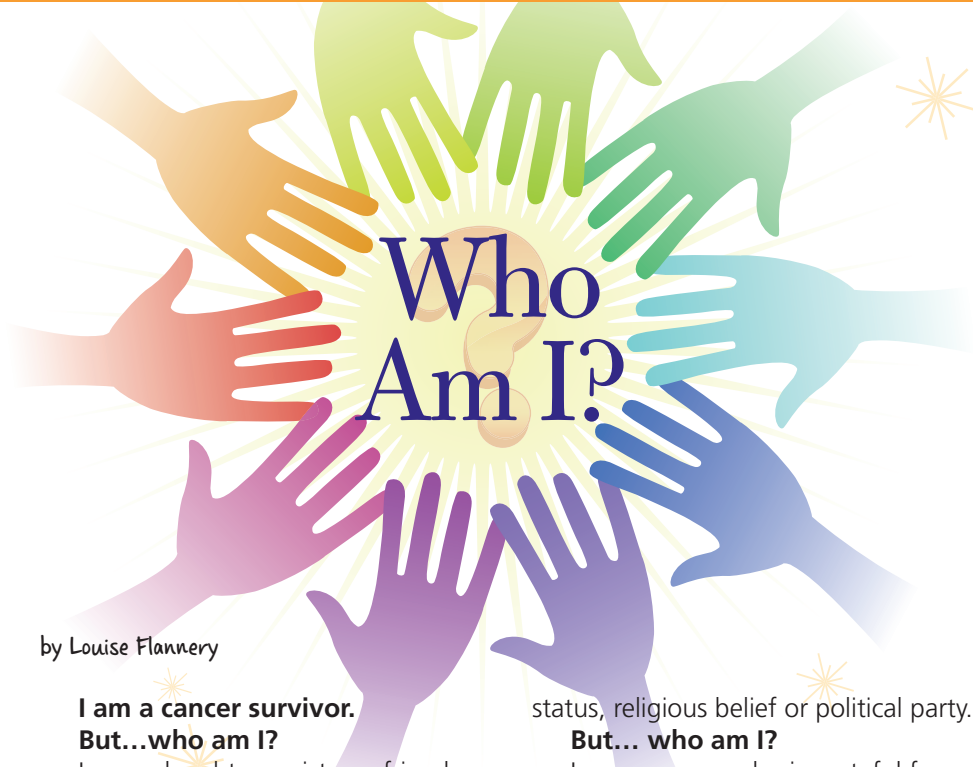


SURVIVOR

TIMES

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



by Louise Flannery

**I am a cancer survivor.
But... who am I?**

I am a daughter, a sister, a friend, a mother, a nurse, a grandmother.

But... who am I?

I am your neighbor down the street, I am the clerk in your grocery store, I am the president of your company, I am the reporter on TV, I am you, and you are me. I am every person.

But... who am I?

I am a person who has received the diagnosis of cancer, recovered from the shock, received treatment, changed my negative thoughts, instilled healthy habits into my life and learned to take each day as it comes. Cancer is no respecter of gender, socio-economic

status, religious belief or political party.

But... who am I?

I am a person who is grateful for the loving support of family, friends, the medical community and the kindness of strangers.

But... who am I?

I am a person, full of joy, happy to be alive, grateful to have gained insight into what life is really about. I am enjoying the "little" moments in life that might have escaped my notice BC (before cancer)

But... who am I?

I am like the Phoenix, rising from the ashes of my despair, into the light of a new day, a new life, a transformed human being.

525,600 Minutes

by Sandy Lacher

Did you know that there are 525,600 minutes in a year? How do you measure the journey of a year? How do you plan each day?

We are told to take one day at a time. And that is all we can really do. We never know what tomorrow will bring. We wake up each morning with new hope for a new day. As a cancer patient in treatment you want to be able to make it past your chemo session today and not feel any side effects. But you are still hopeful that whether today will be your first treatment or the final treatment, you will feel good. Wow you got through the first 1,440 minutes of this the first day of the New Year. You made it and it wasn't as bad as you thought it would be. Tomorrow will even be better. And as each new day arrives your strength will be greater.

