

Cancer Support Groups: Help for Patients and their Loved Ones

A cancer diagnosis can be one of the most stressful experiences in a person's life. A wide range of emotions may follow a cancer diagnosis. Some may feel shock; others may be scared, or even angry. Many people diagnosed with cancer often wonder what is next. Where can I go? Who can I talk to? Are there others going through what I am going through?

Cancer support groups are meetings for people with cancer and those touched by cancer. They can be in person, by phone, or on the Internet. Support groups can help many cancer patients and their families cope with emotional aspects of the disease by providing a safe place to share their feelings and challenges. These groups can also help individuals learn from others who face similar situations.

According to the American Association for Cancer Research, studies have found that cancer support groups can enhance self-esteem, reduce depression, decrease anxiety, and improve relationships with family members and friends. Support groups can also help individuals cope better with their diagnosis and increase their knowledge of cancer and its treatment. Many types of cancer support groups are available throughout northeast Pennsylvania. They can be for patients, family members, friends, or children who have been touched by cancer.

Karen Arscott, D.O., M.Sc. who serves as Associate Professor in Clinical Sciences at The Commonwealth Medical College in Scranton coordinates a free support group for children, ages 5-18, who are experiencing a loved one affected by cancer. She believes cancer support groups are important to a community, especially those that help children. "We need to remember that our children are watching a loved one receive rough medication.....they are often 'protected' and not given information about what is happening. Children can see something is wrong, and deserve an outlet."

The children's support group takes place the last Saturday of every month from 10am - 12pm at The Commonwealth Medical College located at 525 Pine Street in Scranton. Certified therapists donate their time to work with these children through alternating art, theater and yoga therapy sessions. Dr. Arscott also coordinates a free cancer support group for children with cancer. This group takes place at Timmy's Town Center at the Mall at Steamtown the first and third Monday of each month from 5pm - 7pm.

For more information on support groups in northeast Pennsylvania, visit the Cancer Institute's website, www.cancernepa.org. Click on "Cancer Information" then "Support Groups" to see what support groups can help you.



Connect with others at the 22nd Annual Cancer Survivors Celebration

Cancer survivors, caregivers, and oncology medical professionals are invited to connect and re-unite with each other at the 22nd Annual Cancer Survivors Celebration hosted by the Northeast Regional Cancer Institute. Survivors Celebration will be held on Saturday, September 20, 2014 at Kirby Park in Wilkes-Barre from 10am -12pm and on Saturday, September 27th at McDade Park in Scranton from 10am -12pm.

To register for this free event, or for more information, please call the Cancer Institute at 1-800-424-6724 or visit www.cancernepa.org. Please respond prior to September 12th, 2014.



3rd Annual Spirit of Hope Celebration

Friday, November 7th 2014

7pm - 9:30pm

Mohegan Sun at Pocono Downs in the Keystone Grand Ballroom

Planning is underway for the 3rd Annual Spirit of Hope Celebration. This year's event will take place Friday, November 7th at Mohegan Sun at Pocono Downs from 7pm to 9:30pm. The annual Celebration is put on by the Board of Ambassadors, a group made up of community and business leaders who have come together to raise funds and awareness to fight cancer in NEPA through their support and promotion of a gala event. In doing so, this prestigious and spirited group will be supporting the Cancer Institute in easing the burden of cancer in northeast Pennsylvania.

Rock On "4" A Cause: Fourth Annual Judi H. Memorial Event Raises Funds for NRCI

The Northeast Regional Cancer Institute is pleased to announce the "Judi H Rock On 4" planning committee raised \$15,300 from this year's event.



Judi H. Rock On committee members present a check to NRCI for \$15,300

The dance party/fundraiser was held May 4th, 2014 at the Scranton Cultural Center. The Judi H planning committee is made up of a group of friends and family of a woman from Dunmore, Judi P. Hartridge, who died from cancer in 2007. The group has raised more than \$100,000 over the past four years.

Proceeds from the event support NRCI's Patient Navigation Program, which helps low income, uninsured, and underinsured individuals in northeast Pennsylvania receive their recommended breast, cervical, and colon cancer screenings.

Pictured at the check presentation are (from left to right): Deb Butash; Karen M. Saunders, President, Cancer Institute; Peggy Ann LaBelle; Carmel D'Angelo; Dana Morris, Co-Chair; Sharon LaBelle; John Hartridge, Co-Chair; Lindsey Fredericks, Cancer Institute.

NRCI Welcomes New Cancer Registrar

Donna Ahearn, from Pittston, has joined the Northeast Regional Cancer Institute as Cancer Registrar. She is responsible for identifying, abstracting, and following-up on all registry eligible cancer patients in accordance with standards set by the American College of Surgeons Commission on Cancer and the Pennsylvania Cancer Registry.

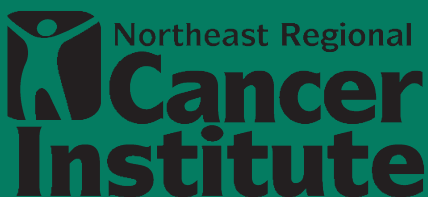
Ms. Ahearn received her associate degree and medical certification from Luzerne County Community College. Prior to her position at the Cancer Institute, she was employed by Kings College.



Donna Ahearn, Cancer Registrar

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