



A PUBLICATION OF THE HENRY FORD CANCER INSTITUTE

JOURNEY FORWARD



Building Togetherness
After Treatment

Foods that
Boost Immunity

Get
Creative!



Dear friends,

At the Henry Ford Cancer Institute, 1,450 professionals are working for you every day – introducing “world’s first” treatments, researching for breakthroughs, saving and enriching lives and offering hope. It is the individual connections with our patients, families and friends that inspire each of us. To stay better connected, we welcome you to our first issue of *Journey Forward*.

In each issue, you will find the backstory to one of our thousands of inspirational patients, insights into resources available for those dealing with cancer and highlights of advances within the Cancer Institute. We are truly blessed with an amazing team. With the support of our System and generous donors, we continue to make investments throughout southeast and southcentral Michigan in our cancer team, facilities, technology and support services.

The Brigitte Harris Cancer Pavilion, opening this coming summer, is our most significant investment to date: an international destination site in Detroit and the hub for our advanced and complex cancer care (see overview on page 11). Creating an innovative healing environment that matches the heart and soul of Detroit and the world-class care provided by our experts has been a longtime vision – and a journey.

It is a privilege to join each of you in the journey forward.

Onward and upward,

Steven N. Kalkanis, M.D.

Professor and Chairman, Department of Neurosurgery
Mark L. Rosenblum Endowed Chair in Neurosurgery
Co-Director, Neuroscience Institute
Medical Director, Henry Ford Cancer Institute

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ON THE COVER

Kidney cancer survivor Floride Brown-Jones sings to cope and finds fulfillment serving the Deaf community.

Read the full story on page 6



World’s First Adaptive Brain Cancer Clinical Trial

To open the door to promising therapies for glioblastoma (GBM) – the most aggressive form of brain cancer – the Henry Ford Cancer Institute enrolled the world’s first patient in the GBM Adaptive Global Innovative Learning Environment Trial (AGILE). Unlike a traditional clinical trial that focuses on one treatment and cannot be modified during the study, the GBM AGILE trial can test multiple treatments and can be modified with updated information – a major step forward for precision medicine.

Inoperable to Operable: Ken’s Story

First-in-the-world radiation treatment – known as MRI-guided radiation – is helping patients fight difficult-to-treat and otherwise inoperable cancers. Henry Ford Cancer Institute treated its first patient in 2017. Unlike other radiation treatments, the radiation beam stops when the tumor moves out of its target, reducing toxicity and increasing efficiency. Most patients require only five treatment sessions. For patients like Ken Hall, the short-term treatment made his pancreatic tumor operable. *Watch Ken’s story:* henryford.com/Inoperable

First in Michigan, Second in World: Laser Spinal Ablation

Many patients with cancer metastasized to the spine now have an option known as spinal laser interstitial thermal therapy (SLITT), which destroys cancer cells that are adjacent to the spine without the need for open surgery. Henry Ford Cancer Institute neurosurgeon Ian Lee, M.D., performed this first-in-Michigan and second-in-the-world procedure for Jacquelyn Donley, whose lung cancer had metastasized to her spine.

“Living Drug” Therapy

Henry Ford Cancer Institute is now treating patients with CAR T-cell therapy, which involves temporarily removing and modifying cells from a patient’s immune system. The altered cells are then reintroduced into the body to destroy cancer with precision medicine. The cells remain active for years, acting as a “living drug.” CAR T-cell therapy is approved for pediatric and young adult patients who have acute lymphocytic leukemia, and for adult patients with diffuse large B-cell lymphoma that has relapsed or is difficult to treat.

GET CREATIVE:

Making Art for Fun and Healing

Looking for ways to get moving, slow down or say thanks after cancer treatment? Creativity may be the answer. Henry Ford art therapist Mallory Montgomery, MS, ATR, shares ideas.

People have an innate desire to be creative and expressive – just look at the popularity of Pinterest. Art, exercise, mental strategy games or learning a new skill can stimulate the brain and promote healing.

HEALTH BENEFITS

Creative activities can reduce the effects of chemo brain and improve problem solving skills. They can boost the immune system, reduce inflammation and help manage chronic pain. Some research even suggests that creativity may reduce the risk of developing dementia and Parkinson's disease.

