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Students Keep It Natural Program Launched

The Luzerne Foundation, American Medical Association Foundation Fund, and Wayne County Community Foundation recently awarded the Northeast Regional Cancer Institute funds for a new initiative: SKIN - Students Keep It Natural program. SKIN is a Skin Cancer Awareness Program for Adolescents/Young Adults.

The Cancer Institute will work with local schools in our area to increase awareness about sun safety and teen tanning. The program includes distribution of printed materials about skin cancer, education programs for students, faculty/health staff and athletic team coaches at the participating schools, a Poster contest, and a "Ban-a-Tan" pledge campaign.



Pictured is (left to right) Natalie Woronchuk, RN, BSN, Community Education Nurse, Northeast Regional Cancer Institute; Robert F. Durkin, President, Northeast Regional Cancer Institute; Mary Erwine, RN, MSN, Board of Directors Vice Chair, Northeast Regional Cancer Institute; and Charles M. Barber, President & CEO, The Luzerne Foundation.

The Willary Foundation Supports Women's Cancers Initiative

The Willary Foundation recently awarded the Northeast Regional Cancer Institute with a contribution of \$25,000 towards a Women's Cancers initiative.

This funding will allow the Cancer Institute to explore and develop new cancer prevention services to benefit this population.

The Willary Foundation is a family foundation dedicated to developing ideas and projects that are interesting, creative and imaginative and which benefit communities in Northeastern Pennsylvania. Willary seeks to foster both individuals and groups with unique, innovative or unusual ideas and efforts.

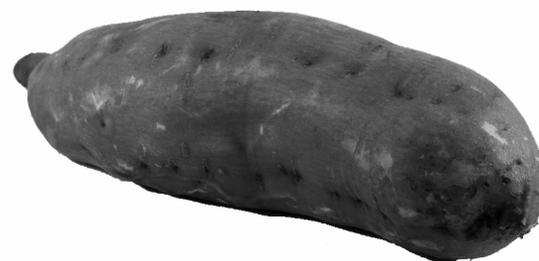


Community Resources

• Healthy Recipe: Sweet Potato Bread Pudding

Provided by: Laurie Miller RD, LDN, Clinical Dietitian
Community Medical Center Healthcare System

- 2 eggs
- 2 egg whites
- 1 cup fat-free or light milk, or vanilla-flavored soy milk
- 1 cup mashed cooked sweet potato
- ¼ cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 3 cups dry whole-grain bread cubes (4 slices)
- 1/3 cup golden raisins or snipped dried apricots
- ¼ cup chopped pecans, toasted



• Directions:

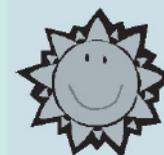
- 1. In a medium bowl beat together whole eggs, egg whites, and milk. Whisk in the sweet potato, brown sugar, cinnamon, and nutmeg.
- 2. In a 2-quart square baking dish combine bread cubes, raisins, and pecans. Pour the egg mixture over bread mixture. Lightly press with the back of a spoon to thoroughly moisten bread.
- 3. Bake in a 325 degree oven for 30 to 35 minutes or until a knife inserted near center comes out clean. Serve warm.

• Per serving: 283 Calories, 9g Protein, 7g Fat, 48g Carbohydrates, 4g fiber

• Dietary exchange: Fruit 0.5, Bread & Starch 2.5, Medium Fat Meat 0.5

• Serves 6

Sun Safety in Northeastern Pennsylvania 2007 Year-End Report



Program Distribution

- 8,000 Sun Safety pails and skin cancer information brochures were distributed
- 45 physicians, 14 Women Infant and Children Centers and 40 community venues throughout a 7 County service area received information on Sun Safety
- 98% of caretakers who responded to our survey reported a better understanding of skin cancer and ways to reduce risk
- 96% of responders reported intent to modify behavior to help reduce their own and their child's risk of skin cancer

Education Program Results

Professional Education Program

- 115 healthcare professionals attended a Sun Safety 2007 program on skin cancer
- 100% of professionals in attendance reported a better understanding of skin cancer and ways to reduce risk

Community Education Program

- 16 community education programs were held on Sun Safety to approximately 294 attendees
- 100% of community members in attendance reported a better understanding of skin cancer and ways to reduce risk
- 98% of community members in attendance reported intent to modify behavior to help reduce their risk for cancer

The Northeast Regional Cancer Institute 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 provide *Sun Safety in Northeastern Pennsylvania* to the community and healthcare professionals in northeastern Pennsylvania.



