

CMC-NORTHEAST

# Batte Cancer Center

A QUARTERLY NEWSLETTER FOR PATIENTS

## *Letter From The Director:*

Welcome to the special Holiday edition of the Batte Cancer Center newsletter. This is truly a very special time of year meant for celebrating faith, spending time with loved ones, and reflecting upon the year past. We are so privileged to have been a part of our patients' and their caregivers' lives over the past year.

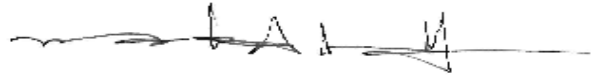
As many of you know, the last few months of 2009 have been very busy for us at the Batte Cancer Center. We opened our new retail store, Wishing Well, the first of November, and a week later, we implemented new computer programs for most functions within our center.

Our new store, Wishing Well, is featured in this special edition newsletter. We are the only cancer center between Atlanta and Washington, DC to have a store as unique as Wishing Well. We wanted to offer our patients and their loved ones essentials to help with the cancer journey. The specially-trained staff of the store is there to assist each visitor and offer the very personalized service we are so proud to offer here at CMC-NorthEast.

We have also welcomed a new mid-level practitioner to NorthEast Oncology Associates, James Blackwell, NP. James has many years of oncology experience working in the Blumenthal Cancer Center downtown at Carolinas Medical Center, and our patients have given him a very warm reception.

From the staff of the Batte Cancer Center, please accept our heartfelt wishes for a wonderful holiday season, and a happy and healthy 2010!

As always, we are so very proud to be of service to our patients and their families. Thank you for putting your trust in us.



Martin A. Senell, Jr.  
Director – Oncology Services



CMC-NorthEast's new cancer care specialty shop, Wishing Well, opened its doors to visitors during the Grand Opening on November 1, 2009. Located conveniently inside the lobby of the Medical Arts building, we are an extension of Batte Cancer Center's services. Our philosophy is to provide our patients and their loved ones with essential cancer care products and services all in one place and in a pleasant and serene atmosphere.



Wishing Well carries hats, turbans, sleep caps, scarves, personal hygiene items, skin care, nausea-reducing products, moisture-wicking sleepwear, breast forms, and mastectomy bras and apparel, all created specifically for patients facing the challenges of cancer and its treatments. We also offer a wide variety of inspirational books, CDs, cards, and many unique gifts.



In addition to our diverse product lines, Wishing Well has two Certified Mastectomy Fitters on staff to provide mastectomy bra and breast form fitting services. Our two fitting rooms are spacious, comfortable, and private. Because fit and comfort are

essential, special ordering is available. We offer hourly appointments from 9:00 a.m. – 4:00 p.m. To schedule an appointment with one of our fitters, please call 704-403-6330.



**Location and hours:**

Wishing Well at CMC-NorthEast  
200 Medical Park Drive, Suite 145  
Concord, North Carolina 28025  
704-403-6330  
9:00 a.m. – 5:30 p.m.

**10% Off Coupon**



*\*Cannot be used for any item that would be covered by insurance plan\**

***COPING WITH CANCER  
DURING THE HOLIDAYS***

*Cora Davis, MSW*

Fall unfolds with a tapestry of colors and sets a beautiful backdrop that ushers in our holiday season. Usually we look forward to gathering with family and friends to celebrate special traditions and reaffirm our spiritual and cultural beliefs. However, if you are coping with cancer, the holidays may add stress and

demands to an overflowing plate of medical appointments and routine responsibilities.

Consider using this opportunity to reassess what is truly meaningful and also realistic for you and your family to focus on and/or maintain from your traditions for this holiday season. Discuss options to simplify meals, decorations, gift giving, and hosting any events. Also think about how you will respond to invitations you may receive from family and friends. Many people also find it helpful to prepare what they plan to share with others related to their illness, as this can help you feel more secure in certain social situations.

