For Diane (not her real name), exercise and weight training have always been key parts of her weekly routine. “I found that building core muscle strength really helped me feel a lot better”, she said. Then colon cancer struck. But that didn’t stop her from exercising. “Continuing to move really helped me tolerate my chemo treatments and gave me energy”, she added. Diane is one of ten cancer survivors who signed up for WMCC’s inaugural ‘Survivorcise’ exercise program. Survivorcise was created by WMCC in partnership with Borgess Health & Fitness Center, Bronson Athletic Club and the YMCA of Greater Kalamazoo to help men and women improve their physical strength and stamina following treatment for cancer. Classes, led by certified personal and group exercise trainers, are held twice a week for 12 weeks and rotate quarterly between our partner facilities.

As an added bonus, Survivorcise participants enjoy complimentary member benefits at the facility where they attend class during the program cycle. “We hope these survivors will continue an exercise regimen after completing the class”, said Jones. “We also try to teach them things to do outside the gym that will help them maintain good health”. Baseline assessments are taken on the first day in the gym and then followed up after participants complete the 24-class series. Survivorcise participants say that working out in a group setting helps them become accountable to each other and provides peer motivation. “You realize that people are in the same boat as you are”, said Judy Weidemann, who completed the fall Survivorcise class series. “I really enjoyed the camaraderie of the group”.

If you’ve been treated for cancer in the last five years and are not currently receiving chemotherapy or radiation, Survivorcise may be right for you. Talk to your doctor and ask if you’re a candidate for a twice weekly exercise program. Physician clearance is required in order to participate. The next open class series begins on June 28th at the YMCA Portage Branch. For more information, call 269-373-7434 or email survivorcise@wmcc.org.
WMCC Welcomes New Providers

STEPHEN RUCKER, PA-C, has joined our medical oncology team. Rucker received a Bachelor of Arts degree from Brigham Young University and a Master of Science degree in Physician Assistant from Jefferson College of Health Sciences in Roanoke, Virginia. His responsibilities include seeing and evaluating hematology and medical oncology patients and conducting consultations at Bronson Methodist Hospital and Borgess Medical Center.

STACY OCHSENRIDER, ANP-BC, is a certified adult nurse practitioner in our radiation oncology department. Ochsenrider received a Bachelor of Science in Nursing from the University of Michigan in Ann Arbor and a Master of Science in Nursing from Vanderbilt University in Nashville, TN. Her responsibilities include working directly with each of the radiation oncologists in pre and post radiation management of patients.

WMCC Partners with Dana-Farber for Clinical Trials

Certain blood cancer patients treated at WMCC are now able to take part in clinical trials offered by the renowned Dana-Farber Cancer Institute as a result of a new collaboration.

WMCC is one of 12 oncology practices nationwide to join a consortium with Boston-based Dana-Farber, a stand-alone hospital affiliated with Harvard Medical School. The new Blood Cancer Research Partnership (BCRP) provides innovative clinical trials to patients. Funding is being provided by the Leukemia & Lymphoma Society.

“Most clinical trials are initiated at academic institutions located far away from the community”, said Don Park, MD PhD, WMCC Hematologist/Medical Oncologist. “By offering these clinical trials here, patients locally can potentially benefit from novel treatments which are created as a result of Dana-Farber’s world-class research”.

Through the partnership, WMCC has two new clinical trials open and available to blood cancer patients.

“One of the clinical trials, now available locally, is a new treatment for patients whose cancers have become resistant to standard drugs”, said Dr. Park. “This specific trial gives these patients—whose treatments options have become limited or even exhausted—hope. WMCC is excited to connect patients with these novel therapies as early as academic institutes are able to do”, he added.

The Leukemia & Lymphoma Society is investing more than $1 million in the three-year Blood Cancer Research Project.

WMCC Welcomes New Providers

Stephen Rucker, PA-C

STACY OCHSENRIDER, ANP-BC

WMCC Partners with Dana-Farber for Clinical Trials

UPCOMING WELLNESS DATES

Available at no charge to patients newly-diagnosed, in treatment and up to three years’ post-treatment. Check wmcc.org for specific dates and times.

