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

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
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 Though 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

**MUSIC THERAPY GROUP**

**Every Monday** • 2:30 – 3:30 pm
This group is for anyone 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 pm
Hospitality House, Library
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 each month • 6:30 pm - 8:30 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.
August 2019

CANCER CARE BEYOND THE CLINICAL
All programs are held at the Hospitality House at McLaren
3170 Beecher Road, Flint, MI 48532

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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.

LOOKING FOR HELP?
Let us introduce you to...

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

Breaenne Bishop, MT-BC
Music Therapist, Board Certified
breaenne.bishop@mclaren.org
- Individual music therapy sessions available on Thursdays
- Family music therapy sessions available on Thursdays

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
- Servicesficulties

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

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.