

# SURVIVOR

## TIMES

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

**NOW SHOWING**

# Life After Cancer

by Louise Flannery

**A**s I write this, we are having an unusually warm early March. Just recently, I was basking in the bright sunshine streaming in my windows, musing over the fact that we had such a mild winter this year. Then, like a thunderbolt from the blue, (picture me slapping my forehead with my open palm), I realized that the month of February had slipped by without my noting the "Days of Infamy" that started on Feb.1st, 1999, with my gynecologist murmuring, during my breast exam, "I think I feel something here." It was just a routine exam and I was tired after working all day so I didn't grasp the full implications. But subsequent tests and a biopsy confirmed that I did indeed have

breast cancer. I felt the world as I knew it was changed forever.

I confess to a fair amount of "wallowing" and a few Pity Parties every February in the ensuing years. Who could blame me? After all, I had suffered the indignity and assault to my body from cancer.

I was dumbfounded! I went to my calendar to see just what had occupied my time this February that had kept me from commemorating the days I thought I would never forget. I discovered to my pleasant surprise that I was living my life to the fullest with all sorts of pleasant activities that included exercise, volunteer work, interactions with my large family, movies and lunches with my friends, book club, knitting/crocheting for myself and others, follow-up health and beauty appointments,

I realized the "secret" to enjoying life after cancer, is to just engage yourself in what gives you great pleasure and satisfaction, what puts a smile on your face. Maybe it is something as simple as knowing you have a favorite show/good book/the person you love waiting for you at the end of the day. You, like everyone else, have a way to bring comfort or beauty to yourself or others which is a great way to forget your troubles. Even our smallest acts can have major effects. So, my dear fellow survivors, be happy and enjoy life to the fullest in whatever way is personal to you. You deserve it! The world is waiting for the unique contributions that only you can make.

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## Letter from the Editor:

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

This very special publication honors the challenge and journey of cancer survivorship by encouraging cancer survivors to 'give voice to your experience.'

If words are the voice of the heart... then the contributors to this issue serve as shining ambassadors of hope and inspiration. Their personal stories are full of humor, grace and wisdom.

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

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

# Pink Ribbons & Blue Genes

by Norma E. Roth

I will never forget my first pair of blue jeans. It was 1973, I was ten years old, on a family vacation to California. Mom took my three sisters and me to the Levi's flagship store in San Francisco and bought us each our denim babies. They were a scrumptious, gorgeous shade of blue with the iconic red label flashing in the back pocket. We treasured these special jeans. But it's my other pair of genes, which has defined my life and my relationship with my sisters and our dead mother.

Over the past 55 years, these genes brought us much heartache and pain. These genes are responsible for mom's death from breast cancer in 1994. A year later, my aunt, mom's sister, was diagnosed with it. Auntie learned she carries a BRCA mutation, confirming decades of family suspicion, that something in our DNA caused us to develop breast cancer.

In 1997, I eagerly joined a BRCA study through Cooper University Hospital. This forged my relationship with oncologist, Generosa Grana, Director, Cooper Cancer Institute. I even invited my sisters to join the study. They refused, trying desperately to talk me out of testing. But I didn't listen. I learned I am BRCA mutation negative. The relief was enormous. I remained pro-active with my breast health.

In 2004, at age 40, I was stunned when I was told I have breast cancer. I was the ninth woman in mom's family to be diagnosed. And worst, me and two other cousins with breast cancer were BRCA negative. We began wondering what is wrong with our genes?

I had bilateral mastectomies and reconstructive surgery. My sisters finally had genetic testing. One sister tested BRCA2 positive, the same mutation as our aunt. We also learned mom was BRCA2 positive. So much for hand-me-down genes!



Dr. Generosa Grana and Norma Roth.

My genes brought me back to Dr. Grana. Pathology from my mastectomies revealed one breast diseased with ductile and lobular in situ cancer. Invasive lobular cancer is what killed mom. Mom also had a cousin who died of ovarian cancer.

