

# your JOURNEY

July - Sept. 2024

A publication of the Eastern  
Connecticut Cancer Institute

A Cancer Survivors Newsletter



## Relay for Life Event

Relay for Life was held on May 31st to help raise awareness and money to support much-needed services offered to cancer warriors. It was a successful event and we thank all who helped!

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## Monthly Health Observances

July is UV Safety Awareness Month, August 1 is World Lung Cancer Day and September is Gynecological Cancers Awareness Month.

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## Spotlighted Programs

Join us at one of our upcoming programs this summer to connect with our cancer team and fellow community members.

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## 20th Annual Cancer Survivors Day Brunch

We hope you can join us on September 29th for our 20th Annual Cancer Survivors Day Brunch! Registration opens August 19th.

Read more about this event on page 3!

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# American Cancer Society Relay for Life Event



Don't Stop Believin'...in Curing Cancer! That was the Back to the '80s theme for this year's Relay for Life!



Hundreds of survivors, caregivers, and Relay team members gathered at Ellington High School on Friday, May 31 (overnight to Saturday, June 1!) to join forces to raise money for the American Cancer Society. During the Survivor's Dinner on Friday evening, delicious food was served, fun events and games were played, and there were some beautiful gifts in the raffle.

The East Central Connecticut Regional Relay raised \$100,000 (out of our \$110,000 goal) to support cancer patient programs, including transportation, and groundbreaking research.

Relay for Life is a nationwide program, that celebrates over 15.5 million cancer survivors all over the country. The DeQuattro Center's very own team, the DeQuattro Cure-saders, led by ECHN's own indefatigable Nurse Navigator Leslie Juliani (who also works year-round on the event leadership team), raised \$7,743 of our \$8,000 goal! Stay tuned for future events!

If you'd like to donate to our team's goal, please use the QR code below. You can even join our team, or develop one of your own!



# Cancer Survivors Day 2024 Brunch: 20th Annual Celebration of Life!



We are pleased to invite you to the 20th annual Survivors Day Brunch!

This year's event will take place on Sunday, September 29, at the Hartford/Windsor Marriott, 28 Day Hill Rd in Windsor. Doors open at 10:30 am, and the brunch starts at 11:00 am.

This year's keynote speaker is WFSB's Mark Zinni, who will share his own journey through thyroid cancer.

The brunch is free for survivors and a guest, and there are giveaways! Survivorship, remember, starts at diagnosis, so wherever you may be on your own journey, you are a survivor! Registration opens AUGUST 19, and ends September 29. Call 860.533.6550 to register (opening August 19!). We can't wait to see you!

## Photos from last year's celebration!



## Monthly Health Observances

### July is UV Safety Awareness Month

From the American Academy of Dermatology Association: Ultraviolet (UV) light is the root cause of most skin cancers and we encourage the public to take precautions. The AAD recommends that the public #PracticeSafeSun year-round by following three simple steps while outdoors: seek shade when appropriate, wear sun-protective clothing, and apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.

### August 1 is World Lung Cancer Day

World Lung Cancer Day has been observed every year since 2012 to raise awareness of lung cancer issues, reduce the stigma associated with the disease, and publicize the need for continued research. A low-dose CT scan (LDCT) screening is available if you qualify. Qualifying criteria: age between 50-80 (77 for Medicare patients); have a smoking history of at least 20 pack-years; currently smoke or have quit smoking within the past 15 years; and with no personal history of lung cancer, or are asymptomatic, with no signs or symptoms of lung cancer. Your primary care provider can order this screening test for you.

If you have any questions about these or other cancers, please contact Oncology Nurse Navigators Leslie (x1406) or Karen (1x408) at 860.646.1222.



### September is Gynecological Cancers Awareness Month

From the American Association of Cancer Research:

Gynecologic cancers encompass all cancers of the female reproductive system, including the cervix, ovaries, uterus, vagina, and vulva. All women are at risk for these cancers.

According to the National Cancer Institute, in 2024 more than 108,000 women in the United States are expected to be diagnosed with a gynecological cancer and about 32,000 will die from one. Each gynecological cancer has different signs and symptoms, as well as different risk factors. Risk increases with age. Screenings are available for some gynecological cancers. Please contact your gynecologist or primary care provider for an exam.

## Upcoming Programs

### Coffee Talk

Your team here at the cancer center values the opportunities we have to meet with you and support you in person. In April, we held our inaugural Coffee Talk program, where we introduced this program and solicited your opinions about this newsletter and what supports and informational wellness programs you'd like to attend. We are taking your feedback and running with it!



