

# NEWS FROM S•P•O•H•N•C



VOL. 22 NO. 4

SUPPORT FOR PEOPLE WITH ORAL AND HEAD AND NECK CANCER, INC.

DECEMBER 2012



**S•P•O•H•N•C**  
A PROGRAM OF SUPPORT  
FOR  
PEOPLE WITH  
ORAL AND  
HEAD AND NECK CANCER

## Fostering Joy and Calm This Holiday Season: Suggestions for Caregivers

Holly Whiteside

### A Recipe for Happiness

When a family member has cancer it affects the entire family. So, take a typical family at the holidays, add a heavy dose of the varied expectations (theirs and yours), toss in a collection of new time constraints, season liberally with a range of strong emotions and... can you smell the outcome of this recipe?

How do you maximize the odds of having an intimate and joyful holiday given all of the above ingredients? Perhaps not by simply asking for help, but by looking for something better; an inclusive conversation that builds family intimacy while relieving you of stress. Clear communication will lessen your feeling responsible for the happiness of the whole clan. But to communicate simply you need



a simpler way to think about those involved.

If you haven't yet gotten out a piece of paper, now would be a good time. Imagine that your holiday looks like the cross-section of an onion, and the people who would participate in it are arranged in the layers. You and your loved one are at the center, and the others are at varying distances from the center. The one's closest to the center are the ones you most trust, with whom you have the best communication. Now draw your onion.

### Lightening Up Through Simplification

Look at the center circles on your relationship onion - your "inner circles." These are the people with whom you feel at ease, who you trust, and with whom you feel connected. Build your holiday thoughts and plans on *this* feel-good community. Whether

they are family or friends, share with them your hopes for a happy holiday. As you share with them, also include them in the brainstorming about what could work. By focusing first and most on these people, you are already simplifying — your emotions around them are simpler and more restful. Build your happy holiday on *these* good folks and good feelings.

Worry less about the people further out on your relationship onion. They may not think like you. That's okay. Let them be who they are while keeping your boundaries and safeguarding the things that are most important to you and your loved one. As much as possible, drop any expectations about what they *might* think, or how they *should* participate. It's okay for them to say No if you do ask them to participate. You may not know all that they are going through or their difficulties dealing with your loved one's cancer. Hold fast to the thought that if you want to feel good this holiday, think about the people with whom you feel good and the holiday elements that you love. Simplify your feelings, thoughts, and expectations and you have laid the groundwork for a holiday of greater joy and peace.

### The Holiday Essentials

Each of us has aspects of the holidays that are dear to our hearts. When you think of them, you smile. Just the thought gives you energy. What are yours? Baking cookies and decorating your home? Spending quiet time with those you love dearly? Listening to holiday music?

Consider each of the following questions, looking for the answers that are absolutely true for you. Open your mind. Step back from your assumptions, looking for choices that you may not have considered. Writing down your thoughts will let you be more objective. Look for the wiggle room.

*"Once in a while you have to  
take a break and visit yourself."*

~ Audrey Giorgi

What would be possible if you simplified the festivities this year? When you can identify what is most important to you, you can let go of the aspects that are draining. In the reclaimed space you might even connect more with yourself, generating peace in your heart that can source the whole holiday.

**Preparations:** What holiday preparations are truly necessary to you and which are essential to your loved one? Which ones give you or your loved one energy? What other aspects seem in

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some way important but actually drain you? Which ones might you dispense with or delegate to others?

**Guests:** Who clearly needs to be present to bring the holiday alive? Who is most important to you, and who is important to your loved one? Could you manage to tell “certain others” that you’re scaling down, doing a simpler holiday this year? Of those that must come, who could stay nearby at a motel instead of with you?

**Food:** Which aspects of food preparation are a true joy to you or your loved one? Would it be okay with you if family brought some or all of the meal – making sure that meal is being prepared specifically for those with swallowing challenges (a soft or pureed recipe). Or could the meal even be ordered from a nearby restaurant? “Sacrilege!” I hear you say, but think about it! A chef could surely accommodate a family’s concerns with its loved ones food preparation.

**Gifts:** Would the family consider giving only one small gift per person or doing a yankee swap? Could you give simpler gifts— the singing of a song, reading a poem, or giving a special photograph, beautifully framed? Could you focus more on the gift of being together and less on the giving of things?

What would be possible if you asked others to partner with you in new ways this year? Including more family in preparations can increase holiday warmth. If you have friends who feel like family, talk to them too. They might be touched to be honorary family in the simplification of your holidays - even those who may not be joining you.

**Family:** Individually or at a family meeting, could you invite others to be on a holiday team, each picking one thing from your to-do list that would ease your load? Could a nearby family member offer respite care to give you time off from caregiving?

**Friends:** If you have friends who have been saying, “How can I help?” is there a small service that they could do to give you some relief or make you feel less alone? By accepting help you gift others with the opportunity to give.

**Professionals:** Could you hire someone to do the housecleaning or take care of yard work or outdoor decorating? Might you find some time for respite from the everyday tasks that drain you during the year by finding a professional to do it for you?

What might be possible if, just for this pre-holiday, you pare down your commitments? People will understand if you have limited energy and resources this year. Give yourself a “time-out.”

**Non-family:** What are your on-going commitments to friends or organizations? Which commitments to friends may not be necessary between now and the holidays? Could you let organizations know that you won’t be available for the next few weeks? From which obligations might you like to permanently DE-commit? Does your workplace give special support to family caregivers during the holidays? It doesn’t hurt to ask.

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**Family:** What services or favors do you regularly do for other family members (including children) that they could do for themselves? Could others take on the tasks that keep the household running?

If possible, include your loved one in these explorations. Let him/her be a part of the thinking, planning, and doing—participation is empowering for everyone.

**You are the Caregiver.** Your physical and emotional health aren't just important, they're a necessity. Your health is inextricably entwined with your peace, so you owe it to yourself and your loved one to put in place the necessary ingredients for joy and peace this holiday. This may not end up being perfect but you don't have to do it all. You can pave the way for a simpler, more joyful and participative holiday this year.

Holidays celebrated when your loved one has cancer *are* different. People are different too. Balancing the holiday house of cards on your own shoulders is a vulnerable position. Do what you can. Let that be enough. Make a little more time to decompress. Focus on relationships more than the trappings of the holidays. Ask others for partnership to help everyone enjoy the holidays a little happier, a little more peaceful, and a little more grateful for all that you do have. And remember...

*"The past is history, the future is a mystery.*

*But today is a gift...that's why they call it the present.*

*So cherish every minute of it."*

~ Elvis Stojko

*Editors Note: In 1996, after 15 years of life coaching and ten years of caregiving for her mother, Ms. Whiteside began coaching caregivers. During caregiving she had applied to herself the life coaching principles she had been teaching others. She published the self-help MindfulCaregiving tools that helped her to survive in "The Caregiver's Compass", a handbook for emotional balance, and "Exploring Hell and Other Warm Places", her mother/daughter memoir, both available on Amazon.com.*

### *Pumpkin Chiffon Pie*

1 env. Knox gelatin  
¼ c. cold water  
½ c. milk  
¾ c. sugar  
3 eggs  
1-¼ c. pumpkin  
½ tsp. ginger  
½ tsp. nutmeg  
½ tsp. cinnamon  
½ tsp. salt

To slightly beaten egg yolks, add ½ c. sugar, pumpkin, milk, salt, and spices. Cook until thick in double boiler. Pour cold water in a dish & sprinkle gelatin on top of water. Add to hot mixture. Mix thoroughly and cool until mixture begins to thicken. Beat 3 egg whites & remaining sugar until stiff. Fold into thickened pumpkin mixture. Pour into baked pie shell. Chill. Top with whipped cream.

