



# Cancer CAREpoint

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

## May 2019 Calendar

### Highlights and Community Events

- **Getting Movement Back After Treatment: Thursday, 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.
- **Two-Hour Survivorship Seminar: Thursday, May 16, 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.
- **Eyebrows = Solved: Tuesday, May 21, 12:00-12:45pm and 12:45-1:30pm** – Learn how to create your perfect brow shape. For cancer patients and survivors who have chemotherapy eyebrow hair loss. Two sessions offered. Registration required.
- **Listen to This: Sound Meditation: Thursday, May 23, 6:30-8:00pm** – Experience sound meditation listening to the sounds of a human voice, tuning forks, and 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 and register one week before the first meeting of the series. Registration required.
- **(Register Now) Cancer Survivorship Workshop** – Six-week workshop on Tuesdays, June 4-July 9, 11:00am-1:00pm. Registration ends on May 21. To register, contact Cherry Aslarona at 408-402-6612 or [cherry@cancercarepoint.org](mailto:cherry@cancercarepoint.org)



### Register Now!

May 20, 2019

Golf Tournament benefitting Cancer CAREpoint at Cinnabar Hills Golf Club, 23600 MCKean Rd, San Jose, CA 95141  
<https://cancercarepoint.org/events/golf-tournament/>

### Looking Forward

**Grief Support Group: Tuesdays, June 4-25, 1:00pm-2:30pm** – This is a four-part series in a supportive environment to help process the grief associated with losing a loved one to cancer. Open to Cancer CAREpoint clients. Please be available to attend all four sessions. Registration required. To register, contact Laura Crutchlow at 408-402-6286 or [laura@cancercarepoint.org](mailto:laura@cancercarepoint.org)

**Cancer Survivorship Workshop: Tuesdays, June 4-July 9, 11:00am-1:00pm** – Six-week workshop for people who completed active treatment and want to process the emotions of their cancer experience. Participants must be available for all six sessions. Registration required. Registration ends on May 21. To register, contact Cherry Aslarona at 408-402-6612 or [cherry@cancercarepoint.org](mailto:cherry@cancercarepoint.org)

**Eyebrows = Solved: Wednesday, June 5, 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. Two sessions offered. Registration required.

**Where's the Protein? You don't have to go vegan to have a plant-based diet: Tuesday, June 11, 6:30-8:00pm** – Anzouette Pittet, RD, will present a practical approach to plant-based/whole foods eating. Learn how to navigate the grocery store, simplify meal preparation, use herbs and spices, and what are plant-based proteins. Registration required.

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

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All programs start promptly. Latecomers may be disappointed.

**NOTE: Office closed, Monday, May 27**

**Community:**

**Stitch & Unwind – Monday, May 13, 1:00–2:30pm**

(No class on 5/27)

Have tea and knit or crochet with others. No instruction provided.

**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, May 9 and 23, 11:00am–12:00pm**

A class about techniques to promote strength and balance.

**Mind-body Skills: Cynthia McDonald, Ph.D.**

**Meditation Class – Wednesdays, May 8 and 22, 1:15–2:45pm**

**(NEW) Self-Hypnosis to Support Better Nutritional Choices --**

**Tuesday, May 14, 1:15–2:45pm**

**Tools for Managing Anxiety: Taking a Deeper Look --**

**Tuesday, May 28, 1:15–2:45pm**

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

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

**(No Class 5/27)**

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**

**(No Class 5/27)**

Build your own personalized cancer-fighting plate.

5/6 – Fats/Desserts

5/13 – Starches

5/20 – Booster Foods

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

**(No Class 5/27)**

Topic-based classes with in-depth nutritional information.

5/6 – Kick the Sugar Habit

5/13 – Easy, Time-Saving Meals with a Slow Cooker or Instapot

5/20 – Eating Healthy on a Budget

**Special Programs:**

**Getting Movement Back After Treatment – Thursday, May 9, 6:30-8:00pm**

**Two-Hour Survivorship Seminar – Thursday, May 16, 6:30-8:30pm**

**Eyebrows = Solved: Tuesday, May 21, 12:00-12:45pm and 12:45-1:30pm**

**Listen to This – Sound Meditation – Thursday, May 23, 6:30-8:00pm**

**Mind-Body Skills 4-Part Series for Survivors – Thursdays, May 30-June 20, 6:30-8:30pm**

**Support Groups:**

**Caregivers Support Group -- Wednesdays, May 1 and 15, 6:00–7:30pm and Friday, May 24, 10:00-11:30am**

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

**Breast Support Group -- Friday, May 3, 1:00–2:30pm,**

**Wednesday, May 15, 3:30-5:00pm, and Wednesday,**

**May 22, 6:00-7:30pm**

Open to breast cancer patients/survivors.

