



Richland County Health Department

Soul Survivors

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Thanks to a grant received from the North Dakota Comprehensive Cancer Control Program, I have had the privilege of collaborating with the survivorship community. Our goal for the grant is to improve awareness and knowledge about cancer survivorship. This has been accomplished through

providing an evening educational event, implementing a book club for networking and creating a newsletter that will be distributed biannually via email or on our website (www.richlandcountyhealth.org). In the newsletter, we will be sharing cancer survivor stories and

and education from subject matter experts. In my experience, our community excels at supporting those who have been faced with the diagnosis of cancer. Thank you to those who are brave enough to share their stories to educate and inspire us. Enjoy!



Miranda Andel, RN
Richland County
Health Dept.

A 20 year Cancer Survivor's Story

Being a cancer survivor isn't what it sounds like, at least for me. My battle started in 2002 while studying for a test in chiropractic college. We had to physically know where the thyroid was on the neck. As I was checking my own thyroid, I found a lump. I knew enough to know that it was not normal and the next thing I knew I was home on spring break having testing done.

By summer I was having surgery to remove my malignant cancerous thyroid and then followed by high dose radioactive iodine treatment to my lymph nodes. In a very short time I went from finding out I had cancer, a moment you never forget, to becoming a cancer survivor. Being a survivor is not a word I use lightly or I felt came with the same weight as others.

I felt cheated the whole cancer diagnosis as my symptoms were very minimal, and my course of treatment was very short.



A 20 year Cancer Survivor's Story

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You see thyroid cancer has a magic pill using radioactive iodine specifically affecting only the thyroid cells that were cancerous. I didn't have to suffer. I didn't have to lose my hair. I didn't get very sick. So I feel my being a survivor didn't come with the journey that others had to endure to get that title. But the other part of being a survivor is the mental part. I'm guessing almost every cancer survivor has that looming thought of why me, why did I get cancer. And most of all why am I a survivor. You ask why I got saved here on earth and not someone else. It took me a long time to work through this answer, but as I was still able to finish my chiropractic degree, I found out my purpose. Chiropractic not only saved my life in that, if I had not been studying for that test, who knows if I would still be here. Chiropractic continues to save my life, each time I get adjusted it gives my body the 100% capability to function neurologically to each cell without any other type of interference. Keeping the body healthy doesn't give it the chance to mutate into cancer again. I also make decisions for my house that can help me avoid any relapse or forming any other type of cancer. My journey has given me a positive outlook on life. I know that CHIROPRACTIC for me is my gift to help save others from their suffering. I hope to keep them from any type of pain and suffering with how their body is not functioning correctly.

So as I treat each patient I treat them as if they need a positive attitude adjustment and the chiropractic care and support to make the most of their every day again. When I get down on myself, I kick myself in the butt and say, you were given one more day, use it! Each cancer survivor should know that a survivor is a survivor. No matter the pain, suffering, or journey. It's their journey they were given to live more days with their family, friends and loved ones to the fullest. So make the most of your cancer survivor journey, I know I am!



Dr. Andrea Hornstein, Hornstein Family Chiropractic

Since Dr. Andrea's diagnosis she has been a Doctor of Chiropractic for 17 years with an additional certification in Pediatrics and Pregnancy. Her passion is to "help families grow up healthy." She is married with 3 kids and loves time with her family in the outdoors especially in the summertime. She also enjoys attending every sporting event her kids have on the schedule.

American Cancer Society

In 2022, it is estimated that there will be 4,300 new cancer cases in North Dakota and 35,130 new cancer cases in Minnesota. As a result, many concerns for cancer patients and their families emerge. For instance, in any given year, 3.6 million Americans miss at a minimum one medical appointment due to a lack of transportation. The impact of transportation barriers on people's health consists of delayed or missed medical appointments, difficulty making and keeping follow-up appointments, inability to comply with prescribed health management plans, increased use of emergency rooms, and poor health outcomes. Because of our generous donors and sponsors, ACS has partnered with several health systems specific to North Dakota, Minnesota, and South Dakota to help health systems find patient-centered solutions to reduce missed appointments due to transportation barriers. Cancer patients are encouraged to check with their health system staff to inquire about transportation and lodging support if they are in need of assistance.

Other ACS resources exist for cancer patients including the National Cancer Information Center (NCIC). Our NCIC is available 24/7 at 1- 800-227-2345 and provides trained, caring staff that delivers information and support when and where people need it (e.g., financial concerns, hair-loss, and mastectomy products, lodging and transportation questions, survivor and

caregiver support, and on-call nurses). Our NCIC responds to more than 1.4 million inquiries annually.

