

Complementary, not optional

By Marsha Haffner, Director of Clinical Services



Marsha Haffner

Over the years, Cancer Services of Northeast Indiana has watched the trends, listened to the experts and read the research from copious sources in order to discover and offer the most effective complementary care options for those affected by cancer. Each of these programs, classes, and support systems has been proven in various degrees to be effective in some way: pain relief, improved balance, lowered stress and the hormones associated with stress, increased appetite, reduced fatigue, increased energy, and the list goes on.

Cancer Services' programs and classes are not "primary treatment" for cancer. They do not replace the more traditional medical treatments that seek to cure or remit the disease. Yet, I still wonder if the word "complementary" is too soft. Does it make the non-medical care provided

"... what is happening in our bodies influences our neurotransmitters and our moods."

(thanks to your generous donations) seem optional?

We have come a long way in our appreciation of the connection between the mind and the body – the fact that our thoughts and reactions create physical responses as well as the knowledge that what is happening in our bodies influences our neurotransmitters and our moods. However, we still seem to think these connections are minimal or that they are somehow less important to address.

We often use the terms "complementary" or "complement" in ways that imply that complementary care services are a nice extra, but not entirely necessary.

So, we go to the tai chi class if we get time. We do yoga if we have the energy. We get a massage as a special treat. We will get that nutrition



A client benefits from receiving a massage.

consultation when we feel more like cooking. We stay quiet about our fears and stress because we don't want to be a complainer.

I think when we equate "complementary" with "optional" and put these services, classes and support communities on the sideline, we are shortchanging our quality of life.

I've begun to appreciate the phrase "integrated care." That means many professional providers of various specialties coming together to ensure the health of our clients – not as an optional treatment plan, but as a unified treatment plan. That means the certified massage therapist, the specially trained yoga instructor, the tai chi leader, the registered dietician, the physical therapist providing stretching/myofascial release instruction, the music therapist, the art therapist, your client advocate and your oncologists are all on your care team. You need all of these people working together for the best quality of life for you.

I wish I could give more



It is a common refrain from our loyal donors. They are committed to Cancer Services' mission and know the need for financial support never goes away.

Some people are able to access matching gift programs through employers or other groups that they are associated with. Thrivent Choice, GE, Lincoln Financial, Swiss

Re, PNC Bank, Kohl's all have programs to match charitable contributions. Maybe you have access to a program like this. It usually involves a one-page form or simple website entry and then your gift can be doubled in value.

There are also giving opportunities available when you shop. Customers of Kroger and Amazon Smile regularly channel donations to Cancer Services through those companies' programs. Simply use the corporate website to register and name Cancer Services of Northeast Indiana as your preferred charity.

Your gift to Cancer Services is a smart donation – helping local cancer patients and families with supportive care during a health crisis.

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.

OCTOBER

The Truth About Fats, Sugars and Salt

11 a.m. to 12:30 p.m.,

Monday, October 17, 2016

Presented by Sue Delagrang, MS, RD
Learn how to prepare delicious foods while limiting your intake of fats, sugars and salt to achieve optimum health benefits.

Juicing for Health

6:00 to 7:00 p.m.,

Wednesday, October 26, 2016

or

11:30 a.m. to 12:30 p.m.,

Thursday, October 27, 2016

Presented by Dani McGuire and Julia Haller, co-owners of Jai Juice & Café
Juicing is the perfect blend for a holistic lifestyle that focuses on healing and healthy benefits.

NOVEMBER

Your Pathology Report-Demystified

6:00 to 7:30 p.m.,

Wednesday, November 2, 2016

Presented by Lori Bellafiore, Pathology Education Specialist for Genentech

This presentation will focus on the essential elements in breast cancer and non-small cell lung cancer pathology reports and why they are recorded. An explanation of diagnostic tests that are routinely done for these cancers and the time factor for results will also be shared.

Art Side by Side

9:00 a.m. to 3:00 p.m.,

November 10, 2016

Sarah Creason and other local artists will coach participants in various art mediums and using 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.

You can help your children and grandchildren prevent cancer

Tuesday, October 25 @ 5:30 p.m.

Join us for the movie, "Someone You Love—The HPV Epidemic" on Tuesday, October 25 at IPFW's Walb Union Classic Ballroom.

This film highlights five stories of families whose loved ones were diagnosed with cervical cancer. The movie begins at 5:30 p.m. and a panel discussion will follow.

Free HPV vaccinations will be provided (or billed to insurance) from 5:30—8:00 p.m. HPV vaccination is recommended for both boys and girls ages 11—26.

Parent consent is required for those under 18.

Pizza and door prizes will be available.

For a film trailer go to www.hpvepidemic.com

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CareLines is a publication of Cancer Services of Northeast Indiana

2016 Tribute Dinner

12th Annual

Please donate to help families in our community who are fighting cancer.

Text "CSNI" to 71760.

More than 300 people gathered to honor and support people touched by cancer at the 2016 Tribute Dinner on September 21, 2016.

Wendy Harpham, M.D., who is a bestselling author and cancer survivor, inspired the audience with her message on the role hope plays in healing.

Rev. Tim Graham, who serves on Cancer Services' board of directors and is devoted to the mission of helping people in our community, was awarded Cancer Services' 2016 Champion of Hope. When presenting the award, Dianne May, president and CEO, thanked Rev. Graham "not only for his dedication, caring and compassion, but also for his demonstrations of quiet strength and very personal example of grace and love even in grief."



Rev. Tim Graham, with his family



Vicki Grabowski, Nikki James and Janine Sharma



Dianne May with Rev. Tim Graham

Thank you to J3Designs Photography for all of the pictures from the Tribute Dinner.



Wendy Harpham, M.D.



Patty Edwards, Kathy Schnurr, Kathy Peterson, Ginny Fenstermaker, Mary Parrott, Jeannine Beck.

Thank you

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



Kroger's 38th Annual Fight Cancer Days

Kendall Williams is a superhero. He is seven. He is engaging, energetic, kind and polite to everyone he meets. His smile alone brings happiness wherever he goes. He is also a cancer survivor. Doctors diagnosed Kendall with blood cancer in October 2015. He has shown amazing courage in his fight against cancer.

Cancer Services was proud to have Kendall as our representative for Kroger's 38th Annual Fight Cancer Day – the community-wide effort to raise money to fight cancer.

Kroger donated 3% of its sales from

October 5th to Cancer Services, Francine's Friends and The American Cancer Society. In 2015, the 15 area Kroger stores in our community that participated in Kroger Fight Cancer Day raised \$76,271. Over 37 years, the annual event has raised \$4,816,773 for local cancer organizations.

It's not too late for you to join Kendall and become a superhero fighting cancer.

Kroger customers have the opportunity to contribute to local cancer organizations by donating cash in increments of \$1, \$3 or \$5 at check-out until Monday, October 31st.



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