

AWARE!

HL
THE HAROLD LEEVER
REGIONAL CANCER CENTER

Prevention and awareness information from The Harold Leever Regional Cancer Center



Vin Largay and Jack Pacowta, the Co-Chairmen of the Capital Campaign for HLRCC with Harold Leever in March 1999.

The Harold Leever Regional Cancer Center: Five Years of Hope and Growing!



“The Harold Leever Regional Cancer Center has far exceeded our expectations.”

— Mrs. Ruth Ann Leever

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FIVE YEARS OF SERVICE TO THE COMMUNITY — A TIME FOR CELEBRATION! The Harold Leever Regional Cancer Center celebrates being a proud member of the Greater Waterbury healthcare community for five years! Offering patients and families a modern, state-of-the-art treatment facility close to home for the past five years is a happy and notable occasion for the Greater Waterbury community to mark on its calendar.

After many years of planning and searching for a suitable site, The Harold Leever Regional Cancer Center opened its doors to the community on October 8, 2002. The Capital Campaign for the Leever Cancer Center, which topped \$13 million from the community alone, helped fulfill the ambitious plan of a local philanthropist, two competing hospitals and many forward-thinking community leaders. At this significant anniversary, the Leever Cancer Center continues to move forward, offering expert technology, knowledgeable and caring healthcare providers, cancer treatment and hope for the members of our community, our friends and family — all close to home. During the past five years, over 5,000 patients have received treatment here at Leever. To celebrate the five-year anniversary, the Leever Cancer Center is planning a series of events to celebrate its past and thank its community and supporters. Our Survivors Day celebration on November 8th was the kickoff event. See pages 6 and 7 for pictures. This noteworthy anniversary provides us with an opportunity to appreciate the past and look further into the future.

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Winter 2007-08

www.leevercancercenter.org

Five Years of Hope...

Continued from page 1

Mr. Harold Leever, who died in January of 2001, was a local businessman and generous donor who jump-started the capital campaign for the Leever Cancer Center. His goal was to encourage the two local hospitals to join forces and find a way to transcend their competitive natures and work towards attacking a common enemy: cancer. The Greater Waterbury community, under the leadership of Capital Campaign Co-Chairmen Vincent Largay and John J. Pacowta, seized the concept and stepped in to show their overwhelming support of the project. In addition to a \$3 million grant by the State of Connecticut and gifts from many area foundations and companies, over \$13 million was pledged in support of the Leever Cancer Center. In recognition of the five-year anniversary of the Leever Cancer Center, we pause for a moment to reflect on how far the Leever Cancer Center has come — from a narrow parcel of land alongside I-84 to an expansive and modern facility providing the full spectrum of state-of-the-art cancer care to the members of our community.

The Leever Cancer Center is your outpatient cancer center, created for the residents of the Greater Waterbury area, a place for state-of-the-art treatments right here at home. The Harold Leever Regional Cancer Center is: The Right Team. Right Here.

Special thanks to Deborah Parkinson, Director of Operations at the Leever Center, for contributing this article.

1990s:

Saint Mary's Hospital and Waterbury Hospital collaborate and identify the need for new oncology treatment technology and facility; a feasibility study was conducted



1999

1999 - 2001

Search for site for new cancer center — accessibility a must



2000

2001

June 26, 2001

Groundbreaking ceremony for The Harold Leever Regional Cancer Center (less than one year after Harold Leever died at age 86)



2002

October 8, 2002: Grand Opening of The Harold Leever Regional Cancer Center



2003



2004

October 17, 2005: Groundbreaking for new addition to house a fixed PET/CT Imaging Center



2005



2006

June 6, 2006

Grand Opening of the PET/CT Imaging Center at The Harold Leever Regional Cancer Center

2007

October 2007: Five-year celebration kicks off



Team Leever Welcomes our Newest Physicians

AS A WORLD-CLASS CANCER FACILITY, The Harold Leever Regional Cancer Center (HLRCC) relies on the best-trained, most qualified medical professionals to deliver world-class care. HLRCC brings together today's leaders in cancer diagnosis and treatment in an integrative team approach to cancer care. Leading the way are The Harold Leever Regional Cancer Center's two on-site private medical oncology practices: Medical Oncology & Hematology, PC and Joseph Bowen, MD, LLC.

