

Hope Community Cancer Center

Spring Newsletter



Welcome to HOPE Community Cancer Center

Welcome to our cancer center. We are here for you and our goal is to provide you with expert comprehensive care as well as "TLC" - tender loving care. Our wonderful staff is here to help you. We are proud to be surrounded by these experts from our certified oncology nurses to our friendly office staff, dietician, social worker, counselor and physical therapist.

We would love any suggestions from you or any anecdotes that you feel would be helpful to others for our next newsletter. Jokes are welcome as well!

- Dr. Julianne Childs
- Dr. Hemang Dave
- Dr. Kaleem Ahmad



Upcoming Events & Programs

Congratulations!

On Friday, April 22nd, 2005 The Leukemia & Lymphoma Society (Southern NJ/Shore Region Chapter) held their Sixth Annual Service to Mankind Awards. The 2005 Service to Mankind Honorees were John K. Lloyd and Hope Community Cancer Center's Dr. Julianne Childs. Congratulations to both honorees!

Tuesday, May 3, 2005, 12:00pm to 1:30pm EST

Breast Reconstruction: Understanding Your Options. A free educational teleconference for women affected by breast cancer & their partners, caregivers and healthcare providers. The teleconference is provided by Living Beyond Breast Cancer. Register: Online: www.lbbc.org; Fax a registration form to 610-645-4573; or Mail a registration form to May Teleconference, Living Beyond Breast Cancer, 10 E. Athens Ave., Suite 204, Ardmore, PA 19003. Please call 610-645-4567 with questions.

Sunday, May 8, 2005 Mother's Day Tea

Benefits The Leukemia & Lymphoma Society. On Mother's Day The Leukemia & Lymphoma Society is asking you to invite your friends to have "a cup of tea" on behalf of those with blood cancers. Pre-printed invitations, response cards, envelopes and Red Rose tea bags are available through The L & LS. You personalize the invitations and send them out to your friends, along with a return envelope for their contribution. For more information please contact Barbara Narducci or Valerie Mulcahy a The Leukemia and Lymphoma Soc. office, 856-869-0200.

Tuesday, May 10, 2005, 12:00pm to 1:00pm EST

Insights into Non-Hodgkin Lymphoma, Information for the Newly Diagnosed: A Patients Guide

A free telephone education program for patients, caregivers and healthcare professionals. To Register (by Friday, May 6, 2005):

Include: Name, mailing address, phone # & email Register via: Email & on the Web:

NHL015A@rmcom.net
<http://LLS.org/lymphomaeducation>

Register Toll-free: Phone 866-992-9950 Fax 888-991-9951

Thursday, May 12, 2005 Fatigue Awareness Day

presented by the Southern New Jersey Chapter of the Oncology Nursing Society. Time: 11:30am to 2:00pm Location: Great Bay Country Club, Somers Point, NJ. For more information please speak with Joanne Gill or ask our front office personnel.

Coming Soon...

Cancer Survivors Week at HCCC! First week of June, check with our office for future details!

Also... 2nd Annual HOPE Music Fest!

Saturday, May 14th! see page 2 for details!

Upcoming Events & Programs, continued

SAVE THIS DATE! Saturday, May 14th, 2005 2nd Annual HOPE Music Fest!

Last year our 1st ever HOPE Music Fest raised over \$20,000! We hope to have another great success this year! Please come out and join us for a great night of music and a great cause!

Time: Doors open at 6:30pm, the concert is from 7:00 pm til 10:00 pm (Right after the Ocean City Sidewalk Sale!)

Location: Ocean City Music Pier

Tickets: \$10.00

Musical Artists: Leslie Ritter, Scott Petito and other musical guests!

To Benefit: Love of Linda Cancer Fund, Gilda's Club & Shore Memorial Hospital's Legacy Campaign.

Co-Sponsored by The Ocean City - Upper Township Rotary Club

For more information, contact the HCCC office (609-390-7888) or speak with one of our staff members at the front desk!



“Office News”

Congratulations

to Missy and Kevin Conti and proud grandmom Denise Salmons on the birth of Kevin Joseph Conti, Jr !



Congratulations

to Kathi Lego and soon to be husband Chris Wilkins on their upcoming wedding on Saturday, May 6th. All our best to the soon to be newlyweds!

From The Desk of Andrea Cortellessa

Organic foods versus conventional foods

As organically grown foods increase in popularity, many people are asking: Is there a nutritional difference between organically and conventionally grown foods?

In 2002, U.S. retail sales of organic foods totaled \$9 billion. In addition, the U.S. Department of Agriculture released the National Organic Standards, which identify guidelines for products that are labeled "organic." Research shows that nutritionally there is no evidence that organic produce is better or safer than conventionally grown produce. Organic foods differ from conventional foods only in the way in which they are grown and processed. But remember, whether they are organically grown or conventionally grown, fruits and vegetables are essential to health and disease prevention. Continued on page 3.

“From The Desk of Andrea Cortellessa” continued from page 2.
Organic or not, try to include at least 5 servings every day in your eating plan.
(information from eatright.org)

What's A Serving of Fruits or Vegetables?

These are all a serving:

- * 6 ounces of fruit juice
- * 1/2 cup of cut up fruit
- * 1 piece of fruit
- * 1/2 cup of raw or cooked vegetables
- * 1/2 cup of beans or peas
- * 1 cup of leafy green vegetables

(information from NIH publication no. 97-3201)

Other News...

Gilda's Club South Jersey Has Moved!

The Board of Director's for Gilda's Club relocated Gilda's Club South Jersey from Atlantic City to Linwood, NJ. They have arranged with the Richard Stockton College of New Jersey to lease the property at 300 Shore Road, which was the home of its former president. On March 8, 2005, groups and activities began at the new location. Please note this may not be the permanent Clubhouse. Any questions about Gilda's Club South Jersey please call them at 609-926-2699. For events calendar go to <http://www.gildasclubsouthjersey.org/index.htm>

Jokes & Funny Quotes!

Right now I'm having amnesia and deja vu at the same time. I think I've forgotten this before. (Steven Wright)

One time I went to a museum where all the work in the museum had been done by children. They had all the paintings up on refrigerators. (Steven Wright)



- Any questions about programs, events and any other items of interest please don't hesitate to ask Joanne Gill or one of our office/staff members for assistance!
- Look for new columns in future issues!
- Please check us out on the web for event updates, helpful information, links and a PDF version of this newsletter!
- Thanks for viewing and please recycle!