Cancer Wellness Newsletter

In This Issue:

Fourth Mondays For Men
National Survivor’s Day Block Party Photos
And more, inside!

For more information about the Loran Smith Center programs or to register for a class, please email loransmithcenter@piedmont.org or call 706.475.4900.

This newsletter is made possible by the Thomas J. & Sara Cooney Endowment.
The past two months brought back activities we have been missing these past two years (thanks, COVID). Here are a few of the things we’ve been up to!

On April 26th, we got to see Craig Canfield, a lymphoma survivor, throw out the first pitch at the UGA Baseball “Strike Out Cancer” event. He looked like a pro out there - nice form, Craig! UGA BEAT Georgia State 16–1! (A coincidence? I think not!) Great game Dawgs.

On Friday, April 29th, the Loran Smith Center participated in the American Cancer Society Relay for Life Clarke/Oconee event at Oconee County Middle School. This year brought back the opening ceremony, survivor lap, caregiver lap and team lap. It also provided the always touching luminaria ceremony. This ceremony represents everyone touched by cancer and gives people the opportunity to grieve while also offering comfort and hope.

On Sunday, May 8th, the Loran Smith Center attended the UGA softball game against Ole Miss at their pink-out event, handing out Piedmont swag to the large crowd for the last home softball game of the season.

It’s great to be back in the community again and see friends we’ve been missing for the past two years! We look forward to seeing more of you in the upcoming months!
August is National Immunization Month

Sam Hernandez, UGA Public Health Intern

Immunizations are vaccines that help protect someone from contracting a viral infection. Vaccines work by training your immune cells to learn certain information about viruses. This information allows our cells to recognize and destroy a virus that enters the body before it becomes an issue. With an influx of travel during the summer, this article will highlight some information about vaccines and travel requirements to keep you safe on vacation!

First, ask your healthcare provider about your vaccine status and requirements.

It is important to make sure you are up to date on your immunizations, especially before leaving the country. Ask your healthcare provider if you are up to date at your yearly physical, or call to check if you are going on vacation in the next few months. It is better to be safe than sorry!

Check the requirements of the place you are visiting.

Depending on where you are traveling, the vaccine requirements can significantly differ. A great way to check vaccine recommendations is by using the Traveler’s Health guide provided by the Centers for Disease and Control (CDC). This website allows you to enter the country you are visiting and view immunization recommendations, COVID-19 travel information, and travel health notices. It also provides detailed information on ways to stay healthy and safe while on vacation, such as safe food and water consumption methods, where and how to get medical help, and safe transportation options. The link to this website is listed below: https://wwwnc.cdc.gov/travel/destinations/list

COVID-19 Vaccination and testing requirements for travel

If you are vaccinated for COVID-19, you will likely want to travel with proof of vaccination. There are three types of acceptable proof when traveling:

1. Non-verifiable digital records:
   Digital photo of vaccine record or certificate, downloaded official document or certificate from an official source (ex: public health agency, governmental agency, vaccine provider) or mobile phone application without QR code

2. Non-verifiable paper records:
   Printout of vaccine record or certificate from a national or subnational organization or from a vaccine provider

3. Verifiable digital and paper records:
   Vaccine certificate with QR code

>
If you have lost your vaccine card, you can contact the provider that administered the vaccine or the Georgia Department of Health to request vaccine records at the link listed below. Keep in mind that requesting the records from the Department of Health can take several business days, so make sure to do so in advance!

https://georgia.gov/request-immunization-records

Depending on the place you are traveling to, COVID-19 vaccination and test requirements may differ. Per the amended order by the CDC, all passengers flying out of the country must provide a negative COVID-19 test result before returning to the United States.³ Travelers must have a COVID-19 test taken one day before travel. If someone has had COVID-19 within 90 days of the return date, they can provide a recovery document as a substitute. This document includes the positive test result taken within 90 days and a letter written by a healthcare or public health professional clearing the person to travel.⁴

Stay safe and have fun this summer!

References:
1. www.cdc.gov/vaccines/vac-gen/imz-basics.htm
Fourth Mondays for Men
Joel, Siebentritt, LCSW, Manager Oncology Social Work

Starting in July, the Loran Smith Center for Cancer Support will host a monthly mid-day meeting just for men.

Why?
Cancer patients do better and feel better when they learn from each other. Confidential group settings are an ideal way to gain valuable information and figure out new ways to fight the disease.

