

your JOURNEY

Survivorship Care Plan Helps Patients Remain Connected and Feel Supported

Stacey was incredibly relieved to finally finish the treatment for the breast cancer that had consumed her life for the last year. She thought back to that unforgettable day when she had her routine mammogram, followed by a meeting with the radiologist who told her a suspicious mass was found. After that, she went through a nail-biting two weeks until she met with a surgeon for a biopsy that confirmed she had cancer. After more surgery, she was referred to a medical oncologist who prescribed chemotherapy, and in order to ensure all of the cancer cells were destroyed, Stacey also went through five weeks of radiation therapy.

She was exhausted and anxious to put this experience behind her. Her friends and family told Stacey she had been incredibly focused on doing everything possible to beat the cancer, and they all celebrated her final day of treatment with a trip to Shady Glen for burgers and ice cream. But Stacey knew in her heart that although she had won this battle with breast cancer, she needed to remain vigilant for a recurrence. How was she supposed to do that?

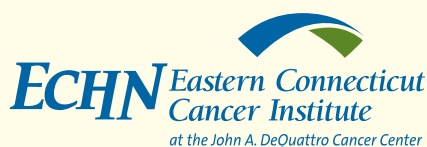
A few days before completing her treatments, Stacey was approached by Arleen Carrasquillo, a staff member of the Eastern Connecticut Cancer Institute (ECCI), about getting a survivorship care plan developed.

According to Arleen, the ECCI's Nurse Navigator, Sheila Citroni, would provide Stacey with a care plan. This plan would include a summary of her diagnosis, treatment, physicians, potential side effects of her breast cancer and treatment, a list of future tests to prevent recurrence, and education about the effects of her treatment on other organs, such as the heart and lungs. Sheila would meet with Stacey to review the plan and then forward a copy to all of her doctors. The Survivorship Navigator, Lee Tremback, would then speak with Stacey about all the services provided by the ECCI's survivorship program. To Stacey, this sounded like a great start toward keeping cancer out of her future, so she agreed.

At their meeting, Sheila explained all the specific components that went into Stacey's diagnosis and how the chemotherapy and radiation dosages were determined. She reviewed the surveillance guidelines recommended by the American Society of Clinical Oncology and a list of symptoms to watch for and report to her physician. Stacey felt empowered by the care plan and was encouraged to learn that she could be proactive to avoid a recurrence.



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## **Letter from Dr. Stephen Hauser**

*Throughout a journey with cancer, support and empowerment are critically important during diagnosis, treatment and survivorship. As a person with cancer, you want to feel supported and empowered not only by your family, friends and loved ones, but also by your healthcare team. At the Eastern Connecticut Cancer Institute, we have worked hard to build a program that supports, encourages and empowers each patient that we interact with. Two large pieces of that effort are our Navigator team and the development of survivorship care plans.*

*Throughout this issue, you will read about survivorship care plans, what they are and how they can help. You will also learn about the role of the Nurse Navigator and how she helps to ease the burden of a cancer diagnosis. Both of these resources are available to all of our patients and it is our hope that they will help support and empower you through your journey.*

**Dr. Stephen Hauser**

## **Integrative Medicine Reiki**

**R**eiki, pronounced “ray-key,” is a Japanese word that means “universal life force.” Reiki is listed by the National Center of Complimentary and Alternative Medicine (NCCAM) as an energy practice, and is used to promote overall health and well-being. Reiki is based upon the idea that a trained reiki practitioner can access the life force to allow it to flow to the body.


A reiki session is client-specific because it follows the needs of the receiver, not the intention of the practitioner. During a reiki session, the client is clothed and either lying down or sitting comfortably. Blankets are provided based on the client’s comfort. The practitioner places his/her hands lightly on the client or can be placed slightly above the body if the client prefers. At no time will the practitioner place his/her hands on a part of the body that is considered to be private.

According to the NCCAM, people use reiki for relaxation, stress reduction, symptom relief, chronic pain relief, recovery from surgery or experiencing relief from side effects of cancer treatment.



