



www.peninsulacancerinstitute.com
Dec 2006 and Jan 2007

The "Holiday" 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

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PCI
NEWPORT NEWS
Riverside Cancer Care Center

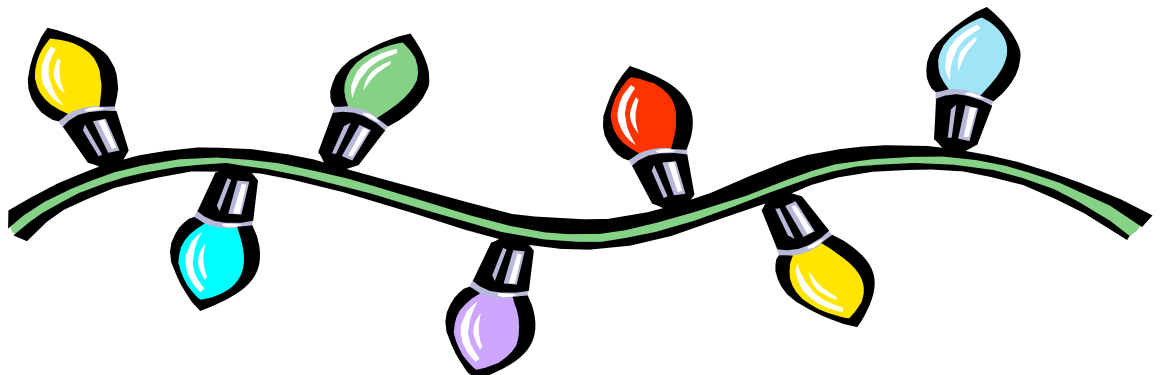
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(at PCI)
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Holiday Hugs!

As we approach the holiday season, we are inundated with lists, errands, shopping, wrapping, cooking, parties, and concerts ...all of which can trigger stress, fatigue, and a wide range of emotions. The hustle and bustle of holiday preparation just adds to the physical and emotional effects of the season. Add to that, the effects of cancer and its treatment, and the holidays can become overwhelming.

For many, our thoughts turn to another time in our lives when life was simpler and the holidays were filled with warmth and laughter shared with friends and family. The house was filled with wonderful smells of apple pie baking in the oven and children, so filled with anticipation, they could not sleep. The family and friends that you have chosen to be in your life are those you want around you in good times and bad times, those who always have the loving touch of a hug for you when you need one.

Hugs are powerful gestures that allow us, if only for a moment, to put down our guard and exchange the greatest gift of all...love. Think back to the last robust hug you had and how warm, secure, and loved it made you feel. Not only did you receive those feelings, you gave them in return. During this holiday season, give yourself, your family, and your friends a gift that does not have to be bought or wrapped, a gift that gives both ways. Give the gift of love through a hug.



Until our next hug,
Happy Holidays!
~Rose



Holiday Humor



**What is a holiday greeting that includes all those who celebrate Christmas, Kwanzaa, Ramada, or Hanukah?
Merry Kwanaramahanukamas**

**What do elves learn in school?
[The Elf-abet!]**

Helpful Holiday Diet Tips

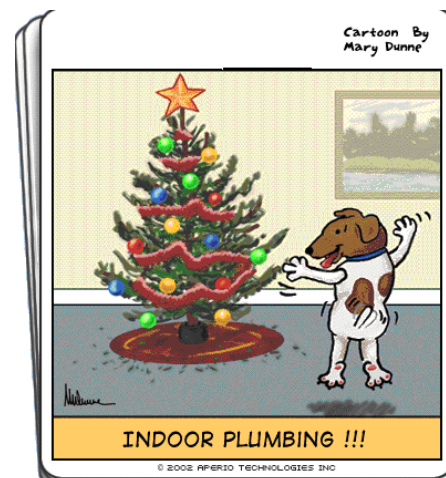


1. If no one sees you eat it, it has no calories
2. If you drink a diet soda with a candy bar, they cancel each other out.
3. If you eat standing up, it doesn't count!
4. STRESSED is just DESSERTS spelled backwards
5. If you eat the food off someone else's plate, it doesn't count
6. Cookie pieces contain no calories because the process of breakage cause calorie leakage.
7. Food used for medicinal purposes have no calories. This includes: any chocolate used for energy, brandy, cheesecake, and ice cream.
8. When eating with someone else, calories don't count if you both eat the same amount
9. Holiday movie-related foods are much lower in calories simply because they are a part of the entertainment experience and not part of one's personal fuel. This includes: Milk Duds, popcorn with butter, Junior Mints, Snickers, and Gummi Bears.

