

# your JOURNEY

April - June 2024

A publication of the Eastern  
Connecticut Cancer Institute

A Cancer Survivors Newsletter



## Relay for Life Event

Relay for Life is a walk to raise awareness of the impact that cancer has on so many in the community. The event raises money to support much-needed services offered to cancer warriors and their loved ones.

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## Maddy's Fundraiser for Cancer Patients

Maddy, age 10, donated baskets full of goodies to patients undergoing cancer treatment.

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## Monthly Health Observances

April is Cancer Control Month; May is Skin Cancer Awareness Month; June is Men's Health Month.

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## American Cancer Society: Relay for Life Event

Come join us this year on Friday, May 31 at 3pm to Saturday, June 1 at noon at Ellington High School for the American Cancer Society Relay for Life.

For more information, or to register your team, please contact Leslie Juliani, RN at 860.646.1222 x 1406.

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# American Cancer Society: Relay for Life Event



American Cancer Society Relay for Life event is on Friday, May 31st, 2024.

Relay for Life is a walk to raise awareness of the impact that cancer has on so many in the community. The event raises money to support much-needed services offered to cancer warriors and their loved ones. The funds raised by this event help aid in cancer research, cover the cost of hotel stays for patients and caregivers receiving treatment far from home, and for transportation services, as well as providing a 24-hour hotline to call for support and questions. Most importantly, Relay for Life is a chance to celebrate cancer survivors and their caregivers, remember loved ones lost, and fight back against every cancer as we come together for every life.

Our event starts at 3 p.m. on Friday with closing ceremonies on Saturday at noon. Opening ceremonies, games, entertainment, and our luminary ceremony at dusk bring teams together in the joint effort to provide support for patients and their families.

Please join us and register as a team or as a survivor! There is a special gathering on Friday evening for all survivors (caregivers welcome)! Come and let us spoil you!

For more information, or to register your team, please use the QR code, or go to [www.relayforlife.org/ecct](http://www.relayforlife.org/ecct). Or contact Leslie Juliani, RN at 860.646.1222 x 1406 to join our team, the DeQuattro Cure-saders!

## Friends. Family. Fighters.

Fighting cancer takes many things like research, free rides to chemo and lodging near hospitals, and our 24/7 helpline. But we can't do any of that without you. Join Relay For Life, the largest, most inspiring, and supportive cancer fundraising event on the planet.

### Relay For Life

Ellington High School  
Friday May 31st 3pm- Noon Sat June 1st  
Opening Ceremony at 6pm  
Luminary event at 9pm

Follow us at:



[www.relayforlife.org/ecct](http://www.relayforlife.org/ecct)  
Facebook: Relay For Life of East Central Connecticut  
Instagram: rfl\_ecct  
[RelayForLife.org/ECCT](http://RelayForLife.org/ECCT)

If you are a cancer survivor or know someone who is, we would be honored to have you and a caregiver attend our free Survivor and Caregiver Celebration.



Relay For Life East Central CT invites you:

Back to the 80's  
Don't Stop Believin' in Curing Cancer



For more information contact:  
Leslie Juliani RN  
[ljuliani@echn.org](mailto:ljuliani@echn.org)

Join the celebration.

# Maddy's Fundraiser for Cancer Patients

Madelyn Tomalonis of Enfield, age 10, decided she wanted to run for Kid Governor®. This program is for 5th graders across the state to learn about state government and all its components, including elections and voting, and encourages civic participation. Each 5th grade class has an election, and then a candidate is elected school-wide to run for office of governor. Prudence Crandall Elementary School students elected Maddy to run as their candidate!

This is serious business, as candidates for office are expected to identify and research issues impacting their constituents and communities, create platforms and solutions for those issues, and make campaign videos. In November, 5th graders across Connecticut watch these videos, and vote for Kid Governor®, who then serves a one-year term, learning about leadership and advocacy, working with assistance to fulfill their campaign platform. Sadly, Maddy was not elected, but she is fulfilling her campaign platform regardless!



With the assistance of her parents Mike and Stacey, and the support of her school, Maddy has collected blankets, hats, puzzle and coloring books, travel mugs, lip balms and lotions, playing cards, notepads, pens and pencils, and lots of other items to make cozy TLC baskets for patients undergoing cancer treatment. On March 13, her parents brought her to the cancer center to make her FIRST delivery of baskets! She has more stock at home, AND more support from the Enfield community!

Although she didn't win the election for Kid Governor®, Maddy did learn a valuable lesson – good leadership involves improving the lives of the people in your community and beyond. On behalf of those lives she will impact here at the cancer center, we thank Maddy for her dedication and generosity. In our eyes, she is a true winner!

## Freedom from Smoking (FFS) Program

FFS was developed by the American Lung Association in the 1970s. The program is designed to help you first prepare to quit smoking before actually doing so, and learn how to maintain not smoking. We will work to discover your smoking triggers, and develop a personalized quit plan for you, while learning different ways to manage stress and those triggers.

There are 8 sessions over 7 weeks (session 4 - Quit Day - and session 5 are in the same week). The program is led by oncology nurse navigator Karen Fiume. The next session starts May 6, 2024. For more information, contact Karen at [KFiume@ECHN.org](mailto:KFiume@ECHN.org), or 860.646.1222, ext. 1408.

## Monthly Health Observances

### April is Cancer Control Month!

Across the country, this observation focuses on five categories of cancer care: prevention, early detection, improving treatments, increasing survival rates, and improving the quality of life for cancer patients. We're hoping for better futures!

### May is Skin Cancer Awareness Month!

Know your ABCDEs: asymmetry, border, color, diameter, and evolving. If you have a mole or other skin issue you're concerned about, contact your health care provider for a skin screening. Early detection saves lives!

