

UVMC FOUNDATION

The Legacy Letter

April 2010
Volume X, Issue 1

Cancer Awareness Symposium - 10th Anniversary Event

Please mark your calendar and plan to attend the annual Bill and Ruth McGraw Cancer Awareness Symposium.



Bruce Feiler, *New York Times* best-selling author of 10 books.

This year's event will be held the week before Father's Day on Thursday, June 10, from 6:30 to 8:00 p.m. at the Crystal Room, 845 W. Market St., Troy. The event is free and open to the community; however, seating is limited. To register, call 440-7541. Books will be available for sale and the author will be available after the program for a book signing.

Bruce Feiler, *New York Times* best-selling author of 10 books, including "Walking the Bible," "Abraham," and "America's Prophet," will speak on his latest book, "The Council of Dads: My Daughters, My Illness, and the Men Who Could Be Me." Feiler, an award-winning journalist and the writer-presenter of the PBS mini-series *Walking the Bible*, is one of America's most popular voices on faith, family, and life. He has traveled to over 60 countries, on 5 continents, immersing himself in different cultures. The result is numerous acclaimed books

that take readers along on his fascinating adventures and bring other worlds vividly to life.

"Walking the Bible" explores the parallels between religion, geography, and the emotional issues of our time. Feiler describes his perilous, 10,000-mile journey retracing the Five Books of Moses through the desert. It spent more than a year and a half on the *New York Times* bestseller list, has been translated into 15 languages, and is the subject of a children's book and a photography book.

"Abraham: A Journey to the Heart of Three Faiths" recounts his personal search for the shared ancestor of Jews, Christians and Muslims. Praised as a "revolution of thought" by *TIME* magazine, which featured the book on its cover, "Abraham" was named one of the best books of the year by Amazon.com, Barnes & Noble, The Christian Science Monitor and Publisher's Weekly. "Abraham" became a runaway *New York Times* bestseller, and inspired thousands of grassroots interfaith discussions around the world.

In 2006, PBS aired a three-hour miniseries, "Walking the Bible with Bruce Feiler,"

that received record ratings and was viewed by 20 million. Feiler's new book, "The Council of Dads," is a moving, illuminating new work that touches on life and death, love and fatherhood, and offers inspiration for us all. It is the work of a master storyteller confronting his life and emerging with a book of wisdom, comfort, and hope.

McGraw Cancer Awareness Symposium

Thursday, June 10
6:30 p.m. - Registration
7:00 p.m. - Program
Seating is limited.

To reserve a seat,
call 440-7541.

Save the Date and Join Us
For This Special
Father's Day Event!

Bruce Feiler was a young father when he was diagnosed with a seven-inch cancerous tumor of his left femur in 2008. He instantly worried what his death might mean for his daughters. "Would they wonder who I was? Would they wonder what I thought?"

(Cont'd on page 8)

Focus on Cancer

Dear Friends,

This issue of the Legacy Letter is devoted to the members of our community whose lives have been touched by cancer.

The medical researchers tell us that one out of every three women and one out of every two men will receive a cancer diagnosis in her/his lifetime.

There are probably few other illnesses that are as feared as cancer.

Yet, we are blessed to live at a time in human history where our medical knowledge and skill enable us to meet this disease head-on and defeat it.

Our annual Cancer Awareness Symposium is named in memory of Bill and Ruth McGraw who, between them, survived cancer. Their record, a testament to their will to survive and to the medical expertise available to us in the United States of America.



Bill and Ruth McGraw

We have included the stories of four individuals from our broader community who have recently faced a cancer diagnosis.



Their wisdom, humor and tenacity are an inspiration to all who know them. Each has generously shared their story and their advice.

Last year, the UVMC Foundation made a three-year pledge of \$750,000 to Upper Valley Medical Center for a new linear accelerator and vault for the UVMC Cancer Care Center. The Stouder Foundation donated \$99,000 towards this project in 2009 and has pledged gifts for 2010 and 2011 for the Cancer Care Center.

