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Specialized Exercise Programs Available for Cancer Patients, Survivors

We all know that exercise is important for our overall health, but it is also recommended for individuals during and after cancer treatment.

According to an article titled "Forward Motion: Exercise programs prove beneficial for cancer patients"

featured in the Summer 2008 issue of Cure Today, "Researchers are confirming what exercise program leaders are discovering – not only does exercise build up self-esteem in cancer patients but it may also improve survival."

In northeastern Pennsylvania there are three local programs designed for the needs of cancer patients and survivors. Funding for these programs has been made possible through a grant from the NEPA Affiliate of Susan G. Komen for the Cure. Candy's Place in Forty Fort offers a *Cancer Recovery Through Exercise Program*, the Scranton Jewish Community Center in Scranton offers a program through the *Cancer Wellness & Exercise Center of NEPA*, and a *Physical Activity Intervention for Surviving Breast Cancer* is available at Northeast Radiation Oncology Centers (NROC) in Dunmore.

All of these programs have been certified for cancer survivors.

Candy's Place Cancer Resource Center *Cancer Recovery Through Exercise Program* consists of various classes geared for the cancer patient before, during and after cancer treatment. The program is taught by certified instructors and

features stretching, relaxation, beginner yoga, and light cardiovascular and strength training.

"Exercise can help in the prevention and recurrence of many cancers. It can also help with so many of the side effects of

treatments," said Penny Cunningham, Founder, Candy's Place. "At Candy's Place we also think of yoga and exercise programs as our Physical Support Group. People talk about their experiences and offer support to each other."

The Scranton Jewish Community Center *Cancer Wellness & Exercise Center of NEPA* is open to cancer patients and survivors throughout northeastern Pennsylvania. The session features eight weeks of structured exercise classes with low impact aerobics, yoga, and aqua therapy. The program stresses treatments that encourage the body's natural healing



Continued on page 3



The 11 L's of Caring and Coping

Strategies for coping with cancer for patients and their caregivers

1. **Learn as much as you can, as quickly as you can.** This can be very frightening, but look your problem right in the eye and “face the danger.” Even if what you learn is scary, it’s better to know than not to know.

2. **Level with each other.** Sharing your fears helps reduce them, and you each need to provide the other with a “soft place to land,” that is, a safe place to discuss fears and other emotions.

3. **Laugh.** What’s funny about cancer?? Nothing! There is, however, plenty of humor in some of the situations caused by the cancer, so look for it there. When you laugh, nothing changes...but you feel better.

4. **Live in the moment.** Focus on things you can control, not the things you can’t control. Remember this: “Don’t go there ‘til you get there.”

5. **Look forward to something.** Focusing on something other than your difficult situation will remind you that your crisis won’t last forever, even though it may seem like it. Make plans to do something that you like to do, solely for the purpose of looking forward to those plans.

6. **Keep friends and family in the Loop.** It’s important, but very stressful, to keep everyone up to date. Reduce that stress by using free online progress reporting. Visit www.ThePPP.org.

7. **Let people help you, but only if you really need it.** Accepting help that you do not want or need will create more stress than was saved by the help itself.

8. **Limit yourself to one crisis at a time.** During a crisis, there are usually a number of problems at any moment and your tendency will be to try to solve them all so you can be problem-free for at least a little while. The reality is that there will always be problems, and you must try to focus on one at a time and manage the problems that you have.

9. **Lift your spirits by taking time for yourself.** On the airlines they say, “put on your own oxygen mask before helping others with their.” Why? Because if you pass out, you won’t be any help to anyone.

10. **Lower the bar.** Don’t expect so much from yourself until things are better.

11. **Lose people that upset you.** Some well-meaning people try to help but actually make things harder instead. Reduce your stress by avoiding them.

12. (Bonus!!) **Remember that things seem worse Late at night.** When you’re tired, everything seems much worse than it really is, fueling overwhelm and despair. Remembering that your fatigue is the root of those feelings will help you put them in the proper perspective.

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Michael Ryan, and his mother, Mary Frances Ryan, both of Scranton recently made a \$500 contribution to the Northeast Regional Cancer Institute. The donation is in memory of two family members who were recently lost to cancer.

Pictured is (l to r) Michael Ryan, Chris Kelly, Northeast Regional Cancer Institute Administrative Coordinator, and Mary Frances Ryan.



