

May/June 2024

Cancer Wellness Newsletter

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Melanoma & Skin Cancer Awareness Month

Free Skin Cancer Screening

Cancer Survivors Parade

...and more, inside!



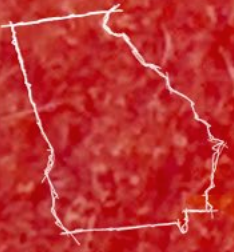
Thank you to our donors!

As a not-for-profit entity, Piedmont relies on the generosity of donors, whose support of Cancer Wellness at Piedmont allows us to offer many programs, services and advanced medical technology to the community. For more information or to donate in support of Cancer Wellness at Piedmont Columbus, visit piedmont.org/pcrfoundation or call 706.660.6115.

 **Piedmont**

JOHN B. AMOS CANCER CENTER

Real change lives here



At Piedmont Columbus, we treat the patient—not just the disease. Because cancer treatment involves more than medical care, free programs such as yoga, expressive art classes and counseling are available to anyone affected by cancer at any phase in his or her journey through Cancer Wellness at Piedmont, regardless of whether or not they are a Piedmont patient.

May is *Melanoma & Skin Cancer Awareness Month*

The skin is the body's largest organ, and skin cancer is the most common form of cancer in the United States. Over 5 million cases are diagnosed in the United States each year. However, it is one of the most preventable forms of cancer. About 90% of nonmelanoma skin cancers and 85% of melanoma cases are associated with exposure to ultraviolet (UV) radiation from the sun. Basal and squamous cell carcinomas are the two most common types of skin cancer. Both can usually be cured, but they can be disfiguring and expensive to treat.

What are the risk factors associated with skin cancer?

- A lighter natural skin color
- Blonde or red hair
- Blue or green eyes
- Certain types and a large number of moles
- Family history
- Older age
- Personal history
- Skin that burns, freckles, reddens easily or becomes painful in the sun

How can the risk factors be reduced?

- Practice sun safety
- Stay in the shade
- Wear clothing that covers arms and legs
- Wear a hat with a wide brim to shade your face, head, ears, and neck
- Wear sunglasses that wrap around and block both UVA and UVB rays
- Use sunscreen SPF 15 or higher
- Avoid indoor tanning (bed, booth, sunbed or sunlamp)

Are there any symptoms?

A change in your skin is the most common sign of skin cancer. For melanoma specifically, you might see:

- Irregular shape of a mole or spot with two parts that look very different
- Border that is irregular or jagged
- Color is uneven
- Mole or spot is larger than the size of a pea

Who should be screened and what should I expect?

- Personal clothing will be removed; a gown can be worn.
- Provider will do a head-to-toe exam to include your scalp, behind the ears, fingers, toes, buttocks, and genitals.
- Provider may use a special magnifying glass with a light to look at certain mark(s).
- If you have any risk factors, you should get a skin cancer screening every 6 to 12 months.
- If you're low risk, a screening can be done annually or every couple of years

How is skin cancer treated?

Treatment can include chemotherapy, freezing, radiation therapy, and/or surgery.





Hassle-free

no-cost
skin cancer
screening

Protect the Skin You're In

For Skin/Melanoma Cancer Awareness Month, we encourage you to take advantage of this free screening.

Friday, May 3, 2024 • 11:30 a.m.-4 p.m.

**Piedmont Columbus Regional
Conference Center – Atrium
710 Center Street, Columbus**



No reservations needed.

For additional information, contact Tenetta Holt, Oncology Outreach Coordinator at John B. Amos Cancer Center

tenetta.holt@piedmont.org or
call **706.320.8700**.



Real change lives here

June is *National Cancer Survivors Month*

Join us for a celebration of those who have faced cancer, an inspiration for those recently diagnosed, a gathering to support families, friends, and an outreach to the community.

Cancer Survivors Parade

Saturday, June 8, 2024 • 10 a.m.–12 noon (*parade lineup will begin at 9 a.m.*)

John B. Amos Cancer Center

All cancer survivors:

Please register to let us know if you want to participate in the parade!
Registration forms can be picked up in Supportive Services on the 2nd floor of John B. Amos Cancer Center.

