

# SURVIVOR TIMES

A newsletter for cancer survivors, by cancer survivors.  
Sponsored by The Dr. Diane Barton Complementary Medicine Program.

## A Steadfast Commitment by Dr. Generosa Grana, MD

In August 1994, I came to Cooper as a very young and very idealistic oncologist, fresh out of training at Fox Chase Cancer Center. At the time I was focused on moving forward on three areas that I was more interested in and had explored in my training – breast cancer, cancer genetics and community outreach to underserved populations. Little did I know that I would be part of a team that has grown far beyond my goals and expectations, and today, is one of the region’s leading cancer programs.

Eight years ago, I took over the leadership of Cooper Cancer Institute with a talented, visionary and dedicated team by my side, and I am very proud of what we have accomplished. Physicians, nurses and staff from a variety of departments and divisions have come together to form a true multidisciplinary team and have created a unified identity focused on the needs of our patients and our community.

Today our region turns to Cooper for the prevention, detection and treatment of all types of cancer. We offer a full range of disease-site specific cancer programs. We have a robust clinical research program, a dedicated cancer outreach and prevention program, and an advanced cancer genetics and high risk program. We have recruited outstanding physician specialists across all cancer specialties. We utilize some of the most advanced diagnostic and treatment technologies available. We have outstanding nurses working in our outpatient centers and inpatient unit, and an administrative and support staff team that



Dr. Generosa Grana

goes “above and beyond” for our patients every day.

In addition, I’m proud to say that Cooper’s cancer program offers more supportive care services to our patients that most other cancer programs in our region. One of these programs has a special place in my heart – the Dr. Diane Barton Complementary Medicine Program. As many of you know, Dr. Diane Barton was a dear friend of mine. During her struggle with ovarian cancer Diane’s vision was to create a program where patients’ could find the support and strength they needed to “complement” the extraordinary clinical care they received – care for their mind,

*Our commitment to this program is steadfast — it is and always will be a central component to the work we do every day. We hope you take advantage of all this program has to offer.*

body and spirit. In her honor we created this remarkable program.

I miss my friend, but I am comforted knowing that we enter the tenth year since its creation, we have honored Diane every day through this program – touching the lives of hundreds of patients and their caregivers by bringing them hope, serenity, strength, friendship, and support.

As I look ahead, with all of the changes coming to Cooper’s cancer program – our relationship with MD Anderson Cancer Center, the opening of our new building in Camden, the renovations and expansion of services at our Voorhees location, the wonderful changes that will be made to our inpatient unit and our ventures into communities that extend beyond our traditional service areas, I know that there will be a growing need for the Dr. Diane Barton Complementary Medicine Program.

Our commitment to this program is steadfast – it is and always will be a central component to the work we do every day. We hope you take advantage of all this program has to offer.

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## Letter from the Editor:

Welcome to Volume 5, issue 12 of the *Survivor Times* – a newsletter for cancer survivors, by cancer survivors.

As we enter our tenth year of the Dr. Diane Barton Complementary Medicine program I am humbled by how far we have come from the days of the inception of our program. Dr. Diane Barton, my friend and mentor was a true visionary. Her honorable legacy lives on each day through the hundreds of cancer survivors that experience and benefit from this valuable program. If you are reading this newsletter, or have attended even one of the unique programs offered throughout the past ten years, then you have benefitted from her noble gift.

I feel honored to have Dr. Generosa Grana, Director of the Cooper Cancer Institute, contribute and write the front page article for this special edition of the *Survivor Times*. John Quincy Adams said "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." This quote directly applies to Dr. Grana and her dedication to all those that work with her; including her patients and life-saving work. One thing is for certain... at the helm of Cooper Cancer Institute Dr. Grana leads by example; and is an inspiration to us all.

This edition of the *Survivor Times* encompasses heart-warming and inspirational stories from cancer survivors living

with cancer, living through cancer and living beyond cancer.

Whatever stage you fall under, the common denominator is quality of life. It is with this focus in mind that the Dr. Diane Barton Complementary Medicine program at Cooper Cancer Institute is committed to providing cancer survivors with access to an array of complementary medicine experiences.

Our programs are designed to help survivors discover ways to cope with the stress and anxiety of their diagnosis, and to alleviate some of the side effects of their treatment by focusing on healing the mind, body and spirit.

My goal through this program is to bring together, empower and engage cancer survivors to incorporate complementary medicine options into their lives.

**If you would like to submit an article, please contact me at mehr-bonnie@cooperhealth.edu.**



Bonnie Mehr  
Editor, *Survivor Times*  
Manager, the Dr. Diane Barton Complementary Medicine Program  
Cooper Cancer Institute



***Dr. Diane Barton, my friend and mentor was a true visionary. Her honorable legacy lives on each day through the hundreds of cancer survivors that experience and benefit from this valuable program.***

Dr. Diane Barton

## Be a Monthly Sponsor of the Tea Cart

***Your donations of ShopRite gift cards are appreciated. We have expanded the tea cart in Voorhees to 5 days per week!***

Every delicious snack given to our patients while they are receiving their chemo is given from the heart. Our patients are always pleasantly surprised when sitting in the outpatient chemo unit for hours and perhaps feeling a little down, when a beautiful flowered cart filled with free juices and snacks, program updates and the *Survivor Times*, and many more surprises, comes along and serves them a little spot of sunshine. It's an inspirational initiative through the Dr. Diane Barton Complementary Medicine Program

along with Cooper Cancer Institute employees that voluntarily give up part of their lunch time to make a positive difference in the quality of each patient's journey. It serves as a testament of the spirit that defines Cooper Cancer Institute's commitment in providing Excellence in Patient & Family-Centered Care.

***For more information please contact:  
Bonnie Mehr,  
Manager, the Dr. Diane Barton  
Complementary Medicine Program  
at 856.325.6646  
or mehr-bonnie@cooperhealth.edu***

***You may mail your ShopRite  
gift card donations to:  
Attn: Bonnie Mehr  
Cooper Cancer Institute  
2017 Piazza Main Street  
Voorhees, NJ 08043***



# Signature Class SERIES

A FREE series of classes for cancer patients and their caregivers.