I'm BRCA negative but felt something was seriously wrong with my genes. Dr. Grana agreed and recommended I remove my ovaries to prevent ovarian cancer.

Oh, how I longed for the simplicity of my Levi's jeans! But at age 41, I just couldn't embrace menopause, and instead opted for heavy screening. These past few years, my genes became quite uncomfortable. I was constantly squirming, trying to make them fit properly but nothing worked. I finally had prophylactic oophorectomies. Ah, perfect fit!

My journey has taught me to wear my genes like my favorite Levi's, with comfort and confidence. I authored *Pink Ribbon Journey*, a distinct book celebrating breast cancer survivors and the physicians who care for them. I chose to feature Dr. Grana. I knew that sharing her positive energy would bring hope to others in their pink ribbon journey. Writing the stories of these courageous women and men brought me unexpected comfort and healing. I share my genes proudly and offer support to others, so they can feel the same as I do.



MAY – AUGUST 2012

# 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:** July 3, August 7

**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:** July 10 & 24, August 14 & 28

**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.

**DATE:** July 17 & 31, August 21

**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

• **Thursday, May 24, 2012:**

#### Laughter Chair Yoga... Live Life Laughing!

Laughter Yoga is a global movement for health, happiness and world peace. It uses laughter as a tool to improve health; memory and social skills... naturally overcome depression, boost morale and self-confidence. Easy and safe for all, dress is comfortable.

**FACILITATOR:** Laugh Yourself Philly; Melanie Galioto

• **Thursday, June 21, 2012:**

#### "Broadway Moves" Body Movement Experience

Come and celebrate your joy and love of Broadway show tunes through this gentle Body Movement class. Ease into the rhythms of the music through simple dance moves. Dress is comfortable; participation from a seated position is optional.

**FACILITATOR:** Stacey Covelli; Cherry Hill Racquet Center

**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.*



**World Class Care. Right Here. Right Now.**

George E. Norcross, III, Chairman

Joan S. Davis, Vice Chairman

John P. Sheridan, Jr., President and CEO

# THE DR. DIANE BARTON Complementary Medicine Program 2012



## 2012 creative Arts for Healing WORKSHOPS

### Location:

Town Square Building  
931 Centennial Building  
Voorhees, NJ 08043

**Time:** 11:00 a.m. –12:30 p.m.

### Dates:

- **May 23: Mini Herb Gardens**
- **June 13: Pick Your Project Day**

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:** May 22, June 19, September 11 & 18,  
October 9 & 23, November 13 & 27

**Time:** 9:30 a.m. –1:00 p.m.

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

## Bonnie's Book Club

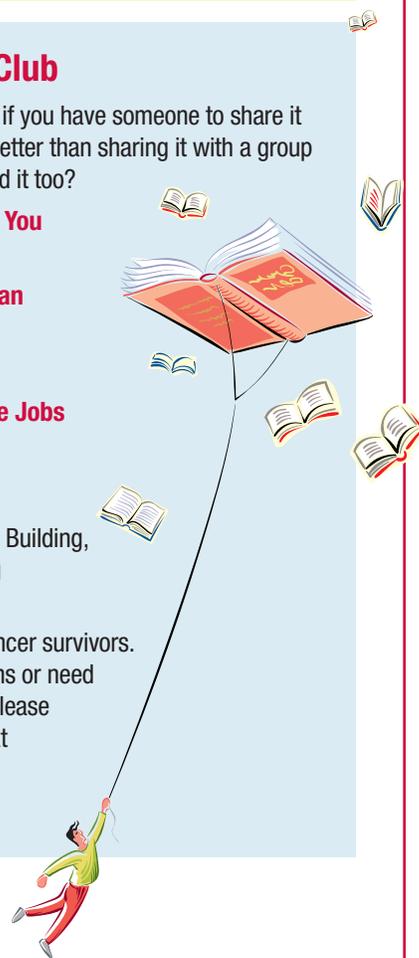
A story is always better if you have someone to share it with... what could be better than sharing it with a group of friends who have read it too?

