

TheLinkforHope

A NEWSLETTER OF THE
GOSHEN CANCER SURVIVOR NETWORK
SUMMER 2017

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WE NEED YOU! Survivor Buddies

Reaching out to others.

As a cancer survivor, your experience could help a newly diagnosed cancer patient by providing peer-support and encouragement. The Survivor Buddy holds the unique position of understanding the emotions that accompany a diagnosis of cancer.

“The fact that I can help someone through their cancer journey is an awesome feeling - makes me feel that I am making a difference in someone’s life.”

– Karen Stump, Melanoma Survivor

If you are interested in being a phone, email, or in person buddy, please contact Libby Stout, survivor network coordinator, at (574) 364-2922 or estout@goshenhealth.com.

CELEBRATE LIFE!

June 11 at 11:30 a.m.

Schrock Pavilion at Shanklin Park
411 W. Plymouth Ave., Goshen, IN 46526

There is still time to register for our NEW summer celebration event: Celebrate Life! Goshen Center for Cancer Care invites all of our past and present patients and their families for a picnic and inspiring day at the park in honor of National Cancer Survivor’s Day.

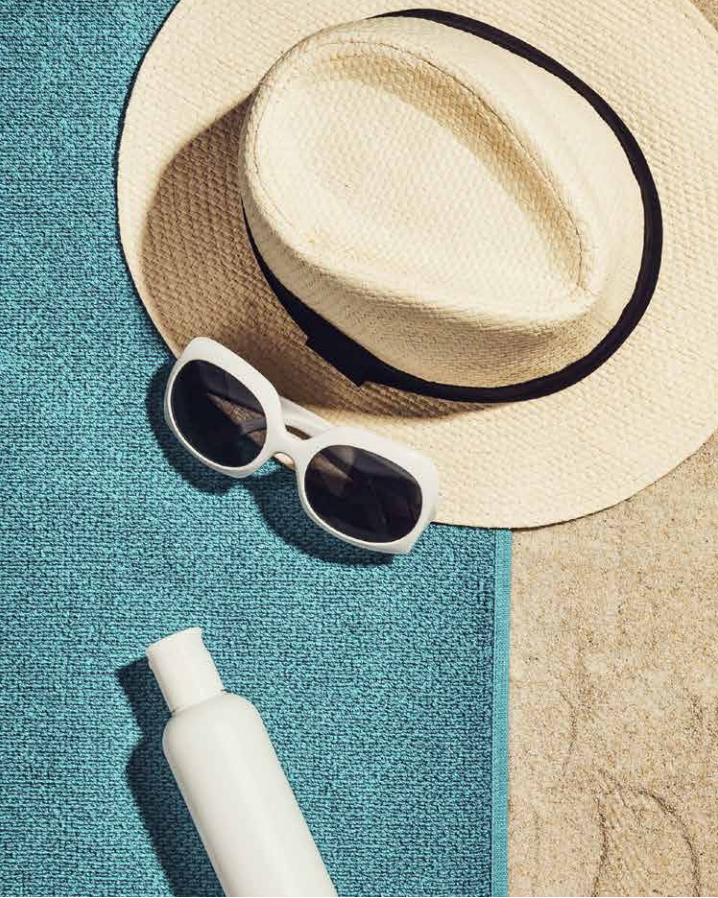
Featuring keynote speaker Dr. Douglas J. Schwartzentruber, MD, FACS, nationally recognized melanoma expert, professor of surgery at IU School of Medicine and medical director for cancer services for IU Health System.

There is no cost to attend, but registration is required. Please call (877) 566-4660 to register.



Celebrate Life!





WARNING SIGNS OF MELANOMA

can be outlined using the **ABCDE** tool:

- A: Asymmetrical** (one half of the lesion does not match the other half)
- B: Border** (irregular edges that are blurred, slurred or ragged)
- C: Color** (pigment of color is not even with various degrees)
- D: Diameter** (anything greater than six millimeters or the size of a pencil eraser)
- E: Evolving** (lesion that has changed in size, shape or color)

SKIN SAFETY IN THE SUMMER SUN



by Kacy Davis
Nurse Practitioner

Cancer is a disease that is described by the uncontrolled growth and spread of abnormal cells. Skin cancer, such as melanoma, is abnormal, wild growth of cells in the epidermis (outer layer of the skin). Melanoma accounts for 1% of skin cancer cases in the United States. According to the American Academy of Dermatology (2016), the lifetime risk of being diagnosed with melanoma is one in 50 for Caucasians, one in 1,000 for African Americans, and one in 200 for Hispanics. Individuals who have natural blonde or red hair with blue or green eyes are more vulnerable to developing melanoma. Those with multiple moles have a higher risk of developing melanoma. Tanning beds and sun lamps have been declared human carcinogens based on evidence from studies on humans.

There are several ways to prevent skin cancer from occurring. Applying broad spectrum, water proof, sunscreen with SPF 30 is something one can do daily to prevent the harmful UVA and UVB rays. Reapplying every 80 minutes to each surface of the body is essential for skin protection. Between the hours of 10 a.m. and 2 p.m. the rays of the sun are at the strongest: therefore seeking shade is important. Wearing sunglasses, a wide brimmed hat and a long sleeved shirt is essential in blocking the harmful rays.

