



SURVIVOR

TIMES

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



The Art of *Survivorship*

by Kimberly Fisher of The Philadelphia Orchestra with "The Red Violin"

Being diagnosed with cancer stinks, but my two year battle with breast cancer came with some surprising benefits.

I received "the call" late on a Friday afternoon. The doctor spoke with me for about 20 minutes, but all I really heard was, "malignant, stage 2 or 3." After sharing the news with the rest of my family I called a doctor I trusted professionally and personally. As a violinist with The Philadelphia Orchestra part of my job is to perform concerts wherever the orchestra tours throughout the world. Dr. Edward Viner of Cooper University Hospital traveled regularly with us as our physician. He had tended to me on one tour when I was pregnant, another when I became terribly ill in China and also in Malaysia when a 2 ft. crystal rod fell from the third balcony of a concert hall causing me to need stitches on the spot, backstage. (That's another whole story.) I asked him what he would do if his wife had gotten this terrible news. He calmly presented me with options, and a plan that I could believe in and implement after the week-end. This plan included sending me to Dr. Generosa Grana, Director of Cooper Cancer Institute.

It may be hard to believe, but that week-end was probably the most peaceful time of my life. My husband, son and I were inseparable. We sensed the beauty of life, the power of love and appreciation for everything around us. All of the stuff that usually weighed on our shoulders as stress or as nuisance had disappeared. We had this time together and we sensed that it was fleeting. There was nothing we could do until Monday and it freed us for two amazing days.

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Advice for the Newly Diagnosed Person

compiled by Louise Flannery

Don't give up; don't give up; don't give up.
– **Tom Flannery**

Try to remain positive and get support from friends and family and remember that there are thousands and thousands of people in this country who are ALIVE and SURVIVORS like you. – **Michael S. Freilick**

Take one day at a time. – **Diane Hatoff**

Keep a notebook for Dr's visits and jot down questions as you think of them; before visit, prioritize questions. – **Teresa Kao**

Try to stay positive and fight, fight, fight; surround yourself with family and friends who are upbeat and don't let anything negative take over your mind. – **Kim Nylander-Flannery**

Have confidence in resources available in this area such as medical expertise, complementary therapies and nationwide programs helping with finances and be willing to avail yourself of them. – **Mary McCall**

Trust yourself, your doctor and professional staff to help you sort through the overload of material that can bring a lot of confusion and anxiety about making what initially feels like overwhelming decisions. – **Loretta O'Donnell.**

Keep your head up, stay positive, trust your doctor; lean on family and friends.
– **Greg Palestini**

Have a good cry and then begin the task of finding out about YOUR cancer from the American Cancer Society and others who have had the same type of cancer. – **Jeanette Piracci**

Yesterday is gone; tomorrow hasn't arrived; all you have is today so enjoy it.
– **Dr. Ermelinda Sgro**

Have hope and don't give up your faith.
– **Janice Tonuci**

Make keeping your sense of humor a priority.
– **Louise Flannery**

Stand up for yourself & be involved in your health & decisions. – **Manon Wilson**

If you are feeling overwhelmed, try taking a walk to lift your spirits. – **Isabel Petranech**

Talk to other survivors with the type of cancer you have to better understand and thus alleviate the terrifying fear of the unknown. – **Ed Zirpoli**

Letter from the Editor:

Greetings and Salutations,

Welcome to the winter 2011 edition of the *Survivor Times* – a newsletter for cancer survivors, by cancer survivors. A wise person once said “*optimism is the foundation of courage.*” If you are looking for a dose of optimism you have come to the right place. Millions of Americans are cancer survivors, living with, through, and beyond cancer. According to the CDC there is good news – people are living longer after a cancer diagnosis.

There is a definite art to survivorship. This newsletter supports a very special community of people. Their anecdotes, personal stories, triumphs, and tribulations inspire others struggling through a similar journey.