- **May 30: Then Came You**  
by Jennifer Weiner
- **June 27: Straight Man**  
by Richard Russo
- **July: Movie Outing**
- **September 19: Steve Jobs**  
by Walter Isaacson

**Time:** Noon – 1 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**



 **Cooper**  
Cancer Institute



# Never Too Young

by Judith Marquez

In November of 2007 while in my dorm room while at college I felt a small hard lump on my right breast. I quickly made an appointment. The doctor said I was too young to have anything wrong. I was denied a mammogram because I was young at the age of 24.

In May the lump grew to the size of a golf ball. It began pressing through my skin and wearing a brassier became unbearable. I graduated from Stockton College on May 12, 2008 and 2 days later went for a second opinion. A biopsy was taken and I received a call telling me that indeed I had breast cancer.

I was staying with my sister until I went away for an internship in Washington, DC. My sister asked me to leave her home and stay with my mother. Unfortunately, at my mother's house paying rent was of more importance than my health. My circumstances were of little importance to my

family and they weren't as supportive, as I had hoped. I wasn't going to be a burden and found my own way.

I found somewhere to live with little means, short notice and moved in after surgery. Surgery was on May 26th. I had a lumpectomy. My friends and sisters visited me but my mother was nowhere to be found. My sister went to get my mother but no one ever came back. I spent that night at the hospital alone.

During chemo my hair quickly fell out. I went to the salon alone. I cried as the last of my hair was shaved. I drove home and stared in the mirror all night crying.

That fall I decided to go back to school. I traveled to treatment every Monday and commuted back to school for class. I went to treatment alone and studied. My boyfriend broke-up with me and friends walked away. I walked the halls in pain hiding behind my wig because breathing even hurt. I drove myself to the hospital when the pain became unbearable.

I found something better and was ac-

cepted into the 3-year masters program at Philadelphia University with a full scholarship. I had radiation every morning. After treatment I commuted to the college, worked on campus until 5 p.m. and went to class from until 10:30 p.m. every night just to travel back to New Jersey and do it all again the next day. Many advised me to take time off school but that wasn't an option for me. This experience never defined me but helped me grow and prove how strong I was to myself.

I just graduated Philadelphia University in December and my thesis focused on Breast Cancer. I created a social networking website, interviewed survivors, organizations, and specialists. My creation SurvUnity represents Survivors United to Serve by Spreading Awareness, Encouragement, and Unity. I chose to share my story in a creative manner by developing SurvUnity. I hope to bring an end to the stereotype that only women over the age of 40 are at a risk for breast cancer. Remember to stay encouraged and motivated through adversity. It's nothing but a temporary roadblock life throws ones way.

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Judith Marquez

## Gurl About Town

### Bonnie's Book Club

One of the things my cancer experience affected me was my loss of interest and enthusiasm in reading. I used to be an avid reader. I always had books, magazines or newspapers nearby. Many times I stayed up late trying to finish a book. Once I was so engrossed in reading that I put sugar instead of salt in the food I was preparing for company. It became a joke

among my family and friends.

During my chemo treatment, I was taking Ativan and was always drowsy. I hardly read anything. After I finished chemo and was off Ativan, I still had problems concentrating on reading. I'd read a few pages and then couldn't keep my eyes open. Gradually I stopped reading completely.

When Bonnie Mehr, Manager of the Dr. Diane Barton Complementary Medicine Program at Cooper Cancer Institute started the book club a few years ago I signed up right away. I figured that I probably needed a push and some encouragement to get back into reading again. After three plus years and many books later, I can say for sure that the book club has really helped me. Even though I still have problems con-

centrating, I try to read at least the book for the monthly book club meeting. The discussions are always lively and interesting. I've gained many insights and new perspectives from the books and enjoy discussions with my fellow club members.

Camaraderie is indeed balm for the soul.