Community Participation

Cancer Survivors Turn to Humor *Recommended Humor Books for Cancer Survivors*

Cancer survivors often welcome the opportunity to share their story of survivorship. Telling their story not only helps them deal with the stress of cancer, but can also help others going through the same struggles.

Some cancer patients have found a new way of coping - through humor. Survivors have capsulated their battle in comic books, survival guides, and even humor based support groups.

Although many critics argue that cancer humor is not funny in any circumstance, cancer patients agree that humor about themselves is acceptable and often times is what gets them through the day. Humor can also be used as an ice breaker when talking about their cancer with other individuals.

A wide variety of cancer related humor books exist written by cancer survivors and their family members for survivors and the family and friends of someone who is coping with the disease.

Recommended Reads

- » Cancer Vixen: A True Story by Marisa Acocella Marchetto
- » Cancer Made Me A Shallower Person: A Memoir in Comics by Miriam Engelberg
- » Mom's Cancer by Brian Fies
- » Plant A Geranium In Your Cranium by Barbara Johnson
- » Chicken Soup for the Surviving Soul by Jack Canfield, Mark Victor Hansen, Patty Aubrey, Beverly Katherine Kirkhart, & Nancy Mitchell Autio
- » Not Now I'm Having A No Hair Day by Christine Clifford
- » I'd Rather Do Chemo Than Clean Out the Garage by Fran Di Giacomo

Road Scholar Transport Hits the Road for Cancer Awareness

Road Scholar Transport has become an active partner in raising awareness about some very important issues. Three trucks belonging to Road Scholar Transport are painted with important cancer awareness messages.

Jim Barrett, President and Owner of Road Scholar Transport, and his staff decided to take awareness on the road when they decorated four of their trucks with different awareness messages. The four trucks currently on the road today are pink with a message of breast cancer awareness, light blue with a message of prostate cancer awareness, yellow with a message of pediatric cancer awareness through the Alex's Lemonade Stand campaign, and navy blue with a message on Autism.

Road Scholar Transport now has plans to give back to organizations that make it their mission to generate awareness about these diseases.

Road Scholar Transport was established in 1988 by Jim Barrett and his wife, Debra. Jim leased a used tractor trailer and served as the sole driver for the company, while Debra acted as dispatcher. Today Jim and Debra employ approximately 95 drivers out of 4 terminals, own 80 tractors, and 350 trailers.



Community Participation

7th Annual Family of Survivors Program



A tribute to all those touched by cancer...survivors, their families, friends, and caregivers, as well as family members and friends of those who have died from cancer.



The Northeast Regional Cancer Institute invited anyone touched by cancer...survivors, their families, friends, and caregivers, as well as family members and friends of those who have died from cancer to attend the 7th Annual Family of Survivors Program on Sunday, October 7th at 1:00 pm at the Everhart Pavilion at Nay Aug Park in Scranton. The event paid tribute to the Family of Survivors. Leonard Janeski, prostate cancer survivor, offered words of hope and encouragement. The event also included a music sing-a-long from Bill Frye, Invocation by Bob Lamson and a Survivors Circle lead by Curt Stevens. The PCT Foundation was honored at the event. The afternoon is dedicated in memory of Frances Acker Fuller.





Mercy Hospital Brings Surgical Robotics To NEPA

Mercy Health Partners announced the acquisition of a \$1.6 million surgical robot, purchased from Intuitive Surgical, Inc., called the daVinci Surgical System. The daVinci® Surgical System is powered by state-of-the-art robotic technology.

While the equipment is termed robotic, the patient's surgery is performed by their surgeon. The system cannot be programmed nor can it make decisions on its own. The daVinci® System requires that every surgical maneuver be performed with direct input from the surgeon.