Early detection for skin cancer is best recognized by observing changes in skin growths or the appearance of new lesions. Individuals should thoroughly examine their own skin monthly. A healthcare provider should provide a complete skin assessment once a year. A skin screen can be performed at the Goshen Center for Cancer Care at (574) 364-2888 with our nurse practitioner, Kacy Davis. Education about skin cancer in addition to annual skin screens will help curb the incidence of newly diagnosed skin cancers.

TIPS TO ENJOY SUMMER FRESHNESS

Summertime brings a lot of opportunities to enjoy fresh foods, fresh air, and a refreshed lifestyle. Here are some tips from Goshen Center for Cancer Care Integrative Care Team members on enjoying all that summer has to offer:



EAT FRESH. EAT LOCAL.

Tiffany Swartzentruber, RDN, CSO, CD, Oncology Dietitian

Goshen boasts some great places to get fresh local produce if you know where to look. Goshen Hospital has a community garden located behind the Goshen Retreat where anyone can come pull weeds and harvest some fresh produce. There are community gardens available to grow your own produce in assigned areas. To find a plot of land near you, visit: <http://ecwt.org/programs/sustainable-gardens/>. Maple City Market has a good selection of organic produce that is often local. The Goshen Farmer's Market is open on Tuesday 3 p.m. - 7 p.m. and Saturday 8 p.m. - 1 p.m. Another option is to join a program called Community Sustained Agriculture (CSA) where you receive weekly produce. To find a CSA visit: www.localharvest.org/csa.



FRESH MEDICINE. FROM THE GARDEN.

Emily Moore, ND, L.Ac., Naturopathic Doctor

The ancient Greek physician Hippocrates said "Let food be your medicine and medicine be your food." A perennial herb garden will grow back every year, with very little effort on your part... perfect for the lazy gardener!

ROSEMARY. The scent of rosemary is thought to help with memory and concentration. Add leaves to marinades, or just pick a sprig and sniff!

MINT. Mint leaves can be added to iced or hot tea to calm indigestion and freshen breath. Grow mint in containers because it will spread out each year!

CHAMOMILE. Chamomile blooms into pretty white and yellow flowers by late summer. Flowers can be used fresh or dried in hot water to make a calming tea to sip before bed.

THYME. Thyme is a great antimicrobial. Rubbing the leaves between your palms and inhaling deeply can be beneficial when you have respiratory congestion.



FEEL REFRESHED. PRACTICE MINDFULNESS.

Bethany Swope, MEd, LMFTA, Mind-Body Counselor

Summer provides a wealth of opportunities to practice mindfulness. While enjoying fresh fruit, take time to notice the shapes, colors and smells before taking a bite. Then notice how the tastes and textures change from when it first goes in your mouth through the lingering flavor after you swallow.

While spending time outside, notice how many distinct birdsongs or children's voices you can hear. Outdoors or indoors, consider a daily "Screen Sabbath," where phones, tablets, computers, and televisions get turned off for an hour. Pay attention to how you feel during that time – Restless? Relieved? Refreshed?



JOIN US EACH MONTH AT GOSHEN CENTER FOR CANCER CARE

Living With Cancer Support Group

Coping and support for patients, families and friends!

Second and fourth Tuesdays, 4:30 – 6 p.m.

Noontime Nosh

Healthy cooking demonstrations

and tastings!

First Thursdays, 12 – 12:30 p.m.

Elev•Eight

A series of health and wellness educational seminars to promote living a healthy lifestyle.

Event information is available by visiting <http://goshensurvivors.org> or calling Libby Stout (574) 364-2922.

JOIN US AT THESE UPCOMING COMMUNITY EVENTS

JUNE 11

CELEBRATE LIFE!

11:30 a.m. – 2 p.m.

Shanklin Park, Goshen

Celebrate National Cancer Survivors Day with other Goshen Center for Cancer Care patients, families and Colleagues by attending a fun and inspiring day at the park. Bring the whole family! *See p.1 for details.*

JUNE 18

MICHIANA CANCER SURVIVOR'S DAY

2:05 p.m.

Four Wind's Field, South Bend

Remember to register by June 5 to reserve your seat at this year's Michiana Cancer Survivor's Day baseball game at Four Wind's Field. Free event for survivors and additional tickets for purchase for family members

includes entrance into the game, picnic lunch, and survivor lap around the bases. Register online at www.riverbendcancerservices.org

JUNE 20

ELEV•EIGHT

4:30 p.m.

Goshen Center for Cancer Care

Wellness seminar topic: Mindfulness

Next seminars:

July 18, Gardening

August 15, Bone and Health

JUNE 24

GET UP and GOshen!

9 a.m. – 1 p.m.

Shanklin Park, Goshen

A family fun wellness event in partnership with the City of Goshen Parks Department. Registration begins at 9 a.m. at the Shanklin Park Pavilion

The Link for Hope is a publication of the Goshen Cancer Survivor Network.

Contact info:



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www.goshensurvivors.org