

Conquering chemo brain

Ann Hathaway, Program Director of Education



Ann Hathaway

“I used to have just the right word for any occasion at my disposal. Now, I sometimes have to search my brain for the simplest of words,” said Lisa Andreas. What Lisa, a breast cancer survivor, is describing is “chemo brain.”

Cognitive impairment and memory issues can be a frustrating, and sometimes debilitating, side effect of cancer and its treatment. Researchers are working to understand the memory and brain functioning changes cancer patients experience, but more study is needed to understand fully this condition.

Cancer Services recently held an eight-session workshop series to help our clients experiencing these problems. The workshops, led by Dr. Jeanne Zehr, Ph.D., focused on techniques to help. Zehr is the founder and director of MindCap, a local cognitive advantage program.

Eleven clients and three spouses participated in the first workshop series. Lisa attended with her husband Albert. She underwent treatment for breast cancer in 2013. She felt like the workshops were her opportunity for hope.

The workshops reinforced several

important things, including the fact that she is not alone and that our brains have an amazing capacity to regenerate. She learned strategies to combat her mental fog and she learned to give herself permission to slow down without being discouraged.

“Cancer Services has been a team of people in my corner as I have walked through this minefield of cancer survival,” said Lisa. “I have found support that is encouraging and empathetic but not pitying. That empowers me to be positive with myself and others.”

Ingrid Laidroo-Martin’s cancer journey began on January 25, 2016. “I went in for what we hoped would be a simple removal of a 15 centimeter cyst on my right ovary,” she said. “When they took a frozen section to test it, they found cancer. I ended up with a complete hysterectomy (and appendectomy). I ended up being completely off work for eight weeks then part time while I finished chemo.”

Ingrid’s job is “cognitively demanding.”

She was having trouble concentrating and difficulty verbally articulating her thoughts. She learned about the cognitive workshops through the monthly postcard and hoped they might provide some answers.

Through the workshops, she gained mental stamina and the ability to apply what she learned to her everyday life. The workshop activities were challenging, but fun.

“I was able to overcome the issues that brought me to the cognitive memory class,” she said. “It was so helpful to have other cancer survivors



from left to right: Lisa Andreas with her husband, Albert; Ingrid Laidroo-Martin; and Debra Hickman

along with their spouses learning alongside me. Cancer Services gave me a soft place to land.”

Debra Hickman was diagnosed with primary amyloidosis, a rare blood cancer, in October 2013. She received high doses of chemotherapy and an autologous stem cell transplant to treat the disease.

Following the transplant, she experienced problems with her short-term memory, which really shook her confidence.

“In the end it became a working support group,” Debra said. “I became aware of the negative attitudes and thought patterns I was holding. This class allowed me to try new ones, which helped me gain mental improvement. Emotionally, the class showed me how strengthening myself in the mental arena helped me gain better control over my emotions.”

As Cancer Services considers programming for 2017, we want to make the cognitive workshops a regular offering for our clients. We are currently seeking funding to support this much-needed resource.

“...That empowers me to be positive with myself and others.”



Cancer Services of Northeast Indiana will be closed on the following dates:

Christmas
New Years

December 23 & 26
January 2, 2017

Join our community!

All programs are free, open to the public and held at Cancer Services' Healing Arts Center, unless otherwise stated.

Please call (260) 484-9560 or toll free at 866-484-9560 or email Ann Hathaway at ahathaway@cancer-services.org for more information or to make reservations.

DECEMBER

Be the Star of Your Holiday Party

5 to 6:30 p.m., Tuesday December 6, 2016

Or

11 a.m. to 12:30 p.m., Monday, December 12, 2016

Presented by Sue Delagrang, MS, RD and Sandy Kowalenko

If you find yourself wondering what healthy new dish you can bring to your next holiday gathering, this presentation will give you a jump-start on ideas.

Also enjoy making a craft item that would be a wonderful hostess gift.

Art Side by Side

9:30 a.m. to 3:30 p.m., Thursday, December 8, 2016

9:30 a.m. to 3:30 p.m., Thursday, January 12, 2017

9:30 a.m. to 3:30 p.m., Thursday, February 9, 2017

9:30 a.m. to 3:30 p.m., Thursday, March 9, 2017

Sarah Creason and other local artists will coach participants in various art mediums and how to use art for self-expression. Bring your own materials.

Reservations required.



