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Editor

Diane Kornick, MA, LMHC

Associate Editors

- Ken Bliznick, MSW, LCSW, OSW-C
 Kristi Dodson
Special Events Coordinator/Oncology Registrar
 Angela Hawthorne, MS, LMHC
 John Llauguet, MA, EdS, LMHC
 Matt Novak, MHA
Director of Operations, Morton Plant Hospital
 Mary Reilly, RN, OCN, CBHN
 Gloria San Miguel, BS, MSHS
Manager, Cancer Services

New Location for CaPSS in 2012!

CaPSS is moving to the Axelrod Pavilion, 400 Pinellas Street, on the Morton Plant Hospital campus.

Hope... Her Favorite Four-Letter Word

It began with a persistent cough. But Lori Kursay had other things to focus on. Her husband was deployed in Iraq. She changed jobs, joining Morton Plant Mease as an occupational therapist (OT) and certified hand therapist after 19 years with another hospital system. Her mother, who was already a breast cancer survivor, was diagnosed with leukemia in May 2010 and died several weeks later. Lori herself was undergoing tests and scans for what turned out to be a benign tumor in her breast.

The cough continued, but she wasn't all that concerned. "I thought it was caused by something in the air from our house renovation," she said. "I was just trying to get through the maze of everything else, including finding a new primary care physician who could investigate my cough further."

To prepare for her breast surgery, Lori underwent a chest X-ray, which revealed a collapsed upper right lobe of her lung. Further tests were negative. However, the collapsed lobe, possibly a congenital abnormality, could not be reversed. To prevent likely bronchitis or pneumonia in the future, surgical removal of the right upper and middle lobes followed. After surgery, pathology tests found what the chest X-ray did not — a large tumor in her lung. Lori was diagnosed with stage IIB lung cancer. Her focus abruptly shifted.

"I cried hard for 10 minutes," she said. Then she began calling her support network. Her husband had flown home from Iraq for her surgery (he didn't return home permanently until February 2011). During her six rounds of chemo, friends flew in from Colorado, South Carolina and New Zealand. She turned to her sister, mother-in-law and boss. "I had terrific support all the way through," she said.

"Anytime I face something that scares me, I turn to someone who can give me hope," Lori said. This time, it was a CaPSS counselor. "We talked a lot about hope. Hope made me realize there are things I can do that are in my power. So I try to educate myself and let my support network know what's going on." As an OT, Lori works with many cancer patients. "I want to be an example for them," she said.

Lori finds her cancer journey ironic. "It could be the best thing that's happened to me," she said. "I was a control person, but I've learned to let go. There's a certain freedom in letting go. I've slowed down. I take time to read more. The cancer has humbled me and has taught me about what really matters. And what really matters are the people in my life and spending time with them," Lori said.



Lori Kursay

"I make plans so I have things to look forward to. With my cancer, I consider all possible outcomes and make plans to address each of them. This way I'm not focused on worrying about what might happen and I can get on with life. If I know I'm doing everything I can, I can move on to having fun."

Lori said she was particularly moved by a quote she read in *Reader's Digest* from Michael J. Fox, who is living with Parkinson's disease: "Don't spend a lot of time imagining the worst-case scenario. It rarely goes down as you imagine it will, and if by some fluke it does, you will have lived it twice. When things go bad, don't run, don't hide. It will take time, but you'll find that even the gravest problems are finite, and your choices are infinite."

Lori relayed her own piece of advice. "I don't want to be so focused on dying that I miss living," she said. "I don't want to be so distracted with worry that I step off a curb and get hit by a bus. I don't want to go there. Hope keeps me going and lets me know I have options."

Community Cancer Awareness Events

Camp Living Springs

More than 75 campers enjoyed meeting new friends at the fun-filled Camp Living Springs weekend, October 21-23.

Campers were treated to nature walks, canoeing, arts and crafts, campfires, line dancing, karaoke, entertainment and plenty of food. The camp weekend is sponsored by Morton Plant Caring Partners.



