

CANCER PATIENT SUPPORT SERVICES

Newsletter

Volume 15, Number 3 September-December 2010

Prostate Cancer — No Longer a Lonely Journey

Dusty Rhodes, Prostate Cancer Survivor

“Like a spear in my heart” was how Tom D. described the report that he had prostate cancer. Debbie, his wife of 40 years, recalled her fear that their lives together would soon be over. The reaction was not surprising; rather, it was typical. According to the National Cancer Institute, 217,730 new cases of prostate cancer will be discovered this year. Sadly, 32,050 deaths are predicted.

But when the shock wave that accompanies most cancer diagnoses passed, the couple learned that they would not have to fight the disease alone. As numerous men had discovered, the Prostate Cancer Discussion Group at Morton Plant Mease was available for support and counsel.

Essential to grappling with prostate cancer — or any form of cancer for that matter — is a committed support team. At its core are family and friends aided by health care professionals. However, the special contribution of a discussion group has increasingly become a vital component of any cancer challenge. And no wonder. As Tom D. was to discover, every member of the Prostate Cancer Discussion Group had survived the disease!

Invaluable is the support offered by those whose feet have trod the path ahead. At the very least, men with new prostate cancer diagnoses learn that victory begins from within — belief that one will overcome the disease.

“It mattered that I was able to meet with men who had survived a prostate cancer battle,” stated Tom D. “It wasn’t just the information I gathered that proved valuable; it was also the positive attitude I discovered there that was encouraging.”

Yes, attitude matters. The survivors within the group are ablaze with that belief — and it’s contagious!

Perhaps one group member explained it best when he said, “I’ve been in remission for more than 10 years but remember well my initial apprehension. However, from the first, I also believed that what’s in one’s mind and heart can help make you and keep you well. I never allowed my attitude to be anything other than positive. I have seen that same belief in other group members.”

The primary role of the Prostate Cancer Discussion Group is to help men understand the numerous treatment options available. Understandably, information overload occurs early and the decision process can be overwhelming. Discussing options, all of which are

replete with pluses and minuses, with men who have had to make the same choices can clear the mist. Support and related discussions during and after treatment are additional benefits from group participation.

More cancer support is available from Morton Plant Mease classes in Qi Gong, an ancient Chinese philosophy of healing and meditation. Although not every man who completes a course of prostate cancer treatment opts for Qi Gong learning, it’s important for those newly into remission to know that additional support is available.

The take-away is that prostate cancer need not be overwhelming. Oh yes, it’s serious and group members know that only too well. But rooted in the belief that defeat is not an option, the group helps men strive toward the day when the wonderful “r” word is heard: your cancer is now in remission.

Tom D. and his family heard those beautiful words and in the process learned that indeed no man and no family need fear that prostate cancer is a lonely journey.

CaPSS Program Update

The CaPSS program is pleased to announce that Diane Kornick, MA, LMHC, has rejoined the CaPSS team as a counselor at Mease Countryside Hospital. Diane will offer inpatient and outpatient counseling to cancer patients and their families. She will also facilitate the Young Women’s Cancer Support Group and the Caregivers’ Support Group. *Welcome, Diane!*

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Special Features and Education

Prostate Cancer Awareness Race

Saturday, September 11, 7:30am

Morton Plant Hospital • Cheek-Powell Heart and Vascular Pavilion
455 Pinellas Street

Join the race to raise awareness of prostate cancer. The inaugural Morton Plant Mease Prostate Cancer Awareness Race is a 5K run/walk through the Morton Plant Hospital campus and surrounding waterfront neighborhoods. There will also be a Kids Dash. The race is presented by Urology Specialists of West Florida, with proceeds used to provide community screenings, education and counseling services.

Morton Plant Mease Health Care offers prostate cancer patients the most advanced treatment options available to combat the disease. Also available are a variety of support groups and services to all cancer patients and their families to help them cope with the impact of cancer in their daily lives. For registration, visit Active.com and search for Morton Plant Mease. For more information, call (727) 825-1521.

Registration fee:

\$25 through August 31; \$30 through September 10; \$35 on race day
\$10 for Kids Dash

Komen Race for the Cure®

Saturday, October 2

Vinoy Park, 710 Bayshore Drive N.E., St. Petersburg, FL 33701

The Susan G. Komen Race for the Cure is the largest series of 5K runs/fitness walks in the world, with nearly two million participants each year. The Race raises significant funds and awareness in the fight against breast cancer, celebrates breast cancer survivorship and honors those who have lost their battle with the disease. Join the Morton Plant Mease team and make a difference in the lives of women facing breast cancer in the Tampa Bay area. For more information on this event or to join our team, please call Mary Caito at (727) 462-2145.

