November/December 2020

At Piedmont, we treat the patient – not just the disease. Because cancer treatment involves more than medical care, free services and programs such as yoga, cooking demos, expressive art classes and counseling are also available to anyone affected by cancer at any phase in his or her journey through Cancer Wellness at Piedmont, regardless of whether or not they are a Piedmont patient. Each month, hundreds of cancer patients, survivors and caregivers look to Cancer Wellness at Piedmont for support. To view the class schedule for all of our locations, visit piedmont.org/cancerwellness.

Thank you to our donors!

As a not-for-profit entity, Piedmont relies on the generosity of others like those who support Cancer Wellness at Piedmont in order to offer many programs, services and advanced medical technology to the community. For more information or to donate in support of Cancer Wellness at Piedmont Columbus, visit piedmont.org/pcrfoundation or call 706.660.6115.

I love being a part of Cancer Wellness at Piedmont Columbus.

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John B. Amos Cancer Center

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My name is Judy Myers and this is my story. On April 12, 2010, I went to The Elena Amos Breast Care Center for my annual mammogram. Two days later, breast radiologist Dr. Marsea Howard called and said I needed further testing because they saw a suspicious spot. On April 15, I had an ultrasound and was told I needed to have a surgical biopsy. An appointment was made with Dr. Kenneth Smith for May 4. On May 10 I learned I did have breast cancer, I was 64-years-old.

My pathology was a “2.2 cm well differentiated grade 1 infiltrating mammary ductal carcinoma”. The following Tuesday, I had a Sentinel Lobe Lymph Node surgery. Thankfully, the cancer had not spread. Further results from the biopsy revealed a HER2Neu triple positive. This meant I would need chemo and radiation so he sent me to see Dr. Pippas. On June 2, Dr. Pippas confirmed I did need chemo and radiation. He said if I would give him 52 weeks of my life, he could promise me I would have many more years to live if I followed his instructions. My port was placed on June 10 and I started treatment five days later. My radiation treatments started late October 2010 and were completed early December.

During this 52-week journey, I was assigned to Lori Mosier as my Breast Care Nurse Navigator. She was there for me to call or email anytime I had a concern, and she would always get me answers within a few minutes or hours—always encouraging me and bringing me comfort. I told Dr. Pippas that was one of the best things they had for the patients who have so many questions and things happening that are very concerning. Lori and all the doctors involved in my care met weekly to discuss my plan and were all there for my comfort and care.

On June 1 2011, I woke up knowing I did not have to take another chemo treatment and I could truly say I was a cancer survivor! After 5 years and 2 months of taking an oral drug for maintenance, I got to ring the Hope Bell! Completing your treatment does not mean you are done with cancer, it simply marks the beginning of a new phase, a new normal if you will, and thankfully the John B. Amos Cancer Center has a Cancer Survivorship Program that I took advantage of and still do after 10 years. Through this program, I met with Angela Dumbuya, NP and was given a history of my cancer journey. She took the time to explain what my diagnosis was, what I was treated with, and what my treatments were. She also told me what the potential reactions and long-term adverse effects of my treatments. She explained to me that it affects each person differently. I was also given a packet of information and instructed to follow up with my oncologist, primary care provider, or her if I had any questions. I made copies of her report and made certain my other doctors were aware of the information. She continues to follow up with me to make certain I get my yearly Mammogram, Prolia Shots, and any other screenings that I needed.

Since the meeting with Angela, the cancer center has increased the amount of support they have for survivors. This has really made it possible for me to have a more productive and active life after cancer. It has also taught me to accept my “new normal” and listen to my body. Listening to what we are told to do is 90% of having an active and productive life.

