



# Cancer CAREpoint

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

## April 2019 Calendar

### Highlights and Community Events

- **(NEW) Stitch & Unwind: Biweekly group starting Monday, April 15, 1:00-2:30pm** – Take a moment for self-care and community every other Monday at 1:00pm. Join us for a cup of tea and knit or crochet with others. Bring your own projects or use the yarn and knitting needles we provide.
- **Striking a Balance - Effective Pain Management for Cancer Patients: Thursday, April 4, 6:30-8:00pm** – We continue to explore cancer and cancer treatment related pain and associated coping techniques. Join us for an evening with Christine Miaskowski, RN, PhD, FAAN, to discuss her research into the relationship with and causes of pain from cancer treatment, including **peripheral neuropathy**. Registration required.
- **Wig Bank & Salon Day at Salon Amnesia: Sunday, April 7, 10:00am-1:00pm** – Salon Amnesia 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. Please call Denise Garlick at: (669) 222-1535 or email: [denise@cancercarepoint.org](mailto:denise@cancercarepoint.org).
- **Eyebrows = Solved: Tuesday, April 9, 12:00-1:30pm** – Learn how to create your perfect brow shape. For cancer patients and survivors who have chemotherapy eyebrow hair loss. Registration required.
- **Two-Hour Survivorship Seminar: Wednesday, April 17, 6:30-8:30pm** – This two-hour seminar is for people who are out of active treatment and are interested in processing the emotional impact of their cancer experience. Join us to learn some practical tools and resources to move forward in a healthy way after cancer.
- **Real Life Nutrition: Mondays, April 22 & May 6, 6:30-8:00pm** – Learn how to apply Rebecca Katz's Cancer-Fighting Kitchen to real life. How can I make my meal more nutritious? Are can foods OK? Hear answers to these questions and more.
- **Lymphedema: Monday, April 29, 6:30-8:00pm** – Lymphedema is a treatable and often preventable condition that manifests itself after damage to the lymph system from surgery, chemotherapy or radiation. Join Daya Fisch, MS, to learn about prevention and treatment. Registration required.

*Salon Amnesia*

### **Wig Bank & Salon Day at Salon Amnesia – Sunday, April 7, 10:00am-1:00pm**

Salon Amnesia has graciously offered their salon for our use, allowing us to provide our Wig Bank services as well as trims of new hair growth after chemotherapy hair loss. Registration is required, please call Denise Garlick at (669) 222-1535 to make an appointment.

### **Looking Forward**

**2-Hour Survivorship Seminar: Saturday, May 4, 11:00am-1:00pm**

**Getting Movement Back After Treatment: Monday, May 9, 6:30-8:00pm** – Learn about how to get a healthy range of motion back in a safe and pain-free way after surgery and other cancer treatments. Space is limited, give us a call to sign up.

**Singing Bowls: Thursday, May 23, 6:30-8:00pm** – Experience sound meditation listening to the sounds of singing bowls.

**Mind & Body Skills 4-Part Series for Survivors: Thursdays, May 30-June 20, 6:30pm-8:30pm** – Dr. Cynthia McDonald presents a four-part series of mind-body skills classes for cancer survivors. Please plan to attend all four classes. Registration required.

**For more information, contact Cancer CAREpoint: [info@cancercarepoint.org](mailto:info@cancercarepoint.org) or call 408.402.6611**

Registration required: [info@cancercarepoint.org](mailto:info@cancercarepoint.org) or call 408.402.6611

All programs start promptly. Latecomers may be disappointed.

**Nutrition: Nancy Birang, BS, MT (ASCP), NC**

**Nutrition Basics -- Mondays, 11:30am–12:30pm**

Learn the basics of using food to sustain and heal before, during, and after cancer treatment.

**Your Cancer-Fighting Plate -- Mondays, 1:00–2:30pm**

Build your own personalized cancer-fighting plate.

4/1 – Starches

4/8 – Booster Foods

4/15 – Carbohydrates

4/22 – Vegetables & Fruits

4/29 – Protein

**Cancer-Fighting Nutrition --Mondays, 3:00–4:30pm**

Topic-based classes with in-depth nutritional information.

4/1 – Nutritional Tips for Better Sleep

4/8 – Healing Herb Teas

4/15 – Meatless Mondays

4/22 – Nutritional Tips to Calm Anxiety

4/29 – Fat – Friend or Foe?

**Exercise & Movement:**

**Chair Yoga -- Wednesdays, 8:45–10:00am**

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

**Yoga -- Thursdays, 8:45–10:00am**

Traditional, gentle floor yoga for cancer patients and survivors.

