At Piedmont Athens Regional, we treat the patient – not just the disease. Because cancer treatment involves more than medical care, free programs such as yoga, cooking demos, expressive art class, and counseling are available to anyone affected by cancer at any phase in his or her journey. The Loran Smith Center for Cancer Support at Piedmont Athens Regional serves anyone regardless of where they received treatment.

For more information about the Loran Smith Center programs or to register for a class, please call 706.475.4900 or email loransmithcenter@piedmont.org.

This newsletter is made possible by the Thomas J. & Sara Cooney Endowment.
Greetings from the Loran Smith Center! Wishing you well as we continue to adapt to new ways of living, working and supporting each other in the age of COVID-19.

First and foremost, I want to reiterate that we are here for you, but in different ways during this unusual time when we must observe safe distance. Please don’t hesitate to call, email or join us for a video-conference support group in the coming weeks. Take a look at our Modified Program Schedule in the pages ahead for details about how to connect.

Shoes News
A decision has been made...In Their Shoes 10K 2020 will happen! Why? Regardless of COVID-19, all of us need to take care of ourselves and each other. People affected by cancer still need support. And the Loran Smith Center still needs donations to accomplish our mission. So let’s go!

In keeping with orders to shelter in place, the event has taken on a new format—we’ll call it running (or walking) in place. Here’s how it works:

- If you haven’t yet, please register for the In Their Shoes 10K at www.intheirshoesathens.org or on Active at http://tiny.cc/ITS10KActive.

- Deadline to register for the event is Sunday, May 31st at 5 p.m.

- Run or walk your own 10K course anytime between May 23rd and May 31st. If you want to run the official course find it at the In Their Shoes website noted above.

- Once you complete your run or walk, please submit your time using this link: http://tiny.cc/ITS10K. Please submit AFTER you complete your run or walk and please submit no later than midnight on Sunday, May 31. In the event you cannot access the link above, please email the following information to athensfoundation@piedmont.org:

  - Email Address
  - Date of Run
  - Name
  - Gender
  - Birthdate
  - Age on Race Day
  - Finish Time

- Have some fun while you’re at it! Take a picture of yourself walking In Their Shoes and send that in as well. We’d love to highlight your accomplishment.

- Celebrate your participation and honor all cancer survivors with an ice cream drive-thru on National Cancer Survivor Day, Sunday June 7, from 1 to 4 p.m. Pick up your t-shirt, hat, awards and a complimentary Li’l Ice Cream Dude’s treat at the Piedmont Athens Regional Foundation located at 256 King Avenue, Athens, Ga. 30606.

- We’ll be sure to answer all your questions and send out additional details to all participants by email

Fundraising with In Their Shoes
It goes without saying that many cancer patients are hit especially hard by the current economic crisis. Cancer patients and survivors are among those considered high risk for COVID and at great risk of financial distress. So, remember that every dollar you raise including your registration fee will benefit our patients directly at the Loran Smith Center for Cancer Support. We couldn’t do it without our sponsors so please make a point of thanking the following organizations whenever you can:

- Phil Hughes Honda
- Pruitt Health
- Fortson, Bentley & Griffin, P.A.
- Attorneys at Law
- Johnson & Johnson
- Georgia Power
- Janssen
- Lindsay Group
- Atlanta Consulting Group
- Pellicano Construction
- State Farm- Michael L. Gill
- Manor Lake
- Oconee State Bank
- University Cancer & Blood Center

I look forward to “seeing” you at In Their Shoes in the weeks ahead. In the meantime, be well. - Joel
Thank you to our donors!

To make a donation to the Loran Smith Center for Cancer Support and help continue to make these programs possible, checks can be made out to the Loran Smith Center for Cancer Support or go to [piedmont.org/locations/piedmont-athens/foundation](http://piedmont.org/locations/piedmont-athens/foundation).

