



# Newsletter

Spring Issue

March 2011

## Mr. Sunshine Himself, Robert Mazza

## Inside this issue:



Bob, pictured here with his best supporter, his wife, Kathy.

Robert (Bob) Mazza's illness began on Nov. 7, 2007 at the age of 66.

A visit to his family doctor with a sore throat and a hard time swallowing revealed that further tests were needed.

A C.T. Scan was first, and then visits to numerous specialists that discovered a diagnosis of throat cancer. While they were doing an emergency biopsy, his condition was so severe that they had to give him a tracheotomy which put him into a critical condition. After recovering from this procedure, doctors prescribed 33 radiation and 5 chemotherapy treatments.

In the beginning of his journey, Bob was introduced to Cancer Services and the organization has been there to offer support every step of the way. Necessary pain relieving medications, as well as trachea cleaning supplies, were provided for a quicker recovery.

The good news is his throat

cancer went into remission. But in January 2009 more tests were ordered and Bob was diagnosed with tongue, neck, thyroid and voice box cancer. He was given more surgery, a feeding tube, skin grafts, chemotherapy and radiation. As if this wasn't enough, in May of 2010, a mass was found surrounding his left carotid artery.

...**"I Got Sunshine on a Cloudy Day"**...

Doctors recommended he do a fairly new procedure called Cyber Knife Radio Surgery. Bob recently had the surgery and is maintaining a positive outlook with a motto of his favorite song...**"I Got Sunshine on a Cloudy Day"**. "I should have been dead two - three times, but I'm here today to thank all that have helped me through so much," said Bob.

Through all his trials and his difficulties, Bob has been blessed to have his wife of 21 years, Kathy by his side. Despite her own ailments, she has been his greatest cheerleader, and caregiver. Together they are a formidable pair.

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### GOOD THINGS ABOUT HAVING NO HAIR!

1. Save money on razors: no shaving anywhere.
2. An empty drawer where curling iron, hair dryer, and brushes were.
3. Save on shampoo, gel, hairspray & mousse.
4. No hairbrush means one less thing in your purse.
5. Don't care, if the car window is down.
6. It takes less time to get ready, so you're rarely late.
7. Save on haircuts, color, and perms.
8. No loose hair on clothes.
9. No bikini -waxes (yes, when you loose your hair you loose **ALL** your hair).

\* Exerts from Cancer for Two by Dave Balch

## 2011 Board of Directors

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### STAFF

Peggy Miller, Executive Director

Janet Printy, Patient Coordinator

Pamela Kidd, Volunteer Coordinator

## Donations Needed

- Hats and turbans
- Nutritional supplements such as Boost and Ensure.
- Under pads or Chux
- Incontinent supplies such as Depends.
- Bathroom supplies such as shampoo, soap, toothbrushes, etc.
- Kleenex, paper towels and other paper products.
- Office Supplies
- Astrobright copier paper in Solar Yellow.
- White copier paper.
- Ink for printers 60XL Black/Color.

## Upcoming Events

<u>DATE</u>	<u>EVENT</u>	<u>TIME</u>	<u>PLACE</u>
3/27/11	Reverse Raffle	5-9 pm	Cabana Jacks
4/3/11	Spaghetti & Meatball Dinner	12-7 pm	AMVETS Post #17
T.B.D	Outback Fundraiser	12-2 pm	Outback Steakhouse
7/20/11	Golf Outing	T. B. D.	Eagle Creek Golf Club
11/2/11	Girls Night Out	5-10 pm	Kalahari Resort

## Services Provided

- Financial assistance for cancer related medications.
- Nutritional supplements: Ensure, Boost Plus, Boost Diabetic, Carnation Instant Breakfast & more.
- Reimbursement for travel cost (20 cents a mile) to medical appointments.
- Dressings, tapes and latex gloves.
- Ostomy supplies.
- Bed pads, briefs and undergarments.
- Wigs, hats and turbans.
- Breast prosthesis and bras.
- Medical Equipment: Wheelchairs, walkers, bedside commodes, shower benches, shower chairs and raised toilet seats.