The Dr. Diane Barton Complementary Medicine Program is part of the many clinical and educational programs and services offered through Cooper Cancer Institute. This program 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. The inception of this newsletter is the outcome of one such special program offered throughout the year.

If you have any questions or would like to join the *Survivor Times* team or submit an article, please contact me at mehr-bonnie@cooperhealth.edu.
Namaste'

Bonnie Mehr

Manager, The Dr. Diane Barton Complementary Medicine Program

HOPE transforms pessimism into optimism.

HOPE is invincible.

HOPE changes everything.

Be a Monthly Sponsor of the Tea Cart

Why the Tea Cart should be called the “Heart Cart.”

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 chemo unit for hours and perhaps feeling a little down, when a beautiful flowered cart filled with free juices, a sumptuous variety of baked goods, healthy cheese sticks, yogurt, fresh fruit, candy, pretzels, chocolates, program updates, 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 that serves as a symbol and a testament of the spirit that defines Cooper Cancer Institute as unique and focused on our patients and their families.



Three simple sponsorship options:

1. Once a month have a few trays delivered through a local supermarket, caterer, etc. For example, baked goods, fresh fruit, soft pretzels, chocolate covered strawberries, bagels, cheeses, etc.
2. Once a month bake your own cake and cookies, pick up assorted healthy items from the supermarket and drop items off to Cooper – Voorhees, 900 Centennial Boulevard, Suite A where Bonnie Mehr will plate and arrange accordingly.
3. Send Bonnie Mehr a Shop Rite, Whole Foods or Wegman's gift card. A gift of \$50 is required to stock the cart.

The name of the corporate sponsor and/or individual sponsor will be displayed prominently on the Tea Cart for the day. For more information or to become a sponsor, please contact Bonnie Mehr, Manager, The Dr. Diane Barton Complementary Medicine Program at **609.314.1436** or mehr-bonnie@cooperhealth.edu.



JANUARY – APRIL 2011

Signature Class SERIES

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

RESTORATIVE YOGA

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

DATES: January 4, 25; February 1, 22; March 1, 22; April 5, 26

TIME: 12:00 P.M. – 1:00 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: January 11; February 8; March 8, 29; April 12

TIME: 12:00 P.M. – 1:00 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.

DATES: January 18; February 15; March 15; April 19

TIME: 12:00 P.M. – 1:00 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

PRESENTED BY: *Maggie Burgisser, C.C.C.F.S.P.*

- Thursday, January 20, 2011:**
SURVIVORSHIP: Aren't we all Survivors?
What's in a word; our paths may vary, but we are all survivors if we are here. There is no human life without some sharp turns on the journey; how can we be compassionate for ourselves and others and remain focused on the joy?
- Thursday, February 17, 2011:**
Survivorship, Stress and the Secret of Nature
When under stress, plants create their sweetest, most potent oil; learn how the stress of the path of "dis-ease" and return to "ease" can bring your greatest gifts to the surface.
- Thursday, March 17, 2011:**
Powerless Too Powered Up
When we receive bad news we often feel powerless; learn how to recover and respond faster, better, and easier to a state of acceptance and empowerment.
- Thursday, April 21, 2011:**
MONEY: The Other Side of Mind Body Spirit
Do you think your body cares? Is it affecting your health?

PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS. Please call:

1.800.8.COOPER (1.800.826.6737)

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



World Class Care. Right Here. Right Now.

George E. Norcross, III, Chairman
Joan S. Davis, Vice Chairman
John P. Sheridan, Jr., President and CEO

2011 Art of Survivorship Series

2011 Creative Arts for Healing Workshops

Facilitator: The Kris Kelly Foundation

Location: Town Square Building
931 Centennial Building, Voorhees, NJ 08043

Time: 11 AM –12PM

- **April 6: Project: Make your own Wind Chimes**
- **April 27: Project: Affirmation Bead Bracelets** for cancer survivors by cancer survivors
- **May 4: Project: Horticultural Therapy;** creatively decorate a one of a kind clay pot
- **May 18: Project: Affirmation Bead Bracelets** for cancer survivors by cancer survivors
- **June 1: Project: Horticultural Therapy;** Plant lavender in your one of a kind clay pot
- **June 15: Project: Affirmation Bead Bracelets** for cancer survivors by cancer survivors

Survivor Times Newsletter

A newsletter for survivors by survivors. Join our group and help develop story ideas and write articles for "Survivor Times."