REPETITIVE ACTIVITIES CAN CALM

When you are feeling anxious, worried or panicky, repetitive activities can calm the nervous system, reduce the flow of stimulating adrenaline and activate the reward system in the brain. Try coloring, writing, drawing, doodling, knitting, crocheting or pattern making.

Crafting, cooking or even cleaning can have a calming effect. To express gratitude to loved ones who helped you during cancer treatment, consider painting a thank you card or sculpting with clay.

PHYSICAL ACTIVITIES CAN ENERGIZE

When you're feeling rundown or experiencing chemo fatigue, do activities that involve body movement. Try singing, free-form dancing, creating ceramics or woodworking. They can produce a burst of energizing dopamine – the feel-good brain chemical – that relieves stress, increases alertness and boosts self-esteem.

JUST DO IT!

Ready to get crafty but need some inspiration? Download details to make two of Mallory's favorite projects: No-sew worry dolls and intention bracelets at henryford.com/JourneyMagazine. Happy creating!

Find inspiration in your community

Need help finding inspiration or support for art projects? Check out these community resources:

**Anton Art Center –
Mount Clemens**
theartcenter.org

ArtBlock – Detroit
henryford.com/Artblock

Arts & Scraps – Detroit
artsandscraps.org

Detroit Institute of Arts
dia.org or (313) 833-7900

**Oakland County Parks and
Recreation – Madison Heights**
oakgov.com/parks or
(248) 585-6990

**The Jewish Community Center –
West Bloomfield**
jccdet.org or (248) 661-1000

Learn more about Art Therapy at Henry Ford: henryford.com/CancerSupport



Balancing Diet and Winter

When cold weather rolls around, some people may look for specific foods to help ward off colds and the flu. But the real trick to building the immune system is eating a balanced diet.

“There is no one magic food,” says Amy Carion, RDN, a registered dietitian nutritionist at Henry Ford Cancer Institute. “It’s best to eat vegetables and fruits in varying colors. Include grains, beans and a variety of lean proteins. Also, avoid eating sugary foods that are not as nutritious.”

But that may not be so easy. During chemotherapy or radiation, some patients lose their appetite. They need to be lenient about what they eat, Carion says. After treatment, they can focus on losing weight and eating balanced meals.

FOOD VS. SUPPLEMENTS

Vitamins and minerals are absorbed best when they come directly from fruits, vegetables, grains and lean meats – not supplements. Preparing a varied and balanced diet may take some effort. “But the most rewarding choices in life aren’t the easiest,” Carion says. She also recommends a daily multivitamin and daily exercise.

LONELY EATING

During the winter months when people are bored or alone in the house, there’s a tendency to eat more. Carion suggests identifying your real needs and becoming proactive. Surprisingly, one of the fastest ways to subdue hunger is to drink water. Thirst and dehydration can be confused with hunger, particularly as we age. In any season and for any reason, aim to drink 8 or 10 glasses of water a day. Not a big lover of water, Carion says she keeps a sticky note handy to tally her daily progress.

CELEBRATE!

Treating oneself with food is part of enjoying life and winter celebrations. But that’s when people can go crazy with food, Carion says. Instead, consider the true reason for any celebration, and focus on why the people are gathered and what you’re thankful for.

Get Amy’s Recipe of the Month – BAKED PEARS WITH GINGER SNAPS AND WHIPPED CREAM – at henryford.com/JourneyMagazine

Singing Through Cancer

Song and service helps one woman find peace during cancer treatment and survivorship.



When a chronic cough wouldn't let her hit the high notes as she sang in her choir, Floride (pronounced Flo-reed) Brown-Jones made an appointment to see her internist at Henry Ford Hospital. After several tests and numerous medications, she had a CAT scan.

Soon she was told to bring a family member to Henry Ford to hear the results: A large mass – about the size of a baseball – was on her kidney and would make surgery nearly impossible.

"It was very fortunate that the tumor was found," says Hans J. Stricker, M.D., an international expert in urology and chief of surgery at Henry Ford West Bloomfield Hospital. "Usually there are no symptoms of kidney cancer until the disease is very far advanced." The cough was unrelated to the cancer, but the tumor may have caused some shortness of breath.