*Bette L. Denlinger  
Arizona*

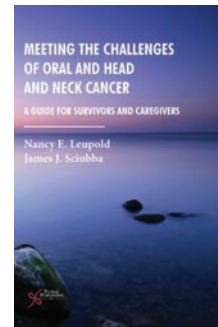
## RECIPES NEEDED! for

### Eat Well – Stay Nourished Volume Two



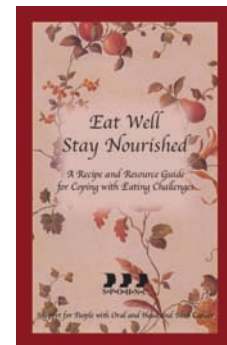
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## From the Executive Director...A Salute to Our Caregivers!

*Did I ever tell you you're my hero? You're everything, everything I wish I could be. Oh, and I, I could fly higher than an eagle, 'cause you are the wind beneath my wings, 'cause you are the wind beneath my wings.*

All of us at one time or another will become a caregiver to someone we love at some point in our lives. This month's newsletter is dedicated to all the amazing caregivers who give so unselfishly of their love, time, and devotion to a loved one diagnosed with head and neck cancer. Anyone who knows this cancer understands the side effects that come with treating this disease. Caregivers play an important role in the life of a head and neck cancer patient. The caregiver is a source of light that will constantly shine whenever he or she needs them.

SPOHNC would like to take this opportunity to thank all of the caregivers who are able to get through the many obstacles, both emotional and physical, to make sure their wife, husband, partner, friend, mother or father, son or daughter, keeps up the struggles to overcome the challenges associated with this disease. They are a patient's angel here on earth.

Cancer caregivers are special, unique individuals. They do the impossible. They never, never give up. There is no fight that they can't handle. Their mission is to rise to every occasion, even when those obstacles become overwhelming. This holiday season, let's applaud all the efforts of every caregiver you know that has helped pave the way to a better future for a loved one.

In this month's *News From SPOHNC*, you'll read about two extraordinary caregivers, one a wife and the other a mother. Both tell their stories of bravery, strength and faith. Each one of these women gives you an insight into their world of uncertainties, while still keeping the courage to go forward and devote their lives to each of their loved ones. Two truly inspirational stories we can learn from and be thankful for this season.

SPOHNC made its own commitment to support caregivers as they go through their own journey with this disease. Our National Survivor Volunteer Network consists of a caregiver network whereby caregivers can speak with other caregivers to support them as they hurdle the many challenges set upon them. Many have found this network to be very supportive, which

helps them to continue to do what they do best. Our program is a heartwarming and close network of individuals who offer words of inspiration and hope. Many have also found strength by attending one of our support groups throughout the United States. At our 20<sup>th</sup> Anniversary Conference & Celebration of Life we acknowledged everyone's caregiver with a standing ovation – a wonderful recognition, very heartfelt and deserving.

This season, let's remember to honor our caregivers who provide hope, healing and comfort. Thank them for being there at a moments notice.

We, here at SPOHNC, are delighted to share our gratitude with everyone who has supported someone struggling with head and neck cancer.

Let's celebrate each caregiver's uniqueness, compassion and love that keeps on giving. Let's nourish their spirit and thank them for their willingness to give all year long.

**They are the wind beneath our wings...they are our hero's!  
Caregivers - we salute you!**

Our best wishes for a healthy, joyous and peaceful holiday!

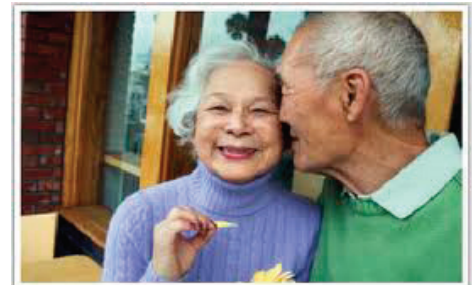
Many blessings to all,

### SPOHNC Testimonial....

*"Spouses and caregivers love the support group. It helps to know you are NOT alone. You will bond with others who have survived and what joy that is!"*

*Caregivers need this fellowship and rejuvenation."*

Janis S  
Arkansas NW Chapter



## SHARING STORY... Objects In Mirror Are Closer Than They Appear

### Reflections of a Caregiver Six Years “After” Cancer

*It is generally not considered funny to play pranks on the “disabled” and when that person is the man you promised to love, honor and cherish through sickness and in health, I suppose the sin is even greater. But when the impulse hit me one morning not long ago, I couldn’t help myself. For six years my husband has claimed to have “no taste, except in women.” I occasionally question the accuracy of that statement and the time had come to put it to the test.*



*Just before Bill sat down to breakfast, I poured plain, boiling water into his black, ceramic mug, the one that says “Still perfect after all these years.”*

*I watched carefully as he drank from the cup to wash down each bite of French toast. Although I can’t understand how a man whose sensitive mucosa was so badly burned can drink scalding beverages, Bill has always liked his black coffee hotter than hot and radiation didn’t change that preference. Halfway through the meal I dutifully reheated his “coffee” in the microwave, biting my tongue to keep from laughing out loud.*

*Status confirmed. Bill’s taste buds MIA – March 2006 to present.*

In January 2006 I was thrust into a role for which I had no training or experience – and one for which I had absolutely no ambition. A sausage-like growth that suddenly appeared on Bill’s neck turned him – just as suddenly – into a “cancer patient.” And I, by default, became a “caregiver.” I would have much preferred to continue being merely “Bill’s wife.” Really.

At first glance it might appear I had plenty of transferable skills that could give me a leg up in this caregiving business. With a background that included work in both special education and emergency medicine, I had years of experience helping other families deal with challenging situations. Even playing small roles in community

theater productions should have taught me to at least *act* cool in a crisis.

Wrong. You see, while I pursued life with “Type A Plus” seriousness, I relied on Bill’s relaxed “Type B Minus” personality to keep it all in perspective. His optimism and irreverent sense of humor kept me sane and smiling throughout our marriage. You could say Bill was “the wind beneath my wings” because he never failed to (gleefully) acknowledge every single time I “passed wind” under the bedcovers.

Too much information? You don’t know the meaning of that expression until you’ve typed “head and neck cancer” into your computer’s search engine.

It’s probably appropriate that my quirky husband’s (stage 4 metastatic squamous cell) cancer originated from an occult primary. Though Bill’s ENT searched high and low the phantom tumor was nowhere to be found, providing yet another anecdote for the collection of a man with a story for any occasion. This was one story I would have preferred not to tell.

Learning that neck dissection would leave a forked streak of stapled “lightning” running from ear to clavicle, Bill fashioned a coat hanger and two corks into “Frankenstein neck bolts” to complete the look. He wanted me to slip it on him as he was wheeled out of surgery. We laughed, anticipating the surgeon’s face when he saw the monster he had created.

But treatment for head and neck cancer has a way of taking the fun out of life, even for a funny guy, and any expectations I had for sailing through the experience on the wings of Bill’s humor were short-lived. Bill reacted poorly to anesthesia after surgery and there were no hijinks to be had in the recovery room. Reality set in when I saw his ghostly white face retching into a basin. If this would be his “life” I knew I would have to let Bill go.

In the brief interlude between surgery and the next stage of treatment, I got “Bill” back. He chided me for not following through with our Frankenstein scheme but we giggled as we imagined the “creature” he might become after the “mad doctors” sent him on 33 trips through the IMRT machine and injected all those metallic potions into

his veins.

In fact, I barely recognized the weak, skeletal, hairless, zombie-like creature that emerged. And I, too, experienced a transformation of sorts. I hunkered down for the duration, determined to maintain control. I got up every morning and put one foot in front of the other, even on days that held no prospect of laughter.

The brutal effects of head and neck cancer treatment are well-documented. We knew what to expect... but not really. If ever there were an infomercial made about chemo-radiation, it would be Bill’s voice intoning the disclaimer at the end, the one that says, “Your actual results may vary.”

