

# CareLines

Side by side. Every step of the way.

CANCER SERVICES OF NORTHEAST INDIANA ♦ AUGUST 2016 ♦ VOL 73 ♦ ISSUE 4

## Profound joy and sorrow on the same day

The first time Heather Flinner learned she had cancer was on her 22nd birthday. The second time she got the awful news was on the day her youngest son was born.

"I was told my platelets were falling through the floor while I was in labor," Heather said. "I met my oncologist, Dr. Sadiq, in the delivery room. Within 12 hours of having my baby I was having a bone marrow aspiration."

Heather, 42, remained hospitalized for the standard postpartum recovery time then went home to be with her husband, Carl, and her brand new baby for a short time before she had to start treatment against acute myeloid leukemia.

"They let me have five days at home to bond with my child and to breastfeed because once treatment starts that's all out the window."

The first visit Heather and Carl made after their son John was born was to Ashton Creek Health and Rehabilitation Center where Heather worked as social service director. She wanted to show her co-workers her beautiful new baby boy and she needed to tell her employer her sad news.

"I have to give a major shout-out to Ashton Creek," she said. "It was an exceptional place to work. I was only employed there for nine months when this happened and they have been very generous with me, even holding a bake sale to help us."

The family's next stop was Cancer Services of Northeast Indiana.

"Because I knew Carl would need support," Heather said. "He's a first time father and this would mean taking care of the baby and taking care of me."

Heather was well acquainted with Cancer Services because she was already part of our community. She was an intern at the agency in 2009

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Heather and Carl Flinner enjoying their son John

while working on her degree. After earning her psychology degree, she became a facilitator for our Leukemia, Lymphoma and Myeloma and Esophageal, Head and Neck Cancer support groups for several years.

"Even with my background and having had cancer before I was completely unprepared to face cancer again," Heather said. "When I found out, I just started screaming and saying lots of things that aren't printable. The timing was just so horrific."

Liz Karst is the family's client advocate.

"I asked Liz specifically if I didn't make it out of the hospital that she reach out to Carl and make sure he had support," Heather said. "Liz was absolutely amazing. As someone who is in a similar field I am picky about who I trust with my family. I trust her. What I love most about her is that we are very meshed. We are both very laid back people who like to tell it like it is."

*Client Story continued on page 3*



### Why should I give my email address to Cancer Services?

Email is a great way to learn about upcoming programs and classes. Staff sends information once a week about upcoming nutrition classes and other educational presentations.

Client advocates will also use email to directly communicate with you and follow up on any questions and issues you have discussed.

We recently sent an email survey to clients seeking opinions about a new program we are developing. We value your thoughts and appreciate your input so we sometimes use email survey tools to gather needed feedback.

Occasionally, you may also receive email about events and activities that Cancer Services is involved with throughout the community.

### Will you flood my inbox?

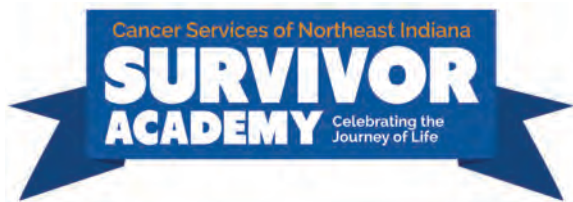
You can expect to receive between four to six emails per month depending on what is happening here.

Cancer Services respects your privacy and will never share your email with other organizations or individuals.

### How can I sign-up?

Send an email to [nhoham@cancer-services.org](mailto:nhoham@cancer-services.org) and we'll add your name to the list.

## An investment in community wellness



Dimmed lights and warm greetings – that’s how the Monday evening yoga class at Cancer Services begins. Then Linda Krebs, an experienced instructor from Pranayoga, walks the students through poses, stretching exercises and breathing techniques to ease stress, promote relaxation and reduce pain. The class has a loyal following because one of the most important benefits it provides is a welcoming and supportive community for anyone touched by cancer.

This past year Cancer Services has significantly expanded our wellness programs – we call it Survivor Academy.

This includes weekly sessions of tai chi, meditation and stretching in addition to yoga. It also includes nutrition workshops (that often include yummy taste treats) and other educational opportunities to help people make lasting changes to improve their health.

Ann Hathaway, our director of education, works hard to make sure all of the offerings are enriching and of high quality. We are grateful to our volunteer facilitators, but Cancer Service also hires many of the instructors to ensure we can meet client’s needs. Most Survivor Academy classes and workshops are free because we want to make certain cost does not become a barrier for cancer patients under financial stress. The Survivor Academy is not cheap. But we know the importance of these services justifies the expense.



