

Cancer Patient Support Services

Newsletter

Nutrition

By now someone who loves you has been doing research and has an entire list of foods to avoid and another list of supplements that you should be taking from now on. Nutrition has come a long way since the mid-1900s, but the only proven cancer treatments available to us today still fall into the realm of surgery, chemotherapy/infusion therapy and radiation. Despite what you may have read on the Internet, we still can't treat cancer with nutrition. But the food choices that you make can help you maintain your strength to get through your treatment plan and keep you well moving forward.

Let's start with the basics: Your diet should be comprised of carbohydrate, protein and fat. These three components provide vitamins, minerals, anti-oxidants, phytonutrients, fiber, water, amino acids, fatty acids and sugars. Nutritionists refer to these 50-plus compounds as "nutrients." Your body will always use nutrients from food better than from a pill, powder or potion.

One incredibly prevalent myth that continues to circulate is that sugar feeds cancer. Every cell in your body depends on a simple sugar called glucose for fuel. Eating sugar did not cause your cancer, and eating sugar will not make your cancer worse. Carbohydrates like whole grains, fruits and vegetables are the source of glucose and other sugars that will give you much needed energy. Avoiding all carbohydrates to avoid sugar in your diet will just leave you tired. It's probably a good idea to limit sugary foods because they are not a good source of the many nutrients that your body will require during recovery from surgery or other treatments. Remember, carbs equal energy.

Somehow in our efforts to eat more healthfully, we have flipped our plates to focus on protein. Keep in mind groups who eat a plant-based diet have fewer cases of cancer as a whole. Protein provides amino acids, the building blocks of muscle,



Nadine Pazder, MS, RDN, LD/N, FAND

vital organs, the immune system, red blood cells and hair. Think of this as a growth and repair nutrient. Eating large amounts of only protein, including shakes, will leave you tired and likely dehydrated. Eating plant-based carbs along with protein will give you energy while providing building blocks for your body to repair itself.

Don't forget to add small amounts of healthy fats to each meal. Without some fat in your diet, you will not be able to absorb vitamins A, D, E and K, or compounds like lycopene. You will also become deficient in the essential fatty acids linoleic and linolenic acids. Take your cue from the Mediterranean diet and include olive oil, seeds, nuts and nut butters in your diet every day.

A good guide for planning your meals is the MyPlate tool from the USDA. The American Cancer Society (ACS) and the American Institute for Cancer Research (AICR) both reference this tool when discussing a healthy diet for cancer patients and survivors.

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Obtaining needed nutrients from food is always recommended over taking pills. Vitamin, mineral or antioxidant supplements have not been shown

to be effective in human research trials. Some studies have actually demonstrated adverse effects associated with vitamin supplementation. The most well-known study occurred in the 1980s, studying the effect of supplementing smokers and former smokers in the U.S. and Finland with vitamin A. The study was stopped because of the increased incidence of new lung cancer cases in both groups. More recently, a study of human melanoma cells in a lab dish



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Mease Countryside Hospital
Mease Dunedin Hospital
Morton Plant Hospital
Morton Plant North Bay Hospital

Nutrition *(continued from front page)*

exposed to antioxidants demonstrated an increased ability to spread locally (metastasize) as compared to a control group of melanoma cells. Your oncologist will tell you if you will need a vitamin-mineral supplement, what to take and the correct dose.

Herbal supplements, often referred to as “medicinal botanicals” are not considered nutrition at all. Because they can behave like a medication or cause an interaction with your prescribed treatments it is best to avoid them during chemotherapy and radiation therapy. Be sure that everyone on your health care team knows the type and amount of any supplement that you are taking, vitamin or herbal.

Safe food handling practices are incredibly important during your treatment. Clean hands, clean counter tops and separate cutting boards for raw and ready-to-eat foods will go a long way to prevent illness. Always use a food thermometer when cooking animal products to assure that “done” means “safe.” If you won’t be able to eat leftovers within three days, seal and freeze them for later or just toss them out. I’ll bet that you didn’t know those reusable grocery bags are a source of bacteria as well. The Academy of Nutrition and Dietetics has a great consumer website on preventing illness: HomeFoodSafety.org.

