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 whether or not they are a Piedmont patient.

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.
First, a note of gratitude to so many of you who reached out personally to me on the death of my father whose life I shared in last month’s newsletter. Your expressions of support have meant a great deal to me during this strange time of grief.

The month of August marks the beginning of the end of summer and the dawning of a new year for many of us. School districts and the University of Georgia prepare for the arrival of students and organizations across the community including the Loran Smith Center, also welcome new interns and gear up for fall programs. In that vein, please join me in welcoming LaDavia Prescott (social work) and Grant Lanser (public health) to the Center! I believe the best learning in the human service field occurs not in the classroom but in the trenches where our clients and patients live. The team here recognizes that the Loran Smith Center is not just a service provider but also a training site for the next cohort of competent and compassionate cancer care professionals. Center staff take our teaching responsibility seriously and often discover that we learn as much from our students as they do from us!

We are also celebrating a new adventure in store for outgoing Program Coordinator/Social Worker, Lauren Kennedy who finished her work here at the end of July, moved to Atlanta and gets married August 3rd! Lauren’s contributions over the last 2 years have been significant and attest to her versatility and value to her profession. She leaves us well-positioned for the new program year ahead. Thank you, Lauren. Our best wishes to you and Vince for a bright and loving future.

On the program front, please take note of our regular monthly offerings as well as our special fall programs addressing resilience, grief, nutrition and self-care. As always we welcome your feedback as we strive to tailor our programs to the needs of our cancer support community. Here’s to jumping into this new year together.

Be well, Joel

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**Goodbye from Lauren Kennedy**

From fresh-faced intern, to oncology social worker, to program coordinator, I feel like I have done it all. I have treasured my past two years here at the Loran Smith Center but it is time to say good-bye.

As you are reading this, I just got married! I have moved to Marietta, Georgia and have stopped my endless commutes on 316 and every other Atlanta roadway ending in a five. Some of my special memories are developing “Let’s Talk About Sex”, the Caregiver Support Retreat and Cookies and Cocoa with Santa, meeting patients in the hospital, working with my individual clients, facilitating our grief workshop, and of course, In Their Shoes! I want to thank everyone who I have met along the way. You were all the best teachers I could have asked for.

Now to thank the amazing LSCCS staff. Lauren Liverman, thank you first for being my friend. You are an incredible clinical supervisor and every MSW student is lucky to have you. Sandy, thank you for your extensive knowledge on cancer and taking me under your wing. But really, thanks for helping me “adult”. Kris, thank you for letting me use you as my personal Nurse Practitioner and ask a million questions. And to Joel, thanks for hiring the barely licensed social worker to fill the roles of incredible people. After all, life is about taking chances, being brave and loving with vulnerability.

Best wishes to you all!
Welcome LaDavia!

Hello! My name is LaDavia Prescott. I’m a second year Master of Social Work student at the University of Georgia. I am from South Carolina and moved to Athens last August. So far I am enjoying my time here in Athens and UGA’s School of Social Work! Hospice, home health, and palliative care are the areas of social work that interest me. It takes a special person to work in those areas and I believe I can help make a difference there. Outside of school I enjoy reading, baking, playing with my puppy, and spending time with my boyfriend and family. I am so excited to work with the Loran Smith Center team and Piedmont Athens Regional. I am looking forward to meeting all of you! See you soon!

Welcome Grant!

My name is Grant Lanser and I am currently working on completing my B.S. in Health Promotion at The University of Georgia. Part of my degree is to complete a semester long internship to get hands-on experience in a field of my choice. After I complete my degree I am hoping to be entering a nursing program, so I feel very privileged that I will have the opportunity to work with the Loran Smith Center for my internship. While I am here I hope to not only gain experience working in a health education aspect, but to spend some time working with folks in all stages of recovery and life. I see this as an opportunity to learn more about what I want from my time in healthcare, as well as an opportunity to use what I have learned and give something back to the people of Athens. As the summer draws to a close I look forward to beginning this journey.

Introducing the Blood Cancer Family Support Group

The staff of the Loran Smith Center, in partnership with the Leukemia & Lymphoma Society, are delighted to offer a monthly support group for people with a blood cancer diagnosis. This includes anyone affected by leukemia, lymphoma, myeloma, and other hematologic illnesses managed by an oncologist. This group will be held on the first Tuesday of every month from Noon to 1 p.m. Lunch will be provided. Lauren Liverman, LCSW, will be co-facilitating this group with Kim Wasley, LCSW, from University Cancer & Blood Center medical oncology. Please feel free to contact Lauren at lauren.liverman@piedmont.org if you have any questions.

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, go to piedmont.org/locations/piedmont-athens/foundation.