Survivorcise

Date: June 28 – September 15, 2016
on Tuesdays & Thursdays
Time: 1:00 – 2:00 pm
Place: YMCA Portage
2900 W. Centre Ave.
Portage
Register: 269-373-7434 or
email survivorcise@wmcc.org

Healing Yoga

Date: Every Monday – Drop In
Time: 5:00 – 6:15 pm
Place: WMCC 3rd Floor Multi Purpose Room
Information: 269-373-0109
or email nutrition@wmcc.org

Livestrong at the Y

Date: Begins April 11
on Mondays & Wednesdays
Time: 6:00 – 7:15 pm
Place: YMCA
2900 W. Centre Ave.
Portage
Register: 269-324-9622, ext. 435
or email Trish Harrison at
taharr@kzooymca.org

Look Good Feel Better

select one session

Date: Monday, March 28
Monday, April 25
Monday, May 23
Monday, June 27
Time: 5:30 – 7:30 pm
Place: Bronson Advanced Radiology Services
524 South Park St
Kalamazoo
Register: 800-227-2345
(American Cancer Society)

Tai Chi

Date: Every Tuesday
Time: 5:30 – 6:30 pm
Place: WMCC 3rd Floor Lobby Area
Register: 269-373-0109
or email nutrition@wmcc.org
CALL YOUR NURSE & SCHEDULER DIRECTLY

**Medical Oncology**

<table>
<thead>
<tr>
<th>Physician</th>
<th>Nurse Liaison</th>
<th>Phone</th>
<th>Scheduler/MA</th>
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<tbody>
<tr>
<td>Dr. Bailey</td>
<td>Tabitha P.</td>
<td>269-384-8671</td>
<td>Heidi D.</td>
<td>269-373-0122</td>
</tr>
<tr>
<td>Dr. Chandana</td>
<td>Cindy K.</td>
<td>269-373-7496</td>
<td>Andrea B.</td>
<td>269-373-7499</td>
</tr>
<tr>
<td>Dr. Kaluza</td>
<td>Snezana K.</td>
<td>269-373-0147</td>
<td>Beckie B.</td>
<td>269-384-8698</td>
</tr>
<tr>
<td>Dr. Hameed</td>
<td>Erica P.</td>
<td>269-384-8604</td>
<td>Alechea C.</td>
<td>269-384-8665</td>
</tr>
<tr>
<td>Dr. Napol</td>
<td>Robin K.</td>
<td>269-373-7487</td>
<td>Charity C.</td>
<td>269-384-8653</td>
</tr>
<tr>
<td>Dr. Omaira</td>
<td>Anne P.</td>
<td>269-373-7469</td>
<td>Chris P.</td>
<td>269-384-8692</td>
</tr>
<tr>
<td>Dr. Park</td>
<td>Nancy W.</td>
<td>269-384-8644</td>
<td>Maegan J.</td>
<td>269-384-8662</td>
</tr>
<tr>
<td>Dr. Rafi</td>
<td>Teresa V.</td>
<td>269-384-8636</td>
<td>Amber H.</td>
<td>269-384-8681</td>
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**Radiation Oncology**

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<tr>
<td>Dr. Grossheim</td>
<td>Kyle P.</td>
<td>269-373-7426</td>
<td>Jill S.</td>
<td>269-373-7428</td>
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<tr>
<td>Dr. Mislimani</td>
<td>Beth S.</td>
<td>269-384-8685</td>
<td>Jill S.</td>
<td>269-373-7428</td>
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<tr>
<td>Dr. Radawski</td>
<td>Nick M.</td>
<td>269-384-8616</td>
<td>Jill S.</td>
<td>269-373-7428</td>
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<tr>
<td>Dr. Schroyer</td>
<td>Pam R.</td>
<td>269-373-7444</td>
<td>Jill S.</td>
<td>269-373-7428</td>
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**Gynecologic Oncology**

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<tr>
<td>Dr. Hoekstra</td>
<td>Grace C.</td>
<td>269-373-7466</td>
<td>Kathleen C.</td>
<td>269-384-8609</td>
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**Neuro Oncology**

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<tr>
<td>Dr. Liepman</td>
<td>Judy N.</td>
<td>269-384-8688</td>
<td>Cindee M.</td>
<td>269-373-7461</td>
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**Surgical Oncology**