Dates: February 2, March 2 & 30, April 27, May 25

Time: 1:30 pm – 2:30 pm

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

This program is free and open to cancer survivors and their caregivers only. Please call 1.800.8.COOPER (1.800.826.6737) to register.

Therapeutic Massage, Reflexology and Reiki Day

Attention all cancer survivors; Come enjoy the mind body spirit benefits of therapeutic chair massage, reflexology and reiki.

Dates: March 8 & 29, April 12; May 10

Time: 9:30 a.m. –1:00 p.m. *Reiki from 9:30 a.m. – 12 noon

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



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John P. Sheridan, Jr., President and CEO

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?

- **February 2, 2011**
The Immortal Life of Henrietta Lacks by Rebecca Skloot
- **March 30, 2011**
Sarah's Key by Tatiana de Rosnay
- **April 27, 2011**
Cleopatra: A Life by Stacey Schiff
- **May 25, 2011**
In the Time of Butterflies by Julia Alvarez

Time: 12:30 pm – 1:30 pm

Location: Town Square Building,
931 Centennial Building, 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**.

Nutritional Bingo

This session will review the basics of nutrition through a fun-filled interactive bingo game. Prizes will be provided, so come prepared to learn and win.

Wednesday, March 9, 2011

Presented by: Alicia Michaux, MS, RD
Oncology Dietitian, Cooper Cancer Institute

Time: 11:00 a.m. – 12:00 p.m.

Location: Town Square Building
931 Centennial Boulevard, Voorhees, NJ 08043

These classes are for cancer survivors and their caregivers. These programs are free, however, please call to register: **1.800.8.COOPER**

Moving Towards a Plant-Based Diet

You've probably heard you're supposed to eat an abundance of fruits and vegetables for good health, but how do you go about it? Use our tips, tricks and recipes to add more of these healthy foods to your lifestyle.

Wednesday, March 23, 2011

Presented by: Linda Goldsmith, MA, RD
Oncology Dietitian, Cooper Cancer Institute

Time: 11:00 a.m. – 12:00 p.m.

Location: Town Square Building
931 Centennial Boulevard, Voorhees, NJ 08043

These classes are for cancer survivors and their caregivers. These programs are free, however, please call to register: **1.800.8.COOPER**



Supermarket Savvy



For the September 15th, 2010 Live & Learn class of the Dr. Diane Barton Complementary Medicine Program, over 20 survivors went to the supermarket with Linda Goldsmith, an Oncology Dietitian from Cooper Cancer Institute. It was really an eye-opening experience for me.

Here are some of the things pointed out by Linda:

- Have a list when you go shopping. Don't go when you're hungry. Prepare the food right away. Store foods like they do in the grocery store.
- Choose whole natural foods if possible. Choose processed foods with simple ingredients.
- For produce, check the country of origin. Locally grown and seasonal produce should be our first choice. Frozen fruits and vegetables should be our second choice because the nutrients are locked in.
- Eat a variety of fruits and vegetables. Eat the skin if possible.
- Avoid breaded fish sticks, processed meats and hot dogs.
- Choose low-fat dairy products. Buy organic when possible.
- We may have 7 eggs per week.
- Drain and rinse canned beans. Hummus is a good snack food.
- Choose whole grain pasta and watch for portion size. For sauce and diced tomato, read the ingredients on the label. Watch out for high fructose corn syrup and sodium.
- Bread is a processed food. Choose one



GURL ABOUT TOWN

by Teresa Kao

with at least 2 grams of fiber per slice. The first ingredient should be a whole grain.