- Did you ever read the small print on drug information sheets? I read every word, including the fascinating statement that a side effect of anti-nausea medications can be...nausea! We’ll never know exactly what caused Bill’s stomach distress for the entire course of treatment, but nothing seemed to relieve it.
- The brochure we received about radiation indicated it can make patients feel “tired.” It mentioned they might need to ask their boss for a reduced work schedule. It recommended a nap in the afternoon. Since Bill is self-employed his “boss” hardly noticed when he stopped working altogether; he was too busy napping. In fact, for six months Bill’s boss pretty much slept all day long, in between trips to the bathroom to deal with phlegm and vomit.
- It was suggested mild exercise like walking can help cancer patients maintain physical and mental fitness. When a grown man literally cries at the thought of walking to the end of the driveway and back, exercise clearly is not the way to “mental fitness.”
- Smoothies are packed with nutrition for patients who can swallow but even hearing the word made my patient gag. Recipes for blended beverages poured into my email in-box from well-mean-

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ing friends. They never made it out of my computer.

- PEG tubes are said to be good things for many patients. Unfortunately, much of the formula that went into Bill's stomach tube flowed out of his mouth if he leaned forward. Not a good thing.
- Eating large quantities of Ben & Jerry's "Chubby Hubby" ice cream actually has an inverse effect on the weight of the husband when the product is consumed instead by the wife.

As time went on I learned a lot about head and neck cancer treatment. Most important, perhaps, was to expect the unexpected. Most difficult, perhaps, was to accept a certain loss of control. A patient's reaction to treatment doesn't always proceed as expected. Neither does the caregiver's.

I knew from the start I would find strength I didn't know I possessed. I also knew I was far weaker than it would appear to anyone from the outside. I anticipated sadness and fear. But the emotion that brought me to my knees – the one I never expected – was anger.

It happened in the wee hours of the morning. We were staying in a friend's second home conveniently located in the city where Bill was treated. I kept the alarm on my side of the bed and woke Bill at appropriate intervals for his medications. On that particular night he had been resistant and resentful. After finally submitting to my pleading he fell right back to sleep – but I couldn't.

Tears welled up in my eyes. Not wanting to create a further disturbance I slipped from the room, hoping to collect myself with a cup of tea. Alone in a dark, unfamiliar kitchen illuminated only by glowing digits from the microwave clock I experienced a rush of dark, unfamiliar emotions. Waves of self-pity swept over me. *Why Bill? Why me?*

Suddenly, anger erupted in a fierce explosion of unprecedented magnitude. I hated being isolated in this borrowed house so far from friends. I hated the chemo that drained Bill's color, the radiation that robbed his energy, the anti-nausea drugs that reduced him to an empty shell devoid of personality. I

hated the cancer center. I hated Bill's smiling oncologists, the smiling receptionists, the jigsaw puzzles in the waiting room meant to distract us from thinking – really thinking – about what we were there for, what the future might bring. I hated God.

*And most disturbing of all, I hated Bill for daring to give me hope and leading me to believe this would be easy.*

I shrieked and I sobbed. I hurled pill bottles at the wall and tore reams of Internet medical research to shreds. I pounded my fists on the counter and kicked at debris as it fell to the floor.

I was ANGRY – and that anger was compounded because I had no idea where to "put" such a negative emotion, especially directed toward the person I loved more than anything. How could I be angry with the man who was fighting to stay alive for me? How could I curse the same God I begged to answer my prayers?

My tantrum probably lasted all of ten minutes, but it was loud, intense, and certainly not in keeping with the controlled, stoic persona I presented in public and to Bill. Guilt, shame and confusion overwhelmed me; the storm subsided almost as suddenly as it had struck. I cleaned up the kitchen in silence and went back to bed.

Bill slept in blessed ignorance through the whole episode and God apparently forgave me for being human. He also, for reasons I will never know, answered my prayers....

The road to recovery was long and arduous, but it's much easier to reflect on the cancer experience with a light(er) heart after six years of "survivorship." Entire days pass without either of us mentioning cancer and my indomitable husband has all but eliminated the word from his vocabulary. Bill rarely talks about the physical "leftovers" from treatment; he cheerfully accepts life with reduced saliva, swallowing issues, hypothyroidism, Lhermitte's syndrome, and, of course, taste buds gone AWOL.

But for me, the emotional "souvenirs" remain closer to the surface than they appear. Six years can seem like a long time or a very short time, and no amount of time can make me forget that life is tenuous and we have been so very, very lucky.

While I am grateful our "new normal" includes a healthy dose of humor, I know many other families have not fared so well or been so fortunate. My heart goes out to these patients and particularly to their caregivers, as I now believe Bill may be right when he says this experience was harder on me than on him.

*Why me? Why you? Why those we love?*

"Caregiving" is a job we are given because – more than anything – we care. It brings out our softer side and our hard edges as well. We may embrace it as a gift or curse the burdens it places upon us – but it is a challenge we have no choice but to accept and to deal with as best we can.

*After breakfast, I confessed to Bill he had been the victim of a hoax. The joke may have been on him but I have a feeling I'll be reminded of my treachery for many years to come. The "man with a story for any occasion" has a new tale to tell and I will hear this one over... and over... and over! I'll roll my eyes in exasperation of course, but it's a small price to pay for the gift of having my husband back.*

To the caregivers who read this and the patients you love, I wish for you hope, fortitude, resilience and – eventually – a return to laughter. God bless us all.

Linda Clyne  
lcline@mcn.org



## SHARING STORY...“MOM...IT’S CANCER!”

I can still hear his voice, low and hesitant, in the telephone... “*Mom* (a pause and a painful silence) *it’s cancer.*” The world stood still, the sentence that I just heard was beyond comprehension... but the truth of the matter hung between us as if written in steel.



My youngest son who is so healthy, fit, full of joy, curiosity and sense of adventure, who is a light drinker and doesn’t smoke... *HAS CANCER!*

I had been worried for a couple of months back because of his throat ailment that had been diagnosed as Gerd (heartburn) and did not seem to go away in spite of the Nexium treatment. I had a gut feeling that there was more to it and advised him to go to a specialist to look deeper into this. At Christmas I noticed that he seemed to have lost weight and my worry deepened. But I kept my concern to myself. And then, why wasn’t I more insistent and didn’t urge him more forcefully to see the doctor. My God it has been four months now!!

But the mother in me took over and immediately mumbled all that was expected of me in that moment, “...*we need a second opinion... I’ll take the next flight out... everything will be fine... trust God... I love you...!*”

Next step, I called my close friend, a source of comfort and strength and a light in this dark night, who, as a cancer survivor herself, could understand my pain more than anyone else in this moment. Her support and love that long night in the name of friendship gave a new meaning to the word “friendship.”

It has been said many times: a mother would rather give her own life than lose a child. Now I was living the situation in which the truth of these words vibrated in my heart with full intensity. But time was of the essence and I had to be strong and give my very all to help in the curing of my son. In a couple of days I was off to Dallas, sad and unsure of what the future had in store for my son and for me as his primary caregiver.

I am a woman of faith and I knew this would keep me afloat. We are a very strong

knit family, and the love and support of my other three grown sons was a vital part in the new landscape of my sick son. There was always one brother or another visiting and supporting him with his solidarity, kindness and understanding - even when Gabriel’s moods were not at par (one even cut his hair to match his bald head!!). His sisters-in-law were as supportive with upbeat phone calls, text messages and care packages. Even a photo album with pictures of times past that documented wonderful family gatherings of joy and fun captioned with love messages.

Thus we embarked on this seven month journey and our lives seemed to evolve in a parallel universe: visits to various doctors, lab tests, searching for a second opinion...

On my insistence and with the help of my dear cancer-survivor friend, we were able to get an appointment in record time with an oncologist at Memorial Sloan-Kettering Cancer Center in New York (“MSK”), who concurred with the original diagnosis and course of treatment. I was in favor of getting the treatment at MSK but Gabriel refused as he had felt comfortable and at ease with his team of doctors back home at Baylor Hospital’s Sammons Cancer Center. And he reasonably argued that being able to work and living at home was no match to the sojourn in NYC. And so he finally settled with his group of highly qualified physicians at Baylor.

