



# The Connection

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

[www.peninsulacancerinstitute.com](http://www.peninsulacancerinstitute.com)

December 2005

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## Some Holiday Humor

- If you think about it, Christmas is just plain weird. What other time of the year do you sit in front of a dead tree in your living room eating candy and snacks out of your socks?
- The 3 stages of man:  
**He believes in Santa Claus.**  
**He doesn't believe in Santa Claus.**  
**He is Santa Claus.**
- What do snowmen eat for breakfast?  
**Snowflakes.**
- Why does Santa have 3 gardens?  
**So he can ho-ho-ho.**
- Why was Santa's little helper depressed?  
**Because he had low elf esteem.**
- If you see a fat man ... Who's jolly and cute, wearing a beard and a red flannel suit, and if he is chuckling and laughing away, while flying around in a miniature sleigh with eight tiny reindeer to pull him along, then lets face it...Your eggnog's too strong!

## Getting Through The Holidays.....

The holiday season is a time of joy, parties and family gatherings. We come together to sing, eat and share thoughtful gifts with our loved ones. However, it is also a difficult and stressful time for others.

This year, take time for yourself and make some positive changes. Lessen your stress and increase your enjoyment. Recharge your batteries!!! It is important to take care of your physical, emotional and spiritual needs through the holiday season.

The attached calendar will give you some helpful ideas for each day.



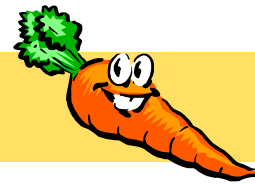
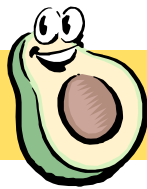
Blessings to all, Mary Inman, Family Services Coordinator



## One Survivor's Story

In June 2005, I had a surgery for the removal of cancer cells on my colon. Dr. William Irvine advised chemo and referred me to Dr. Mark Ellis at Peninsula Cancer Institute. There I met Dr. Mashour Yousef. Dr. Yousef explained that my chemo would be administered once in a three week span for a five hour period. I had a special prayer session before my chemotherapy. I welcomed that and was moved by the experience. I speak of it often. As I write this, I have just completed my fourth "sitting" and each has been in a warm, caring, positive atmosphere. The nurses are always pleasant and patient. Their calm demeanor and very professional manner bespeak confidence that encourages me so. The weekly monitoring quiets an anxious spirit. All said, the treatments are "hands on" and I go without dread. On the day following chemo I receive an injection to build my white cell count. Discomfort accompanies that, but I am thankful it is available. I am urged to report any problems, any changes at once. To have the problems explained and something advised for the condition is relief beyond measure. I require quiet and rest, light food and much sleep for two to three days after chemo. By the end of the week I am "brand new", with two good weeks, good meals, good life, ahead. My family is with me during treatments and they seem reluctant to leave me for several days after. I insist that in my cocoon of aloneness I find renewal of energies- emotional, physical and spiritual. The old saying "a friend in need is a friend indeed" surely applies at Peninsula Cancer Institute. I have friends here in my time of need, and I thank God for each of them.

