



# Raab Clinic Compass

## Volume 4

Winter Newsletter 2010



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.ccggh.org](http://www.ccggh.org)

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

## The Crystal Coast Cancer Center



The Carteret General Hospital Foundation has recently launched a three-year, \$3 million campaign to help construct the new Crystal Coast Cancer Center of Carteret General Hospital. The 23,000-sq. ft. facility will be conveniently located near the Hospital at the corner of Bridges Street and Penny Lane.

Upon completion, the patient-friendly facility will house the Raab Oncology Clinic and the Coleman Radiation Clinic, as well as the various specialty services for a wide range of cancers and their treatments. The chemotherapy wing of the building will include both private and semi-private treatment areas overlooking beautifully landscaped gardens featuring fountains and sculptures. The new Cancer Center will provide our local neighbors, families, and friends with state-of-the-art cancer treatments in a convenient and comfortable setting to help improve their quality-of-life and enhance their healing.

Despite remarkable advances in treatments, cancer continues to impact the lives of nearly all of us from Cedar Island to Cedar Point and beyond. The new Crystal Coast Cancer Center will help ease the stresses and expenses in time and lost wages consumed by frequent trips to distant medical centers for treatments available right here in the heart of the North Carolina Coast.



## Thanksgiving Day



*Thanksgiving Day will soon be here  
It comes around but once a year  
If I could only have my way  
We'd have Thanksgiving every day*

*The clinic will be closed on Thanksgiving Day and Christmas Eve.*

## New Faces in the Raab!



Carol Bennet

**Carol Bennet, MLT**, Lab Technologist, joined Carteret General Hospital in January of 2009 after leaving her home state of New York. She held Senior Management positions in Procurement and Project Management from a variety of Fortune 500 companies.

Carol holds a degree in Clinical Laboratory Science from SUNY and a BA in Chemistry from Western Connecticut State University.

Carol started working in the Raab Clinic lab on August 2, 2010.

She has two children, a son Bryan who lives in Morehead City with his future wife and their 4 year old son, Jack. She also has a daughter Lyndsey entering her final year of UNCW BSN Program.

Carol's hobbies include warm water scuba diving, gourmet cooking and gardening.



Wendy Carmady Tingle

**Wendy Carmady Tingle** is a native of Pamlico County and went to school at Pamlico Community College. She started working at Craven Regional Medical Center in 1992 in the Medical Records Department. She transferred to the Cancer Registry two years later. During her time at Craven Regional Medical Center she helped build their American College of Surgeons Commission on Cancer program. After ten years at Craven Wendy was offered a position with the NC Central Cancer Registry. She worked with the Central Registry for 10 years as a Field Services Representative, Quality Management Specialist and the last 3 years as the Field Services Supervisor/Trainer. She was the Center for Disease Control designated trainer for NC.

She began working with Carteret General Hospital in August 2010 and her office is in the Raab Clinic. She is our Tumor Registrar and collects data which is used for survival analysis and treatment outcomes. She is preparing us for accreditation as a community cancer center. Wendy is currently working with the Oncology Advisory Committee to obtain this goal. Carteret General Hospital's goal is to gain approval in 2012.



Beth Wolak

**Beth Wolak, RN**, started working in the Raab Clinic on 1/26/10. You will find her most of the time in the chemo treatment area.

She previously worked 16 years at Carolina East in the outpatient department, as a chemotherapy and endoscopy RN. Prior to that, she worked as an oncology nurse in Winston Salem.

She is married and has three children and one granddaughter. She enjoys reading, needle crafts, camping and spending time with her family.

## Raab Nurses In the Know

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Did you know that many of your nurses at the Raab Clinic are nationally certified in oncology? We proudly display their certificates on the wall entering the chemo room. What does that mean? Why is that important for you as a patient or your family member?

