Faith, Spirituality and Breast Cancer

Many people with cancer look more deeply for meaning in their lives. They want to understand their purpose in life or why they got cancer. Spirituality means the way you look at the world and how you make sense of your place in it. Spirituality can include faith or religion, beliefs, values, and “reasons for being.”

What it Means to You

Being spiritual can mean different things to everyone. It’s a very personal issue. Everyone has their own beliefs about it. Some people find it through religion or faith. Others may be spiritual through meditating, teaching, volunteer work, or reading. It can mean something different for each person. Some people look for a sense of peace or bond with other people. Others seek to forgive themselves or others for past actions.

“I can’t handle everything on my own. But it’s real hard when I have my down times. And yet, most of the time, my faith gives me strength and some sense of peace.”

James

Your Values May Change

Many people also find that cancer changes their values. They make changes to reflect what matters most to them now. The things you own and your daily duties may seem less important. You may decide to spend more time with loved ones or do something to help others. Or you may take more time to do things in the outdoors or learn about something new. For some, faith can be an important part of both coping with and recovering from cancer.

Finding Comfort and Meaning

If you want to find faith-based or spiritual support, many hospitals have chaplains who are trained to give support to people of different faiths, as well as those who aren’t religious at all. You could also ask your health care team about local experts or organizations that help cancer patients and survivors.

Some ideas that have helped others find comfort and meaning are:

- Praying or meditating
- Reading uplifting stories about the human spirit
- Talking with others with similar experiences

continued on next page...
Beaumont’s Integrative Medicine Department combines the best of Eastern and Western medicine beliefs while complementing traditional medical practices. We offer programs and services to support healing and promote wellness at multiple levels – mind, body, and spirit. Our modalities are offered by highly skilled and specially trained practitioners who understand the unique needs of patients. All services are safe and do not interfere with medical treatment.

Acupuncture * Functional Medicine * Guided Imagery * Clinical Massage * Naturopathy * Reiki * Skin Care * Yoga Therapy

Do you have Chemotherapy Induced Peripheral Neuropathy (CIPN)? Many people experience numbness, tingling and burning in their feet and hands from CIPN. Clinical massage may help.

For information or to schedule an appointment call 248-964-9200
Grosse Pointe * Rochester Hills * Royal Oak * Troy * West Bloomfield

Related Resources:

Don’t miss our program,
The Healing Connection - Breast Cancer, Faith & Spirituality:
Wednesday, March 2 2:00 pm
Royal Oak Beaumont.
See page 6 for more information.

As you travel through life, you are bound to experience many unexpected difficulties. When you are handed a lemon, like the sourness of being told, “You have cancer”, it is possible to turn what may look like a disadvantage into an advantage.

Turning a sour experience into a good thing is possible, but it takes creativity and effort. You can make the best of your situation and take charge of your health. If cancer has left you with a bitter taste, learn to appreciate the sweetness it can also bring, like learning that you are much stronger than you thought. You just have to learn to take the bitter with the sweet.

When life gives you lemons, Make **pink** lemonade!
Q & A with Lisa D’Andrea, Nurse Navigator, Beaumont Troy

Do you ever leave the doctors office with your head spinning? Do you feel that you might not be sure you really understand all the information you were given? Do you have trouble listening to, understanding, or remembering what your doctor is telling you? Speaking to a nurse navigator might give you the help you need.

What is a nurse navigator?

- A nurse navigator can help you understand your plan of care and what to expect from your treatments and medications
- The navigator can guide you through each phase of your treatment plan, schedule appointments and answer questions
- The navigator helps you communicate better with your health care team
- A nurse navigator can introduce you to the services of the cancer resource centers, based on your individual needs

According to the American Nurses Association, the goal of a nurse navigator is “to make the complicated more understandable, the overwhelming more manageable and the overall health care experience more patient centered.”

What resources are available during treatment?
The nurse navigator is available to assess your needs and then help direct you to determine which additional resources and services can help you achieve your treatment goals and expedite the process.

I am having a lot of problems dealing with some of the emotional feelings that I have been having since I was diagnosed.
Many women find themselves overwhelmed and in need of assistance as they are struggling with the emotions that a cancer diagnosis can bring, while at the same time being expected to make key decisions and schedule appointments. The nurse navigator is someone you can turn to who will take the time to find out what is troubling you and which areas of the treatment plan you are finding most difficult. She can provide a quiet area for conversation and a safe place for you to express your feelings. The navigator is committed to meeting with you as often as you need.