***A Warm and Fuzzy Corner.....  
Favorite Holiday Memories***

*“Mack and Rose make apple pie on Thanksgiving and Christmas Eve...”*

Joy

*“Kinsley age 6 picked out her own Christmas tree in Avery County and she also picked out all of her decorations...”*

Jen

*“Every Christmas Eve we would go to my aunt’s house and my uncle would dress up as Santa Claus and give all the kids gifts one by one...”*

Lisa

*“We all went to Midnight Mass on Christmas Eve and afterwards had eggnog, fruit, cakes, meats, and other dishes cooked by my Mom. We enjoyed the food and the fun of being together...”*

Barbara

***Making a Holiday Recipe Healthier***  
*Lisa Buckley, RD, LDN*

Everyone enjoys eating their favorite, traditional holiday foods this time of the year. I took an old family favorite of mine and modified it to make it a pinch healthier. I have listed the ingredients below with the modification next to it in red. If you have any recipes that you would like modified this holiday season, please feel free to contact me, Lisa M. Buckley at 704-403-3100 ext. 66584. We can make any meal just a bit healthier!

## **CRUNCHY TOP BUTTERNUT SQUASH**



- 2 pkgs frozen butternut squash, defrosted
- 1/2 cup butter (**Smart Balance, or Stonyfield Plain Greek Yogurt**)
- 1/2 cup sugar (**Splenda**)
- 2 eggs
- 5 oz. evaporated milk (**Low fat**)
- 1 tsp vanilla

### ***Topping:***

- 1/2 cup Rice Krispies (**can use a higher fiber cereal if crushed i.e., Kashi brand cereals: Go Lean Crunch, Mighty Bites, or Heart to Heart**)\*
- 1/4 cup chopped pecans
- 2 TBSP butter, melted (or Smart Balance Light Spread)

### ***(Healthier Alternatives Highlighted in Red)***

\*You can also experiment with another high fiber cereal you enjoy eating.

Preheat the oven to 350 degrees. Cream sugar (Splenda) and butter (Smart Balance). Then, beat in eggs, evaporated milk and vanilla. Stir in squash (mixture will be thin). Pour into greased baking dish (approx 11x7" size). Bake at 350°F for 45 min. While that is baking, combine topping ingredients (Rice Krispies, chopped pecans and Smart Balance). After squash is ready sprinkle crunchy topping over top evenly. Bake for 10 min more.

### ***For printable coupons go to:***

[www.smartbalance.com](http://www.smartbalance.com)

<http://www.verybestbaking.com/promotions>

look for monthly coupon

[www.kelloggs.com](http://www.kelloggs.com) look for coupons on left side bar

[www.birdseyefoods.com/promotions](http://www.birdseyefoods.com/promotions)

[www.stonyfield.com/coupons](http://www.stonyfield.com/coupons)

***Mangia Bene! (Eat well!)***

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## ***Holiday Gathering 2009***



The Batte Cancer Center Support Services Program hosted its annual holiday gathering for patients and their guests on Tuesday December 1, 2009. Attendees enjoyed delicious holiday treats, fun and peer connections.

A surprise highlight of the evening was the lovely holiday music provided by flautist, Krickit Shoemaker. She helped to make the occasion lively and festive!



Participants were informed of the new programs and educational sessions being considered by the Support Services Staff for 2010 and they were also given an opportunity to share their ideas, suggestions and feedback during our discussion. Our exchange of ideas has been incorporated into the calendar of events for 2010. Please note this information is located on the last page of the newsletter.

Brooke Moose from American Cancer Society also provided some inspirational words regarding their Birthday Campaign to create a world with more birthdays through advocacy, research and services for cancer survivors and their loved ones. Cupcakes were served to honor and celebrate the ACS movement.

Liz Klein, certified fitter from Wishing Well, also greeted attendees and shared information regarding our new Cancer Specialty Shoppe located inside the Medical Arts building.



***A wonderful, joyous time was had by all!***

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## *NorthEast Oncology Associates Albemarle*



*Clockwise from back: Faith McSwain, RN, BSN, OCN, Jodi Neal, RN, OCN, Lora Smith, Rosalind Lowe, RPh, Jennifer Saunders, RN, BSN, and Mary Ann Lowder, MOA, Amanda Alexander, RN (not pictured) and Tina Evans, RN, MSN, AOCNP (not pictured)*

Our staff at the Albemarle satellite is exceptionally caring and loves working with our patients. Most of our patients generally know someone on our staff, in that most of the folks in the clinic were raised and live in Stanly County. Although the office has gotten much busier over the years, we still pride ourselves on delivering that special family feel. As the only office in Stanly County delivering board-certified oncological and hematological care, we also want our patients to know that they are able to access virtually the same services that are offered in the Batte Cancer Center 30 miles away. Just as in Concord, we staff an on-site pharmacy with a pharmacist (Rosalind) specially trained in oncology. Our RNs, Amanda, Jodi, and Jennifer are all trained in chemotherapy administration, and most carry certifications, or advanced certifications in the case of our nurse practitioner, Tina, by the Oncology Nursing Society. Last (but certainly not least) our front office representative, Lora, and medical office assistant, Mary Ann, truly give meaning to Stanly County graciousness.



