

July/August 2024

Cancer Wellness Newsletter

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Affected with Breast Cancer**

Cancer Survivors Day Block Party Photos

...and more, inside!



For more information about the Loran Smith Center programs or to register for a class, please email loransmithcenter@piedmont.org or call **706.475.4900**.

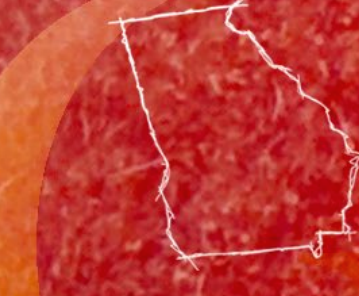
This newsletter is made possible by the Thomas J. & Sara Cooney Endowment.

Empowering cancer care close to home.

LORAN SMITH CENTER
for cancer support

 **Piedmont**
ATHENS REGIONAL

Real change lives here



At Piedmont Athens Regional, we treat the patient—not just the disease. Because cancer treatment involves more than medical care, free programs such as yoga, cooking demos, expressive art classes, and counseling are available to anyone affected by cancer at any phase in his or her journey. The Loran Smith Center for Cancer Support at Piedmont Athens Regional serves anyone regardless of where they received treatment.

What's Happening at the Loran Smith Center

Sandy Pyle, BSN, RN, ONN-CG

With the temperatures and humidity rising, it's summer in Athens! I hope you had a chance to attend the Cancer Survivors Day Block Party on June 2. A good time was had by all, it was wonderful connecting with friends we haven't seen in a while. Even with the threat of rain, we had over 150 in attendance! Check out the photos and article on pages 6-7. Two days later, we had the privilege of hosting Athens Clarke County Teens in Action program. A group of 14 young men and women came to learn about The Loran Smith Center and assist with some projects in the healing garden – clearing trash and replanting the planters. They even planted some blueberry bushes! We are thrilled at the work they accomplished and always grateful for help in the garden.

Now we are focusing on some new summer offering at The Center. Beginning in August we are offering the Survivorship Series for Young Women Affected with Breast Cancer. In February of 2020, I was given the opportunity to train with Living Beyond Breast Cancer for this Series and two weeks after I returned, the pandemic struck. I was able to offer the program virtually over the summer of 2020. Now that we are in full swing again, we are able to offer the program in person! Robin has participated in the training and we will do the program together. This program is designed to provide answers to some of the unique challenges' younger women with breast cancer face. The program takes place in four segments, we are going to break the program into two sessions offering 2 segments at each session. The dates we have selected are Saturday, August 10 and Saturday, September 14, 10:30 a.m.–2:30 p.m. Contact the Center at 706.475.4900 to reserve your spot (reservations required - space is limited). You can attend one or both sessions.

Our friend Brad Averill with The University of Georgia Extension office will host another nutrition class Thursday, July 25 from 6–8 p.m. This class will discuss sweeteners and carbohydrates. See the flyer on page 5, scan the code to register, or give us a call at the Center 706.475.4900 to register.

Over the summer, I hope you have a chance to stop by The Center and perhaps try something new, a yoga or tai chi class, nutrition class, support group, even a walk in the garden or a visit with Amiko.

With Peace and Love,

Sandy

For more information about the LSCCS programs or to register for a class, please email loransmithcenter@piedmont.org or call **706.475.4900**.



Survivorship Series

for Young Women Affected by Breast Cancer

The Loran Smith Center for Cancer Support has partnered with Living Beyond Breast Cancer, to host a series of workshops for young women diagnosed with breast cancer before the age of 45. Get answers to some of your most common questions:

You can attend one or both sessions:

Saturday August 10 • 10:30 a.m.-2:30 p.m.

Hot and Bothered: Coping with Early Menopause

Let's Talk About Sex and Breast Cancer

Saturday September 14 • 10:30 a.m.-2:30 p.m.

Stay Alert: Managing-Long Term Side Effects

Self-Care After Breast Cancer

Free, but space is limited, so please RSVP!