Certification assures that your nurses have the specialized knowledge, skills and experience in oncology nursing to provide the highest quality care available. Nurses are required to pass a national test to earn certification. Knowledgeable nurses are able to quickly recognize problems and take action. Raab nurses are constantly learning about the newest treatments and techniques to help manage symptoms you might experience. These factors increase the likelihood you will have a more positive chemotherapy experience.

The nurses and staff want all of our patients to receive the very best care possible. We're proud of our profession and are glad for the opportunity to help you through this difficult time. Thank you for choosing the Raab Clinic for your care.

Linda Fonville, OCN

## Yoga Classes!

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FREE yoga classes are being taught the 1<sup>st</sup> Tuesday monthly at the Raab Clinic from 5:15-6:15pm. Classes are for Raab Clinic cancer patients and a caregiver.

Some of the benefits of yoga include: increased energy level, improved sleep, decreased pain, improved flexibility, and improved range of motion.



## Breast Cancer Screening Held

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A **free** breast cancer screening clinic was held on October 30 in conjunction with the Carteret County Health Department. Melanie Patterson, our nurse practitioner screened 13 ladies and one man. Marilyn Ramsey, RN, taught self breast exams. Five ladies were referred to the NC Breast and Cervical Cancer Control Program through the health department which provides care for people who qualify.



## Strength for the Holidays

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As the holidays approach, it is easy to get wrapped up in all the activities that mark these occasions. Holidays can be joyous but they can also be trying and stressful, especially if you are coping with an illness.

- Delegate if you are not up for preparing a traditional meal. Ask others to bring a dish, have someone else host the meal or suggest eating at a restaurant.
- Enlist the help of others if you are too tired for shopping. Use mail order catalogs or the Internet.
- Fight fatigue by conserving your energy. Use free gift wrapping services, shop at less busy times of the day or have someone shop for you.
- Don't be pushed into celebrating by well-meaning friends and relatives if you are not in a cheerful mood. IT IS OK TO SAY NO!
- If you feel sad about the year gone by, it's ok to express those feelings. Tears can bring a sense of relief.
- Keep a sense of humor. Laughter can be the best medicine when your mood is low.



## The Many Colors of Cancer

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### *Cancer Awareness Months*

In HONOR of cancer survivors, we will be celebrating YOU every Thursday throughout the next year. Each month is designated by the American Cancer Society as a particular Cancer Awareness Month. Also, each type of cancer has been designated a specific color. We are all aware that PINK is the color for Breast Cancer Awareness and the month to celebrate Breast Cancer Awareness is October. We hope that you noticed all of the staff at the Raab Clinic wore pink shirts every Thursday throughout the month of October.

Our pledge to honor you and all of the different types of cancer began in October. Take notice each Thursday of the shirt color of the staff and ask which group of cancer survivors we are celebrating.

We also have cancer awareness bracelets available for sale for \$35.00. Approximately half of the money raised from these bracelets goes to the American Cancer Society via Relay for Life; while the remainder covers the cost of the bracelets. We have a local jewelry expert that makes the bracelets using sterling silver and glass cats eye beads. They are made to size.

Month	Cancer Awareness	Color
January	Cervical, Ovarian, Uterine	Teal
February	Cancer Prevention Month	
March	Colon	Royal Blue
	Kidney	Orange
April	Head/Neck	Burgandy
May	Brain	Gray
	Malanoma	Black
June	Testicular	Purple
July	Sarcoma	Yellow
August	All other Cancers	Light Purple
September	Childhood	Yellow
	Leukemia	Orange
	Lymphoma	Green
October	Prostate	Purple
	Breast	Pink
November	Lung	White
	Pancreatic	Purple

