



Inspiring Courage Through Compassion

# Perspectives

ESTABLISHED IN 1955

Spring 2010

Our mission is "To enhance the quality of life for those living with cancer and to provide the gift of life through education."

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## Get 'Wrapped Up in Ribbons' with Cancer Services!



Cancer Services' 8th Annual "Wrapped Up in Ribbons" is approaching! The ribbons we celebrate symbolize the colors of all cancer awareness, and the individuals with all types of cancer that we serve.

Here's how you can get 'wrapped up' too:  
Wrapped Up in Ribbons Auction & Benefit

Saturday, April 10 at 7:00 p.m.  
Old Town Club

W.K. "Ike" Keener, Jr  
Honorary Chair

Charles J. "Chuck" Alexander, II  
Event Chair

If you would like to join us, please call us at 760.9983 so we can send you an invitation!



"In honor of our patients and their families."



"In honor of our employees, members and their families who have been touched by cancer."



"In honor of cancer survivors."

## NEW THIS YEAR -- ONLINE AUCTION

Every Friday thru March 26th, we will place selected items in our online auction. Each item will be up for one week and bidding will close at 2 pm on the following Thursday!

Once you register and get a bidder number, you can begin bidding on as many items that you like! Plus for each item, you will be able to see and keep up with all the current bids.

For more information and terms and conditions, please go to  
[www.CancerServicesOnline.org!](http://www.CancerServicesOnline.org)

Special thanks to our mailing partner, Excalibur Enterprises, Inc.

Cancer Services, Inc., 3175 Maplewood Avenue, Winston-Salem, NC 27103  
Phone: (336) 760-9983, 1-800-228-7421, Fax: (336) 760-1282  
[www.cancerservicesonline.org](http://www.cancerservicesonline.org)



## 6th Annual Ride for Courage a Huge Success!

With sunny skies and beautiful



weather, the 6th annual "Ride for Courage: Polar Bear Metric Century" was a huge success. Ken Putnam of

Ken's Bike Shop created and ran this race for decades before sharing this with us as a fundraiser and we are so grateful for such a fantastic event! 171 total participants from across the Piedmont and the US came out to celebrate the courage and perseverance of cancer survivors. We even had one of our clients who is undergoing chemotherapy postpone his treatment in order to ride. Talk about courage!

The majority of cyclists rode the 62-mile 'Metric Century', but many others chose the 25-mile 'Courage Loop.'

Mayor Allen Joines came out to proclaim January 1st "Ride for Courage Day" in Winston-Salem saying, "...Cancer Services provides a vital range of services, and it's important to show and support that in the city."

Over \$23,000 was raised, of which 100% of proceeds will benefit the services we provide to cancer patients and their families in our community. A special thanks goes out to our Top

Fundraiser Julie Lanford, Presenting Sponsor Phone Tree, Ride Sponsor PAVE Creative Group, our Event Sponsors Piedmont Hematology/Oncology Associates, Phoenix Company and our Supporting Sponsor Kaplan Early Learning



Company! Another big thank you goes out to the volunteers and cyclists who raised over \$6,000 in pledges and donations alone! Top Fundraiser Julie Lanford, Cancer Services' Wellness Director, raised well over \$5,000 in pledges

alone all in honor of Linda Miller, retired Patient Advocate from Cancer Services who touched thousands of lives in our community and is a courageous survivor of numerous bouts of breast cancer herself.



This ride would not be possible without the support of Ken's Bike

Shop and: Mock Orange Bikes, Cycle Therapy, Paul's Schwinn, and Clemmons Bicycle. We would also like to thank Kristine Rucker Photography and our In-Kind Sponsors: Costco, W.H. Vernon Produce, Papa John's Pizza, Silas Creek Manor, Le Bleu, McDonalds, Starbucks, and



Krispy Kreme. Huge thanks to the Event Chair Keith Vest and PAVE Creative Group, for all their time, great publicity, and design of the jersey featured in *Bicycling Magazine*! Our volunteers and cyclists made this event a huge success and we hope to see all you Polar Bears on January 1, 2011! ☺



In addition to the Auction & Benefit, the Wrapped Up In Ribbons raffle tickets are yet another

way to support Cancer Services. If you would like to buy or sell raffle tickets, stop by the office. Raffle tickets are \$10 each and when you buy 5 raffle tickets you get 1 free and there are four opportunities to win amazing prizes!

