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.

2019 NEWSLETTER / THIRD QUARTER / JULY, AUGUST, SEPTEMBER

July
- Sarcoma Awareness
- Bladder Cancer Awareness

Sept
- Childhood Cancer Awareness,
- Gynecological Cancer Awareness,
- Leukemia/Lymphoma Cancer Awareness,
- Ovarian Cancer Awareness,
- Prostate Cancer Awareness,
- Thyroid Cancer Awareness

CANCER CENTER HOLIDAY CLOSINGS
July 4 (Independence Day)
September 2 (Labor Day)

This symbol indicates no fee for parking.

Programs with this symbol are for those with a diagnosis of cancer who are currently undergoing treatment or those who have completed cancer treatment.
BODY

EXERCISE/MOTION
When: Monday, July 8 • 12:30 p.m. – 1:30 p.m.

YOGA
When: Monday, September 9 • 12:30 p.m. – 1:30 p.m.

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

SPIRIT

SURVIVORS TALKING ABOUT RECOVERY (S.T.A.R.)
Facilitated by Raymond Coffman, Pastoral Care

This group is to help 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.

When: Thursday, July 25 • 11:30 a.m. – 12:30 p.m.
Thursday, August 22 • 11:30 a.m. – 12:30 p.m.
Thursday, September 26 • 11:30 a.m. – 12:30 p.m.

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

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.

When:  Monday, July 8 • 12 p.m. – 1:30 p.m.
       Monday, August 12* • 12 p.m. – 1:30 p.m.
       Monday September 9 • 12 p.m. – 1:30 p.m.

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

*Special Topic – see Managing Financial Distress at right

MANAGING FINANCIAL DISTRESS
Facilitated by Scott Smith, MS, LPC, Doctoral Practicum Student, and Jennifer Kilkus, Ph.D, ABPP, Board Certified Clinical Health Psychologist

Cancer patients pay more out-of-pocket than any other patients with chronic illness; and this can lead to anxiety, depression and decreased quality of life. This free 90-minute workshop introduces coping skills, problem-solving strategies, and resources for managing financial distress. Open to all current and past patients, family members and caregivers.

When:  Monday, August 12 • 12 p.m. – 1:30 p.m.

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

For more information or to RSVP, call the WellStar Cancer Connect Line at 1-877-366-6032, option 0.
BETTER BREATHERS CLUB

The Better Breathers Club is certified by American Lung Association, and 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, please email Aliyah Green, RT, at Aliyah.Green@wellstar.org.

Where: WellStar Douglas Hospital
Main Campus Lobby
8954 Hospital Drive
Douglasville, GA 30134

When: Thursday, July 25 • 11 a.m. – 12:15 p.m.
Thursday, August 22 • 11 a.m. – 12:15 p.m.
Thursday, September 26 • 11 a.m. – 12:15 p.m.

THE PINK CONNECTIONS: DOUGLAS BREAST CANCER SUPPORT GROUP

For more information, please contact Diane Austin, Nurse Navigator at 470-644-6613.

Diet and Nutrition
Speaker: Cheryl Tuttle, Registered Dietitian

Where: WellStar Douglas Hospital
New Manchester meeting room – 1st Floor
8954 Hospital Drive
Douglasville, GA 30134

When: Thursday, July 18 • 5:30 p.m. – 7:00 p.m.

Why Genetic Testing?
Speaker: Kimberly King-Spohn, MS, CGC

Where: WellStar Douglas Hospital
New Manchester meeting room – 1st Floor
8954 Hospital Drive
Douglasville, GA 30134

When: Thursday, September 19 • 5:30 p.m. – 7:00 p.m.
MIND

COPING WITH CANCER

Facilitated by Jennifer Kilkus, PhD, ABPP, Board Certified Clinical Health Psychologist, and Leena Nehru, MSW, LCSW, OSW-C

This interactive, educational workshop provides an overview of a different technique for coping at each session. Topics covered will include skills for managing both the emotional and physical impact of cancer such as worry, sleep, and transitioning to life after cancer.

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

When: Tuesday, July 2 • 11 a.m. – 12 p.m.
      Monday, July 8 • 2 p.m. – 3 p.m.
      Tuesday, July 16 • 11 a.m. – 12 p.m.
      Monday, July 22 • 2 p.m. – 3 p.m.
      Tuesday, July 30 • 11 a.m. – 12 p.m.
      Monday, August 5 • 2 p.m. – 3 p.m.
      Tuesday, August 13 • 11 a.m. – 12 p.m.
      Monday, August 19 • 2 p.m. – 3 p.m.
      Tuesday, August 27 • 11 a.m. – 12 p.m.
      Tuesday, September 10 • 11 a.m. – 12 p.m.
      Monday, September 16 • 2 p.m. – 3 p.m.
      Tuesday, September 24 • 11 a.m. – 12 p.m.
      Monday, September 30 • 2 p.m. – 3 p.m.

