At Piedmont, we treat the patient – not just the disease. Because cancer treatment involves more than medical care, we recognize the needs of patients and their loved ones. As a part of our purpose to make a positive difference in every life we touch, we offer free programs and services to anyone affected by cancer regardless of where they have received their cancer care.

Cancer Wellness Online - a virtual home for wellness. With unlimited access to online classes, videos, articles, community support and more, we invite you to become inspired, make connections and live better at piedmontcancerwellness.org.

IN THIS ISSUE:
• Staying Connected with Cancer Wellness
• Finding Ways to Keep Calm in Stressful Times
• Maintaining Social Distance with Cancer

THOMAS F. CHAPMAN FAMILY
cancer wellness

Piedmont CANCER
**Creativity**

**ARTS IN MEDICINE**
Arts in Medicine, also referred to as arts in healthcare, is a diverse, multidisciplinary field dedicated to transforming health and the healthcare experience through the arts. Research shows that patients participating in programs such as Arts in Medicine (AIM) require shorter hospital stays, less medication, and have fewer complications.

Please join us for:
- 1st Wednesday of the month, 10:30-11:45 a.m., Instructor-led
- 2nd and 4th Wednesday of each month, 10 a.m.-12 p.m., Self-led projects
- 3rd Wednesday of the month, 10 a.m.-12 p.m., Instructor-led
- Fridays, 10 a.m.-12 p.m., Knitting Circle

**ART AND HEALING - CLAY GROUP**
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 feelings of well-being or pleasure. Join us weekly as we explore hand-building techniques (no wheel throwing) in a supportive environment. No experience necessary. Children, 5 years and older, may attend the last Tuesday of the month with prior notification to kirsten.soriano@piedmont.org. Facilitated by Jenny Welty-Green, Ed.S, ATR-BC.

**MUSIC THERAPY**
Ease fear and anxiety, promote creative expression, learn coping strategies for managing symptoms, and promote relaxation and stress relief in a group setting. Music therapy interventions may include listening to, reflecting on, or actively making music with a variety of instruments and music styles. Appropriate for adults 18 years and older. No music experience necessary. Classes held two Fridays per month. Led by Natalie Generally Kirk, LPMT, MMed., MT-BC.

**ONE HOUR DRUMMER**
Drumming provides an experience where participants can be free to connect with themselves and others, in order to release, restore and heal. It is a universal language that we can all speak, free from words and concepts so we can experience life with an open heart. Drumming has been proven to induce deep relaxation, increase feelings of wellbeing, release emotional stress, and boost the immune system. Children may attend with an adult. Facilitated by Peter Marino, BM, BMED.

**Knowledge**

**MEDICAL BILL COUNSELING**
Dealing with medical bills and insurance claims can be confusing. The medical jargon, coding on invoices, and explanation of benefits can be indecipherable. Fayette patients in need of assistance with organizing bills can schedule an individual appointment with Elaine Harbin, RN, BSN, CBCN, OCN at 770.719.6098.

**Movement**

**CANCER FITNESS**
Wellness is a proactive lifestyle choice that helps you prepare for the fight, reduce treatment side effects, and live well during and after cancer. Research shows that patients who exercise regularly have 40 to 50 percent less fatigue which is a primary side effect of cancer treatment. Engaging in regular exercise increases muscle strength, joint flexibility and general conditioning, all of which may be impaired by surgery and some therapies. Wednesdays, Thursdays, and Fridays

**CHAIR YOGA**
Participants are guided in postures, breath-work, and relaxation without strain on joints and ligaments. This practice promotes stability, flexibility, and a sense of wellness and calm. Postures are performed sitting in the chair and/or standing with the support of the chair. Instructed by Mary Beth Kealy, ERYT, NP.

**GENTLE YOGA**
Yoga calms the mind, body and emotions. Participants are guided through breath-work, simple yoga postures and deep relaxation. Instructed by Mary Beth Kealy, ERYT, NP and Latha Ravi, ERYT, RYT, CPC.
TAI CHI
Meditation and movement combine in this graceful form of exercise. This class is designed to promote health, healing and longevity. Participants can see improvement in concentration, focus and balance. After mastering the beginner class, participants are invited to attend the advanced class. Mondays

MINDFULNESS TRAINING 101/PRACTICE
Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation and less anxiety. Each participant receives a CD for daily practice. While our facility is closed, Mark Flanagan, LMSW, MPH, MA will lead a remote mindfulness group session every Monday, Wednesday and Friday 1-1:45 p.m. accessible at www.doxy.me/cancerwellnessfayette These sessions are limited to the first ten participants who sign in and will continue until further notice.