Last year Congress made permanent the IRA Charitable Rollover provision. This allows individuals who have reached age 70 ½ to donate up to \$100,000

to charitable organizations like Cancer Services. Because the distribution is made directly to the charitable organization it is not counted as taxable income. Ask your IRA custodian for details.

Your holiday shopping can help cancer patients

Here are two easy ways you can make sure your holiday shopping spreads a little extra cheer for people in our community who are touched by cancer.

1. Do your online shopping with AmazonSmile

Go to <http://smile.amazon.com/ch/35-0965609>



Remember to bookmark the link so you can easily find it every time you shop. Make your Amazon purchases as you

normally would. Amazon will donate .05% of eligible purchases to Cancer Services of Allen County (our legal name).

2. Enroll your Kroger Plus Card in Kroger's Community Reward program.

Kroger rewards Cancer Services with a quarterly donation when our supporters select us as their charity of choice and use their Kroger Plus Card to shop.



Here's how to enroll:

- Go to <https://www.kroger.com/communityrewards>
- Click on Create an Account (If you already have a Kroger Plus card, but are not an online customer) or click on **Sign in** (If you are an online customer already and just want to designate Cancer Services as your charity of choice.
- Cancer Services' organization number is **11230**.
- Call Stacey at Cancer Services at 484-9560 for more information.



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CareLines is a publication of Cancer Services of Northeast Indiana

Going the extra mile for cancer patients



Cancer Services has 83 dedicated volunteer drivers who help cancer patients get to and from treatment appointments. However, we desperately need to add more volunteers to the pool of willing drivers.

The value of this service cannot be overstated.

“Not to be melodramatic, but some of our clients would not be able to get treatment if not for our volunteer drivers,” said Liz Karst, a Cancer Services client advocate. “Some of our clients simply don’t have that kind of support system in place. They don’t have friends or family members who can provide them with the number of rides they need at the times they need to go to treatment.”

The volunteer drivers provide a tremendous service not only to the patient, but also to family members trying to care for loved ones. Meeting the demands of work and family on top of the transportation needs of a demanding treatment schedule can easily overwhelm anyone – especially those of the “sandwich generation” who are taking care of children and elderly parents. Imagine trying to keep your job and take care of a spouse with cancer if you are also caring for children and parents at the same time.

The problem is that while we have many willing drivers, we don’t always have drivers who are able to provide transportation assistance where and when they are most needed.

The highest demand for transportation help is in Allen County in zip codes 46802, 46803, 46807, 46809, 46816, and 46819, as well as, the other counties we serve, including Adams, DeKalb, Huntington, Kosciusko, LaGrange, Noble, Steuben, Wabash, Wells and Whitley.

Volunteer drivers need to own their car, have a valid driver’s license and insurance.

If you love to drive and have time to help transport a client to radiation or chemotherapy appointments, or want to learn more about volunteering, please call Cheryl Dafforn at 260-484-9560 or toll free 1-866-484-9560.

Community support raises hope

The months of October and November have been a wonderful prelude to the season of giving with more than a dozen businesses, school groups, organizations or individuals holding a variety of fundraisers to help people in our community touched by cancer.

More than \$9,000 was donated to Cancer Services of Northeast Indiana as a result of all of the hard work and generosity. All fundraisers, no matter the sum, not only provide both practical and emotional resources to local people affected by cancer, they build community awareness that will further Cancer Services’ reach in Northeast Indiana.



Fort Wayne Kia fundraiser



2016 East Noble Girls Volleyball fundraiser



McMahon’s Best-One Tire & Auto Care fundraiser



Regal Beloit fundraiser

Thankyou

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Cancer Services is entirely supported by charitable contributions. Some support comes from local foundations, but it is the individual donors who make the most impact - sending regular checks, buying tickets to fundraising events, and walking to raise money with friends. These gifts come with "no strings attached," which means we are able to fund innovative new programming and balance resources so that people can get what they need when they need it.

When you read this list of amazing donors and wonder if your gift matters, please know that the organization wouldn't exist without it.

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Thanks to all who gave to Cancer Services between October 1, 2016 and November 15, 2016.

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Cancer Services 14th Annual Design on Life Spring Auction

CERUTI'S DIAMOND ROOM
6601 Innovation Blvd. at 6:30 PM



Join us for an evening of food, entertainment and live and silent auctions to benefit Cancer Services of Northeast Indiana.

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