Sherri Cooper  
Cancer Survivor



## Tips for Healthy Holiday Cooking and Partying

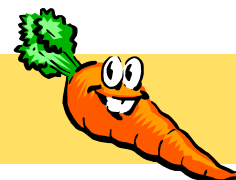
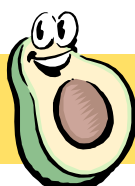
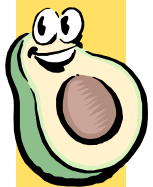
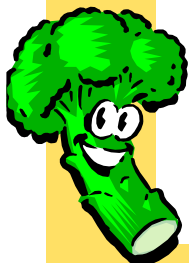
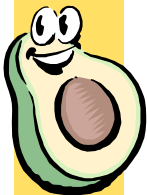
- **Sweeten winter squash with apple juice concentrate or all fruit preserves. Season with cinnamon, cloves and nutmeg.**
  - Adding horseradish and/or garlic to mashed potatoes gives you a very rich flavor. Fresh basil and other herbs also add a gourmet touch to this old holiday classic. Chicken broth can also take the place of whole milk in mashed potatoes.
  - **Cooking sweet potatoes in orange juice adds a natural sweetness and great flavor to these holiday favorites. Use a calcium fortified orange juice and you will add an important nutrient to this dish.**
  - Use applesauce or pumpkin puree as a tasty margarine or butter substitute for stuffing (reduce amount of water slightly).
  - **Choose appetizers that will help you meet the recommended guideline of five or more servings of vegetables and fruits a day. For example, Romaine spears, or Belgium endive are an instant out-of-hand salad when dipped into a savory dip. Or select from the crudites platter- a refreshing and healthy offering of cut up vegetables.**
  - Fill up on fiber. Besides fruit and vegetables, choose hors d'oeuvres that contain whole grains and/or ones with legumes. Try a roasted red pepper spread on toasted whole-wheat rounds. Or creamy garbanzo dip served with pita chips.
  - **Limit high fat choices. For example, fried chicken wings, miniature sausages, and most cheeses.**
  - Here are some healthy beverages that serve as good alternatives to cocktails:
    - Sparkling apple juice or apple cider
    - Seltzer mixed with fruit juices
    - Hot apple cider
    - Flavored, calorie-free water
    - Low sodium vegetable juice
- TIP:** Festive ice cubes can add flavor and color. Freeze berries, cherries, lemon or orange slices, a sprig of mint in ice cube trays. Fill with water, fruit juice, or sparkling beverage and freeze as usual.

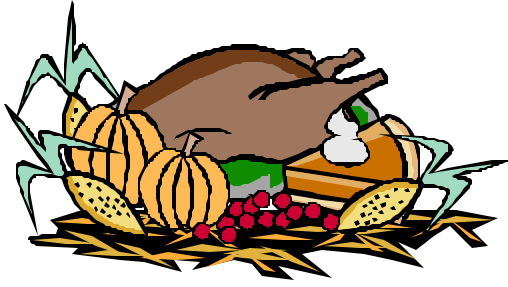
## Tips For Keeping It All In Balance

The holidays can be a stressful time with all the associated hustle and bustle. To minimize your stress and to help keep your health on a positive path, make sure you are mindful of the following:

- Get plenty of rest
- Limit/avoid alcohol
- Exercise- look for ways to incorporate daily physical activity during the holidays
- Stock your kitchen with healthy snacks. Select from a variety of healthy foods that are low fat and high in fiber and..... **\*\*\*Follow Mary's Holiday Calendar\*\*\*(found in this newsletter)**

**Happy Holidays! Lynne Groeger, MS, RD, Oncology Dietitian**





## Wonderful Holiday Recipes

### Turkey Salad with Cranberries and Pecans

#### Ingredients:

2 cups (8oz) diced cooked turkey breast  
1 small Granny Smith apple, peeled, cored and diced  
3 Tbsp dried cranberries, coarsely chopped  
2 Tbsp chopped pecans  
1 can (11oz) mandarin orange sections, drained and cut into small sections  
1/4 cup fat-free plain yogurt  
1 Tbsp reduced-fat mayonnaise dressing  
1 1/2 tsp brown mustard  
1/2 tsp salt  
Ground black pepper  
8 Boston lettuce leaves

#### Instructions:

In a mixing bowl, combine turkey, apple, cranberries and pecans. Add orange sections. Set aside.

In a small bowl, whisk together yogurt, mayonnaise and mustard. Season to taste with salt and pepper. Drizzle dressing over turkey mixture while using a fork to gently mix in.

Arrange two lettuce leaves on each of four salad plates. Mound one quarter of salad on top of lettuce, and serve immediately, accompanied by whole-grain crackers if desired.

#### Nutritional Informational:

Makes 4 servings. Per serving: 203 calories, 6 g. total fat (1g saturated fat), 20g carbohydrate, 19g protein, 3g dietary fiber, 391 mg sodium.

### Crescent Cookies

#### Ingredients:

2 1/2 cups sifted all-purpose flour  
3 Tbsp white sugar  
1 tsp baking powder  
1 cup chopped pecans  
1 cup butter  
1 tsp vanilla extract  
2 Tbsp confectioners sugar

#### Instructions:

Preheat oven to 325

In a medium bowl, stir together the flour, baking powder and chopped pecans. Stir in the margarine and vanilla until dough forms. Knead by hand for a few turns.