The next Coffee talk will be Thursday, July 18, from 9:00 a.m. to 10:30 a.m. here at the John A. DeQuattro Cancer Center. Our speaker is Kate Francis, APRN, who is the provider for ECHN's Palliative Care program. Palliative Care **IS NOT** the same as hospice. So what is it? Join us as Kate explains what palliative care is and how it can benefit you. Breakfast is served and registration is suggested, but not required. Please call Leslie Juliani at 860.646.1222 x1406 or Karen Fiume at 860.646.1222 x1408 to register, or simply join us for a friendly chat!

### Survivorship Starts at Diagnosis

Another chance to get together! Join Leslie and Karen, our Oncology Nurse Navigators, for a lunchtime chat on cancer survivorship – what it is, how it goes beyond your diagnosis, and how it can be personalized for you. This will be held Wednesday, August 28 at 12:00pm at the DeQuattro Cancer Center. Lunch is provided, and registration is requested.

To register, go to ECHN.org, and click Classes and Events.

# Classes & Events

## Coffee Talk

Thursday, July 18, 2024  
9 a.m. - 10:30 a.m.  
John A. DeQuattro Cancer Center  
Call 860.646.1222 x1406 or x1408 to register.

## Survivorship Starts at Diagnosis

Wednesday, August 28; 12 p.m.  
John A. DeQuattro Cancer Center  
Visit [echn.org](http://echn.org) to register.

## Cancer Survivors Day Brunch

Sunday, September 29, 2024  
The Marriott Hotel, Windsor, CT  
*Registration opens August 19th!*  
Call 860.533.6550 to register.

## Freedom From Smoking: Smoking Cessation Class

Starts Monday, October 14, 2024  
6 - 7:30 p.m.  
John A. DeQuattro Cancer Center  
Contact [KFiume@echn.org](mailto:KFiume@echn.org) to register.

## Fit for the Journey

Tuesdays and Thursdays  
Contact Mary Pesce, PTA  
860.647.6485

## Massage Therapy

By Appointment.  
Contact Laurie Lavertu, LMT  
860.306.5822

## Community Acupuncture

Tuesdays, 10 a.m. - 2 p.m. (*Appointments preferred*)  
Contact Diana Zitserman, ND  
860.533.4646



## Freedom From Smoking: Smoking Cessation Classes

Learn how to overcome your nicotine addiction while working with a certified facilitator in a small group setting. This includes cigarettes, cigars, smokeless tobacco, and vaping.

This program is comprised of eight sessions over seven weeks and includes a participant workbook and other informative materials. You must attend the first session. A virtual option is available.

FFS starts Monday, October 14, here at the DeQuattro Cancer Center, or on-line, from 6:00 pm to 7:30 pm. The subsequent sessions are October 21 and 28, and November 4, 6, 11, 18, and 25 (double sessions the week of November 4).

The cost for this program is \$25, payable at the end of session 1. To register, contact Karen Fiume, RN at [kfiume@echn.org](mailto:kfiume@echn.org)

**Eastern Connecticut Health Network**

71 Haynes Street  
Manchester, CT 06040



**Favorite Quinoa Salad**

This quinoa salad is the best! Everyone loves this healthy salad made with quinoa, chickpeas, red bell pepper, cucumber, parsley, and lemon. It's vegan and gluten-free, too! Recipe yields 4 medium salads or 8 side salads

- 1 cup uncooked quinoa, rinsed in a fine mesh colander
- 2 cups water
- 1 can (15oz) chickpeas, rinsed and drained, or 1 1/2 cups cooked chickpeas
- 1 medium cucumber, seeded and chopped
- 1 medium red bell pepper, chopped
- 3/4 cup chopped red onion
- 1 cup finely chopped flat-leaf parsley
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1 tbsp red wine vinegar
- 2 cloves garlic, pressed or minced
- 1/2 tsp fine sea salt
- Freshly ground black pepper, to taste

In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion, and parsley. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic, and salt. Whisk until blended.

Combine the rinsed quinoa with the water in a medium saucepan. Bring to a boil over medium-high heat, then decrease heat to maintain a gentle simmer. Cook uncovered until the quinoa has absorbed all the water (about 15 min), then remove from heat, cover, and let rest for 5 minutes to give it time to fluff up.

Once the quinoa is mostly cool, add to the serving bowl and drizzle with the dressing. Toss until thoroughly combined. Season with black pepper to taste, and add an extra pinch of salt if necessary. For best flavor, let the salad rest for 5-10 minutes before serving. Keep refrigerated for up to 4 days. Serve chilled or at room temperature.