Letter from the Director:

Welcome to our spring addition of the Batte Cancer Center newsletter. This is the season of hope, as the warming sun shakes off the darkness and cold of winter. As Emily Dickenson so aptly wrote, "Hope is the thing with feathers -- That perches in the soul -- And sings the tune without the words -- And never stops -- at all."

The staff of the cancer center is in the planning process for our recurring annual sponsorship of the 2010 American Cancer Society Relay for Life, as well as the planning stages for our annual Survivor’s Day. We are very excited about these two events, so please be on the lookout for our information flyers. One very big change coming to Batte Cancer Center this spring is the addition of Brigitte Miller, MD, gynecologic oncologist. Dr. Miller comes to us from Wake Forest Baptist teaching hospital where she has distinguished herself in her field. This is clearly an exciting development for our cancer center, as well as our community.

We have also welcomed a new mid-level practitioner to NorthEast Oncology Associates, Rashonda Mintz-Smith, NP. Rashonda is a terrific addition to the team here at Batte Cancer Center. We are very fortunate that she made the decision to begin her practice here in Concord. At Batte Cancer Center, our goal is to be the comprehensive team our patients count on every day. As always, we are so very proud to be of service to our patients and their families. Thank you for putting your trust in us.

Martin A. Senell, Jr.
Director – Oncology Services

Welcoming Rashonda Mintz-Smith, RN, MSN, FNP-C

Rashonda Mintz-Smith has been a Nurse Practitioner for five years. She did her undergraduate studies at Gardner Webb University, and her graduate studies at UNC-Charlotte. She is a certified Family Nurse Practitioner. Her experience includes Emergency/Acute Care Nursing as well as General Family Practice.

Personally, Rashonda is married with two children ages 4 and 7 months. Prior to the birth of her last child, she decided to specialize in oncology. She has joined the team here at NorthEast Oncology Associates and is very excited for the opportunity to work with such a special group of patients and their families.

Monthly Cancer Awareness

April 2010: National Minority Cancer Awareness

May 2010: National Melanoma Awareness
   Women’s Health/Cancer Awareness
   Skin Detection and Prevention Month
   Cancer Research Month

June 2010: National Cancer Survivors Day
   Men’s Health/Cancer Awareness

Do your part to reduce your cancer risk by following these tips:

- Avoid tobacco use, eat a balanced diet, maintain a healthy weight, exercise regularly and limit alcohol consumption.
- Get screened. Follow recommended cancer screening guidelines and ask your healthcare provider about possible signs and symptoms you may be experiencing.
- Get the best treatment. Use cancer screening and treatment services in your community.
- Enhance your survivorship. Address physical, psychological and practical needs and don’t be ashamed to ask for help.
Many people dealing with cancer rely on their faith in God as a source of comfort and strength. You may find that spiritual resources such as prayer, scripture and the support of your church or faith community help you navigate the journey of cancer diagnosis and treatment. Many of us discover that our faith is more important than ever when we face life’s challenges.

Sometimes when we experience challenges in life, it may cause us to have spiritual questions. We may feel that God is far away and wonder if God hears our prayers. It is important for us to know that this is not a sign that we have lost our faith or that God has abandoned us. It is normal to have such feelings in our faith journey. Even Jesus experienced grief and fear as he prayed in the garden.

A recent study published in the Online Journal of Clinical Oncology (Dec. 14, 2009) reported that spiritual resources were very important to people being treated for cancer. Patients surveyed indicated a need to feel “at peace with God” as one of their most important concerns. Talking with a trusted friend or minister can be important in understanding how your spirituality can help you cope with cancer.

Chaplains are ministers who are trained to counsel with and support persons from all spiritual backgrounds. Chaplains will support you in your faith and can help you discuss spiritual concerns and questions. Carolinas Medical Center-NorthEast has chaplains available for all areas of the hospital.

Chaplain Cy Miller (pictured to the left), will be visiting Batte Cancer Center from March through August 2010. Cy will make regular rounds, but you can also ask the nurse or social worker to request a chaplain if you would like a visit.

Our team of dedicated staff, including chaplains, is here to support you in every way, including helping you to draw on your spiritual resources for strength.

