

# The Connection



*Created by the Integrative Services Team of Peninsula Cancer Institute—  
Combining the best treatments with support and education to promote healing and wellness for each patient*

Peninsula Cancer  
Institute

PCI  
WILLIAMSBURG  
Riverside Healthcare Center

120 Kings Way,  
Suite 3100  
Williamsburg, VA  
23185  
757-345-5724

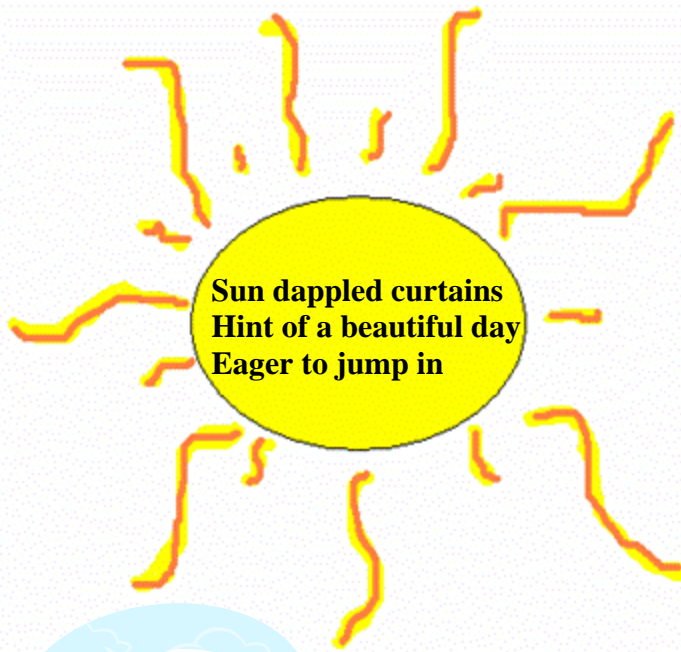
PCI  
NEWPORT NEWS  
Riverside Cancer Care Center

500 J Clyde Morris Blvd  
Newport News, VA  
23601  
757-534-5555

PCI  
GLOUCESTER  
Middle Peninsula Cancer Center  
Happy 1 year anniversary!

7544 Medical Dr.  
Suite B  
Gloucester, VA  
23061  
804-693-9037

## The Summertime Issue



the waves coming in—  
my sandcastle  
floating away

The sun setting  
on the last day of summer—  
how bittersweet

### In this issue....

- Special moments in Comfort Corner
- “Good Vibrations” on music as therapy
- Stories from our patients
- Summertime Humor
- Summertime diet tips from our dietitian

# Comfort Corner



When I think of the summer months I automatically think of my childhood, those “hazy, crazy, lazy days of summer”. Memories come rushing back in Technicolor, complete with sound and fragrance.

I spot the perfect seat on the sand, by the ocean, and run - the sand sings my feet as I race from the car to the spot where I spread out my towel. An odor of heated coconut oil mixed with the sea’s salt air invades my nostrils while I walk near the water, scrambling into the hot dry sand as the cold water washes in next to me.

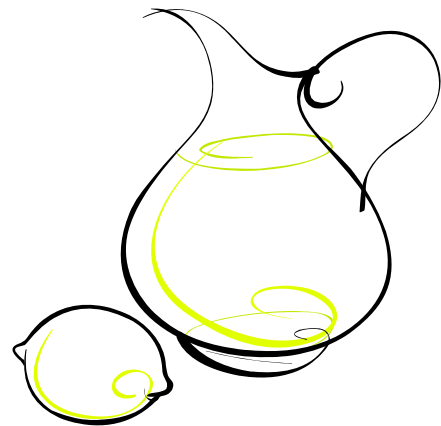
I lazily rock in my hammock, my book precariously perched, eyes closed, while I enjoy the Indian summer. The sun shines down coming close to feeling more than comfortably warm. A cooling breeze comes from nowhere reminding me Fall is only a month or two away and I think of my sister who eloquently described a moment such as this as a “Peppermint Day”, warm to begin and a lingering freshness after.

These thoughts are comforting as I allow myself the pleasure of their memories. If I indulge myself still farther my mind begins to wonder how each of us finds our own form of comfort or safety. Some find their comfort in food – gourmet or gourmand, some in purchasing objects of desire; others find safety in the loving shelter of friends and family, some in solitude and memories, others still wrap themselves in the comfort of their faith.

