



CANCER SERVICES

Resources. Support. Education.

"I got the call at work. I got the call no one ever wants or should ever get."

Lorie Tesny

August 2017: Two days earlier I went to the dermatologist. I had a mole on my leg that was giving me a little trouble. I bumped it and it wasn't healing right. When I got to my appointment I had a bad feeling...well, actually I had the bad feeling even before I got there. They did a biopsy and I remember thinking that is a big hole. That's when I knew it was serious. The doctor told me they would call me.

The call I got at work was the doctor telling me the results of the biopsy. Imagine hearing the teacher on "Charlie Brown" talking and in the middle of the sentence you hear "malignant melanoma". I had no idea what all that meant...I just knew at that moment I had CANCER! I was in shock and called my husband. He met me at work and drove me home. That night we tried to work through all the emotions and did a lot of soul-searching.

We were given a name of a surgical oncologist and within a week we were meeting the doctor and the surgery was scheduled. I had a wide excision on the side of my leg along with a few lymph nodes to check on the spreading of the cancer. After the surgery, I had to wait for the results. Days passed. It seemed like forever.

I got the call from my surgeon on 9/11. I was told I had stage 3b melanoma. Of course, I cautiously googled melanoma...even cautiously wasn't good. I remember pulling up the internet and seeing a black ribbon on the google search page remembering that tragic event. The black ribbon, as I came to realize, is also the ribbon for melanoma.

Luckily, there was a trace of cancer in a lymph node and only because there was a trace I was eligible to get treatment. So, my surgeon recommended a medical



oncologist. Once we met the doctor and discussed my diagnosis, we put a game plan together. The timing was perfect. I found out I was able to get the most recent FDA approved drug, approved just days before my appointment.

This new world I was forced into had a big learning curve. Very big! Trying to figure out how insurance works, going to doctor's appointments, what comes first and who's doing what. Previously, the only appointments I had were yearly check-ups.

I was ready to start treatment after I had my port put in. Not a good experience for me. So, I started my year-long

adventure of immunotherapy infusion every 2 weeks. It seemed to go well. I didn't have any crazy side effects. I was so excited at the end of that year to ring the bell! I rang the bell 26 treatments later...in October of 2018. In November I had a scan and it was all clear! In December I got the port out... Finally!

On January 7, 2019, I woke up and got ready for work. As I leaned against the counter I felt a sore spot. I found a lump in the lymph nodes. I just knew it wasn't good. I sank and called out to my husband. I was in shock....I just shook. We went back to the surgical oncologist that same morning and had a biopsy done. We waited for what seemed forever. Days later it was confirmed that it was melanoma.

I can't even begin to tell you how disappointing that was. I had to make a decision on what to do next. We went to meet with other doctors for second opinions and finally had to decide. I had to follow my gut and have peace with the decision. So, back to surgery and the removal of more lymph nodes. More healing and learning.

This was followed up with another year of treatment. This time a different immunotherapy. I started treatment in March 2019. I had a few side effects, but nothing life-threatening. I did end up having another surgery in July to have a port put in again. I have had some hair loss and I have lymphedema in my left leg from surgery on the lymph nodes. The lymphedema will be something I deal with for the rest of my life. My treatment ended in February 2020.

After having multiple surgeries, two ports and two years of treatments, I was so relieved to be done! Of course, anyone that has gone through treatment knows, there is a phase you go through after treatment.

The feelings of uncertainty, the "what now". The time of walking out on faith that everything is good.

The first time around with cancer I was all about being "normal" and just going back to work, doing everything as I did before like nothing changed. But, the second time around, well that one hit me a little different. It really made me sit and think.

As the summer of 2020 approached and I started getting used to the fact that this was my life, I asked myself some real questions. What did I want to do with my life? How

long do I wait to do what I want with my life? How do I make changes now to get me to where I want to be in the future? And how soon can I do those things? I made some decisions. I decided I was going to make some changes in my life. I was going to focus on my dreams. I wanted

to reach out to others. Not only cancer patients, but anyone who has gone through a life-altering event. Anyone who is searching for help to be healthy, happy or just working toward living their dreams.

And so my podcast was born in the summer of 2020 – **Sailing Through Life: A journey to health, happiness and living your dreams.**

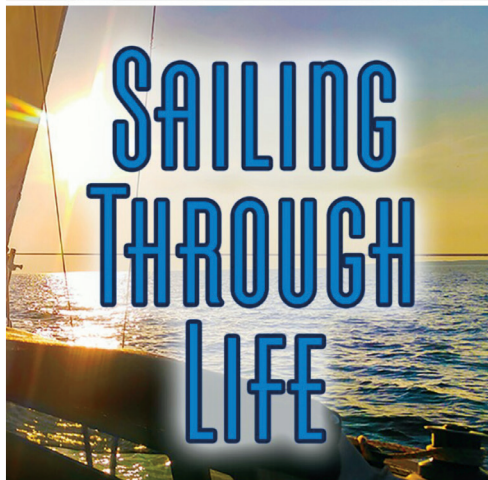
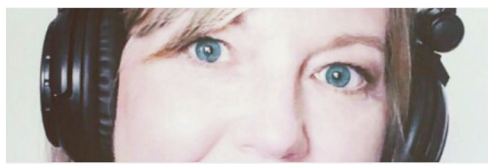
I have come to know some amazing people who have been absolutely giving in anything they've had to help me. It's amazing how many people are out there going through a challenging time. It's even more amazing how many people are out there willing to help. I want anyone to know there is a way to get through this. You have support if you reach out. My purpose is to share how you can get through something so terrible and still find positive things in your day. Be positive and really understand what's important.