Ultimately, these gifts are only possible due to the generosity of the members of our community.

Thank you for your continued support. Thank you for caring.

Sincerely,

Kathleen Scarbrough, CFRE
Executive Director
UVMC Foundation

A Special Message of Hope

The UVMC Foundation is proud to be able to offer a very special Father's Day event to our community this year.

Bruce Feiler, an internationally acclaimed author, will be coming to Miami County to share the experiences of his "lost year" battling cancer. Mr. Feiler has been described as a real-life Indiana Jones, whose books about his journeys through the Holy Lands have included him among the most respected authorities on the issues of our times.

This special program is offered free of charge to the community due to the generosity of our donors and an annual gift from the McGraw Family Fund of The Troy Foundation. We are grateful to The Troy Foundation for providing additional funding for this year's event and making it possible for us to bring a speaker of this caliber to our community.

The annual Cancer Awareness Symposium is now in its 10th year. Each year, attendance has grown. Sponsored by the UVMC Cancer Care Center and the UVMC Foundation, it is our gift to the community we serve.

It is only through the generosity of people like you that we are able to make a program like this available.

We hope you are able to join us for this special evening.

Sincerely,

Vic Caven
President
UVMC Foundation

Jim and Connie Schi



Jim Schiff

After suffering three strokes and losing a leg to amputation, the last thing Jim Schiff needed was a cancer diagnosis.

But, that’s exactly what happened in 2009.

Schiff and his wife, Connie, faced the lung cancer diagnosis and treatments with a positive attitude, the same way they’d faced other challenges in their 55 years of marriage.

“People say, ‘You’ve got a great attitude,’ but this is the way it is,” Jim said. “I tell my kids I am too old to cry. You’ve got to look at it and say, ‘Let’s go, let’s do it.’”

The Sidney natives were no strangers to cancer – Connie lost an eye to a melanoma in the 1970s – but cancer wasn’t on their minds last spring and summer after Jim fell ill.

Beginning in April and continuing into September, Jim had seven surgeries, three strokes and lost a leg after surgeries failed to save it. During one of the surgeries, doctors told the couple Jim had lung cancer in the mediastinum.

Although treatment was proposed at a Lima hospital, the Schiffs wanted to be closer to home. They turned to UVMC Cancer Care Center. Jim had spent time in the UVMC rehabilitation unit following his leg surgery.

“The people there are just unbelievable. We’ve never had such good treatment. I can’t say it’s a pleasure down there, but ...,” Jim said of his experiences at the Cancer Care Center.

Despite under going 34 radiation treatments and 15 chemotherapy sessions, Jim never fell ill from the treatments. The week of Christmas a full body scan showed no cancer.

Keys in their cancer journey with Jim were his prior experience with dnc fgt"ecept"ctqwpf"Łxg"{gctu" ago and Connie’s knowledge from years in nursing and her experience battling cancer as a young mother in the 1970s.

“Knowing she’s there, still survives, I think has helped me,” Jim said.

He recalled how he was advised to get the affairs of his young family in order as doctors contemplated Connie’s treatment. At the time, the family included four children under age 6.

Support of family, friends and strangers also has been vital.

“We have been just amazed at the support, the prayers that we have received,” Jim said. “I don’t think there was a church in Sidney that our name wasn’t on the prayer list.”

A sense of humor also has helped, as evidenced by the Schiffs teasing of each other as they discussed the ups and downs of their journeys through cancer.

Connie said she wasn’t shy about asking questions of health care workers throughout Jim’s hospitalization, surgeries and treatment.

Jim retired after a career in management. He and Connie have four children, 10 grandchildren and four great-grandchildren.

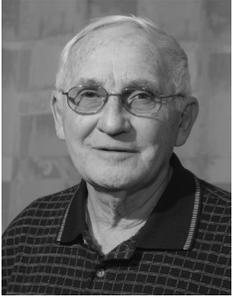
Although he tries to keep a positive attitude, Jim said it would be fkhLewm"vq"uc{"jg"jcupø"dggp" discouraged at times.

