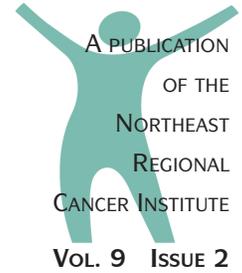


In sights



*this
issue...*

COMMUNITY RESOURCES

*Survivors Celebration
2007*

*Healthy Recipe:
Herbed Stuffed
Tomatoes*

pg. 2

Sun Safety Kick Off

pg. 3

*Nationwide Breast
Cancer Study*

pg. 3

COMMUNITY PARTICIPATION

*C.A.S.U.A.L. Day 2007
pg. 4 & 5*

*A Voice of Hope:
Cancer Survivor Story*

pg. 6

*Cancer Institute
Sponsors*

pg. 7

Mardi Gras Celebration set for Survivors

Every June cancer survivors in Northeastern Pennsylvania gather to celebrate survivorship at Cancer Survivors Celebration. This year the Northeast Regional Cancer Institute will host the 15th Annual celebration on Sunday, June 10th from 1-4 pm at Snö Mountain. Joining the Cancer Institute are event partners, the American Cancer Society and Susan G. Komen for the Cure.

The event theme is Mardi Gras, Don't Mask Cancer...Celebrate Survivorship! The mountain will be decorated in festive Mardi Gras colors with masks, beads, and a marching band.

"As a committee we couldn't think of a better way to celebrate our survivorship over cancer than to celebrate Mardi Gras style," said Tina Orner, Event Committee Chair and breast cancer survivor.

In addition to the themed decorations and marching band the event will feature cancer survivor workshops. These workshops are divided by cancer type and allow survivors to network with others who are battling the same cancer type.

As a committee we couldn't think of a better way to celebrate our survivorship over cancer than to celebrate Mardi Gras style.



Tina Orner

"The cancer survivors workshops help those individuals who are newly diagnosed find the local resources available to them, and meet survivors of the same type of cancer," said Tina. "Last year was the first year for the workshops and everyone who participated found them to be extremely beneficial."

Other planned activities include the Cancer Institute Art Therapy Tile Project, Survivors Banner, caricaturists, cooking demonstrations, children's games, and food.

Cancer Survivors Celebration is a free event and open to anyone who has been touched by cancer.

"If you are a newly diagnosed cancer patient or someone who has been a survivor for many years I look forward to meeting you at this year's event," said Tina. "Family, friends and caregivers are also invited to attend, as well as anyone who might have lost a loved one to the disease."

For more information or to register for the event, contact the Northeast Regional

Cancer Institute at (570) 941-7984 in Scranton, (570) 970-6543 in Wilkes-Barre or visit our website at www.cancernepa.org.



Healthy Recipe: Herbed-Stuffed Tomatoes

Provided by: Arlene Feleccia, RD, CDE, LDN
The Diabetes Management Center of Wyoming Valley Health Care System

- 15 cherry tomatoes
- ½ cup 1% low-fat cottage cheese
- 1 tablespoon thinly sliced green onion
- ½ teaspoon snipped fresh dill or 1/8 teaspoon dried dill weed
- 1/8 teaspoon lemon pepper

- Cut thin slice off bottom of each tomato. Scoop out pulp with small spoon; discard pulp. Invert tomatoes onto paper towels to drain. Combine cottage cheese, green onion, dill and lemon pepper in small bowl.
- Spoon mixture into tomatoes. Serve at once or cover and refrigerate up to 8 hours.

- Per serving: 27 calories, 3 gm protein, 1 gm fat, 3 gm, Carbohydrates, 1 gm fiber
- Dietary exchange: 1 vegetable
- 1 Serving = 3 Tomatoes



Spotlight on Support Groups

The Patient Advocate Foundation

The Patient Advocate Foundation has launched a **Colorectal Care Line (CCL)** designed to offer assistance to colorectal cancer patients and their healthcare providers. Educational resources, direct assistance with care issues, and financial aid for select patient needs including lodging, transportation, childcare, and other expenses for out-of-town treatment, are just some of the needs that are provided.

The hotline can be accessed online at www.colorectalcareline.org or by calling 1-866-657-8634. A team of multilingual professionals with backgrounds in nursing and social work staff the hotline and help to disseminate information on colorectal cancer.

The Patient Advocate Foundation is a national non-profit organization that provides patients with effective balance between care access, employment maintenance, and protection of financial stability. For more information on PAF call them at 1-800-532-5274 or visit them online at www.patientdadvocate.org.



