

Cancer Wellness

Newsletter



May is Melanoma & Skin Cancer Awareness Month

Join Us for a Free Skin Cancer Screening

Hats Off to Cancer Survivors

...and more, inside!

May/June 2026



Piedmont
COLUMBUS REGIONAL

JOHN B. AMOS CANCER CENTER

Real change lives here

May is *Melanoma & Skin Cancer Awareness Month*

With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. Skin cancer is also one of the most preventable cancers! The skin is the body's largest organ. About 90% of nonmelanoma skin cancers and 85% of melanoma cases are associated with exposure to ultraviolet (UV) radiation from the sun. Basal and squamous cell carcinomas are the two most common types of skin cancer. Both can usually be cured, but they can be disfiguring and expensive to treat.

What are the risk factors associated with cervical cancer?

- A lighter natural skin color
- Blonde or red hair
- Blue or green eyes
- Certain types and a large number of moles
- Family history
- Older age
- Personal history
- Skin that burns, freckles, reddens easily or becomes painful in the sun

What can you do to reduce risk factors?

- Practice sun safety
- Stay in the shade
- Wear clothing that covers arms and legs
- Wear a hat with a wide brim to shade your face, head, ears, and neck
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen SPF 15 or higher
- Avoid indoor tanning (bed, booth, sunbed or sunlamp)

Are there any symptoms?

A change in your skin is the most common sign of skin cancer. For melanoma specifically, you might see:

- Irregular shape of a mole or spot with two parts that look very different
- The border is irregular or jagged
- Color is uneven
- Mole or spot is larger than the size of a pea

Who should be screened and what should I expect?

- If you have any risk factors, you should get a skin cancer screening every 6 to 12 months.
- If you're low risk, a screening can be done annually or every couple of years.
- Personal clothing will be removed; a gown can be worn.
- Provider will do a head-to-toe exam to include your scalp, behind the ears, fingers, toes, buttocks, and genitals.
- Provider may use a special magnifying glass with a light to look at certain mark(s).

How is skin cancer treated?

Treatment can include chemotherapy, freezing, radiation therapy and/or surgery.





Skin Cancer

Screening



FREE Skin Cancer Screening
May is Skin Cancer/Melanoma Awareness Month.
“Protect the skin you’re in”

Friday, May 8 from 9 a.m. to noon

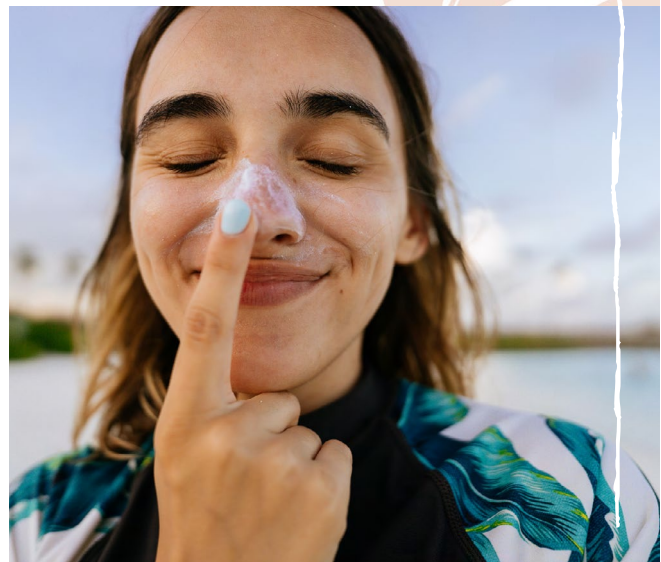
John B. Amos Cancer Center
June Wright Conference Room (Second Floor)
1831 5th Avenue, Columbus GA 31904

Spot checks will be performed. No reservations needed.

Contact John B. Amos Cancer Center Oncology Outreach
Coordinator Tenetta Holt at 706-320-8700 or email
Tenetta.Holt@pedmont.org for more information.



Real change lives here



Welcome

to the newest employees to the John B. Amos Cancer Center!

Kimberly Slaker.

Administrative Assistant

Catherin Salmeron.

Pharmacy IV Tech

Bradley "Brad" Askins.

Phlebotomist

Katie Askew.

Pharmacist

Jessica Mehaffey.

Mammography Tech (Breast Care Center)

Jillian Miller.

Dosimetrist (Radiation Oncology)

Alesha Graham.