**Gentle Movement -- Wednesdays, 10:30–11:30am and 12:00–1:00pm**

Move to music and increase flexibility using the Rosen Movement Method. *Please only register for one Gentle Movement class per week.*

**Qigong -- Wednesdays, 3:00–4:00pm at Breathe Together Studio {14107 Winchester Blvd., Ste. H, Los Gatos, 95032}**

Use stretching, active and passive movements, and form work to unify body, energy and mind. *No registration required, just drop in.*

**Finding Balance Exercise -- Thursday, April 11 and 25, 11:00am–12:00pm**

A class about techniques to promote strength and balance.

**Mind & Body Skills: Cynthia McDonald, Ph.D.**

**Meditation Class – Wednesdays, April 10 and 24, 1:15–2:45pm**

**Tending the Garden of Your Life: Guided Imagery for Practicing Self Care -- Tuesday, April 9, 1:15–2:45pm**

**The Power of the Breath to Increase Relaxation -- Tuesday, April 23, 1:15–2:45pm**

**New Ongoing Program:**

**(NEW) Stitch & Unwind: Biweekly group starting on Monday, April 15 and Monday, April 29, 1:00-2:30pm**

**Special Programs:**

**Striking a Balance – Effective Pain Management for Cancer Patients – Thursday, April 4, 6:30-8:00pm**

**Wig Bank & Salon Day at Salon Amnesia (529 N. Santa Cruz Ave., Los Gatos, 95030) – Sunday, April 7, 10:00am-1:00pm**

**Eyebrows = Solved – Tuesday, April 9, 12:00-12:45pm and 12:45-1:30pm**

**Two-Hour Survivorship Seminar: Wednesday, April 17, 6:30-8:30pm**

**Real Life Nutrition: Mondays, April 22 & May 6, 6:30-8:00pm**

**Lymphedema – Monday, April 29, 6:30-8:00pm**

**Support Groups:**

**Caregivers Support Group -- Wednesdays, April 3 and 17, 6:00–7:30pm and Friday, April 26, 10:00-11:30am**

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

**Breast Support Group -- Friday, April 5, 1:00–2:30pm, Wednesday, April 17, 3:30-5:00pm, and Wednesday, April 24, 6:00-7:30pm**

Open to breast cancer patients/survivors.

**Support Group for All Cancers – Tuesday, April 9, 11:30am-1:00pm and Wednesday, April 24, 4:00-5:30pm**

Open to people diagnosed with all cancers from diagnosis to survivorship.

**Ovarian Support Group – Friday, April 19, 12:00–1:30pm**

Open to newly-diagnosed through post-treatment survivors.

**GI-Colorectal Support Group – (No support group 4/23)**

Open to anyone impacted by GI-Colorectal cancers.

**Living and Thriving with Grace -- Thursdays, April 11 and 25, 12:00–1:30pm**

For those dealing with recurrence or metastatic disease.

**Conversation & Creativity – Friday, April 26, 10:00–11:30am (No class on 4/12)**

Meaningful discussion while creating simple art.

**Healing Through Art Class – Thursday, April 4, 10:45am–12:30pm (No class on 4/18)**

Combine art, movement and mindfulness.

ALL PROGRAMS AND SERVICES ARE PROVIDED WITHOUT COST to cancer patients, survivors, families and caregivers. Donations are welcome.

