

HOW TO REACH US

If you have any suggestions for topics, articles or just need to talk to us, please feel free to contact us. You can reach **LET'S TALK..... NEWSLETTER** at Forum Health's Cancer CareCenters by calling (330) 884-4152 or (800) 222-4603.

LOOK WHO'S TALKING?

*Written by Mary C. Morris, MEd., LSW, CCM
Adult Oncology Social Worker, NMC*

A diagnosis can be very difficult for patients and families to deal with. Oftentimes it prompts many people to give advice, take charge, or raise questions. The situation can be especially difficult when a patient has adult children with differing opinions. A parent may suddenly be deemed "incompetent" because they have a different approach to working with treatment and a physician.

Adult children may want to be protective of their parent knowing the diagnosis and prognosis. They may be looking for more aggressive treatment than the patient wants. Patients may try and protect their children or, hesitate to ask for help because they feel the children are "too busy" with their own lives and the grandchildren.

Generational approaches to physicians may be different. Sometimes parents, who have been raised to accept what a physician advises without question, may find it difficult to accept the adult child's need to question everything and seek multiple opinions and options. Culture may also play a part in how patients and adult children approach treatment.

While it is important during diagnosis and treatment for everyone to be comfortable and informed, it is equally important to keep lines of communication open and for family members to really listen to what the patient has to say. You may not always agree and everyone goes into treatment with different goals, but it will help to increase understanding among family members and provide the patient with the quality of life they may be hoping for during treatment.



Freedom is a possession of inestimable value.
-Cicero



FOOD SAFETY TIPS FOR BARBECUING

*Written By: Stacie Markel YSU, CPD Program
Reviewed By Preceptor: Diane Racz, R.D, L.D*

Now that the summer has sprung and the weather is rapidly getting nicer, the smell of grilling is in the air, as barbecues are gradually coming out of storage. Before you light the grill, make sure that you take some precautionary measures to ensure that you prepare your food safely. Use the following tips to properly prepare, cook, serve and store food when barbecuing.

Before Cooking:

- Wash hands thoroughly with soap and warm water for at least 20 seconds before, during and after handling all types of food, especially raw meat and poultry.
- Clean and sanitize all utensils and work surfaces before and after use. To prevent food-borne illness, don't use the same utensils and platters for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked foods.
- Keep meats, salads and perishable foods in the refrigerator until you are ready to use them. If food is being stored in a cooler, pack the cooler with ice or freezer packs.

During Cooking:

- Completely defrost meat and poultry before grilling so it cooks more evenly.
- Use the refrigerator for slow, safe thawing or pre-cook poultry in the oven and then place it immediately on the barbecue – this will decrease the amount of time that the poultry is exposed to the danger zone temperatures. The danger zone is the range of temperatures between 40°F-140°F. Bacteria grow rapidly in this temperature range and could cause food-borne illness.

- Use a probe thermometer to ensure that all meat and poultry have reached a safe internal temperature. Poultry should reach 170°, hamburger made of ground beef should reach 160°, and ground poultry 165°. Beef, veal, lamb steaks, roasts, and chops should reach 145°. All cuts of pork should reach 160°.
- **NEVER** partially grill meat or poultry and finish cooking later.

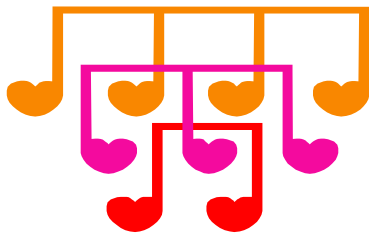
Serving the Food:

- When taking food off the grill, use a clean platter.
- Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.
- In hot weather, (90°F and above), food should never sit out for more than 1 hour.

Storing Leftovers:

- Keep serving bowls covered.
- Clean and sanitize all cooking and eating utensils and work surfaces.
- Promptly store leftovers in separate, shallow, covered containers in the refrigerator.
- Eat the leftovers within two days or discard.
- Reheat leftovers to an internal temperature of 165°.

Have a safe summer and keep grilling!



Music Moves ME! Let It Move YOU!

By Deborah M. Dashko, RN, BA, LPC, OCN, CPDS, CHES, HNC

Music is important to me! I like to use it personally and professionally. It can change a mood, lighten a moment, intensify a feeling and make you happy or sad. That's not just my opinion; it has been the subject of much research that has proved it to be therapeutic.

At the Cancer Care Center, we are trying to weave music throughout our program. Some days, when things get stressful for me, although I may be miles away from the Atlantic Ocean and at my desk, I can use music, sounds and guided imagery to take me there and provide a bit of relief. For that reason, I have incorporated it into I Can Cope and many other offerings.