What other ways can a nurse navigator help me?
The needs of a patient with breast cancer vary. It is often refreshing to have some one-on-one time with an expert who can provide a personalized experience and constant point of contact for you during treatment.

What about after my treatment is over? I still have questions? Can I still see a nurse navigator?
Absolutely! Once the relationship is formed between the navigator and the patient, the nurse navigator will remain your partner from the time of diagnosis, through treatment, survivorship and beyond. When your treatment is over, the navigator will be able to prepare a treatment summary and care plan for you and continue to assist you as your needs change.

How do I find a nurse navigator at Beaumont?
Anybody can walk into the Wilson Cancer Resource Center at any time to request an oncology nurse navigator. All the breast centers have nurse navigators who specialize in breast cancer and are trained specifically to work with you through your treatment. You can call also call the WCRC at 248-964-3430 and request to speak with a navigator. In Royal Oak, you can call the Cancer Resource Center at 248-551-1339 for additional resources.

http://www.beaumont.edu/cancer/centers-clinics/cancer-resource-centers
ALL Sharing & Caring events REQUIRE RESERVATIONS. Please call 248-551-8585 and let us know you plan to attend. If no one is available to take your call, a message with your name, phone number and which program you want to attend will complete your registration. If you do not reserve your spot, we will not be able to contact you in the event that we must cancel a program.

**Breast Cancer Support - There’s something just right for you!**

**STAGE 4 - A Group for Women with Metastatic Breast Cancer**  
Tuesdays, January 19, February 16 and March 15  6:30 pm - Royal Oak Beaumont  
This group provides an opportunity for women who have metastatic breast cancer to discuss the unique challenges and issues they face. Women with stage four breast cancer often feel unable to talk about their cancer. This format provides a safe arena to converse about what is on your mind and in your heart. You are welcome to attend one or all meetings. *Please note, this group is intended only for women diagnosed with Stage IV disease.*

**Never Alone - Peer to Peer Support Group**  
Thursdays, January 21, February 25 and March 17  1:00 pm - Royal Oak Beaumont  
After the storm of a breast cancer diagnosis and treatment you may be left with a lot of unanswered questions and feelings. Sometimes it’s just nice to talk to others who may be dealing with some of the same emotions. Topics of discussion will include dealing with fatigue, fear of recurrence, body image concerns, managing anxiety and finding a renewed sense of purpose. Meets in the Royal Oak Cancer Center 1st floor classroom.

**Rack Pack: Unique Issues for Young Women with Breast Cancer**  
Tuesdays, January 12, February 9 and March 8  6:30 pm

Are you looking to connect with other young women diagnosed with breast cancer? Our young survivors here at Sharing and Caring are joining forces with the Rack Pack at Gilda’s Club. This support group will focus exclusively on the unique issues and concerns specific to young women. From parenting young children, concerns about future fertility, managing careers, sustaining relationships, dating and intimacy, young women often have different experiences and can often feel especially alone and overwhelmed. Finding the right support group can bring strength and friendship as young women struggle to balance their personal and professional lives. Meets at the Gilda’s Clubhouse in Royal Oak. 3517 Rochester Road, Royal Oak, MI. Please call 248-551-8585 to let us know you’re coming.

**Breast Cancer Support Group**  
Mondays, January 18, February 15 and March 21  10:30 am - Troy Beaumont  
The sudden and unexpected changes that go along with a breast cancer diagnosis can be difficult to manage. This small group discussion led by Oncology Social Worker Laurel Martinez, LMSW, LCSW, OSW-C, provides an opportunity for women to discuss the unique challenges facing them as breast cancer survivors. Meets in the Wilson Cancer Resource Center 1st floor conference room, in the Physician Office Building at 44344 Dequindre Road, across the bridge from Beaumont Hospital, Troy.

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**Additional Programs**

**Take Charge of Your Emotional Health!**  
Thursday, January 7  6:30 pm - Royal Oak Beaumont  
Are you struggling from lingering negative emotions following a breast cancer diagnosis and treatment? If you are interested in learning some simple techniques that will help you take control of your emotional health and shift unwanted emotions and limiting beliefs, EFT might be for you. Emotional Freedom Technique (sometimes called Tapping) has been reported to successfully treat and remove negative emotions, food cravings and reduce or eliminate pain. Join us as we learn the simple self-administered technique from expert, Brenda Strausz. Meets in the Royal Oak Cancer Center 1st floor classroom.