FREE COUNSELING SUPPORT – By Appointment Only

FREE WIG BANK – By Appointment Only

SERVICES BY APPOINTMENT: Massage, Nutrition

Consultations, Healing Touch, Guided Imagery Consultations

Mon		Tue		Wed		Thu		Fri		Sat/Sun	
<b>10:00 Energy Work*</b> <b>11:15 Energy Work*</b> <b>11:30 Nutrition Basics</b> <b>12:00-3:00 Wig Bank*</b> <b>1:00 Your Cancer-Fighting Plate – Starches</b> <b>3:00 Nutrition Tips for Better Sleep</b>		<b>10:00 Energy Work*</b> <b>11:15 Energy Work*</b> <b>1:00 Guided Imagery Consultation*</b> <b>3:00 Guided Imagery Consultation*</b>		<b>8:45 Chair Yoga</b> <b>10:30 Gentle Movement</b> <b>12:00 Gentle Movement</b> <b>12:45 Energy Work*</b> <b>2:00 Energy Work*</b> <b>3:00 Qigong @ Breathe</b> <b>6:00 Caregivers Support Group</b>		<b>8:45 Yoga</b> <b>10:45 Healing Through Art</b> <b>12:30 Massage*</b> <b>2:30 Massage*</b> <b>4:00 Massage*</b> <b>6:30 Striking a Balance - Pain Management</b>		<b>10:00 Massage*</b> <b>11:30 Massage*</b> <b>1:00 Breast Support Group</b> <b>1:30 Massage*</b>		<b>6/7</b>  <b>Sunday, Apr. 7</b> <b>10:00-1:00 Wig Bank &amp; Salon Day at Salon Amnesia (529 N. Santa Cruz Ave., Los Gatos, 95030)</b>	
<b>8</b> <b>10:00 Energy Work*</b> <b>11:15 Energy Work*</b> <b>11:30 Nutrition Basics</b> <b>1:00 Your Cancer-Fighting Plate – Booster Foods</b> <b>3:00 Nutrition: Healing Herb Teas</b>		<b>9</b> <b>10:00 Energy Work*</b> <b>11:15 Energy Work*</b> <b>11:30 Support Group for All Cancers</b> <b>12:00 Eyebrows=Solved</b> <b>12:45 Eyebrows=Solved</b> <b>1:15 Tending the Garden of Your Life: Guided Imagery for Practicing Self-Care</b>		<b>10</b> <b>8:45 Chair Yoga</b> <b>10:30 Gentle Movement</b> <b>12:00 Gentle Movement</b> <b>12:45 Energy Work*</b> <b>1:15 Meditation</b> <b>2:00 Energy Work*</b> <b>3:00 Qigong @ Breathe</b>		<b>11</b> <b>8:45 Yoga</b> <b>11:00 Finding Balance</b> <b>12:00 Living and Thriving with Grace</b> <b>12:30 Massage*</b> <b>2:30 Massage*</b> <b>4:00 Massage*</b>		<b>12</b> <b>10:00 Massage*</b> <b>11:30 Massage*</b> <b>1:30 Massage*</b>		<b>13/14</b>	
<b>15</b> <b>10:00 Energy Work*</b> <b>11:15 Energy Work*</b> <b>11:30 Nutrition Basics</b> <b>1:00 Your Cancer-Fighting Plate – Carbs</b> <b>1:00 (NEW) Stitch &amp; Unwind</b> <b>3:00 Nutrition: Meatless Mondays</b>		<b>16</b> <b>9:00-12:00 Wig Bank*</b> <b>10:00 Energy Work*</b> <b>11:15 Energy Work*</b> <b>1:00 Guided Imagery Consultation*</b> <b>3:00 Guided Imagery Consultation*</b>		<b>17</b> <b>8:45 Chair Yoga</b> <b>10:30 Gentle Movement</b> <b>12:00 Gentle Movement</b> <b>12:45 Energy Work*</b> <b>2:00 Energy Work*</b> <b>3:00 Qigong @ Breathe</b> <b>3:30 Breast Support Group</b> <b>6:00 Caregivers Support Group</b> <b>6:30 2-Hour Survivorship</b>		<b>18</b> <b>8:45 Yoga</b> <b>12:30 Massage*</b> <b>2:30 Massage*</b> <b>4:00 Massage*</b>		<b>19</b> <b>10:00 Massage*</b> <b>11:30 Massage*</b> <b>12:00 Ovarian Support Group</b> <b>1:30 Massage*</b>		<b>20/21</b>	
<b>22</b> <b>10:00 Energy Work*</b> <b>11:15 Energy Work*</b> <b>11:30 Nutrition Basics</b> <b>12:00-3:00 Wig Bank*</b> <b>1:00 Your Cancer-Fighting Plate – Veggies &amp; Fruits</b> <b>3:00 Nutritional Tips to Calm Anxiety</b> <b>6:30 Real Life Nutrition - Applying Rebecca Katz's concepts to real life nutrition</b>		<b>23</b> <b>10:00 Energy Work*</b> <b>11:15 Energy Work*</b> <b>1:15 The Power of the Breath to Increase Relaxation</b>		<b>24</b> <b>8:45 Chair Yoga</b> <b>10:30 Gentle Movement</b> <b>12:00 Gentle Movement</b> <b>12:45 Energy Work*</b> <b>1:15 Meditation</b> <b>2:00 Energy Work*</b> <b>3:00 Qigong @ Breathe</b> <b>4:00 Support Group for All Cancers</b> <b>6:00 Breast Support Group</b>		<b>25</b> <b>8:45 Yoga</b> <b>11:00 Finding Balance</b> <b>12:00 Living and Thriving with Grace</b> <b>12:30 Massage*</b> <b>2:30 Massage*</b> <b>4:00 Massage*</b>		<b>26</b> <b>10:00 Massage*</b> <b>10:00 Conversation &amp; Creativity</b> <b>10:00 Caregivers Support Group</b> <b>11:30 Massage*</b> <b>1:30 Massage*</b>		<b>27/28</b>	
<b>29</b> <b>10:00 Energy Work*</b> <b>11:15 Energy Work*</b> <b>11:30 Nutrition Basics</b> <b>1:00 Your Cancer-Fighting Plate – Protein</b> <b>1:00 (NEW)_Stitch &amp; Unwind</b> <b>3:00 Nutrition: Fat – Friend or Foe?</b> <b>6:30 Lymphedema</b>		<b>30</b> <b>9:00-12:00 Wig Bank*</b> <b>10:00 Energy Work*</b> <b>11:15 Energy Work*</b> <b>1:00 Guided Imagery Consultation*</b> <b>3:00 Guided Imagery Consultation*</b> <b>5:30 Survivorship Nutrition @ BCC</b>									

