Cancer survivors are a hardy group in more ways than one. Take the evening of Thursday, January 30th. When Old Man Winter tried to put a damper on things with a sudden, dinnertime snowstorm just as we were about to kickoff our first cancer survivorship event, they responded by blowing him off. Literally. More than 200 survivors and their guests dusted off their cars and carefully made their way to Borgess Medical Center’s Lawrence Education Center in Kalamazoo to hear how to live well beyond cancer. The program, ‘Life After Cancer—Surviving and Thriving’, was sponsored by West Michigan Cancer Center, Borgess Medical Center, Bronson Methodist Hospital and the Western Michigan University School of Medicine.

After enjoying a complimentary meal, attendees listened to presentations on healthy cancer survivorship, including segments on nutrition, exercise, sexual health needs, and psychological healing.

Two nationally-recognized survivorship experts provided keynote presentations: Dr. Kenneth Miller, a medical oncologist at Sinai Hospital in Baltimore, and Sage Bolte, an oncology social worker and counselor at Inova Fair Oaks Hospital in Fairfax, Virginia.

Additional presentations were made by Dr. Sanja Kaluza, WMCC medical oncologist, Rachel Norman, WMCC registered dietitian, Trish Harrison, Community Wellness Director at the YMCA of Kalamazoo and Dr. Perry Westerman, psychiatrist at the Western Michigan University School of Medicine.

The robust turnout despite the weather was deeply appreciated and will be considered when it’s time to discuss future events geared to survivors. We are reviewing the program evaluations and will keep you posted.
**No Health Insurance? Now’s the Time to Act.**

If you need health insurance, your golden opportunity awaits. Affordable coverage through the government’s Health Insurance Marketplace is available right now.

Everyone qualifies. You cannot be turned down—even if you have cancer and/or other medical conditions. But, the clock is ticking. You only have until March 31st to sign up. If you don’t, you may have to pay a penalty. So, it’s critical that you enroll.

- **Pre-existing conditions will be covered:** Plans won’t be able to deny you coverage or charge you more due to pre-existing health conditions, including a pregnancy or disability.
- **Essential health benefits are covered in the Marketplace:** All plans must offer a comprehensive set of essential health benefits including doctor visits, preventive care, hospitalization, prescriptions, and more.
- **You can get help in your area:** If you need help finding a plan, several kinds of help will be available to give you personalized assistance with the process.

In the Marketplace, you can compare coverage options based on price, benefits, quality, and other features important to you. You can choose the combination of price and benefits that fits your budget and meets your needs.

- **You can get lower costs on coverage:** The Marketplace application will tell you if you’re eligible for a new way to get lower costs on your monthly premiums or out-of-pocket costs for private insurance. You’ll also learn if you can get free or low-cost coverage through Medicaid. This may include people who have been denied Medicaid coverage in the past.

- **Where to sign up**

  Website: www.healthcare.gov  
  Spanish speakers: www.CuidadoDeSalud.gov  
  Phone: 800-318-2596

If you’d like to set up an appointment with a WMCC financial counselor, call 269-373-0130 or 269-373-0146.

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**HELP TO APPLY**

There are more than a dozen area agencies which have people trained to help you sign up for insurance on healthcare.gov.

They include:

- Bronson Methodist Hospital, 269-341-7654 or email terrya@bronsonhg.org  
- Borgess Medical Center, 269-226-8494 or email patient_financial_advocates@borgess.com  
- Community AIDS Resources and Education Services, 269-381-2437  
- Family Health Center, 269-349-2641  
- Kalamazoo County Health and Community Services, 269-373-5061  
- Planned Parenthood, 844-7ENROLL or 8447Enroll@ppmchoice.org  
- Allegan Professional Health Services, offices in Allegan, Otsego, Gobles; call 269-668-5800  
- Branch-Hillsdale-St. Joseph Community Health Agency, Three Rivers, 517-279-9561  
- Interfaith Community Health Network, Bangor, 855-869-6900  
- South Haven Community Hospital, 269-637-5271  
- Sturgis Hospital, 269-651-7824

For a complete list of counselors, go to: LocalHelp.healthcare.gov  
Just type in your zip code and it will generate a list of agencies in your area which are able to help.