Why just men?
The first answer is that certain cancers only affect men (like prostate cancer and testicular cancer). Additionally, some men, regardless of cancer type, prefer learning from other men. It’s as simple as that!

Who?
Any man diagnosed with cancer, currently in treatment, or in long-term survivorship

When?
Every fourth (4th) Monday of the month, 12 noon-1 p.m. • First meeting: Monday July 25, 2022

Where?
Griffin-DuBose Healing Lodge • 240 Talmadge Drive (on the campus of Piedmont Athens Regional)

How?
Meetings are both in-person and virtual, accessible via a Webex link*

These meetings will be led by Joel Siebentritt, LCSW. Joel is an experienced oncology social worker and the manager of Piedmont Healthcare’s oncology social work program.

*Virtual participants must contact the Loran Smith Center in advance to RSVP for this program and receive the Webex link: 706.475.4900 or LoranSmithCenter@piedmont.org
National Cancer Survivors Day Block Party!
Sandy Pyle, RN, Oncology Nurse Navigator

I’m still smiling from The Loran Smith Center’s National Cancer Survivors Day block party! We could not have asked for a more beautiful day filled with sunshine and an abundance of friends, good food, music, games, and more. There are so many people and groups to thank for this event. First, we are grateful to our sponsors:

**Platinum sponsors:** University Cancer and Blood Center • Blasingame, Burch, Garrard & Ashley, P.C.
**Silver Sponsor:** Drew, Eckl, and Farnham, Attorneys at Law
**Bronze Sponsor:** Athens Area Urology, P.C.

The event would not have occurred without their support, and we are forever grateful!

We are also thankful for the support from various vendors in the community that provided items for use that day and donations for the fantastic raffle prizes. We have so many friends to thank, especially the volunteers that came out to help set up, serve and keep things moving and clean up. We want to thank our Piedmont Athens Regional Community Relations partners that provided a Safe Kids demo (with a remote-controlled fire truck!) and rock painting with the Auxiliary. We can’t forget the great vendors who brought their own unique elements to the party – Lil’ Ice Cream Dude, Duke’s BBQ, Aragorn the Mage, and DJ CSHARP. A lot of work goes into planning and preparing for an event of this magnitude. I am forever grateful to our two UGA Public Health interns, Lucy Welch and Sam Hernandez. Lucy began the process this spring, and Sam took over to finalize the details after Lucy graduated.

This block party was the first large-scale event held at The Center in over two years. We all have faced sorrows during this time and it feels like we are faced with new sorrows in the world, our country, and our community daily. This day reminded me that with community support, we can face challenges, come together and make a difference – in our small way this is what we strive to do at The Loran Smith Center.

If you are a cancer survivor or have a loved one who is, hopefully, you took some time to reflect on the essential meaning of National Cancer Survivors day – Celebrate Life! Today and every day.
Thank You to Our Donors!
BFFs, Besties and the “Did You Know” Challenge

Delena Brockman, Executive Director of Operations

Friendships are golden, magical and often the sparkle dust in life that encourages us to laugh until our bellies hurt or heaven forbid, we have to cross our legs to avoid an accident. Been there, done that! Friends help us celebrate the great times, are there for us during major life events and know exactly what to say and do when we are going through life’s toughest moments. Just being there beside us can be exactly what we need.

Studies have shown that friendships and a strong support system are extremely important when people are going thru an illness, especially an illness like cancer. Cancer is not something anyone should have to go through alone. It’s one of the very reasons that the Loran Smith Center for Cancer Support exists.

LSCCS provides so many different services that truly impact not only the lives of cancer patients, but also their caregivers. Counseling, navigation, financial assistance, education, Tai Chi, massage, Healing Touch, group therapy and so much more are resources that EVERYONE needs to know about. And this is where I’m throwing out a challenge!

Friends share things, information, experiences and memories. We share our secrets, our celebrity crushes, our diet cheats, our most embarrassing moments, but do we share information? The kind of information that I’m referring to isn’t the juicy gossip about a neighbor, or the ratings of the newest Netflix or Hulu series, but information that can really change lives. The kind of information that can transform and provide support.
Thank you to our donors!

To make a donation 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](http://piedmont.org/locations/piedmont-athens/foundation).

**NATIONAL CANCER SURVIVORS DAY - BLOCK PARTY SPONSORS**

Platinum Level:
- University Cancer and Blood Center
- Blasingame, Burch, Garrard, & Ashley, P.C.