Although reiki will not interfere with any conventional medical care, it is important that you let your health care provider know that you are using any form of complementary practice.

Results of reiki vary from person to person, ranging from immediate stress relief to symptomatic relief, which will unfold over a period of time. Reiki is appropriate in any situation and there is no danger of “overdosing” during a reiki session. The client’s body draws the healing vibration based on his/her need. Since reiki is recipient driven, the practitioner’s hands can be placed on areas of the body where the person is experiencing pain or discomfort with the person’s permission.

To schedule a free reiki session, please call 860.533.2929. 


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## **Navigator News: What is a Nurse Navigator?**

**I**n July 2011, Sheila Citroni, RN, OCN, took the position of Nurse Navigator at the Eastern Connecticut Cancer Institute (ECCI). Before joining the ECCI, she was the oncology nurse in the Care Management Department at ECHN for 11 years.

As the Nurse Navigator, Sheila provides assistance for cancer patients and their loved ones as they navigate through the healthcare system. Having to deal with a new cancer diagnosis, treatment options, and financial and insurance concerns can be overwhelming. Sheila can assist with these issues in both the inpatient and outpatient setting. Coordinating care,

facilitating appointments, arranging visiting nurse services and providing support and education to patients and loved ones are just a few examples of how Sheila can help. She works closely with the physicians, nurses and Lee Tremback, MSW, Survivorship Navigator, to provide comprehensive care to our patients. Sheila and Lee also provide survivorship care plans for patients when they complete their treatment.

For more information about Navigator services or a survivorship care plan, please call Sheila at 860.646.1222, ext 1406, or Lee Tremback at 860.533.2957. 

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY |
|--|--|---|---|--------|
|  |  | 1<br>Yoga, 4 p.m. & 5:30 p.m.   | 2<br>Art Therapy, 10 a.m.<br><br>Lung Cancer Support Group, 7 p.m.  | 3      |
| 6<br>Oral, Head & Neck Support Group, 7 p.m.                     | 7<br>Yoga, 4 p.m.  | 8<br>Yoga, 4 p.m. & 5:30 p.m.<br><br>Man to Man Prostate Cancer Support Group, 7 p.m. | 9<br>Winter Recipes for Warmth and Good Health, 6 p.m.              | 10     |
| 13<br>Breast Cancer Network of Strength Support Group, 5:30 p.m. | 14<br>Look Good, Feel Better, 10 a.m.<br><br>Yoga, 4 p.m.<br><br>Cancer Survivors Club, 7 p.m. (Topic: Exercise After Treatment) | 15<br>Yoga, 4 p.m. & 5:30 p.m.  | 16<br>Art Therapy, 10 a.m.<br><br>Lung Cancer Support Group, 7 p.m. | 17     |
| 20   | 21<br>Yoga, 4 p.m.   | 22<br>Yoga, 4 p.m. & 5:30 p.m.  | 23  | 24     |
| 27<br>Breast Cancer Network of Strength Support Group, 5:30 p.m. | 28<br>Yoga, 4 p.m.   | 29<br>Yoga, 4 p.m. & 5:30 p.m.  |   |        |

# March 2012

# Calendar of Events and Descriptions

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY |
|--|---|--|---|--------|
|  |   |  | 1<br>Art Therapy, 10 a.m.<br>Lung Cancer Support Group, 7 p.m.  | 2      |
| 5<br>Oral, Head & Neck Support Group, 7 p.m.                     | 6<br>Yoga, 4 p.m.   | 7<br>Yoga, 4 p.m. & 5:30 p.m.  | 8   | 9      |
| 12<br>Breast Cancer Network of Strength Support Group, 5:30 p.m. | 13<br>Look Good, Feel Better, 10 a.m.<br>Yoga, 4 p.m.<br>Cancer Survivors Club, 7 p.m. (Topic: Massage Therapy) | 14<br>Yoga, 4 p.m. & 5:30 p.m.<br>Man to Man Prostate Cancer Support Group, 7 p.m. | 15<br>Art Therapy, 10 a.m.<br>Lung Cancer Support Group, 7 p.m. | 16     |
| 19   | 20<br>Yoga, 4 p.m.  | 21<br>Yoga, 4 p.m. & 5:30 p.m.   | 22<br>Daffodil Days, 11 a.m.                                    | 23     |
| 26<br>Breast Cancer Network of Strength Support Group, 5:30 p.m. | 27<br>Yoga, 4 p.m.  | 28<br>Yoga, 4 p.m. & 5:30 p.m.   | 29<br>Colorectal Cancer: A Preventable Epidemic, 6 p.m.         | 30     |

