

## Lung Screening Improves Survival in Lung Cancer



WHEN ASKED TO CONSIDER THE HEALTH ISSUES FACING WOMEN TODAY, MANY PEOPLE PUT BREAST CANCER AT THE TOP OF THE LIST. In fact, in a recent study conducted by the American Lung Association, 87 percent of the respondents cited breast cancer as a “top-of-mind cancer” affecting women. And while ovarian cancer came in a very distant second with seven percent, the number one cancer killer of women barely made the list: Only one percent of those surveyed considered lung cancer as a significant threat to women’s health.

The facts are clear, though perhaps not widely known: lung cancer kills almost twice as many women as any other cancer. Over the past 35 years, the rate of new lung cancer cases has doubled in women. In 1987, it surpassed breast cancer to become the leading cause of cancer death in women.

**A new program at the Leever Cancer Center aims to do just that.** The Lung Cancer Screening Program at

“...early intervention — including early detection and early treatment — can translate to higher survival rates in lung cancer cases.”

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The Harold LEEVER Regional Cancer Center represents a partnership between the Leever Cancer Center, Franklin Pulmonary Group, Saint Mary’s Hospital, Waterbury Hospital, and Waterbury Pulmonary Associates and offers low-dose CT scans for both women and men at risk of developing lung cancer (see page 3, Program Spotlight: A Community Approach to Community Care). Low-dose CT scans are the lung cancer screening method recommended by the United States Preventive Services Task Force, and, as was recently reported in the *New England Journal of Medicine*, can reduce mortality by up to 20 percent for smokers when used to detect lung cancer in its earliest stages.

“As with most cancers, early intervention — including early detection and early treatment — can translate to higher survival rates in lung cancer cases,” notes Kevin Kniery, Executive Director of the Leever Cancer Center. “Unfortunately, only 15 percent of lung cancer cases are diagnosed at an early stage. We are proud to be

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## Lung Screening Improves...

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working in partnership with other healthcare providers in our region to change that by increasing awareness of the disease, educating women about the considerations surrounding lung cancer as they specifically relate to them as a group, and by making low-dose CT scans both available and accessible in our community.”

Early detection is important for both women and men: despite the fact that new lung cancer cases have decreased 35 percent in men over the past 35 years, it still remains the number one cause of cancer death among men in the United States. And while there is no guaranteed way to completely prevent lung cancer, the American Lung Association offers these tips on reducing your risk of developing the disease:

- ▶ If you don't smoke, don't start. Smoking causes lung cancer and a variety of other debilitating diseases. And when smoking is combined with another risk factor, like radon exposure, the risk of cancer is even higher.
- ▶ If you are a smoker, quit. It is the single most important thing you can do to prevent lung cancer, and to improve your overall health and quality of life. If you want to quit smoking, we can help: call 203-575-5573 for information about our seven-week smoking cessation program.
- ▶ Avoid exposure to secondhand smoke, and protect your family by making your home smoke-free. You'll not only protect yourself, but your family, too. And visit lung.org to learn about your rights to a smoke-free workplace.
- ▶ Test your home for radon with inexpensive tests from the hardware store or your local health district office.
- ▶ Be aware of workplace hazards and general air pollution. If you are exposed to dust and fumes at work, find out what they are, and what your company does to protect you.
- ▶ Choose a healthy diet with a variety of fruits and vegetables.
- ▶ Exercise regularly. Find an exercise that works for you and stick with it.

# ask the Doctors

Dr. Rohit Beri and  
Dr. Richard Silverman  
answer your questions  
about lung cancer.



**Rohit Beri, MD**  
is a member of  
Franklin Medical  
Group, which is  
affiliated with  
Saint Mary's Hospital.  
He is board-certified  
in Pulmonary Disease,  
Critical Care Medicine,  
Internal Medicine and  
Sleep Medicine.

**Q** What are some of the early signs and symptoms of lung cancer?

**A** **Dr. Beri:** It is important to note that some lung cancers do not show any symptoms until they have spread. For that reason, you should consult with your doctor as soon as you notice symptoms, and, more importantly, if you are at risk of developing the disease due to a history of smoking or other environmental exposures.

The early and most common symptoms of lung cancer are:

- ▶ A cough that does not go away or gets worse
- ▶ Chest pain that is often worse with deep breathing, coughing, or laughing
- ▶ Hoarseness
- ▶ Weight loss and loss of appetite
- ▶ Coughing up blood
- ▶ Shortness of breath
- ▶ Feeling tired or weak
- ▶ Long-lasting or recurring infections, such as bronchitis and pneumonia
- ▶ Wheezing

Consult with your physician if you have any of these symptoms.



