

# CONNECTING TO CARE

Resources for your journey with cancer

JUNE 2023

The newsletter for patients, employees, and friends of Karmanos Cancer Institute at McLaren Flint



## WHAT'S NEW FOR JUNE?

All workshops and materials are provided free of charge. See page 2 for additional information.

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QUOTE OF THE MONTH

“You are never too old to set another goal or to dream a new dream.”

– Malala Yousafzai



CANCER INSTITUTE

Wayne State University



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## SUPPORT GROUPS

### CANCER EDUCATION AND WELLNESS GROUP

**ONLINE – First and third Wednesday of each month from 1:00 - 2:00 pm**

This group is open to any person who has been touched by cancer. To RSVP or for more information, please contact Anna Glasstetter, BSN, RN, nurse navigator, at [anna.glasstetter@mclaren.org](mailto:anna.glasstetter@mclaren.org).

### MULTIPLE MYELOMA SUPPORT GROUP

**ONLINE – Third Thursday of each month 6:30 - 8:00 pm**

**Meetings held September through June**

For more information, call (810) 820-1592 or email [Flintsgl@IMFSupport.org](mailto:Flintsgl@IMFSupport.org).  
Website: [flint.support.myeloma.org](http://flint.support.myeloma.org)

### NEW TOMORROWS GRIEF SUPPORT GROUP

Free ongoing grief education and support for anyone who has experienced the loss of a loved one. For information, call (810) 496-8625.

### BIBLE STUDY

**Meets weekly on Wednesdays at 1:00 pm**

McLaren Hospitality House

To RSVP or for more information, please contact the McLaren Hospitality House at (810) 820-9800.



Please join us for our free art therapy program for families touched by cancer. This includes all cancer fighters, survivors, previvors, caregivers, and their friends/family (ages 18+). Expect to meet individuals within our community who are seeking emotional support, creativity, and education.

Art Therapy is a visual form of expression used to promote self-discovery, externalize emotions, and reduce stress. Group and one-on-one art therapy sessions are offered each week. No art experience is needed to participate.

Expect to use basic art materials in class to enhance the therapeutic experience. If you do not have basic art supplies at home, we can provide them for you. If you are interested in joining, please contact Erin Simonetti, Registered Art Therapist.

- Individual art therapy sessions
- Group art therapy sessions (in person and online)

**Healing Through Art** is supported by Genesee Health System, Stella & Frederick Loeb Charitable Trust, Diagnostic Radiology Associates of Flint, P.C., The Gayar Foundation, Flint Institute of Arts, and generous donations from the community.

To learn more about Healing Through Art, go to [karmanos.org/flintarttherapy](http://karmanos.org/flintarttherapy), or contact:

**Erin Simonetti, M.Ed., ATR**

*Registered Art Therapist and Health Coach*

[erin.simonetti@mclaren.org](mailto:erin.simonetti@mclaren.org)

(810) 342-4206

# McLAREN PROTON THERAPY CENTER TREATS 800TH PATIENT

In early 2020, before Covid-19 reached pandemic proportions, Judy Springsteen had her regular screening mammogram.

“Everything was fine,” Judy said. “There was nothing unusual.”

Like so many women during the pandemic, Judy skipped her 2021 mammogram. She did not think much of it when she finally scheduled one in September 2022. However, this time the screening did not end with a mammogram.

“They followed up with an ultrasound,” Judy said. “They found two lumps, one in each breast.”

Scary news, but Judy said she was not worried, “I thought maybe they were just fatty tissue because I never had any problems.”

A few weeks later, Judy had a core needle biopsy in each breast, and on November 7, 2022, she learned she had stage one breast cancer.

Judy then met with Dr. Ashley Richardson, a breast surgeon with the Karmanos Cancer Institute at McLaren Flint. Dr. Richardson recommended Judy get tested to find out if she carried one of the high-risk breast cancer genes.

Waiting for those results, Judy said, was stressful, “That was frightening because if I had the gene, I would need a double mastectomy.”



Brian Yeh, MD, PhD

The genetic testing came back negative, and, in December, Judy had a double lumpectomy. As a precaution, Dr. Richardson also removed several lymph nodes from each side, that were negative.

Judy's next step was radiation. Instead of going with traditional radiation therapy, her oncologist referred Judy to radiation oncologist Dr. Brian Yeh, at the McLaren Proton Therapy Center.

“Traditional radiation, or x-rays are an effective weapon against cancer cells, but they move through the targeted area, and continue delivering radiation as they exit the body,” said Dr. Yeh. “Proton therapy delivers a higher dose of radiation to a specific target, with precision, then stops. There is no exit dose of radiation, which means much less risk of damage to healthy organs and tissue.”