Sun Safety in Northeastern Pennsylvania

The Northeast Regional Cancer Institute has partnered with Maternal and Family Health Services, the Pennsylvania Department of Health, Procter and Gamble, Blue Cross of Northeastern Pennsylvania, and Lackawanna Valley Dermatology Associates, Ltd. to kick-off the 2007 *Sun Safety in Northeastern Pennsylvania* community education program.

Sun Safety is designed to raise awareness of skin cancer prevention, early detection and diagnosis issues throughout Northeastern Pennsylvania. Recognizing that the majority of lifetime sun exposure occurs before age 18, and that sun exposure and sunburns early in life increase the risk of skin cancer, the *Sun Safety* initiative focuses on education for parents and children.

Beginning this month and continuing through August, literature on skin cancer and samples of sunscreen will be distributed in colorful children's beach pails to approximately 8,000 families through a regional network of pediatricians, Maternal and Family Health Services WIC Nutrition Centers, and at public swimming pools.



Available now!

Valuable skin cancer prevention information from

Northeast Regional **Cancer Institute** (570) 941-7984 (570) 970-6543 www.cancernepa.org

MFHS MATERNAL AND FAMILY HEALTH SERVICES, INC.

and your doctor

THE ABC's of Sensible Sun Protection:

Always remember to wear sunscreen with an SPF of 30 or greater.

Be sure to watch the time. The sun's rays are most intense between 10 a.m. and 4 p.m.

Cover up whenever possible with a long-sleeved shirt and pants. Wear a wide-brimmed hat, and sunglasses too!

Thank You to Our Sponsors!

DEPARTMENT OF HEALTH
Edward G. Rendell, Governor

Touching lives, improving life. **P&G™**

BlueCross of Northeastern Pennsylvania
Independent Licensee of the Blue Cross and Blue Shield Association
®Registered Mark of the Blue Cross and Blue Shield Association

Nationwide Breast Cancer Study Looking for Participants

The National Institute of Environmental Health Services is conducting a Sister Study, to better understand reasons why women get breast cancer. The study is calling for participation from 50,000 women across the United States and Puerto Rico, ages 35-74, who do not have breast cancer, but have a sister, related by blood, who was diagnosed with breast cancer.

This study will follow 50,000 women for

at least 10 years to learn how environment and genes may affect the chances of getting breast cancer. The study is looking to actively engage women in all states from all backgrounds, ethnicities, races, and occupations so that the results benefit and represent all women.

To learn more about the Sister Study please log onto www.sisterstudy.org or call toll-free at 1-877-474-7837.

Clinical Trial Facts

- Clinical trials are research studies that test new ways to prevent, diagnose or treat disease.
- Clinical trials address everything from treatment and diagnosis to prevention.
- According to the National Cancer Institute, if you are newly diagnosed with cancer, the time to consider joining a clinical trial is before you have surgery, chemotherapy, radiation or other treatment.
- Clinical trials have many qualifications that an individual must meet before they can participate in the study. These eligibility and exclusion criteria are developed so that patients are not put at risk.
- If you are interested in participating in a clinical trial or have any questions about clinical trials talk to your healthcare provider or visit www.cancer.gov/clinicaltrials/.

Community Participation

C.A.S.U.A.L. Day

- Over **160** Participating Businesses
- Distributed over **4,000** pins
- Distributed over **1,500** T-shirts
- Support from **7 County Governments**
- Over **20,000** pieces of Colorectal Cancer Awareness information circulated
- Nearly **\$33,000** raised for Colorectal Cancer Awareness

Surgical Specialists of Wyoming Valley



*Mesko
Glass*

Dunkin Donuts of West Pittston



*Special Thanks to
One Point
for providing the order fulfillment
system to support C.A.S.U.A.L. Day*



Maid Rite Steak Co.

UGI Penn Natural Gas, Inc.



Community Participation



Lackawanna
County
Recorder
of Deeds



*The Northeast Regional
Cancer Institute would
like to thank everyone
who participated in the
4th Annual
C.A.S.U.A.L. Day*



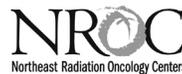
*Geisinger Health System
Glenmaura Office Building*



*Choice One Community
Credit Union*

*For more photos
please visit our website
www.cancernepa.org*

Special Thanks to our Sponsors



**Scranton Endoscopy Center/Drs. Barbarevech,
Cianni, Lalos, Patel, Rutta & Sherwin**



**Dr. Charles T. Grad/Lackawanna Medical Group
Bob Kearns & Family**

**Colorectal Center of NEPA * Dr. Frank & Colleen Kolucki
Environmental & Recycling Services Inc. (ERSI)
Eynon Surgery Center/Drs. Shah & Chowdhury
Network Ambulance Services**

