Santa will be joining us on December 9th for some Cocoa and Cookies!

I love being a part of Cancer Support at Piedmont Athens.

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.
First things first: Please vote. Election day is Tuesday November 3. Every eligible voter has an opportunity to be heard and a duty to exercise this precious right. So make sure you get to the polls and help determine the future leadership of the United States.

Now in our third season since the onset of COVID 19, here are some updates and things to look forward to as the holidays approach. First, our interns, Deb and Jesse are adding great depth to our programs. You may have spoken with one of them already as they have been reaching out by phone to many of our clients, checking in and staying connected. Hearing from you is important to us especially as we plan future programs. Please take a few minutes to respond to the program survey inside. We really value your feedback. Just like voting, your opinion counts!

Our social worker Lauren Liverman along with intern Deb Kim haven’t let the pandemic keep them from offering our semi-annual grief workshop to the bereaved in our region and beyond; at least one of the workshop members calls in from another state to access this valuable support resource. Grief counseling is (and always has been) a core service of the Loran Smith Center. If you or a friend is grieving and feeling alone we are here for you by phone, video-call or in person.

The holidays can be a challenge in normal times and especially difficult when social isolation is required to protect us from infection. Acute grief can add yet another layer of pain to the situation. Relief can be found in expected ways such as confiding in a trusted friend, colleague or counselor. But don’t forget that your own acts of charity toward others can also bring you a sense of peace. See the next page for details on how you can bring some joy to a cancer patient or family-in-need through our Thanksgiving meal-share program.

Our perception of wellness depends on many factors including actively reaching out for what we need and actively giving to others out of gratitude. Don’t believe anyone who says they can make it through this life on their own. We all need each other in order to thrive! On behalf of the staff of the Loran Smith Center we send our best wishes to you this season and always. - Joel

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
Larry Petroff
Jeannine Collins
Joan Paolini
Jessica Schlotter
Emily Badstibner
Vic H. Ritter

GIFT OF TRIBUTE
CDR & Mrs. Lance Sapera, USN (Ret.) and Family
In memory of Eileen Sapera
Mary L. Johnson
In honor of Loran Smith

IN THEIR SHOES
Harriet Canfield

50 SHADES OF PINK
Golden Girls of Athens

LYMPHEDEMA THERAPY
Harriet Canfield

MEDICATION ASSISTANCE FUND
The Wiggans Family Fund at the Athens Area Community Foundation
This November the Loran Smith Center invites you to help make a difference! COVID-19 has had a huge impact on many families in the past months. To help alleviate the worry some might be experiencing we’d like to provide a basket full of ingredients for a nice Thanksgiving dinner. We ask those in our community to donate cans of cranberries, corn, green beans, yams, fruit, gravy, stuffing mix, jello, instant mashed potatoes, and gift cards from the Honey Baked Ham store to purchase turkeys for these families. Items can be dropped off at the center anytime between November 18 – November 20.

If you would like to receive a Thanksgiving basket or know someone who would appreciate a Thanksgiving meal, please contact the center at 706.475.4900 by November 20 at the latest. Basket pickups will take place the following week on November 23 and November 24.

Thanksgiving Food Drive

This November the Loran Smith Center invites you to help make a difference! COVID-19 has had a huge impact on many families in the past months. To help alleviate the worry some might be experiencing we’d like to provide a basket full of ingredients for a nice Thanksgiving dinner. We ask those in our community to donate cans of cranberries, corn, green beans, yams, fruit, gravy, stuffing mix, jello, instant mashed potatoes, and gift cards from the Honey Baked Ham store to purchase turkeys for these families. Items can be dropped off at the center anytime between November 18 – November 20.

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Broccoli Salad

PREP TIME: 20 MIN • COOK TIME: 10 MIN • SERVINGS: 12

Holidays are a great time to enjoy yummy foods you don’t get year-round, share traditional recipes with the next generation, and swap favorite recipes with family and friends. A lot of holiday foods can be heavy, high in sugar and/or fat, and have very little fiber, vitamins, and minerals. While it is totally fine to enjoy some yummy, less nutritious foods in moderation, it’s important to continue to include foods that offer some good nutrients for your body.

INGREDIENTS

4 heads broccoli, washed, rinsed, and chopped
½ cup red onion, chopped
1 cup celery, chopped
½ lb bacon, cooked crisp according to package, crumbled
1½ cups hulled sunflower seeds
1 cup mayonnaise
¼ cup white sugar
¼ cup Splenda
2 T white vinegar

DIRECTIONS

1. Combine broccoli, onion, celery, bacon, sunflower seeds, and raisins. Set aside.
2. Whisk mayonnaise, sugar, sweetener, and vinegar in another bowl until smooth. Pour over broccoli mixture and toss to coat.