- Choose cereals with at least 5 grams of fiber per serving and with the least amount of sugar.
- Check the ingredients of peanut butter, jam and jelly. The simpler the better. Avoid ones with high fructose corn syrup.
- Salsa and mustard are good choices for condiments. Olive oil is the best choice.

- Quinoa from South America is a good side dish with a lot of protein. It's a grain-like crop and is easy to cook.
- Limit red meat to 2 times per week.
- Eat fish 2-3 times per week. Cold water fish like salmon and mackerel are good source of omega-3 fatty acids. Check the EPA website for mercury content.

Linda also said we should use common sense to decide what to eat. Choose whole foods over processed foods. Eat plenty of fruits and vegetables. Try to cook at home and avoid fast foods. Linda recommends Michael Pollan's book *In Defense of Food* in which he states "Eat food. Not too much. Mostly plants." It is a good guideline to follow.

For patients undergoing chemo treatment, food safety is very important. Make sure you wash your hands, fruits and vegetables thoroughly, and cook meat thoroughly.

Linda recently wrote an article, entitled "Take Charge of Your Diet after Cancer," for the *Coping with Cancer* magazine.

This article is a must read for us. Here's the link to the online version: http://copingmag.com/cwd/index.php/feature_article/take_charge_of_your_diet/

Linda also recommended the following websites if you're interested in doing more research:

- The American Institute for Cancer Research: <http://www.aicr.org>
You can subscribe to their weekly Health-e-Recipes.
- The American Cancer Society: <http://www.cancer.org>

What is a Cancer Survivor?

by Michael S. Freilick

I was first diagnosed with cancer in 1983. I asked my doctor, "If I am still alive in one year or five years, will I be a SURVIVOR?" He said,

S "You are a **SURVIVOR** right now, at the time that you are diagnosed with the disease."

U **UNDERSTAND** that this is the time to work with your doctors in getting the treatment that you need to help you survive.

R Try to **REMAIN** calm and **RELAXED** during your treatment.

V You may be **VERY** confused during your treatment, but remember, you are a SURVIVOR.

I **INSTEAD** of giving into the fear of having cancer, use this time to reflect on all the good things in your life.

V Hopefully you are doing **VERY** well right now with your treatment.

O **ONLY** think positive thoughts during your treatment. It will help keep your spirits high.

R **REMEMBER** that you are a SURVIVOR!

Ode to My Hair by BJ Swartz

*Oh golden hair
Of bygone days,
Your memory
Is just a haze.*

*Long ago
You brought a frown,
As gradually
You turned to brown.*

*Of late I've waited
For brown's flight,
To be replaced
By grey or white.*

*But when cancer
Had its way,
You tasted drugs
And ran away.*

*On one thing
You didn't bet,
Your hair was
Vinyl violet.*



BJ Swartz

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
- Mindfulness meditation
- Qi Gong
- Behavioral health workshops
- Body movement classes
- Creative arts
- Educational seminars
- The Tea Cart (brought to outpatients while receiving chemotherapy)
- 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.

PHYSICIAN SPOTLIGHT: Alexandre Hageboutros, MD Gaining Insight from Adversity

by Loretta O'Donnell

While sitting in the chemo infusion room over the past several months, I often admired the photographs of European landscapes and seascapes and daydreamed about visiting those beautiful places along the Mediterranean. Recently I was surprised to learn while interviewing Dr. Alexandre Hageboutros about his book, *No More Wars, Please, My Journey from Lebanon to America* that all the photos were taken by him.

I learned a lot more about Dr. Alex, as he is affectionately called, from reading his book and talking to him about how his personal life shaped his professional calling to help people with cancer. Growing up in the midst of several long wars in his homeland, Dr. Alex learned at an early age the perseverance to overcome conflict and suffering. His early idyllic childhood was shattered by bombs that destroyed his town and created fear in his family as friends, relatives and neighbors were endangered.