Program descriptions on page 6

Register online at [www.echn.org](http://www.echn.org) or call 1.888.299.3676

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY |
|---|--|--|---|--------|
| 2<br>Oral, Head and Neck Support Group, 7 p.m.                      | 3<br>Yoga, 4 p.m.  | 4<br>Yoga, 4 p.m. & 5:30 p.m.  | 5<br>Art Therapy, 10 a.m.<br><br>Lung Cancer Support Group, 7 p.m.  | 6      |
| 9<br>Breast Cancer Network of Strength Support Group, 5:30 p.m.     | 10<br>Look Good, Feel Better, 10 a.m.<br><br>Yoga, 4 p.m.<br><br>Cancer Survivors Club, 7 p.m. (Topic: Laughter Is Medicine) | 11<br>Yoga, 4 p.m. & 5:30 p.m.<br><br>Man to Man Prostate Cancer Support Group, 7 p.m. | 12  | 13     |
| 16  | 17<br>Yoga, 4 p.m.   | 18<br>Yoga, 4 p.m. & 5:30 p.m.   | 19<br>Art Therapy, 10 a.m.<br><br>Lung Cancer Support Group, 7 p.m. | 20     |
| 23<br>Breast Cancer Network of Strength Support Group, 5:30 p.m.    | 24<br>Yoga, 4 p.m.   | 25<br>Yoga, 4 p.m. & 5:30 p.m.   | 26  | 27     |
| 30<br>Maintaining Breast Health – More Than Just Mammograms, 6 p.m. |  |  |   |        |

## Yoga Classes

All levels and gentle. \$10/class; \$9 for seniors and additional family members. Registration required.

When: February 1, 8, 15, 22 & 29;  
March 7, 14, 21 & 28; April; 3, 10, 17 & 24;  
4-5 p.m. & 5:30-6:30 p.m.

February 7, 14, 21 & 28; March 6, 13, 20 & 27;  
April 4, 11, 18 & 25; 4-5 p.m.

Where: Eastern Connecticut Cancer Institute  
at The John A. DeQuattro Cancer Center

Contact: Eastern Connecticut Cancer Institute  
(860.533.2929)

## Art Therapy

Free. Registration is required.

When: Thursday, February 2 & 16; March 1 & 15;  
April, 5 & 19; 10 a.m.-12 noon.

Where: Eastern Connecticut Cancer Institute at  
The John A. DeQuattro Cancer Center

Contact: Eastern Connecticut Cancer Institute  
(860.533.2929)

## Lung Cancer Support Group

Open to all who have or have had lung cancer and those who care for them and would like the support of others to share emotions and encouragement.

When: Thursday, February 2 & 16; March 1 & 15;  
April 5 & 19; 7-8:30 p.m.

Where: Eastern Connecticut Cancer Institute  
at The John A. DeQuattro Cancer Center

Contact: Bill Carson (860.643.1318)

## Oral, Head & Neck Cancer Support Group

If you or a loved one has been touched by an oral, head or neck cancer diagnosis we're here for you. No pressure, just support.

When: Monday, February 6, March 5 & April 2;  
7-8:30 p.m.

Where: Eastern Connecticut Cancer Institute  
at The John A. DeQuattro Cancer Center

Contact: Alice Nadeau (860.268.3963)

## Look Good... Feel Better

For women coping with appearance-related effects of cancer treatment. Assistance with makeup application and skin care techniques plus tips to disguise hair loss with wigs, scarves, and other accessories are covered. Free cosmetic kits provided. Provided in partnership with the American Cancer Society. Registration is required.

