing with. I was extremely tired — worn out, actually. I lost my hair, and lost more than 40 pounds. My skin tone transitioned from a beautiful mocha to a dark espresso. I was unrecognizable to some. I struggled briefly, but I was blessed with a peaceful spirit.

Within four months, I regained my weight — I was fat and happy! You must remain positive and have God in your life.

While sitting on my sofa, I often thought of the word victory.

I believe God was telling me that I would be victorious. My family, friends, and especially my Andre did so much for me. I was made to feel like the most beautiful woman in the world — even if I thought I wasn’t. The loving care I received helped me through days and nights.

Andre enjoyed my home-cooked meals, watching sports and the Discovery Channel. He was a very smart man, and he greatly admired the late Senator John McCain.

We both loved God, singing in church, and participating in various activities. Some would say I was spoiled rotten — whatever Andre could do, whatever it took to make me happy, he did it.

His smile would make me smile. We were rich with love and respect for each other. He would make me laugh. He would even bring warm blankets to other patients in the infusion suite in Voorhees, and he stayed in touch with the patients from the time of my treatments until his passing on May 22, 2018.

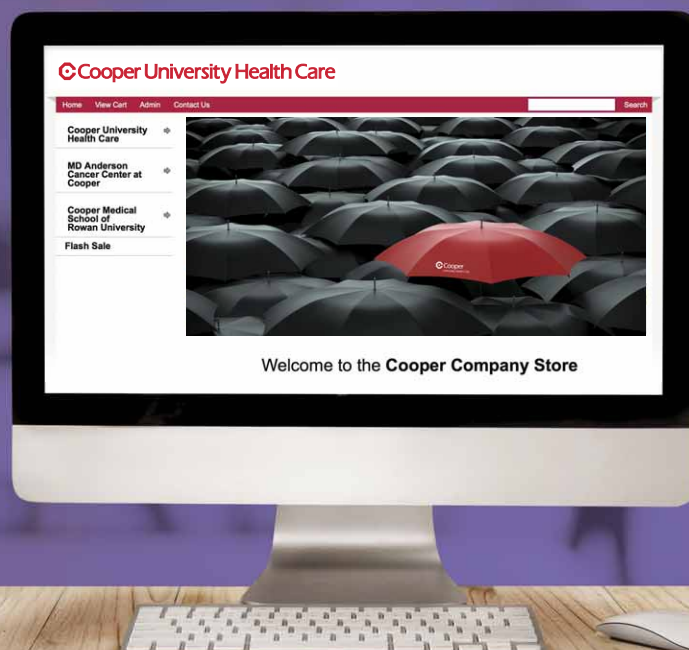
Seven years after my cancer diagnosis, I am still giving God the glory, honor, and praise. I thank God for lending my beloved husband, Andre Leroy Rouse, to me. ■



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



Beating Cancer and Giving Back

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

HOW CAN I GIVE BACK? It's a question cancer survivors and their families ask us here at The Cooper Foundation each and every day.

It's also a question I myself asked after being treated for ovarian cancer 15 years ago. Because to me, surviving cancer was a blessing that I needed to pay forward. I wanted to do what I could to advocate for a cure and help others fight – and beat – the disease.

That's how I became involved with Teal Magnolias, a local group of ovarian cancer survivors that held an annual fashion show to raise money for ovarian cancer research.

That was in 2003. Seven years later, when I joined Cooper as President and CEO of The Cooper Foundation, I drew on the strength of that earlier group to start **Pink Roses Teal Magnolias**.

Pink and Teal, as we like to call it, raises funds to support breast and gynecologic cancer research and care at MD Anderson Cancer Center at Cooper.

To date, Pink and Teal has raised \$5.5 million to help fight cancer, and it all started with one question: **HOW CAN I GIVE BACK?**

There are so many ways for you to give back to MD Anderson at Cooper and help make cancer history.

While Pink Roses Teal Magnolias benefits breast and gynecologic cancer, the **Jim Fifis Lung Cancer Research Fund** supports the lung cancer program at MD Anderson at Cooper. Each September, we hold a dinner at Ponzio's Diner-Bakery-Bar in Cherry Hill, celebrating the life of Jim Fifis, the long-time owner of Ponzio's who died of lung cancer in 2007.

