



SURVIVOR

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

TIMES

Two Generations of Survivors: Mother and Daughter

by Diane Hatoff

As the holiday season approaches, it is a time for me to continue to give thanks for the precious gift of life as a breast cancer survivor. It also is a time to reflect and be with family and friends.

This year marks my tenth anniversary as a breast cancer survivor, and for that, I am most grateful. It was a difficult journey, which included a mastectomy, reconstruction, chemotherapy and radiation.

My dad had died shortly after my diagnosis, making this a very emotional and difficult time for me and my family.

It took all of my strength to tell my mother, without showing emotion, about my breast cancer, while she was coping with the death of her husband. I had to tell her about my upcoming surgery. My husband and two sisters were there to support me. My mother embraced me and told me she wished she was going through cancer and not me. How brave she was during this difficult time. I was so fortunate to have her with me.

My mother is also a cancer survivor. She had colon cancer and breast cancer. Our family is blessed to have her with us today.

In May 2013, my mother celebrated her 100th birthday. To look at her, you could never guess her age. My mother says "birth-

days are just numbers." She is in good health, leads an active life and lives independently in a continuing care facility. She participates in a daily exercise program, plays bridge weekly and works as a volunteer in a thrift shop where she lives. She is an avid reader and loves to keep up with current events. She is an amazing young 100. Both the President and Governor have sent letters of congratulation to her, which she proudly exhibits in her home.

She is the matriarch of our family. Her children, grandchildren and great-grandchildren love being in her company, as do

her extended family and friends.

I have always had a positive outlook on life. I have always tried to help people when help was needed. My dad gave me that gift of helping others.

I continue to appreciate every day of my life as a cancer survivor.



Diane Hatoff and her beautiful mother.

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Letter from the Editor:

Welcome to Volume 6, Issue 13 of *Survivor Times* – a newsletter for cancer survivors, by cancer survivors.

Enclosed are a few valuable excerpts I wanted to share with you that really moved me from a blog I recently read in the Huffington Post, by Dan Duffy. He is a cancer survivor, filmmaker, and co-founder of the Half Fund. It was profound how eloquently he summed up the importance of cancer survivors sharing their story and literally the reason that I started this publication six years ago. I wanted to offer cancer survivors a place and the opportunity to use their voice, to tell their stories...to make a difference.

According to Dan Duffy, "These stories are not just mindless banter, or even a catharsis for us to feel better about what is a really crappy situation. The stories are for those who have yet to be affected, and they are in honor of those who came before us. Cancer is that odd fraternity that binds people with unmistakable strength into a community that no one ever wants to join. Yet once we're here, we now have the opportunity to share with others what we know. So thank

*"Together, we can and will lift
the veil on this horrendous disease.
We are stronger than cancer.
Our stories prove it."*

you to those who have already had the courage to tell their tales. And for those who haven't, I urge you to search your heart for even one simple thing that could help others."

"Tell your cancer story – it's important..."

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

This edition of *Survivor Times* also encompasses the incredibly diverse support program offerings at MD Anderson at Cooper. Whether you are living with, through or beyond a cancer diagnosis; my goal as Manager of the Dr. Diane Barton Complementary Medicine Program is to bring together, empower and engage cancer survivors to incorporate Complementary Medicine options into their lives.

Our programs are designed to help cancer 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.



Bonnie Mehr
Editor, *Survivor Times*
Manager, The Dr. Diane Barton Complementary Medicine Program
MD Anderson Cancer Center at Cooper



Signature Class SERIES

A FREE series of classes for cancer survivors.

LAUGHTER CHAIR YOGA



We will spend time together engaging in playful laughter exercises combined with deep yoga breathing. Laughter has many health benefits, including reducing stress, improving mood, and lowering blood pressure. By the end of our time together (about 45 minutes), you'll feel uplifted, energized, and more relaxed.

DATES: March 13; April 10; May 8; June 12

TIME: 9 A.M. – 10 A.M.

LOCATION: Cooper Clock Tower
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 14 & 28; February 11 & 25;
March 11 & 25; April 8 & 22; May 6 & 20

TIME: 10 A.M. – 11 A.M.

LOCATION: Cooper Clock Tower
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: January 21; February 4 & 18; March 4 & 18;
April 1, 15 & 29; May 13 & 27

TIME: 10 A.M. – 11 A.M.

