

The Mission of Hematology-Oncology Associates of CNY is to provide the highest level of quality care in a healing environment for the mind, body and spirit of patients dealing with cancer and blood disorders.



Dr. Joseph M. Navone

2014 Hospice Anita Award Recipient

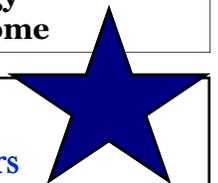
Each year, Hospice of Central New York seeks nominations from patients and their families for the annual Anita Award which recognizes a physician for excellence in the care of patients with life-threatening illness. Barbara R. Sawyer-Masullo nominated Dr. Navone after he took care of her husband Robert who died this past year of lung cancer. Sawyer-Masullo, in a letter to the nominating committee, spoke of the Oncologist's honesty and compassion during her husband's fight against the disease and after the treatments stopped. Dr. Navone was surrounded by members of his HOA family as this honor was presented!

Photo from left to right: Barbara R. Sawyer-Masullo (nominated Dr. Navone), Maria Grice (HOA Chief of Radiation, Imaging and Cancer Rehab Svc), Lisa Navone (Dr. Navone's wife), Matt Korzeniewski (HOA Director of EMR/HIM), Dr. Navone, Maryann Roefaro (HOA CEO), Belinda Tamoutselis (HOA Social Worker), and Dr. Gloria Morris (HOA Physician).

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Quote for
the Quarters



“A smooth sea never made a skilled mariner.”

— English Proverb

Find Your Healthy Balance—Cathy Fisher



Have you ever been to a friend's house for dinner and had a really great meal? The food was delicious, the presentation was something you would see in a fine restaurant, and the hostess seemed to be completely at ease in the kitchen. You wondered how she did it so effortlessly. Well that was me! I never enjoyed cooking and I cooked basic, boring food that I thought was healthy and low calorie.

So when did it all change for me? When did cooking shift from being a chore to a passion? It was a result of my breast cancer treatment 10 years ago.

While I was undergoing cancer treatment at Hematology & Oncology Associates, I noticed I couldn't focus my attention span for very long. That meant instead of all the reading I thought I would catch up on, I turned to watching cooking shows on TV. Soon I was hooked and wanted to try all the tips and techniques that I had seen demonstrated. The more I cooked, the better I got. Cooking became my therapy. When I shared my excitement with my doctor and nurses at HOA, they were so supportive and encouraged me to keep challenging myself. Somehow through the struggle of treatment, I blossomed into a really good cook.

Since then I have been focusing on cooking for immune support. I researched everything I could find on food and nutrition to help keep me healthy and strong. I explored how nutrition can strengthen the immune system through the foods we eat. But mostly, I continued cooking for myself and my family.

Two years ago I was looking for an avenue to share my knowledge. That's when I discovered the Institute for Integrative Nutrition's cutting-edge Health Coach training program. In March 2014 I graduated from the program as a Certified Health Coach.

During my year-long training, I studied over 100 dietary theories, practical lifestyle management techniques and innovative coaching methods with some of the world's top health and wellness experts. My education equipped me with extensive knowledge in holistic nutrition, health coaching and preventative health. I specialize in developing nutritional plans to support immune and nutritional needs during and after treatment. Drawing on these skills and knowledge of different dietary theories, I work with clients to help them make lifestyle changes. Couple this knowledge with my passion for cooking and I have learned how to enjoy healthy foods full of flavor and nutrition.

Beginning on March 18 my coaching partner, Jeanne Young, and I will be leading a 13-day Clean Eating group coaching program to help you learn how to transition from processed foods to clean eating - a crucial foundation for immune support. For more information about our program, email me at cathydfischer@gmail.com or I can be reached at 315-477-2158.

Be Well!

Cathy Fisher, Certified Health Coach



CancerConnects is pleased to continue their work to facilitate connections for everyone throughout Central New York who has been diagnosed with cancer. If you are interested in connecting with a cancer survivor mentor or if you're interested in becoming a mentor to cancer patients, please contact CancerConnects.

www.cancerconnects.org or (315) 634-5004

Hematology-Oncology Associates of CNY has made it easy for you to communicate with us through our online Patient Portal.