Now it is time to go forward. The winter of course is usually more depressing to some, unless of course you are a skier but to others we are usually more homebound. We don't have to be. So what if there is snow on the ground? Grab a bunch of friends and take a walk in the snow, then have some hot cocoa. How exhilarating that will be!

We move forward into spring. What a beautiful time of the year. Renewed awakenings as the first buds begin to appear on the trees and flowers are also starting to bloom. You're feeling good; you've gotten a good report from your doctors. Go to the flower show...do some gardening.

Summer = lazy days at the beach. It's time to be with friends and family. Plan a mini vacation. A big one, if

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What I Know For Sure

by Louise Flannery

- A good night's sleep is the best beauty treatment.
- By giving my body the rest and attention it needs, I find peace and strength within.
- Cats make good listeners.
- A purring cat on your lap will make almost anything better.
- Helping others helps me.
- A negative thought can be changed into a positive one – an affirmation.
- Respect is earned.
- There is some good in people deemed “bad” and some bad in good people.
- Any exercise is better than no exercise.
- I am strong and courageous.
- Much is expected to whom much is given.
- Take care of your health; without it nothing else matters.
- Grandchildren are a reward for raising teenagers.
- When I remember to set my intention for the day, my day goes smoothly and perfectly.
- No one has the power to irritate me unless I allow it.
- What brings you peace tends to be the same as what strengthens you.
- Fear creates the question; love provides the answer.
- We should not hesitate to express appreciation for people, things and events.
- All I need comes to me in the right time in the right way.
- I receive my good gladly, allowing others the joy of giving.
- I like people and look forward to making new friends.
- Cultivating friendships is a worthwhile goal in life.
- I am grateful for inner resources: imagination, intuition and creativity.
- Challenges make you discover things about yourself that you never really knew.
- Do whatever you do with as much enthusiasm as possible.
- People who share your sense of humor are the spice of life.
- As the pauses in music and the spaces in artwork give meaning to the piece, so do the gaps between the events of our lives.
- There is always at least one kernel of truth in all the old adages.
- Music is magical: It can calm, soothe, excite, inspire, bring you to tears or make you laugh.
- When I awaken each day, I know for sure that this is my best day ever!

Letter from the Editor:

Greetings and Salutations,

Welcome to the fall 2010 edition of the *Survivor Times* – a newsletter for cancer survivors, by cancer survivors. As we ease into the glorious fall season I am reminded that thanksgiving is just around the corner. I would personally like to give thanks to all those involved in making this newsletter happen... Your voice has made a positive difference to another cancer survivor and their family. A wise person once said, “Words are the voice of the heart”... I would like to encourage all cancer survivors to use your voice... just start.

While this newsletter is a very grassroots approach to supporting a special community of people, the anecdotes, personal stories, triumphs, and tribulations chronicled by cancer survivors, for cancer survivors are incredibly inspirational. It promotes a heightened sense of purpose, self worth and wisdom, by sharing what they have learned with others struggling through a similar journey. There is a definite art to survivorship, and it is my intent to create, connect and support cancer survivors through this special publication.

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 body, mind and spirit. My goal through this program is to bring together, empower and inspire survivors and to encourage them to incorporate complementary medicine 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
Cooper Cancer Institute

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:

- 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.

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SEPTEMBER – DECEMBER 2010

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: Sept. 7, 21, Oct. 5, 19, Nov. 2, 16, Dec. 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: Sept. 14 (*this class will be held in the Healing Garden in Voorhees, weather permitting*), Oct. 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.

DATE: Sept. 28 (*this class will be held in the Healing Garden in Voorhees, weather permitting*), Oct. 26, Nov. 30

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

- Wednesday, September 15, 2010:**
SUPERMARKET SAVVY
PRESENTED BY: Linda Goldsmith, MA, RD, Oncology Dietitian, Cooper Cancer Institute
This Live and Learn will take place at Shop Rite, 400 East Evesham Rd., Cherry Hill, NJ. Please meet Linda by the produce department.
- Wednesday, October 20, 2010:**
MIND OVER MOOD: The Difference between Having a Thought and Buying a Thought
PRESENTED BY: Cori McMahan, PsyD, Director of Behavioral Medicine, Cooper Cancer Institute
- Wednesday, November 17, 2010:**
BRACELET MAKING WITH WORDS OF INSPIRATION
- Thursday, December 9, 2010:**
ANNUAL LIVE & LEARN HOLIDAY PARTY
For cancer survivors only... Limited space available, so please register.

