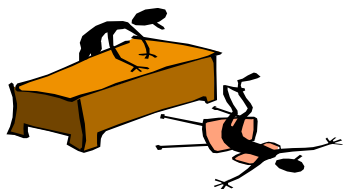


HOW TO REACH US

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.



HOLIDAY HELPS

Written by Mary C. Morris, MEd., LSW

Are you already getting yourselves overwhelmed by thoughts of the approaching holidays and the activities they bring? Feeling fatigued and worn out from treatments? Female patients can get a lift from attending a **"Look Good...Feel Better"** Program. Sponsored by the American Cancer Society, in collaboration with, the Cosmetic, Toiletry, and Fragrance Association, this free program is designed to help with appearance related side effects of cancer treatment. In time for the upcoming holidays upcoming programs will be:

Monday, November 15, 2004 (6-8 p.m.)
American Cancer Society Office
Canfield, Ohio

Monday, December 6, 2004 (6-8 p.m.)
St. Joseph Cancer Care Center
Warren, Ohio

Tuesday, December 7, 2004 (10 a.m.-12 p.m.)
St. Elizabeth's Medical Center-Boardman Campus
Boardman, Ohio

Call the American Cancer Society (330) 533-0546 to register.

Think about attending a **"Doing It Right-Healthy Eating as Part of Your Cancer Treatment"** program and get information about general nutrition as part of your treatment as well as helpful practical cooking tips.

Wednesday, November 10, 2004 (5:30-7:30 p.m.)
Beeghly Medical Park Community Room
Boardman, Ohio

Tuesday, November 16, 2004 (5:30-7:30 p.m.)
Trumbull Memorial Hospital
Warren, Ohio

Call the Forum Health Community Service Line (330) 884-4763 to register.

Log onto www.cancercare.org/enews for up to date information on CancerCare's links to a variety of telephone education workshops and helpful hints on coping with cancer and treatments.



BREATHTAKING FINISH LINE

Submitted by Chaplain Jim Melick

Ron Hutchcraft challenged my thinking recently with the following reflection about the Lewis and Clark expedition.

They were that bold group of explorers Thomas Jefferson sent to explore the largely uncharted Louisiana Purchase. The expedition, under the leadership of Captains Lewis and Clark, faced blazing heat, bone-chilling cold, close calls with vicious animals, attacking insects, the prospect of massacre by many Indian tribes whose land they were crossing, perilous passages, and even the death of one of their own. After a year and a half of paying a high price, Captain William Clark stood one day in the bow of his boat, pointed west up the Columbia River, and shouted, "Ocean in view!" Later he wrote in his journal: "Ocean in view! O the joy! Great joy in camp! We are in view of the ocean, this great Pacific Ocean which we had been so long anxious to see!"

I don't know what kind of struggle you've been through. I don't know what the hardships, the hurts, the disappointments, the efforts have been in your life. But I do know that when you see your great reward, you'll never think again about the great struggle to get there. Today's crushing troubles weigh in much lighter when you put heaven on the other side of the scale.

Each day I work with patients who are facing the end of life as we know it on earth. Death is staring them right in the face. Many of these patients share that they are looking at their breathtaking finish line. Heaven becomes more real to them and the things of the earth seem smaller and less important.

The closer you and I come to our finish line affects how we make today's choices. Chose today to be an encourager or friend to someone who needs a touch from another human being. Help others to approach their finish line with respect, dignity and peace. You can't fix the situation, but you can be present and let them know you care.

Death has no fear for the one who knows, beyond any shadow of a doubt, that heaven is on the other side. For one of these days, the long, hard journey will be over and you'll be shouting, "Heaven in view!"

Have a wonderful day. Chaplain Jim Melick

MAKE A DECISION TO HAVE MORE JOY IN YOUR LIFE

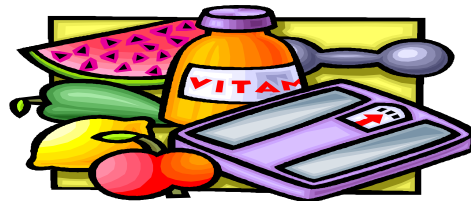
Submitted by Deborah M. Dashko, RN, BA, LPC, OCN, CHES, HNC, CPDS and a Patient

Recently, I have had some time to myself and pondered a question..... "Am I everything I have been meaning to be?" As I have gotten older, I am feeling a sense of clarity and appreciation. I make it a point to enjoy everything I do. I make the MOST out of life. I have come to realize that we cannot go back; that we cannot be what we once were. The whole point of aging, as I see it, is change. You are not the same as you were a decade ago and if you are lucky, you are not the same as last year. Your experiences exist to constantly teach you something new about yourself. Don't take any experience for granted. I feel nothing is happening out of order. You can't turn back the hands of time. Change happens in the now. Discovery of all you were meant to be is continual, if you're open to seeing it.