Save the Date!

Celebration Picnic

Saturday, March 24, 2012

10am-2pm

Philippe Park, Shelter 2, Safety Harbor

Join us for a day of fun in the park. Our Celebration Picnic is a special event for those in our community whose lives have been touched by cancer — patients, survivors and their immediate families. Enjoy the beautiful surroundings, entertainment and a complimentary box lunch.

The Celebration Picnic is sponsored by the Auxiliary of Mease Health Care and the Evelyn R. Simmers Trust. To register: (727) 725-6290



Maria Flanders, left, plays the cup game under the watchful eye of Kissy the Clown (Doris Eilermann).



Front row, from left: Judy Burgdorf, Vicki Pikal, Trish Tufaner, Holly Malsch; standing, from left: Carol Stupplebeen, Paulette Wanchik, Jhara Chowdhury.

Special Features and Education

CaPSS Oncology Resource Libraries

Two Evelyn R. Simmers Oncology Resource Libraries are available for those interested in cancer information:

- Axelrod Pavilion at Morton Plant Hospital, 1st Floor
- Mease Countryside Hospital, Shaffer Tower, 4th Floor

Cancer-related books and educational materials are available to patients, families and the community at no charge. Topics include diagnosis/treatment of specific types of cancer, coping with emotional issues, spirituality, caregiver support, and information on other cancer resources. Internet access is also provided at both locations with links to Web sites for cancer information. If you would like to know more about our libraries, please call (727) 725-6016 for Mease Countryside or (727) 462-2125 for Axelrod Pavilion.

Community Cancer Education

Our Community Cancer Education lectures feature cancer-related information provided by physicians and other health care professionals. All cancer patients, family members and friends in our community are welcome to attend. Please call Kristi Dodson at (727) 461-8344 for the lecture schedule and further information.

Look Good... Feel Better

Look Good... Feel Better is a partnership between the American Cancer Society, the National Cosmetology Association and the Personal Care Products Council Foundation. It is a free program that teaches beauty techniques to women in active cancer treatment to help them with the treatment's appearance-related side effects. Reservations required: (727) 462-7500

Morton Plant Hospital:

Monday, January 9, 10am-Noon

Powell Cancer Center, 303 Pinellas St., Clearwater

Monday, March 12, 10am-Noon

Axelrod Pavilion, 400 Pinellas St., Clearwater

Mease Countryside Hospital:

Monday, February 13, 10am-Noon

Monday, April 9, 10am-Noon

Meeting Rooms 1 and 2

3231 McMullen Booth Road, Safety Harbor

Morton Plant North Bay Hospital:

Wednesday, February 22, 3:30-5pm

Wednesday, April 25, 3:30-5pm

Bekesh Education and Conference Center

6600 Madison St., New Port Richey





From left, Bill McCabe, Norm Klotz and Dusty Rhodes.



Nancy Camerano, left, dedicates an ornament before placing it on the Tree of Hope. At right is Mary Reilly, CaPSS Breast Care Nurse Navigator.



Sarah Fady provided lovely holiday music on her hammered dulcimer.

CaPSS Holiday Celebration

More than 70 cancer survivors and guests enjoyed welcoming the holiday season at the annual CaPSS Holiday Celebration on December 2. The event included refreshments, holiday music and the traditional "Tree of Hope" ceremony.

2012 Cancer Awareness Recognition Months

January Cervical Cancer Awareness

March Colorectal Cancer Awareness

April Cancer Fatigue Awareness
Oral, Head and Neck Cancer Awareness
Minority Cancer Awareness

March is Colorectal Cancer Awareness Month

According to the Colon Cancer Alliance, more than 80 percent of colorectal cancer cases can be prevented through recommended screenings. It is one of the most detectable and, if caught early enough, one of the most treatable forms of cancer. The American Cancer Society recommends the following ways to prevent colorectal cancer:

