

CONNECTIONS

INTEGRIS Troy & Dollie Smith
Cancer Center

March 2009

“STITCHING FOR SANITY” & “WINGS OF HOPE”

Meets on Mondays, March 2nd & Monday March 16th, 12:30 – 2:30 p.m. in the Troy & Dollie Smith Cancer Center Library, 1st floor of Building D, INTEGRIS Baptist Medical Center.

Stitching for Sanity is open to anyone interested in knitting and/or crocheting lap robes and afghans to be given to persons currently in treatment for cancer. We have donated yarn, and instruction is available.

In the “Wings of Hope” Group, we learn and practice the ancient art of Origami to create butterflies to be attached to cards to be given to newly diagnosed persons. Beginners are welcome – instruction is available. **No Fragrances please, as many**

“LUNCH BUNCH” BREAST CANCER SUPPORT GROUP

Wednesday, March 4th
12 noon to 2 p.m.

@ Troy & Dollie Smith
Cancer Center Library

Reservations required. Call 943-HOPE (4673) no later than Monday, March 2nd at NOON.

Lunch provided by the Santa Fe Cattle Co.

COME JOIN IN THE FUN & SUPPORT!!

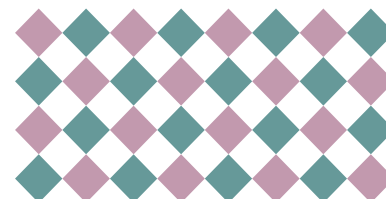
Journaling

Saturday, March

7th & 9th 9:30 to 11:30 a.m.

The Journaling Group meets in the Troy & Dollie Smith Cancer Center Library on the first floor of the Cancer Center, Building

D, at INTEGRIS Baptist Medical Center. No writing experience is necessary to participate. You may bring

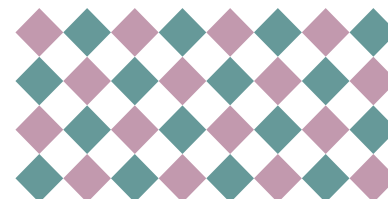


March is Colon Cancer

Awareness Month!!

Schedule your

Colonoscopy today!



Remember to have your colonoscopy after you reach 50 years of age, before age 50 if there is family risk.

March is Colorectal Cancer Awareness Month

INTEGRIS offers FREE cancer screenings for the following:

Prostate Breast Colon Skin Oral

Call 951-2277 to make your appointment TODAY.

Support Groups



Anyone impacted by leukemia, lymphoma, or other blood cancer is invited to participate in this free monthly support group, regardless of where they were treated. For more information, contact Sherry Martin, Patient Services Manager



“Wheels to Wellness”

The Troy & Dollie Smith Cancer Center is able to provide transportation FREE of charge through the efforts of generous donors who purchased the Cancer Center Van. Our kindhearted volunteers and staff help make this service possible. Many of our patients would not be able to find transportation to travel to and from their appointment requirements.

If you or a loved one needs assistance with transportation for chemotherapy or radiation appointments to Baptist, Cancer Care Associates Baptist or Lakeside campus or Cancer Specialists of Oklahoma, please

GRUPO DE APOYO DE CANCER EN ESPANOL 6 de Marzo

Las reuniones se llevaran a cabo en la sola espera del INTEGRIS Southwest Medical Centre, Cancer Centre de 6:00 PM a 7:00 PM. Para información llamar al INTEGRIS



AMERICAN CANCER SOCIETY RELAY FOR LIFE



American Cancer Society's Survivor Dinner - Thursday, March 12th. The complimentary dinner for survivors and a guest will be held at St. Luke's and catered by Abuelo's. Reservations are required by calling Janet Ruhl at 841-581 or submitting online at www.relayforlife.org/okcok. Go to the left hand side of the home page under Survivor Dinner and click Registration.

