



**February 2024**

## **Register Now for Free Symposium on Survivorship Issues**

*Moving Forward #24* is the theme of a free symposium for cancer patients/survivors, set for Saturday, March 16, 2024, 8:30 a.m. to 2 p.m., at the Easton Volunteer Fire Department, 315 Leonard Rieck Drive in Easton.

“This is a free educational conference focused on questions and issues faced by cancer patients, survivors and their loved ones along the journey of treatment, recovery and survivorship,” said **Rochalla Jones**, Oncology Nurse Navigator for the Cancer Center. “Who is a cancer survivor? You are a cancer survivor -- from the point of cancer diagnosis including throughout treatment, living with cancer and remission.”

Presentations at the symposium will address the following topics:



*Mindfulness and Emotions*  
*Late Effects of Chemotherapy Treatment*  
*Late Effects of Radiation Treatments*  
*Palliative Care*  
*The Importance of Proper Nutrition with Cooking Demonstration*  
*The Importance of Physical Exercise with Demonstration*

There also will be breakout sessions on *Sex & the Woman with Cancer* and *Sex & the Man with Cancer*.

Lunch is included, with a choice of two options:

- *Option 1*) Poached Salmon & Quinoa Salad with Feta, Olives, Pickled Red Onion, Cucumbers, Heirloom Cherry Tomatoes, Lemon-Olive Oil Vinaigrette, Organic Greens
- *Option 2*) Grilled Organic Chicken Breast, Wild Rice, Early Spring Market Vegetables, Fat and Happy Sprouts, Lemon-Olive Oil Jus

**Attendance is free but advance registration is required (including lunch selection – also, we’ll ask you for your t-shirt size) and seating is limited! Call 410-820-6800 by February 19 to register for yourself and one companion.**

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## **Update: Medical Oncology Hematology Services at the Cancer Center**

As of January 1, 2024, all medical oncology services are provided in the Cancer Center in unregulated space by Maryland Oncology Hematology (MOH). MOH providers see patients in their own office suite and provide laboratory and infusion services at the Center for their patients.

MOH providers **Dr. Benjamin Bridges, Dr. Ali Bukhari, Dr. Adam Goldrich** and **Dr. David Weng** have been treating Cancer Center patients for more than two years through UM Shore Medical Group. They are joined by additional MOH providers **Dr. Ravin Garg, Dr. Jason Taksey, Dr. Carol Tweed** and **Dr. Jeanine Werner**.

Patients currently or recently undergoing infusion have been notified by mail with detailed information on how this new arrangement affects their care. If you have any questions, contact Jeanie Scott, Director of Oncology and Breast Health Services, 410-820-6800 or [escott@umm.edu](mailto:escott@umm.edu).

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## Brice Joins UM Shore Medical Group – Radiation Oncology

**Kimberly Brice, DNP, MSN, RN** (shown at right) has joined UM Shore Medical Group – Radiation Oncology, where she works closely with radiation oncology providers and patients in coordinating care plans and helping patients understand their cancer diagnosis and stage; triaging acute issues; coordinating care with subspecialty providers; and managing patients with treatment-related toxicities. She also sees patients whose cancer is in remission, participates in clinical trials' toxicity assessments, and supports the Clinical Trials nurse in reporting requirements.



Brice been a nurse for two decades and has specialized in oncology for more than five years. Her educational credentials include two master's degrees in nursing with concentrations in Clinical Nurse Specialty and Adult/Gerontology Nurse Practitioner, and a doctoral degree in Nursing Practice with a concentration in Advanced Clinical Practice.

Brice holds multiple memberships in multiple professional organizations, including the Oncology Nurse Society, the American Society of Clinical Oncology, the American Academy of Nurse Practitioners and the Nurse Practitioners Association of Maryland.

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## Bosom Buddies Charities Provides Gift for Clark Comprehensive Breast Center

Bosom Buddies Charities recently presented a gift of \$135,000 to benefit the Clark Comprehensive Breast Center.

This generation donation will fund the purchase of a state-of-the-art ultrasound machine that produces the clearest, deepest imaging available, reducing the incidence of false negative biopsies. The gift also will support the purchase of a new surgical headlamp that produces the brightest white light available.



“The enhanced imaging that we receive from the new ACUSON Sequoia ultrasound machine will allow for even earlier detection of breast cancer,” said **Roberta Lilly, MD**,

Medical Director of the Clark Comprehensive Breast Center. “We are deeply grateful for the ongoing generosity of Bosom Buddies Charities that has benefited our breast care program and our patients.”

Bosom Buddies Charities was established in 2006 by the late Susan Ponchock, who passed away in 2021. Since its founding, the organization has raised over \$2 million in support of Ponchock's mission to assist women in our region in obtaining quality breast health care.

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## Early Detection is the Best Prevention!

Special thanks to all Cancer program team members and volunteers, community partners and survivors who supported the Clark Comprehensive Breast Center's activities during Breast Cancer Awareness Month in October.