**Richard S. Silverman, MD**  
is a member of the  
physician team at  
Waterbury Pulmonary  
Associates and is  
affiliated with  
Waterbury Hospital,  
Saint Mary's Hospital,  
and Yale-New Haven  
Hospital. He is  
board-certified in  
Pulmonary Disease,  
Critical Care  
Medicine, and  
Internal Medicine.

**Q** I sometimes hear about people who have never smoked, but still get lung cancer. How is that possible?

**A** **Dr. Silverman:** According to the American Cancer Society, as many as 80 percent of lung cancer cases are caused by smoking, with another significant percentage caused by secondhand smoke. That leaves fewer than 20 percent of all lung cancer cases to consider. Even though the numbers are small, it is important to be aware that non-smokers can get lung cancer, too, and to talk to your physician if you have symptoms of the disease (see above).

Often, lung cancer is caused by a combination of factors. Not every smoker gets lung cancer, but smoking may make people more susceptible to the effects of other risk factors. Genetic predispositions may also increase the susceptibility of developing the disease, in that inherited DNA mutations may affect how cells grow and divide, opening the door for some cancer-causing agents to take hold in a person's system. Sometimes, exposure to environmental contaminants is, on its own, enough to cause lung cancer. Those cancer-causing agents and contaminants may include regular exposure to radon, air pollution, asbestos, and diesel exhaust. Talk to your doctor if you are routinely exposed to any of these home or workplace contaminants, and take precautions, like testing your home for radon, eating a diet rich in fruits and vegetables, and increasing your physical activity.

# Lung Cancer Screening: A Community Approach to Community Care

A recent community health needs assessment sponsored by the Greater Waterbury Health Improvement Partnership revealed that lung cancer incidence in Waterbury is considerably higher than in Connecticut's other major cities, and higher than overall incidence numbers statewide. Waterbury's lung cancer mortality rates follow the same alarming trend.

As with most cancers, finding lung cancer early can improve a patient's chances for survival. In fact, the *New England Journal of Medicine* recently reported that early detection using a low-dose CT scan of the lungs can reduce mortality by up to 20 percent for smokers. And that's good news. But it gets better: For a limited time, no-cost, low-dose lung CT screenings are available at The Harold Leever Regional Cancer Center. We have partnered with Diagnostic Radiology Associates, Franklin Pulmonary Group, Naugatuck Valley Radiology, Saint Mary's Hospital, Waterbury Hospital, and Waterbury Pulmonary Associates to bring this unique program to the community.

## WHAT IS A LOW-DOSE-CT SCAN?

CT stands for computerized tomography. Tomography refers to a cross-section of a physical structure. CT scans combine data from a series of tomographic x-ray images and converts them to pictures that can be easily viewed on a computer screen. Low-dose CT scans use about five times less radiation than conventional CT scans.

## WHO IS ELIGIBLE FOR THE SCREENINGS?

To qualify, you must fall into one of these two categories:

### Group 1:

- ▶ be between the ages of 55 and 74
- ▶ be a smoker or have been a smoker in the past 15 years
- ▶ have smoked 30 or more pack years (This is the number of years smoked multiplied by the number of packs of cigarettes smoked per day. For example, one pack per day for 30 years equals 30 pack years.)
- ▶ be a resident or our 13-town service area, which includes Beacon Falls, Bethlehem, Cheshire, Middlebury, Naugatuck, Oxford, Prospect, Southbury, Thomaston, Waterbury, Watertown, Wolcott and Woodbury

### Group 2

- ▶ be between the ages of 50 and 74 years old
- ▶ have smoked at least a pack of cigarettes a day for 20+ years

- ▶ have one additional lung cancer risk factor (but NOT secondhand smoke exposure) including, but not limited to:
  - have an immediate family member with a history of lung cancer
  - have a personal history of chronic lung disease or another cancer
  - be exposed regularly to workplace contaminants, such as asbestos, diesel fumes, or arsenic
  - be exposed to radon

## I DON'T MEET ALL THOSE CRITERIA, BUT FEEL THAT I SHOULD BE SCREENED.

Although you must meet our program requirements to be eligible for free screenings, our services are available to the greater community for a fee. Some insurance carriers cover the cost of screening for their current policyholders. We may be able to assist in obtaining an authorization for payment.

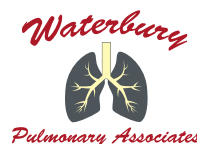
## DO I NEED A DOCTOR'S REFERRAL TO TAKE PART?

No, you can refer yourself or be referred by a physician.

## I'M READY TO GO, NOW HOW DOES IT WORK?

- ▶ Call The Harold Leever Regional Cancer Center at 203-575-5549 for an initial screening; qualified patients will be scheduled for a low-dose CT scan.

