

2022 IMPACT REPORT



CANCER HEALTH

With so much gratitude...

Thank you!

You are our difference makers, life enrichers, and you bring smiles, comfort, healing, and hope to the patients and families we serve every day at the Lemmen-Holton Cancer Pavilion.

As we reflect on 2022, we do so with immense gratitude. It is a joy and a privilege to be part of the lives of each person who this team interacts with every single day. It is our pleasure to share this report of impact with you. This past year your generous support provided a great deal of support for the many services we offer in addition to clinical care. From yoga to music therapy to expressive arts, each of these play a role in the treatment and recovery of our patients. We are grateful for philanthropy, especially yours, that gives us the ability to offer all of this.

In addition to reading about the many ancillary services we provide, you will read about two very special patients, Kathy (pictured on the cover) and Diane, and how **Beautiful You and Expressive Arts** positively impacted their healing. You'll read reflections of patients who took part in **yoga** and benefited from **massage therapy** and shared their feedback through anonymous surveys. It is our hope that you will feel proud of what you are doing through your philanthropy.

Thank you for partnering with us in this important work.

Gratefully,

AJ

Anas Al-Janadi, MD
VP, Department Chief, Cancer Health

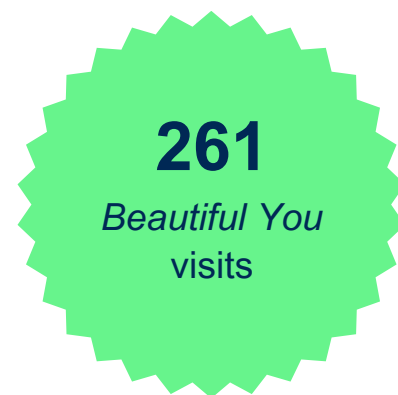
Barbara

Barbara J. Schmidtman, Ph.D.
VP of Operations, Cancer Health



"This service helped me immensely after being stuck in bed for a week. My massage therapist Katie was a critical piece in helping me get up and around. My neck and back were so painful and full of knots, but with her treatment I was able to sleep comfortably without feeling constant pain, and could get up and around with minimal discomfort."

Massage Therapy Patient



"They're in the fight of their life. When they ask how much a hat or wig is and I tell them it's free, they always get a tear in their eye. For them, it's a relief. A gift. Something they don't have to worry about."

Rebekah Pokorzynski
Beautiful You Stylist

The healing power of music therapy...

It's hard to deny the many ways music promotes good health and healing, which is why we continue to provide music therapy options for our patients at Lemmen-Holton Cancer Pavilion, the Lettinga Inpatient Cancer Center, and virtually through telehealth.

In 2022 there were several offerings:

- Individual music therapy
- Music therapy groups for patients and their families
- *Music for Health*, a partnership with the Grand Rapids Symphony, with performances held at Lemmen-Holton Cancer Pavilion with our own music therapists. On *Music for Health Service Days*, the musicians from the Grand Rapids Symphony are on campuses for hours, playing in the different parts of the chemotherapy infusion space, and they played during the Holiday Open House
- Group music therapy for 20 survivors at Bluebird Cancer Retreats West Michigan, which hosts five sessions annually in Holland, Michigan for newcomers, couples, and a reunion session.
- Our music therapists also were able to complete several patient-focused projects such as creating original songs for emotional expression and heartbeat recordings for legacy projects.



539
patient music
therapy sessions

15
Music for Health
performances

225
family members
and caregiver
sessions

Expressive Arts: Diane's Story...

As can so often happen, circumstances pulled Diane Meyer away from a leading love in her life. "I wanted to get my spark back," Diane, 74, said. "I wanted to get back to doing artwork."

She would find that inspiration in an unexpected place. After a breast cancer diagnosis, Diane visited the Lemmen-Holton Cancer Pavilion for treatment, and a brochure about the Expressive Arts program caught her eye. Soon after, she found herself putting brush to canvas for the first time in years.

"Art is a great way to express your feelings and help you get calm," Diane said. "The first painting I did looked like turmoil, and it helped me heal." *Imagination: Hand to Paper*, a work that reflects her cancer journey and her passion for art, won a 2022 Juror's Choice award from Artists Creating Together, a nonprofit that pairs artists with people with disabilities.

RaNae Couture leads the Expressive Arts Program. She described the "flow state" that occurs when people tap into their creativity. "It unleashes brain chemicals that reduce anxiety, which bolsters your immunity," she said.

Born in Philadelphia, Diane always loved art. But she never considered herself an artist. Diane "dabbled in art" over the years—painting watercolors, taking a pottery class with Carl, creating a papier-mâché sandhill crane and barn owl using natural materials. Later, she would make baskets, sell handmade cards and write poetry.