VNA Hospice & Palliative Care Center of Lackawanna County

**Craft Oil Corporation * First National Community Bank
Gastroenterology Consultants, Inc. * Minooka Motor Sales, Inc.
Rotary Club of Scranton**

**Action Personnel Services * Advanced Imaging Specialists
Atty. Melinda C. Ghilardi & Sidney J. Prejean
Atty. Helen E. Rizos * Capezio Realty Company * Kate M. Burne
Cecelia L. Haggerty * CECO Associates, Inc. Employee Charity Fund
Rose Marie K. Clum * Kenneth W. Lilik, MD
Local Union #81, IBEW, Electricians * Neurologic Subspecialties, Inc.
Northeastern Gastroenterology Consultants, PC
Professional Orthopedic Associates, Ltd. * Anthony & Marie Santilli
Senator Robert J. Mellow * SPRINT, Inc.
Tony Domiano Auto Dealerships, Inc. * UNICO - Scranton Chapter**

**Ann E. Cappellini Real Estate * Agnes Brozonis * Mr. & Mrs. Carmelo Gianino
Judge Carmen D. Minora * Elaine F. Shepard * Mayor Justin Taylor
Volpe Insurance * Windsor Inn**



A Voice of Hope - Geraldine Rukse

One survivor's experience battling throat and neck cancer

“I was diagnosed with stage IV throat cancer in 2000,” said Geraldine Rukse. “My treatment included radiation that thankfully accompanied no great discomfort. Then in March of 2004 I was diagnosed with neck cancer and underwent a laryngectomy.”

“Freedom’s Voices had a lot to do with my recovery,” said Geraldine.

Freedom’s Voices is a local support group for the new or soon to be laryngectomy patients and their families. The group meets once a month in Wilkes-Barre.

Just after surgery Geraldine had no way to communicate and, living alone, had no reason to look for a way to communicate.

Freedom’s Voices President, Stan Mruk called Geraldine several times after surgery to get in touch with her. With no luck reaching her, Stan surprised Geraldine with a knock at her door.

“Stan brought me a servox, a device which allows me to speak, and showed me how it worked. Stan jokes with me now that I talk too much,” chuckled Geraldine. “He threatens to steal my batteries.”

Geraldine joked, “The first time I used the servox around the house my cat was terrified! I looked like her mom, but I sure didn’t sound like her mom.” Now Geraldine’s cat is used to the voice that the servox produces. She is always around to cheer up Geraldine.

Geraldine is a foster Grandmother and volunteers at the soup kitchen. She also volunteers at the library and spends time at a local day care.

“The kids understand what I am saying using the servox. The servox sends off vibrations and the kids look forward to getting tickled by the device when I stop by,” said Geraldine. “I like to keep busy and help others.”

Along with other members from the Freedom’s Voices support group, Geraldine regularly visits local schools and shares the importance of not smoking.

“I started smoking when I was 13 years old and stopped when I was 57,” said Geraldine. “I always ask children if they smoke. I want them to know what could happen if they continue with the unhealthy habit.”

“My advice to those with throat cancer is know that people will turn around and look at you when you speak in public,” offers Geraldine. “Try not to let it bother you. And keep busy.”

Cancer In My Family: Understanding the Risk

Northeast Regional Cancer Institute Education Program Spotlight

This program is offered through the Cancer Risk Program to individuals who have questions or concerns about their risk or a family member’s risk for cancer due to a personal or family history of the disease. This program is also a must for anyone with questions about cancer genetic testing.

To learn more about this education program, or to set up this program with your civic organization or workplace, please call the Northeast Regional Cancer Institute at 570-941-7984 in Scranton or 570-970-6543 in Wilkes-Barre.



Thank You to Our Sponsors



Pennsylvania Department of Health

William G. McGowan Charitable Fund, Inc.

Procter & Gamble Fund

Blue Cross of Northeastern Pennsylvania

David Katz Foundation ♦ Frances A. Fuller Charitable Lead Trust
Gertrude Hawk Chocolates ♦ Northeast Radiation Oncology Centers

Penn Security Bank & Trust Co.

Professional Radiation Oncology Partners

The Angeline Elizabeth Kirby Memorial Health Center

UGI Penn Natural Gas, Inc.

American Cancer Society ♦ Delta Medix, PC

Erwine Home Health & Hospice ♦ It'll Do Foundation

McCole Foundation ♦ McGrail Merkel Quinn & Associates

Scranton Endoscopy Center/Drs. Barbarevech, Cianni, Lalos, Patel, Rutta & Sherwin

AseraCare ♦ Bob Kearns & Family ♦ Commonwealth Telephone Enterprises, Inc.

