

# Hope & Healing Happenings

**St Luke's**  
Cancer Center

## TOGETHER WE HOPE

Welcome to the latest edition of Hope and Healing Happenings! In this newsletter, we come together to celebrate the strength, resilience, and compassion that define our community. From inspiring stories and creative achievements to valuable resources and upcoming events, we're here to keep you informed, inspired, and connected. Join us as we continue to foster hope, healing, and a brighter future for all.



### IN THE SPOTLIGHT

We are thrilled to share a heartwarming story from our Healing Arts Program. Recently, Sherry Abel and her son Eric Abel participated in our activities during her treatment.

Sherry engaged in reverse coloring, while Eric painted vibrant mushrooms. Sherry expressed, "It is a great experience and makes me happy." Sherry also extended an invitation for more collaborative sessions, highlighting the positive impact of these activities on their well-being.

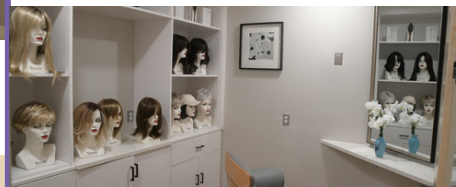
We are delighted to see the positive effects of our Healing Arts Program and look forward to more enriching experiences.



### COMMUNITY VOICES



Center for Hope and Healing had its grand opening on February 20<sup>th</sup>! The center is located at the Upper Bucks Campus and offers mastectomy bras and prosthetics, medically adaptive apparel, hair services and more for cancer patients. [Check out the article in the Morning Call](#)



### EVOLVING TOGETHER

New products being offered!

- **Lymphedema compression bras**
  - Medical compression that supports lymphatic drainage
- **Custom breast prosthetics**
  - handmade customized breast form designed to each woman's body

## PROACTIVE PREVENTION

**May is brain cancer, bladder cancer, and skin cancer awareness month.**



#### Reduce the risk of brain cancer:

- Limit radiation, smoking, and other carcinogenic substances
- Maintain a healthy lifestyle



#### Tips to protect your skin from the sun:

- Stay in the shade, especially during midday hours
- Wear a wide brim hat to shade your face
- Use sunscreen with SPF 30 or higher and remember to reapply

#### Reduce the risk of bladder cancer by following these preventative measures:

- Quit smoking
- Limit exposure to certain chemicals
- Drink plenty of fluids
- Maintain a healthy weight



## COMMUNITY EVENTS & PROMOTIONS

May 3, 2025 –

### Mammogram Screening Event

Early detection is crucial in combating breast cancer. St. Luke's University Health Network and Star Community Health are offering free mammograms to uninsured women aged 40 or older in PA. They will also help connect you to a Primary Care Office for further care.

Call Star Community Health Women's Health Easton to schedule your appointment.

8:00 am – 2:00 pm

St. Luke's Women's Imaging Center  
Easton Campus

250 S. 21st Street , Easton, PA 18042  
484-503-8175

May 3, 2025 –

### J's Run: Pancreatic Cancer Hope Foundation

May 17, 2025 –

### Amy's Ride/Run/Walk 2025

May 17, 2025 –

### Still Rise Farm Wellness Retreat

May 20, 2025 –

### Survivors Day (Invite Only)

May 31, 2025 –

### Highmark Walk for a Healthy Community

June 7, 2025 –

### Annual Springfest Corvette Show

June 11 - June 14, 2025 –

### Boutique for Hope

## ON THE HORIZON

### Brand New Offering: Caregivers Lunch & Learn - Virtual

This will be a 4-part series. At the first meeting we will be discussing burnout prevention, mindfulness, and the importance of self-care. Sign up today!

## May Event Schedule

Tuesday, May 6, 5pm – 6pm

- [Blood Cancer Support Group – Center for Hope & Healing](#)

Wednesday, May 7, 11:30am -12pm

- [Caregiver Lunch & Learn Series](#)

Thursday, May 8, 1:30pm - 2:30pm

- [Virtual Oncology Nutrition Class Series](#)

Tuesday, May 13, 11:30am – 12:30pm

- [Smoothie Basics for Better Nutrition](#)

Wednesday, May 14, 5pm – 5:45pm

- [The Center For Hope & Healing- Makeup and Wig Education Seminar](#)

Wednesday, May 14, 5:30pm – 7pm

- [St Luke's Healing Arts Program Presents: Studio Art Classes for Cancer Patients and Survivors](#)

Wednesday, May 14, 6pm – 7pm

- [Cancer Support Group – Carbon Campus](#)

Wednesday, May 14, 6pm – 7pm

- [Caregiver Support Group Hosted by Cancer Support Community of the Greater Lehigh Valley](#)

Wednesday, May 21, 2pm – 3pm

- [Creative Workshops for Cancer Patients](#)

Wednesday, May 21, 4pm – 5pm

- [Breast Cancer Support Group- Anderson Campus](#)

Wednesday, May 28, 4pm – 5pm

- [Gynecological Cancer Support Group – Monroe Campus](#)





## RESOURCE ROUNDUP

### Center for Hope & Healing

3000 St. Luke's Blvd

Quakertown, PA 18951

484-658-2338

[centerforhopeandhealing@sluhn.org](mailto:centerforhopeandhealing@sluhn.org)

#### Services Offered:

##### **Mastectomy Bra Boutique**

- Mastectomy/lumpectomy bra
- Compression bras
- Post op garments
- Prosthetics
- Balancers

##### **3 locations available**

- St. Luke's Upper Bucks Campus
- Young's Medical Equipment, Bethlehem
- Young's Medical Equipment, Stroudsburg

**American Hairlines** – wigs and nails

**LuxCare**- medically adaptive clothing and headscarves

**Chair Massages** – coming soon

##### **Sign up today!**

- Support Groups
- Healing Arts
- Nutrition Support

##### **Cancer Support Community Greater Lehigh Valley**

- They offer support for patients and caregivers. Check out their event page!

## TOGETHER WE HEAL

*As we wrap up this edition of Hope and Healing Happenings, we want to thank you for being an integral part of our thriving community. Your strength, kindness, and willingness to uplift one another continue to inspire us all. Together, we are building a brighter, more compassionate world. Remember, hope and healing are journeys best traveled together. Until next time, stay connected, stay inspired, and keep spreading the light.*

