

# About you: Care after cancer

Survivorship newsletter

Fall 2024



Ascension



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# Ask The Professional

## Did you smoke? Get your lung cancer screening!



### Tara R. Semenkovich

MD, MPH

Tara R. Semenkovich, MD, MPH, is a board-certified, experienced thoracic surgeon with a fellowship in oncology at Ascension Columbia St. Mary's in Milwaukee, Wisconsin. She diagnoses and treats esophageal cancer, lung cancer, chest tumors and other disorders in the chest. Dr. Semenkovich uses the latest surgical techniques, including robotic-assisted surgery. Robotic-assisted surgery may lead to a faster recovery, shorter hospital stay, less scarring, and greater accuracy for complex procedures. She has a passion for lung cancer screening and deep understanding of esophageal cancer, including an extensive clinical research background and publication of a multi-site study. She has the expertise to deliver advanced surgical care using video-assisted technology systems (VATS) with robotic-assisted surgery, bronchoscopy, and laparoscopic esophagomyotomy, and more.

Just like for breast, prostate, and colon cancer, there is a screening test for lung cancer. It's called a low-dose CT scan. It's a quick imaging test that can help find lung cancer early in people who are at high-risk.

Right now, lung cancer is the #1 cancer killer for both men and women in the United States. This is because, by the time the cancer is found, more often than not, it has spread and is not as treatable. Just like in other cancers, early stage lung cancer can be curable. Screening can save lives.

People who are considered high-risk for lung cancer should ask their doctor about getting screened. If you are between 50 and 80 years old and have smoked the equivalent of 1 pack of cigarettes a day for 20 years, this includes you. Insurance covers this screening test for those who qualify, and it should be done every year.

On your CT scan, doctors will look for any abnormal spots on your lungs called nodules. Lung nodules are fairly common, and not all are a problem. However, some are early, treatable lung cancers. If you have a nodule, your doctor may recommend a follow up scan. They may also send you to a specialized lung doctor called a pulmonologist or our new Lung Nodule Clinic, where specialists will talk to you about your options to figure out what the nodule is, and which is the best personalized treatment for you.

If you do have a lung cancer that is found on a screening CT, it is more likely to be early stage than if it were found later by the time you have symptoms. Treatment of early lung cancer usually includes either surgery or radiation, both of which can be quite effective for the right person. Our cancer center has a specialized team to help guide you through getting appropriate care.



**Have a question?  
We invite you to submit  
your questions by  
scanning the QR code.**

# Survivorship Story

## Melissa R., Breast Cancer Survivor

*The following story is in the patient's own words.*

It was May 2023, and I was 32 years old when I was diagnosed with breast cancer(DCIS) at stage 0. A month later I had a double mastectomy with reconstructive surgery. The procedure lasted 12 hours. It was during that surgery that the surgical oncologist was able to see better and diagnosed me at stage 1.

What started all of this for me was 2 months prior in April 2023 I decided to get new bras because my weight went up and my bras were fitting tighter. One of my new bras was white and two days after wearing it I noticed something crusty that looked like blood. It wasn't blood, it was discharge that was coming out of my right breast. So that same week I went to urgent care, and I had a physical exam on my breast, and nothing was found. I was told to schedule an appointment with my PCP for the next day just to be 100% everything was good. I saw my PCP the next day and she didn't find anything either.

She did however schedule for me to have a mammogram in May 2023 just to be safe. So, I had the mammogram and the technician said if nothing is suspicious then all is good but if something looks suspicious then I would need an ultrasound. The ultrasound was suspicious as well. All that testing was on May 12, 2023, and since the ultrasound came up suspicious, I was scheduled for a biopsy for like 4 days later. Around May 17th, I got the call about my diagnosis. A few days later I met with the surgical oncologist followed by a few days later meeting with the plastic surgeon.

Ascension moves fast because I saw the plastic surgeon twice and the surgical oncologist once before my 12-hour surgery a month later. The days and months became foggy and depressing. Everything happened so fast. Ascension gave me all the support that I needed and more. I was offered genetic testing and on the day of my surgery I got the results back. I came back positive for PTEN and POLE mutations. That basically means I am at high risk for other cancers and chronic illnesses. Some of those cancers are breast cancer and thyroid cancer, I had breast cancer and thankfully no thyroid cancer, but I did have to have a thyroidectomy(removal of my thyroid). I am epileptic, which is a part of PTEN, and I am autistic which is also a part of PTEN. So, I am beyond grateful my breast cancer journey was caught early. However, this past year since my surgery I have been getting tested for everything. I don't know how I could have gone through it without my family and my high-risk nurse practitioner. My mom is amazing to have stopped her daily life in Las Vegas to live out here in Milwaukee with me this past year to help me with everything. She continues to be with me at doctor's appointments and is always by my side for emotional support.

