

CMC-NORTHEAST

Batte Cancer Center

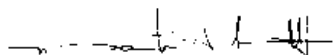
A QUARTERLY NEWSLETTER FOR PATIENTS

Letter From The Director:

Welcome to the summer edition of the Batte Cancer Center newsletter. This is a season for warm (or as it has been lately, HOT) walks on the beach, watching our gardens produce beautiful tomatoes and enjoying long, lazy afternoons on the porch. "Nothin' could be finer than to be in Carolina..." as the song goes.

Summer is also the season for our annual Survivor's Day, pictures of which are featured in this newsletter. Additionally, we had a TERRIFIC 2010 ACS Relay For Life and enjoyed seeing many of our patients and their loved ones at the Cabarrus Arena for the two-day event. The season also brings out swim suits and summer fashions, and we have many offerings to choose from at our cancer center store, Wishing Well, off of the Medical Arts Building lobby.

We have developed an exciting addition to our supportive services; our new young survivors group, which focuses on challenges and issues facing some of our younger patients. We have also started seeing patients under our new gynecologic oncology service with Dr. Brigitte Miller. Lastly, our new chaplaincy resident, Cy Miller, has begun an integrative chaplaincy program to complement our existing integrative volunteer and integrative nursing programs. So, we will be very busy this summer making sure that we are doing all we can to address our patients' needs. Here at Batte Cancer Center, our goal is to be the comprehensive team our patients and their families count on every day. As always, we are so very proud to have the opportunity and privilege to care for those in our region with cancer or blood disease. Thank you, again, for putting your trust in us!



Martin A. Senell, Jr.
Director, Oncology Services



**Congratulations;
Cindy Wise, RN,
MSN, OCN, "2010
CMC-NorthEast
Division Clinic
Nurse of the Year"**

Annually during Nurse's Week, excellence awards are given out in divisions throughout CMC-NorthEast. This year, our very own nurse navigator, Cindy Wise, was awarded "Clinic Nurse of the Year for the NorthEast Physician Network."

Cindy currently serves as breast nurse navigator for women diagnosed with breast cancer. Cindy attended nursing school at Cabarrus Memorial Hospital (now Cabarrus College of Health Sciences), where she received an Associate in Science and Diploma in Nursing. She then completed her Bachelor of Science in Nursing and Master of Science in Nursing at Gardner-Webb University. Cindy has been a nurse for 21 years, 15 of which have been in the field of oncology.

As navigator, Cindy works directly with patients and families coping with a diagnosis of breast cancer and provides education and support. She refers patients to services, community resources and support programs. In addition, she coordinates the weekly multidisciplinary breast conference.

Prior to her current role, her previous jobs included: oncology outreach coordinator, nursing instructor, nurse manager, clinical coordinator and oncology/medical-surgical staff nurse. She is an oncology certified nurse (OCN®), as well as a certified breast health nurse. Cindy is a member of the Oncology Nursing Society (ONS) and Sigma Theta Tau International Honor Society of Nursing, Upsilon Mu Chapter, for which she is the

Leadership Succession Chair. She is co-chair for the North Carolina Oncology Navigator Association and is on the review board for the Clinical Journal of Oncology Nursing.

Cindy strives for excellence in all she does and was named a Great 100 Nurse of North Carolina in 2004. In 2006, she was nominated for the 2006 ONS Excellence in Breast Cancer Education Award.

Cindy volunteers for the American Cancer Society as an *I Can Cope* facilitator. She also volunteers for Susan G. Komen for the Cure® and is a Breast Care Champion. Cindy has presented nationally and locally on a variety of topics including nurse navigation and quality of life issues for cancer survivors and their families.

Cindy is married to Mike Wise, and they have one daughter, Abby. She and her family attend Concord First Assembly where she is active in Fine Arts Ministries. Cindy is a resident of Mt. Pleasant. We are very proud and fortunate to have her on our team here at Batte Cancer Center. Congratulations Cindy!



Pictured above with Cindy Wise receiving award are: Anita Morrissey (staff assistant), Rita Alston (support services coordinator), Cora Davis, MSW (medical oncology support coordinator), Cindy Wise, RN, MSN, OCN (breast nurse navigator), April Carroll, BA, MSN, RN (education and outreach coordinator), Martin Senell (director, oncology services) and Lisa Buckley, RD, LDN (oncology dietitian).