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**Monsanto Team Hosts ‘Harvest for a Cure’**

The Off the Job Safety Team at Monsanto in Constantine hosted its first ever ‘Harvest for a Cure’ in October to raise money for West Michigan Cancer Center and the Southwest Michigan Affiliate of Susan G. Komen for the Cure. The team sold more than 1,000 pink shirts, netting more than $5,200! Members proudly wore their pink shirts on site, in the field and in the community to raise awareness of breast cancer.

Thank you, Monsanto Off the Job Safety Team, for your support and generous donation!
A Legacy of Caring

Whether you are a patient grateful for the care you received, a family member or caregiver who participated in our Patient Care Services Program, or just someone who believes in the life-changing care provided at WMCC, you can give back by making a planned gift—commonly a gift made through your will or estate—to our center.

Your planned gift to WMCC will make a difference in the lives of cancer patients right now, and in the future by supporting innovative cancer patient care, research, education, and prevention programs right here in Southwest Michigan.

You don’t need to be rich to make a planned gift. Whatever your circumstances or financial ability, there are a variety of planned gifts, all of which will make a difference in the fight against cancer. Planned gifts often receive special tax benefits and include gifts through your estate, gifts of principal that pay you income for life, gifts of retirement plan assets, or real property. Planned gifts can be tailored to meet your current and future needs and may provide you with significant tax savings and other benefits.

Examples of some common planned gifts include:

- **Bequests** — Giving by bequest costs nothing now, yet it may give you a great deal of satisfaction to know that your future gift will live on. A gift through your will or trust is entirely free from federal estate taxes. You may make a bequest now and retain the ability to change it at any time.

- **Gift of Securities** — Gifts of publicly traded securities that have appreciated in value allow you to claim a charitable deduction for the full market value of the securities on the date the gift is made. You pay no capital gains tax on the appreciation.

- **Retirement Plan Beneficiary** — If you leave retirement plan assets in your estate, those assets are subject to income taxes. This can reduce the amount that normally would be passed to family members/heirs by up to 35 percent. Consider these gift options: Designate WMCC as the primary beneficiary for a percentage of your retirement plan assets, designate a specific amount to be paid to us before the remainder is divided among family beneficiaries, or make WMCC the contingent beneficiary to receive the balance only if your loved one, as the primary beneficiary, doesn’t survive you.

Your lawyer or tax accountant can help you set up planned gifts or you can contact WMCC directly. For more information about planned gifts please contact Jessica Hermann-Wilmarth, Director of Development at 269-373-0129 or by email at jwilmarth@wmcc.org.

Timing Your Appointments

To ensure an efficient visit to WMCC, please allow yourself time to arrive for your appointment on schedule. Appointments are made according to the amount of time the staff anticipates that each patient will need. Arriving extremely early may cause an extended wait time as we may not be able to work you in early. If you arrive extremely late, you may also wait longer than usual, as other patients will be seen at their scheduled appointment time. The WMCC staff will make every attempt to see you if you arrive late. However, please be aware we may not have the staff or time to safely take care of you and we may have to ask you to reschedule. Patient satisfaction is our number one goal every time you visit with us.
Nurturing the Spirit

by Rev. Ben Schaefer

Being told that you or a loved one has cancer is life changing. Having experienced both losing a loved one to cancer and watching a loved one go into remission, I know that the experience can bring up a lot of questions. What is going to happen? What are the treatment options? Why me, or him, or her? Is this my fault somehow? For the patient, it can feel like your own body is betraying you, like a part of you is going on a rampage with no consideration for the rest of your being. These questions often touch on more than just your body; they touch your mind and your spirit as well. For many people, cancer prompts spiritual questions. The term spirituality is used in many contexts, but is really defined. It can, and often does, mean an adherence to a religion. But in its broadest sense, spirituality means the thing or things that help you make meaning out of the world and the events in your life. It could be faith in God or a higher power. It could be your family or friends. It could be science and technology. These are things that can help you cope with this and many other situations.

Paying attention to what is important to you – feeding your spirit as well as your body – is extremely important in caring for your whole self. So find ways to feed your spirit.