## YOGA STRETCH FOR CANCER SURVIVORS

Yoga Stretch for Cancer Survivors is especially beneficial for people with flexibility limitations due to a variety of degenerative conditions, as well as those recovering from surgery.

**DATES:** October 1 & 29;  
November 5;  
December 3

**TIME:** 12 P.M. – 1 P.M.

**LOCATION:** Town Square Building  
931 Centennial Blvd., Voorhees, NJ 08043

## QI GONG

Qi Gong is a modality several centuries old using movement and breath as a way to increase, harness and move the Vital Energy that is within and around us. It can increase focus, improve balance and flexibility, increase circulation, and relax you.

**DATES:** October 8 & 22;  
November 12;  
December 10

**TIME:** 12 P.M. – 1 P.M.

**LOCATION:** Town Square Building  
931 Centennial Blvd., Voorhees, NJ 08043

## MEDITATION FOR RELAXATION

Join practitioner Jo Anna Carey and you will be led on a journey of self-discovery through the deeply relaxing practice of meditation for the purpose of nurturing and supporting yourself through life's stresses and joys. Enjoy experiencing a variety of meditation techniques and breathing exercises.

**DATE:** October 15

**TIME:** 12 P.M. – 1 P.M.

**LOCATION:** Town Square Building  
931 Centennial Blvd., Voorhees, NJ 08043

## LIVE & LEARN

### A New Perspective for the Cancer Patient

**TIME:** 11:30 A.M. – 1:00 P.M.

**LOCATION:** Town Square Building  
931 Centennial Blvd., Voorhees, NJ 08043

• **Thursday, October 24, 2013:**

### 50 Food Tips that Will Enhance Your Health:

Cooper Cancer Institute's Expert Oncology nutritionist, Alicia Michaux, MS, RD.

**PRESENTED BY:** *Alicia Michaux, MS, RD*  
*Outpatient Oncology Dietitian*  
*Cooper Cancer Institute*

• **Thursday, November 14, 2013:**

### Kick Start the Holiday Season... Come Make Something from the Heart:

A special Creative Arts for Healing class offers you the opportunity to choose from a variety of different projects to make.

**FACILITATOR:** *Andrea Meehan*

• **Thursday, December 12, 2013:**

### Annual Holiday Party:

for Cancer Survivors only. Please feel free to bring a dessert for all to share. Limited space available, so please register.

**Pre-registration is required for all workshops. Please call: 1.800.8.COOPER (1.800.826.6737).**

You can also register for these classes online at **events.CooperHealth.org**

*Please note that workshops are subject to cancellation due to inclement weather.*





# THE DR. DIANE BARTON Complementary Medicine Program 2013



## 2013 Creative Arts for Healing WORKSHOPS

### Location:

Town Square Building, 931 Centennial Blvd., Voorhees, NJ 08043

**Time:** 11:00 a.m. –12:30 p.m.

### Dates:

- **October 9: Fall Centerpieces**
- **October 23: Affirmation Bracelets**
- **November 6: Decoupage**
- **December 20: Ceramic Ornaments**

This class is free for cancer survivors and there is no cost for materials. Please register for each class so the appropriate number of supplies can be provided. Please call:

**1.800.8.COOPER** (1.800.826.6737).

You can also register online at [events.cooperhealth.org](http://events.cooperhealth.org).

## Therapeutic Massage & Reflexology Days

**Attention all cancer survivors:** Come enjoy the mind body spirit benefits of therapeutic chair massage and reflexology.

**Dates:** October 8 & 22; November 5 & 19;  
December 10

**Time:** 9:30 a.m. –1:00 p.m.

**Location:** Town Square Building  
931 Centennial Blvd., Voorhees, NJ 08043

## Bonnie's Book Club

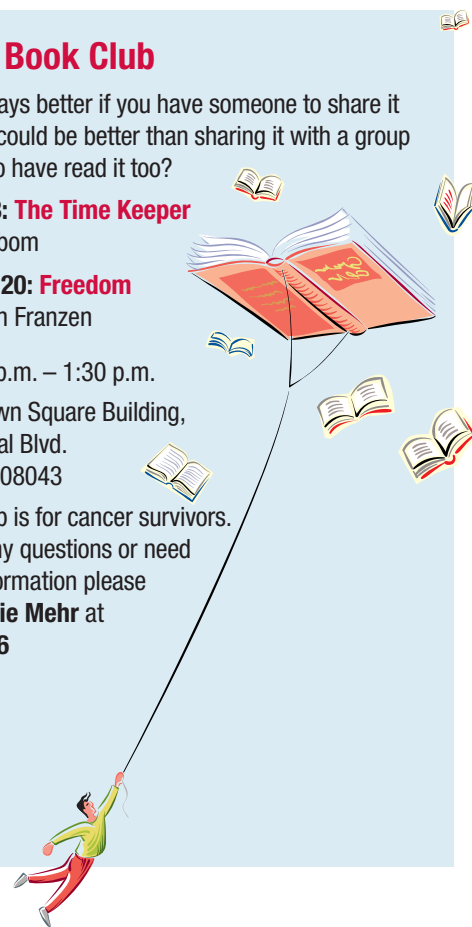
A story is always better if you have someone to share it with... what could be better than sharing it with a group of friends who have read it too?

- **October 23: The Time Keeper**  
by Mitch Albom
- **November 20: Freedom**  
by Jonathan Franzen

**Time:** 12:30 p.m. – 1:30 p.m.

**Location:** Town Square Building,  
931 Centennial Blvd.  
Voorhees, NJ 08043

This book club is for cancer survivors. If you have any questions or need additional information please contact **Bonnie Mehr** at **856.325.6646**



**Cooper**  
Cancer Institute





## Support Group Series

### US TOO Prostate Lecture Series

This will be a presentation led by medical professionals on the diagnosis, treatment options, and management of prostate diseases. There will be ample time to ask questions and share experiences. Significant others are invited to attend.