Specialized Exercise Programs for Cancer Patients, Survivors Continued...

system to enhance recovery, reduce stress and foster general well-being, such as physical exercise, nutrition counseling, and meditation. The program also offers massage, craniosacral, and lymphatic drainage therapies.

“To witness the positive physical, mental, and social affects the program brings to its participants is heartwarming. This is absolutely the best program that I have been involved with in my professional career,” states Vince Kalinoski, JCC Program Director and Cancer Wellness Administrator. “We have had people that before entering the program, had difficulty climbing a flight of stairs and after a couple of weeks of exercise, often jog by my office to show off their progress.”



A Cancer Recovery Through Exercise Program taking place at Candy's Place

Physical Activity Intervention for Surviving Breast Cancer (PAISBC)

is a free one on one wellness program developed for anyone who is pre-treatment, receiving treatment, or after treatment for breast cancer. These individual programs focus on ways to support yourself and your body to increase energy level, reduce pain, and improve range of

motion, strength and balance.

Before beginning any exercise regimen, patients should first discuss a safe routine and limitations with their doctor.

For more information about the exercise programs for cancer patients or to register contact Candy's Place at 570/714-8800, the Scranton Jewish Community Center at 570/346-6595 extension 115 or NROC at 570/504-7200.

Save the Date...

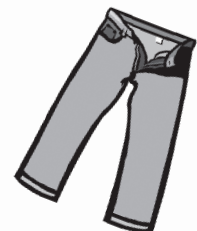


c.a.s.u.a.l. (Colon cancer Awareness Saves Unlimited Adult Lives) is a program to raise awareness about colon cancer and the importance of screening and early detection, as well as raise funds and awareness for the Northeast Regional Cancer Institute.

Join us on March 26, and dress

c.a.s.u.a.l.

for a good cause!



Donate \$5 for an Awareness Pin OR \$15 for an Awareness T-Shirt

PCAA of NEPA Awards Grant to Cancer Institute

Each year in Northeastern Pennsylvania, 650 men are diagnosed with prostate cancer.

PCAA of NEPA, which raises funds for prostate cancer awareness and prevention, recently made a contribution to the Northeast Regional Cancer Institute in support of prostate cancer education programs.

The Cancer Institute will use the \$6,000 grant towards community based cancer education programs geared to individuals facing the challenges of prostate cancer.

“The PCAA is a local organization that raises funds to promote prostate cancer awareness in our region,” said William Reed, PCAA of NEPA. “We are very pleased to have partnered with another local organization like the Northeast Regional Cancer Institute, to undertake community based prostate cancer outreach here in northeastern PA.”

For a complete listing of upcoming prostate



Pictured are (l to r): Bob Breslin, PCAA of NEPA; Robert Durkin, Northeast Regional Cancer Institute; William Reed, PCAA of NEPA; and Dan Santaniello, PCAA of NEPA.


cancer programs please visit the Northeast Regional Cancer Institute’s calendar of events at www.cancernepa.org or call 570/941-7984 in Scranton or 570/970-6543 in Wilkes-Barre.

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If so, please visit
www.cancernepa.org
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Northeast Regional Cancer Institute.

To protect your privacy your information will not be shared with any other organization.




Night out at the Theatre
Survivors in the Spotlight


Cancer Survivors and their guest are invited to enjoy a theatre production of
THE
WIZARD OF OZ
January 23, 2009 at 8:00pm
at the Scranton Cultural Center
reception to follow with members of the cast
\$ 25.00 per ticket

Tickets for Cancer Survivor and one Guest:
Call 570-342-7784 to reserve your seats
Tickets can be purchased by phone after
December 3, 2008, seating is limited
Tickets not available at the box office


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The Times-Tribune



It's all in the **GAME!**

an evening of fun and games to benefit the
Northeast Regional Cancer Institute



Thursday, October 9, 2008
Radisson Lackawanna Station Hotel
Scranton



Thursday, October 23, 2008
Genetti Hotel & Conference Center
Wilkes-Barre



Thank You Sponsors and Event Partners!