From the "pink ribbon trees" in Easton and Chestertown, to informational presentations hosted by area churches and nonprofit organization throughout the region, to the Pink Pumpkin Fundraiser conducted by Forever Media, to awareness walks (co-sponsored by YMCAs of the Chesapeake in St. Michaels, Denton and Easton), to video interviews with survivor **Bonna Nelson** and providers **Roberta Lilly, MD** and **Rashmi Benda, MD**, this was the busiest Breast Cancer Awareness Month ever!

**But don't forget: Breast cancer awareness is not limited to the month of October!** Screening mammograms are available by appointment all year in these convenient locations: the Diagnostic & Imaging Center in Easton; the Leh Women's Center in Chestertown, and UM Shore Medical Pavilions in Cambridge, Denton and Queenstown.

**To make an appointment at any of these locations, call 443-225-7474.**



Breast Cancer Awareness Month 2023



## Mums Sale Nets Nearly \$1,000 for Survivorship Support

The Cancer Center's recent fundraiser, the Mums Sale, netted \$981 to benefit Moving Forward #24, the spring symposium planned for cancer patients and survivors on March 16, 2024.

"We are so grateful to Garden Treasures of Easton for making this sale possible," said **Rochalla Jones**, Nurse Navigator for the Cancer Center. "We hope to resume the mums sale as an annual fundraiser that grows in size and revenue as time goes by."

Shown in the photo, **Rochalla Jones**, Garden Treasures owner **Amy Brown**, and **Jeanie Scott**, Director of Oncology and Breast Health Services are shown at



Garden Treasures. Brown, who is the daughter of **Robin Ford**, Nurse Navigator for the Clark Comprehensive Breast Center, provided the mums at cost and delivered them to the Cancer Center for pick up.



## Support Updates

By Patty Plaskon, PhD, LCSW-C, OSW-C, APHSW-C  
Outpatient Oncology Social Work Coordinator  
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### SPOTLIGHT ON: SPIRITUAL SUPPORT

Spirituality can include religious, spiritual, cultural or deeply personal experiences that provide hope and meaning in your life. Your preferences about what is important in terms of religious customs or family traditions may become more apparent to you during your treatment. You may find spiritual support helpful as you celebrate your beliefs, develop them further, or perhaps even struggle with beliefs and fears.

By providing time and space to reflect on important issues, Spiritual Support can be particularly comforting, informative and even healing. Oncology social workers provide private conversations, listening and connection to resources. We can help you identify what you need to make sense of what is happening - not just to your body, but to your lifestyle, your family life your goals and your future.

Spiritual Support can take many forms, including:

- *Submitting prayer requests*
- *Speaking with a Chaplain or someone trusted from a certain faith tradition*
- *Making room in your life for prayer, spiritual development or connection with God/your Higher Power or the Sacred.*
- *Locating a congregation to join for worship, healing or teaching (live or online)*
- *Using Prayer or Meditation Apps*
- *Connecting/reconnecting with a particular religious tradition*
- *Giving back your talents, volunteering*
- *Working with clergy or a counselor about issues involving forgiveness, anger or grief*
- *Identifying the legacy that you wish to be known for*
- *Participating in meditation practices*
- *Discussing end-of-life wishes*

If you would like to start or renew attendance at a church, find fellowship, or just talk to a chaplain, pastor, elder, rabbi, other religious leader or a spiritual guide, the Oncology Social Worker can help connect you with someone in your area. Call 410-820-6800 or email [pplaskon@umm.edu](mailto:pplaskon@umm.edu)

### SPOTLIGHT ON: RESILIENCE, INSPIRATION AND HOPE

Some people seem to be naturally resilient, but resilience also can be learned and developed into a strength, through support group meetings as well as individual therapy sessions.

Resilience requires learning from traumatic events, or experiences. Helpful strategies include focusing on the controllable, reframing events, countering negative self-talk and managing stress. It may help to talk to a counselor, or spiritual leader/clergy person, or to others who have been through similar experiences.

A good resource on resilience is Resilience: Meaning, Types, Causes, and How to Develop It ([verywellmind.com](http://verywellmind.com)) and there also are good readings on the topic. For example:

- *The Light We Carry, by Michelle Obama*
- *When Bad Things Happen to Good People, by Harold Kushner*
- *Crushing, by T.D. Jakes*
- *God Will Carry You Through, by Max Lucado*
- *The Comeback: It's Not Too Late and You're Never Too Far, by Louie Giglio*
- *When God Doesn't Fix It, by Laura Story*
- *Living with Confidence in a Chaotic World: Certain Hope in Uncertain Times, by David Jeremiah*

\*Books may also be available as audiobooks. Some authors also offer study guides, online videos or Apps.

