A Full and Healthy Plate

How many times have you heard the saying, “Food is medicine”? According to the National Cancer Institute (NCI), healthy eating habits are important during and after cancer treatment. Proper nutrition helps patients keep a healthy body weight, maintain strength, keep body tissue healthy and decrease side effects both during and after treatment.

For cancer patients and survivors, everyone, from Google to a concerned aunt, seems to have an opinion or a favorite go-to diet that will surely help them. However, following the advice of strangers online or friends can be especially problematic. Cancer treatment can impact physical parts of the digestive system or alter metabolic processes in different ways. Foods and regimens that may be good for some may not be good for others. For example, a diet rich in fiber may sound healthy but may actually be bad for people with some types of cancer. Additionally, popular buzz words like “antioxidants” and “supplements” that people think contribute to good nutrition may actually reduce the effectiveness of some cancer interventions.

Cancer patients and survivors have a lot on their plate. The food they eat may be one of the few things they can control. Food often becomes a focus for those who want to better manage their treatment experience and decrease the likelihood of recurrence. As a result, cancer patients may resort to searching for information online themselves. However, in a survey of cancer center websites, nutrition recommendations for cancer patients were “consistently inconsistent,” according to Colin Champ, MD, and his colleagues in the March 2013 issue of Nutrition and Cancer.

In addition, online recommendations are not individually tailored to a patient’s needs. “Patients with cancer should receive evidence-based, individualized recommendations from a nutrition expert, based on a number of factors, including...”

—continued on page 2
How Do You Grow the Future of CARE?

At Cancer CAREpoint’s Annual Garden Party fundraiser, our sponsor reception speaker, Dr. Richard Levy, 48-year health-care industry veteran, spoke about the many innovations in the field of cancer treatment and how care is changing. He also mentioned one thing that is not changing—the ongoing need for support services for cancer patients and their families. That is exactly why this year’s Garden Party theme was “Grow the Future of CARE.”

The week before the Garden Party, we were reminded of how we have grown the ways we provide CARE when we received an email from the sister of a client who has cancer. She had come in with her sister and met with our staff on a Saturday. Her email said: Thank you very much for meeting with me and my sister yesterday. Our meeting with you gave her hope and calmed her anxiety about her cancer – and it really helped me, too. I am so very grateful for your organization and for the comfort you brought to us yesterday. What’s special about this email? These sisters both work and the only day they could come in was on a Saturday. Fortunately, our Resource Center is now open on Saturdays. This is just one example of growth for us this past year...but we still have more to do.

We know that every year 10,000 people in Silicon Valley will hear the words, “You have cancer.” At Cancer CAREpoint, we’ve served over 6,000 cancer patients and their families since we opened our doors. We are very proud of what we’ve accomplished as a community, but we have more room to grow—we know that there are people who need help but who are not yet being served. We want to keep growing to give every single one of those 10,000 patients diagnosed with cancer and their family members, no matter where they live, their income or the language they speak, the support they need.

We are thankful that this community rallied behind our goal and that for the second consecutive year we raised over $1,000,000 to fund the support programs and services that we offer at no cost. We have more work to do to ensure that everyone who needs our services has access to them and, with continued community support, we will continue to “Grow the Future of CARE” here in Silicon Valley.

Yours truly,

Jennifer Landes, BSN, RN, OCN

New Board Member Takes on Survivorship Coalition

Jenifer Landes, BSN, RN, OCN, first heard about Cancer CAREpoint at El Camino Hospital when she served as an infusion nurse. She most recently served as the Clinical Operations Director for the Stanford Cancer Center South Bay.

After over eighteen years of experience in oncology care, Jen is currently taking a break from active nursing to pursue her Master of Healthcare Administration degree. She is excited to join the Cancer CAREpoint Board where she can also pursue her passion to advance and transform oncology supportive services as well as education for patients, their families and care providers.

In addition, Jen will be leading the Cancer Survivorship Coalition for Silicon Valley. She most recently authored an op-ed piece, “Bay Area Cancer Survivors Aren’t Getting the Help They Need,” published in The Mercury News, September 4, 2019. Welcome to the Board, Jen!