When: February 8, March 14 & April 10;  
10 a.m.-12 noon

Where: Eastern Connecticut Cancer Institute  
at The John A. DeQuattro Cancer Center

Contact: The American Cancer Society  
(1.800.227.2345)



## Man to Man

The American Cancer Society's Man to Man program helps men and their families cope with prostate cancer. These educational workshops provide a comfortable setting among peers for education, discussion and support through the recovery process.

When: Wednesday, February 8, March 14 &  
April 11; 7-8:30 p.m.

Where: Eastern Connecticut Cancer Institute  
at The John A. DeQuattro Cancer Center

Contact: The American Cancer Society  
(1.800.227.2345)

## Winter Recipes for Warmth & Good Health

Join Executive Chef Roland D. Glover and registered dietitian Cheryl Dziura-Duke, MS, RD, CD-N, for an exciting demonstration of meal preparation using seasonal winter fruits and vegetables. Take-home recipes, taste-testing and fun will be included.

When: Thursday, February 9, 6-7:30 p.m.

Where: Eastern Connecticut Cancer Institute at  
The John A. DeQuattro Cancer Center

Contact: To register, call 1.888.299.3676 or  
register online at [www.echn.org/Calendar](http://www.echn.org/Calendar)



## Breast Cancer Network of Strength

Network of Strength strives to ensure that no one faces breast cancer alone.

When: Monday, February 13 & 27; March 12 & 26;  
April 9 & 23; 5:30-7 p.m.

Where: Eastern Connecticut Cancer Institute at  
The John A. DeQuattro Cancer Center

Contact: Anne-Marie (860.871.8248)

## Cancer Survivors' Club

For cancer survivors, family and friends learning to live life after cancer treatment. Education, support and activities. Facilitated by a social worker and nurse.

When: Tuesday, February 14, March 13 &  
April 10; 7-8:30 p.m.

Where: Eastern Connecticut Cancer Institute  
at The John A. DeQuattro Cancer Center

Contact: Lee Tremback (860.533.2957)



## The American Cancer Society's Daffodil Days

The first flower of spring symbolizes rebirth and our hope for a cancer-free future. When you support Daffodil Days you help people fight cancer with courage and optimism. And, you help fund lifesaving cancer research, public education about the importance of cancer prevention and early detection, and advocacy efforts that promote public health policies that benefit the community. Daffodil bouquets are \$10 each; a Boyds Bear with bouquet is \$25.

When: Thursday, March 22, 11 a.m.-1 p.m.

Where: Manchester Memorial Hospital and  
Rockville General Hospital

Contact: Call 860.646.1222, extension 1410  
for preorders

## Colorectal Cancer: A Preventable Epidemic

Colorectal cancer is preventable and curable if detected in its early stages. Nevertheless, many cases go undiscovered until it's too late. Learn for whom and at what age testing should begin. Gain a better understanding of risk factors, preventive strategies and treatment options for the disease. Presented by gastroenterologist James O'Brien, MD.

When: Thursday, March 29, 6-7:30 p.m.

Where: Manchester Memorial Hospital

Contact: To register, call 1.888.299.3676, or  
register online at [www.echn.org/Calendar](http://www.echn.org/Calendar)

## Maintaining Breast Health – More Than Just Mammograms

It is estimated that nine out of ten women have benign (non-cancerous) breast conditions. Join surgeon Laureen Rubino, MD, as she discusses many common breast issues and treatment options available.

When: Monday, April 30, 6-7:30 p.m.

Where: Manchester Memorial Hospital

Contact: To register, call 1.888.299.3676, or  
register online at [www.echn.org/Calendar](http://www.echn.org/Calendar)

## Cancer Program Accreditation

**H**ave you or has someone you love been diagnosed with cancer? If so, you have many decisions to make. We can help.

Approximately 70 percent of all newly diagnosed cancer patients in the United States are treated in the more than 1,500 facilities that are accredited by the Commission on Cancer (CoC) of the American College of Surgeons. Only those facilities that have voluntarily committed to provide the best in cancer diagnosis and treatment and are able to comply with established CoC standards are granted accreditation.