As a newly diagnosed patient of Dr. Alex's, I was fearful of starting chemo and felt lost with a new doctor I didn't know. After reading his book, I learned he is a compassionate humanitarian who decided as a young volunteer with the Red Cross in Lebanon to become a doctor to save lives. Getting to know him helped me to overcome my fears and gain the fortitude to meet adversity while trying to helping



Loretta O'Donnell and Dr. Alex

others. I have been doing better, physically and mentally. As Dr. Alex said, "I've come a long way."

After graduating from medical school, where he met his wife Ghada, they came to America in search of a better, safer future. Fate brought them to Cooper Hospital in 1988 where he is grateful that Dr. Edward Viner accepted them as interns. Dr. Alex continued his studies at Fox Chase and Temple to become an oncologist while Ghada became an endocrinologist. He has helped other doctors get started at Cooper and is now Associate Head of the Division of Hematology/Medical Oncology which has grown from three to 11 physicians. He notes that is a constant challenge to be on top of all the latest research for continuous treatment improvements, and

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The Art of Survivorship

(continued from page 1)

That feeling of freedom continues to grow as I learn to let a different part of me guide my life. Suddenly the day to day grind didn't matter anymore – not at all. The slick professional violinist "Supermom," who was always on the go performing, practicing or teaching melted into the softer, laid back person I have actually wanted to find for years. The perfectionist in me doesn't have to think, "I should be practicing." Instead, I allow myself to live in the moment and to really take in what matters in my life.

I am living with no expectations on my shoulders, no judgments of success or failure; only the basics and instincts of survival that comes with fighting for your life.

As I return to the stage performing as a violinist I am determined to keep in touch with my new found priorities. So far, so good. In fact, I should probably be practicing now, but I think it will have to wait.

Kimberly Fisher is Principal Second Violinist with The Philadelphia Orchestra and Co-Founder/Artistic Director of Philadelphia International Music Festival (formerly Strings International Music Festival.) www.stringscamp.com



Exercise Increases Energy and Decreases Rate of Recurrence

By Loretta O'Donnell

One of the best things we can do for ourselves when we're feeling tired or depressed, is to take a walk or engage in some type of physical activity. Studies of cancer survivors have shown that moderate exercise has many benefits, including reducing the rate of recurrence and increasing survival rates.

Though we may feel like taking a nap instead of exercising, we feel better after activity because it improves our energy and strength, enhances our immune system, and relieves stress by releasing feel-good endorphins in our bodies.

Cancer survivors who have undergone surgery, chemo or radiation are often intimidated and delay exercising because they are unsure of their abilities and limitations. Physical therapists can help survivors exercise safely as soon as they are cleared by

their doctors to do so by conducting assessments and monitoring of the client's changing abilities, adding specific exercises, aerobics and weights as appropriate.

Carol Stratton, Director of Rehabilitation Services at Cooper's Bone and Joint Institute, notes that physical therapy for post-op patients can often start about three weeks after surgery. "It's important to start moving as soon as safely possible because tissue can get tight and it only take about 72 hours (three days) for muscle atrophy to start," she said.

Stratton's first breast cancer client, Diane Hatoff, started therapy with Carol

more than five years ago and is an advocate of the program. Diane says Carol and the physical therapy helped her tremendously in her recovery, both physically and mentally.

Stratton is certified in lymphedema therapy for breast cancer survivors. "The best way to manage lymphedema is to prevent it." Compression sleeves

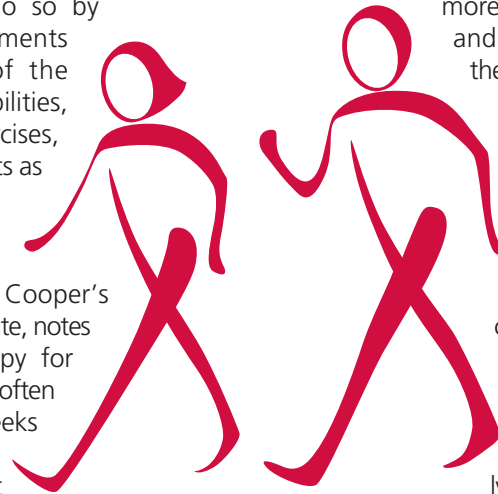
are used on the arms during therapy and light weights which help to make lymphatic drainage more effective.