The start of all of this was rough on me mentally because, since I was born, I have been in and out of hospitals and doctor offices. I don't have a good memory of my childhood; I think it's due to me being in hospitals most of my life. My life will never be the same due to Post- Traumatic Stress Disorder(PTSD) from being in hospitals all the time.



How I distract my mind and try to stay in a positive mind set is I volunteer anywhere I can. I have volunteered with ABCD(After Breast Cancer Diagnosis) so far and it's been amazing for me. I am apart of two support groups for young cancer survivors here in Milwaukee. I am also on a Facebook group that is for PTEN/Cowdens syndrome, and I am working on starting a support group for us. I did one zoom call so far and it was amazing to talk with people who understood what I go through on a daily basis.

After everything I have been through in my whole life, I am overall grateful because all I must do now for my breast cancer is take tamoxifen for 5 years. I am also grateful because of me being high risk I get to see the doctors I need to see every year for checkups. Some tips that I can give to newly diagnosed people are to take things one day at a time. It can get very lonely at times so make sure you are around your loved ones. Also, I would recommend joining support groups. It helped me to be around people who understands what I have been through. We have all gotten the call about our diagnoses, so it is nice to be around people who you can talk to.

With this big change in my life, I know now not to take life for granted, Life can change in a second, which is why I have more of an appreciation for life now. My recent appreciation is also a reason why I volunteer more. I am loving the fact that I can give back any way that I can. My future is going to be filled with more giving back and educating people on my mutations. PTEN is a very rare mutation, and new things are being discovered on it all the time and people need to know about it. I am thankful for the white bra I purchased at Walmart, and I am thankful for my mother requesting me to go to urgent care. I am thankful for Ascension and how fast they worked in helping me.

### **From Gladys Rivera- A Mom's Perspective**

Melissa was born a premature twin. She has always struggled with health issues most of them respiratory. Melissa spent the first seven years of her life in and out of hospitals, had multiple surgeries/ procedures and even had a tracheostomy tube for 2 years. Being sick was not new to us. However, Melissa had a few good years. Everything seemed OK then she was diagnosed with breast cancer, May 2023.

As devastating as the diagnosis was, we felt that it was caught in time and the double mastectomy (life altering as it is) would take care of that. On the day of surgery we were given the results of her genetic testing. She was diagnosed with two genetic disorders (PTEN and POLE). Up until that point I honestly thought that the diagnosis of breast cancer was the worst thing that had ever happen. I quickly realized that it actually saved her life. If her doctor had not moved quickly on this and done the genetic testing we would never have known that she needs to be closely monitored. Melissa is at high risk for so many more cancers because of the PTEN. Does it scare me? Yes. If it weren't for the support of all of her doctors especially the high-risk clinic nurse practitioner Jennifer Minessale (aka maestro, as she coordinates all things for us). We would be lost without her. Some days are definitely better than others. On really bad days we know that we can call anyone on the team and they are always happy to answer questions.



**Submit your cancer story to be included in our newsletter**

# Cancer Prevention and Wellness

## I Have a Pancreatic Cyst - So What?



**Jennifer A. Minessale**

APNP

Jennifer A. Minessale, APNP, is a nurse practitioner specializing in oncology at Ascension Wisconsin in Racine, WI. Ms. Minessale is board-certified in the care of adult patients as an Advanced Oncology Certified nurse practitioner (AOCNP). She completed the City of Hope's Cancer Genomics Intensive course. Ms. Minessale strives to empower patients and their families to become advocates in their own health care by educating the individual and family on their cancer risks, lifestyle factors that affect development of cancer, and genetic risk factors. She individualizes care for each patient based upon their particular cancer risk factors and goals.