Mammography Tech (Breast Care Center)



Hats Off to Cancer Survivors



Cancer Survivors Day Brunch

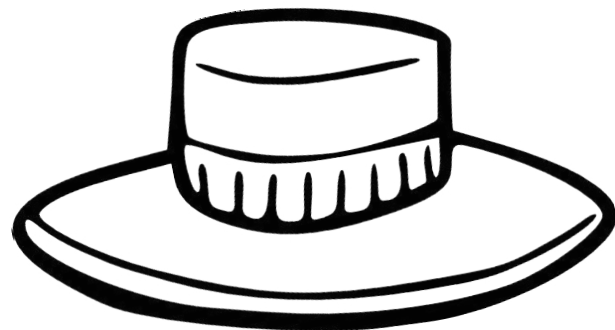
Cancer Survivors Day is a **celebration** for those who have survived, an **inspiration** for those recently diagnosed, a gathering of **support** for families, and an **outreach** to the community. We would love for you and one special guest to join us in the celebration of life.

Cancer Survivor Day T-Shirts can be purchased by calling **703.320.8700** and completing a registration form in Supportive Services. The deadline to purchase is May 22 by 12 noon.

June 13, 2026 • 10 a.m. to 12 noon

RSVP at 706.320.8700

Piedmont Columbus Regional Midtown
Conference Center
710 Center Street • Columbus, Georgia 31901



For more information, contact
Tenetta Holt at
Tenetta.Holt@piedmont.org



Real change lives here

Programs

Please keep in mind that all of our program dates and locations are subject to change.

CREATIVITY

Art Therapy

Art therapy can improve cognition, reduce stress, and facilitate feeling of well-being or pleasure. All materials provided (funding made possible by the Piedmont Columbus Regional Foundation). Come relax and let our creativity flow! Please RSVP with Kimberly Slaker at 706.320.8718.

Every 2nd & 4th Mondays, 11 a.m. to 1 p.m.

MOVEMENT

Gentle Chair Yoga

Participants are guided through breath work, simple yoga postures, and deep relaxation. Please email connie.flannigan@piedmont.org or call 706.320.8829 to save your spot.

Mondays, 5 to 6 p.m., Thursdays, 1:45 to 2:45 p.m.

KNOWLEDGE

Chemo & Radiation Education

Classes are personalized for every patient who is starting chemotherapy. **By appointment only.**

Patient Advocacy Group

Patients and caregivers are given an opportunity to point out areas that could use some improvement, and give recommendations based on their experiences here at the center. For additional information, contact Connie Flannigan at 706.320.8829.

6/5, 9/3, and 12/2; 10 to 11 a.m.

Smoking Cessation

These sessions are not all about quitting smoking but supporting you in taking a step to making an important change to being healthier. New sessions start in January. Please email kim.carroll@piedmont.org or call 706.320.8615 for more information.

By appointment only.

PEACE

Oncology Massage Therapy

We offer 30-minute complimentary massage for patients in active cancer treatment. To schedule an appointment, call Kimberly Slaker at 706.320.8718.

By appointment only.

Pastoral Care

Available upon request.

SUPPORT

Breast Cancer Support Group

Please email amanda.hamrick@piedmont.org or call 706.320.8762 to reserve your place.

Every 2nd Wednesday of each month, 12 to 1 p.m.

Caregivers Support Group

Please email brian.jackson1@piedmont.org or call 706.571.1368 to reserve your place.

Every 2nd Thursday of each month, 10 to 11 a.m.

Gastrointestinal Disease Support Group

Guest speakers will share how to combat this disease. Please email tenetta.holt@piedmont.org or call 706.320.8618 to reserve your place.

Every 4th Wednesday of each month, 10 to 11 a.m.

Gynecological (GYN) Support Group

Please call Alison Wilbourn at 706.320.8766 or email alison.wilbourn@piedmont.org to reserve your place.

Every 3rd Wednesday of each month, 1:30 to 2:30 p.m.

Head & Neck Support Group

Please call Kathleen "Abbi" Onate at 706.320.8731 or email kathleen.onate@piedmont.org to reserve your place.

Every 3rd Thursday of each month, 12:30 to 1:30 p.m.

Lung Cancer Support Group

For patients with COPD, lung cancer, and other lung diseases. Please email kim.carroll@piedmont.org or call 706.320.8615 to reserve your place.

Every 2nd Thursday of each month, 10 to 11 a.m.

Man-to-Man Support Group

Please email brian.jackson1@piedmont.org or call 706.571.1368 to reserve your place.

Every 3rd Tuesday of each month, 12 to 1 p.m.

Meditation Support Group

Reservations are not required but are preferred. Please email connie.flannigan@piedmont.org or call 706.320.8829 to reserve your place.

Tuesdays, 1:30 to 2:30 p.m.

Multiple Myeloma Support Group

Please email tenetta.holt@piedmont.org or call 706.320.8618 to reserve your place.

Every 4th Wednesday of each month, 12 to 1 p.m.

