

your JOURNEY

April - June 2025

A publication of the Eastern
Connecticut Cancer Institute

A Cancer Survivors Newsletter



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Relay for Life 2025: Wishing On a Cure

If you are a cancer survivor or know someone who is, we would be honored to have you join us at this year's Relay for Life!

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Relay For Life 2025 'Wishing On a Cure'

Please join us this year on Friday, June 20 at 3pm to Saturday, June 21 at noon at Ellington High School for the American Cancer Society Relay for Life!

Relay for Life is a walk to raise awareness of the impact that cancer has on so many in the community. The event raises money to support much-needed services offered to cancer warriors and their loved ones. The funds raised by this event help aid in cancer research, cover the cost of hotel stays for patients and caregivers receiving treatment far from home, and for transportation services, as well as providing a 24-hour hotline to call for support and questions. Most importantly, Relay for Life is a chance to celebrate cancer survivors and their caregivers, remember loved ones lost, and fight back against every cancer as we come together for every life.

Our event starts at 3pm on Friday with closing ceremonies on Saturday at noon. Opening ceremonies, games, entertainment, and our luminary ceremony at dusk brings teams together in our joint effort to provide support for patients and their families. Please join us and register as a team or as a survivor! There is a special gathering on Friday evening for all survivors (caregivers welcome)! Come and let us spoil you!

For more information, or to register your team, please scan the QR code, or go to www.relayforlife.org/ecct. Or contact Leslie Juliani, RN at 860.646.1222 x 1406 to join our team, the DeQuattro Cure-saders! It's our 6th year as a Relay team, and we'd love to have you!



American Cancer Society

RELAY FOR LIFE

WISHING ON A CURE

RELAY FOR LIFE 2025

of East Central CT

If you are a cancer survivor or know someone who is, we would be honored to have you and a caregiver attend our free Survivor and Caregiver Celebration Friday evening June 20th.

Use the link below to register your team or to attend our event
Relayforlife.org/ecct

Elington High School
37 Maple Street
Friday June 20th 3pm- Sat June 21st Noon
Opening Ceremony at 6pm
Luminary event at 9pm

Contact Leslie Juliani, Oncology Nurse Navigator, for more details or questions on how to join or register.
ljuliani@echn.org
860-646-1222 x1406

Lunch and Learns are Back!



Our first Lunch and Learn of 2025 was Tuesday, February 18, here at the cancer center. Our speaker was Mary Pesce, PTA, LSVT, CPT, CET. She gave a dynamic presentation on physical fitness and its importance in maintaining optimum physical capacity throughout our lives. Mary discussed power training, which helps maintain even the most simplest tasks like getting out of a chair or climbing stairs, and on the significance of maintaining balance and flexibility as we age to continue to maintain a high quality of life, among many other informative topics.

Mary also discussed her program here at ECHN called Fit for the Journey. FFTJ is an exercise program designed for people with cancer, no matter where they are on that journey. She explained how her program works: participants get a full evaluation from Mary, who then creates a physical activity program the participant does under her supervision, twice weekly. The group also functions as an informal support group, as the participants are all people with cancer! This program is free! For more information, please call Mary at 860.647.6485.

The next lunch and Learn will be Tuesday, May 13, 2025 at noon. Join Dr. Lauren Young, naturopathic physician, to discuss the role of integrative medicine in oncology. Naturopathic physicians are trained as specialists in natural modalities such as nutrition, acupuncture, and herbal medicine. Learn how evidence based natural modalities can help support your oncology treatments. **To register please call 860.646.1222 ext.1406 or ext.1408 or you can email ljuliani@echn.org or kfiume@echn.org.**

Community Acupuncture Clinic

Acupuncture stimulates the body's natural healing process through non-medical means by way of inserting thin, sterile, disposable needles into specific areas of the body. This ancient practice from traditional Chinese medicine, is one of the oldest, most common, and dependable medical therapies used in the world that seeks to stimulate the body's ability to heal itself. This simple, safe and effective practice is performed by ECHN's own licensed, board-certified acupuncturist, Diana Zitserman, ND, LAC.