Each of us must discover what reassures, especially during times when we feel we are pushed beyond our limits to a place where there is little consolation to be found. At those times, fear and loneliness must sit on the back stoop waiting while I remember the peaceful feel of rocking in my porch swing, listening to a soft summer rain fall on the tin roof over my head as the incense of the gardenia bushes surrounds me.

Ah, my weary heart is soothed.

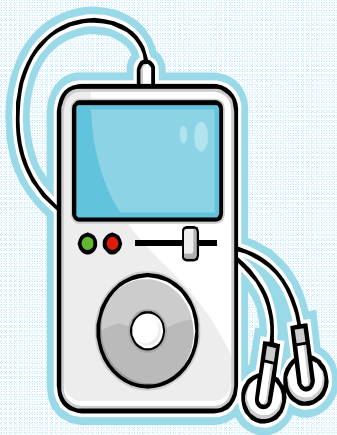
~Martha



# Good Vibrations

## Music as Therapy?

Historically, music has been used for entertainment, accompaniment, distraction, and even relaxation. Very seldom do we, as employees, customers, or patients think of music as therapy. However, over the years, research has repeatedly suggested that music does in fact have therapeutic value. Think back to the first time you heard your favorite song. Now imagine listening to that song instead of hearing the droning clamor of an office setting or the monotonous beeping of hospital machinery. The difference can be equal to the difference between a good experience and a bad experience. Music helps us direct our attention positively and tune out noises which can add stress to a potentially stressful situation. Also, studies have shown that music can help to *lower* stress and anxiety levels, as measured in lowered blood pressure, and lowered heart rate.



Here at Peninsula Cancer Institute, patients can enjoy this service. Music is provided to the patient selected by the patient. The music is listened to, while the patient receives treatment, on an I-POD (A portable music device, equipped with extremely comfortable headphones) which can hold up to eight hours of music. The patient is able to control the song selection as well as the volume level. The music is heard only by the patient as to not disturb neighboring patients.

The music therapy program is relatively new to PCI and will continue to evolve. This particular music therapy service is now available in Williamsburg and plans are currently being made for implementation in the Gloucester and Newport News PCI facilities. Keeping in mind the ultimate goal, *to better the experience of the patient*, the music therapy program plans to continue utilizing music, and its therapeutic values.

Greg



## CHEMOTHERAPY AND GOLF

Those of us who are about to begin chemotherapy or have undergone chemotherapy know that “chemo” is a valuable tool in battling cancer. However, could it also be a valuable tool in correcting your golf swing?

I retired to Williamsburg 5 years ago to enjoy the myriad of activities, venues, opportunities. I have been a golf “hacker” for about 15 years, never getting my handicap below 13. I have taken lessons at the Kingsmill Golf Academy and from the venerable Del Snyder at the Golden Horseshoe. Del is listed by GOLF magazine and by GOLF DIGEST as one of the 100 best teaching professionals in the United States. Del made his point during our first session: “You swing too \*\*!#+\*! Fast.” As long as I was on the teaching tee with Del, my swing was slow and smooth, my ball striking was remarkably better. However, once away from Del and out on the course, my backswing remained slow and smooth, but look out for the downswing. I must admit that part of what I was told stuck. I did swing slower, some of the time, but still a little too fast. In January 2006, I started chemo. My regimen was three days a week every other week for six months. It didn’t take chemo long to enforce Del’s teaching. After a month of chemo, I recognized that if I was to finish the round, I needed to conserve energy, a lot of energy. That meant expending less effort with the swing and swinging fewer times. Expending less energy was easy. Chemotherapy stole enough energy and strength that I could no longer swing fast. A slower swing resulted in fewer swings with better contact and fewer visits to the rough. I continued to play golf throughout the six months. Admittedly it was often a chore and many times when it was “tee time”, I really didn’t feel like playing. However, I had committed to a foursome, so you play. I dropped two strokes and as I recover from chemo my hope is that the slower swing now resides in muscle memory. Chemo has been a valuable tool in correcting a swing fault. What worked for me may work for you. I’m not suggesting that you all suffer from a fast swing. What I am suggesting is that both physically and psychologically, continuing to participate in those activities which were part of my weekly routine were major elements in helping me through chemotherapy. Many days I did not feel like going to the gym or the golf course. However, I forced myself to go, and although tired, sometimes exhausted, I felt much better afterwards. Remember to hydrate. I enjoyed a beer with the guys (order a pitcher, it nears room temperature more quickly). Friends told me to “listen to your body, only do what your body feels like”. If I listened to my body, most days I would have stayed in bed. I’m suggesting that you can push yourself through chemotherapy. Do all that you think you can do and then do more. It has worked for me and I truly hope it will help you.