Even with your best efforts to eat well and eat enough, you may find that you would benefit from some individualized help. In that case, seek out the services of a licensed nutrition professional. This will require a signed order/referral from your physician and may actually be covered by your insurance. In Florida, health coaches, wellness coaches and personal trainers are not considered qualified unless they are also credentialed as licensed nutrition counselors (LNCs) or licensed dietitians/nutritionists (LDNs). To schedule an appointment with an licensed dietitian/nutritionist or for more information, call (727) 462-7459.

Community Cancer Awareness Events – Save the Dates

Celebration Picnic

Saturday, March 12 | 10am

Philippe Park, Shelter 2, Safety Harbor

Join us for a wonderful day at the park. Our annual Celebration Picnic is a fun event for those in our community whose lives have been touched by cancer. Patients/survivors and their immediate families are invited to enjoy the beautiful surroundings of Philippe Park, along with lively entertainment and a complimentary box lunch.

The Celebration Picnic is sponsored by Morton Plant Mease Volunteer Resources and Morton Plant Mease Foundation. To register, call (727) 725-6290.

Colorectal Cancer Awareness Lecture

Wednesday, March 23 | 12-1pm

Morton Plant Hospital
Cheek Powell Heart and Vascular Pavilion
Meeting Rooms A&B
Speaker: Dr. Ben Yan, MD



Learn what colorectal cancer is, and hear about early detection and treatment options. A question and answer session will follow the presentation. Lunch will be provided. Registration is required by calling (727) 953-9038.

Relay for Life

Relay for Life-Dunedin

Friday, April 8

Highlander Park
903 Michigan Blvd., Dunedin

Opening ceremonies: 6pm
Survivor lap: 6:15pm
Music, games, entertainment: 6:30-9pm
Luminaria ceremony: 9pm



The American Cancer Society’s Relay for Life events bring together entire communities to celebrate cancer survivors, remember those who have lost the battle and take part in the fight against cancer. For more information, visit the American Cancer Society at Cancer.org or call (800) 227-2345.

Melanoma Monday: Free Skin Cancer Screening

Monday, May 2, 8am-1pm

Morton Plant Hospital
Cheek Powell Heart and Vascular Pavilion
Meeting Rooms A & B

It’s our 20th annual Melanoma Monday, where Morton Plant Mease physicians and other health care professionals will provide free skin cancer screenings. Registration is required by calling (727) 953-9038.



Melanoma Prevention Presentation

Tuesday, May 10, 12-1pm

Morton Plant Hospital
Cheek Powell Heart and Vascular Pavilion
Meeting Rooms A & B, 2nd floor
Speakers: Peter Blumencranz, MD
Amy Ross, MD

Melanoma is the most life-threatening form of skin cancer. You can take steps to prevent it. Join us for this informative presentation. Lunch will be provided. Registration is required by calling (727) 953-9038.

Community Cancer Awareness Events

Miles for Men Prostate and Breast Cancer Awareness Race Rock the Ribbon

Morton Plant Mease's annual prostate and breast cancer awareness race, presented by Urology Specialists of West Florida, raised money for community screenings, for education services, and to assist prostate and breast cancer patients who lack treatment resources.



Susan G. Komen Race for the Cure

Many supporters came to participate in the series of 5K runs and fitness walks to raise funds and awareness for breast cancer. BayCare's breast cancer awareness campaign attracted many participants who left their pink hand prints on BayCare's banner. Want to make your mark? Visit ItsInOurHands.org to download the pink hands image and make it your social media profile picture. Tag your friends to do the same.



Camp Living Springs

Camp Living Springs is a fun-filled weekend retreat for adult cancer survivors. This year campers enjoyed the activities, camaraderie, food and entertainment. The camp is funded by a grant from the Morton Plant Mease Foundation and is sponsored by Morton Plant Mease Volunteer Resources, in partnership with the YMCA of the Suncoast.