Founded more than thirty years ago, Medical Oncology & Hematology, PC is one of the largest and best-known oncology practices in Connecticut and the nation. Joseph Bowen, MD, LLC has long been recognized as the gold standard for quality care. Together, their medical teams deliver the most comprehensive cancer care using the most current knowledge, skill, technology and support services available to cancer centers. Both teams continue to grow, adding highly trained, skilled, and caring professionals to help them meet their commitment to the Greater Waterbury community.



Medical Oncology & Hematology, PC is very pleased to welcome **DR. ANAMIKA KATOCH** to the HLRCC Medical Oncology team. Dr. Katoch specializes in Medical Oncology and Hematology, and is Board Certified in Internal Medicine; she is also Board Eligible in Medical Oncology and

Hematology. She completed her Internship and Residency at St. Vincent's Catholic Medical Center, Staten Island, NY, and her Fellowship in Hematology and Oncology at Westchester Medical Center, Valhalla, NY. Dr. Katoch and her husband Vikas enjoy traveling with their two young children.

Dr. Anamika Katoch sees patients at The Harold Leever Regional Cancer Center, 1075 Chase Parkway, Suite B, Waterbury, CT, weekdays between the hours of 8:30 a.m. and 5:00 p.m. To schedule an appointment with Dr. Katoch, please call 203-755-6311.



DR. TODD ALEKSHUN joins in practice with Joseph Bowen, MD, LLC. Dr. Alekshun specializes in Medical Oncology and Hematology, and is Board Certified in Internal Medicine; he is also Board Eligible in Hematology and Oncology, and a licensed pharmacist in the State of

Connecticut. Dr. Alekshun completed his Internship and Residency through the University of Connecticut Internal Medicine Residency Program, Farmington, CT, and his Oncology Fellowship at the H. Lee Moffitt Cancer Center and Research Institute of the University of South Florida, Tampa, FL. Dr. Alekshun and his wife, Elise, have three children. He is pleased to practice medicine in the community where both he and his wife were raised.

Dr. Todd Alekshun welcomes patients at The Harold Leever Regional Cancer Center, 1075 Chase Parkway, Suite A, Waterbury, CT, weekdays between the hours of 9:00 a.m. and 5:00 p.m. To schedule an appointment with Dr. Alekshun, please call 203-591-3077.

Eating for the Health of It

Enjoying the Holidays Without the Guilt

THE WEATHER MAY BE COOLING DOWN, BUT FOR MANY OF US, IT SEEMS AS THOUGH THE EATING IS JUST BEGINNING TO HEAT UP. The holiday season presents challenges for even the most disciplined eaters. Food often seems to be the focus of holiday parties and dinners with friends, family or co-workers. The endless stream of treats and gift baskets arriving at work or at home can be tempting. Is it possible to eat well and get through to January without packing on the pounds? Absolutely... and here's how!

E

Enjoy your favorite holiday dishes in small portions...moderation is the key. Take a pass on foods that are less tempting.

H

Help your host or hostess by offering to bring a dish...make it healthy and delicious. You'll know that there will be at least one thing you can eat.

A

Alcohol can be a source of excess calories and it can stimulate your appetite. You can stretch your alcoholic beverage by adding club soda, fruit juice or diet soda or avoid it altogether.

E

Exercise a little more than usual to stay in shape and burn off those extra calories and pounds.

T

Try not to go to a party or family gathering if you are hungry... you'll just eat more! If you have a small meal or snack before, preferably one with fiber and protein, you will eat less at "party time"

A

Allow yourself to eat and enjoy your food, but try to stop when you are satisfied instead of stuffed.

L

Look around at the foods that are available and make some decisions about what choices would be best before digging into the first thing you see.

F

Fill your plate with fruits, vegetables and salad and go easy on the rich entrees or side dishes. Watch out for large portions.

T

Talk to everyone in the room. Make family and friends the main focus instead of food. Socialize away from the table!

O

Omit trans fats from your menu by avoiding processed foods.

