At WellStar, we understand that people living with cancer have needs that extend far beyond the medical aspects of care. We have developed these programs to provide the additional support that is so important to those living with cancer.

Our support groups and program offerings are designed to benefit our patients and their loved ones through initial cancer diagnosis, treatment, and through the transition into survivorship.

All of our support groups are complimentary, but registration is required. To register for most classes, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

NEW YEAR’S DAY
Monday, January 1, 2019

CANCER AWARENESS
January – Cervical Cancer Awareness
February – National Cancer Awareness
March – Colorectal Cancer Awareness, Myeloma Cancer Awareness, Kidney Cancer Awareness

INSIDE: Schedule of Classes, Services and Events >>
Benefits of Seeking Psychological Support During Cancer Treatment

Dr. Jennifer Kilkus, Clinical Psychologist

A diagnosis of cancer is a difficult emotional experience for most people. The diagnosis itself is made even more stressful by the often harsh and invasive treatments to treat the disease. Emotional challenges experienced by cancer patients range from normal worry and distress to more serious conditions, like depression and anxiety disorders. The physical impact of cancer treatments also range from temporary symptoms, such as poor sleep and fatigue during treatment, to longer-term symptoms, including neuropathy. Most patients experience at least some of these symptoms along the course of their treatment and as they transition into survivorship.

Although these symptoms are common for many patients, there are many options for support and treatment for both emotional and physical health that are supported by sound scientific evidence. These options include groups that focus on support and education, one-on-one therapy using techniques such as cognitive behavioral therapy and relaxation, and medication that can help manage symptoms. WellStar Cancer Network offers a variety of options for managing symptoms that can be tailored to each patient’s needs regardless of where they are in their treatment. These treatments have been shown to help manage the stress of an already challenging experience and improve the emotional and physical health of patients. Take advantage of what WellStar has to offer!
Research opportunities, through clinical trials, are an important option for people with cancer. The main purpose of clinical trials is to find better ways to prevent, diagnose and/or treat disease. WellStar patients have the opportunity to participate in the latest clinical trials and research, providing access to state-of-the-art treatment. For more information, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

CLINICAL TRIALS

CLINICAL TRIALS

RESEARCH CENTER

at WellStar Kennestone Cancer Center

RESEARCH CENTER

What’s in it for you
• Access to interactive resources for Cancer Patients & Caregivers
• Kiosks with direct interface to American Cancer Society (ACS)
• Complimentary reading material
• Brochures, pamphlets, and booklets

CANCER SURVIVOR’S TOOLKIT

Facilitated by Jennifer Kilkus, Clinical Psychologist

CANCER SURVIVOR’S TOOLKIT

Cancer diagnosis and treatment can leave the most well-prepared people feeling tapped out. The Cancer Survivor’s Toolkit is a four session workshop series designed to help you sharpen your tools to improve symptom management, exercise/nutrition, coping skills, and other topics of interest to our patients. Open to all current and past patients, family members and caregivers.

Where: WellStar Cobb Cancer Center
1700 Hospital South Drive, Suite 302
Austell, GA 30106

When: Tuesday, March 5 | 10 a.m. – 11 a.m.
Tuesday, March 12 | 10 a.m. – 11 a.m.
Tuesday, March 19 | 10 a.m. – 11 a.m.
Tuesday, March 26 | 10 a.m. – 11 a.m.

This symbol means there is no fee for parking
If you see this letter, this is for anyone with a diagnosis of cancer that is currently undergoing treatment or for those who have completed cancer treatment.
Cooking Demos

Where: Manning Wellness Kitchen
WellStar Kennestone Cancer Center
320 Kennestone Hospital Blvd
Marietta 30060

When:
- Tuesday, January 22 | 2:30 p.m. - 3:30 p.m.
  You Are What You Eat
- Tuesday, March 26 | 2:30 p.m. - 3:30 p.m.
  Back to Basics

WELLNESS STUDIO
EXERCISE CLASSES

Where: Wellness Studio at the WellStar Cancer Center at Kennestone Hospital
320 Kennestone Hospital Blvd | 2nd Floor
Marietta, GA 30060

Stretching: Mondays | 9 a.m. – 9:30 a.m.
Resistance Training: Mondays | 9:45 a.m. – 10:45 a.m.
Yoga: Mondays | 11 a.m. – 12 p.m.
Yin Yoga: Wednesday | 1 p.m. – 2 p.m.

