

May/June 2025

Cancer Wellness Newsletter

In This Issue:

FREE Skin Cancer Screening

**Cancer Survivors Day Brunch:
Strike Out Cancer**

...and more, inside!



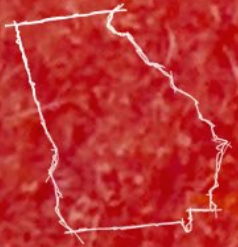
Thank you to our donors!

As a not-for-profit entity, Piedmont relies on the generosity of donors, whose support of Cancer Wellness at Piedmont allows us 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.



JOHN B. AMOS CANCER CENTER

Real change lives here



At Piedmont Columbus, we treat the patient—not just the disease. Because cancer treatment involves more than medical care, free programs such as yoga, expressive art classes and counseling are 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.

May is *Melanoma & Skin Cancer Awareness Month*

The skin is the body's largest organ. Skin cancer is the most common form of cancer in the United States—over 5 million cases are diagnosed in the United States each year. However, it is one of the most preventable forms of cancer. About 90% of nonmelanoma skin cancers and 85% of melanoma cases are associated with exposure to ultraviolet (UV) radiation from the sun. Basal and squamous cell carcinomas are the two most common types of skin cancer. Both can usually be cured, but they can be disfiguring and expensive to treat.

What are the risk factors associated with skin cancer?

- A lighter natural skin color
- Blonde or red hair
- Blue or green eyes
- Certain types and a large number of moles
- Family history
- Older age
- Personal history
- Skin that burns, freckles, reddens easily or becomes painful in the sun

What can you do to reduce the risk factors?

- Practice sun safety
- Stay in the shade
- Wear clothing that covers arms and legs
- Wear a hat with a wide brim to shade your face, head, ears, and neck
- Wear sunglasses that wrap around and block both UVA and UVB rays
- Use sunscreen SPF 15 or higher
- Avoid indoor tanning (bed, booth, sunbed or sunlamp)

Are there any symptoms?

A change in your skin is the most common sign of skin cancer. For melanoma specifically, you might see:

- Irregular shape of a mole or spot with two parts that look very different
- The border is irregular or jagged
- Color is uneven
- Mole or spot is larger than the size of a pea

Who should be screened and what should I expect?

- Personal clothing will be removed; a gown can be worn.
- Provider will do a head-to-toe exam to include your scalp, behind the ears, fingers, toes, buttocks, and genitals.
- Provider may use a special magnifying glass with a light to look at certain mark(s).
- If you have any risk factors, you should get a skin cancer screening every 6 to 12 months.
- If you're low risk, a screening can be done annually or every couple of years.

How is skin cancer treated?

Treatment can include chemotherapy, freezing, radiation therapy, and/or surgery.





FREE Skin Cancer Screening
Skin/Melanoma Cancer Awareness Month
"Protect the skin you're in"

Friday, May 9 from 12 noon to 3p.m.

Piedmont Columbus Regional
Conference Center – Atrium
710 Center Street, Columbus GA 31901

No reservations needed.

For additional information, please contact Tenetta Holt,
Oncology Outreach Coordinator at John B. Amos Cancer Center
tenetta.holt@piedmont.org or call 706-320-8700.



Real change lives here



Strike Out Cancer



Cancer Survivors Day Brunch

Cancer Survivors Day is a **celebration** for those who have survived, an **inspiration** for those recently diagnosed, a gathering of **support** for families, and an **outreach** to the community. We would love for you and one special guest to join us in the celebration of life.



June 14, 2025 • 10 a.m. to 12 noon

RSVP at 706.320.8700

Piedmont Columbus Regional Midtown
Conference Center
710 Center Street • Columbus, Georgia 31901

For more information, contact
Tenetta Holt at
Tenetta.Holt@piedmont.org



Real change lives here

11801-1124



Programs

CREATIVITY

Painting with a Twist (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 John B. Amos Cancer Center patients and caregivers. All materials provided (funding made possible by the Piedmont Columbus Regional Foundation). Come relax and let our creativity flow! Please RSVP with Cindy Berdoux at 706.320.8718. For patients only.

Mondays, 10 a.m.-1 p.m.

MOVEMENT

Gentle Chair Yoga

Participants are guided through breath work, simple yoga postures and deep relaxation. Yoga calms the mind, body and emotions. RSVP by emailing Connie.Flannigan@piedmont.org or calling 706.320.8829 to save your spot.

Mondays, 5-6 p.m., Thursdays, 1:45-2:45 p.m.

KNOWLEDGE

Chemo & Radiation Education

Classes are personalized for every patient who is starting chemotherapy.

By appointment only.

Patient Advocacy Group

In this unique forum, patients and caregivers are given an opportunity to point out areas that could use some improvement, and give recommendations based on their experiences here at the center. This group meets the 3rd Monday of each month, quarterly. For additional information, contact Connie Flannigan at 706.320.8829

6/5, 9/4, and 12/4; 10-11 a.m.

Smoking Cessation

These sessions are not all about quitting smoking but supporting you in taking a step to making an important change to being healthier. These sessions can be done as a group and/or individual sessions are available. Please email tenetta.holt@piedmont.org or call 706.320.8618 for more information.

By appointment only.

PEACE

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

Massage Therapy

We offer 30-minute complimentary massage for patients in active cancer treatment. Benefits include improved relaxation, sleep and immune function as well as relieving anxiety, pain, fatigue, and nausea. To schedule an appointment with our massage therapist, call Cindy Berdoux at 706.320.8718.

By appointment only.

Healing Touch and Reiki

Individual sessions that focus on the energy systems of the body to promote relaxation, reduce stress, and minimize side-effects.

Date TBD

Pastoral Care

Available upon request.