The funds we raise support lung-cancer clinical-research programs, the high-risk lung cancer screening program and several innovative tools for the diagnosis and staging of lung cancer.

In addition to supporting Pink and Teal and the Fifis Fund, here are a few other ways you can give back to MD Anderson at Cooper:

- **Donate snack bags for the Tea Cart**, which provides snacks to patients and their families during chemotherapy.
- **Donate supplies and tools to support Seeds of Hope**, an organic gardening program for patients and survivors.
- **Purchase a paver, chair, or tree plaque in the Forman Family Tranquility Garden** – a scenic rooftop retreat at MD Anderson at Cooper that brings joy, comfort and peace to patients and visitors.

The Cooper Foundation also welcomes community partners – businesses, school and youth groups, and religious organizations – that want to give back through service projects or other events to benefit MD Anderson at Cooper.

As a cancer survivor, I am forever grateful for the treatment I received and thankful to the doctors, nurses and entire medical team for their life saving care. It is why I ask myself each and every day: **HOW CAN I GIVE BACK?**

To learn more about how you can give back to MD Anderson at Cooper, or to make a donation, visit <https://foundation.cooperhealth.org> or call 856.342.2222. ■

Road To Recovery

With the American Cancer Society

Every driver has what it takes to help save lives.

What do we do? Transportation can be one of the biggest roadblocks to treatment. That's why the American Cancer Society helps provide the rides that can help save lives. The American Cancer Society Road To Recovery program offers cancer patients free transportation to and from their cancer-related treatment.

For those who cannot drive themselves or have no other means of getting to treatment, volunteers donate their spare time to give cancer patients in their community a much-needed ride.

Because MD Anderson at Cooper understands the need for this service in the communities they serve, they are

joining with the American Cancer Society to recruit more drivers.

Why is this important? Right now, one of the biggest barriers to cancer care is transportation. Because even the best treatment can't work if a patient can't get there. That's why a successful transportation-assistance program can be a tremendous asset to the community, and why it's critical for MD Anderson at Cooper to play a role in helping to save lives.

Why does MD Anderson at Cooper support this program? By working closely with the American Cancer Society, MD Anderson at Cooper is helping patients they serve in the community get to the potentially lifesaving treatments they so desperately need. MD Anderson at Cooper is inspiring colleagues at work and around the community to become volunteers for the Road To Recovery program.

How does it work? To ensure quality drivers, the American Cancer Society screens every volunteer. They must also complete a training course to prepare for their new role.

Requirements:

- A good driving record
- A current, valid driver's license
- Access to a safe and reliable vehicle
- Proof of adequate automobile insurance
- Completion of an American Cancer Society training course
- Availability Monday through Saturday during the hours of 7 a.m. and 7 p.m.

The American Cancer Society is so appreciative of the support of MD Anderson at Cooper. With the support of new volunteer drivers and MD Anderson at Cooper, we can provide patients with the rides they need and help save more lives from cancer.

To learn more about the Road To Recovery program, visit www.cancer.org/roadtorecovery, contact your local American Cancer Society office, or call 1.800.227.2345.



Road To Recovery®

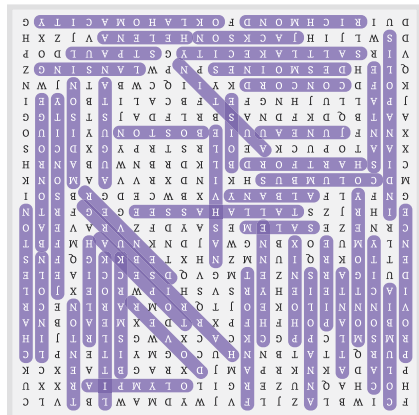
WordSearch

Theme: State Capitals

Find 46 State Capitals in the puzzle at right. Which 4 are missing?

