

# Peninsula Regional Medical Center Cancer Support Services

There comes a point in life when you realize that nothing will ever be the same, and you realize that from now on, time will be divided into two parts: before this and after this.

## Our Mission

Improve the health of the communities we serve.

## Our Values

- Respect
- Service
- Honesty
- Safety
- Accountability
- Compassion

## Understanding Survivorship and Life After Treatment

A person who has had cancer is commonly called a cancer survivor. “Co-survivor” is sometimes used to describe a person who has cared for a loved one with cancer. Cancer survivorship has two common meanings: 1. Having no signs of cancer after finishing treatment and 2. Living with, through and beyond cancer; this means cancer survivorship starts at diagnosis and includes people who receive cancer treatments over a period of time.

Living with a history of cancer is different for each person. Most people have the common belief that life is different after cancer. Patients tell us that they appreciate life more, are more accepting of themselves, feel more anxious about their health and are not sure how to cope after treatment ends.

As treatment ends, survivors may have: relief that treatment is over; uncertainty about the future; increased anxiety; fear that the cancer will come back; guilt about surviving if they have lost others to cancer; physical and/or psychological issues; changes in relationships with family and friends; and employment issues. The first step is to recognize one’s fears and worries inherent in survivorship. The next step is to find a way of dealing with these worries.

It is normal to have concerns after completing treatment for cancer. At the end of treatment, patients have less frequent contact with their health care team and may experience “care withdrawal”—the bonds that people develop with their treatment team are unique and believing in oneself is instrumental in making a good transition. Information and education are essential to regain some control; it is important to be aware of possible ongoing side effects. It is also important to hold on to and utilize your social support network; allow your family and friends to continue to support you in this aspect of the journey. Sharing one’s fears and worries with loved ones, a support group, or seeking professional help can and will bring relief; keep a positive attitude and continue celebrating each new day...and each new year! We wish all the very best in 2020!

*“Once cancer happens it changes the way you live for the rest of your life.” Hayley Mills*

## OUR SERVICES

In Ocean Pines and Salisbury, cancer support services are available for cancer survivors and their families. We offer support groups, educational opportunities and social events for anyone affected by cancer.

**FREE COUNSELING** Up to 3 sessions by appointment.

### SUPPORT SERVICES

- Survivor/Patient and Caregiver Groups
- Knitting Group
- Breast Cancer Support Group
- Prostate Support Group
- Head & Neck Cancer Group

### Healthy Living/Educational Activities

- Gentle Exercise
- Tai Chi and Healing Seated Yoga
- Healthy Cooking Classes
- Look Good Feel Better

# January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 HAPPY NEW YEAR - MAC CLOSED	2	3	4
Inclement Weather Policy: see back page						
5	6 Tai Chi 2-3pm (MAC)	7 Support Group 1:30-2:30pm (MAC)	8 Healing Yoga 2-3 pm (MAC)  Produce Pick-up 3-4 pm (MAC)	9 No What's Cooking? This month  Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm	10	11
12	13 WSW Stitch Therapy Knitting Group-Ocean Pines,1-3 pm  Tai Chi 2-3pm (MAC)  Look Good, Feel Better (LGFB) 2-4pm (MAC)	14 Support Group 1:30-2:30pm (MAC)	15 Healing Yoga 2-3 pm (MAC)  Produce Pick-up 3-4 pm (MAC)	16 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm	17	18
19	20 MAC CLOSED for Martin Luther King Jr. Day	21 Support Group 1:30-2:30pm (MAC)  Support Group Ocean Pines 1-2 pm  Head & Neck Group 3 East Conf Room at PRMC 6-8pm	22 Healing Yoga 2-3 pm (MAC)  Produce Pick-up 3-4 pm (MAC)	23 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm	24	25
26	27 *Look Good Feel Better (LGFB) 1-3 pm Ocean Pines  Tai Chi 2-3pm (MAC)	28 Support Group 1:30-2:30pm (MAC)	29 Lunch Bunch 12-1 pm (MAC)  Healing Yoga 2-3 pm (MAC)  Produce Pick-up 3-4 pm (MAC)	30 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm	31	

**PROGRAM DESCRIPTIONS** - See both pages. More information on back.

**\*NEW-Look Good Feel Better** - a makeover workshop for the spirit to help women with cancer. Beauty professionals help with makeup, skin care, nail issues, style tips and wigs/scarves/hats, etc. A fun workshop includes complimentary cosmetic kit. Enroll online at Look Good, Feel Better or contact the social worker in Salisbury or Ocean Pines to register. See back page.