Cindy Gowell's Story of Survivorship

"I believe I got better because of prayer, an optimistic attitude, good doctors and good medicine"

Last May, Cindy Gowell was cleaning her garage and moving things around to re-organize the space. A day after the cleanup she noticed a raised lump right above her armpit that was sticking out and squishy to the touch. Her friend encouraged her to call her doctor.

Her doctor saw Cindy right away and scheduled a mammogram, chest x-ray, ultrasound, and blood work. A spot on her ultrasound caused concern that was later confirmed as lymphoma by the contrast CAT scan.

In July Cindy received confirmation that she had non-Hodgkin's lymphoma and would need 6-8 treatments of chemotherapy.

"My friend came with me for my first treatment and insisted on staying with me," said Cindy. "It was at this appointment that I learned I had Stage 4 lymphoma in my right axilla, left groin, along the aortic iliac chain and on top of my right gluteus maximus."

"I said excuse me, and my doctor pointed to show me the areas where my lymphoma was located," said Cindy. But before he could finish pointing Cindy said, "Doctor, are you trying to tell me I have lymphoma on my rear-end, and he said yes." I noticed out of the corner of my eye, my friend was giggling and as soon as my doctor left the room we both laughed hysterically. "How many people can say they have lymphoma of the butt cheek?"

"When my nurse came over to take my blood pressure she asked why we were laughing," said Cindy. "I told her I had lymphoma of the butt cheek! She asked for permission to share this with others who wanted to know what was so funny. For the rest of the day, people walking by would call me cheeky or would whistle and

wink. We found a lot to laugh about that day."

Cindy wore red to every treatment because she believes red is a power color. It helped her to stay positive.

Looking back, Cindy doesn't ever remember thinking she was sick. "When I described what I was going through, I would say I have non-Hodgkin's lymphoma. I never used the "C" word," said Cindy. "It was only after my treatments were complete, that I realized

how serious the condition had been."

"I believe I got better because of prayer, an optimistic attitude, good doctors and good medicine," said Cindy. "I know I couldn't have done this without the support of my friends. They were there with me at doctor's appointments, treatments and always able to cheer

me up and keep me laughing. I can never thank them enough or repay them for what they did for me."

"In life you have many friends, but going through cancer you find out who your true friends are," recalls Cindy. "I was lucky enough to have 5 friends who are now family. I call them the Fabulous 5 adding 1, which includes me."

Cindy and her friends celebrated their friendship this summer with a girl's weekend in Brigantine, NJ. Cindy made jewelry and shirts for everyone.

"If you are newly diagnosed with cancer, my advice is to know that everyone responds to treatment differently and no one is affected the same. Don't be afraid to ask questions, and no question is too small," said Cindy. "Listen to your doctor and surround yourself with positive comments, people, family and friends. Seek out and question those who have been along the same path to help you to YOUR survivorship."



Cindy Gowell before (left), during (center) and after (right) her treatment.

Share Your Story of Survivorship

We would like to feature your story in our upcoming newsletter. To share your story with our readers, please send your story to editor@cancernepa.org or write to Cancer Survivor Story, Northeast Regional Cancer Institute, 334 Jefferson Avenue, Scranton, PA 18510.



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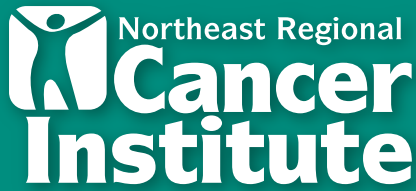
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The Northeast Regional Cancer Institute is a non-profit community-based agency working to ease the burden of cancer in Northeastern Pennsylvania. Focusing on research, education, and survivorship, the Cancer Institute invests all of its resources in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



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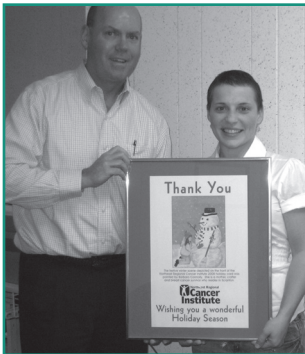
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Scenes from the Northeast Regional Cancer Institute



Pictured are (left) Barbara Connolly our 2008 holiday card artist with Robert Durkin, (center) Jane Oswald presenting tobacco information at a recent program, and (right) Judge Terrence Nealon, Barbara Bossi, RN, MHA, Mary Erwine, RN, MSN, and Robert Durkin at the December Board Meeting

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