

your **JOURNEY**

Oct. - Dec. 2024

**A publication of the Eastern
Connecticut Cancer Institute**

A Cancer Survivors Newsletter



Coffee Talk Program

Learn more about our next Coffee Talk program focusing on 'Fit for the Journey' presented by Mary Pesce, PTA.

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Survivorship Community Program

The ECHN John A. DeQuattro navigation team hosted a program on cancer survivorship. Read more to learn what was discussed.

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National Lung Cancer Screening Day!

November 9th is
National Lung Cancer
Screening Day.

Read more about this
screening and to see if you
qualify on page 3!

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Coffee Talk

We had our second Coffee Talk on Thursday, July 18, featuring Kate Francis, APRN, who discussed important issues regarding palliative care and advanced directives. If you missed it and want more information, please contact one of the team members.



Our next Coffee talk is on **Tuesday, October 15, 2024**. Our speaker is Mary Pesce, PTA, LSVT, CPT, CET who will discuss her program here at ECHN called Fit for the Journey. It's an exercise program designed for people with cancer, no matter where they are on that journey. Mary will explain how her program works and when it's available. And it's free! As we go into the colder months where we're less active, learn about things you can do at home to help improve or maintain your stability and mobility. Registration is not required but is encouraged (because we feed you!) Please contact Leslie or Karen to register or for more information. Hope to see you there!

Welcome, Ellen!

We have a new social worker! Join us in welcoming Ellen Leslie, MSW, LMSW to our navigation team! Ellen loves being a social worker. She has extensive experience, acquired over the last 26 years at skilled nursing facilities and doing home care. She replaces Liz Soucy, who has retired.

Ellen loves spending time with and entertaining her friends and family. She lives in southern Connecticut with her husband, two sons, two rescue mutts, and a cat! She enjoys spending time in her yard tending to her gardens of flowers and veggies, and she loves rooting for her sons at fishing tournaments and football games.

We are so happy to have Ellen on our support team! To contact her, please call 860.646.1222, ext. 2957, or at Ellen.Leslie@echn.org.



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.

Survivorship, remember, starts at diagnosis, so wherever you may be on your own journey, you are a survivor! We look forward to hosting a great event!

Registration is closed for this event but if you have any questions about our survivorship program, call 860.533.2929.

National Lung Cancer Screening Day

Mark your calendars for National Lung Cancer Screening Day on Saturday, November 9!

Lung cancer is the leading cause of cancer deaths in the United States, with an estimated 125,000+ deaths this year. But fewer than 1 in 10 eligible individuals get screened for lung cancer. We can change this!

We can reduce disparities and increase screening rates by offering screening on weekends and after work hours. Join us in raising awareness and encouraging participation in National Lung Cancer Screening Day.

Are you eligible for a Lung Cancer Screening?

- Are you 50 to 80 years old?
- Do you currently smoke or have quit in the past 15 years?
- Do you have at least a 20 pack-year smoking history?

What do you need to do to prepare for screening?

- It's a good idea to receive counseling to quit smoking if you currently smoke.
- You should see your primary care doctor about the benefits, and limits of screening with Low Dose CT scans.
- You should check with your insurance provider to see if you need a referral for screening.

Call 860.646.1222, ext. 1408 to learn more and to schedule your screening.

Screenings available at:

Manchester Memorial Hospital*

Rockville General Hospital*

Evergreen Imaging

**Saturday appointments available*

Monthly Health Observances

October is Breast Cancer Awareness Month

In 2024, the United States is expected to have over 310,000 people diagnosed with breast cancer. Breast cancer accounts for 15% of ALL cancer diagnoses. When it's caught early, in its localized stages, breast cancer has a 99% 5-year survival rate! Some risk factors, like your age, sex, race, and family history, can't be changed. But some, like smoking, poor diet, and obesity CAN be changed. You CAN make lifestyle changes to lower your breast cancer risk. Know your risk factors! For more information, please visit cancer.org or nationalbreastcancer.org, or call Leslie at 860.646.1222 ext. 1406.