Refrigerate until ready to serve.

NUTRITION FACTS PER SERVING:

384 calories, 9.7g protein, 32g carbohydrate, 26.9g fat, 13.8mg cholesterol, 284mg sodium
When Everything Goes Sideways

Deborah Kim, Social Work Intern

As a first-year graduate student in UGA’s Master of Social Work program, I was used to having lively conversations with classmates and professors. I was completely unprepared for the chaos of March and so confused by the changes. My courses switched to online because of the coronavirus. Many of my professors had never taught a course online before and were struggling with what to do and how to do it. For graduate students like me, this meant our classes suddenly switched from being lively, in-person discussions to three-hour Zoom meetings that made my eyeballs ache. I don’t know who was more confused, the professors or the students. Each professor used different ways of communicating, with different requirements and different standards. Tracking all of it was a bit like unwinding a ball of yarn that my cat had destroyed and shoved into a corner. It was a hot mess.

Luckily, things have settled down a bit both at school and in the community. I still can’t get out much because I live with someone with health problems, but at least I’m on top of my courses and have learned to tolerate marathon Zoom meetings. It took a while to feel comfortable – and it took asking for some help – but I’m glad to be back on track.

Changes during the time of the coronavirus – when everything seems unknown and the fear of getting sick is high – are especially tough. It can be hard to figure out what to do, how to do it, and how to get what is needed. At the Loran Smith Center, we’re lucky to have each other and have you as clients. We welcome you to join us in online support groups, Tai Chih, and yoga, or to set up a personal, confidential counseling session. And let us know if you’re “technology challenged.” We’d be happy to walk you through using the technology to get connected. We’re here to help.

Call us at 706.475.4900, email us at loransmithcenter@piedmont.org, or stop by to see us. We’re here 8 a.m. to 4:30 p.m., Monday through Friday.

We’re working on programs and events to help you in your cancer journey. Click on the link below to complete a quick 15 question survey about types of programs you think may be helpful.

https://forms.gle/zXBxoycbeR1E4isZ6

Thank you for sharing your opinion!
Cancer Screening Week is December 7-11

Sandy Pyle, BSN, RN, Oncology Nurse Navigator

While this year may have you wanting to hide your head under the covers, it’s important to remain up to date on the cancer screening tests appropriate for you. Screenings do not diagnose or treat cancer, but they are the first step in catching cancers early, when they are most treatable. While you may feel anxious going into a health care facility, know that they are staying up to date on the latest guidelines and are doing everything in their power to make sure that all patients, staff and visitors are safe and protected. Here at Piedmont that includes spacing out appointments to allow for thorough cleaning and sanitizing between visits, screening everyone that enters the premises before they get into a screening area, and restricting the number of visitors allowed (check with your facility prior to your appointment if you need assistance managing your visit). If you are a cancer survivor be sure to talk with your doctor about what screening tests are appropriate for you and when you should have them. The following guidelines are for those of average cancer risk. (Having a prior diagnosis of cancer automatically puts you at high risk!)

**Skin Cancer:** Do your own self-exam monthly. Have an annual evaluation by a dermatologist. Avoid Tanning Beds! Use Sunscreen Daily!

**Oral Cancer:** Dental Checkup Twice a Year. Avoid all Tobacco Products. Immunize for HPV.

**Lung Cancer:** Low Dose CT Scan; For Those Age 55+ with a 30 pack Year Smoking History.

Lung Screening for High Risk Patients

Chasica Bankston, Lung Screen Coordinator

Lung cancer tends to be non-symptomatic in its early stages and it is the second-leading cause of death behind heart disease thus bringing significant attention to those that are considered high-risk. Smoking is not the only risk factor for lung cancer, but it is the biggest risk factor for the disease. Other known risk factors for lung cancer are contact with radon, asbestos or other cancer-causing agents such as radioactive materials or inhaled chemicals or minerals, family history of lung cancer, diagnoses of certain other cancers and/or lung disease and contact with second-hand smoke.

Those that are defined as high-risk patients for Piedmont’s Lung Screening Program include people ages 55 to 77 who have at least a 30-pack-year history of smoking, who are current smokers or who quit within the past 15 years. Those who qualify for the screening, which is covered by Medicare and most insurance with no co-pay or deductible, should have a low dose CT screening annually. If the screening detects anything suspicious, a multi-disciplinary team from the hospital, involving oncologists, pulmonologists, radiologists, a thoracic surgeon, and the nurse navigator, review the findings and create a plan with the primary or ordering physician.

To learn more, visit [piedmont.org/lung](http://piedmont.org/lung) or call 706.475.5982 for more information.

