

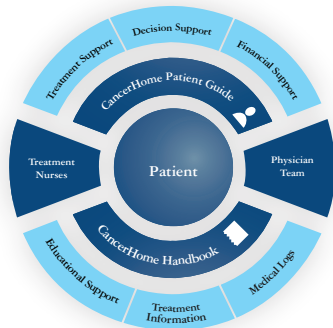


A CANCERHOME PUBLICATION, PROVIDING THE SUPPORT YOU NEED TO FOCUS ON HEALING.

## CANCERHOME: A KALEIDOSCOPE OF CARE TO TREAT THE WHOLE PERSON

Every cancer path is unique, just like every cancer patient. And at RMOC here in Casper, our patients are at the center of everything we do. Though cancer may be what brings you to our doorstep, we know that the disease is only part of your life. Understanding this, we make caring for the whole person our priority. CancerHome is the name we give our approach to providing our patients with every cancer care treatment advantage: a kaleidoscope of care that begins with diagnosis and continues through survivorship, which includes not only the best medicine, but all the wellness services and emotional support you need to focus on healing.

At RMOC, we provide the most advanced cancer therapies, but we provide a whole lot more than treatment, too, because we know that for our patients, having cancer is personal. In fact, people like our patient guide, Meaghan Hennings, bring a comfort level to your cancer treatment



**In our world, patients are at the center of everything we do**

experience from day one by making sure your questions are answered, your appointments made and your needs met.

At our center, we have an expert team of experienced, board certified oncologists and compassionate, dedicated nurses providing the most advanced treatments available, but did you know we also have financial counselors who will work with you to ensure that your finances don't prevent you from getting the care you need? Ask your patient guide, Meaghan. She'll introduce you.

We also have a variety of wellness services available, with more to come. Currently, we offer massage therapy, acupuncture, MBSR, support groups and ACS 'Look Good, Feel Better' classes, to help care for the whole person. And soon, we will begin offering nutrition counseling and will have physical therapy services returning. Talk to Meaghan about what might be right for your individual needs.

We recognize that alongside the best medicine and technology available, patients often need more. You need medical treatment to manage your disease, but you also need a person dedicated to providing information, guidance and support while you heal. At RMOC's CancerHome, your patient guide is that person, walking each step of your unique cancer path with you.

## IN THEIR OWN WORDS: STORIES FROM PATIENTS AND FAMILIES

Rhonda Boswell's story, as told to our editor:

I'm the wife of a ranch hand. For the better part of the last 30 years, we've lived a wonderful life 40 miles away from town in the country near New Castle. It's a quiet, peaceful life, and I've never questioned being in a remote area, until I got cancer. This past April, I was diagnosed with pancreatic cancer. I didn't know anything much about the disease, except that based on what my doctors said, it was serious. Thankfully, since that time, I've had surgery and radiation and am now taking chemo to treat my disease, all because of the caring doctors and nurses at Rocky Mountain Oncology.

I was very scared when I learned about my disease, but from my first appointment with Dr. Tobin, I've felt motivated to stay positive. I came to Rocky Mountain feeling that there was no way I'd come through this. I didn't feel like I had a chance, but the first thing Dr.

Tobin said was, "Nope. That's not how we're going to do this." All of the staff are so encouraging and positive that I'm motivated to stay positive. When your care givers believe in you the way the Rocky Mountain staff does, you can't give up. They are strong and they have faith in me, and that helps me have faith in myself.

I've never met more kindhearted people, ever. In fact, before I got cancer, my opinion of most doctors (no offense, Dr. Tobin!) was that they were mostly concerned about numbers, not people. My experience at Rocky Mountain has changed my opinion and given me so much hope because of the encouragement I get from every single person on staff. To me, from the front desk staff, to the doctors and nurses, to my patient guide, Meaghan, they are like angels. We live 192 miles from Casper, but I would go a thousand miles if that's what it took to get to RMOC. They treat me like family. And that's made all the difference.

*We love hearing from you. If you have an experience you'd like to share in Healthy Connections, please let your patient guide know.*

**RECIPE CORNER**  
**AN APPLE A DAY...**



Full of Vitamin C and cancer-fighting antioxidants, apples are at their peak in the fall. Great as a snack, only 100 calories and loaded with fiber, apples are a healthy choice for most diets. Grab one on the go, or try your favorite variety in this fall salad recipe from [www.caring4cancer.com](http://www.caring4cancer.com). Bon appétit!