And then the treatment began. At the beginning it was not as bad. He felt reasonably well for the first three chemo sessions. Even to the extent that in spite of my misgivings he went for his usual Saturday bicycle riding which he repeated the next week. This time I did not voice my concerns which I knew he wouldn’t hear. And then, a bike crash happened! Luckily my other son was visiting and brought him home, bike split in two and him missing three teeth from a very nice set of teeth. When I saw him, my heart sank: swollen, bruised and bleeding. I couldn’t believe it, so surreal, so needless. I didn’t know if I should cry or hit him... So it was to the emergency room for required tests, etc. Again his excellent health prevailed.

We had been warned that it would be difficult and grueling but nothing prepares a mother to see her son suffer the way mine

did: no voice, nights of fever, sweat and coughing, a neck that seemed to burst open, and an unbearable pain in his throat. And through it all Gabriel kept the best possible attitude doing everything he could do by himself, rarely complaining and keeping his fears to himself in order to protect me. Likewise, I was giving him all the support I could muster to keep his spirits high although at times keeping myself too quiet, afraid that I might give away my sadness and fear. I dedicated myself to the preparation of his food, keeping in mind the nutrition factor, mixing and blending so he could swallow as painlessly as possible. Eating was such a struggle for him and, as his mother, I too suffered.

The road was long and uphill but many people came out to assist. Friends from childhood, near and far, reached out and joined us on the path. His medical team at Baylor was always on hand to assist. Volunteers joined on the path as he searched for guidance, strength and inspiration. In the process he found the SPOHNC group, joining their closely-knit group gatherings both at Baylor-Dallas and Baylor-Irving. This team provided insight, pointers, tips, and above all, strength and inspiration to put up the “good fight.”

But the hero of this story is my son. Gabriel evolved beyond being courageous and stoic by assuming this experience as a spiritual journey. He began an intentional, serious search for God and I was proud and happy to witness the discipline with which he accomplished this. It is said that God works in mysterious ways... and He certainly does. In the midst of the pain, the fear and the uncertainty, God was present and let His presence be known to all of us, but especially to Gabriel. God extended His hand and Gabriel was ready to grasp it.

Seven months later, by the grace of God and the team of excellent doctors and nurses, we got clear CT and PET scans, and Gabriel is cured. My heart overflows with gratitude and happiness. My son has a long life ahead of him...but a new life, a compassionate life, a life transformed by pain, and faith.

Edna Angeli  
edna7031@gmail.com



## Happy Holidays to SPOHNC's Volunteers & Facilitators



To all of our Chapter Facilitators and Co-Facilitators, our National Survivor Volunteer Network volunteers and to all of you who have helped to bring awareness of oral, head and neck cancer to your communities, family and friends, we extend our sincerest thanks.

You have helped so many people through such difficult times, brought hope and brightness to the lives of many and continue in your commitment to those who need you. Here at SPOHNC, we are privileged to do what we do each and every day, and honored to be in the company of such an amazing network of compassionate individuals. To those of you who have been through so much and have experienced the trials and tribulations of oral, head and neck cancer and for those of you who have seen so many suffering and helped to bring them through the toughest of times, we thank you for continuing to be there.

On behalf of Survivor and SPOHNC President and Founder Nancy Leupold, our Board of Directors and Medical Advisory Board, Executive Director Mary Ann Caputo and SPOHNC staff, Chris Leonardis, Outreach Administrator and Lisa Caracciola, Chapter Administrator, we would like to wish you and your families a wonderful holiday season, filled with beautiful memories and happy times shared. Our best wishes for a

Happy, Healthy and Joyous New Year to Rick Agee, Sam Anthony, Lawrence Appelbaum, Trisha Appelhans, Sandra Ashley, Tim Axel, Richard Barale, Charles Bartlett, Sandra Bates, Charles Baumgartner, Janis Beard, David Bene, Douglas Bentley, Steve Binnix, Michael Birnbaum, J. Lawrie Bloom, Mary Grace Bontempo, Sandra Lee Boody, Richard Boucher, Suzanne Brown, Rita Burfitt, Jean Callahan, Brian Canose, John Carboch, Kathleen Castillo, Marcelo Chiodi, Linda & William Clyne, William Cooper, Lillian Corbett, John Corlett, Tom Cottrill, Douglas Crook, John Davis, Kent Davis, Dana Davison, Kerry Deardorff, James DeBates, Henry Deneski, Bette Denlinger, Salvatore Diana, Kathleen Dicedue, Robert Dickerson, John Dowling, Thomas Doyle, Morris Eaton, Carrie Edwards, Edward Ellis, Jeffrey Erdos, Gail Fass, Noelle Faure, John Felci, Marilyn Floyd, Glenn Gallo, Raymond Gambale, Everette Gazda, Shalil Giannone, Karyl Gill, Carol Glavin, Valerie Hope Goldstein, Lynn Gormley, Erika Green, John Groves, Carleen Harris, Betsy Hathaway, Michael Hayden, Paul Headley, Daniel Healy, Dave Hepburn, Jeff Holoman, Paul Hough, Carol Humphries, Mindy Hurley, Robert Jaffe, P.J. Jordan, David Kabat, Kristine Keeney, Nate Kitterman, Brent Koehler, Dr. Alan Koornick, Jeffrey

Kopito, Lorrie Kundrat, Lee Laino, Jane Langdale, Linda Langevin, Patricia Laumann, Louis Lawson, Lorraine Lee-Masi, James Leonard, David Lewis, Cheryl Lokkesmoe, Louis Lumi, Catherine Mahon, Frank Marcovitz, Carolyn Martocchia, Robert McAnally, George McGough, Katherine McQuay Lewis, Chrys Meatyard, Patti Meerschaert, Ann Megyas, Jean Mellano, Larry Menkhoff, Edwin Merrell, David Miller, Martha Miller, Barbara Moore, Dwayne Moore, Karen Moore, Michele Morgan, Nancy Mueller, Micki Naimoli, Russell Nansen, Chuck Needy, Lisa Nielsen, Steven Olsen, Terri Painchaud, Thomas Paine, Lawrence Pate, Lois Petre, Prentice Phillips, Kay Pryor, Michael Putman, Sharon Renkes, Eva Rink, Rene Rodriguez, Mona Joy Roth, George Roqueni, Mary Lou Rossano-Collier, Richard Schaffer, Delton Shilling, Jeffrey Slivko, Michael Smith, Dan Stack, Dennis Staropoli, Ed Steger, Harold Stevens, Doug Stiner, Richard Stratton, Sheila Studint, John Supera, Valerie Targia, Borden Taylor, Mark Tenzer, Richard Theyerl, Glen Thomas, Ronnie Trentham, George Tyson, John Valenzuela, Debbie Wagner, Joyce Waller, Brendan Walsh, Mike Wheeler, Michael White, Wayne Wieboldt, Eileen Wieland, Janet Wilder, Michael Wixom, Harriette Young, Jerome Young, Allan Zawistowski, Karin Zeller, Ernest Zellman.

## CHAPTER HAPPENINGS

On October 5<sup>th</sup>, 2012, Jack Igleburger, Facilitator of the Arkansas Northwest SPOHNC Chapter Support Group, was honored with the Gentleman of Distinction Award during the 9th Annual Bill Fleeman Gentlemen of Distinction Fashion Show at the John Q. Hammons Convention Center in Rogers, Arkansas. The event benefitted Hope Cancer Resources. As a SPOHNC Chapter Facilitator, Jack is well versed in all the resources available for people in Northwest Arkansas who are affected by oral, head and neck cancer.

Jack said he was astounded by the award, and that half of it belongs to his wife, Temple, herself a breast cancer survivor and an advocate for those who faced the same types of cancer that threatened Jack's life.