**Angel Pillow Project Sewing Morning**  
Mondays, January 11, February 8 & March 14  12:00 pm - Gilda’s Club  
Gather with us for conversation, encouragement and community as we “give back” and help those who are in treatment. We will be making heart shaped pillows to help other women recover from the physical and emotional pain after breast surgery. We will provide all tools & materials, but donations of these items are always welcome. Don’t sew? Come anyway! We have things you can do. We will meet at Gilda’s Club, located at 3517 Rochester Road in Royal Oak.
Navigating your Path - Metastatic Breast Cancer & Clinical Trials: Tuesday, January 19  7:00 pm - Royal Oak Beaumont  Currently, there are no treatments guaranteed to cure metastatic breast cancer. We do know that numerous women go on to live many years, treating breast cancer as a chronic illness after a Stage IV diagnosis. New combinations of medications are being tested all of the time. With all of the new therapies under investigation for metastatic breast cancer, women often have many concerns and questions about what to expect. Join the discussion with Beaumont clinical trials experts to answer any questions and find out which clinical trials are currently open and enrolling metastatic patients. Meets in the Royal Oak Cancer Resource Center - Stage IV support group meeting to immediately follow.

Understanding Lymphedema - What You Need to Know: Thursday, January 21  7:00 pm - Royal Oak Beaumont  Lymphedema is a disorder of the lymphatic system that may develop following breast cancer surgery. It remains a concerning secondary complication of many breast cancer patients. It is important to know your risk and learn about preventative measures you can take. Dr. Justin Riutta, Director of Beaumont Lymphedema Clinic and Cynthia Tan, specialized lymphedema physical therapist will lead an interactive lecture and demonstration followed by strength and resistance exercises that you can do at home. Be sure to wear comfortable clothing and bring your questions. Meets in the Royal Oak Cancer Center 1st floor classroom.

Field Trip! Exercise and Wellness - Strengthen Your Body and Fight Cancer with Exercise: Tuesday, January 26  10:00 am - Troy Beaumont  The Beaumont cancer survivorship program is designed by physical and occupational therapists who specialize in cancer and are experts in cancer wellness, exercise and rehabilitation care. Join us for a field trip to take a tour of their state-of-the art exercise facility and learn more about creating your own individualized exercise plan, regardless of where you are in your cancer treatment. We will meet in the lobby of the Sterling Heights Rehabilitation and Dialysis Center, the building across the parking lot from (East of) the physician’s office building, 44300 Dequindre, Sterling Heights.

Managing the Fear of Recurrence - Learning to Live with Uncertainty: Thursday, February 4  6:30 pm - Royal Oak Beaumont  Fear of recurrence is a normal experience after a breast cancer diagnosis. Normally the fear fades in intensity as time passes but some survivors struggle with managing their anxiety long after their treatment is over. These feelings are very real and entirely normal. Learn strategies and coping skills that can help you overcome your worries with psychologist Dr. Patricia Plopa. Understanding how to manage these fears can help you feel more confident and secure about life after breast cancer. Meets in the Royal Oak Cancer Center 1st floor classroom.

Angel Pillow Party - Love is a Work of Heart! Monday, February 8  12:00 pm - Gilda’s Club  Volunteers are special people who offer their labor of love. The Angel pillow project, along with its pillow angels, has been able to create over 1,500 pillows to date to give away to others in need. Now it’s time to be recognized, enjoy the company of other like-minded women and have some fun! Join us as for a Valentine’s day event just for you! A special luncheon celebration awaits you. It’s our way of recognizing your hard work and dedication over the past year. We will meet at Gilda’s Club, located at 3517 Rochester Road in Royal Oak.

Take Charge of your Heart Health After Cancer: Thursday, February 11  4:00 pm - Royal Oak Beaumont  Heart disease and breast cancer are the top 2 causes of death for women. Radiation to the chest, chemotherapy, and hormonal changes can affect heart function during treatment and years later. Join us as Dr. Marandici discusses steps we can take to prevent heart disease and recognize early symptoms. We will also enjoy a tour of the Ministrelli Women’s Heart Center. Enter the hospital through the East entrance, and follow the signs straight back to the heart center. We will meet in the center’s lobby.

