Cancer Support at Piedmont Athens Regional

At Piedmont Athens Regional, we treat the patient – not just the disease. Because cancer treatment involves more than medical care, free programs such as yoga, cooking demos, expressive art class, and counseling are available to anyone affected by cancer at any phase in his or her journey. The Loran Smith Center for Cancer Support at Piedmont Athens Regional serves anyone regardless of where they received treatment.

For more information about the Loran Smith Center programs or to register for a class, please call 706. 475.4900 or email loransmithcenter@piedmont.org.

This newsletter is made possible by the Thomas J. & Sara Cooney Endowment.
Joel’s Journal

Joel Siebentritt, Manager, Cancer Support Services

Our eye-catching cover photo brings together several themes in this edition. First, the Loran Smith Center is incredibly fortunate to employ the athletic and graceful subject of the picture. Lauren Liverman, completing her nineteenth year of work at the Center represents both the past and (at her still tender age) the future of cancer support at Piedmont Athens Regional. As we celebrate the Center’s twentieth year, Lauren’s work continues to ground us in our mission even as our vision for what lies ahead soars. Second, Lauren’s commitment to self-care through practices of wellness is a shining example of the Center’s expanding efforts to encourage positive lifestyle changes at any point in our lives but especially when confronted with cancer treatment and recovery. Outlets for exercise and nutrition support are readily available here. And third, the image glows with creative energy, a resource available to all of us but one which too often sits unrecognized or underutilized in our daily lives. The Loran Smith Center continues to be a haven for creative expression as a means to relieve stress and find meaning on the cancer journey. Don’t miss our quarterly opportunities this year for engaging in the expressive arts, yet another step to greater wellness.

Kudos to nurse navigator Sandy Pyle, RN who was recently chosen by Living Beyond Breast Cancer for in-depth training to address the needs of young survivors. Sandy’s selection by LBBC is no surprise; her depth of knowledge and versatility as an oncology nurse make her a rare gem in the field. Read more in these pages about LBBC programs to come.

March 21 will be a banner day as we walk, jog or run IN THEIR SHOES to honor our patients and support the Loran Smith Center. Sign up at www.intheirshoesathens.org and join the celebration. Importantly, In Their Shoes founders, Anne Hansen and Gaylene Ward exemplify another essential hallmark of wellness: service to the community. Together Anne and Gaylene transformed life-threatening illness into an annual event designed to reduce cancer’s burden on our community. What better way to make a difference in the world!

Finally, the center bids farewell to Bobby Tyler with infinite gratitude for his 19 years of service to our cancer support community (back cover).

Wellness: More than Just the Absence of Illness

We enjoyed a recent discussion here at the Center about the idea of wellness, and what that looks like for each individual. I found this wonderful explanation of wellness, and thought I’d share it with you all:

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth. (It is) a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. (https://shcs.ucdavis.edu/wellness/what-is-wellness).

Many of you know that I teach and perform aerial dance at Canopy Studio. Aerial dance has been many things to me over the years. It’s been the activity that has made me my strongest self physically, regardless of aesthetic benefit. It’s been a community of people who are supportive and give me a safe place to be vulnerable. Most importantly and consistently, it has been a place where I can set aside the stressors of life and inhabit a place in my brain that is completely free from negative thoughts and emotions. It is for these reasons that I’ve stuck with aerial dance longer than any other hobby / form of exercise in my life – it truly nourishes me body, mind, and spirit. It is my wish that each one of you finds something that contributes to your own sense of Wellness, for as the definition above emphasizes, health is more than just the absence of illness. It is the presence of joy in many forms.

Pax vobiscum ~ Lauren
Thank you to our donors!

To make a donation to the Loran Smith Center for Cancer Support and help continue to make these programs possible, checks can be made out to the Loran Smith Center for Cancer Support or go to piedmont.org/locations/piedmont-athens/foundation.

LORAN SMITH CENTER
The Golden Girls of Athens
Ashley Family Holding LP
Faisal M. Anwar
Alice S. Bullock
The Pelvic Floor Institute LLC
Eleven-Seventy One, LLC
Joyce Fleeman
Mary Jeanne Bouton
Arthur W. Garrison
Alicia Appling
Judy Hill
Martha E. Noble
Sue Demersseman
Debbie F. Whittemore
Dianne Wall

Lawton Stephens
Blasingame, Burch, Garrard, & Ashley, P.C.
Patti Reed
Jennifer Westmoreland
James E. Box
East Jackson Cheer Booster
George's Lowcountry Table
Tom Reigle
Robert Glasscock
Ann Gagnier
Donna C. Hallman
Petrea H. Adams
Joan Paolini
Larry Petroff
Barbara Michalove
J. R. Chambers
ACC Charity Drive Committee
Jeaninne Collins
Helene Schwartz
Patricia Bell-Scott
Wiggins Family Fund at the Athens Area Community Foundation
Kathy Thomason
William R. Edwards
Zeta Phi Beta Sorority, Inc.
Lisa Wommack
Marilyn P. Wolf-Ragatz
Berea Baptist Church

LYMPHEDEMA THERAPY
Lisa Wommack

Lyndey McCurry

IN THEIR SHOES 10K
The Loran Smith Center for Cancer Support is hosting its annual In Their Shoes 10K on Saturday, March 21 from 6:30 to 11 a.m.