MANAGING FINANCIAL DISTRESS

Facilitated by Scott Smith, MS, LPC, Doctoral Practicum Student and Jennifer Kilkus, PhD, ABPP, Board Certified Clinical Health Psychologist

Cancer patients pay more out-of-pocket than any other patients with chronic illness, which can lead to anxiety, depression and decreased quality of life. This free, 90-minute workshop introduces coping skills, problem-solving strategies, and resources for managing financial distress. Open to all current and past patients, family members and caregivers.

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

When: Tuesday, July 9 • 6 p.m. – 7:30 p.m.

For more information or to RSVP, call the WellStar Cancer Connect Line at 1-877-366-6032
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: Thursday, August 1 • 1 p.m.– 2 p.m.
Thursday, September 5 • 1 p.m.– 2 p.m.

CHEMOFLAGE

WellStar Kennestone is introducing a new program for women going through chemotherapy. Chemoflage, Inc., is a non-profit organization whose focus is to offer immediate help to women undergoing cancer treatment. The program is free of charge and will focus on ways to combat the side effects of cancer treatment. During workshops, healthcare professionals and volunteers will discuss nutritional tips, relaxation and visualization techniques, fashion and make-up, scarf tying and more. Registration is required. To register, or for more information, please contact, Mary Robinson at (770) 823-1213 or visit www.chemoflage.com.

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

When: Thursday, July 25 • 10:30 a.m. - 12:30 p.m.
Thursday, September 26 • 10:30 a.m. – 12:30 p.m.
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).

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

When: Monday, August 19 • 11 a.m. – 12:30 p.m.
Monday, September 16 • 11 a.m. – 12:30 p.m.
(No group will be held in July)

HEAD AND NECK CANCER SUPPORT GROUP

Facilitated by Brittany Palmer

Head and neck cancer survivors, their families, caregivers and friends are 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, July 1 • 5 p.m. – 6 p.m.
Monday, August 5 • 5 p.m. – 6 p.m.

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, September 4 • 6 p.m. – 7 p.m.
(No meetings will be held during July or August)

PROSTATE SURVIVORS SUPPORT GROUP

Facilitated by Michelle Guibault, Nurse Navigator

Prostate cancer patients are encouraged to talk with other men who have “been there, done that” with prostate cancer treatment. Family members are also welcome to attend. 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, July 11 • 7 p.m. – 8 p.m.
Thursday, August 8 • 7 p.m. – 8 p.m.
Thursday, September 12 • 7 p.m. – 8 p.m.
Dragon Boat Races
Support Breast Cancer

“Treasured Chests” team from WellStar Kennestone Cancer Center won the Most Spirited Award at a recent Dragon Boat Race Breast Cancer Awareness Event.

By Sara Owens, BSN, RN, OCN, Breast Health Nurse Navigator

This year Cancer Support Services participated in the third annual Acworth Dragon Boat festival and race at Dallas Landing. Dragon Boat racing is a tradition spanning 2,000 years, originating in China. Twenty paddlers row a 40-foot boat decorated with an ornate dragon’s head with a drummer at the head of the boat keeping time. In 1995, Dr. Don McKenzie from British Columbia identified that Dragon Boating provided a good source for upper body exercise for women following breast cancer surgery and that it would not cause swelling or lymphedema. Since that time, hundreds of Dragon Boat teams supporting breast cancer awareness have formed all over the world. Dragon Boat Atlanta, along with Loving Arms Cancer Outreach and the local community, created the festival in 2016 to act as a fund-raising event and to support cancer patients and their families. Loving Arms assists patients from Bartow, Cobb, Carroll, Cherokee, Douglas, Paulding and Pickens counties. They provide financial assistance (gas cards, grocery cards, medication and utility assistance), access to free wigs, scarves, hats and prosthesis, as well as social support through their support groups and events. WellStar Kennestone Hospital’s Cancer Center team, composed of those from multiple departments, provided sponsorship for the event and also received the Spirit Award from the organizers.
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., ABPP, Board Certified Clinical Health Psychologist, and 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
• Caregiver stress
• Coping with side effects
• Pain management
• Insomnia

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

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.