**DATES:** November 12

**TIME:** 6 – 7:30 p.m.

**LOCATION:** 900 Centennial Boulevard  
Building #1, Suite L Conference Room  
Voorhees, NJ 08043

### My Genes, My Risk

Individuals with a hereditary predisposition to cancer can often feel overwhelmed by their risk and the number of options that face them in an attempt to reduce their risks. This genetics support group will offer a safe place for patients to discuss these issues and to meet other patients who share similar concerns. The group is designed for people at high risk of cancer due to their genetic status and their family members who wish to learn more.

**DATES:** October 1

**TIME:** 6 – 7:30 p.m.

**LOCATION:** 900 Centennial Boulevard  
Building #1, Suite L Conference Room  
Voorhees, NJ 08043

### Brain Tumor Support Group

A new support group for people with brain tumors and those who care about them. We will offer information about brain tumors, treatments and an opportunity to meet with other survivors.

**DATES:** November 6, December 4

**TIME:** 6 p.m.

**LOCATION:** The Ripa Center for Women's Health & Wellness, 1011 Main Street,  
Voorhees, NJ 08043

### LLS Multiple Myeloma Group

This group is for myeloma patients and their loved ones. All are welcome.

**DATES:** October 28, November 25, December 23

**TIME:** 10 – 11:30 a.m.

**LOCATION:** 900 Centennial Boulevard  
Building #1, Suite L Conference Room  
Voorhees, NJ 08043

### Latino Cancer Survivors

Cancer information and support for you and your family. Free refreshments and parking.

**DATES:** October 10,  
November 14,  
December 12

**TIME:** 11 a.m. – 1:30 p.m.

**LOCATION:** Cooper University Hospital  
Roberts Pavilion, 10th Floor  
Room 1005  
(except 12/12 to be held in room 1014)  
Camden, NJ 08103

For more info and to register please call:  
**Jackie Tubens** at 856.673.4256 or  
**Evelyn Robles Rodriguez** at 856.968.7315

### Sister Will You Help Me (Willingboro)

A breast cancer support group for women of color and faith. The group's mission is to empower through knowledge, encourage through sisterhood, enlighten through faith and to bond through love.

**DATES:** November 7,  
December 5

**TIME:** 6 – 7:30 p.m.

**LOCATION:** Willingboro Public Library  
220 Willingboro Parkway  
Willingboro, NJ 08046

### Sister Will You Help Me (Camden)

A breast cancer support group for women of color and faith. The group's mission is to empower through knowledge, encourage through sisterhood, enlighten through faith and to bond through love. Join us for an exciting sister session on the 2nd Thursday of each month.

**DATES:** October 10,  
November 14,  
December 12

**TIME:** 6 – 7:30 p.m.

**LOCATION:** One Cooper Plaza  
Pavilion, 10th Floor, Room 1014  
Camden, NJ 08103

### Young Women with Breast Cancer (YSC)

A support group meeting for all young breast cancer survivors, whether newly diagnosed, still going through treatment, past treatment and trying to find your new "normal," or a long-term survivor. Anyone interested in connecting with other breast cancer patients/survivors is welcome to come! For more information and to register please contact: Michelle Esser at [messer@YoungSurvival.org](mailto:messer@YoungSurvival.org).

**DATES:** October 16,  
November 20,  
December 18

**TIME:** 6:30 p.m.

**LOCATION:** The Ripa Center for Women's Health & Wellness, 1011 Main Street  
Voorhees, NJ 08043

### Breast Cancer Support Group

A new support group for women with breast cancer and those who care about them. We will offer information about breast cancer, treatments, and an opportunity to meet with other survivors. The group sessions will provide emotional support as well as strategies for coping.

**DATES:** November 5, December 3

**TIME:** 6:30 – 8 p.m.

**LOCATION:** 900 Centennial Boulevard  
Building #1, Suite L Conference Room  
Voorhees, NJ 08043

### Gynecologic Cancer Patient and Family Support Group

At this support group gyn cancer survivors and the people who love them meet to share their personal experiences, exchange information, and offer emotional support to each other. Each session features a speaker who leads a discussion on topics ranging from nutrition and exercise, to cancer genetics and psychological well-being during illness.

**DATES:** October 15, November 19,  
December 17

**TIME:** 2:30 – 4 p.m.

**LOCATION:** The Ripa Center for Women's Health & Wellness, 1011 Main Street,  
Voorhees, NJ 08043

To register for these support groups, please call **1.800.8.COOPER** (1.800.826.6737) or register online at [events.cooperhealth.org](http://events.cooperhealth.org). Call 1.800.8.COOPER for cancellation due to inclement weather.



## About The Dr. Diane Barton Complementary Medicine Program

The Dr. Diane Barton Complementary Medicine Program enhances the quality of life and wellness of individuals touched by cancer – including patients, their caregivers and family.

It utilizes therapies that focus on mind, body and spirit while supporting mainstream medical care. The complementary therapies offered through CCI are designed to lessen the pain, stress and anxiety associated with cancer. Therapies also assist in managing the side effects of traditional treatments such as radiation and chemo-therapy. While complementary therapies cannot cure cancer, many patients have found them to be helpful in managing and coping with their cancer. While traditional medicine and healthcare treat the illness, complementary medicine therapies help promote wellness in the whole person.

In addition to the therapeutic benefits, taking part in complementary medicine therapies empowers participants – providing survivors with an opportunity to take a positive, active role in their care and treatment.