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



2010 Self-Renewal Series

presented by The Dr. Diane Barton Complementary Medicine Program

Therapeutic Massage

Free therapeutic chair massage for cancer survivors.

Dates: Sept. 22 (*in the Healing Garden, weather permitting*), Nov. 10, Dec. 9 (*at Town Square Building, Voorhees during Holiday Party*)

Time: 10:00 am – 1:00 pm

Location: Cooper at Voorhees, 900 Centennial Blvd., in our Voorhees Atrium Voorhees, NJ 08043

Survivor Times Newsletter

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

Dates: Sept. 29, Oct. 27, and Nov. 11

Time: 1:30 pm – 2:30 pm

Location: The Ripa Center for Women's Health & Wellness at Cooper, 1011 Main Street Promenade, 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.

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?

Dates:

- September 29:
The Lost Symbol
by Dan Brown
- October 27:
The Happiness Project
by Gretchen Rubin
- December 1:
Half Broke Horses
by Jeanette Walls

Time: 12:30 pm – 1:30 pm

Location: The Ripa Center for Women's Health & Wellness at Cooper, 1011 Main Street Promenade, 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.



World Class Care. Right Here. Right Now.

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Newly Diagnosed?

To Google or Not to Google (That is the question!)

by Loretta O'Donnell

For those like myself who are newly diagnosed with cancer who have little initial knowledge of the disease, treatment and prospect for the future, the shocking news starts a new world of medical information, tests, doctor visits, conflicting opinions from acquaintances and choices that often feel confusing and overwhelming. Suddenly, we're in a new club that we didn't want to join.

After returning from a recent vacation where I felt fine, I went to my family doctor with a cold and upset stomach, suspecting I had caught a "bug" on the islands or on the plane. The next day I was stunned to hear the results of CT scan that I had abdominal tumors and areas of

concern in my colon and liver. That same day, I met with an oncologist who suspected advanced stage ovarian cancer. I felt like a deer in headlights, staring and listening but not processing the words.

As I went through the motions of blood tests and a biopsy, it felt like an out of body experience and bad dream that I would surely wake up from tomorrow. As a former reporter used to researching on the Internet, the next day, after a sleepless night, I began Googling information on ovarian cancer.

I read a lot of scary and conflicting information at various nonofficial websites much of which left me feeling more confused and anxious with more questions. I worried a lot about things that turned out not to pertain to me or were not as bad as I imagined once I asked the doctor or assistants.

I came to Cooper Cancer Institute for a second opinion on whether to do chemotherapy or surgery first. During my appointment with Dr. Thomas Rocereto, we decided to remove the tumors the next week. He arranged for a colon surgeon, Dr. Mark Pello, to assist and they removed the tumors and a small section

of my bowel. Test results showed that it was colon cancer that had spread to my ovaries and a couple small spots on my liver.

While I recovered from surgery and awaited chemo, I threw out my Googled ovarian cancer info and again Googled, this time for colon cancer and chemo. Listening to Dr. Rocereto's advice, I concentrated primarily on the National Cancer Institute and American Cancer Society websites. I also pursued nutritional and stress-relief guidance including professional counseling and free classes with the Dr. Diane Barton Complementary Medicine Program at Cooper Cancer Institute. Their yoga/meditation sessions really helped me cope with my anxiety.

I just completed my second chemo with Dr. Alexandre Hageboutros and his staff who have been very kind and patient with my inquiries and concerns.

I would encourage others to take advantage of the Complementary Medicine programs and dialogue with all the fellow survivors you will get to know. I saw the listing for this newsletter and am glad I pushed myself to attend the meeting. A positive psychology book I just read, "Authentic Happiness," notes the importance of using your signature strengths for fulfillment.

And to echo Dr. Rocereto's advice, "Try to look at the glass as half full."