The Cancer Survivorship Exercise Class is one of the wellness activities offered at the John B. Amos Cancer Center that has truly improved my life. The exercise class has helped my heart, which is a muscle, come back stronger than it was before cancer, and I no longer need heart medicine! Also, the registered dietitians at the John B. Amos Cancer Center provided nutrition counseling that helped me. When I learned I had Stage 2 kidney disease, I was able to adjust my diet and now all my blood work is back within range.
New Activity Coming to the Wellness Program

Art of Yoga is a welcoming community in Columbus where one can further their yoga practice, regardless of their experience level! Enjoy your practice in a calm and peaceful ambiance where you can forget about the hustle and bustle of day-to-day living and focus on the present where growth and healing take place! At Art of Yoga, they practice the intention of yoga by treating everyone with respect and kindness. They are passionate about helping students deepen their mind/body connection, balance their bodies, heal from past physical injuries and emotional trauma, and empower personal growth.

In the coming months, Art of Yoga will be joining our list of wellness activities right here at the John B. Amos Cancer Center. Like our survivorship exercise class, cancer patients cleared by their medical or radiation oncologist can join the yoga team. Classes will be held once a week in the June B. Wright Community Conference Room on the second floor. Please call 706.321.6603 to join.

Since cancer, God has opened many doors for me to walk through. I have become active in a sewing ministry through Wynnbrook Baptist Church’s Women on Mission and the Ladies Ministry. Through this ministry, many have been blessed with over 5,000 heart shaped pillows, Pillow of Love pillows, numerous items made for the NICU, crib sheets, isolette covers, hats, and many things for the Children’s Hospital, pillow cases, blankets, and pajamas. God also provided people and supplies for us to make over 4,000 masks for patients and medical employees and 100 scrub caps during the COVID-19 pandemic. This was from March 31-August 17, 2020, so you know God did this! I have also been active in several civic organizations and projects at my church. My husband, Del, and I have also been invited to speak about our experiences many times and also mentor people going through cancer. So, you see, you can still be very active after cancer with the instructions given through the Cancer Survivorship and Wellness Program at the John B. Amos Cancer Center.

Many thanks to Michael Nwogbo and Angela Dumbuya for being there and encouraging me through The Cancer Survivorship and Wellness Program. Please call the Cancer Center and make an appointment to get involved in this program if you have not. Become more than you were before cancer by following these great instructions given by them and the many programs they offer.

Mrs. Jean’s Steinway Piano

The Steinway Piano proudly displayed at the John B. Amos Cancer Center is dedicated to the legacy of one of our community’s most beloved citizens, Mrs. Jean Amos.

Mrs. Jean, wife of Paul S. Amos, co-founder of Aflac – was known for her zest for life and devotion to family. Providing music and inspiration to the patients at the Amos Cancer Center is a tribute to her thoughtful gentle nature.

Mrs. Jean’s piano was constructed at the Steinway & Sons factory in Queens, NY in November 1900. The piano has the original finish, ebony and ivory keys, and hardware. The soundboard and bridges have been restored with new strings and action parts to enhance both self-play and computer-assisted play.

On behalf of the patients at the John B. Amos Cancer, a very special thank you to Mrs. Jean’s son and daughter-in-law, Dan & Kathelen Amos for helping to make beautiful ‘healing notes’ possible for all to enjoy.
**CREATIVITY**

**Art Therapy**
Art therapy is a therapeutic technique rooted in the idea that creative expression can foster healing and mental well-being. Art therapy can improve cognition, reduce stress, and facilitate feeling of well-being or pleasure. Spend time with a local artist exploring various themes and self-expression through different art media. Join us weekly as we explore painting and other creative techniques in a supportive environment. Program is free to all JBACC patients and caregivers. All materials provided (funding made possible by the Piedmont Columbus Regional Foundation). Come relax and let your creativity flow! Date TBD

**MOVEMENT**

**Gentle Yoga**
Participants are guided through breath-work, simple yoga postures and deep relaxation. Yoga calms the mind, body and emotions so even first-time participants enjoy an improved sense of wellbeing. Date TBD

**Survivorship Exercise Class**
This is a safe, inviting exercise program developed to improve the physical health and quality of life for people with cancer. You are invited to join us in the June B. Wright Community Conference Room (located on the 2nd floor of the John B. Amos Cancer Center). Saturdays