**For more information, please call Tenetta Holt at 706.320.8618
or email at tenetta.holt@piedmont.org.**





Kick up your
heels and
celebrate

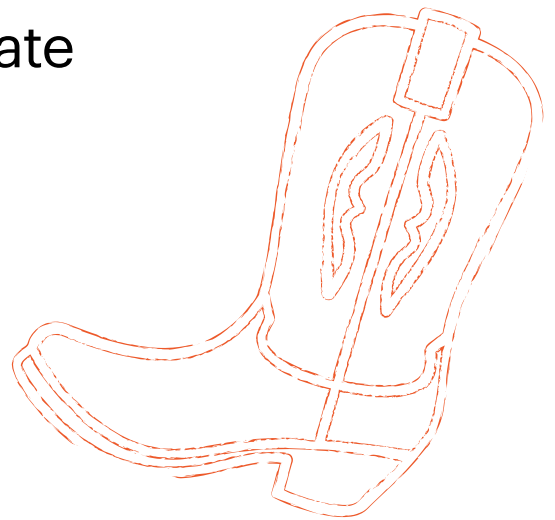
National Cancer Survivors Day

Come and join us as we celebrate
giving cancer the boot!

Saturday, June 8, 2024
John B. Amos Cancer Center
10 a.m. – 12 p.m.

If you would like to participate, please
pick up registration forms at the
front desk or support services (2nd floor).

For any questions, please
contact Tenetta Holt at
706.320.8618 or email
tenetta.holt@piedmont.org



Real change lives here

Welcome

the newest employees to John B. Amos Cancer Center!

Carmen Brown, RN - Infusion

"I have been a registered nurse for roughly a year as well as a newlywed. My husband is deployed now, but I have four (4) snuggly kitties at home to keep me busy. I have always known I wanted to be a nurse as I love caring for others and making a difference in their lives no matter how small it may be. I am so grateful to be starting my career here at JBACC!"

Katy Benko, Radiation Therapist

"I have been a Radiation Therapist for about 6 years now. I am originally from Dallas, TX but recently moved here from Vail, CO with my 1-year old dog, Kruger. I am an alumni of Auburn University and decided to move back to the south to be closer to family, friends and away from the snow (no, I do not ski). I love outdoor adventures, sports, and traveling. Some hobbies I enjoy include horseback riding, hiking, fishing, exploring new places to eat, watching hockey, and playing recreational sports."

Programs

CREATIVITY

Painting with a Twist (Art Therapy)

Art therapy is a therapeutic technique rooted in the idea that creative expression can foster healing and mental well-being. Art therapy can improve cognition, reduce stress, and facilitate feeling of well-being or pleasure.

Spend time with a local artist exploring various themes and self-expression through different art media. Join us weekly as we explore painting and other creative techniques in a supportive environment. Program is free to all John B. Amos Cancer Center patients and caregivers. All materials provided (funding made possible by the Piedmont Columbus Regional Foundation). Come relax and let our creativity flow! Please RSVP with Cindy Berdoux at 706.320.8718. For patients only.

Mondays in May and June, 10 a.m.-1 p.m.

MOVEMENT

Gentle Chair Yoga

Participants are guided through breath work, simple yoga postures and deep relaxation. Yoga calms the mind, body and emotions. Please RSVP Connie.Flannigan@pedmont.org or 706.320.8829 to save your spot.

Mondays, 5-6 p.m., Thursdays, 2-3 p.m.

Much more continued on the next page!

Programs

KNOWLEDGE

Chemo & Radiation Education

Classes are personalized for every patient who is starting chemotherapy.

By appointment only.

Patient Advocacy Group

In this unique forum, patients and caregivers are given an opportunity to point out areas that could use some improvement, and give recommendations based on their experiences here at the center. This group meets the 3rd Monday of each month, quarterly. For additional information Please contact Connie Flannigan at 706.320.8829

3/6, 6/5, 9/4, 12/4; 9-10 a.m.

Smoking Cessation

These sessions are not all about quitting smoking but supporting you in taking a step to making an important change to being healthier. These sessions can be done as a group and/or individual sessions are available. Please email tenetta.holt@pedmont.org or call 706.320.8618 for more information.

By appointment only.

PEACE

Aromatherapy

Aromatherapy is an art and science of using botanical essential oils to promote health and wellness. Learn the basics of aromatherapy and create an uplifting essential oil blend to use at home.

Date TBD

Massage Therapy

We offer 30-minute complimentary massage for patients in active cancer treatment. Benefits include improved relaxation, sleep and immune function as well as relieving anxiety, pain, fatigue and nausea. To schedule an appointment with our massage therapist, call Cindy Berdoux at 706.320.8718.

By appointment only.

Pastoral Care

Available upon request.

SUPPORT

Lung Cancer Support Group

For patients with COPD, lung cancer, and other lung diseases. Please email kim.carroll@pedmont.org or call 706.320.8615 to reserve your place.

Every 2nd Thursday of each month, 10-11 a.m.

Breast Cancer Support Group

Please email mary.williams1@pedmont.org or call 706.320.8762 to reserve your place.