CaPSS Support Groups

At Morton Plant Hospital

Women's Cancer Support Group

Experience the power of shared support. This group gives you the opportunity to share your cancer experiences while learning and gaining strength and comfort from the experiences of others. This group is open to women of all ages with any type of cancer. Facilitator: Alana Toups, MSW, LCSW, (727) 462-7153

1st and 3rd Monday | 6–8pm

January 4 and 18, February 1 and 15, March 7 and 21, April 4 and 18
Axelrod Pavilion, Bernard F. Powell Conference Room, 2nd floor

LUNA de Pinellas

(Latinos Unidos por un Nuevo Amanecer/Latinos United for a New Awakening)

Our LUNA group is open to men and women with any type of cancer. Family members/caregivers are also welcome. The group is run in Spanish by a bilingual facilitator. For additional information in English or Spanish, please call the number below.

Un grupo para mujeres y varones con cualquier tipo de Cancer. Familiares y amigos son bienvenidos. La moderadora del grupo es bilingue y el grupo es en Español. Las reuniones son el segundo martes de cada mes de 6-8pm. Para más información, favor llamar al siguiente número. Facilitator: Alma Flores, MSW, (727) 462-2125

2nd Tuesday | 6–8pm

January 12, February 9, March 8, and April 12

Axelrod Pavilion, Bernard F. Powell Conference Room, 2nd floor

All Cancer Support Group

You are not alone in your cancer journey. The All Cancer Support Group gives you an opportunity to gain strength and comfort from other men and women who are coping with cancer. You will also have the opportunity to share your story and listen to and learn from the stories of others. The All Cancer Support Group will help you to deal with life's terms with less stress, with hope and the support of others. (This group meets at the same time and in the same building as the Caregiver's Support Group). Facilitator: Ken Bliznick, LCSW, OSW-C, (727) 462-2149

2nd and 4th Wednesday | 6–7:30pm

January 13 and 27, February 10 and 24, March 9 and 23, April 13 and 27

Axelrod Pavilion, Bernard F. Powell Conference Room, 2nd Floor

Additional Support Groups

The following groups are not part of the CaPSS program but are offered at Morton Plant Mease locations and facilitated by medical professionals and/or cancer survivors.

Multiple Myeloma Educational Group

Patients, caregivers, families and the interested public are invited to join this educational group. For information, visit TampaBay.Myeloma.org or contact Jim Barth at tampabaymyeloma@gmail.com or (727) 804-2153.

1st Saturday | 10:30am–12:30pm

January 2, February 6, March 5, April 2

Mease Countryside Hospital, Meeting Room 3

Thyroid Cancer Support Group

This group is dedicated to support, education and communication for thyroid cancer survivors, their families and friends.

Contact volunteer facilitators Doris Proni at (727) 742-3295 or

Lisa Hutto at (727) 518-4269.

2nd Saturday | 10:30am–12pm

January 9, February 13, March 12, April 9

Morton Plant Hospital Tuttle Auditorium, Room D

Caregiver Support Group

Our Caregiver Support Group is a way to connect with the friends, family and loved ones who are providing caregiving and support to a patient with cancer. In the group, you will have the opportunity to share your thoughts, feelings and experiences with others who are on similar journeys. Through listening and sharing, you may learn additional ways of coping, managing stress and relating to your loved one and also find out that you are not alone. Our Caregiver's Support Group is open to men and women of all ages, caring for people with all types of cancer. (This group meets at the same time and in the same building as the All Cancer Support Group). Alana Toups, MSW, LCSW, (727) 462-7153

2nd and 4th Wednesday | 6–7:30pm

January 13 and 27, February 10 and 24, March 9 and 23, April 13 and 27
Axelrod Pavilion, Oncology Services Conference Room, 2nd Floor

At Mease Countryside Hospital

Prostate Cancer Discussion Group

This discussion group provides support and information to men with concerns about prostate cancer. Men only please. Facilitator: John Llauguet, MA, EdS, LMHC, (727) 462-2141