In Judy's case, that meant we were able to avoid potential long-term damage to her heart, which can happen with traditional radiation, especially when it is used to treat the left breast.”

Armed with that knowledge, Judy became the 800th patient at the McLaren Proton Therapy Center.



“I'm beyond grateful for the support, guidance, and professional advice I was given on what to do and how to get through it all,” Judy said.

Judy had proton therapy five days a week for four weeks, with great results.

“I am still frightened the cancer may come back,” Judy said, “But I'm confident this was the right procedure for me to go with.”

Cancer is a difficult journey, but Judy said, it's one you can get through with the right mindset, “Be positive about everything that's going on. Live your life and be happy.”

To learn more about proton therapy and the McLaren Proton Therapy Center, visit [mclaren.org/protontherapy](https://mclaren.org/protontherapy).



# CONNECTING ANY CANCER ANY STAGE ANY AGE ANYWHERE IN THE WORLD

## HOW WE HELP CANCER FIGHTERS, SURVIVORS, AND PREVIOUSORS

Through our personalized matching process, people diagnosed with cancer are connected with someone who has faced a similar cancer situation (a Mentor Angel). While each cancer experience is unique, Mentor Angels are matched by similar age, gender, and diagnosis, providing cancer fighters the opportunity to ask personal questions and receive support from a peer familiar with the situation who can offer empathy in a way others cannot.

## HOW WE HELP CANCER CAREGIVERS AND LOVED ONES

Imerman Angels connects those caring for – or grieving – the loss of a loved one with Caregiver Mentor Angels who can help provide support and comfort throughout their journeys. A loved one may be a family member (such as a child, parent, spouse, sibling, or grandparent) or a friend who has survived or currently has cancer.

**OUR SERVICE IS FREE FOR EVERYONE**

## Visit [imermanangels.org](http://imermanangels.org)

Click the “Request Support” link on our website and fill out the registration form. You can also call us at **1-866-IMERMAN** (463-7626).

## LOOKING FOR HELP?

Let us introduce you to...

### Erin Simonetti, MEd, ATR

Registered Art Therapist  
(810) 342-4206

- Individual art therapy in office and online
- Group art therapy sessions offered online
- Continuing support after treatment ends

### Christine LaMay

Patient Accounts Coordinator for Radiation Therapy  
(810) 342-3803

- Help with questions regarding financial options and medical costs
- Insurance verification
- Help with insurance education

### Dawn Renee Kleinschrodt

Patient Accounts Coordinator for Proton Therapy  
(810) 342-3837

### Drita Nukulovic, RN

Proton Research Nurse Navigator  
(810) 342-5674

- Clarification of medical concerns and information
- Referral to community resources
- Liaison between physician offices

- Coordination of medical appointments

### Proton Patient Navigator

(810) 342-3875

### Jamie Spicko, MS, RD

Registered Dietitian  
(810) 342-3823

- Nutritional information specific to each cancer patient
- Supplemental nutritional assistance

### Carrie Haneckow, BSN, RN

(810) 342-4848

### Anna Glasstetter, BSN, RN

(810) 342-5687

- Oncology Nurse Navigators
- Clarification of medical concerns and information
- Referral to community resources
- Liaison between physician offices
- Coordination of medical appointments

## Additional Karmanos Cancer Institute at McLaren Flint Resources

### Lisa Priestap, PT, MSPT

### Robin Doak, OTRL, CLT

### Emily Carvill, MA CCC-SLP

Cancer Rehabilitation Specialists  
(810) 342-5350

- Physical, occupational, and speech therapy for cancer-specific disability
- Evaluation of physical dysfunction
- Improvement of overall physical disability
- Patient education on the benefits of exercise throughout cancer care
- Evaluation and treatment of speech, cognitive function, and swallowing difficulties

### Chris Hurley, LPN

Central Intake Manager  
McLaren Homecare Group  
(810) 323-5974

- Home health care
- Palliative care
- Hospice services
- Medical supplies and equipment
- Home infusion services

### Ashley Cosenza, MS

Karmanos Cancer Genetic Counseling Service  
Certified Genetic Counselor  
Phone: (810) 342-3854  
Fax: (810) 342-3855

Email: [genetics@karmanos.org](mailto:genetics@karmanos.org)

Website: [karmanos.org/genetics](http://karmanos.org/genetics)



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If you or someone you know would like to be added or removed from the Cancer Institute Newsletter mailing list, please contact [Erin.Simonetti@mclaren.org](mailto:Erin.Simonetti@mclaren.org).

The information needed is the person's first and last name and their full mailing address: street number, street name, city, and zip code.

(810) 342-3800  
[karmanos.org/flintcancer](http://karmanos.org/flintcancer)

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