- Regular screenings
- Maintaining a healthy weight
- Physically active lifestyle
- Healthy diet
- Limiting alcohol consumption

Breast Cancer Resources

For Patients Having Breast Cancer Surgery

If you are scheduled to have a mastectomy or partial mastectomy, you can receive a recovery camisole from "A Place for Her." The camisole is soft cotton and has a fiberfill, unweighted prosthesis for use as an easy-to-wear postsurgery garment. It also has two detachable drainage pouches. The camisole can be worn during the first weeks after surgery, before you are ready for the weighted prosthesis. Most insurances cover the recovery camisole, but one will be provided free of charge, thanks to a grant from CaPSS, for those who do not have insurance coverage. To receive a camisole, please consult your doctor. You can visit "A Place for Her" at 1245 South Fort Harrison Avenue, Clearwater, or call (727) 447-1146.

Breast Care Nurse Navigator

Our Breast Care Nurse Navigator, Mary Reilly, RN, OCN, CBHN, is located at the Axelrod Pavilion in Suite 1010 on the first floor, and is available to provide free individualized guidance to anyone who has been diagnosed or treated for breast cancer at Morton Plant Hospital. The role of our Breast Care Nurse Navigator is to follow patients throughout every aspect of treatment and assist as needed with coordination of care prescribed by the patient's team of breast health specialists. Additional ways the Navigator may assist include:

- Providing education, information and resources to women recently diagnosed with breast cancer
- Being a liaison between the patient and physicians to ensure better patient understanding of medical recommendations
- Assessing the educational, physical, psychological and social needs of the patient and family members
- Serving as a knowledgeable advocate for each patient
- Linking patients with community resources

For further information, contact Mary Reilly: (727) 298-6800.



Breast Cancer Educational Materials

For patients diagnosed with breast cancer, educational information and a list of community resources for wigs, prostheses and more are available. Please contact CaPSS to receive this helpful information.

Heart Pillows for Those Affected by Breast Cancer

The nonprofit Fill a Heart Group, established in 2008, creates heart-shaped pillows for breast and underarm surgical patients to provide comfort after surgery.

Volunteers and community participants have created more than 5,300 heart-shaped pillows for Morton Plant Mease hospitals. More recently, the group has added port relief pillows, providing patients with chemo ports a comfortable cushion under their seat belt strap.

Join us for these special events during which cancer patients/survivors, family, friends and the community can come together to create something meaningful for others.

Fill A Heart with Hope Days

No sewing experience necessary. There's something for everyone to do. Volunteers prepare pre-sewn heart-shaped and port relief pillows by stuffing with fiberfill, closing, completing gift card enclosures and bagging pillows for delivery. Events are "open house" style. Feel free to stop by and stay as long as you have time. Bottled water and snack bars will be provided. For registration: (727) 953-6857

Morton Plant Hospital,
Powell Cancer Center,
Community Room
303 Pinellas St.,
Clearwater

Mease Countryside Hospital,
Meeting Rooms 1-3
3231 McMullen Booth Road,
Safety Harbor

Tuesday, October 30, 9am-3pm

Tuesdays, 9am-3pm
February 14
March 13
May 8
June 12
August 14
September 11
October 9



CaPSS Support Groups

At Morton Plant Hospital

Coping With a Cancer Diagnosis: Toolkit for Patients, Families and Caregivers

The first year after receiving a cancer diagnosis can be stressful... often a shocking and difficult challenge for everyone. This group provides a valuable toolkit of information to patients, family members and caregivers, and includes supportive group discussion. Facilitator: Ken Bliznick, MSW, LCSW, OSW-C, (727) 462-2149

2nd and 4th Wednesday
4-5:30pm

January 11 and 25: Powell Cancer Center

February 8 and 22, March 14 and 28, April 11 and 25: Axelrod Pavilion

Women's Cancer Support Group

Experience the power of shared support. This group gives you the opportunity to share your cancer experiences while learning and gaining strength and comfort from the experiences of others. This group is open to women of all ages with any type of cancer. Facilitator: Angela Hawthorne, MS, LMHC, (727) 462-2145

1st Monday
6-8pm

January 16*: Powell Cancer Center

*January group will meet on 3rd Monday

February 6, March 5, April 2: Axelrod Pavilion

LUNA de Pinellas

(Latinos Unidos por un Nuevo Amanecer/Latinos United for a New Awakening)

Our LUNA group is open to men and women with any type of cancer. Family members/caregivers are also welcome. The group is run in Spanish by a bilingual facilitator. For additional information in English or Spanish, please call the number below.