“It is tough. There is no question it is tough,” he said. “If you’ve got something you’ve got something. That’s all there is to it. So, let’s beat it. I am Type A, very competitive and, by God, we’re going to beat it.”

ADVICE from Jim and Connie Schiff

- ➔ Remain positive.
- ➔ Have faith.
- ➔ Have people around you who care.
- ➔ Have confidence in caretakers at hospital and at home.
- ➔ Ask questions.

Jim Palsgrove



Jim Palsgrove

Jim Palsgrove says he's living proof of the value of routine blood tests.

The 78-year-old Troy native began 2010 with a welcome change in his

daily routine. No longer dotting his calendar were the daily trips to the UVMC Cancer Care Center for radiation treatments. He'd driven to the center a few miles each weekday over eight weeks for the treatments following discovery of prostate cancer last summer. His cancer was diagnosed after one of his twice yearly blood tests showed cp"gnxvcvgf"rtquvcvg/urgekLe"cpvki gp" (PSA).

Rcnu itq xgou"65tf"cpf"Lpcn"tcfkvcqp" treatment came on Dec. 31, 2009. "I didn't have to go into a new year," he uckf"y kvj" c"u o kng"Qp"jku"Lpcn"fc{"qh" treatment, Palsgrove was presented with a "diploma" from the Cancer Care Center staff.

"I had teased the girls (working in Cancer Care). I asked 'Do I get a egtvkLe cvg"qt"fkriq o c"qt"cp{vj kpi" for doing this?' They came out with a diploma and gave it to me. I got emotional," Palsgrove recalled.

Jean Heath, Director of the Cancer Care Center, assured Palsgrove that tears are not uncommon as treatment concludes.

"We have a lot of patients who feel that way. You have cancer. You went

through treatment. You are putting it behind you," she said.

Palsgrove mentioned by name each Cancer Care Center employee who worked with him. "They are great people. They treated me wonderful," he said. "I never had to wait. I was usually in and out of here in 20 minutes. I never felt a thing."

Palsgrove, a Korean War veteran, retired from the CSX railroad after 43 years of service. He and his wife of 56 years, Shirley, have two children, three grandchildren and seven great-grandchildren.

When he was told he had cancer, Palsgrove was scared. He discussed that reaction with Ronald Setzkorn, M.D., radiation oncologist and Director of the UVMC Cancer Care Center.

"I said 'You know what, cancer is a very scary word and it really scares me.'"

Dr. Setzkorn asked Palsgrove a series of questions, addressed his concerns and helped him settle on a treatment plan after Palsgrove read literature and checked out options by doing Internet research.

As he underwent treatment, he Lgnfgf" c"xctkv {"qh"swguvkqpu" from friends, such as whether the treatment hurt. He used the questions as an opportunity to educate about cancer detection and treatment.

"You need to get your blood work twice a year... for a PSA. Do not think that you might be the one

ADVICE from Jim Palsgrove

- Keep active.
- Take care of your body and your health.
- Have blood work done regularly.
- Listen to the doctors and what treatments they say are necessary.
- Go into treatment with a positive attitude.
- Have faith.

who will not get it. Take care of your health because, if you don't, something could happen and it could be too late for proper treatment," he said.

Palsgrove said remaining active – he rides a bike, walks and works a couple of days a week at Baird Funeral Home - and monitoring his health have paid off.

"I hear people say, 'I never go to the doctor.' I do. I don't want something y tqi . "dwy"K" y cpv"vq" Lpf"qwy"kh"vjgtg" is something wrong so I can take care of my problem."

He also takes care of those who take care of him, treating the Cancer Care Center staff to Esther Price candy when his treatment had ended.