To register, call 706.475.4900 OR email
PAR_LoranSmithCenter@piedmont.org



July is *National Ice Cream Month*

Sandy Pyle, BSN, RN, ONN-CG



Seeing that July is national ice cream month, I felt strongly that I needed to write about it. I admit, I love ice cream!! Ice cream evokes fond memories, the ice cream truck in our neighborhood when I was 5 years old that made soft serve cones shaped like a puppy dog head or a root beer float (brown cow) with my mom at the counter of the downtown 5 & 10. When I attended Temple University in Philadelphia, I would take the train from my home outside of Center City to Reading Terminal to get to class. The oldest ice cream shop in the United States is located in Reading Terminal, Bassett's Ice Cream – in operation since 1861 (the butterscotch vanilla is the bomb). I worked in a coffee shop that also served ice cream, both Bassets and Hagen Daz, they had different freeze points and to keep the Bassets from melting the Hagen Daz was rock hard frozen! I developed a massive bicep in my right arm that year!

Ice cream is always one of the topped ranked desserts in polls in the United States, with vanilla leading the way and chocolate close behind. But where did ice cream get its origin? While there has been a lot of research, there is no clear answer. Some link it's roots back to ancient China with a concoction of frozen fermented cow's milk and rice. The key for ice cream is – ice! Initially available only to those of wealth. So until a time where we had the ability to store ice, ice cream did not appear as we now know it. The ice cream trade started off small until that time when we had artificial refrigeration – first commercially and then into people's homes where ice cream then became accessible to people of all socioeconomic classes. Today, there are thousands of ice cream shops in the United States and many brands stocked in your local grocery freezer. What's your favorite ice cream treat?

Healing Grief Workshop

Facilitated by Lauren Liverman, LCSW



A nine-week workshop for those who have lost someone through death. The loss does not have to be a cancer related death. Please contact the center at 706.475.4900 for more information and to register.

Next workshop begins Wednesday, September 25, all sessions from 3–4:30 p.m. every Wednesday through November 20.

Topics Include: Getting Acquainted, Stress Management, Understanding Grief, Anniversaries, Remembering, Memorialization, Accepting, Role Changes, Closure & Evaluation.

Pre-registration is required.

Free Nutrition Class

Sweeteners

- Nutritive sweeteners
- Non-nutritive sweeteners
- How to prepare foods with either no or less added sugars



Dinner and Door Prizes

July 25, 2024 • 6-8 p.m.

240 Talmadge Drive • Athens, Georgia 30606

Scan QR Code for more information and to register for this free class!



presented by



The University of Georgia is an Equal Opportunity, Affirmative Action, Veteran, Disability Institution

July is Sarcoma Awareness Month

Robin Black, RN

Sarcoma is a rare type of cancer that develops in bone or soft tissues (muscles, nerves, fat, fibrous tissues, tendons, or blood vessels). Early detection is the key to diagnosis and treatment. There are 4 main qualities to consider if a new or existing lump is potentially a sarcoma:

- 1. Location:** The majority of sarcomas develop in the arms or legs, but the areas of the buttocks, pelvis, chest wall, head and neck areas can be affected.
- 2. Rate of growth:** A lump that rapidly and visibly grows with progression to golf ball size requires immediate medical attention. Depending on the size and location of the mass an ultrasound or MRI may be warranted.
- 3. Pain:** The vast majority of soft tissues sarcomas are painless. This may cause people to believe there is no medical intervention or evaluation necessary. However, deep accelerated growth and proximity to sensitive nerve containing areas may present as painful.
- 4. Firmness:** Lumps that are soft and mobile are less concerning.

Treatment for sarcomas varies. If possible, the tumor is surgically removed. The goal is to remove the cancer cells entirely. Unfortunately, amputation of the affected limb may be necessary. Radiation therapy, chemotherapy, targeted therapy, immunotherapy and ablation therapy are treatment options available and managed by medical professionals.



Cancer Survivors Day Block Party

This June we celebrated National Cancer Survivor's Day with our third annual Block Party! We celebrated our cancer survivors with face painting, food and drinks, a DJ, and more. We even had a special step-show performance from the Omega Psi Phi Fraternity, Inc! Over 150 people from the community braved the rain and showed up to celebrate our cancer survivors and remember those we have lost to cancer.

We celebrate and acknowledge the strength, courage, and resilience of our survivors-whether recently diagnosed or many years into survivorship. Thank you to everyone who helped organize the event and our 150+ attendees.

Special thanks to the local organizations that generously donated to the raffle: Fleet Feet Athens/Oconee, Hoka One-One, George's Lowcountry Table, Zips Car Wash, DePalma's, SeaBear, Big City Bread Cafe, Athentic Brewing Co., Jenis Splendid Ice Creams, White Tiger, Hi-Lo Lounge, Frenchies Modern Nail Care.





Programs

Please keep in mind that all of our program dates and locations are subject to change.