Dr. Charles T. Grad/Lackawanna Medical Group ♦ Goldye Weinberger

Hematology & Oncology Associates of NEPA, PC

L & A Realty Development, LLC ♦ Lackawanna Valley Dermatology Associates, Ltd.

Laura & Peter Frieder ♦ Mercy Health Partners ♦ Roche Pharmaceuticals

Ross Family Foundation ♦ Sanofi Pasteur

Scranton Hematology/Oncology - Dr. Martin Hyzinski

The Greater Wilkes-Barre Chamber of Business & Industry

The Richard C. Marquardt Family Foundation

Colorectal Center of NEPA ♦ Community Medical Center Healthcare System ♦ Drs. Oven & Padula

Employees of Gertrude Hawk Chocolates ♦ Environmental & Recycling Services Inc. (ERSI)

Eynon Surgery Center/Drs. Shah & Chowdhury ♦ Healthcare Management Resources

Highland Associates - Architects/Engineers ♦ International Salt Company, LLC ♦ Kane Warehousing, Inc.

Kost Tire & Auto, Inc. ♦ Marian Community Hospital

Mohegan Sun at Pocono Downs ♦ Morey & Sondra Myers ♦ Network Ambulance Services

Northwestern Mutual Financial Network ♦ Oppenheim Foundation

Pleasant Mount Welding, Inc. ♦ Sallie Mae, Inc. ♦ The Citizens' Voice ♦ The Stevens Family

United Gilsonite Laboratories ♦ VNA Hospice & Palliative Care Center of Lackawanna County

Wilkes University - Concert & Lecture Committee

Northeast Regional Cancer Institute

Easing the burden
of cancer in
Northeastern
Pennsylvania

Partner Healthcare Facilities

Community Medical
Center Healthcare System,
Scranton

Geisinger South
Wilkes-Barre, *Wilkes-Barre*

Marian Community
Hospital, *Carbondale*

Mercy Health Partners
Scranton

Mid-Valley Hospital,
Peckville

Moses Taylor
Hospital, *Scranton*

Wayne Memorial Health
System, *Honesdale*

Wyoming Valley Health
Care System, *Wilkes-Barre*

If you would like to receive
Insights and are not on our
mailing list, or have received
this in error, please call
(570) 941-7984, or email
editor@cancernepa.org.

The Northeast Regional Cancer Institute is a non-profit community-based agency working to ease the burden of cancer in Northeastern Pennsylvania. Focusing on research, education, and survivorship, the Cancer Institute invests all of its resources in this region.

Partnering with the Cancer Institute to achieve its goals are community leaders, volunteers, healthcare professionals, and a cooperative network of eight partner organizations in Northeastern Pennsylvania.

Northeast Regional
**Cancer
Institute**



**This publication was supported
by funding provided by the
Pennsylvania Department of Health**

Financial support for Cancer Institute
educational programs and services is provided by the
Harry and Jeanette Weinberg Foundation

BOARD OF DIRECTORS

Barbara Bossi
Chair

Mary Erwine, RN, MSN
Vice Chairman

Joseph P. Bannon, MD
Secretary

W. Scott Lynett
Treasurer

Robert F. Durkin
President

Harold Anderson

Susan S. Belin

Harmar D. Brereton, MD

Thomas Campbell, DO

Michael M. Costello

William Dewar, MD

Sherry Gardner, RN, BSN, OCN

Leo M. Hartz, MD

David Hoff

William R. Host, MD

Sue Kluger

Hon. Michael A. Lombardo

Senator Robert J. Mellow

Shawn Murphy

Leah Nawrocki, RN

Hon. Terrence R. Nealon

Barry J. Pernikoff, MD

Paula Roos

Marguerite Salam, MD

Bette C. Saxton

Glenn Steele, MD, PhD

Curtis N. Stevens

Lisa C. Thomas, MD

Mary Theresa Vautrinot



UNIVERSITY OF SCRANTON CAMPUS
334 JEFFERSON AVENUE
SCRANTON, PA 18510

63 NORTH FRANKLIN STREET
WILKES-BARRE, PA 18701

PHONE
(570) 941-7984 (SCRANTON)
(570) 970-6543 (WILKES-BARRE)
(800) 424-6724

WEB SITE
www.cancernepa.org

NONPROFIT ORG.
U.S. POSTAGE
PAID
SCRANTON, PA
PERMIT NO. 347