2nd Tuesday | 2–3:30pm

January 12, February 9, March 8, and April 12

Shaffer Tower, 4th floor

Evelyn R. Simmers Oncology Resource Library

Women's Cancer Support Group

Connect and share with other women in similar circumstances. Learn how others are coping and facing similar challenges. You will have the opportunity to tell your story and listen to the stories of other women. You will gain strength and comfort from the support of other women. The group is for women of all ages with any type of cancer. Facilitator: Jennifer Scrivens, MA, LMHC, NCC, (727) 725-6016

2nd and 4th Tuesday | 6–8pm

January 12 and 26, February 9 and 23, March 8 and 22, April 12 and 26

Shaffer Tower, 4th floor

Evelyn R. Simmers Oncology Resource Library

Ostomy Support Group

The Clearwater Ostomy Support Group provides support to those who are about to have or recently have had ostomy surgery. Family and friends are welcome to attend. For more information, call Marilyn Bossard at (727) 391-5682.

3rd Saturday | 10:30am

January 16, February 20, March 19, April 16

Cheek-Powell Heart and Vascular Pavilion, 2nd floor

Head and Neck Cancer Support Group

An education and support program for individuals who have oral, head and neck cancers. For further information, please call Joe Chapin at (727) 317-9444.

4th Monday | 7pm

January 25, February 22, March 28, April 25

Lanksy Pavilion at Bardmoor Outpatient Center; Administration Conference Room

Mind/Body Connection Programs

Mindfulness Meditation Class

Mindfulness Meditation is a mind/body connection program for Morton Plant Mease cancer patients and family members. It is all about moment-to-moment awareness. You will discover how to become fully and attentively present in the moment to relax your mind and achieve inner calmness. Through Mindfulness Meditation, you can learn how to take better care of yourself and live a healthier life.

The Mindfulness Meditation class meets once a week for four weeks, and you are asked to make a commitment to attend all four sessions, since each week's lesson builds on the previous week's practice.

Presenter: John Llauget, MA, EdS, LMHC

To register: (727) 462-2141

Thursdays, 3–4:15pm

January 7, 14, 21, 28

March 3, 10, 17, 24

Axelrod Pavilion, Bernard F. Powell Conference Room, 2nd floor



Guided Imagery

CaPSS counselors are available to provide guided imagery to Morton Plant Mease cancer patients and families who are interested in learning this technique. Guided imagery has been shown to help increase one's hope and motivation, decrease depression and fatigue and reduce the perception of pain. It can also help alleviate chemo-related nausea and vomiting, increase comfort during radiation and help one gain a sense of control during cancer treatment. For additional information, please contact a CaPSS counselor. See phone numbers on back page.

Qi Gong: Beginner Training Program

This is a training program to introduce Morton Plant Mease cancer patients to the practice of Qi Gong (pronounced CHEE-GOONG). Qi Gong is an exercise that originated in China and has been practiced for thousands of years. The exercise method stresses mind/body awareness through breathing, proper posture and slow, gentle movement.

Presenter: John Llauget, MA, EdS, LMHC

To register: (727) 462-2141

Thursdays, 3–4:15pm

February 4, 11, 18, 25

April 7, 14, 21, 28

Powell Pavilion, Conference Room, 1st floor

Can Oasis Yoga Help You?

Yoga is a 5,000 year old practice based in Indian philosophy. It combines various postures, rhythmic breathing and meditation, which can contribute to emotional, physical and mental well-being. The word yoga is derived from the Sanskrit word "YUJ," which means a union of mind, body and spirit. It is not a religious practice, but rather a philosophy with the intention of creating an environment within that works to promote health and vitality.

The most commonly used form of yoga is 'Hatha.' It utilizes slow, gentle movements. This can be an excellent option for people who may be limited in their activities due to the symptoms of cancer and/or cancer treatment. There are many potential benefits for cancer survivors who participant in yoga. It can help to center thoughts, reduce stress and maintain flexibility. Yoga has been noted to decrease fatigue, anxiety and emotional distress, and can aid in better sleep patterns. Studies have cited that it lowered cortisol levels in patients with breast cancer. Cortisol is a hormone that is secreted during stress, which may play a role in the progression of cancer.