Our goal is to grow the Survivor Academy and attract more participants. Because it’s not just about what skills you learn during the class, it’s about who you meet and the community of support that is built. Our hope is that those who are able will invest in the Survivor Academy to keep it accessible to everyone – especially cancer patients facing financial hardship.

### Connect with us



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CareLines is a publication of Cancer Services of Northeast Indiana

*Side by side. Every step of the way.*

## 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](mailto:ahathaway@cancer-services.org) for more information or to make reservations.

### AUGUST

#### **Hypnotherapy for Cancer Treatment Side Effects** **5:30 to 7:30 p.m., Wednesday, August 24, 2016**

*The cost for this workshop is \$10.00. Class size is limited*  
Presented by Leatha Blazetic, Certified Hypnotist

This group hypnosis session will introduce the concept of changing your thoughts to improve side effects from cancer treatment. It will be a comfortable, enjoyable and safe way to learn about the power we have within our own subconscious minds.

#### **Healthy Grilling**

**11:00 a.m. to 12:30 p.m., Thursday, August 25, 2016**  
Presented by Sue Delagrang, MS, RD

While there is no evidence that grilling meat causes cancer, charring meat can create heterocyclic (HCA) and polycyclic aromatic hydrocarbons (PAH) compounds linked with some cancers. This workshop will focus on ways to reduce these risks and create a healthy plate.

### SEPTEMBER

#### **Healing Herbs and Spices**

**5:00 to 6:30 p.m., Thursday, September 8, 2016**

Or

**11:00 a.m. to 12:30 p.m., Monday, September 19, 2016**

Presented by Sue Delagrang, MS, RD

Everyday herbs and spices do more than enhance the flavor of food. Common herbs (basil, parsley and oregano) may protect us from certain chronic conditions such as cancer, diabetes and heart disease. Learn how to incorporate the healing benefits of herbs and spices into your diet.

#### **Body Talk Presentation**

**6:00 to 7:30 p.m., Wednesday, September 14, 2016**

Presented by Laura Hillyard, Certified Body Talk Practitioner

The Body Talk System blends the wisdom of ancient healing tradition with a modern scientific understanding, healing the body and mind.

#### **Mandala Meditation Class**

**5:30 to 8:30 p.m., Tuesday, September 27, 2016**

*The cost for this class is \$10.00, which includes all materials.*

Presented by Leatha Blazetic, Certified Hypnotist

A mandala is a sacred symbol of wholeness. The word mandala comes from the Sanskrit word meaning “circle” or “sacred center.” Although the word has its origins in ancient India, this sacred symbol is found in many cultures. Whether you want to relax, problem solve, enhance your creativity, work on healing or just sit with friends and color you will find this class enjoyable.

**Cancer Services is pleased to announce that we will be adding an additional weekly Stretching Class beginning Wednesday, September 21, 2016, from 6:30 to 7:30 p.m.**



## Client Story: Heather Flinner ... *Continued*

Since the day baby John was born, Heather has spent most of her time in treatment, including months-long stays in hospitals, a bone marrow transplant and, unfortunately, more than a few setbacks and complications from the treatment.

Carl would frequently visit Liz at Cancer Services when Heather was in the hospital.

"Liz was open and understanding and I didn't have to self-edit," Carl said. "It's been completely overwhelming and devastating. It was hell. But it was nice to talk to Liz when Heather was down at IU and I was up here."

Along with a compassionate ear, Liz provided the family with medical equipment, nutrition drink and travel assistance. She also spent some time with Heather in the wig salon.

"The hair is big," Heather said. "I've been a blond, I've been a red head and I've had blue hair. It was all great. Great to go out in public and feel good about the way I look."

One of the biggest concerns has been the financial stress. Heather is on disability and doesn't know when or if she will be able to return to work because of the lasting effects of treatment.

"And Carl can't work because I can't lift the baby and I need care," Heather said. She joked that her husband has to take care of a 25 pound baby and a 170 pound "baby."

Liz has been able to help Heather and Carl with financial assistance and point them in the right direction for additional sources of support. Heather is in remission, but she is still very tired and weak. She also has a lot of difficulty with eating and swallowing.