Tony

# Summertime Humor

Q: How do you spot a happy motorcyclist in fair weather?

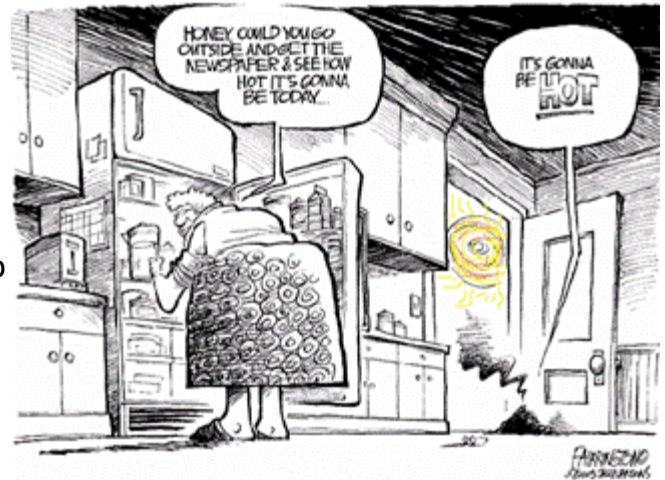
A: He's got bugs in his teeth.

Nobody ever drowned in his own sweat.

--Ann Landers

It's so hot that...

- the birds have to use potholders to pull worms out of the ground.
- the potatoes cook underground, and all you have to do to have lunch is to pull one out and add butter, salt and pepper.
- farmers are feeding their chickens crushed ice to keep them from laying hard-boiled eggs.
- the cows are giving evaporated milk.
- the trees are whistling for the dogs.
- you eat hot chilies to cool your mouth off.
- you learn that a seat belt makes a pretty good branding iron.
- the temperature drops below 95, you feel a bit chilly.
- you notice the best parking place is determined by shade instead of distance.
- it's noon in July, kids are on summer vacation, and not one person is out on the streets.
- you actually burn your hand opening the car door.
- you realize that asphalt has a liquid state



# **SUMMERTIME MEANS FRUITS AND** **VEGETABLES!**

Eating more fruits and vegetables is easy in the summer with fresh seasonal items more available. Here's a couple recipes to help you enjoy the season's abundance.

## **Grilled Vegetable Salad**

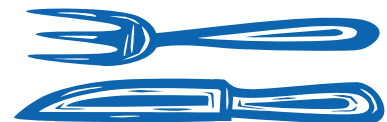
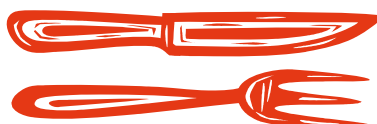
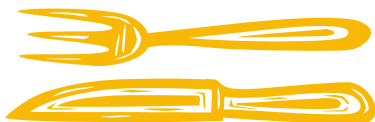
- 3 Japanese eggplants, halved lengthwise
- 1 large red onion cut into 3/4-inch rounds
- 4 small beets, stems trimmed to 1 inch, peeled & halved lengthwise
- 3 small zucchini, each cut lengthwise into 4 slices
- 1 large red, yellow or orange pepper, cut into 1/2-inch slices
- 2 Roma tomatoes, quartered and seeded
- Canola oil spray
- Salt and freshly ground black pepper, to taste
- 5 large garlic cloves, minced and divided
- 1/4 cup plus 5 Tbsp. balsamic vinegar, divided
- 1/4 cup fat-free, sodium-reduced chicken broth
- 4 Tbsp. fresh basil, chopped
- 1 Tbsp. fresh thyme, chopped
- 1 Tbsp. olive oil
- 3 cups sliced red leaf lettuce
- 1/4 cup grated Parmesan cheese



Preheat the grill or barbecue at medium-high heat. Place the first 6 ingredients cut-side up on a baking sheet. Lightly spray with canola oil spray and season with salt and pepper. Mix 3 garlic cloves with 1/4 cup vinegar and drizzle it over the vegetables. Grill the vegetables until they are tender, turning them once. As each vegetable becomes tender, transfer it to a bowl and let it cool. Be sure to save all vegetable juices to use later.