There will not be a class held on 1/16/19

To register for any of the exercise classes listed above, call 770-793-7300.

We care about our patients’ well-being and will now be offering exercise classes on our Cobb campus!

Where: WellStar Cobb Hospital
Magnolia Room
3950 Austell Road
Austell, GA 30106

Exercise/Motion
When: Monday, January 14 | 12:30 p.m. – 1:30 p.m.
Yoga
When: Monday, March 11 | 12:30 p.m. – 1:30 p.m.
SPIRIT

JOURNEYING WITH HOPE

Facilitated by Sarah Murray, WellStar Chaplain

WellStar cares for you – Body, Mind, and Spirit. Join us to share about the significance of a cancer diagnosis on your spirituality and explore spiritual resources that will offer hope on your journey.

All patients and their loved ones are welcome. The group is open to those of any belief or faith.

Where: WellStar Cancer Center for Survivorship and Support
320 Kennestone Hospital Blvd. | Suite 137
Marietta, GA 30060

When: First Thursdays of each month:
January 3, February 7, March 7
1 p.m. – 2 p.m.

SURVIVORS TALKING ABOUT RECOVERY (STAR)

Facilitated by Raymond Coffman, Pastoral Care

This group helps patients and their families feel more hopeful and less alone through the mutual sharing of thoughts, feelings and concerns related to living with, and surviving cancer. To register, call 470-732-3780.

Where: WellStar Cobb Hospital
Magnolia Room
3950 Austell Road
Austell, GA 30106

When: Thursday, January 24 | 11:30 a.m. – 12:30 p.m.
Thursday, February 28 | 11:30 a.m. – 12:30 p.m.
Thursday, March 28 | 11:30 a.m. – 12:30 p.m.

Survivorship Series for Young Women Affected by Breast Cancer

As a young woman with breast cancer, you have unique needs and questions. Wellstar Kennestone Hospital has partnered with the Young Women’s Initiative at Living Beyond Breast Cancer, a national breast cancer nonprofit organization that provides trusted information and a community of support, to host a series of workshops for young women diagnosed with breast cancer before the age of 45. The Survivorship Series will provide answers and resources on some of the most common concerns for young women such as cancer prevention and genetic risk, long term side effects of treatment, and early menopause and sexuality.

Where: Wellstar East Cobb Health Park
3747 Roswell Road
Marietta, GA 30062

Session 1: Genetics and Cancer Prevention
When: Monday, February 4 | 6 p.m. – 7:30 p.m.

Session 2: Long Term Side Effects
When: Monday, February 11 | 6 p.m. – 7:30 p.m.

Session 3: Early Menopause
When: Monday, February 18 | 6 p.m. – 7:30 p.m.

Session 4: Sexuality
When: Monday, February 25 | 6 p.m. – 7:30 p.m.

Registration Details: To RSVP please call our Cancer Connect Line at: 1-877-366-6032, option 0, or email cancersupport@wellstar.org with your full name, phone number and sessions you would like to attend. Free gift at each session.
SURVIVORS OFFERING SUPPORT (SOS) FOR BREAST CANCER

SOS is a peer-to-peer support program which connects breast cancer patients with volunteers who have gone through breast cancer treatment. The SOS program will try to match you with a survivor who has had a similar breast cancer experience, is at a similar life stage, and can give you their own unique insight. However much, or little, help you want from your SOS volunteer is completely up to you. Contact your breast nurse navigators, Lisa Sherman (470-793-0067) or Sara Owens (470-793-0070).

OSTOMY SUPPORT GROUP

Facilitated by Outpatient Rehab

WellStar Kennestone Ostomy Nurses, with support from the Greater Atlanta Ostomy Association, invite you to attend this group, featuring guest speakers, special programs and community resources. To register, call 770-793-7171.

Where: WellStar Kennestone Outpatient Rehabilitation
100 Lacy Street, Marietta, GA 30060

When: Wednesday, January 2 | 6 p.m. – 7 p.m.
Wednesday, February 6 | 6 p.m. – 7 p.m.
Wednesday, March 6 | 6 p.m. – 7 p.m.