You have been told that a CT or MRI scan found a pancreatic cyst. Most commonly pancreatic cysts are found by chance, or incidentally, when evaluating another problem. Most people have no signs or symptoms of a pancreatic cyst. Pancreatic cysts are relatively common, occurring in approximately 10% of adults over the age of 50. Do you need to worry about your pancreatic cyst becoming cancer? For most people the answer is no, the vast majority of pancreatic cysts do not become cancerous or cause any type of harm. But, there are a small percentage that have the potential to become cancerous. As a result, it is important to have the cyst thoroughly evaluated.

A pancreatic cyst is a saclike pocket of fluid or mucus in your pancreas. The pancreas is an organ that sits in your upper abdomen behind your stomach. The pancreas is responsible for producing enzymes that help in digestion of food.

There are many types of pancreatic cysts. The cysts are divided into 2 categories, those that contain mucinous fluid and those that contain thin, serous fluid. The mucinous cysts are those that have the potential to develop into cancer. The most common types of mucinous cysts are mucinous cystic neoplasm (MCN) and intrapapillary mucinous neoplasm (IPMN). Pseudocysts are the most common type of serous cysts. They usually develop from an episode of pancreatitis or trauma to the pancreas, and generally never will become cancerous.



Scan QR code to visit  
our Cancer Prevention  
& Wellness site

Your primary care provider may refer you to Ascension Wisconsin's Pancreatic Cyst Surveillance Clinic to help determine the ideal management of your cyst. The multidisciplinary team is composed of surgical oncologists, a nurse practitioner certified in high risk management, gastroenterologists, radiologists, and pathologists. The Pancreatic Cyst Surveillance Team utilizes current guidelines to provide a personalized assessment and plan for management of the cyst. The team will determine the most optimal plan for you based not only upon the features of the cyst, but also your personal medical history, family history, genetic mutations, and lifestyle risk factors.

Recommendations for managing the pancreatic cysts most commonly includes performing repeat MRI or CT scans to monitor for any changes in the cyst. The team may also recommend taking a sample of the cyst fluid to determine if cancer cells are present. Finally, in some cases removal of the cyst may be recommended.

**If you would like more information or would like to speak to a member of the Pancreatic Cyst Surveillance team you may contact the team at 262-785-2273.**



*References:*

Vege S.S., Ziring B., Jain R., et al. American Gastroenterological Association Institute guideline on the management of asymptomatic neoplastic pancreatic cysts. *Gastroenterology*. 2015; 148: 819-822

Basar O, et al. My treatment approach: Pancreatic cysts. *Mayo Clinic Proceedings*. 2017;92:1519.

# Research

## The Hope of Clinical Trials



### Christina Meyer

BSPH, CRC

Christina Meyer is a clinical research coordinator with Ascension Wisconsin. She works closely with Ascension oncology providers and care teams to reach out to patients who may be eligible for one of the dozens of cancer research studies that Ascension offers.

Christina engages with research participants throughout their journey, to guide both patients and providers through the research study requirements and timelines. Her mission is to make sure research participants know they're more than just a number, they're the foundation of advancing science for a more hopeful future.

**Clinical trials are research studies that seek to improve patient care, or learn more about a given condition. The purpose of medical research is learning new, more effective ways to detect and treat diseases like cancer.**

Ascension Wisconsin Research Institute's Oncology Research Team would like to spotlight two new studies this month; URCC-18007 (fatigue study) and URCC-21038 (DiRECT).

One of the most common side effects of cancer treatment is fatigue. Cancer related fatigue often continues after treatment has completed, significantly impacting quality of life, and yet current treatment options for cancer-related fatigue are limited. **The URCC-18007 (fatigue) study** is investigating the use of the U.S Food and Drug Administration approved drug bupropion to combat this fatigue. Bupropion is a drug used to treat depression, as well as help individuals quit smoking. The fatigue study is determining if giving bupropion helps reduce cancer-related fatigue by decreasing inflammation and curbing cortisol (stress) levels. URCC-18007 has two groups, one which will receive bupropion, and one that will be given a placebo, which is a harmless pill with no effects. Both groups will fill out questionnaires and provide a blood sample for analysis. Patients over 18 years old, who are experiencing extreme fatigue for at least two months after completing their chemotherapy, radiation, and any surgeries, with no lactose allergies, may qualify for this study. Participation would last 14 weeks and participants will be compensated for their time.

