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.

.......................... 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.

.......................... 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.

.......................... 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.

COOKING WITH MIKE
Mike Hutchinson will bring his cooking expertise and flavorful personality to Cancer Wellness with delicious and healthy recipes geared for the season.

GOOD TO GO: MAKE IT, TAKE IT
Summer cookouts and travels call for easy to assemble recipes and packable foods for your moveable feasts! Take advantage of fresh seasonal produce to create healthy fun snacks and meals to take on the road or to summer gatherings. Chef Beci Falkenberg and dietitian Corey Tolbert, RD LD, will provide a nutritious culinary food map to keep you on track.

HEALTHY BURGERS
Join local restauranteur, Amy Murphy, as she demonstrates how to make the Impossible Burger, a vegan and gluten-free yet delicious alternative to traditional burgers.

HEALTHY SPRING PRODUCE
May is the kickoff for outdoor parties and family fun here in the south. Join Healthy Chef Partyologist Nancy Waldeck and Dietitian Corey Tolbert to taste the best of the spring fruits and veggies like strawberries, blueberries and Vidalias, bokchoy, asparagus and basil and more. Don’t miss the fun and creativity the bounty of healthy spring produce can bring to the kitchen!

The Thomas F. Chapman Family Cancer Wellness program at Piedmont Newnan will start a new series at 5 p.m. on Wednesday, June 5, 2019. Cancer Free! Now What? is a four-week, hour and a half program created by Nancy Morales MA, APC, ATR-P who leads our art therapy class. After years of hearing feedback from cancer survivors, she wanted to address the unexpected challenges that emerge during life after cancer treatment. Many survivors struggle with the loss of identity, loss of community and high levels of symptoms of anxiety and depression. Additionally, some experience anger and spirituality issues.

The four-week class will be divided by topics discussed each week: Pain Management, Anxiety/Depression, Community and Spirituality and Identity. In addition to focusing on such issues, the class will expose the participants to the Cancer Wellness facility and highlight the other groups offered there. While attending all four classes is encouraged, people are welcome to start at any time. As a convenience to attendees, the class will alternate between being offered in the daytime and in the evening. While the goal is for doctors to make patients aware of this new program at the end of their treatment, cancer survivors at any point in their journey are welcome to attend.

Please contact us at 770.400.4120 for more information.
Nancy Morales is an Art Therapist and Associate Professional Counselor who has been with Piedmont Cancer Wellness for three years. Her philosophy is that each person is a culmination of their unique experiences that make them who they are and she recognizes the connection between physical, mental, relational and spiritual health — understanding that improving one of these areas can benefit the other and influence our overall well-being. She believes her role in her client’s health and wellness is to support their emotional, relational and spiritual self through various difficulties and life changes. At Piedmont, these difficulties include cancer treatment and post care.

Nancy currently leads the Open Art Studio Group every Tuesday from 2:00 to 4:30 p.m., where clients participate in art therapy with an emphasis on Mindfulness. The group comes together once a week around the shared experience of having cancer. Art Therapy allows for their thoughts, feelings and behaviors to be expressed using various art methods, such as working with clay, painting, drawing, collaging, therapeutic doll making, printing or wood burning. Both the process of making artwork, as well as the finished artistic product, can allow for healthy emotional expression and release. Additionally, art therapy is used to process trauma, explore a deeper understanding of self, help decrease pain, anxiety, depression and discover how to change unhealthy patterns to live a healthy, more meaningful, life.

Mindfulness is being fully aware or paying attention. It is practicing how to stay in the present, noticing what is happening right now; without judgment or trying to fix it. Our bodies and minds send us constant signals. If our focus is elsewhere, we likely don’t notice the beginning signs of discomfort or a sad feeling; then we lose the opportunity to make a change before it grows into real physical pain or a mental health issue. Being mindful, allows you to make conscious, proactive choices about every aspect of your health. Mindfulness connects you to each component of your well-being and your whole self. Art Therapy does not require artistic ability, and everyone is welcome to participate in the group at any time.

Beginning in June, Nancy is leading a new group called “Cancer Free! Now What?” The group will meet once a week for four weeks.

“I created the group in response to repeated encounters with people struggling with complicated emotions around their identity, community, and spiritual beliefs after cancer,” stated Nancy.

This group will address the unexpected challenges that emerge after active cancer treatment. For some, this may include difficulties with pain management due to medication side effects, anxiety or depression due to health changes or incongruent expectations of life after active treatment. Others may experience a sense of loss after no longer seeing their doctor on a weekly bases or after family members return to their normal activities. Some may question their spiritual beliefs or have a shift in their identity. Each week for four weeks, we will provide support, education and group activities on one of these topics. Additionally, attendees will learn about other groups provided by the Piedmont Cancer Wellness Center that are helpful for some of these issues.