NEW CLASS: Chemotherapy 101; “Improving Your Overall Experience”

On March 3, 2010, Batte Cancer Center initiated a new class for all patients starting treatment. The goal of the class is to provide optimal, consistent, standardized education to all patients who will receive chemotherapy or targeted therapy.

The class provides support to patients in a group setting with other patients embarking upon the same experience. This type of educational setting helps to relieve anxiety, fears and concerns related to starting therapy. In addition, patients are armed with useful information to help them to be aware of what to do should issues, side effects or questions arise. Each patient receives a 65-page customized educational binder packed full of information and resources, a cancer awareness lapel pin and a Batte Cancer Center DVD.

Class topics include: cancer overview, staging, goals of therapy, administration, schedules and cycles, management of side effects, complementary therapies, financial resources, coping resources, survivorship and support programs and groups. The class concludes with a tour of the entire Batte Cancer Center, Rejuvenation Center and Wishing Well.

The class is held on site in the Batte Cancer Center Conference Room every Wednesday from 10 a.m. - Noon. The feedback from patients and their family members and/or caregivers has been very positive.
Batte Cancer Center Recognizes Its Wonderful Team Members!

Cora Davis, MSW
During March for National Professional Social Work Month!

Cora Davis has been a social worker for 34 years and she has worked in oncology for over 13 years. Cora began in her present social work position with our cancer center in 2002. She completed her undergraduate work at Livingstone College in Salisbury, North Carolina and her graduate work at the University of Connecticut in West Hartford, Connecticut. Her work experience includes hospice and pediatric oncology.

Cora is married and has three adult children. She and her family have lived in Minnesota, California, Indiana and Washington State. Her home state is South Carolina and she is delighted to live near her hometown of Gaffney, South Carolina.

“I consider it a privilege to work with our medical oncology team and the patients and families who have chosen Batte Cancer Center for their care. Our cancer survivors continue to inspire me each day to find additional ways of assisting with their needs.”

Lisa Buckley, RD, LDN, During March for Registered Dietitian Day!

Lisa Buckley, originally from Long Island, New York relocated to this area 3 ½ years ago. Although the transition was tough, leaving many loved ones behind, Lisa and her family have come to really like the South. Lisa has been happily married for six years this month and she and her husband have a beautiful daughter who is 17 months old.

Lisa has been employed in various roles in her profession; as a clinical dietitian in several hospitals and nursing homes, as a community dietitian for pregnant and breastfeeding mothers and children and as a student services dietitian on a college campus.

Upon her family’s decision to leave New York, Lisa came to Batte Cancer Center. She felt it would be a great way to combine her outpatient experience with her clinical expertise, and specialize in oncology nutrition. Her first reaction to oncology was that it was extremely challenging, yet very interesting; especially the amazing patients she is able to assist. She has found oncology patients to be such selfless people. Lisa also came to realize that assisting patients with cancer is the most rewarding job she has ever had in her career as a dietitian. Besides working with patients, Lisa feels extremely lucky to work with some of the most intelligent and compassionate individuals she’s ever met. She stated that the friendships and camaraderie she shares with her team members is quite a pleasure and an honor.

“Giving Back………..”

Recently, Lisa decided to give back in a more personal way to patients who deal with losing their hair during treatment. She cut and donated eight inches of her own hair to “Pantene’s Beautiful Lengths,” a program that makes free wigs for women who have lost their hair due to cancer treatment. “It was a great feeling to know that someone will get to enjoy my hair as much as I did my whole life.”
March is National Nutrition Month and is always celebrated at Batte Cancer Center in delicious style. Restaurant Forty Six of Kannapolis and Trader Joe’s of Charlotte graciously donated healthful ingredients, and provided a Chef to create smoothies for our patients. Chef Mike of Restaurant Forty Six made five antioxidant-packed smoothies for all guests to taste.