H

Happy and healthy holidays to you!

R

Recipes can be made healthier by modifying for calories and fats, especially if you are the chef!



If you have nutrition questions that you would like answered, contact our nutritionist.

Karen Sabbath, MS, RD
203-575-5510
ksabbath@leevecancercenter.org

PUMPKIN PIE LIGHT

1 cup ginger snaps
16 oz. can pumpkin
1/2 cup egg whites
1/2 cup sugar
2 tsp pumpkin pie spice
(1-1/4 tsp cinnamon,
1/2 tsp ginger,
1/4 tsp cloves)
12 oz. can evaporated
skim milk

Preheat oven to 350.
Grind cookies in food processor.
Lightly spray 9" pie plate with
cooking spray.
Pat cookie crumbs evenly into bottom
of pan.
Mix the remaining ingredients in a
medium-sized mixing bowl.
Pour into prepared crust and bake until
knife inserted into center comes
out clean, about 45 minutes.
Store in refrigerator.
Allow to cool before slicing.

Recipe from www.foodandhealth.com

Popular Holiday Makeovers

Green Bean Casserole

Serves 6

16 oz. bag of frozen green beans
1 can Campbell's Healthy Request
Cream of Mushroom Soup
1/2 cup 1% milk
1/4 cup fat-free sour cream
1/4 tsp pepper
1/4 cup slivered almonds
1/4 cup canned chow mein noodles
(optional)
2 tbsp Parmesan cheese

1. Thaw green beans. Fresh blanched green beans can be substituted.
2. Combine soup, milk, sour cream, pepper and 2 tbsp. almonds in large bowl. Add thawed, drained green beans and toss together.
3. Place mixture into a casserole sprayed with non-stick cooking spray. Sprinkle remaining almonds (and/or noodles) and cheese on top.
4. Bake at 350 for 30 minutes, then broil for a few minutes to brown the top.



Creating Healthy Recipes

Sneak in some healthy foods...no one will notice!

- ▶ Use ground turkey breast or textured soy protein in recipes calling for ground beef
- ▶ Use less meat when making meatloaf, meatballs or sauces...and add in rolled oats and chopped vegetables like carrots and zucchini
- ▶ Use brown rice, whole grains or whole wheat pasta for your starch
- ▶ Add lots of sautéed vegetables to your tomato sauce, rice, pasta and stuffing recipes
- ▶ Add chopped apricots, cranberries or nuts to muffin and bread recipes
- ▶ Use fat-free or low-fat milk instead of whole milk or half and half
- ▶ Use evaporated skim milk for gravy, pumpkin pie or even mashed potatoes
- ▶ Use cheeses that are lower in fat. Serve with whole wheat crackers and cut-up vegetables
- ▶ Go easy on high-fat foods like butter, sour cream and cream cheese
- ▶ Add cut-up fruits, leftover vegetables and nuts to your salads

And, to cut calories and fats...

- ▶ When serving turkey, avoid the skin and go for white meat
- ▶ Trim off visible fats from all meats before cooking
- ▶ Eat cold water fish like salmon, that contain healthy omega-3 fats
- ▶ Grill, broil or bake meats without added fats
- ▶ Skim off excess liquid fats from gravies and soups by chilling them first
- ▶ Baste meats with chicken or beef broth
- ▶ Cook the stuffing for turkey in a separate dish
- ▶ Serve oil and vinegar with green salads, and use more vinegar



A Time to Celebrate

Survivors, Families and Caregivers Celebrate Survivors Day

HLRCC's five years of serving the community kicked off with its annual Survivors Day Celebration on Thursday evening, November 8th. A record number of guests, consisting of over 150 survivors, caregivers, family members, and Team Leever staff members, attended this fun event. After a thoughtful opening by Jeffrey Bitterman, M.D., a Radiation Oncologist at HLRCC, the standing-room-only crowd listened intently to retired surgeon and motivational speaker John Zelem, M.D. Dr. Zelem joked that now he uses his mouth instead of his hands to help patients. His engaging talk and unique experiences blended his medical and surgical skills with the principles of success and motivation. Dr. Zelem stressed to the attentive crowd that they should "celebrate life; embrace life; live life." Dr. Zelem stayed after the program to talk with guests and to sign copies of his book, *I Want to Live! The Power We Have*.

