



# TRANSITIONS:

Choices in Recovery

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## Moving On

Since young cancer survivors face a variety of unique issues following a cancer diagnosis, there is a special aspect of the Transitions program to address this group. Moving On has been specifically designed for our patients approximately 40 years and younger, who are single, married or married with children.

Activities offered to Moving On participants will be tailored for survivors but with a special emphasis on programs for young children and families.

In addition, a special seminar series will be developed in which professionals will address practical issues, psychosocial needs, lifestyle changes and specific coping strategies. Seminar topics with an emphasis on the unique needs of young adult cancer survivors might include: body image and sexual function, fertility and childbearing, dating and relationships, employment issues, and helping children cope with a parent's diagnosis.

## Transition

*"The movement, passage, or change from one position, state, stage, subject, concept, to another; change."*

Support • Wellness • Movement • Change

## About the Bennett Cancer Center

Stamford Hospital's Carl & Dorothy Bennett Cancer Center provides patients with a superior level of clinical care, access to world-class physicians and skilled nurses, and the latest in treatment options, research protocols and supportive services. The center offers a multidisciplinary, holistic approach to cancer care and treatment where patients are treated as individuals in a healing environment.

The Bennett Cancer Center is accredited as a "Teaching Hospital Cancer Program" by the American College of Surgeons Commission on Cancer. This is the highest designation available to a community hospital.

For more information about the Transitions program, call 203.276.7841 or e-mail [transitions@stamhealth.org](mailto:transitions@stamhealth.org).



Affiliate Columbia University-College of Physicians & Surgeons  
Member NewYork-Presbyterian Healthcare System  
A Planetree Hospital

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## A Post-Care Survivorship Program at the Bennett Cancer Center



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## Recovery

*“Physical recovery is not the end of the recovery process. Emotional recovery and the emotional implications of the diagnosis and treatment may not seem critical to physical healing, but by the time the patient has managed through the physical recovery, his journey is just beginning.”*

— Rick Brill, cancer patient  
*(Alternative Medicine, June 2007)*

The completion of active treatment is more than a significant milestone. It also marks the beginning of your ongoing recovery. As we partnered with you throughout your diagnosis and active treatment, we would like to continue to help you on your journey through recovery. We have designed the Transitions: Choices in Recovery program especially for this purpose. Our goal is to help you live with, through and beyond cancer and assist you in your return to wellness.

### About Transitions

The Bennett Cancer Center is pleased to introduce you to Transitions: Choices in Recovery, a post-treatment survivorship program for patients and families. We can offer support and information that will guide you and your family in your effort to regain energy, strength and confidence in your well-being.

### Post-Care Planning

As you complete active treatment, your oncologist will prepare a summary of your cancer treatment and make recommendations for appropriate future testing and screening. With your permission, your personal care plan will be shared with your primary care physician.

You will meet with Deanna Xistris, APRN, AOCN, to review your summary of treatment and discuss recommendations for positive lifestyle changes including nutrition, genetics and exercise. In addition, you will meet with Frances Becker, LCSW, OSW-C, to discuss your goals, any concerns you may have, and to review psychosocial support services.

Our post-care planning goal is to offer you the tools to support your return to optimal wellness.

### Post-Care Support Programs

The end of active treatment moves you to the next phase in your journey: recovery and building a sense of confidence in your well-being. You will have access to a number of programs and activities to support you in your recovery.

You will be invited to participate in:

- A post-care nutrition consultation and additional nutrition workshops throughout the year.
- Our post-treatment exercise program to help you regain stamina, energy and strength. This program provides personal training sessions three times a week for 24 sessions followed by more independent sessions with trainer supervision, as you gain confidence.
- A sampler of programs for you to try including Reiki, reflexology, yoga, t'ai chi and chair massage.
- Various programs highlighting wellness, including stress management, art, music and sound therapy workshops.
- Educational programs to discuss specific issues and coping strategies.

Energy • Strength • Well-Being • Confidence • Support • Wellness • Movement • Change • Spirit • Journey • Recovery • Future