The decision was made to have a smoothie’s class because it is something that is recommended to a variety of patients for many different reasons. Some smoothies include protein, calorie or probiotic enhancement, fruit, etc. Sometimes it is difficult for patients to consume their daily recommended servings of fruits and vegetables while undergoing chemotherapy or radiation therapy. Most patients have reported that they have either never tried a smoothie, or they are reluctant to include some of the ingredients recommended because they are not necessarily a traditional “smoothie ingredient.” By having a smoothie’s class it gave patients a chance to taste what is discussed in sessions, ask any questions about altering smoothie recipes, as well as seek additional information about nutrition. It was an open forum with lots of great questions, a fiber fact game and patients were able to win prizes. Almost everyone who left the smoothie’s class became a smoothie lover and believer. The following recipes were created by Restaurant Forty Six’s Chefs, to incorporate more healthful foods. Go ahead and give them a try!

MANGO MANY BERRY

1 cup diced mango
1 tsp. agave nectar
3 oz. raspberries
3 oz. strawberries
1 cup orange juice

Combine all ingredients in blender. Blend until smooth.

BERRIES GONE BANANAS

4 oz. blueberries
4 oz. strawberries
4 oz. raspberries
2 tsp. peanut butter
1 banana
2 tsp. agave nectar
8 oz vanilla rice milk

Place peanut butter into blender first then the rest of the ingredients and blend until smooth.

For all nutrition related questions and concerns, please contact our outpatient oncology dietitian, Lisa M. Buckley, RD, LDN at 704-403-3100 ext. 66584.

Coming Soon!

Brigitte E. Miller, MD will be joining our practice in April 2010. She is board-certified in gynecologic oncology. She has been a faculty member in the GYN Department at Wake Forest Baptist Hospital for the past 10 years. Currently, Dr. Miller resides in Davidson County with her husband, who is also a physician faculty member at Wake Forest Baptist Hospital.
There are Heroes Amongst Us!

Batte Cancer Center employees, Lisa Rivera-Ruiz, CMA, Victoria Klinger, RN, OCN, Carey Kaylor, RN, OCN, and Cindy Knight, RN, OCN, (pictured in this order) helped to save a woman’s life! The four heroes were attending a computer training class in Charlotte, and while exiting a local restaurant, they passed a woman going into the restaurant who appeared to be in distress. Victoria asked if she could help the woman, and the woman replied that she had been stung by a bee. The woman quickly lost consciousness and our employees got her safely to the floor. They asked the restaurant workers to call 911. Our nurses monitored the patient’s respiration and pulse and prepared to begin CPR if the need arose, while attending to the patient’s elderly mother who was quite shaken. The mother told Carey that her daughter carried an epi-pen in her purse, and the nurses proceeded to administer the drug. Before the ambulance arrived, the patient regained consciousness, and was safely transported to the hospital.

This event truly embodies employees who display outstanding character and commitment to their profession. This is the same compassion and commitment they bring to our patients everyday in the cancer center. Each of these employees was recognized by senior administration as Service Heroes. They each received an Awards luncheon, a congratulatory letter and plaque, a Service Hero Medal and a paid day off. Thanks for a job well done!

NEW!
Stepping Forward, a Cancer Wellness Program

With advances in medical care, more people now are going through cancer treatment and moving on to live healthy, long lives. Toward the end of treatment, or shortly after treatment, many cancer survivors feel a void in their lives, a “what now?” kind of feeling. Through a generous grant from Rite Aid Foundation, the Cannon Memorial YMCA is now able to offer a 10-week cancer wellness program, Stepping Forward. In partnership with Carolinas Medical Center-NorthEast, the YMCA is excited to launch this program, beginning on April 13, 2010. Participants will meet twice a week at the West Cabarrus YMCA. One session will be focused on an educational topic, and the other session on a variety of exercise options for overall fitness. The purpose of this program is to provide participants with the education, tools and support to develop healthy lifestyle habits. Topics discussed will include nutrition, stress management, spirituality, organizing a cancer care plan and sexuality. Exercise sessions will be led by a fitness specialist and will include appropriate options depending upon physical limitations. Participants will receive a water bottle, bag, journal and other items to help them in their wellness journey. The program meets from 6:30 – 8 p.m. on Tuesdays and from 6:30 - 7:30 p.m. on Thursdays.

Please contact Susan Yaguda, RN, MSN, Program Coordinator, for more information or for a referral form. Participants must be referred by their healthcare provider. This program is offered at no cost to the participant.