The System allows surgeon's hand movements to be scaled, filtered and translated into precise movements of micro-instruments within the operative site. The magnified, three-dimensional view the surgeon experiences enables him/her to perform precise surgery in complex procedures through small surgical incisions.

Most patients enjoy the benefits of surgical treatment in a less invasive procedure with minimal pain, limited blood loss, and early functional and overall recovery.

Surgeons at Mercy report that the initial focus of the daVinci Robot will be in the area of prostate surgery. The daVinci® Surgical System has been successfully used in thousands of prostate cancer procedures world-wide. Indeed, total, or radical prostatectomy using the daVinci System, is considered the new gold standard in prostate cancer care.

Mercy Health Partners will phase in additional areas of surgical application as surgeons become familiar with the technology and feel that it will be beneficial for their patients. Currently the da Vinci Prostatectomy is available through Mercy Hospital and Delta Medix urologists.

Save the Date!



Night out at the Theatre
Survivors in the Spotlight

Cancer Survivors and their guest are invited to enjoy a theatre production of

CHICAGO
THE RAZZLE-DAZZLE BROADWAY MUSICAL

January 20, 2007 at 7:00pm
reception to follow with members of the cast

Tickets for Cancer Survivor and one Guest:
\$ 23.00 per ticket

For more information please contact
Robin Green at 570/343-4334 ext. 5072.



The White Haven Community Picnic in the Park recently made a \$2,000 contribution to the Northeast Regional Cancer Institute towards cancer awareness. Presenting Robert Durkin, President of the Northeast Regional Cancer Institute with a check is Cancer Institute volunteer, Bob Lamson of White Haven.



The Two Hardest Years of My Family's Life by Bill Ritter, Jr.

"This experience made us closer as a family"

On November 4, 1990 my father was dressed for work, like any other morning, but he slouched over in his recliner holding his stomach. He insisted there was nothing wrong, but my mother insisted he was going to the hospital. I thought it was probably just his ulcer. When I returned home from school there was no dinner waiting for me and my parents were not home.

My mother came home at 8:30 that evening and said that Dad was at the Moses Taylor Hospital; his ulcer was really bad and he had to stay for a few days to have some tests run. For the next three days he had test after test. On the second day I went to the hospital on my school lunch hour. My mother said, "They found a tumor the size of a grapefruit in your father's stomach - it may be cancerous." My dad received news from his doctor the next day that he had a cancerous tumor in his stomach.

The chemotherapy was tough. The littlest things upset him so much. At times my father just wanted to give up and quit the chemotherapy. There were times when he wouldn't sleep for two days because of terrible nightmares. He also got depressed when he began to lose his hair. Those were hard times for the whole family. No one really knew how to react or what to say. But the family stuck together and supported my father and each other through it all. Our family's united spirit and the help of God got us through the nine long months of chemotherapy.

My father is better now and as strong as ever. I feel that I appreciate him more than I ever did. I also feel that he appreciates us a little more, too. This experience made us closer as a family. Thanks to the help of our friends and a lot of praying our family was able to "hang tough" and get through the worst year of our lives.



Pictured left to right is Eddie Weidow, Marleyna Weidow, Kim Weidow, Donna Ritter, Bill Ritter, Billy Ritter, and Karen Ritter

Cancer Survival Toolbox:

This toolbox provides practical resource information to individuals and families dealing with a cancer diagnosis. Topics addressed in the toolbox include: communication, finding information, making decisions, solving problems, and finding ways to pay for care. For more about the Cancer Survival Toolbox, or to obtain a free toolbox, please call the Northeast Regional Cancer Institute at 570-941-7984 in Scranton or 570-970-6543 in Wilkes-Barre.

NORTHEAST REGIONAL CANCER INSTITUTE
EDUCATION PROGRAM SPOTLIGHT



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Women's Golf Association - Scranton Country Club

Northeast Regional Cancer Institute

Easing the burden
of cancer in
Northeastern
Pennsylvania

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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*

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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.



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Lehigh	Luzerne
Monroe	Northampton
Pike	Wayne
Susquehanna	Wyoming

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