



Raab Clinic Compass

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Winter Newsletter 2009



CARTERET GENERAL HOSPITAL
Making A Difference In Your Life

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Visit Carteret General Hospital's website and find out even more about cancer services and other medical care available to you.

www.ccgh.org

***Have topics or questions you would like addressed in the next newsletter? Call 808-6642

Around the Raab:



Sonda Warrington, RN

Welcome to the Raab Clinic Compass. This newsletter is created for patients and families who receive care and services in the Raab Clinic. Your satisfaction with our care and services is a priority. It is important that you are comfortable while in the clinic and have your treatment and tests explained so that you understand them. We have a very skilled and experienced team and you are the most important member of our team. Getting answers to your questions and being completely informed about your treatment plan will help you make decisions about your care and continue the quality of life you deserve.

Plans are underway to build a new facility to combine Radiation and Medical Oncology services in one building. Your input is needed for the new treatment center. Please share your ideas with me or any member of our staff. We have placed an "Ideas" box in the waiting room to collect your ideas and comments about what you would like to see in a new cancer center. We value and appreciate your suggestions.

Sonda Warrington, RN

Hospital Gala!



Yes, it is true. Soon the frigid gloom of winter will be but a faint memory, swept away by balmy coastal breezes dancing into spring. With that pleasant thought in mind, the Carteret General Hospital Foundation is pleased to announce the 5th Annual Hospital Gala, to be held this year on the first weekend of Spring, March 21, 2009.

This year's Gala offers a unique opportunity for the community to financially support the development of the new Cancer Treatment Center on the Carteret General Hospital campus.

A dream coming true for many, the plans

include consolidating into one modern facility all the cancer treatment services now scattered throughout the hospital grounds.

The project is still in the planning stage, however, the new Cancer Treatment Center will enhance the exceptional care now provided through a wide range of treatments and services, including chemotherapy, radiation, pain management, physical/social therapy, and wellness counseling.

Many people are surprised to learn that the county hospital does not receive any support from county tax dollars and must rely heavily on private donations to assure the continuance of the quality care that has become our tradition. Their goal is to always be self-supporting through stringent fiscal management and local philanthropic support.

We are very appreciative to the Foundation for choosing "Cancer Services" as their project this year.

Sonda Warrington
Raab Clinic Director

What's New in Radiation Services



Mary Beveridge, RTT

Coleman Cancer Center at Carteret General hospital is presently going through a transition to better serve the patients of Carteret County and surrounding areas. The Coleman Cancer Center has plans to become a full service radiation cancer center with the latest state-of-the-art equipment of which includes IMRT and IGRT capabilities. De. Loynes and his staff at the RAAB Clinic and Coleman together will be able to offer the best quality care, utilizing both medical oncology and radiation oncology, while keeping our patients close to home.

During the period of transition, our Radiation treatment will be limited. It is a timely process to prepare the Coleman facility for installation of the new equipment, however we hope to be operational by the summer. We apologize to all the patients that may find this transition inconvenient, and we will assist in any way to make this as easy as possible. If there are any question, please feel free to call the Coleman Cancer Center at 808-6191/6171.

Thank you,
Mary Beveridge, RTT
Director-Coleman Cancer Center

A New Face in the Raab!



Rukiyah Hayes

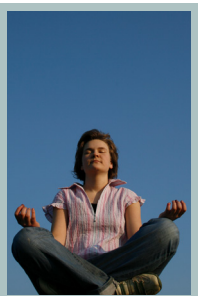
Help us welcome, Rukiyah Hayes, Medical Lab Technician, who started with us on November 3, 2008. She has an AAS degree in Medical Laboratory Technology, a BS in Health Care Management and is currently working on a Masters in Public Health at ECU. She is certified by the American Society of Clinical Pathologists.

She did medical research at the ECU Brody School of Medicine for 2 years prior to coming to Raab.

She has also worked at the Marine Corps Air Station Branch Medical Clinic in Jacksonville and at New Hanover Regional Medical Center.

She enjoys spending time outdoors with her two young sons, and traveling. Her goal is to visit all 50 states with her children before they graduate from high school.

BODYFLOW Class Cancelled



Classes that were being taught at Gold's Gym and offered by the Raab Clinic are no longer being held due to lack of participation. We hope to be able to offer the classes again sometime in the future.

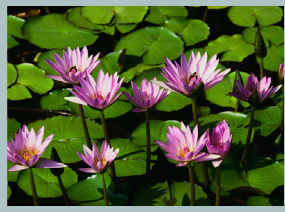
A Yoga Class for cancer survivors is being offered on

Wednesdays from 1:00-2:00pm at Yoga for You at 2900 Arendell St., Morehead City. You may call 252-247-9642 for more information.

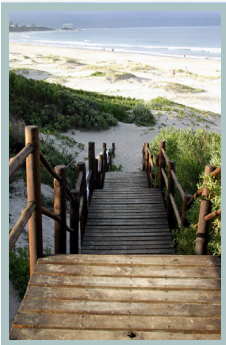
"You cannot do yoga. Yoga is your natural state. What you can do are yoga exercises, which may reveal to you where you are resisting your natural state.

-Sharon Gannon

Art Therapy coming soon to the Raab Clinic...



A simple example of a pleasing picture.



A simple example of a pleasing picture.

"Drawings are like a container- people can deposit feelings in it, then step away and gain a better perspective." Sylvia Dolce, Coordinator for Art for Health Program at Stanford Hospital and Clinics.

