

February 2023

Cancer Center, Breast Center Welcome New Providers



The Cancer Program has welcomed two new providers in recent months, Rashmi Benda, MD, Radiation Oncologist, and Jo-Ayne Kerry-Turner, MSN, FNP, who sees patients in the Clark Comprehensive Breast Center.

As Medical Director of the Requard Radiation Center, **Rashmi Benda, MD** (*left*) will work closely with **John Mastandrea, MD**, Chief of Radiation Oncology at UM SRH, to further develop the robust clinical program at the radiation therapy center with state-of-the-art technology, including brachytherapy and stereotactic radiation services.

Dr. Benda also has joined the faculty of the Department of Radiation Oncology at the UM School of Medicine. In this capacity, she will further define and implement processes to ensure that UM SRH remains fully integrated into the UM SOM radiation oncology program, the UM Greenebaum Comprehensive Cancer Center at UMMC and the UMMS System.

Working with Dr. Mastandrea, **Mark Mishra, MD**, Associate Director of the UM Cancer Network and Director of Radiation Oncology Clinical Research, and other members of the Clinical Trial Research leadership team, Dr. Benda will promote and grow existing radiation oncology clinical trials and research protocols.

Dr. Benda is a board-certified radiation oncologist with more than 24 years of clinical experience in both private practice and academic settings. She received her medical degree from the University of Miami's Leonard M. Miller School of Medicine, and completed an internal medicine internship at the Sinai Hospital of Detroit and a radiation oncology residency at Wayne State University, also in Detroit. Dr. Benda's areas of expertise include clinical radiation oncology, clinical trials, and establishing and growing multidisciplinary clinics in academic and community-based cancer centers. She most recently worked for Baptist Health South Florida where she served as Chief of Breast Services at the Lynn Cancer Institute Radiation Oncology Department.

Jo-Ayne Kerry-Turner, MSN, FNP (*right*) joined the Clark Comprehensive Breast Center team after more than 15 years as a provider with Chesapeake Healthcare in Salisbury, Md.

Prior to her position with Chesapeake Healthcare, Kerry-Turner served as an emergency department nurse for both UM Shore Medical Center at Dorchester (2003- 2006) and Peninsula Regional Medical Center/Tidal Health in Salisbury (2002- 2003). Early in her career, she worked in oncology and medical-surgical nursing at McCreedy Hospital in Crisfield, Md.

She earned her undergraduate degree from Salisbury University and her MSN and nurse practitioner certification from Wilmington University. To the Breast Center, she brings experience in providing coordinated care with multi-disciplinary specialists to diverse populations.



Chestertown Mammography Patients Being Scheduled Elsewhere Due to Equipment Replacement

Due to an unforeseen construction event, mammography equipment at the Eleanor and Ethel Leh Women's Center at UM Shore Medical Center at Chestertown is non-operational. The nine-year-old mammography machine is being replaced with new, state-of-the-art equipment.

While the new mammography machine is being acquired and installed, patients are being directed to UM SRH breast imaging sites in Denton, Easton and Queenstown for screening and diagnostic services. This service downtime is anticipated last three to four months, with the goal of having the new equipment operational by May 2023.

Nelson Goldberg, MD, will continue to see patients in the Leh Women's Center, and DEXA scans may still be scheduled at this location.

Thank you for your understanding as we work to bring this new state-of-the-art equipment online. To schedule imaging services throughout the five-county region, please call 443-225-7474

Bosom Buddies Charities Supports Breast Center Campaign



SRH Oncology Services Director Jeanie Scott, Bosom Buddies' Chair Claudia Boldyga, Breast Center Medical Director Roberta Lilly, MD, Memorial Hospital Foundation staff members Mary Windsor and Stephanie Bryan, and SRH President and CEO Ken Kozel.

During the last week of Breast Cancer Awareness Month in October 2022, Bosom Buddies Charities presented a gift of \$28,000 to UM Memorial Hospital Foundation to benefit the Clark Comprehensive Breast Center. The donation, which was presented by Bosom Buddies Charities Chair Claudia Boldyga, will support the purchase of a new Terason ultrasound system used in diagnosing breast cancer and other breast conditions.