Scouting for the Cure

*By Abby Wise, age 10
Juliette Junior
Girl Scout*

Scouting for the Cure is an annual event for girls to come together.

Scouting for the Cure was started by a breast cancer survivor so Girl Scouts could have a great day of fun. Scouting for the Cure was held Saturday, March 27, 2010 in the Roper Commons area at CMC-NorthEast.

There were activities for the girls to get involved in, such as sewing a pillow for breast cancer survivors, making a cap for breast cancer patients to wear during their chemotherapy and breast health bingo. This day of Scouting for the Cure, we also offered women mammograms.



There was an education wheel which you could spin and answer questions, breast health bingo and many other fun events.

My favorite events were pillow sewing and journal making. I would also like to mention that Scouting for the Cure was sponsored by Susan G. Komen for the Cure®.



Next year's Scouting for the Cure event will be held on Saturday, March 26, 2011.



Dietitian's Corner

Spicy Broccoli, Cauliflower and Tofu Stir-Fry

Lisa Buckley, RD, LDN

Cruciferous vegetables include bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, chard, collard greens, kale, kohlrabi, rutabagas, turnips and watercress. These are a healthy addition to any diet and among the best foods for removing harmful substances from, or “detoxifying,” the body.



Serves four as a main dish.

Ingredients:

- 1 teaspoon ground coriander (dry spice)*
- 2 tablespoons canola oil*
- 2 cloves garlic, finely minced*
- 1 teaspoon grated fresh ginger (or ¼ teaspoon dry ginger)*
- ½ teaspoon chili powder*
- 1 small white onion*
- 1 ½ cups broccoli*
- 1 cup cauliflower*
- 12 ounces extra-firm tofu, cut into cubes*

Instructions:

- 1. Heat large pan or wok on medium heat until hot.*
- 2. Add dry cumin and coriander to pan and “dry fry” for 1 minute. Stir constantly to avoid burning and sticking.*
- 3. Carefully (to avoid splatters), add oil, garlic and chili powder and stir well to avoid sticking. Stir-fry for 2 minutes.*
- 4. Add onion and cook for another 2 minutes. Stir often to be sure you do not burn the spices.*
- 5. Add the cauliflower and broccoli and cook until vegetables are hot, but still crisp and brightly colored.*
- 6. Add tofu and toss well until coated with spices and warmed through.*
- 7. Sprinkle with lemon juice and enjoy!*

Per serving: 155 calories; 12 grams of carbohydrates; 11 grams of protein; 7 grams of fat; 6 grams of fiber



Sunday April 25th



Sisters In Partnership (SIP), a group of breast health advocates based in Cabarrus County who focus on the early detection of breast cancer in African American women, held their first annual *Worship In Pink* event. Twenty-five churches who serve the African American community collaborated to participate in this event that brought breast health awareness to over 3,300 women.

On Sunday, April 25, 2010, parishioners in participating Cabarrus County and southern Rowan County churches were encouraged to wear pink in an effort to raise awareness about breast cancer. Men, women and children wore pink on that Sunday to show support for breast cancer awareness, to honor those who have lost their battle and to celebrate survivors and their courage. Women received an educational packet from Sisters In Partnership that discussed risk factors and the critical role of early detection in saving lives from breast cancer. All parishioners received “The Ten Commandments of Breast Health” and information on how uninsured women can access free breast health screening through the Breast and Cervical Cancer Control Program administered by the Cabarrus Health Alliance. *Worship In Pink* effectively shared the lifesaving message of early detection with friends, family members and neighbors. The SIP project, supported by Cabarrus Health Alliance and a grant from the Charlotte Affiliate of Susan G. Komen for the Cure®, works to increase the survival rates of breast cancer among African-American women in

Cabarrus County through education and awareness activities that encourage the early detection of breast cancer. This volunteer group of African American women is active and enthusiastic about educating women in their communities about the importance of early detection. Members are trained to give general information about breast health and specific information about where to go for screening and treatment. Since 1996, SIP has served its community, empowering women by helping them make informed decisions about their health. SIP attracts members with a reputation for being respected, trusted, good listeners, responsive to the needs of others and in control of their own life circumstances.

