

Wings of Hope Cancer Support Center

How to Reach Us:

427 E. Kanessville Blvd,
Suite #202
Council Bluffs, IA 51503
Phone: 325-8970
Fax: 325-6831
www.wingsofhope.org
Please call ahead if you
plan to visit.

The Challenges of Moving from Patient to Survivor

by Carolyn Ettinger

I have many people ask me, “When am I considered a survivor?” One definition of a cancer survivor is anyone living with a history of cancer – from the moment of diagnosis through the remainder of life. That means that a survivor could be in active treatment, someone who has had several cancer diagnoses, or someone who went through treatment years earlier. The concept of long-term cancer survival is relatively new!

When undergoing acute cancer care treatment, cancer patients have a number of doctors. After the cancer treatment is complete and the cancer patient is pursuing follow-up care, there are many questions about what comes next and it can be confusing to determine which doctor is responsible for overall care. Gradually, it seems like duplication to see a surgeon, radiation oncologist, urologist or specialist, oncologist and primary care physician. Should one cancer doctor take over for long-term follow-up? Or is it time to return to a primary care physician?

Transitioning from patient to survivor has its own set of challenges. The “good news” is that people are surviving cancer. The “bad news” is that no one knows what their ongoing care should look like or who should provide it. A survey sponsored by the National Cancer Institute

and the American Cancer Society found that “primary care physicians who were following breast and colon cancer survivors for five or more years after their initial cancer treatment were more likely than oncologists to order tests or treatments as malpractice protection,” and reported being concerned about their lack of training to manage patient problems.

The general consensus in the cancer community is that two essential ingredients in follow-up care are a **comprehensive care summary and survivorship care plan**. Many times because of the heavy patient loads of oncologists, the responsibility for obtaining a comprehensive care summary and developing a survivorship care plan falls to the survivor. **Survivors need to educate themselves and advocate for themselves.** For a comprehensive care summary, the Lance Armstrong Foundation Adult Survivorship Program advises that “when your treatment is complete, be proactive to get as much information as you can” – including your cancer type, cancer stage, treatment received, and recommended follow-up.

For many survivors, survivorship is about much more than physical care of the body. Survivor lives have been changed. Many report ongoing struggles to find a balance in their lives and a sense of wholeness

and life purpose. The survivorship experience changes over time, making a survivorship care plan even more important. The **survivorship care plan** is unique to each survivor, and might include any of these four components identified in the book *From Cancer Patient to Cancer Survivor: Lost in Transition*.

Physical Well Being and Symptoms:

- * A yearly schedule for your follow-up with physicians;
- * A calendar for necessary tests, scans and bloodwork;
- * Coordination between doctors;
- * A plan for lifestyle changes, perhaps in the areas of exercise and diet.

Psychological Well Being:

- * Attention to the emotional health of the survivor – managing anxiety, depression;
- * Finding enjoyment in life.

Social Well Being:

- * Finding and/or maintaining strong relationships;
- * Managing finances and work/retirement.

Spiritual Well Being:

- * Finding hope;
- * Managing uncertainty;
- * Exploring the meaning of cancer;
- * Discovering inner strength.



Women Helping Women: Breast Cancer Awareness & Recognition



Attendees enjoying the food, fellowship & speaker

In October, Wings of Hope joined with the nation in promoting breast cancer awareness. This year, we again hosted our annual "Women Helping Women" event on October 20. A big THANK YOU goes to St. Peter's and St. Patrick's Altar Societies for co-hosting our annual soup, salad, and dessert buffet. Our theme this year was "Creative Healing Through Art". Our guest speaker, **Peggy Shepherd, MS, LIMHP, ATR-BC** gave examples of how art can encourage healing and health.



Peggy Shepherd, Art Therapist & guest speaker

Thanks to the many who donated to the 2011 Annual Campaign!

Friend

Ron & Diane Andersen
 Sherri Auch
 Colleen Bartel
 Jan & Paul Bass
 Stephen & Gayle Brown
 Mary Burkey
 Gary & Nadine DeVoss
 Emilie & Richard Dick
 Virginia Dofner
 Gary & Marilee Fischer
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 Brett & Carrie Ryan

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 Paul & Kathy Knott
 Suzanne & Robert Kossow
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In Honor or Celebration of:

Tom & Carol Arnold -
Sylvia Kaufman & Virginia Davidson
 Barbara Blohn – *Dolores Blohn*
 Lou & Debbie Cimminello –
Carolyn Ettinger, Corinne Banks, Maria Myers
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Mary Ruth Cox
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Sandra J. Thomsen
 Alan & Connie Gardner –
Cheryl Keast
 Tasha Holben –
Gay Nell Lewis
 Gerry Humphrey -
Blaine Humphrey
 Eileen Lloyd –
my mom
 Gale Moore –
Clyde Moore
 Danny & Marilyn Newland-
Dorothy Carlson
 Cory B. Peters –
friends & loved ones
 Ken Petersen –
Doris Petersen
 Newell, Dr. Randall & Renee Roberts
 - *Alice Ruby*
 Rob & Kim Sevening –
Vi & Harold Joiner

This list reflects Annual Campaign Donations received before December 20, 2011

SAVE THE DATE!!

February 11, 2012

Wings of Hope Cancer Support Center's "Winter in Tuscany!"

Proceeds benefit:
Wings of Hope Cancer Support Center
Hors D'oeuvres!
Silent and Live Auctions!
Beer/Wine Tastings!
Make your own Italian Pasta!
Wine Wall!



Call 712/325-8970 for more information
or check out our website at:
www.wingsofhope.org.