Music has been a godsend for Floride. She began singing after her mother died, and she was left to care for her five siblings, her son and her sister's four children while working two jobs. Floride's pastor told her to sing or "just make some noise." By visualizing the song lyrics, she felt solace. It would be a much-needed practice in the future.

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“

You can tell yourself something, and you'll start believing it.”

— FLORIDE BROWN-JONES



Years later, when Floride told her family she had cancer, they were alarmed. They already lost four family members to the disease. “I’ve seen tragedy, but I still have hope that I learned from my mom and from praying,” says 55-year-old Floride.

In June 2017, Floride had a robotic nephrectomy at Henry Ford Hospital in Detroit. A week later, friends were shocked to see her walking. “I had no walker. No bleeding. No pain,” she says. Robotic surgery offers patients shorter recovery times, less bleeding and fewer complications.

Early one morning after the surgery, Floride heard knocking on her door. “It was a deaf woman. I had to get up and help her. She didn’t have food or housing,” says Floride, who is a deaf interpreter at Third New Hope Baptist Church in Detroit. “While I was doing for that woman, I felt God was doing for me.”

Floride was doing something else for herself, too – singing along with her church choir’s CD.

“These songs give me hope for a better day. Each song took me through a particular moment as I

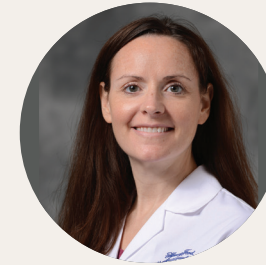
was dealing with the cancer,” Floride says. “You can tell yourself something, and you’ll start believing it.” Recalling some lyrics, she sings, “I’ll be down today, but tomorrow in the morning my joy is coming . . . My sickness and pain – He’s gonna change into singing and praising.”

Floride advises people to tell their story and give it a melody. Then it will turn into a song. “We all have to walk on the same hard path,” she says. “Wouldn’t you rather be happy during the walk?”

These days, Floride advocates for cancer patients in the Deaf community. “The Big C will not control you if you don’t let it. You have to find peace within yourself to keep going,” Floride says. “Ask your doctor questions – and most of all, trust God.”



Learn more about Floride’s story and watch her video at henryford.com/JourneyMagazine



ASK DR. MICHAEL RYAN ABOUT –

Rekindling Togetherness After Treatment

Michael Ryan, Psy.D., is the clinical director of supportive oncology at Henry Ford Cancer Institute.

When treatment ends, many patients feel the loss of an emotional connection to their medical team. That grief may indicate it’s time to rekindle old relationships or make new ones. Also, rediscovering activities that gave you a purpose and passion before your cancer diagnosis may help to build a sense of meaning and community. Some survivors get involved with advocacy for cancer patients. Others don’t. If necessary, get a passion perspective from loved ones or a mentor.

HOW CAN SURVIVORS MANAGE SELF-CARE AND SOCIALIZING?

Residual fatigue and pain often occur after treatment. Know your limits. Accept offers for help. Receiving help from your medical team built connections. It can do the same in other situations. If you’re at a gathering, be transparent with your host about your needs. Make contingency plans so you’ll always have a way of escape. If guests come to your home, suggest short visits and let people know when you need to rest.

WHAT ARE A FEW WAYS TO OFFSET NEGATIVE CONVERSATIONS ABOUT CANCER?

Plan respectful ways to stop the conversation: “I appreciate your concern, but I’m not going to focus on cancer today.” Change the subject. Ask a loved one to help you circumvent negative conversations. Before a gathering, ask guests to focus on non-cancer topics. Connect with others by doing group activities such as singing or playing games.

WHAT ARE SOME TIPS FOR HAVING OVERNIGHT GUESTS?

Let guests know you’re excited about their visit, and you’ll be taking time for self-care. Plan ways to fill your needs. For example, tell guests you may go to bed early. Ask guests to bring a book or quiet work for those times. Make plans with other friends to invite your guests to dinner or sightseeing so you can have a break.



Free One-on-One Support

If you’re a cancer patient, survivor or caregiver, you can get free one-on-one support from someone who’s been in your shoes. Imerman Angels connects you with “mentor angels” who inspire hope and lend emotional support.