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<tr>
<td>Dr. Munene</td>
<td>Eleanor B.</td>
<td>269-384-8663</td>
<td>Heidi R.</td>
<td>269-384-8669</td>
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**Hemophilia Clinic**

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<tr>
<td>Dr. Park</td>
<td>Jennifer L.</td>
<td>269-373-0106</td>
<td>Maegen J.</td>
<td>269-384-8662</td>
</tr>
<tr>
<td>Nancy I.</td>
<td></td>
<td>269-373-7479</td>
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For urgent needs, call the Phone Triage Line at 269-585-6711

**Additional Support**

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<td>Social Work</td>
<td>269-382-2500</td>
</tr>
<tr>
<td>Dietitian</td>
<td>269-382-2500</td>
<td>Test Results &amp;</td>
<td>269-585-6710</td>
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<tr>
<td>Infusion Scheduling</td>
<td>269-585-6712</td>
<td>Prescription Refill Line</td>
<td>269-373-7434</td>
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<tr>
<td>Medical Records</td>
<td>269-585-6714</td>
<td>Volunteer Services</td>
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<td>Phone Triage Line</td>
<td>269-585-6711</td>
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Continued on page 4
Mrs. Dorothy C. Alexander
Ms. Onaee Anderson
Mr. and Mrs. Russell L. Anderson
Anonymous
Mr. Muhammad Arif
Chet and Jo Arnold
Ms. June A. Bailey
Mr. and Mrs. Ron L. Baird
Mr. Robert L. Barry
David and Joyce Becker
Richard and Susan Bir
Mr. and Mrs. Richard E. Bird
Ian and Priscilla Blair
Gary and Jan Borden
Benjamin and Guyla Bowden
Sheila & William E. Bowyer
Ms. Diane P. Brooks
Ms. Jill A. Brown
Mr. and Mrs. Richard D. Bryck
David and Mary Lynn Bugge
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Ms. Linda Huggett Carter
Mr. Thomas J. Casanto
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Darrelen Detwiler
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Leigh Arden Ford
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Mr. William C. Fox
Mr. Michael French
Mr. and Mrs. Wayland Gardner
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Mr. and Mrs. Alan Gibbs
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Ms. Michaeleine Giovacz
Mr. and Mrs. Norman Goodling
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Mr. Thomas Harkness
Mr. and Mrs. James F. Hatfield
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Ms. Mary J. Nespodzany
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Mr. George S. Novitsky
Ms. Sharon L. Oisten
Thomas and Charlene Olighant
Mr. and Mrs. Joseph M. Orolin
Mrs. Florence Upjohn Orosz
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Ms. Angela Oviedo
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Mr. Richard Tymkew
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Mr. Stephen Vanderberg
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Mr. Alvin L. VanderPloeg
Mr. Harold VanderSalm II
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Clarence and Marcy Wenzel
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Ms. Ida Westendorp
Mr. and Mrs. Tom Whale
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Corey L. Williams
Ms. Marla Williams
Mr. Robert J. Wurline
Robert G. & Janice Wright
Mr. Frank Zwart
Ms. Diane J. Adams
Mr. Douglas A. Adams
Ms. Elaine F. Adams
Mr. and Mrs. Thomas W. Aitken
Ms. Elizabeth Akehurst
Ingrid B. Alspaugh
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Mr. Bob Arvidson
Ms. Mary Bacon
Jack and Yvonne Bagley
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Lathorlyn A. Bally
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D.G. Barker
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Mr. and Mrs. Arthur Boyce
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Ms. Alice Britton
Ms. Joan M. Brockway
Donna Bronson
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Canary and Jerome Bryant
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Rush and Lana Burpee
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Ms. Bonita Calvert
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Mr. and Mrs. Robert Campbell
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Mr. and Mrs. Howard E. Carlson
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James and Frances Castner
Christopher and Ken Chapman
Gregory and Barbara Ciolek
Ms. Frances Clark
Ms. Michele Clarke
Mr. Doug Clary
Mr. and Mrs. Margarito Colegio
Mr. and Mrs. Robert A. Colgren
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Mr. John Cook
Mrs. Melva P. Cook
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Ms. Stephanie Cousino
Mr. Richard L. Cowels
Carole Davis
Mrs. Nelly de Bruin
Mr. William Deary, Jr.
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Mrs. Jane Decker
Mr. and Mrs. John C. Deisler
Brenda and Ted Dennis
Brian Desmazas & Lorene Desmond
Ms. Earline “Tootie” Devendorf
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Mr. and Mrs. Donald M. Dice
Mr. and Mrs. William D. Dietsch
Mr. Michael A. Doss
Mr. and Mrs. Kenneth H. Duemler
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Mr. and Mrs. George S. Dunn
Ms. Rosemarie I. Effenberg
Ms. Cornelia E. Egberts
Ms. Darlene K. Engle
Chris and Melvin English
James and Shirley Erlandson
Ms. Cynthia Eustice
Ms. Deanna G. Evans
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Terri Ferus
Mr. Beverly Finnyter
Mr. David W. Fischer
Donald and Jonalee Fisher
Mr. and Mrs. Floyd & Norma Fisher
Mr. Michael P. Fleck
Mr. and Mrs. Max Fleser
Mrs. Betsy Floria
Mrs. Linda Flynn
Rick Frame
Mr. and Mrs. David R. Frederick
Mrs. Flora Garcia Sanchez
Mr. and Mrs. Robert Garrod
Mr. Ralph Gates
Ms. Sally Gave
Mrs. Betty Anne Geil
Dr. Robert & Mrs. Marilyn Geil
Mr. Rick Gentry
Ms. Ila E. Geren
Ms. Josephine J. Germaine
Ms. Judah Gesmundo & Mr. Paul Gesmundo
Ms. Roxanna Gidner
Ms. Judie Gesmundo & Mr. Paul Gesmundo
Mrs. Patricia Gillette
Mr. Charles W. Glasner
Richard and Frances Glass
Mr. and Mrs. Lee E. Gliedten
Jeff and Bette Glinkmeyer
Dr. Bert D. Goesel
Mr. and Mrs. Edwin I. Goldenthal
Our volunteer office was overflowing with donated goody baskets for patients in the month of December, thanks to the generosity of several community members. The baskets were distributed to patients in treatment during the holidays and were extremely well received.