**Support Group for All Cancers – Tuesday, May 14, 11:30am-1:00pm and Wednesday, May 22, 4:00-5:30pm**

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

**Ovarian Support Group – Friday, May 17, 12:00–1:30pm**

Open to newly-diagnosed through post-treatment survivors.

**Living and Thriving with Grace -- Thursdays, May 9 and 23,**

**12:00–1:30pm**

For those dealing with recurrence or metastatic disease.

**Conversation & Creativity – Fridays, May 10 and 24,**

**10:00–11:30am**

Meaningful discussion while creating simple art.

**Healing Through Art Class – Thursdays, May 2 and 16,**

**10:45am–12:30pm**

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, Energy Work, Guided Imagery Consultations

| Mon   | Tue  | Wed  | Thu   | Fri   | Sat/Sun |
|---|--|--|---|---|---------|
|   |  | <b>8:45</b> Chair Yoga <span style="float:right">1</span><br><b>10:30</b> Gentle Movement<br><b>12:00</b> Gentle Movement<br><b>12:45</b> Energy Work*<br><b>2:00</b> Energy Work*<br><b>3:00</b> Qigong @ Breathe<br><b>6:00</b> Caregivers Support Group   | <b>8:45</b> Yoga <span style="float:right">2</span><br><b>10:45</b> Healing Through Art<br><b>12:30</b> Massage*<br><b>2:30</b> Massage*<br><b>4:00</b> Massage*  | <b>10:00</b> Massage* <span style="float:right">3</span><br><b>11:30</b> Massage*<br><b>1:00</b> Breast Support Group<br><b>1:30</b> Massage*   | 4/5     |
| <b>10:00</b> Energy Work* <span style="float:right">6</span><br><b>11:15</b> Energy Work*<br><b>11:30</b> Nutrition Basics<br><b>12:00-3:00</b> Wig Bank*<br><b>1:00</b> Your Cancer-Fighting Plate – Fats/Desserts<br><b>3:00</b> Nutrition: Kick the Sugar Habit<br><b>6:30</b> Rebecca Katz Cancer-Fighting Kitchen - Part 2 | <b>10:00</b> Energy Work* <span style="float:right">7</span><br><b>11:15</b> Energy Work*<br><b>1:00</b> Guided Imagery Consultation*<br><b>3:00</b> Guided Imagery Consultation*  | <b>8:45</b> Chair Yoga <span style="float:right">8</span><br><b>10:30</b> Gentle Movement<br><b>12:00</b> Gentle Movement<br><b>12:45</b> Energy Work*<br><b>1:15</b> Meditation<br><b>2:00</b> Energy Work*<br><b>3:00</b> Qigong @ Breathe<br><b>6:00-7:30</b> Wig Bank*   | <b>8:45</b> Yoga <span style="float:right">9</span><br><b>11:00</b> Finding Balance<br><b>12:00</b> Living and Thriving with Grace<br><b>11:00</b> Massage*<br><b>12:30</b> Massage*<br><b>2:30</b> Massage*<br><b>6:30</b> Getting Movement Back after Treatment | <b>10:00</b> Massage* <span style="float:right">10</span><br><b>10:00</b> Conversation & Creativity<br><b>11:30</b> Massage*<br><b>1:30</b> Massage*  | 11/12   |
| <b>10:00</b> Energy Work* <span style="float:right">13</span><br><b>11:15</b> Energy Work*<br><b>11:30</b> Nutrition Basics<br><b>1:00</b> Your Cancer-Fighting Plate – Starches<br><b>1:00</b> Stitch & Unwind<br><b>3:00</b> Nutrition: Easy, Time-Saving Meals with a Slow Cooker or Instapot                                | <b>10:00</b> Energy Work* <span style="float:right">14</span><br><b>11:15</b> Energy Work*<br><b>11:30</b> Support Group for All Cancers<br><b>1:15 (NEW)</b> Self-Hypnosis to Support Better Nutritional Choices                                  | <b>8:45</b> Chair Yoga <span style="float:right">15</span><br><b>10:30</b> Gentle Movement<br><b>12:00</b> Gentle Movement<br><b>12:45</b> Energy Work*<br><b>2:00</b> Energy Work*<br><b>3:00</b> Qigong @ Breathe<br><b>3:30</b> Breast Support Group<br><b>6:00</b> Caregivers Support Group                                | <b>8:45</b> Yoga <span style="float:right">16</span><br><b>10:45</b> Healing Through Art<br><b>11:00</b> Massage*<br><b>12:30</b> Massage*<br><b>2:30</b> Massage*<br><b>6:30</b> 2-Hour Survivorship Seminar   | <b>10:00</b> Massage* <span style="float:right">17</span><br><b>11:30</b> Massage*<br><b>12:00</b> Ovarian Support Group<br><b>1:30</b> Massage*  | 18/19   |
| <b>10:00</b> Energy Work* <span style="float:right">20</span><br><b>11:15</b> Energy Work*<br><b>11:30</b> Nutrition Basics<br><b>12:00-3:00</b> Wig Bank*<br><b>1:00</b> Your Cancer-Fighting Plate – Boosters<br><b>3:00</b> Nutrition: Eating Healthy on a Budget  | <b>10:00</b> Energy Work* <span style="float:right">21</span><br><b>11:15</b> Energy Work*<br><b>12:00</b> Eyebrows=Solved<br><b>12:45</b> Eyebrows=Solved<br><b>1:00</b> Guided Imagery Consultation*<br><b>3:00</b> Guided Imagery Consultation* | <b>8:45</b> Chair Yoga <span style="float:right">22</span><br><b>10:30</b> Gentle Movement<br><b>12:00</b> Gentle Movement<br><b>12:45</b> Energy Work*<br><b>1:15</b> Meditation<br><b>2:00</b> Energy Work*<br><b>3:00</b> Qigong @ Breathe<br><b>4:00</b> Support Group for All Cancers<br><b>6:00</b> Breast Support Group | <b>8:45</b> Yoga <span style="float:right">23</span><br><b>11:00</b> Finding Balance<br><b>12:00</b> Living and Thriving with Grace<br><b>11:00</b> Massage*<br><b>12:30</b> Massage*<br><b>2:30</b> Massage*<br><b>6:30</b> Listen to This: Sound Meditation     | <b>10:00</b> Massage* <span style="float:right">24</span><br><b>10:00</b> Conversation & Creativity<br><b>10:00</b> Caregivers Support Group<br><b>11:30</b> Massage*<br><b>1:30</b> Massage* | 25/26   |
| <b>Closed</b>   | <b>9:00-12:00</b> Wig Bank* <span style="float:right">28</span><br><b>10:00</b> Energy Work*<br><b>11:15</b> Energy Work*<br><b>1:15</b> Tools for Managing Anxiety: Taking a Deeper Look  | <b>8:45</b> Chair Yoga <span style="float:right">29</span><br><b>10:30</b> Gentle Movement<br><b>12:00</b> Gentle Movement<br><b>12:45</b> Energy Work*<br><b>2:00</b> Energy Work*<br><b>3:00</b> Qigong @ Breathe  | <b>8:45</b> Yoga <span style="float:right">30</span><br><b>11:00</b> Massage*<br><b>12:30</b> Massage*<br><b>2:30</b> Massage*<br><b>6:30</b> Mind-Body Skills Series for Survivors - Part 1  | <b>10:00</b> Massage* <span style="float:right">31</span><br><b>11:30</b> Massage*<br><b>1:30</b> Massage*  |         |