This successful community involvement program plays a pivotal role in increasing the number of minority women who receive mammograms in Cabarrus County by partnering with the Breast and Cervical Cancer Control Program that provides free mammograms to low income and uninsured women. In conducting their outreach mission, SIP women access a large network of existing contacts within the community. (SIP's outreach strategy effectively taps into this ready reservoir of spontaneous assistance to spread health information through natural interactions in their circles of influence).

To Contact Sisters In Partnership:
Virginia W. Hunter, SIP Coordinator
704-920-1255, vwhunter@cabarrushealth.org

For FREE Mammograms:
Cabarrus Health Alliance
Cabarrus Breast Health Outreach Program
704-920-1205

Ten Commandments for Breast Health

1. Thou shalt know how your breasts look and feel. Report changes to your doctor.
2. Thou shalt talk to your doctor about reducing your risk of breast cancer
3. Thou shall know the risk factors for breast cancer
4. Thou shall not smoke cigarettes or other tobacco products
5. Thou shall get regular physical activity
6. Thou shall eat a healthy diet
7. Thou shall aim for a healthy weight
8. Thou shall know the signs and symptoms of breast cancer
9. Thou shall get clinical breast exams
10. Thou shall get mammograms when appropriate

George's Angels

Anita Morrissey

George Batte Cancer Center volunteers are special folks who take time from their own busy schedules to help our patients and staff. With a caring attitude and an ever-present smile, they go about offering comfort and support to our patients on a daily basis. As any patient will tell you, going through chemotherapy treatment is not an easy experience and our volunteers try their best to make the time patients spend in the Cancer Center a little more tolerable by offering food, drinks, hand massages and warm blankets. But aside from the physical comforts they provide, they're always there for the patients and caregivers with a shoulder to lean on and a listening ear. Batte Cancer Center honors our most compassionate and dedicated volunteers, and we offer our most heartfelt thanks for a job well done.



Pictured: first row from left: Ann Rogers, Eva Brooks and Joyce Guarino. Second row from left: Lynda Henderson, Linda Smullen, Nell Tarlton, Pat Rickman, Mary O'Morrow and Beverly Trobaugh. Third row from left: Anne Andrews, Julie Unruh, Vicki Travina and Grace Davis. Missing from photo: Ted Scott, Dale Robertson, Martha Misenheimer, Charles Brown, James Booth, Jennie Brasefield, Jerri Smith, JoAnn Siviglia, Lola Lurch and Patty Lei

"Volunteers don't get paid, not because they're worthless, but because they're priceless..." Sherry Anderson

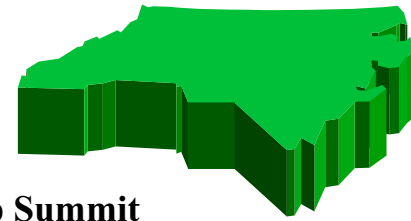
Batte Cancer Center Proudly Welcomes Dr. Brigitte Miller, Gynecologic Oncologist



Brigitte Miller, MD, comes to us with a wealth of knowledge and experience. She did her graduate and medical degrees at Georg August University in Goettingen, Germany and University of Duesseldorf in

Duesseldorf, Germany. She is board certified by the American Board of Obstetrics and Gynecology in Gynecologic Oncology. In her studies, she completed her residency in Obstetrics and Gynecology in 1990 from the University of Tennessee, a Gynecologic Oncology Fellowship in 1992 from University of Texas. Her professional memberships include: American College of Obstetricians and Gynecologists, American Association for Cancer Research, International Gynecologic Cancer Society, Felix Rutledge Society, American Society of Clinical Oncology and the Society of Gynecologic Oncologists. Dr. Miller has received multiple honors and awards of excellence in both the educational and clinical arenas, has authored a book, several book chapters, produced educational and training videos in her practice, as well as has published numerous journal articles. Dr. Miller is extremely enthusiastic about and loves her profession. Not only has she lectured both nationally and internationally, she is more than eager to share and teach both to patients and staff. We are privileged to have her.