The Lung Cancer Screening Program at The Harold Leever Regional Cancer Center is sponsored by:



This program adheres to the criteria of the American Lung Association, the American Cancer Society, the American Thoracic Society, the National Cancer Institute, and the United States Preventive Services Task Force. For more information, visit [leevercancercenter.org](http://leevercancercenter.org) or call 203-575-5549.

- ▶ On the day of the scan, a practitioner will review the benefits of the scan. The scan itself takes only a few minutes.
- ▶ Within two days, scans will be read by radiologists who specialize in reading lung CT scans. If follow-up care is necessary, patients may choose their own doctor, and can expect to be seen within a week's time.
- ▶ If your scan shows no evidence of lung cancer, a letter will be mailed with a reminder for a follow up scan in one year.

# Super Salads Sensational Sides

## Pack Some Power on Your Plate!

By Karen Sabbath, MS, RD, CSO

As we head into fall, the farm stands and gardens are still overflowing with fresh produce, and the flavors and aromas of freshly prepared farm-to-table foods are intoxicating. Plus, these foods are brimming with health benefits. Now is the time when “locally grown” takes on new meaning, and the bounty available to us makes cooking and eating a joy! With just a small amount of planning, it’s easy to take advantage of all that nature has to offer.

Here are some suggestions to boost up the health benefits of what you are eating.

### Latest research supports a plant-based diet

The American Institute for Cancer Research, or AICR, published an expert report, “Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective” which found that a predominantly plant-based diet may reduce the risk of cancer. Fruits, vegetables, legumes, whole grains, and other plant-based foods provide a wide array of cancer-protective compounds and can be a powerful tool for weight

management. The fiber and water in plant foods gives people a feeling of fullness without supplying a lot of calories. The report concluded that maintaining a healthy weight is one of the most important things you can do to reduce your risk of cancer as well as other chronic diseases.

### Maximizing every meal: Eat foods that may help fight cancer

There is no single “magic bullet” food that can protect against cancer, or any other disease. But by combining a large variety of healthy plant foods, you can give your body a great shot of powerful antioxidants and

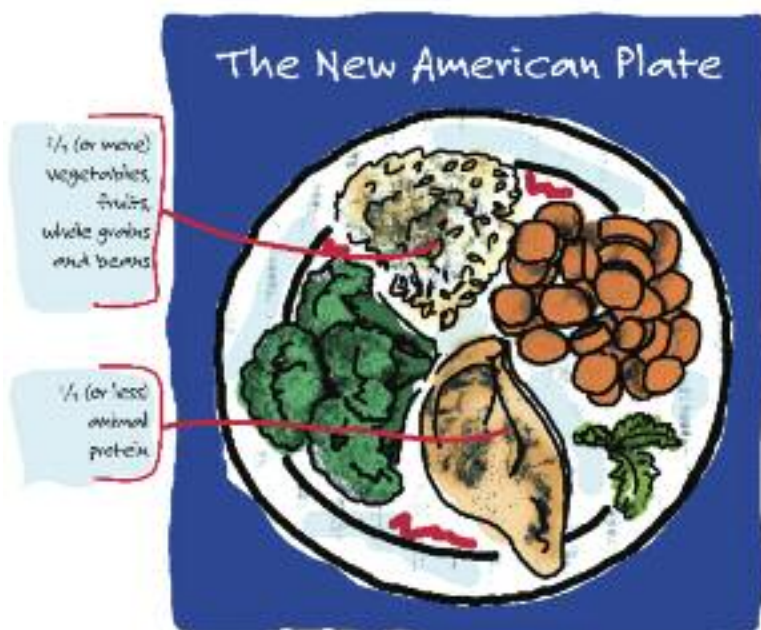
“phytonutrients” (healthy compounds in plants) that work together to provide protection from cancer.

**Ten of the healthiest foods:** Try to incorporate at least a few of them (or more if you are really motivated) every day. Remember that there are many more – this is just a partial list!

**Apples:** Everyone has heard the old saying, “An apple a day keeps the doctor away.” There may be some truth to it. A rich source of fiber and antioxidants, including vitamin C, studies have shown that eating an apple daily can lower bad cholesterol, and increase good cholesterol, keeping your blood vessels healthy.

**Almonds and other nuts:** Nuts are a great source of protein, heart-healthy monounsaturated fats, fiber, magnesium, iron, Vitamin E and calcium. Research has indicated that eating one serving (seven nuts) daily, actually promotes weight loss, as well as lowers cholesterol. Nuts are not low-calorie, so watch your portion size!

**Beans and legumes:** Loaded with protein, fiber, antioxidants and B vitamins, beans not only taste good,



## Organize your plate to maximize your nutrition.

Make your protein source the supporting role instead of the main attraction. It should fill 1/4 -1/3 of your plate. Two-thirds to three-quarters of your plate should be vegetables and whole grains.