I enjoyed reading *The Help*, *The Guernsey Literary and Potato Peel Pie Society* and *Half Broke Horses* tremendously. The stories and characters gave me a lot of inspirations; *The Lost Symbol* was a fun book to read. The story and the author's knowledge and creativity really captivated me; *The Immortal Life of Henrietta Lacks* made me very grateful for the advancement in cancer treatment. I'm really thankful for the doctors, researchers, patients, especially Henrietta Lacks, who made the advancement possible. We just finished reading *The Paris Wife*, a story about Ernest Hemingway and his first wife, Hadley Richardson, and their lives in Paris in the early 1920s. It is a fascinating book. I read *The Old Man and the Sea* and saw *For Whom the Bell Tolls* when I was a youngster. But before I read *The Paris Wife*, my only impression of Hemingway was a white bearded older man. I never thought that he was a young man once. Reading *The Paris Wife* gave me more understanding of Hemingway as a person

We will be reading *Straight Man*, *Steve Jobs*, *The Sense of an Ending* and *Unbroken* in the next few months. We will also have a movie outing in July. I am really looking forward to these activities. **Come join us for the fun!**



by Teresa Kao

# Valuable Lessons

by: Jaime Amorosi

Being diagnosed at the age of 27 years old was a tough reality. Throughout my adventure I have learned some really valuable lessons.

We are taught a lot of things while we are growing up: have patience; be respectful; respect your elders; look both directions before crossing the street; wait your turn; ask questions because there are no stupid questions. We are taught to make friends, not enemies; raise your hand; wash your hands; cover your mouth; help those who are in need; We are raised with values and morals that may differ from one another but all in all we are raised to be well-rounded individuals.

Over the past year there have been many situations where I have to dig deep and think back to when I was a child and what my parents have told me. You haven't learned it all until you have experienced it all. Experience is the key word here. I have to say you can teach me right out of the book but the only way to truly learn something is by experiencing it.

- The countless hours sitting in the waiting room = **Patience**
- Watching the people who have appointments after you go first = **Take Turns**
- The endless tests that have to be run before you can move further through your journey = **Patience**
- Being your own advocate to make sure you are receiving the best care possible = **Ask questions**
- Sharing my story with others to let them know they are not alone = **Helping those in need**
- The cranky nurses that seem to always have a bad day (I found out bring them candy and they will be your best friend) = **Make friends, not enemies**
- Going through chemo you always have to be careful of germs = **Wash your hands and cover your mouth**
- Parking lots at the hospital or doctors office are always dangerous – everyone is in a rush to get to nowhere = **Look both directions before crossing the street**
- The comments of our elders sometimes are not the comments we are expecting, sometimes they do not have a very nice way of saying something or just say something that really gets under your skin = **Respect your elders**
- The countless times you have to make doctor's appointments and you need to be put on hold = **Patience**
- Recovery time from chemo, radiation, surgery = **Patience**

You will notice a common word throughout this blog and that would be **PATIENCE**. Many of us can say we have patience but it is not until our patience is tested to the max that we develop

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Jaime with her family.

## Jumping for Joy with My New Pup

by: Loretta O'Donnell

As a recent empty nester after my daughter moved for her new job and took her wonderful dog with her, I decided to get a new dog for company. One like my daughter's – older, not too big, trained and mellow, content to sit by my side and stare adoringly at me no matter what I looked like or how I felt.

I went to my county's animal rescue showing at a nearby pet store and arrived as they were unloading some of the dogs. A big excited puppy with big feet and one ear up and one ear down jumped out of the van and into my heart – love at first sight! I followed them in and looked at all the other dogs – older, smaller, trained and mellow, content to sit by their keeper's side. Smart choices for someone with advanced stage cancer and chemo every two weeks.

But the heart wants what it wants and I was in love. We walked the 9-month-old black and brown male shepherd mix around the store and past the kittens because I have a cat. He didn't care about the kittens and didn't pull; great! He licked my ear, put his paw in my lap and stared adoringly at me with his big brown eyes. I was sold. I could have him the next day. That night I went to a church fundraiser and won the 50-50 raffle for the exact amount of the adoption fee! That was a sign from above I thought, it must be fate.