LOCATION: Cooper Clock Tower
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: Cooper Clock Tower
931 Centennial Blvd., Voorhees, NJ 08043

• **Thursday, March 27, 2014:**

"What's Keeping You Up at Night?"

Learn tips and strategies for addressing troubled sleep and insomnia.

PRESENTED BY: MD Anderson Cancer Center at Cooper Behavioral Health Team

• **Thursday, April 24, 2014:**

"Coping With What Life Throws Your Way"

Let's discuss ways to improve distress tolerance both physically and emotionally.

PRESENTED BY: MD Anderson Cancer Center at Cooper Behavioral Health Team

• **Thursday, May 29, 2014:**

"Music speaks what cannot be expressed, soothes the mind and gives it rest, heals the heart and makes it whole, flows from heaven to the soul." ANGELA MONET

Bring a bagged lunch and come and bask in the beautiful sounds from Adams Music Conservatory.

• **Thursday, June 19, 2014:**

"How to Take Great Photos / Photo Tips"

Bring your camera, iPad or iPhone.

PRESENTED BY: Cindy Patrick Photography

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.



Making Cancer History®



THE DR. DIANE BARTON Complementary Medicine Program 2014

2014 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:

- **March 5:** Spring Wind Chimes
- **March 19:** Acrylic Painting on Canvas
- **April 2:** Spring Centerpieces
- **April 16:** Affirmation Bracelets
- **April 30:** Affirmation Necklaces
- **May 14:** Paint a pot
- **May 28:** Plant Herbs
- **June 11:** Seashell Project
- **September 10:** Photo Album/Memory Book
- **September 24:** Paint Ceramics
- **October 8:** Dream Catchers
- **October 22:** Decoupage
- **November 5:** Mosaic Madness
- **November 19:** Holiday Greeting Cards

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.

MD Anderson
Cancer Center

Making Cancer History®

Therapeutic Massage & Reflexology Days

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

Dates: March 4 & 18 / April 8 & 22 / May 6 & 20 / June 3 & 17 / Sept. 9 & 23 / Oct. 7 & 21 / Nov. 4 & 18

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?

- **March 19: We are Water**
by Wally Lamb
- **April 30: The Book Thief**
by Markus Zusak
- **May 28: The Valley of Amazement**
by Amy Tan
- **June 25: The First Phone Call from Heaven**
by Mitch Albom
- **September 24: Accused**
by Lisa Scottoline
- **October 22: The Husband's Secret**
by Liane Moriarty
- **November 19: T.B.D.**
Open Choice – To Be Determined

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**





SUPPORT GROUP SERIES

US TOO Prostate Lecture Series

Presentations 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: Feb. 4, May 6, Sept. 9, Nov. 11

TIME: 6 – 7:30 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Voorhees
900 Centennial Boulevard
Building #1, Suite L Conference Room
Voorhees, NJ 08043

Brain Tumor Support Group

A support group for people with brain tumors and those who care about them.

DATES: Jan. 8, Feb. 5, March 5, April 2, May 7, June 4, July 2, Aug. 6, Sept. 3, Oct. 1, Nov. 5, Dec. 3

TIME: 6 – 7:30 p.m.

LOCATION: The Ripa Center for Women's Health & Wellness, 901 Centennial Boulevard
6100 Main Street Complex
Voorhees, NJ 08043

Latino Cancer Survivors

Cancer information and support for you and your family. Free refreshments and parking. For more info and to register please call: Virgenmina Lopez 856.968.7092.

DATES: Jan. 9, Feb. 13, March 13, April 10, May 8, June 12, July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 13, Dec. 11

TIME: 11 a.m. – 1:30 p.m.

LOCATION: Cooper University Hospital
Roberts Pavilion, 10th Floor, Room 1005 (except Feb. 13 which will be held in Room 1002)
Camden, NJ 08103

LLS Multiple Myeloma Group

For myeloma patients and their loved ones.

DATES: Jan. 27, Feb. 24, March 24, April 28, May 19, June 23, July 28, Aug. 25, Sept. 22, Oct. 27, Nov. 24, Dec. 22

TIME: 10 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at Cooper in Voorhees
900 Centennial Boulevard
Building #1, Suite L Conference Room
Voorhees, NJ 08043

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 bond through love.

DATES: Jan. 2, Feb. 6, March 6, April 3, May 1, June 5, (No meetings in July and Aug.)
Sept. 4, Oct. 2, Nov. 6, Dec. 4

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 bond through love.