While the number of cancer survivor referrals in physical therapy has been increasing as the awareness of its benefits increases, the majority of Stratton's clients are breast cancer patients and she would like to see more survivors take advantage of therapy and its "healing, encouraging environment and positive energy." Clients do not need a doctor's referral to see a physical therapist, but insurance companies require it for payment.

Because I was aware of the benefits of exercise from my daughter, a physical therapy student, I asked my doctor for a referral when I started chemo in May. Going to a therapist near me in Cherry Hill a couple times a week has helped me in many ways with better flexibility, strength, endurance and mood. I also go to some of the yoga and other free classes offered by the Dr. Diane Barton Complementary Medicine Program at Cooper Cancer Institute, and at the Burlington County YMCA which has a Lance Armstrong LIVESTRONG session at no charge for members or non-members.

For others like me who have trouble motivating themselves to exercise at home, it helps to use videos or games such as Wii. All types of videos are available, even walking ones, especially good for winter. Mall walking groups also are popular in winter.

As my surgeon, Dr. Thomas Rocereto of Cooper Cancer Institute said at my post-op visit, walking is a great place to start and one of the best exercises people can do almost anywhere.



Put on a Happy Face

by Diane Hatoff

How does one deal with the diagnosis of cancer? After the initial shock, the disbelief, the why me, one has to accept and face the reality of this disease. I know, I am a breast cancer survivor. I had a mastectomy followed by chemotherapy, radiation, reconstructive surgery, and physical therapy. I must say, that during this physical and emotional period, my doctors were so very kind and compassionate. The entire medical team was wonderful. They helped give me the confidence I needed during this time. Sure, I had many difficult days during and after treatment, but I survived.

I knew I had a full plate to deal with and knew that I could not do this alone. My wonderful family, friends, and neighbors were there for me. I was very lucky. They were willing to volunteer any assignments I gave them, to help me get better. My household responsibilities were always on my mind. I had always been in control of running an efficient and successful home. Now it was time to hand over the reins to other members of the family. Who would do the food shopping, the laundry, and clean the house? Family and friends all helped. No one starved, and thank goodness for take-out! It was amazing to me how much was done at home, when I was not in charge. One really needs to have a sense of humor at this time.

All of us, who are survivors, have been given a second chance. We are grateful and hopefully wiser and stronger. Maybe, we should be kinder to ourselves and to others. We are here to make a difference in this world. Let us make the most of it.



Chicken and Dumplings

Nothing says "home comfort" like the smell of simmering chicken soup in your kitchen. With Rotisserie chicken and drop dumplings, this becomes an effortless meal.

Ingredients

- 1 cup chopped onion
- 1 cup chopped carrots
- 1/2 teaspoon minced garlic
- 1/4 cup all-purpose flour
- 1/2 teaspoon dried thyme leaves
- 6 cups chicken broth
- 2 cups cooked, diced, skinless Rotisserie chicken breast
- Salt and pepper to taste
- 2 cups biscuit baking mix
- 2/3 cup skim milk

Instructions

1. In large nonstick pot coated with nonstick cooking spray, sauté onion, carrots, and garlic over medium heat 5-7 minutes or until tender. Stir in the flour and thyme.
2. Gradually add broth; bring to boil. Add chicken.
3. In bowl, stir together biscuit baking mix and milk. Drop by spoonfuls into boiling broth. Return to boil, reduce heat, and cook, covered for 15-20 minutes or until dumplings are done. Season with salt and pepper (if using). If soup is too thick, add more chicken broth.