November is Lung Cancer Awareness Month

Please see our article about National Lung Cancer Screening Day! Are you a current or former smoker (who has quit in the last 15 years)? Are you a current or former smoker who smoke(d) 1 pack per day for 20 years, or 2 packs per day for 15 years? Are you between the ages of 50-80? ECHN's Lung cancer Screening Day is Saturday, November 9, 2024. Screenings will be held that day at Manchester Memorial Hospital and Rockville General Hospital. For more information, please call Karen at 860.646.1222 ext. 1408.



December: Handwashing Awareness Week and National Influenza Vaccination Week

December is not a cancer awareness month, but there are two important awareness weeks! December 1-7, 2024 is National Handwashing Awareness Week. In our post-COVID world, we all know how important handwashing is to prevent the spread of all kinds of infection. It's doubly important for people with compromised immune systems, such as people undergoing treatment for cancer. For more information, go to cdc.gov/clean-hands.

December 2-6, 2024 is also National Influenza Vaccination Week. Again, it's so important that people with compromised immune systems take every preventative measure they can to avoid getting sick. Vaccines fall in this category! Always check with your oncologist before starting any new medication or getting any vaccines, but most people SHOULD get available vaccinations. Stay safe!

Community Presentation on Survivorship

Your navigation team was joined by several cancer survivors on Wednesday, August 28 for a discussion on cancer survivorship. Navigator Leslie Juliani discussed what survivorship is, and led a very active Q and A session at the conclusion.

So who is a survivor? You are! Cancer survivorship begins at diagnosis, and you remain a survivor throughout your life. Survivorship, according to UC Health, encompasses "everything from the completion of active treatment to managing long-term side effects, preventing recurrence, and optimizing overall health and wellbeing."

During active survivorship, a person is diagnosed and undergoing treatment. The period just after treatment ends is called the transition from active treatment, or extended survivorship. Long-term survivorship extends for the rest of the person's life.

Topics presented by Leslie included physical and non-physical effects post-treatment, as well as the importance of remaining socially connected, and utilizing available support groups. She also provided a list of questions you can ask your provider when your treatment ends. You can access this list at the American Cancer Society's website, cancer.org. If you'd like to know more about survivorship, please contact 860.646.1222 (Leslie x 1406 or Karen x1408).

Classes & Events

Cancer Survivors Day Brunch

Sunday, September 29, 2024
The Marriott Hotel, Windsor, CT

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 to register.

Coffee Talk

Tuesday, October 15, 2024
9 a.m. - 10:30 a.m.
John A. DeQuattro Cancer Center
Call 860.646.1222 x1406 or x1408 to register.
Speaker: Mary Pesce, PTA

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

Eastern Connecticut Health Network

71 Haynes Street
Manchester, CT 06040



Prep time 15 minutes – cook time 45 minutes – yield 8 servings.

- 6 cups vegetable broth (or chicken stock)
- 1 cup uncooked wild rice
- 8 oz Baby Bella Mushrooms, sliced
- 4 cloves of garlic, minced
- 2 medium carrots, diced
- 2 ribs celery, diced
- 1 large sweet potato, peeled and diced
- Heat a tablespoon of butter or olive oil in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.
- Add in the vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf, and Old Bay seasoning. Stir to combine. Let soup reach a simmer. Then reduce heat to medium-low, cover, and simmer for 30-40 minutes until the rice is tender, stirring occasionally.
- Add the coconut milk and kale, and stir gently until combined. Taste and season with salt and pepper, and serve.

- 1 small white onion, peeled and diced
- 1 bay leaf
- 1.5 tbsp Old Bay seasoning
- 14 oz can of unsweetened coconut milk (or 1.5 cups cream)
- 2 large handfuls of kale, roughly chopped, stems removed
- fine sea salt and black pepper for taste

Cozy Autumn Wild Rice Soup (www.gimmesomeoven.com/cozy-autumn-wild-rice-soup/)
This Cozy Autumn Wild Rice soup features seasonal produce, hearty wild rice, and a zesty creamy broth. This is the vegan version, with non-vegan ingredients in parentheses.