Graphic: American Institute for Cancer Research

but help to reduce heart disease, lower blood sugar, control weight and have a role in a cancer prevention diet. They can be added to soups, salads, and egg dishes. There are lots of varieties (red, black, white, edamame, garbanzo, and black-eyed peas, just to name a few), so try them all.

**Berries and cherries:** Filled with antioxidants, phytonutrients and fiber, and low in calories, these little nutritional powerhouses pack an amazing amount of nutritional goodness into a tiny package. Blueberries have the most nutrition, but all of them are good. Add to cereal, yogurt, salads or baked goods. Try using frozen berries in the winter months by blending into a smoothie, or have a cup of cherries for a healthy, low-calorie snack.

**Broccoli and other cruciferous vegetables:** One of America's favorite vegetables, broccoli, is available year round. Packed with cancer-fighting sulforaphane, plus vitamins A, C, and K, broccoli has lots of fiber, is low in calories and has almost as much calcium as an ounce of cheddar cheese. Try other members of the cruciferous family: cabbage, kale, brussels sprouts and cauliflower.

**Garlic:** Probably the most popular member of the allium family (which also includes onions, scallions, leeks and chives), garlic contains many phytochemicals thought to have anti-cancer effects. Garlic is also heart-healthy since it can lower blood pressure and cholesterol. For maximum benefit, crush a fresh clove and allow it to rest before using.

**Greens:** Spinach, kale, and other dark green, leafy vegetables are high in many antioxidants, many of which are thought to be protective against macular degeneration. They are believed to be heart healthy and may protect against certain cancers. Greens are also high in vitamins A, C, folate and magnesium. High in fiber and low

in calories, they can be eaten cooked or raw.

**Quinoa:** Pronounced "keen'-wa," this ancient grain is high in protein (8 grams in 1 cup cooked), fiber and iron. It's also loaded with zinc, vitamin E, and selenium. It's found in most supermarkets, it's easy to prepare, and can be eaten alone, or mixed with vegetables, nuts or lean protein or made into patties. Other whole grains that are nutritious are barley, oats, whole wheat, wild rice and millet.

**Salmon:** Rich in omega-3 fatty acids, salmon (as well as other fatty fish like mackerel, herring, sardines and anchovies) is high in protein, and is believed to contribute to heart health. Eating two servings a week will give you the recommended dose of omega-3 fatty acids. Wild salmon is recommended when possible. You can also

buy pink, boneless, skinless, wild canned salmon as a good substitute for canned tuna.

**Sweet potatoes and orange squash:** The rich, deep orange-yellow color of these vegetables indicates a high amount of beta-carotene, an antioxidant that gets converted to Vitamin A, and can slow the aging process and reduce the risk of certain cancers. They are also great sources of fiber, Vitamin B6 and potassium. And, like many vegetables, they are fat-free and relatively low in calories.

Make your plate into a rainbow of colors, textures with lots of fruits, vegetables, whole grains and healthy proteins. Enjoy the bounty of good food available and take the time to prepare foods that are going to give your body the wonderful and all-natural nutrition it deserves.

## CURRIED SQUASH AND APPLE SOUP

### Ingredients:

- 3 cups fat-free, less-sodium chicken broth
- 2 cups chopped onion (1 large)
- 2 tsp. minced garlic
- 1-1/2 tsp. grated fresh ginger or 1 tsp. ground ginger
- 1/4 tsp. salt or more to taste
- 1 tsp. curry powder
- 1/2 tsp. ground coriander
- 2 lbs (approx. 3 cups) cubed, peeled butternut squash (frozen chunks will work also)
- 2 medium apples, cored, peeled and diced (approx. 2 cups)

Makes 8 servings (serving size: 1 cup)  
Adapted from "Cooking Light"

### Directions:

1. Combine all ingredients in soup pot. Bring to a boil. Simmer 45-60 minutes or until soft.
2. Transfer mixture in 2 batches to a blender and puree until silky smooth. Serve hot.

Keeps in refrigerator for up to 4 days and up to 4 months in the freezer.

## Save the date for our next Cooking Demo!

The holidays are fast approaching. Plan to attend "Feasting, Festivities and Sides" on **Thursday, November 13** from **11:30AM - 1:00PM** These events are always informative, fun and popular – a reservation is required. Call 203-575-5555 to RSVP.

**Questions about nutrition?** Contact Leever's own Karen Sabbath, MS, RD, CSO, at 203-575-5510 or email her at [karensabbath@leevercancercenter.org](mailto:karensabbath@leevercancercenter.org).