Personally, in her “spare” time, her hobbies include: horseback riding, gardening, jewelry making and reading. She has a personal interest in history and art. She is married to husband, Toni, a medical oncologist and they have a 19-year old daughter, Stephanie, whose dream is to become a large animal vet. Other members of the family are: Princess Miao (16-year old kitty, who decided to live with them), Daisy (a stray dog who decided to live with them), Kakau (an eclectic parrot) and her horses Andy, Ravi, Hanna with baby Toni, Luke and Eddy.



North Carolina Survivorship Summit

The North Carolina Comprehensive Cancer Program presented the 4th Annual North Carolina Cancer Survivorship Summit in Charlotte, NC, from June 17 – June 19, 2010 at the Blake Hotel in Charlotte. The theme for this year was “You Are Not Alone, Moving Forward Together.” Over 300 cancer survivors and over 150 caregivers, advocates and health care professionals were in attendance.

Attendees from across our state were given the opportunity to hear an inspiring keynote address from Joni Aldrich, author and speaker, on “The Changing Dynamics of a Cancer Patient Caregiver.” In addition, they were able to attend breakout sessions with topics of interest that spanned the complete survivorship experience including “Tools from Integrative Medicine,” “What’s in Your Survivorship Plan,” “Fighting Cancer with your Fork and Foot,” “Who is Caring for the Caregiver” and “Pain and Palliative Care for the Cancer Survivor and Support and Understanding through End-of-Life.” In addition, attendees were able to visit the exhibit hall where various resources provided information for survivors and co-survivors.

Cindy Wise, RN, MSN, OCN, breast nurse navigator with Batte Cancer Center, presented on the topic of “Let’s Talk about Sex for Women and Couples.” Cora Davis, MSW, oncology support coordinator also with Batte Cancer Center, presented and facilitated “Fireside Chats” related to caregiver concerns and breakout sessions on “The Emotional Journey of Survivorship: Coping Day to Day.” Cora also served on the Survivorship Summit Planning Committee this year and she has been a member of the NC Survivorship Work Group since 2006. Chaplain Ric Durham, BCC, spiritual care director with Hospice & Palliative Care of Cabarrus County, presented on the topic of “Who is Caring for the Caregiver.”

The North Carolina Survivorship Summit has been an annual event since 2006 and has been hosted by the North Carolina Comprehensive Cancer Program since its inception. Sponsors

of the event included the American Cancer Society, Carolinas Medical Center Blumenthal Cancer Center, Novartis, the Leukemia and Lymphoma Society, UNC Lineberger Caring Well Cancer Survivorship Program, Wake Forest University Baptist Medical Center Comprehensive Cancer Center, Kerr Health Care Management, Duke University Hospital Duke Center for Cancer Survivorship, Cancer Centers of North Carolina, PPD, Dehart and Company Public Relations and North Carolina Oncology Association. The North Carolina Comprehensive Cancer Program, Annual Cancer Survivorship Summit, empowers, inspires, and provides the unique opportunity for cancer survivors from across our state to network and celebrate their journey. We look forward to seeing you next year in Asheville, NC.

Have a Cup of Tea!



Teas have been used for years by various cultures to comfort and treat ailments, even prior to the development of our western medicines. Science is catching up with these “old honored remedies” and sorting out what and why these teas help.

The water content of tea is just as important as the tea itself. Many cancer patients become dehydrated for a variety of reasons: lack of appetite, exhaustion, medication, and chemotherapy and/or radiation therapy. Dehydration often causes weakness and fatigue. Severe dehydration can lead to dizziness, nausea, cramps and impaired thinking. It is critical to stay hydrated while going through treatment, and teas can help.

There are many types of teas and natural botanicals that can be added to teas. The following botanicals are a few “gifts from nature,” that can be used to help us heal and rebalance ourselves.