"They usually are picking doctors and well-known dignitaries and philanthropists [for the award], people that are a little more well known than Jack Igleburger," said Jack. "It was rather humbling that they thought I deserved it - that we deserved it." Jack accepted the award on behalf of himself and

his lovely wife, Temple. In his acceptance speech, Jack spoke of their SPOHNC group, and said "The core members of our Chapter have experienced the devastating side effects of treatment. This allows them to provide new patients with solutions during recovery. Thanks to all of them, we continue to be very progressive." What a wonderful way to pay tribute to his group, and the people he has surely come to know and care about in a way that no one else can understand.

In 2004, the Bill Fleeman Gentlemen of Distinction Award was established to recognize an outstanding individual who has gone above and beyond to make a difference in the field of cancer care in the Northwest Arkansas region. Jack & Temple are highly dedicated advocates for raising awareness of oral, head and neck cancer among patients, medical and dental professionals. Their Chapter Support group has hosted many guest speakers - experts in the field - to speak with the group about treatment options, nutrition and many other topics of interest to oral, head and neck

cancer patients. Since 2006 when Jack and Temple founded the Northwest Arkansas SPOHNC Chapter Support group, the group has grown and continues to offer oral, head and neck cancer patients and their families in the area, an atmosphere of support and caring, and a sharing of experiences to help each other along their cancer journeys and beyond. We would say that is definitely above and beyond...

Congratulations Jack, on this well deserved honor!



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# CHAPTERS OF SPOHNC

**ALABAMA- BIRMINGHAM**  
St. Vincent's Hospital, Bruno Cancer Center  
3<sup>rd</sup> Tuesday: 12 Noon  
Karen Clenney 205-870-4102  
klenneyk2@bellsouth.net

**ARIZONA-CHANDLER**  
Cancer Center at Chandler Reg. Med. Ctr.  
1<sup>st</sup> Wednesday: 5:30-7:30 PM  
Monica Krise, MSW 480-728-3613  
monica.krise@chw.edu  
Dick Snider, MD (ret.) 480-895-6019  
rsnider326@aol.com

**ARIZONA-PHOENIX/MESA**  
Banner Desert Medical Center  
3<sup>rd</sup> Wednesday: 4:30 -6:30 PM  
Keri Winchester, MS, CCC-SLP  
480-412-3627/Keri.Winchester@bannerhealth.com  
Dick Snider, MD (ret.) 480-895-6019  
rsnider326@aol.com

**ARIZONA-PHOENIX**  
Rad/Onc Waiting Room  
St. Joseph's Hospital and Medical Ctr.  
1<sup>st</sup> Tuesday: 5:30-7:30 PM  
Mary Schneider, Dir. 602-406-3882  
mary.schneider@chw.edu  
Barbara Chapman, RN, OCN  
602-401-8131/barbara.chapman@chw.edu  
Dick Snider, MD (ret.) 480-895-6019  
rsnider326@aol.com

**ARIZONA-SCOTTSDALE**  
Virginia G. Piper CA Center  
3<sup>rd</sup> Thursday: 6:30-8:30 PM  
Chris Henderson, MS, CCC-SLP  
480-323-3214/chhenderson@shc.org  
Les Norde 602-439-1192  
elnorday@cox.net

**ARKANSAS-NORTHWEST**  
NWA Cancer Support Home  
3<sup>rd</sup> Saturday: 10:00 AM-12:00 PM  
Jack & Temple Igleburger 479-876-1051/586-4807  
tmplnjak@cox.net

**CALIFORNIA-LOS ANGELES-UCLA**  
UCLA Med. Pla., Rad/Onc  
Conf. Rm. B-265  
1<sup>st</sup> Tuesday: 6:30-8:00 PM  
Pam Hoff, LCSW 310-825-6134  
phoff@mednet.ucla.edu

**CALIFORNIA-ORANGE-UCI**  
Chao Family Comprehensive CA Ctr.  
1<sup>st</sup> Monday: 6:30-8:00 PM  
Jennifer Higgins, MSW 714-456-5235  
jhiggins@uci.edu

**CALIFORNIA-SAN DIEGO**  
4S Ranch Library  
1<sup>st</sup> Saturday: 12:00 noon  
Valerie Targia 760-751-2109/valtargia@yahoo.com

**CALIFORNIA-SANTA MARIA**  
Marion Rehab. Center  
3<sup>rd</sup> Tues./Alternate Months  
Aundie Werner, MS, CCC/SLP  
805-739-3185/aundiew@mail.com

**CALIFORNIA-STANFORD**  
Stanford Cancer Center  
1<sup>st</sup> Tuesday: 4:00 - 5:30 PM  
Mike Bonar, LCSW 650-725-0929  
mbonar@stanfordmed.org

**CALIFORNIA-VENTURA**  
The Cancer Resource Center of  
Community Memorial Hospital  
4<sup>th</sup> Thursday: 6:00 - 7:30 PM  
Kathleen Horton 805-652-5459  
khorton@cmhhospital.org

**COLORADO-DENVER**  
Porter's Adventist Hospital  
Twin Peaks Conf. Rm.  
Last Tuesday: 6:30-8:00 PM  
Jeanne Currey 303-778-5832  
jeannecurrey@centura.org

**CONNECTICUT-NEW HAVEN**  
Hospital of St. Raphael  
2<sup>nd</sup> Tuesday: 5:00 PM-6:30 PM  
Vanna Dest, APRN 203-789-3131/vdest@srhs.org  
Lori Ratchelous, MSW/lratchelous@srhs.org

**CONNECTICUT-NEW LONDON**  
Lawrence & Memorial Hospital  
Community Cancer Center  
Waiting Room - 1<sup>st</sup> Thursday: 6:00 PM-7:30 PM  
Catherine McCarthy, LCSW 860-444-3744  
mccarthy@lmhosp.org

**CONNECTICUT-NORWICH**  
William W. Backus Hospital  
Medical Office Building, MOB Conf. Rm.  
3<sup>rd</sup> Tuesday: 5:00-6:00 PM  
Darlene Young, RN, OCN 860-892-2777  
dayoung@wwbh.org  
Kathy Gernhard, RN, OCN 860-892-2777  
kgernhard@wwbh.org

**DC-GEORGETOWN**  
Lombardi Ca Ctr/Martin Marietta Conference Rm  
3<sup>rd</sup> Wednesday: 1:30-3:00 PM  
Joanne Assarsson, MSW, LICSW 202-444-3755  
assarssj@gunet.georgetown.edu

**FLORIDA-BOCA RATON**  
Boca Raton Community Hospital.  
1<sup>st</sup> Tuesday: 4:00-5:00 PM  
Laura Moon Cox, MSW 561-955-5897  
lmoon@brch.com

**FLORIDA-FT MYERS**  
Gulf Coast Medical Center  
Outpatient Rehabilitation Ctr.  
4<sup>th</sup> Tuesday: 3:00-4:00 PM  
Stacey Brill, MS, CCC-SLP 239-343-1645  
stacey.brill@leememorial.org

**FLORIDA-FTWALTONBEACH/NW FL**  
Call for Location  
4<sup>th</sup> Thursday: 5:00 PM  
Shannon Leach, MA, CCC-SLP  
850-362-9200  
sleachslp@yahoo.com  
Ryann Ennis ryann02@live.com

**FLORIDA-GAINESVILLE**  
Winn Dixie Hope Lodge  
1<sup>st</sup> Monday: 6:00-7:00 PM  
Monica Grey LCSW, LMT  
monica.grey@cox.net  
352-222-8126 no calls after 9PM

**FLORIDA-JACKSONVILLE**  
First Coast Oncology  
2<sup>nd</sup> Tuesday, 6:00pm-7:30pm  
Jennifer Maggiore, LCSW 904-880-5522  
jennifer@firstcoastoncology.com