Not seen as, nor intended as a treatment for cancer, yoga is noted for having the potential for improving the symptoms of cancer. Oasis Yoga is a great way to try it out! The instructor is able to work with your individual needs, and at the end of a session you should feel energized yet calm and relaxed. All you need is a mat, towel and a desire to help yourself along this journey.

Thursdays, 1–2pm

January 7, 14, 21, 28

February 4, 11, 18, 25

March 3, 10, 17, 24, 31

April 7, 14, 21, 28

Axelrod Pavilion, Bernard F. Powell Conference Room, 2nd floor

For more information, contact Debra Wolf at (727) 462-2145.

Cancer and Caregiver Support

In 2015, it is estimated that over 1.5 million people will be newly diagnosed with cancer in the United States. This is in addition to the over 14 million people that have a history of or are living with cancer – whether in treatment or with a past diagnosis with no current evidence of cancer. We know that cancer is a far-reaching illness – it impacts not only the patient, but those around and closest to the patient as well. Caregivers, oftentimes loved ones, and oftentimes unpaid, have a variety of complex responsibilities when caring for a cancer patient. From personal care and home and money matters to navigating the health care system (a tiny sampling of the numerous tasks that can be associated with caregiving), a caregiver's "job" duties can fluctuate very rapidly.

In addition to the physical impacts of cancer on patients and their caregivers, cancer can also affect people emotionally and psychosocially.

Exhaustion from medical visits and treatment; joy at completing treatment; discomfort from procedures; sadness if treatment doesn't render the desired results; and on and on – some days may feel like an emotional roller coaster. Cancer and cancer patient caregiving can also adversely affect the financial situations of both the patient and the caregiver, due to inability to work, cost of care and/or having to reduce work hours due to illness or caregiving duties.



Are you one of the approximately 16 million people that cancer affects daily in the U.S., either as a patient or a caregiver? If so, CaPSS invites you to join one of our two newest groups. We are proud to offer an All Cancer Support Group (open to patients with any type of cancer) and a Caregivers Support Group (open to cancer patient caregivers). These groups are held on the second and fourth Wednesday of the month from 6-7:30pm. The groups meet in the Axelrod Pavilion, in separate conference rooms on the 2nd floor. We look forward to meeting you.

For information or to register for the All Cancer Support Group, contact Ken Bliznick, LCSW, OSW-C, at (727) 462-2149.

For information or to register for the Caregivers Support Group, contact Alana Touns, LCSW, at (727) 462-7153.

Art Therapy

Art therapy uses your creative artistic expression to enhance the cancer healing process. It can help manage the emotional and psychological side effects that often result from a cancer diagnosis and treatment by helping people express hidden emotions and reduce stress, fear and anxiety. It can be emotionally restorative and can serve as an outlet for expressing your feelings about illness, treatment and life itself.

Benefits of art therapy can include:

- Becoming more self-aware
- Building self-esteem
- Communicating and interacting more effectively
- Expressing emotions that may be difficult to verbalize
- Improving your quality of life
- Finding comfort, freedom and hope

In this program, you can work in a safe and relaxing environment to find ways to express your experiences through art. It offers the opportunity to connect with others going through cancer treatment and recovery. All material will be provided and registration is required by calling (727) 953-6857.



A recent art therapy class displays their inspiration books.

Monday, February 29, 6–8pm

Morton Plant Hospital

Axelrod Pavilion, Bernard F. Powell Conference Room, 2nd floor

Monday, March 28, 6–8pm

Mease Countryside Hospital

Meeting rooms 1-3

IQuit with AHEC

If you're ready to quit tobacco, help is free! IQuit with AHEC is the in-person option of Tobacco Free Florida's three free and easy ways to quit. Free tobacco replacement products and classes are available. Register by calling (813) 929-1000, ext. 208.

