



CANCER SERVICES

Resources. Support. Education.



CANCER SERVICES

Patient Services Dashboard

January - August

Total Number of Clients:

311

Trips Provided:

138

Trips Reimbursed:

1,262

Nutrition:

604

Cases

Prescriptions:

116

Medical Equipment or Supplies:

231

Visits

Wigs:

68

Dear Friends of Cancer Services,

As 2023 is quickly approaching, we begin to reflect on 2022. This year we made many new friends, including four new board members, an administrative assistant, volunteers, donors, golf outing supporters, and 170 new Cancer Services' clients. We feel truly blessed to have the chance to get to know and connect with each new person we meet here. In this newsletter, you will have the opportunity to read about some of our new friends.

During the beginning of the COVID-19 pandemic, the number of people getting screened for cancer across the United States dropped dramatically. Many screening facilities were temporarily closed, and people were afraid to go to hospitals for non-emergency procedures. An estimated 9.4 million screening tests that usually would have taken place in 2020 in the United States did not happen.

Routine cancer screening is essential to detect cancers early when it is most curable. The consequence of millions of people missing cancer screenings because of COVID-19 results in cancer progressing to advanced stages and more cancer-related deaths.

Please refer to the American Cancer Society recommendations for early cancer screenings. Please remember that these are just guidelines and are not meant for everyone. Consult with your doctor if you are at high risk for cancer; you may have to begin screenings at an earlier age. If your screening was delayed due to COVID-19, please speak with your healthcare provider to plan and schedule your regular cancer screenings.

Cancer Screening	Who should have it ?	Age	Frequency
Breast Cancer	Women	40-54	Annual screening
Breast Cancer	Women	55 and older	Every other year or continue yearly screening.
Colorectal Cancer	Men and Women	45-75	Every 5 to 10 years depending on test recommended by your doctor.
Cervical Cancer	Women	25-65	HPV test done every 5 years or Pap test every 3 years.
Lung Cancer	For individuals with a smoking history or currently smoke	50-80	Annual screening
Prostate Cancer	Men at average risk ** if at high risk (those with more than one first-degree relative who had prostate cancer at an early age) begin screening at age 40.	55-75	Every two to three years.

Please refer to the Patient Services Dashboard to the left listing services provided from January 1 to August 31, 2022. Remember that each number represents a life, a story, a beloved friend or family member fighting cancer. These numbers show that we truly can make a difference in our community when we come together. These services would not be possible without the generosity of donors and local foundations. Thank you for choosing to donate locally!

With gratitude,
Cecily Brown, Executive Director

We Are
better
together



Cancer Services Patient Impact Story

The C Word – “CANCER”

You hear about people with cancer; you hear about people recently diagnosed with cancer; you hear about people who have survived cancer; you hear about people who lost the battle to cancer; you hear we all have it, and it's just a matter of time until it rears its ugly face. All of these are irrelevant until you are the one diagnosed with cancer. Those people could be acquaintances, could be friends, and it could be family, to which the one that hit home the most was my father, who fought cancer for many years! He was a strong man who never showed signs of pain or weakness and never wanted to burden us with his journey and suffering. That day ended when his cancer overcame strength and pride, and his doctor told us the chemo pills he was taking would no longer prolong his life. That feeling of helplessness and hopelessness were the same emotions I felt when I was diagnosed with rectal cancer! When I thought I was fighting a urinary tract infection, the relentless pain I was going through uncovered the tumor that changed my life! Everything happened so quickly that even today, I am still somewhat in a daze! From the biopsy, radiation, chemo, and then the inevitable surgery, I am happy to say successfully removed cancer from me.

You place your trust in your Lord, your doctors, and your nurses, who I cannot thank enough for their compassion and desire to make you want to survive and conquer this horrible disease! There is no time to think; anxiety, stress, and depression will consume every minute of your life until you realize that you are not the only one going through this! You must be strong; a stressful job, a divorce, finances, and social media can be forces that increase the way the disease spreads within you and outside your personal being, which others recognize without saying a word.

I am so fortunate to have a wonderful family who I personally want to thank, especially my sister Maria and brother-in-law Tygh, who took me into their home and took care of me during my time of need from support in the beginning and today. I want to thank all my friends who have reached out to me and are still reaching out to me with daily kind words, sent cards, posted well wishes on Facebook, donations, and even people that have brought me food! Thank you to friends who see if I need anything or to help do things, I was physically unable to do. Thank you to my friends who kept me busy working on projects with them to take my mind off where I was at and where I was heading. I pray that anyone suffering through this has friends, family, and care as I did.