*Welcoming  
James T.  
Blackwell  
MS, APRN,  
BC, FNP,  
AOCNP*

Batte Cancer Center is proud to welcome James Blackwell to our cancer center. James has been a Nurse Practitioner for 13 years and has worked in oncology for 7 years. He did his undergraduate work at the University of Texas at Austin and his graduate degree from Clemson University. He is certified as both a Family Nurse Practitioner and as an Advanced Oncology Nurse Practitioner. James has been involved in academia and clinical practice. He has a wide variety of experience, including Emergency Nursing, Family Practice, and Gastroenterology.

He is married and has 4 children, ranging in age from 4 to 13 years, and he stays quite busy trying to keep up with their activities! James stated: "I am very excited to be at NorthEast Oncology and look forward to meeting the patients and their families."



*"BELIEVE....." The Sky is the  
Limit: I Met My Donor!  
Debora Parker, a leukemia survivor  
tells her story*

The wait is finally over! I am so excited because the National Marrow Donor Program has made it possible for me to meet my donor!

In September of 2007, I was diagnosed with **Plasma Cell Leukemia**. In April 2008, I was fortunate enough to have a transplant using stem cells from an unrelated donor. Anytime I think about donors it amazes me that there are people willing to sacrifice their time to give life to a total stranger.

After my transplant, I was able to write a letter (with no identifying information of course) to my donor to thank her. She had the audacity to write back thanking me! In her own words, she said "*I have never done anything in life that has been more rewarding to me. I thank you for giving me that opportunity.... Tami*".

Her letters were so full of enthusiasm. Just like the letters we shared, I could hear the exuberance in her voice as I waited outside the banquet room door. When it was time for me to enter, I was finally able to see her. Neither of us could speak. We just hugged and held onto each other for a few minutes. She was tall with a smile that reached from ear to ear. She was as beautiful outside as she was inside. It felt so good to be able to put a face to the name.



*(left to right: Donor: Tami P. and Bone Marrow Recipient Debora Parker)*

As I spoke to the crowd, I tried to tell them how thankful I was for Tami. We hit it off right away. We both talked so fast and we both talked a lot. We had so many questions for each other. Her parents were there too and it felt as if we had known each other for a long time. Her mom welcomed me to the family. Meeting Tami and her family was just like meeting a long lost family member for the first time. Tami said she always wanted an older sister and now she has one.

I feel so blessed to have gone through this journey. I have learned a lot about myself and it has made my teenage daughters realize that they can face trials and come out stronger. It has also made me realize what the prayers and support of a community can help you accomplish. I hope that one day I can be a support to someone else that may have to go through this journey and to help someone that may need me as much as I needed Tami.

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### *Community Outreach*

The goal of community outreach here at Batte Cancer Center at CMC-NorthEast is to provide programs and services that support and educate individuals in the community about prevention and early detection, and to decrease morbidity and mortality related to cancer. Activities that we sponsor or participate in with other organizations help to

accomplish our outreach goals. In addition, we strive to increase awareness and education, as well as improve access to needed services. The next several articles are only a few of the most recent outreach activities within the past six months we have participated in or sponsored.

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### *Caring Kids Camp*

*Submitted By*

*Cora Davis, Oncology Support  
Coordinator Batte Cancer Center*

*&*

*Cindy Lyman, Patient Services Director  
with the Leukemia & Lymphoma Society*



Kids Link Caring Kids Camp provides age appropriate programs to help children learn about cancer and its treatment, along with ways to cope with their feelings regarding changes for them personally and changes within their family system. Batte Cancer Center, in collaboration with The Leukemia & Lymphoma Society, sponsored our seventh annual camp on August 13, 2009 at The Cabarrus College of Health Sciences.

