



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

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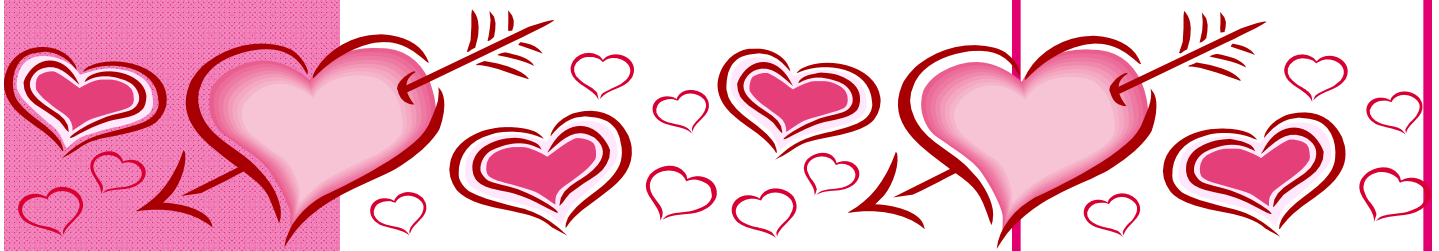
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From our Hearts To Yours

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Good Vibrations

What's *Your* Song?

For many of us, there is that one song. It's *THE* song. The song that upon hearing it, we are immediately drenched in memories. Smells, tastes, thoughts, feelings all come back to us like it was yesterday. It is as if we safely seal our memories in an envelope that quickly opens as the song plays. These memories are as unique as the songs with which we associate them. Some are sad. Some are happy. Some are romantic. One man from Milwaukee recalls his song:

"On a warm summer evening in the 1960s, I accompanied my father to the local beer/soda mart in Milwaukee, Wisconsin where we lived. As was the case that night, my father would often buy me an ice cream cone at a nearby custard stand on Oklahoma Avenue as a gratuity for my patience while I waited in the car and he shopped. As he departed the vehicle, he would ask me if I wanted the radio left on. This was usually my only opportunity to change the radio channel from my father's preferred easy listening station to WOKY, a popular Milwaukee rock-n-roll station. My answer of course was an emphatic 'YES.' In his absence, as the disc jockey began playing 'Cathy's Clown,' I noticed an attractive young girl wearing a white patch over her left eye seated in a parked red convertible. As she casually glanced my way I felt an unusually strong attraction for her combined with sympathy. Her range of vision seemed obscured by the eye patch and I doubt that she even saw me, although my adolescent heart wished otherwise. It was also the first time that I had heard 'Cathy's Clown' played on the radio and I was enthralled by the tight vocal harmonies and the crescendo passages. Upon my father's return we slowly drove away to the sound of 'Cathy's Clown' and I regrettably looked back at the girl who had unknowingly captivated my heart. Thankfully, my father did not turn the music off. I never forgot that day nor the song.

Nearly twenty years would pass before I retold this story for the first time to my wife while playing 'Cathy's Clown' from a recently-purchased Everly Brothers greatest hits album. Astonished, my wife began to ask several questions: 'Where was the beer/soda mart located? What color and kind of car was the girl sitting in?' and 'Which eye did you say the girl had a patch on?' To my amazement my wife Kathy admitted to frequenting the same beer/soda mart with her father who drove a red 1967 Buick convertible at a time when she had an infected left eye requiring a patch. I strongly suspect that the little girl was in fact my current wife, Kathy. We both agree." -- *John in Wisconsin*

Most of us have at least one experience of our own which music helps us to remember. Maybe it was a song playing over the radio during your first dance, or that song that was playing on your first solo drive in a car. What ever it is, that song, *THE* song will always make us remember these experiences. So, what's *your* song?

Healing Prayer Flags

-Martha

As the breezes float the flags in the wind, each prayer is sent out.

1.

I am safe.

I trust more; I fear less.

I am centered and grounded.

2.

I feel my emotions & my pain.

I reawaken my passion.

I surrender to this moment.

3.

I am courageous.

I am whole.

I stand in my power.

4.

I am loved; I let love in.

I am kind to myself.

I live in peace & gratitude.

5.

I play in my imagination.

I create my reality.

I know and share my truth.

6.

I honor my intuition.

I accept my path.

I am healing: body, mind & spirit.

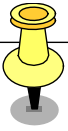
7.

I connect with Spirit.

I invite sacred transformation.

I embrace the unity of all beings.





TWO "I CAN COPE" PROGRAMS ARE NOW AVAILABLE ONLINE

"I can Cope" classes are usually conducted in communities by trained facilitators and are sponsored and designed by the American Cancer Society. Now the ACS is providing free interactive online versions of the classes as a way to reach more cancer survivors and their caregivers at a time and place that is most convenient for them.