<p>New Meeting Place!!! Support & Education for People with Head & Neck Cancer Belle Isle Branch of the OKC Public Library</p>	<p>5501 North Villa, Oklahoma City We will now meet the first Thursday of each month @ the Belle Isle Library from 6 to 7:30 p.m. If you have any questions, please call Brad</p>
---	---

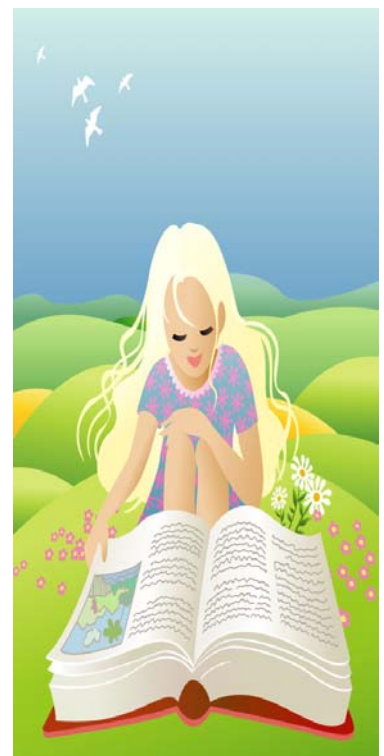


“Us Too!” recognizes the special needs of prostate cancer patients and their families and provides a chance for participants to discuss problems and anxieties related to prostate cancer, with the ultimate goal of improving quality of life.

This is for the newly diagnosed, multiple-year survivor & every one in between. Spouses also invited.

Date: **Tuesday, March 17th**
Time: **6:00 to 7:30 p.m.**
Where: **Basement Conference Room Deaconess North Medical Bldg**

Call INTEGRIS Troy & Dollie Smith Cancer Center at 943-4673 or call Deaconess Cancer Center at 604-4298 for more information. *Subsequent meeting sites will alternate between Deaconess and INTEGRIS Baptist Medical Center.* Visit our web site @ www.ustoo.org



Article by Pat Lynn Moses

Several months ago, Mary Ann Peters led our Journaling Group in a discussion and writing exercise on the topic of hope. We were invited to reflect upon our experiences with hope; considering when and how, in past experiences, we had drawn on our own hope or that of others; remembering who had initially taught us about hope; and when hope had been tempered with fear, and how that might have helped us to make a clear decision. Two statements about hope come to my mind, the first is

*“Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all “*
part of a poem by Emily Dickenson that really speaks to me.

and the second is my own belief that *we can always have Hope; although sometimes we have to change what we hope for.* These two statements have meant a great deal to me for several years ... and maybe say (basically) the same thing. Hope is real, ever-present, ever-changing as part of my reality. Hope has been so much a part of my life – and who taught me about it? I don't know. Must have been my parents – Daddy, the farmer hoping for rain, for no bugs, for a good crop, for no rain so we could get the cotton and other crops in ... Mom seeming much more ‘fact-based’ on the surface, but must have been pretty full of hope about raising 4 children on very little money and hoping, and planning, on being able to improve circumstances.

But hope really came to the forefront for me as fear became more real. After I married, and had children, my hopes for their safety and good were called upon to rule over my fears of all that might bring harm. How would hope exist without the fear? And how would I be able to live without the hope to temper the fears? Through my Mother's battle with cancer and then my own; through my daughter's stay in a foreign country where they had ‘kill an American day’; through my husband's diagnosis and poor prognosis, through his ‘coronary events’ and even through his death – how could I have continued to put one foot before the other if I could not find something in which to place some hope, to temper that base fear that might try to convince me that ‘all is lost’.

For me, hope is often expressed as a prayer, and prayer seems appropriate as a partner to keep hope active. When Dale was diagnosed with Congestive Heart Failure and told he would live only 3 to 5 more years, I hoped for many things. I accepted the reality of the diagnosis, but not the gloom of the prognosis. I hoped so fervently that I knew that we could change that part of what we were told. We couldn't shrink his too-large heart, nor replace it with an undamaged model ... but we could make other changes that, I hoped, would make his life not only longer, but better. I hoped he would find these changes worth making; I hoped he could find peace; I hoped I could help rather than hinder his journey. When we traveled to France and he had another coronary event, winding up in a French hospital, with a French doctor – I hoped and prayed for all kinds of things: good care, a doctor who spoke English, that Dale would be able to live and be able to come home upright and not with me accompanying his body! And hoped and prayed for came to pass.

Hope Is The Thing With Feathers
by Emily Dickinson.

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land,
And on the strangest sea;



b a c k
all we

INTEGRIS Troy & Dollie Smith

3300 NW Expressway, 100-4210
Oklahoma City OK 73112

Phone: (405) 949-3154
Fax: (405) 945-5478
Email: Cathy.Christian@integrisok.com

Phone: HOPE Line 943-4673

We're on the web!

www.integrisok.com

PSRT STD MAIL

U.S. POSTAGE PAID

OKLA CITY, OK

PERMIT 1286