Un grupo para mujeres y varones con cualquier tipo de Cancer. Familiares y amigos son bienvenidos. La moderadora del grupo es bilingue y el grupo es en Español. Las reuniones son el segundo martes de cada mes de 6-8pm. Para más información en Español ó Inglés, favor de llamar al siguiente número. Contact Gloria San Miguel at (727) 298-6606.

2nd Tuesday
6-8pm

January 10: Powell Cancer Center

February 14, March 13, April 10: Axelrod Pavilion

Additional Support Groups

The following groups are not part of the CaPSS program, but are offered at Morton Plant Mease locations and are facilitated by medical professionals and/or cancer survivors.

Head and Neck Cancer Support Group

This group meets at 7pm on the fourth Monday of each month at the Lansky Pavilion at Bardmoor Outpatient Center, Administration Conference Room. For further information, please call Joe Chapin at (727) 547-5522.

Thyroid Cancer Support Group

This group is offered by the Thyroid Cancer Survivors' Association, Inc. (ThyCa), an all-volunteer, nonprofit organization of survivors, family members and health care professionals. ThyCa is dedicated to support, education and communication for thyroid cancer survivors, their families and friends. They do not give advice, but do make every effort to provide support and share their own unique experiences. Contact volunteer facilitators: Doris Proni (727) 742-9056 or Lydia Hartney, ARNP, BC, (727) 271-0703.

2nd Saturday
10:30am-Noon

January 14: Tuttle Auditorium, Room D

February 11: Tuttle Auditorium, Room B

March 10: Tuttle Auditorium, Room D

April 14: Tuttle Auditorium, Room D

At Mease Countryside Hospital

Cancer Patients' Hope Group

This group provides coping skill guidance and support for men and women who have cancer of any kind. Learn how to replace fear, anger and the depressed feelings of cancer with hope, determination and peace of mind. Facilitator: Ken Bliznick, MSW, LCSW, OSW-C, (727) 462-2149

1st Tuesday (January 3, February 7, March 6, April 3)

6-7:30pm

Shaffer Tower, 4th Floor

Evelyn R. Simmers Oncology Resource Library

Caregivers' Support Group

Cancer caregivers experience their own unique issues in caring for their loved ones. Discussing these issues with other caregivers and receiving their support can be very educational and rewarding. Meets at the same time as the Cancer Patients' Hope Group. Facilitator: Diane Kornick, MA, LMHC, (727) 725-6016

1st Tuesday (January 3, February 7, March 6, April 3)

6-7:30pm

Shaffer Tower, 4th Floor

Family Waiting Room (across from patient room 4115)

Women's Cancer Support Group

Connect and share with other women in similar circumstances. Learn how others are coping and facing similar challenges. You'll have the opportunity to tell your story and listen to the stories of other women. You'll gain strength and comfort from the other women's support. The group is for women of all ages with any type of cancer. Facilitator: Diane Kornick, MA, LMHC, (727) 725-6016

2nd and 4th Tuesday (January 10 and 24, February 14 and 28, March 13 and 27, April 10 and 24)

6-7:30 pm

Shaffer Tower, 4th Floor

Evelyn R. Simmers Oncology Resource Library

Prostate Cancer Discussion Group

This discussion group provides support and information to men with concerns about prostate cancer. Men only please. Facilitator: John Llauguet, MA, EdS, LMHC, (727) 462-2141

2nd Tuesday (January 10, February 14, March 13, April 10)

2-3:15pm

Shaffer Tower, 4th Floor

Evelyn R. Simmers Oncology Resource Library

Multiple Myeloma Educational Group

Patients, caregivers, families and the interested public are invited to join this educational group sponsored by the International Myeloma Foundation, with featured speakers and group discussion. For information, contact Sam Kalig at (813) 758-0772, Ginny Vaillancort at (727) 345-0711, or Jim Barth at No_More_Secrets@mac.com.

