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.
Joel’s Journal
Joel Siebentritt, Manager, Cancer Support Services

has entered its 20th year of service in the community. We’ve been walking beside you all the way toward a place of greater wellness with supportive people, programs and healthy practices. I look forward to celebrating this anniversary with you at various points through the year. To begin with, enjoy reading from our founders about the birth of our flagship program, “Facing Cancer with Love and Laughter”. The vision lives on.

An important element of our success is partnerships. An important one these days is with the Athens YMCA. Read more about how a YMCA-PARMC collaboration helps members of our cancer community achieve a healthier mind, body and spirit every day. I have been a “Y” member myself for 25 years and am always impressed with the diverse cross-section of our community that participates in YMCA programming.

A new year also means ongoing need for financial support to keep our doors open. We are grateful for the faithful donors whose contributions make cancer support possible. Some of those are recognized in the pages ahead. Another way to participate is through IN THEIR SHOES! This family friendly 10K event combines fundraising with honoring our cancer survivors while sharing the Center’s work with the greater community. Stay-tuned for the ITS website launch and in the meantime, put together a team and start walking for your health!

Finally, peruse our calendar and make plans to drop by for a class in the weeks ahead. We are introducing a new expressive arts program by Sarah Pattison in February. Look inside for details.

Please note that each newsletter now covers two months! And, many of you have made the switch from print to electronic versions. Thank you for helping us conserve paper and save on printing costs. And let us know how we can better serve you in the months ahead.

Be well, Joel

Run, Walk, Volunteer, or Cheer!

IN THEIR SHOES 10K

2020 marks the 20th Anniversary of the Loran Smith Center for Cancer Support and the 14th anniversary of In Their Shoes.

In Their Shoes provides funds that support programs at The Loran Smith Center for Cancer Support. Programs are available to anyone in the community touched by cancer. Originally a 13.2-mile walk, the fundraiser has been redesigned to reach a broader community and is now a 10k run/walk. This year’s event will be held on The Piedmont Athens Regional campus with the start and finish at The Loran Smith Center. Please join us for this fun event on Saturday, March 21, at 8 a.m.

For more information call Tammy Gilland at 706.475.7025. We hope to see you there!

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
Lisa Thaxton
Judith Hillis
Jeannine Collins
Paula Whiting
St. James United Methodist Women
Billy Jones
Leslie & Karen Mullins
Michael Healy

GIFT OF TRIBUTE
Piedmont Athens Regional Auxiliary
Jean Bleyle

IN THEIR SHOES
Dr. and Mrs. James Clay

CORPORATE DONORS
Georgia Power Company
Alumni Hall Stores LLC
Athens Ford

MEDICATION ASSISTANCE FUND
University Cancer and Blood Center

50 SHADES OF PINK
Amanda Martin
The Golden Girls of Athens
Memories of the Founding of “Facing Cancer with Love & Laughter” for LSCCS 20th Anniversary Year

The Northeast Georgia cancer community and Piedmont Athens Regional have the ultimate good fortune to benefit from the vision and work of Mickey Montevideo, Athens Regional Medical Center PR Director, and the late Mary Beth McDonald, one of our most enthusiastic volunteers and chair of the Athens Regional Foundation’s Community Relations Committee. While at a conference in 1993, they learned of an idea for a cancer support group, which had not existed here before on that scale. With an upbeat perspective and input of community members, they named it “Facing Cancer with Love & Laughter.”

Back in Athens, they enlisted the late Meg Gunn, ARMC PR staff member, to make peanut butter & jelly sandwiches for lunch on the enclosed side porch of the Talmadge House. A group of about 6 - 10 cancer survivors and caregivers, along with Community Relations Committee members, began to gather monthly and share concerns and needs of those living with cancer.

Over the next couple of years, the programming grew to include speakers of special interest for the increasing group, so the lunch meetings were moved to the Talmadge Heights Auditorium. A smaller support group met in the evening.

The faithful and growing attendees appreciated the support and began to imagine even more support services. The original cancer patients and caregivers formed a powerful group providing the inspiration and energy to carry us forward as the cancer support services programs grew, and “Facing Cancer With Love and Laughter” found its current home in the Loran Smith Center for Cancer Support in 2000. The needs assessment of patients and families indicated a thirst for information (most people did not have home computers and internet access at that time!) and supportive sharing. The luncheons were designed to provide both. Some came for the education, others for the mutual support. Most came for both.

With the help of ARMC Administration and the direct vision of Martin Sparks, VP of Nursing Services, the dream for a comprehensive cancer support center became a realistic goal. In 1997, a capital campaign was launched to raise $1.2 million to build the Loran Smith Center for Cancer Support.

We are so grateful to the larger Athens community and the oncology professionals for their support over the years and are inspired by the people with cancer who have graced us with their courage and willingness to share their journeys and be there for one another. The “Facing Cancer with Love & Laughter” luncheons were intended to be and still are, more than 20 years later, a place of loving acceptance, where courage is bolstered, and conversation and experiences are shared over a tasty meal in a safe, beautiful, and relaxed setting.

Mona Taylor
Director, Outpatient Oncology Services
1998-2010

Helene Schwartz
Director, Athens Regional Foundation
1993-2014

For more information about the LSCCS programs or to register for a class, please call 706.475.4900 or email loransmithcenter@piedmont.org.
Piedmont’s Loran Smith Center Partners with Athens YMCA to Offer Wellness Training

The Loran Smith Center for Cancer Support is now offering wellness and fitness counseling to its patients through the Athens YMCA.