**FLORIDA - JACKSONVILLE**  
UF & Shands Lrning & Res.Ctr. - Ash Room  
1<sup>st</sup> Wednesday  
12 noon-1:00PM  
Sarah Reisling, MS, CCC-SLP  
904-244-2948  
sarah.reisling@jax.ufl.edu

**FLORIDA-LECANTO**  
Robert Boissoneault Oncology Institute  
3<sup>rd</sup> Wednesday: 11:30 AM-1:00 PM  
Wendy Hall, LCSW, AHPC  
352-527-0106/whall@rboi.com

**FLORIDA-MIAMI**  
Cancer Support Community  
3<sup>rd</sup> Wednesday: 6:00-8:00 PM  
Isabel Trabanco 305-668-5900  
intrabanco@gmail.com  
Russell Nansen 305-661-3915

**FLORIDA-MIAMI**  
UM/Sylvester at Deerfield Beach, Ste.100  
2<sup>nd</sup> Tuesday: 1:30 PM-3:00 PM  
Penny Fisher, MS, RN, CORLN  
305-243-4952/pfisher@med.miami.edu

**FLORIDA-NAPLES**  
NCH Healthcare System/Downtown  
1<sup>st</sup> Wednesday: 3:00-4:30 PM  
Karen Moss, MS, CCC-SLP  
239-436-6712/Karen.moss@nchmd.org

**FLORIDA-OCALA**  
Robert Boissoneault Oncology Institute  
1<sup>st</sup> Monday: 11:00 AM-12:00 Noon  
Amy Roberts, LCSW 352-732-0277  
aroberts@rboi.com

**FLORIDA- PALM COAST/NORTHEAST**  
Grand Haven, Creekside Facility  
1<sup>st</sup> Thursday, 4:00-5:30pm  
Amy & Lewis Beilman 386-864-7895  
atwill001@msn.com

**FLORIDA-SARASOTA**  
The Cancer Support Community  
1<sup>st</sup> Wednesday: 2:00-3:00PM  
Julie O'Brien, LMHC 941-921-5539  
julieobee@verizon.net

**FLORIDA-TAVARES**  
Florida Hosp. Cancer Inst.  
Waterman Conf. Room  
2<sup>nd</sup> Thursday: 4:00pm-5:30pm  
Georgeann Bjornson  
352-253-3630  
georgeann.bjornson@ahss.org

**GEORGIA -ATLANTA**  
St. Joseph Hospital of Atlanta  
Evelyn Trammell Voice & Swallowing Center  
2<sup>nd</sup> Tuesday: 1:00 PM  
Tanya Duke 678-843-5586  
tduke@sjha.org

**GEORGIA-ATLANTA-EMORY**  
Winship CA Institute (Bldg. C)  
Last Thursday: 6:30-7:30 PM  
Martha Ryan NP 404-778-1733  
Martha.j.ryan@emoryhealthcare.org

**GEORGIA-AUGUSTA**  
MCG Health Children's Medical Center  
Family Resource Center  
1<sup>st</sup> Tuesday: 6:00-7:30 PM  
Lori M. Burkhead Morgan, PhD, CCC-SLP  
706-721-6100/lori\_gator@yahoo.com  
Leann Dragano  
draganole@bellsouth.net

**GEORGIA-COLUMBUS**  
Columbus Public Library  
3000 Macon Rd.  
2<sup>nd</sup> Monday: 6:00-7:30 PM  
Wanda Hodge  
706-442-1768  
whodge50@gmail.com

**ILLINOIS-CHICAGO**  
Duchossois Ctr. for Advanced Medicine  
4<sup>th</sup> Tuesday: 1:00 PM  
Mary Herbert  
773-834-7326  
mherbert@medicine.bsd.uchicago.edu

# CHAPTERS OF SPOHNC

IL-EVANSTON/HIGHLAND PARK  
North Shore University Health System  
Call for location  
2<sup>nd</sup> Monday: 6:00-8:00 PM  
Sabina Omercajic, MS, CCRP  
847-570-1066  
somercajic@northshore.org

ILLINOIS-MAYWOOD  
The Cardinal Bernardin Cancer Ctr.  
3<sup>rd</sup> Wednesday: 6:00-7:00 PM  
Laura Morrell, LCSW 708-327-2042  
lmorrell@lumc.edu

INDIANA-FORT WAYNE  
Lutheran Cancer Resource Ctr Ste 109  
3<sup>rd</sup> Wednesday: 4:00-5:00  
Susan Berghoff, RN, OCN  
Alison Sorg 260-435-7959  
lh.crc@lutheran-hosp.com

INDIANA-INDY-NORTH  
Marion County Public Library  
Lawrence Branch  
Last Monday: 6:00-8:00 PM  
John Groves 317-872-6674  
jgroves14@comcast.net

INDIANA-TERRE HAUTE  
Hux Cancer Center  
3<sup>rd</sup> Tuesday: 4:30 PM  
Mary Ryan, SP 812-535-2587  
Maryryan2@juno.com

IOWA-DES MOINES  
Iowa Methodist Medical Center  
Suite 450  
1<sup>st</sup> Wednesday: 5:30 PM  
Jennifer Witt, RN, MSN, OCN  
Stoddard Care Coordinator  
515-241-3399/wittjl@ihs.org

KANSAS-KANSAS CITY  
Univ. of Kansas Hospital  
2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: 4:00-5:00 PM  
Mary Moody Whetstone, LMSW  
913-588-3630  
mmoody@kumc.edu  
Dorothy Austin, RN, OCN  
913-588-6576  
daustin@kumc.edu

LOUISIANA-BATON ROUGE  
Cancer Services of Greater Baton Rouge  
3<sup>rd</sup> Wednesday: 4:00 PM  
Ester Sachse 225-927-2273  
esachse@cancerservices.org

MAINE-AUGUSTA/CENTRAL  
Harold Alfond Center for Cancer Care  
Therese Berniger, SLP-CCC  
207-872-4051  
therese.berniger@mainegeneral.org

MARYLAND-BALTIMORE-GBMC  
Milton J. Dance Head & Neck Center  
Physicians Pavilion East Conf. Ctr.  
3<sup>rd</sup> Tuesday: 7:00 PM  
Dorothy Gold, LCSW-C, OCW-C  
443-849-2980  
dgold@gbmc.org

MARYLAND-BALTIMORE-JHMI  
Johns Hopkins – Greenspring Station  
2<sup>nd</sup> Wednesday: 7:00-8:30 PM  
Kim Webster 410-955-1176  
Kwebste@jhmi.edu  
Dwayne Arehart 717-615-7464  
darehart@live.com

MARYLAND- LIBERTYTOWN  
St. Peter's RC Church-Parish Center  
2<sup>nd</sup> Wednesday: 2:00-3:30pm  
Judith Churco 301-631-8159  
judyduster@aol.com

MASSACHUSETTS-BOSTON  
Massachusetts General Hospital  
One Tuesday every other month: 6:00-8:00 PM  
Valerie Hope Goldstein  
617-726-0651  
vgoldstein@partners.org

MASSACHUSETTS-CAPE COD  
Fallmouth Hosp-Clark Cancer Center  
Rad/Onc Conference Room  
3<sup>rd</sup> Thursday: 2:00 - 3:30 PM  
Jeffrey A. Gaudet, LICSW, OSW-C  
508-862-7571/jgaudet@capecodhealth.org

MASSACHUSETTS MID-CAPE ON CAPE COD  
Cape Cod Hospital Rehabilitation Center,  
Lower Level, Speech & Language Pathology Office  
1<sup>st</sup> Monday 1:00-2:00 pm  
Jeffrey A. Gaudet, LICSW, OSW-C  
508-862-7571/jgaudet@capecodhealth.org

MASSACHUSETTS-DANVERS  
MGH North Shore Cancer Ctr.  
2<sup>nd</sup> Tuesday: 5:30-6:30pm  
Mary Anne Macaulay, LCSW  
978-882-6002  
mmacaulay@partners.org