1. Green tea - high in polyphenols, anti-inflammatory, anti-cancer and anti-fungal properties
2. Licorice - soothing to the GI track, relaxes the stomach

3. Chamomile - causes calmness and relaxation
4. Peppermint - antispasmodic, relaxes smooth muscle in the GI track and elsewhere
5. Ginger - soothes the stomach and GI track, decreases nausea
6. Cinnamon - anti-inflammatory, improves insulin’s action on blood sugar, soothing for the GI track
7. Lemon balm - anti-anxiety, relaxing
8. Lavender - an adaptogen, meaning it can help balance the body
9. Cardamom & Coriander - soothes and relaxes the stomach and intestines

On Tuesday, May 18, 2010, Dr. Bridgette Bongaard facilitated a tea party in the infusion area of Batte Cancer Center. Twelve patients learned how to make their own teas at home using healthy ingredients. Dr. Bongaard brought in various selections of teas, as well as herbs and spices from her own garden and made four different variations of tea: peppermint and licorice (which soothe the stomach), chamomile and St. Johns wart (calming), ginseng and green tea (a pick me up) and the last pot was a combination of lemon balm, lavender, mint and chamomile. She used agave or honey to sweeten the tea as opposed to sugars or artificial sweeteners, and served participants in Japanese tea cups. The session was both educational and relaxing. The teas she demonstrated came from the Home Economist in Huntersville, NC, and the Healthy Home Market Store in Charlotte, NC, however, many can be purchased from your local grocery store.

Most importantly, please choose decaffeinated selections and seek guidance from your physician to determine if your tea selection is appropriate with your plan of care. For more information about teas, refer to the following books: *Cancer Fighting Kitchen* or *Foods that Fight Cancer*, both of which can be purchased in Wishing Well, our retail store located in the Medical Arts Building.



Meet Our Cancer Registrars

Tammy Macias, MHA, BS, RHIT, CTR & Janie Phillips, BS



CMC-NorthEast Cancer Registry collects information about cancer and other tumor diseases. Cancer Registrars record detailed summaries of patient history, diagnosis, treatment and status for every cancer patient. They also gather wellness or recurrence information throughout the lifespan of each patient entered into the Cancer Registry.

The purpose of a hospital cancer registry is to improve cancer diagnostics, treatments and outcomes. Improvements are achieved by:

- Diagnosis (Diagnostic) Comparisons - which tests or scans are most effective for consistent early diagnoses (Mammogram results, PET scans, PSA, CEA, staging, etc.) This information also assists with planning screening and early detection programs.
- Treatment Comparisons - which treatment yields the best results for specific disease types (example: lumpectomy verses mastectomy for early stage breast cancer verses late stage breast cancer)
- Support Care - Registry supports improvements in patient outcomes by generating patient lists for annual exam reminders and survivorship clinics

CMC-NorthEast Cancer Registry has two staff members. Tammy Macias is the Quality Assurance Coordinator with 15 years of Cancer Registry experience. Janie Phillips is a Cancer Registrar with 3 years of Cancer Registry experience.

Your Chaplain: Providing for your Spiritual Needs

I have enjoyed meeting many of you over the past couple of months. I am grateful for the opportunity to get to know you and to share in your journey. In last month's newsletter, Reverend Jackson-Jordan cited a recent study from the *Online Journal of Clinical Oncology* (Dec. 14, 2009) that noted many who are being treated for cancer indicated a need to "be at peace with God." Many of us find that we struggle from time to time with feeling close to God. We may be "uneasy" in our spirit for any number of reasons. In these times we may feel that we struggle to connect to God or even discern where God is in the midst of our pain.

I am available as a resource to help you enhance or possibly discover your spiritual connection to the sacred. I am excited to have the opportunity to offer pastoral support appointments in the clinic several days a week. I will offer traditional and "integrative" services including: prayer, guided imagery, writing and journaling, therapeutic foot bath, meditation, orientation to spiritual spaces (Chapel and Labyrinth) and connection through art. Everyone is unique in his or her being and I hope to offer care and support that meets individual needs. I look forward to seeing you soon!

Blessings,

Chaplain Cy Miller

"The greatest discovery of our generation is that human beings can alter their lives by altering their attitudes of mind. As you think, so shall you be."