On a lightly floured surface, roll dough out to 1/4-inch thickness. Cut into triangles, and roll from the square end up to the point. Bend into a crescent shape, place on an unprepared cookie sheet, and bake for 15 to 18 minutes. Dust with confectioners sugar for decoration.

***NOTE FROM THE DIRECTOR:***

**A BRIEF LOOK BACK, AND A BRIEF GLIMPSE FORWARD**

Patients first entered the doors of Peninsula Cancer Institute on February 14, 2005, just 9 months ago as of this writing. However, PCI was actually born on December 1, 2004, and it is from this starting point that I measure progress. On that date we signed our first doctor as well as myself as administrative director. We had no office space and no staff and many goals. Today, PCI has 3 office locations and an exceptionally talented staff of 65 compassionate and dedicated people including 5 physicians and 1 nurse practitioner. We have a full holistic cancer program, from state-of-the-art chemotherapy, to massage therapy, pet therapy, nutritional counseling, family services, and patient education, as well as a research program offering clinical trials.

All five of our physicians are Board Certified in Medical Oncology with several physicians being Board Certified in other areas as well, such as Hematology and Palliative Medicine. Each doctor brings a unique aspect to our medical group allowing us to think from several perspectives when setting policy about the direction of our group. The wealth and breadth of their combined experience as well as the ingenuity and dedication of a top-flight staff allows us, as the PCI family, to bring state-of-the-art cancer medicine to the Williamsburg-Newport News-Gloucester region.

Nearly 100% of our Oncology treatment nurses are Oncology Certified allowing them to wear the prestigious initials, OCN after their RN. Those who are not yet certified are working towards their certification. In fact, all of our staff strives to earn additional certifications and continue their education in their specific areas. They realize that we do not operate in a vacuum and must constantly update their funds of knowledge in this ever-changing exciting world of cancer medicine.

In 2005, PCI has been successful in setting a very high standard of cancer care in our region. In 2006, PCI will develop the PCI Foundation, which will be a non-profit foundation that will support our research and integrative medicine programs so that we can both grow and continue to offer patients services we already offer at no charge such as clinical trials, massage therapy, nutritional therapy, and family services. In addition to those services, we will add new clinical trials, music therapy, art therapy and additional educational programs.

2006 will see the Newport News PCI office move into the new cancer center on the Riverside campus that is scheduled for completion in April, putting Medical Oncology and Radiation Therapy under one roof. The PCI office in Gloucester, which is already under the same roof as Radiation Therapy on the campus of Walter Reed Hospital, will also expand to over 10,000 square feet to better serve our Middle Peninsula cancer patients. We also expect to add to our PCI family another Board Certified Medical Oncologist to be dedicated to the PCI Gloucester office.

One of these days, there will be both a cure and a way to prevent cancer. Until that wonderful time, I consider it an honor and a privilege to work with this PCI family to give the best care possible to our patients. I would like to thank them for all of their professionalism, diligence, compassion, and creativity. I would also like to thank the patients, for whom we all do what we do, for entrusting to us their most precious possession, their health.

Happy holidays to all.

Lynn

# December 2005

By: *Mary Inman*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Write a holiday letter	2 Be a good listener	3 Set priorities
4 Be aware of your limitations as your energy may be low	5 Give yourself permission to say "no"	6 Do only the things you really want to do today	7 Take a walk	8 Get a massage	9 Have lunch with a special friend	10 Bake cookies
11 Take a bubble bath	12 Sit by the fireplace and meditate	13 Listen to Christmas carols	14 Sleep in today	15 Hug someone	16 Take a deep breath and take each day as it comes	17 Put the tree up – a table top is okay
18 Share your Holiday memories with someone	19 Do something for someone in need	20 Bake something good today	21 Take a nap	22 Buy yourself a gift	23 As you open each card, feel the love being sent to you	24 Concentrate on the real meaning of the holidays
25 Enjoy the day minute by minute	26 You made it!	27 Watch the birds today	28 Reflect on the positive memories of this year	29 Make Plans for New Year's Eve	30 Maybe you want to be alone today	31 Give yourself a HUG!