# Relay for Life 2014 Knocking Out Cancer

What superpowers make true superheroes? Perseverance, positivity, strength, hope, determination, and the belief that anything is possible. That was the message Team Leever brought to the 2014 Relay for Life track in June with their tagline “Making Cancer Survivors into Superheroes for Over 12 Years!”

The team t-shirts, designed by artist and volunteer John Parkinson, featured bright, primary colors and images that evoked a Marvel Comics/superhero, feel reminiscent of The Flash, Superman, and Captain Marvel.

“Taking on cancer is a tremendous challenge that requires such strength and focus,” said Deborah Parkinson, Operations Manager at the Leever Cancer Center. “We wanted to acknowledge the fact that for more than 12 years, Leever patients have been battling the odds with a hope and determination that inspires us all. In every way, every day, they are true heroes.”

This year, more than 100 joined Team Leever. They maintained a 24-hour presence on the track at Waterbury’s Crosby High School to honor those who have won and lost battles with cancer, to honor caregivers who take up the fight with their friends, family, and loved ones each day, and to raise funds to continue the search for a cure.

Now in its 29th year, Relay for Life is a worldwide phenomenon that has raised nearly \$5 billion to fight cancer. For more information, visit [relayforlife.org](http://relayforlife.org).



Above, left to right: Dennis Wigglesworth, Tammie Wigglesworth, Jim Johnson, Jimmy Friss, and Judith Ross.



Right, front row: Beth Ouellette, Maria Benvenuto, Robin Sills  
Back row: Diana Spahiu, Dianne Bedard, Joanne Giedra, Cheryl Guetens, April Nunn, Melissa Seres, and Deborah Parkinson

*“For more than twelve years, Leever patients have been battling the odds”*



Members of Team Leever ready to ride in CTC 2014!





Left: Anita Naiss, Nicole Jusuf, Elizabeth Jones, Katie Bowen, Stanley, Dr. Joseph Ravalese III, Dr. Joseph Bowen, Sarah Linsalata, and Marilyn Dabbo.



Below: Rae Varrone, Diana Spahiu, Deborah Parkinson, Dr. Douglas Housman, Dr. John Elser, Kevin Kniery, Karen Sabbath, Dr. Joseph Ravalese III, and Dr. Kert Sabbath.

*with a hope and determination that inspires us all."*

## CT Challenge 2014 Cycling for Survivorship

Ten years, countless miles, immeasurable impact. Some 20 cyclists wearing Team Leever jerseys joined throngs of riders pedaling through Fairfield County in July to raise money for cancer survivorship programs throughout the state of Connecticut.

Founded in 2004, the Connecticut Challenge raises funds to support clinics, allied support services, and networks that organize post-treatment care for the 13 million cancer survivors in the United States. Locally, the Connecticut Challenge supports "Stepping Forward," the Leever Cancer Center's survivorship program.

As the survivor population grows, so does the need for survivor services. In 2011, the Leever Cancer Center kicked off its own program that helps survivors thrive by offering an effective post-treatment plan for care, disease prevention, and support. Our survivorship team includes nurses, nurse practitioners, a physical therapist, a registered dietitian, and a social worker. Survivors are also encouraged to attend our community health series and YMCA programs.

"Team Leever is a very special and unique group of people," said Team Leever organizer and captain Patti Lizotte, "We are survivors, patients, and caregivers. We are medical professionals, volunteers, family members, and friends. We are united around a cause that has touched us all in some way, and inspired us to do what we can to make a difference and effect change."



**Thanks to this year's Team Leever riders and fundraisers:**

Patti Lizotte, team captain (pictured above left with Deborah Parkinson)

- |                |                   |
|----------------|-------------------|
| Debra Bana     | Heather Lindenman |
| Emmalee Caisse | Julie Lindenman   |
| Richard Caisse | Terry McDowell    |
| Joelee Cedela  | Chris Mulhal      |
| Betsy Daniels  | Deborah Parkinson |
| David Daniels  | Scott Parkinson   |
| Tom Ercoli     | Karen Sabbath     |
| Kevin Kniery   | Kert Sabbath      |
| Mary Kokoska   | Mark Snyder       |



### *In memory of Denis Cables* **Benefit Car Show**

The Harold Leever Regional Cancer Center's Third Annual Benefit Car Show was held on June 29, 2014, in memory of Mr. Denis Cables. Denis had been the inspiration for the inaugural car show, so it is more than fitting to hold this year's car show in his memory. Supported by Denis' strong circle of family and friends, this year's show was bigger than ever – filling the entire visitor parking lot with all varieties of cars and trucks.

Proceeds benefited the Stepping Forward Survivorship Program at the Leever Center.