- When you have the energy, you may find it helpful to spend time with friends or family.
- You may want to sit down and read a good book—or just sit.
- If you are a part of a religious community, attending worship is an excellent way to feed your spirit.
- Listen to what your body and spirit are telling you. And take good care of all of you: body, mind, and spirit.

Caring for your whole self—body, mind, and spirit—can help you as you make your way through this journey of cancer treatment. It is my hope that as we look forward to the blooming of flowers in the coming months, you will be able to take some time to nurture your spirit so that it, too, can grow. By nurturing your spirit, you may find new ways to cope with what is going on in your life.

One good way to listen to your spirit is to spend time thinking about these questions:

- What is important to me?
- What gives my life meaning?
- What helps me cope or gives me strength?
- How do I take time to slow down and focus on my spirit each day?

Missed Appointment Policy

To help with getting our patients scheduled as quickly as possible, our organization (like many other medical centers) has a Missed Appointment Policy. We have recently modified it. We are committed to contacting you if you do not come to an appointment (and do not call to inform us), or if you inform us in less than 12 hours prior to an appointment. It is critical for you to come to scheduled appointments to ensure you get the best treatment possible.

Missing appointments delays care, and can make your situation more difficult. Additionally, missing appointments creates issues for other patients who are waiting for an appointment, and delays their care also. We understand that things can happen, often out of our control; such as transportation issues. Our policy allows for up to five missed appointments (including calling with less than 12 hours notice or not coming to the appointment at all). Once five incidents occur, WMCC staff will review your case, which may result in your being transferred to another provider. If you know you will not be able to make it to your appointment, please call us so that we can reschedule your appointment. If you have issues with transportation to your appointments, our social work staff has many resources, and one may be right for you. They can be reached at (269) 382-2500.

Missed Appointment Policy

by Bridget A. VandenBussche, QI / Risk Manager

We have recently modified our Missed Appointment Policy. It is critical for you to come to scheduled appointments to ensure you get the best treatment possible.

The feedback we receive is vital to improving our patients’ experience. Based on the most recent results, our current area of focus is to improve communication between staff and family members regarding what to expect in education, condition, and treatment. Our first step is to implement a new pager system this spring. Pager systems are used in many medical settings (outpatient testing, surgery, and more), allowing us to keep you informed faster, provide fluid transitions throughout the organization for your whole visit, and most importantly, keep you and your family informed on what to expect. The new pager system will allow us to track the waiting time between each appointment and help us to identify areas where we can improve. If you have any suggestions on how we can make your experience better, please let any staff member know. We sincerely appreciate all feedback; it is an essential tool for improving the WMCC experience.
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In Memory of Russell W. Smith
Barbara B. Broadwell
Barb Liggett
June L. McGuire
Beverly A. Weber
The Blind Center

In Memory of Barbara Ann Snow
Ann S. Curry

In Memory of Clyde Spohn
Barbara J. Mack
Carl Sikkinga

In Memory of Sheila Stafford
Robert L. Stafford

In Memory of Penny Steuerwald
Deanna Hogarth

In Memory of Betty Crist Stratton
Michael J. Wilson

In Memory of Marleah Thompson
Nancy D. Jordan

In Memory of Vickie Urick
Robert Stover

In Memory of Karen Wheat
Ila L. Fiebig

Meredith B. Fogel Stemaly
Robert Jordan
Michael J. Martineau
Douglas L. Vanderford
Daniel Veatch

In Honor of Robert Blaylock
Robert E. Blaylock

In Honor of Lucy Cohn
Dick Kruller

In Honor of Charlotte Corstange
Deborah Pallett

In Honor of Denise Lisiecki Freed
Barbara E. Scott

In Honor of Walt Goodrich
Elizabeth A. Goodrich

In Honor of Bob Hall
Patti L. Vesey

In Honor of Kimberly Havenoar
Betty Hoorn

In Honor of Mary Jo Hawk
Edwards Industrial Sales, Inc.

