Cancer Wellness at Piedmont Newnan Hospital

To stay up-to-date on the latest news, special events and program information call 770.400.4120 or visit our website at piedmont.org/cancerwellness

The Cancer Wellness Center at Piedmont Newnan newsletter is published bi-monthly and can be found at the following locations:

• Piedmont Newnan Cancer Wellness Center
• Piedmont Cancer Institute
• Piedmont Newnan Radiation Oncology
• Piedmont Newnan Infusion Center
• Piedmont Newnan Faye Hendrix-Ware Breast Health Center
• Piedmont Outpatient Center
• Piedmont Newnan Gift Shop
• Piedmont Newnan Hospital Information Desks

We regret we will no longer be mailing newsletters.

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.
**Programs**

For more information about programs and services, visit [piedmont.org/cancerwellness](http://piedmont.org/cancerwellness).

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**Creativity**

**BUMBLE BEADS**
Jewelry making helps to reduce any stress you might be experiencing. This class is meant for adults. All materials and tools will be provided. Facilitated by Nancy Twomey.

**KNITTING CIRCLE**
Learn to knit, work on a project, give or get advice or just socialize. Hosted by a survivor. Starting supplies are available and all experience levels welcome.

**ONE HOUR DRUMMER**
This interactive and energetic ensemble allows you to decrease stress, boost your immune system, feel a part of a caring community and enjoy an overall sense of well-being. Drums are provided and no prior musical experience is necessary. Facilitated by Peter Marino of One Hour Drummer.

**OPEN ART STUDIO**
You do not have to be an artist to enjoy the creation of art! Creating art is a rewarding and therapeutic process and can help express personal thoughts and feelings. During open studio, participants may choose their materials and content for their artwork. Individuals can use the time to explore their creative side while strengthening and regenerating personal well-being. An Art Therapist is on site for assistance, and for processing completed works. Regular or drop in attendance. Lead by Nancy Morales, LAPC.

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**Knowledge**

**ESSENTIAL OILS**
This “make and take” workshop is great for those new to essential oils as well as seasoned users. Learn how simple and affordable it is to use essential oils to support the health and wellness of your family at this hands-on and interactive class.

**FOOD FOR LIFE**
Food for Life is a peer-led information group where different nutrition topics are discussed and explored. Come join dietitian Corey Tolbert and learn the current nutrition trends and topics.

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**Movement**

**CARDIO, BALANCE, STRETCH, AND STRENGTH**
This class combines different elements of exercise to reach maximum gains. The energetic class includes various styles, low impact exercises, intermittent balance segments, and your own body weight to provide optimum results. Facilitated by Shari Weston.

**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 done sitting in the chair and/or standing with the support of the chair. Facilitated by Mary Beth Kealy, ERYT, NP.

**EXERCISE IS MEDICINE**
“Move & Learn” activity designed to offer those of all ages with chronic diseases the cardio, strength, flexibility and balance training they need to safely improve chronic health condition symptoms.

**GENTLE PILATES**
Pilates is a popular exercise regimen that emphasizes flexibility and core strength using specific conditioning exercises. The Pilates method of exercise is medically recommended to increase abdominal strength; improve body alignment and muscular balance. All movements are performed in a non-impact balanced system of mind and body.

**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 well-being.

**TAI CHI FOR HEALTH**
Tai Chi is a graceful form of exercise involving a series of movements performed in a slow, focused manner, and accompanied by deep breathing. These gentle movements can assist with improved concentration, focus, and balance. We will also focus on fall prevention and the reduction of symptoms caused by arthritis and diabetes.
GUIDED IMAGERY
A thirty-minute guided imagery intervention that will focus mainly on nature visualizations to aid in anxiety reduction and increase in relaxation. Attendees will only need to bring themselves and comfy clothes.

MASSAGE THERAPY
We offer thirty-minute complimentary massage 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 our masseuse, call 770.400.4120.

MUSIC THERAPY
This group will involved a variety of music therapy activities. Each week there will be a main activity prepared by the music therapist for the group to participate in along with some good music! Led by our professional music therapist, Mark Toole.

REFLEXOLOGY
Reflexology is a holistic science using the feet as a map of the body. It is a natural, non-invasive practice of stimulating reflex areas in the feet that correspond with the body’s own systems such as nerves, glands, muscles, etc. The goal of reflexology is to restore the body to a state of homeostasis or balance. This relaxing and supportive therapy is available in half hour sessions with certified reflexologist Mary Beth Kealy.

AMAZING TOMATOES
Tomatoes are at their peak right now in Georgia, and not only are they ripe, juicy and delicious - they are packed with nutrition too! Join Healthy Chef Partyologist Nancy Waldeck and Dietitian Corey Tolbert to celebrate the tomato in all its wonderful ways!

A TASTE OF SOUTH AFRICA
South Africa has been called the “rainbow nation” for its’ diverse multi-cultural heritage. The cuisine is influenced by the indigenous population, along with the Dutch, French, Indians and Malaysians. Come sample a taste of South Africa in this cooking demonstration led by Chef Beci Falkenberg and dietitian Corey Tolbert, RD LD. They will highlight the health benefits, key ingredients and vibrant flavors in South African-inspired recipes.