**KNOWLEDGE**

**Chemo Education**
Classes are personalized for every patient starting chemotherapy.

**Radiation Education**
Classes are personalized for every patient starting Radiation therapy.

**Smoking Cessation**
Please contact Michael Nwogbo at 706.321.6603. By appointment only.

**Patient Advocacy Group**
In this unique forum, patients and caregivers are giving an opportunity to point out areas that could use some improvement, and give recommendations based on their experiences here at the center. 11/16, 12/21

**PEACE**

**Oncology Massage Therapy**
We offer 30-minute complimentary massages for patients in active cancer treatment. Massage therapy has been shown to improve quality of life for those with cancer. Benefits include improved relaxation, sleep and immune function as well as relieving anxiety, pain, fatigue and nausea. To schedule an appointment with one of our massage therapists, call Cindy Ivey at 706.320.8718. By appointment only.

**Healing Touch and Reiki**
Individual sessions that focus on the energy system of the body to promote relaxation, reduce stress, and minimize side-effects. Date TBD

**Meditation**
Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation and less anxiety. Date TBD

**Aromatherapy**
Aromatherapy is an art and science of using botanical essential oils to promote health and wellness. Learn the basics of aromatherapy and create an uplifting essential oil blend to use at home. Date TBD

**Pastoral Care**
Available upon request.

**SUPPORT**

**Next Step Support Group**
Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! Date TBD

**Man-to-Man Support Group**
Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! Date TBD

**Woman-to-Woman Support Group**
Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! 11/11, 12/9

**Multiple Myeloma Support Group**
Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! 11/25, 12/23

**Gastrointestinal Diseases Support Group**
Guest speakers will share how to combat this disease. Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! 11/18, 12/16

**Better Breathers (COPD) Support Group**
For patients with COPD, lung cancer, and other lung diseases. Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! Date TBD

**SUSTENANCE**

**Nutrition Counseling**
Our licensed Registered Dietitians provide nutrition counseling for cancer patients during and post treatment. They provide customized therapies to help patients stay motivated, chart progress, and achieve nutrition health goals. Individual sessions by appointment.
### November 2020

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#### Events
- **Virtual Woman to Woman Support Group, Noon to 1 p.m.**
- **Virtual GI Support Group, Noon to 1 p.m.**
- **Virtual Multiple Myeloma Support Group, Noon to 1 p.m.**

### December 2020

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#### Events
- **Virtual Woman to Woman Support Group, Noon to 1 p.m.**
- **Virtual GI Support Group, Noon to 1 p.m.**
- **Virtual Patient Advocacy Group, 5 to 6 p.m.**
- **Virtual Multiple Myeloma Support Group, Noon to 1 p.m.**
On August 17, 2020, Piedmont Columbus Regional Foundation hosted the 25th annual Celebrity Classic golf event at the Country Club of Columbus. Celebrity Classic was originally scheduled for April, and later postponed to June then August, due to COVID-19 national and regional guidelines.

The Foundation staff, along with our wonderful PCR volunteers and Outdoor Events ensured all safety measures were implemented such as temp checks for every attendee upon arrival, hand sanitizer distributed in every golfer’s goodie bag and social distancing wherever possible. COVID-19 waivers were also signed prior to arrival so everyone could enjoy a great day safely playing golf. This year, guests got to hear from our CEO, Scott Hill, a very special story of survival from Gary Socha, and Drs. Pippas and McWilliams of the John B. Amos Cancer Center.

Hosting events like Celebrity Classic are so important to our organization – helping engage our community in our mission and raising vital philanthropic support so that we can stay at the top of our industry best practices and continue offering exceptional and compassionate care – here at home, close to family, friends and loved ones. We’re so excited to announce this year’s Celebrity Classic raised more than $131K to help purchase next-generation linear accelerators for the John B. Amos Cancer Center.

Plans for next year’s event are already underway. Please mark your calendar for April 9-12 to attend the 2021 Celebrity Classic.
Location and Contacts

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