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.**

# Summer is Coming

**Spring is here, and Summer is right around the corner.** As the weather gets warmer everyone starts to shed layers, and more skin gets exposed. For cancer patients, that might mean that treatment side effects that show up on the skin might become more noticeable. Additionally, it also becomes important to think about sun protection.

From the National Cancer Institute website:

- Ask about good lotions or antibiotics if you have any skin issues (itchy, swollen, dry, infected)
- Make sure you wear sunscreen (ask for recommendations) and wear clothing that protects your skin from the sun, including hats and long-sleeved tops
- try to stay hydrated so your skin stays as moist and healthy as possible
- avoid products with ingredients like alcohol or perfume, as they may dry out your skin

If you are having skin problems such as color changes, dryness, swelling, rashes, etc. make sure you talk to your care team. For more information on skin and nail changes check out

<https://www.cancer.gov/about-cancer/treatment/side-effects/skin-nail-changes>

## Stay Hydrated!

Try some of these flavored water ideas to make your good hydration practices a little more enjoyable

- Raspberries, Lime, Basil
- Pineapple, Mint
- Strawberry, Orange, Basil
- Cucumber, Lemon, Mint
- Watermelon, Mint, Basil

Fill a pitcher with water, add fruit and herbs, let sit for at least 30 minutes to infuse.

Note: herbs have strong flavors, so you don't need too much to get a nice flavor

Any suggestions? Let us know! We'll be trying out some of these waters during our community social events in June (stay tuned...)

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.*