After an overwhelming response from the making of our Gingerbread men during the Christmas Season, we have decided to add an Art Cart to the lobby for your enjoyment. Several studies have been published that evaluated how the creative process involved in making art is healing and life enhancing. Northwestern Memorial Hospital completed a study in 2006 that found *"art therapy provides a distraction that allows patients to focus on something positive instead of their health for a time, and it also gives patients something they can control"*. The lead author on the study, Nancy Nainis was especially surprised to find a reduction in tiredness of the patients who participated in the art therapy. The study concluded that art therapy could reduce a broad spectrum of symptoms related to pain and anxiety in cancer patients.

The art cart will contain a variety of items for you to use in creating a personal, unique expression of art. Please feel free to use these items at your leisure. We hope to build a scrapbook of art projects that our patients/caregivers have completed. We will strive to have special seasonal projects available as well as common items needed to create works of art. If you desire certain supplies, please feel free to notify our staff and we will be glad to evaluate the possibility of obtaining those supplies.

Staying Connected During Cancer

When you or a loved one is diagnosed with cancer, it is often difficult to keep friends and family members updated. Web services provide a central hub to keep in touch and share support. These sites allow you to share the news just once, communicate with others when you feel up to it and send and receive messages of encouragement and support.

The following are some websites where you can keep friends and family connected online during your cancer journey and beyond.

CareCentral

www.carecentral.com

CarePages

www.carepages.com

CaringBridge

www.caringbridge.org

MyLifeLine.org

www.mylifeline.org

CareCommunity

www.mycarecommunity.org



Your Guide To Eating Locally Throughout the Year *by Tracy Rogers, MS, RD,*



Many holistic counselors encourage eating seasonally because they believe it promotes health, fights infection, and naturally cleanses the body. Unfortunately, the practice has fallen out of favor with modern food production methods and forced crop growths. In most areas of the country the grocery shelves look the same year round. Typically, if crops are grown sustainably in season and farmers let soil replete there will be more nutrients in the soil and therefore more also in the fruits and vegetables grown there. We can find foods out of season because crops can be forced, transported from all over the world and preserved by a variety of techniques. But, while we are capable of consuming these foods year round, we may do our

health and our local economy a favor in addition to reducing our carbon footprint by eating locally and seasonally.

Winter is seen as the end of seasons. Foods harvested in the fall like carrots, turnips, sweet potatoes, citrus fruits, kale, and collards are best. Whole grains such as millet and barley are excellent winter grains since they are heavy and nutrient dense. These grains are delicious served with some slow roasted winter vegetables. Websites to learn more include:

www.carteretcatch.org

www.sustainabletable.org

www.carboncounter.org

www.slowfoousa.org

www.carolinaclocalfood.org

Other ways to tell what's in season are to visit local farmers markets.

Support one of your local farmers here in Carteret County:

Penny and Mark Hooper (crabs & clams) 273 E. City Road, Smyrna

Merrell's Farm (produce) 1786 Hwy 101, Beaufort

Jarvis Weeks and Glenn Taylor (produce) Arrington Road, Bettie

Cecil Gillikin (eggs) 703 Hwy 70, Bettie

Stephen Wesley (produce) Curb Market, 13th Street, Morehead City

George and Sandra Simpson (produce) 759 Hwy 70, Bettie

Edgewater Gardens (produce) 358 Hwy 70, Williston

Donna and Steve Williamson (eggs & goat milk) 229 Harkers Island Road, Otway

Donnie Lewis (produce) 268 Hwy 70, Otway

Chris Davis (eggs and goats) 888 Crow Hill Road, Otway

The Collard Shack (produce) 319 Hwy 70, Otway

Managing your Cancer Through Online Support

A good way to find support and resources is to connect with others who have walked in your shoes. Online support groups are offered by:

www.cancercare.org

www.breastfriends.org

www.cancerhopenetwork.org

www.thewellnesscommunity.org

SUPPORT GROUPS

Support Group

Details

Who is it for?

Tickled Pink

March 17th

Quarterly
(*March, June, Sept. & Dec.)
5:30-6:30pm
Meeting Room A
Carteret General Hospital
Light Dinner Provided
RSVP — 252-808-6642

Breast Cancer patients
Friends and Family members

Patient/Family Support Group

Quarterly
(Feb, May, Aug, Nov)
Meeting Room A
Carteret General Hospital
Lunch provided
252-808-6642

Leukemia/Lymphoma
Myeloma patients and family
members

Man to Man

3rd Wednesday monthly
7:00 pm
Carteret General Hospital
Corner Conference Room
252-726-8836

Prostate Cancer Patients

Colorectal Support

Quarterly on Thursdays
(Feb, Aug, Nov)
5:30 PM
Meeting Room A
Carteret General Hospital
252-808-6642

Colorectal Patients
and family members

Support Our Cancer Services, Make a Gift or Memorial!

You can make a difference in the future of the Raab Clinic and in the lives of the many patients whom we care for each year. Our cancer services are directly enhanced by contributions to the Raab Clinic. Many patient care and comfort items are made possible because of our community's support. Gifts are a wonderful way to provide a lasting token of your affection for a friend or loved one while helping the Raab Clinic provide exceptional medical care to our community.

I support having state-of-the-art cancer services in Carteret County.

Enclosed is my gift of: _____

Name _____

Address _____

City _____

3500 Arendell Street

Morehead City, NC
28557

(252) 808-6000

Visit Carteret General Hospital's website and find out even more about the Raab Cancer Clinic and other medical care available to you.

www.ccgh.org

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Morehead City, North Carolina 28557

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