Mix the remaining 2 garlic cloves and 5 Tbsp. of vinegar with the broth, basil, thyme and oil. Chop the grilled vegetables very coarsely and place them in a large bowl. Pour the saved vegetable juices into the mixture. Add the lettuce and the Parmesan to the vegetables and pour the vinegar mixture over. Toss well. Season to taste with salt and pepper.

Makes 4 servings. Per serving: 179 calories, 5 g. total fat (1 g. saturated fat), 28 g. carbohydrate, 7 g. protein, 8 g. dietary fiber, 205 mg. sodium.



## Honey-Lime Tropical Salad

- 1 cup watermelon, cubed and seeded
- 1 cup diced banana
- 1/2 cup seedless green grapes cut in half
- 1/2 papaya, peeled, seeded and cut into cubes
- 1/4 cup fresh mint leaves, chopped
- 2 Tbsp. fresh lime juice
- 2 tsp. honey
- 1/3 cup plain nonfat yogurt
- 1-2 Tbsp. balsamic vinegar
- 4 cups dark green leaves such as spinach, arugula or field greens, rinsed and torn

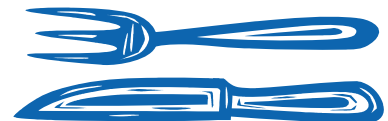
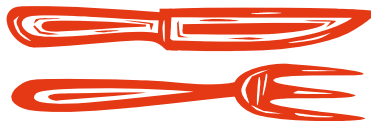


Toss the watermelon, banana, grapes, papaya, mint leaves, half the lime juice and half the honey until well mixed. Set it aside. In a small bowl, stir together the yogurt and the remaining lime juice and honey. Toss the greens with the balsamic vinegar and divide the greens among four plates. Arrange the fruit mixture on top, distributing evenly. Drizzle with the yogurt dressing and serve.

Makes 4 servings. Per serving: 101 calories, 0 g. total fat (0 g. saturated fat), 26 g. carbohydrate, 2 g. protein, 3 g. dietary fiber, 34 mg. sodium.

This is also a good time to consider how you can keep the season going into the winter months. How about freezing berries and peaches in freezer bags? (Peaches need a little Fruit Fresh [ascorbic acid powder] or lemon juice to keep them from browning.) Freeze tomatoes at their peak of ripeness for use in spaghetti sauce, chili, etc. Even corn on the cob, green beans and zucchini can be frozen for later use. Keep those cancer fighting foods coming!

*Yours in good health, Lynne*



# The Journey Through Chemo

The journey and the long hours spent receiving very strong drugs is oftentimes hard BUT.... You'll meet the most wonderful team of doctors and caring staff you'll ever know who will grow to be like family to you. The hugs, pet therapy, massages and special care you receive are the most wonderful rewards a physician's office could ever hope to offer.

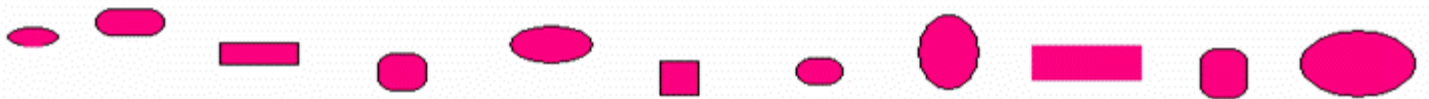
The journey of ending up in chemo treatment rooms is not something you ever thought would happen to you BUT.... The new friends you meet, the experiences you share with each other and how you learn to pray for them is an integral part of what your life should have always been, with or without CANCER.

The journey does not always paint a pretty picture BUT.... On the days you are the saddest, feel like you look your worst and have lost all your hair, everyone will say you're the most beautiful, bravest person they've ever met.

The journey is not an easy one BUT.... You'll find out just how strong you are and can be, you'll find an inner strength you never knew you had.

