



Cancer CAREpoint

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

October 2019 Calendar

Highlights and Community Events

- **So, What's Next? Cancer Survivorship Workshop: Tuesdays, Oct. 1-Nov. 5, 11:00am-1:00pm** – Six-week workshop for survivors who completed active treatment and have not had a recurrence or stage IV diagnosis. Participants must be available for all six sessions. Assessment required before registration. Contact Cherry Aslarona at 408-402-6612 or cherry@cancercarepoint.org
- **Sound Bathing: Monday, Oct. 7, 6:30-7:30pm and Monday, Oct. 21, 12:30-1:30pm** – Be immersed in a sound bath of crystal singing bowls and voice. Experience the meditative and healing effects of sound. Open to all clients. Space is limited.
- **Care for Yourself – Mindfulness Seminar for Caregivers: Wednesday, Oct. 16, 6:30-8:00pm** – Janet Fouts, author of “When Life Hits the Fan,” will guide you through caring for yourself while caring for others. Open to caregivers. Space limited. Registration required.
- **Medical Cannabis: Saturday, Oct. 19, 1:00-2:30pm** – Eloise Theisen, MSN, RN, AGPCNP-BC will discuss cannabinoid therapeutics and current research. Open to all clients. Registration required.
- **Breast Cancer Panel Discussion: Tuesday, Oct. 22, 6:30-8:00pm** – A panel discussion about surgical options, choices, and outcomes, genetic testing and what BRCA mutations means for breast cancer patients/survivors, and the emotional aspects of breast cancer. Presenters: Kendra Chun, MD, Vinaya S. Murthy, MPH, MS LCGC, and Laura Crutchlow, LCSW. Open to all clients. Registration required.
- **Grief Support Group: Mondays, Oct. 21-Nov. 25, 6:00-7:30pm** – A six-part series in a supportive environment to help process the grief associated with losing a loved one to cancer. Open to existing clients. Please be available for all six sessions. Assessment required before registration. Contact Laura Crutchlow at 408-402-6286 or laura@cancercarepoint.org
- **Family CARE Workshop: Saturday, Oct. 26, 9:00am-1:00pm** – For families with a parent diagnosed with cancer and have a child(ren) ages 5-17. Parents learn how to help their child cope and children learn how to communicate their feelings. Assessment required before registration. Contact Laura Crutchlow at 408-402-6286 or laura@cancercarepoint.org
- **Introduction to Journal Writing: Wednesday, Oct. 30, 1:00-2:30pm** – An introductory workshop to learn about journaling and the benefits of expressive writing. No writing experience necessary. Open to cancer patients and survivors.

Looking Forward

Sound Bathing: Monday, Nov. 4, 6:30-7:30pm and Monday, Nov. 18, 12:30-1:30pm – Be immersed in a sound bath of crystal singing bowls and voice. Experience the meditative and healing effects of sound. Open to all clients. Space is limited.

Reflections on Paper: Mondays, Nov. 4-25, 11:15am-12:30pm – Join us for a 4-week expressive writing series and enjoy learning different journaling techniques. 11:15am–Check-in; 11:30am–Class Starts. No writing experience necessary. Open to all clients.

Survivorship: Eating for Health – Three-Part Nutrition Series: Wednesdays, Nov. 6-20, 6:30-8:30pm – Survivors join Nancy Birang, BS, MT (ASCP), NC, to learn how to make nutritional changes in their lives. Plan to attend all 3 evenings. Open to all clients.

Eyebrows = Solved: Wednesday, Nov. 6, 6:00-6:45pm and 6:45-7:30pm – Learn how to create your perfect brow shape. For cancer patients and survivors who have chemotherapy eyebrow hair loss. Space is limited. Registration required.

Spicing Up the Holidays: Tuesday, Nov. 12, 6:30-8:30pm – Anznette Pittet, RD and oncology nutrition specialist, will present on cancer-fighting spices, herbs and foods and how to integrate them into your holiday meals. Open to all clients.

Wig Bank & Salon Day at Fox & Rose: Sunday, Nov. 17, 10:00am-1:00pm – Fox & Rose Salon has offered to host us again in their wonderful and welcoming space, allowing us to provide our Wig Bank services as well new hair growth trims after chemotherapy hair loss. Registration is required. Contact Denise Garlick at: 669-222-1535 or email: denise@cancercarepoint.org.

Evaluating Genetic Risk: Thursday, Nov. 21, 6:30-8:00pm – Learn about genetic testing, gene mutations, genetic markers and what it all means in determining cancer risk.

For more information, contact Cancer CAREpoint: info@cancercarepoint.org or call 408.402.6611

All services provided at no cost to patients, families and caregivers no matter where they receive medical care or their cancer type.