The Basics About Breast Cancer:

An Orientation Program for Patients

Join us to learn about breast cancer from a panel of Morton Plant Mease health care professionals. Topics will include:

- Breast cancer overview
- Cancer treatment
- Clinical trials
- Exercise and wellness
- Cancer Patient Support Services
- Anatomy of the breast
- Lymphedema
- Nutrition
- Home health services

For more information or to register, call (727) 462-7500.
3rd Tuesday (September 21, October 19, November 16,
December 21), 3:30pm

Powell Cancer Center, Community Room

Advance Care (Living Will) Planning:

What You Need to Know

Learn more about what an Advance Directive, or living will, is, why it is important to have one and how to complete one. For registration, call (727) 462-7500.

Presenter: Tracy Christner, Advance Care Planning Facilitator and Director, Project Grace

Friday, October 8, 2-3pm

Powell Cancer Center, Community Room

Save the Date

16th Annual CaPSS Holiday Celebration

Saturday, December 11

Join us for our annual CaPSS Holiday Celebration! The event honors all those touched by cancer, inviting cancer survivors and family members to come together, relax and enjoy good company, holiday music and delicious refreshments. Invitations will be available at the CaPSS office at the Powell Cancer Center by mid-October. For more information or to register, call (727) 462-7500.

Camp Living Springs

October 15-17, 2010

Camp Living Springs is a full weekend camp offered at no cost to participants. Adults age 18 and older who have been diagnosed with cancer may attend, and participants must be ambulatory. The camp counselors include members of the Morton Plant Caring Partners volunteers and professional staff from Morton Plant Mease. The mission of Camp Living Springs is to promote camaraderie, relaxation and shared experiences while nurturing the spirit of those touched by cancer. Applications are available at Morton Plant Hospital Caring Partners office or the CaPSS office at the Powell Cancer Center. For more information, please call the Caring Partners office at (727) 461-8010 or the CaPSS main office at (727) 462-2125.

Caregiving 101

Learn about the issues and concerns facing cancer caregivers and how you can help to ensure that you're providing the most appropriate care for your loved one. For registration, call (727) 462-7500.

Presenter: Sandi Sunter, Suncoast Hospice

Friday, November 5, 2-3pm

St. Anthony's Outpatient Center (Carillon), Conference Room A
900 Carillon Parkway, St. Petersburg, FL 33716

CaPSS Oncology Resource Libraries

Two resource libraries are available for those interested in cancer information:

- Powell Cancer Center, 1st Floor CaPSS office
- Evelyn R. Simmers Oncology Resource Library, 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 the Mease Countryside location 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 Powell Cancer Center.

Community Cancer Education

Our Community Cancer Education lectures feature cancer-related information provided by physicians and other health care professionals. Join us for "news you can use" and learn from the experts. All cancer patients, family members and friends in our community are welcome to attend. Please call Mary Caito, MSW, at (727) 462-2145 for the lecture schedule and further information.

CaPSS Support Groups

At Morton Plant Hospital, Powell Cancer Center

Men's Cancer Discussion Group

This is a group for men who are dealing with cancer of any kind. This group provides information and a place to learn from other men who are facing cancer. Men only please. Facilitator: Ken Bliznick, MSW, LCSW, (727) 462-2149

2nd Wednesday (September 8, October 13, November 10, December 8)

4-5:15pm

Powell Cancer Center, Ground Floor, CaPSS Library

Women's Cancer Support Group

This meeting provides support and information as women share their experiences with cancer. This group is open to women of all ages with any type of cancer.

Facilitator: Alma E. Flores, MSW, (727) 462-7153

1st Monday (September 20*, October 4, November 1, December 6)

*September group is on the 3rd Monday.