KNOWLEDGE

Hormone Therapy Class

This class is for women on hormone therapy for estrogen receptor positive breast cancer (Tamoxifen, Arimidex, Aromasin, Femara, etc). In this class you will learn the science behind the treatment and discuss methods for managing side effects. **RSVP required. Call 706.475.4900**

Mondays, 7/15, 9/16, 11/4; 4–5:30 p.m.

Survivorship Series for Young Women Affected by Breast Cancer

Series of workshops for young women diagnosed with breast cancer before the age of 45. Topics include: Coping with early menopause, managing long term side effects, self-care after breast cancer and sex and breast cancer. **Registration required. Call 706.475.4900.**

Saturday, 8/10, 10:30 a.m.–2:30 p.m.

Saturday, 9/14, 10:30 a.m.–2:30 p.m.

(Attend one or both sessions)

MOVEMENT

Tai Chi

Tai Chi is a moving meditation that improves fitness of mind and body. We warm up with gentle qigong exercises and practice tai chi forms from the Tai Chi for Health Institute. Movements can be done standing or seated and can be adapted to your body.

Drop-ins welcome, but some prior experience with tai chi suggested for best experience.

Tuesdays, 11–11:45 a.m.

Yoga for Peace, Calm and Hope

This ongoing, weekly yoga class is designed for the cancer patient. The class incorporates gentle movement in a nurturing environment. To help increase energy, remove pain, and recover strength.

Fridays, 11:30 a.m.–12:30 p.m.

PEACE

Healing Touch and Reiki

Individual sessions that focus on the energy system of the body to promote relaxation, reduce stress, and minimize side effects.

By appointment only, 706.475.4900

Mindfulness for Mind and Body (In person)

Facilitated by Brooke Bidez, LMSW

Learn a variety of techniques focusing on the breath, observing your body for tension or discomfort and noticing all five senses. Studies suggest many positive benefits of mindfulness including reduced stress, help in coping with pain, improved cognitive ability and increased sense of well-being.

Every Thursday, 10:30–11:10 a.m.

Out of respect for others, we ask that you do not enter class after 10:25 a.m.

Mindfulness-Based Stress Reduction (Online)

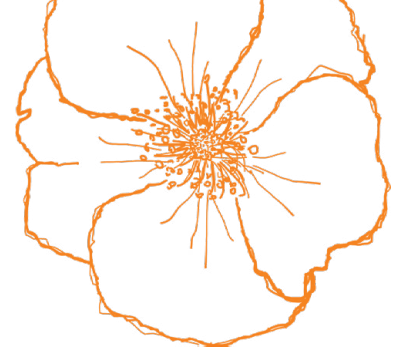
Facilitated by Mike Healy, Ed.D.

Learn ways to reduce stress, lessen physical and emotional pain and cope better with everyday demands.

Call Mike at 706.248.8918 for more information.

Second Friday of every month





SUPPORT

Breast Cancer Support Groups

Facilitated by Sandy Pyle, RN, BSN, ONN-CG, and Robin Black, RN Nurse Navigator

A group for women with a diagnosis of breast cancer to share information, resources, and experiences.

Second Thursday of every month, 5:30 p.m.

Women's Cancer Support Group

Facilitated by Robin Black, RN and Brooke Bidez, LMSW

A group for any woman with any type of cancer diagnosis. A group to discuss treatments, side-effects, coping, stress reduction and survivorship in a safe, confidential setting.

Second Tuesday each month 1-2:30 p.m.

Mondays for Men, Cancer Support Group

Facilitated by Joel Siebentritt, LCSW

A confidential setting for male cancer patients to discuss treatment, side-effects, and survivorship. Any man from any diagnosis, currently in treatment through long-term survivorship is welcome.

Fourth Monday of every month, 12-1:00 p.m.

Illness Adjustment Counseling

Individual sessions to address issues such as stress, anxiety, treatment decisions, and family communication.

By appointment only, 706.475.4900

Grief Support

Individual and group support for grieving adults.

By appointment only, 706.475.4900

Healing Grief Workshop

Facilitated by Lauren Liverman, LCSWs

A nine-week workshop for those who have lost someone through death. The loss does not have to be a cancer-related death.

Please contact the center at 706.475.4900 for more information and to register. Registration Required.

Next workshop begins September 25th
Every Wednesday through November 20th,
3-4:30 p.m.

Individual Support for Adults

By appointment only, 706.475.4900

SUSTENANCE

Nutrition Counseling and Side-Effect Management

Individual sessions by physician referral.