BETTER BREATHERS CLUB OF DOUGLAS

The Better Breathers Club, certified by American Lung Association, is a welcoming support group for patients and caregivers affected by chronic lung diseases, including COPD, pulmonary fibrosis and lung cancer. Each session contains educational presentations on a wide range of relevant topics. Classes are FREE to attend and lunch is provided. For more information, call Aliyah Green, RT at 770-947-4440.

Where: WellStar Douglas Hospital
Main Campus Lobby

When: Wednesday, January 23 | 11 a.m. – 12:15 p.m.
Wednesday, February 27 | 11 a.m. – 12:15 p.m.
Wednesday, March 27 | 11 a.m. – 12:15 p.m.
**PROSTATE SURVIVORS SUPPORT GROUP**

*Facilitated by Michelle Guibault, Nurse Navigator*

Prostate cancer patients are encouraged to come and talk with other men who have “been there, done that” with prostate cancer treatment. Family members are welcome to join. To register, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

**Where:** Wellness Studio at the WellStar Cancer Center at Kennestone Hospital  
320 Kennestone Hospital Blvd | 2nd Floor  
Marietta, GA 30060

**When:** Thursday, January 10 | 7 p.m. – 8 p.m.  
Thursday, February 14 | 7 p.m. – 8 p.m.  
Thursday, March 14 | 7 p.m. – 8 p.m.

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**HEAD AND NECK CANCER SUPPORT GROUP**

*Facilitated by Brittany Palmer*

Head and neck cancer survivors, their families, caregivers and friends are all encouraged to attend, as well as rehabilitation therapists, physicians and nurses. To register, call 770-793-7600 or email Brittany.Palmer@wellstar.org.

**Where:**  
WellStar Kennestone Outpatient Rehabilitation  
100 Lacy Street, Marietta, GA 30060

**When:** Monday, January 7 | 5 p.m. – 6 p.m.  
Monday, February 4 | 5 p.m. – 6 p.m.  
Monday, March 4 | 5 p.m. – 6 p.m.

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**COBB CANCER SUPPORT GROUP**

*Facilitated by Margie Apacible-Mancao, Nurse Navigator, Hayley Schneider, Social Worker, LMSW and Wendy Bailey, Nurse Navigator*

Designed for cancer patients and cancer survivors at every stage of their journey, this group is devoted to both sharing and learning. The group offers guest speakers, special programs and the sharing of resources. To register, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.

**Where:** WellStar Cobb Hospital  
3950 Austell Road | Magnolia Room  
Austell, GA 30106

**When:** Monday, January 14 | 12 p.m. – 1:30 p.m.  
Monday, February 11 | 12 p.m. – 1:30 p.m.  
Monday, March 11 | 12 p.m. – 1:30 p.m.
BUCKHEAD ACUPUNCTURE AND HERBAL CENTER

Customized acupuncture treatment, which not only treats symptoms, but is designed to address the root of your medical condition, according to the principles of Chinese medicine. Consultations are scheduled by appointment only. For more information, call 678-549-7848 or visit www.atlanta-acupuncture.net.

CANCER SUPPORT SERVICES TEAM

If a group environment does not meet your current needs, we encourage you to make an appointment with one of our oncology specialists by calling the WellStar Cancer Connect Line at 1-877-366-6032, option 0. These services are free of charge.

- Nurse Navigator
- Registered Dietitian
- Social Worker

The WellStar Cancer Support Services Team also includes professionals to care for your emotional health and quality of life. Our behavioral health team includes clinical psychologist Jennifer Kilkus, Ph.D., psychiatrist Kajal Patel, M.D., as well as a doctoral student therapist practicing under supervision. Most insurance is accepted and self-pay rates range depending on the provider. Common issues addressed by the behavioral health team include:

- Adjustment to diagnosis
- Anxiety and depression
- Stress management
- Insomnia
- Coping with side effects
- Pain management
- Caregiver stress

Please call 770-514-6760 to schedule an appointment.

LACEY DRUG MASTECTOMY

For mastectomy fitting appointments, call 770-880-7074.

INTERFAITH SERVICE OF HOPE AND COMFORT

A service is held every Wednesday in the WellStar Cancer Center at Kennestone Hospital’s Gray Chapel from 11:05 a.m. – 11:15 a.m. The Chapel is located in the 320 Building and is available daily for staff, patients and families. Prayer request forms are also available.