Susan Yaguda, RN, MSN
Stepping Forward Program Coordinator
Health Promotions Nurse, CMC-NorthEast
West Cabarrus YMCA
5325 Langford Ave.
Concord, NC 28027
704-403-3050
Acupuncture and Oriental Medicine

Acupuncture and Oriental Medicine originated in China more than 2,000 years ago and is one of the oldest and most commonly used systems of medicine in the world. What is commonly referred to as acupuncture is really the system of Oriental Medicine and includes:

- Acupuncture
- Chinese herbs
- Moxibustion
- Tui Na massage
- Cupping
- Dietary therapies

This medicine is based on a unique and highly sophisticated view of the human body and the nature and development of disease. The ancient Chinese viewed a person as an energy system in which body and mind are unified, each influencing and balancing the other. Unlike some approaches that attempt to isolate and separate a disease from a person, Oriental Medicine emphasizes a holistic approach that treats the body and mind.

This ancient and elaborate medical system is based on the concept of Qi (pronounced Chee), a vital energy that nourishes and animates the body. Qi moves throughout the body in a network of meridians in much the same way as blood flows through the blood vessels. Oriental Medicine views disease as the result of stagnation or blockages in this energetic system. A well trained practitioner can remove these blockages to help treat disease and bring physical and emotional balance. As this traditional form of medicine has spread throughout the world, the medicine has evolved through a continuous process of critical thinking and clinical observation to include a variety of treatment modalities and therapies from many Asian countries.

**Acupuncture** is the gentle insertion of very fine, disposable, sterile needles at specific points on the body. This process stimulates movement of energy within the body, allowing healing to take place. People experience acupuncture differently, but in most cases the needle insertion is painless and many patients soon discover that the experience is quite pleasurable. Clinical studies cannot fully explain how acupuncture works within the framework of western biomedicine, but it is believed that acupuncture helps to regulate the nervous system and affects brain chemistry through the release of neurotransmitters and neurohormones.

**Other Oriental Medicine techniques include:**

- **Chinese Herbs** – a unique part of the treatment that utilizes a combination of many herbs, instead of a single herb, to enhance the therapeutic effect. Chinese herbal formulas can be customized to specifically address the patient’s current health concerns and medical history.

- **Moxibustion** - an ancient and deeply nourishing therapy that consists of burning a Chinese herb (Artemisia Vulgaris) over or on acupuncture points to improve circulation and warm the body.

- **Cupping** - a very old treatment method that was used by doctors in the U.S. up until the early 1900’s. It is essentially a suction technique that moves stagnant energy and blood, resulting in improved circulation in the affected area.

- **Tui Na massage** is a form of Chinese therapeutic massage that emphasizes manipulation of the soft tissue and alignment of the musculoskeletal system to balance the body within the framework of Oriental Medicine theory.

- **Dietary therapy** based on the principles of Oriental Medicine will address the unique physiological needs of each patient and how they can be helped through the right balance of foods.
During your first acupuncture/Oriental Medicine treatment, you will be asked about your health condition, health history, lifestyle and diet. All this information is used to form a comprehensive picture of your condition and what may have contributed to it. One or more of the therapies listed above will be used in order to provide the patient with the most benefit.

You should always inform your practitioner about all the treatments and medications you are taking and any medical conditions you have. It is also very important to inform your other health care providers, such as your primary care physician, about any acupuncture/Oriental Medicine treatments you are using or considering.

The World Health Organization has issued a list of over 30 diseases that lend themselves to treatment by acupuncture. The addition of other Oriental Medicine therapies can greatly increase the range of treatable diseases far beyond this list.

**Ear, Nose and Throat Disorders:**
Toothaches, earaches, sinusitis, rhinitis, laryngitis

**Respiratory Disorders:**
Colds and flu, bronchitis, asthma, allergies, emphysema

**Gastrointestinal Disorders:**
Food allergies, nausea, indigestion, diarrhea, constipation, ulcers, colitis

**Circulatory Disorders:**
Hypertension, high cholesterol, arteriosclerosis, angina pectoris

**Urogenital Disorders:**
Cystitis, stress incontinence, neurogenic bladder, prostatitis, prostatic hypertrophy

**Gynecological Disorders:**
Menstrual irregularity, endometriosis, PMS, infertility, menopausal syndrome

**Musculoskeletal Disorders:**
Tennis elbow, frozen shoulder, TMJ, sciatica, low back pain, arthritis, carpal tunnel syndrome, fibromyalgia