6-8pm

Powell Cancer Center, Community Room

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 tambien son bienvenidos. La moderadora del grupo es bilingue y el grupo es en Español. Las reuniones son el Segundo martes de cada mes de 6-7:30pm. Para más información en Español ó Inglés, favor de llamar al siguiente número. Facilitadora: Alma E. Flores, MSW, (727) 462-7153

2nd Tuesday (September 14, October 12, November 9, December 14)

6-8pm

Powell Cancer Center, Community Room

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, (727) 462-2149

1st Tuesday (September 7, October 5, November 2, December 7)

2-3:30pm

Meeting Room 4

Caregivers' Support Group

Cancer caregivers experience their own unique issues in caring for their loved ones. Discussing caregiving 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, LMHC, (727) 725-6016

1st Tuesday (September 7, October 5, November 2, December 7)

2-3:30pm

Meeting Room 5

Young Women's Cancer Support Group

This group is designed to meet the unique needs of women in their 20s to early 50s who have been diagnosed with cancer.

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

2nd Tuesday (September 14, October 12, November 9, December 14)

6:30-8pm

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 Llauget, MA, EdS, LMHC, (727) 462-2141

2nd Tuesday (September 14, October 12, November 9, December 14)

2-3:15pm

Shaffer Tower, 4th Floor

Evelyn R. Simmers Oncology Resource Library

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 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. Volunteer Facilitators: Doris Proni (727) 742-9056 or Lydia Hartney, ARNP, BC, (727) 271-0703

2nd Saturday (September 11, October 9, November 13, December 11)

10:30am-Noon

Morton Plant Hospital, Tuttle Auditorium, Room D

The Support You Need, Whenever You Need It

When you're sick, it's important to stay in touch with your friends and loved ones. That's why Morton Plant Mease offers CarePages to our patients. CarePages are free, private Web pages that allow you to post information about your health as well as receive messages of support from friends and family. Best of all, your CarePage remains active as long as you want. The directions for starting your CarePage are below. If you have questions, you may call (888) 852-5521.

Benefits of CarePages

- Update friends and family on loved one's progress
- Post pictures
- Friends and family can post messages of encouragement and support
- Recognize hospital staff for outstanding care
- HIPAA compliant – patients/family members must invite visitors to view their CarePage

To Start a CarePage

- Go to CarePages.com/MPMHealth.
- Click on the "Create a CarePage" link.
- Register and then follow a few simple steps to start your CarePage.

For Patients Having a Mastectomy

If you are scheduled to have a mastectomy, you can receive a recovery camisole from "A Place for Her," supplied by a grant from CaPSS. The camisole is soft cotton and has a fiberfill, unweighted prosthesis for use as an easy-to-wear post-surgery 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 for those who do not have insurance coverage. To receive a camisole, you can visit "A Place for Her" at 1245 South Fort Harrison Avenue, Clearwater, or call (727) 447-1146.

Breast Cancer Education Folder

This helpful folder, designed by breast cancer survivors, provides information on what patients need to know when they are first diagnosed. It contains educational information and a list of community resources for wigs, prostheses and more. To receive a folder, please contact Mary Reilly at (727) 298-6800.

Brain Tumor Support Group

This group is a forum for sharing experiences, providing education and improving the well-being of people living with a brain tumor. Patients and their families, caregivers and loved ones are welcome. The group is co-facilitated by Morton Plant Mease and *Miles for Hope*. Contact Patty Wells at (727) 734-6839 or patricia.wells@baycare.org.

Thursday, September 23, Education Conference Room

Thursday, October 28, Meeting Room 1

Thursday, November 18, Meeting Room 1

Thursday, December 16, Education Conference Room

6-8pm

Mease Dunedin Hospital

Heart Pillows for Those Affected by Breast Cancer

Co-sponsored by CaPSS and the Fill A Heart Group

Join us for these special events during which cancer patients/survivors, family, friends and the community can come together to create heart-shaped pillows for patients recovering from breast and underarm surgery. Events are "open house" style, so feel free to drop by and stay as long as you are able. No sewing experience is necessary. There is something for everyone to do. For registration, call (727) 953-6857.

Pillow Marathons

Participants cut fabric, sew, iron, stuff, bag, complete gift cards and more. A light lunch is provided at 12:30pm.

Wednesday-Friday, October 27-29; 10am-3pm

Powell Cancer Center, Community Room

Pre-sewn pillows and fiberfill are brought in and made ready for stuffing/filling. Bottled water and snack bars are available.

Wednesday, September 8 & November 10; 10am-2pm

Powell Cancer Center, Community Room

Breast Care Nurse Navigator

Our Breast Care Nurse Navigator, Mary Reilly, RN, OCN, CBHN, is located at the Powell Cancer Center 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:

- Coordinating the Breast Cancer Orientation Program for 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 at (727) 298-6800.