Third Tuesdays (January 19, February 16, March 15, April 19)

5–7pm

Morton Plant Hospital

Axelrod Pavilion

Bernard F. Powell Conference Room, 2nd floor



Cancer Resources

Breast Care Nurse Navigator

Our Breast Care Nurse Navigator, Agnes Jastrzebski, RN, CBHN, is located at the Axelrod Pavilion and is available to provide free individualized guidance to anyone who has been diagnosed or treated for breast cancer at Morton Plant Hospital. The role of our Breast Care Nurse Navigator is to follow patients throughout every aspect of treatment and assist as needed with coordination of care prescribed by the patient's team of breast health specialists. Additional ways the navigator may assist include:

- Providing education, information and resources to women recently diagnosed with breast cancer
- Serving as a liaison between the patient and physicians to ensure better patient understanding of medical recommendations
- Assessing the educational, physical, psychological and social needs of the patient and family members
- Serving as a knowledgeable advocate for each patient
- Linking patients with community resources

For further information, contact Agnes Jastrzebski at (727) 298-6800.

Breast Cancer Educational Materials

For patients diagnosed with breast cancer, educational information and a list of community resources for wigs, prostheses and more are available. Please contact CaPSS to receive this helpful information.

For Patients Having Breast Cancer Surgery

If you are scheduled to have a mastectomy, you can receive a recovery camisole from "A Place for Her." The camisole is soft cotton and has a fiberfill, unweighted prosthesis for use as an easy-to-wear post-surgery garment. It also has two detachable drainage pouches. The camisole can be worn during the first weeks after surgery, before you are ready for a weighted prosthesis. Your insurance company may cover all or part of the cost; please check.

To receive a camisole, consult with your doctor. You can visit "A Place for Her" at 1245 S. Fort Harrison Ave., Clearwater, or call (727) 447-1146.



Look Good ... Feel Better

Look Good ... Feel Better is a partnership of the American Cancer Society, the National Cosmetology Association and the Personal Care Products Council Foundation. It is a free program that teaches beauty techniques to women in active cancer treatment to help them with the treatment's appearance-related side effects. Reservations required: (727) 953-9038

Morton Plant Hospital

Monday, January 11, 10:00a.m.–12:00p.m.
Monday, March 14, 10:00a.m.–12:00p.m.
Axelrod Pavilion, Oncology Services
Conference Room, 2nd floor

Mease Countryside Hospital

Monday, February 8, 10:00a.m.–12:00p.m.
Monday, April 11, 10:00a.m.–12:00p.m.
Meeting Rooms 1-3

POWER Wellness Program: POWER: Program of Wellness, Empowerment and Recovery

Specially designed for Morton Plant Mease breast cancer patients, the POWER program includes a physical therapy component, if needed, followed by six weeks of twice-weekly, small-group training sessions, led by a personal trainer with special training in cancer treatment and rehabilitation. The program focuses on stamina, flexibility and range of motion to improve overall quality of life. The program includes a six-week Wellness Center membership.

POWER is offered at the Cheek-Powell Wellness Center in Clearwater (727) 462-7656, the Palm Harbor Wellness Center (727) 772-2222 and the Carillon Wellness Center in St. Petersburg (727) 502-4444.

LIVESTRONG at the YMCA

A free, 12-week, twice-a-week exercise program for adult cancer patients and survivors. The program focuses on building muscle strength and increasing flexibility and endurance for those who have become deconditioned or chronically fatigued from their treatment and/or disease. LIVESTRONG at the YMCA staff members have been specially trained to work with cancer survivors and follow American College of Sports Medicine/American Cancer Society exercise guidelines.

LIVESTRONG at the YMCA is offered at YMCAs in Hillsborough, Hernando, Pasco and Pinellas counties.

For more information, contact the YMCA of the Suncoast at (727) 467-9622.

American Cancer Society (ACS):

(800) 227-2345
Cancer.org

Providing programs and resources for transportation to treatment appointments, peer support for breast cancer survivors, free wigs and breast prostheses, financial assistance, and telephone and online support programs for patients and families.

CancerCare:

(800) 813-HOPE (4673)
CancerCare.org

A national nonprofit organization that provides free, professional support to those affected by cancer, including counseling and support groups, education workshops, publications and financial assistance.

Cancer Support Community

(888) 793-9355
CancerSupportCommunity.org

An international nonprofit that has licensed social workers and counselors available to provide emotional support, cancer information and referrals. Telephone and live chat are available.

