

Celebrating Hope In Cancer Survivors

Oakwood Breast Care Center

Dr. Angela Soto Hamlin merged with Oakwood Radiation and Oncology in March 2007 to form the Oakwood Breast Care Center. This provided the opportunity to become a more complete cancer center while still offering benign breast health care.

Digital mammography is now offered to patients through Holy Spirit Mammography at Oakwood Breast Care Center. Routine yearly screening mammograms as well as diagnostic mammograms are provided. Breast ultrasound may also be utilized for screening and diagnosis.

Genetic testing may be used when appropriate. A closer look at your family history can be the first step in determining whether you may be at risk. A small blood sample is taken and used for analysis. Test results can help to estimate your risk for breast or ovarian cancer.

Diagnosis, using minimally invasive image guided biopsies, is provided on site and can be performed at

one visit. Early detection improves the chances that breast cancer can be treated successfully.

Comprehensive treatment is provided by working closely with medical oncologists and radiation oncologists to offer the best treatment plan available for each situation. Current therapies may include brachytherapy or a diagnostic test called Oncotype DX when appropriate.

Physical therapy is also offered on site and provides services to improve range of motion, myofascial release and lymphedema therapy.

We welcome you to Oakwood Breast Care Center and we strive to provide high quality, cost effective breast services to women in a caring and compassionate manner.



WHERE IN THE WORLD

We would like to catch up with more of you who have taken a break from CHICS for whatever reason.

Please contact Louise Feldser at feldser602@yahoo.com if you would like to give her your update. We would like to feature you in one of our upcoming updates.



CHICS Newsletter Online

Beginning in 2009, CHICS will no longer be printing and mailing newsletters. The new CHICS website, www.chicsnews.com, will have a link to the newsletter so everyone will still be able to read the articles and stay informed about what's happening with CHICS. Persons without computer access are encouraged to go to their local library where staff members can help access and navigate the CHICS website. Or perhaps ask a child or grandchild to help. A limited number of newsletters will be printed and placed in the Oakwood Breast Care Center and other doctors' offices.

CHICS MISSION STATEMENT

The Celebrating Hope In Cancer Survivors support group aims to meet the extended needs of women dealing with breast and gynecologic cancers by offering

HOPE both during and after cancer for a better life

EMOTIONAL SUPPORT through listening and sharing

ADVOCACY for patients and their family members

INFORMATIONAL SUPPORT through educational events

CELEBRATION of disease milestones and survival

CHICS – Celebrating Hope In Cancer Survivors – is a support group for breast and gynecologic cancer survivors, their families and caregivers. We meet on the second Tuesday of every month from 6:30 pm to 8:00 pm in the waiting room of the Oakwood Breast Care Center, 880 Century Drive, Mechanicsburg. Sometimes we have speakers, sometimes a fun program and sometimes just talking among ourselves. Whatever the program, there is always time for networking and sharing experiences. It is not necessary to tell us you are coming. You may just show up and participate.

CHICS BOARD OF DIRECTORS

Betty Breidenstine

Karen Cavanaugh

Diane Funston

Chris Rineer

Linda Sterling

Teri Walker

Carol Cohen *honorary board member*

CHICS EXPANDS SCOPE

CHICS, originally formed in 1991 as a breast cancer support group, expanded its scope in August, 2008. With the relocation of Dr. Angela Soto-Hamlin's office to the Oakwood Cancer Center, CHICS will now provide support to women with gynecologic cancers. If anyone has a suggestion of a topic or speaker related to gynecologic or breast cancers, please give the idea to a Board member as the meeting schedule for 2009 is currently being planned.

UPCOMING COMMUNITY ACTIVITIES AND EVENTS

PENNSYLVANIA BREAST CANCER COALITION

Event: St Joseph Basketball Days. Cheer on St. Joe's men's basketball team.

Dates: December 6, 28 and 31

Location: St. Joseph's University/UPenn

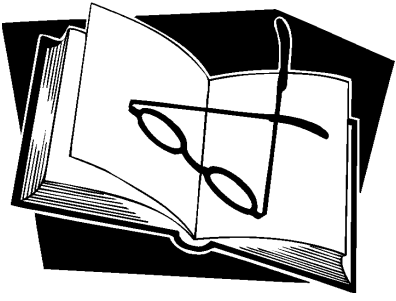
For further information contact Nino Vanin at 610-660-1725.