The journey might feel like a lonely one BUT.... The encouragement, care, and support you receive from family and friends will be something you can never imagine and wouldn't want to live without.

The journey of thinking "why me" and "what have I done to deserve this" are phrases that will cross your mind many, many times BUT.... You've got to realize that there are many others out there just like you (even small children) and their fight to struggle and survive might be a whole lot harder than yours. Take time to notice their braveness and their positive attitudes. It will be the best medicine you'll ever receive.



The journey with a spouse or mate and if they can go through it with you might put many doubts in your mind BUT....it can make you realize just how precious and meaningful your relationships can be. No matter how scary the times and how much you have to go through...you'll find out just how much you are loved and what love really means.

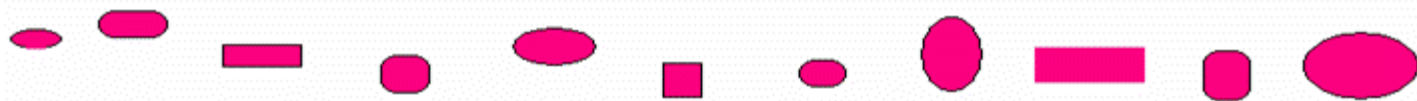
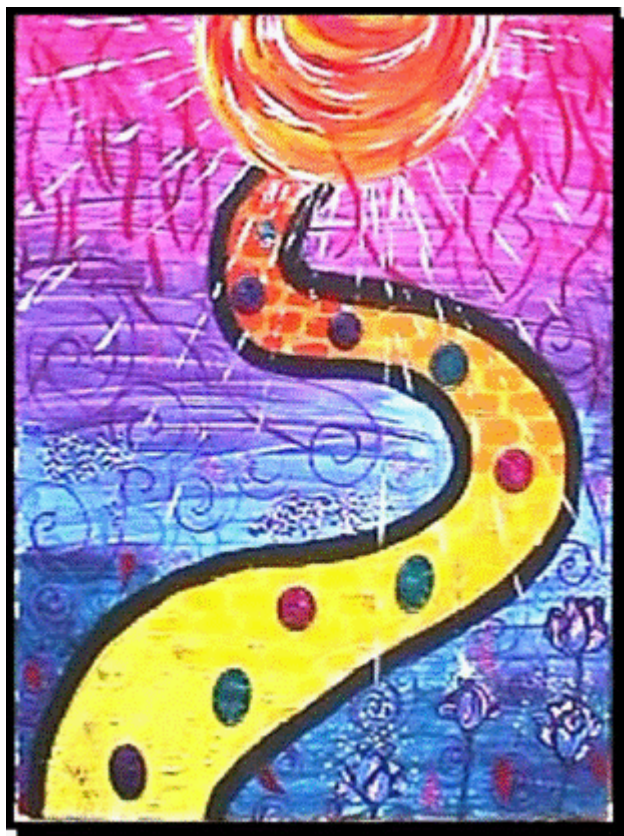
The journey of possibly losing a very important position you might have held is a very unfair thing that might happen and your employer might not have had the best policies in place to cover your illness and time off BUT.... The most important thing is your health and realizing how much you need to take care of yourself, it will probably be the important and hardest lesson you've ever learned. Where a door is closed, a rewarding door is always opened.