### LORAN SMITH CENTER
- Jeannine Collins
- Jennifer Wilburn

### IN THEIR SHOES
- Al Parker
- Alexander Irvine
- Alice Pruitt
- Amanda J. Downs
- Amanda Rowell
- Amy Neill
- Andrea K. Wieczynski
- Angel Phillips
- Ann Malanoski
- Anne Hansen
- Ariel Osbourne
- Ashley Toms
- Ashlyn Taylor
- Bob Waldrep
- Breeelle Gouveia-Winslow
- Brian Batchelor
- Briana Jolly
- Brooke Hamil
- Bruce Greenwall
- C. J. Rasmussen
- Caleb Ogden
- Carmen Willis
- Carol Franklin
- Cary Children
- Casey Freeman
- Charmayne Nichols
- Cheyenne Statzer
- Chip Corley
- Christa Worn
- Christy Hardman
- Cody Gunn
- Connie Phelps
- Corey Jones

### JOHN AND KATHRYN DAVIS
- John and Katheryn Davis
- Kay and Larry Petroff
- Kendall Edelen
- Linwood Hill

### John G. Maddox
- Karen D. Sandefer
- Kathy Parker
- Kathy Ross
- Katie Reed
- Kelly Lane
- Kelly Sandefer
- Kizmet Adams
- Kristy Adcock
- Laura Hauer
- Laurel Murrow
- Lauren Snedeker
- Leon Farmer & Co.
- (Kathleen Adams)
- Linda Davenport
- Lisa Gresham
- Margaret D. Head
- Mary M. Bidelman
- MaryJo Underwood
- Matthew Feagin
- Megan Smith
- Melissa Bassett
- Melissa Montgomery
- Michael Dorsch
- Michael Underwood
- Michelle Rabold
- Misty Canup
- Mona L. Taylor
- Nancy Lindbloom
- Neal Pylant
- Nicole Manago
- Nicole Poirier
- Nora Lynn Chambers

### PAIGE TRAMMELL
- Pamela Upton
- Patsy Langford
- Paula Elliott
- Randolph Bethea
- Randy Heaton
- Rebekah Breck
- Robert Griffin
- Rotasha Jordan
- Russell Stafford
- Sandy Pyle
- Sarah Adams
- Sarah Smith
- Senita Hardman
- Sharon Stephens
- Shay Sheats
- Shay Willoughby
- Sheila Farley
- Sue Phelps
- Tabitha Bridges
- Tamara Moore
- Tammy Brock
- Tammy T. Gilland
- Thomas Longshore
- Todd Armistead
- Tonya Smith
- Vanessa Hicks
- Vita Beall
- Wanda G. Taylor
- Whitney Lowery
- William Vogel
- Zax LLC

### CORPORATE DONORS
- Athens Senior Living, LLC.
- Fortson, Bentley & Griffin
- Harriet Canfield
- Oconee State Bank
- Phil Hughes Honda
- State Farm - Michael Gill
- University Cancer & Blood Center LLC

### MEDICATION ASSISTANCE FUND
- University Cancer & Blood Center LLC

### LYMPHEDEMA THERAPY
- Harriet Canfield

For more information about the LSCCS programs or to register for a class, please call [706.475.4900](tel:706.475.4900) or email loransmithcenter@piedmont.org.
May is Mental Health Awareness month, and I know I’m not alone in thinking that mental well-being is of the utmost importance right now, and yet can be a greater challenge to address given how COVID-19 has made all of our lives a lot smaller and uncertain. It also makes me think a lot about the idea of I N T E N T I O N, and how being intentional about even the most mundane of experiences elevates them. For example, after I finish my morning coffee, my son and I brush our teeth together. I sing a silly little song I made up to “elevate” the experience for him and we sit in front of a mirror together and watch each other brush our teeth. I see him learning to do something for himself, and I marvel at seeing a human being have their first experience with, well, in this case personal hygiene! It’s a time that I treasure every morning. Don’t have a toddler? Don’t worry! Pets can also provide you with a similarly joyful experience in being in the moment. So can birds in your yard, a bug in your garden, etc. Just take a look, and really pay attention.

Another thing that I’ve been very intentional about these days is M U S I C. It’s always on at home. Right now I’m hooked on a Ryan Adams’ guitar riff, a Dispatch song that is MY song for my boy and the bubbly goodness of the Jonas Brothers and almost everything in between. I love music and it helps keep my head above water in these confusing times. It always has been a salve, though.

What are you doing to take care of your mental health? Share with me what’s working for you, and if you have any great songs you’d like to share, I’m interested (lauren.liverman@piedmont.org). Stay connected. We all need each other and our collective wisdom isn’t ours to lock away, it’s to be shared.

Pax Vobiscum - Lauren
Virtual support groups require a web link to participate. Please contact the Loran Smith Center at 706.475.4900 for more details.

**MAY**

- **7** Virtual Prostate Cancer Support Group 7 p.m.
- **8** Mindfulness – the Body Scan 6 p.m.
- **12** Virtual Gynecological Support Group 1 p.m.
- **14** Virtual Breast Cancer Support Group 5:30 p.m.
- **18** Virtual Hormone Therapy Retreat 10 a.m.
- **23-31** In Their Shoes: Run/Walk Anywhere - Anytime Event!