MASSACHUSETTS- NEWTON  
Vernon Cancer Ctr. Newton-Wellesley Hosp.  
1<sup>st</sup> Wednesday: 5:00-6:30pm  
Rachelle Colson LaMaster, MSW, LCSW  
617-219-1230  
rlamaster@partners.org

MICHIGAN-ST. JOSEPH  
Lakeland Healthcare  
1<sup>st</sup> Monday: 6:15-7:15 PM  
Lisa Sutton MA, CCC-SLP  
269-428-2799, x2997/lisutton@lakelandregional.org

MINNESOTA-MINNEAPOLIS  
Hennepin/Southdale Library  
1<sup>st</sup> Monday: 6:45-9:00 PM  
Colleen M. Endrizzi  
952-545-0200  
colmartens@gmail.com  
Charles Bartlett 612-220-5449

MISSOURI-ST. LOUIS  
St. Louis University Cancer Center  
4<sup>th</sup> Friday: 10:00 AM - 12:00 noon  
Cathy Turcotte, RN, MSN 314-268-7015  
turcotte@slu.edu

MONTANA-BOZEMAN  
Bozeman Deaconess Hospital  
3<sup>rd</sup> Thursday: 12:00 Noon-1:00 PM  
Doug Stiner 406-586-0828  
Wendy Gwinner, LCSW  
406-585-5070  
wgwinner@bdh-boz.com

NEBRASKA-OMAHA  
Methodist Cancer Center  
Meets Quarterly  
Susan Stensland  
402-559-4420  
sstensland@nebraskamed.com

NEBRASKA-OMAHA  
Nebraska Medical Center  
Meets Quarterly  
Susan Stensland  
402-559-4420  
sstensland@nebraskamed.com

NEW JERSEY-LONG BRANCH  
Leon Hess Cancer Center  
The Goldsmith Wellness Center  
2<sup>nd</sup> Thursday: 7:00-8:00 PM  
Becky Kopke, RN, BSN, OCN 732-923-6473  
BKopke@SBHCS.com  
Anita M. Pfisterer, MSW, LSW  
732-923-6961/ampfisterer@aol.com

NEW JERSEY-MORRISTOWN  
Morristown Memorial Hospital  
3<sup>rd</sup> Wednesday: 1:30 PM  
Edie Boschen, RN, APN-c, OCN 973-971-4144  
Edie.Boschen@atlantichhealth.org  
Catherine Owens, LCSW, OSW-C  
973-971-5169  
Catherine.Owens@atlantichhealth.org

NEW JERSEY-PRINCETON, UMC  
Med. Arts Building, Adm. Conf. Rm.  
3<sup>rd</sup> Wednesday: 12:00-1:00 PM  
Amy Heffern 609-575-7949/ahheffern@mac.com

NEW JERSEY-SOMERVILLE  
Steeplechase Cancer Center  
3<sup>rd</sup> Wednesday: 6:00-7:30 PM  
Kelly Harth, MSW, RYT-500 908-343-8247  
kharth161@comcast.net

NEW JERSEY- SPARTA  
Sparta Cancer Center-Suite 250  
1<sup>st</sup> Friday: 1:30-3:00pm  
Nina Sullivan, RN, BSN OCN 973-729-7001  
sccexam@hotmail.com  
Kathryn Cramer, LMSW 570-504-7200  
sccsowork@hotmail.com

NEW JERSEY-TOMS RIVER  
Community Medical Center  
Last Thursday: 3:00 PM  
Sherry Laniado, MSW LCSW 732-557-8270  
slaniado@sbhcs.com

NEW MEXICO-ALBUQUERQUE  
Anita Bryan 505-681-1971  
Anitabeach2@yahoo.com

NEW YORK-ALBANY  
ACS Hope Club  
3<sup>rd</sup> Thursday: 7:00-9:00 PM  
Kathy Rosbrook 518-758-1333/okroz@aol.com

NEW YORK-BUFFALO  
Roswell Park Cancer Institute  
3<sup>rd</sup> Tuesday: 4:30-6:00 PM  
Amy Sumbrum, SLP 716-845-4947  
amy.sumbrum@roswellpark.org  
Lindsay Wachowiak 716-845-8301  
Lindsay.wachowiak@roswellpark.org

NEW YORK-MANHATTAN  
Beth Israel Head and Neck Institute  
4<sup>th</sup> Thursday: 2:00-4:00 PM  
Jackie Mojica 212-844-8775  
jmojica@chnpnet.org

NEW YORK-MANHATTAN  
Mount Sinai Medical Center  
3<sup>rd</sup> Tuesday: 3:00 PM  
Margot Wankoff, LMSW 212-241-7962  
margot.wankoff@mountsinai.org

NEW YORK-MANHATTAN  
NYU Clinical Cancer Center, 11th flr  
1<sup>st</sup> and 3<sup>rd</sup> Thursday: 2:00 PM  
Marc Plastrik, LCSW-R 212-731-5411  
marc.plastrik@nyumc.org

NEW YORK- MIDDLETOWN  
Orange Regional Medical Center  
Community Health Education Center  
1<sup>st</sup> Wednesday: 6:00-7:30pm  
Jayne O'Malley, RN/OCN 845-695-5891  
jomalley@ormc.org

# CHAPTERS OF SPOHNC

**NEW YORK-NEW HYDE PARK**  
NORTH SHORE-LIJ Health System  
Hearing and Speech Conf Rm, LL  
3<sup>rd</sup> Thursday: 6:30 PM - 8:00 PM  
Sharon Lerman, LCSW 718-470-8964  
Lynn Gormley 516-628-1219 / 516-314-8897  
lgormley1@optonline.net

**NEW YORK-ROCHESTER**  
Strong Memorial Hospital  
Luellen Resource Center, Pat. Res. Ctr.  
1<sup>st</sup> Thursday: 4:30-6:00 PM  
Sandra E. Sabatka, LMSW 585-275-6426  
Sandra\_Sabatka@URMC.Rochester.edu

**NEW YORK-STONY BROOK**  
Ambulatory Care Pavilion  
1<sup>st</sup> Wednesday: 6:45-8:15 PM  
Dennis Staropoli 631-682-7103  
den.star@hotmail.com

**NEW YORK-SYOSSET**  
NSLIJ-Syosset Hospital  
2<sup>nd</sup> Thursday: 7:30-9:00 PM  
Alice Steiner 516-764-1571  
alicesteiner28@gmail.com  
Madelyn Harper-Walsh 516-753-0923  
lyn.SPOHNC@yahoo.com

**NEW YORK-WESTCHESTER**  
White Plains Hospital Cancer Center  
2<sup>nd</sup> Thursday: 7:00 PM  
Mark Tenzer 914-584-6151  
tenzer1@optonline.net

**NORTH CAROLINA-ASHVILLE**  
Call for additional information  
Kathleen Godwin 828-692-6174  
katyees928@aol.com

**NORTH CAROLINA-CHAPEL HILL/DURHAM**  
Cornucopia House  
3<sup>rd</sup> Wednesday: 6:00 PM  
Dave Gould 919-493-8168  
jmorton44@gmail.com

**NORTH CAROLINA-CHARLOTTE**  
Blumenthal Cancer Center  
2<sup>nd</sup> & 4<sup>th</sup> Thursday: 1:30-3:00 PM  
Meg Turner 704-355-7283  
meg.turner@carolinashalthcare.org  
Terri Painchaud 704-364-7119  
Trappi6@yahoo.com

**OHIO-CINCINNATI**  
Call for date and location  
Deborah Heim, MSN, ANPBC, AOCNP  
513-584-4794/deborah.heim@uhealth.com  
Angie Keith 513-475-7366  
Angie.keith@ucphysicians.com

**OHIO-CLEVELAND**  
Cleveland Clinic at Fairview Hospital  
2<sup>nd</sup> Thursday: 4:00 PM  
Gwen Paull, LISW 216-476-7241/gwpaul@ccf.org

