



Carelines

April 2009

CANCER SERVICES OF NORTHEAST INDIANA • *Compassion, Knowledge, Support*

Volume 65 • Issue 2

Getting Inspired

“If you could take a time out from the day to day responsibilities, what would you do to find renewed inspiration for your mission?” That was essentially the question Foellinger Foundation posed to non-profit leaders last year as part of their Inspire Grant application and in celebration of the foundation’s 50th anniversary.

The staff and executive committee at Cancer Services gave the question considerable thought and chose to explore what complementary care can mean for a person in cancer treatment and post-cancer treatment.

Complementary therapies are used to reduce pain, stress and anxiety, not to cure disease. They can enhance a patient’s well-being and quality of life. Typically, they are non-invasive, inexpensive and pleasant. Most importantly, they are activities that can be managed by the individual. For people with cancer, having control during a time when loss of control seems all around is a very positive experience.

Many complementary therapies fall within one of three categories: touch therapies, movement therapies and expressive therapies. Professional massage, reiki, reflexology, craniosacral therapy, healing touch, acupressure and acupuncture fall in the touch category. They generally involve a trained practitioner placing his or her hands on the recipient in a specialized manner. With the exception of acupuncture, the therapies do not generally use tools or devices and most can be done while the recipient is fully or partially clothed.

In the case of movement therapy, many of these tech-

Continued on page 2



Charles Greer

Being well and feeling better

Charlie Greer was diagnosed with head and neck cancer in 1999. His surgery involved a wide incision across his throat. He had very limited physical therapy afterward and was left with a great deal of scar tissue and limited range of motion. He had his first massage in 2004 at Cancer Services and continues to this day.

Charlie wants people to set aside their fears and misconceptions about massage and give it a try. “Your massage therapist is a person who can help you. He or she is a trained professional who knows what you need and keeps getting more training on the latest information. They are professionals who can help you with cancer issues after your treatment.” He also explains that his therapist gives him exercises that he can do at home between appointments. Charlie says because of his monthly sessions, he sleeps better and feels more relaxed “head to toe.”

If you are interested in trying massage for the first time but have questions, the massage therapist at Cancer Services and any professional massage therapist, would welcome the opportunity to meet with you and answer your questions and discuss concerns. ☺



cover story



Save the date ...

Thursday, October 1, 2009
Tie One On to Defeat Prostate Cancer

With New York Times columnist Dana Jennings and world-renown surgeon and urologist Gerald Chodak, MD

Plan now to attend this evening of inspiration!

Getting Inspired continued ...

niques resemble exercise. Disciplines such as yoga, tai chi, and qigong can be beneficial for people with cancer. These gentle exercises can increase the flow of natural endorphins, improve breathing, maintain muscle tone and facilitate better sleep and lessen mood swings.

Art and music therapy as well as journaling and laughter therapy are examples of expressive therapies. Sometimes people struggle to express their feelings about their cancer. They may hesitate to share the fear they feel with people close to them. They may think their anger is inappropriate. They often want to protect family members from what they perceive are negative emotions. By expressing these emotions through art-making, therapeutic drumming and writing, individuals can often gain control of their feelings and more proactively manage their lives. A room full of cancer patients who are laughing may seem incongruous but joy and laughter are primal emotions for human beings. As anyone who has ever experienced the infectious nature of a chuckling baby knows, laughter is contagious and can make you forget your anxieties or lessen their intensity. Laughter therapy is a growing field of interest today.

Because of the support of Foellinger Foundation, staff and board members are busy taking the opportunity to be inspired. They are experiencing a wide variety of complementary therapies including: massage, qigong, reflexology, guided imagery, therapeutic drumming, nutrition counseling, acupuncture, raindrop therapy, personal exercise training, hypnosis, reiki and more.

Learning new things is exciting! Sometimes we have to be startled out of our routines in order to be open to new experiences. The life-changing nature of a cancer diagnosis does that for some people.