His accompanying handwritten note remains on the door of the center break room's refrigerator. It reads: "I really do appreciate how well you took care of me. You are a good team. Thanks, and enjoy."

Gretchen Roeth



Gretchen Roeth

After more than 30 years experience teaching others, it was Gretchen Roeth's turn to learn during her battle with cancer.

A retired fourth grade teacher in the Piqua schools, Roeth was diagnosed last summer with endometrial cancer after checking with doctors when "something didn't seem right" to her. She underwent 31 radiation treatments, ending in mid-January, at UVMC Cancer Care Center.

"I was nervous. I was afraid. My blood pressure went through the ceiling," Roeth said. "All of the (Cancer Care) therapists walked me through things ... They knew I was a mess, but they were very good with it. Everybody was very patient with me."

Jean Heath, Director of the Cancer Care Center, said the center prides itself on individualized care for patients.

"We know every time somebody walks through that front door they have the fear of what is behind the door. They ask, 'What is going to happen to me?'" Heath said. "This staff knows everybody is different. It is not a cookie cutter process."

Roeth said she was encouraged to undergo treatment at UVMC by her sister in law, who received breast

cancer treatment at the center a few years ago.

"I talked to her quite a bit. She was very helpful," Roeth said. "She said, 'You don't want to go someplace else. They can take care of you.' And, they did. I felt like I was The Patient. I never felt like I was a number."

After reading pamphlets provided by caregivers, talking with doctors and doing some Internet research, Roeth said she felt more comfortable, but never hesitated to ask questions. To prepare for appointments, she'd write down questions, instead of asking off the cuff.

"No question was too stupid. I never felt like I asked a question that they didn't want to answer," she said.

Heath said the center advises those looking on the Internet to visit reputable sites such as ones by the American Cancer Society and the National Cancer Institute. "There is so much out there that it can overwhelm you, and some of it is not right," Heath said.

Among lessons Roeth learned along her cancer treatment journey was to document. She compiled a family medical history including information on events such as any cancer and age when they occurred for her and husband, Gary, plus their parents.

"I have shared it with my kids so we all know what happened to everybody, and when ... It has been very helpful," said Roeth, who works

part time at the Piqua YWCA. She and Gary have two children and a granddaughter.

An awareness of one's body also is important, she said. "A doctor told me to know your body, listen to your body. If something isn't right or it bothers you, then go see somebody about it," she said.

"To me it was like other people have cancer, but that wasn't going to happen to me. Then, when it does, it was like, 'Oh, gosh, I really need to be a lot more aware.' I have learned."

Although she was scared, Roeth said she took a positive approach to her treatment.

"You learn that life is precious and you take care of things. It is a whole attitude," she said. "People can make it horrible, and it doesn't have to be horrible. There are better days ahead."

ADVICE from Gretchen Roeth

- Be comfortable with your doctor, know your doctor.
- Know what's ahead as far as you can.
- Bring questions to doctor and treatment appointments.
- Take care of yourself. If you have any symptoms or signs, have them checked out.
- Be persistent.
- Compile a family history for your use, and your children's.

Sally Rudy



Sally Rudy

Always an educator, Sally Rudy began researching invasive ductal carcinoma the day a diagnostic mammogram found her breast cancer.

“Right away, I went home and did research. I just feel it is very important to be educated about your health, so I learned as much as I could about it. I’ve always been that way,” said Rudy.

After 30 years of teaching at Covington Elementary School, she retired in 2007.

The cancer was found in January 2009 following screening and diagnostic mammograms.

“I thought that maybe that was meant to be, so I didn’t have to miss school to deal with the cancer,” Rudy said of her diagnosis following retirement.

After undergoing a biopsy and then surgery in March 2009, she made daily trips to the UVMC Cancer Care Center for 37 radiation treatments.

As Rudy recently discussed her journey through diagnosis, surgery

Not one to write faithfully in a journal, the pink book became Rudy’s “catch all” for important information. Among its contents are physicians and appointments, names of who brought her food during treatment, a prayer list and details of

what happened and when.