**Why did Santa spell Christmas N-O-E?
[Because the angel had said, "No L!"]**

Top Ten Uses For Fruitcake


10. Use slices to balance that wobbly kitchen table.
9. Use instead of sand bags during El Nino.
8. Send to U.S. Air Force, let troops drop them.
7. Use as railroad ties.
6. Use as speed bumps to foil the neighborhood drag racers.
5. Collect ten and use them as bowling pins.
4. Use instead of cement shoes.
3. Save for next summer's garage sale.
2. Use slices in next skeet-shooting competition.
1. Two words: pin cushion.



One Christmas I got a battery with a note saying, "Toy not included."

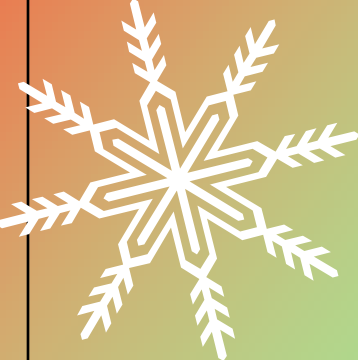


'Twas the night before Christmas




'Twas the night before Christmas and all through the clinic
Dr. Ellis was busy, he had not even a minute.
The chemo was hung by the recliners with care,
In hopes that some cures could soon be found there;


Patients were nestled all safe in their places,
While I-Pods and headsets put smiles on their faces.
And Iris with her ED book and so many to reach,
There was no time to waste, she was off to go teach.




Something for everyone, programs for all,
If she can't see you now, Lynne Groeger will call.
With dietary tips of various kinds,
Good health and nutrition are always on her mind.



Family support & palliative care,
Had a bag full of goodies they wanted to share.
Like Home Care and Hospice and oh, so much more,
Martha and Mary had one busy door!




Music, Massage, Meditation, "The Connection,"
Sent Integrative Services in all directions.
The folks at the front desks were kind and efficient,
As Billing checked to be sure PCI's finances were sufficient!







Then out in the lobby there arose such a clatter,
We all went to see just what was the matter.
"The cookies are gone," said Wanda in shock,
"Who could it be? It must be that DOC!"

Away to the doorway she flew like a flash,
And caught Dr. T just hiding his stash.
The look on his face was a sight to behold,
"They're cookies for Santa," was the tale that he told.

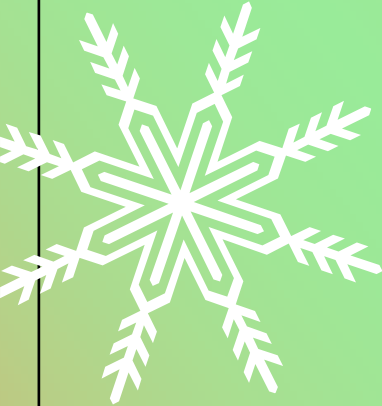


When, what to our wondering eyes did we see,
Ora Mae, Jenny & Kay, oh those three!
Research, their passion, statistics galore,
New clinical trials, who could ask for more.






Targeted therapies, growth factors too,
Old fashioned chemo just wouldn't do.
Cheryl in her pharmacy writing the "rules,"
Making sure the Docs knew just what to choose.




More rapid than eagles the nurses they came,
As Dr. E whistled, and shouted and called them by name:
Now, Susan! Now, Joy!, now Robin and crew!
On, Williamsburg, Newport News, and Gloucester, too!


As each of them scurried in a different direction,
Some checking the lab work for signs of infection,
While others flushed ports and monitored shots,
Amy, and Kathy and Rose worked out knots.