So, he arrived at my house the next day and I named him Reese because he was dark brown on top and light brown underneath like the peanut butter cup. Unlike my cat Hazelnut, who like most cats doesn't show happy excitement about anything, Reese was thrilled with his new master, home and yard. He jumped around and ran from side to side of the back yard barking to announce his arrival and new turf to our neighbors and their dogs! Our cat, who we had inherited by default from our daughter, was anything but thrilled. She had just gotten rid of our daughter's dog that she had learned to tolerate. Now a big goofy pup; Reese wants to play, of course, and still tries, but Hazelnut will hiss, swing her claw and chase him to show who's boss. She is curious to watch

Dear Bonnie,

Sometimes a picture is worth a thousand words... so let me show you how an octogenarian cancer survivor loves her life and enjoys it!

My Best,  
Ermelinda Sgro





him though, in fact, she follows us down the block and around the corner when I walk him.

His energy and enthusiasm is contagious and rejuvenates me like a beautiful spring day. He's so happy to play fetch, go for a walk, get a belly rub or just hang out with me. Like all dogs, he has his own funny personality and quirks. He likes to push his bones and toys under the sofa and then look at me to retrieve them for him. He's good about doing his business outside, not chewing shoes or furniture and coming when called but has had a few lapses. One day I placed my leftovers from a restaurant on the counter and turned my back and woof, they were gone in a second. Of course, he knew he did wrong and hung his head with a look that said I'm sorry, I couldn't help myself!

One of the first times we left him alone for awhile, he found a piece in the Berber carpet sticking up and chewed at it to entertain himself. I came home to a large pile of pulled fiber and emailed a photo on my I phone to my husband with just the caption Rug! Luckily, I had an area piece to cover the tear and we are planning to replace it with a wood floor this spring.

Now when my daughter comes to visit with her dog, Kolby, he and Reese are like brothers and I feel like a grandmother in training when I dog sit and act as referee. "Now, play nice and share your toys." They say kids keep you young and seeing the world anew. Man and woman's best friend gives me another reason to laugh, love and live in the moment. Carpe Diem! Seize the day.



Loretta O'Donnell and Reese.

# For Whom the Bell Tolls

by: Marietta Solimeo



I express in art about what I cannot speak of my healing process at Cooper Cancer Institute, from diagnosis to cure. I begin with preparing my pallet with all of the colors available to me so that I have some control over what may be unmanageable. I do not quite know how my picture will manifest, so I let go and pick up my brush to stroke the first feeling I have with dark, irregular lines crossing each other in an erratic pattern throughout my system, especially the core of my being, depicting the panic and confusion I feel at first. My limbs are weak of a muted gray. My stomach churns with a myriad of pigments, when combined, are muddy and undefined. My heart beats rapidly with crimson red. I choose black for the deep hole I think I will disappear into as I anticipate the arduous journey I am about to encounter.

I take my first step on the road of the medical community, my first test. My foot is dark brown and heavily-clad, suspended off the ground, fearful of taking this step. Nonetheless, I begin my walk and do not look back because I know that the only way to cure is through my trepidation. My walk then begins and a momentum occurs. As I continue onward, my arms and legs contract and release, the path twists and turns, narrows and widens. The dark blue ebbing waters that I create threaten to swallow me up, yet, as it flows, I get carried to shore with great relief. Again, fear, and I paint fallen branches and limbs of trees that I tumble upon, only holding my gait steadily as I reach out to guides who give me direction and family and friends who give me physical and spiritual food for the road. Feeling safer now, I add occasional vibrant pinks and blues and oranges, those flowers on the sideways, allowing me some hope, and I think, I might get through this relatively unscathed. I feel somewhat giddy, so I release my adult authority and become like a child, thrilled by painting a rainbow of which all things seem imaginable. By now, I am feeling more secure, and the billows of powder blue in the sky signify peace and confidence, as I am encouraged by my medical caregivers that I am doing well.