In Honor of Nancy Kalinowski
Joan Morand

In Honor of Betty Kruell
Jacqueline G. Schneider

In Honor of Gloria Lenardson
Larry F. Simmons

In Honor of Dr. Marcia Liepman
Rosemary K. Alwood
Diane B. Bishop
Vera M. Elliott
Ronald E. Johns
Diane L. Karlis
Joan Morand
Patricia J. Wilcox
Nancy A. Zuidema

In Honor of Dr. Raymond Lord
Elise Beardsley

In Honor of Linda Luedeman
Barb E. Barnes

In Honor of Bruce Mesara
Jack E. Knight

In Honor of Robert & Rosemary Moser
Matthew Moser

In Honor of Belinda Paver
Anonymous

In Honor of Pat Rapp
James W. Lamborn

In Honor of Audrey Strong
James K. Raak

In Honor of Barb Swain
Patti L. Vesey

In Honor of Patricia VandenHeede
William R. Walters

In Honor of Prima Vesey
Patti L. Vesey

This list represents gifts given to WMCC between October 25, 2013 and February 12, 2014.
Regular Business Hours
The Cancer Center is open Monday through Friday, 8 am to 5 pm. Phone: 269-382-2500

After Hours
Our answering service takes calls after hours and on weekends and holidays. Call 269-382-2500 and tell the service your doctor's name. The on-call doctor will then return your call as soon as possible.

In Case of Emergency
In a life-threatening emergency, please call 911 or report to the nearest hospital emergency room.

Call Your Doctor
Please call your physician's nurse liaison if you experience any of the following:
• Temperature of 100.5° F or higher
• Chills (with or without a temperature)
• Nausea and/or vomiting that cannot be controlled
• Diarrhea that cannot be controlled
• Unusual cough, shortness of breath or lung congestion
• Any bleeding or excessive bruising
• Pain or burning with urination
• Mouth sores or sore throat
• Sinus pressure, pain or congestion
• You develop a rash, or a current rash worsens
• Pain not controlled by current medications

When in Doubt, Please Call Us
269-382-2500
Call as early in the day as possible. That way, we'll have more resources available to assist you.

In Case of Inclement Weather
In case of inclement weather (snow, a tornado, etc.), you should listen to local news on your television or radio stations for information about closings. We will also post information on our website at www.wmcc.org, on our Facebook page and on Twitter. If it is at all possible, we will attempt to contact scheduled patients.

Call Your Nurse Directly
Medical Oncology
Physician  Nurse Liaison  Phone
Dr. Bailey  Beth H.  269-384-8671
Dr. Chandana  Cindy K.  269-373-7496
Dr. Heggie  Kelly W.  269-373-7494
Dr. Kaluz  Snezana K.  269-373-0147
Dr. Liepman  Wendy B.  269-384-8657
Dr. Nagpal  Cece M.  269-373-7471
Dr. Payne  Kelly W.  269-373-7494
Dr. Rafi  Teresa V.  269-384-8636
Dr. Tuncer  Judy N.  269-384-8688

Radiation Oncology
Physician  Phone Triage Line  Phone
Dr. Grossheim  Nicki G.  269-382-2500,  Select 2, 5
Dr. Nigrin  Nicki G.  269-373-7466
Dr. Radawski  Nicki G.  269-373-7494

Gynecologic Oncology
Physician  Nurse Liaison  Phone
Dr. Caffrey  Eleanor B.  269-384-8663
Dr. Hoekstra  Grace C.  269-373-7466

UPCOMING WELLNESS DATES

Look Good Feel Better
WMCC Lower Level
Your choice:
Thursday, March 24 at 5:30 pm
or
Thursday, April 28 at 5:30 PM
Register: American Cancer Society at 800-227-2345

Cooking Class
WMCC 3rd Floor Multi Purpose Room
Thursday, May 8 at 4:30 pm
Theme: Healthy Summer Dishes
Register: 269-373-0109

Healing Yoga
Drop in class at WMCC—3rd floor multi purpose room
Mondays beginning March 10th at 5:15 pm
Ends June 2nd
Info: 269-373-0109 or email nutrition@wmcc.org

Tai Chi
Drop in class at WMCC—3rd floor multi purpose room
Every Tuesday at 5:30 pm
Info: 269-373-0109 or email nutrition@wmcc.org