William James



Making Strides against Breast Cancer

Making Strides against Breast Cancer is happening in September! Please join our team on Saturday, September 25, 2010 at

Symphony Park at South Park Mall in Charlotte. The Making Strides event is not a race. It is a celebration of survivorship, an occasion to express hope, and a shared goal to end a disease that threatens the lives of so many people we love. When you participate in the Making Strides event, you're helping to create a world with less breast cancer and more birthdays; a world where breast cancer never steals another year from anyone's life. There is no registration fee or minimum fundraising amount and people of all ages are welcome to participate. Typically registration on site begins at 8 a.m. and the event starts at 8:30 a.m. We will plan to meet at Batte Cancer Center the morning of the race and caravan together to the event. To join our CMC-NorthEast Batte Cancer Center team or for more information visit our team page at <http://main.acsevents.org/goto/cmcnortheast> or call our team captain, Cindy Wise at 704-403-2392. Let's Make Strides against Breast Cancer together!

Komen Race for the Cure

The 14th Annual Komen Race for the Cure will be held on October 2, 2010 in Uptown Charlotte. Proceeds benefit the Susan G. Komen for the Cure®. Locally, Komen for the Cure provides assistance to individuals who need assistance for screening mammograms, diagnostic mammograms, ultrasounds, biopsies as well as lymphedema therapy and garments.

The Schedule is as follows:

- Team Village opens at 6 a.m.
- Survivor breakfast starts at 6 a.m.
- Team pictures are 6 – 7:15 a.m.
- Competitive 5K starts at 7:15 a.m.
- 1 Mile adult and youth race at 8:30 a.m.
- Komen Kids Dash at 8:30 a.m.
- Survivor Tribute at 9:30 a.m.

For more information, contact Ruth Smith, Breast Health Center, breast health nurse coordinator and Komen Race for the Cure Team Captain at 704-403-4963, or go to www.komen.org, click on "Race for the Cure," or "Join a Team." Deadline to register is September 28, 2010. Our team name is Breast Health Center CMC-NorthEast. Our team will meet at the Breast Health Center the morning of the race and caravan to the race. Join us to "Race for a Cure!"



NEW SUPPORT GROUP: Learn about issues for young survivors such as relating to family and friends, employment and careers, fertility, body image, peer support, complementary therapies, sex, dating, health insurance and other topics that are important to young survivors. The meetings are on the second Tuesday from 11am to 12pm in the Batte Cancer Center Conference Room.

For more information, contact Cindy Wise at 704-403-2392 or Cora Davis at 704-403-1055.



Blessings, Strength, Comfort and Peace



Mrs. Betty Talley donated stuffed animal “loveys” for patients to enjoy while receiving chemotherapy treatments. Her donation was given in loving memory of her husband, Mr. Leon C. Talley.

National Cancer Survivors Day: “It’s A Fiesta!”



On Sunday, June 6, 2010, Bette Cancer Center hosted about 1,000 guests for our annual National Cancer Survivors Day Celebration in the Pavilion Parking Deck. This year’s theme, “Fiesta” brought about a festive celebration of survivorship.

The deck was converted into a colorful banquet room filled with tables covered with brightly colored tablecloths, adorned with sombreros, fresh flowers, colorful sand-filled hurricane vases, beautiful dish gardens and hand made tissue paper flowers.



Martin Senell, director of Oncology Services opened up the occasion with a warm welcome, followed by our new CMC-NorthEast President, Phyllis Wingate-Jones. Cy Miller, oncology chaplain intern, blessed the food and the occasion. Dinner was catered by a local restaurant, Punchy’s Diner, who served hamburgers and hotdogs, Latino side dishes and toppings, cold beverages and dessert.



Cancer survivors and their guests mingled, laughed and celebrated the occasion. Survivors were recognized and the stage

centerpiece was awarded to a 26-year survivor!



The entertainment for the event was provided by the Latin American dance company, Ballet Folklorico “Las Americas” who performed traditional folkloric dances that educated in a fun environment where participants could move and learn to the beat of the music right at their seats. The dancers wore authentic garments and provided information about the historical background of the dance and the significance the dance has played in American culture. They performed a traditional “Columbian Cumbia,” as well as a theatrical “Dance of the Bull.” After which, survivors were invited to either stand by their seats or join the dancers on

stage for an interactive workshop. Participants learned the “Merengue,” with fun and simple turns and the “Bachata,” which required a little bit more footwork. The teachers combined teaching dance and culture, while building confidence, self-



esteem and promotion of good health through cardiovascular dance! This year’s event celebrated cancer survivorship in a multi-cultural setting with performance, dance, laughter and food. A great time was had by all. Several survivors asked if the group could be invited back for a dance class here on-site at Batte Cancer Center. Stay tuned, as they have been invited back and will provide a class; a FUN way to exercise.