**Psycho-emotional and Neurological Disorders:**
Depression, anxiety, insomnia, headache, migraine, trigeminal neuralgia, intercostal neuralgia, post-stroke paralysis, dizziness, tinnitus

**Oncology patients undergoing treatment are eligible for one complementary acupuncture session and/or a 30-minute massage. You may schedule acupuncture through NorthEast Internal & Integrative Medicine, 301 Medical Park Drive, Suite 201, Concord, NC 28025, 704-403-7050. Kristy Wilhoit in the Rejuvenation Center can schedule your complementary massage. She may be contacted by calling 704-403-3100 ext. 68582.**

---

**Expressions of Hope**
**By Cora Davis, MSW**

*An unplanned Journey…*

*Many roads ahead were winding.*

*There were twists, turns, curves, and some detours.*

*Yet,*

*You remembered*

*And*

*You reflected*

*On sweet voices that whispered and shouted*

*Yes you can!*

*On*

*Hands stretched forward for balance and support.*

*On eyes with*

*Tears as each new hurdle was crossed.*

*Yes*

*Cancer Survivorship*

*Is*

*A path toward many destinations.*
Earnest Bostick, Cancer Survivor,
Continues to SMILE

Earnest Bostick is a 66-year-old gentleman who has been happily married for 47 years. He and his wife have three children and eight grandchildren (three who are in college), of whom they are very proud. Mr. Bostick has an infectious smile no matter when you see him.

Mr. Bostick was diagnosed with local prostate cancer in November 2004, after which he underwent a radical prostatectomy and a course of radiation therapy in January 2005. In early 2007 on follow up examination, it was discovered that his prostate cancer tumor markers were elevated again and he began chemotherapy injections every three months. His cancer responded well to the treatment until February 2008 when he discovered that the cancer had spread to his pelvis (hip bones), sternum (rib cage) and sacrum (spinal bones). Even with this new discovery, Mr. Bostick has maintained a positive outlook and has consistently received treatment for the past two years for metastatic disease. In addition to his regular follow up visits, he comes to the infusion center for Lupron every three months and for monthly Zometa.

“Family, prayer and this hospital is what keeps me going,” states Mr. Bostick. “My family loves me, supports me and is always there for me when I need them. I couldn’t have made it this far without them. And I’m going to keep going.”

Mr. Bostick also gives credit to the team in both Batte Cancer Center as well as the CMC-NorthEast organization as a whole. He explained how when he comes here that he is treated so special that he can’t imagine going anywhere else. “I’ll tell anyone who asks that CMC-NorthEast is the best hospital around. When I’m here, my family doesn’t worry about me at all. In fact, they get so tickled at me when I talk about how good they treat me up there,” he exclaimed. “Y’all are like my other family and that keeps me going. I don’t ever mind coming to the cancer center for treatment.”

When asked what keeps him motivated, smiling and so positive, his reply was, “No need of having a long face. It won’t do me any good. I have faith in God and I have faith in the caregivers I have. I tell people that they need to listen to what the doctors and nurses ask them to do because they are here to help me, not to hurt me and I truly believe that. That’s how y’all make me feel when I’m there...that I’m in good hands...that keeps me going!” He added that “You’re only given one life, so I believe in making the best of it, regardless of what I have, life is too short and I don’t wanna miss it.”

It is evident that Mr. Bostick lives the words that he speaks. When the staff were randomly asked what they think of when they hear the name Earnest Bostick, they replied, “positive, upbeat, always smiling, bubbly, openly friendly, keeps us laughing and is always a hoot!” Even his physician agreed that he has the best attitude and is such a nice guy.”