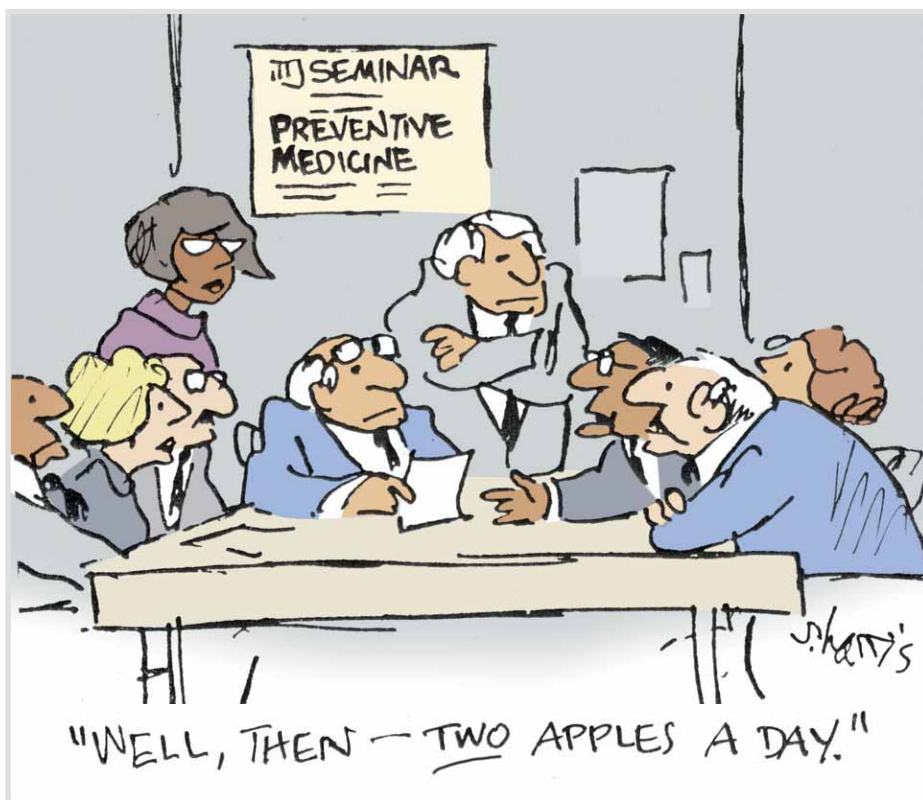
Albany	Des Moines	Oklahoma City
Annapolis	Dover	Olympia
Atlanta	Frankfort	Phoenix
Augusta	Harrisburg	Pierre
Austin	Hartford	Providence
Baton Rouge	Helena	Raleigh
Bismarck	Indianapolis	Richmond
Boise	Jackson	Salem
Boston	Jefferson City	Salt Lake City
Carson City	Juneau	Santa Fe
Charleston	Lansing	St. Paul
Cheyenne	Lincoln	Tallahassee
Columbia	Little Rock	Topeka
Columbus	Madison	Trenton
Concord	Montgomery	
Denver	Nashville	

Solution:



MISSING: Honolulu, Springfield, Montpelier, Sacramento

F C I W B L A Z J L F V J W Y D M A W L B T V L C
H O C H A Q N U Z E R G I L O L Y M P I A R X X U
P L A D A K N K R P A M J D X R A G B T A E X C K
P U R Q T T A T B N N H U C O G M Y I T E N P L C
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N L Y M U E O X B N G W A J D N K N U A H M F B T
C R N E Z E S A L E M E S A Y D F Z V R A V E A O
E I H R J Z S T A L L A H A S S E E G E G F R T N
G N F Y L F A L B A N Y V X B W C E D G R B S O I
M D C O L U M B U S H K I N D X R V V A A M O N K
C I S H A R T F O R D B L K D R B N W U B A N R H
X A A T O P U C K A E O L R S T R P Y G X D C O S
X N N F J U N E A U U I E B O S T O N U Y I I U O
A A T B Q D K F D N A S B R L F D A J S T S T G G
J P A L L U J H N G F E T F B C A L I T B O Y E I
K O F D C O N C O R D K Y I I Q C W B A T N J W N
Q L E H D E S M O I N E S P N P W L A N S I N G Z
V I R S A L T L A K E C I T Y G S T P A U L D O P
D S W L J I H J A C K S O N H E L E N A V J Z X H
D U I R I C H M O N D F O K L A H O M A C I T Y G



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