Believing that everyone who comes to the Cancer Wellness Center is the expert on their life, Nancy sees herself as a fellow traveler that can help the group members identify patterns of behavior in these intersecting areas that are influencing their wellness. Her approach with clients centers in empathy and non-judgment. She believes that the therapeutic relationship is between the art and the group members while she helps guide both to build on each person’s strengths for health and wellness.
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*Food for Life Walks will be held at the LINC*
Amy Murphy is a local restauranteur and chef, who started her culinary career 15 years ago. Her first ventures included The Alamo in 2004 and Fabiano’s Pizza in 2007, both located in historic downtown Newnan. Both businesses are still thriving.

Over the years, there have been other restaurants in other cities she has owned and operated.

In 2008, Amy was diagnosed with Stage 3 Breast Cancer at only 35 years old. As she geared up for the fight of her life, she decided to slow down and only keep the two restaurants in Newnan. Amy sought treatment from Vasileios Assikis, M.D., oncologist at Piedmont Cancer Institute, in her hometown of Newnan. After a year of treatments, including chemotherapy, radiation and multiple surgeries, the hard part was over.

In 2014, Amy was ready for another challenge, and along with her partner and partner’s family, opened up Meat n Greet, a craft burger restaurant in downtown Newnan that takes the familiar burger and puts a modern culinary twist on it.

“Cooking is a way for me to express my creative side by exploring unexpected flavor combinations and concepting dishes,” said Amy. “It is also a great way for me to unwind and relax!”

This year, Amy celebrates 10 years cancer free.

For her June cooking demonstration, Amy will demonstrate how to make the Impossible™ Burger, a popular plant-based burger made from plants, without any meat, that consists of simple ingredients, including soy protein, coconut oil and potato protein. In addition to being vegan and gluten free, it is also completely free of antibiotics, hormones and other artificial ingredients. It’s packed with protein, has a fair amount of vitamins E, B1, C, B6, B2 and B12 and is a good source of heme iron. This popular burger delivers all the flavor, aroma and beefiness of meat from cows, but is just plants.

A 4 oz. burger patty contains 240 calories, 14 grams of fat, 8 grams of saturated fat, 0 mg of cholesterol, 9 grams of carbohydrates and 19 grams of protein.

Join us for her cooking demonstration on Thursday, June 27, in Piedmont Newnan’s Cancer Wellness Center.

When working with patients I always stress the importance of good nutrition and physical activity. The two really do go hand and hand. Research shows that physical activity is helpful during and after cancer treatment. For example, regular physical activity may lower the risk of some cancers recurring. It can also help you feel better after treatment ends.

Other benefits of an active lifestyle include:
- Improved self-esteem
- Helps implement better eating habits
- Being less likely to have depression, anxiety, and fatigue
- Having more strength and endurance
- Better bone health
- Better digestion
- Maintaining a healthy weight

The U.S. Department of Health and Human Services, the American Cancer Society and the American College of Sports Medicine provide the following recommendations for living a physically active life:

Avoid inactivity. Any kind of physical activity helps, even if it is not at a moderate or vigorous level. More studies are showing that being inactive increases the risk of some cancers. Being inactive, or sedentary, means you spend most of your time sitting without physical activity. A great goal would be to park further from a store that you are visiting to increase your steps. You could take the stairs instead of the elevator.

Be regularly active. Each week, try to get at least 150 minutes of moderate activity or 75 minutes of vigorous activity. Try spreading these activities throughout the week. However, getting this much exercise over 1 to 2 days also helps. Set realistic goals and increase your time as you get stronger.

Include strength training. Lift weights and do other muscle-building exercises at least 2 days a week.

Consider short sessions. If you do not have time or energy for long exercise sessions, go for shorter periods. The health benefits of several short, 10-minute segments are similar to those of one longer exercise session.

Start slow. If you are new to exercise, slowly increase the length and intensity of your physical activity. Start by setting three realistic goals. After you achieve these goals, pick three more. Keep ramping up until you reach 30 minutes of moderate to vigorous activity a day.
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](piedmont.org/champions) or call 404.605.2130.

**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](piedmontcancerwellness.org).

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**Cancer Wellness at Piedmont Locations**

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Piedmont Atlanta Hospital</td>
<td>1800 Howell Mill Road, Suite 700, Atlanta, Georgia 30318</td>
<td>404.425.7944</td>
</tr>
<tr>
<td>Piedmont Henry Hospital</td>
<td>Education Center • Ground Floor, 1133 Eagle’s Landing Pkwy, Stockbridge, Georgia 30281</td>
<td>678.604.5990</td>
</tr>
<tr>
<td>Piedmont Fayette Hospital</td>
<td>1255 Highway 54 West, Third Floor • Suite 3100, Fayetteville, Georgia 30214</td>
<td>770.719.5860</td>
</tr>
<tr>
<td>Piedmont Newnan Hospital</td>
<td>775 Poplar Road • Suite 340, Newnan, Georgia 30265</td>
<td>770.400.4120</td>
</tr>
</tbody>
</table>

Jennifer Palmer, Cancer Wellness Coordinator

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