YOU MUST CALL TO RESERVE YOUR PLACE! Please call 248-551-8585 and let us know you plan to attend. If no one is available to take your call, a message with your name, phone number and which program you want to attend will complete your registration. If you do not reserve your spot, we will not be able to contact you in the event that we must cancel a program.
The Healing Connection - Breast Cancer, Faith & Spirituality:  Wednesday, March 2  2:00 pm - Royal Oak Beaumont
Breast cancer often brings both spiritual and emotional challenges. Sometimes, cancer can make you question your faith. Others may experience feelings of depression, questions of meaning and changes in behavior and goals. Spirituality and faith are important aspects of health and recovery. Many women find that spirituality, religion and prayer can help to reduce stress, promote a more positive outlook and will to live and improve quality of life. Renee Machiniak, chaplain with Spiritual Care Services will help us understand some of the spiritual issues related to a breast cancer diagnosis. Meets in the Royal Oak Cancer Center 1st floor classroom.

Metastatic Cancer and Alternative Therapies:  Tuesday, March 15  7:00 pm - Royal Oak Beaumont
Integrative medicine focuses on the whole person and offers a mind-body approach to cancer treatment. Many women with metastatic cancer use complementary therapies during treatment and beyond to ease the symptoms of recurrent disease, lessen side effects and improve their quality of life. Dr. Leslie Nicholas will join us to answer some of your questions about metastatic cancer and alternative therapies. Meets in the Royal Oak Cancer Center Resource Center - Stage IV support group meeting to immediately follow.

Don't forget to call 248-551-8585 and reserve your seat. If no one is available to take your call, a message with your name, phone number and the name of the program you plan to attend will suffice as your reservation. If you do not reserve your spot, we will not be able to contact you in the event that we must cancel a program.

The greatest resources that a nurse navigator can give to a patient is the nurse's time and support.
Lisa D’Andrea, RN, BSN, OCN, CN-BN, Nurse Navigator, Beaumont, Troy
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Please note that these are not Sharing & Caring programs and each event has separate contact information and phone numbers.

Silver Linings: Mindfulness Meditation and Yoga for female cancer survivors, and women at high risk for breast cancer. Tuesday evenings, January 26, February 2, 9, 16, 23 and March 1, 8 and 15 – 5:30 pm. Retreat date is Sunday, March 6th, 9:30 am – 5:00 pm) Registration is Tuesday January 5, OR Tuesday, January 12 at 5:30 pm at the Beaumont Health Center. Attendance at one of the two registration meetings is mandatory. Meets at the Beaumont Health Center on Coolidge Highway in Royal Oak. For more information about the program, please call Pam Jablonski at 248-551-4645, or email pamela.jablonski@beaumont.org.

Look Good Feel Better: This program is presented in conjunction with the American Cancer Society to help women who are currently undergoing cancer treatment to improve their appearance and self image by teaching them hands-on beauty techniques to overcome the appearance-related side effects of cancer treatments. Bring home a beautiful kit filled with new makeup, and learn some new scarf-tying tricks as well. Reservations for LGFB for Troy (10 am meeting time), or Royal Oak (6 pm meeting time) or Grosse Pointe (6:00 pm meeting time) must be made by calling the American Cancer Society at 1-800-227-2345. Meeting dates for Royal Oak and Troy are Mondays, January 11, February 8 and March 14. Grosse Pointe meets on Monday, March 7.

Beaumont Cancer Survivorship Clinic: First Tuesday of every month. We offer comprehensive, multidisciplinary visits and the flexibility to focus on any issues you may be facing. Nutritional counseling, social work assessment, mind body awareness, and sexuality concerns are just some of the issues we can help with. One of our goals is to provide guidance to live a healthy life after treatment, including lifestyle recommendations, nutritional counseling, wellness education and more. To schedule an appointment, or for more information, 248-964-5892 (Troy) or 888-924-9460, select option 6 (Royal Oak).

Thanks so very much!

Every year we ask for help (and often you offer before we’ve even asked!) from so many of you, so that we can bring you the best programs and events. Every year, you never fail to deliver.

Thanks so very much to all of you who organized fundraisers, donated time and talent, supported our fundraisers, or made a donation to Sharing & Caring. We really could not do it without you. Here’s to a wonderful year past, and looking forward to bringing you even more pertinent programming in 2016.

Confronting breast cancer with knowledge, support and hope...

The information in this newsletter is not intended as a replacement for medical care. The advice of your physician should take precedence in your health care matters.