“Over the past ten years that Bosom Buddies Charities has provided support to the Clark Comprehensive Breast Center, their donations have totaled more than \$208,000,” said UM SRH CEO and President Ken Kozel. “We are proud that while the rate of breast cancer in our region is higher than the state-wide rate, the survival rate is also higher and we are so grateful to Bosom Buddies for the support that has helped make this possible.”

Sharon Loving, LCSW-C, Honored for Cancer Support Group Leadership Over the Years

Sharon Loving, LCSW-C, Clinical Social Worker, was recently recognized by the Cancer Center team for her many years of service leading cancer support groups.



"Sharon facilitated our patient support group as a private contractor for over 15 years," said **Patty Plaskon, PhD, LCSW-C, OSW-C, APHSW-C**, Outpatient Oncology Social Work Coordinator. "She would come to the Cancer Center after working a full day with Compass Hospice in Queen Anne's County to facilitate our group, which met on the first and third Thursdays from 5 to 7 p.m. She rarely missed any sessions all those years and also provided short-term counseling for patients who weren't sure group was the right fit for them. When she retired from her Hospice position, Sharon continued to facilitate our group and provide support both virtually and in person. She was a beacon of light and wisdom to many who didn't know how they would put the pieces back together after cancer."

"Witnessing the camaraderie and the genuine caring for one another in every meeting has been so humbling," said Loving, shown here (*center*) with **Jeanie Scott**, Oncology Services Director, and Patty Plaskon. "For me, facilitating has been about creating and holding a safe space for asking questions, for sharing, comforting, encouraging each person to participate at their own comfort level. They were not therapy groups; but I like to say there were plenty of therapeutic moments. I was privileged to have seen so many shy individuals grow in their confidence and practically lead the group! We laughed together;

we celebrated together; we cried together. I will be forever grateful for being able to have been a part of it."

February 4 was World Cancer Day, so this month is a good time to learn more about various kinds of cancer. Check out these UMMS resources to educate yourself and others!

Uterine Cancer: <https://bit.ly/3wSh5BL>

Colorectal Cancer: <https://bit.ly/3wWFtIG>

Lung Cancer: <https://bit.ly/3wPNYPx>

Pancreatic Cancer: <https://bit.ly/3Rt1nGK>

Head and Neck Cancer: <https://bit.ly/3YmWK38>

Testicular Cancer: <https://bit.ly/40nvhAq>

Skin Cancer: <https://bit.ly/3Ykavjb>

Breast Cancer: <https://bit.ly/3Jz18bd>

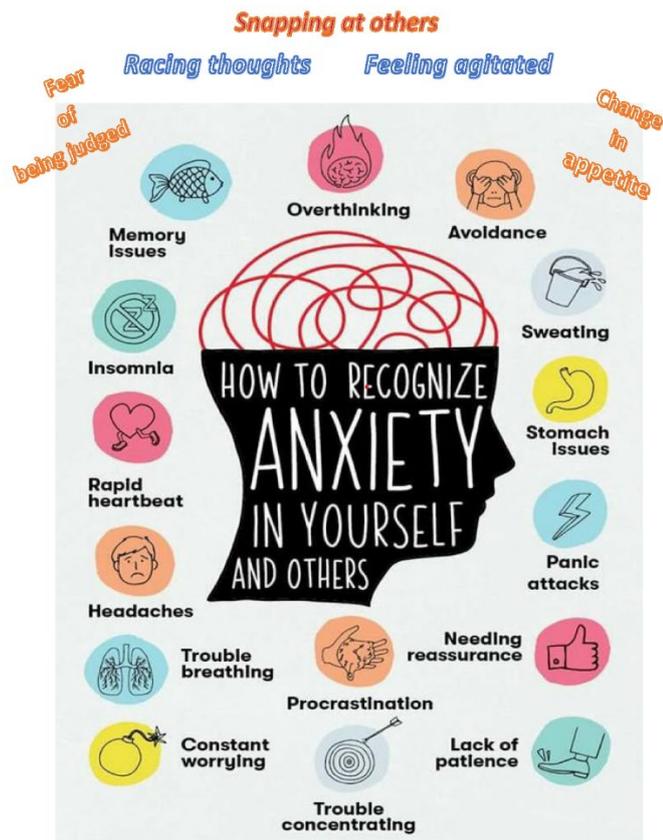




Support Update

By Patty Plaskon, PhD, LCSW-C, OSW-C, APHSW-C
Outpatient Oncology Social Work Coordinator
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The Cancer Program offers anti-anxiety classes for cancer patients, their partners and caregivers!