Lacey Drug Mastectomy

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

If you have questions or need more information about any of the programs or services offered at Kennestone Cancer Center, please contact our Center for Survivorship and Support desk at 1-877-366-6032, option 0.
**UPCOMING EVENTS**

**OVARIAN CANCER RUN**
Georgia Ovarian Cancer Alliance is hosting Teal Trot!

**Where:** Chastain Park, Blue Lot  
4500 Stella Drive  
Atlanta, GA 30327

**When:** Saturday, September 14  
Check-in and registration begin at 7:45 a.m.  
Walk/run starts at 9:30 a.m.

**ANNOUNCEMENTS**

**CLINIC HOURS:**

**Thoracic STAT Clinic**

**Where:** Roswell Imaging Center  
770-410-4556

**When:** 2nd and 4th Thursdays of the month  
from 1:30 p.m. – 5:00 p.m.

**Breast STAT Clinic**

**Where:** Roswell Imaging Center  
770-751-2556

**When:** 1st and 3rd Thursdays of the month  
from 1:30 p.m.– 5:00 p.m.

**Radiation Oncology Consult Clinic**

**Where:** Roswell Imaging Center  
770-410-4556

**When:** Thursday mornings 9:30 a.m. – 12:00 p.m.

**SARAH BENTLEY, OCN**
Sarah Bentley, Oncology Services Manager and Breast Nurse Navigator, achieved her Oncology Certified Nurse (OCN) credentials!

**COMING THIS FALL!**

We need your help! WellStar North Fulton will host its first Prostate Cancer Survivors’ Support Group and Women’s Cancer Survivors Support Group this fall. We would love your input as we plan these important sessions. Please call 770-410-4556 to express interest in participating, suggest topics, and/or to provide feedback on preferred days and time.

For questions regarding any of our services at WellStar North Fulton, please contact Pam Plasket, BSN, RN, OCN at 770-410-4556 or Sarah Bentley, RN, OCN at 770-751-2556.
CARING NEIGHBORS CANCER SUPPORT AT PAULDING: PAULDING SUPPORT GROUP

Where: WellStar Paulding Hospital  
Radiation Oncology Conference Room  
2518 Jimmy Lee Smith Parkway  
Hiram, GA 30141

When:  
Tuesday, July 23 • 5:15 p.m. – 6:15 p.m.  
Tuesday, August 27 • 5:15 p.m. – 6:15 p.m.  
Tuesday, September 24 • 5:15 p.m. – 6:15 p.m.

WELLSTAR CANCER NETWORK NEWS

National Cancer Survivors Day Around the Network

North Fulton celebrated National Cancer Survivors Day on Sunday, June 2, in the Atrium of WellStar North Fulton Hospital. Cancer survivors, family, friends, caregivers, doctors, and team members joined in the celebration for the survivors.

WellStar West Georgia held its annual National Cancer Survivors Day celebration. The event was a day of celebrating those who have survived cancer, an inspiration for those recently diagnosed, a gathering of support for families, and an outreach to the community.

Over 100 cancer survivors, caregivers, team members, and guests came together on June 8th, for our Annual Cancer Survivors Day at WellStar Kennestone Hospital. It was a fantastic opportunity for survivors to celebrate life with the people who have supported them along the way.

The community came together to celebrate WellStar Paulding Hospital’s first Cancer Survivors Day on Sunday, June 2nd! It was an opportunity for cancer survivors to exchange experiences, celebrate milestones and recognize those who have supported them along the way.
SUPPORT

BREAST FRIENDS FOR LIFE (BFFL)

Where: WellStar West Georgia Hospital
       The Women’s Health Center
       1420 Vernon Road, LaGrange

When: Third Thursday of each month
       5:30 p.m.

ALL CANCER SUPPORT GROUP

Lead by Cancer Navigators

Where: WellStar West Georgia Hospital
       Enoch Callaway Cancer Center Auditorium

When: Last Monday of each month
       (Except for July, November and December) • 7 p.m.

ART THERAPY

Who: Cancer survivors and caregivers

Where: Enoch Callaway Cancer Center Art Room

When: Dates vary but are always on a Monday at 6 p.m. and Friday at 10 a.m.

CROCHET THERAPY

Who: Cancer survivors

Where: Enoch Callaway Cancer Center
       Conference Room

When: Dates vary:
       Twice a month on Wednesdays • 10 a.m.

YOGA THERAPY

Instructor: Jordan Lord, RDN, LD - Oncology Dietitian

Who: Cancer survivors and caregivers

Where: Enoch Callaway Cancer Center Auditorium

When: Dates vary: Tuesdays • 6 p.m.
       Mats and props are provided

NUTRITION CLASS

Instructor: Jordan Lord, RDN, LD - Oncology Dietitian

Who: Cancer survivors only (unless survivor has caregiver cooking for him/her)

Where: WellStar West Georgia Hospital
       Enoch Callaway Cancer Center Auditorium

When: 1st Thursday of each month • 11:30 a.m.