On August 13, 2009 at 8:00am, nine excited, enthusiastic, and energetic campers, ages six to twelve, arrived to begin a day filled with supportive learning experiences. After devouring a delicious breakfast donated by Chick-Fil-A, the campers divided into age appropriate groups to begin icebreaker activities. The icebreakers helped participants become more comfortable with one another and also assisted them in recognizing many of their common connections.





Afterwards, each group participated in educational sessions where they learned more about cancer through visual aids, group

discussions, hands-on microscope viewing and animated computer presentations. Dr. Garry Schwartz, one of our medical oncologists, also provided his expertise for an informative question and answer dialogue with each group that proved to be an excellent method of learning.



Participants later spent time understanding how to name their feelings as well as discovering methods of healthy coping through artistic expressions. We were fortunate to have Ms. Stamey Despo with the Children's Art For Children's Cancer Foundation, Inc. as a volunteer. She empowered the campers through the "Art Pal Heroes" approach to understand the significance art can have to "turn negative feelings into seeds of hope."

Afterwards, campers and staff enjoyed a tasty lunch donated by Pizza Hut and we also had additional time to interact with participants as they shared many of their personal interests and also discussed some of the events from our day.

The fun continued after lunch with Mr. Ricky Collins, "The Music Man." Mr. Collins shared his talents from his company MusIK to "educate, entertain, and inspire participants to

use music as a means of healthy coping and for enjoyment". He also provided the staff and campers with an understanding of the genres of music along with an



interesting historical perspective.

During our closing ceremony, each group prepared a "creative expression" of the information they had learned for their families and they also received certificates of attendance and a surprise bag of treats.



The Batte Cancer Center Support Staff and The Leukemia & Lymphoma Society would like to thank our volunteer nursing students from Cabarrus College of Health Sciences, Stamey Despo (artist), Ricky Collins (AKA The Music Man), & Mauriah Lennon. We would also like to thank Chik-Fil-A and Pizza Hut for providing meals for the camp.

We look forward next year to another educational and enjoyable experience

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***"As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others.".....Author Unknown***

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### ***Cabarrus Health Alliance and CMC- NorthEast host Annual Prostate Screening***

On Saturday, September 12, 2009 the Cabarrus Health Alliance and CMC- NorthEast teamed up to present the 2009 Annual Prostate Screening in celebration of Prostate Cancer Awareness Month. Prostate Cancer is the second leading cause of cancer-related death in the United States. One in every six men will be diagnosed with Prostate Cancer and over 186, 000 cases are expected to be diagnosed in 2009 and over 26, 000 men die of cancer every year. Unfortunately, there are no noticeable symptoms of prostate cancer and this is why screening is so important. Every man at age 45 or over should be screened annually. African American men are at special risk of the disease with the highest

rate of prostate cancer in the world. African American men are 2.5 times more likely to die of prostate cancer. African American men or those with a family history of prostate cancer should start annual screening at age 40. Nearly 100% of men diagnosed with prostate cancer while it is still in the early stages are still alive five years after diagnosis. Of men diagnosed with prostate cancer in later stages, 33% are alive five years later. Screening for prostate cancer involves a blood test (PSA) and physical exam involving a digital rectal exam. Screening takes about ten minutes.

One hundred fifty-three registered for the prostate screening and 116 men attended the prostate screening. Participants enjoyed breakfast provided by Wayside Family Restaurant and information provided by Cabarrus Health Alliance, American Cancer Society and CMC-NorthEast. Volunteers included physicians from Cabarrus Urology Associates, Cabarrus Family Medicine and the Cabarrus Family Medicine Residency Program and the Batte Cancer Center staff at CMC-NorthEast.

For more information about the Prostate Clinic at Cabarrus Health Alliance or information about prostate cancer, please contact Virginia Hunter at 704.920.1255 or April Carroll, MSN, RN, 704.403.2129 or visit the hospital website at [www.cmc-northeast/prostatecancer](http://www.cmc-northeast/prostatecancer).

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***H.A.R.V.E.S.T.  
Health. Awareness. &  
Research.Via.Education.  
Screening. Tasting.***

The 2009 H.A.R.V.E.S.T. (Health Awareness & Research Via Education, Screening, & Tasting), a health and wellness festival, was held on Saturday, September 12, 2009 at the NC Research Campus. Over 65 vendors participated in health screenings and provided children's activities.