AROMATHERAPY WORKSHOP
Join Mary Beth Kealy, ERYT, NP, to learn about aromatherapy, the 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. Call 770.719.5860 to register.

REFLEXOLOGY WORKSHOP
Reflexology is a simple, non-invasive method to help balance the body. In this workshop, participants will learn to apply pressure on specific reflex points of the feet or hands that match parts of the body to create relaxation, improve circulation and promote a general feeling of wellness. Led by Mary Beth Kealy, ERYT, NP. Call 770.719.5860 to register.

SPIRITUAL WELLNESS
Spiritual wellness has the power to make our decisions and choices easier, ground us during periods of change and give us the resiliency to thrive with grace and inner peace in the face of adversity. Contact Cancer Wellness to schedule an appointment with Mindy Littlejohn LPC, BCCC.

BLOOD CANCER SUPPORT GROUP
Blood cancer patients and family members are welcome to join this professionally facilitated group. A diagnosis of cancer is often followed by an emotional upheaval; a support group can provide a non-judgmental, confidential and supportive setting to openly discuss feelings. Facilitated by Mark Flanagan, LMSW, MPH, MA. Healthy dinner served, but you must reserve a spot.

BREAST CANCER SURVIVOR’S NETWORK, INC.
Facilitated by Janet Beebe of Breast Center Survivor’s Network, Inc., and Lesa Merritt with Piedmont Fayette Women’s Imaging Center. For more information, call 770.719.6604. Third Tuesday of each month

HEAD AND NECK SUPPORT
This group, facilitated by Doug Bradley, RN, will provide information and support to those newly diagnosed, undergoing treatment or recovering from treatment of head and neck cancers. Fourth Wednesday of each month

INDIVIDUAL COACHING AND COUNSELING
Short-term counseling with one of our counselors is available to anyone during the active treatment phase. To schedule an appointment, call 770.719.6007.

INDIVIDUAL NUTRITION CONSULTATIONS
Individual nutrition counseling is available for cancer patients during treatment and for survivors. To schedule an appointment, call 770.719.5860.

LIVING WITH AN OSTOMY
A support group for people living with an ostomy, their partners and caregivers. Members help each other learn to live a full life with an ostomy. Facilitated by Laura Lang, RN. Call or text 678.379.9671 with questions. Fourth Sunday of each month

PROSTATE CANCER INFORMATION GROUP
Prostate Cancer Information Group is a chapter of Us TOO Int’l. The group is intended to allow men (and their families) to share information and to enhance prostate cancer understanding (but not provide medical advice). Facilitated by Jim O’Hara. Call 770.632.2898. Fourth Tuesday of each month

SEXUAL HEALTH FOR WOMEN
Mary Lynn Hemphill, LCSW, OSW-C, provides sexual health support to female cancer survivors during treatment and into survivorship. She typically connects with patients at post-treatment appointments and is also available by consult for assessment, education, therapeutic support and referrals as needed.

COOKING DEMONSTRATION – SURVIVORSHIP
Now is the time to rebuild your health and nutrition. Join us to understand how to make long term changes that will promote a healthy weight, lower inflammation, and increase energy following active cancer treatment.

COOKING DEMONSTRATION – SIDE EFFECTS
Join us for a cooking demonstration that will focus on symptom management and will provide insight on specific foods/recipes that may be better tolerated during these difficult times.
GENERAL SUPPORT

Belong – Beating Cancer Together. The Belong.life app provides people with cancer and their families a unique and innovative personalized solution to help manage and fight cancer more effectively. Using Belong, you will find support groups for every type of cancer. You can find this app in the App Store on your smartphone.

Chemocare.com is a comprehensive resource for cancer patients and their caregivers that provides chemotherapy drug and side effect information, cancer wellness information, and links to additional reliable resources and organizations.