Silver Level:
- Drew, Eckl and Farnham, L.L.P.

Bronze Level:
- Athens Area Urology

**LORAN SMITH CENTER**

- Jeannine Collins
- Harriet Canfield
- Linwood Hill
- Hester Meyers
- Jose R. Pages
- Hester Meyers
- Darlene Richardson
- Kristina Schultz Tanner
- Georgia M. Scott
- Barbara A. Turner
- Erastus CWF

**LYMPHEDEMA THERAPY**

- Harriet Canfield

**LORAN SMITH GIFT OF TRIBUTE**

- In Memory of John H. Davis: Nancy Lindbloom
- In Memory of Larry Petroff: Kay H. Petroff

**MEDICATION ASSISTANCE**

- Wiggins Family Fund at the Athens Area Community Foundation

My challenge to you is to tell five friends about the Loran Smith Center for Cancer Support and then to share what the LSCCS means to you on your social media channels.

I’m envisioning giving each of my five friends a facetime call and telling them that I have really important information that they may or may not need now but might use later for themselves or to help someone else.

“Let me tell you about the Loran Smith Center for Cancer Support.”

1. The LSCCS helps **everyone** with cancer and provides support and education
2. Programs and Services are **free**
3. They have **support groups**
4. The LSCC phone number is **706.475.4900** (save it in your contacts)

Let us know if you participated in the “Did You Know” Challenge by emailing me at Delena.Brockmann@piedmont.org. I can’t wait to hear about your experience.
KNOWLEDGE

Hormone Therapy Class
Facilitated by Sandy Pyle, BSN, RN, Oncology Nurse Navigator, this class is for women on hormone therapy for breast cancer (Tamoxifen, Arimidex, Aromasin or Femara). During this class, you will learn the science behind the treatment and discuss methods for managing side effects. Funding for this program is provided by It’s the Journey.
RSVP Required
July 18, 12:30-2 p.m.
September 22, 5:30-7 p.m.

MOVEMENT

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.
Tuesdays at 11 a.m.

PEACE

Healing Touch
Individual sessions that focus on the energy system of the body to promote relaxation, reduce stress and minimize side effects.
By appointment only

Mindfulness-Based Stress Reduction (Online)
Facilitated by Mike Healy, Ed.D.
Learn ways to reduce stress, lessen physical and emotional pain and cope better with everyday demands.
Call Mike at 706.248.8918 for more information.
Second Friday of every month, 5:30 p.m.

Oncology Massage
A licensed and oncology-trained massage therapist offers sessions available to cancer patients, survivors and caregivers.
By appointment only

SUPPORT

Breast Cancer Support Groups
Facilitated by Sandy Pyle, RN, BSN, Oncology Nurse Navigator, this group is for women who have been diagnosed with breast cancer to share information, resources and experiences. Funding for this program is provided by It’s the Journey.
Second Thursday of every month, 5:30 p.m.

Grief Support
Individual and group support for grieving children, adolescents, and adults.

Gynecologic Cancer Support Group
Facilitated by Sandy Pyle, RN, BSN, Oncology Nurse Navigator, this group is for women with a diagnosis of any gynecologic cancer.
Second Tuesday of every month at 1 p.m.

Healing Grief Workshop
Facilitated by Lauren Liverman, LCSW, this 9-week workshop is for those who have lost someone through death. The loss does not have to be a cancer-related death. Topics will include: understanding grief, remembering, accepting, stress management, anniversaries, memorialization, role changes and closure.
Pre-registration is required.
Next workshop: Wednesdays, Sept. 21-Nov. 16, 3-4:30 p.m.

Illness Adjustment Counseling
Individual sessions to address issues such as stress, anxiety, treatment decisions, and family communication.

Mondays for Men - General Cancer Support Group
Facilitated by Joel Siebentritt, LCSW
This is a confidential setting for male cancer patients to discuss treatment, side effects, and survivorship. Any man from any diagnosis, currently in treatment through long-term survivorship is welcome.
Fourth Monday of every month at 12 noon

SUSTENANCE

Nutrition Counseling and Side-Effect Management
Free initial consult available by appointment through provider referral.
# July 2022

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Loran Smith Center for Cancer Support
1199 Prince Avenue
Athens, Georgia 30606

“Hope and encouragement through support and information”

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