Exercise & Movement

Chair Yoga – Mon., 8:45–10:00am

Traditional, gentle yoga on a chair for cancer patients and survivors.

Yoga – Thurs., 8:45–10:00am

Traditional, gentle floor yoga for cancer patients and survivors.

Qigong – Weds., 3:00–4:00pm

Use stretching, active and passive movements, and form work to unify body, energy and mind.

Finding Balance Exercise – Thurs., Oct. 10 and 24, 11:00am–12:00pm

A class about techniques to promote strength and balance.

Tai Chi Easy™ – Fri., 9:00–10:00am

Beneficial and fun class designed to improve quality of life.

Gentle Flow Yoga – Sat., 9:30–10:45am (No class 10/26)

Gentle flowing yoga that will strengthen and stretch your body. Some yoga experience helpful but not necessary. Yoga mat needed.

Gentle Restorative Yoga – Sat., 11:15am–12:30pm (No class 10/26)

Gentle movements, breath work and restorative postures. No prior yoga experience required. All health levels welcome. Yoga mat needed.

Mind-body Skills with Cynthia McDonald, Ph.D.

Meditation Class – Weds., Oct. 9 and 23, 1:15–2:45pm Open to all clients.

Mind-Body Skills for Better Sleep – Tues., Oct. 8, 1:15–2:45pm
Open to all clients.

Tools for Managing Anxiety: Taking a Deeper Look – Tues., Oct. 22, 1:15–2:45pm Open to all clients.

Seminars & Special Programs

What's Next? Cancer Survivorship Workshop – Tues., Oct. 1–Nov. 5, 11:00am–1:00pm Assessment required. Contact Cherry Aslarona at 408-402-6612 or cherry@cancercarepoint.org

Sound Bathing – Mon., Oct. 7, 6:30–7:30pm and Mon. Oct. 21, 12:30–1:30pm Open to all clients.

Care for Yourself – Mindfulness Seminar for Caregivers – Weds., Oct. 16, 6:30–8:30pm Open to caregivers.

Medical Cannabis – Sat., Oct. 19, 1:00–2:30pm Open to all clients.

Breast Cancer Panel Discussion – Tues., Oct. 22, 6:30–8:00pm
Open to all clients.

Grief Support Group – Mon., Oct. 21–Nov. 25, 6:00–7:30pm Open to existing clients.

Family CARE Workshop – Sat., Oct. 26, 9:00am–1:00pm For families (child(ren) ages 5–17) with a parent diagnosed with cancer.

Introduction to Journal Writing – Weds., Oct. 30, 1:00–2:30pm
Open to patient/survivors.

Nutrition with Nancy Birang, BS, MT(ASCP), NC

(Change) Nutrition Basics for Cancer – Mon., 1:00–2:30pm

Learn how to stay nutritionally strong before, during, and after cancer treatment. How to add cancer-fighting foods to your daily diet. Open to all clients.

Cancer-Fighting Nutrition – Mon., 3:00–4:30pm

Topic-based classes with in-depth nutritional information. Open to all clients.

10/7 – What Research Says about the Mediterranean Diet

10/14 – What Is the Microbiome and What Does It Have to Do with Cancer Prevention?

10/21 – Say No to Sugar! Nutritional Tips to Kick Sugar Addiction

10/28 – Cancer-Fighting Foods in the Fall Farmers' Market

Support Groups

Breast Cancer Support Group – Fri., Oct. 4, 1:00–2:30pm, Wed., Oct. 16, 3:30–5:00pm, and Wed., Oct. 23, 6:00–7:30pm

Open to breast cancer patients/survivors.

Caregivers Support Group – Wed., Oct. 2, 6:00–7:30pm and Fri., Oct. 25, 10:00–11:30am (No group 10/16)

Open to adults, relatives or friends who take care of cancer patients.

Conversation & Creativity – Fri., Oct. 11 and 25, 10:30am–12:00pm Meaningful discussion while creating simple art. Open to all clients.

Healing Through Art Class – Thurs., Oct. 3 and 17, 10:45am–12:30pm Combine art, movement and mindfulness. Open to cancer patients/survivors.

Living and Thriving with Grace – Thurs., Oct. 10 and 24, 12:00–1:30pm
For those diagnosed with recurrence or metastatic disease.

Ovarian Cancer Support Group – Fri., Oct. 18, 12:00–1:30pm
Open to newly-diagnosed through post-treatment survivors.

Support Group for All Cancers – Tues., Oct. 8, 11:30am–1:00pm and Wed., Oct. 23, 4:00–5:30pm
Open to people diagnosed with all cancers from diagnosis to survivorship.