Websites worth visiting:

- National Institute of Health (NIH)
<http://www.nih.gov>
NIH is a component of the US Dept of Health and Human Services. It consists of 27 institutes and centers that conduct medical research worldwide. See NCI (National Cancer Institute) for cancer information.
- Look Good Feel Better
<http://www.lgfb.ca>
Empowers women to manage the effects that cancer and its treatment have on their appearance and morale.
- American Cancer Society (ACS)
<http://www.cancer.org>
Provides information on all major cancers as well as information on treatment, support services and prevention.
- National Cancer Institute
<http://www.cancer.gov/>
Contains valuable cancer related health information for the general public on a wide range of cancer topics.
- Food and Nutrition Information Center
<http://www.nal.usda.gov/fnic>
The cancer section contains links to various organizations and institutions that offer reliable, health information. Be sure to visit the Dietary Supplement section.
- National Coalition for Cancer Survivorship
<http://www.canceradvocacy.org>
Provides resources and information to people living life after any kind of cancer



PHYSICIAN SPOTLIGHT:

Kristin Brill, MD, Breast Surgeon and Director of the The Janet Knowles Breast Cancer Center

By Louise Flannery

While Dr. Brill only joined the full-time physician staff at Cooper University Hospital in January 2010, she has been a well-known resource for women with breast cancer in the Philadelphia-South Jersey area for many years.

I met Dr. Brill more than 7 years ago when I received my second diagnosis of breast cancer. I was immediately put at ease by her forthright, warm, and compassionate manner. She is very understanding of her patients' feelings of helplessness and works hard to make them comfortable. She advises patients to bring a family member or friend along to appointments. She is aware of the large amount of information available and counsels patients to consult reputable sources such as American Cancer Society and breastcancer.org. Second opinions are encouraged. She tells patients: "Now is the time to be selfish. It's OK to take time off from work and ask for help with the kids and housework." She believes that to have good outcomes, patients need to develop strong relationships with their physicians and other members of their care team.

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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.

Survivor Island Cancer

by Michael S. Freilick

There is a long running TV show called Survivor. Each season a group of diverse individuals of different ages and shapes and sizes are dropped off onto a treacherous remote tropical island. The goal is to survive through the games unexpected twists and turns and to be the last one voted off the island, while ultimately winning the million dollar jackpot.

Sound familiar? I was first dropped off on the very un-tropical island called cancer in 1983. Through each unexpected twist and turn I remain in the game... while a million dollars sounds great to most people... the jackpot for me is a long and happy life.

I remain a warrior on Survivor Island as I have had several recurrences and different types of cancer throughout the years, including the most recent one this year. One of the keys to playing the game successfully on TV is to make alliances with the right people. The theory is that the stronger the alliance the better the chance you have of being supported and not voted off the island and out of the



game. Art imitates life. Over the years I have been very fortunate to be supported by my family, health professionals, and a variety of other survivors on the island that have been an inspiration to me.

I remain a fierce warrior in the fight against cancer... the tribe has spoken.

525,600 Minutes

(continued from page 1)

you're up to it. Don't even think about what could be down the road. Positive thinking is what it's all about. Look up at the beautiful blue sky and only think happy thoughts. That always helps.

As we approach fall, it's another part of the 525,600 minutes in this new year of your journey. The leaves start to change. What could be more beautiful than that? Take a long drive and enjoy the vibrant colors of fall. Have you ever picked a pumpkin? Try it, bring it home and cut out a face and put it on your front porch. The holidays are fast approaching. Thanksgiving! It's time to be with family and friends. That's what it's all about.

The journey of this first year is almost over. You've had good minutes and bad minutes, but you made it through. With renewed hope the next 525,600 minutes will be even better. Carpe Diem... seize the day!

Tea Cart

(continued from page 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.
- Send Bonnie Mehr a monthly Shop Rite, Whole Foods or Wegman's gift card. A minimum 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.



RIVER SISTERS



by Kathleen Turner Kelly

I wondered in 2007 if I was capable of being a Dragon Boat paddler. I had concerns about my upper body and thought this might be too difficult for me because I had breast cancer in 1991. There was a meeting for the River Sisters Team in the Townsquare Bldg, located in Voorhees where I met other cancer survivors interested in paddling. What I saw was physically diverse mix-

ture of women with smiles of anticipation on their faces. We all seemed interested yet apprehensive in this new opportunity to join the River Sisters.