Lastly, thank you to my friend who made me aware of our community's hidden gem, Cancer Services in Sandusky, a non-profit organization; who knew? You can turn to them for supplies to get you through any aspects of your treatments. They are a lending hand, someone to talk to, and a place to turn to in a time of need. Thank you to Firelands Hospital doctors and nurses, the Cleveland Clinic Cancer Center and Cleveland Clinic doctors and nurses, and now a special thanks to Cancer Services; all these places are what keep me going!

I am always happy to listen to someone's story or lend a helping hand. Sometimes you do not know what to say to people suffering from cancer, but please know kindness, compassion, and showing someone you care goes a long way!

Sincerely,
Jeff P. Fantozzi



Share Your Story:

Whether you are a cancer patient, survivor, caregiver, volunteer or have been impacted by cancer in some way, your story is important. Sharing your story will still bring comfort, hope and inspiration to others who are coping with cancer. Please contact Cecily at cecilybrowncs@gmail.com or 419-626-4548 to share your stories in our social media and newsletters.

Boost Pumpkin-Nog Recipe



Ingredients

1 bottle BOOST Vanilla Drink
½ cup pure pumpkin puree
1 tbsp honey
½ tsp cinnamon
1 cup vanilla ice-cream

Directions

Combine all ingredients in a blender, blend until smooth. Garnish each serving with a dash of nutmeg and enjoy.

Recipe and Picture from Boost.com

Ways to help your friend or family during their cancer journey.

Hearing about a close friend or family member's cancer diagnosis can be overwhelming and stressful. Before reaching out to support your friend, give yourself time to process all the emotions.

At first, you might feel unsure about what to say or do, but being open and sensitive to how they feel is what most people need. Knowing you are there for them will help.

Remember that they might not always want to talk about their cancer. While cancer-related things consume much of their life, having a normal conversation about everyday items can help lift their spirits.

When trying to show support for a loved one, it is our instinct to want to help. It is important to have a specific task in mind that you can help with because most people with cancer may not ask for help or tell you what they may need help with. Always ask before doing something; remember it is okay if they decline your offer.

Here are some examples of ways you can help:

- Take care of the grocery shopping, or order groceries online and deliver them.
- Help with household tasks such as making meals, running errands, yard work, chores, or picking up prescriptions.
- Drive the patient to appointments. And when treatment is over, drive them to checkups and scans.
- Schedule a night of takeout food and movies together.
- Create a care package for them to take to their chemotherapy appointments.

When someone you know is diagnosed with cancer, it is important to remember the do's and don'ts of Cancer etiquette. Remember to interact in a friendly, empathetic, and appropriate way. Be connected, actively listen to what they are saying, and apologize if you say something wrong. Don't say "I know exactly how you feel", "I know



*Kathleen St. Clair,
Patient Services Coordinator*

someone who had the same diagnosis", and "I am sure you will be fine". Do not appear too positive, overwhelm them with your feelings of grief, or avoid contact with them.

Remember, any love and support you provide can make a big difference, whether it cheers the patient up or frees up their time and energy so they can focus getting back to living life.

Please take a moment on your own to learn more about their diagnosis by reaching out to a family member or call us at 419-626-4548 for information on available resources.

Cancer Services 13TH ANNUAL CHARITY GOLF OUTING

Thank you to everyone who helped make Cancer Services Charity Golf Outing a huge success. Together we were able to raise over \$22,000 for local cancer patients. We could not have done this without everyone's generosity and support.

We look forward to next year's golf outing!



Team Waterstreet Financial



Team Cleveland Clinic Cancer Center



Team Russell Classic



Team the Studers



Team Hermes-Parker Concrete



Golf Outing Volunteers



Golf Outing Volunteers

Thank you to all of our major sponsors!

Tournament:

CK Plumbing/Gill Construction, and the Friends and Family of the Russell Classic

Gold:

Firelands Health

Silver:

Cleveland Clinic Cancer Center, Family Eye Care Centers, The Bellevue Hospital

Dinner:

Fisher-Titus Medical Center

Lunch:

Raymond J. Schaefer Construction

Beverage Cart:

The Chevy Network and Foster Chevrolet, Brady Signs, Waterstreet Financial, and Hermes-Parker Concrete

Hole-in-one sponsor:

Mathews Ford



Please Welcome our New Administrative Assistant:

Kathy Bango

Kathy's favorite part about working at Cancer Services is helping clients that are in need of the many services offered. She enjoys working part-time with great co-workers who have a great deal of empathy and put cancer clients at ease upon arrival in our office. Kathy retired in 2021 from the HR Office at the Erie County Health Department. One of her favorite quotes is from Carol Burnett. "Only I can change my life. No one can do it for me." She likes to spend time with her husband and their dogs in her free time. They enjoy spending time with their family and friends. She likes to sew, craft, bake and read. They enjoy taking trips to Amish country and other places in northern Ohio.