2012 Operating Board

Pat Andersen	Debra Kennebeck
Rose Brown	Michael Knedler
Francis Clark	Annamarie Marsh
Rosemary Dermondy	Ken Petersen
Patti Higginbotham	Brett Ryan
Donna Hubbell	Debbie Tritsch
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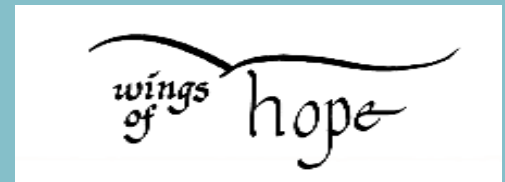
2012 Resource Committee Members

Sandy Bane	Kathy Knott
Marchell Benes	Karen Stonehouse
Lisa Gronstal	

Mission Statement

We recognize the diagnosis and treatment of cancer have a tremendous physical and emotional impact on the patient and family. Wings of Hope Cancer Support Center assists those with cancer at all stages of their illness and helps families and friends cope with cancer in their lives.

Wings of Hope Cancer Support Center offers support groups, private counseling, patient and family education, community resource referral, patient and family resource library (including books, audio/video tapes), and community educational opportunities.



Memorials:

In memory of Nancy Balk:	Jacqueline Reynolds
American Backhoe Co., Inc.	Monica & Joseph Sciortino
Sharon Morris	Mary Shaughnessy-Swisher
James & Phyllis Anderson	Don & Cindy Simpson
Rev. Eugene Bahr	CJ & Judith Spencer
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Kenneth & Deanna Bahr	Stephen & Alba Spitznagle
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Steven & Helen Borer	Alberta VanVactor
Walter & Rebecca Bussey	Jerry & Gerry Watson
Kathleen Carlin	In memory of Dean Basch:
Joan Haggstrom	Alan & Kathleen Christensen
Neil & Mary Hughes	Lou & Linda Fox
Margaret Kilibarda	Julius & Joyce Tiarks
Paul & Marolyn Nyzum	In Memory of Lilia Dignoti
Roger Olsen	& Rick Walter:
Mary & Wm Phillips	Rosemary Dermody

Volunteers:

Pat Andersen	Mary Jo Higginbotham
Marchell Benes	Patti Higginbotham
Glenn Brennan	Karen Hockom
Colleen Dofner	Tammy Johnson
Virginia Dofner	Gerrie Lee
Adrienne Geer	Donna Scott
Lois Geer	Letha Solliday
Lisa Gronstal	Debbie Tritsch
Ellie Hanstein	Jenny Vansoelen
Amy Helms	Teri Wilson

Donations:

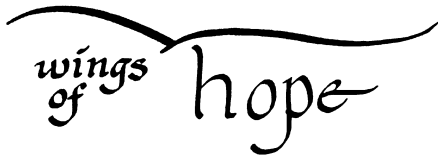
Cash Donations:
Karen Aldrich
Virginia Dofner
William Heur
Lynn Higginbotham
Lakeside Country Store
– Pink 50 Team
Sorting Fundraiser
Violet Lecuona
Preceptor Alpha
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Teri Regan
Art & Cindy Sellers
Hope Chest
Renewal Room:
Gloria Brennan
Loree Hamilton
Colleen Dofner
Shirley Larsen
Quilting Chicks & A
Rooster
Letha Solliday

Items Needed:

The Hope Chest Renewal Room is in need of some items to put in our Survivor Bags:
Journals
Kleenex (pocket size)
Small lotions
Small hand sanitizers
Crossword or Circle a Word
Small toothpaste
Toothbrushes
Breath Mints

This list reflects donations received between November 1, 2011 & December 31, 2011



Cancer Support Center

427 E. Kaneshville Blvd., Ste 202
Council Bluffs, IA 51503
www.wingsofhope.org

Non-Profit org
U.S. Postage
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Calendar of Events

January

January 3, 2012 Tuesday
6:00-7:30 p.m.
Young Women's Breast
Cancer Support
Wings of Hope

January 9 & 23, 2012 Monday
6:30-8:00 p.m.

"Healthy Moves"

Instructor: Wendy Buchholz, OT

The Senior Center

January 11 & 25, 2012

Healing Touch

Call 325-8970 for appointment!

Free of Charge

January 16, 2012 Monday
6:00-7:30 p.m.

Hope for Tomorrow Cancer

All cancer patients/caregivers welcome.

Wings of Hope

January 24, 2012 Tuesday
7:00-8:00 p.m.

Men's Cancer Activity Group
The Senior Center

February

February 7, 2012 Tuesday
6:00-7:30 p.m.
Young Women's Breast
Cancer Support
Wings of Hope

February 8 & 22, 2012

Healing Touch

Call 325-8970 for appointment!

Free of Charge

February 13 & 27, 2012 Monday
6:30-8:00 p.m.

"Healthy Moves"

Instructor: Wendy Buchholz, OT

The Senior Center

February 20, 2012 Monday
6:00-7:30 p.m.

Hope for Tomorrow Cancer

All cancer patients/caregivers welcome.

Wings of Hope

February 28, 2012 Tuesday
7:00-8:00 p.m.

Men's Cancer Activity Group
The Senior Center

March

March 6, 2012 Tuesday
6:00-7:30 p.m.
Young Women's Breast
Support Group
Wings of Hope

March 12 & 26, 2012 Monday
6:30-8:00 p.m.

"Healthy Moves"

Instructor: Wendy Buchholz, OT

The Senior Center

March 14 & 28, 2012

Healing Touch

Call 325-8970 for appointment!

Free of Charge

March 19, 2012 Monday
6:00-7:30 p.m.

Hope for Tomorrow Cancer

All cancer patients/caregivers welcome.

Wings of Hope

March 27, 2012 Tuesday
7:00-8:00 p.m.

Men's Cancer Activity Group
The Senior Center