

The Link for Hope

A NEWSLETTER OF THE
GOSHEN CANCER SURVIVOR NETWORK
WINTER 2016

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Welcome Dr. Hardy!

We are excited to welcome **Ashley Hardy, MD**, to our surgical oncology team. As a board certified and fellowship trained surgical oncologist, with particular interest in the treatment of melanoma, sarcoma and colorectal cancer, Dr. Hardy has extensive training in open and minimally invasive surgical techniques. She has also been involved in a number of oncology-related research focuses. Dr. Hardy believes in providing patients with compassionate, individualized care and works hard to devote the time necessary to answer questions and educate her patients to ensure they can make informed decisions regarding treatment.



WHAT'S IN A NAME?



Goshen Center for
Cancer Care

A name is a reminder of where you're from, what shaped you. A name says what matters to you, what you value and what you believe in. We are now Goshen Health – a name that says it all – when you believe in something, you put your name to it. And there's nothing we believe in more than improving the health of our communities.

You may have noticed a few changes around the health system recently. As of October 7th, 2016 we have changed our name and logo. Our new name reflects our commitment to improve the health of the communities of northern Indiana. It defines the pride and sense of belonging we have for our home. As we are guided by Goshen and surrounding communities, we have greater flexibility to expand existing clinical partnerships and develop new capabilities and professional relationships locally and nationally to best help the communities we serve.

You will notice our new logo on buildings and throughout the health system. It is built on the foundation of our former compass logo. It is a circle folding into itself to become stronger. Our new tagline, All for Life, speaks to our commitment to serve ALL - every friend, neighbor, and community member matters to us.

Our colleagues and providers are excited to continue to serve you in the best way possible – with compassion, accountability, respect and excellence in all we do.

LIVING WITH CANCER SUPPORT GROUPS

by Rita Gingrich, LCSW, OSW-C, Mind-Body Counselor



Rita Gingrich, LCSW, OSW-C

“Go to a cancer support group?”

“I don’t think so.” “My family and friends are the only support I need.”
“But right now I’m in treatment.” “But treatment is over.” “I’m not
much of a talker.” “Won’t it make me cry?” “I don’t need it – I’m fine.”

These are among a variety of common responses to the suggestion to attend a cancer support group. It’s true that support groups are not everyone’s cup of tea. And a support group for cancer? Well, that may be even harder... and all of the reasons people are reluctant to attend cancer support groups are sincere and even legitimate. However, the same reasons NOT to go may be the very same reasons TO go. Consider the following:

- Your family and friends are there for you? Wonderful! But you may also find it beneficial to talk with others who are going through experiences similar to yours. Even the most supportive friend or family member can’t understand exactly how it feels to have cancer. Or, you may want to talk with someone who can give you “neutral feedback.” OR, bring a family member or friend with you! They love you and are impacted by your cancer, and they may need some encouragement, too.
- Not sure it’s the right time? The cancer experience is fluid in nature – it’s the proverbial roller coaster, and the time of need for support is personal to each person. For some, support may be most helpful immediately after they hear they have cancer and as they wait with uncertainty and anxiety for treatment to start. For others, support may be more helpful during treatment, when they are trying to manage side effects physically and emotionally. And for still others, support may be sought after treatment is over and as they re-adjust to routines and life after cancer. Support groups can help you cope with the practical and emotional aspects of cancer during any part of the cancer experience.

- You aren’t much of a talker? Not a problem! Support groups need listeners as well as talkers. Come to listen and learn. And for talkers, groups are a confidential atmosphere – a safe place to share stories and feelings.
- You might cry? Well, you might. But sharing uncomfortable feelings with others who understand will also help reduce the feelings of loneliness and stress. And, you will probably also laugh, learn ways to cope, find comfort and a sense of belonging, feel more hopeful, and walk out with a smile on your face.
- You’re doing fine? Great! Come to be an inspiration and help others!

“Think of a visit to your support group as a trip to the doctor for your mind and heart. You’ll receive medicine, salve and soothing balms in the form of understanding, knowledge, shared experience, success stories, and personal empowerment.” (There’s No Place Like Hope, by Vickie Girard, 2009, Compendium Inc.)

Goshen Center for Cancer Care offers Living with Cancer support groups every 2nd and 4th Tuesday of the month, from 4:30 to 6:00 pm, on the 2nd level of the cancer center. The focus is on support through information, education, and shared experiences. There is no cost to attend, and the group is open to patients, families, and caregivers - before, during, and/or after treatment. If you have questions or need more information, please call Crystal at (574) 364-2948.

2015 HOLIDAY LUNCH



A Year in the Life of the Survivor Network

Events like these cannot happen without your support and participation. If you are interested in being one of our survivor network volunteers, please contact Libby at 574-364-2922 or estout@goshenhealth.com.

RELAY FOR LIFE



MIDDLEBURY WALKS FOR A CURE





Goshen Center for
Cancer Care

200 High Park Avenue
PO Box 139
Goshen, IN 46527

REMINDER!

Goshen Cancer Survivor Network

Annual Holiday Luncheon

DECEMBER 9 at 11:30 A.M.

**HOSTED IN THE CHURCH FELLOWSHIP HALL
AT GOSHEN COLLEGE**

There is still time to register for this annual survivor event! Survivors can bring one guest to join them for a festive lunch and entertainment. There is no cost to attend but reservations are required. Please call (574) 364-2922 or email estout@goshenhealth.com to reserve a seat.

We again hold a fundraiser for our Naturopathic Wellness Fund. Please bring cash or check to participate.

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

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