DATES: Jan. 9, Feb. 13, March 13, April 10, May 8, June 12, (No meetings in July and Aug.)
Sept. 11, Oct. 9, Nov. 13, Dec. 11

TIME: 6 – 7:30 p.m.

LOCATION: Cooper University Hospital
Roberts Pavilion, 10th Floor, Room 1014
Camden, NJ 08103

Young Women with Breast Cancer (YSC)

A support group for all young breast cancer survivors, whether you are newly diagnosed, or a long-term survivor. *For more information and to register please contact: Carla Doorman, thedoormans@live.com, 856-630-6659*

DATES: Jan. 15, Feb. 19, March 19, April 16, May 21, June 18, July 16, Aug. 20, Sept. 17, Oct. 15, Nov. 19, Dec. 17

TIME: 7 – 8:30 p.m.

LOCATION: The Ripa Center for Women's Health & Wellness, 901 Centennial Boulevard
6100 Main Street Complex
Voorhees, NJ 08043

Breast Cancer Support Group

A support group for women with breast cancer and those who care about them. We 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: Jan. 8, Feb. 12, March 12, April 9, May 14, June 11, July 9, Aug. 12, Sept. 10, Oct. 8, Nov. 12, Dec. 10

TIME: 10 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden
Two Cooper Plaza, 400 Haddon Ave.,
Room C2085, Camden, NJ 08103

Gynecologic Cancer Patient and Family Support Group

Women facing ovarian, cervical, vulvar and uterine cancers and the people who love them meet to share their personal experiences, exchange information, offer emotional support and express feelings and concerns. Each session features a speaker who leads a discussion on pertinent topics.

DATES: Jan. 23, Feb. 27, March 27, April 24, May 22, June 26, July 24, Aug. 28, Sept. 25, Oct. 23, Nov. 20, Dec. 18

TIME: 2:30 – 4 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden
Two Cooper Plaza, 400 Haddon Ave.,
Room C2067, Camden, NJ 08103

Look Good, Feel Better

Program offered by the American Cancer Society (ACS) to help women undergoing cancer treatment learn to cope with appearance-related side effects of treatment and regain a sense of self confidence and control over their lives. **Registration Required.** Call ACS at 1.800.ACS.2345. FREE.

CAMDEN:

DATES: Feb. 10, May 12, Aug. 11, Nov. 10

TIME: 3:30 – 5 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden
Two Cooper Plaza, 400 Haddon Ave.,
Suite C1111, Camden, NJ 08103

VOORHEES:

DATES: Jan. 13, April 14, July 14, Oct. 13

TIME: 4:30 – 6 p.m.

LOCATION: The Ripa Center for Women's Health & Wellness, 901 Centennial Boulevard
6100 Main Street Complex
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.

Call 1.800.8.COOPER for cancellation due to inclement weather.

Behavioral Medicine Program

Having a diagnosis of cancer is a uniquely personal event – changing an individual’s life forever. At MD Anderson Cancer Center at Cooper we understand that *complete* cancer care means more than treating the disease itself, that why we created the Behavioral Medicine Program. Through this program our patients learn the skills needed to cope with the psychological stress they may experience at the time of diagnosis, throughout treatment and into survivorship.

Through the Behavioral Medicine Program, **Cori McMahon, PsyD, Director**, along with clinical psychology doctoral externs with specialized training in health psychology, partner with patients, their family members and the entire cancer treatment team to provide critical psychological care. Services include specially tailored individual therapy, a variety of psychotherapy groups, and individual and group smoking cessation treatment.

CLINICAL SERVICES

As a patient dealing with cancer, you may be facing many difficult concerns:

- Insomnia
- Stress
- Pain
- Lifestyle Alterations
- Weight Gain
- Relationship Issues
- Depression
- Intimacy and Sexuality
- Anxiety and Worry
- Role Changes
- Adjustment to Cancer
- Body Image

The Behavioral Medicine Program offers individual therapy services, and for a small fee, group activities to help address these issues.

If you are interested in learning more about our services or would like to schedule an appointment or have insurance questions regarding therapy, please call 856.673.4254.



Women's Cancer Survivor Group

This group is for women who have completed active cancer treatment. This group focuses on a variety of issues including distress, coping, body image and role changes. Fee: \$48 (\$6/session)

This group meets for one hour per week for eight weeks.



