

Fall 2007



INTEGRATIVE NEWS



Cancer Dancers: A Team of Support & Inspiration

In 2004, Elena Ladas and Christine Grimaldi decided to take action. As our adolescents and young adults completed their cancer treatment, few were educated on the importance of physical activity and nutrition in the prevention of late effects. Wanting to provide them with lifestyle modification tools, Elena and Christine developed an intervention program for survivors of childhood cancer. Through physical fitness classes, nutrition education and counseling sessions, and a chef program, the program was mobilized, offering services not only to the survivors themselves but also to their siblings and parents.

Over the years, the program evolved and expanded. Last year, the group decided they wanted to learn how to dance during a breakout session while at exercise class. Choreographer, Todd Shanks, opted to take the challenge and train the group in the hip hop technique. Embracing the word “cancer” to minimize stigma associated with the disease, the group named themselves the Cancer Dancers. Consisting of 15 survivors and siblings ranging from 13 to 23 years of age, the Cancer Dancers have recently been featured on The View and NY1. The Cancer Dancers are spreading the message of hope and inspiration to other young people and their families coping with the effects of cancer through the spirit of finding a positive way to stay in shape, have fun and dance.

When asked how the Cancer Dancers have helped her transition off cancer treatment, one patient noted: “They have become my family.” Siblings too have found strength and support. One sibling expressed how the Cancer Dancers have helped her after her brother’s transition off cancer treatment: “They have taught me not to be afraid if anything should happen again to my brother. Now I have a team of support.”

For more information log on to: www.hopeandheroes.org/CancerDancers.

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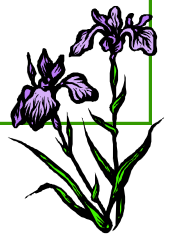
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Cancer Dancers at The View

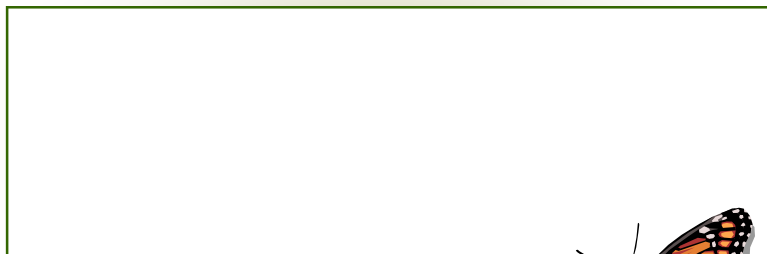


Cancer Dancers at Practice





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Back to School Healthy Lunch Ideas for All Ages

School lunches can get boring once the excitement of back-to-school has diminished. Variety is important in any diet. Here are a few ideas to add to your routine.

Preschool

- *water & milk
- *turkey & cheese rollup
- *Kashi TLC crackers
- *kiwi & red pepper slices

Grammar School

- *make-your-own tostada
- *carrot sticks
- *grapes skewered on kabob sticks
- *whole-wheat pretzel honey sticks

Junior High & High School

- *apple or pear
- *dried fruits & nuts
- *hummus on whole grain pita
- *vegetable wrap or burrito
- *sliced cucumbers or spinach salad

(based on an article from *Organic Style*, September 2005)

6 Tips for Healthy Lunches

1. Mix Colors
 2. Bigger is not better
 3. Make it easy (pre-peel oranges, cantaloupe, etc.)
 4. Let your children choose
 5. Add fresh fruit & crunchy vegetables
 6. Provide water (based on an article from *Organic Style*, September 2005)
- * Best to leave out chips, granola or chocolate bars, donuts or cakes, sweet drinks, and fatty meats.

Highlight

On August 8, 2007, Dr. Kelly, joined with Dr. Mansky, Director, Integrative Medicine Consult, National Institutes of Health, and Dr. Stuart Spiegel, Director, Children's Center for Cancer and Blood Diseases, hosted "Complementary and Alternative Medicine for Pediatric Cancer" on Vital Option's, the Group Room, radio show. To listen to this segment, log on to:
http://www.vitaloptions.org/grouproom_archives.htm.