Fast forward... as of October 8, 2020, I am cancer free! My mom referenced this turning point as my "New Day". A new day to start fresh. I am a warrior!

I think of all the negatives that happened in 2020 and how blessed I was to be able to change my focus and continue striving to help others. It is so wonderful! I am also so excited to see what 2021 has to bring!

It is an incredible feeling to be a part of the Cancer Services family. This is such a special organization providing support to their community. I appreciate being a part of the "Giving Tree", all because of the support and love from my family and friends. What an amazing honor to support those in need and I Thank You for that!

Please check out my podcast on Apple, Spotify, Stitcher, or any podcast platform. Listen to my conversations with cancer survivors and thrivers and others as they share their journeys and offer ways to get through your challenging time and feel less alone. Your support would be amazing and continue to help my mission to reach others throughout the world. You can also follow me on Instagram at Sailing Through Life Podcast to learn more about me and stay up to date with new episodes.





Minty Chocolate Shake Recipe

Ingredients

- 1 8-fl-oz bottle Chocolate Ensure® Enlive®*
- 1/4 tsp vanilla extract
- 1/4 tsp mint extract

Directions

Combine Ensure Enlive and flavorings in a glass, mix well, and serve.

Makes 1 serving



BOOST® Chai Tea Cooler

Preparation time: 5 min

Ingredients

- 1 Chai spiced tea bag
- 1/4 cup boiling water
- 1-8 fl. oz. BOOST® Vanilla Drink
- 1/4 cup ice cubes or crushed ice

Directions

Brew tea bag in 1/4 cup boiling water for 3-5 minutes. Remove tea bag and cool tea to room temperature.

Pour BOOST® Vanilla into a blender. Add cooled Chai tea and ice. Blend until smooth.

Serving suggestion: 12 fl. oz. serving



BOOST® Bacon And Cheddar Quiche

Preparation time: 30 min

Ingredients

- 1 unbaked, 9-inch deep-dish pie shell
- 10 crisp cooked strips bacon (crumbled)
- 2 green onions (sliced)
- 1 cup shredded cheddar cheese
- 1 1/2 cups (1 1/2 bottles) BOOST® Vanilla Drink
- 3 eggs
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. dry mustard

Directions

Preheat oven to 350° F.

Sprinkle bacon, green onions, and 1/2 cup cheddar cheese into pie shell.

Whisk together BOOST® Vanilla, eggs, salt, pepper, and mustard in a large bowl. Pour into pie shell.

Sprinkle with remaining 1/2 cup cheese.

Bake 45-50 minutes or until knife inserted in center comes out clean. Cool for 10 minutes before cutting and serving.

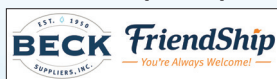
Recipe Variation:

Use 1 cup diced sausage or ham in place of bacon.

Serving suggestion: 1 Slice Number of Portions: 6

E-Mail: CancerServicesPatients@gmail.com
www.CancerResources.org

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FIGHT *Cancer* IN ALL COLORS

Your heart goes out to so many cancer patients. The moment they find out the diagnosis and all that is involved in this journey is very overwhelming to most. Some clients are processing the news of hair loss that is expected to happen within the weeks of starting treatment. You try to put yourself in their shoes and figure out how you can make them feel supported and a moment of peace.

After listening to the story, that brings us to the Boutique, where we extend our support, services, smiles and encourage fighting the battle.

I had a client that was newly diagnosed and wasn't quite sure what she was up against. She stated her husband had just gone through treatment himself but handled the treatments very well. She was most concerned about her teenage son. She didn't know how he would handle her cancer if it didn't go as smoothly as his dad's. What if she didn't feel well, loses her hair...how could she go to his school events or support his athletic games without making him feel uncomfortable? Not needing a wig just yet, we were able to find hats, scarves to start the acceptance and knowledge of what is available to her. To feel the comfort of her words and appreciation for the time spent together meant the world to both of us. She left with her head high and so happy that she found out about our services. I thought to myself, she needed that special cap. The perfect hat to wear was "This is my Fight Hat". I called her days later to let her know that I got one in the mail that I wanted her to have. She was taken back by receiving a call of thought. Knowing her concerns and feelings regarding her son and wanting comfort within the community, I wanted her to be at ease and supported during this challenging time, and she did in that moment. Just know, you are not fighting this alone.

Our *"Wish List"* Donation Requests

We would be extremely grateful for any donated items from the list below. Every donation, regardless of size or quantity, makes such a positive impact on our organization and the patients we serve.

- **Boost** (*any and all flavors*)
- **Ensure** (*any and all flavors*)
- **Pedialyte**
- **Adult Unisex Pull-ups** (*all sizes*)
- **Pads**
- **Men's Guards**
- **Disinfecting Wipes**
- **Baby Wipes**
- **Bottled Water**
- **Gas Cards** (*any dollar amount - these are used for Cancer Patient transportation*)

We welcome your generous donations, but kindly request that you schedule your drop off if possible, by calling 419-626-4548.

Thank you.