

# THRIVING *and* SURVIVING



## Clinical Trials

### Why Should You Participate?

Clinical trials are part of clinical research and at the heart of all medical advances. Clinical trials look at new ways to prevent, detect, or treat disease.

Treatments might be new drugs or new combinations of drugs, new surgical procedures or devices, or new ways to use existing treatments.

The goal of clinical trials is to determine if a new test or treatment works and is safe. Clinical trials can also look at other aspects of care, such as improving the quality of life for people with chronic illnesses.

People participate in clinical trials for a variety of reasons. Healthy volunteers say they participate to help others and to contribute to moving science forward. Participants with an illness or disease also participate to help others, but also to possibly receive the newest treatment and to have the additional care and attention from the clinical trial staff.

Clinical trials offer hope for many people and an opportunity to help researchers find better treatments for others in the future.

For more information contact our Clinical Trials Nurse, Nina Weisenborn, RN at (410) 820-6800 ext 2300.

## ROAD TO RECOVERY

### Drivers needed..

The Cancer Program at UM Shore Regional Health attributes much of its success – in providing comprehensive cancer care and support services – to partnerships with various community organizations.

Among the available programs at the Cancer Center is the American Cancer Society's Road to Recovery Program. Road to Recovery works with the Cancer Program to provide free transportation to patients who face challenges getting to their cancer treatments at the Cancer Center, which is located at 509 Idlewild Avenue in Easton. More than 40 volunteer drivers in Caroline, Dorchester, Kent, Queen Anne's and Talbot Counties give of their time, using their own cars and gas, to ensure that patients maintain their treatment schedules.

To meet the transportation needs of more patients, the Road to Recovery Program is currently seeking new volunteers throughout the five-county region served by UM Shore Regional Health.

Information about the Program can be obtained by calling the Cancer Center at (410) 820-6800.



## ACS Colors of Cancer

April 1st  
Oxford Yacht Club  
6:30pm – 10pm

This year's honorees are The Star Democrat, Dale Jafari, CRNP, Dawn Henckel, George and Andrea Shoener.

If your interested in purchasing tickets please contact Michele Williams at (410) 820-6800.

### Black Bean and Corn Salad

Nutrition Corner w/  
Christine

A quick and delicious salad that adds to any plate. Serve with chicken or fish as a condiment.

#### Makes 6 servings

- 1 (15-ounce) can black beans, drained and rinsed
- 1 (11-ounce) can golden sweet corn
- 1 tomato, chopped
- 1/4 cup fresh chopped cilantro
- 2 tbsp. chopped red onion
- 3 tbsp. lemon juice
- 2 tbsp. olive oil
- Salt and pepper to taste



Combine all ingredients in bowl. Refrigerate until ready to serve.

## March 2017 Survivorship Resources

### Look Good... Feel Better

Free, ACS program created to help women with cancer look good, improve their self-esteem. Participants get hair, skin, make-up tips, samples and a visit to the Wig Room.

Classes are offered the third Monday of every month from 10am to noon at the Cancer Center.

#### For Information call:

Teri Dulin at (410) 822-1000 ext 5355

### 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 5866

### 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 Breast Cancer Support Group

Groups are held on the 4th Tuesday of every month from 6pm to 7:30pm at Shore Regional Cancer Center.

#### For Information call:

(410) 822-1000 ext 5387

Facilitated by: Patty Plaskon, PhD, LCSW-C, OSW-C

### 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

### Caregivers' Support Group

Group held weekly on Thursdays from 1:00pm to 2:15pm at Talbot Hospice.

#### For Information call:

Shelly Culp (410) 822-6681

### 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

### Cancer Recovery and Survivorship Education

For survivors who have completed their cancer therapies to discuss side effects, nutrition and living beyond cancer.

Classes are held 3 times a year.

#### For Information call:

Margot Spies, RN (410) 822-1000 ext 5096

### US TOO Prostate Cancer Support Group

Education and support network providing men and their families with free information, materials and peer-to-peer support so they can make informed choices on detection, treatment options and coping with ongoing survivorship.

Groups are held on the second Tuesday of every month at 6:30pm at the Cancer Center.

#### For Information call:

Sharon Richter (410) 820-6800 ext 2300

### Lung Cancer Support Group-Salisbury

For any person who has been diagnosed with lung cancer.

First Thursday of each month from 5:30pm-6:30pm

#### For Information call:

Lisa Barnes, LCSW-C, OSW-C (410) 543-7209

### MONTHLY

**Pets on Wheels** visits SRCC Tuesdays @ 10am

**Chaplain Services** available on Tuesday @SRCC  
9am to noon

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

**FREE Reiki Therapy** available by appointment @ SRCC  
on Fridays 8:30am to noon.

Contact Margot Spies (410) 822-1000 ext 5096

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Calendar of Events

3-17 **Prosthesis Clinic for Breast Cancer Patients**  
at Shore Regional Breast Center from 11am to 4pm.  
Contact: Elisa Lawson (410) 822-1000 ext 5387