### SPOTLIGHT ON: SUPPORT GROUPS

**CARES Patient Support Group**

*1st & 3rd Thursdays, 5 to 7 pm*

3rd Wednesday, 1 to 3 pm

Cancer can bring both expected and unexpected changes into your life. Joining others with shared experience who can listen and understand the questions, daily challenges – and triumphs – of a cancer journey can be a powerful opportunity for insight and gaining new skills. You will learn from others, but also gain satisfaction from helping others by sharing what you have learned along the way. Enjoy open and honest discussions and even some laughter.

### CARES Family & Caregiver Support Group

1st Saturday, 9 to 10:30 a.m.

Most caregivers do not have to provide hands-on care but do take on new roles and responsibilities when a loved one is going through cancer treatment. Finding balance between helping others, trying to keep life “normal”, being strong and taking care of yourself can be a challenge. Participants usually feel hesitant to attend because they are already so busy, but report they leave feeling refreshed and relieved. Discussions are positive, supportive and confidential.

#### A FEW NOTES:

- You may attend any support group meeting “virtually” as well as in person; contact Patty Plaskon as above for instructions.
- We are in the process of forming a **Prostate Cancer Support Group** that we anticipate will begin meeting in April; if you are interested, please contact Rochalla Jones, BSN, RN, Nurse Navigator, as below.
- We also can provide links to cancer-specific support, online groups or matching with a trained mentor.

#### BACK ON THE “ROAD TO RECOVERY” WITH ACS

The American Cancer Society’s Road to Recovery program is up and running in our area. Through this program, cancer patients in need of transportation for oncology appointments or treatments are matched with volunteer drivers who provide transport free of charge. ACS is also always looking for more volunteer drivers; to learn more, visit this link: [Road To Recovery \(cancer.org\)](https://www.cancer.org/road-to-recovery)



### Survivorship Update

By Rochalla Jones, BSN, RN  
Oncology Nurse Navigator  
410-822-1000, ext. 5096, [rochalla.jones@umm.edu](mailto:rochalla.jones@umm.edu)

The Cancer Center’s Survivorship Program is here to support you on your path of healing, recovery and wellness. We focus on helping you with side effects of your cancer and treatment; monitoring for recurrent cancer and screening for new cancer; and reducing the risk of cancer recurrence by adopting healthy lifestyle behaviors.

**What can we help you with?** Here are some examples:

- Body image
- Sexual dysfunction
- Bowel and/or bladder dysfunction
- Fatigue and/or weakness
- Pain
- Sleep problems
- Shortness of breath
- Memory loss, cognitive issues
- Depression, anxiety
- Fear of cancer recurrence
- Swelling in arms, legs (lymphedema)
- Numbness, weakness or pain in arms, legs (peripheral neuropathy)
- Speech, swallowing, eating problems
- Completing your Advance Directives

If you are experiencing any of these issues (or others not listed above), please contact me as above. There are many resources available and I am here to help!



## Clinical Trials Update

*By Nina Weisenborn, BSN, RN, OCN®, CCRC  
Clinical Research Nurse  
410-822-1000 ext. 2300, [CWeisenborn@umm.edu](mailto:CWeisenborn@umm.edu)*

The Cancer Program is a partner in advancing the understanding and treatment of cancer through clinical trials and research studies of cancer patients. The goal of these studies is to find the best ways to treat, diagnose and prevent cancer so that people can live better and longer. At present, we are excited that 11 clinical trials are in progress, enrolling more than 27 of our patients. These trials are available to qualifying patients with breast, colon, lung and prostate cancer.

Shore's clinical trials investigators are: oncologists **Adam Goldrich, MD, Benjamin Bridges, MD** and **Ali Bukhari, MD**; breast care providers **Roberta Lilly, MD** and **Jo-Ayne Kerry Turner, NP**; and radiation oncology providers **John Mastandrea, MD, Rashmi Benda, MD** and **Kimberly Brice, NP**.

In September 2023, Clinical Trials also welcomed new team member, **Margaret Ferski-Caraballo, MS, BSN, RN**, Clinical Research Nurse (shown at right). In this role, Margaret supports the clinical trials process, including: regulatory and compliance; identifying, educating and caring for patients on a clinical trial; collecting data and reporting to sponsoring organizations.



Our Clinical Trials Program also has three national cooperative group affiliations, as follows:

- The ECOG-ACRIN Cancer Research Group, <https://ecog-acrin.org/>
- The Alliance for Clinical Trials in Oncology, <https://www.allianceforclinicaltrialsinoncology.org/>
- NRG Oncology, <https://www.nrgoncology.org/>

If you are interested in learning more about Clinical Trials, please call or email me, as above.

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*Thriving & Surviving is published twice annually on behalf of the Cancer Program at UM Shore Regional Health.*

*If you have questions about cancer care or support services offered through the Cancer Program, please contact Jeanie Scott, Director, Oncology Services, [escott@umm.edu](mailto:escott@umm.edu) or 410-820-6800.*