

Words of Hope

Event Calendar

Flamingos for Hope, a group of survivors who are sharing their passion to “Be a Live-er,” will arrive at Methodist Estabrook Cancer Center on January 18, February 16 and March 31, 2010. Their energy and inspiration materializes in the form of treats, head boppers, and smiles as we celebrate something every month. This group gets started in the MECC Lobby at 10 a.m. For information, please call (402)354-HOPE.

Conversations for the Cure, a program to raise awareness and provide education about breast cancer @ 6:30 p.m. @ Susan G Komen For The Cure – Nebraska Office: January 28, 2010, “Being Your Own Advocate”, by Edibaldo Silva, MD and February 25, 2010 “Sexual Health After Diagnosis and Treatment” by Lindsay Novak, MA, LMHP, CPC. For information, please call (402)502-2979.

A Time to Heal is a 12-week holistic recovery program for people who have been treated for cancer. There are groups for breast cancer survivors and for men and women with other cancers and their families. For information please call (402) 354-5893. (See side bar for more information)

Please visit www.harperhope.org or call 354-HOPE for more event information & registration.

Caregivers Support Group

Caregivers Support Group: This is a support, and informational meeting, for people who are involved in the care of adult cancer survivors of any diagnosis. The group is a joint effort of MECC, Alegent and UNMC and meets at the American Cancer Society Office at 9850 Nicholas St., Omaha, NE. The group will be meeting every 2 months during 2010 and the next meeting is scheduled for February 10, 2010. There will be a new topic each meeting, with time for personal sharing and support. This group is for caregivers only. For more information you can call MECC Oncology Social Worker, Peggy Jarrell at #354-4213 or the Omaha ACS office at (402)393-5801.

Massage Therapy

This is a complimentary service provided for patients receiving Harper's Hope support

Support Groups

Hosted at Methodist Estabrook Cancer Center:

| Class Name | Date and Time |
|---|---|
| Breast Cancer Support Group..... | Every Tuesday, 4:30 – 6 p.m. |
| Prostate Cancer Support Group. | 1 st Thursday each month, 7 – 8:30 p.m. |
| Support for People with Oral and Head & Neck Cancer (SPOHNC)..... | 2nd Thursday every 3 months April @ MECC & July @ UNMC 5 – 6:30 p.m., RSVP 354-HOPE |
| Young Adult Survivor's Network..... | Please call 354-4213 for more information. |
| Harper's Hope, A Cancer Survivor's Program..... | Please call 354-HOPE for a complimentary personal appointment. |

Hosted at other locations:

| | |
|-----------------------------------|--|
| Physical Wellness Support Classes | Aerobics..... Mon/Wed/Thurs, 6 – 7 p.m. |
| Wellspring Physical Therapy | Pilates.....Tues/Thurs, 5 – 6 p.m. |
| 2920 N. 118 th Circle | Weight Training..... Mon/Wed, 5 – 6 p.m. Tues/Thurs, 4 – 5 p.m. |
| Colorectal Cancer Support Group | |
| American Cancer Society | 3 rd Thursday of each month 9850 Nicholas St. 5:30 – 7:00 p.m. |

A Time to Heal

DONE WITH TREATMENT? WONDERING WHAT'S NEXT? HERE'S AN ANSWER!

Did you ever notice that people who have heart attacks or strokes are offered a rehabilitation program after they are finished with treatment, but there hasn't been a program for people after cancer treatment? Now there is! **A Time to Heal**, a holistic rehabilitation program for cancer survivors started with breast cancer patients in 2005. Research showed that women who completed the 12 week program were functioning significantly better than women who did not participate. Now one of 8 national Lance Armstrong grants lets us expand the **A Time to Heal** program to adult men and women with various types of cancer.

Both **A Time to Heal** programs consist of 12 group sessions, one a week. The sessions feature light exercise; a professional speaker discussing topics of interest to patients and their families; a discussion with other patients; time to journal; and time to learn specific skills such as guided imagery, dealing with fear, or other coping techniques. The topics include sessions about physical health (nutrition; activity to regain strength; relaxation; dealing with sexual side effects; coping with “chemo-brain;” safe use herbs and supplements); mental and emotional health (dealing with fear; using mind power to create your best life after cancer; relationships with family, friends, and medical staff); and spiritual health.

Best of all, there is NO COST to participate in these programs thanks to the Lance Armstrong Foundation, Susan G. Komen for the Cure-Nebraska Affiliate, A Time to Heal Foundation, Methodist Hospital Foundation, and the volunteered services of wonderful professionals. Comparable services would cost about \$3600 for the 12 weeks. Your obligation, if you choose to participate, is to commit to coming to at least 10 of the 12 sessions (they last about 2 ½ hours each) and to agree to complete research questionnaires at 4 different times to help us evaluate the program.

The next breast cancer program begins Jan. 18 and is for women who have completed their treatment for breast cancer. The first “all cancers” program will begin Feb. 23 and is for any man or woman who has completed the initial treatment for cancer (that would be surgery and/or the first course of chemotherapy and/or the first course of radiation). In the “all cancers” program, each patient may bring one friend or family member to participate. Family members who choose to attend also need to commit to attending 10 of the 12 sessions and completing the research evaluations. Both programs will be held at the Servite Center of Compassion on the Marian High School campus, 7400 Military Ave, from 6:15PM -8:45PM. Groups are limited to 20 people. We are enrolling now on a first come, first served basis. Please call Dr. Stephanie Koraleski 354-5893 to discuss whether you are eligible to participate and begin the enrollment process.

Thanks to the **A Time to Heal** faculty : Dr. Kay Ryan, Dr. Stephanie Koraleski, Dr. Deb Carlson, Cathy Barnes, Marilyn Wadum, Joyce Swanson, Sister Mary Hogan, Sandra Wendel, Shanda Freitag, Dr. Teri Gabel, Lindsay Novak, Melissa Dahir, Natalie Dowty, and Dr. Ed Creagan!

Harper's Hope

Quality of Life for Cancer Survivors

Methodist Estabrook Cancer Center, Methodist Hospital Foundation and the Harper Family Foundation teamed up to provide the community with a unique cancer survivorship program called Harper's Hope. This program is available to all, and initial access to services is free of charge.

Through Harper's Hope, cancer patients, families and friends may select from a comprehensive menu of services, including:

- Social Services
- Counseling/Behavioral Health
- Nutrition Services
- Physical Wellness
- Cancer Prevention & Hereditary Cancer Risk Program

For more information, call (402) 354-HOPE (4673), or visit www.harperhope.org.

Faces of Hope

Rhonda Post-Seip Breast Cancer Survivor



"I never had any doubt about beating this," says Rhonda Post-Seip, "especially not with the angels in my workplace by my side." Rhonda, an IT applications development manager for Methodist Health System, had always been fiercely healthy. Surprised by the onset of shoulder pain, she was shocked by the explanation. A nearly 3-centimeter breast tumor had developed within months of a normal mammogram. Members of Rhonda's care team included surgeon Steven Buda, MD; oncologist Robert Langdon, MD; plastic surgeon Jason Miller, MD, DDS; and radiologist Linda Sing, MD. Members of her personal support network included the Methodist IT staff who were always there to share laughter and tears, give pep talks and go as a group to her chemotherapy. "I love my work and the people I work with," says Rhonda. "Every day is a gift."



Words of Hope is available

If you would like to receive a copy of the *Words of Hope* newsletter via e-mail, please register at: www.harperhope.org and select the contact us button.

If you or someone you know has a story to share, call (402) 354-HOPE (4673).