"I know you're supposed to learn something very profound from cancer, but I didn't the first time. I don't know if at 22 I was too young or too stupid," Heather said. "But this time I did. I learned that I have no guarantees. I could go to IU tomorrow and find out I've relapsed. What's important are my family and the people in my life. I also learned I have to take better care of myself and just be present. Basically, to rock it until the wheels come off – that's our motto!"

## Sewing care with every stitch



Clancy Neuhaus sewing bed pads

Every Monday morning you can hear quiet conversation and intermittent laughter coming from the Volunteer Workroom at Cancer Services. It's the quiet hum of three dedicated women absorbed in a very important task. They are meticulously inspecting the bed pads hand-sewn by volunteers and then preparing the raw materials that the sewing groups will need to sew the next batch of pads.

The pads are made of 100% recycled materials, including Cellucotton filler, plastic sheeting (usually dry-cleaner bags) and gently used sheets. Above all, the hand-stitched bed pads are a hallmark of care and dedication to clients. The bed pads are a service the agency has provided since it was founded in 1944.

The pads are soft to assure the patient's comfort, yet strong enough to assist in moving or repositioning the patient. They are in high-demand because of their quality and ease of use.

These bed pads, lovingly hand-stitched by Cancer Services volunteers, are thicker, larger and more absorbent than "chucks" – the paper and plastic pads used in hospitals. Caregivers can easily discard and replace soiled pads without having to change sheets or do laundry. And, frankly, they offer more dignity to cancer survivors who get to feel a soft sheet beneath their body rather than crinkly paper.



In the last six months, Cancer Services has experienced a 28 percent increase in the number of bed pads needed by clients. We have an urgent need for more sewing volunteers to help us meet the increasing demand. Cancer Services provides the filler and the instructions. We can also provide a pleasant meeting space for interested church, service, sorority or neighborhood groups that would like to take on this worthwhile project.

No sewing skills are required, just the desire to make a meaningful difference for someone enduring cancer and a willingness to learn a simple hand-basting stitch.

If you are interested in helping, or know of someone who may be, please contact Cheryl Dafforn at 260-484-9560 or [cdafforn@cancer-services.org](mailto:cdafforn@cancer-services.org).



Laura Daley inspecting bed pads



## Community Rewards program

Need a gallon of milk or a whole week's worth of groceries? Take advantage of the Kroger Community Rewards program and help people with cancer while you shop.

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 get started:

1. Go to <https://www.kroger.com/communityrewards>
2. 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.)
3. **Cancer Services' organization number is 11230**

Please share this information and encourage your family and friends to enroll.

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Giving between 5/24/2016 - 7/25/2016

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Mr. and Mrs. Rex Schilling

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Ms. Martha Rose Smith

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Ms. Janice I. Stanski

**Carol S. Stonebraker**

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**Robert Sweet**

Mrs. Rosemary J. Sweet

**Thomas Sweet**

Mrs. Rosemary J. Sweet

**Alberta Thomas**

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Mr. and Mrs. Anthony Colone, Jr.  
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Mr. and Mrs. Bob Savage  
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Penny Treesh, Karen Ausderan  
and brother Jerry  
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Mr. and Mrs. Roger Terlosky  
Mr. and Mrs. Steve Wallace

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**Donald Zoch**

Anonymous  
Mr. Dean Beaver  
Ms. Jeanette Black  
Ms. Helen Pence  
Mrs. C. Dianne Zoch

*If we have misspelled your name or  
inadvertently left it off our list, please call  
484-9560 so we can make a correction.*



# YOU ARE INVITED!



Our Featured Speaker

*Dr. Wendy Harpham*

Cancer Services is honored to have Wendy Harpham, M.D. as our keynote speaker for the 2016 Tribute Dinner. Dr. Harpham is a doctor of internal medicine, best-selling author and 25-year cancer survivor.

## WEDNESDAY, SEPTEMBER 21, 2016

6:00 PM at The Mirro Center for Research and Innovation  
Parkview Regional Medical Center Campus - 10622 Plaza Drive

Individual Ticket \$100 (includes 1 tribute)

Reserved Table \$800 (Includes 8 tickets and up to 8 tributes)

If you are unable to attend, individual tributes are available for \$25

Contact Noni Hoham at 484-9650 or [nhoham@cancer-services.org](mailto:nhoham@cancer-services.org) for tickets.



Cancer Services of Northeast Indiana Inc.  
6316 Mutual Drive  
Fort Wayne, Indiana 46825



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