The Cancer Survivors Network, a peer supported site, provides a secure way to find and communicate with others who share your interests and experiences in ways only those of us who have “been there” can truly understand. www.csn.cancer.org

ONE-ON-ONE SUPPORT

Cancer Hope Network provides free one-on-one confidential support to all people impacted by cancer, along the entire continuum from diagnosis through survivorship. www.cancerhopenetwork.org

SEXUAL HEALTH

A-Z Guide on Kanawa.org. This is a witty, informal guide written to address sexual health and intimacy concerns for female cancer patients. www.kanwa.org/sexual-health/a-z-guide

SURVIVORSHIP

Springboard Beyond Cancer is a mobile-friendly tool that enables and empowers people with cancer to play an active role in the management of their health. This includes management of illness and treatment, relationships, emotional and psychological stressors, and healthy lifestyle behaviors. www.survivorship.cancer.gov

FINANCIAL

Assistance in Healthcare Southeastern is a 501(c)(3), non-profit, charitable organization that is dedicated to helping cancer patients who are undergoing treatment in the Newnan and greater Atlanta area, and their families, by lessening the financial burden of cancer. www.newnan.aih.org

Patient Access Network Foundation assists patients who cannot access the treatments they need because of out-of-pocket health care costs like deductible, co-payments and co-insurance. www.panfoundation.org

COUNSELING

Georgia Crisis & Access Line provides 24-hour free access to urgent counseling services. 1-800-715-4225

PATIENTS AND CAREGIVERS FIND INFORMATION AND SUPPORT ON THE WEB

Even though we have temporarily suspended all in-person classes at the Cancer Wellness Center, please know that we are still here to support you through virtual programming. You can visit piedmontcancerwellness.org/classes/onlineclasses to access virtual classes including mindfulness, exercise, and cooking tips.

Our dietitian Corey Tolbert and strength coach Michelle Long are available for phone consultations. You can also connect with us for:

INDIVIDUAL COUNSELING SESSIONS and MINDFULNESS

Mark Flanagan, LMSW, MPH, MA will lead a remote mindfulness group session every Monday, Wednesday and Friday 1-1:45 p.m. accessible at www.doxy.me/cancerwellnessfayette These sessions are limited to the first ten participants who sign in and will continue until further notice.

FEMALE SEXUAL HEALTH AND WELLNESS CONSULTATIONS

Mary Lynn Hemphill, LCSW, OSW-C, joined our team to provide sexual health support to female cancer survivors during treatment and into survivorship. She typically connects with patients at post-treatment appointments and is also available by consult. She provides assessment, education, therapeutic support and referrals as needed.

HEALTH COACHING

Our Health Coach, Kirsten Soriano, partners with clients, helping them envision and act on creating healthier, happier lives, through lifestyle and behavior adjustments.

You can reach Fayette Cancer Wellness at 770-719-5860.
Calming Techniques
1) Deep breathing: Relaxing your body can help sidestep a panic attack. Practice breathing in through your nose for a count of five, hold it for five and then breathe out through your mouth for a count of five.

2) If you suddenly feel your heart pounding or experience other physical clues that a panic attack is barreling for you, try this distraction suggested by Rob Cole, LHMC, clinical director of mental health services at Banyan Treatment Centers. Start counting backward from 100 by 3s. The act of counting at random intervals helps you to focus and override the anxious thoughts that are trying to sneak into your psyche. Better still keep loose change in your pocket. Add a dime to a nickel, then add two pennies and so on. By controlling your thoughts and focusing on something outside yourself you will begin to feel calmer.

3) Grounding yourself is another helpful technique. Tune yourself into four things around you that you can see, three things you can touch, two that you smell and one you can taste. Again, forcing your mind to consider something outside yourself helps, says Cole.

4) For nighttime panic attacks, try placing two small ice packs in your hands (palms up) and two larger packs on your lower back. The sudden, sharp change in temperature shifts our attention from our worries to the physical sensation of cold. Additionally cold increases circulation and helps reduce inflammation.

Breath Counting
If you want to get a feel for this challenging work, try your hand at breath counting, a deceptively simple breathing technique much used in Zen practice.

Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.

- To begin the exercise, count “one” to yourself as you exhale.
- The next time you exhale, count “two,” and so on up to “five.”
- Then begin a new cycle, counting “one” on the next exhalation.

Never count higher than “five,” and count only when you exhale. You will know your attention has wandered when you find yourself up to “eight,” “12,” even “19.”