•**Four bedroom House at Myrtle Beach, SC.** Relax with family & friends for a 4 day 3 night stay at this exquisite four bedroom house located at the Dunes Golf Course near Kingston Plantation. Based on availability and valid from 10/1/2010 to 4/3/2011.

•**Chetola Resort at Blowing Rock, NC.** Enjoy a 3 day, 2 night stay at Chetola Resort staying in a Deluxe Chetola Lodge Room. Valid through March 31, 2011. Some exclusions apply.

•**24" Flat Panel LCD TV.**

Enjoy watching all your favorite shows on this brand new 1080i 24" flat panel TV.

•**\$250 American Express Gift Card** – Spend it on yourself or someone you love!

100% of proceeds from Wrapped Up In Ribbons remains in our community as we serve individuals and their families living with any type of cancer.

HELP US REACH OUR GOAL! ☺



# Survive & Thrive! WELLNESS GROUPS

**Programs for Health and Wellness:** *“Survive & Thrive!” Wellness programs allow those living with cancer to share experiences, gain insightful knowledge from professionals, have fun and promote the health and well being of your body and soul! Please RSVP to 760-9983.*

## WELL BEAUTY PROGRAM:

Join us each month for a personalized beauty class designed for women in cancer treatment. A licensed esthetician will share skin care and make-up tips and a recent survivor will help with head scarves and wigs to bring out your inner beauty! Every 3rd Friday from 1:30 - 3:30pm. **March 19th, April 16th, and May 21st.**

## Facial and Skin Care Sessions:

Enjoy a 30 minute facial treatment, an individualized skin care education session and free samples. Every 2nd Wednesday from 2:30 - 4:30pm. **March 10th, April 14th, and May 12th.**



## WILKES & YADKIN SOCIAL!

Cancer survivors, those living with cancer and their caregivers are invited to a Social on **March 2nd 6pm at the Yadkin Senior Center.** RSVP by calling 760-9983 or [melissa.lyle-nipper@cancerservicesonline.org](mailto:melissa.lyle-nipper@cancerservicesonline.org).

## SIP 'N STITCH:

Bring your stitching projects (Crochet, knitting, quilting, crosstitch, etc.) and socialize with other survivor stitchers! Tea, coffee and snacks are provided! **Every 3rd Friday from 10am - 1pm.**

## NUTRITION DURING TREATMENT

Do you have questions about what you or your loved one should be eating during treatment? Get all your questions answered from a certified specialist in oncology nutrition and Registered Dietitian.

**RSVP for March 11th, April 8th or May 13th from noon - 1pm.**

## SPA DAY IN KERNERSVILLE!

Cancer Services is partnering with Piedmont Hematology Oncology & Associates in their Kernersville office to offer a spa day once a month on the 4th Friday from 1pm - 4pm. **March 26, April 23, and May 28.**

**Spa day services** include 20 minute sessions of Massage, Reflexology and Healing Touch; 30 minute stress management sessions, manicures, hair cuts, wig styling, art therapy and healthy snacks.

Call 760-9983 for an appointment, or come by and check it out! The location is on the 2nd floor of Medical Park Kernersville (445 Pineview Dr. Suite #200).

## LIVING WELL BEYOND CANCER

Join other survivors interested in a healthy lifestyle after cancer diagnosis on the 4th Tuesday of every month from 5:30 - 6:30pm. Bring a friend or caregiver along!

**March 23rd - Hoop it Up!** (Visit [www.monkeyhooper.com](http://www.monkeyhooper.com) for more info on hoop-ing).

**April 27th - Healthy Eating on a budget!**  
**May 25th- Vitamin D for prevention and survivorship.**

## SURVIVE & THRIVE AFTER TREATMENT!

While the end of treatment can be very exciting, it can also be a difficult and scary time. The treatments that were actively battling the cancer have stopped and you are able to start healing.

Survive and Thrive! is a Cancer Services program that addresses the “What’s Next?” questions that survivors, their caregivers, and families often face after finishing active cancer treatment.