Much more continued on the next page!



Programs

SUPPORT

Lung Cancer Support Group

For patients with COPD, lung cancer, and other lung diseases. Please email kim.carroll@piedmont.org or call 706.320.8615 to reserve your place.

Every 2nd Thursday of each month, 10–11 a.m.

Breast Cancer Support Group

Please email mary.williams1@piedmont.org or call 706.320.8762 to reserve your place.

Every 2nd Wednesday of each month, 12–1 p.m.

Gastrointestinal Disease Support Group

Guest speakers will share how to combat this disease. Please email tenetta.holt@piedmont.org or call 706.320.8618 to reserve your place.

Every 4th Wednesday of each month, 10–11 a.m.

Gynecological (GYN) Support Group

Please email constance.spencer@piedmont.org or call 706.320.8766 to reserve your place.

Every 3rd Wednesday of each month, 12–1 p.m.

Man-to-Man Support Group

Please email brian.jackson1@piedmont.org or call 706.571.1368 to reserve your place.

Every 3rd Tuesday of each month, 12–1 p.m.

Multiple Myeloma Support Group

Please email tenetta.holt@piedmont.org or call 706.320.8618 to reserve your place.

Every 4th Wednesday of each month, 12–1 p.m.

Caregivers Support Group

Please email brian.jackson1@piedmont.org or call 706.571.1368 to reserve your place.

Every 2nd Thursday of each month, 10–11 a.m.

Head & Neck Support Group

Please call 706.320.8731 or email Kathleen “Abbi” Onate at Kathleen.Onate@piedmont.org to reserve your place.

Every 3rd Thursday of each month, 12:30–1:30 p.m.

SUSTENANCE

Nutrition Counseling

Our licensed registered dietitians provide nutrition counseling for cancer patients during and after treatment. They provide customized therapies to help patients stay motivated, chart progress and achieve nutrition health goals.

Individual sessions by appointment.

Piedmont Columbus Regional’s Stella’s Boutique

Stella’s Boutique specializes in custom mastectomy products made just for you. Stella’s Boutique features all the latest products for women who have had breast surgery or are having breast surgery. Our Certified Mastectomy fitter is there to assist you with your prosthesis, post-op camisoles, mastectomy bras, and prosthesis.

Welcome!

Please welcome the newest employees to John B. Amos Cancer Center:

Hannah Talley, RN – Infusion

“I have been nursing for five years now. I was one of the COVID class new grads thrown to the wolves... just kidding. I have been in the ER working for the past 10 years, as first registration, then tech, and finally a nurse. When I am not at work, I am doing anything and everything with my two-year-old little boy, Riley, who is obsessed with dinosaurs. We have one puppy whose name is Rooster. This year I got the wild hair to start running so I have been spending any extra free time training for a 5k. I am looking forward to meeting everyone and becoming part of your family!”

Morgan Jones, RN – Infusion

“I was born and raised here in Columbus, graduated from Brookstone High School, and went to Columbus State University where I received a Bachelor’s of Science in Nursing. While in nursing school, I worked as a Patient Care Tech at Piedmont Regional Midtown in the float pool until graduation and started working as a Registered Nurse shortly after. I am so excited to start this new journey, and I look forward to learning from all of you! Thank you again to everyone for being so sweet and welcoming. I am so happy to be here!”

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Gentle Chair Yoga, 1:45–2:45 p.m.	2	3
4	5 Gentle Chair Yoga, 5–6 p.m.	6	7	8 Lung Cancer Support Group, 10–11 a.m. Caregivers Support Group, 10–11 a.m. Gentle Chair Yoga, 1:45–2:45 p.m.	9	10
11	12 Gentle Chair Yoga, 5–6 p.m.	13	14 Breast Cancer Support Group, 12–1 p.m.	15 Head & Neck Support Group, 12:30–1:30 p.m. Gentle Chair Yoga, 1:45–2:45 p.m.	16	17
18	19 Gentle Chair Yoga, 5–6 p.m.	20 Man-to-Man Support Group, 12–1 p.m.	21 Gynecological Support Group, 12–1 p.m.	22 Gentle Chair Yoga, 1:45–2:45 p.m.	23	24
25	26 Gentle Chair Yoga, 5–6 p.m.	27	28 Gastrointestinal Disease Support Group, 10–11 a.m. Multiple Myeloma Support Group, 12–1 p.m.	29 Gentle Chair Yoga, 1:45–2:45 p.m.	30	31

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Gentle Chair Yoga, 5–6 p.m.	3	4	5 Gentle Chair Yoga, 1:45–2:45 p.m.	6	7
8	9 Gentle Chair Yoga, 5–6 p.m.	10	11 Breast Cancer Support Group, 12–1 p.m.	12 Lung Cancer Support Group, 10–11 a.m. Caregivers Support Group, 10–11 a.m. Gentle Chair Yoga, 1:45–2:45 p.m.	13	14
15	16 Patient Advocacy Group, 10–11 a.m. Gentle Chair Yoga, 5–6 p.m.	17 Man-to-Man Support Group, 12–1 p.m.	18 Gynecological Group, 12–1 p.m.	19 Head and Neck Support Group, 12:30–1:30 p.m. Gentle Chair Yoga, 1:45–2:45 p.m.	20	21
22	23 Gentle Chair Yoga, 5–6 p.m.	24	25 Gastrointestinal Disease Support Group, 10–11 a.m. Multiple Myeloma Support Group, 12–1 p.m.	26 Gentle Chair Yoga, 1:45–2:45 p.m.	27	28
29	30 Gentle Chair Yoga, 5–6 p.m.					



Location and Contacts

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JOHN B. AMOS CANCER CENTER

Cancer Wellness Online: A virtual home for wellness. Visit piedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.