Contact our Oncology Social Worker

Patty Plaskon, PhD, OSW-C
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ACS GRANT FUNDS TRANSPORTATION FOR CANCER PATIENTS IN NEED

The Cancer Program has received a grant funding from the American Cancer Society (ACS) in the amount of \$3,000 for a one-year period to help patients in need with financial assistance for transportation to and from treatment. These funds will be available effective April 1, 2023.

The funding will enhance our ability to help patients facing transportation barriers and unusual costs involved in travel for their treatment. Our receptionist, social worker and nurse navigator work with other UMMS facilities and transportation providers when patients face complicated schedules or a lack of resources. The grant will help us fund creative solutions for those situations on a case-by-case basis; for information about how to access obtain funds to help pay for transportation for your cancer treatment, please contact me, as above.



Clinical Trials Update

By *Nina Weisenborn, BSN, RN, OCN®, CCRC*
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CLINICAL TRIALS: WHAT YOU NEED TO KNOW

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 14 clinical trials are in progress, enrolling more than 40 of our patients. These trials are available to qualifying patients with breast, colon, lung, endometrial and oropharynx cancer.

Shore's clinical trials investigators are: oncologists **Adam Goldrich, MD** and **Benjamin Bridges, MD**; urologist **John Foley, MD**; breast care provider **Jo-Ayne Kerry Turner, NP**, and radiation oncologists **John Mastandrea, MD** and **Rashmi Benda, MD**.

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.



Survivorship Update

By *Rochalla Jones, RN, BSN, Oncology Nurse Navigator*
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YMCA IN EASTON SUPPORTS PATIENTS ON WELLNESS JOURNEY



For many patients in treatment for cancer, and those who have completed treatment as well, maintaining or regaining their physical strength, mobility and flexibility is a challenge that can seem overwhelming.

The Cancer Center team is very grateful to have a wonderful partner to help patients meet this challenge – YMCA of the Chesapeake. **Barbara Jarrell**, certified LiveSTRONG instructor at the Easton Y (*shown at left*) offers a 12-week fitness program for cancer patients and survivors for a few years now. YMCA fitness trainer **Tom Stanford** (*shown with Jarrell*), who has completed the specialized training required to teach the LiveSTRONG program, also provides classes.

“When somebody goes through cancer treatment, they'll have fatigue, muscle loss and difficult emotions,” says Jarrell. “Getting them moving again helps to really get their lives back. Their stamina improves, their endurance is better, they're getting stronger and they're starting to feel more like themselves. When they begin to get active again, they start to feel more positive about the future.”

The LiveSTRONG program is open to cancer survivors and patients whose physicians have cleared them to exercise.

In January 2023, the Cancer Center organized a special one-session yoga program for patients and survivors offered free of charge by YMCA of the Chesapeake Yoga instructor **Paul Gilmore** (*shown at right with me and Barb Jarrell*). The session attracted 12 participants, ranging in age from mid-30s to mid-70s. It went very well and we received positive feedback from the participants, so we hope to be able to offer it again at some point in the future. In the meantime, many thanks to Paul for teaching this trial class and helping participants explore the benefits of yoga.



Reminder:

Masks are still required for all patients, care partners, staff and visitors to the Cancer Program, UM Shore Medical Group - Oncology and the Clark Comprehensive Breast Center, as well as in the hospital. ***Please bring your mask with you*** when you come to us for any treatment or appointment.

Additionally, we request that any patient coming for consultation or treatment be accompanied by ***no more than two care partners***.

We appreciate your cooperation in helping us maintain a safe and efficient environment that facilitates the best cancer care.

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 or 410-820-6800.