

September/October 2020

Lauren Liverman, LCSW giving Amiko some much needed cuddles while we continue to move forward in the midst of a pandemic.



Cancer Support at Piedmont Athens Regional

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.

LORAN SMITH CENTER
for cancer support

 **Piedmont**
ATHENS REGIONAL



Joel's Journal: Someone to Lean on

Joel Siebentritt, Manager, Cancer Support Services

Bill Withers' 1972 hit, "Lean on Me" holds an especially powerful message and poignant truth for the world today. I hope you will take a moment to [listen to it again](#) and hear its simple wisdom in the context of our global pandemic. We are now almost six months into social distancing, mask-wearing and sheltering at home. Honestly, the isolation and slowing down was initially a welcome change of pace for me; I've been able to slow down in a way that was not previously possible and experience welcome reconnection with my wife and sons. On the other hand, I really miss hugs! I miss being physically close to friends and seeing loved ones in all three dimensions not just on a computer screen. This level of isolation hurts.

There are so many people in our community that don't live with anyone and for whom the aloneness can easily lead to despair. The truth is, especially when we cannot be together *we all need somebody to lean on*. But how can we lean on each other when we can't be together? That is the big question we've been asking ourselves at the Loran Smith Center. Today, the "love and laughter" that once blessed our space is only found over the phone and on the computer. But **hold the phone**...its working! We are calling our patients and our patients are calling us. Participants in our virtual support groups are meeting new people, learning new things and finding a way forward despite the limitations wrought by COVID. Yoga and Tai Chi exercise classes continue to be a source of relaxation and awareness and its all just a few mouse-clicks away.

Our goal now is to broaden the types of support available to you in two ways 1) more program options and 2) peer support. First, we invite you to register for a wide range of cancer support programs from across the Piedmont system. Visit piedmont.org/cancerwellness to learn about all the programs offered by Piedmont Cancer Wellness. Registration just takes a phone call. Second, would you like to receive a call from another cancer survivor or caregiver in our cancer support community? Or would you be willing to serve as a peer support to a newly diagnosed cancer patient? If so, please let us know and we will work to create peer matches for phone and email support that can ease the stress of cancer treatment and alleviate social isolation due to the pandemic. We look forward to hearing from you!

Please read on to help us welcome social work interns, Jesse and Deb to the team. And, take a minute to learn something new about your health from the Loran Smith Center team. Finally, make a commitment to finding something or someone to lean on in the days ahead and be open to carrying someone else's load for a while too.

Through it all, 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.

LORAN SMITH CENTER

Larry Petroff	Church
Jeannine Collins	Albert Booms
Dr. Cesar Gumucio	Ruth and Charles
Janet Fong	Marsh
Erastus Christian	

LYMPHEDEMA THERAPY

Harriet Canfield

GIFT OF TRIBUTE

Tom Stephens

In memory of: Hank Benner, Charles Barron,
Kurt Gelfand, Robert Rucker, Harsh Jain

Bud Schiff

In memory of: Eileen Sapera
Mr. and Mrs. Charles Auslander

In memory of: Eileen Sapera
Helene Schwartz

In memory of: Eileen Sapera
Bill and June Vaudry

In memory of: Eileen Sapera
Susan and Tom Nemetz

In memory of: Eileen Sapera
Capt. Leonard Sapera

In memory of: Eileen Sapera

IN THEIR SHOES

Deborah Barber	Randy Williams
Harriet Canfield	Jeanna B. Amos
Dave Ellis	Murray Shelton
Kathryn Davis	Dr. Bahman Ghavimi
Linda Brooks	