**JUNE**

- **4** Virtual Prostate Cancer Support Group 7 p.m.
- **7** National Cancer Survivor’s Day Ice Cream Social and In Their Shoes Award Ceremony • 1 p.m.
- **9** Virtual Gynecological Support Group 1 p.m.
- **11** Virtual Breast Cancer Support Group 5:30 p.m.

**Living Beyond Breast Cancer (LBBC): Survivorship for Young Women** has been rescheduled. Part 1 will be on Saturday, June 20, 2020 and Part 2 will be on Saturday, July 18, 2020. Please call to register!
June is Men’s Health Month
Sandy Pyle, BSN, RN, Oncology Nurse Navigator

June celebrates men’s health month – an initiative that began in 1994 by Senator Bob Dole in an effort to increase awareness of preventable health problems and encourage early detection of disease in men.

The leading causes of death in men:

1. Heart Disease
2. Cancer
3. Unintentional Injuries

Are also the most preventable!

Take care of yourself by:

• Eating right by increasing your intake of fruits and vegetables, lean proteins, whole grains, and healthy fats. Avoid fried food, processed foods (lunch meats, bacon, sausage), white flour and sugar. Limit red meat and opt for whole grains. Limit alcohol consumption – for men, no more than two drinks per day. One drink = 12 oz beer, 5 oz wine, or 1½ oz liquor.

• Exercising at least 150 minutes per week / 30 minutes per day of moderate activity – walking, gardening, house cleaning, or swimming. Get in some strength training – if you don’t have access to weights, use household items to add resistance - canned foods; for a heavier weight grab the laundry detergent or use a gallon or half gallon milk jug (once the milk is gone – fill it up with water!)

• Wearing your seat belt, not smoking or using smokeless tobacco, and applying sunscreen daily.

• Making it a practice to see your doctor annually, so you get to know your doctor and they get to know you. Screenings are a big part of finding cancers early – a colonoscopy at age 45 (if average risk) checks for colon cancer, dental screenings check for oral cancers. See your dermatologist annually and do your own monthly screening.

While the current health focus is on COVID-19 (as it should be), don’t let this be a time to forget about your overall health, let this be a time where we incorporate all the lessons we are learning into the bigger picture. Wash your hands frequently and keep your hands away from your face. Make this a priority and keep this practice for the rest of your life.

If you see something that you want to incorporate into your healthy lifestyle, don’t be afraid to reach out to us. And remember – make small changes that are easily achievable like adding in one new fruit or vegetable this week or going for a 15-minute walk after dinner – build on new habits slowly.
Intern Farewell

Dear friends of the Loran Smith Center,

I did not envision my internship experience ending this way. I have learned so much about all of you and I want to thank you for sharing parts of your lives with me. I have enjoyed breaking bread with you all during Love and Laughter and talking with you over the phone or in person. You all are so strong and inspire me to persevere through whatever life throws at me. I truly enjoyed helping you and I hope that whatever I said to you or did for you was helpful and embodied the essence of the Loran Smith Center. I am glad to have shared this space with you and truly understand how meaningful our work at the center is. I am grateful for this experience and will never forget you all. Stay safe and healthy.

With gratitude,

LaDavia Prescott
MSW Candidate 2020

We Need Pillows!

The Loran Smith Center for Cancer Support needs your help making mastectomy pillows for our surgery patient gift bags. If you have time, please consider helping us by making these heart shaped pillows. We will supply the patterns and instructions! If you are interested, please call us at 706.475.4900.

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A special thank you to Mrs. McDonald for gifting us with beautiful embroidered wash cloths for our patients.
May 6, 2020 is National Nurses Day and marks the beginning of National Nurses Week! During this time, we’d like to acknowledge nurses everywhere for their hard work and dedication to patient care; including our very own Sandy Pyle, BSN, RN and Kris Schultz-Tanner, MSN, APRN, FNP-C, OCN. In the past couple of weeks, nurses have experienced days that might have been more physically and emotionally draining than usual and they still managed to show up and provide excellent care for their patients.

It has been said that “nursing is a passion for those filled with compassion” a statement that has proven to be true on countless occasions throughout the years but has been made more obvious during these trying times.

Thank you to all of the nurses in each and every department of every hospital in the world. Thank you for your determination, your compassion, and your never ending mission to provide patient-centered care.