Food Facts: Calories 235; Protein (g) 16; Carbohydrate (g) 28; Fat (g) 6; Cal. from Fat (%) 23; Saturated Fat (g) 2; Dietary Fiber (g) 2; Sugars (g) 16; Cholesterol (mg) 31; Sodium (mg) 815; Diabetic Exchanges: 2 carbohydrate, 2 lean meat

Terrific Tidbit: A plain comfort food as this is easier digested. Leftover chicken may be used but Rotisserie chicken is a great short cut. Remember to remove the skin.

Source: Submitted by Alicia Michaux, MS, RD, Oncology Dietitian, Cooper Cancer Institute

www.hollyclegg.com

The Hurricane

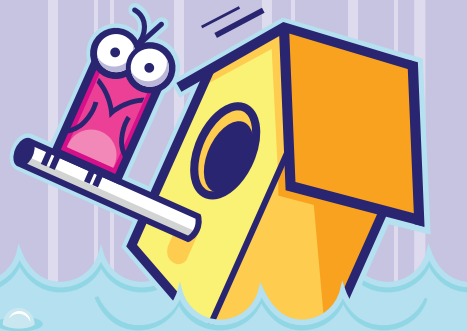
by Louise Flannery

I read a poem the other day and it touched me in a way that gave me a different viewpoint about cancer.

It spoke of things that people thought they wanted: An acre of land, a ring on each finger, three lovers and a desert caravan; Beads, jewels, diamonds and rubies, a title, fame, control.

I know I always wanted an acre of land with a big house on it but that was when I was married and my children were young. I honestly never wanted a desert caravan. Three lovers sound good only not all at once, just one at a time. Jewels, diamonds and rubies never tempted me but fame would be nice even just for those 15 minutes that Andy Warhol promised us.

I started to think about what I wanted before I received the diagnosis of cancer. I really took my health for granted because I felt well, went for check-ups, ate well & exercised some. I was working as



a nurse but not in a position I was enjoying. I wanted something different but I didn't know how to go about it.

Two years after my diagnosis, I went out on a limb and retired. Would I have retired so soon if I hadn't had cancer? I don't think so.

The poem also talks about awakening to thunder and everything being wiped away, only emptiness left. I realized sometimes it takes a "Hurricane" to open us up to hear and do what we really want to do.

Think about what you really want to do and then **Just Do It!**

Physician Spotlight

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emotionally draining when a battle is lost.

"The first rule of a good doctor is one who listens to what his patient is trying to say," Dr. Alex says in his book. He decided to write the book after the 9/11 terrorist attacks, primarily for his two daughters, Karine and Joelle, so they would know the family's legacy and his hopes for greater diplomacy among countries to resolve conflicts through negotiation instead of war. He is a man of faith who dreams of a day when countries will not end disputes with just the signing of a paper agreement, but rather will have people help each other to build a House of Peace with a garden and playground for "a stitching effect to heal a large wound and hold peace together."

Dr. Alex maintains a website (www.nomorewarsplease.com) with a blog to encourage the sharing of ideas for peace. Many readers have been touched by his story. A husband of a patient wrote in a review on Amazon, "Exceptional insight into a personal struggle to survive, mature, help humanity, and excel."

Another reader wrote on the blog, "In-

stead of choosing to respond with anger and revenge, you chose to see the positive seeds in the circumstances and use them for positive growth. You allowed it to add to your life rather than taking away from it."

That philosophy is an inspiration to me and others here in our own struggles and a reminder that helping others makes ourselves feel better.

NOTE: Sales of the book, available in Voorhees office, Suite M at Cooper Cancer Institute or online (also as an eBook) are donated to Cooper Cancer Institute.

SAVE THE DATE: Annual Cancer Survivors Day Celebration

Saturday, June 4, 2011
10 A.M. – 1 P.M.

Location: Cooper at Voorhees, 900 Centennial Blvd., Voorhees, NJ 08043. **Registration is limited to cancer survivor plus 2 guests.** Please RSVP by May 27 to **1.800.8.COOPER** (1.800.826.6737).