Participating vendors included: Batte Cancer Center, Cabarrus Family Medicine, Cabarrus Health Alliance, Jeff Gordon's Children's Hospital, NorthEast Outpatient Rehab, Concord Fire and Life Safety, Fuze, CMC-NorthEast Rheumatology, YMCA and many others.

Children's activities included a coloring contest, tattoos, Mr. Tooth, Chiquita Banana, Moon Bounce and Kids Zone.

Screenings available included cholesterol, glucose blood sugar testing and blood pressure screenings. Cabarrus Family Medicine and CMC-NorthEast performed over 500 GBS and cholesterol screenings. The Mobile Mammography Coach scheduled 23 women for mammograms and 25 women for self-breast exam classes at the Breast Health Center.



The event hosted a 5K run, 5K Family Ride, fun runs, a bike rodeo, and the ever popular food fear factor contest. Also, the event hosted the 2009 Tour De Tots benefit bike ride for the Jeff Gordon's Children's Hospital and a mini farmer's market.

Health and Fitness Seminars and demonstrations included representatives from UNC Chapel Hill, Duke, NC State, UNC Charlotte, UNC Greensboro, Appalachian and Cannon Memorial YMCA. Over 3,500 people attended this great event presented by the NC Research Campus, City of Kannapolis, Independent Tribune and CMC-NorthEast.



***October was National Breast  
Health Awareness Month***

***Breast Health Center  
Paula Galvin, MPH, MSW***

Breast Health Outreach activities at the Breast Health Center continue to increase. The American Cancer Society (ACS) funded the "Breast Care Champions" program that has enabled us to train close to 250 champions. The goal of every champion is to help increase the number of women ages 40 and older getting their annual mammograms, an annual clinical breast exam by a health care provider

and education on self-breast exams. Champions are taught the MammaCare method of breast self-examination by certified instructors. They are also armed with resources and materials to take



throughout the medical center, community at large and churches. Breast Care Champions partner with the Breast Health Center outreach programs to organize and increase community education and awareness.



*(Left to right: Virginia Adams, RN & Mary Miller Reid, RN, Parish nurses from CMC-NorthEast both are awesome breast care champions, and are extremely committed to reaching out to the community).*

In response to the growing interest of men in our community wanting to become more involved in the fight against breast cancer, the “Be a Champion” program was developed to train men in our community. These men are advocates for the women in their lives and in their communities. The goal is for them to educate other men on the importance of early detection practices. Many of these men have been touched by breast cancer themselves and have developed a passion to educate and teach others about the importance of early detection practices.

A second ACS funded program designed specifically for the Latino population, “Campeones en el Cuidado de los Senos,” began training 75 to 100 Latino Breast Care Champions on August 7, 2009. It includes the same Breast Care Champion curriculum, but in Spanish. These champions will have a significant impact on increasing the number of Latina women screened in the coming months. To date, there are 57 women (and a few men) trained. Monthly training sessions are held at the Hispanic Learning Center in Concord.

The creation of “Campeones en el Cuidado de los Senos” is CMC-NorthEast’s response to the significant increase in the Latino population in Cabarrus County in recent years. Our ever increasing diversity reflects the need to provide readily accessible and correct multilingual healthcare and health education for the Latino Community.

To become more involved in these programs or to schedule a Mammacare Self Breast-Exam training session in your community, please contact Paula Galvin, MPH, MSW, Breast Health Outreach Coordinator at 704-403-7515, Ruth Smith, MSN, RN, Breast Health Coordinator at 704-403-4963 or Cindy Wise, MSN, RN, OCN Breast Nurse Navigator at 704-403-2392.

### *Team CMC- NorthEast: Making Strides Against Breast Cancer*



Team CMC-NorthEast again participated in Making Strides Against Breast Cancer! Making Strides Against Breast Cancer was held Saturday, September 26, 2009 at Symphony Park at Southpark Mall. This great event is a 3.1 mile non-competitive walk that unites communities to honor and celebrate survivors, educate women about prevention and early detection, and raise money for life saving research and support programs to eliminate breast cancer as a life threatening illness. Registration started at 8am and the event kicked off at 9am with upbeat music and lots of pink! Walkers passed underneath an oversized pink balloon arch as they started the walk. In addition, a survivor celebration was held during the event! Although the event included liquid sunshine, over 4,000 participants were a part of this event and over \$200,000 was raised. Thanks to our great team and the American Cancer Society for their work in our community!



