

IMPROVING CANCER SURVIVORS' MENTAL HEALTH

Cancer survivors may experience mental health concerns that affect their emotions, behavior, memory, and ability to concentrate. For example, cancer survivors may feel [emotional distress](#) like depression, fear, and anxiety after being diagnosed with cancer. Others may have trouble remembering things or paying attention as a result of side effects from their cancer treatment. Some survivors have only mild symptoms for a short time, while others have more severe symptoms that interfere with their normal daily activities, work, and personal relationships.



Recent research shows that 10% of cancer survivors feel they have poor mental health, compared with only 6% of adults without a history of cancer. Cancer survivors who have other chronic illnesses are more likely to have mental health problems and poorer quality of life. Age, education level, income, marital status, and other factors can affect a cancer survivor's risk for mental health problems and poor quality of life.

If left unaddressed, mental health problems can make it difficult for cancer survivors to make healthy choices such as physical activity and exercise, and can even affect survival. Unfortunately, fewer than one-third of survivors who have mental health concerns talk to their doctor about them, and many survivors do not use services like professional counseling or support groups.

WHAT CAN YOU DO?

- Take the first step and seek help for your emotional and psychological symptoms. Psychologists, social workers, and patient navigators can help you find appropriate and affordable mental health and social support services in both hospital and community settings

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CORTLAND COMMUNITY CENTER WELCOMING TO ALL

The Cortland Community Center (at the old Susquehanna passenger train station at 90 Central Avenue) opened its doors to the community in August of 2014. The Community Center held an open house in October of 2014 and by January of 2015 started having open hours every Tuesday and Thursday from 10AM to 4PM when board members are there to greet folks who come in. The Center's doors are now open every weekday M-F from 10-4. Evenings and weekends are available for use by support groups, programs, meetings, parties and the like with reservations.

The folks who run the Center are members of the Cortland Community Group, a 501.c.3 not-for-profit organization. Use of the Center is free to all and those who run it are a welcoming bunch. However, donations are accepted and appreciated to help keep the Center running with basic necessities. Fortunately the New York Susquehanna and Western Railroad out of Cooperstown, NY owns the station and allows the Cortland Community Group to use the building to benefit the entire community.

The Center volunteers welcome all to come and visit them and the facility, whether you are an individual or an organization in need of meeting space. The Center is/has been used by Racker, JM Murray Center, Catholic Charities, Seven Valleys Health Coalition, CAPCO, TOPS weight loss, Alzheimers Association and Memory Cafe, DSS Foster Care, Probation Dept, various "Anonymous" groups, City of Cortland, League of Women Voters, Association for University Women, Central NY Alzheimers Association, a writers' group, arts and crafts,

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APP OF THE MONTH:

This award-winning app for suicide prevention can also be used as a general mood tracker. It's like MyFitnessPal for your emotional health, tracking all sorts of things relevant to your mental health. It includes unique coping methods, such as voice-recorded mindfulness and relaxation exercises, and relaxing music. The map locator pinpoints nearby therapists, support groups and mental health treatment facilities too, in case you ever need to talk to a professional. While brain-training apps should never take the place of face-to-face intervention and prevention approaches, they have potential as an addition to other stress-reducing activities, whether that's exercise, yoga, or seeing a therapist.

iPhone: <http://bit.ly/MHRelief>

Android: N/A



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CORTLAND COMMUNITY CENTER WELCOMING TO ALL



LACKAWANNA DEPOT, CORTLAND, N. Y.

a wedding, birthday parties, retail parties, Ad Hoc Production musical and theater programs, a support group for relationship loss, and more.

The Center offers ongoing computer training free of charge every Monday afternoon, on a Center computer or on the consumer's own device. The Center also offers English as a Second Language

classes free of charge every Monday and Wednesday mornings.

Sponsorship of events such as the annual City of Cortland Holiday Lighting Contest, annual programs by author Chuck D'Imperio, and various historical programs help the Center to remain a much beloved and valued part of the community.

To arrange to use the Cortland Community Center, stop into the center, email Cortland-communitycenter@mail.com, or call the Center at 607-299-4444. The best time to call to reach a board member is on a Tuesday or Thursday from 10-4. There is also a calendar on the website: www.cortlandcommunitycenter.org where you can check the calendar for availability if you would like to reserve the Center.

By Linda Stock, Community Center Board Member and Volunteer

BOOK SHARE PROGRAM CONTINUES

The Mental Health Association of Cortland County offers a book share program, developed for Mental Health related readings only. (Fiction or non-fiction.) It's *free* - your client gets to *keep* the book, and therapists can send multiple requests for books for multiple clients!

Please note, there is a cap on funding so be mindful of your requests. For more information or to make a request, email us at: mhacortlandny@gmail.com



We are a volunteer Board of Directors that act to initiate and promote advocacy services, educational presentations, prevention programs, and information and resource referrals.