## 2014 Organizational Excellence Award **HLRCC Earns Top Honors**

The Health Care Council of the Waterbury Regional Chamber of Commerce recently presented The Harold Leever Regional Cancer Center with their 2014 Organizational Excellence Award. Given each year to an organization in recognition of its ability to demonstrate the best qualities of a health provider, the award celebrates exceptional contributions to the Greater Waterbury region at large.

The Waterbury Regional Chamber Health Care Council represents over 1,100 businesses in the Greater Waterbury region that includes Beacon Falls, Bethlehem, Cheshire, Middlebury, Naugatuck, Oakville, Oxford, Prospect, Southbury, Thomaston, Waterbury, Watertown, Wolcott, and Woodbury. One of the largest chambers in Connecticut, the Waterbury Regional Chamber, and its Health Care Council, creates and distributes a semi-annual *Health Matters* magazine in the *Waterbury Republican-American* newspaper.



*Left to right: Loraine Shea, Health Care Council Chair, Waterbury Hospital; Kristen Jacoby, United Way of Greater Waterbury; Kevin Kniery, The Harold Leever Regional Cancer Center; Anthony Bocci, Waterbury Hospital; Susan Pronovost, Brass City Harvest.*

## **Waterbury Hospital Summer Bridge Program**

The Summer Bridge Program is offered as part of the Waterbury Hospital's Youth Pipeline Initiatives. It allows students to take academic and SAT prep classes for six weeks over the summer, while also taking field trips to medical centers and shadowing physicians. During the summer, 30 local students completed Waterbury Hospital's annual Summer Bridge Program, which provided them with a six-week, comprehensive program in SAT Math, SAT English, Vocabulary, Job Readiness, and Job Shadowing in more than 20 hospital departments. The program served students from the Greater Waterbury area, as well as children of Waterbury Hospital employees.



*This year's class, pictured above with Deborah Parkinson, HLRCC Operations Manager (far left): Back row, left to right: Angela Holmes, WH Youth Pipeline Coordinator, Jennifer Caceres, Silvia Tela, Breanna Madison, Jorge Cruz, Noel Demollari and Jacob Levin. Front row, left to right: Jurea McIntosh, Nicole Thomas, Cordelia Keberle, Katherine Rodriguez, Fuka Asahi, Giselle Caseres, Onshalyte Lee and Kristin Feliciano.*



# Oral, Head and Neck Cancer Screening An Ounce of Prevention



The Harold Leever Regional Cancer Center was pleased to host its third annual Oral, Head & Neck Cancer Screening event earlier this year. During the no-cost, two-hour program, five local physicians screened 131 people for cancers of the mouth, head and neck. Five patients were referred for immediate follow-up, 30 for additional evaluation, and the balance for routine future screenings.

“Prevention is truly the best medicine,” notes Dr. Douglas Housman, “and we are quite pleased to be able to offer this important screening to the Greater Waterbury community at no cost.”

For information about future programs and screenings at The Harold Leever Regional Cancer Center, please visit [leevercancercenter.org](http://leevercancercenter.org).



Front row, left to right: Irene Clarke and Amy Baldwin-Stephens. Back row, left to right: Deborah Parkinson, Emil Tomasi.

Event statistics 2012 – 2014	NUMBER OF PEOPLE SCREENED	NUMBER OF REFERRALS			
		For routine follow-up	For further head and neck evaluation	Suspected malignancies	Other referrals
APRIL 2014	131	96	30	5	0
APRIL 2013	77	58	14	0	5
APRIL 2012	90	82	5	0	17

## Leever Art Therapy Group Mandala Project

The Harold Leever Regional Cancer Center Art Therapy group, under the direction of a credentialed Art Therapist, uses various mediums to address different issues that group members may be experiencing. These issues may or may not relate to their cancer journeys. The directive for the Mandala Project was simply to create an expressive form with the human figures. This is an example of a fairly open directive that allowed participants to explore and experience any emotion or feeling that they chose to express.

The mandalas shown here were on display in the main reception area at Leever. We wish to express our sincere gratitude and sincere appreciation to Kyle Barreuther, MAAT,



as she transitions to another position. Kyle was the Art Therapist who originally brought the program to us and her special ability to create an atmosphere that facilitates the healing process will be missed. Art Therapy will continue — watch our website [leevercancercenter.org](http://leevercancercenter.org) for details.



**man·da·la** *noun* [muhn-dl-uh]

A graphic and often symbolic pattern, usually in the form of a circle, divided into four separate sections or bearing a multiple projection of an image.

# A Community of Caring

The Harold Leever Regional Cancer Center wishes to express its appreciation and a sincere thank you to its neighbors and friends by recognizing the spirit and hard work of the members of our community in fulfilling the Mission of the Leever Cancer Center.