All therapies and programs offered through the Dr. Diane Barton Complementary Medicine Program are available at no cost and are open to all cancer patients and their caregivers, regardless of where they receive their treatment. These programs, lectures and activities offer patients access to social, educational and support opportunities. Programs are offered weekly throughout the year. Our outpatient complementary medicine programs include:

- Restorative Yoga
- Therapeutic Chair Massage
- Meditation for Relaxation
- Qi Gong
- Body Movement Classes
- Behavioral Health Workshops
- Creative Arts
- The Tea Cart (brought to outpatients while receiving chemotherapy)
- Educational Seminars
- Horticultural Therapy

**This program is wholly funded through philanthropic support. As the reputation and demand for our programs and services grow, so does our need for funding. If you are interested in learning more about The Dr. Diane Barton Complementary Medicine Program or would like to make a donation, please contact, Bonnie Mehr, Program Manager, at 856.325.6646.**

## Oh What a Ride it Was! by Louise Sloan Flannery

The year 2013 is proving to be an introspective year for me: a milestone birthday and I recently celebrated my 10th year of being cancer free. It's not unusual when you receive a diagnosis of cancer to wonder how much time do you have left to live and what do you want to do with your time, and then all of a sudden (or so it seems) the years have passed and you are celebrating, like me, 10 years of freedom from cancer and what to do to mark this momentous occasion.

A lot has happened in 10 years: We are a family that likes to celebrate all the usual family holidays and birthdays. Whatever the holiday being observed was the one I liked the best. I especially enjoy Thanksgiving when all the family gathers together to give thanks for all our blessings and to eat a huge feast of delicious food. And you don't have to shop for any gifts!

And then there were the graduations. I attended all that I could, clapping and beaming and giving my love and support. The end results

were amazing, producing: a professional window installer, a chef/baker, an Army combat medic, a teacher, an actor, a doctor, a police officer with a master's degree, a navy electronics specialist, a nursing school student, and last but not least a high school basketball star. Am I a proud grand mom? You bet

I am. Of course it took my three great kids to produce such wonderful young men and women as these.

We also had three weddings: one grandson in 2006, one grandson in 2010 and one granddaughter in 2011.

The passing of my oldest sister last October was bal-

anced by the birth of my first great grandson in July of 2012 and we had an added bonus of the birth of my second great grandson this past May. I am so grateful our family has been so blessed.

Travel to faraway places, was a big part of my life when I was younger but in the last ten years, I stayed closer to home, enjoying trips to the Jersey shore and I have made my annual Easter trip to Pittsburgh to visit my daughter and family. I did travel to California this past April with my sister to help celebrate our younger brother's 50th wedding anniversary.

Recalling the events of the previous ten years became the catalyst that started me thinking what sort of legacy I wanted to leave my family. (Sorry kids, there's no house at the shore (yet) nor a big pile of money. My thoughts kept coming back to the family members who lived and died before I was born. I regret I never knew any of my grandparents. My paternal grandmother passed away when I was a baby and just when my curiosity was aroused about my other ancestors, both my parents were dead and gone, along with a lot of family history. I was left with a lot of questions but no one to give me any answers. What did my forebears look like? What were some of their traits? Do I resemble anyone?

Maybe I would discover some of my quirks were inherited from Uncle Harry or Grand mom Helen. I don't want this to

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# New Cancer Center Opens in October!

After many years of planning, design and construction, Cooper will open the cancer center on the Health Sciences Campus in Camden this October.

The new four-story \$100 million Cancer Center will offer expanded programs and services in an environment that fosters a team approach to cancer care. Physicians from various medical disciplines (e.g. medical oncology, radiation oncology, surgical oncology, gynecologic oncology, and urology) will conduct concurrent, clinical sessions, fostering professional interaction and collaboration.

The building will be home to the most advanced diagnostic and imaging technology available, state-of-the-art exam and procedure rooms, treatment areas, and a chemotherapy infusion suite as well as a full range of supportive care services.

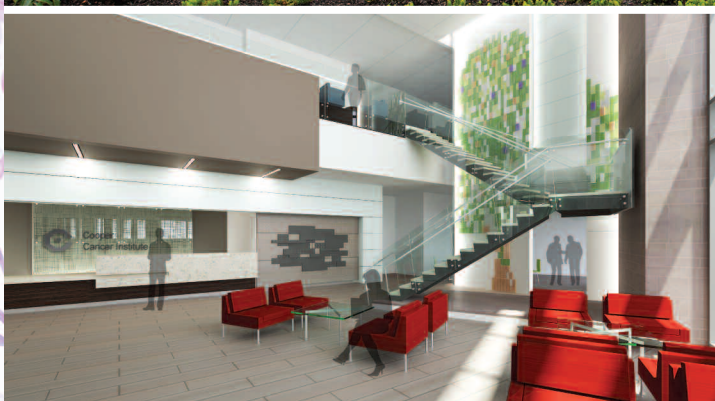
## *The building features:*

- Two linear accelerators and a high dose brachytherapy unit
- PET/CT scanner
- 18 chemotherapy infusion bays and 2 private infusion rooms
- Clinical research space
- Modern, spacious and comfortable exam and treatment rooms
- Conference space for education programs
- Café
- Complimentary valet parking
- Tranquility Garden

In addition to the advanced clinical environment, the building will feature a two-story open lobby with cascading natural light, creating a welcoming environment for patients and their families. Thoughtfully curated artwork, including an illuminated Tree of Life in the lobby, will promote healing and a scenic, outdoor Tranquility Garden will provide patients and families with a retreat to relax in a calm and peaceful environment.