**URCC-21038 (DiRECT)** is an observational study investigating how side effects from immunotherapy can affect patients of different races in different ways. Black patients are more likely to have advanced cancers, which are commonly treated with immunotherapy, yet there is little data on how Black patients handle side effects of immunotherapy. Through questionnaires, health assessments, and biospecimen analysis (blood, saliva), URCC-21038 seeks to close that gap in knowledge. Patients over 18 years, who identify as either Black or White, who have been diagnosed with invasive cancers (Stage I-IV), that are scheduled to receive certain immunotherapies but who have not begun immunotherapy yet, may be eligible for URCC-21038.

If you're interested in participating in one of these studies, please email [awri.inquiry@ascension.org](mailto:awri.inquiry@ascension.org).

# Art Therapy

## Art Therapy and Cancer Care: A Valuable Resource for Survivors



### Jill McNutt

Ph.D., LPC, ATRL, ATR-BC, ATCS

Jill McNutt is an art therapist with the Art Therapy House, Inc. She is licensed as a counselor and an art therapist including board certification and credentials to supervise in art therapy. Jill's specialized practice over the past 25 years has been in oncology care. Her research includes the practice of art therapy across the trajectory of cancer care.

**Cancer diagnosis and treatment are life-altering experiences that can significantly impact a person's physical, emotional, and psychological well-being. The journey includes opportunities to creatively face ongoing challenges that affect quality of life and overall well-being.**

Art therapy has emerged as a valuable therapeutic intervention that can support cancer survivors in navigating the complex experiences associated with cancer care. This report explores the reasons why cancer survivors should consider incorporating art therapy into their treatment and ongoing care.

### Emotional Expression and Processing

One of the most compelling reasons for cancer survivors to seek art therapy is its unique ability to facilitate emotional expression and processing. The cancer experience is often accompanied by intense emotions such as fear, anger, and sadness. Traditional verbal therapies may not always provide a sufficient outlet for these feelings. Art therapy, however, allows individuals to express emotions that might be difficult to articulate through the alternate language of the arts. Using various art materials and creative processes, survivors can externalize inner experiences, find meaning, and manage emotions. For instance, creating artwork can help survivors process their trauma and grief related to the cancer experience. The non-verbal nature of art therapy offers a safe space for individuals to explore and confront their emotions without the pressure of finding the right words. This can be particularly beneficial for those who find it challenging to discuss feelings openly.

### Reducing Anxiety and Stress

Cancer survivors often experience significant anxiety and stress, both during treatment and in the post-treatment phase. Art therapy has been shown to reduce these symptoms by promoting relaxation and providing a distraction from distressing thoughts. Engaging in creative activities can trigger a state of flow, a psychological state where individuals are fully immersed in the task at hand, leading to decreased stress levels and improved mental clarity.



Studies have demonstrated that art therapy can lower cortisol levels, a hormone associated with stress, thereby promoting a sense of calm and well-being. By incorporating regular art therapy sessions into their routine, cancer survivors can develop effective coping strategies to manage anxiety and stress, contributing to their overall mental health.

### **Enhancing Self-Esteem, Empowerment, and Resiliency**

Cancer and its treatments can take a toll on a survivor's self-esteem and sense of identity. Physical changes, such as hair loss, scarring, and fatigue, can affect how survivors view themselves. Art therapy provides a platform for individuals to reclaim a sense of self and rebuild confidence. Through creative expression, survivors can explore their identity beyond illness and focus on strengths and abilities. The act of creating art can be empowering, offering a sense of accomplishment and control. Survivors can set personal goals, make choices about artwork, and witness progress over time. This empowerment can extend beyond the art therapy sessions, influence other areas of life and foster resilience.

### **Facilitating Communication**

Art therapy can also enhance communication between cancer survivors and loved ones. The visual nature of art can serve as a bridge, facilitating conversations about difficult topics. Families and caregivers can gain insight into their emotional worlds through artwork, leading to improved understanding and support. Group art therapy sessions also provide an opportunity for survivors to connect with others who have shared similar experiences. This sense of community can reduce feelings of isolation and provide a support network, which is crucial for emotional healing.

### **Conclusion**

**Cancer survivors face a multitude of challenges that extend beyond the completion of medical treatment. Art therapy offers a holistic approach to support their emotional, psychological, and physical well-being.** By facilitating emotional expression, reducing anxiety and stress, enhancing self-esteem, and improving communication, art therapy can play a vital role in the comprehensive care of cancer survivors. Incorporating art therapy into treatment and ongoing care can empower survivors to navigate the journey with greater resilience, hope, and a renewed sense of identity. As the field of art therapy continues to grow, its potential to transform the lives of cancer survivors becomes increasingly evident. Therefore, seeking art therapy is a valuable and impactful choice for those looking to enhance their recovery and overall quality of life.