This secure website offers many convenient features that can save you time. Some of the things you can accomplish with our secure website are: ask a nurse a question; ask a question about your bill; pay your bill online; request medical records; request a prescription refill; ask a question about an appointment; and you can now receive a clinical summary from your last MD/NP/PA appointment!

Sign Up Today!

Creating an account is as easy as 1,2,3...

- 1. Give us your email address**
- 2. Receive an invitation by email**
- 3. Click on the link to create your account**

Once you've registered, you can enjoy these features through our website. Go to www.hoacny.com and click on "Secure Patient Portal"

Secure
Patient
Portal

Healthcare at Your Fingertips!

Check out the free **Medfusion Mobile** app for Apple and Android



Medfusion Mobile

PORTAL NEWS

For the Mind and Spirit

More Support for our Patients * Free to All !!

Support Group for Recurrent & Metastatic Disease

This support group is dedicated to providing guidance to those cancer patients with recurrent and metastatic disease. The unique aspects of this journey are explored with patients who are experiencing similar challenges. This group meets the 1st & 3rd Wednesday of each month from 4-5:30 pm at Brittonfield in the 3rd floor conference room and is facilitated by Gussie Sorensen, LCSW-R and Beth Connelly, NP.

Caregivers Support Group

This group provides support for caregivers of cancer patients and provides a place for discussion regarding ongoing challenges that are encountered with the caregiver role. The group meets the 1st Monday of each month from 4-5:30pm in the 3rd Floor Boardroom located at our Brittonfield Office. The group is facilitated by Kate Flannery, LCSW.

Look Good... Feel Better

Cosmetology professionals will help you with make-up application, dry skin, discolored nails, choice and care of a wig, scarves, turbans and hats. Please call and register for sessions in East Syracuse & Cayuga, Jefferson, Lewis, Madison, Oneida and St. Lawrence Counties.

American Cancer Society

6725 Lyons St., East Syracuse

Call 1-800-227-2345

Breast Cancer Support Group

Second Wednesday of each month from 4-5:30 in the Brittonfield Board Room, 3rd Floor

Facilitated by Gussie Sorensen, Katie Tindal and Emeline McShane



- ◆ Young Adult Programs
- ◆ Brain Tumor Family Retreat
- ◆ Women & Men's Oncology Programs

315-434-9477 www.campgooddays.org



The mission of Healing Harmonies is to create partnerships between the musicians and local healthcare and wellness providers, with the intent to bring live music with therapeutic benefits to patients, their families, and healthcare staff in CNY. Music has been recognized to have immense benefits for patients through stress and anxiety reduction, lessening the side effects of chemotherapy, and reducing the amount of pain medication needed before and after surgical procedures. We are pleased to offer this to our patients.

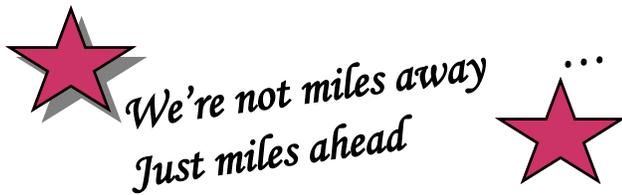
Healing Harmonies

Dr. Jeffrey Kirshner



On February 1st, Jeffrey J. Kirshner, MD spoke at Temple Concord in Syracuse on the major advances in the understanding and treatment of cancer. The highlights of his presentation were as follows:

- ◆ Treatment of Cancer is changing as we learn more about the molecular changes responsible for the disease
- ◆ Normal genes (protooncogenes) undergo mutations and convert to oncogenes which turn normal cells into malignant cells
- ◆ There are specific genetic mutations in many cancer cells which can be specifically targeted with drugs, which in many cases stop the cancer from growing and may even lead to remission of the cancer
- ◆ We are seeing major advances in the treatment of many cancers using targeted therapy (CML, lymphomas, certain lung and breast cancers, kidney cancer, melanoma, etc)
- ◆ There is also a new class of immunotherapy drugs which block inhibition of T cells enabling them to fight cancer within the body. Three of these drugs are now approved and are successful in treating advanced melanoma
- ◆ In the past year, over ten new drugs have been FDA approved to treat various cancers, most of which are targeted therapies and/or immune stimulants. More will be approved in 2015!