Team Leever staff attended in full force, assisting with refreshments and coordinating two meaningful survivor activities: the creation of a Living Poster and Ribbon Wreaths. The poster and the wreaths, both now on display in the main corridor, are colorful, living testaments to our survivors and their families. Two purple wreaths were created with bright, cancer-site-specific ribbons embellished with patient names.



As the number of cancer survivors increases each year — currently there are over 10 million nationwide, The Harold Leever Regional Cancer Center pauses at its five-year anniversary to appreciate its community and celebrate its survivors.



Survivors ribbon wreath



Survivors celebrate with family, friends and staff.



Above: Featured speakers: Jeffrey Bitterman, M.D. and John Zelem, M.D.

Below: Team Leever staff



Aware!

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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:
teamleever@leevercancercenter.org



The Right Team. Right Here.



THE HAROLD LEEVER
REGIONAL CANCER CENTER

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Waterbury, CT 06708
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Top Docs

The Harold Leever Regional Cancer Center is proud to congratulate the following physicians practicing at HLRCC who were selected by their peers as some of the Best Doctors in America®. This list appeared in the September 2007 edition of *Hartford Magazine*. Go Team Leever!

Francis D. Alfano, M.D.
Joseph J. Bowen, M.D.
Victor A. Chang, M.D.
Bernard Percarpio, M.D.
Kert D. Sabbath, M.D.

HLRCC Hosts Visitors from the United Kingdom

Three high ranking officials from the United Kingdom's National Health Service consulted with the Leever Cancer Center on October 18th. The purpose of their visit was to gain a better understanding of the concept of ambulatory cancer care in the US. As they visited the Leever Cancer Center as well as several other cancer centers in the US, they gathered information that will be used to their efforts in the modernization of cancer services in the United Kingdom.



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1075 Chase Parkway
Waterbury, CT 06708



Monthly Support Groups

WOMAN TO WOMAN BREAST CANCER SUPPORT GROUP: monthly, 3rd Tuesday, 7 PM – 9 PM, contact Theresa Lombardo at 860-274-2200

BRAVE AT HEART BREAST CANCER SUPPORT GROUP: monthly, 2nd Wednesday, 7 PM – 9 PM, contact Anne Pringle at 203-910-7582

CT MULTIPLE MYELOMA FIGHTERS SUPPORT GROUP: monthly, 3rd Tuesday, 6 PM – 8 PM, contact Robin Tuohy at 203-206-3536

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

BETTER BREATHING CLUB: monthly, 3rd Friday, 2 PM – 3 PM, contact Marion Loyer at 203-757-4991

CIRCLE OF HOPE LYMPHEDEMA SUPPORT GROUP: monthly, 1st Wednesday, 5:30 PM – 7:30 PM, contact Jeanne Tassis at 203-758-6138

THE FRIENDS IN RECOVERY GROUP OF ALCOHOLICS ANONYMOUS: weekly, Mondays at 9:00 AM, contact Howard D. at 203-729-2672

SPIRITUAL/PASTORAL CARE: Wednesdays, 10 AM – 2 PM, or by appointment, contact Judy Pavan at 203-575-5555

AMERICAN CANCER SOCIETY: LOOK GOOD, FEEL BETTER! monthly, 1st Monday, either 2 PM – 4 PM or 4 PM – 6 PM, contact the ACS at 203-756-8888

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

OSTOMY SUPPORT GROUP: monthly, 1st Monday, 7 PM – 9 PM, contact Shirley Harkins at 203-573-6203 or Bob Baker at 860-868-2311

GOOD GRIEF: A WORKSHOP SERIES – SUPPORTING YOURSELF AND OTHERS ON THE JOURNEY OF GRIEF: monthly, through June 2008, 3rd Monday, at both 10:30 AM and 7 PM, contact Mary Beth Motl at 203-573-1231

Please call contact person to confirm that group is running as scheduled.

Meeting times may be rescheduled to accommodate holidays or special meetings. See www.leevercancercenter.org for ongoing community events.