RELAY FOR LIFE – DATE CHANGED TO AUGUST 10
Relay for Life of Coweta County, originally scheduled for Saturday, May 11, has been rescheduled to Saturday, Aug. 10. The event, a fundraiser for the American Cancer Society and a way to honor survivors, caregivers and those who have passed, will take place at Coweta County Fairgrounds from 4 to 10 p.m. Piedmont Newnan is the presenting sponsor and will have a tent at the event. For more information on this year’s event and how you can get involved, visit relay.acsevents.org.
Reflexology is not a foot massage; instead, it is considered a holistic science that uses nerve endings in the feet, hands and sometimes the ears to bring balance to internal organs and systems in the body.

“There’s a belief that there is a neurological relationship between the feet, hands, ears and internal organs,” says Mary Beth Kealy, MSN, APNC, CCIT, E-RYT, an American Reflexology Certification Board reflexologist and yoga instructor at Cancer Wellness. “The idea is to use reflexology to calm internal organs and body systems to bring them into a state of balance.”

**How does reflexology work?**

Reflexology is the process of alternately applying and releasing pressure, most commonly on the soles of the feet because they contain more than 7,200 nerve endings.

“All of those nerve endings go right into the spinal column and the brain, and the belief is all that stimulation and release helps bring the body into balance,” she says.

Nerve endings in various parts of the feet correspond to organs and systems in the body. For example:

- The big toe, or hallux, corresponds to the head and neck.
- The curved, inner edge of the foot corresponds to the entire spine.
- The arch of the foot corresponds to the digestive system.

“Often I’ll be working on a client and they’ll say, ‘I felt tingling in my lower back,’ and that’s exactly the area I’m working on in the foot – it’s amazing,” she says. “Or I’ll be working on the arch of their foot and their stomach will start to rumble. This feedback really helps you have faith in the whole system.”

Reflexology is not a replacement for medical therapy, Kealy emphasizes, but rather an addition to a medical regimen.

“We are not replacing a prescription or doctor’s orders, but reflexology can help people decrease stress and anxiety, and improve circulation, which can help the body more efficiently remove toxins,” she says. “When you have less stress and anxiety, your immune system can function better and the body can heal itself and become whole again.”

The process is so relaxing, Kealy says her clients often fall asleep during their appointments.

**How to find a reputable reflexologist**

“You can certainly do some basic reflexology on yourself, but you’ll get the best results if you go to a certified reflexologist,” she says. “Our training is in-depth and includes about 200 hours of study. The American Reflexology Certification Board (ARCB) exam is not mandatory, but it shows that the reflexologist has studied in-depth to be recognized as an expert in their field.”

The ARCB also offers a listing of local certified reflexologists to contact.

**How to practice reflexology at home**

You can reap some of reflexology’s benefits at home by applying light pressure to your foot with your thumb, gently “inch-worming” your way along the foot, says Kealy. She recommends watching a few YouTube videos or researching reflexology foot maps for more guidance.

If you can’t reach your feet, try rolling your feet on a tennis ball, golf ball or in a water basin filled with marbles, she suggests.

“It’s important to note that reflexology shouldn’t hurt your feet – it’s a means to stimulate the body systems,” she adds.
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*Food for Life Walks will be held at the LINC
Do you suffer from frequent sleepiness or sleeplessness? If so, here are our top 10 tips for getting a better night’s sleep. Getting enough sleep can prevent many diseases and conditions, so use these tips to get your best night’s rest.

- Reduce television and screen time before bed.
- Exercise, but be sure to finish your workout at least three hours before bedtime.
- Listen to a white noise machine to cancel out sleep-disturbing sounds.
- Keep your bedroom at a cooler temperature.
- Establish a bedtime routine and stick to it. This reinforces your body’s sleep cycle.
- Avoid caffeine in the afternoon. It can stay in your system for hours and affect your ability to fall asleep.
- Finish eating at least two to three hours before bedtime to prevent heartburn and indigestion.
- Make sure your mattress and pillow are comfortable and supportive.
- Take a warm bath before bed. The hot water will increase your body temperature and as your body temperature drops, you will start to relax.
- Power nap. A 20-minute nap in the afternoon can help you feel more refreshed. Avoid napping for longer than 20 minutes – doing so can disrupt your sleep at night.
We understand that cancer affects your whole life, not just part of it. At Piedmont Newnan Hospital, we offer comprehensive and individualized inpatient and outpatient cancer care.

Our areas of expertise include:
- Chemotherapy at our outpatient infusion center at the Main campus
- Radiation oncology facility on Main campus
- Interventional radiology
- Pain management services
- Lymphedema services
- Palliative care services
- Imaging services (CT and MRI)
- Support from our cancer navigators, social workers, genetics counselors, and cancer rehab
- Thomas F. Chapman Family Cancer Wellness at Piedmont Newnan, offering professionally-led programs including yoga, nutrition counseling, cooking demos, meditation, expressive arts, support groups and more
- Best practices in cancer treatment, prevention, early detection and follow-up care
- Oncology research

Piedmont Newnan is accredited by the Commission on Cancer and is a certified member of the MD Anderson Cancer Network, one of America’s leading cancer care providers.

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 or call 404.605.2130.