



3 Central Plaza #415
Rome, GA 30161

Gladys' Story

by Rebecca Tejeda

It was a cold weekend in January. Snow was in the air and her birthday was around the corner. Gladys was an upbeat 58-year-old with a love for physical activity. On this chilly weekend she was enjoying her time in Nashville, but with one snap of a seat belt this cheery woman sank into deep concern and fear as she realized something wasn't right.

"I actually accidentally noticed there was something there, more like a knot," said Gladys.

Sure enough, the doctor felt the knot in her chest. They sent her straight to get an ultrasound, mammogram and biopsy. Later that day she received the dreaded call. What Gladys had feared was confirmed the day before her 59th birthday. She had breast cancer.

Her radiologist explained that she had triple negative breast cancer, so it was more likely to come back and chemotherapy was her best option for treatment. She was disappointed, but there was no way around it.

Gladys had a lumpectomy and her chemotherapy treatments began about a month later at the end of February. On the day of her second treatment Gladys went to get ready as she normally did. As she went to curl her hair she ended up holding a clump of it instead. She was mortified.

Not only did her hair fall out and body hurt, but stress of finances began to kick in too. Between the

lumpectomy, chemotherapy, doctors' appointments and a brutal drug she called "the red devil," the bills were stacking up. On top of all this, she was out of work because of the crippling physical side effects, living on her own and radiation hadn't even begun yet. Her life was at stake, but bills came first. "I don't think I ever thought about dying," she said. "My scariest thing was, 'how am I going to pay my bills?'"

After her first set of four chemotherapy treatments, she began going every week. On Tuesdays she did chemo. Wednesdays she got the "gold shot," as she called it, due to its \$10,000 price, and Thursdays she felt it. Her body became sore, making it hard to move from the couch to the bathroom, and food was less than appealing. By Monday she felt better and Tuesday the process began again.

The end of chemotherapy came around the fourth of July with a glimmer of hope in the form of a flyer. It announced the availability of wigs for cancer patients at a nonprofit organization called Cancer Navigators. Gladys made an appointment and much to her relief, received much more than a wig. Not only did Cancer Navigators offer wigs, but they also offered financial and emotional relief to those fighting cancer. She was signed up for several programs and her financial worries began to ease.

As August came around, so did radiation and the football season. Thankfully this step was much easier than the first.

"God had a plan in all this, because I finished

chemo and got over chemo just in time for football season to start, so I was ready for the first game of the season," said Gladys. She was able to begin her long walks again, and work came with the changing leaves of October. By the end of her treatments she was cancer free.

It's been eight years and Gladys is still cancer free. The past eight years have come with many checkups and a few scares, but she continues to help those who are in the midst of their own fight by providing them with small necessities only another cancer patient would know, and volunteering at the very same nonprofit that helped her in her time of need.

Contact Information

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9 a.m. to 5 p.m.
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Rome, GA 30161



Connections

Because people shouldn't have to journey alone

May. Jun.
2019

WHAT'S *Inside*

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MONTHLY *Focus*

"Everything will be all right in the end. If it's not alright, it is not yet the end."

— Richard Rohr

Take a moment to reflect on your biggest difficulties right now. Can you imagine what they will look like in 1 year? How about 100 years? Take a few minutes to look at your life from that perspective. How does it feel?

Cast Off Against Cancer

As the annual Cast Off Against Cancer celebration approaches on May 19, Cancer Navigators is working to make sure participants are properly attired and armed with a daisy to remember or honor a loved one.

You can commemorate a loved one who has bravely battled cancer through Cancer Navigators' annual Daisy Drop. For just \$5, you can purchase a daisy that will be dropped into the Oostanula River at the annual Cast Off Against Cancer, which will take place this year from 2 to 4 p.m. on May 19 at Barron Stadium. Part of the day's celebration will include a walk across the Chief John Ross Memorial Bridge over the river where the daisies will be dropped into the river.