Imerman Angels recently presented Henry Ford Cancer Institute with the Healthcare Angel award for outstanding involvement. Henry Ford has the third largest sign-up rate among U.S. cancer centers.

Learn more about getting a mentor, or becoming one: imermanangels.org/Get-support.

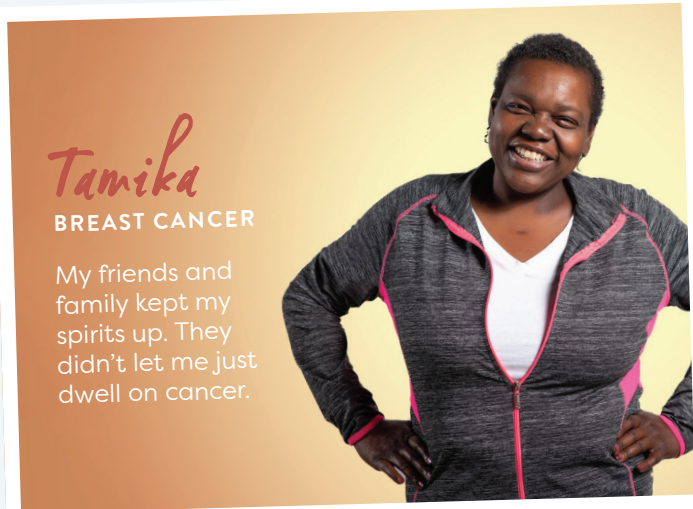
Survivors Speak Out

To help inspire and give hope to those who have been recently diagnosed, we asked several of our survivors what gave them strength during treatment.



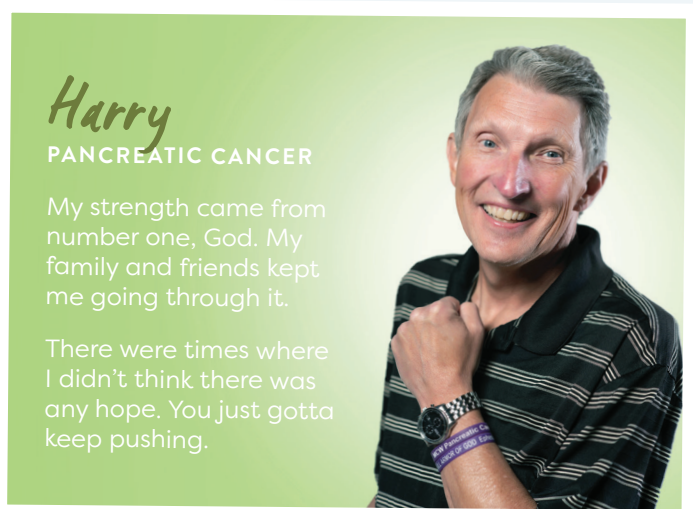
Donald COLON CANCER

What gave me the strength to keep going through my treatment? One, it was God himself. Second, was the support I got from my wife, from my family, from my church. The oncologists, the RNs of Henry Ford – they were just simply awesome!



Tamika
BREAST CANCER

My friends and family kept my spirits up. They didn't let me just dwell on cancer.



Harry
PANCREATIC CANCER

My strength came from number one, God. My family and friends kept me going through it.

There were times where I didn't think there was any hope. You just gotta keep pushing.



Shaun
LUNG CANCER

You went through this. You fought. You beat it. Now use that experience to tell other people. But you're not defined by it.



Michelle
ENDOMETRIAL CANCER

[Know] you're not alone. Your doctor, your nurses, the cancer team – they're with you from the beginning all the way until the very end.



Brigitte Harris Cancer Pavilion Update

Growth is happening! The Brigitte Harris Cancer Pavilion. The treatment options. The services. Most of all – hope.

People worldwide travel to the Henry Ford Cancer Institute for advanced cancer treatment, and now the Brigitte Harris Cancer Pavilion in Detroit is getting ready to play a major role in their recovery.

Opening in 2020, the Pavilion encompasses 187,000 square feet, six floors and the Nancy Vlasic Skywalk connection across West Grand Boulevard to Henry Ford Hospital.