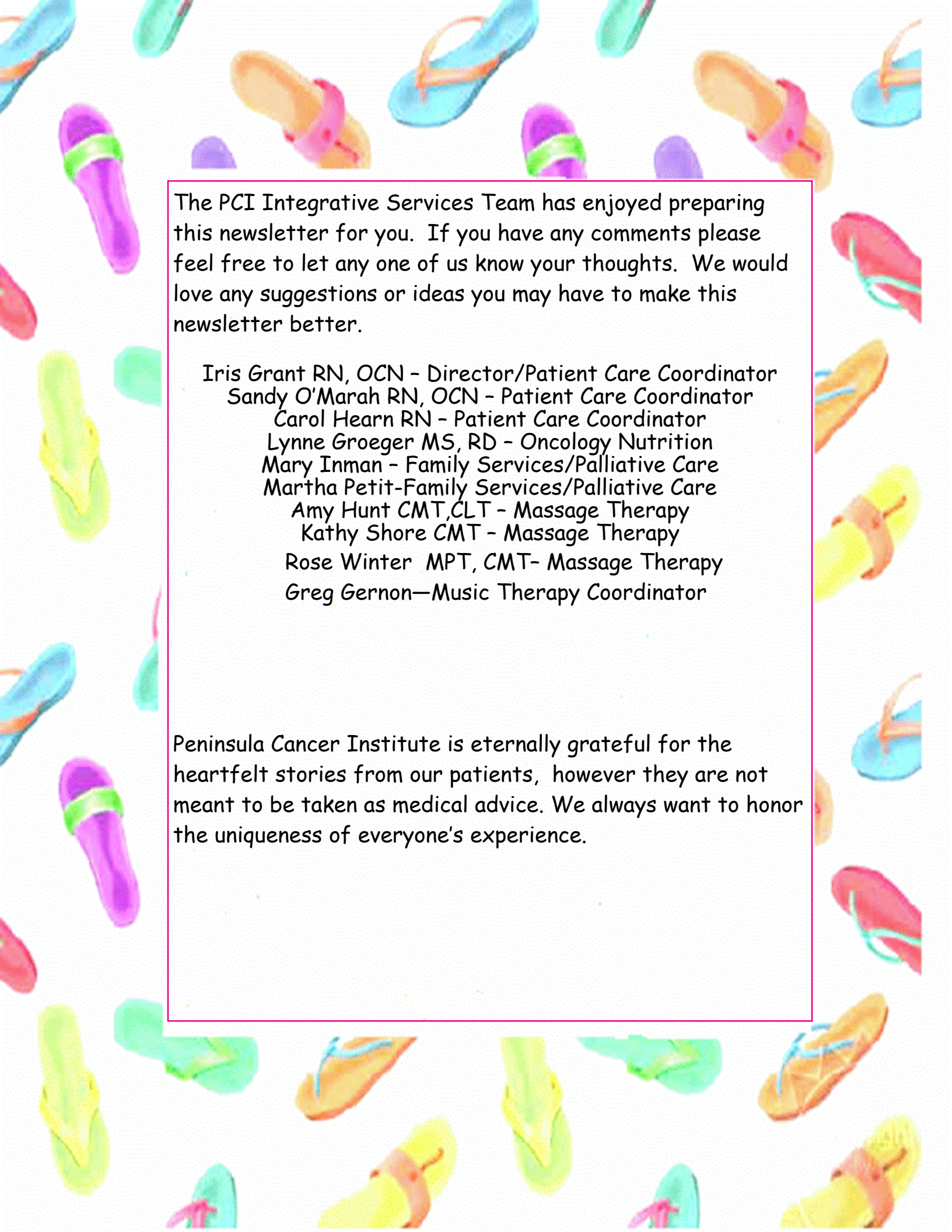
The journey is really a blessing in disguise, if you do not know who the "GREAT PHYSICIAN" really is.... You'll learn to meet, pray, and praise the most important being in your life who will give you all the spiritual, physical, and emotional healing you'll ever receive.

My journey through chemo was all this and a whole lot more. It's not an illness or experience we choose BUT....one we learn to grow and hopefully survive from.

THE TEAM AT PENINSULA  
CANCER INSTITUTE  
ADMINISTERED AND TRULY  
LOVED ME WITH MY JOURNEY  
THRU CHEMO AND I COULDN'T  
HAVE DONE IT WITHOUT THEM.

Brenda Hundley 6-06





The PCI Integrative Services Team has enjoyed preparing this newsletter for you. If you have any comments please feel free to let any one of us know your thoughts. We would love any suggestions or ideas you may have to make this newsletter better.

Iris Grant RN, OCN - Director/Patient Care Coordinator  
Sandy O'Marah RN, OCN - Patient Care Coordinator  
Carol Hearn RN - Patient Care Coordinator  
Lynne Groeger MS, RD - Oncology Nutrition  
Mary Inman - Family Services/Palliative Care  
Martha Petit-Family Services/Palliative Care  
Amy Hunt CMT,CLT - Massage Therapy  
Kathy Shore CMT - Massage Therapy  
Rose Winter MPT, CMT- Massage Therapy  
Greg Gernon—Music Therapy Coordinator

Peninsula Cancer Institute is eternally grateful for the heartfelt stories from our patients, however they are not meant to be taken as medical advice. We always want to honor the uniqueness of everyone's experience.