Cancer Services' mission is to provide practical resources and emotional support for people with cancer and their families. It seems that these complementary therapies are both practical and emotionally supportive. **We want to know what you think. Have you experienced one of the therapies listed above? Did you find it beneficial? Send an email and tell us your experiences, to: dmay@cancer-services.org.**

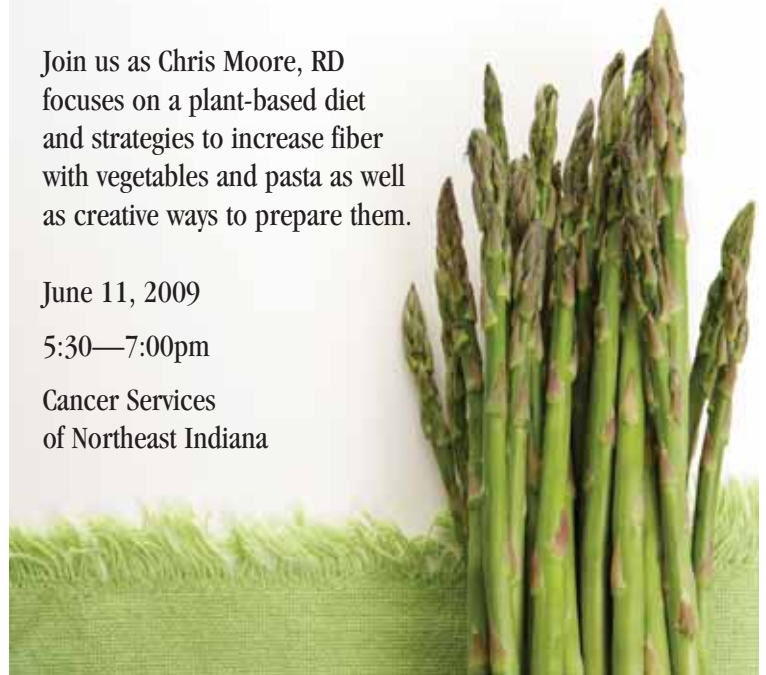
“Return to Your Roots”

Join us as Chris Moore, RD focuses on a plant-based diet and strategies to increase fiber with vegetables and pasta as well as creative ways to prepare them.

June 11, 2009

5:30—7:00pm

Cancer Services
of Northeast Indiana



agency staff

Cancer Services of Northeast Indiana Inc.
6316 Mutual Drive • Fort Wayne, IN 46825
(260) 484-9560 • (866) 484-9560 Toll free
www.cancer-services.org

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**Lapper 2009 joins
Cancer Survivors Day
for a *blow-out* weekend!**



Capture the Spirit!

After a walk in the park on Saturday, join us for an afternoon of laughs on Sunday!

On Saturday, June 6, Lapper 2009 will again take place at Foster Park in southwest Fort Wayne. Join us for a beautiful morning lap around the park. Bring a friend or form a team and walk as many laps as you can as a sign of support for friends and family fighting cancer. Push yourself past your comfort zone just as people battling cancer do every day.

This year the course will also be marked at 3K, 5K and 10K for runners. Check-in time is 8:00am, runners start at 8:30 am and walkers start at 9:00am. Participants registered by May 15 who raise a minimum of \$25, receive a free T-shirt.



Cancer Services is pleased to welcome comedian Mack Dryden for an afternoon of laughs and good times at **Cancer Survivors Day on Sunday, June 7, 2009, from 2:00—3:30pm.**

Mack has performed on dozens of TV shows including The Tonight Show with both Johnny Carson and Jay Leno. As an actor, he has appeared in several movies and many TV shows including, JAG and The Guardian. He is also a two-time cancer survivor. Mack shares his inspiring story complete with his unique brand of clean humor nationwide. He earned a black belt in karate as he was earning a Master's degree in Creative Writing. He has won two Associated Press writing awards and was hand picked by Bill Maher as a writer for Politically Incorrect. As Mack says, "it hasn't been an easy road, but falling on your face is still moving forward!"

This annual celebration of life is free to survivors, their families and friends. Join us at the Marriott's Marquis Ballroom for light refreshments and children's activities again this year.

**Reservations are required.
Call 484-9560 to make your reservation today!**

IT'S EASY TO BE A WALKER!

