

In sights



A PUBLICATION
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NORTHEAST
REGIONAL
CANCER INSTITUTE
Vol. 9 ISSUE 3

*this
issue...*

COMMUNITY RESOURCES

*PA Cancer Education
Network*

*Save the Date!
Family of Survivors
Program*

*Healthy Recipe:
Super Crucifer Stir-Fry
pg. 2*

*Scholarship
Opportunities for
Cancer Survivors
pg. 5*

COMMUNITY PARTICIPATION

*Save the Date!
It's all in the Game
pg. 2*

*Survivors Celebration
Photos
pg. 4*

*A Positive Motivation:
Cancer Survivor Story
pg. 6*

*Cancer Institute
Sponsors
pg. 7*



Cancer Institute Serves as Facilitator for Pennsylvania Cancer Education Network in NEPA

The Northeast Regional Cancer Institute has been named by the Pennsylvania Department of Health to serve as the District Contractor for the Pennsylvania Cancer Education Network (PA Network). Selected through a competitive grant process, the Cancer Institute is charged with establishing evidence-based cancer education in the areas of colorectal, prostate, ovarian, and skin cancers for ten counties in the Pennsylvania Northeast Health District. The district includes Carbon, Lackawanna, Lehigh, Luzerne, Monroe, Northampton, Pike, Susquehanna, Wayne, and Wyoming Counties.

Through the PA Network, the

Northeast Regional Cancer Institute aims to address risk reduction behaviors and screening rates as well as reduce mortality rates for prostate, colorectal, skin, and ovarian cancers in Northeastern Pennsylvania. Programs for each of the four cancers will provide information on risk factors, signs and symptoms of the disease, current screening recommendations, and ways to reduce risk. Additional resource materials will also be offered at each program.

Please check the Northeast Regional Cancer Institute website at www.cancernepa.org for a complete listing of upcoming education programs or contact the Cancer Institute to set up a program for a local community group.



The Northeast Regional Cancer Institute invites you to join us for 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.

You're invited...

7th Annual

Family of Survivors Program

Sunday, October 7, 2007 1:00 p.m. - 2:30 p.m.

NEW LOCATION:

Nay Aug Park at the Everhart Pavilion

A member of the Family of Survivors will offer words of hope and encouragement. Music and a Survivors Circle will also be available.

** Dedicated in memory of Frances Acker Fuller **

If you plan to join us, please RSVP by October 3rd.

(570) 941-7984 in Scranton (570) 970-6543 in Wilkes-Barre

COMMUNITY MEDICAL CENTER HEALTHCARE SYSTEM
MARIAN COMMUNITY HOSPITAL
MOSES TAYLOR HOSPITAL/MID-VALLEY HOSPITAL
WYOMING VALLEY HEALTH CARE SYSTEM

GEISINGER SOUTH WILKES-BARRE
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Healthy Recipe: Super Crucifer Stir-Fry

Provided by: Jill Fabri, MS, RD, LDN
Marian Community Hospital

Serve this recipe as a side dish or top it with grilled chicken/fish with brown rice and make it a meal!



- 1 Tbsp canola oil
- 1 Tbsp garlic, minced
- 1 Cup broccoli florets, fresh or frozen
- 1 Cup carrots, sliced
- 2 Cups cabbage, shredded
- 1 Cup mushrooms, sliced
- Ground ginger to taste
- Light soy sauce to taste

Directions:

- Heat a large, nonstick skillet over medium-high heat. Add the canola oil and sauté the garlic until golden brown, about 1-2 minutes. Add the rest of the vegetables and sauté until crisp-tender, about 3-5 minutes. Season with ginger and light soy sauce.

Per serving: 79 Calories, 3g Protein, 4g Fat, 8g Carbohydrates, 2.5g fiber

Dietary exchange: Bread & Starch 0.5, Vegetable 1

Serves 4

It's all in the GAME! Save the Date...



Thursday, November 1, 2007 6 - 9 p.m.

Radisson Lackawanna Station Hotel, Scranton

Thursday, November 15, 2007 6 - 9 p.m.

Genetti Hotel & Conference Center, Wilkes-Barre

Join your colleagues and friends for a night of fun and games to benefit the Cancer Resources Guide



Cancer Institute Welcomes New Board Members



William R. Dewar III, MD



Shawn Murphy

Barbara Bossi, RN, MHA; Chair of the Board of the Northeast Regional Cancer Institute, announces the recent appointment of William R. Dewar III, MD and Shawn Murphy to the Board of Directors.

William R. Dewar III, MD, is a Physician and Vice President at Highland Physicians LTD, Honesdale, PA. Dr. Dewar is also a member of the Medical Staff for Wayne Memorial Hospital.