Community acupuncture is a nationwide movement striving to make acupuncture more affordable and accessible. Treatments are given in a relaxing group setting and can last as long as you want, or as short as you need. It can be helpful for many conditions experienced by individuals facing or undergoing cancer treatment, or who have post-cancer treatment issues, including: anxiety, depression, "brain fog," diarrhea, constipation, dry mouth/throat, fatigue, generalized pain, hot flashes/night sweats, insomnia, restless legs, nausea, vomiting, neuropathy, post-COVID symptoms, radiation burns, and stress reduction.

Community acupuncture sessions are on a sliding scale, \$20-\$40 per treatment. The clinic is held here at the John A. DeQuattro Cancer Center on Tuesdays from 10am to 2 pm. Registration is recommended, but walk-ins are welcome! **Call 860.533.4646 to register.**



Monthly Health Observances

April is Head and Neck Cancer Awareness Month

Head and neck cancers originate in the tissues of the mouth, nose, throat, and salivary glands. Risk factors include tobacco use (smoking and chewing), heavy alcohol consumption, Human papillomavirus (HPV), Epstein-Barr virus (EBV), and poor oral hygiene. It's important to have regular dental check-ups, and do self-examinations of your mouth and tongue for any lumps, sores, or changes in appearance. Quitting smoking is of vital importance to reduce your risk of head and neck cancers. ECHN offers the Freedom from Smoking program quarterly. Contact KFiume@echn.org to learn more.

May is Skin Cancer Awareness Month

Know your ABCDEs: asymmetry, border, color, diameter, and evolving. If you have a mole or other skin issue you're concerned about, contact your health care provider for a skin screening. Early detection saves lives!

If you do not have a health care provider, please go to ECHN.org and click on Find a Provider.



June is Men's Health Month

Men's Health Month in the United States is observed every June. This month aims to raise awareness of the same health concerns of Men's Health Week but lasts the whole month. During the month of June, men are encouraged to set goals for their own health and wellness and begin to create a roadmap for achieving those goals.

Scan the QR code to learn more about men's health.



Support Groups

The John A. DeQuattro Cancer Center has a series of support groups that extend beyond clinical care to ensure you, or a loved one has easy access to the help you need.

These support groups are facilitated by our Social Worker Ellen Leslie, MSW, LMSW.

We offer:

- Men's Support Group - 1st Tuesday of each month
- Women's Support Group - 2nd Tuesday of each month
- Caregiver Support Group - 3rd Tuesday of each month

Contact Ellen Leslie, MSW, LMSW for more details at 860.533.2957 or Ellen.Leslie@echn.org

Classes & Events

Freedom From Smoking: Smoking Cessation Class

Starts Monday, May 5, 2025
6:30 - 8:00 p.m.

Virtual Program

Contact KFiume@echn.org to register.

Lunch and Learn

Featuring Lauren Young, ND
Tuesday, May 13, 2025

12 p.m.

Register by calling
860.646.1222 ext. 1406 or ext. 1408

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

21st Annual Cancer Survivors Day

Sunday, October 5, 2025

Details to follow.



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.

FFS starts Monday, May 5 on-line, from 6:30 pm to 8:00 pm.

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

Please note: this program is being offered virtually. Pre-registration is required.

The Dietician's KitchenSM Tracey Luciani, RD

No-Bake Peanut Butter Granola Bars

These bars are the perfect midday snack! Made from a few simple ingredients, you'll love this healthy and easy recipe! <https://healthynishfoods.com/no-bake-peanut-butter-granola-protein-bars/>

- 1 cup peanut butter
- 1 cup peanut butter powder
- 1/4 cup ground flax seeds
- 1/4 cup protein powder, vanilla or plain
- 2 - 3 tbps honey
- 1 tsp vanilla
- 1/4 - 1/2 cup granola with chocolate chunks
- 1/4 - 1/2 cup melted dark chocolate
- 1/4 tsp maldon sea salt

- Line an 8x8 baking dish with parchment paper and set aside.
- In a large bowl, combine the creamy peanut butter, peanut butter powder, protein powder, honey, and vanilla. Mix until well combined.
- Add the mixture to the prepared baking dish. Use parchment paper to press the mixture evenly in the pan.
- Add the granola over the top, and press down into the mixture.
- Drizzle melted chocolate over that, and sprinkle with sea salt.
- Freeze 2-3 hours before serving. Best stored in the freezer, as the bars will soften in the refrigerator.



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