

HULSTON NEWS

Hulston Cancer Center, CoxHealth | Springfield, MO | February 2010



From left: Larry Braughton, Donelle Mullen, Sarah Friend, Rita Gurian

Partners Spirit Awards

Congratulations to our latest HCC recipients of the Partners Spirit Award. Donelle Mullen and Sarah Friend, both radiation therapists, received the award in January. The following is the patient letter that the Partners Spirit committee received:

"When I first met these young ladies, I had heard nothing but bad news for months and was going downhill fast. From the first day they wanted to know about me not my condition. They found I was a retired test pilot, top gun in my class and a marathon runner. They had people waiting to talk to me about me. They picked me up off the bottom and started me back up the long hill I slid down. They were like angels to me."



Knot Forgotten

The 2009 Knot Forgotten Campaign raised \$7,100 for the Patient Advocacy program. A gentleman who was in the South Atrium on Christmas Eve was admiring one of the Knot Forgotten trees and was inspired to compose the following poem:

Knot Forgotten

*Names upon a tree
Faces we no longer see
Gifts in loving memory
May help another be set free
From fear of where to turn
When diagnosis is first learned
A bravery medal too soon earned
A life that's cancer free is yearned
Too many fallen in this fight
What is it that has caused this blight
The names here, though gone from sight
Urge us onward in our fight*

*-Tom Green
Dec. 24, 2009*



Generosity of Donors to Fund Vital HCC Programs

Hulston Cancer Center is the recipient of several generous gifts from Mr. John L. Hulston and the CoxHealth Auxiliary. Mr. Hulston recently donated a total of \$50,000 to fund new and existing programs and services at HCC. The genetic counseling program received \$10,000 from Mr. Hulston to benefit patients who cannot afford genetic counseling services. Outpatient chemotherapy has received \$10,000 to assist with funding patient lunches. \$7,000 was earmarked to continue the Ensure program for patients with dietary needs. \$17,500 was set aside for caregiver education, colorectal cancer awareness, and professional and program development. In addition, the auxiliary granted the genetic counseling program \$5,000 as well as \$10,000 toward continuation of the Ensure program for patients at HCC. Hulston Cancer Center and the patients and families we serve are truly blessed by the generosity of our donors.

What Our Patients Are Saying:

These quotes come directly from the patient satisfaction surveys.

"Berneta (OPC): I had to have my port redone and it was her that knew there was a problem before anyone else. Her attitude is always positive and makes sure all my needs are met."

"The staff has been very helpful and attentive to my needs. They are real caring and friendly."

"I have had great service with the outpatient chemo center."

"Everyone on the second floor has been excellent. Thank you."

"All the nurses and PCAs are very friendly. They seem to have the time to listen too. I think it takes a special kind of person to work with cancer patients. They always are so cheerful, which makes everything better."

"All doctors and nurses were excellent."

"Everyone in the outpatient chemo department has been very warm and friendly."

"Dr. Clouse and the staff have always been respectful and aware of my needs."

"I feel confident that I am getting the best care possible."

"Ara Schnelle was awesome! She provided a lot of info to us. Everyone is so helpful and nice."

"Staff was very professional and courteous at all times. They were friendly and sociable."

"I have always been treated very special at the Hulston Center."

"The staff at the center is wonderful. They are very helpful and caring. I never met such a caring and devoted bunch. My family and I are very grateful. The piano playing is very soothing and very pretty."

"Care was excellent and staff very helpful."



Dr. Dominguez Runs Marathon in Antarctica



In March, Dr. Jose Dominguez will run a marathon in Antarctica to raise money for the Children's Tumor Foundation. Dr. Dominguez will not be going at it alone though. He is taking along Dr. John Steinberg, Dr. Carl Price and his wife Kathy, and family friend Dan Bryngelson.

The group calls themselves Team Run for Eric and Dr. Dominguez will blog about their adventures at 417mag.com. Join us in wishing the group a safe and successful journey.

Humor your heart at the

presented by TOUCH

Food for a Woman's Heart Luncheon

Thursday, Feb. 25, 2010
11 a.m. - 1 p.m. (lunch served at Noon)
Touch Restaurant

Join CoxHealth for lunch and laughter! Psychologist Paul Thomlinson will discuss how humor and happiness can affect your health. Highlights include a red dress fashion show, silent auction and a special red bag raffle.

Fee \$18
To register, call 269-7150
or visit coxhealth.com.

HCC Facebook - 25 Random Things About Me

Meet Gretchen Mathews, Department Secretary at The Women's Center.



1. I was bitten by a St. Bernard when I was two and received over 150 stitches in my head and face. Two days after having stitches removed, I bumped my nose on the pew in front of us at church and split my nose back open. I have a lovely scar.
2. I've been married for 20 years to the same man!!
3. My chin does this funky thing when I smile.
4. I am a reality TV junkie!! I LOVE Biggest Loser, Ruby, Survivor, and Amazing Race...just to name a few. You may even catch me watching Keeping Up With the Kardashians or one of the Housewives series. They are fun to watch while power walking on the treadmill!!
5. I have traveled to 38 states in the continental United States.
6. I did not vote for Obama.
7. I walk 10,000 steps a day...you may see me walking from the Turner Center to the Hulston Cancer Center and back before work and during lunch. I try to hit the south stairwell during at least one of those walks!
8. I wore out an expensive pair of shoes in a month and a half by walking!!
9. My idea of camping is a black and white TV and a Motel 6!! I CAN NOT live without my air conditioning, flushing toilet, and HOT shower!!
10. My favorite color is blue.
11. I am allergic to mosquitoes and fleas...if there is one in a 10 mile radius, it will find me!!
12. I was born and raised in California. It's a wonderful place to visit, but I would NEVER raise a family there!
13. I married right of high school...two months after my 18th birthday...and in case you were wondering... there was no other reason to get married that young other than we were madly in love!! LOL
14. My left thumb is misshaped due to an accident with a folding chair when I was four.
15. My husband is the only man I ever dated. He was a sailor and swept me off my feet!!
16. My first child was born eleven days before my 19th birthday.