This year’s event is sponsored by Phil Hughes Honda in Athens.

The In Their Shoes 10K, which will begin and end at the Loran Smith Center on the hospital’s campus, located at 240 Talmadge Drive in Athens, includes the 10K run/walk, recognition of cancer survivors, an awards ceremony and a catered meal by Waffle House.

Awards will be presented to the top 10K finishers, and the event is $25 for cancer survivors and $40 for those who pre-register. Race-day registration will also be available on March 21 for $45.

We are excited to once again host this fun, annual event. The In Their Shoes 10K is so important for our community as it honors and remembers cancer patients, friends and family members while raising essential funds to provide support services at the Loran Smith Center. Since 2006, the event has raised over $1.4 million for the center.

Please join us March 21!
Run. Walk. Volunteer, or Cheer!

InTheirShoesAthens.org
New Program coming to The Loran Smith Center

Sandy Pyle, BSN, RN, Oncology Nurse Navigator

I recently attended a training program through Living Beyond Breast Cancer’s Young Women’s Initiative entitled “Survivorship Series for Young Women”. Since noting an increase in the number of women aged 50 and younger diagnosed with breast cancer over the past few years, I have become interested in the needs of younger women and how we at the Loran Smith Center can better meet those needs. I was one of 15 nurse navigators in the southeast United States to be chosen for this training program.

The mission of LBBC is “To connect people with trusted breast cancer information and a community of support.” LBBC is a national non-profit founded in 1991, serving women and men of all ages and stages of breast cancer. They have tailored programs and resources for some unique groups of breast cancer diagnoses: women diagnosed under age 45, metastatic breast cancer, triple-negative breast cancer, African-Americans and men diagnosed with breast cancer.

We will be bringing the Survivorship Series for Young Women to The Loran Smith Center in the coming months. The program is designed for women diagnosed with breast cancer at or before age 45. The program’s objective is to: “Increase knowledge of survivorship topics and confidence to make behavioral changes to increase their quality of life after breast cancer.” The program is made up of four segments: Menopause, Long-Term Effects, Sex and Intimacy, and Self-Care; which will be split into two parts. Part 1 will be on Saturday, April 18, from 10:30 a.m. to 1:30 p.m. Part 2 will be on Saturday, May 9, from 10:30 a.m. to 1:30 p.m. Please call us to register!
## Loran Smith Center for Cancer Support

### March 2020

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<td>T'ai Chi Chih, 10:30 to 11:30 a.m.</td>
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<td>Blood Cancer Support Group, Noon to 1 p.m.</td>
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<td>Yoga for Hope, Peace, and Cancer Recovery, 10 to 11:30 a.m.</td>
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<td>Nutrition for a Better You, 11 a.m.</td>
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### In Their Shoes

**Saturday, March 21 • 8 am.**

Join us for a Saturday of music, food, prizes and more! Come run, walk or volunteer!

All proceeds support the Loran Smith Center for Cancer Support

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For more information about the LSCCS programs or to register for a class, please call 706.475.4900 or email loransmithcenter@piedmont.org.
## LIVING BEYOND BREAST CANCER: SURVIVORSHIP SERIES FOR YOUNG WOMEN

**April 18 • 10:30 a.m. to 1:30 p.m.**

For women diagnosed with breast cancer before age 45. Topic: Long-Term Effects and Self-Care

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<td><strong>9</strong> Yoga for Hope, Peace, and Cancer Recovery, 10 to 11:30 a.m. Breast Cancer Support, 5:30 to 7 p.m. Prostate Cancer Support, 7 to 8:30 p.m.</td>
<td><strong>10</strong> Mindfulness-Based Stress Reduction, 5:30 to 6:30 p.m.</td>
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<td><strong>21</strong> <strong>Hormone Therapy Retreat, 10 a.m.</strong></td>
<td><strong>22</strong> Oncology Massage, By Appt Reiki, By Appt</td>
<td><strong>23</strong> Yoga for Hope, Peace, and Cancer Recovery, 10 to 11:30 a.m. T’ai Chi Chih at Oconee Health Campus, 4 p.m.</td>
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EXPRESSIVE WRITING
Guided use of the written word to allow safe release of emotions, reduce stress, and better communicate what may sometimes be difficult to put into words. 4/17