CHICS LAUNCHES A WEBSITE

In August, 2008, the CHICS Support Group website, www.chicsnews.com, became functional. The CHICS Board worked with Robert Heim, Information Systems Manager at Oakwood Center, who designed and set up the site. A sincere THANK YOU to Mr. Heim for all his time, coordination and creativity.



The website features CHICS meeting schedule, mission statement, events, news, and contact information. Check it out!



Book Review *by Craig A. Hatch, Esquire*

The Guns of August (1962) is a military-history book by Barbara Tuchman, a preeminent 20th century writer. It primarily describes the events leading up to and including the first month of World War I. The focus of The Guns of August is to provide the history of World War I from the declaration of war through the termination of the German advance through France. In addition, the book provides a brief history of the plans, strategies, world events and international sentiments prior to and during the war. The book, however, is more important for its larger lessons than simple historical recitations. Throughout the narrative, Tuchman defines and describes the multiple misconceptions, miscalculations, and mistakes that she believed ended with the tragedy of trench warfare. In short, she outlines how each side presumed to know what the other would do in the conflict. She further argued that actions that superficially appeared successful were in reality accidental victories that were won despite, not because, of military leadership or strategy. It is an insightful book on the sometimes catastrophic events that can result from the decisions and choices made by the often ordinary men we allow to operate as our military and civic leaders.

This book was required reading for the cabinet members of the Kennedy administration and was referenced in the movie Thirteen Days with Kevin Costner.



HEALTHY CHICKEN PARMIGIANA *submitted by Teri L. Walker*

Ingredients:

- 4 boneless, skinless chicken breasts
- Large bottle of lite or no fat Italian dressing
- 1 medium package of bread crumbs with seasonings
- ¾ to 1 pound Provolone cheese
- 48 ounce jar spaghetti sauce (whatever brand you prefer)
- 1 large package shredded Mozzarella cheese (lite can be used)

Directions:

1. Cut chicken breasts in half and place in Pyrex baking dish.
2. Pour Italian “lite” dressing over chicken pieces to cover completely.
3. Cover and marinate overnight.
4. When ready to prepare, coat chicken pieces with bread crumbs and place in baking dish that has been lined with a thin layer of sauce.
5. Bake at 350 degrees for about 10 to 15 minutes to partially brown the chicken.
6. Remove from oven and cover chicken with:
 - A. A layer of sauce
 - B. A layer of Provolone
 - C. Another thin layer of sauce.
7. Cover with foil and bake in oven for 40 to 45 minutes.
8. Uncover and spread with shredded cheese. Leave in oven until the cheese has just melted.
9. Remove from oven and let sit for 15 to 20 minutes before serving.

CHICS MEETING SCHEDULE

(MEETING TIME 6:30 P.M. to 8:00 P.M.)

DECEMBER 9, 2008: Holiday Gathering. Plan to attend and celebrate life with conversation, food, laughter and a gift exchange. If you would like to participate in the gift exchange, please bring a wrapped \$5.00. If you do not want to participate in the gift exchange just come and join us for the evening.

JANUARY 13, 2009: Sharing meeting

FEBRUARY 10, 2009: Sharing meeting

Check out the website for the 2009 meeting schedule.



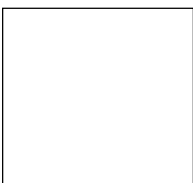
The CHICS Newsletter was published with a grant from funds raised by the American Cancer Society's Making Strides Against Breast Cancer.



GET INVOLVED: We are in need of volunteers to help us with multiple tasks. If you are interested in helping plan our meetings, writing articles for the newsletter and/or helping with the newsletter mailings, assembling resource bags for newly diagnosed women, writing grants or helping in any way we would greatly appreciate any time you can give to us. Each of you have a talent we can use!

If you are able to help in any way please contact Diane Funston, facilitator at 737-2530 or email at chics17043@yahoo.com. Remember these are your meetings and we want to fulfill and meet your needs for education, advocacy and support! We are trying to increase our visibility to women and let people know that CHICs is here to meet the extended needs of persons dealing with breast and gynecologic cancers by fulfilling our mission statement (see CHICs mission statement on Page 2 of this newsletter).

For information contact Diane Funston, facilitator, 737-2530. Please leave your name and telephone number and I will return your call.



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