

Connections

Because people shouldn't have to journey alone

Auction Raises More Than \$4,000

The fifth annual holiday wreath auction benefiting Cancer Navigators, Inc. proved to be one of the most successful yet, raising more than \$4,000 to help cancer patients in northwest Georgia.

The auction, sponsored by Harbin Clinic, featured more than sixty original wreaths created by area artists, florists, designers and businesses. The wreaths were displayed throughout November in Harbin Clinic's Tony E. Warren, M.D. Cancer Center and in the Wright Art Gallery at Floyd Medical Center. Also, for the first time, a selection of wreaths was available for viewing and bidding online.



said Scharla Battle, Community Outreach Manager for Cancer Navigators. "The money raised by the auction will allow us to expand the nutritional resources we make available to our patients."

In five years, the wreath auction has raised more than \$20,000 to benefit Cancer Navigators.

"We are thrilled with the success of the auction,"

2015 CANCER NAVIGATOR BOARD MEMBERS

Virginia Harman — *Chairman*
Dan Sweitzer — *Co-Chairman*
Reed Biggers — *Treasurer*

Sheila Bennett	Dr. Matt Mumber
Dr. Brenda Budlong	Mimi Richards
Skip Howse	Dr. Tommy Simpson
Kim Mauer	Lee Walburn
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CONTACT INFORMATION

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Office Hours

9 a.m. to 5 p.m. (Monday through Friday)

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Cast Off Event Coming

The 6th Annual Cast off Against Cancer event is scheduled for June 6, 2016. Watch for information about our kickoff event at Heritage First Bank. For information contact us at 706.295.4119.

WHAT'S Inside

Dr. Matt Mumber writes about the founding of Cancer Navigators, and how our affiliation with Floyd will help us pursue our mission.



Page 3

CANCER NAVIGATORS:

Care Close to Home

Program Offers Care Coordination, Education and Connections to Support Services.

A cancer diagnosis can trigger a wide range of powerful emotions that challenge patients and their families, and Cancer Navigators is here to help.

Through education, counseling and access to valuable resources, Cancer Navigators helps ease some of the difficult emotions patients and their families experience and help them to gain a sense of control. Cancer Navigators serves as a community resource to patients newly diagnosed with cancer in northwest Georgia each year and their families.

The community-based, non-profit organization was born from a strategic planning retreat attended by cancer providers and cancer survivors who were asked to consider this question: How can we best serve?

Now an affiliate of Floyd, Cancer Navigators continues to operate as a service for the entire community. Cancer Navigators partners with oncology providers in the region to coordinate care.



It maintains its own board of directors. This affiliation enables our program to benefit from the administrative, clinical and marketing support of Floyd while continuing to provide navigation services and raise money independently to support those services.

Cancer Navigators, which serves approximately 500 cancer patients annually, is located in Suite 300 of the Harbin Clinic's Tony E. Warren Cancer Center, 255 West Fifth Ave. in Rome.



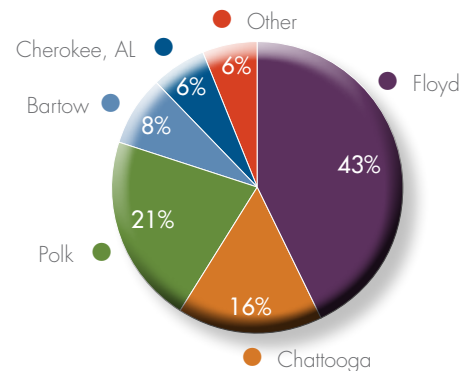
Cancer Navigators serves approximately 500 cancer patients annually

Navigators Link Patients to Resources and Services

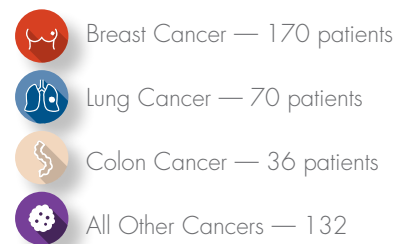
Cancer Navigators is a service hub for cancer-related services and education, connecting cancer patients and their families to resources and information:

- o Cancer education
- o Caregiver workshops
- o Complementary therapies
 - Acupuncture
 - Massage
 - Meditation
 - Nutrition and exercise programs
- o Counseling
- o Durable goods resources
- o Financial assistance resources
- o Insurance issues resources
- o Integrative medicine
- o Mental and emotional health
- o Nutrition resources
- o Prevention of recurring cancer
- o Renewal retreats
- o Support groups
- o Symptom management
- o Transportation resources

2015 COUNTIES SERVED



CANCER NAVIGATORS 2015 CANCER TYPES NUMBERS



Cancer Navigators is also a link for patients to hospital or clinic-based nurse navigators, experienced oncology registered nurses, who provide patients and their families with information about their diagnosis and treatment options, and guide patients through all aspects of treatment and recovery. All navigation services are provided at no cost to the patient.

Georgia Power Foundation Donates \$2,500

Georgia Power Foundation, Inc., the charitable giving arm of Georgia Power, recently made a \$2,500 donation to Cancer Navigators, Inc.

The foundation provides grants to organizations that are enriching the communities they serve and cited the selfless work of Cancer Navigators staff and volunteers when presenting the gift.

Scharla Battle, Community Outreach Manager for Cancer Navigators, said the gift could help save someone's life. "One of the services we provide is transportation for patients who are receiving treatment and this gift will help fund that service," Battle said. "It's not always easy for the patients we work with to get back and forth to their appointments so Georgia Power's generosity could be the difference between someone receiving treatment or giving up their fight."



Since its inception, Georgia Power Foundation, Inc. has given more than \$120 million to nonprofit organizations, ranking it as the third largest corporate foundation in the state of Georgia in terms of giving.



TESTIMONIAL: Retreat Provides Sanctuary

"I have cancer, but cancer doesn't have me." Those words were written by Diane Weldon, a recent attendee of the Cancer Navigators' fall Renewal Retreat at Many Streams Ranch. The retreat allows individuals who are on a cancer journey to gather in sanctuary for a weekend to renew, connect and learn. Diane wrote this about her experience:

I didn't know what to expect when going to this retreat. I have to admit that nothing has ever been solely about me, mostly due to the fact that I had five children to raise. That being said, I completely enjoyed myself. Dr. Mumber has a beautiful place — perfect for relaxing.

He and Heather together taught me a lot in a very short period of time.

I now try to get up earlier each morning to do yoga before work. I never thought I would like it when others talked about it, but I was so wrong.

The quiet meditation techniques that I can do daily, if needed to calm myself, are invaluable. It has really helped me through a very hard past couple of months.

I love, love, loved Cathy's food. When I read that we would be eating mostly a plant-based diet, I thought, "That's OK, because I'm not huge on meat anyway, but bland definitely was forefront in my mind. The food was anything and everything but bland. I wish I could have brought her home with me, and I even said so. I would have no problem at all eating like that every single day if I knew how to make it taste as good.

This year has been an incredible journey for me. I have learned so much about myself.



*I have cancer.
But cancer
doesn't have me.*

Cancer Navigators Serves the Entire Community

2016 marks the 14th year that the local cancer support non-profit organization known as Cancer Navigators has been in existence. Now, Cancer Navigators has chosen Floyd Medical Center as an affiliate partner. Our organizational affiliation will maintain the independence of Cancer Navigators, while offering access to the highest level executive expertise and a relocation to the Harbin Clinic Tony Warren Cancer Center where the large majority of cancer services take place in our community. This move will ensure that Cancer Navigators can provide and expand supportive care services to local cancer patients and their families.

This past summer the executive leadership of Floyd and the CN Board of directors determined that it made sense for CN to have access to the public relations, fundraising, clinical and administrative guidance available through FMC in order to more fully achieve and advance the mission of CN—that no cancer patient should have to go through the cancer journey alone. CN will maintain their own independent employees, services, Board of Directors and fundraising efforts, but now with access to full time, focused executive leadership in all of these specific fields.