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 Marti Hill at (727) 953-6257 or m23rose@gmail.com.

4th Saturday (September 25, October 23, November 27)

No meeting in December.

10:30am-12:30pm

Mease Countryside Hospital, Meeting Room 3

Cancer Resource Highlights

There are a variety of programs and services that may be of interest to you and your family. Here are just a few of the many cancer-related resources available. If you have questions about these or any other resources available, please contact a CaPSS counselor.

Memories of Love:

(800) 625-1566 or visit MemoriesOfLove.org

This foundation helps young children (16 years of age and under) with a parent facing a life-threatening illness create joyful, lasting and loving memories by sending the entire immediate family to Orlando for a fun-filled respite. The trip includes theme park tickets, hotel accommodations for five nights, meal vouchers and \$200 financial support for travel and incidentals. Please call or visit the Web site for information on how to begin the simple application process. Approval is not based on income.

Gynecologic Cancer Foundation:

(800) 444-4441 or visit TheGCF.org

This is a not-for-profit fund-raising organization established by the Society of Gynecologic Oncologists 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) or visit Ovarian.org

The coalition's mission is to raise awareness about ovarian cancer and to promote early detection and education about the disease. 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 or visit Cancer.org

- Cancer Survivors' Network (a telephone and online support program for patients and families)
- Man to Man (prostate cancer group)
- Road to Recovery (transportation to treatment appointments)
- Reach to Recovery (peer support for women having breast cancer surgery)
- Financial Assistance (for cancer-related pain medication)
- Gift Closet (free wigs, hats, breast prostheses and bras)

American Brain Tumor Association:

(800) 886-2282 or visit ABTA.org

Your source for information about all types of brain tumors, including those that are malignant, non-malignant, 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 or visit AICR.org

The mission of this not-for-profit health charity is to fund research and sponsor educational programs relating to the link between diet, nutrition and cancer prevention and treatment. This program offers free educational brochures as well as a nutrition hotline.

Leukemia and Lymphoma Society

(800) 955-4572 or visit LLS.org

The Society offers a comprehensive array of services to patients and families touched by blood cancers, including leukemia, lymphoma and myeloma.

- First Connection (peer support for patients/survivors)
- Patient financial aid (for those who qualify)
- Patient education programs (latest information on blood-related cancers)
- Information Resource Center (call for accurate, up-to-date information)

Mind Body Connection Programs

Guided Imagery Program

CaPSS counselors are available to provide Guided Imagery to individuals 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 you 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. It is an exercise method that stresses mind/body awareness through breathing, proper posture and slow, gentle movement. Presenter: John Lauget, MA, EdS, LMHC. For registration, please call (727) 462-2141.

September program: Thursdays, September 9, 16, 23, 30

November program: Thursdays, November 4, 11, 18

Morton Plant Hospital

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

Look Good... Feel Better

Look Good... Feel Better is a partnership between the American Cancer Society, the National Cosmetology Association and the Cosmetic Toiletry and Fragrance Association. 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. Call (727) 462-7500.

Monday, September 13, 10am-Noon

Monday, November 8, 10am-Noon

Powell Cancer Center, 303 Pinellas St., Clearwater

Monday, October 11, 6-8pm

Monday, December 13, 10am-Noon

Mease Countryside Hospital, Meeting Rooms 1 and 2

3231 McMullen Booth Road, Safety Harbor

Wednesday, September 22, 3:30-5pm

Wednesday, October 27, 3:30-5pm

Wednesday, December 8, 3:30-5pm

Morton Plant North Bay Hospital

Bekesh Education and Conference Center

6600 Madison St., New Port Richey

Individual and Family Counseling/Support Services

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



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

Diane Kornick, LMHC: (727) 725-6016

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

Mary Caito, MSW, Social Services Specialist/
Special Events: (727) 462-2145

Alma E. Flores, MSW, ACSW, Social Services
Specialist/Patient Care Navigator:
(727) 462-7153 (Spanish or English)

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

Cancer Patient Support Services (CaPSS) offers individual counseling, education and support groups to all 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 Powell Cancer Center and 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

**Bardmoor
Outpatient Center**
8787 Bryan Dairy Road
Largo

**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 Hospital
Cheek-Powell Heart and
Vascular Pavilion**
455 Pinellas St., Suite 100
Clearwater

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

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