LORAN SMITH CENTER
Jeannine Collins

IN THEIR SHOES
Harriet Canfield
Cultivating Resiliency: Building a Path to Healing

Join us for a half day retreat to learn new skills to deal with the challenges of life when you, or someone close to you, is diagnosed with cancer. Think of resilience as the courage to come back, or, the capacity to rebound from adversity. Resilience is not a personality trait that you have or don't have. It is a learned process that develops as people gain different thinking processes and learn new self-management skills.

In this workshop you will learn scientific evidence-based techniques and skills that will help you create a sense of inner calm and competency in the center of the storm. The techniques of breath practices, guided imagery, deep relaxation, tai chi, and meditation all create opportunities for awareness of our inner thoughts and emotions. Together we learn that we can name them, bear them, and release them. In that, we become resilient survivors of our many challenges, one of which is cancer.

Valerie Fagan, Certified Tai Chi Instructor and MSW, and Mona Taylor LCSW, have taught this program for six years and have seen participants learn to nourish and discover the best things about themselves, even in the midst of one of the hardest, most challenging times of their lives.

Join them **September 28**. Pre-registration is required.
## August 2019

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<th>Sun</th>
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|     | **BEAUTIFUL YOU BOUTIQUE**  
**End of the Season Sale • August 1-16**  
Select summer items will be 25% off. Located in the Medical Services Building on the Piedmont Athens Regional campus.  
242 King Ave. • Athens, GA 30606  
Monday–Thursday: 8:30 a.m. to 4 p.m. • Friday: By Appointment Only  
For more information or to schedule an appointment, call 706.475.4811 or email BeautifulYou@piedmont.org. | **1**  
Yoga for Hope, Peace, and Cancer Recovery, 10 to 11:30 a.m.  
Prostate Cancer Support, 7 to 8:30 p.m. | **2**  
Mindfulness Practice Group, 8:30 to 9:30 a.m. | **3**  
Mindfulness Practice Group, 8:30 to 9:30 a.m. | **4**  
T’ai Chi Chih, 10:30 to 11:30 a.m. | **5**  
T’ai Chi Chih, 10:30 to 11:30 a.m.  
Healing Touch, By Appt | **6**  
Blood Cancer Support Group, Noon to 1 p.m.  
Healing Touch, By Appt | **7**  
Oncology Massage, By Appt  
Reiki, By Appt | **8**  
Yoga for Hope, Peace, and Cancer Recovery, 10 to 11:30 a.m.  
Breast Cancer Support, 5:30 to 7 p.m.  
Us TOO Prostate Cancer Support, 7 to 8:30 p.m. | **9**  
Mindfulness-Based Stress Reduction, 5:30 to 6:30 p.m. | **10**  
Mindfulness Practice Group, 8:30 to 9:30 a.m. | **11**  
Hormone Therapy Retreat, 10 a.m. to 1 p.m.  
T’ai Chi Chih, 10:30 to 11:30 a.m.  
Healing Touch, By Appt | **12**  
Gynecologic Cancer Support, 1 to 2:30 p.m.  
Healing Touch, By Appt | **13**  
Oncology Massage, By Appt  
Reiki, By Appt | **14**  
Yoga for Hope, Peace, and Cancer Recovery, 10 to 11:30 a.m. | **15**  
Mindfulness Practice Group, 8:30 to 9:30 a.m. | **16**  
Mindfulness Practice Group, 8:30 to 9:30 a.m. | **17**  
Oncology Massage, By Appt  
Reiki, By Appt | **18**  
T’ai Chi Chih, 10:30 to 11:30 a.m.  
Healing Touch, By Appt | **19**  
Healing Touch, By Appt | **20**  
Facing Cancer with Love and Laughter, 11:30 a.m. to 1 p.m.  
Reiki, By Appt | **21**  
Yoga for Hope, Peace, and Cancer Recovery, 10 to 11:30 a.m. | **22**  
Mindfulness Practice Group, 8:30 to 9:30 a.m. | **23**  
Nutrition for a Better You, 11 a.m. to 1 p.m. | **24**  
Oncology Massage, By Appt  
Reiki, By Appt | **25**  
T’ai Chi Chih, 10:30 to 11:30 a.m.  
Healing Touch, By Appt | **26**  
Healing Touch, By Appt | **27**  
Oncology Massage, By Appt  
Reiki, By Appt | **28**  
Yoga for Hope, Peace, and Cancer Recovery, 10 to 11:30 a.m. | **29**  
Mindfulness Practice Group, 8:30 to 9:30 a.m. | **30**  
Mindfulness Practice Group, 8:30 to 9:30 a.m. | **31**  
Mindfulness Practice Group, 8:30 to 9:30 a.m. |