**BARLEY APPLE SALAD**

Barley is a whole-grain product, and it has many health benefits. It is loaded with vitamins, minerals and fiber. Try this delicious recipe to get this whole grain into your diet more often.

Preparation time: 30 minutes, not including barley cook time. Serves four as a main dish, eight as a side dish.

**INGREDIENTS**

Salad

- 1½ cups frozen whole-kernel corn, thawed
- 2½ cups cooked, then cooled, barley
- 3 medium apples (any variety), unpeeled and finely chopped
- ½ cup dried cranberries or raisins
- 2 to 3 medium chopped scallions (green or spring onions)
- 1 medium carrot, coarsely shredded

Dressing

- 2 tablespoons olive or canola oil
- 2 tablespoons honey
- 1 tablespoon lemon juice

Instructions

- Mix salad ingredients in a large bowl.
- Combine dressing ingredients in a tightly lidded or covered container and shake to combine.
- Pour dressing over salad and mix to coat salad.
- Serve cold or at room temperature.

**ASK THE DOC:**

**Q:** I have a doctor and a nurse caring for me. Why do I need a patient guide?

**A:** Cancer treatment involves a team approach in today's world. Cancer patients have a variety of physicians, including surgeons, medical oncologists and radiation oncologists, as well as primary care physicians and other specialists caring for them. As well, patients frequently have nurses, dietitians, social workers, hospice care givers, physical therapists and others ancillary service providers working with them. A patient guide is the bridge between all of these team members. Their role is to be the patient's representative and to help "navigate" the patient through the healthcare system and between all of these cancer specialists and the other ancillary services. They can also help with things such as counseling, transportation, financial assistance and other daily needs or requirements of the patient. Intertwined through all these activities the patient guide can also offer emotional support to the patient and their family beyond what they receive from their other team members.



So, the patient guide should not be looked at as a duplication of services for the patient but, really, the glue that helps bring all of these services and resources together to benefit the patient and to improve their overall healthcare.

Healthy Connections is a publication of Rocky Mountain Oncology and is published for the general public to disseminate health-related information. This information is not to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment, diet plan or exercise regimen implied in this publication.

**SEPTEMBER 2011**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 MESSAGE THERAPY 9AM - 1PM CARING FOR CAREGIVERS 4PM - 6PM	2 MESSAGE THERAPY 9AM - 1PM MBSR 3PM - 4PM	3
4	5 LABOR DAY	6 MESSAGE THERAPY 1PM - 5PM	7 SUPPORT GROUP 11AM - 1PM MESSAGE THERAPY 1PM - 5PM	8 MESSAGE THERAPY 9AM - 1PM CARING FOR CAREGIVERS 4PM - 6PM	9 MESSAGE THERAPY 9AM - 1PM MBSR 3PM - 4PM	10
11	12 ACS LOOK GOOD, FEEL BETTER 10AM MESSAGE THERAPY 1PM - 5PM	13 MESSAGE THERAPY 1PM - 5PM	14 SUPPORT GROUP 11AM - 1PM MESSAGE THERAPY 1PM - 5PM	15 MESSAGE THERAPY 9AM - 1PM CARING FOR CAREGIVERS 4PM - 6PM	16 MESSAGE THERAPY 9AM - 1PM MBSR 3PM - 4PM	17
18	19 MESSAGE THERAPY 1PM - 5PM	20 MESSAGE THERAPY 1PM - 5PM	21 SUPPORT GROUP 11AM - 1PM MESSAGE THERAPY 1PM - 5PM	22 MESSAGE THERAPY 9AM - 1PM CARING FOR CAREGIVERS 4PM - 6PM	23 MESSAGE THERAPY 9AM - 1PM MBSR 3PM - 4PM	24
25	26 MESSAGE THERAPY 1PM - 5PM	27 MESSAGE THERAPY 1PM - 5PM	28 SUPPORT GROUP 11AM - 1PM MESSAGE THERAPY 1PM - 5PM	29 MESSAGE THERAPY 9AM - 1PM CARING FOR CAREGIVERS 4PM - 6PM	30 MESSAGE THERAPY 9AM - 1PM MBSR 3PM - 4PM	1 5K RUN/WALK 8AM

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