Patients can gather at the new facility for classes, support groups and therapeutic services. For lounging or contemplation, a terrace and other areas will attract those in need of a breather.

In honor of his late wife, Brigitte, Detroit businessman Mort Harris generously donated \$20 million for the building. The largest individual gift in Henry Ford's history, his donation is part of a \$40 million package to support the building project and three specific program areas: precision medicine, pancreatic cancer and brain cancer.

Learn more: henryford.com/NewCancerPavilion



CARE IT FORWARD

Game On Cancer's Blankets for Chemotherapy Patients

SMALL DONATIONS MAKE A BIG IMPACT

While undergoing chemotherapy, cancer patients sometimes experience cold even more profoundly than usual. This winter, Henry Ford Health System's Game On Cancer is on a mission to provide cozy blankets and other important resources at chemotherapy infusion centers.

Game On Cancer – a collaboration between Henry Ford, the Detroit Lions and the Detroit Pistons – raises money to alleviate barriers cancer patients face on their road to recovery and increases funding for cancer research.

Individual donors make a big impact! Patients receive 100 percent of gifts in the form of assistance for heating or water bills, medication, blankets, transportation to medical appointments, and much more.

Learn how your \$55 donation to Game On Cancer can provide a warm blanket and other important resources for cancer patients: henryford.com/GOCBlankets



Game On Cancer Celebrates Raising \$5 Million in 5 Years: More than 1,500 – including cancer patients, their families and those who made contributions to impact the lives of cancer patients – gathered for a special event at Ford Field to celebrate a major milestone: Collectively raising \$5 million in five years through Game On Cancer to support cancer patients and their families.

Join Our Survivorship Group on Facebook

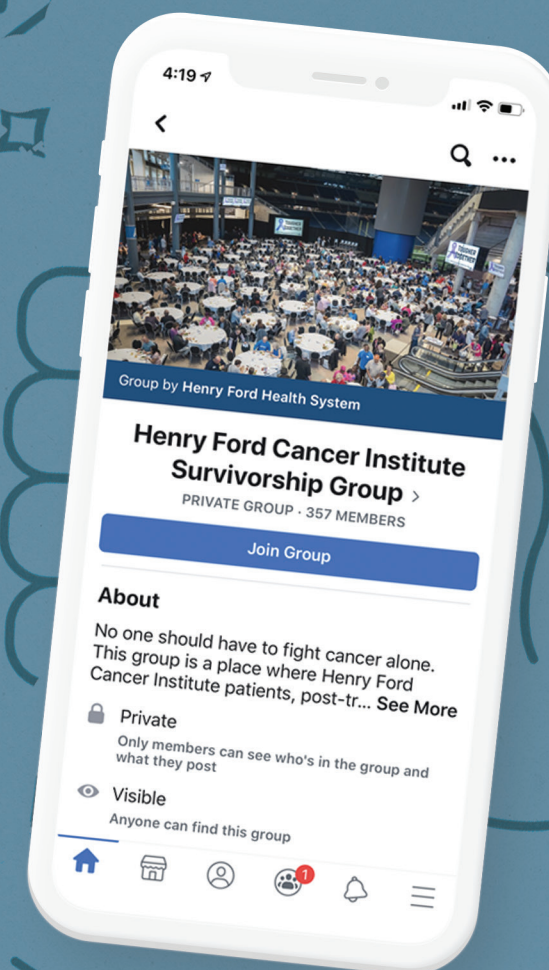
No one chooses cancer. And no one should have to fight it alone. That's why we created the Henry Ford Cancer Institute Survivorship Group on Facebook.

Our Facebook group is a place where Henry Ford Cancer Institute patients, post-treatment survivors, caregivers and family members can interact to share important resources. It offers an opportunity to make positive connections with others who have walked in your shoes to help navigate this unique journey.

HOW TO BECOME A MEMBER

If you have a Facebook account, it's easy to become a member of the Henry Ford Cancer Institute Survivorship Group.

- Go to Facebook.com and enter your login information
- Using the search field at the top of the page, type "Henry Ford Cancer Institute"
- Click on the Henry Ford Cancer Institute Survivorship Group
- Request to become a member and answer a few questions
Note: you must answer these questions to be admitted to the group
- Get connected to fellow warriors and start sharing!