"I Can Cope" online classes are self-paced and feature voice-over, videos, quizzes with feedback, links to more in-depth information, and a satisfaction survey. The average time to complete a class is 20-30 minutes. The classes do require registration.

Managing Cancer-Related Fatigue: This class presents the basics about cancer-related fatigue, including causes of fatigue in people with cancer and how to describe fatigue. A list of questions that survivors can ask their doctors and nurses about fatigue is provided as well as information for caregivers.

Relieving Cancer Pain: This class talks about cancer pain facts, types of pain, and questions that survivors can ask their doctors and nurses. Information on managing pain with medicine and non-medical treatments, developing a pain control plan with a doctor, and tips for caregivers are also provided.

If you are interested in checking these out, go to the American Cancer Society website at: www.cancer.org and go to the Support Programs and Services area. Other "I Can Cope" online classes on the site are:

Learning About Cancer, Nutrition During Treatment and Understanding Cancer Treatments. This is also a place where you can look at stories written by other patients and caregivers and where you can access an on-line support group if you would like.

~|ris

Create A Place

People often express the wish that their homes had the same peacefulness as the massage room. Creating a peaceful environment at home is one of the best ways to de-stress your life. Spaces that have balance and harmony are very healing atmospheres.

If I had to name the one thing that causes the most dis-ease. . . it's clutter. If a room is overloaded with stuff, to the point of being suffocating, it might be a metaphor for how your life feels right now. Just the process of sorting through and getting rid of things you don't want or need may restore a sense of peace to the room *and* your life. If the task seems overwhelming, maybe you could enlist some help with the physical part.



Once you have reclaimed the space, it's time to think about all the things that make you feel calm and relaxed. Think of what stimulates your senses:

colors – artwork, paint, fabrics

textures – soft pillows, warm throws or afghans

scents – aromatherapy candles, fresh flowers

sounds – music, waterfalls, relaxation or guided imagery tapes

And, don't forget your heart! Photographs of family and friends, treasures you've collected, anything that is nurturing needs to be included.

You can use this as a healing exercise for you and your living spaces. Spend some time thinking about what is really important and meaningful to you before you either add it or eliminate it from the room. As you begin to feel the difference, other ideas will spontaneously come to you.

Have fun with it!

-Kathy

Comfort Corner

by Mary



SONNET TO MORNING

Let me unwrap the gift of this new day
And view its contents as an innocent child
Accepts the world: with eyes that see the way
To sun beyond dark clouds, where skies are mild;
With voice that lifts in prayer, as birds praise dawn;
With hands that touch each miracle, in awe
Of budding leaves or flowers on a lawn
Or furry friends with hoof and horn and paw.
Lead me along a path where I will find
In all the precious hours that stretch before,
The chance to help, to listen, to be kind;
To heal the wounds that make the world heartsore.
Oh, let me fill each second so that I
May greet the day with an appreciative eye.

Sheila Forsyth

Knead To Know...

A Vacation From Cancer

Most of you are aware of the physical benefits of receiving massage (ie: reduces pain, reduces blood pressure, relaxes tension in the muscles, encourages deeper and easier breathing, and promotes rehabilitation after surgery or injury just to name a few). Some of you, however, may not know that it may even be compared to going on vacation. It's been said "My massage was like a vacation from cancer." When you enter one of PCI's massage rooms, we encourage you to leave your worries at the door (you can pick them up on the way out if you like). Once you are lying on the soft, warm, cozy massage table, the focus is on you—the WHOLE you—not just the parts of you affected by disease. You may then close your eyes and go anywhere you want to for that hour. That hour may become days. If you allow yourself the pleasure, you can enjoy all the senses of your destination. The salty taste of an ocean breeze, the feel of warm sun on your skin, the sounds of a trickling mountain stream, the intricate designs on the wings of a butterfly, or the smell of honeysuckle. Anywhere and anything your heart desires is at your fingertips. You may even be perfectly well and perfectly happy for that hour. Your massage therapist at PCI is trained to give you a completely safe massage so there is no need to stay in the room with her. Feel free to consider this time an opportunity to travel.

A Living Example....

Once I cared for a lady that was experiencing a significant amount of pain—she came to see me for massage. Once we got her onto the heated table and in a comfortable position, I began the massage using warmed lotion. It was about 5 minutes into the massage that she began to drift—awake, but drifting. I was there caring for her body, but she had drifted somewhere else—I could feel her leave.

When the massage was over, she told me that she went to her birthplace—Japan. That she hiked Mt. Fuji. She was alone on the mountain, but didn't feel lonely. She could see and feel the snow, but was not cold.. All around her was the beauty of mountains and she felt connected—connected to EVERYTHING. For that hour, she felt free and well and happy.