Programs in **BLUE** – Requires Registration

\*Programs in **ORANGE** – By Appointment

**All programs start promptly. Latecomers may be disappointed.**

**Registration is required! Free Consultations/Counseling with Social Workers available by appointment.**

**Call 408.402.6611 or email [info@cancercarepoint.org](mailto:info@cancercarepoint.org) to register or schedule an appointment.**

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## *Busy Day Baked Oatmeal- Fit a healthy and filling breakfast into your morning*

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Depending on how you like it, this can be eaten cold with yogurt and fruit or warmed up with some milk or applesauce. Sometimes when things are hectic, I cut a piece into smaller bites and eat it on the go. (I know we should take time to sit and enjoy our food- better for mental health and better for digestion- but some days are just a bit too hectic and I figure it's better to eat something healthy than load up on empty calories).

I don't add sweeteners although most recipes call for sugar, because the dried fruit baked in and the fresh fruit on top is sweet enough – but feel free to play with it a bit. Honey is very good as a sweetener in this, so if you find it sweet enough after you bake it, drizzle a little honey on top.

Other recipes do add butter, but I don't put any in. I find that it doesn't need it, but you can add 2 TBSP melted butter for richness. I really like coconut milk in this, so combining a can of coconut milk with another milk/milk alternative will make the oatmeal pretty rich.

### **Dry Ingredients**

- 2 cups old-fashioned oats
- 5-10 TBSP chia seeds (If you put a lot of chia seeds in, remember to increase the amount of milk.)
- 2 tsp cinnamon (If I'm making it just for me, I'll put more in, and I also use ground ginger and other spices.)
- 1½ tsp baking powder
- Salt to taste (I use 1 tsp, but I know some people that use 1½ tsp of sea salt or natural salt.)
- Nuts and/or dried fruit (Sometimes I add unsweetened coconut shavings.)
- Optional: Sugar (If you're using brown or granulated sugar, mix it in with the dry ingredients, no more than ¼ cup)

### **Wet Ingredients**

- 24 oz milk or milk alternative (If you're just using the 5 TBSP of chia seeds this amount of milk is enough. If you add more chia seeds, you need more liquid – ½ cup more if you're using 10 TBSP chia seeds.)
- 2 eggs
- 2 egg whites
- 2 tsp vanilla extract
- If you're using a liquid sweetener mix it into the wet ingredients
- If you're adding butter mix the melted butter into the wet ingredients

### **Instructions**

1. Preheat the oven to 380°F.
2. Mix dry ingredients together in a 9"x13" glass baking pan. (I usually wait and put the dried fruit and nuts in after I've poured the wet mixture into the oat mixture.)
3. Mix the wet ingredients in a separate bowl, then pour over the oat mixture. (I like to blend the wet mixture in a blender, so everything is well combined, but hand whisking is fine. If you haven't added the dried fruits and nuts yet, add it to the mixture now.)
4. Optional: You can add fresh berries before baking, but if you intend to keep the baked oatmeal for a week, the berries will make the baked oatmeal soggy over time.
5. Bake for 40-45 minutes until light brown, solid in the middle and no jiggle.
6. Cool, cut into portions, and store in the refrigerator. If you store it well, it will last for five days. It easily serves two people for five days.

Recipe from Morigan Bruce (Cancer CAREpoint Director of Programs)

**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.*