Local and National Resources for Patients and Caregivers

Patients and caregivers have access to extensive resources – including Henry Ford cancer support specialists – to help throughout their cancer journey. Get a snapshot of some organizations on this page, or see our complete list at henryford.com/CancerSupport.

ASSISTANCE FOR SENIOR CITIZENS

- **Detroit Area Agency on Aging** – Offers community resources for older adults, those with disabilities and caregivers in Detroit and the Grosse Pointe area: DetroitSeniorSolution.org
- **Green House Project** – Provides independent living and acute care in highly staffed, home-like settings in Detroit and Redford: TheGreenHouseProject.org
- **PACE Southeast Michigan** – Gives frail seniors care, medical treatment and support: PaceSemi.org

CAREGIVER SUPPORT

- **Caregiver Assistance Resources and Education** – Offers resources, education, tools and events: HenryFord.com/visitors/caregivers
- **Helm at Boll Life Center** – Supplies services, education, health resources and activities at the community center in Grosse Pointe Farms: HelmLife.org

GRIEF SUPPORT

- **Henry Ford Hospice** – Provides grief support groups for adults and children, and a bereavement specialist for at least 13 months: (586) 276-9570.
- **Hospice of Michigan** – Furnishes a list of support groups in Wayne and Macomb counties: Hom.org

INSURANCE AND GOVERNMENT ASSISTANCE

- **Medicare** – Gives information about coverage and services through the national health insurance program: Medicare.gov
- **Medicaid** – Presents information about programs for those who meet low-income guidelines: Medicaid.gov

Support for the Journey

We provide a wide range of services to support your physical and emotional well-being during cancer treatment and recovery. Our staff will coordinate care, provide integrative medicine options and suggest options for joining cancer support groups or taking advantage of additional services.

Patient Support Groups

BRAIN CANCER

Meets monthly: Henry Ford Hospital

Meets monthly: Henry Ford West Bloomfield Hospital

BREAST CANCER

Meets on alternate weeks: Henry Ford Hospital and Henry Ford West Bloomfield

Meets monthly: Henry Ford Cancer Institute – Brownstown

Meets monthly: Henry Ford Allegiance Health Professional Building

BREAST AND GYNECOLOGICAL CANCER

Meets on alternate weeks: Henry Ford Allegiance Radiation Oncology

CANCER

Meets monthly: Henry Ford Medical Center – Fairlane

Meets monthly: Henry Ford Cancer Institute – Brownstown

Meets weekly: Henry Ford Macomb Hospital

HEAD AND NECK CANCER

Meets monthly: Shelby Macomb Medical Mall

Meets monthly: Henry Ford West Bloomfield Hospital

PROSTATE CANCER

Meets monthly: Henry Ford Cancer Institute – Brownstown

Wellness Classes

ART THERAPY

Meets monthly: Henry Ford Macomb Hospital

Meets monthly: Henry Ford Hospital

Meets on alternate weeks: Henry Ford West Bloomfield Hospital

Meets in six-week sessions: Henry Ford Cancer Institute – Brownstown

ONCOLOGY YOGA

Meets on alternate weeks: Henry Ford Macomb Hospital

Meets twice weekly: Henry Ford Cancer Institute – Brownstown

Meets weekly: Henry Ford West Bloomfield Hospital

NUTRITION EDUCATION

Meets monthly: Henry Ford Hospital

BEAUTIFUL U

Meets quarterly: Henry Ford Cancer Institute – Columbus

Meets bi-monthly: Henry Ford Cancer Institute – Brownstown

Get full class information and dates:
henryford.com/CancerSupport



How to Create a Cancer Care Package



**COLORING BOOKS
AND TRAVEL GAMES**



**FRAMED
PHOTOS**



**FUZZY SOCKS,
SLIPPERS OR HAT**



**LAP BLANKET OR
ZIPPER HOODIE**



**HARD CANDY
OR GUM**



**JOURNAL AND
COLORED PENS**



**NECK PILLOW,
HEATING PAD
OR STRESS BALL**



PEDOMETER



**PRE-PACKAGED
NUTRITION SHAKES**

JOURNEY FORWARD – WINTER 2019