Developing Mindfulness Skills

This group is geared toward cultivating acceptance and awareness of the fears, stress and joys of surviving cancer through the practice of mindfulness, learning how to relate differently to difficult experiences, and re-connecting with the things in life that matter most. Fee: \$36 (\$6/session)

This group meets one hour per week for six weeks.



Smoking Cessation

Whether you have been smoking for 3 or 30 years, it's not too late to quit and improve your health. This program is based on empirically-supported therapies that have been found to help people quit smoking. Fee: \$30 (\$5/session)

This group meets for one hour per week for six weeks.





The commitment of two with a focus on one. You.

A Team Approach to Cancer Care

A collaborative approach to cancer care starts with teams of cancer professionals who work together to develop the ideal treatment plan for each patient through multi-disciplinary, disease-site specific cancer programs.

Advanced Technology

Advanced cancer diagnostic and treatment technologies are available to aid in diagnosis and treatment, including:

- CyberKnife[®] radiosurgery
- Gamma Knife Perfexion radiosurgery
- Intensity-Modulated Radiation Therapy
- Brachytherapy
- PET-CT
- Digital mammography
- MRI and MRI-guided biopsy
- Senobright contrast enhanced spectral mammography
- daVinci[®] Robotic surgery

Supportive Care Services

Support services assist patients from treatment to recovery and through survivorship, including complementary medicine, behavioral health, palliative care, nutrition, and social work services.

Cancer Education, Prevention and Screening

Community events and educational programs focus on cancer awareness, prevention, detection and treatment. Educating practicing physicians through continuing medical education events is a priority. MD Anderson Cancer Center at Cooper also offers competitive fellowship training programs in medical oncology and gynecologic oncology.

The Cancer Prevention Program provides cancer risk assessments, screening exams based on genetics, age and gender, and personalized risk-reduction strategies, including chemoprevention. Free screenings for breast, cervical, prostate and colorectal cancer are provided to thousands of South Jersey residents each year. Our screening programs ensure that no one goes without critical cancer screenings because of financial barriers.

Would you like to talk with someone who's "been there"?

We are excited to announce a new program now available to MD Anderson Cancer Center at Cooper patients through our new partnership with The University of Texas MD Anderson Cancer Center.

If you feel you might benefit from talking with someone who has "been there" the Anderson Network can match you with a cancer survivor who has the same or a similar diagnosis, treatment, or experience. They can also match caregivers!

If you are interested in exploring this unique one-on-one support program, simply call 713.792.2553 or 1.800.345.6324, or email andersonnetwork@mdanderson.org to get started.



Word Search: Classic Hollywood Stars

W F V H G I E L N E I V I V X R V Z R B T D H
 J E A N H A R L O W P L E L B A G K R A L C N
 L D O Y L A N A T U R N E R F K M R N P T R M
 J I K B F C R R L B W L K L C L A X N C M L G
 L K N M R Q J M P R N C T E G T R K R M M D A
 H G M D C A T K L X T F P J R P L G U N C R U
 L F O Q A C G N D N J Y C A M A E V B L K A D
 M R N N W D P A A T R H G E H U N K P T T B R
 W E B F I B A R T O X O N L T L E C E R D M E
 S N R Q M P G R G E B F A I R E D Y H A T O Y
 O D B P K Y U E N Y R H M Z O T I W E W C L H
 P R N R R C R L E E E G G A W T E N N E F E E
 H A G A F G N R A D L E R B Y E T A I T G L P
 I G C R P Y H R Y D R L E E A G R T R S E O B
 A A G M A P W L L R I G B T H O I S A S N R U
 L V N R M C A F O L K R D H A D C A H E E A R
 O A M U V M E L P N Y R I T T D H R T M T C N
 R N H K A J F K K P M M R A I A M A A A I L K
 E W L R L L H D E N L T G Y R R B B K J E V R
 N C R Q Y R M M W L V R N L F D Z R J K R K K
 V T K N M R K V H W L M I O R T M A T L N H T
 W H N P H R J G T C T Y L R R T Q B L K E K D
 T Z Z C H A R L E S B O Y E R H T B F M Y G Y

Audrey Hepburn
 Elizabeth Taylor
 Humphrey Bogart
 Linda Darnell
 Ava Gardner
 Errol Flynn
 Ida Lupino
 Marlene Dietrich
 Barbara Stanwyck
 Gene Tierney
 Ingrid Bergman
 Paulette Goddard
 Carole Lombard
 Grace Kelly

James Stewart
 Rita Hayworth
 Cary Grant
 Gregory Peck
 Jean Harlow
 Sophia Loren
 Charles Boyer
 Greta Garbo
 Katharine Hepburn
 Vivien Leigh
 Clark Gable
 Hedy Lamarr
 Lana Turner



Who Would Have Thought?

by Lucille Kasprack

Well, here I am 10 years after my first diagnosis of breast cancer in 2003 and then another diagnosis of Stage 4 breast cancer five years later in 2008 and oh what a journey it has been.