Janell Hierholzer of Portage donated three dozen ‘care caddies’ packed with items including socks, lotion, hand sanitizer, tissues and snacks. Hierholzer was inspired to make her donation as a thank you for what she called ‘the amazing care and support’ her mother received at WMCC during her 19 year battle with breast cancer.

Sarah Holderbaum of Kalamazoo posted on Facebook her intention to make a ‘couple of goody baskets’ to donate in celebration of her one year anniversary as a cancer-free survivor. Friends and family responded overwhelmingly to her post, donating enough items to make 39 baskets! She and three friends packed the baskets with items that she herself found useful during treatment—hand cream, activity books, mints, snack bars, lip balm and notes of encouragement. Holderbaum says she plans to donate baskets every year on her ‘cancer-free’ anniversary.

Making a Difference for Cancer

WMCC relies on the generosity of our community in order to successfully fulfill our vision of delivering exceptional, comprehensive and integrated cancer care to patients throughout Southwest Michigan. One way community members support WMCC is by organizing an event with their friends, family, school, or church. Over the last two months WMCC has been blessed by these events:

- The Portage Northern High School girls and boys basketball teams honored their friends and family affected by cancer with “pink out” games on February 5. The players donned pink socks and the crowd wore specially designed pink game t-shirts. Their pinked out efforts raised $2,100!
- The Kalamazoo Central High School wrestling team dedicated their January 30 meet to the fight against cancer. More than 100 wrestlers from 10 area schools gathered to compete and raise funds for cancer.
- The Alamo Drafthouse Theatre honored the life of David Bowie with a tribute movie night. Fans “quoted-a-long” to the 1986 cult classic Labyrinth and raised $1,200 for WMCC.
- Bell’s Brewery and their employees generously chose WMCC to receive their quarterly donations. Bell’s employee gifts were matched to raise a total of $5,520!

WMCC is extremely grateful for these events, and for all those who generous support us in our mission against cancer. You can help by planning a fundraising event of your own—no event is too small or too big. Together, we can make a difference.

Yes! I want to make a difference in the fight against cancer by giving to WMCC.