Our mentors, the River Sirens team, are the original inspiration behind bringing Dragon Boating to the Cooper River. Money was raised by the team to support programs for patients undergoing treatment. In appreciation for their

efforts, the River Sirens received a grant from the Cooper Cancer Institute to purchase their own Dragon Boat. In exchange, they agreed to organize and mentor a survivor/caregiver team. They have been wonderful mentors and friends to the River Sisters.

A Dragon Boat is a beautiful ancient Chinese racing boat. The boat is long and narrow with room for a crew of 20 paddlers, 1 steerer and 1 drummer. The paddlers work together, matching the stroke of the person in front of them. When performed in perfect synchronization it is beauty in motion.

Part of the River Sisters mission statement, is building camaraderie in a respectful and supportive environment. Through this we are able to increase our own physical fitness level and spiritual well-being. By participating in community services, we are a supportive influence on cancer survivors in the South Jersey area. We welcome women of all ages, abilities and fitness levels and strive to encourage a passion for the ancient art of Dragon Boating.

The women of the River Sisters have come to know that despite their physical limitations they are very capable of paddling as part of a team. For many of us that realization was an overwhelming feeling. We have come to know that we can still participate in a team sport and succeed. That success and being on the water gliding silently past the banks of the Cooper River is inspiration in itself.

Dragon boating is fast-growing but most people have not been exposed to this fun increasingly popular sport. We are the only Dragon Boat on the Cooper River. We all feel lucky and content to be on the water with a great team of fun loving women. As an added thrill on practice nights we are treated to beautiful sunsets beyond the Philadelphia skyline.

We are all proud to be paddling with wonderful, motivated women, to stay healthy, and raise funds for the Cooper Cancer Institute. We practice every Thursday evening from May to October. Team ages range from 30 to 70 and we are always looking for new members.

We have a Facebook page River Sisters non-profit for more information please contact Captain, Nancy Warren at njw217@comcast.net.

HOPE • STRENGTH • FRIENDS • COURAGE • FAITH • SUPPORT • FAMILY • HELP • CARE • SURVIVE • OVERCOME • LOVE • WILL • DETERMINATION • CURE

HOPE • STRENGTH • FRIENDS • COURAGE • FAITH • SUPPORT • FAMILY • HELP • CARE • SURVIVE • OVERCOME • LOVE • WILL • DETERMINATION • CURE

The Affirmation Project

Recently, the Live & Learn class of the Dr. Diane Barton Complementary Medicine Program worked on the Affirmation Project. The project is the brain child of a fellow survivor, Michele. She said that she has benefitted a lot from affirmation throughout her cancer journey. Bonnie took over the project because Michelle got a job offer and started working again. Congratulations, Michelle!

Even though I've heard of affirmation before, I never really practiced it. But during the first part of the class, Bonnie shared with us the information she gleaned from *Reclaiming Your Life*, *The Power of Now*, *Living Life Light as a Feather*, and Louise L. Hay's books. She talked about the benefits of positive affirmations, how positive affirmations work and how to best practice affirmations. Everyone also received a complementary copy of *Words that Shine like Stars*. We took turns reading the quotes in the book that touched us. The experience was very enlightening.

During the second part of the class, the attendees brought in all kinds of art supplies to share. We put our favorite affirmations on cards and book marks and decorated with stamps, ribbons, glitters, coloring pens, etc. We were like little kids, giddy with excitement. We disregarded our inner critics and let

our creative energies flow. The results were amazingly beautiful and practical! Everyone went home with a collection of beautiful affirmations.

Now, I feel peaceful and empowered whenever I look at my affirmations. My heart is filled with gratitude for the opportunity to learn about affirmation. My favorite one is "I can choose happiness whenever I wish. I choose it now." I believe affirmation is a very powerful tool for me to be a happier and more resilient person.



GURL ABOUT TOWN

by Teresa Kao

Celebrating Autumn

Alicia Michaux, MS, RD, Oncology Dietitian, Cooper Cancer Institute

In autumn, when the leaves turn gold, they often bring to mind favorite fall events such as Halloween, homecomings and Thanksgiving, to mention just a few. And, now that the weather is getting cooler, autumn also turns our thoughts to favorite dishes, from baked apples and pumpkin pie to succulent roasts and other hot dishes including baked squash.