Try to do 10 minutes of this form of meditation.
MANAGING STRESS DURING THE COVID-19 PANDEMIC

Are you feeling stress, fear and anxiety amid the COVID-19 pandemic? If so, you’re not alone. The recommendations for social distancing affect nearly every part of our lives, including finances, relationships, transportation, jobs and healthcare.

Some common causes of stress during the coronavirus pandemic are uncertainty, lack of routine and reduced social support, says Mark Flanagan, LMSW, MPH, MA, a social worker at Cancer Wellness at Piedmont.

**Routines and COVID-19**

As humans, we don’t like uncertainty and tend to thrive in routines, says Flanagan. Routines are essential because they create a sense of normalcy and control in our lives.

“When we don’t have a routine, much of our time is spent trying to establish one,” says Flanagan. “Without a routine, we often pay attention to the things that are most ‘flashy.’ When big news happens, we tend to focus on it more.”

**Social support and COVID-19**

Not only are our routines currently disrupted, but the routines of everyone around us are as well.

“When something goes wrong in our lives, we can usually rely on others to get a sense of calm,” he says. “But when everyone is experiencing the same sense of uncertainty, there’s no real ‘anchor’ to help manage some of the stress.”

**Stress affects your health**

Stress management is essential for good physical health, and it’s especially important right now as our world addresses the COVID-19 pandemic.

“When short-term pressures and stress are normal and can help us change in positive ways, chronic stress causes a huge deterioration in our quality of life on a physical level,” says Flanagan. “When we are more pessimistic, depressed or anxious, our immune system goes down and produces more stress hormones, reducing our immunity and increasing inflammation.”

Stress can also put a strain on your mental health, relationships and productivity, he notes.

**Stress reduction tips for COVID-19**

Flanagan suggests the following steps to regain control and reduce stress.

**Follow the recommended health guidelines.** These guidelines include frequent hand-washing, social distancing, practicing respiratory etiquette and cleaning commonly used surfaces.

**Create a morning routine.** When you’re stuck at home, it can be tempting to let go of basic routines, but Flanagan says a morning routine can help you feel more productive and positive. Consider waking up at the same time each day, exercising, showering, meditating, journaling, tidying your home or having a healthy breakfast as part of your morning ritual.

**Check in with loved ones regularly.** While social distancing is essential to slow the spread of the virus, you can still check in with family and friends by phone, video chat, text or email.

**Consider ways to help others.** This can include picking up groceries for a neighbor and leaving them at their door, donating to a local charity, or purchasing gift cards from your favorite restaurant. By taking the focus off yourself, you can experience reduced stress and a greater sense of well-being.

**Have a daily self-care ritual.** Self-care can include exercise, meditation, walking outside, reading, taking a bubble bath, painting, journaling, gardening, cooking a healthy meal or enjoying a favorite hobby. Pick one thing and do it at the same time each day. It will help anchor your day and provide a welcome respite.

**Limit news and media consumption.** Flanagan recommends limiting how often you check the news to once or twice a day (ideally not first thing in the morning or after dinner), turning off news alerts, and obtaining information from one or two reputable news outlets.

**Set boundaries around social media.** “It’s important to practice social distancing with social media too. We may not think we’re having any effect on our newsfeed, but we can take steps to reduce the ripple effect of panic on social media.” He suggests posting positive messages online and being mindful of your likes, shares and comments.

**Meditate.** Meditation can help restore your sense of control as you focus on your breath or a positive word or phrase. “Meditation can help you activate your parasympathetic nervous system, and that’s an antidote to fear,” says Flanagan.

**Encourage others.** “Chances are, someone is having a harder time than you are. Your words matter and people will respond accordingly. It’s important to realize we are not victims; we are helping to create our environment and change it for the better. By sending positive messages out into the world, you’ll not only affect those around you, but those words will come back to you.”

**Hope during the coronavirus pandemic**

“The world has gone through many different challenges, like disease outbreaks, war and uncertain times. For better or worse, these times always pass. That doesn’t mean this time isn’t significantly challenging, but if we focus on what we can control and do things that are good for our health and the health of those around us, we will come out of this in perhaps a more whole state and with a renewed perspective. Hope never leaves us.”
SOCIAL DISTANCING WHEN YOU HAVE CANCER

During the COVID-19 pandemic, everyone needs to practice social distancing, but it’s even more crucial if you have cancer.