For mother and son, the cancer journey was not a new road. They’d traveled together 11 years before as Brian dealt with testicular cancer while a college student.

With Brian’s diagnosis, Rudy also had hit the computer for research.

“With Internet research I know you have to be careful,” she said. “I just tried to put two and two together to ... But, I never second-guessed any of the professionals.”

During her care, Rudy said she asked many questions in deciding to undergo radiation treatment. She praised Dr. Ronald Setzkorn, radiation oncologist and Director of the Cancer Care Center, for his guidance. “He really laid my fears to rest, (assured me) that I was doing the right thing,” she said.

Her son’s experience helped Rudy deal with her own cancer. “You meet each step head on, one step at a time. That is what I’ve learned to do with things like this, and it has worked out well,” she said.

Having supportive family, friends and caregivers also is important. Her husband of 36 years, Bob, was always nearby and daughter, Jill, a nurse in California, was there after surgery to help her mother, including organizing paper work in

“It is a family disease,” Rudy hand because when I wasn’t the patient, and my son was, it affected the whole family. When you are the patient, you tend to focus on yourself.”

To help keep family and friends informed of what was going on Rudy, shortly after diagnosis, created on e-mail a “cancer list” of people she was going to tell.

“I kept them updated because I husband from the painful process of having to tell all of our friends and family,” she said. “It also created this huge support from people who lived far away because I got e-mails back saying ‘We are praying for you.’ It was pretty neat ... It helped us all out.”

For Rudy, the cancer journey helped create more appreciation of life.

“You certainly don’t sweat the small stuff anymore. It is important to embrace life and live each day to its fullest ... It has made me more serene and calm about anything, really.”

ADVICE from Sally Rudy

- ➔ Stay positive, knowing that it is treatable.
- ➔ Take one day at a time with your decision-making.
- ➔ Surround yourself with people who can be supportive in a positive way.
- ➔ Educate yourself.
- ➔ Take notes when you go see the doctor.
- ➔ Bring questions when you go to your doctor’s appointment. Ask questions if you don’t understand something.
- ➔ Realize you are not alone in this journey.
- ➔ Take care of yourself: get plenty of rest, eat well.

Prevention & Early Detection

Screening Recommendations*

Age	Test/Exam	How often	Who
20-30	Clinical Breast Exam (performed by a Dr.)	Every 3 years	Women
20	Self Breast Exam	Monthly	Women
40	Clinical Breast Exam (performed by a Dr.)	Yearly	Women
40	Mammogram	Yearly	Women
21	PAP Smear	Yearly	Women
50	Flexible Sigmoidoscopy ¹	Every 5 years	Men & Women
50	Digital Rectal Exam (Performed by a Dr.)	Yearly	Men
72"	RUC"*Rtquvcvg"UrgekLe"Cpvki gp/dnqqf"vguvv+"	[gctn{"	Ogp

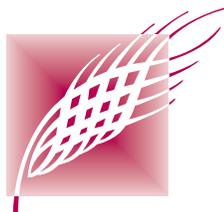
¹ colonoscopy should be done if test results are positive.

*These are not meant to take place of the advice given by your personal physician. Be sure to see a physician regarding any positive result.

American Cancer Society. Cancer Facts & Figures 2009. Atlanta, GA

Recommended Resources on Cancer

American Cancer Society (1-800-ACS-2345)	www.cancer.org
National Cancer Institute	www.cancer.gov or www.nci.nih.gov
University of Texas, MD Anderson Cancer Center	www2.MDAnderson.org/app/pe/
Scott Hamilton CARES Initiative	www.Chemocare.com
Mayo Clinic	www.mayoclinic.com
Oncology Nursing Society	www.thecancerjourney.org
American Society for Clinical Oncology	www.asco.org
National Consortium of Breast Centers, Inc.	www.breastcare.org
Susan G. Komen	www.komen.org



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