*A Local Business Sponsors  
PIGGIN OUT FOR PINK*

*Ruth Smith, RN, MSN*



One of the many things I enjoy about working in breast health is the creativity, enthusiasm and passion that I observe infused into every activity I've attended! People in the community really do care about those who suffer from breast cancer, and people, in general, want to join the fight against it. Here at the Breast Health Center at CMC-NorthEast, our weapons of choice are the triad of *early detection*: mammogram, self breast exam, and clinical breast exam. We cannot prevent breast cancer, for we know that the two main risk factors are being female and growing older, but every effort is made to fight it and win!

Irresistible Portraits, a local community photography studio consistently joins forces in the fight against breast cancer. Among many community outreach efforts, they recently sponsored a barbeque dinner, "**Piggin Out For Pink**" in honor of National Breast Health Awareness Month.

The funds raised for this event were earmarked for the CMC-NorthEast Foundation, whose current campaign is breast health. The event took place outside with decorative tables, oversized tents and lovely soft lighting. Twinkling lights hung about the tents as a symbol of hope and courage. Breast cancer survivors shared their heartfelt stories with those who attended. "Too Much Sylvia" rocked the house as a jubilant crowd danced and sang. Door prizes were given, vendors had breast health mementos for sale, and lots of fun was had by all. This event demonstrated how the community can be a source of help and inspiration to survivors. Special thanks go to Irresistible Portraits, who raised \$10,000 for breast cancer by.....simply Piggin Out!

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*CMC-NorthEast Participates in:  
Susan G. Komen Race for a Cure*

*Ruth Smith, RN, MSN*



It was the perfect October day to get outside and run for Hope: the sun crested the horizon and shone on the Charlotte skyline, the day dawned crisp, clear and a bit frosty, and the air hummed with the sound of feet pounding the pavement while excitement in voices of the thousands of people thronging the Queen City to save lives from the devastation of breast cancer. As my own feet joined the throng running, walking and trudging up some of those Carolina hills along our path, with each footstep I could hear a chant of Hope, Courage & Cure, and feel in my aching joints the importance of what we were about.

Komen Charlotte (branch of the Susan G. Komen Foundation) has a mission to make a difference in this corner of North Carolina and raise awareness of breast cancer. They serve this mission by raising funds for breast health and education, breast cancer education, screening and treatment, particularly for the underserved women of our area. They sponsor programs like the "Race For The Cure", the local October race, as well as other marathons and activities such as "Laugh For The Cure" coming up in March 2010. These programs not only raise awareness and sponsor research, but they serve to honor those fighting and remember those who have suffered or lost their lives to breast cancer. Seventy-five percent of monies raised goes to community grants, such as our BHO (Breast Health Outreach) grant right here at our Breast Health Center via the NorthEast Foundation, and twenty-five percent goes to dynamic and

necessary breast cancer research along with related awards.

On October 3, 2009 in Charlotte, we walked alongside at least 14,500 other participants, all fighting together to win the battle of breast cancer. That is quite an army! Together, we raised \$763,830.55. The Breast Health Center team at CMC-NorthEast raised just under \$2000. We felt honored to be a part of the “Race For The Cure.” To make a donation to Komen Charlotte, visit [www.komencharlotte.org](http://www.komencharlotte.org) and click on “make a donation.”

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### ***Upcoming Monthly Awareness....***

#### **January is National Cervical Cancer**

**Screening Month:** *Cervical cancer is one of the most preventable types of cancer. To protect yourself, make sure you regularly see your physician for a Pap test and a pelvic exam. The human papillomavirus (HPV) vaccine can help prevent the most common types of HPV, and is recommended for females nine to 26 years of age.*

#### **February is National Cancer Prevention**

**Month:** *Healthy lifestyle tips to help prevent cancer include: avoid tobacco, eat five servings of fruits and vegetables daily, know your family’s history of cancer, limit or avoid alcohol consumption, limit sun exposure and get a physician check-up at least once a year.*

#### **March is National Colorectal Cancer**

**Awareness Month:** *Please contact your doctor if you experience any of the following symptoms: a change in bowel habits, abdominal pain associated with bowel movements, unexpected weight loss, nausea and/or vomiting, or bleeding from the rectum or dark stools.*

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### ***High School Student Excels As She Gives Back.....***

Mauriah Lennon, high school senior at A.L. Brown High School recently engaged in her graduation project, one of which all seniors must successfully complete. Much commitment and hard work is required to accomplish the

project’s expectations. Students must select a mentor who is an expert in their chosen topic about which they know little to nothing about. The “learning stretch” ultimately culminates into a final graduation project consisting of the four components: a paper, product, portfolio and presentation.