After going through surgery and radiation for Stage 1 breast cancer, I struggled with how I was going to cope with the fear that comes after treatments. And we all know that question, "will it come back?" My strategy was to keep myself focused on what I love to do the most, which is art and being with my family and friends. I always loved painting and drawing but now it became very clear to me that this is the time to really try to accomplish something with it. I took classes and workshops to really learn the craft. I set goals for myself and made sure I painted every day. They say practice makes perfect and it does come close.

Before I realized it, I was getting better and better at painting and finally got the courage to submit my work to juried

art shows. To my surprise my work kept getting accepted to more and more shows.

Then, in 2008 my bubble burst again and I had a new and more difficult challenge. The cancer had metastasized to my lymph nodes and pleura. I had to face the

fact that I would never be free of cancer or treatment, but I knew how I was going to tackle the anxiety and worsening fears this time.

Well, all the big guns came out. First, I decided to place my life in

God's hands and the hands of my wonderful and very special oncologist, Dr. Generosa Grana of MD Anderson Cancer Center at Cooper. Second, I would spend more quality time with family and friends, plan short trips and continue to paint and explore some new painting mediums.

I began to win more and more competitions and then the most surprising thing happened. In July, 2012, I was contacted by an art gallery in New York City to submit a portfolio of my work for review.

What an amazing journey life can be! Never give up. We have no idea what the future will bring. So no matter what it is you want to do, go for it and don't let anything, not even cancer, stop you.



At first I didn't believe it could be true but after some investigation I realized that this was the real thing. To my further surprise, they contacted me again and told me they loved my work! They asked if I would be interested in exhibiting it at their gallery. Of course, I instantly said yes. It was an exciting time and also a lot of work. I was given the dates May 11 - 31, 2013 for my exhibit at the Agora Gallery. And to top it all off May 11 is my birthday! Who would have thought that I would be showing my work and attending an artist's reception in New York City with my work on display. It was awesome.

What an amazing journey life can be! Never give up. We have no idea what the future will bring. So no matter what it is you want to do, go for it and don't let anything, not even cancer, stop you. Along with this great experience, my husband and I welcomed our newest grandchild, Ashley, on Nov. 13, 2012 and who would have thought a week later I would miraculously survive a heart attack.

I am still fighting this awful disease on a daily basis and I am still setting new goals for myself, God willing, I hope to accomplish them also.



Lucille Kasprack with one of her paintings on display at the Agora Gallery.



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 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 chemotherapy. 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 – by 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.

Through My Looking Glass

by Jane Kandell

Eight and a half years ago... just like in the fairy tales Alice in Wonderland; I fell down into what felt like a rabbit hole to a crazy Lewis Carroll land. Unlike the wonderful Robert Sabuda pop-up version I read to my grandchildren, my story is "hard-core reality." My diagnosis in May 2005 was ovarian cancer.

After surgery and chemo I was blessed with a 4½ year remission. Then some of those crazy characters woke up from their sleep with a vengeance in the fall of 2010. There was a second surgery, and of course more chemo. This new adventure was different for me because now I couldn't put it in a box and forget about it. The chemo treatments are on my calendar two times each month as life maintenance!

When I found the amazing classes, seminars, book club, creative arts for healing, and therapeutic massage at The Dr. Diane Barton Complementary Medicine Program at MD Anderson Cancer Center at Cooper it became the answer to my prayers. I have thoroughly enjoyed each activity. The program and wonderful staff of practitioners are so kind and talented. The support I have received throughout has truly touched my heart and brightened my life like sunshine.

I'm creating a new chapter. The survivor friends I share these fun times with are the heroes in my story.

I look forward to our 2014 adventures together. A special thank-you to Nick, Alexa, Ava and pup Kobe for sharing my photo with me... their mom and dad, Robin and Mark, our son Scott and my hubby Steve. You ALL lift me up every day!