For more information about the LSCCS programs or to register for a class, please call **706. 475.4900** or email loransmithcenter@piedmont.org.
HORMONE THERAPY RETREAT
Facilitated by Sandy Pyle, BSN, RN, Oncology Nurse Navigator
This retreat is for women on hormone therapy for breast cancer (Tamoxifen, Arimidex, Aromasin or Femara). During this retreat you will learn the science behind the treatment and discuss methods for managing side effects. Together the group will enjoy a healthy lunch and have an introduction to yoga. RSVP required. 8/12

US TOO PROSTATE CANCER INFORMATION & SUPPORT GROUP
This is an educational group to support men with prostate cancer. Spouses, partners, and adult caregivers are welcome. 2nd Thursday each month

T’AI CHI CHIH
T’ai chi chih is a moving meditation that improves fitness of mind and body. It is easy to learn and can be done by people of all ages and ability levels. Mondays

T’AI CHI @ OCONEE HEALTH CAMPUS
This practice is part of an ancient Chinese method of preventive health care and exercise passed down over centuries, predating recorded history. T’ai Chi coordinates movement, breath and meditation to mobilize the inner resources of body and mind to create vitality and aid healing. Focusing on movement is the physical exercise and focusing on meditation and breath is the mind/brain exercise. 9/12 to 10/3

YOGA FOR HOPE, PEACE, AND CANCER RECOVERY
Learn a combination of movements and poses, breathing techniques, and deep relaxation. Yoga can help reduce stress and anxiety, combat depression, improve sleep, and minimize side effects of treatment. Thursdays

CULTIVATING A RESILIENT SOUL RETREAT
Facilitated by Mona Taylor, LCSW and Valerie Fagan, MSW.
This full day retreat is for current cancer patients and caregivers. In this retreat you will learn coping strategies for pain and suffering, shake off the effects of day-to-day stresses, and add practical tools for daily living. Space is limited and registration is required. 9/28

DEDICATED MINDFULNESS PRACTICE GROUP
Experience different approaches to meditation led by members of the group. We invite practitioners of all levels: there are no prerequisites to join the circle of practice. Saturdays

HEALING TOUCH AND REIKI
Individual sessions that focus on the energy system of the body to promote relaxation, reduce stress, and minimize side-effects. By appointment only. Healing Touch - Tuesdays; Reiki - Wednesdays

MINDFULNESS-BASED STRESS REDUCTION
Facilitated by Mike Healy, Ed.D
Learn ways to reduce stress, lessen physical and emotional pain, and cope better with everyday demands. 2nd Friday each month

ONCOLOGY MASSAGE
Massage is available to cancer patients, survivors, and caregivers if available. A licensed and oncology trained massage therapist offers four session weekly. By appointment only. Wednesdays

BREAST CANCER SUPPORT GROUPS
Facilitated by Sandy Pyle, RN, BSN, Nurse Navigator
A group for women with a diagnosis of breast cancer to share information, resources, and experiences. 2nd Thursday each month

FACING CANCER WITH LOVE & LAUGHTER GENERAL SUPPORT & EDUCATION GROUP
This group is open to any cancer patient, their family, or cancer caregiver. Lunch provided. Please call to RSVP. 3rd Wednesday each month

HEALING GRIEF WORKSHOP
Facilitated by Lauren Liverman, LCSW and Maggie Wells, MSW intern.
A nine-week workshop for those who have lost someone through death. The loss does not have to be a cancer related death. Topics will include: understanding grief, remembering, accepting, stress management, anniversaries, memorialization, role changes, and closure. Pre-registration is required. 9/18

GRIEF SUPPORT
Individual and group support for grieving children, adolescents, and adults.

GYNECOLOGIC CANCER SUPPORT GROUP
Facilitated by Sandy Pyle, RN, BSN, Nurse Navigator
A group for women with a diagnosis of any gynecologic cancer. 2nd Tuesday each month

ILLNESS ADJUSTMENT COUNSELING
Individual sessions to address issues such as stress, anxiety, treatment decisions, and family communication.

PROSTATE CANCER SUPPORT GROUP
Facilitated by Joel Siebentritt, LCSW
A confidential setting for the prostate cancer patient to discuss prostate cancer treatment, side-effects, and survivorship. 1st Thursday each month

NUTRITION COUNSELING AND SIDE-EFFECT MANAGEMENT
Individual sessions by appointment.

NUTRITION FOR A BETTER YOU: COOKING DEMO
Join Lisa Eisele, RD, LD, for an easy, healthy, and yummy cooking demonstration. Space is limited and registration is required. 8/23

For more information about the LSCCS programs or to register for a class, please call 706. 475.4900 or email loransmithcenter@piedmont.org.