Squash offers a rich supply of many health-promoting substances. One quarter of a butternut squash provides an entire day's worth of vitamin A, plus a healthy dose of vitamin C, iron, calcium and fiber. The rich orange color of winter squash signals the presence of the protective phytochemicals called carotenoids, which appear to play an anti-cancer role and enhance immunity.

This butternut squash, tomato and watercress soup is featured in the recently-published *New American Plate Cookbook: Recipes for a Healthy Weight and a Healthy Life*. Like many of the recipes in that extraordinary cookbook, this creamy soup contains a variety of vegetables that we always intend to eat but never find ways to include in a meal. The soup has a sweet under note and, served with whole-grain bread dipped in olive oil, has all the soothing effects of a comfort food.



Butternut Squash, Tomato, and Watercress Soup

- 2 Tbsp. olive oil
- 2 large tomatoes, seeded and chopped
- 1 small onion, chopped
- 1 small garlic clove, sliced
- 2 small carrots, chopped
- 1 cup peeled and chopped butternut squash
- 1 med. potato, peeled & chopped
- 1 bunch watercress, including stems
- 2 cups fat-free, reduced-sodium chicken broth
- 4 cups water
- Salt & freshly ground black pepper
- 2/3 cup frozen corn kernels, thawed, for garnish coarsely chopped

In a large saucepan, heat the olive oil over medium-high heat. Sauté the tomatoes, onion and garlic for about 12 minutes, stirring occasionally, until the onions are translucent.

Add the carrots, squash, potato, watercress and chicken broth. Bring to a boil, reduce heat to low, and simmer, uncovered, for 30 minutes. Add the water and return the mixture to a boil. Reduce heat and simmer, uncovered, for about 10 minutes, until the vegetables are very soft. Remove the saucepan from the heat and let the soup sit for 15 minutes to cool slightly.

In a blender or food processor, purée the soup in batches and return to the saucepan. Season to taste with salt and pepper. Reheat soup. Ladle the soup into bowls and garnish with the corn kernels. (The boiling hot soup heats the corn, eliminating the need to cook it separately before adding.)

Makes 6 servings.

Nutrition Information (Per serving):
Per serving: 111 calories, 5 g. total fat (less than 1 g. saturated fat), 16 g. carbohydrate, 3 g. protein, 3 g. dietary fiber, 167 mg. sodium.

Source: The New American Plate Cookbook www.aicr.org

Physician Spotlight

(continued from page 5)

I interviewed Dr. Brill for this article at the end of her work day which includes, among other things, surgery and seeing patients. Understandably a little weary, the gaze from her blue eyes was clear, bright and steady. Her soft-spoken, gentle manner made me feel comfortable and assured me that she made time for me and would give me her full attention.

Dr. Brill graduated from Hahnemann University Medical School and underwent her residency in general surgery at New York Methodist Hospital. She completed a fellowship in breast surgery at Columbia-Presbyterian Hospital in New York. For the past 10 years, she has focused her practice exclusively on breast surgery. She finds it very rewarding and enjoys the interaction she has with her patients.

Dr. Brill is married and is the mother of 3 daughters. She arises early most mornings and takes a 3-4 mile run before starting her daily routine. She participates in 3 to 4 marathons and 8 half marathons per year! She believes strongly in the value of exercise in keeping both



Louise Flannery and Dr. Brill

the mind and body healthy and some evenings she takes her children to a track to practice running.

When I ask how she "does it all" she tells me that she has been blessed with a lot of energy and she feels lucky to have a dedicated nanny and family support nearby. When things become stressful, she reminds herself to take a deep breath and tries to take things in stride. She appreciates the here and now while juggling many roles.

I am very grateful to Dr. Brill for the best possible outcome in my second breast cancer experience and I have been leading a fulfilling and interesting life ever since. Dr. Brill is a wonderful asset to the Cooper Cancer Institute and someone I would highly recommend to a friend or family member.

SAVE THE DATE:

**ANNUAL
Dr. Diane Barton
Complementary
Medicine
Holiday Party**

December 9, 2010 • 11:30 a.m. – 1:30 p.m.

Location: Town Square Building, 931 Centennial Blvd., Voorhees, NJ 08043. LIMITED TO CANCER SURVIVORS ONLY. Limited space available, please RSVP by Friday, December 3 to 1.800.8.COOPER (1.800.826.6737).

