

Cancer Care Connection

SEPTEMBER 2006

Untangling from Stress

By now most of us are acutely aware of the many ways stress compromises our quality of life. It has been implicated in an astonishingly wide array of unpleasantness - from diminished immune response to a higher rate of heart disease to increased susceptibility to anxiety and depression to - yes, it's true! - weight gain.

So we know from personal experience how bad stress feels, and now we know perhaps more than we wanted about what stress does to our health. But we don't always know how to untangle ourselves from it so we can live with greater ease, calm and balance.



If you'd like to develop a friendlier relationship with stress, join Suzanne Eder of Solid Ground on Saturday, November 18, 2006, from 1:00 p.m. to 5:00 p.m. in the Park Plaza Condominium Community Room. She will be

hosting a provocative workshop, Untangling from Stress, that will provide participants a unique opportunity to:

- Explore what creates stress for them and why,
- Understand the distinction between reducing the body's stress response and reducing the source of stress,
- Understand the relationship between the nature of various stressors and the best ways to respond to them, and
- Examine new choices and practices for relating to stress.

20% Discount for CCC Corporate Members!

- Regular workshop price: \$50
- CCC Corporate member price: \$40

To register, email Suzanne at see@mysolidground.com or call (302)888-2138
Park Plaza is located at :
1100 Lovering Avenue
Wilmington, DE 19806

USEFUL LINKS:

Cancer Care Connection
www.cancercareconnection.org

[Click to view a video](#) on a new way to treat cancer.

New word: [Cyberchondria](#) - [Learn about this new phenomenon.](#)

Are happy employees more productive? - [What Employees Want.](#)

[Click to view](#) the Cancer Care Connection video.

[Click here for updates](#) on the Delaware Society for Human Resource Management (SHRM)

UPCOMING EVENT:

Light The Night
October 14th, Rehoboth Beach
[Click for more information.](#)

Have you signed up for the *Ounce of Prevention* e-course?

5 Reasons To Sign Up For "Mighty" Joe's Fitness e-course today:

- 1) You owe it to yourself to do whatever you can to stay healthy and fit.
- 2) Starting an exercise program doesn't get easier the longer you put it off - "Mighty" Joe will give you specific action steps you can start right away.
- 3) You will discover exactly what "eat right and exercise" really means.
- 4) Find out why Cancer Care Connection gave "Mighty" Joe his name!
- 5) It's FREE for all CCC corporate members - Just log on to the member's site for more information.



"Mighty" Joe Stankowski is a nationally known fitness coach, writer and presenter based in Wilmington, Delaware. Catch some of Joe's energy at www.JoeStankowski.com.

How To Log On To CCC's Website

1. Go to www.cancercareconnection.org.
2. On the side menu, click on "Employee Resources".
3. From there, click on the "Employee Members" section.
4. You will be asked for a username and password.
5. Type "corporate" for the username, and "member" for the password.
6. From there you are logged in. You will be able to sign up for the "Mighty" Joe program, sign up for after hours calls with a Cancer Resource Coach, view past newsletters, and learn about upcoming events.

Corporate Member Spotlight

Every time Cancer Care Connection puts our newsletter out, we like to highlight one of our corporate members. For this edition, I sat down with Dynamic Physical Therapy's President, Mike Myers, and Vice President, Walter Kenworthy. With over twelve years in business and 11 locations, these guys know how to keep their employees happy, the patients coming back, and their business growing.

Q: Why did you first get involved with Cancer Care Connection?

Myers: For our employees, we provide a lot of great benefits. We're always looking for something that will help their lives and something that we can give them. When this came about, and I couldn't think of a finer thing to offer our



employees guidance on. Our employees come to us for a lot of advice for a lot of things. With something as serious as cancer, I wouldn't even know where to start. It's always been a great mystery of what to do, or where to go. But I firmly believe that no matter how

bright you are, no matter how learned you are, the minute you're approached with something like that, your mind goes blank and you just don't know where to go.

Dynamic Physical Therapy

Q: What would you say would be Dynamic Physical Therapy's greatest accomplishment so far?

Myers: I'd have to say the relationships we've made with our patients, with our employees, and with the medical community.

Kenworthy: And a good example of that is we're treating 2nd and 3rd generation patients now. Our referral basis is perpetuating through the patients themselves.

Q: Describe what you mean by free transportation to and from physical therapy.

Myers: When we say free, we mean free. We don't bill it to any insurance. That's always been our community giveback. We were the first physical therapy center to offer free transportation.

Q: How would you describe Dynamic's mission?

Myers: To provide quality care. We treat everyone like they're part of our family. All my therapists take every patient and treat them like they'd treat their mother. That's how we built the business. We treat everyone like royalty.

Kenworthy: A patient of our once said, "You treated me like a person, rather than a patient."

Myers: It starts when people answer the telephone, to the drivers that pick you up. If a patient needs a loaf of bread on the way home, we'll drop them off at the store, wait for them, and then take them home.

For more information, visit www.dynamicpt.com.

What's going on in the cancer world?

Every other month, leaders in the cancer world convene in Dover for a meeting of the Delaware Cancer Consortium. The meeting is filled with doctors, hospital officials, non-profit directors, state officials, and is open to the public. Breaking up in to different committees, this group attempts to tackle big issues dealing with cancer.

Betsy Wheeler describes the Consortium, "The Delaware Cancer Consortium (DCC) is a network of organizations and individuals that provide statewide leadership and coordination and that serves as a catalyst for cancer prevention and control activities throughout Delaware. As the central forum for cancer control in Delaware, the DCC provides advice, support, and funding to State agencies, cancer centers, cancer control organizations and health care practitioners to further their role and activities in reducing mortality and morbidity from cancer. In addition, the DCC facilitates collaborative partnerships among public health agencies, the cancer centers and all other interested agencies and organizations to carry out recommended cancer control strategies. The Consortium focuses on opportunities to reduce cancer mortality and incidence through prevention, detection, treatment, education, and research and evaluation related to cancer prevention and con-

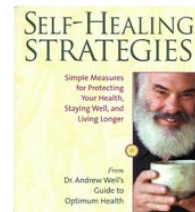
World Famous Dr. Weil CD Offer

Through a donation from Dr. Weil, CCC can offer "Self Healing Strategies - Simple Measures for Protecting Your Health, Staying Well, and Living Longer". With this CD, you can learn the strategies you need to protect your health and support your body's own healing processes.

Proceeds support CCC's free public service.

To purchase the CD set email Cary McCartin at cmccartin@can-connect.org

[Dr. Weil's website](http://Dr.Weil's website)



Cancer Care Connection, a non-profit organization, helps people make well-informed decisions through professional coaching and personalized information and resource connections. The employee resource program is funded through an employer contribution on a fee-based system. All proceeds cover the costs of delivering the specialized workplace program and support the free public program.

-Call us-

We help people deal with cancer.

1-866-266-7008

www.cancercareconnection.org