

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.



TOD CHILDREN'S HOSPITAL'S NEW LOCATION

*Submitted by Polly DeCarlo, LISW and Shari Harmon, RN
Pediatric Hematology Oncology*

October 4TH marked the open house for the staff and community to view the newly renovated Tod Children's Hospital (TCH). Located in the previously designated Mother/Baby unit on the third floor of Forum Health, TCH is a locked unit with 20 general pediatric inpatient rooms and four pediatric hematology/oncology inpatient rooms. The rooms are spacious and brightly decorated; each with its own bathroom, shower, and shelving area. Along with the television installed in each room; a play station/DVD/CD player will also be available in the future for each room. The pediatric Hem/Onc rooms have a small additional space separated from the inpatient room with swinging doors to provide a private seating area for parents and family members. The Pediatric Intensive Care Unit (PICU) is a separate unit with four inpatient rooms for those requiring intensive services. There is a playroom designated for the general pediatric patients and another for those patients with sickle cell, cancer, or blood disorders artfully sponsored by The Jessica Morehead Foundation for Hope which provided the furnishings, computers and decorations for this playroom. The central location of the nurse's station and the convenience of Pediatric Same Day Care down the hall has improved the coordination of treatment and services. The hallways are large and the atmosphere is bright and cheerful. We hope to provide many years of care and treatment for the children of the area in this pleasant setting.

HOSPICE: A JOURNEY OF HOPE

Submitted by Mary C. Morris, MEd., LSW

Hospice and Palliative Care focus on easing the pain and discomfort of a terminal illness and providing quality of life to both patients and families as they determine quality to be in their home setting. A multidisciplinary staff of physicians, nurses, aides, therapists, clergymen, social workers, and volunteers assists in providing for the medical, emotional, social and spiritual needs of patients and their support network. Staff members also help with discussing goals of treatment and end-of-life issues.

Hospice is generally recommended when care is no longer curative and life expectancy is six months, or less. While staff is not necessarily in the home on a daily basis, they are available by phone 24/7. Assistance is provided with medications and medical equipment. Care plans are tailored to the individual needs of each patient.

Forum Health provides Forum Health at Home Hospice to serve your needs. Staff can be reached at (330) 841-5487. General information on Hospice programs can also be obtained through the National Hospice and Palliative Care Organization at www.nhpco.org.



WALK A MILE IN MY SHOES: KEEPING THE CARE IN CANCER CARE

Submitted by Pam Stephenson, RN, MSN, CS, AOCN, CHPN

The CancerCare Centers of Forum Health held their Eighth Annual Seminar for Oncology Health Professionals entitled, "Walk a mile in my Shoes: Keeping the Care in Cancer Care" on October 13, 2006. This is an annual event that focuses on presenting important issues related to caring for cancer patients. Nearly 60 nurses, social workers, counselors and dietitians attended the five hour seminar which focused on the need to remember how overwhelming the cancer experience can be from the patient's point of view. Speakers offered information about communication and listening skills,

how to provide emotional support, being sensitive to cancer patient's needs, and other techniques that are important to the cancer caregiver. Information was provided to both adult and pediatric staffs. Through programs like these nurses are reminded of the most fundamental yet crucial elements of caring for patients in crisis. Forum Health remains committed to bringing healthcare professionals the information they need to provide this excellent cancer care.



HOW TO GET ALONG WITH PEOPLE

*Submitted by Rev. Jim Melick, ThD, BCC
Director of Pastoral Care, WRCS*

The following reflection by Ann Landers provides encouragement for all of us.

1. Keep skid chains on your tongue; always say less than you think. Cultivate a low, persuasive voice. How you say it counts more than what you say.
2. Make promises sparingly, and keep them faithfully, no matter what it costs.
3. Never let an opportunity pass to say a kind and encouraging word to or about somebody. Praise good work, regardless of who did it. If criticism is needed, criticize helpfully, never spitefully.
4. Be interested in others, their pursuits, their work, their homes and families. Make merry with those who rejoice; with those who weep, mourn. Let everyone you meet, however humble, feel that you regard him as a person of importance.
5. Be cheerful. Don't burden or depress those around you by dwelling on your minor aches and pains and small disappointments. Remember, everyone is carrying some kind of a load.
6. Keep an open mind. Discuss but don't argue. It is a mark of a superior mind to be able to disagree without being disagreeable.