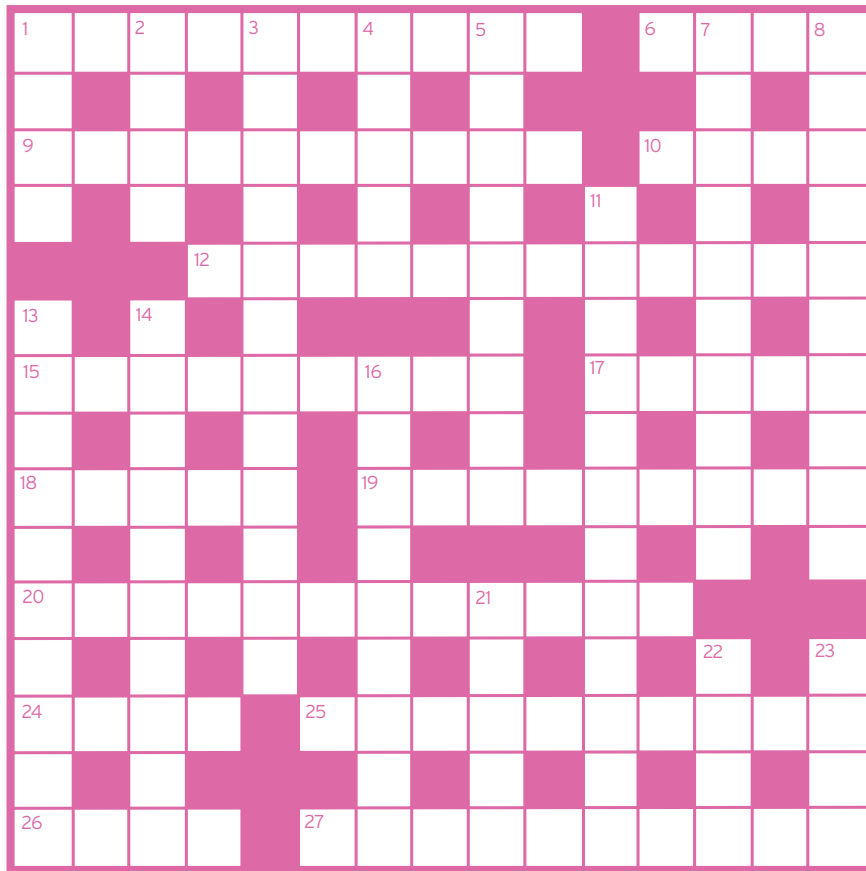
Health education, outreach and screening programs will be available on-site to help build a healthier community.

In addition to its new home in Camden, Cooper Cancer Institute will continue to provide outstanding multidisciplinary care at its locations in Voorhees and Willingboro.





# Crossword Puzzle



## ACROSS

- 1 Came across a record concerning journalist
- 6 Language of old city belonging to the French

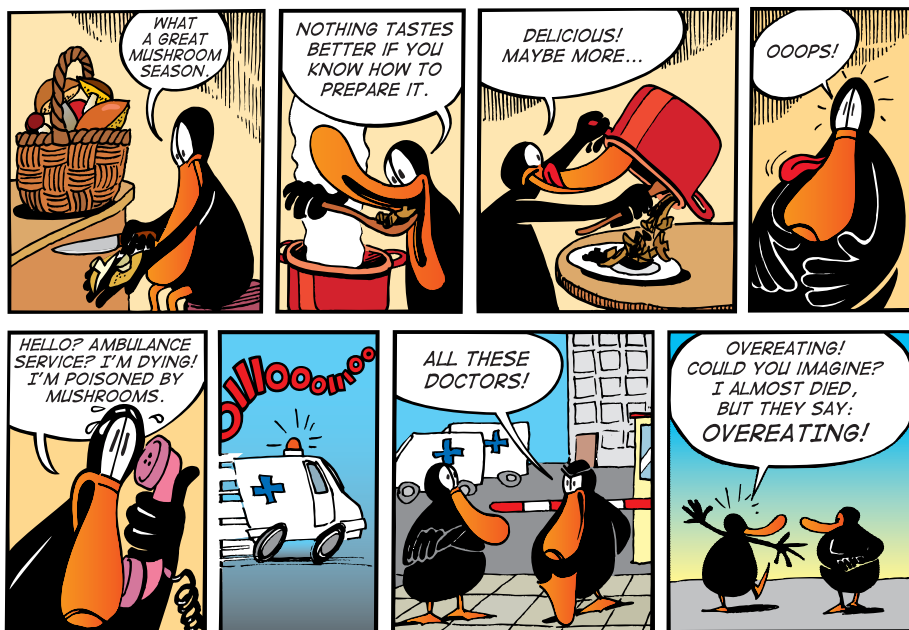
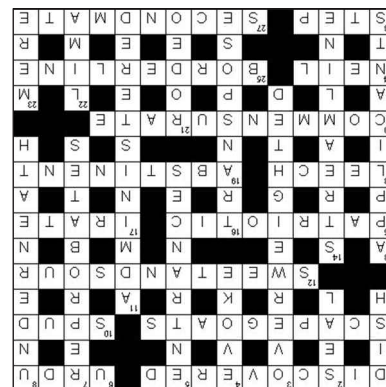
- 9 They'll get wrongly blamed for heading off escape by animals
- 10 There's potato in Mum's pudding
- 12 Style of cooking providing contrasts (three words)

- 15 Country-loving Irishman in charge of containing disturbance
- 17 Giving note to terrorists makes one angry
- 18 One who latches on to another is a sucker
- 19 Sailor's intent perhaps is to be self-restrained
- 20 A comment sure upset in due proportion
- 24 Man told to get on his knees?
- 25 Boundary rope may produce such a decision
- 26 e.g. dogs returning from walk
- 27 Not quite one's best friend on the ship (two words)

## DOWN

- 1 Pretty girl gets some food
- 2 Animal found in sea location
- 3 Fat little Edward is biased
- 4 Awaken memories
- 5 The thresholds of delights
- 7 Heartless robbers go off with a pet. The villains!
- 8 Below, below, below
- 11 Managed to get clergyman in dead awkward situation
- 13 They are seeking work after demolition of aspic plant
- 14 Steam railway takes on head of Railtrack to improve efficiency
- 16 To perform in a different key, one's parts must be arranged
- 21 Went on horseback round cowboy show
- 22 Junk mail from the capital
- 23 Nothing but a lake

## SOLUTION





# My Angel

by Elizabeth A. Dillmann, Ovarian Cancer Patient

Receiving the diagnosis of Stage 4 Ovarian Cancer was so devastating to me, at the time of hearing the diagnosis all of my senses went numb, instead of hearing cancer, I heard death. This reaction was not out of the ordinary and was soon followed by lots of crying and questioning what I could have done better in my life to ward off this disease. Realistically, it was too late to ward off cancer, I had it, and I needed to learn how to live my life knowing I have cancer. Believing I still have much to accomplish in my life, I'm not ready to give up. Perhaps I need to reach out and influence others who are traveling the road I've been down, and to reassure them that there is hope even if you hit a few bumps and detours.