So, What's Next? Community Group – Sat., Oct. 5, 9:30–11:00am
For participants who have previously attended the 6-week Survivorship Workshop.

Stitch & Unwind – Mon., Oct. 7 and 21, 1:00–2:30pm
More of a social gathering than support group – we invite you to have tea and knit or crochet with others. Open to all clients.

Individual Counseling

Available Monday-Friday by appointment only

Wig Bank

Available by appointment only

Massage & Energy Work & Guided Imagery Consult

Available by appointment only

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	1 9:00-12:00 Wig Bank* 10:00 Energy Work* 11:00 Survivorship Workshop 11:15 Energy Work* 1:00 Guided Imagery Consultation* 3:00 Guided Imagery Consultation*	2 3:00 Qigong 6:00 Caregivers Support Group 6:30 Survivorship Workshop	3 8:45 Yoga 10:45 Healing Through Art 12:30 Massage* 2:00 Massage* 2:30 Guided Imagery Consultation*	4 9:00 Tai Chi Easy™ 10:00 Massage* 11:30 Massage* 1:00 Breast Cancer Support Group 1:30 Massage* 2:30 Guided Imagery Consultation*	5/6 Saturday, Oct. 5 9:30 Flow Yoga 9:30 What's Next? Community Group 10:00 Energy Work* 11:15 Restorative Yoga
7	8	9	10	11	12/13
8:45 Chair Yoga 10:00 Energy Work* 11:15 Energy Work* 1:00 Nutrition Basics 1:00 Stitch & Unwind 3:00 Cancer-Fighting Nutrition 6:30 Sound Bathing	10:00 Energy Work* 11:00 Survivorship Workshop 11:15 Energy Work* 11:30 Support Group for All Cancers 1:15 Mind-Body Skills Class	1:15 Meditation 3:00 Qigong 6:00-7:30 Wig Bank* 6:30 Survivorship Workshop	8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 12:30 Massage* 2:00 Massage* 2:30 Guided Imagery Consultation*	9:00 Tai Chi Easy™ 10:00 Massage* 10:30 Conversation & Creativity 11:30 Massage* 1:30 Massage* 2:30 Guided Imagery Consultation*	Saturday, Oct. 12 9:30 Flow Yoga 10:00 Energy Work* 11:15 Restorative Yoga
14	15	16	17	18	19/20
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21	22	23	24	25	26/27
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28	29	30	31		
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Programs in **BLUE** – Requires Registration

*Programs in **ORANGE** – By Appointment

All programs start promptly. Out of respect for all clients, latecomers after 10 minutes will not be allowed in the class.
Registration required.

To register or schedule an appointment: register online or email info@cancercarepoint.org or call 408.402.6611

Butternut Squash Soup

Ingredients

2 tbsp. ghee or extra-virgin olive oil
2 onions, medium size, peeled, chopped
2-3 lb. butternut squash, peeled, cubed into 1-inch pieces, or use flesh from 2, whole, baked squash, (Cut ends of squash, cut squash in half, remove seeds, rub flesh side with coconut oil, bake flesh side down at 375 deg F for 45 mins or until soft, then cool, then scoop out flesh)
3 carrots, med size, washed, chopped
3 celery stalks, washed, chopped
2 tsp. ginger powder or 3 tsp. fresh ginger, grated
1/2 tsp. ground cumin
1/2 tsp. turmeric
Optional: 1 pinch red pepper flakes
4-5 cup broth
Sea salt, pepper
Other spices, as desired

Instructions

In a 6- to 8-quart pot, heat the ghee or olive oil over medium heat.
Add the onions with a pinch of salt and sauté until translucent.
Add the carrots and celery, stir, sauté for 2-3 min.
Add the squash, ginger, cumin, turmeric and red pepper flakes. Stir.
Deglaze the pan (add 1/2 cup broth, bring to a boil, boil for 2-3 min, while stirring).
Add the remaining 3 1/2 cups of broth and 1 teaspoon of salt.
Cook until the squash is tender (if using uncooked, cubed), about 20 minutes; Cook until well heated if using cooked squash.
Blend until smooth, using an immersion blender or blend in batches in a VitaMix or other high-speed blender, add more broth if desired.
Return to the pot, adjust seasonings if needed, and reheat slowly.

Serve

Garnish with cilantro or crème fraiche or cashew cream and/or toasted pumpkin seeds or pomegranate seeds.

*Nancy Birang BS, NC
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Check with your MD before making any dietary changes

No one should have to face cancer alone.

Cancer CAREpoint is dedicated to transforming support for cancer patients, families, and caregivers through personalized, one-on-one Counseling, Assistance, Resources, and Education at no cost.