The massage therapy team it was true,
Made such an impact with what they could do!
Reducing the stress, pain and tension,
Were just some of the things our patients had mentioned.





The clinics were buzzing with holiday cheer,
And hoping that Santa Claus soon would be here.
Excitement was mounting, "Oh, where could he be?"
No gifts to be found, not even a tree.




Then slowly, but surely the last four they came,
Drs. Y, K, S and LE2 were their nicknames.
In with a blast of snowy wind blowing,
Came little old Santa his whiskers still glowing.

The tree how it sparkled with lights all a twinkling,
And gifts underneath, no one had an inkling;
Inside each small package hope did abound,
That cures and new remedies there would be found.




No nausea, no hair loss, no numbness, no pain;
This great big old world had so much to gain!
So PCI's vision of care with a heart,
Had stirred up good medicine right from the start.



As Lynn manned the helm of this medical model,
Dr. Ellis and Santa yelled, "Let's go full throttle!"
And we heard him exclaim as he drove out of sight,
"Keep up the good work, continue the fight!"

~by our very talented Carol





Don't Cry For Me
Each Day I Wake To A New Awareness That I'm Truly Blessed.....

Don't cry for me, I'm not crying.

*Towards the end of May 2006, I decided to check on the annoying
ache in my right side.*

The long and short of it is I'm now a Cancer Survivor.

*Initially I felt a great loss of control over my life. My husband's love,
unwavering support and presence have given me strength and courage.*

Family and friends have been there, taking the time to show me that they care.

*"I'm still the same person. I just have a medical problem. No need to fret!
I don't plan on going anywhere; that's if I have anything to say about the matter!"*

Each day I wake to a new awareness that I'm truly blessed to be here.

*I reach out with my mind and body with an appreciation for those things
that make life worth living.*

Amazing how fresh the air smells after the rain.

Feeling the warmth of the sun as it fills my body with the heat of day.

Hearing the sound of the sea, as it beckons to me, the salt spray on my face.

*Seeing the smile upon my granddaughter's face, a special hug and kiss,
filling my heart with joy.*

*Knowing that special someone is there for me; walking hand-in-hand thru life;
taking the time to care.*

~Bunnie

Good Vibrations

🎵 A Season of Sounds 🎵

Local Holiday Musical Events in December 2006

Williamsburg

- ◆ Holiday Brass: Dec. 20
- ◆ Handel's Messiah: Dec 14
- ◆ An Acoustic Christmas: Dec. 29
- ◆ A Yuletide Celebration with the Itinerate Band: Dec. 17
- ◆ An Appalachian Christmas: Dec. 7
- ◆ An Evening of Music and Memories with Thomas Jefferson: Dec. 15,22,29
- ◆ An Irish Christmas Celebration: Dec. 29
- ◆ Capital Concert for the Christmas Season: Dec. 4,10,17,27,31
- ◆ Christmas Caroling: Dec. 8,9,15,16,20,22,23
- ◆ Don Irwin Live: Dec. 16
- ◆ Music for a Revolutionary Generation: Dec. 20
- ◆ The American Boy Choir in Concert: Dec. 5,6
- ◆ Bottom of the Punch Bowl: Dec. 23
- ◆ Celtic Grand Illumination Celebration:
- ◆ Celtic Whispers (Harp): Dec. 11,18
- ◆ Fife and Drum March: Dec. 1,2,6,9,13,16,20,23,27,30
- ◆ First Night : Dec. 31
- ◆ Fiddling Away the Holidays: Dec. 5, 12, 19

For more information on these and many more events call 1-800-404-3389 or go to www.colonialwilliamsburg.com and www.firstnightwilliamsburg.org



Newport News

- ◆ Hollidazzle: Dec. 1 757-926-1400
- ◆ The Nutcracker: Dec. 1,2,3 757-594-8752
- ◆ The Brian Setzer Orchestra's 5th Annual Christmas Extravaganza: Dec. 4, 757-594-8752
- ◆ The Hunt Family Fiddlers: Dec. 7,8,9 757-249-418
- ◆ Arts Café (live music): Every Thursday in Dec. 757-598-8175
- ◆ Virginia Symphony Orchestra: Handel's "Messiah": Dec. 15 757-892-6366
- ◆ Glenn Miller Orchestra: Dec. 16 757-594-8752