SUSTENANCE

Nutrition Counseling

Our licensed registered dietitians provide nutrition counseling for cancer patients during and after treatment. **Individual sessions by appointment.**

Piedmont Columbus Regional's Stella's Boutique

Stella's Boutique specializes in custom mastectomy products made just for women who have had breast surgery or are having breast surgery. Our Certified Mastectomy fitter is there to assist you.

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Art Therapy, 11 a.m.-1 p.m. Gentle Chair Yoga, 5-6 p.m.	5 Meditation Support Group, 1:30-2:30 p.m.	6	7	8 <i>Free Skin Cancer Screening</i> 9 a.m.	9
10	11 Gentle Chair Yoga, 5-6 p.m.	12 Man-to-Man Support Group, 12-1 p.m. Meditation Support Group, 1:30-2:30 p.m.	13 Breast Cancer Support Group, 12-1 p.m.	14 Lung Cancer Support Group, 10-11 a.m. Caregivers Support Group, 10-11 a.m. Gentle Chair Yoga, 1:45-2:45 p.m.	15	16
17	18 Art Therapy, 11 a.m.-1 p.m. Gentle Chair Yoga, 5-6 p.m.	19 Meditation Support Group, 1:30-2:30 p.m.	20 GYN Support Group, 1:30-2:30 p.m.	21 Head & Neck Support Group, 12:30-1:30 p.m. Gentle Chair Yoga, 1:45-2:45 p.m.	22	23
24	25 Gentle Chair Yoga, 5-6 p.m.	26 Meditation Support Group, 1:30-2:30 p.m.	27 Gastrointestinal Disease Support Group, 10-11 a.m. Multiple Myeloma Support Group, 12-1 p.m.	28 Gentle Chair Yoga, 1:45-2:45 p.m.	29	30
31						

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Meditation Support Group, 1:30-2:30 p.m.	3	4	5	6
7	8 Art Therapy, 11 a.m.-1 p.m. Gentle Chair Yoga, 5-6 p.m.	9 Man-to-Man Support Group, 12-1 p.m. Meditation Support Group, 1:30-2:30 p.m.	10 Breast Cancer Support Group, 12-1 p.m.	11 Lung Cancer Support Group, 10-11 a.m. Caregivers Support Group, 10-11 a.m. Gentle Chair Yoga, 1:45-2:45 p.m.	12	13 <i>Cancer Survivors Day Brunch</i> 10 a.m.
14	15 Gentle Chair Yoga, 5-6 p.m.	16 Meditation Support Group, 1:30-2:30 p.m.	17 GYN Support Group, 1:30-2:30 p.m.	18 Head and Neck Support Group, 12:30-1:30 p.m. Gentle Chair Yoga, 1:45-2:45 p.m.	19	20
21	22 Art Therapy, 11 a.m.-1 p.m. Gentle Chair Yoga, 5-6 p.m.	23 Meditation Support Group, 1:30-2:30 p.m.	24 Gastrointestinal Disease Support Group, 10-11 a.m. Multiple Myeloma Support Group, 12-1 p.m.	25 Gentle Chair Yoga, 1:45-2:45 p.m.	26	27
28	29 Gentle Chair Yoga, 5-6 p.m.	30 Meditation Support Group, 1:30-2:30 p.m.				



Location and Contacts

Piedmont Columbus Regional John B. Amos Cancer Center

1831 5th Avenue
Columbus, Georgia 31904
706.320.8700

OUTREACH

Tenetta Holt, MPH

Oncology Outreach Coordinator
706.320.8618 • tenetta.holt@piedmont.org

NURSE NAVIGATORS

Amanda Hamrick, RN, OCN, CBCN

Breast Care Navigator
706.320.8762 • amanda.hamrick@piedmont.org

Kim Carroll, RN, OCN

Lung Navigator
706.320.8615 • kim.carroll@piedmont.org

SOCIAL WORK/COUNSELING

Brian O. Jackson, MSW

Social Worker
706.571.1368 • brian.jackson1@piedmont.org

CANCER SUPPORT SERVICES

Connie Flannigan, MBA, BSW

Supervisor
706.320.8829 • connie.flannigan@piedmont.org

DIETITIANS

Abbi Onate, RD, LD

Dietitian
706.320.8731 • kathleen.onate@piedmont.org

Julee Christie, MPH, RD, LD

Dietitian
706.320.8715 • julee.christie@piedmont.org

CASE MANAGEMENT

Arianna A. Smith, BS

Case Manager Associate
706.321.6603 • arianna.smith@piedmont.org

Janet Stevens, BSBA

Case Manager Associate
706.660.6304 • janet.stevens@piedmont.org



JOHN B. AMOS CANCER CENTER

Cancer Wellness Online: A virtual home for wellness. Visit piedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.