**OHIO-DAYTON**  
The Medical Center at Elizabeth Place  
One Elizabeth Pl. - West Lobby - The Chapel Room  
2<sup>nd</sup> Monday: 6:00-8:00 PM  
Hank Deneski 937-832-2677  
whonc@earthlink.net

**OHIO-LIMA**  
St. Rita's Regional Cancer Ctr.  
Allison Rad/Onc. Ctr. Garden Conf Rm  
3<sup>rd</sup> Tuesday of even month: 5:00 PM  
Holly Metzger, LMSW 419-996-5606  
hmetzger@health-partners.org  
Linda Glorioso  
419-996-5616  
ldglorioso@health-partners.org

**OKLAHOMA-TULSA**  
Hardesty Public Library  
1<sup>st</sup> Tuesday: 6:30 PM  
Christine B. Griffin, RN 918-261-8858  
Beritgriffin@att.net

**OREGON-MEDFORD**  
Providence Medical Center  
2<sup>nd</sup> Friday: 12:00-1:30 PM  
Richard Boucher 650-269-8323  
richard.boucher@hp.com

**PENNSYLVANIA- DUNMORE**  
Northeast Radiation Oncology Center  
Last Thursday of the month: 5:30-7:00PM  
Kathryn Cramer LMSW, CCHT  
570-881-6247 scsocsocwork@hotmail.com

**PENNSYLVANIA-HARRISBURG**  
PinnacleHealth Fox Chase Regional Cancer Center  
2<sup>nd</sup> Wednesday: 6:00 PM  
Debra Witwer, Nurse Navigator 717-724-6772  
dwitwer@pinnaclehealth.org

**PENNSYLVANIA-MONROEVILLE**  
Inter Community Cancer Center  
Last Friday of month: 3:00 - 4:00 PM  
Beth Madrishin 412-856-7740  
bmadrish@wpahs.org

**PENNSYLVANIA-NEW CASTLE**  
UPMC Jameson Cancer Center  
Medical Arts Bldg Suite 104  
3<sup>rd</sup> Thursday: 6:00-7:00 PM  
Jeannie Williams, Patient Navigator  
Becky Rainville, RN 724-656-5870

**PENNSYLVANIA-PHILADELPHIA**  
Penn Med Perelman Ctr Advanced Med  
1 W. Pavilion Pt Fam Conf Rm  
1<sup>st</sup> Wednesday: 9:30-11:00 AM  
Micki Naimoli, 856-722-5574  
Tracy Lautenbach MSW, LCSW, OSW-C  
215-662-6193/lautenbach@uphs.upenn.edu

**PENNSYLVANIA-YORK**  
Apple Hill Medical Center  
2<sup>nd</sup> Wednesday: 5:00 PM  
Dianne S. Hollinger, MA, CCC-SLP 717-812-5850  
Dhollinger@wellspan.org  
Diane McElwain, RN, OCN, M.Ed 717-741-8100  
dmcelwain@wellspan.org

**SOUTH CAROLINA - OF THE UPSTATE**  
44 W. Avondale Dr.  
1<sup>st</sup> Sunday: 2:00pm-3:30pm  
Martha Miller 864-232-6334  
marthaamiller@hotmail.com  
Mindy Hurley 864-387-7897  
melindahurley123@yahoo.com

**SOUTH DAKOTA-RAPID CITY**  
Rapid City Regional Hospital, Rushmore Room  
3<sup>rd</sup> Monday: 6:30 - 7:30PM  
Angie Langstaff 605-719-2300  
alangstaff@regionalhealth.com

**TENNESSEE-CHATTANOOGA**  
Memorial Hospital  
1<sup>st</sup> Monday: 4:15-5:30 PM  
Jeanna Richelson/423-894-9215  
Jeanna1255@aol.com

**TENNESSEE- NASHVILLE**  
Gilda's Club Nashville  
4<sup>th</sup> Monday: 6:00 - 7:30 PM  
Felice Apolinsky, LCSW  
615-329 1124/felice@gildasclubnashville.org

**TEXAS-DALLAS**  
Baylor Irving-Coppell Medical Center  
2<sup>nd</sup> Saturday: 10:00 AM  
Dan Stack 972-373-9599/danrstack@aol.com

**TEXAS-DALLAS**  
Baylor Simmons Cancer Ctr.  
Cvetko Patient & Education Ctr  
2<sup>nd</sup> Tuesday: 11:00 AM-1:00 PM  
Jack Mitchell 972-849-2203  
jackmitchell5225@aol.com

**TEXAS-FORT WORTH**  
Moncrief Cancer Institute  
2<sup>nd</sup> Wednesday: 3:30-5:00 PM  
Marla Hathcoat, LMSW 817-288-9820  
marla.hathcoat@moncrief.com

**TEXAS-HOUSTON/TOMBALL**  
Tomball Regional Hospital  
TBA

**TEXAS-McALLEN**  
Rio Grande Regional Hospital  
3<sup>rd</sup> Tuesday: 6:00 PM  
Stephanie Leal, MA, CCC, SLP  
SAL1275@aol.com

**TEXAS-PLANO**  
Regional Medical Center at Plano  
4<sup>th</sup> Tuesday: 6:00-8:00 PM  
Polly Candela, RN, MS 214-820-3595  
Polly.Candela@baylorhealth.edu  
Emily J. Gentry, RN 214-820-2608

**VIRGINIA-CHARLOTTESVILLE**  
Dept. of Forestry Building, Suite 800  
Last Thursday of month: 11:30-1:00 PM  
Vikki Bravo 434-982-4091, vsb4n@virginia.edu  
Gordon Putnam, M. Div. MA, Gp4d@virginia.edu

**VIRGINIA-FAIRFAX**  
Inova Fairfax Hospital Radiation/Oncology  
2<sup>nd</sup> Wednesday: 5:30-7:00 PM  
Corinne Cook, LCSW 703-776-2813  
Corinne.cook@inova.com

**VIRGINIA-NORFOLK**  
Sentara Norfolk General Hospital  
3<sup>rd</sup> Monday: 7:00 PM  
Cynthia Gilliam  
757-770-4190/beachdolphins@aol.com

**VIRGINIA- RICHMOND**  
Massey Cancer Ctr. Thalheimer Room  
2<sup>nd</sup> and 4<sup>th</sup> Wednesday 2:00-3:30 PM  
Karen Mullin, MSW 804-828-1066  
kmullin@mcvh-vcu.edu  
Kathryn Hamilton/hamiltonkw@vcu.edu

**WASHINGTON-SEATTLE**  
Evergreen Hospital Medical Center  
Rad/Onc Conf Rm Green 1-245  
2<sup>nd</sup> Wednesday: 6:30-8:00 PM  
Kile Jackson 425-788-6562  
kilejackson@hotmail.com

**WASHINGTON-SEATTLE**  
Swedish Med Ctr. 1 E. Conf Rm  
3<sup>rd</sup> Thursday: 6:00-7:30 PM  
Susan (Sam) Vetto, BSN, RN, BC  
206-341-1720 susan.vetto@vmmc.org  
Joanne Fenn, MS, CCC-SLP 206-215-1770  
joanne.fenn@swedish.org

**WISCONSIN-MADISON**  
Univ. of Wisconsin Hosp. - ENT Clinic Rm. G3/206  
1<sup>st</sup> Wed every other month beg. Feb. 11:30-1:00 PM  
Rachael Kammer, MS, CCC, SLP 608-263-4896  
Kammer@surgery.wisc.edu  
Heather Geye 608-265-6260  
geye@humonc.wise.edu

**WISCONSIN-MILWAUKEE**  
Medical College of Wisconsin - Conf.Rm. N, 3rd Fl.  
2<sup>nd</sup> Tuesday: 12:00 - 1:00PM  
Mary Brawley, MACCC-SLP 414-805-5635  
mary.brawley@froedterhealth.org

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Hurricane Sandy. Our prayers go out to those  
affected by this devastating storm.