## Good Eats For Good Health

### **CHICKEN CACCIATORA**

1 TBSP. EXTRA VIRGIN OLIVE OIL

1 LB. WHOLE SKINLESS BREAST, IN 4 PIECES

1 MED. RED ONION, CHOPPED

3 GARLIC CLOVES, CHOPPED

8 OZ. SLICED WHITE MUSHROOMS

3 TBSP. CHOPPED FLAT-LEAF PARSLEY, DIVIDED

1 15 OZ CAN DICED TOMATOES, W/JUICES

2 TBSP. TOMATO PASTE

1 TBSP. RED WINE VINEGAR

SALT AND FRESHLY GROUND BLACK PEPPER

Heat the oil in a medium skillet over medium-high heat. Brown the chicken lightly on both sides 5 minutes. Transfer the chicken to a plate and set aside.

In the same pan, sauté the onion until translucent, 4 minutes. Add the garlic and cook 1 minute. Add the mushrooms and cook, stirring often until soften, 6 min-

utes. Mix in 2 tbsp. of the parsley. Add the tomatoes, paste, and vinegar, scraping the bottom of the pan with wooden spoon to gather brown bits into the sauce.

Return the chicken to the pan. When the sauce bubbles, reduce the heat, partially cover and simmer 15 minutes. Turn the chicken and cook until it is no longer pink in the center at the thickest part, about 5 minutes longer. Season to taste with salt and pepper.

Divide the cacciatore among 4 plates. Garnish with the remaining parsley and serve.

Makes 4 servings. Per serving: 211 calories, 5g. Total fat (less than 1g. Saturated fat), 12g. Carbohydrates, 29g. Protein, 3g. Dietary fiber, 222mg. sodium

Recipe from: American Institute for Cancer Research

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## A word from our Executive Director



We are truly blessed here at Cancer Services. You have heard that blessings come in large and small packages.

But do we realize and appreciate them as much as we should? Bob Mazza's inspirational story (page 1), shows how he realizes and appreciates his blessings.

Just today one of our patients came into the office for some help. While we were talking, a daughter of another client came in. Dad needed some pull-ups, nutritional supplements, and a wheelchair.

The first client mentioned that he hopes the snow for the year was over, because he would like to take his small boat out fishing. The daughter overheard this and after being introduced, they started talking. It was decided, that when the weather broke, the first patient was going to take the

her father fishing. What a blessing to have the connection to each other's hobby. I know they will grow and support each other in their cancer diagnosis.

That same day we received a call from a lady wanting to donate some medical equipment, but it needed to be picked up. I made plans with her to pick it up using my truck on Saturday.

Not only was I able to pick up the medical equipment, she gave me some dressings and wanted to know more about Cancer Services. So I told her about our special volunteer Larry Riedy who is putting together two upcoming events. She wanted to know if we could use anything else left over from the renters for these events. So I took some baskets, vases, two vintage end tables, and other items that we can use for special event raffle baskets...another blessing. She is also a great baker and will bake some items for that event's bake sale. Although she is only twelve, her daughter was there to help that

day, also. She has volunteered to help us at future events, with just a phone call to her mom.

So, look around and see the blessings that life has, large or small. If some days you are finding it hard to see them, please, just call me, and I will tell you what we have seen that day.

Peg Miller

Executive Director

### What's new at Cancer Services

As of the fall of last year we have a new employee, Pamela Kidd, Administrative Assistant.

We say goodbye to 3 Board Members, Karen Jennings, Karen Young, and Chris Raftery. We are grateful for their years of service.

With the resignation of the former Board members, we now welcome Anne McGookey, Susan Lowell, and Brenda Rice.

HERE FOR YOU.

### MEN AGAINST CANCER SUPPORT GROUP

**Meeting: Every 2nd. &  
4th. Tuesday  
6:30-7:30**

### WOMEN'S SUPPORT GROUP

**Meeting: Every 3rd.  
Wednesday of every  
month. 6-7 p.m.**



9 a.m.—3 p.m.  
Monday—Friday  
Hours

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E-mail:  
Fax: 419-502-0222  
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Sandusky, OH 44870  
505 E. Perkins Ave.

### Cancer Services



Cancer Services strives to assist cancer patients and their families emotionally and financially while educating the community on prevention and awareness of cancer and related issues.

### Mission:

#### Cancer Services

505 E. Perkins Ave.  
Sandusky, OH 44870

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US Postage Paid  
Huron, OH 44839  
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