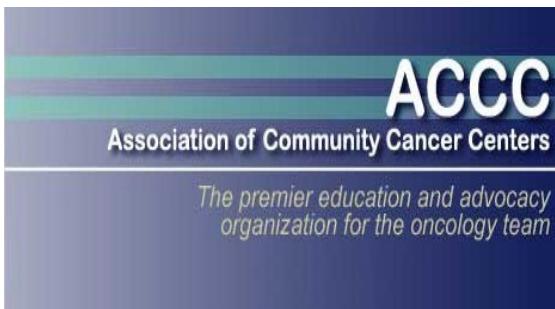


## Celebrate Life: Sharing the Grief, Sharing the Living

The Laughlin Health Care Foundation offers general grief support group sessions for those who are struggling with the death of a loved one. The program offers education, support and encouragement for adults to explore their grief. Participants may register with the Foundation Office at 423-787-5117. The facilitator is Joyce Daniels, MA, LSPE, Grief Specialist.

## Health Information Library

Located in the Center for Women's Health, the Health Information Library is a free resource that provides health and wellness materials for the entire community. The library has over 400 books and many DVDs. Books, references, magazines, and DVDs are available for check-out. Internet access is available for web browsing and research of health topics. Phone: 423-787-5123.



## Laughlin Center for Wound Care

This is a new service that offers specialized treatment of problem wounds. It is an outpatient, hospital-based program that works in conjunction with the patient's primary care physician. It is located in MOB #2 on the 2nd floor. Phone 423-783-5500

## Ostomy Support Group

This small support group meets on the 1st Thursday of each month at 5:30pm in Classroom A on the 5th floor. This support group is for patients and their families who have an ostomy-ileostomy, colostomy, or urostomy. Education on the ongoing care and the adjustment process is provided as well as learning and sharing with each other and offering support to one another. Please call 423-787-5000 and ask to speak with Deanna Shephard for more details.

## Road to Recovery

This program is sponsored by the American Cancer Society and is a volunteer driven service that assists patients in need of transportation when available resources have been exhausted. Call the American Cancer Society Office in Johnson City at 423-975-0635 for guidelines and more information.

## Tai Chi: Healing in Motion

The art of Tai Chi will help you to use the power of movement to fight disease, boost your immune system, find strengths, make the best of treatments and meet the challenges a significant illness brings. The class is led by Beverly Gott, RN, CDE, Certified Tai Chi instructor. Classes are on Mondays and Wednesdays at 3:00pm. Cost is \$3/class.

**Tai Chi and all other exercise programs offered by LMH are conducted on the first floor in the Medical Office Building (MOB) 3. Call 423-787-5097.**

**Razzmajazz**, Tuesdays at 5:15pm

**Zumba**, Thursdays at 5:15pm

**HEAT(HighEnergyAerobicTraining)**  
Mondays and Thursdays @7:15pm.

**Fit 4 Beginner**, Tuesdays at 6:15 pm

# Laughlin Cancer Care Newsletter

Volume 1, No. 01 June 2013



*"Where Hope has a Home"*

LAUGHLIN MEMORIAL HOSPITAL

1420 Tusculum Blvd  
Greeneville, TN 37745  
(423) 787-5040

The Laughlin Cancer Care Program is launching its first ever newsletter with the goal of providing cancer patients with the necessary education and resources needed during and after a cancer diagnosis. We want patients to be educated about their cancer treatment and urge them to make their health and well being a priority while having treatment and after treatment.



The Laughlin Cancer Care Program has been an accredited cancer program through the American College of Surgeons Commission on Cancer (CoC) since 2009, with 3 year re-accreditation awarded in 2012. We are also a member of the Association of Community Cancer Centers (ACCC) and maintain a collaboration agreement with the American Cancer Society. The Laughlin Cancer Care Program is one of approximately 1400 CoC-accredited cancer programs in the US and Puerto Rico, which represents close to 25 percent of all hospitals. This 25 percent of hospitals diagnoses and/or treats 80 percent of newly diagnosed cancer patients each year. A full scope of services including diagnostic and treatment services such as radiation therapy, chemotherapy, and surgery are available. The Laughlin Center for Women's Health is "An Accredited Breast Imaging Center of Excellence" with accreditations that include mammography, breast ultrasound, general ultrasound, and stereotactic breast biopsy. There are numerous early detection and prevention programs provided to the Greeneville/Greene County community. Breast cancer prevention/early detection programs include the "Yes, Mam"

Program, which is a three-step program designed to promote healthy breast care and aid in early detection of breast cancer. A grant from the Tri-Cities Affiliate of Susan G. Komen for the Cure provides funds for a special program entitled, "Tell Your Mom, Save a Life" as well as provides 200 free screening mammograms for women who qualify. Laughlin participates in various programs and health fairs in the community bringing awareness to colorectal, breast, lung, skin, and prostate cancer.



The Colossal Colon visited Greeneville on Wednesday, April 10, 2013 at the Greene Technology Center. The community was challenged to "crawl the colon" featuring the original "Colossal Colon" and learn that colorectal cancer can happen to anyone at any age. The Colossal Colon is a 40 foot, 4 foot tall crawl through replica of a human colon demonstrating healthy tissue, various diseases of the colon, polyps, and various stages of colorectal cancer. This program was free and open to the public. Cancer screenings are also offered to the community. Dr. Susan Abernathy conducted a free oral cancer screening on April 19, 2013 in conjunction with Head and Neck Cancer Awareness month at Greeneville ENT Associates.

## Supportive Programs & Resources

### **Look Good . . . Feel Better**

The Look Good...Feel Better program is for women undergoing radiation and chemotherapy. Spend an afternoon with certified professional cosmetologists as they demonstrate skin, nail and hair tips that can enhance your appearance and improve your self-image while undergoing cancer treatment. It is a free program hosted by the Laughlin Center for Women's Health and is in Partnership with ACS, NCA, and CTFAT. Complimentary cosmetics and skin care products are provided. The program meets on 2nd Monday of each month from 10:00am - 12:00 noon in the Laughlin Women's Center Classroom. Please call 423-639-1600 for more details.

### **Cancer Support Group**

The Cancer Support Group meets the first Monday of each month in the Private Dining Room adjacent to the Cafeteria on the 1st floor. This group provides support and education to individuals, family members, and friends challenged by a cancer diagnosis. Focus is on sharing experiences and quality of life after a cancer diagnosis. Susan Price is the hospital coordinator. Her number is 423-787-5026. Group facilitator is Abby Cole Keller.

### **I CAN COPE**

A free program to help people with cancer and those close to them learn more about diagnosis and treatment and meet others facing similar experiences. I CAN COPE (ICC), offered by the American Cancer Society and Laughlin Memorial Hospital, is a series of classes that provide patients and loved ones with practical help in coping with some of the emotional and physical challenges of cancer. ICC meeting notices are posted in the local newspaper, LMH website and LMH Facebook page. For more information please contact Susan Price at 423-787-5026.