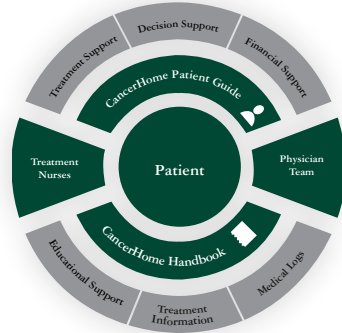




**A CANCERHOME PUBLICATION, PROVIDING THE SUPPORT YOU NEED TO FOCUS ON HEALING.**

### **CANCERHOME: A KALEIDOSCOPE OF CARE TO TREAT THE WHOLE PERSON**



**In our world, patients are at the center of everything we do**

Every cancer path is unique, just like every cancer patient. And at CCCNF in Gainesville and Lake City, our patients are at the center of everything we do. Though cancer may be what brings you to our doorstep, we know that the disease is only part of your life. Understanding this, we make caring for the whole person our priority. CancerHome is the name we give our approach to providing our patients with every cancer care treatment advantage: a kaleidoscope of care that begins with diagnosis and continues through survivorship, which includes not only the best medicine, but all the wellness services and emotional support you need to focus on healing.

At CCCNF, we provide the most advanced cancer therapies, but we provide a whole lot more than treatment, too, because we know that for our patients, having cancer is personal. In fact, people like our patient guide, Julie

Davis, bring a comfort level to your cancer treatment experience from day one by making sure your questions are answered, your appointments made and your needs met.

At our center, we have an expert team of experienced, board certified oncologists and and compassionate, dedicated nurses providing the most advanced treatments available, but did you know we also have financial counselors who will work with you to ensure that your finances don't prevent you from getting the care you need? Ask your patient guide, Julie. She'll introduce you.

We also have a variety of wellness services available, with more to come. Currently, in Gainesville, we offer massage therapy and support groups to help care for the whole person. In Lake City, we offer massage therapy and will be adding support groups soon. Talk to Julie about what might be right for your individual needs.

We recognize that alongside the best medicine and technology available, patients often need more. You need medical treatment to manage your disease, but you also need a person dedicated to providing information, guidance and support while you heal. At CCCNF's CancerHome, your patient guide is that person, walking each step of your unique cancer path with you.

### **IN THEIR OWN WORDS: STORIES FROM PATIENTS AND FAMILIES**

I'm no writer, so I'll just say what's in our hearts. On August 5, 2010, my husband, Farris, was diagnosed with adenocarcinoma of the lung. It had already spread to the lymph nodes, so surgery was not an option. We were referred to Community Cancer Center of North Florida here in Gainesville.

I remember how frightened we were. We met with Dr. Schilling on August 9. At the end of our visit, Dr. Schilling hugged me and promised he would take good care of my husband. (And that's exactly what he's done.) Our second visit was on August 16. When we walked through the front door, one of the nurses saw us and said, "Mr. Long, how are you?" At that moment, we knew we were in the right place. Farris wasn't going to just be a number here. From day

one, everyone at the center has done everything they can, not just for Farris, but for me, too. The minute you walk in, the staff at the desk greet you, and you get the best care anyone can ask for.

My husband and I don't know what the outcome will be, but we do know that everyone here has done everything they can. They took the most devastating time of our lives and turned it into a pleasant experience. Farris actually looks forward to his visits. That says it all. It's been a rough road, but everyone here has made it easier for us. Thank you is not enough for everything CCNF has done. We'll always remember the people here and the care they have given.

— Patricia Long

*We love hearing from you. If you have an experience you'd like to share in Healthy Connections, please let your patient guide know.*

**RECIPE CORNER**  
**AN APPLE A DAY...**



Full of Vitamin C and cancer-fighting antioxidants, apples are at their peak in the fall. Great as a snack, only 100 calories and loaded with fiber, apples are a healthy choice for most diets. Grab one on the go, or try your favorite variety in this fall salad recipe from [www.caring4cancer.com](http://www.caring4cancer.com). Bon appétit!

**BARLEY APPLE SALAD**

Barley is a whole-grain product, and it has many health benefits. It is loaded with vitamins, minerals and fiber. Try this delicious recipe to get this whole grain into your diet more often.

Preparation time: 30 minutes, not including barley cook time. Serves four as a main dish, eight as a side dish.

**INGREDIENTS**

Salad

- 1½ cups frozen whole-kernel corn, thawed
- ½ cup dried cranberries or raisins
- 2½ cups cooked, then cooled, barley
- 2 to 3 medium chopped scallions (green or spring onions)
- 3 medium apples (any variety), unpeeled and finely chopped
- 1 medium carrot, coarsely shredded

Dressing

- 2 tablespoons olive or canola oil
- 2 tablespoons honey
- 1 tablespoon lemon juice

Instructions

- Mix salad ingredients in a large bowl.
- Combine dressing ingredients in a tightly lidded or covered container and shake to combine.
- Pour dressing over salad and mix to coat salad.
- Serve cold or at room temperature.

**ASK THE DOC:**

**Q:** I've heard that SGCCC is going to have a patient guide available on staff as a resource for patients. What is a patient guide, and why do I need one?

**A:** Cancer treatment involves a team approach in today's world. Cancer patients have a variety of physicians, including surgeons, medical oncologists and radiation oncologists, as well as primary care physicians and other specialists caring for them. As well, patients frequently have nurses, dieticians, social workers, hospice care givers, physical therapists and others ancillary service providers working with them. A patient guide is the bridge between all of these team members. Their role is to be the patient's representative and to help "navigate" the patient through the healthcare system and between all of these cancer specialists and the other ancillary services. They can also help with things such as counseling, transportation, financial assistance and other daily needs or requirements of the patient.

Intertwined through all these activities the patient guide can also offer emotional support to the patient and their family beyond what they receive from their other team members.

So, the patient guide should not be looked at as a duplication of services for the patient but, really, the glue that helps bring all of these services and resources together to benefit the patient and to improve their overall healthcare.



Healthy Connections is a publication of Community Cancer Center of North Florida and is published for the general public to disseminate health-related information. This information is not to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment, diet plan or exercise regimen implied in this publication.

**SEPTEMBER 2011**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 MASSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 1PM	2 MASSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM "UNITED DOWNTOWN" BO DIDDLEY PLAZA GAINESVILLE 5:30PM - 10PM	3
4	5 LABOR DAY	6	7	8 MASSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 1PM	9 MASSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM "UNITED DOWNTOWN" BO DIDDLEY PLAZA GAINESVILLE 5:30PM - 10PM	10
11	12	13	14	15 MASSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 1PM	16 MASSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM "UNITED DOWNTOWN" BO DIDDLEY PLAZA GAINESVILLE 5:30PM - 10PM	17
18	19 LOOK GOOD, FEEL BETTER @ HOPE LODGE, GAINESVILLE 1PM (EVERY 3RD MON)	20 SUPPORT GROUP @ CCCNF, GAINESVILLE 5:30PM (EVERY 3RD TUES)	21	22 MASSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 1PM	23 MASSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM "UNITED DOWNTOWN" BO DIDDLEY PLAZA GAINESVILLE 5:30PM - 10PM	24
25	26	27	28	29 MASSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 1PM SENIOR HEALTH CARE FAIR SENIOR RECREATION CENTER GAINESVILLE 9AM - 12PM	30 MASSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM "UNITED DOWNTOWN" BO DIDDLEY PLAZA GAINESVILLE 5:30PM - 10PM	

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