Every 2nd Wednesday of each month, 12-1 p.m.

Gastrointestinal Disease Support Group

Guest speakers will share how to combat this disease. Please email tenetta.holt@pedmont.org or call 706.320.8618 to reserve your place.

Every 3rd Wednesday of each month, 10-11 a.m.

Gynecological (GYN) Support Group

Please email constance.spencer@pedmont.org or call 706.320.8766 to reserve your place.

Every 3rd Wednesday of each month, 12-1 p.m.

Man-to-Man Support Group

Please email brian.jackson1@pedmont.org or call 706.571.1368 to reserve your place.

Every 3rd Tuesday of each month, 10-11 a.m.

Multiple Myeloma Support Group

Please email tenetta.holt@pedmont.org or call 706.320.8618 to reserve your place.

Every 4th Wednesday of each month, 12-1 p.m.

Caregivers Support Group

Please email brian.jackson1@pedmont.org or call 706.571.1368 to reserve your place.

Every 2nd Thursday of each month, 10-11 a.m.

Head & Neck Support Group (NEW)

Please call 706.320.8731 or email Kathleen "Abbi" Onate at Kathleen.Onate@pedmont.org to reserve your place.

Every 3rd Thursday of each month, 12:30-1:30 p.m.

SUSTENANCE

Nutrition Counseling

Our licensed registered dietitians provide nutrition counseling for cancer patients during and after treatment. They provide customized therapies to help patients stay motivated, chart progress and achieve nutrition health goals. Individual sessions by appointment.

Piedmont Columbus Regional's Stella's Boutique

Stella's Boutique specializes in custom mastectomy products made just for you. Stella's Boutique features all the latest products for women who have had breast surgery or are having breast surgery. Our Certified Mastectomy fitter is there to assist you with your prosthesis, post-op camisoles, mastectomy bras, and prosthesis.

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Gentle Chair Yoga, 2-3 p.m.	3 Skin Cancer Screening 11:30 a.m.-4 p.m.	4
5	6 Art Therapy, 10 a.m.-1 p.m. Gentle Chair Yoga, 5-6 p.m.	7	8 Breast Cancer Support Group, 12-1 p.m.	9 Lung Cancer Support Group, 10-11 a.m. Caregivers Support Group, 10-11 a.m. Gentle Chair Yoga, 2-3 p.m.	10	11
12	13 Art Therapy, 10 a.m.-1 p.m. Gentle Chair Yoga, 5-6 p.m.	14 Man-to-Man Support Group, 10-11 a.m.	15 Gynecological Support Group, 12-1 p.m.	16 Head & Neck Support Group, 12:30-1:30 p.m. Gentle Chair Yoga, 2-3 p.m.	17	18
19	20 Art Therapy, 10 a.m.-1 p.m. Gentle Chair Yoga, 5-6 p.m.	21	22 Gastrointestinal Disease Support Group, 10-11 a.m. Multiple Myeloma Support Group, 12-1 p.m.	23 Gentle Chair Yoga, 2-3 p.m.	24	25
26	27 <i>Memorial Day</i> JBACC closed	28	29	30	31	

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Art Therapy, 10 a.m.-1 p.m. Gentle Chair Yoga, 5-6 p.m.	4	5	6	7	8 <i>Cancer Survivors Day Celebration</i> 10 a.m.- 12 noon
9	10 Art Therapy, 10 a.m.-1 p.m. Gentle Chair Yoga, 5-6 p.m.	11 Man-to-Man Support Group, 10-11 a.m.	12 Breast Cancer Support Group, 12-1 p.m.	13 Lung Cancer Support Group, 10-11 a.m. Caregivers Support Group, 10-11 a.m. Gentle Chair Yoga, 2-3 p.m.	14	15
16	17 Art Therapy, 10 a.m.-1 p.m. Gentle Chair Yoga, 5-6 p.m.	18	19 Gynecological Support Group, 12-1 p.m.	20 Head and Neck Support Group, 12:30-1:30 p.m. Gentle Chair Yoga, 2-3 p.m.	21	22
23	24 Art Therapy, 10 a.m.-1 p.m. Gentle Chair Yoga, 5-6 p.m.	25	26 Gastrointestinal Disease Support Group, 10-11 a.m. Multiple Myeloma Support Group, 12-1 p.m.	27 Gentle Chair Yoga, 2-3 p.m.	28	29
30						



Location and Contacts



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John B. Amos Cancer Center**
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JOHN B. AMOS CANCER CENTER

Cancer Wellness Online: A virtual home for wellness. Visit pedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.