Dr. Dewar serves on professional societies of the American Medical Association, Pennsylvania Medical Society, Wayne-Pike Medical Society, American College of Physicians, and American Association of Cardiovascular and Pulmonary Rehabilitation.

He received his bachelor's degree from Gettysburg College and his doctorate degree from Universidad Autonoma de Guadalajara in Mexico. Dr. Dewar is board certified in internal medicine.

Shawn Murphy is recently retired. Prior to her retirement she served as Special Assistant to and District Office Director for State Senator Charles D. Lemmond.

Ms. Murphy serves as chair of the board of Planned Parenthood of North East Pennsylvania, a member of the board of trustees for the Osterhout Free Library, and a board member of the Montessori School of Wyoming Valley.

She received her bachelor's degree from Marietta College and her masters in counselor education from Penn State University.

The Cancer Institute welcomes William R. Dewar III, MD and Shawn Murphy to the Board of Directors.

Board of Directors News

Board Member Named One of the Best 50 Women in Business

Mary Erwine, RN, MSN, President of Erwine's Home Health & Hospice, Inc. and Vice Chair of the Board of Directors for the Northeast Regional Cancer Institute, has been named one of the Best 50 Women in Business in Pennsylvania by Governor Edward G. Rendell.

Pennsylvania's Best 50 Women in Business are chosen by an independent panel of judges for their dedication to Pennsylvania's business growth, professional and personal accomplishments, community involvement and continued advocacy for women in business.

Congratulations Mary Erwine!

Thank You!

The Northeast Regional Cancer Institute thanks The Times Leader for the Advertising Certificate presented at the Wilkes-Barre Chamber of Commerce CEO to CEO Networking Breakfast

Community Participation

15th Annual Cancer Survivors Celebration



Don't Mask Cancer... Celebrate Survivorship!

Hosted by



In partnership with



On Sunday, June 10th cancer survivors from Northeastern Pennsylvania gathered to celebrate life at the Northeast Regional Cancer Institute's 15th annual Cancer Survivors Celebration.

The Mardi Gras themed event featured a celebratory message, "Don't Mask Cancer...Celebrate Survivorship!" as well as decorations in festive Mardi Gras colors with masks, beads, and a marching band. David DeCosmo of WYOU-TV, cancer survivor, was event emcee. Kate Carmody, a breast cancer survivor from Wayne County and Congressman Chris Carney of Dimock spoke at the event and offered inspirational words of advice on survivorship.

This year's event offered family fun filled with great food, music, and friends. Information display booths, the survivor banner, and the cancer survivors art therapy project were among other activities offered during the Cancer Survivors Celebration!





Education/Professional Scholarship Opportunities Available for Cancer Survivors and Families

Cancer Survivors Fund

The applicant must be a cancer survivor or currently diagnosed with cancer, and does not have to be receiving treatment to qualify. The Fund awards four levels of scholarships to augment the expenses associated with the college educations of young cancer survivors. A selection committee chooses scholarship recipients based on the applicants' personal hardships, assessing their financial and emotional needs as well as their academic qualifications.

Telephone: 281-437-7142

Website: www.cancersurvivorsfund.org

Jay's World Childhood Cancer Foundation

Jay's World Childhood Cancer Foundation Inc. has a college scholarship program for children with cancer living in New York. Candidates must either be cured of cancer, in remission, or able to attend college while undergoing treatment.

Telephone: 516-297-5328

Website: www.jaysworld.org

Michael A. Hunter Memorial Scholarship

Sponsored by the Orange County Community Foundation, this scholarship is offered nationwide to graduating high school seniors, children of non-surviving leukemia patients.

Telephone: 949-663-4202 ext. 42

Website: www.oc-cf.org

National Collegiate Cancer Foundation

The NCCF was established to provide financial support to college students whose lives have been impacted by cancer and are seeking to continue their higher education while still undergoing treatment. The \$1,000 competitive awards will be judged based on four criteria: financial need, quality of essay and recommendations, displaying a "Will Win" attitude, and overall story of cancer survivorship. All scholarships are one time awards and nonrenewable. Awardees must go through the applications process each year.

Telephone: 717-215-0943

Website: www.collegiatecancer.org

SuperSibs! Scholarships

Scholarship opportunity for a sibling of a child diagnosed with cancer. Two \$5,000 scholarships are available for graduating high school seniors.

Telephone: 617-780-9606

Website: www.supersibs.org

The Ryan Mullaly Second Chance Fund

Each award is \$1,000. Priority is given to students still undergoing treatment, those with permanent effects from treatment and those at the beginning of their post-high school education.