HORMONE THERAPY RETREAT
Facilitated by Sandy Pyle, BSN, RN, Oncology Nurse Navigator
This retreat is for women on hormone therapy for breast cancer (Tamoxifen, Arimidex, Aromasin or Femara). During this retreat you will learn the science behind the treatment and discuss methods for managing side effects. Together the group will enjoy a healthy lunch and have an introduction to yoga. RSVP required. 3/9, 4/20

US TOO PROSTATE CANCER INFORMATION & SUPPORT GROUP
This is an educational group to support men with prostate cancer. Spouses, partners, and adult caregivers are welcome. 2nd Thursday each month

T'AI CHI CHIH
T'ai chi chih is a moving meditation that improves fitness of mind and body. It is easy to learn and can be done by people of all ages and ability levels. Three 12-week sessions will be offered every Monday in 2020! The first session begins January 27 and runs through April 13.

YOGA FOR HOPE, PEACE, AND CANCER RECOVERY
Learn a combination of movements and poses, breathing techniques, and deep relaxation. Yoga can help reduce stress and anxiety, combat depression, improve sleep, and minimize side effects of treatment. Thursdays

DEDICATED MINDFULNESS PRACTICE GROUP
Experience different approaches to meditation led by members of the group. We invite practitioners of all levels: there are no prerequisites to join the circle of practice. Saturdays

HEALING TOUCH AND REIKI
Individual sessions that focus on the energy system of the body to promote relaxation, reduce stress, and minimize side-effects. By appointment only. Healing Touch - Tuesdays; Reiki - Wednesdays

MINDFULNESS-BASED STRESS REDUCTION
Facilitated by Mike Healy, Ed.D
Learn ways to reduce stress, lessen physical and emotional pain, and cope better with everyday demands. Second Friday each month

ONCOLOGY MASSAGE
Massage is available to cancer patients, survivors, and caregivers if available. A licensed and oncology trained massage therapist offers four session weekly. By appointment only. Wednesdays and Thursdays

BLOOD CANCER SUPPORT GROUP
Facilitated by Lauren Liverman, LCSW
The Blood Cancer Support Group is open to any patient or caregiver with a blood cancer diagnosis. This includes anyone affected by Leukemia, Lymphoma, Myeloma, and other hematologic illnesses managed by an oncologist. First Tuesday

BREAST CANCER SUPPORT GROUPS
Facilitated by Sandy Pyle, RN, BSN, Nurse Navigator
A group for women with a diagnosis of breast cancer to share information, resources, and experiences. Second Thursday each month

FACING CANCER WITH LOVE & LAUGHTER GENERAL SUPPORT & EDUCATION GROUP
This group is open to any cancer patient, their family, or cancer caregiver. Lunch provided. Please call to RSVP. Third Wednesday each month

GRIEF SUPPORT
Individual and group support for grieving children, adolescents, and adults.

GYNECOLOGIC CANCER SUPPORT GROUP
Facilitated by Sandy Pyle, RN, BSN, Nurse Navigator
A group for women with a diagnosis of any gynecologic cancer. Second Tuesday each month

ILLNESS ADJUSTMENT COUNSELING
Individual sessions to address issues such as stress, anxiety, treatment decisions, and family communication.

PROSTATE CANCER SUPPORT GROUP
Facilitated by Joel Siebentritt, LCSW
A confidential setting for the prostate cancer patient to discuss prostate cancer treatment, side-effects, and survivorship. First Thursday each month

NUTRITION COUNSELING AND SIDE-EFFECT MANAGEMENT
Individual sessions by appointment.

NUTRITION FOR A BETTER YOU
March is National Nutrition Month. Join Lisa Eisele, RD, LD to learn about the benefits of good nutrition! Space is limited and registration is required. 3/23

For more information about the LSCCS programs or to register for a class, please call 706. 475.4900 or email loransmithcenter@piedmont.org.
The Write to be Angry

April 17, 2020 • 10 a.m. to noon • JoBeth Allen, PhD. Writing Facilitator

A positive outlook is important to healing, but that doesn’t mean we don’t have a right to be angry. We are going to give cancer a good talking to in our writing. We’re going to ask cancer some hard questions and express what it has cost us physically, socially, emotionally, financially, and/or spiritually. You’ll be surprised at how much better you feel!

Thank you Bobby!

On behalf of our cancer support community, the Loran Smith Center staff would like to wish Bobby Tyler a full and happy retirement. Bobby has been with the Loran Smith Center for 19 years; in that time he has touched the lives of countless patients and staff through his healing gifts as a Reiki practitioner and minister. We will forever remember Bobby’s immeasurable contributions to our work. We are so thankful to have worked with you, Bobby! If you would like to send Bobby your well-wishes, thanks or share the benefits you’ve received from Reiki, write to: loransmithcenter@piedmont.org