**Men**

- **Colon Cancer** – Average Risk, begin screening at age 45. If higher than average risk (family history, genetic disorder, other factors) begin earlier testing. Testing either by an annual stool-based test, or visual exam (colonoscopy).

- **Prostate Cancer** – Starting at age 50, men at average risk. Psa (Prostate specific antigen – blood test) and digital rectal exam.

**Women**

- **Breast Cancer** – Mammograms Beginning at Age 40

- **Cervical Cancer** – Start at Age 21, Pap test every 3 years. Between age 30 – 65 Pap + HPV every 5 years.

- **Colon Cancer** – Screening at age 45 with either a stool-based test (annually) or visual (colonoscopy) every 10 years (as directed by MD).

- **Endometrial Cancer** – Know the symptoms starting at menopause!
Cancer Registry

As you read our newsletters you’re accustomed to seeing familiar faces, such as Joel, Sandy, and Lauren. They, as well as many other members of this hospital are an integral part of our team. For this reason, we thought it’d be a good idea to introduce you to a member of the team we don’t often see. Creschenda Brown is one of three and the newest member to join the wonderful cancer registrars at Piedmont Athens Regional. Cancer registrars are responsible for collecting accurate, complete, and timely data on people with a cancer diagnosis. The data is then reported to the state and national registries; that information serves as a resource for cancer research and provides information to assist public health officials.

Creschenda joined the PAR cancer registry in December of 2019; since then she has been a wonderful addition to Michelle’s and Bernice’s team. She hopes to expand her knowledge of the cancer registry operations, become a Certified Tumor Registrar next spring, and eventually become well-versed on the various duties within the cancer registry. Every case the cancer registry collects and manages is a contribution to improving the outcomes and quality of life for all cancer patients. In doing so, Creschenda believes she is able to do her part to contribute to the Piedmont Purpose by making a positive difference in the life of every patient they touch, one case at a time.
## Program Schedule

**NOVEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>5</td>
<td>Online Prostate Cancer Support Group 7 p.m.</td>
</tr>
<tr>
<td>9</td>
<td>Online Hormone Therapy Class 10 a.m.</td>
</tr>
<tr>
<td>10</td>
<td>Online Gynecological Support Group 1 p.m.</td>
</tr>
<tr>
<td>12</td>
<td>Online Breast Cancer Support Group 5:30 p.m.</td>
</tr>
<tr>
<td>12</td>
<td>Online US Too Prostate Cancer Support Group • 7 p.m.</td>
</tr>
<tr>
<td>18</td>
<td>Online Love &amp; Laughter Open Support Group • Noon</td>
</tr>
<tr>
<td>18-20</td>
<td>Thanksgiving Basket Food Drive</td>
</tr>
<tr>
<td>23-24</td>
<td>Thanksgiving Basket Pick-Up</td>
</tr>
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**DECEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>2</td>
<td>Ribbon Tree Decoration Begins All month!</td>
</tr>
<tr>
<td>3</td>
<td>Online Prostate Cancer Support Group 7 p.m.</td>
</tr>
<tr>
<td>8</td>
<td>Online Gynecological Support Group 1 p.m.</td>
</tr>
<tr>
<td>9</td>
<td>Cookies and Cocoa with Santa 4:30 to 7 p.m.</td>
</tr>
<tr>
<td>10</td>
<td>Online Breast Cancer Support Group 5:30 p.m.</td>
</tr>
<tr>
<td>16</td>
<td>Online Love &amp; Laughter Open Support Group • Noon</td>
</tr>
</tbody>
</table>

**Online Support groups require a web link to participate. Please contact the Loran Smith Center at 706.475.4900 for more details.**

**Online Live Tai Chi Chih**
Every Monday at 10 a.m. [click here](#)

**Online Live Yoga**
Every Thursday at 10 a.m. [click here](#)

Please visit piedmontcancerwellness.org for additional online resources ranging from guided imagery to cooking demos and much more!

For more information about the LSCCS programs or to register for a class, please call **706. 475.4900** or email loransmithcenter@piedmont.org.
Annual Ribbon Tree Decoration

BEGIN DECEMBER 2
Stop by the Loran Smith Center- beginning December 2nd - to tie a ribbon on the branches of our tree in honor or memory of someone affected by cancer. This beautiful tree will be donated by Greg Smith, 7 G’s Farm, in memory of his sister, Gail Kay Smith.

Cocoa and Cookies with Santa

DECEMBER 9, 4:30 TO 7 P.M.
Santa and his helpers are coming to the Loran Smith Center! Join us outside the Healing Lodge for cocoa, cookies, and socially distanced photo opportunities. All are welcome to join the fun!