I find out I am cancer-free and I come to a clearing of an expansive lush green field with a blinding yellow sun that is health and freedom to me. I ring the bell of survivorship and dabble on my canvass streams of tears, not on a face of innocence and wonder anymore, yet a contemplative yet colorful one that speak of life, and I embrace my strength that I have lived through the last year. I put away that painting, only to retrieve it for the sake of remembrance, and now I can start a new painting...



# My Story

By: Pat Stienes

In March of 2007 I had surgery to replace both my knees. After weeks of rehab and therapy I returned to work and to live my life. I felt wonderful and pain free. In this time frame I had dropped 35 pounds. I was a happy woman.

One night I was turning in bed and I felt a lump in my right breast. I remembered that I was 2 months overdue for my mammogram. I went in to work the next day had my study and because I felt a lump an US was ordered. The radiologist wanted to perform an US guided biopsy and I scheduled it for the following week. I was confident this was going to be negative. Thursday June 14, 2007 I was at work when I was told at 11:00am I had breast cancer. I was devastated. I was on my way to have lunch with 5 co workers. I remember driving down Route 70 and getting stuck in traffic. I found myself looking around across the street when my eyes locked on the Cancer Foundation wig store. I knew then God was giving me a sign and that I would be in for a long haul.

The next week was a whirlwind; office visits, tests, phone calls to relatives and plenty of tears. My head was spinning. I had made my decision to have a bilateral mastectomy and so on June 26th I returned to surgery for the 2nd time in 3 months.

I healed very well from my surgery and on July 16th I started my first round of chemotherapy. I would have 6 sessions and a year of Herceptin. I was very fortunate. I worked thru the chemo. I will admit I did have some days when I was tired however I was determined I could do this.

I also discovered that there is humor in cancer. One day I was leaving work and the first thing I would do is take off my wig and lay it in the passenger seat. This day was a beautiful Indian summer day with a cool wind and as I was driving down Kresson road, the winds had picked up and lifted my wig and it blew right out the window. I pulled over and trudged up the road to retrieve my wig. Cars had slowed down to see what had happened. Imagine the looks on their faces when they see this bald headed woman picking up hair off the side of the road. The looks on their faces is something I will never forget.

I will always be grateful to my husband Charlie, my daughter Trisha, and my co-



Pat Stienes and daughter Trisha.

workers and friends at Cooper for their love and support. At this time I would like to publicly thank the physicians in whose care I was entrusted: Drs. Lydia Liao, Lisa Attebery, Jenny Grana, & Ann Leilani Fahey.

There are days when I may think back to that time, however I don't look back. I have learned not to sweat the small stuff and any time I think I may be having a bad day I remember that dark time in my life and suddenly my day is not so bad.

This June I will celebrate 5 years being cancer free. I look forward to my daughter's wedding, grandchildren, and getting older with my husband. Life is very precious to me and I am very happy to be in it.

## Never Too Young

(continued from page 5)

I am now doing better than ever and am cancer free. May 2012 marks my 4 years as a breast cancer survivor. For in-depth details of my story and those of other survivors please check out my website dedicated to all survivors out there at [www.survunity.com](http://www.survunity.com).

## Valuable Lessons

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an understanding of the meaning of patience.

I am so tired of not being 100% and feeling great. I have learned that things take time to heal and after surgery, you can't heal over night. You need time and patience to allow things to heal. You need patience for the end result; you need patience with yourself, your body and your mind. So take a deep breath sit back and relax and learn to be patient. It's not easy, but it is possible.

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

**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.**

## 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.

**For more information or to become a sponsor, please contact Bonnie Mehr, Manager, The Dr. Diane Barton Complementary Medicine Program at 856.325.6646 or [mehr-bonnie@cooperhealth.edu](mailto:mehr-bonnie@cooperhealth.edu).**

