

CONNECTING TO CARE

Resources for your journey with cancer

AUGUST 2019

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



WHAT'S NEW FOR AUGUST?

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

August 6 **Summer Camp**
Facilitated by Erin Keith, Art Therapist

August 12 **Altered Book Workshop at the Flint Institute of Arts**
Facilitated by Erin Keith

August 13 **Cancer Support Group & Young Women Support Group | Advanced Directive Planning and Living Will Presentation**
For any person who has been diagnosed with cancer

August 13 **Summer Camp**
Facilitated by Erin Keith

August 19 **Meditation Garden**
Facilitated by Erin Keith

August 21 **Fashion from Paper Workshop**
Facilitated by Rebecca Andrus, Flint Institute of Arts Instructor



CANCER INSTITUTE

Wayne State University

QUOTE OF THE MONTH

“ ONE OF THE LESSONS THAT I GREW UP WITH WAS TO ALWAYS STAY TRUE TO YOURSELF AND NEVER LET WHAT SOMEBODY ELSE SAYS DISTRACT YOU FROM YOUR GOALS. ”

— Michelle Obama

CANCER SUPPORT GROUP

Second Tuesday each month • 1:00 – 2:30 pm

This group is open to any person who has been diagnosed with cancer.

Hospitality House in Library

3170 Beecher Road, Flint

To RSVP or for more information, please contact Hannah Ardelean at (810) 342-4848.

YOUNG WOMEN'S SUPPORT GROUP

Combined with Cancer Support Group on Second Tuesday this month • 1:00 – 2:30 pm

This group is open to any woman diagnosed with cancer prior to turning 55 years old.

Hospitality House in Library

3170 Beecher Road, Flint

To RSVP or for more information, please contact Hannah Ardelean at (810) 342-4848.



MUSIC THERAPY GROUP

Every Monday • 2:30 - 3:30 pm

This group is for any person touched by cancer.

Hospitality House, Library

3170 Beecher Road, Flint

To RSVP or for more information, please contact Breanne Bishop at breanne.bishop@mclaren.org

STOP SMOKING WORKSHOP

Every other Thursday • 1:00 - 3:30 pm

Hospitality House

3170 Beecher Road, Flint

To RSVP or for more information, please contact Valerie McLeod at (810) 342-5370

US TOO PROSTATE CANCER SUPPORT GROUP

First Tuesday of each month • 5:00 pm - 6:30 pm

Karmanos Cancer Institute

4100 Beecher Road, Flint

To RSVP or for more information, please contact Hannah Ardelean at (810) 342-4848.

MULTIPLE MYELOMA SUPPORT GROUP

Third Thursday of each month • 6:30 - 8:00 pm

Meetings held September through June

Hospitality House, Conference Center

3170 Beecher Road, Flint

For more information, call (810) 820-1592 or flintsgl@IMFSupport.org.

Website: 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.

ART THERAPY

Please join art therapist Erin Keith at our daily art therapy groups and workshops. All programs and materials are free of charge. No prior art experience is necessary, just a willingness to play, create, and explore. Programs are available to anyone over the age of 18 (unless specified otherwise) who has experienced cancer or been a caregiver, friend, or family member to someone with cancer. To reserve your spot and see which programs are right for you, contact Erin Keith at (810) 342-4206.

The **Healing Through Art** program is supported by the Genesee Health plan, Stella & Fredrick Loeb Charitable Trust, Singh and Arora Oncology/Hematology, P.C., McLaren Auxiliary Volunteers, Diagnostic Radiology Associates of Flint, P.C., and generous donations from the community.

Support groups and art therapy workshops are held at:

Hospitality House, 3170 Beecher Road, Flint
Flint Institute of Arts, 1120 E. Kearsley Street, Flint
Karmanos Cancer Institute, 4100 Beecher Road, Flint

WEEKLY ART THERAPY GROUPS

WATERCOLOR AND COLOR PENCIL GROUP

Meets every Friday • 1:00 – 3:00 pm (no meeting on August 16)

Hospitality House, Art Room • *Facilitated by Erin Keith*

NO MEETING THIS MONTH

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SUMMER CAMP: DANCING THE BEAT OF YOUR OWN DRUM

August 6, 2019
 10:00 am - 1:00 pm
 Flint Institute of Arts

Facilitated by Erin Keith, Art Therapist and Breanne Bishop, Music Therapist



ALTERED BOOK WORKSHOP

August 12, 2019
 1:00 pm - 3:00 pm
 Flint Institute of Arts
Facilitated by Erin Keith, Art Therapist



SUMMER CAMP: GOING OUTSIDE THE LINES

August 13, 2019
 10:00 am - 1:00 pm
 Flint Institute of Arts
Facilitated by Erin Keith, Art Therapist and Breanne Bishop, Music Therapist



MEDITATION GARDEN

August 19, 2019
 1:00 pm - 3:00 pm

Hospitality House
Facilitated by Erin Keith, Art Therapist



FASHION FROM PAPER WORKSHOP

August 21, 2019
 1:00 pm - 3:00 pm
 Hospitality House
Facilitated by Erin Keith, Art Therapist (Inspired by Isabelle de Borchgrave)