Gloucester

- ◆ Gloucester Citizens' Holiday Parade: Dec. 2; 804-693-5811
- ◆ Holiday Concert: Dec. 3; 804-693-1264

~Greg



It's All About Choices! ~Lynne

Happy Holidays! Whether you need to increase your Calories to gain or maintain your weight or limit your Calories to lose or maintain your weight, there are many food choices that can help. Here are some suggestions:

To increase intake:

*Eggnog, full fat
Stuffing made with nuts & dried fruit
Vegetables with cream sauce or cheese

Fruits in desserts or dried fruit

Cookies with nuts or high fat ingredients

Chocolate candy
Punch

Cream soups
Cheese & crackers or similar appetizers
Nuts / nut based snack mixes
Mayonnaise based salads*

To decrease intake:

*Eggnog, lowfat
Stuffing made with broth
Vegetables with lemon, herbs, garlic
Fruits with yogurt dip or topping
Cookies like ginger snaps or meringue drops
Ribbon candy and candy canes
Juice Spritzer (splash of juice + sparkling water)
Tomato or broth-based soups
Baked tortilla chips and salsa
Lowfat Chex mix
Vinaigrette based salads*

As you can see, there are versions of most foods suitable for any kind of diet plan. There are many substitutions in recipes that can increase or decrease Calorie content. Here's another example:



No-Fat Brownies (source: www.calorieking.com)

- 3/4 cup sugar
- 1/2 cup flour
- 1/2 tsp baking soda
- 2 egg whites, lightly beaten
- 1 tsp vanilla
- 2/3 cup unsweetened applesauce
- 1/4 cup unsweetened cocoa powder

Preheat oven to 350°F. Spray a square nonstick baking pan (8 inch x 8 inch) with cooking spray.

Combine the ingredients in a large mixing bowl, blend well. Pour batter into pan and bake in preheated oven 20 to 30 minutes until baked. To test if batter is done, insert a toothpick. If it comes out clean, brownies are done.

Remove from oven and let cool for 5 minutes in pan. Gently remove from pan; place on wire rack and when cool, cut into eight squares. Calories: 123 per 1/8 recipe (= 4x2 inch piece)

Traditional Brownies (source: www.baking.about.com)

- 8- 1 ounce squares of unsweetened chocolate
- 1 cup butter
- 5 eggs
- 3 cups sugar
- 1 tablespoon vanilla
- 1-1/2 cups flour
- 1 teaspoon salt
- 2-1/2 cups chopped pecans or walnuts, toasted

Preheat oven to 375 degrees F. Grease a 9 x 13 pan. Melt chocolate and butter in a saucepan over low heat; set aside. In a mixer, beat eggs, sugar and vanilla at high speed for 10 minutes. Blend in chocolate mixture, flour and salt until just mixed. Stir in the nuts. Pour into prepared pan. Bake for 35-40 minutes.

Calories: 680 per 1/12 recipe (= 3x3¼ inch piece)

December 2006

By: Mary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Write a holiday letter	2 Get a massage
3 Take a walk	4 Do only the things you really want to do	5 Have lunch with a special friend	6 Bake cookies	7 Hug someone	8 Listen to holiday music	9 Put up a tree- a table top is okay
10 Take a nap	11 Feel the love being sent to you as you open each card	12 Meditate by the fireplace	13 Do something nice for someone in need	14 Take each day as it comes and enjoy the moment	15 Buy yourself a gift	16 Watch the birds today!
17 Be a good listener	18 Share your holiday memories with someone	19 Donate a gift in someone's memory	20 Give yourself permission to say "no"	21 Relax... Your energy level may be low	22 Bake something good today	23 Concentrate on the real meaning of the holidays
24 Go caroling!	25 Enjoy the day minute by minute	26 Start a new tradition	27 Reflect on the positive memories of this year	28 Make plans for New Year's Eve	29 Make time for yourself today	30 Sleep in today!
31 Give yourself A HUG!!						