**Tai Chi For Better Balance**- A gentle therapeutic form of exercise that builds strength, coordination, and balance. Proven to reduce falls in older adults. New 24 week session is beginning, with new movements each week.

**WSW Stitch Therapy** - Fellowship while knitting and crocheting. Open to newcomers who are interested in learning.

# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Inclement Weather Policy: see back page					1
2	3 Tai Chi 2-3pm (MAC)	4 Support Group 1:30-2:30pm (MAC)	5 Healing Yoga 2-3 pm (MAC)  Produce Pick-up 3-4 pm (MAC)	6 Gentle Exercise-Ocean Pines Bldg.1, 1:30-2:00 WSW Breast Cancer Group-Ocean Pines 6:30-7:30 pm	7	8
9	10 Look Good, Feel Better 10-12pm (MAC) Tai Chi 2-3pm (MAC) WSW Stitch Therapy Knitting Group- Ocean Pines, 1-3 pm	11 Support Group 1:30-2:30pm (MAC)	12 Healing Yoga 2-3 pm (MAC)  Produce Pick-up 3-4 pm (MAC)	13 What's Cooking? 10-11:30 am (MAC)  Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm	14	15
16	17 <b>MAC CLOSED for Presidents' Day</b>	18 Support Group -Ocean Pines 1-2 pm <b>Acupuncture Presenta- tion/Guest Speaker</b>  Support Group 1:30-2:30pm (MAC)  Head & Neck Group 3 East Conf Room at PRMC 6-8pm	19 Healing Yoga 2-3 pm (MAC)  Produce Pick-up 3-4 pm (MAC)	20 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm	21	22
23	24 <b>Look Good, Feel Better (LGFB) workshop 10am- 12pm Ocean Pines</b>  Tai Chi 2-3pm (MAC)	25 Support Group 1:30-2:30pm (MAC)	26 Healing Yoga 2-3 pm (MAC)  Produce Pick-up 3-4 pm (MAC)	27 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm  It's Time to Calm Down 1pm -2pm (MAC)	28	29

**PROGRAM DESCRIPTIONS** - See both pages. More information on back.

**Gentle Exercise** - drop-in class, Ocean Pines Adult Fitness Center/Bldg 1. Helps build strength, stamina and flexibility.

**What's Cooking?** - A nutrition and cooking demonstration that encourages cooking at home, eating more fruits and vegetables to improve well-being and promote cancer prevention.

**Healing Yoga** -- A seated yoga class for any ability. Refreshes the mind and body. Drop in to try it.



If you no longer wish to receive this mailing, we would be happy to remove your name from our mailing list. Please call us: 410-546-1200

### Reminders and Upcoming Events:

- Cancer Support Services in Salisbury are available at MAC Inc., 909 Progress Circle, Salisbury, MD. 21801. Call Robin Ritchie at 410-742-0505 x170, or Lisa Barnes at 410-543-7209 to learn more.
- Women Supporting Women Breast Cancer Support Groups are held each month in several different locations.. For more information, please call 410-548-7880.
- **Look Good, Feel Better (LGFB) program returns. Please see dates inside calendar. For any women with any cancer in or finished with treatment. Enroll on the Look Good, Feel Better website or contact your social worker in Salisbury or Ocean Pines.**
- Presentation to discuss the Benefits of Acupuncture for Cancer Patients by Dr. Mary Beth Dwyer, Lighthouse Acupuncture, at our Patient/Survivor, Caregiver Support Group on Tuesday, Feb. 18, 1-2 pm in Ocean Pines. Please join us (contact Jane Vickers 410-912-6939)
- **It's Time to Calm Down**– Get 2020 off to a good start. Learn ways to calm/relax your body and mind.. Offered by Monica Lupean on 2/27/19 from 1pm to 2pm.

**Inclement Weather**– If schools are closed, all activities at MAC Inc. and the Richard A. Henson Cancer Institute Ocean Pines are canceled (not appointments for radiation, doctors, chemo—please check [peninsula.org](http://peninsula.org) for office appointment closings). Call the centers with questions. Please use your best judgement about attending events and stay safe.