Please Welcome our Newest Board Members:

Bonnie Ball

Bonnie's career in Human Resources began in 1991 with her longest tenure at Tower Automotive in Bellevue (25 years). She retired from Tower Automotive in 2011 and has served as Treasurer of Fish and Loaves in Bellevue, Board Member and President of the Bellevue Area Chamber of Commerce, and worked part-time at the Board of Mental Health Services and Flat Rock Homes. Her first contact with Cancer Services was in 2011, when her husband was diagnosed with Leukemia. Her family, Cancer Services and Hospice were her allies during her husband's battle with cancer. Since then, Bonnie has been a volunteer and employee at Cancer Services. Bonnie works at Sorrowful Mother Shrine as an Office Assistant. She feels that she is truly living her best life by having the opportunity to serve two organizations that have inspired her.



Craig Jensen

Craig Jensen is retired. He recently came home to Port Clinton from Columbus to help out his mother and family. Craig is a long-time blood donor; and participates in the EMA Ottawa County volunteers, most recently with the COVID-19 vaccine drives. He also serves as a Precinct Election Official in Ottawa County. Craig joined the Cancer Services Board to help increase awareness of Cancer Services' many support services available to Ottawa County cancer patients and supporting medical communities since Ottawa County has recently been added to the Cancer Services support area. Craig also volunteers his time to manage a pick-up location in Ottawa County for cancer patients who cannot make the drive to Cancer Services for nutrition drinks, hydration, and other supplies. He also looks forward to coordinating with other Public Health and Safety organizations in Ottawa County and raising awareness of the Cancer Services organization.



Rose Sabin

Rose's wellness journey began in 2011 when she attended her first yoga class. As a media executive and owner of a busy boutique advertising agency at the time, Rose sought out yoga for fitness as well as much-needed stress relief. But after several classes, she quickly learned yoga is not just a workout; it's a "work," and yoga became her pathway to peace, self-love, and self-care. Over the last decade, Rose has been on a mission to share the gift of yoga by opening several studios in the area and hosting her own Soul Collective Yoga Teacher Training. After battling breast cancer in 2018, Rose sold her advertising agency and opened Soul Stretch Cycle Studio as well as Root to Rise Wellness Café in Port Clinton (in 2020) to bring nourishment and educational tools to our community. Now, after years of manifesting, the Vision to create a "temple to wellness" is finally coming to fruition. Rose and Doug purchased a lovely wooded 2.7-acre property in Marblehead for the development of a unique venue to soothe the soul with movement, nourishment, and community.



Naomi Twine

Naomi Twine is a retiree from the Ohio Department of Veterans Services, working at the Ohio Veterans home for almost 32 years. She is fascinated with recognizing and understanding our diversity and differences. Twine stated, "My desire and motivation in all I do are to connect and communicate with people of all backgrounds to live, work, and play harmoniously. As I embrace and respect our differences, I honor one common fact, we are all human beings, and all of us need clean air to breathe, healthy food to eat, access to education and medical care, and a safe, warm, dry place to live. Those are the motives for everything that I do. Whether I am broadly serving in the care of my local community or serving with a non-profit that provides for more directed needs of the less fortunate." Naomi serves on the Second Harvest Food Bank, the City of Sandusky Audit and Finance Committee, is a board member of the Greater Sandusky Partnership, and serves on the Firelands Regional Medical Center Board of Directors.



“Be the change you want to see in the world”

– Mahatma Gandhi

Every effort has been made to ensure the accuracy of this contribution list. If we have made an error, please let us know.

Donations

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In Honor Of

Doug Studer's 80th Birthday

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Save the dates:

GLOWGA at Gideon Owen Wine Co: Friday, October 21, 2022

Giving Tuesday: Tuesday, November 29, 2022

Wine for a Cause at Gar-Nay Winery: Saturday, August 19, 2023



VOLUNTEERS
WE NEED YOU



**BE THE REASON
SOMEONE SMILES TODAY**



We Need Volunteers For:

- Front Desk
- General Office
- Driving Cancer Patients
- Warehouse/Maintenance
- Wig Boutique
- Special Events

CALL US FOR MORE INFO: 419-626-4548
Email: CancerServicesPatients@gmail.com
CancerResources.org/volunteer/

Our *"Wish List"* Donation Requests

We appreciate donations of any new items from the list below. Every donation, regardless of size or quantity, makes such a positive impact on our patients we serve.

- Boost/Ensure
- Disinfectant Spray
- Lotion
- Blankets
- Twin size bed sheets
- Pedialyte
- Bottled Water
- Medical-grade gloves

Thank you.



Donations can be made to Cancer Services at 505 East Perkins Avenue in Sandusky Monday-Friday 9 a.m-3 p.m.