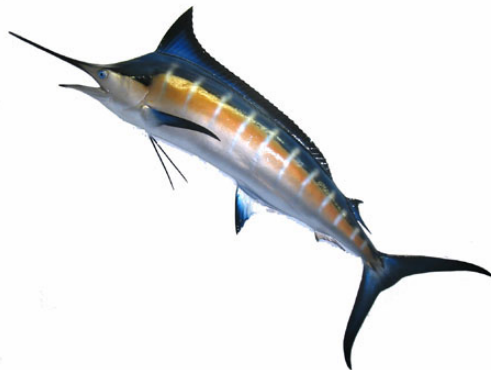
### Cancer Center News

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- St.Egbert's Fall Bazaar raised money to establish a "Prayer Garden" at the new Crystal Coast Cancer Center! They are selling raffle Tickets for a Lebanese dinner for six to be cooked at your home or the chef's home. Tickets are \$20 and available at the front desk of the Raab Clinic. 100% of the ticket sales will be used for the garden!

## Big Rock Lady Angler Tournament

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BIG ROCK LADY ANGLER TOURNAMENT HAS FAITHFULLY SUPPORTED RAAB ONCOLOGY AND IT PATIENTS SINCE 2005

As part of a not for profit community hospital, we strive to provide care, treatment and support to our cancer patients close to family, friends and home. 100% of the funds donated by the Big Rock Lady Angler's tournament directly benefit Raab patients to improve comfort, care and quality of life.

A few of the items provided over the years are blanket warmers, individual TVs, massages by a massage therapist, a new massage chair, a computer for patient use in the education room, a DVD library and DVD players, beautiful outside teak benches, a comfortable waiting room decorated by Dana McQueen and most recently, comfort -designed exam tables. The funds also support an assistance program to help patient with items or services that insurance may not cover but are very important such as wigs, breast forms, lymphadema therapy treatments and an

emergency relief fund for those who are in a crisis ( to buy groceries, gas or pay an electric bill).

The young lady who saw the need and had the vision of improving comfort and care of patients in Carteret County undergoing treatment for cancer was Keli Wagner. She always had a positive attitude and a vision to make things better for our friends and family.

Keli was an avid fisherman and fished in 11 of the lady angler tournaments. She promoted the tournament, encouraged participation and played a vital role in having 100% of the proceeds donated to the Raab Clinic. Keli received treatment in the clinic for 8 years but lost her battle to cancer in 2008. She wanted all funds donated to be used for "Comfort and Care" of the patients. As a tribute to Keli the 2010 ladies tournament was named the Keli Wagner Big Rock Lady Angler Tournament.

The total amount donated from the tournaments is an amazing \$110,000. Sincere thanks to an organization who gives back to the citizens of our county and creates a legacy that continues to grow.

*Sonda Warrington, Director*

## New Cancer Support Group!

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The St. Egbert Spirit of Hope program, a collaborated Catholic and Community initiative, assists all cancer patients of Carteret County Community and their families in the completion of their treatment program through empowerment, education, access to support services, community prayer and Christian fellowship.

The group meets on the second Monday of each month in the Agape Room of St Egbert Catholic Church, Morehead City at 6:30pm. Phone telephone # 252-725-5516 for more information.

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"A journey of a thousand miles always begins with one step."

~Ancient Egyptian Proverb

## SUPPORT GROUPS

### Support Group

### Details

### Who is it for?

#### **Tickled Pink**

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  
RSVP — 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 & GI Cancer**

Quarterly on Thursdays  
(Feb, May, Aug, Nov)  
5:30 PM - 6:30PM  
Meeting Room A  
Carteret General Hospital  
RSVP — 252-808-6642

Colorectal & GI 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 Foundation for the new Crystal Coast Cancer Center. As a not-for-profit hospital, all proceeds are tax deductible to the extent allowed by law. 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 cancer services in Carteret County for our friends and family.***

Enclosed is my gift of: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

In honor of \_\_\_\_\_  In memory of \_\_\_\_\_

*Carteret General Hospital  
Foundation*

*3500 Arendell Street*

*Morehead City, NC  
28557*

*(252) 808-6647*

*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](http://www.ccgh.org)

*Newsletter compiled and created by: Gail Russell, CMSW*