By appointment only, 706.475.4900

“Before I came to the first support group I thought, I don't think this is for me. You told me, 'this is exactly what you need'. You were right and I haven't missed a group or program since!”

— a grateful patient



Thank you to our donors!

Gifts in support of Loran Smith Center for Cancer Support guide patients and their families through their cancer journey. To make a donation and help continue to make these programs possible, checks may be made out to The Loran Smith Center for Cancer Support or visit give.piedmont.org/lscs.

Loran Smith Center for Cancer Support

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Shelby Martin
Mrs. Kristina Schultz Tanner and Mr. Matt Smith
Annette P. Gabriel
Linda R. Dohm
Dr. and Mrs. David Lockman
Mr. Doug Farill

Loran Smith Center Tribute

In memory of Beverly J. Valencio
Dr. and Mrs. Glen Wiggans
In memory of Martha Broderick
Joel M. Brodrick
In honor of Jessica Greene
Patricia Massey
In honor of Kristen Romanowski
Patricia Massey
In honor of Jan Rhodes
Dr. Robert Rhodes III



July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Tai Chi, 11 a.m.	3 Coffee Hour, 12:30 p.m.	4 Center Closed	5 Yoga, 11:30 a.m.	6 Mindfulness Practice Group, 8:30 a.m.
7	8 Healing Touch, by appt.	9 Healing Touch, by appt. Tai Chi, 11 a.m. Women's Cancer Support Group, 1 p.m.	10 Coffee Hour, 12:30 p.m.	11 Mindfulness, 10:30 a.m. Healing Touch, by appt. Breast Cancer Support Group, 5:30 p.m.	12 Yoga, 11:30 a.m.	13 Mindfulness Practice Group, 8:30 a.m.
14	15 Healing Touch, by appt. Hormone Therapy Class, 4 p.m.	16 Healing Touch, by appt. Tai Chi, 11 a.m.	17 Coffee Hour, 12:30 p.m.	18 Healing Touch, by appt.	19 Yoga, 11:30 a.m.	20 Mindfulness Practice Group, 8:30 a.m.
21	22 Healing Touch, by appt. Men's Cancer Support Group, 12 p.m.	23 Healing Touch, by appt. Tai Chi, 11 a.m.	24 Coffee Hour, 12:30 p.m.	25 Mindfulness, 10:30 a.m. Nutrition Class - Sweeteners, 6 p.m.	26 Yoga, 11:30 a.m.	27 Mindfulness Practice Group, 8:30 a.m.
28	29 Healing Touch, by appt.	30 Healing Touch, by appt. Tai Chi, 11 a.m.	31 Coffee Hour, 12:30 p.m.			

August 2024

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				1 Mindfulness, 10:30 a.m. Healing Touch, by appt.	2 Yoga, 11:30 a.m.	3 Mindfulness Practice Group, 8:30 a.m.
4	5 Healing Touch, by appt.	6 Healing Touch, by appt. Tai Chi, 11 a.m.	7 Coffee Hour, 12:30 p.m.	8 Mindfulness, 10:30 a.m. Healing Touch, by appt. Breast Cancer Support Group, 5:30 p.m.	9	10 Mindfulness Practice Group, 8:30 a.m.
11	12 Healing Touch, by appt.	13 Healing Touch, by appt. Tai Chi, 11 a.m. Women's Cancer Support Group, 1 p.m.	14 Coffee Hour, 12:30 p.m.	15 Mindfulness, 10:30 a.m. Healing Touch, by appt.	16 Yoga, 11:30 a.m.	17 Mindfulness Practice Group, 8:30 a.m.
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25	26 Healing Touch, by appt. Men's Cancer Support Group, 12 p.m.	27 Healing Touch, by appt. Tai Chi, 11 a.m.	28 Coffee Hour, 12:30 p.m.	29 Mindfulness, 10:30 a.m.	30 Yoga, 11:30 a.m.	31 Mindfulness Practice Group, 8:30 a.m.

Loran Smith Center for Cancer Support
1199 Prince Avenue
Athens, Georgia 30606

“Hope and encouragement through support and information”



BEAUTIFUL YOU BOUTIQUE

Beautiful You is a cancer wellness boutique specializing in products for women who have had or are going to have breast surgery.

For more information and to learn more about all that we offer, please visit our website!

piedmont.org



706.475.4811



Piedmont Athens Regional
Medical Services Building



BeautifulYou@piedmont.org