When you make a donation to WMCC you can be certain:

- 100% of your donation will be used locally right here in Southwest Michigan.
- Your donation will directly impact patients at WMCC, cancer research in Southwest Michigan, or community cancer prevention education in our community.
- Your donation is tax deductible to the fullest extent allowed by law and WMCC is an honorable steward of your gift.

For more information about charitable donations to WMCC including information about including WMCC in your estate plans please contact Jessica Hermann-Wilmarth, Director of Development, at 269-373-0129 or jwilmarth@wmcc.org. Donations can be made to WMCC with the white envelope attached to this newsletter.
Each year, CURE® magazine gives readers an opportunity to honor an oncology nurse through the Extraordinary Healer® Award for Oncology Nursing by describing the compassion, expertise and helpfulness that a special oncology nurse has exhibited.

Judy Elliott, a WMCC patient, submitted the following essay in her nomination of WMCC infusion room nurse Liz Coleman.

Liz Coleman is an extraordinary person who just happens to extol her warmth, kindness, alertness, and attention to patients at the West Michigan Cancer Center. I am one of many patients who’ve benefited from her good-natured, friendly care. In the two years of my experience with cancer, she has been one of the most positive, cheerful, and outgoing caregivers that I have come into contact with. She is remarkable in that she can lift one’s spirits even when we are not always at our best. Her constant good humor and no nonsense great caregiving should qualify her for the Extraordinary Healer Award.

Two years ago I met Liz in the chemotherapy room or “woodshed” as we cancer patients refer to it at WMCC. I had been recently diagnosed with stage four lung cancer and had no idea what I was in for and I was frightened! Liz was assigned to be my nurse for the day. I was like a child on the first day of kindergarten. She greeted me as I came through the door with a bright smile and escorted me to a comfortable recliner, pulled a chair up close and made eye contact. She explained what the chemo procedure would be and about how long it would take that day. She asked just the right questions about my cancer and about how I felt, then answered all of my questions. I felt she cared about me personally and understood my needs. She was quick at winning my confidence.

Before I was connected to my treatment for the day she brought me a warm blanket and asked if there was anything else she could get for me. I was so comfortable that I fell asleep! The next thing I knew Liz was at my side saying, “Judy are you OK?” I replied, “I think so but my arms really itch.” Liz saw that my coloring was poor and she immediately alerted the other nurses and I received the attention needed as I was having a negative reaction to one of the drugs.

I’ve been having chemotherapy every three weeks. Liz has always taken the time to smile and give a warm greeting, “How are you today Judy?” if she is my nurse for the day or not. I’ve noticed she gives the same warm reception to all of us at WMCC. Those of us with cancer are not always the most cheerful, nor are we always patient, so nurses must possess the personality of saints to deal with us and stay cheerful. I’ve observed that she is always on the go, focusing on the well-being of all of us cancer fighters. Liz creates a spot of sunshine in the lives of all of us.

Last week I was surprised to see her show up with the cart for my blood draw. I questioned if she had switched jobs. Liz said, “Oh no, I’m just helping out today because there was a need.” That is Liz--always there to help. She is always quick to answer when a nurse says I need someone to double check my patient’s meds. Often my husband runs errands patients at the cancer center, not only our names, but the tales we’ve shared about our extended families. She, too, is a mother, to three young children, and I’m certain they are lucky recipients of her positive comments and encouragement as we cancer fighting warriors are at WMCC. We are so lucky to have Liz Coleman on our beat cancer team.

I will always be thankful and indebted to Liz Coleman, angel of the “woodshed.” She is one in a million, well-educated, alert, positive nurse that makes one’s war with cancer much easier to fight.

Thank you Liz Coleman!

Judy Elliott

Note: Cure magazine will announce the winner of the Extraordinary Healer Award in March 2016.

Photo: Courtesy of Mark Bugnaski

Judy Elliott and WMCC infusion nurse, Liz Coleman
Ask a nurse online

with myWMCC

We are pleased to provide our WMCC patients with the Medfusion® Patient Portal, self-service online tools that let you interact with our practice where and when it fits your busy schedule.

- Ask a nurse
- Request appointments
- Pay bills online
- Renew prescriptions
- Receive lab results and office updates
- Submit non-urgent health questions
- Access from your mobile device

To create an account, call us at 269-373-7497 or stop by our front desk.