“Fear imprisons, faith liberates;
fear paralyzes, faith empowers;
fear disheartens, faith encourages;
fear sickens, faith heals;
fear makes useless, faith makes serviceable.”
-Harry Emerson Fosdick
FREE Patient Education:

**CML: Understanding Treatment Options:**
- Thursday, April 29, 2010 1 – 2 p.m.
- Listen over the telephone or online
- Register by calling 866-992-9950 or online at [www.LLS.org/CMLLinks](http://www.LLS.org/CMLLinks)

**New Advances in Bone Health for People Living with Cancer:**
- Friday, April 30, 2010 1:30 – 2:30 p.m.
- Listen over the telephone or online
- Register by calling 800-813-HOPE (4673) or online at [www.cancercare.org/connect](http://www.cancercare.org/connect)

**Survivorship Series: Living With, Through and Beyond Cancer:**
- Tuesday, May 18, 2010 1:30 – 2:30 p.m.: Communicating with Your Health Care Team After Treatment
- Tuesday, June 22, 2010 1:30 – 2:30 p.m.: Survivorship and Workplace Transitions
- Tuesday, July 13, 2010 1:30 – 2:30 p.m.: Survivors Too; Communicating With and Among Family, Friends and Loved Ones
- Listen over the telephone or online
- Register by calling 800-813-HOPE (4673) or online at [www.cancercare.org/connect](http://www.cancercare.org/connect)

**American Cancer Society’s 75-minute Telephone Workshops for Patients, Family Caregivers and Friends:**
- Monday, May 3, 2010 2 – 3:15 p.m. or Wednesday, May 12, 2010 7 – 8:15 p.m.: Co-payment and Out of Pocket Costs You Did Not Expect.
- Tuesday, June 8, 2010 2 – 3:15 p.m. or Wednesday, June 16, 2010 7 – 8:15 p.m.: Care giving and Pain Relief.

**Understanding and Managing Chemotherapy Side Effects:**
- Friday, June 11, 2010 1:30 – 2:30 p.m.
- Listen over the telephone or online
- Register by calling 800-813-HOPE (4673) or online at [www.cancercare.org/connect](http://www.cancercare.org/connect)

**Sexuality and Cancer**

In today’s society, the topic of sex is ever-present. It is difficult to pick up a magazine, read the newspaper or turn on the television without seeing something related to sexuality.

Many patients report that they don’t hear about sex in their doctor’s office. This may be a difficult subject not only for physicians or healthcare providers to discuss, but it is a subject many patients don’t openly bring up on their own. This is particularly the case with cancer patients, who may feel that sexuality is irrelevant when they are discussing their prognosis. Many feel as if this is the time to only focus on achieving cure or control of the disease.

However, a patient who wasn’t anticipating another loss, this lack of information can be a devastating reality, and may be an overwhelming challenge. Somehow, it is easier to talk about everything else, from bowel to bladder problems, yet the topic of sex seems so taboo.

A cancer diagnosis and the treatments that follow can affect sexuality in many ways. Patients may experience physical, emotional, psychological and spiritual changes in their lives, and any of these can have an impact on sexuality and one’s desire for intimate connection to others. Additionally, the use of some medication, fatigue, emotional stress and side effects can lead to decreased ability for sexual activity.

Although there are a full range of options available for treating and managing sexual side effects and symptoms, sexuality is about much more than medications. It is about intimacy, quality of life and retaining a part of what makes you human. Please talk with your physician, nurse or social worker about how you are feeling, and/or what options may be available.

**Website Resources on Sexuality**
- [www.cancer.org](http://www.cancer.org) American Cancer Society
- [www.fertilehope.org](http://www.fertilehope.org) Fertile HOPE
- [www.cancersymptoms.org](http://www.cancersymptoms.org) and click on “Sexual Dysfunction”
- [www.plwc.org](http://www.plwc.org) and click on “Coping,” then “Emotional & Physical Matters,” then on “Sexual & Reproductive Health”
Support Groups and Services

CFC-Changing the Face of Cancer
Changing the Face of Cancer (CFC) is a support group for patients who are diagnosed with stage III or stage IV disease. Our goal is to help patients maintain their quality of life as they cope with the physical and emotional challenges of their diagnosis. The group meets on the 2nd Thursday of each month, from 10:30 – 11:30 a.m. in the Batte Cancer Center Conference Room.

Breast Cancer Support Group
This support group is for individuals and families newly diagnosed with breast cancer. This group meets the 4th Tuesday of each month, from 10 – 11 a.m. in the Batte Cancer Center Conference Room.