This one day course gets you back to living again! **May 6th, 10:30am - 3:30pm.** Lunch is provided. Be sure to RSVP!

## WRITING FOR WELLNESS :

Stretch your writing muscles! Begin to trust your voice and write what flows through you. **Every 2nd Monday, 5:15pm at Cancer Services.**

**Healing Hands:** *Our Healing Hands programs require appointments. For massage therapy, a doctor’s note is required.*

### HEALING TOUCH:

1st and 3rd Monday, 3-5pm (30 minute appointments).

**March 1st and 15th; April 5th and 19th; May 3rd and 17th.**

### MASSAGE THERAPY:

1st Tuesday, 2-4pm; 1st and 3rd Thursday, 9am - noon (40 minute appointments).

**March 2nd, 4th and 18th; April 1st, 6th and 15th; May 4th, 6th and 20th.**

### REFLEXOLOGY:

2nd and 4th Monday, 12:30 - 2:30pm

**March 8th and 22nd; April 12th and 23rd; May 12th and 24th.**

3rd and 4th Tuesday, 3:30 - 5:00pm

**March 16th and 30th; April 20th and 27th; May 18th and 25th.**

(30 minute appointments).

### REIKI THERAPY:

2nd and 4th Monday, 3-5pm (30 minute appointments).

**March 8th and 22nd; April 12th and 26th; May 10th and 24th.**

2nd and 4th Thursday 12:30 - 2:30pm (30 minute appointments).

**March 11th and 25th; April 8th and 22nd; May 13th and 22nd.**

### SPA DAY! (CHAIR MASSAGE, HAND MASSAGE AND ENERGY THERAPY):

3rd Friday, 10am - 1pm (each participant will be scheduled for three 15 minute appointments).

**March 19th, April 16th, and May 21st**

**CALL 760-9983 TO SIGN UP FOR A HEALING APPOINTMENT TODAY!**



# Survive & Thrive!

## SPRING PROGRAMS

**Wellness Groups:** *"Survive & Thrive!"* Wellness Groups provide the opportunity to meet other survivors, offer ways of healing through illness, and give you a way to help others in a similar situation. While all wellness programs are offered at no charge, we ask that those wanting to attend please RSVP. We hope to see you soon! Groups are collaboratively offered by Cancer Services, Inc., Derrick L. Davis Forsyth Regional Cancer Center (FRCC) and Wake Forest University Baptist Medical Center's Comprehensive Cancer Center (WFUBMC).

### Ongoing Monthly Wellness Groups

**PINK BROOMSTICK BREAST CANCER GROUP:**

Join other breast cancer survivors for education, sharing and support. Topics for fall include communicating with your health care team, card making and healthy holiday meals. **Meets every 3rd Thursday, 12 noon at Cancer Services.**

**BRCA HEREDITARY CANCER GROUP:**

We are a loving circle of friends who come together to help others with hereditary cancers, especially those diagnosed with the BRCA I and the BRCA II mutations. We are here for you. **Meets every 3rd Saturday, 11am at Cancer Services.**

**COLORECTAL CANCER:**

The Colorectal Wellness Group unites survivors and caregivers through support and education; offering resources for unique challenges and circumstances throughout all stages of the journey. **Meets every 2nd Tuesday, 6pm at FRCC.**

**CAREGIVERS:**

Every Wednesday, 10am at FRCC

**GYN CANCER WELLNESS GROUP:**

All GYN cancer survivors are invited to enjoy sharing, support and education together on the **1st Tuesday of the month, 6pm at Cancer Services**

**LEUKEMIA, LYMPHOMA AND MULTIPLE MYELOMA GROUP:**

For people diagnosed with leukemia, lymphoma or myeloma and those who care about them. **Odd months, 3rd Tuesday, 6:30 pm at FRCC**

**US TOO! FOR PROSTATE CANCER:** For men diagnosed with prostate cancer, and their partners. **Odd months, 2nd Tuesday, 6:30 pm at FRCC.**



**CLIMB PROGRAM FOR FAMILIES:**

A monthly group for families with a parent or primary caregiver affected by cancer. The group aims to facilitate healthy communication and coping through education & fun! For families with kids age 6-12 and/or teens in high school. Monthly groups will meet depending on participant schedules. Please call for more information!

