



## JMD CANCER RESOURCE LIBRARY SET TO OPEN FALL OF 2017

The phrase—"knowledge is power," is attributed to the 16th century English philosopher, statesman, scientist, author, and orator Sir Francis Bacon. He is considered the father of the scientific method - a framework that requires one's theories/opinions to be supported by objective facts and observations.

The JMD Board wholeheartedly agrees with Sir Francis Bacon's sentiments. When people hear the 'C' word, their initial reaction is one of dread and foreboding. It is a visceral emotional reaction, not one based upon logic and facts. Thanks to years of worldwide scientific cancer research, advancements in treatments proto-



cols and survival rates are undeniable. This is why it is so important to have this cancer resource library readily available to patients, caregivers as well as Mon Valley residence—young and old. Among the central purposes of this library is to "demystify" cancer and to educate its visitors so that they are better equipped to be informed partners working alongside their professional treatment team members.

When fully operational, this resource library will house periodicals that range in topics from: cancer prevention strategies, recommended cancer screening guidelines, healthy lifestyle suggestions, the correlation/linkages between cancer and environmental factors, legal issues to consider as well as shedding light on the benefits of palliative care and hospice.

The JMD is excited to take the lead to bring this long overdue and needed resource to the Mon Valley. Many items on display will be free for the taking. Other items will be purchased by the JMD and available for short-term loan. Please continue to visit our website for announcements to celebrate its opening. Calls can also be made to our JMD Cancer Resource Office at 412-664-2664.

## MEDICAL MARIJUANA CAN BE A WIN/WIN FOR THE CITY OF MCKEESPORT AND THE PATIENTS SERVED BY THE JMD

The city of McKeesport is vying to be awarded a state contract to host a marijuana cultivation and processing plant. PurePenn LLC would develop a 40 acre site located at 321 Locust St. in McKeesport for this "green industry."

Few details are known at this time. The state licensing process is just getting started. What we do know is that if McKeesport does win this bid, many skilled and unskilled jobs will be created to build and staff this facility.

In addition to being an economic driver for the region, medical marijuana will provide cancer patients with a non-addictive pain management alternative to opioids.

## JMD' 2016 PROGRAM HIGHLIGHTS

### THE DIGNITY ROBE PROGRAM

During 2016, the JMD was successful in expanding its Dignity Robe Program to consist of four distinct volunteer groups that exclusively sew these robes for UPMC McKeesport Cancer Center patients. More than a few are cancer survivors and others find comfort sewing them as a tribute to loved ones' they have lost to



The photo above was taken when the Corpus Christi Women's Group joined the JMD Dignity Robe team.

cancer throughout the years.

The Radiation Oncology staff that distribute these robes to the patients prior to beginning treatment have relayed to the JMD Cancer Resource Director how gratified they are to have one dedicated for their use only and to keep.

As we reflect on what this program has meant to so many, it is no small feat that since its inception in September of 2012, no woman at UPMC McKeesport has been treated with radiotherapy without one.

This is an accomplishment that the JMD is proud of and it is our hope and expectation that this program will thrive for years to come.

However, the JMD Board realizes that "magic" was not the reason for its success. Community engagement, caring individuals, fabric and monetary donations have propelled this program over time.

If you or someone you know would like to get involved with this ongoing initiative, we'd love to hear from you.

### THE JMD NUTRITIONAL SUPPLEMENT PROGRAM

After the completion of one of the JMD's successful fundraising events, the Nutritional Supplement Program was launched in the summer of 2014. Due to the fact that proper nutrition is a key component to responding well to and tolerating chemotherapy and radiotherapy for many patients products like Ensure or Glucerna may effect treatment outcomes.

The JMD is pleased that they were

approached to fill this need. For 2016, as in 2015, the JMD provided in excess of 10,000 units of these products to hundreds of cancer center patients. We realize that these products are expensive and for many cost prohibitive. Moving forward , the JMD Board has broadened this program's scope to include feeding tube liquid supplements for those patients unable to take food by mouth.



### JMD WIG ROOM PROGRAM



The JMD Wig Room is the first and longest running patient support program that is managed by the JMD. This program is staffed all week days but Wednesdays by caring, sensitive and knowledgeable JMD volunteers. Although it is tucked away on Level D at UPMC McKeesport, cancer patients from all over western PA and beyond find their way to this valuable

resource for a free wig , scarf, cap and other related feminine products that lift women's spirits and self-esteem. It is important to note that to receive assistance at the JMD Wig Room, there is no requirement to be a UPMC Cancer Center patient.

In a typical year and 2016 was no different, approximately sixty wigs are distributed to cancer patients

that visit the Wig Room.

The picture along side this program summary was taken in 2013 when the American Cancer Society agreed to partner with the JMD in offering clinic patients hair care products as well as outreach assistance if requested.

This productive relationship between the JMD and the American Cancer Society to assist cancer patients continues.