Telephone: 609-737-1800

Website: www.ryans2dchancefund.org

Working Against Cancer's Survival Scholarship Program

WACS Scholarship Program assists young adult cancer survivors (ages 30 yrs and under) by providing awards toward academic and vocational education. These scholarships will encourage each recipient to engage in a trade, an art, or some other form of higher education relieving some of the additional burden in obtaining the necessary finances to reach these goals. Candidates must be a cancer survivor or recently diagnosed with cancer, but do not need to be currently receiving treatment to qualify. Two scholarships are awarded annually. One scholarship is awarded to a resident of California while the other one goes to someone residing in the USA.

Telephone: 619-269-6767

Website: www.workingagainstcancer.org

Pacific West Cancer Fund Survivor Scholarship

Program Termed "Survivor Scholarships," these grants have been given to over 70 different universities in the United States. The sole duty and commitment to search out and award the grant to a qualified candidate or candidates. Many of the universities have chosen recipients that are currently facing medical bills because of their fight with cancer. To apply for the Survivor Scholarship, please contact the financial aid office at any college or university and they should be able to provide you information about this scholarship.

Telephone: 504-304-6423

PAF "Scholarships for Survivors" Program

The purpose of the Patient Advocate Foundation scholarships are to provide support to individuals, under the age of 25, that are or have been diagnosed with cancer or a critical or life threatening disease.

Telephone: 800-532-5275

Website: www.patientadvocate.org

SamFund (Surviving and Moving Forward) Scholarship

Provides opportunities for cancer survivors in the United States who are between the ages of 17 and 35. The foundation distributes grants and scholarships in an effort to enable survivors to pursue their educational or professional goals.

Telephone: 609-780-9606

Website: www.thesamfund.org

UCF National College Scholarship Program

The Ulman Cancer Fund National College Scholarship Program was established to support the financial needs of young adults whose lives have been impacted by cancer and are seeking post-secondary education or professional school training. These are competitive awards are offered through five different scholarship categories, which are selected based on differing criteria. All Scholarships are one time awards and non-renewable.

Telephone: 888-393-FUND

Website: www.ulmanfund.org



A Positive Motivation

One cancer survivor speaks about her experience as a 2-time brain cancer survivor



“I am a two time brain cancer survivor,” said 19-year-old Ashley Smith. “With the support of my family and faith in God, I am a survivor.”

In 1991, when Ashley was four years old, she was diagnosed with an Astrocytoma/Ependymoma brain tumor; two tumors in

one. She was treated at Children’s Hospital of Philadelphia and underwent a series of nine surgeries to remove the tumor and help Ashley regain her vision, motor, and speech skills, lost during her five month stay in the hospital.

However, the story of survival does not end here for young Ashley Smith. Eight years after her first diagnosis, Ashley was told her brain cancer had returned to the same location in the brain except this time it also spread to her spinal cord.

In 1999 Ashley was diagnosed with an Astrocytoma brain tumor and she underwent chemotherapy to treat her disease. She stopped her treatment early when she experienced some hearing loss.

Today, a two-time cancer survivor, Ashley continues to defy all odds. She stays very active working at St. Luke’s Hospital and has served for two years as a Counselor in Training at the Ronald McDonald Camp outside of Lake Wallenpaupack, a camp that Ashley attended five years in a row as a camper and three of those years with her brother, Adam.

“I am determined to do things on my own and I enjoy volunteering at the hospital. Helping others makes me feel good!”

When Ashley is not working at the hospital or volunteering at camp she spends her Saturdays riding horses, a hobby she has enjoyed for over 14 years. Ashley also enjoys shopping, going to the movies and most recently redecorating her bedroom.

“I am just like any other 19 year old,” said Ashley. “It was hard growing up and not being seen as normal, when I was just like everyone else. I have some great friends that I have met through work and from summer camp.”

“My family is always around me and encouraging me,” said Ashley. “They keep me busy and never let me feel sorry for myself.”

Save the Date

Resources for Health Care Decision Making

Tuesday, October 16, 2007
University of Scranton, Brennan Hall
8:15 am - 3:00 pm

This program is open to community and health care professionals.

Registration fees apply.
PSNA contact hours and CEU's for MSW/counselors are available.

For more information and to register for this program please contact VNA Hospice at (570) 383-5180.

September is Prostate Cancer Awareness Month!

Visit our website for information on an upcoming prostate cancer education program and information about the disease. Log onto www.cancernepa.org.



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Northeast Regional Cancer Institute

Easing the burden
of cancer in
Northeastern
Pennsylvania

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Geisinger South
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Marian Community
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Care System, *Wilkes-Barre*

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(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.



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Lehigh	Luzerne
Monroe	Northampton
Pike	Wayne
Susquehanna	Wyoming

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Edward G. Rendell, Governor

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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)
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WEBSITE
www.cancernepa.org

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