Cancer Navigators is also selling official Cast Off T-shirts for \$12. Visit cancernavigatorsga.org to find an online form to buy either a daisy, a T-shirt, or both. For details, call Cancer Navigators at 706-509-5040.

Cast Off Against Cancer marks the conclusion of a communitywide fundraising effort for Cancer Navigators, Inc. A variety of awards and trophies, from Most Money Raised to Team Spirit, will be presented to teams during the Cast Off event. All event proceeds remain in our community to help provide front-line services to cancer patients.

Cancer Navigators serves as a complement to the medical expertise of cancer care providers by navigating patients to resources that touch all levels of the healing experience: body, mind and spirit. Services are free of charge to patients, and in 2018, Cancer Navigators served over 1,700 patients with an economic impact of over \$2 million.



May 19, 2019
Barron Stadium
2-4 p.m.

A True Champion

Cancer Navigators is blessed with amazing volunteers including eight-year cancer survivor Gladys Mixon. When Gladys is not volunteering for CN, spreading the word or cheering on the Georgia Bulldogs, you will find her winning gold medals in the Senior Olympics.

Gladys has competed in the Georgia Golden Olympics the past four years, as well as both the Georgia and Alabama Senior Games. She



Classes & Groups

Chattooga County Support Group: This Summerville-based support group for cancer patients and survivors meets Monday, June 10 at 6 p.m. at the Pentecostal Worship Center, located at 116 Lake Wanda Rieta Road, Summerville. Contact **Darlene McRae** at darlenem@mvmills.com for upcoming meeting dates and more information.

Smoking Cessation Class: This class meets the first Monday of each month from 10:30 a.m. - Noon at the Redmond Lung Clinic located at 501 Redmond Road, Rome. For more information or to register for class (required), call **Barbara Earle** or **Lisa Acree** at **706.368.8880**.

Patient Support Group: This Cancer Navigators program for patients currently undergoing or recovering from cancer treatment meets on Fridays from 11:45 a.m. - 1:15 p.m. at the Harbin Clinic Tony E. Warren, M.D. Cancer Center, 255 W. Fifth St., Rome in the second floor conference room. Visit cancernavigatorsga.org or email **Jonna Duke** at jduke@cancernavigatorsga.org for more information.

Meditation Class: This free class meets on Mon. at 6:45 p.m., Tues. at 10 a.m. and Thur. at 8:30 a.m. at 318 Broad Street. iRest Yoga Nidra Medication provides you with tools to help you relax deeply, release stress, increase resiliency, improve your interpersonal relationships and provide you with a greater mastery and control of your life. For more information, contact **Beth Novian Hughes** at **706.506.9636** or novianhughes@gmail.com Visit the calendar on hacrome.com for cancellations.

participates in horseshoes, shuffleboard, golf putting, football throw, shot put, badminton and 1500m and 5K runs. In April, Gladys won a gold medal in shuffleboard at the Gwinnett Senior Golden Games and will be heading to Albuquerque, NM in June to compete in horseshoes and shuffleboard in the National Senior Games. Good luck, Gladys!

Read more about Gladys on page 4.

Paint Out Cancer: Art therapy is a great way to reduce stress, especially while undergoing cancer treatment or caring for someone who is fighting cancer. Join us May 14 and June 11 from 1:30 p.m. – 3 p.m. in the Conference Room on the Third Floor of the Harbin Clinic Tony E. Warren M.D., Cancer Center at 255 W 5th St.

How Can I Quit Smoking?: This group meets the second Tuesday of each month from 10 - 11:30 a.m. at the Harbin Clinic Tony E. Warren, M.D. Cancer Center, 255 W. Fifth St., Rome in the second floor conference room. To register, contact: **Rhonda Culp** at **762-235-1036** or culp@harbinclinic.com or **Tina Martin** at **762.235.1034** or tmartin@harbinclinic.com.

LiveStrong at the Rome YMCA: A 12-week physical activity and well-being program designed to help adult cancer survivors reclaim their total health. For more information, contact **Lange House** at **706.232.2468** or lhhouse@ymcarome.org.