Thank you to Nick Moniz (pictured below), a 17-year-old Naugatuck resident and Gunnery School senior, who plays guitar in the lobby of The Harold Leever Regional Cancer Center a few hours a week as part of a community service project required for his 2015 graduation from high school. Nick, whose sister and father both had cancer, thought this was a great way to give back to the community. Nick is interested in a career in radiology, as a radiologist or maybe a physician assistant.

“This adds to the relaxing environment we are trying to create,” said Leever Operations Manager Deborah Parkinson. “Our patients and everyone who works here have been saying how serene and peaceful it is with him playing.”



Special thanks to:

**The Naugatuck Women’s Club Dance Troupe** for their generous donation, borne of funds they earned through their performance. Thanks to President **Laura P. Smith, Mary C. Santos,** and **Helen K. Ruest.**

**The Watertown High School Girls Swim Team** (pictured right) for their very generous donation.



**The Woodbury Middle School field hockey girls and boys soccer,** and

**boys and girls cross country teams** who sold and wore pink socks for one month to raise money and awareness about breast cancer. Their generous donation was greatly appreciated.

**Naugatuck Junior Girl Scout Troop 64555,** who made hats and held a blanket drive for patients at the Leever Cancer Center. All seven girls in the Troop have been affected by cancer in some way. They undertook the project to earn their Bronze Award, a leadership adventure and the highest honor a Girl Scout Junior can achieve. The girls delivered 44 blankets and 12 hats to the Leever Cancer Center.

**Cindy Cipriano** and her fellow staff members for donating the cash prize they earned during the **Saint Mary’s Hospital** nurse’s station window decorating contest for breast cancer awareness.

**The Brave at Heart Breast Cancer Support Group** for donating gift cards, toys, cozy pajamas, and teddy bears during the holiday season for Leever patients in need.

**The Village Green** for their very generous donation of handmade items.

**The Naugatuck High School** students who donated proceeds from bracelets they made and sold, and to the **Naugatuck High School Community Program,** which matched their donation.



**The North End Middle School Governance Council** (pictured left) and students proudly presented a generous check to the Leever Cancer Center for breast cancer awareness. All funds were donated by staff and students.

*Left to right: Luanelly Iglesias, Marie McDermott, Barbara Moulthrop, Melissa Seres of HLRCC, Christina Reach, Melissa Adorno, Elisa Bozzuto-Rinaldi and Ron Brandes.*

# Quilts that Care

Deb Van Steenberg (pictured right) equates the warmth and comfort of a quilt with the warmth and comfort of a hug. After losing her husband of 31 years to cancer, Deb channeled her grief into an effort to provide “hugs” to cancer patients. In 2012, that effort became **Quilts that Care**. To date, more than 50 volunteers have made over 350 quilts; nearly 100 of those quilts have been donated to the Leever Cancer Center.

Quilts that Care meets at 6:30 pm the first and third Mondays of each month at the Leever Cancer Center. And you don't have to be a quilter to join: The group also needs people to iron fabric, cut with a rotary cutter, and put fabrics together. They are also looking for donations: fabric scraps, batting, thread, backing fabric.

Please call Deb Van Steenberg at 860-945-0184 or 203-910-3912 for more information on the group, or to learn about their next fundraiser, to be held October 9.



## Congratulations...



### to the Cancer Team at Waterbury Hospital!

The Commission on Cancer (CoC) of the American College of Surgeons (ACoS) granted Three-Year Accreditation with Commendation to the cancer program at Waterbury Hospital in collaboration with The Harold Leever Regional Cancer Center. To earn voluntary CoC accreditation, the Waterbury Hospital program had to meet or exceed 34 CoC quality care standards, be evaluated every three years through a survey process, and maintain levels of excellence in the delivery of comprehensive, patient-centered care.

Thursday, November 6

## 2014 Survivor's Day Celebration

Overcoming a terrifying medical condition and reclaiming her funnybone, Suzy Becker's "I Had Brain Surgery, What's Your Excuse?" is her memoir about recovering from brain surgery. Please join us to hear her inspirational story.

Sign-in and light dinner beginning at 5:30pm. Presentation from 6:00pm to 7:00pm.

All survivors and caregivers are welcome!

RSVP to 203-575-5544.

Special Guest Speaker:  
**Suzy Becker**



## AWARE!

is published by  
The Harold Leever Regional  
Cancer Center

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We encourage your feedback.  
If there is a cancer topic you would like covered, to respond to an article you've read, or to be put on our mailing list, please call 203-575-5555 or email: [dparkinson@leevercancercenter.org](mailto:dparkinson@leevercancercenter.org)

**HL** THE HAROLD LEEVER  
REGIONAL CANCER CENTER

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## Make a Difference. Make History. Make Strides!