*Reference:*

Malchiodi, C. A. (2012). *Art Therapy and Health Care*. Guilford Press.

McNutt, J. V. (2018). *Visual narratives as an art therapy treatment in cancer care*. In D. Elkis- Abuhoff & M. Gaydos (Eds.) *Art and Expressive Therapies within a Medical Model: Clinical Applications*. Routledge Publications.

# Time To Eat

## Let's Talk About Change

By: Paige Roesser, RD, CD

You have heard it before – “eat more fruits and vegetables” and “eat less red meat”. It can be easier said than done. **By setting small goals and focusing on one or two things to change at a time, it can be easier to make a change and create long-lasting healthy habits.**

Not sure where to start? Think about something you’ve wanted to change for a while. Maybe it’s something you’ve tried changing in the past but stopped and fell back into old habits. If you need some ideas, take a look at the cancer prevention recommendations below. These recommendations also help prevent other chronic conditions such as diabetes and heart disease.

Small changes matter. If you have an ambitious goal that would require a large change, make a smaller goal first to ease you into the change. For example, if you want to reduce consumption of sugar-sweetened beverages from 24 ounces per day to 0 ounces, start by replacing 12 ounces of regular soda (or other sugar-sweetened drink) every other day with a sugar-free alternative such as sparkling water.

Check-in on your progress every month or so and adjust your goal. If something is not working, try something new and remind yourself why you want to make this change. Find a support person or support group if needed. Once you reach one goal, slowly and continuously add to your goal to reach your larger goal.

### Cancer prevention recommendations:

- Choose a plant-based diet by making 2/3 or more of your plate fruits, vegetables, nuts, seeds and/or beans, and the other 1/3 or less of your plate animal-based foods such as chicken, eggs, lean red meat, and yogurt.
- Limit “fast foods” and other processed foods that are high in fat, starches, or sugars
- Limit red meat to 12-18 ounces per week Limit/avoid alcohol consumption
- Limit/avoid processed meats
- Be physically active (150 minutes of moderate intensity activity per week + 2 muscle strengthening activities)



Reference:

American Institute for Cancer Research (2024). Healthy Eating. [www.aicr.org/cancer-prevention/healthy-eating/](https://www.aicr.org/cancer-prevention/healthy-eating/)

# Within The Community

## Support Groups and Programs

### Racine

- **Multiple Myeloma Support Group (Hybrid)**  
Meets the second Monday of each month from 6:30-8 p.m. in the Cancer Center Conference Room at Ascension All Saints Hospital. *For more information, contact Sarah Jurkiewicz [sewi@IMFsupport.org](mailto:sewi@IMFsupport.org)*
- **Prostate Cancer Support Group (In person)**  
Meets the fourth Tuesday of each month from 5:30-7 p.m. in the Cancer Center Conference Room at Ascension All Saints Hospital. No Meeting in July or December. *For more information, contact Annette Matera 262-687-8597 or [annette.matera@ascension.org](mailto:annette.matera@ascension.org)*
- **Fit To Fight (In person)**  
A exercise program for patients currently undergoing cancer treatment, or cancer survivors who have recently completed treatments in our Ascension Wisconsin Cancer Care Centers. Classes are twice weekly. Patients receiving care through the Ascension Wisconsin Cancer Center may qualify for a scholarship: Includes a 3 month membership for the cancer patient and 1 support person. *For more information or to register: please call 262-687-4377*
- **Yoga Connection - All Saints (In person)**  
Eight week yoga class that is designed for cancer survivors at any stage, and if desired, a support person. The yoga sessions include: gentle stretching, low impact and restorative poses, relaxation techniques and guided meditation and breathwork. Fall session will run September 17th -November 5th on Tuesdays at 1:30-2:30 p.m in the multipurpose cancer conference room. Registration is required. *For more information, scan the QR code to the right or contact Kayla Thorne at [kayla.thorne@ascension.org](mailto:kayla.thorne@ascension.org) or 414-212-5171.*