Jane Kandell with Nick, Alexa, Ava and Kobe



Celebrate and Live Your Life!

Especially Through and Beyond Cancer

by Dorothy Bloodworth

Faith is as important a medicine as you will ever find. A positive outlook on life means a lot.

I'm not saying that chemotherapy treatments, radiation treatments, surgery, or as I am now experiencing, hormone therapy are a walk in the park, but I will always have the opinion that when life hands you lemons – count it all joy. I have had tribulations through every phase of my treatment, but the point is that I'm still here!

During my battle with cancer, many beautiful people have entered my life. While I was taking chemo my nurse Pat was a solid rock for me. I also met a married couple named Tom and Mary Ann who provided support and were so loving and encouraging. We still keep in touch with each other. She is a very courageous and gracious lady and her husband shares a loving and supportive heart with everyone. During surgery, besides my doctor, Susan and Helen were my angels. I was very apprehensive about radiation therapy but my RAD girls (Radiant Angelic Divas), as I called them, supported me through my seven-week treatment. I cried tears of joy when I rang the bell signifying the end of my treatment. My hormone therapy has been a little rough and it has slowed me down some physically but it hasn't deterred my spirit to live life to the fullest!

I cannot put into words what my 62nd birthday meant to me. October is my birthday month. It is also Breast Cancer Awareness Month. To celebrate both I went line dancing with my daughter, sisters, nieces and great nieces. I had a dinner in my honor given by some of my nieces and nephews. I was an honorary captain at one of my grandson's football games. The first thing that I did on my birthday was to get free therapeutic chair massage and reflexology, as well as take a Qi Gong class, all through The Dr. Diane Barton Complementary Medicine Program at MD Anderson Cancer Center at Cooper. This program

My hormone therapy has been a little rough and it has slowed me down some physically but it hasn't deterred my spirit to live life to the fullest!

During my battle with cancer, many beautiful people have entered my life.

has really helped to counter some of the complications I have been experiencing during my hormone therapy. My brother treated me to lunch afterward and later that day I shared birthday cake with my son and his family.

The culmination of the celebration was the Breast Cancer Walk. I shared my survivor lap with my oldest granddaughter. It was very emotional to experience the cheers and words of love and celebration during the walk. There were many faces that I knew, but, there were faces that were no longer with us. There were a lot of hugs and high fives to go around. However, nothing brought it

home for me more than when my daughter and grandchildren embraced me as they crossed the finish line after walking around the entire Cooper River Park. That's when I felt blessed to be alive and compelled to live life to the fullest!

Thank you: Kim, Rob, Cindy, Durwin, Kimanii, Julian, Quashon, Briana, Betty, Kenny, Morris, Olivia, Andre, Rachel, Dave, Mark, Hallie, Donna, all my nieces and nephews and friends. ALL of you have been the wind beneath my wings.



Chorizo-White Bean Soup

- Prep: 10 minutes; Cook: 20 minutes.
- Yield: 4 servings (serving size: 1¼ cups)

Try this dish with turkey sausage, which has 1/3 the fat of pork sausage. Baby spinach is a great source of vitamin C and folate, prominent in leafy green vegetables.

Ingredients:

- 2 whole links chorizo sausage or Italian sausage, chopped
- 1 red bell pepper, diced
- 1 carrot, thinly sliced
- 2 (14-ounce) cans fat-free, less-sodium chicken broth
- 1 (6-ounce) package baby spinach
- 1 (15- to 16-ounce) can Great Northern or navy beans, rinsed and drained
- ¼ cup grated Parmesan cheese

Preparation:

1. Heat a large nonstick saucepan over medium-high heat. Add sausage, pepper, and carrot. Sauté 5 minutes or until sausage is browned.
2. Add broth. Bring to a boil, reduce heat, and simmer 10 minutes or until vegetables are tender. Add spinach, and stir until wilted. Add beans, and cook for 5 minutes or until thoroughly heated. Ladle soup into each of 4 bowls, top each serving with 1 tablespoon cheese.

Nutritional Information

Calories per serving: 324; Fat per serving: 14; Saturated fat per serving: 5;
Monounsaturated fat per serving: 6; Polyunsaturated fat per serving: 1;
Protein per serving: 21; Carbohydrates per serving: 30; Fiber per serving: 8



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MD Anderson at Cooper 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 MD Anderson at Cooper's commitment in providing excellence in patient and family-centered care.

For more information please contact;

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