Individual and Family Counseling/Support Services

Cancer Patient Support Services (CaPSS) offers individual counseling and support services to all Morton Plant Mease (MPM) cancer patients, their families and their friends. Our services are absolutely free. If you wish to receive this type of service, please call the CaPSS office or contact one of the following people:

CaPSS Office: (727) 462-2125

Ken Bliznick, MSW, LCSW, OSW-C, Counselor/MPM Prostate Program Navigator:
(727) 462-2149

John Llauget, MA, EdS, LMHC, Counselor/MPM Prostate Program Navigator:
(727) 462-2141

Agnes Jastrzebski, RN, CBHN, Breast Care Nurse Navigator: (727) 298-6800

Jennifer Scrivens, MA, LMHC, NCC, Counselor: (727) 725-6016

Alana Touns, MSW, LCSW, Counselor: (727) 462-7153

Debra Wolf, BSW, Social Services Specialist/Event Coordinator/Mammography Voucher Program Navigator: (727) 462-2145

Please note: CaPSS counselors are available to refer cancer patients and family members to community-based mental health, substance abuse, financial and spiritual counseling as needed.



Kenneth Bliznick, Debra Wolf, Debra Caldwell,
Jennifer Scrivens, Agnes Jastrzebski, Alana Touns,
John Llauget

The CaPSS Newsletter

If you have any comments or questions about our CaPSS newsletter or would like to be added to our email list, please call (727) 725-6016 or email jennifer.scrivens@baycare.org. CaPSS hours are Monday-Friday, from 8am to 4:30pm, with evening groups. You can also find us and view the newsletter at our Website, BayCareCancer.org.

To access the CaPSS newsletter on the Web, here's all you have to do:

Step 1 – Go to BayCareCancer.org

Step 2 – Scroll down to the bottom of the page for the list of BayCare hospitals

Step 3 – Click on Mease Countryside, Mease Dunedin or Morton Plant hospital

Step 4 – Scroll down to find the newsletter and click on the image

Special Features and Education

CaPSS Oncology Resource Libraries

Two Evelyn R. Simmers Oncology Resource Libraries are available for those interested in cancer information:

- Axelrod Pavilion at Morton Plant Hospital, 1st floor
- Mease Countryside Hospital, Shaffer Tower, 4th floor

Cancer-related books and educational materials are available to patients, families and the community at no charge. Topics include diagnosis/treatment of specific types of cancer, coping with emotional issues, spirituality, caregiver support and information about other cancer resources. Internet access is also provided at both locations with links to Web sites for cancer information.

If you would like to know more about our libraries, please call (727) 462-2125 for Axelrod Pavilion or (727) 725-6016 for Mease Countryside.

Community Cancer Education

Our Community Cancer Education lectures feature cancer-related information provided by physicians and other health care professionals. All cancer patients, family members and friends in our community are welcome to attend. Contact Debra Wolf at (727) 462-2145 for the lecture schedule and further information.

Support Group and Class Locations

Axelrod Pavilion at Morton Plant Hospital
400 Pinellas St., Clearwater

Bardmoor Medical Arts Building
8839 Bryan Dairy Road, Largo

Cheek-Powell Heart and Vascular Pavilion at Morton Plant Hospital
455 Pinellas St., Clearwater

Mease Countryside Hospital
3231 McMullen Booth Road, Safety Harbor

Mease Countryside Medical Arts Building
1840 Mease Drive, Safety Harbor

Mease Dunedin Hospital
601 Main St., Dunedin

Morgan Heart Hospital at Morton Plant
300 Pinellas St., Clearwater

Morton Plant Hospital
300 Pinellas St., Clearwater

Morton Plant North Bay Hospital
6600 Madison St., New Port Richey

Palm Harbor Wellness Center
32672 U.S. Highway 19 N., Palm Harbor

Powell Pavilion at Morton Plant Hospital
303 Pinellas St., Clearwater

Ptak Orthopaedic and Neuroscience Pavilion at Morton Plant Hospital
430 Morton Plant St., Clearwater

Sarah Walker Women's Center at Morton Plant Hospital
300 Pinellas St., Clearwater