“If you have cancer, your immune system is already weakened from treatment or the disease itself,” says Mark Flanagan, LMSW, MPH, MA, a social worker at Cancer Wellness at Piedmont. “In addition to hand-washing, social distancing is one of the most effective ways to not come in contact with COVID-19.”

COVID-19 and feelings of isolation

“Getting a cancer diagnosis can feel extremely isolating,” says Flanagan. “While many others have faced cancer, no one has the exact same journey, and that in itself can feel isolating.”

The fact that you can’t spend time in close proximity with your social network right now can lead to feelings of “double isolation.”

“Usually our daily routines, such as attending Cancer Wellness classes, put us in contact with other people who can support us,” Flanagan explains.

When these activities are canceled and you must limit social contact for health reasons, it can be easy to lose your sense of support and community. This loss of community can have an even stronger impact when you have cancer. The good news is, there are ways to combat these feelings.

Managing loneliness during the coronavirus pandemic

Addressing the mental, emotional and physical effects of isolation takes intentionality. Flanagan suggests the following ways to combat isolation and loneliness:

- **Make a list.** Create a list of people you care about, even those you haven’t talked to in a while. This can include your family, friends, neighbors, coworkers, Cancer Wellness classmates or support group. Making a list is a positive first step you can take to create community even when you are physically distant from others.

- **Connect to online resources.** It’s also essential to connect with people who can relate to your current circumstances. Flanagan suggests free online resources for peer support, like Imerman Angels and the Cancer Hope Network, which connect people with cancer and their caregivers to peers who can provide support.

- **Utilize technology.** An email or text chain with a group of friends, video chats, or a phone call are simple ways to connect with people even when you’re not physically together.

- **Use social media mindfully.** Social media can be helpful if you treat it as a tool to connect, not something to do absentmindedly when you’re bored, he notes.

- **Offer support.** Flanagan says it’s important to not only seek support, but also to share your support through positive words and actions. “When you start giving to others, even just words of affirmation, you tend to have a deeper sense of gratitude and openness, which reduces your blood pressure, heart rate, and negative mood states,” he says.

- **Practice self-care.** Exercising, getting enough sleep, eating well, enjoying hobbies, meditating, praying, journaling and spending time in nature can help you stay physically and mentally well.
Cancer Wellness at Piedmont Locations

**Piedmont Fayette Hospital** (West Entrance)
1255 Highway 54 West • Third Floor • Suite 3100
Fayetteville, Georgia 30214 • 770.719.5860

**Catherine Hoffman**, Manager Oncology Services
**Kirsten Soriano**, Cancer Wellness Coordinator
**Janet Odom**, Support Services
**Mark Flanagan**, Social Worker
**Corey Tolbert**, Oncology Dietitian

**Piedmont Atlanta Hospital**
1800 Howell Mill Road • Suite 700
Atlanta, Georgia 30318 • 404.425.7944

**Piedmont Henry Hospital**
Education Center • Ground Floor
1133 Eagle’s Landing Parkway
Stockbridge, Georgia 30281 • 678.604.5990

**Piedmont Newnan Hospital**
Piedmont Medical Plaza
775 Poplar Road • Suite 340
Newnan, Georgia 30265 • 770.400.4120

We understand that cancer affects your whole life, not just part of it. At Piedmont Fayette Hospital’s Cancer Center, we offer complete, comprehensive care that addresses the whole patient.

**Our areas of expertise include:**
- Inpatient and outpatient chemotherapy infusion
- Radiation oncology
- Interventional radiology
- Pain management services
- Lymphedema services
- da Vinci® robotic surgical technology
- Low- and high-dose brachytherapy treatment
- Palliative care services
- Imaging services (multi-slice CT and MRI)
- Oncology rehabilitation
- Cancer Wellness at Piedmont, offering professionally-led programs including education, relaxation and stress reduction, movement and exercise, nutrition workshops, cooking demos, expressive arts, meditation, support groups, social events and virtual classes (coming soon)
- Psychological and nutrition counseling
- Patient navigation services
- Social work services
- Genetics counseling
- Oncology research

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, visit [piedmont.org/champions](http://piedmont.org/champions) or call 404.605.2130.

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