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To learn more about the Cortland MHA visit:

<http://www.mhacortland.com>

or contact:

mhacortlandny@gmail.com



2018 ALZHEIMER'S DISEASE AND BRAIN HEALTH AWARENESS MONTH

The Central New York Chapter is one of over 70 Alzheimer's Association chapters serving communities across the United States.

The Alzheimer's Association, Central New York Chapter is the only organization in our region dedicated to the elimination of Alzheimer's disease and the support of individuals who have been diagnosed with it. The Chapter was founded in August 1982 and in 1983, it became affiliated by the national Alzheimer's Association.

The Central New York Chapter serves a 14-county region in Upstate New York that includes Cortland and their mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

For more information visit www.alz.org



The Basics of Alzheimer's Disease and Dementia Wednesday, June 12, 2018 2:30-3:30pm

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes, risk factors, stages of the disease, treatment and much more. The interactive workshop features video clips of people with Alzheimer's disease and their families sharing their stories. Please join the Cortland County Area Agency on Aging's Caregiver Resource Center for this **free** event in **Room 302 of the County Office Building**, 60 Central Ave. Cortland. Call (607)753-5060 for more information or to register.

2018 ALZHEIMER'S DISEASE FACTS AND FIGURES



EARLY AND ACCURATE DIAGNOSIS
COULD SAVE UP TO

\$7.9 TRILLION
in medical and care costs

IN 2018, Alzheimer's and other dementias will cost the nation

\$277 BILLION

BY 2050, these costs could rise as high as

\$1.1 TRILLION



5.7 MILLION

Americans are living with Alzheimer's

BY 2050, this number is projected to rise to nearly

14 MILLION



alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:™



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IMPROVING CANCER SURVIVORS' MENTAL HEALTH

- Talk to your health care provider about your mental health before, during, and after treatment ends.
- Ask your health care provider about mental health screening to check for and track changes in anxiety, depression, and other concerns.
- If possible, try to lead a physically active life. [Physical activity](#) has been linked to lower rates of depression among cancer survivors.

For more information on Mental Health Basics or more articles like this visit the Centers for Disease Control (CDC) website at www.cdc.gov or the National Department of Health and Human Services at www.hhs.gov. For more information on coping with cancer, and the connection between cancer and stress or decreased mental health visit the National Cancer Institute at: www.cancer.gov.

Article provided in full by CDC at:

https://www.cdc.gov/cancer/survivorship/basic_info/

COPING WITH CANCER—SUPPORT GROUP

All individuals, families and caregivers who are coping with, or are interested in learning more about cancer, are invited to attend. Cortland Regional Medical Center (CRMC) and the American Cancer Society serve as co-sponsors for the monthly support group meetings. Each meeting features a speaker on an important topic in the field of cancer or a topic of interest to families. Meets June 27th and the last Wednesday of each month at 5:30 p.m. in the Assembly Room at CRMC, 134 Homer Ave.

For more information contact:

Dan Mullins; Support Group Leader at 607-756-5234, or Carey Wilk, RN; Cancer Nurse Navigator via email at nursenavigator@cortlandregional.org or via phone at 607-753-3508.

RELAY FOR LIFE

Relay For Life is a grass roots, community-based team event that exists for the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day cancer will be eliminated.

June 16th, 2018

12:00pm (noon) - 12:00am (midnight)
Village Green, Main Street, Homer, NY
Register here: www.ascevents.org

COMMUNITY EVENTS AND SUPPORT

Food For Thought:

**Wednesday, June 13th, from Noon—1:00pm
Cortland Elks Lodge, 9 Groton Ave., Cortland**

Bridget Schaffner, current president of NAMI (National Alliance on Mental Illness) Fingerlakes will share about resources available to consumers, providers and families through NAMI.

Please Preregister at:

FoodforThoughtRSVP@gmail.com

607 Healing Hearts

**Monday, June 18th, 6:00 - 8:00pm
28 N. Main St., Cortland**

Grief support group for parents/guardians who have experienced the death of an adult child.

For more info: 607healinghearts@gmail.com

Cortland LGBT Men's Group (Monthly)

Cortland LGBT Resource Center, 73 Main St.

For more information: (607) 756-8970

Parents & Change Support Group

June 18 July 16 August 20

6:00 to 7:30 PM

Community Center, 90 Central Ave. Cortland

Contact: Becky Tripp (parentsandchange@yahoo.com)

Caregivers Support Group

Thursday, June 28th, 3:00—4:00pm

Conf. Rm. B, Basement of CRMC, 134 Homer Ave., Cortland

For those who provide support for someone aged 60 or older.

For more info: Caregivers Resource Center (607) 753-5060.

If you have an upcoming community event or article you would like considered for inclusion in the MHA Newsletter, send your submission to susan@sevenvalleyshealth.org by the 14th of the month prior, or subscribe to the newsletter via email.

Disclaimer: The information presented here does not constitute professional medical advice. Individuals respond to treatment for mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with their doctor and other health professionals in order to achieve optimal control of symptoms.