LYMPHEDEMA SCREENING

L-Dex lymphedema screening, a technology that assists your physician in clinically assessing and diagnosing lymphedema 4-10 months earlier than other methods is available at the WellStar Cancer Center at Kennestone Hospital and other local sites through Lacey Drug Company. Talk with your doctor about whether the screening is appropriate for you. Currently funding has been made available by the WellStar Foundation to help with the cost to the patient for the screening. For more information about the screening program call 770-880-7074.
The Leo Program: COPING AFTER CANCER

The Department of Clinical Psychology at Mercer University, in collaboration with WellStar Health System, is conducting a study to see how people cope after they have been diagnosed with cancer.

Individuals over the age of 18 who have ever received a cancer diagnosis are eligible to participate in the research study, which consists of a series of interviews and questionnaires assessing emotional distress and well-being. Participants may have had any type and stage of cancer and be at any point in treatment or survivorship.

If you are interested, please call the Program Coordinator at 478-412-7264 or email LeoProgramCMP@gmail.com.

At WellStar, exceptional cancer outcomes and compassionate care are our highest priorities. The purpose of WellStar Cancer Program’s Patient Family Advisory Board is to improve the patient experience. With patients, families, cancer care professionals and administrators working together, we strive to:

- Enhance communication and collaboration related to programs and services.
- Establish channels for patient advocacy and representation.
- Explore needs and options for additional and varying programs and services.

We are currently seeking volunteers for a one-year term on our Patient Family Advisory Board. If you are interested in learning more about this volunteer opportunity, please contact TJ Touran, Director, Oncology Services at 470-793-5149 or tj.touran@wellstar.org.

Wear Blue in Support of Colorectal Awareness Event, Kennestone campus, for more details please call 1-877-366-6032, option 0.

Kennestone Campus
March 1, 2019

VOLUNTEERS NEEDED

RESEARCH

EVENTS
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**January 2019**

1. **Monday, January 7**
   - 9 a.m. — Stretching
   - 9:45 a.m. — Low Impact Resistance Training
   - 11:00 a.m. — Yoga
   - 2:00 p.m. — Coping with Cancer
   - 5 p.m. — Head and Neck Support Group (Kennestone)

2. **Tuesday, January 8**
   - 1 p.m. — Yin Yoga
   - 6 p.m. — Ostomy Support Group

3. **Thursday, January 10**
   - 1 p.m. — Journeying with Hope

4. **Monday, January 14**
   - 9 a.m. — Stretching
   - 9:45 a.m. — Low Impact Resistance Training
   - 11:00 a.m. — Yoga
   - 12:30 p.m. — Exercise/Motion (Cobb)

5. **Tuesday, January 15**
   - 11 a.m. — Coping with Cancer

6. **Thursday, January 17**
   - 11:30 a.m. — Survivors Talking About Recovery (Cobb)

7. **Monday, January 21**
   - 9 a.m. — Stretching
   - 9:45 a.m. — Low Impact Resistance Training
   - 11:00 a.m. — Yoga
   - 2:00 p.m. — Coping with Cancer

8. **Tuesday, January 22**
   - 2:30 p.m. — Cooking Demo

9. **Thursday, January 24**
   - 11 a.m. — Better Breathers Club (Douglas)
   - 1 p.m. — Yin Yoga

10. **Monday, January 28**
    - 9 a.m. — Stretching
    - 9:45 a.m. — Low Impact Resistance Training
    - 11:00 a.m. — Yoga

11. **Tuesday, January 29**
    - 11 a.m. — Coping with Cancer

12. **Thursday, January 31**
    - 1 p.m. — Yin Yoga
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<td>9 a.m. — Stretching</td>
<td>9:45 a.m. — Low Impact Resistance Training</td>
<td>10 a.m. — Cancer Survivor’s Toolkit (Cobb)</td>
<td>1 p.m. — Yin Yoga</td>
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<td>9 a.m. — Stretching</td>
<td>10 a.m. — Cancer Survivor’s Toolkit (Cobb)</td>
<td>11 a.m. — Better Breathers Club (Douglas)</td>
<td>11:30 a.m. — Survivors Talking About Recovery (Cobb)</td>
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<td>9:45 a.m. — Low Impact Resistance Training</td>
<td>11 a.m.—Coping with Cancer (Kennesstone)</td>
<td>1 p.m. — Yin Yoga</td>
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<td>11:00 a.m. — Yoga</td>
<td>2:30 p.m. — Cooking Demo</td>
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