Breast Cancer Support Group-Albemarle
This group is a support group for all women diagnosed with breast cancer. This group meets the 1st Tuesday of each month, from 6:30 – 8 p.m. in the NorthEast Oncology Associates-Albemarle lobby. For further information, please call 704-982-1880.

Look Good…Feel Better
The American Cancer Society sponsors a free, two-hour educational, hands-on workshop for female patients undergoing radiation and/or chemotherapy. A trained cosmetologist will address make-up techniques, skin care and nail care. Participants will also learn how to deal with hair loss and how to use scarves and accessories to enhance their appearance and self-esteem. Complimentary cosmetic kits are given to all participants. These kits would normally retail for $150 – $200. Please contact Kristy Wilhoit, at 704-403-3100, ext. 68582, for more information.

The Rejuvenation Center
The Rejuvenation Center is located in Batte Cancer Center. We offer wigs, scarves, hats, support literature and other accessories that are available free of charge for all cancer patients. We have a full-time Cosmetologist who can assist patients with selecting and styling a wig when hair loss occurs as a side-effect of treatment. Please contact Kristy Wilhoit at 704-403-3100, ext. 68582. No appointment necessary.

Pet Therapy
Pets can decrease anxiety, increase alertness and promote well-being in people with cancer. Our “doggie volunteers,” visit weekly at Batte Cancer Center and on the inpatient unit.

Reach to Recovery
This program is a peer support program of the American Cancer Society for people with a personal concern about breast cancer. A trained volunteer who is a breast cancer survivor will provide support and up-to-date information. To request services of a Reach to Recovery volunteer, call the American Cancer Society at 800-227-2345.

SAVE THE DATE!
Tuesday, April 20, 2010 – 1 p.m.
Finding Peace Within: “Walking the Labyrinth; “A Guided Experience”

Tuesday, May 18, 2010 – 11 a.m.
“The Benefits of Making Time for Tea”
Bridget Bongaard, MD, FACP
NorthEast Internal & Integrative Medicine

Sunday, June 6, 2010 – 12:30 – 2:30 p.m.
National Cancer Survivors Day! Held in the Oncology Level of the Parking Deck. Look for flyers and more details to come. This is a celebratory event you don’t want to miss!

4th Annual North Carolina Comprehensive Cancer Program SURVIVORSHIP SUMMIT

- The Summit welcomes cancer survivors, caregivers and healthcare professionals.
- Friday and Saturday June 18 - 19, 2010 in Charlotte, NC
- Please see the informational table in Batte Cancer Center lobby or contact Cora Davis, MSW, for a registration form. You must register by June 11, 2010.
ATTENTION CANCER SURVIVORS

The American Cancer Society would like to invite you for a celebration of Cancer Survivorship. Please join us for lunch and kick-off Cabarrus County’s Relay for Life 2010 by walking the first lap with other cancer survivors.

Cabarrus Arena and Events Center
Hwy. 49 Concord, N.C.
Saturday May 15th

Registration                          10 – 11 a.m.
Survivor Walk     11:30 a.m.
Lunch               Noon – 1 p.m.
Birthday Celebration    6:30 – 7:30 p.m.
Survivor Walk                         7:45 p.m.

REGISTRATION FORM

All Cancer Survivors will receive a free T-shirt with completed registration.

Name:____________________________________ Address:____________________________________________
City: _____________________ State: _______ Zip: ____________ Phone: _____________________
E-mail address:________________________________________________________

T-shirt Size (please circle):  S    M    L    XL    XXL    3XL

Type of Cancer ______________Years of Survivorship _____________

Survivors are welcome to bring a guest for $6 each to the survivor dinner. Will you be bringing a guest? Yes ___   No ___   Number_________

Please mail this form and any guest dinner fees to:

April Carroll, RN, MSN
Batte Cancer Center
100 Medical Park Drive, Suite 110
Concord, NC 28025

Make checks payable to American Cancer Society
Deadline for registration is Friday, May 7, 2010
We want to hear from you! What topics do you want to see covered in future issues? Are you a survivor who wants to share your story? Please contact April M. Carroll, RN, MSN (Oncology Initiatives Program Specialist & Newsletter Editor) at 704-403-2129 or email at april.carroll@carolinashealthcare.org to let us know.