

## Greater Caring

We are proud to welcome our two new Certified Nurse Practitioners (CRNP) to the practice

Together, Roxana Ramos, CRNP and Janice McClune, CRNP join us to deliver unmatched quality medical oncology and hematology care to ensure the appropriate diagnosis is given and the best treatment protocol is initiated

Their specialized training and experience in caring for cancer patients allows them to perform many roles including:

- meets with patients independently
- diagnose and treats specific problems
- monitor care at the office and at the hospital
- order diagnostic and laboratory tests
- interpret the results of those tests
- participates in research
- provides patient education
- manages side effects of treatment

Under my supervision, they become the liaison between nurses and physicians and patients and physicians. Our CRNP's also serve a patient advocate, providing support, and work side-by-side with both Dr. Dumasia and me to provide direct patient care.

At Lancaster Cancer Center, we strive to provide the highest quality cancer care in the county. If you have any questions about your care, please let us know.

Hyatt P. DeGreen III, DO (Tracy)

Lena Dumasia, MD



## MEDICARE Open Enrollment

HAVE YOU COMPARED  
YOUR OPTIONS?



You might find a plan that saves you money.

Our financial counselor, Kristen can also assist you with any questions you may have about your plan. Stop by the front desk to schedule a meeting.



## Employee Spotlight

Meet Janice, CRNP

*How long have you been in healthcare?*

I graduated high school in 2004 and started out as a nurse's aide on the oncology floor at LGH and continued working there as a nurse and through school to become a Certified Nurse Practitioner (CRNP). After graduating as a CRNP in the Fall of 2015, I joined Lancaster

Hematology Oncology Care (now part of Penn State Lancaster/Hershey) with Dr. Brian Calabrese, Dr. Najam Zaman, and Melanie Rice. In the Summer 2024, I returned to private oncology practice by joining Lancaster Cancer Center. I am excited to be here and have always loved private practice where medicine is not hindered by time and the constraints of organizations.

*What led you to becoming a CRNP?*

I loved nursing and operating at the top of my scope and desired a new challenge while the opportunity to have more flexibility with my family. I also enjoy working with patients and families and wanted to work in the community more.

*How has oncology care been rewarding to you?*

It has offered me a unique perspective on life, I truly understand how short life is and the value of family and friends. Not much stresses me out and I enjoy the simple things.

*What do you like to do outside of the office?*

I am busy with my family. I have three children (aged 14, 11, and 5) which are now all in school and playing sports, mainly lacrosse and football. I also enjoy anything outside, especially on the water whether its boating, kayaking, fishing (which I am awful at), hiking, or playing sports.

*What is a fun fact about you many people may not know?*

I am a twin. And I lived on the Susquehanna River in a small river cottage for the first 8 years of marriage, I loved it, my husband not so much!

*Where is your favorite place in the world?*

Loved Bar Harbor Maine but really any body of water whether its ocean or lake.



# Lancaster Cancer Center

Care Beyond Treatment

# NEWS

2024 | Issue No. 3



## Healing Journey Foundation

Support Beyond Care



# EXTRA™ GIVE

## Help Us Make History ExtraGive 2024

Have you dreamed of making history? Of course, we all have. And now we have a chance to be a part of our community's day of giving - an opportunity to unite our community around causes in which we truly believe and help nonprofit organizations connect to the larger community.

**We need your help!** Please join our campaign and help us make a difference in the lives of those living with cancer and their family and friends.

**Get ready to give!** On November 22, visit [extragive.org](https://extragive.org) and donate. All giving will end at 11:59 pm on November 22, so make sure to get your gift in on time!

**Questions?** If you have any questions or would like more information, let us know. Contact Daisy Plaza, President, Healing Journey Foundation at **717.291.1313** or by email at [dplaza@healingjourneyfoundation.org](mailto:dplaza@healingjourneyfoundation.org).

**Thank you in advance for your generosity to our organization!**

*"If you need to be seen for cancer, this is the best place to be! They treat you like family and you matter!"*

- a grateful patient

## DAYLIGHT SAVINGS! NOVEMBER 3<sup>RD</sup>.



Follow Us on Facebook at Lancaster Cancer Center Ltd.



SCAN  
TO  
DONATE



## Beyond Bella

Complimentary beauty workshops are now available for women on their cancer journey.

Workshops are led by Maureen O'Brien Hooker, an independent Mary Kay sales director. She is dedicated to helping women look and feel their best.

"I enjoy helping women look and feel their best! When we look and feel good everything is better. We are better moms, wives, friends, business partners, and members of our communities.

We may not be curing cancer, but we can surely make a difference in the lives of women who are on their cancer healing journey, by sharing tips and tools to help them look and feel their best during this challenging time."

**This program will be offered the 4th Thursday of every month at 10 a.m. First workshop is September 26.**

## Waterfall in the Healing Garden

If you haven't had a chance to go outdoors at Lancaster Cancer Center over the warm summer months, fall is an ideal time to enjoy the more comfortable temperatures and nature.

Earlier in the summer, we added a waterfall feature to the Healing Garden (made possible by generous donor contributions). The flowing water is naturally soothing and offers several benefits to cancer patients by helping to reduce stress and anxiety while enhancing both their physical and emotional well-being.

The Healing Garden offers patients and visitors a serene and restorative space.

The Healing Journey Foundation provides Support Beyond Care by providing programs, patient support, and tranquil settings designed to improve the lives of those living with cancer.

If you'd like to learn more about how you can donate to the Healing Journey Foundation, please contact **Sharon Strohl** at **717.291.1313 x136**



## Strength and Balance Assessment Screenings Coming Soon!

### What is a strength and balance assessment?

A set of assessments provides a comprehensive overview of an individual's fall risk, strength, and balance to detect changes before experiencing a fall, increased need for assistance from a caregiver or loved one, or a decline in valued routines or activities.

### What is the purpose of these screens?

Wellness screens help older adults be able to age in place while maintaining participation in valued roles and routines. They provide information helpful in establishing a plan to prevent the need to move to institutionalized care (e.g. nursing home, personal care home, assisted living) or give up meaningful responsibilities.

Taking steps to monitor and achieve the skills necessary to support aging in place, is essential. More often, older adults are only aware of a decline after a fall, injury, or illness.

Falls are the second leading cause of death worldwide, second only to motor vehicle accidents. Sadly, the highest number of fatal falls occur in adults over 60. Even when a fall does not result in fatality, falls are responsible for the largest portion of years lived with disability over transport injury, drowning, burns, and poisoning. Sadly, therapy services are typically initiated only after an older adult sustains a fall that results in injury. Strength and balance assessment provides a way to understand changes in function before they lead to debility.

The **Healing Journey Foundation** is now offering a Health Screening, provided by Katie Herr, OT, Functional Freedom. She will perform multiple quick tests to determine levels of strength, balance, and endurance. Tests will be performed at Lancaster Cancer Center, with results provided immediately to determine risk of falls and/or debility. Katie will answer any questions and provide recommendations for next steps to help improve performance.

**The assessment screening is FREE and will be offered quarterly starting November 7 at 10 a.m.**

**Registration is requested. Speak with the front desk to register.**

## Light In Darkness

*"Nothing Can Dim the Light That Shines from Within."*  
–Maya Angelou

Join us for a Tree-Lighting Ceremony to welcome the Christmas season and honor our patients. Light refreshments will be served. All are welcome.

**Thursday, December 5 at 6 p.m.**

Please RSVP to Lori Gerhart at [lgerhart@lanastercancercenter.com](mailto:lgerhart@lanastercancercenter.com) by December 3.