MEDICATION ASSISTANCE FUND

University Cancer and Blood Center

My Dad Does Kegels

Lauren Liverman, LCSW, Oncology Social Worker

I'll bet that got your attention! Well, let me explain. My dad was recently diagnosed with prostate cancer. He's 75, yet with the biological profile of a man in his 50s (no comorbidities, no medications, out hustles me on the daily...). As he was preparing to discuss treatment options with his urologist, he told me that his biggest concern was his quality of life. He decided that laparoscopic, robotic prostatectomy would be his treatment, even though incontinence is a possible side effect. Undeterred, and blessed with not one but TWO daughters in the medical field, he consulted with his girls on how to maximize his quality of life post-prostatectomy. That's when the discussion of pelvic floor exercises came up. A lot of people have heard of Kegels, yet most think that they are only for women, and have more to do with sexual function/satisfaction. But did you know that you fellas can benefit from connecting with your pelvic floor as well? I consulted Lone Howell, a Piedmont Oconee Health Campus based physical therapist who provides pelvic floor therapy on the subject. She informed me that pelvic floor rehabilitation consists of "specific pelvic floor exercises, biofeedback, and electrical stimulation to aid in recruiting the muscles to help control urine flow", and encouraged any patient concerned with continence related issues to request PT consultation. A quick search lead me to several research articles that indicate significant benefits to men who perform Kegel-style exercises in the post-op setting.

My dad is several days post-op and is doing well. He said he's thankful to have learned about pelvic floor exercises prior to his surgery so he could begin developing the important mind-body connection, making the transition to exercises even smoother after prostate removal. Wherever you are in your treatment / recovery, if you are struggling with continence issues, please speak with your doctor! There is good chance that you too can benefit from these exercises and experience an improved quality of life, and we have terrific practitioners like Lone that are ready to help.

Wishing you wellness in mind, body, and spirit,
Lauren



BEAUTIFUL YOU BOUTIQUE

Beautiful You is a cancer wellness boutique specializing in products for women who have had or are going to have breast surgery.

For more information and to learn more about all that we offer, please visit our website!

piedmont.org



706.475.4811



Piedmont Athens Regional Medical Services Building



BeautifulYou@piedmont.org

Online Healing Grief Workshop

Wednesdays, September 23 – November 18, 2020 • 3 to 4:30 p.m.

A nine-week workshop for those who have lost someone through death. The loss does not have to be cancer related.

Topics:

Getting Acquainted
Stress Management

Understanding Grief
Anniversaries

Remembering
Memorialization

Accepting Role Changes
Closure & Evaluation

Pre-registration is required for this workshop. Spots are limited! Please call 706.475.4900.

You can download Webex on your phone or access their website at webex.com in order to join the sessions once we send out the link.

This free workshop is sponsored by the "In Their Shoes" Walk.

Program Schedule

Call the Loran Smith Center at **706.475.4900** for your link to participate!

SEPTEMBER



Online Prostate Cancer Support Group
7 p.m.



Online Gynecological Support Group
1 p.m.



Online Breast Cancer Support Group
5:30 p.m.



Online US Too Prostate Cancer Support Group • 7 p.m.



Online Hormone Therapy Class
10 a.m.



Online Love & Laughter Open Support Group
Noon
Click [here](#) to join
Access Code: 717 949 316;
or join by phone: +1-415-655-0002

OCTOBER



Online Prostate Cancer Support Group
7 p.m.



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5:30 p.m.



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Online Gynecological Support Group
1 p.m.



Online Hormone Therapy Class
11 a.m.



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Noon
Click [here](#) to join
Access Code: 717 949 316;
or join by phone: +1-415-655-0002

Online Live Tai Chi Chih Every Monday at 10 a.m. ([click here](#))
Online Live Yoga Every Thursday at 10 a.m. ([click here](#))

Please visit piedmontcancerwellness.org for additional online resources ranging from guided imagery to cooking demos and much more!

Women's Health

Sandy Pyle, BSN, RN, Oncology Nurse Navigator

With September marking Ovarian Cancer Awareness month and October Breast Cancer Awareness month, let's look at some facts regarding these cancers.

Ovarian Cancer

Ovarian cancer is very rare (22,440 cases diagnosed in the U.S. in 2017 with 14,080 deaths), can be symptomless and is often diagnosed late. Many of the symptoms can easily be ignored: abdominal bloating, feeling full after eating very little, changes in bowel or bladder habits, abnormal vaginal bleeding, unintentional weight loss or gain, unexplained back pain.

Treatment: ovarian cancer typically includes surgery followed by chemotherapy.

Risks: Family History, Genetic mutation, age, early menarche (start of periods), delayed menopause, never getting pregnant, receiving fertility treatments, smoking, PCOS – polycystic ovarian syndrome, ethnicity (Caucasian women are more likely to get ovarian cancer).