I was making progress with my chemotherapy. My CA125 was reaching normal levels and I was ecstatic. This joy lasted about 6 months and suddenly, my CA125 began to increase. At this point, depression and doubt began to take over. I was giving up hope, lost my enthusiasm, lost my optimism and reached that very low point in a cancer patient's struggle where you just want to be left alone.

Robin Wilson-Smith, DO was to become MY ANGEL. Of course, she doesn't have wings, but she has a gift of making you feel very special. When I'm in her presence a peace comes over me. She is detailed in her explanations. She takes time to discuss the options I have, and she assures you that if one chemotherapy doesn't work, there are many more to try; we won't stop until we find the right one. Her dedication extends beyond the office or the walls of Cooper. She has reached out to contact me at home to check on how I'm doing. That one deed came at a time that was important to me and I doubt if Dr. Wilson-Smith had any idea how that call made me feel.

Dr. Wilson-Smith was put to the test with me. Several of the chemotherapies tried didn't work. My CA125 continued to increase. She assured me we

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Dr. Robin Wilson-Smith and family at CCI's Annual Survivor's Day Celebration.

Dr. Robin Wilson-Smith with Elizabeth Dillmann

Valerie Rouse and Lisa McLaughlin



## This Is My Story

by Valerie Jones Rouse

I felt a small knot as small as a ball bearing. It was almost 2 months before I called my lifelong friend Lillian U Barry; from Cooper Cancer Screening. She got me in as soon as she could the next week when someone cancelled... then I got a mammogram. Well it was what I did not want to hear... breast cancer.

I screamed and hollered and eventually calmed down. I must say I was very scared and lost.

I then went to go see Dr. Generosa Grana from Cooper Cancer Institute. Wow... she treated me like she knew me forever and sat by my side in a chair. She is wonderful with people and was an angel to me.

And then there are so many tests to take... you wonder what is left for them to be looking for? But, I felt like I was in good hands so whatever they asked me to do I did! My husband made all my appointments and eventually everyone knew his name better than mine. My family, my friends and my church were amazing and great support. I'm so blessed, thank God almighty for them all.

There are so many people to thank... like the chemotherapy nurses... all wonderful, capable professionals.

I would like to especially thank Lisa McLaughlin, the oncology social worker. Lisa was truly God sent to me... She really knew her stuff, and continues to be a huge support to me.

I went through radiation and after 12 weeks they called me with great news! I had nothing in my lymph nodes. I have such appreciation for Dr. Hendershott who was so cool and calm and such a gem. I love my cancer support group "Sister Will You Help Me" under the leadership of Dianne Hyman.

God bless you all at Cooper Cancer Institute for saving my life and giving my husband great joy to have me around longer.

**I encourage every woman young and old to get your yearly mammograms! God Bless.**





## Oh What a Ride it Was!

(continued from page 8)

happen to my family. That's when the idea of writing a family history came to mind. I know there are a lot of facts and happenings that occurred in the past that my family may not be aware of. If I don't write it, who will? While I have multiple albums of family pictures, today's technology has pictures stored in cameras and computers but rarely taken out to be studied. I wanted my family and future generations to know what grand mom looked like at age 75 and cancer free for 10 years. So I decided to have a professional photo taken to be shared with family along with the written history of my life. Perhaps by the time I have finished all my ruminations, I might have a book. Who knows?

Writing about your past is an interesting and reflective undertaking and I recommend it to people of a "certain age" to remember all the good things that happened along with the so-called "bad" things that usually turned into opportunities.

Usually I don't give advice unless I am asked but I came across an interesting quote by a prosperity author, Wallace D Wattle, that I thought might prove useful: **"Never take less than the very best that can be had at the present time; but do not waste energy by desiring what cannot be had at the present time."**

## My Angel

(continued from page 9)

would find the right one. Allergic reactions, skin rashes and a multitude of other negative reactions were faced week after week. And then, Dr. Wilson-Smith walked into the examination room smiling, excited, she could hardly contain herself because my CA125 dropped almost 200 points. She believed we finally hit the right combination of drugs. Her enthusiasm is contagious, and once again I am at peace.

I remember asking Dr. Wilson-Smith if I could have a cocktail when I go out to eat, her answer was simple: **"Enjoy your life and live it to the fullest." Those words have become my life motto.**

# Cancer Saved My Life

by Dorothy Bloodworth

**M**y name is Dorothy Bloodworth and I am a 61 year old woman who can unwaveringly say that cancer saved my life.

I'm a strong Christian woman. My faith in God has been the primary thing that has sustained me to survive this journey. That being said, I don't think anything prepares to hear the words "You have cancer" but faith in God allows you to have hope and be encouraged that God will be with you every step of the way.

To my knowledge I am the first female in my biological family to have breast cancer and my first thoughts were thank God it was me and not my daughter and that my husband had already passed.

I had been a widow for 11 months when I got my diagnosis. My husband had become critically ill and this culminated in him becoming bedridden in January 2011. My job had closed and I was his primary caregiver. There were times I felt overwhelmed, but through all of this my faith remained strong.

The cardinal sin I committed was neglecting myself. I was not taking care of my health needs and so many caregivers fall into this rut! Please, take heed and do not sacrifice your health for anyone. Due to complications my husband was having I cancelled my mammogram in 2011 and I never rescheduled it.



Dorothy Bloodworth

If my husband would have known he would have been very upset with me. My husband passed away June 9, 2011 and I was in such grief that I continued to neglect myself.

Fast forward to early April 2012... I thought I was feeling something in my breast. In the past I had participated in the "CEED Program" at Cooper Hospital. This program provided free mammography and Pap smear exams to those who qualify. So I think God decided to give me a "nudge" because I actually fell on my right breast, and then I really had to make an appointment at the CEED program. After several tests it was confirmed that I had breast cancer.

This was my wakeup call! I knew there were some things I had to do for myself. When I was diagnosed I weighed 331 lbs and didn't even realize it. I decided immediately that I WAS GOING TO TURN THIS AROUND. My daughter and her family have helped me to change my eating habits and to stay dedicated to walking and exercising. My son lovingly holds me accountable to take care of myself. As of today I am proud to say I weigh 254 lbs.