A special thanks to a host of volunteers from various departments here at CMC-NorthEast (Facilities Management, Security, Environmental Services) who helped behind the scenes to make the event such a success. We also want to thank several local florists who donated beautiful live arrangements used to decorate the pavilion.



Support Groups and Services

CFC-Changing the Face of Cancer

Changing the Face of Cancer (CFC) is a support group for patients who are diagnosed with stage III or stage IV disease. Our goal is to help patients maintain their quality of life as they cope with the physical and emotional challenges of their diagnosis. The group meets on the 2nd Thursday of each month, from 10:30 – 11:30 a.m. in the Batte Cancer Center Conference Room.

Breast Cancer Support Group

This support group is for individuals and families newly diagnosed with breast cancer. This group meets the 4th Tuesday of each month, from 10 – 11 a.m. in the Batte Cancer Center Conference Room.

Breast Cancer Support Group- Albemarle

This group is a support group for all women diagnosed with breast cancer. This group meets the 1st Tuesday of each month, from 6:30 – 8 p.m. in the NorthEast Oncology Associates-Albemarle lobby. For further information, please call 704-982-1880.

2Young: Support for Young Survivors

This group will learn about and discuss issues related to young survivors such as relating to family and friends, employment, career and finances, fertility, body image, peer support, complimentary therapies, sex, dating, health insurance and more. The group meets the 2nd Tuesday of each month, from 11 a.m. – Noon in the Batte Cancer Center Conference Room.

The Rejuvenation Center

The Rejuvenation Center is located in Batte Cancer Center. We offer scarves, hats, support literature and other accessories that are available free of charge for all cancer patients. We have a full-time cosmetologist who can assist patients with selecting and styling a wig when hair loss occurs as a side-effect of treatment. Please contact Kristy Wilhoit at 704-403-3100, ext. 68582. No appointment is necessary.

Look Good...Feel Better

The American Cancer Society sponsors a free, two-hour educational, hands-on workshop for female patients undergoing radiation and/or chemotherapy. A trained cosmetologist will address make-up techniques, skin care and nail care. Participants will also learn how to deal with hair loss and how to use scarves and accessories to enhance their appearance and self-esteem. Complimentary cosmetic kits are given to all participants. These kits would normally retail for \$150 - \$200. Please contact Kristy Wilhoit, at 704-403-3100, ext. 68582 for more information.

Pet Therapy

Pets can decrease anxiety, increase alertness and promote well-being in people with cancer. Our “doggie volunteers,” visit weekly at Batte Cancer Center and on the inpatient unit.

Reach to Recovery

This program is a peer support program of the American Cancer Society for people with a personal concern about breast cancer. A trained volunteer who is a breast cancer survivor will provide support and up-to-date information. To request services of a Reach to Recovery volunteer, call the American Cancer Society at 800-227-2345.

Save The Date:

Contact April Carroll, MSN, RN,
at 704-403-2129 for details.



11a.m. • Tuesday, Sept. 21, 2010

Crafting – “Mask Making for Self Expression” (Batte Cancer Center)

11a.m. • Tuesday, Nov. 9, 2010

“Giving Thanks & Letting Go; Incorporating Forgiveness into Your Life” (CMC-NorthEast Chapel)

6 p.m. • Thursday, Dec. 9, 2010

Annual Holiday Gathering (Batte Cancer Center)



Batte Cancer Center
100 Medical Park Drive, Suite 110
Concord, NC 28025
Phone: 704-403-1370
Fax: 704-403-1389
www.cmc-northeast.org/batte

We want to hear from you! What topics do you want to see covered in future issues? Are you a survivor who wants to share your story? Please contact April M. Carroll, RN, MSN, (oncology initiatives program specialist & newsletter editor) at 704-403-2129 or email at april.carroll@carolinashealthcare.org to let us know.