Summit Quest: This organization helps children and families who have been affected by cancer. Ages 6 -18. For upcoming events and more information, contact **William James** at **706.857.8820**

Bosom Buddies: This support group for breast cancer patients and survivors meets the third Monday of each month from 6 - 7:30 p.m. at Redmond Regional Medical Center, 501 Redmond Road, Rome, on the lower level in Classroom B. For more information, contact **Kay Dixon** at **706.290.3956** or kdixon0710@gmail.com.

Retreat at Berry Planned for July 26-28

An overnight retreat at The Cottages at Berry in July promises to give cancer patients the opportunity to “Refresh, Renew and Re-energize.”

The retreat will be led by co-facilitators Dr. Matt Mumber and Heather Reed and will include experiences with massage, yoga, group support, time spent in nature and a healthy-plant based diet.

The retreat, July 26-28, is free but a \$100 deposit is required to reserve your spot. The deposit will be returned in full to those who complete the retreat.

Application materials are available upon request. Call Cancer Navigators at **706.509.5040** for more information.

Nutrition Class: This class addresses goals, benefits and priorities in nutrition to help reduce common symptoms experienced during cancer treatment. The class is taught by dietitian Cala Dittmer and is hosted by Harbin Clinic. Classes will meet May 3, 17 and 31, and June 7 and 21 on the second floor conference room of the Harbin Clinic Tony E. Warren, M.D. Cancer Center, 255 W. Fifth St. in Rome. Reserve 90 minutes for this class. For additional information, contact Harbin Clinic Cancer Center at **762.235.3919**.

Caring for the Caregiver: This program is designed for friends and family members helping with the care and support of someone currently undergoing or recovering from treatment for cancer. The group meets on the last Tuesday of every month from Noon until 1:30 p.m. at the Harbin Clinic's Tony E. Warren M.D., Cancer Center, 255 W. Fifth St. in the third floor conference room. For more information visit cancernavigatorsga.org or email **Jonna Duke** at jduke@cancernavigatorsga.org

Hispanic Cancer Support Group: This group meets the last Thursday of each month. Contact miriam.little@harbinclinic.com for more information.

Sunny days are here!

Be sure to wear sunscreen as you soak in vitamin D.

MAY 2019						
MELANOMA • SKIN CANCER AWARENESS • BRAIN CANCER AWARENESS MONTH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	1	2 Meditation Class	3 Patient Support Group Nutrition Class	4
5 CINCO DE MAYO	6 Smoking Cessation Class Meditation Class	7 Meditation Class	8	9 Meditation Class	10 Patient Support Group	11
12 MOTHER'S DAY	13 Meditation Class	14 Meditation Class Paint Out Cancer How Can I Quit Smoking?	15	16 Meditation Class	17 Patient Support Group Nutrition Class	18
19 Cast Off Against Cancer	20 Bosom Buddies Meditation Class	21 Meditation Class	22	23 Meditation Class	24 Patient Support Group	25
26	27 Meditation Class MEMORIAL DAY	28 Caring for the Caregiver Meditation Class	29	30 Meditation Class Hispanic Cancer Support Group	31 Patient Support Group Nutrition Class	1

JUNE 2019						
NATIONAL SURVIVOR MONTH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3 Smoking Cessation Class Meditation Class	4 Meditation Class	5	6 Meditation Class	7 Patient Support Group Nutrition Class	8
9	10 Meditation Class Chattooga County Support Group	11 Meditation Class Paint Out Cancer How Can I Quit Smoking?	12	13 Meditation Class	14 Patient Support Group	15
16 FATHER'S DAY	17 Bosom Buddies Meditation Class	18 Meditation Class	19	20 Meditation Class	21 Patient Support Group Nutrition Class	22
23	24 Meditation Class	25 Caring for the Caregiver Meditation Class	26	27 Meditation Class Hispanic Cancer Support Group	28 Patient Support Group	29
31						