We are proud that Manchester Memorial Hospital has a CoC-accredited cancer program. Receiving care at a CoC-accredited cancer program ensures that you will receive:

- Quality care close to home
- Comprehensive care offering a range of state-of-the-art services and equipment
- A multidisciplinary, team approach to coordinate the best cancer treatment options available
- Access to cancer-related information and education
- Access to patient-centered services such as psychosocial distress screening and navigation
- Options for genetic assessment and counseling, and palliative care services
- Ongoing monitoring and improvement of care
- Information about clinical trials and new treatment options
- Follow-up care upon completion of treatment, including a survivorship care plan. 🌈

## Kudos!

**O**n October 30, Connecticut was hit with a historic and devastating snowstorm. Working together, we overcame some of the most difficult challenges our health system has ever faced, including prolonged loss of power, a rapid surge of patients and demanding staffing levels.

At the Eastern Connecticut Cancer Institute, our Community CancerCare location in Enfield was closed due to power loss. Because of the dedication of our staff, we were able to see and treat every Enfield and Manchester patient at our Manchester location. In addition, we were called to care for people who did not need medical help but rather a place to eat and stay warm.

Thank you for your unwavering efforts to provide high-quality, compassionate healthcare, in both good times and challenging ones.

## Breast Cancer Rehabilitation and Lebed

**B**reast cancer rehabilitation at the Eastern Connecticut Cancer Institute (ECCI) is a specialized program designed to meet the needs of the breast cancer survivor after surgery and other medical treatments. Sylvia Bruno, PT, CLT-LANA, is a physical therapist with specialized training in breast cancer rehabilitation and a LANA-certified lymphedema therapist who can evaluate patients and develop a program to best meet the needs of each individual.

The breast cancer rehabilitation program will benefit anyone experiencing pain or dysfunction after a mastectomy, lumpectomy, and reconstruction with or without node removal. It also addresses issues arising from cancer-related treatments such as chemotherapy and radiation. Dysfunctions may

include lymphedema, mobility deficits of the shoulder and neck, pain and sensitivity, auxiliary web syndrome, fatigue, weakness and postural changes. Our program works to restore normal function and mobility, and provides education about lymphedema and its treatment and prevention strategies.

Women who have had surgery involving the lymph nodes or radiation to the axilla are at risk for lymphedema. Our program strives to educate patients about lymphedema in order to prevent occurrence. If lymphedema does occur, our program is designed to treat it and to educate a patient to be independent in the management of lymphedema.

Sylvia is also a certified Healthy Steps/ Lebed instructor. This is a group exercise program combining



movement and music to improve mobility, lymph flow and balance and promote general well-being. Healthy Steps was originally developed for breast cancer survivors and is now used for all cancer rehabilitation and other problems.

For more information on the Breast Cancer Rehabilitation Program or Lebed, please call 860.533.2929. 🌈

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## **Survivorship Care Plan Helps Patients Remain Connected and Feel Supported**

*Continued from page 1*

Lee's meeting with Stacey focused on resources available to help her recover from the treatment, both physically and mentally. The survivorship program has a lot to offer including yoga, art therapy, reiki, massage therapy, educational programs about nutrition, cancer rehabilitation and other topics, and the Survivors Club and supportive

counseling. Lee also provided Stacey with information about the LIVESTRONG program at the YMCA and the Breast Cancer Network of Strength Support Group that meets at the ECCI.

A month after finishing treatment, Stacey had been feeling anxious not being surrounded by her treatment team, but the survivorship program helped her feel supported and connected. With the survivorship program and care plan, Stacey felt empowered to get the support she needed to return to her "new normal" and take care of her body to prevent a recurrence.



If you would like your own survivorship care plan, or would like more information, please call Arleen at 860.646.1222, ext. 1407. 