Breast Cancer

Breast Cancer is the second most common cancer in women (second only to lung cancer) with more than 255,000 cases predicted in 2019. Often there are no symptoms, but changes in the breast – size, shape, lump or mass, skin changes, rash, dimpling of the skin, nipple discharge, scaling, flaking or redness of the skin, pain in the breast can all be signs of breast cancer.

Treatment: breast cancer varies based on the type of breast cancer, but involves surgery, radiation therapy, chemotherapy, hormone blocking therapy and immunotherapy.

Risks: Family history, early menarche, late menopause, never getting pregnant, age, hormone use, obesity.

Two major distinctions in ovarian and breast cancer, there are no screening tests for ovarian cancer, unlike breast cancer where self-exams and mammograms can lead to early detection.

63% of women with ovarian cancer will die from the disease whereas that statistic drops to 16% for women with breast cancer. Ovarian cancer strikes more caucasian women. Both black and caucasian women get breast cancer at similar rates, but more black women will die from the disease (typically due to a more aggressive form of breast cancer).

With any cancer, we can reduce the risk through habits that we can control: Maintain a healthy weight, aim for 150 minutes of exercise a week, avoid tobacco, limit alcohol (no more than 1 drink per day for women, 2 for men), avoid processed foods, limit red and processed meats, increase consumption of fruits and vegetables, wear sunscreen.

While many are concerned about going to healthcare facilities during the pandemic, I know here at Piedmont we are doing everything possible to maintain a safe environment for both patients and staff. Don't be afraid to schedule your screenings, wear your mask, maintain distance and wash your hands.

For more information:

National Ovarian Cancer Coalition

www.ovarian.org

Centers for Disease Control

www.cdc.gov/cancer/ovarian

American Cancer Society

www.cancer.org

National Cancer Institute

www.cancer.gov



Welcome Deb!

Deborah (Deb) Kim is a second-year Master of Social Work student who went back to school after working for over 20 years in corporate America and earning an MBA. (She took the scenic route to get to social work. It's a long story.) She is very excited to join the team at LSCCS and help clients as much as she can. Deb wants to be a medical social worker when she's finished with school (hopefully for good this time!) and is looking forward to the end of summer and the start of her internship.

Deb is usually full of caffeine energy and should be easy to spot; just look for the 5' tall blur with a smile on her face and coke-bottle glasses perched on her nose. She lives in Athens during the week and goes home to Forsyth County on weekends to be with her husband, three fur babies (cats), and mother-in-law, who lives with them (another long story). She's looking forward to meeting you all soon!



Welcome Jesse!

Jesse Cooper is a second year MSW student that has returned to receive his masters after 12 years in the mental health field. In 2017 he became a Certified Alcohol and Drug Counselor II, and is a Medication Assisted Therapy Specialist. For the past four years he has been working with persons with addiction and participants of Newton County Mental Health Court through his employment at Southeastern Psychological Associates. Prior to this Jesse worked with children and families with open cases with the Department of Family and Children's services. Jesse has a very eclectic background as he has worked as a veterinary surgical technician, horse trainer, and holds a bachelors degree in drama, and did in fact run away with the circus for three years to perform through out Europe.

Jesse currently lives in Dacula, Georgia with his fur child, ten year old whippet, Sofia and two horses. In his very little free time Jesse tends to be outdoors, working with his horses, hiking, camping and anything that reconnects and grounds him. Jesse also coaches a youth equestrian vaulting team in Covington Georgia.

"Hope and encouragement through support and information"

Loran Smith Center for Cancer Support
1199 Prince Avenue
Athens, Georgia 30606



Yoga and Tai Chi Chih Live Online Classes

Please join Lauren and Julie for their weekly online classes!
You can download the Webex app or access the website at webex.com.

Tai Chi Chih meets every Monday at 10 a.m.
Meeting number: 129 246 8578
Password: taichi
For those of you who receive our newsletter via e-mail, [click here](#).

Yoga meets every Thursday at 10 a.m.
Meeting number: 129 023 1339
Password: yoga
For those of you who receive our newsletter via e-mail, [click here](#).

**If you have any questions or concerns
please don't hesitate to give us a call!**