7. Let your virtues speak for themselves. Refuse to talk of another's vices. Discourage gossip. It is a waste of valuable time and can be extremely destructive.
8. Be careful of another's feelings. Wit and humor at the other person's expense are rarely worth it and may hurt when least expected.
9. Pay no attention to ill-natured remarks about you. Remember, the person who carried the message may not be the most accurate reporter in the world. Simply live so that nobody will believe them. Disordered nerves and bad digestion are a common cause of backbiting.
10. Don't be too anxious about the credit due you. Do your best, and be patient. Forget about yourself, and let others "remember." Success is much sweeter that way.



BEATITUDES FOR FRIENDS OF THE AGED

*By Esther Mary Walker
Submitted by Janet Pence, Caregiver*

Blessed are they who understand my faltering step and palsied hand.

Blessed are they who know that my ears today must strain to catch the things they say.

Blessed are they who seem to know that my eyes are dim and my wits are slow.

Blessed are they who looked away when coffee spilled at the table today.

Blessed are they with a cheery smile who stop to chat for a little while.

Blessed are they who never say, "You've told that story twice today."

Blessed are they who know the ways to bring back memories of yesterdays.
Blessed are they who make it known that that I'm loved, respected and not alone.

Blessed are they who know that I'm loved,
respected and not alone.

Blessed are they who know I'm at a loss to find the
strength to carry the Cross.

Blessed are they who ease the days of my journey
home in loving ways.



I AM IN HEAVEN NOW

Unknown Author

Submitted by Janet Pence, Caregiver

I am in Heaven now. The gates have opened wide.
And now I have the privilege of walking by His side.

The choir is signing, and the music is so sweet.
I'll join them just as soon as I have worshiped at
His feet.

I am in Heaven now, and the blood-washed throne
is here. I recognize a lot of them, there's not a
single tear.

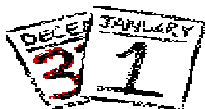
There's joy beyond description and reunions by the
score; There'll be no separation, for we'll be here
forevermore!

I am in Heaven now, please wipe away your tears.
I've fought the battle, run the race, I'm rid of all my
fears.

There is no pain or sorrow here; the heartaches
now are past; I've read and sung of Heaven, and
now I'm here at last!

I am in Heaven now, and oh, the place is grand! No
one could ever tell me all the beauties of this land.

Since I cannot describe it, you'll just have to come
and see that it was worth all the trails, to live here
eternally!



ON THE MOVE DURING THE HOLIDAYS

Submitted by Debbie Gilbert, MS RD LD

A healthy lifestyle choice that can reduce you and
your family's risk of cancer is to maintain a healthy
weight throughout life. With the holiday season

approaching and the risks of gaining extra weight
try these ideas:

I. Adopt a physically active lifestyle.

- Adults: Be at least moderately active for 30 minutes or more on five or more days of the week; 45 minutes or more of moderate to vigorous activity of five or more days per week may further reduce the risk of breast and colon cancer.

- Children and adolescents: Get 60 minutes per day of moderate-to-vigorous physical activity at least five days per week.

- Have fun and be fit: You can be active for at least 30 minutes by walking briskly, swimming, gardening, doing housework, and even dancing! The more you do, the better. If you have children, be active with them.

- It adds up: The 30 minutes of activity doesn't need to be continuous. Can you take the stairs instead of the elevator? Combine your daily activities and see how quickly they add up. Aim for 45 minutes or more as you become more fit.

- Start moving with a pedometer or step counter. It's a great motivator! Set a goal of 2,000 steps above your predetermined baseline and with healthy eating you could lose those extra pounds. (See www.americaonthemove.org for many ideas to add extra steps).

II. Watch your portions and downsize.

- Cut calories each day.
- Simply eat less of the foods you usually choose.

III. Strive for healthy eating.

- Eat five or more servings of a variety of vegetables and fruits each day.
- Choose whole grains instead of refined grains and sugars.
- Limit consumption of red meats, especially those high in fat and processed.