1st Saturday

10:30am-12:30pm

Mease Countryside Hospital

January 7: Meeting Room 3

February 4: Meeting Room 3

March 3: Meeting Room 3

April 7: Meeting Room 5

Cancer Resource Highlights

A variety of cancer-related programs and services are available to support you and your family. Here are just a few. If you have questions about these or any other available resources, please contact a CaPSS counselor.

Memories of Love

(800) 625-1566 • MemoriesOfLove.org

This foundation helps young children (age 16 and under) with a parent facing a life-threatening illness create lasting memories by sending the entire immediate family to Orlando. The trip includes theme park tickets, hotel accommodations, meal vouchers and \$200 in spending money. Please call or visit the Web site for information. Approval is not based on income.

Gynecologic Cancer Foundation

(800) 444-4441 • TheGCF.org

A not-for-profit fund-raising organization to support ovarian cancer research, training of cancer specialists in laboratory research, and a variety of programs for patient education and public awareness of gynecologic cancers.

National Ovarian Cancer Coalition

(888) OVARIAN (888-682-7426) • Ovarian.org

The largest ovarian cancer organization raises awareness about ovarian cancer and promotes early detection and education. The Coalition is committed to improving the overall survival rate and quality of life for women and families living with the disease.

American Cancer Society (ACS)

(800) 227-2345 • Cancer.org

Providing programs and resources for transportation to treatment appointments, peer support for breast cancer survivors, free wigs and breast prostheses, financial assistance, and telephone and online support programs for patients and families.

American Brain Tumor Association

(800) 886-2282 • ABTA.org

Your source for information about all types of brain tumors, including those that are malignant, nonmalignant, primary or metastatic. Find information on new treatments and help with many aspects of living with a brain tumor.

American Institute for Cancer Research

(800) 843-8114 • AICR.org

This not-for-profit health charity funds research and sponsors educational programs relating to the link between diet, nutrition and cancer prevention and treatment. Offers free educational brochures and nutrition hotline.

Leukemia and Lymphoma Society

(800) 955-4572 • LLS.org

Offering a variety of services to patients and families touched by blood cancers, including leukemia, lymphoma and myeloma. Services include peer support, education, financial assistance and an information resource center.

CancerCare

(800) 813-HOPE (4673) • CancerCare.org

A national nonprofit organization that provides free, professional support to those affected by cancer, including counseling and support groups, education workshops, publications and financial assistance.

Colon Cancer Alliance

(877) 422-2030 • CCAlliance.org

Through patient support, education, research and advocacy, this nonprofit organization is committed to increasing screening rates and survivorship for those affected by colon cancer.

Pancreatic Cancer Action Network

(877) 272-6226 • PanCan.org

This national nonprofit organization comprises a nationwide network of people dedicated to working together to advance research, support patients and create hope for those affected by pancreatic cancer.

Lung Cancer Alliance

(800) 298-2436 • LungCancerAlliance.org

A national nonprofit organization offering education and support programs, dedicated to patient support and advocacy for people living with or at risk for lung cancer and their loved ones.

Miles for Hope

(727) 781-4673 • MilesForHope.org

The nonprofit Miles for Hope raises awareness and funding for cutting-edge brain tumor research as well as clinical trials. The organization's goal is to provide a better quality of life and find a cure for those suffering with a brain tumor.