17. On paper, I have six children...most times I only claim four...but on some days that is up for discussion.
18. I have three biological children (19 boy, 17 girl, 13 girl) and three adopted children (20 boy, 19 girl, 18 boy) ...We adopted a sibling group of three from the foster care system in 2004, then ages 14, 13, and 12!! The oldest was friends with my son. The joke for the longest time was we were the Brady Bunch minus Tiger and Alice...and BOY could we have used an Alice!!
19. I am married to a truck driver. He is gone six days and home two. Having a house full of teenagers basically without him has been interesting! Thankfully, I am down to three, two of which graduate this year!!
20. I have broken my left foot twice...once GRACEFULLY stepping off a curb at the post office...which stopped traffic. TWO YEARS to the day, I side-stepped the driveway, breaking my foot in the same place AND dislocating my pinky toe...which required me to go under anesthesia to have it put back in place!! I broke my right foot, again...two years and a couple of days from the last break...by stepping off the couch after cleaning the mirror behind it. That actually required surgery!! My husband joked that he wanted to wrap me in bubble wrap or confine me to bed around that anniversary date!!
21. My birthday is June 27th...and I expect birthday gifts and well wishes!! LOL!!!
22. I received six MVP awards in the first year I worked at The Women's Center...now they expect greatness from me! LOL! All kidding aside, I just LOVE the women I work with and helping them with whatever is needed!!
23. I am going to Vegas to visit my two younger sisters in February!! Since I am not a gambler, I am only taking \$10 to play.
24. I have lost 53 lbs in the past year.
25. My hubby bought me a Bodybugg for Christmas! It is an AMAZING motivating tool to help me continue with my weight loss!!



Patient Education Update

- New patient orientation classes began in late January. The classes are geared toward orienting new cancer patients to the Hulston Cancer Center facility, as well as the various treatment areas and services available to patients. There is no fee for the class. They are offered regularly on the following days and times:

Mondays – 3pm Tuesdays – 5:30pm Wednesdays – 12pm
 Thursdays – 9am Fridays – 9am

- Please encourage your new patients to attend this teaching appointment. Patients need to register by calling Autumn Bragg at 269-5224.

A new managing side effects page is available on the Hulston website. You can check it out at www.coxhealth.com/services/cancer.



Professional Education Update

- The local chapter of the Oncology Nursing Society (ONS) offers educational meetings on the second Tuesday of each month at 6 p.m. You do not have to be a member of ONS to participate in the meeting. For more information contact Deb Essary, chapter president, at Deborah.essary@mercy.net.
- The Ozarks Holistic Nursing Network meets on the 4th Thursday of each month from 5:30-7 p.m. For more information on monthly topics contact Susan Houk at susan.houk@coxhealth.com.

Are you expecting?

SPECIAL DELIVERY baby affair

SATURDAY, MARCH 6, 2010 | 9 A.M. – 2 P.M.
 WEST PAVILION BEHIND COX SOUTH

<p>SEMINARS</p> <ul style="list-style-type: none"> ★ STAGES OF LABOR (VIDEO) ★ RELAXATION DURING CHILDBIRTH ★ BREASTFEEDING ★ WORKING AND BREASTFEEDING ★ INFANT MASSAGE ★ BABYSENSE ★ FATHERHOOD: BASIC TRAINING ★ GRANDPARENTING ★ MATERNITY FASHION SHOWS ★ EXERCISE DURING PREGNANCY ★ DOLLARS AND SENSE OF HAVING A BABY 	<p>Purchase a chance to win a complete nursery including crib, mattress and bedding from Baby News. All it takes is a \$2 donation to Children's Miracle Network.</p> <p>★ DOORPRIZES, TOURS AND EXHIBITS</p> <p> COXHEALTH</p>
---	---

For more information, please call The Women's Center at 417/269-LADY or visit coxhealth.com

Sue Evington Chapel at HCC



Plans are underway for the Sue Evington Memorial Chapel at Hulston. As part of strategic planning in 2004, the chapel has been a project in waiting for several years due to space and funding requirements. Happily both issues have resolved and completion plans are underway. The chapel will be dedicated to Sue Evington, as part of

a memorial gift in her honor given by John L. Hulston. Sue was the assistant to John K. Hulston for the majority of her career, serving on the boards of several of Mr. Hulston's banks and assuming a leadership role at the Bank of Ash Grove. She was a trusted family friend and confidante of Mr. Hulston's for most of her adult life. Sue also served on the Hulston Cancer Center advisory board for several years. The chapel is expected to be complete sometime in spring 2010 and will be located in suite 200, near the entrance to the Healing Garden.