Since 1991, the cancer death rate has dropped by 32% due to cancer research that developed new treatments and medications, translating to more than 3.5 million lives saved. Our goal by 2035 is to have the cancer death rate drop by 40%. Overall, ACS's goal is to improve the lives of cancer patients and their families, and our efforts at local events are all directly guided at aiding ACS and ACS CAN in reaching that goal. We hope to see you at one of our community events this year! You can visit us online at www.relayforlife.org/richlandwilkin.



Emily Berg, American Cancer Society Senior Development Manager

Emily is passionate about saving and celebrating lives and leading the fight for a world without cancer. Emily earned her Ph.D. from North Dakota State University, and her research interests include organizational effectiveness, teacher immediacy, and the Fast Pace of Life. In her spare time, she enjoys spending time with her husband, Jordan, and their two puppies, Teddy and LuLu, at their home on Lake Kampeska in Watertown, South Dakota.

Gilda's Club – Twin Cities

Gilda's Club Twin Cities is a non-profit organization that provides social and emotional support to all those impacted by cancer – men, women, teens and children – those living with cancer, their family and friends, and those living with loss. Gilda's Club provides its services through a five-part program of support that includes:

- Support – support groups and 1:1 individual service with mental health professionals.
- Healthy lifestyle classes - these classes and workshops are led by professionals and skilled volunteers and are designed to empower our members with skills to reduce stress and adopt new habits for wellbeing in: nutrition, exercise, mind-body practices, and expressive arts.
- Education sessions – education sessions are taught by subject matter experts to provide opportunities to our members to acquire new skills, information, and techniques to learn to live fully while impacted by cancer.
- Social opportunities – an informal setting where members can connect with one-another.
- Information and referral resources – as an affiliate of The Cancer Support Community, and deeply connected to our local community we are able to provide a comprehensive and vast variety of information and referral resources to our members. Gilda's Club children, teen and family services are designed especially for kids and teens living with cancer themselves or who have cancer in the family, and is built upon the five pillars of our program model: support, healthy lifestyle, education, social opportunities, and information and referral resources. We utilize age-appropriate support and educational activities, and believe in support for the whole family, the whole time™.

All our programming is offered by dedicated and knowledgeable volunteers and professionals while each of our support groups are facilitated by master's level mental health professionals. Gilda's Club Twin Cities offers over 14 weekly support groups, monthly support groups, quarterly educational programs, and a host of varying social and healthy lifestyle classes. With the commitment from our volunteers and group facilitators, Gilda's Club Twin Cities has been able to maintain programming for our members on both a virtual platform and within the physical clubhouse location. In addition, Gilda's Club Twin cities is a part of a national affiliate Cancer Support Community that includes 48 Gilda's Clubs in the U.S. and Canada! For those cancer patients that are needing extra support they can reach out to the Cancer Support Helpline at 888-793-9355 Mon-Fri 9am-8pm E.T. and Sat 9am-5pm E.T.

If you would like more information about Gilda's Club Twin Cities or Cancer Support Community, please visit our websites at <https://www.gildasclubtwincities.org/> and <https://www.cancersupportcommunity.org/>



Shaunequa James, MSW, LGSW

**Program Director
Gilda's Club Twin Cities**

Featured Recipes

Veggie Egg Muffins



Prep Time: 10 minutes

Cook Time: 20-25 minutes

Total Time: 28 minute

Yield: 12 muffins

- 1 cup red pepper, chopped
- 1 cup green pepper, chopped
- 1 cup spinach, chopped
- 1/2 cup onion
- 1/4 cup milk
- 12 large eggs
- Salt & black pepper to taste
- 1 cup shredded cheese of choice (cheddar, mozzarella, parmesan)
- Salsa (optional for serving)
- **Preheat the oven to 350 degrees F.**
- **Spray a muffin tin with cooking spray.**
- **Divide the pepper, onion, spinach, and cheeses between the 12 muffin cups.**
- **In a bowl, whisk eggs, milk, and salt & pepper together.**
- **Pour egg mixture evenly into each muffin cup.**
- **Bake for 20-25 minutes.**
- **Remove from the oven and muffin cups. Eat warm or cool and refrigerate/freeze.**
- **If desired, top with salsa.**

Chia Seed Pudding



Prep Time: 10 minutes

Total Time: 3 hours 10 minutes

- 1/2 cup Chia Seeds
- 1 1/2 cup soy milk
- 1/4 tsp salt
- 1-3 tbsp Maple Syrup (personal preference for sweetness)
- 1 tsp vanilla
- **Pour chia seeds into a large mixing bowl with a lid (seeds will expand)**
- **Add in milk and remaining ingredients**
- **Mix to remove clumps**
- **Put lid on bowl and refrigerate for 1 hour**
- **After 1 hour, remove bowl and stir**
- **Refrigerate for 2 more hours**
- **Enjoy!**

Find more recipes like these at: <https://cancerdietitian.com/>