The Wellness Center



A beautiful and healing atmosphere is provided as a haven of opportunity for the mind, body and spirit. Check out the Wellness Center's schedule of classes and services on the web!

www.hoacny.com — Wellness Center

(315)234- HOPE

Hematology-Oncology Associates Comprehensive Outpatient Treatment and Support Services

- ◇ Chemotherapy and Radiation
- ◇ Clinical Research
- ◇ CyberKnife®
- ◇ Clinical Laboratory
- ◇ Pharmacy & Patient Rx Center
- ◇ CT and Other Diagnostic Testing
- ◇ Patient and Family Counseling and Support Group Services
- ◇ Nutritional Counseling
- ◇ Integrative/Complementary Therapy
- ◇ Cancer Rehabilitation / Survivorship
- ◇ Community Educational Programs

Amenities

- ◇ State of the Art Facilities
- ◇ Imaging Services
- ◇ Boutique at Brittonfield
- ◇ Flat Screen TV's
- ◇ Patient Internet Access
- ◇ Free Parking
- ◇ Patient Education Area
- ◇ Electronic Medical Record

2014 Hematology-Oncology Associates Spirit Award



Marsha DeVita, HOA's Chief Clinical Officer, was the recipient of the 2014 Spirit Award. It's hard to believe that she began her career at HOA 18 years ago as a Nurse Practitioner. The Spirit Award is an award from Hematology-Oncology Associates that is given annually to an employee who consistently demonstrates an exemplary team spirit, passion for excellence and commitment to our mission. It is a great honor because it is an award that is given by the employees of HOA through a nomination process.

Marsha is an excellent leader and has worked tirelessly to bring our level of clinical excellence to the highest levels—allowing us to achieve QOPI certification, as well as become a nationally recognized, Oncology Medical Home. We were so happy that Marsha received this honor, as so often she is the unsung hero in many of our achievements! Congrats Marsha!

Integrative Medicine /Wellness Programs 315-234-HOPE

Integrative or Complementary Therapies are services that support your current medical treatment and are never intended to replace it. They are for patients who are seeking wellness or well being of not only the physical body, but of the mind, body and spirit.

Massage * Reiki * Healing Touch * Yoga * CranioSacral Therapy * Foot Reflexology
Light Therapy * Meditation * Acupuncture * Tai-Chi * Zumba * and more

Offered at our Brittonfield Office &/or The Wellness Center at Medical Center West

Please visit our website or call 315-234-4673 for details or to set up an appointment



Gold Sponsor



Race for Futures

May 16, 2015

NYS Fairgrounds * 8am

www.komencny.org

Important Information—Oncology Medical Home

Hematology Oncology Associates of Central New York considers itself your Oncology Medical Home. This means that we are committed to providing as many of the services that you need for your care as possible. We will coordinate your care with your primary doctor and other specialists when you need care that we cannot provide.

Please call us first at (315)472-7504 for any concerns, symptoms, questions or problems that arise. We will make sure that you get what you need either here or by coordinating care with your primary doctor, surgeon or other specialists. We will determine if we can solve your problem more rapidly and conveniently without emergency department wait and unnecessary testing.

If you are sick, please call us as early in the day as possible! Your call will go to an oncology trained nurse who will ask you to answer a few questions. These questions will help us figure out how urgently you need an appointment. If you need to be seen today, we will do it. If you require hospitalization or it is an emergency that we cannot manage, we will help expedite your care by notifying the hospital and when appropriate will arrange admission. If you require an emergency room visit, we will notify the emergency room.

We have developed specific questions related to the symptoms that you are experiencing. The nurses are instructed to order specific lab tests for certain problems and this will help us help you. We work as a team. Your oncologist, the oncologist on call, the nurse practitioner and physicians assistant, nurses, lab technicians, clinical assistants and patient navigators all play an important part in your health care.

We will also coordinate your care with all of your other physicians. Your primary care doctor is a very important member of your cancer care team. We will ensure that your primary care doctor is aware of everything that is happening to you. We communicate with the specialists that are involved in your care as well.

Please bring your medications to each visit. A nurse or clinical assistant will review your medication list at each visit. Maintaining an accurate up to date medication list is very important for your safety.

If you are receiving radiation therapy or chemotherapy, our doctors will be coordinating your care and working together to help you get through treatment safely and avoid hospitalizations whenever possible.