**CAREGIVERS:**

Every Tuesday at 2-3 pm in the meditation room on the 2nd floor of the Outpatient Cancer Center at WFUBMC.

**CAREGIVERS AND CANCER PATIENTS:** Meets weekly on the 9th floor Family Waiting Room of Ardmore Tower at Baptist Medical Center **every Wednesday at 6pm.**

**LARYNGECTOMEE GROUP:**

1st Sunday, 3pm at Prudential Carolina Realty

**SURVIVING LUNG CANCER:**

We are compassionate lung cancer survivors who celebrate our challenges, successes, hopes and friendships. We welcome new members to our fellowship. **Every 2nd Wednesday, 12noon at Cancer Services.**

**METASTATIC & RECURRENT CANCER:**

Join us for a life affirming group of people living with metastatic and/or recurrent cancer. **Every 2nd Thursday, 3pm at Cancer Services.**

### New Group Starting March 2010!!

#### My Life With Cancer:

*A six week program designed to help you manage the first year of your cancer journey.*

**What is included in this program?**

The program includes 6 sessions facilitated by Cancer Services' group facilitator. As a participant in the program, you will receive a copy of the book **Cancer: 50 Essential Things to Do** by Greg Anderson.

**Who should attend?**

This program is designed for people diagnosed with any type of cancer and who are newly diagnosed, in the middle of treatment, or have recently completed treatment.

**What topics will you cover in the program?**

Topics range from minimizing treatment side effects, to managing your toxic stress, eating well and living in the moment. For a complete schedule, visit our website or call us at 760-9983.

**Do I have to attend every session?**

To get the most benefit, we recommend attending every session, but we understand that there are times that you cannot make it. We welcome you for any session you can come!

**What does the program cost?**

Nothing; this program is offered to you at no charge.

**When do you meet?**

The group meets at Cancer Services weekly from 12 - 1:30pm on Tuesdays, March 16th through April 20th.

Call **Cancer Services** at 760-9983 or visit [www.CancerServicesOnline.org](http://www.CancerServicesOnline.org) to register or find out more information!

**HOPE. BELIEVE. INSPIRE.**

### Join Our Race for the Cure 'Pink Broomstick' Team!

This year our team captain for the Race for the Cure is Jackie Clark. She already has our team set up and is ready for YOU! If you plan to do the 1mile or 5k this year, sign up for our team by going to [www.komennctriad.org](http://www.komennctriad.org), scroll over the 'Race for the Cure' tab and click on 'Register'. Then, to be sure that you get on our team, click on "Join a Team", search for "Pink Broomstick" for the team name and Cancer Services, Inc. as the company. Once you're registered, we will know you're on our team and will be in touch with more details. If you have any questions, feel free to contact Jack at 749-2845 or [jlark011@triad.rr.com](mailto:jlark011@triad.rr.com). Thanks to Jackie for volunteering to captain!!!

## Letters to God Movie to Benefit Cancer Services!



A Special Showing – Friday, March 12th , 2010  
Winston-Salem First: 3730 University Pkwy  
Doors Open at 6 pm, Showing at 7 pm

A Major Motion Picture VIP Screening Event to Benefit Cancer Services, Inc.

From the producers of *Facing the Giants* and *Fireproof* comes the next inspiring film, **LETTERS TO GOD**, which opens in theatres nationwide April 9th. This is an inspiring movie about how a young boy fighting cancer finds strength and hope through writing letters to God and in doing so changes the lives of those around him. Don't miss this chance to see a major motion picture prior to its' nationwide release in theatres. There will be only one opportunity to see the VIP special screening, so don't miss it! Help us spread the word and fill the auditorium seats! For ticketing information, contact Winston Salem First at [www.wsfirst.com](http://www.wsfirst.com) under 'coming events' or follow the link from [www.cancerservicesonline.org](http://www.cancerservicesonline.org).

**Special Thanks to Sponsors: WBFJ & Lewisville Drug Co.**

100% of proceeds will remain in our community to support Cancer Services programs to individuals and families during their cancer journey.

### Cancer Services' Survivor Boutique

The Survivor's Boutique at Cancer Services is a small boutique dedicated to providing unique items to inspire cancer survivor and advocates by promoting wellness, awareness, survivorship, humor, and togetherness.