My support base has been awesome. I can't name everyone but at this time I want to thank Dr. Somer, Dr. Hendershott; Dr. Youssef; Dr. Schweiker and the Cooper Cancer Institute. Thank you for your professionalism and the compassion that has been shown to me. I never felt left out of any decisions that were made.

Please, remember to take care of yourself. I hope my testimony will encourage and enlighten others while they are on their journey.



Dorothy with Tom Adams getting her massage at Therapeutic Massage Day through the Dr. Diane Barton Complementary Medicine Program





# A Hollywood Cancer Story

by Theodore Balabuch

On January 12, 2012 I had the great misfortune or so I thought of falling down a flight of concrete steps. While performing a fire inspection in a high rise in the city of Camden, I sustained blunt force trauma to my chest, injured my lower back, and head. I tore my labrum in my right shoulder and suffered a concussion.

Let me explain... My cancer story sounds like an academy award winning movie filled with stars and costars along with the best very best supporting cast members ever assembled; also known as my entourage of professionals whom are second to none.

After I fell down I had to be transferred to Cooper Hospital. I remember being somewhat confused about what had just happened in reference to my fall. I was in a lot of pain and I kept on complaining about my head and chest. It seemed like I was in the emergency room forever before someone took my blood for testing, a chest x-ray, and an MRI scan of my chest and head. Shortly after these tests were performed a doctor from the ER and a pulmonologist came to my side, they appeared to be deeply concerned. The ER doctor informed me that there was a lot of fluid accumulating around my heart (in an area called the pericardial sac). He said that if it continues I would have to go into emergency surgery to have the fluid removed. An overnight observation was necessary to ensure my stability in the cardiac care unit. The MRI scan of my chest indicated that I had a mass on my right lung. At first he didn't think it was too concerning but he wanted to biopsy it in case it was cancerous.

This is when my unfortunate fall becomes a fortunate fall. After a short stay in the cardiac care unit, I had a follow up echocardiogram in January 2012. It revealed that the fluid was still there but stable. Then on February 9, 2012, I had a PET scan. I met with a pulmonologist the next day, without any family members or friends with me. At first I wasn't really concerned but my pulmonologist appeared really concerned and said that the

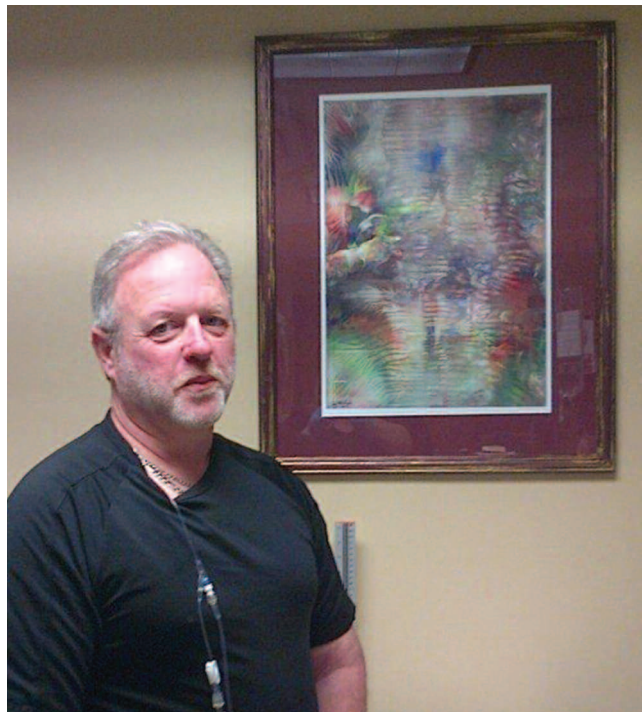
PET scan revealed that I have cancer and it metastasized.

On February 21, 2012, I had a biopsy on my lung. A few days later I met with my oncologist for the first time. As we waited in the patient room, it felt like hours went by before my family and I met with my oncologist; Dr. Priya Singh. Dr. Singh introduced herself to my family and kindly asked how everyone was doing. Dr. Singh appeared deeply concerned, and sympathetic about my results. Dr. Singh explained that the biopsy and PET scan revealed my cancer to be Stage 4 – Non small cell lung cancer (adenocarcinoma). She made me feel like I was her own brother within just minutes of meeting her. She made me feel like I wasn't alone fighting this battle. My sons Ted and Matthew, along with my sister Donna and sister-in-law Denise as well as my wife, Linda gave kudos to Dr. Singh's compassionate character and professional demeanor; I couldn't agree more.

*At the present time I feel really blessed and appreciative of all the hard work that the stars, costars and supporting cast members including those from the behavioral health team have done to help me get to this point in my life.*

run into burning buildings to save others without regard for my own life. We as firefighters always took the most aggressive action in order to save lives, therefore I adapted to this aggressive trait and I wanted to take on the most aggressive treatment plan available. After stating this, Dr. Singh mentioned I might be a candidate for an experimental treatment program that was more aggressive

Dr. Singh sat down with me and laid out two cancer treatment plans. One was more aggressive than the other. I opted to take the most aggressive chemotherapy option that was presented to me. I explained to my doctor, as a former firefighter I was willing to



Theodore Balabuch and the painting that he created and donated to Voorhees infusion site.

than the two prior chemo plans. However, she didn't know if there were any openings left on the trial that Cooper was participating in. She left the room and consulted with the research team and soon after she informed me that one slot was left; I was fortunate enough to get this opportunity.

In order to get on this experimental trial I had to meet a certain criteria. I had to go through a battery of tests within a weeks' notice. To make a very long and miraculous story short, I succeeded in meeting the criteria. Since March 7, 2012 my cancer is stable.