Mauriah was “an exceptional student who not only completed her project most efficiently, but did so with reliability, promptness, forethought and much planning” according to her mentor, Cindy Wise, MSN, RN, OCN (pictured above). Her project was entitled: ***“The Positive Effects of Image Enhancement Programs for Women with a Breast Cancer Diagnosis.”*** She chose this project because breast cancer has affected close members of her family and church, and over 200 women annually are diagnosed with breast cancer right here in Cabarrus County.

Her paper involved research about the benefits of image enhancement, including both the physical and emotional aspects of a cancer diagnosis, as well as the benefits of enhancing appearance and self-esteem while undergoing treatment.

During October, for her project, Mauriah held a “Hat and Scarf Drive” for patients in the community undergoing treatment for breast cancer. Her purpose for the donations was to help enhance patients’ self-esteem, instill hope and promote the community’s caring spirit. Community organizations that supported her efforts were: Bethel Baptist Church members, Operation Standard Ministry, Sisters in Partnership, and the staff of City of

Kannapolis, VA Medical Center and Suburban Pediatrics.

The drive was an absolute success! Over 350 *new* items were collected (soft turbans, warm winter hats, fuzzy socks & throws, silk scarves, warm winter scarves, sleep caps and soft winter gloves).



Patients who are dealing with such a difficult and traumatic time in their lives, certainly will appreciate the thought behind this project and will utilize and enjoy these beautiful items during the cold winter months ahead as well as for skin protection during the summer.

Mauriah donated all items collected to the Rejuvenation Center where patients undergoing *any* type of cancer treatment here at Batte Cancer Center can receive items (wigs, scarves, hats, literature, and other accessories) free of charge. On behalf of the entire staff and patients at the Batte Cancer Center, we truly appreciate all of Mauriah's efforts. She is definitely a student with a bright future!

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### ***Batte Cancer Center Upcoming Programs (January-March 2010)***

***This Year's Theme: "Tools to Wellness"***

***\*Each program will take place in the Batte Cancer Center Waiting Area at 6pm unless otherwise specified\****



**Save the Date!!!**

- **Tuesday, January 12, 2010**  
*Wellness & Exercise- "Come in your sweats and sneakers!"*



- **Tuesday, February 9, 2010**  
Discussion Panel:  
*Taking Control of Money Matters!*



- **Tuesday, March 9, 2010**  
*Health & Nutrition*  
*"Smoothies Class"*



- **CFC-Changing the Face of Cancer:** *Support group for patients diagnosed with stage III or stage IV disease. Meets on the 2<sup>nd</sup> Thursday of each month, from 10:30am-11:30am in the Batte Cancer Center Conference Room.*

- **Breast Cancer Support Group:** *For individuals and families newly diagnosed with breast cancer. This group meets the 4<sup>th</sup> Tuesday of each month from 10am-11am in the Batte Cancer Center Conference Room.*



- **Breast Cancer Support Group-Albemarle:** *For women diagnosed with breast cancer. Meets the first Tuesday of the month from 6:30pm-8:00pm in the lobby of NorthEast Oncology Associates-Albemarle location.*
- **Look Good....Feel Better:** *Free 2-hour educational hands-on workshop for patients undergoing chemotherapy and/or radiation. Participants learn how to enhance their appearance & self esteem. Contact image consultant; Kristy Wilhoit at 704-403-3100 ext. 68582.*



**George A. Batte Cancer Center**  
**100 Medical Park Dr., Suite 110**  
**Concord, NC 28025**  
**Phone: 704-403-1370**  
**Fax: 704-403-1389**  
**[www.cmc-northeast.org/batte](http://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](mailto:april.carroll@carolinashealthcare.org) to let us know.*