Music has powerful therapeutic effects. Most everyone reacts to music in a positive way and wants to take part in music-related activities...I have seen this at our programs. Such techniques might include listening to live or taped music, writing a song for a loved one, or using it to accompany guided imagery. In the book, *Power of Music* by Susan Hallan, PhD she notes that music can induce multiple responses...physiological, movement, mood, and emotion, cognitive and behavioral. Music can be powerful "medicine." Scientific research supports the idea that listening to music can promote relaxation, reduce anxiety and pain, improve mood and appetite, and promote well being. Music can also aid physical therapy, improve energy levels, help encourage sleep, reduce nausea and vomiting and even boost immune function. I have witnessed patients, smile, laugh and sing in spite of pain and the seriousness of their illness. Other times they simply cry or finally relax.

Certain qualities of music such as speed, volume, rhythm, and pitch can influence the mind, body and mood. Slow, soft music with a regular rhythm and easy pulse can be used to relax before a treatment or control pain; while comfortably, loud music with a quick tempo and a lively loud beat would work to drive exercise and movement. The right type of music can be used to energize, relax, cleanse negative emotions, uplift and improve focus and creativity.

So don't wait around for our next program.....start using music to complement your life and cancer treatment.

THE WOUNDED SOLDIER

Submitted by Chaplain Jim Melik n, MS, RD, LD

The following story was told by the Sergeant Major of the Army Jack Tilley at a Soldiers Breakfast held at Red Arsenal, AL, and recorded by Chaplain James Henderson who is stationed there.

At Walter Reed Medical Center in Washington DC recently, the Sergeant Major of the Army, Jack Tilley, was with a group of people visiting the wounded soldiers. He saw a Special Forces soldier who had lost his right hand and suffered severe wounds of his face and the side of his body.

Sgt. Tilley wanted to honor him and show respect without offending him, but he wondered what he do or say in a situation like this. How do you shake the right hand of a soldier who has none? He decided to act as though the hand was not missing and gripped the soldier's wrist while speaking words of comfort and encouragement to him.

But there was another man in the group of visitors who had even brought his wife with him to visit the wounded who knew exactly what to do. This man reverently took the soldier's stump in both of his hands, bowed at the bedside and prayed for him. When he finished the prayer, he stood up, bent over the soldier and kissed him on the head and told him that he loved him. What a powerful expression of love for one of our wounded heroes! And what a beautiful example of one's faith! What kind of a man would do such a thing? It was the wounded man's Commander-In-Chief, George W. Bush; President of the United States.

Everyday presents opportunities for each of us to reach out and touch wounded individuals. There are all types of wounds that people experience in their lives. They include, but are not limited to physical, emotional, spiritual and relationships that are painful.

I challenge you to offer a wounded human being some type of encouragement through a smile, listening ear, word or a hug.

Being present with them for a moment can provide the support and hope needed to face their wounds with courage, and the faith to overcome.

Have a wonderful day. Chaplain Jim Melick



SIXTY SECOND JOY-BOOSTERS

*Submitted by Forum Health-EAP
Employee Assistance Program*

Think that you need to make a big change in order to be happier? Not so! Feeling joyful, lighthearted and excited about life doesn't require major or even minor soul-searching or a huge investment of time or money, says Chicago psychologist Fran Gross. In fact, scientists have discovered dozens of quick pick-me-ups that will have your spirits soaring in a mere minute or less. So the next time you need a happiness booster, try these tips:

Hum your favorite tune. A recent study has found that changes occur in our brain when we hum or sing, bringing about a shift in brain chemistry that calms stress and lifts our spirits. The change is similar to that of a "runner's high", without the extreme exertion. In fact, you feel euphoric because this change in brain chemistry unleashes happiness hormones which we call endorphins.

Drop a quarter on the street on purpose. There's a real "high" associated with doing nice things for others. In fact, researchers have found that small acts of kindness activate the pleasure centers of your brain--the very same parts that are stimulated by rewards like food or money.

Name the day. Hoping something "good" will happen today? Name the day "Hopeful". Or wanting something exciting to happen? Name the day "Excitement". Then as you go through your day, you'll automatically look for ways to make whatever you're wishing for come true. How does this make you happier? For starters, it infuses you with your chosen emotion, and that changes your outlook. Naming your day "Excitement", for example, enables you to face daily tasks with a sense of adventure. And calling a day "Laughter" opens the door to fun and lightheartedness. Doing this also gives you a sense of control over your day and studies how that the people who feel in control of their destinies are the happiest.