



# THE CONNECTION

June 2005

*Peninsula Cancer Institute – Combining the best treatments with support and education to promote healing and wellness for each patient*

This is our very first newsletter. We hope this will be a way for all of us to share information, tips, stories and upcoming events. We would love to have a special section in each issue that has poems, ideas, jokes or cartoons or any other writings from our patients and their families. If anyone would like to write something to be included you can give it to Wanda at the front desk or drop it off at the Patient Services office across from the check-out window.

**“Life is a journey” and we have all come together at this time and place to help each other along the way. We need someone to listen – truly listen to our hopes and fears with unconditional love and support. We are here for you and promise to listen with an open heart. --- Mary Inman, Family Services**

## NUTRITION TIPS

**? 5 TO 9 A DAY? !**

One of the best dietary efforts you can make is increasing your vegetable and fruit intake. The “5 A Day” campaign is changing to “5 to 9 A Day”, reflecting our increasing knowledge of the phytochemicals (fight-o-chemicals): naturally occurring plant substances that help fight disease and promote health.

This may sound like a lot of produce but, in fact, is not. Here is a guide for serving sizes:

1 vegetable/fruit serving =

- ½ cup cooked or cut-up fruit or vegetable
- 1 cup raw, leafy item like lettuce
- 6 oz (¾ cup) 100% juice (not a “juice drink”)
- ¼ cup dried fruit

What does 9 servings a day look like? (Servings are italicized)

### Breakfast:

Whole grain toast or cereal  
 Yogurt with ½ cup strawberries (*1*)  
 6 oz juice (*1*)

### Lunch:

1 cup salad (*1*) with tuna & chickpeas  
 Whole grain crackers

### Dinner:

3oz lean meat, poultry or fish  
 1 cup broccoli with lemon zest (*2*)  
 Medium sweet potato (*1*)  
 Dry mix, sour cream, etc.)

### Snack:

¼ cup dried fruit (*1*) with ¼ cup nuts

### Snack:

Fruit Smoothie:  
 1 cup pineapple (or other fruit) (*2*)  
 3or 4 ice cubes  
 Blend in food processor or blender

**-or-**

1 cup raw vegetables (*2*) with dip (lite ranch dressing,  
 plain yogurt with Good Seasons salad dressing)

Check out [www.5aday.com](http://www.5aday.com) for more ideas. Give your body what it need to fight your cancer with gusto!

Your Dietitian, Lynee Groeger MS,RD

## What we're all about...

**M**assage therapy in combination with traditional cancer treatments exemplifies “whole person healing” and our massage therapists, **Kathy Shore** and **Amy Hunt** are dedicated to that philosophy. Kathy has been a nationally certified massage therapist for eleven years, specializing in body work for stress management and illness related issues. She has advanced Hospice training and served as a volunteer massage therapist for many years. That experience along with her last eight years of working with residents of retirement communities has deepened her knowledge of the effects of stress and the challenges of illness on the body and spirit. Amy Hunt brings nine years experience in a medical laboratory including the pharmaceutical research arena. Her desire to be more closely involved with people and their healing process, led her to education in medical massage. In addition to her national and state massage certification, Amy has specialized training and certification for therapeutic massage specific to people with cancer. Kathy and Amy are both grateful for the opportunity to bring their gifts and skills to this wonderful place and to work with this great staff.

**A**tmosphere is what we are able to provide in our massage room where we have the option of offering full body massage. You will hear the soft trickle of water from our fountain as well as soft music of your choice. The lighting is dim to allow you to drift away to places your imagination may take you. The art work sets a soothing and relaxing mood in the room. You also have the option of aromatherapy, but only if you decide that is something you would like to experience.

**S**ystem for massage therapy at Peninsula Cancer Institute is very simple. Once you have been referred by someone on the treatment team (you can ask your doctor or nurse about a referral too) you'll meet one of the massage therapists. You will be asked to read over some information about massage therapy and then to fill out an intake and consent form. The massage therapist will then read the patient's chart and meet with the treating nurse and/or doctor to design a customized therapeutic massage session specific for the individual's needs. The therapist can then set up an appointment with the patient for a session. We encourage the patient to be active in the therapeutic massage session design. We can offer hand, foot, or chair massage on days a patient is receiving treatment. On days when the patient is not receiving treatment, we can also offer full body services.

**S**ome quotes by patients that are enjoying therapeutic massage at Peninsula Cancer Institute: “I believe I can get through my chemotherapy knowing that at the end of each session I receive massage therapy”, “I can't believe I waited until I was \_X\_ years old to try this thing called massage therapy—it's wonderful”, and “I use my hands in my profession and peripheral neuropathy was starting to interfere, but since receiving hand massage weekly along with my chemo, my hands have felt great and I am able to continue my work.”

**A**ll who are receiving treatment at PCI are candidates for therapeutic massage. If you are not sure that therapeutic massage is for you and would like to talk about it first, we offer one on one private consultations as well.

**G**reat things can come from therapeutic massage. Many side effects that are possible from chemotherapy can be minimized or controlled by massage therapy. Some examples include; nausea, constipation, anxiety and stress, peripheral neuropathy, fatigue, and sleeplessness. Therapeutic massage can also help strengthen the immune system and enhance the body's many own healing mechanisms.

For some, it has just given them something positive to look forward to during their treatment. In a world of poking and prodding, it's nice to be touched in a tender way.

**E**xpect great tips, news and wonderful stories in upcoming newsletters. Coming next month: stress reducing tips!!!

# SHARING THOUGHTS

## Devastation of Cancer

Cancer made me feel alone  
Nothing else could set this tone  
The news that hits; an icy blast  
The devastation that tends to last

The new of which I can't prepare  
The scattered thoughts that linger there  
Confused and overwhelming fear  
Is the end of life too near?

I search and search for answered prayer  
I need God to really care  
The wonder of what will I lose  
What medical options should I choose?

I browse through the Internet  
And find more than I care to get  
The increased fear and info search  
The contact of supportive Church

God works through people I am told  
I ponder on this thought I hold  
The mixed emotions I endure  
Are doctors soon to find a cure?

I pray, I cry, I want to shout  
"Why me, God" As feelings doubt  
My faith is tested as I hope  
To find the strength of how to cope

My purpose here I want to live  
My own existence of what I give  
The friends who know not what to say  
And many others whom back away

Good intentions but words said wrong  
Of someone attempting all alone  
To make it better but their words fail  
With lack of knowledge of what to tell

"I once knew someone with cancer, too  
They died. Of Course. But not that you  
Will also meet that same fate  
Medical advances are up to date"

I know they meant to say it right  
But words failed, somehow, to make it light  
"I need you just to be with me  
And spend some time and you will see"

No words need said if you don't know  
The words to say or how to show  
Compassion, companionship will do  
That's what I need right now from you

And all the prayers, I welcome, too  
And sharing just a part of you  
Just to know that someone cares  
Enough to include me in their prayers

Support through treatments, and to say  
We just got through another day  
I'll have bad days, and some good  
Just share your time. Please. If you would"

"God, be with me everyday  
Help loneliness and fear to go away  
Please help doctors a cure to find  
Support from friends and Peace of Mind".

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