### Milwaukee

- **Head and Neck Cancer Educational Series (In person)**  
A free comprehensive educational series for individuals with head and neck cancers. This five week educational series will be taught by experienced clinical staff and adapted to address the needs specific to cancer survivors with head and neck cancers. Meets one hour on Tuesdays from 4:30 p.m.-5:30 p.m. at Ascension Columbia St. Mary's Hospital Cancer Center Conference Room. This series will start September 10, 2024 and go through October 8, 2024. Topics that will be covered include:
  - Speech, dental and oral care
  - Nutrition, swallowing and feeding tube challenges - Cooking Demonstration included
  - Lymphedema and exercise
  - Smoking implications and cessation tips
  - Late and long term side effects

**Scan the QR code to learn more about Head and Neck Cancer Educational Series and to register!**



- **Live Well For Caregivers (In person)**  
Meets the fourth Wednesday of each month from 11:30 a.m.-12:30 p.m. in the garden level of the Radiation Oncology Department at Ascension Columbia St. Mary's Hospital. *For more information, contact Beth Garbe 414-585-1548 or [elizabeth.garbe@ascension.org](mailto:elizabeth.garbe@ascension.org)*



**Scan the QR code to learn more about yoga connection at All Saints and to register!**

# Within The Community

## Support Groups and Programs

### Fox Valley

- Yoga Connection - St. Elizabeth (In person)**  
 Eight week yoga class that is designed for cancer survivors at any stage, and if desired, a support person. The yoga sessions include: gentle stretching, low impact and restorative poses, relaxation techniques and guided meditation and breathwork. Fall session will run September 19th -November 7th on Wednesdays at 12:00-1 p.m in the Fowlers Conference Room 2 Registration is required. *For more information, scan the QR code or contact Kayla Thorne at [kayla.thorne@ascension.org](mailto:kayla.thorne@ascension.org) or 414-212-5171.*



Scan the QR code to learn more about yoga connection at St. Elizabeth and to register!

- The Cancer Support Group (In person)**  
 Patients and any support individuals able to attend this support group at Ascension St. Elizabeth in the Helen Fowler Board Room. This support group meets the first Monday of each month from 6-7 p.m. No Meeting in July or December. *For more information, contact [Heather.Roesch@ascension.org](mailto:Heather.Roesch@ascension.org) or [carrie.olm@ascension.org](mailto:carrie.olm@ascension.org)*



Scan the QR code to learn more about yoga connection at SE Mayfair Road and to register!

- Journey to Wellness (In person)**  
 Meets the first Wednesday of each month from 10-11 a.m. at the Chapel of Reiman Cancer Center. *For more information, contact [bianca.kramer@ascension.org](mailto:bianca.kramer@ascension.org)*
- Coping with Cancer Support Group (In person)**  
 Meets the third Tuesday of each month from 12:00-1 p.m. in the first floor lobby conference room. *For more information, contact Amanda Hanson 262-780-4255 or [amanda.hanson1@ascension.org](mailto:amanda.hanson1@ascension.org)*
- Prostate Support Group (In person)**  
 Meets the fourth Tuesday of each month from 5:30-7 p.m. in the fifth floor Conference Room 5B. No Meeting in July or December. *For more information, contact Leanne Walz [leanne.walz@ascension.org](mailto:leanne.walz@ascension.org)*
- Ostomy Support Group (In person)**  
 Meets the first Thursday of each month from 10:00-11 a.m in the fifth floor conference room A/B. For those who have a colostomy, ileostomy, urostomy or are anticipating ostomy surgery. Please RSVP by Monday the week of the meeting to Ashley Szmanda. For more information, contact Ashley Szmanda 414-447-2146 or [ashley.szmanda@ascension.org](mailto:ashley.szmanda@ascension.org).
- Yoga Connection - SE Mayfair Road (In person)**  
 Eight week yoga class that is designed for cancer survivors at any stage, and if desired, a support person. The yoga sessions include: gentle stretching, low impact and restorative poses, relaxation techniques and guided meditation and breathwork. Fall session will run September 9th -November 11th on Mondays at 5:30-6:30 p.m in the 5th floor conference room. Registration is required. *For more information, scan the QR code to the left or contact Leanne Walz at 414-256-1955 or Amanda Hanson at 262-780-4255*

# Within The Community

## Ascension Wisconsin is expanding A Time To Heal Program: Survivorship 101 to Southeastern Wisconsin



### What is A Time To Heal: Survivorship 101?

A Time To Heal: Survivorship 101 is a free in-person 9-week program designed to help cancer survivors of any cancer diagnosis regain their physical, emotional, and spiritual health after cancer treatment.