At the present time I feel really blessed and appreciative of all the hard work that the stars, costars and supporting cast members including those from the behavioral health team have done to help me get to this point in my life. A special thanks goes out to my behavioral medicine counselor for helping me cope with all my mental anguish and depression. One of my counselor's therapeutic techniques was to engage in some form of art. And so, I decided to paint a picture for the Cooper Cancer Institute at 900 Centennial Voorhees, New Jersey. The picture was completed and donated in June 2013. I plan to paint a picture and donate it to the Cancer Institute for every year that I battle and survive this cancer.



## Turkey Breast with Spinach-Feta Stuffing

### Ingredients:

- 4 tablespoons water, divided
- 1 (6-ounce) package prewashed baby spinach
- 1 tablespoon olive oil, divided
- 1/4 cup finely chopped shallots, divided
- 1 garlic clove, minced
- 1/2 cup (2 ounces) crumbled feta cheese
- 1 tablespoon dry breadcrumbs
- 1/2 teaspoon dried oregano
- 3/4 teaspoon salt, divided
- 1/8 teaspoon freshly ground black pepper
- 1 large egg white, lightly beaten
- 1 (1 3/4-pound) boneless turkey breast half
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup dry white wine
- 3/4 cup fat-free, less-sodium chicken broth
- 1 1/2 teaspoons cornstarch
- 1 tablespoon butter
- Oregano sprigs (optional)

### Directions:

1. Heat a large saucepan over medium-high heat. Add 1 tablespoon water and spinach; cover and cook 5 minutes or until spinach wilts, stirring occasionally. Place spinach mixture in a colander, pressing until barely moist.
2. Heat 1 teaspoon of oil in a small saucepan over medium-high heat. Add 2 tablespoons chopped shallots, 2 tablespoons water, and garlic; cover and cook 3 minutes or until moisture evaporates. Spoon shallot mixture into a medium bowl. Add the spinach,

feta, breadcrumbs, oregano, 1/4 teaspoon salt, 1/8 teaspoon pepper, and egg white.

3. Cut horizontally through center of breast, cutting to, but not through, other side using a sharp knife; open flat as you would a book. Place breast between 2 sheets of plastic wrap; pound to an even 1/2-inch thickness using a meat mallet or rolling pin. Discard plastic wrap. Spread spinach mixture over turkey, leaving a 1-inch border. Roll up breast, jelly-roll fashion, starting with one short side. Secure at 2-inch intervals with twine. Rub 1/2 teaspoon salt and 1/4 teaspoon pepper evenly over turkey.
4. Preheat oven to 325°.
5. Heat 2 teaspoons oil in a large Dutch oven over medium-high heat. Add the turkey; cook 5 minutes, browning on all sides. Remove turkey from pan. Add 2 tablespoons shallots to pan; sauté 30 seconds. Stir in wine, scraping pan to loosen browned bits. Add turkey and broth to pan; bring to a boil. Cover and bake at 325° for 40 minutes or until a thermometer inserted in thickest portion of turkey registers 170°. Remove turkey from pan; keep warm.
6. Place pan on stovetop over high heat. Combine cornstarch and 1 tablespoon water, stirring with a whisk. Add cornstarch mixture to pan; bring to a boil. Cook 1 minute or until slightly thick, stirring constantly. Remove from heat. Add butter, stirring with a whisk. Remove and discard twine from turkey. Cut turkey into 8 slices. Serve sauce with the turkey. Garnish with oregano sprigs, if desired.



Adapted from: Rick Rodgers, *Cooking Light*

### Nutritional Information

**Amount per serving:** Calories: 191; Calories from fat: 28%; Fat: 5.9g; Saturated fat: 2.8g; Monounsaturated fat: 2.2g; Polyunsaturated fat: 0.5g; Protein: 27.4g; Carbohydrate: 3.6g; Fiber: 0.7g; Cholesterol: 74mg; Iron: 2.1mg; Sodium: 449mg; Calcium: 86mg

**Yield:** 8 servings (serving size: 1 turkey slice and 1 1/2 tablespoons sauce)

## Savory Baked Apples

### Ingredients:

- 2/3 cup fat-free, lower-sodium chicken broth
- 1/3 cup uncooked brown rice
- 1/3 cup dried cranberries
- 1/3 cup apple cider
- 4 large Rome apples, cored
- 1 1/2 tablespoons butter, melted and divided
- 1 (4-ounce) link sweet Italian sausage, casings removed
- 3/4 cup finely chopped yellow onion
- 1/3 cup finely chopped carrot
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground red pepper
- 3 garlic cloves, minced

### Nutritional Information

**Amount per serving:** Calories: 363; Fat: 16.1g; Saturated fat: 6.7g; Monounsaturated fat: 4g; Polyunsaturated fat: 4.2g; Protein: 12g; Carbohydrate: 46.3g; Fiber: 4.6g; Cholesterol: 32mg; Iron: 1.3mg; Sodium: 656mg; Calcium: 159mg

### Preparation:

1. Preheat oven to 350°.
2. Bring broth to a boil in a saucepan. Stir in rice. Cover, reduce heat, and simmer 50 minutes. Remove from heat. Let stand 10 minutes.
3. Combine cranberries and cider in a microwave-safe bowl; microwave at HIGH 1 minute. Let stand for 10 minutes. Add mixture to rice.



4. Using a small spoon, carefully scoop out centers of apples, leaving a 1/2-inch-thick shell, and chop apple flesh. Brush the inside of apples with 1 tablespoon butter. Place apples on a baking sheet, and bake at 350° for 25 minutes or until just tender.
5. Preheat broiler to high.
6. Heat a large skillet over medium-high heat. Add sausage, and sauté 5 minutes, stirring to crumble. Remove from pan; drain. Wipe skillet, and melt remaining butter in pan. Add chopped apple, yellow onion, and next 3 ingredients (through pepper); sauté 4 minutes. Add garlic; sauté for 1 minute, stirring constantly. Add sausage, onion mixture, walnuts, and next 3 ingredients (through sage) to rice; toss. Divide rice mixture evenly among apples; top with cheese. Broil for 5 minutes or until golden.

**Yield:** 4 servings (serving size: 1 stuffed apple)  
**Total:** 1 Hour, 18 Minutes