100% of the proceeds will remain in the community we serve and directly benefit client services and programs provided by Cancer Services.

Cancer Awareness items of the Quarter!  
(available in awareness colors)

Stretch Bracelets: \$2.00  
Stretch Hope Rings: \$1.00  
Angel Ribbon Pins: \$5.00



### New 2010-2011 Resource Guide Highlights Cancer Survivor Art Contest Winner

The Cancer Care Coalition of Winston-Salem/Forsyth County is happy to announce that the 2010-2011 Cancer Patient Resource Guide is now available. The cover of the guide features the artwork of Faye Love, a breast cancer survivor who won last year's Survivor's Art Contest which was sponsored by the Coalition. Faye is a local breast cancer survivor who was inspired by all of the cancer survivor colors as she created her art.

Guides can be obtained at Cancer Services, the Comprehensive Cancer Center at Wake Forest Baptist Medical Center and the Derrick L. Davis Forsyth Regional Cancer Center. An electronic version of the guide can also be viewed at [www.cancerservicesonline.org](http://www.cancerservicesonline.org).

### Income Tax Preparation Help

If you have a family income less than \$42,000, then you can have your income taxes prepared and electronically filed for FREE at a Volunteer Income Tax Assistance (VITA) Site. For more information on guidelines and locations, go to <http://www.co.forsyth.nc.us/> or call First Line (703-3000) or United Way (211). Additional sites are also sponsored by AARP for low and middle income taxpayers with special attention to those 60 years and older.

### Cancer Awareness Dates

**March:** Colorectal Cancer Awareness Month

**April 4th - 10th:** Young Adult Cancer Week

**May:** Brain Tumor Action Week

**June 5th:** National Cancer Survivor's Day

### Spring Equipment Wish List

Wish List  
Lift chairs  
Bandaging Tape  
Ensure/Boost  
African American Wigs  
Wheelchairs  
Over-the-bed Tables  
Adult Diapers and Pull-Ups - All sizes  
Medical Gloves  
Gas Station/Grocery Store Gift Cards  
Breast Protheses  
Ostomy Supplies  
Mastectomy Bras

### Volunteer Wish List

Substitute Receptionist.  
Internet Research.  
Data Entry.

\* Cancer Services is participating in "Give a Day. Get a Disney Day." Volunteer for a day and Disney is giving a free ticket for a day at a Disney theme park. Visit [www.disneyarks.com](http://www.disneyarks.com) or contact Sue Kirby for more information. ☺

### Office Hours for Spring Monday - Friday

**9:00 a.m. - 5:00 p.m.**

Closed:

Good Friday: Fri, Apr.2

Memorial Day: Mon, May 31





Cancer Services, Inc.  
3175 Maplewood Avenue  
Winston-Salem, NC 27103

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*Programs & Services:*

*Patient Advocacy & Information*

*Medication & Financial Assistance*

*Pink Broomstick® Support Program*

*Equipment, Supplies, Wigs & Prostheses*

*Peer Support for Survivors*

*Transportation Assistance*

*"Survive & Thrive!" Wellness Groups & Programs*

*Cancer Screening & Early Detection Community Education*

**RETURN SERVICE REQUESTED**

## Mark Your Calendars for Survivor's Day 2010!



The excitement about the 16th Annual Survivor's Day 2010 is already growing. This year's event is going to be tons of fun for the young, old, young at heart, and everyone in between! With the beautiful setup at Tanglewood Park, food, lots of entertainment, games, gifts,

door prizes, and fellowship, you and your family are bound to enjoy this meaningful day of celebration.

Patient Advocate awards will be presented at the event. We hope that you'll join Cancer Services, Wake Forest University Baptist Medical Center/ Comprehensive Cancer Center, and The Derrick L. Davis Forsyth Regional Cancer Center for **THE survivorship event of the year**. We can't wait to celebrate with you!

**Saturday, June 5th, 2010**

**11:30am - 2:00pm**

**Tanglewood Park**

Come to celebrate life, enjoy the entertainment, laugh, eat, play, and get free gifts for survivors!  
Call 336-760-9983 for more information.