### Who can attend A Time To Heal: Survivorship 101?

This program is for individuals who have been diagnosed with any type of cancer. Each participant is encouraged to bring a caregiver or a support person. While we can help survivors during their treatment, regular attendance is essential to get the full benefit of the program. Most participants find it works best after treatment, when they feel able to attend most of the sessions. Even if your treatment ended months or years ago, if you are still struggling, please join!

### Who can I contact if I have any questions?

For any questions, contact The Cancer Prevention/Wellness and Survivorship Nurse Coordinator: Kayla Thorne at [kayla.thorne@ascension.org](mailto:kayla.thorne@ascension.org) or (414)212-5171

### What should I expect each week?

During this program you will work with trained facilitators and meet others who understand your journey. These weekly sessions provide evidence based advice on topics including nutrition, exercise, building resilience, and moving forward in the face of fear. Evidence shows attending Survivorship 101 reduces depression and anxiety, while increasing hope, resilience, quality of life and happiness.

### Where is this program being held and how do I register?

Currently, the sessions are held at Ascension facilities in the Fox Valley area and the Wauwatosa area. Scan the QR code below to register for one of the programs.



Register for Oshkosh



Register for Wauwatosa

# Within The Community

## Healthy Eating Active Living Program(HEAL)

### A free program for breast cancer survivors

HEAL is a free healthy eating and active living program sponsored by the American Cancer Society through Kohl's Cares. Each HEAL program is 10 weeks long and consists of health education, nutrition counseling and exercise classes from a registered dietitian and an oncology registered nurse/certified cancer exercise specialist. In-person classes will be held at the New Berlin YMCA. All participants are encouraged to bring a support person.

### If you met this criteria, you are able to attend Ascension Wisconsin's Healthy Eating Active Living Program:

- Breast Cancer patients/survivors between the ages of 19-80
- Diagnosed with stage I, II, or III breast cancer
- Currently on treatment or have undergone treatment within the last year
  - \*\*We are currently unable to accept breast cancer patients who are currently undergoing chemotherapy

### Ascension Wisconsin's Healthy Eating Active Living(HEAL) Program will offer breast cancer patients and their support person:

- Personalized exercise programming
  - Individual Pre- and Post- Postural Assessments by a certified cancer exercise specialist
  - Rental Garmin vivoactive fitness tracker watches
  - 90-minute group sessions at the New Berlin YMCA: consisting of 30 minutes of lecture and discussion related to physical activity and nutrition, followed by one hour of movement (stretching, lymphedema drainage exercises, resistance training, and aerobic activity)
  - Free 3 month YMCA household membership
  - One Forest Therapy Walk guided by a certified guide through the Association of Nature and Forest Therapy
- Personalized nutrition planning
  - Diet assessment/SMART goal setting by a registered dietitian
  - Education on how to read nutrition labels
  - Education utilizing American Cancer Society Book " What to Eat During Cancer Treatment"
  - Two teaching kitchen

If you are interested in joining or have questions about Ascension Wisconsin's Healthy Eating Active Living (HEAL) program, please contact Kayla Thorne, Cancer Survivorship Nurse Coordinator, at [kayla.thorne@ascension.org](mailto:kayla.thorne@ascension.org) or (414) 212-5171.



# Ascension



# Within The Community

## Get Your Rear In Gear- Milwaukee 5K Run/Walk

Join Ascension Wisconsin's Team as we sponsor The Colon Cancer Coalition to raise funds to support colon cancer. Funds raised at this event will stay in the local community to:

1. Remove barriers to screening for under and uninsured patients
2. Educate the public about early detection and screening options
3. Reduce financial burdens and support patients
4. Fund research to help fight and end colon cancer



**Scan the QR code to register for Ascension Wisconsin's Team**

**Date:**

**Saturday, September 21, 2024**

**Location:**

**Hart Park 7300 W Chestnut St Wauwatosa WI 53213**

**Event Schedule:**

**7:00 a.m. - Registration & Packet Pick-Up**

**8:30 a.m. - Opening Ceremony & Team Awards**

**8:50 a.m. - Kid's Fun Run**

**9:00 a.m. - 5K Timed Run & Untimed Memory Park Walk**

**10:00 a.m. - Post-Race Finisher Awards**



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