

THRIVING *and* SURVIVING



Medicare Open Enrollment is just around the corner!

The Medicare Open Enrollment period is **OCT 15 - DEC 7**. It is important to review annually, as the plan costs often change from year to year. This could affect your out of pocket expenses. Reviewing your plan, or enrolling in a plan (if you do not have one now) can save you money!

WHAT DOES OPEN ENROLLMENT MEAN FOR ME?

This is **your** opportunity to find the best coverage for your medical care for **2020**:

- If you have **Medicare Advantage**, you can *switch back* to Original Medicare during Medicare's Fall Open Enrollment.
- Find a **Supplemental insurance plan** –(also known as Medigap) to cover your Medicare deductible and the 20% of charges not covered by Medicare Parts A&B
- You may want more choices and options for where you receive your care
- You may be taking more or different drugs that effect your costs
- **Change drug plans** (called Part D) - or add Pharmacy coverage if you don't have it

WHO CAN HELP ME?

For one on one, in-person help choosing a plan or applying for financial assistance, contact your county's local *Senior Health Insurance Program* (also called **SHIP**).

Caroline - 410-479-2535

Dorchester - 410-221-1930 x 141

Queen Anne's - 410-758-0848

Talbot - 410-822-2869 x 231

Kent - 410-778-2564

Still have questions? Call one of our social workers @ Shore Regional Cancer Center (410) 820-6800.

Nutrition Corner

With the holidays approaching:

Coping with taste alterations:

Cancer treatment, dental problems or the cancer itself can cause changes in the way you taste and smell foods. Sometimes foods have less taste or certain foods (like meat) may taste bitter or metallic and no longer appeal to you.

Here are some things you can do to deal with taste alterations while you're going through treatment:

- Eat small, frequent meals and healthy snacks
- If meat does not taste good, look for alternative protein sources, such as eggs, dairy, beans, peas, nut butters, seeds and high protein breads and pasta
- If food tastes metallic, use plastic utensils and avoid using canned foods
- Add lemon juice or vinegar to vegetables to mask metallic or bitter tastes
- Eat meat with something sweet, such as cranberry sauce, jelly or applesauce
- Use sour foods such as cranberries, cranberry juice, sauerkraut, pickles and pickled beets
- Use foods with strong flavors, such as onions, garlic and feta or parmesan cheese
- Consider rinsing your mouth with a mixture of 4 cups water, 1 teaspoon of baking soda and 3/4 teaspoon of salt throughout the day to reduce unpleasant tastes

Remember...



October is
National
Breast Cancer
Awareness
Month



October 2019 Survivorship Resources

****CARE GIVERS COFFEE****

1st Saturdays 9-10:30am

Support for anyone who lives with, lends a hand or listens to someone going through cancer.

Facilitated by: Patty Plaskon, PhD, LCSW-C

For information call:

(410) 820-6800

Breast Cancer: SOS-Survivors Offering Support

Trained breast cancer survivor volunteers offer their support and knowledge to patients during or after treatment.

We would love to have you become a part of our team!

Inquire about the next training date.

For Information call:

Edla Coleman, SOS Coordinator (410)822-1000 ext 7155

Women Supporting Women Breast Cancer Group

Groups are held on the 4th Tuesday of the month at 6:30pm at the Christ Episcopal Church in Cambridge.

For Information call:

Sue Todd (410) 463-0946 or (410) 228-3161

CARES Patient Support Group

Group held on the 1st and 3rd Thursday of every month from 5pm to 7pm at the Cancer Center.

For Information call:

Sharon Loving (443) 254-5940

Cancer Support Group-Chestertown

For all persons with any type of cancer, an interest in cancer and/or caregiver of someone with cancer.

For Information call:

Chrissy Nelson, RN (410) 778-7668 ext 2175

Pets on Wheels visits SRCC Tuesdays @ 10am

Wig Room available by appointment @ SRCC
Contact Diana Evans at (410) 822-1000 ext 5362.

10-18 **Prosthesis Clinic for Breast Cancer Patients**
at Clark Comprehensive Breast Center from 11am to 4pm. Contact: Elisa Lawson (410) 822-1000 ext 7156.

BREAST CANCER AWARENESS MONTH

What is breast cancer?

Breast cancer starts in the cells of the breast. A cancerous (malignant) tumor is a group of cancer cells that can grow into and destroy nearby tissue. It can also spread (metastasize) to other parts of the body.

Did you know? Breast cancer can occur in men, but is much less common. About 2,670 new cases of invasive breast cancer are expected to be diagnosed in men in 2019. A man's lifetime risk breast cancer is about 1 in 883.

About 1 in 8 women will develop invasive breast cancer over the course of her lifetime.

As of January 2019, there are more 3.1 million women with a history of breast cancer in the US. This includes women currently being treated and women who have finished treatment.

About 85% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.

For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.

Signs and Symptoms

Lump in the breast (most common sign)

The lump is present at all times, it does not get smaller or go away with the menstrual cycle

The lump may feel like it is attached to the skin and cannot be moved

The lump may feel hard and irregular shape

The lump may be tender but it is not usually painful

A lump in the arm pit

Changes in the breast shape or size

Skin changes (dimpled, puckered, redness, swelling, increased warmth, itching)

Nipple changes (inverted, discharge from the nipples)