

**SEPTEMBER through
DECEMBER 2018**

To enroll or for more information, call **229-565-9355 (WELL)**, follow the greeting's instructions, and leave a message. Financial assistance may be available for your care.



MISSION:

To incorporate the mind, body and spirit in treating our cancer patients, survivors and caregivers by combining conventional medicines with complimentary therapies to achieve optimal health and healing.

You are more than your cancer diagnosis. At Phoebe Cancer Center, your treatment addresses not only your physical needs, but your emotional and spiritual ones, as well.

Survivorship Week



ABOUT THE GLORIA TONGOL ONCOLOGY WELLNESS FUND

The Gloria Tongol Wellness Fund was established by Dr. Jose Tongol in memory of his beloved mother (Gloria Tongol) so that others fighting cancer might experience support along their journey of healing. As an oncologist, Dr. Tongol knows firsthand the importance of treating cancer patients with more than just medicine and he is passionate about the benefits it can afford to patients. "Patients and caregivers must de-stress to enjoy a greater quality of life. Phoebe Integrative Medicine activities can help to accomplish this important outlook." Dr. Tongol is passionate about the benefits of activities that help patients cope with stressful situations. His generous contributions made this program possible so that Phoebe can offer a pathway for cancer patients and their caregivers to better understand and use tools to cope while fighting a cancer diagnosis.

We thank all who came out to celebrate SURVIVORSHIP with us at our annual Survivorship Week program in June! We had fun learning with Farmer Fredo, chair aerobics, dancing for exercise, eating healthy, Sherry Clark Photography, Albany Therapeutic Massage, and Dr. Jose Tongol!

See reverse side for upcoming events →

TAI CHI b m

TUESDAYS | 6:30 pm - 7:30 pm
Cost: \$8/class | Location: 229 Yoga
2620 Dawson Rd, Ste. C
Instructor: Larissa Steward | Seating: 15

Tai Chi is a medically proven self-care practice that effectively supports disease prevention, accelerates healing and decreases unnecessary mental and physical suffering. It is a carefully designed combination of gentle movements, breathing practice, self-applied massage techniques, and meditation, that is easy to learn, fun, and beneficial from the very start. No special knowledge or training is necessary, no special equipment or special clothing is required. Tai Chi can be practiced by all people—sick or well.

ART THERAPY m s

SEPT 8, OCT 6, NOV 3, DEC 1
10:00 am - 12:00 pm
Location: Phoebe NW Conference Rm A
Cost: No Charge | Seating: Reserve

Art therapy provides an experience which can be stress & anxiety reducing, relaxing, and can decrease worry. No artistic ability is required!
SEPT: No Sew Fleece Blanket
OCT: Fall Floral Arrangement
NOV: Christmas Ornaments/Wreaths
DEC: Christmas Stocking Decorating

REFLECTIONS FROM THE GURU

b m
OCT 3, DEC 5 | 3:00 pm - 3:45 pm
Location: Survivorship Conference Room
(Lower Level Cancer Center)
Seating Limited: 10 | Cost: No Charge

Join Dr. Tongol for an intimate discussion session that will include topics such as musical therapy, meditation, and living a healthy lifestyle.

HEALTHY HOLIDAYS: DIET & EXERCISE TIPS FOR HAPPY-HEALTHY HOLIDAY CELEBRATIONS b m

NOV 8 | 6:00 pm - 7:00 pm
Cost: No Charge | Location: Phoebe NW

Join Jan Haddrill, RD, LD, Radiation Oncology dietitian and learn how to make some of your Holiday foods nutritious, along with ways to incorporate activity into your Holidays.

YOGA FOR CANCER

SURVIVORS b m
MONDAYS AND WEDNESDAYS
1:00 pm - 2:00 pm
Location: Albany YMCA
1701 Gillionville Road
Cost: \$5/class
To enroll, call 229-312-0042

A gentle Hatha Yoga class for any survivor of cancer. Focuses on stretching & strengthening postures using all the yoga tools. Instructor covers relaxation & meditation techniques.

CREATIVE & THERAPEUTIC JOURNALING m s

SEPT 8, OCT 6, NOV 3, DEC 1
9:00 am - 10:00 am
Location: Phoebe NW Conference Rm A
Cost: No Charge | Seating Limited

Journal therapy is a type of writing therapy that focuses on the writer's internal experiences, thoughts and feelings. The P.I.M. approach to journal therapy gives participants writing and drawing/doodling prompts to help start the creative process. Journaling can help the writer work towards mental and emotional clarity, validate experiences and come to a deeper understanding of him or herself.

SPIRITUAL CARE & YOU m s

ONGOING/BY APPOINTMENT
Cost: No Charge
One-on-one/Small group appts. Available
Contact Kimberly Smith at **229-312-4670**
or krsmith@phoebehealth.com to make your appointment.

Sit down with one of Phoebe's chaplains to discuss how spiritual care can impact your life during and after cancer treatment. This is great for individual sessions with a chaplain or to include caregivers and/or other loved ones.

RESTORATIVE YOGA b m

THURSDAYS | 6:00 pm - 7:00 pm
Cost: \$5/class | Location: 229 Yoga
2620 Dawson Rd, Suite C
Instructor: Penny Gregorio | Seating: 15

Restorative Yoga balances a fast lifestyle and has an enormous capacity to heal physical and mental symptoms that are stress related, and as we know, many diseases these days are stress related. Restorative Yoga is a therapeutic style of yoga which utilizes props to make it easier for the body to get into certain poses, and thus, surrender to the pose. Practicing poses using props provides a completely supportive environment for total relaxation. The more your body is supported in the poses the deeper the sense of relaxation. Relaxation is a state in which there is no movement, no effort, and the brain is quiet. This class is good for all levels of yoga experience and includes a touch of Yoga Nidra (sleep) and Yin Yoga (held asana).

LIGHTS OF LOVE KICK OFF BENEFIT - DON MARTIN & THE USUAL SUSPECTS b m

OCT 4 | 6:30 - 9:30 pm | Cost: \$25/ticket
Location: 2807 Meredyth Dr., Albany, GA

Join us for dinner and live music! Call 312-4483 for reserved seating pricing.

THE CANCER FIGHTING KITCHEN COOKING DEMO b m

OCT 18 | 12:00 pm - 1:00 pm
Cost: No Charge | Location: Healthworks

Come join Chef Brian, Melody Lewis-Production Manager, and Debbie Harris-Oncology Dietitian, in the Healthworks teaching kitchen as they walk through the preparation of cancer-diet-friendly recipes. After preparation, taste-test the final product and take home a few extra recipes!

LIGHTS OF LOVE

PHOEBE WORTH - NOV 26 | PHOEBE SUMTER - NOV 27
PHOEBE CANCER CENTER (MAIN) - NOV 29

This holiday season hope will shine brightly at Phoebe Cancer Center in Albany, Phoebe Sumter Medical Center, and Phoebe Worth Medical Center as each campus pays tribute to local cancer patients and their families with their own special Lights of Love tree. Thousands of lights will be lit in honor and memory of loved ones, and donations to the beloved holiday events will benefit oncology patients receiving treatment at the three locations.

A symbolic light of love can be purchased for a suggested \$25, but all donations are welcomed. Donations can be sent to Lights of Love, PO Box 3770, Albany, GA 31706.
For more information, please contact Phoebe Foundation at 229-312-4483.