She left the massage room with a rejuvenated spirit, a lightened heart, and felt she was no longer a prisoner of cancer. She may still have had cancer when she left, but with her mini vacation, she had the strength to continue her journey.

~Amy

Valentine's Day Humor

What do you call a very small valentine?
A valintiny!

Top Ten Worse Valentine's Day Gifts For Her

10. Anything that looks like you won it at the fair.
9. Anything that you bought from the dollar store with the receipt attached.
8. Singing Big Mouth Billy Bass.
7. Monster Truck Rally Tickets.
6. A Football.
5. Anything too small.
4. Cooking a romantic dinner with Spam or Vienna Sausage.
3. The Best of the Three Stooges video series.
2. Pots, pans, vacuum cleaner, or anything that involves manual labor.
1. Nothing. Even if she says, "Don't get me anything," get her something.



What did Frankenstein say to his girlfriend?
"Be my valenstein!"

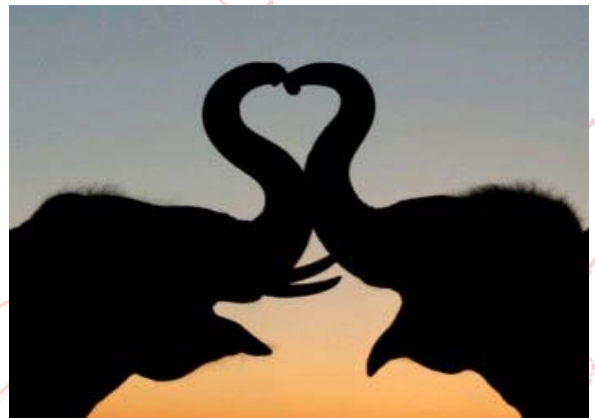
It is amazing how punctuation can change a meaning. Here is a phrase, and look how the meaning changes:

"woman without her man is nothing"

From one perspective: "Woman, without her man, is nothing."

From another perspective: "Woman! Without her, man is nothing."

What did the man with the broken leg say to his nurse?
"I've got a crutch on you!"



Looking For Relief From Constipation?

Constipation (uncomfortable and/or infrequent bowel movements) can be an unpleasant consequence of many medications and cancer treatments. There are multiple options to alleviate constipation, and we want to share with you just a few of those ideas that might be helpful from a couple of our staff members.

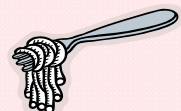


Your massage therapists at PCI have a specialized technique for some patients that may be helpful in alleviating the side effect of constipation.

If you are experiencing bowel changes since the onset of your chemotherapy, check with your physician, nurse practitioner, or treatment nurse to be sure you are not having a more serious condition. The massage therapists at PCI would like to invite you to set up an appointment for evaluation to make sure that this technique is safe for you. They can then instruct you in self-care so you can continue this specialized technique on your own at home.

Regular light exercise, such as walking, can also help to engage abdominal muscle activity and encourage movement in the colon.

~Rose 



Changing your diet can help prevent and/or alleviate constipation. The key components are fiber and fluid intake but also fat and sugar. Eating at regular times and allowing a regular time each day for bowel activity are important as well.

Fiber is something most Americans don't get enough of. The National Cancer Institute recommends 25-35 grams per day; the average American gets 10-15! Increasing your intake gradually minimizes discomfort such as gas as your body adjusts to a higher fiber intake. Some high fiber foods are **whole grain and bran cereals, brown rice, whole wheat pasta, whole wheat bread, legumes (beans and peas like kidney beans, navy beans, split peas, etc.), vegetables such as broccoli, cabbage, corn, and fruits such as apple with the peel, berries, pear with the skin, and dried fruits.** Notice all these foods are plant foods; animal foods (meat, poultry, seafood and dairy) do not contain fiber. Fiber supplements are an option if you are unable to consistently get enough fiber from the foods you eat. Up to 50-60 grams a day is safe.

Fluid is essential for fiber to do its job. Fiber holds fluid in the intestines to make the stool softer and easier to pass. If you don't drink enough, the fiber won't work! Most people need a minimum of 64 oz (2 quarts) of fluid each day. High water content fruits and vegetables (watermelon and cucumbers for example) help contribute to fluid intake as do foods that are liquid at room temperature such as Popsicles, gelatin and ice cream.

We need a certain amount of fat (preferably healthy fats such as olive oil, peanut butter, avocado and oily fishes like salmon) to act as a lubricant. Healthy sugars like fruit and milk help keep fluid in the intestines too. ~Lynne

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.

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Peninsula Cancer Institute is always eternally grateful to receive any heartfelt stories from our patients or their families and loved ones. Please contact any of our staff if you would like to contribute an article to our newsletter.