She balanced her love of art with her other favorites raising their son, Dustin, and environmental work with Sierra Club. She helped Carl run their snowplowing and landscaping business. Life stresses drained her creativity.

The cancer diagnosis came out of the blue, but Expressive Arts provided a lifeline. "Inspiration sparkled again," she said. "It's a time to focus on something else. When I'm creating, everything else goes away." She has completed her treatment, but she and Carl continue to attend the art program.

The program benefits caregivers, too, Couture said. "It gives them something else to talk about besides the medical," she said. "They can find a little relief."

On a recent Tuesday morning, piano music played in the background as patients and caregivers worked at easels in the lobby. Colorful paints and pallets lined a portable shelving unit. Many people will show up and say, "I'm not an artist." That's when Couture gently encourages them to give it a try.

Time and again, she has seen how art can heal—not only for patients battling cancer, but those facing brain injuries or serious illness, or those in hospice.

"Sometimes when they come in, they've lost so much, they've forgotten who they are," Couture said. "The art fills them up. Through painting and art activities, they see themselves again."



Finding Health and Strength in Yoga...

I love the online option. Most of us would not be able to continue yoga otherwise. Treatments, schedules, and most of all, germs, would prevent us from going to the Lemmen-Holton Cancer Pavilion for yoga.

Denise is the best! Her yoga instruction is top notch and perfect for us cancer patients. I have unique challenges with my multiple surgeries and she makes each pose work for our individual needs.

I took the Yoga class on Zoom. You have such a gift! My desire is to bring forward a peaceful, playful body and this practice hits the spot. I will have radiation treatment for the next 6 weeks, and I'm planning on yoga twice a week. Thanks for your dedication to heal your body and ours!

Denise is an expert professional, yet shows immense empathy and care for each of us. I am confident that each of us would consider Denise a friend, and perhaps a confidant.

Not only do we love the chance to do yoga with fellow cancer survivors, it has become a support group. Virginia, Marge, Linda, Dani, Sue, and the rest of the class are now friends, and yoga has helped us stay connected.

Thank you for allowing us to learn restorative yoga, for meeting and getting to know these beautiful people, and for giving us a setting to do yoga in our own safe environment.

**quotes taken from anonymous surveys*

Beautiful You: Kathy's Story...

At first, Kathy Walker seemed a bit hesitant when she walked into the salon on the third floor of the Lemmen-Holton Cancer Pavilion. She wore a baseball cap to cover the fact that her hair had started falling out in clumps because of chemotherapy.

As Walker eased herself into a chair, Beautiful You stylist Rebecca Pokorzynski freshened up the ends of Walker's hair. Then Pokorzynski pulled out some color swatches and wig samples. They found a perfect match. "It was a God thing," Pokorzynski said. "We slid that over her remaining golden locks and ... she was back."

Beautiful You is a nonprofit formed in 2014 by Pam Westers, owner of Profile Salon in Comstock Park, Michigan. Its mission is to serve women and girls undergoing cancer treatment by providing them with a little extra pampering, from manicures and massage therapy to haircuts and free wigs. In recent years, donors from our community have made gifts to the Corewell Health Foundation West Michigan, which allows us to have the Beautiful You services onsite at Lemmen-Holton Cancer Pavilion.

Walker, of Muskegon, Michigan, thought she'd never wear a wig. But that changed as soon as she looked in the mirror. "When they say, 'Beautiful You,' that's what it makes you feel like," Walker said. "It makes you feel like a woman again."

Walker's cancer journey began in December 2021 when she began losing weight, eventually getting to just 96 pounds. She also had severe back pain. When she returned to Michigan in April 2022 she sought help and was connected with Sreenivasa Chandana, MD, PhD, a medical oncologist who specializes in pancreatic cancer treatment.

Walker had a tumor on her pancreas. She underwent treatment for cancer and received medication to control the pain, and Dr. Chandana developed a chemotherapy regimen aimed at keeping "a tight lid" on the cancer. By the end of 2022, her weight loss stopped, her appetite returned, and she continues to cherish every moment with her grandchildren.

During a recent visit to Beautiful You, Walker provided updates about her grandkids as Pokorzynski braided her wig, freshened her eyeliner and showed her some head coverings for winter. Beautiful You also offers Vera Bradley chemotherapy bags with items such as hand lotion, along with paraffin wax treatments and scalp massages. It delivers that little something extra. "They come and get to see me and that's a little bit of sunshine in that part of the day," Pokorzynski said.

During her chemotherapy treatments, she always makes a point to tell other women about Beautiful You. "It makes you feel so much better," Walker said. "I think: Be upbeat. You have to be."