**Making Strides Against Breast Cancer®**  
Sunday, October 19, 2014  
1:00 pm  
Library Park  
267 Grand Street, Waterbury

The American Cancer Society is bringing their non-competitive walk, "Making Strides Against Breast Cancer," to Waterbury for the first time. The Harold Leever Regional Cancer Center is proud to sponsor the survivorship tent at the event.

Designed to raise awareness and funds to fight breast cancer, this event "unites communities to honor and celebrate breast cancer survivors, educate women about the importance of early detection and prevention, and raise money to fund lifesaving research and support programs" designed to battle this disease. Anne Pringle, facilitator of the Brave at Heart Breast Cancer Support Group that meets at the Leever Cancer Center, is a 2014 Survivorship Co-Chair.

To learn more, to register to participate, or to sign on as a volunteer, visit [makingstrideswalk.org](http://makingstrideswalk.org) or their Facebook page, "Making Strides Against Breast Cancer of Greater Waterbury."

## Community Events Monthly Support Groups

**MULTIDISCIPLINARY BREAST CANCER CONFERENCE IN ACTION: Thursday, October 23, 5:30PM – 7:00 PM** RSVP 203-575-5548 or email [dparkinson@leevecancercenter.org](mailto:dparkinson@leevecancercenter.org)

**2014 SURVIVORS DAY CELEBRATION: Thursday, November 6, 5:30PM – 7:00 PM** RSVP 203-575-5544 or email [dparkinson@leevecancercenter.org](mailto:dparkinson@leevecancercenter.org)

**AMERICAN CANCER SOCIETY: LOOK GOOD, FEEL BETTER!:** monthly, 1st Monday, 2 PM – 4 PM, contact the ACS at 203-756-8888

**AMERICAN CANCER SOCIETY: REACH TO RECOVERY:** by appointment, contact the ACS at 203-756-8888

**AMPUTEE SUPPORT GROUP:** monthly, 3rd Friday, 5:00 PM, contact Dila Hassiem: 203-597-8818

**ART THERAPY:** monthly, 1st and 3rd Tuesday, 2 PM, contact Melissa Seres, MSW: 203-575-5511

**BETTER BREATHING CLUB:** monthly, 3rd Friday, 1 PM, contact Rachel Kirchner: 203-757-4991

**BRAVE AT HEART BREAST CANCER SUPPORT GROUP:** monthly, 1st Wednesday, 7 PM – 9 PM, contact Anne Pringle: 203-910-7582

**CANCER CAREGIVER SUPPORT GROUP:** monthly, 3rd Monday, 12:00 PM – 1:00 PM, contact Melissa Seres, MSW: 203-575-5511

**COMPASSIONATE FRIENDS:** monthly, 2nd Wednesday, 6:45 PM – 10:00 PM, contact Sharon: 860-384-1398

**CT MULTIPLE MYELOMA FIGHTERS SUPPORT GROUP:** monthly, 2nd Tuesday, 6 PM – 8 PM, contact Robin Tuohy: 203-206-3536

**ENERGY THERAPY:** Tuesday, Wednesday, Thursday afternoons and Thursday mornings, contact Melissa Seres, MSW: 203-575-5511

**FREEDOM FROM SMOKING:** An 8-week smoking cessation series: held 4 times per year, please call 203-575-5573 for information on the start of the next series

**HOPE MUTUAL AID GROUP FOR PATIENTS AND THEIR LOVED ONES:** monthly, 1st and 3rd Tuesday, 12 PM – 1 PM, contact Melissa Seres: 203-575-5511

**JOURNALING: A WAY TO HEAL FROM YOUR CANCER EXPERIENCE:** Fridays, 10 AM – 11:30 AM, contact Bob Devito: 203-910-3107

**QUILTS THAT CARE:** monthly, 1st and 3rd Mondays, 6:30 PM – 8:30 PM, contact Deb V: 860-945-0184

**THYROID CANCER SUPPORT GROUP:** monthly, last Tuesday, 6 PM – 7 PM, contact Dot Torretta: 203-756-3481

**WATERBURY AREA OSTOMY SUPPORT GROUP:** monthly, 1st Monday, 6:30 PM – 8:30 PM, contact Don Grocki: 203-695-3340

**WOMAN TO WOMAN BREAST CANCER SUPPORT GROUP:** monthly, 3rd Tuesday, 7 PM – 8:30 PM, contact Theresa Lombardo: 860-274-2200

*Please call contact person to confirm that group is running as scheduled. Meeting times may be rescheduled to accommodate holidays or special meetings. See [leevecancercenter.org](http://leevecancercenter.org) for ongoing community events.*