The need for CN's work has increased over the years. One of every two individuals will develop cancer at some point in their lifetime and supportive care services are needed more than ever, though they still remain underutilized and are not reimbursed. This increased need, combined with the financial realities of health care today, continue to drive our approach to caring by working with all of our community partners to provide patient and family focused services without duplication.

CN has been at the forefront of the implementation of cancer support services, beginning with the highest quality residential retreat programs and groups, and expanding over the years into pioneering nurse navigation and provision of social services. The field of Nurse Navigation, which Cancer Navigators helped to define, has now become a part of Commission on Cancer required conventional medical practice at hospitals. This national move prompted CN to strategically move its focus away from nurse navigation, now centered in local hospitals, and into other areas, such as social services, symptom control, evidence based support group and retreat offerings and helping navigate survivors in ways to remain healthy after cancer treatments.



The work of CN has its foundation in creating a community that is focused on service at the level of our common experience of being vulnerable and fragile.

At this level of service, we can approach the often difficult work of bringing awareness to those parts of life that we might rather not bring to light, such as deep seated fears and unresolved personal wounds. This work of healing the whole person complements the efforts of conventional medicine toward the curing of disease.

Small groups of people with similar experience can confidentially hold whatever comes up without trying to fix each other. This provides the fertile soil in which a common language of experience can be shared and the process of healing can begin. We consistently ask questions, like "How can we be of service in this situation?" and "What else is needed that is not currently available?" How can we all work together?", and "What is this situation asking of me?". CN has been facilitating this work since its founding, and modern science is now delivering evidence that it is effective. In my clinical practice, we witness the great need that is present, and personal feedback about the value delivered to those we serve.

Rome and Northwest Georgia have been the birthplace of the work of Cancer Navigators. There is no other place where we could have found a rural community with the highest level of conventional medicine such that it allowed the addition of radical ideas and practices within the medical system, gave us the courage to take major professional risks, and offered encouragement to persevere. The CN staff, Board of Directors and I will continue to work as a community of inquiry based on service among equals in collaboration with a host of dedicated new and highly skilled colleagues at Floyd to provide a firm foundation.

I invite you to join us on this next step in our mission to ensure that no one with cancer should have to journey alone. Your support and belief have made us strong and we look forward to making you proud.

Matt Mumber, M.D.
Founder, Cancer Navigators

HONOR ROLL OF DONORS

The generosity of the following donors is responsible for the life-changing services Cancer Navigators provides to those diagnosed with cancer in our community. The Cancer Navigators Honor Roll below recognizes all those who have made a gift between January – November 2015.

Admirals — Contribute \$20,000 or more a year

Dr. Matt and Laura Mumber
Dr. Tommy and Ann Simpson
Dee and Molly Yancey
State Mutual Insurance Company

Captains — Contribute \$10,000 or more a year

Dorothy Williams
Floyd Medical Center
Harbin Clinic
Heritage First Bank

Lieutenants — Contribute \$5,000 or more a year

Buddy Bagley Motorcycle Ride
Dr. Paul & Joan Brock
Ethel Evans
Dr. Roman and Mary Emily Galysh
Virginia Harman
Dr. Steven Hom
Skip Howse
Dr. Chris and Jennifer Kligora
Dr. Kelly and Laurie Mayfield
Redmond Regional Medical Center
Rome Radiology

First Mates — Contribute \$1,000 or more a year

Reed and Shannon Biggers
Brinson, Askew, & Berry Attorneys
at Law
Bonnie Hammond
City of Rome Downtown
Development Authority
Dan Sweitzer and Denise Powers
Floyd-Polk-Chattooga Medical
Auxiliary Medical Society
Alliance
Harbin Clinic Volunteers
Georgia Power Foundation, Inc.
Safigan Family
Lee and Jackie Walburn
The UPS Store