I remember reading a quote somewhere..... "We do not attract that which we want but that which we are." Are you not in love with your life? Then.....create something new. Change yourself, and then notice everything change. Open up a little, stretch out and have some fun. Decide to have more joy in your life. Create something

delightful to celebrate every month. Laugh more these days.....I mean throw your head back, knee-slappin' kind of laughter.

So many uncontrollable things happen around us each and every day. The least and most each of us can do is make sure we release something good into the universe regularly! I wish you joy!



DO YOU NEED A MULTIVITAMIN / MINERAL SUPPLEMENT?

Submitted by Shelly Watson RD LD CDE

Nutrition Experts agree that the Food Guide Pyramid offers a reliable and east-to-follow plan for healthful eating. Eating the "pyramid way" means choosing the appropriate number of servings and a variety of foods from each of the five Food Guide Pyramid food groups. This is generally the best way to get all the vitamins, minerals, and other nutrients you need. Challenge yourself with the following quiz to rate your eating habits.

On most days do you:

1) Eat 6 to 11 servings of grains (breads, cereal, rice, pasta, and other grain foods)?

One serving equals one slice of bread, ½ cup of rice or pasta, 1 ounce of cereal, or half a bagel.

Yes 3 No 0

2) Eat at least 2 servings of fruit?

One serving equals 1 piece of fruit, ½ cup of Chopped, cooked or canned fruit, or ¾ cup of fruit juice.

Yes 3 No 0

3) Eat at least 3 servings of vegetables each day?

One serving equals ½ cup of cooked Or chopped vegetables, 1 cup of raw, leafy vegetables, or ¾ cup of vegetable juice.

Yes 3 No 0

4) Generally eat the same foods every day?

Yes 0 No 3

5) Eat 2 or more servings of dairy foods such as milk, cheese, and yogurt each day ?

One serving equals 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 Ounces of processed cheese.

Yes 3 No 0

6) Eat 2 to 3 servings of lean meat, poultry, fish, dry beans, eggs, or nuts every day ?

One serving equals 2 to 3 ounces of cooked lean meat, poultry, or fish. One egg, ½ Cup of cooked beans, or 2 tablespoons of peanut butter count as 1 ounce of meat.

Yes 3 No 0

7) Frequently skip meals or miss out on one or more food groups for the entire day?

Yes 0 No 3

Score:

15 Points or More: Food Guide Pyramid Expert. *You know how to make wise food choices and get the variety of foods important for a healthy eating plan.*

9 – 12 Points: You're on your way... *You could be getting more nutrients by fine-tuning your food selections. For example, if you fall short in the grains group, try including at least one more serving of grains daily.*

0 – 6 Points: Keep trying ! *By making small changes, you can gradually improve your eating pattern. Review the Food Guide Pyramid guidelines. Focus on one food group at a time, and aim to eat the minimum number of servings for that group each day. And while food is the best way to obtain vitamins, minerals, and other nutrients, you may benefit from a multivitamin/mineral supplement if you are unable to eat from all the food groups.*

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RECIPES

MOZZARELLA-VEGETABLE CANAPÉS

½ cup carrots, finely chopped
½ cup radishes, finely chopped
¼ cup onion, finely chopped
2 tablespoons green bell pepper, finely chopped
2 tablespoons low-fat mayonnaise
1 tablespoon low-fat plain yogurt
1 clove garlic, minced
½ teaspoon salt (optional)
¼ teaspoon pepper
48 small rye crackers or melba rounds
4 ounces part-skin mozzarella cheese, cut into 48 small slices
Paprika

Preheat oven to 500°. Combine carrots, radishes, onion, green pepper, mayonnaise, yogurt, garlic, salt and pepper in a small bowl and mix well. Spread ½ tablesspon mixture on each cracker. Top with mozzarella slice and sprinkle with paprika. Place canapés onto a baking sheet and bake for 5 minutes.
Serve immediately. Makes 48 appetizers.

*The American Cancer Society's Healthy Eating Cookbook
© 1999 by The American Cancer Society*

CHICKEN-FRUIT SALAD

6 servings, about 1 cup each
Calories per serving: About 255.

3 cups Chicken, cooked, cut in chunky pieces
¾ cup Celery, chopped
¾ cup Grapes, red, halved, seeded
20 ounce can Pineapple chunks in natural juice, drained
11 ounce can Mandarin oranges drained
¼ cup Pecans chopped
¼ cup Salad dressing
1/8 teaspoon salt
As desired – lettuce leaves

- 1) Toss chicken, celery, grapes, pineapple, oranges, and 3 tablespoons of the pecans together lightly.
- 2) Gently mix salad dressing and salt with chicken mixture. Chill
- 3) Serve on lettuce leaves. Garnish with remaining pecans.

A Publication on Food and Nutrition by US Department of Agriculture