Mind Body Connection Programs

Guided Imagery Program

CaPSS counselors are available to provide Guided Imagery to Morton Plant Mease cancer patients and families who are interested in learning this technique. Guided Imagery has been shown to help increase one's hope and motivation, decrease depression and fatigue and reduce the perception of pain. It can also help alleviate chemo-related nausea and vomiting, increase comfort during radiation and help one gain a sense of control during cancer treatment. For additional information, please contact a CaPSS counselor. See phone numbers on back page.

Qi Gong: Beginner Training Program

This is a training program to introduce Morton Plant Mease cancer patients to the practice of Qi Gong (pronounced CHEE-GOONG). Qi Gong is an exercise that originated in China and has been practiced for thousands of years. This exercise method stresses mind/body awareness through breathing, proper posture and slow, gentle movement. Presenter: John Llauget, MA, EdS, LMHC. For registration: (727) 462-2141

February program: Thursdays, February 2, 9, 16, 23

March program: Thursdays, March 1, 8, 15, 22

3:15-4:15pm

Morton Plant Hospital

Sarah Walker Women's Center, 2nd Floor, Multipurpose Room

Yoga Classes

Relieve your stress, calm your mind and allow your body to heal. Morton Plant Mease has partnered with White Orchid Yoga to offer those dealing with cancer, treatment and/or side effects a complementary gentle way to heal. Instructors will guide you through very basic yoga techniques to help you achieve inner peace. Classes are free for Morton Plant Mease cancer patients/survivors. Certified yoga instructor: Calley Masson, cancer survivor. For more information or to register: (727) 462-7500

3rd Thursday (January 19, February 16, March 15, April 19)

2-3pm

White Orchid Yoga, 907 S. Fort Harrison Ave., Suite 101, Clearwater

Individual and Family Counseling/Support Services

Cancer Patient Support Services (CaPSS) offers individual counseling and support services to all Morton Plant Mease cancer patients, their families and friends. Our services are absolutely free. If you wish to receive this type of service, please call the CaPSS office or contact one of the following people:

CaPSS Office: (727) 462-2125

Ken Bliznick, MSW, LCSW, OSW-C:
(727) 462-2149

Angela Hawthorne, MS, LMHC:
(727) 462-2145

Diane Kornick, MA, LMHC:
(727) 725-6016

John Llauguet, MA, EdS, LMHC:
(727) 462-2141

**Mary Reilly, RN, OCN, CBHN,
Breast Care Nurse Navigator:**
(727) 298-6800

For special events information,
contact **Kristi Dodson:** (727) 461-8344

Cancer Patient Support Services (CaPSS) offers individual counseling, education and support groups to all Morton Plant Mease cancer patients, their families and friends at no cost. Books, videos and other cancer-related information are available for checkout at our resource libraries, located at the Axelrod Pavilion at Morton Plant Hospital and at Mease Countryside Hospital on the fourth floor of the Shaffer Tower.

If you have any comments or questions about our CaPSS newsletter, or would like to be added to our mailing list, please call (727) 725-6016 or e-mail diane.kornick@baycare.org. CaPSS hours are Monday-Friday, from 8:30am to 5pm, with evening groups. You can also find us and view the newsletter at our Web site, MPMHealth.com/Cancer.

Support Group and Class Locations

**Axelrod Pavilion at
Morton Plant Hospital**
400 Pinellas St., Clearwater

**Bardmoor
Medical Arts Building**
8839 Bryan Dairy Road, Largo

**Cheek-Powell Heart and
Vascular Pavilion at Morton
Plant Hospital**
455 Pinellas St., Clearwater

Mease Countryside Hospital
3231 McMullen Booth Road
Safety Harbor

Mease Dunedin Hospital
601 Main St., Dunedin

**Morgan Heart Hospital at
Morton Plant**
300 Pinellas St., Clearwater

Morton Plant Hospital
300 Pinellas St., Clearwater

**Morton Plant
North Bay Hospital**
6600 Madison St.
New Port Richey

**Powell Cancer Center
at Morton Plant Hospital**
303 Pinellas St., Clearwater

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