For more information about therapy groups, contact Mary Ann Hodnett, secretary, Oncology Services and Community Outreach, Breast Survivor. She can be reached at 706-812-2191 or by email at maryann.hodnett@wellstar.org.
Tina Quiggle, Breast Cancer Survivor, has been named WellStar West Georgia’s 2019 Volunteer of the Year! In the past 12 years, Tina has dedicated 3,424 hours in our Oncology Services program helping plan events; organize the resource library and coordinate baskets to give to newly diagnosed breast cancer patients. Thank you, Tina, for humbly and compassionately going above and beyond to make a difference at our hospital and in our community!

EXPANSION PROJECT BEGINS
WellStar West Georgia hosted a community groundbreaking ceremony for the renovation and expansion of the Enoch Callaway Cancer Center.

WELCOME ROCKY BEMIS
New team member, Rockne “Rocky” Bemis, Certified Medical Dosimetrist, will begin with WellStar West Georgia on July 29th.

SHUTTLE NOW AVAILABLE WEST GEORGIA
Cancer Shuttle Service began in May 2019. This service provides rides to and/or from cancer treatment and oncology office visits. Jimmy Clay was hired to drive for this new service offering. Jimmy’s wonderful personality and caring spirit have been a delightful addition to our oncology team. Not only does he provide transportation for our patients, he has a willingness to serve our patients and staff.

UPCOMING EVENTS

PAINT THE TOWN PINK
Celebrating a Decade of Hope
When: September 28 • 10 a.m. – 1 p.m.
Where: LaFayette Square, LaGrange
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| (KH) 9 a.m. — Stretching  
(KH) 9:45 a.m. — Low Impact Resistance Training  
(KH) 11:00 a.m. — Yoga  
(KH) 5 p.m. — Head and Neck Support Group | (KH) 11 a.m. — Coping with Cancer  
(WGH) 6:00 p.m. — Yoga | (KH) 11 a.m. — Coping with Cancer  
(WGH) 6:00 p.m. — Yoga | CLOSED  
Independence Day (4th of July) |     |     |     |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| (KH) 9 a.m. — Stretching  
(KH) 9:45 a.m. — Low Impact Resistance Training  
(KH) 11:00 a.m. — Yoga  
(CH) 12 p.m. — Cobb Support Group  
(CH) 12:30 p.m. — Exercise/Motion  
(KH) 2:00 p.m. — Coping with Cancer  
(WGH) 6:00 p.m. — Art Therapy | (KH) 6 p.m. — Managing Financial Distress  
(WGH) 6:00 p.m. — Yoga | (WGH) 10:00 a.m. — Crochet Class  
(KH) 1 p.m. — Yin Yoga | (WGH) 11:30 a.m. — Nutrition Class  
(KH) 7 p.m. — Prostate Support Group |     |     |     |
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(WGH) 6:00 p.m. — Yoga | (KH) 1 p.m. — Yin Yoga | (KH) 2:30 p.m. — Cooking Demo  
(DH) 5:30 p.m. — Pink Connections: Douglas Breast Support Group  
(WGH) 5:30 p.m. — Breast Support Group (BFFL) |     |     |     |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
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(KH) 2:00 p.m. — Coping with Cancer  
(WGH) 6:00 p.m. — Art Therapy | (PH) 5:15 p.m. — Caring Neighbors Cancer Support at Paulding | (WGH) 10:00 a.m. — Crochet Class  
(KH) 1 p.m. — Yin Yoga | (KH) 10:30 a.m. — Chemoflage  
(DH) 11 a.m. — Better Breathers Club  
(CH) 11:30 a.m. — Survivors Talking About Recovery |     |     |     |
| 28  | 29  | 30  | 31  |     |     |     |
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(WGH) 6:00 p.m. — Yoga | (KH) 1 p.m. — Yin Yoga  
(NF) 6:30 p.m. — Speaking about Women’s Wellness |     |     |     |

CH = Cobb Hospital  
DH = Douglas Hospital  
KH = Kennestone Hospital  
NF = North Fulton Hospital  
PH = Paulding Hospital  
WGH = West Georgia Hospital
## WellStar Cancer Network Schedule of Classes

### August 2019

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<td>(KH) 9:45 a.m. — Low Impact Resistance Training</td>
<td>(PH) 5:15 p.m. — Caring Neighbors Cancer Support at Pauding</td>
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**Notes:**
- CH = Cobb Hospital
- DH = Douglas Hospital
- KH = Kennestone Hospital
- NF = North Fulton Hospital
- PH = Paulding Hospital
- WGH = West Georgia Hospital
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<td>(KH) 2:30 p.m. — Cooking Demo</td>
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<td>(DH) 11 a.m.— Better Breathers Club</td>
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