August 2019

CANCER CARE BEYOND THE CLINICAL
 All programs are held at the **HOSPITALITY HOUSE at McLAREN**
 3170 Beecher Road, Flint, MI 48532

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 T 10:30 AM AT 11:30 AM	2	3
4	5 Z 12 PM M 2:30 PM	6 S 12 PM Y 1 PM	7 Z 12 PM B 1 PM	8 T 10:30 AM AT 11:30 AM	9 A 1 PM	10
11	12 Z 12 PM M 2:30 PM A 5:00 PM	13 S 12 PM Y 1 PM Cancer Support - 1 PM Young Women's Support - 1 PM	14 Z 12 PM	15 T 10:30 AM AT 11:30 AM	16	17
18	19 Z 12 PM M 2:30 PM	20 S 12 PM Y 1 PM	21 Z 12 PM A 1 PM	22	23 A 1 PM	24
25	26 Z 12 PM M 2:30 PM	27 S 12 PM Y 1 PM	28 Z 12 PM	29	30 A 1 PM	31

Beginner's Tai Chi

Intermediate Tai Chi

Advanced Tai Chi

Yoga

Zumba Gold

Bible Study

Stretching

Art Therapy

Music Therapy

RSVPs are appreciated. To register or for more information, please call (810) 820-9800.

PEACH ICE CREAM

From the office of
Susan Cooper, MS, RD, registered dietitian, Karmanos

Ingredients:

- 2 cups half-and-half cream
- 3-1/2 cups sugar
- 3/4 teaspoon salt
- 6 large eggs, lightly beaten
- 4 cups heavy whipping cream
- 2 teaspoons vanilla extract
- 6 to 8 medium peaches, peeled and sliced or 4 cups frozen unsweetened peach slices

Directions:

1. In a large saucepan, heat half-and-half to 175°; stir in the sugar and salt until dissolved. Whisk a small amount of hot cream mixture into the eggs. Return all to the pan, whisking constantly. Cook and stir over low heat until the mixture reaches at least 160° and coats the back of a metal spoon.

2. Remove from the heat. Cool quickly by placing pan in a bowl of ice water; stir for 2 minutes. Stir in whipping cream and vanilla. Press plastic wrap onto surface of custard. Refrigerate for several hours or overnight.

3. Place peaches in a blender, cover and process until pureed. Stir into the custard. Fill cylinder of ice cream freezer two-thirds full; freeze according to manufacturer's directions.

4. Refrigerate remaining mixture until ready to freeze, stirring before freezing each batch. Allow to ripen in ice cream freezer or firm up in the refrigerator freezer for 2-4 hours before serving.



Genesee Health Plan is proud to present grant funding to the Karmanos Cancer Institute to help maintain and grow the Healing through Art therapy program that is provided to those that have been diagnosed with cancer.

LOOKING FOR HELP?

Let us introduce you to...

Lucetry Dalton, PsyD

Cancer Center Psychologist,
Behavioral Medicine/Clinical
Health Psychology Fellow
(810) 342-3834

- Individual Therapy
- Sleep Hygiene Planning
- Pain Management
- Grief support
- Support for family of patients
- Psychoeducation

Erin Keith, MEd, ATR

Registered Art Therapist
(810) 342-4206

- Individual art therapy in office
- Group art therapy sessions and workshops at various locations
- Continuing support after treatment ends

Christine LaMay

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

- Help with questions regarding financial help options regarding medical costs
- Insurance verification
- Help with education on insurance information

Susan Cooper, MS, RD

Registered Dietitian
(810) 342-3823

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

Hannah Ardelean, BSN, RN, OCN

Breast Nurse Navigator
(810) 342-4848

- Clarify medical concerns and information
- Referral to community resources
- Liaison between physician offices
- Coordination of medical appointments

Breanne Bishop, MT-BC

Music Therapist, Board Certified
breanne.bishop@mclaren.org

- Individual music therapy sessions available on Thursdays
- Family music therapy sessions available on Thursdays

Additional Karmanos Cancer Institute 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
- Evaluate physical dysfunction
- Improve overall physical disability
- Educate patients on the benefits of exercise throughout cancer care
- Evaluate and treat speech, cognitive and swallowing difficulties

Denise Papak

Business Office Coordinator For
Proton Center
(810) 342-3837

- Help with questions regarding financial help options regarding medical costs
- Insurance verification
- Help with education on insurance information

Chris Hurley, LPN

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

- Home Health Care
- Palliative Care
- Hospice Services
- Medical Supplies & Equipment
- Home Infusion Services

Rachel Hagen, MS

Genetic Counselor
Karmanos Cancer Genetic
Counseling Service
Certified Genetic Counselors
Phone: (810) 342-3854
Fax: (810) 342-3855
Email: genetics@karmanos.org
Website: www.karmanos.org/genetics