*If you have any questions on these or other cancers, please contact Oncology Nurse Navigators Leslie (x1406) or Karen (x1408) at 860.646.1222.*



### June is Men's Health Month!

Take the time, men, to make sure you're up to date on your prostate and colon cancer screenings, vaccines, and physical exams. Do you smoke? Ask your health care provider about lung cancer screenings, too! Ignorance is not bliss, and many cancers are curable when caught early.

**For the following events, please go to [ECHN.org](https://ECHN.org) and click on Classes and Events to register!**

### How Diabetes Affects Your Eyes

April 9, 2024 @ 6 - 7:30 p.m. ; FREE

Diabetes-related retinopathy is an eye disease that affects the retina. Anyone with diabetes can develop this condition. Join Dr. Noam Rudnick as he shared information on the affects diabetes has on your eyes. He will provide an overview of diabetic retinopathy and diabetic macular edema and treatments for both. Registration is required.

### Shopping Smart, Eating Well: Senior Discount Days

April 16, 2024 @ 12 - 1 p.m. ; FREE

Don't miss Senior Discount Day and the opportunity to glean insights from Lindsey Kent RD, on how to shop smarter and eat better for a healthier you! This class will take place at the Shop Rite in Manchester at 214 Spencer Street, Manchester, CT.

### Empower Your Health: Stroke Prevention Insights

June 18, 2024 @ 12 - 1 p.m. ; FREE

Join Dawn Moreau, ECHN Quality Improvement Stroke Manager, for a crucial session on stroke prevention. Discover the wealth of knowledge that can significantly benefit individuals with prediabetes and diabetes. Gain invaluable insights into the strong connection between diabetes, heart disease, and stroke risk. Dawn's expertise will shed light on preventive measures vital for maintaining optimal health and reducing the risk of stroke, especially for those with diabetes or prediabetes.

Don't miss this opportunity to understand the critical connection between diabetes, heart health, and stroke prevention! This class will take place in the Miller Conference Room.

# Classes & Events

## Coffee Talk for Cancer Survivors

Thursday, April 18, 2024  
9 a.m. - 10:30 a.m.  
John A. DeQuattro Cancer Center

## Freedom From Smoking

Mondays, May 6 - June 24, 2024  
John A. DeQuattro Cancer Center

Contact [KFiume@echn.org](mailto:KFiume@echn.org) to register.

## Fit for the Journey

Tuesdays and Thursdays, 2:30-4:30 p.m.  
Contact [MPesce@ECHN.org](mailto:MPesce@ECHN.org) to learn more.

## American Cancer Society Relay for Life

Friday, May 30 - Saturday, June 1, 2024  
Ellington High School

Contact [LJuliani@ECHN.org](mailto:LJuliani@ECHN.org) to learn more.

## 20th Annual Cancer Survivors Day

Sunday, September 29, 2024  
The Marriott Hotel, Windsor, CT

## Coffee Talk for Cancer Survivors

Amidst life's twists and turns, one thing remains constant: our commitment to support and empower cancer survivors. We're embracing a new dawn of connection and camaraderie! Whether you're just starting your journey or celebrating a decade of survivorship, this space is for YOU. Remember, survivorship starts at diagnosis!

Join us on April 18 for our inaugural session of Coffee Talk (formerly known as "Lunch n' Learns")! Share your thoughts, your stories, and your wish list for future discussions. Discover the unsung heroes of your support team and uncover hidden gems within our services!

Let's sip, share, and support each other on April 18, 2024, from 9 to 10:30 AM, at the John A. DeQuattro Cancer Center Conference Room.

Registration is encouraged but not required! To register, please call 860-646-1222 ext. 1406 (Leslie) or ext. 1408 (Karen). See you there!

## Save the Date: Cancer Survivors Day

Our 20th annual Survivors Day Celebration will be held on Sunday, September 29, 2024, at the Marriott on Day Hill Rd in Windsor. Our speaker this year is WFSB Eyewitness News reporter and 10-year cancer survivor Mark Zinni! Registration will open in late summer.



## The Dietician's Kitchen

### Tracey Luciani, RD

Here is a probiotic-rich Acai Bowl recipe that is quick to whip up, customizable, full of healing polyphenols, antioxidants and protein, and ready in just 10 minutes! The bowl can be a nourishing, vegan and gluten-free breakfast, guilt-free dessert or comforting snack.

#### Smoothie Base (yields 2 cups)

- 2 tablespoons acai berry powder (or 200 grams- 2 frozen unsweetened acai puree packets)
- 1/2 cup milk (coconut, oat, almond milk, coconut water or juice)
- 1/2 cup yogurt or kefir, plain unsweetened or dairy-free
- 1 cup frozen banana
- 1/2 cup frozen berries (or use frozen mango or pineapple)
- 3 medjool dates, pitted- optional (or use honey, coconut sugar, or maple syrup)
- Blend and serve with desired toppings

**Protein Boost:** Add nut butters like; almond butter, cashew butter, and peanut butter. Also protein powder, collagen, hemp hearts, chia seeds. Sprinkle on top or add to the smoothie base while blending.

**Nutrition boost:** spinach, sprouts. Blend into the smoothie base.

Serving Size: 1 cup; Calories: 331; Sugar: 44.4 g (no added sugar); Sodium: 78.9 mg; Fat: 4.9 g; Saturated Fat: 1.9 g; Carbohydrates: 68 g; Fiber: 7.1 g; Protein: 10.5 g; Cholesterol: 9.3 mg

#### **Eastern Connecticut Health Network**

71 Haynes Street  
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