The new program gives qualifying Loran Smith Center patients the opportunity to work with a community educator for wellness assessments, nutritional consults and coaching as well as exercise using Athens YMCA equipment.

Regular exercise is such an important part of maintaining a healthy lifestyle, and this new program ensures patients who need more assistance with wellness goals have the support they need. According to the American Cancer Society (ACS), sedentary behavior, such as prolonged periods of television viewing, sitting and lying down, is a risk factor for developing chronic conditions, including cancer. Research shows substantial evidence that higher levels of physical activity are linked to lower risks of several cancers, such as breast, colon and uterine cancers.

Patients can apply for a YMCA access card, which provides them eight free sessions with April Dorsett, RN, a Piedmont Athens Regional community educator and wellness coach.

Joyce Malcom is one of the first patients to utilize the new YMCA program and has been meeting with Dorsett regularly for wellness sessions. “I want to get my extra weight off and hope to not have take so many different medications,” Malcom said.

Malcom suffered from three different cancer diagnoses over the years. She’s been a patient of the center for more than 10 years and is now making lifestyle choices to help her reach a healthy weight.

Malcom’s daughter Lynn Malcom is her full-time caregiver. She accompanies Joyce to these sessions with Dorsett at the YMCA and even joins in on their workouts and helps maintain nutrition goals.

“We’ve stopped eating fast food,” Joyce said. “If we don’t get it from the grocery store, then we don’t eat it.” The pair have already experienced benefits from the regular exercise, and according to Joyce, she’s noticed a difference in her energy and how she feels during the day.

“We work to set goals each session, complete a regular exercise routine customized to the patient, and I counsel patients on other healthy lifestyle changes that are needed such as nutrition changes,” Dorsett said. “Patients can use these eight sessions however they see fit, but we hope that it gives them a good start to making some changes to better themselves.”

Once the eight sessions are completed, Dorsett and the Loran Smith Center team also assist patients who are interested in continuing their time at the Athens YMCA with applying for financial assistance to obtain a regular membership.

“We hope this new program gives cancer patients and their caregivers the resources they need to continue setting goals and making healthy choices,” Dorsett said.
For more information about the LSCCS programs or to register for a class, please call 706. 475.4900 or email loransmithcenter@piedmont.org.
## SAVE THE DATE! IN THEIR SHOES 10K

**SATURDAY, MARCH 21, AT 8 A.M.**

Join us for a Saturday of music, food, prizes and more! We are looking for volunteers, runners, walkers and fundraisers. All proceeds support the Loran Smith Center for Cancer Support.

### February 2020

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<td>Blood Cancer Support Group, Noon to 1 p.m.</td>
<td>Oncology Massage, By Appt</td>
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<td>Gynecologic Cancer Support, 1 to 2:30 p.m.</td>
<td>Oncology Massage, By Appt</td>
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<td>Mindfulness Practice Group, 8:30 to 9:30 a.m.</td>
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EXPRESSIVE ART WORKSHOP
There is so much to discover when we slow down and tune in. This class is meant to help you experience something simple, like how we move, in a whole new way using simple drawing materials. 2/28

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. 1/13

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. Three 12-week sessions will be offered every Monday in 2020! The first session begins January 27 and runs through April 13.

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

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. Second 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 and Thursdays

BLOOD CANCER SUPPORT GROUP
Facilitated by Lauren Liverman, LCSW
The Blood Cancer Support Group is open to any patient or caregiver with a blood cancer diagnosis. This includes anyone affected by Leukemia, Lymphoma, Myeloma, and other hematologic illnesses managed by an oncologist. First Tuesday

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. Second 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. Third Wednesday each month

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. Second Tuesday each month

HEALING GRIEF WORKSHOP
Facilitated by Lauren Liverman, LCSW and LaDavia Prescott, 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. Wednesdays starting February 12, running through April 8.

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. First Thursday each month

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

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

The Loran Smith Center and Wildeye Studios are offering a workshop in ‘Observation and Experiential Drawing’. This is a 2-hour segment using simple drawing materials; the basic #2 pencil, charcoal, graphite sticks and paper. There will be a segment observation drawing where we will draw from a selection of nature materials, not to create beautiful art, but to see something in a new way. The second segment will be experimenting with motion and our feeling of that experience and then how we would describe it with the drawing materials. In this safe, non-judgmental space we don’t critique, we explore! There is so much to discover when we slow down and tune in. This class is meant to help you experience something simple, like how we move, in a whole new way. Please call us to register for this workshop!

Mindfulness-Based Stress Reduction Workshop

Realizing Greater Health and Happiness starts Jan 27

Learn how to reduce the stress in your life, how to change the way you relate to stress, anxiety, pain, and other difficult thoughts and emotions. Ancient wisdom and modern science are blended in this workshop, creating one of the most effective stress reduction programs available today. This Mindfulness-Based Stress Reduction workshop is based on Jon Kabat-Zinn’s program developed at the Center for Mindfulness University of Massachusetts Medical School, Center for Mindfulness in Medicine, Healthcare, and Society. This workshop is offered to complement traditional medical and psychological treatments, not as a replacement. Participation is not limited to those who have or have survived cancer. For more information and to register go to MindfuLiving.Org or contact Mike Healy, instructor, at mfhealy@bellsouth.net or feel free to call him at 706.248.8918.