STEP 1

Register online or send in a form.
www.cancer-services.org/lapper.php

STEP 2

Collect donations—ask friends and family to support you as you support Cancer Services.

STEP 3

Arrive Saturday, June 6, between 8:00—9:00am with your walking shoes ready.

Turn in your donations and join hundreds of new friends showing their support for people fighting cancer. Walk as far as you can or as long as you want!

This event was originally conceived in 2003 by local teacher Jill Burnett as a way to show support for her friend battling breast cancer and to raise money for Cancer Services. Now in its seventh year, Lapper 2009 is poised for growth. Please help us raise essential funds to support our Client Advocate program and ensure that no one walks the cancer journey alone.

To register and learn how to form a team, check out www.cancer-services.org/lapper.php. For questions, call Brenda Betley, 484-9560. This is a great way for co-workers to show their support for someone with cancer and for families to rally together to honor a loved one fighting the disease. Corporate sponsorship opportunities are also available starting at \$100. ☺

IT'S EASY TO FORM A TEAM!

STEP 1

Recruit friends, family and co-workers to form a team in support of someone special who has been touched by cancer.

STEP 2

Team Captain registers online or sends in a form.

www.cancer-services.org/lapper.php

STEP 3

Select a team name! Each team member collects donations from friends and family to support Cancer Services of Northeast Indiana.

STEP 4

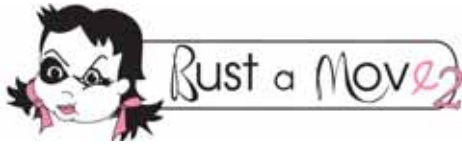
All donations are turned in to Team Captain before June 6.

STEP 5

Team members arrive Saturday, June 6, between 8:00—9:00am with walking shoes ready.



Celebrating the strength of women



The Fort Wayne Derby Girls are planning an art exhibit and auction in conjunction with local artists, breast cancer survivors and businesses to raise money for supplies and support services for individuals with breast cancer. Cancer Services of Northeast Indiana is honored to have been chosen by this wonderful group of strong and caring women to be their partner in this unique project.



As Derby Girls Amber Recker and Ann Johnson explain, "Derby Girls are tough, but there is nothing tougher than a cancer survivor, and we want to celebrate their mental, emotional and physical toughness and their victory over a disease that touches so many women. Many of us have supported

our mothers, sisters, aunts, grandmothers and friends through the pain and emotions associated with breast cancer. We understand the sensitive nature of and self-consciousness that may result from a mastectomy or lumpectomy."

This passion for caring has led to a unique project called "Bust a Move." A group of local artists and women will be volunteering their talents and their bodies to create unique, inspiring cast representations of the female bust and the emotions associated with breast cancer. Each cast will be painted by a local artist and auctioned off at an event in October to benefit Cancer Services' programs for breast cancer patients.

The committee is looking for breast cancer survivors who are interested in volunteering or participating in the casting process. There will be discrete and private "casting" parties at Cancer Services of Northeast Indiana, complete with wine and cheese and sisterhood. If you would like to participate please contact Ann Johnson at (260) 515-8777 or bashiehedzin@gmail.com. Our community is fortunate to have such a charitable group of women athletes providing family entertainment and enriching our community. ☺

Managing your finances during the cancer journey

Did you know that after the loss of a job, a major health crisis is the most common reason for personal bankruptcy?

- Come and get answers to your questions ...
- How can I manage our medical debt?
- How can I better manage our household resources during the cancer journey?
- Who is Consumer Credit Counseling Services?
- How can they help your family?

Wed., May 27, 6:30pm—8:00pm

Cancer Services' Healing Arts Center

**Co-sponsored by Consumer Credit
Counseling, a local not-for-profit
community service founded in
Fort Wayne, Indiana, in 1965.**

CCCS of N.E. Indiana is committed to helping people gain control of their finances by providing free budget counseling, debt management programs, financial education, HUD approved housing counseling, approved pre-file bankruptcy counseling and pre-discharge bankruptcy education.



**COMPREHENSIVE
CANCER CENTER**



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