A Full and Healthy Plate —continued from page 1

their type of cancer, stage of disease, planned treatment, nutrition history, weight history and lab values,” explained Marnie Dobbins, MS, RDN, CNSC, a clinical research dietitian at the NIH Clinical Center who works with patients who have cancer.

Cancer CAREpoint has nutritionists who can help navigate and individualize the many food choices before, during and after cancer treatment. They understand the changes that patients and survivors may go through—taste, sores, nausea, digestive issues, weight gain and weight loss, to name a few. They can suggest ways to help lessen the side effects while helping to maintain good nutrition. For example, for those experiencing taste changes, simple things like choosing protein sources other than red meats can help. If comfort foods are the only appealing food option, changes can be made to increase the nutritional value of those foods. Some supplements may be beneficial and may be recommended by a nutritionist in some cases. The most important thing to remember is that if food is medicine, make sure your entire care team knows about any changes in symptoms you have, any changes in diet you make and any supplements you take.

Come in for a class or seminar, or schedule an individual consultation with one of our nutritionists. You can also attend one of our nutrition classes held on Mondays. Visit our website and click on the “Services” tab for more information.
Two Stories of CARE

The following are excerpts from the remarks of Kelly Ronsheimer (cancer survivor) and Alex Stuart (Board Member, family member and caregiver) at the Cancer CAREpoint Garden Party on August 25, 2019.

Kelly Ronsheimer

Six years ago this month, I had my final round of chemotherapy with the hope of wiping out any rogue cancer cells that might have escaped the other eleven rounds of chemo, the four and a half weeks of pelvic radiation and the sigmoid resection surgery. Through the whole experience, I didn’t know Cancer CAREpoint existed. It was amazing how much I did not know about cancer.

Returning to work as a high school French teacher, after the nine months of treatment, was much harder than I’d expected. My head was spinning. My perfectionism was driving me to exhaustion as I tried to live my “normal” life after cancer. People didn’t understand when I would talk to them about it. They would just tell me, “But at least you don’t have cancer!” After several such conversations, I began keeping more to myself. That is where Cancer CAREpoint saved me. People there understood. They didn’t offer me platitudes or pithy expressions of hope. I hadn’t wanted to explore Cancer CAREpoint before because that meant I didn’t have all the answers. It meant I wasn’t perfect.

I finally went to Cancer CAREpoint and, for the first time since my treatment ended, I felt strong. Not just physically, but in my mind. In my heart. Cancer CAREpoint allowed me to rediscover and redefine myself in a post-cancer body, in a post-cancer mind. The lessons of strength and wisdom I learned at Cancer CAREpoint remain sacred to my post-cancer life.

Alex Stuart

I remember exactly where I was sitting when I heard those seven words, “Let me put your mind at ease.” I remember every object in the room. I remember the way my heart was beating in my chest. And, I know I never would have heard those words were it not for Cancer CAREpoint.

My wife, Bev, had been diagnosed with ovarian cancer. She had just been presented with two options for chemotherapy. One option was riskier than the other option and, according to the only medical report comparing the two, ever so slightly more promising. Bev asked me for help to make an informed recommendation.

I asked to read the one report comparing the two options. It was written in a language of medicine I did not understand. I felt lost. I did not know where to start. So, I went to Cancer CAREpoint to help me find a path.

I met with Cancer CAREpoint’s Executive Director who listened to me vent for a while, and who then counseled and assisted me by pointing out resources that would help me educate myself. I spent the next 48 hours devouring as much information as possible. The lessons of strength and wisdom I learned at Cancer CAREpoint remain sacred to my post-cancer life.

"Let me put your mind at ease."

I could find so I could ask intelligent questions of the physicians recommending the two options. Their informative answers led me back to my wife’s surgeon who, sensing my distress, began our conversation with those seven reassuring words, “Let me put your mind at ease.”

When my wife’s surgeon and I concluded our conversation twenty minutes later, a conversation that never would have happened, never could have happened, but for the path Cancer CAREpoint helped me find, I felt confidence in my ability to make a recommendation to the person I have loved every day for 43 years. And, she felt confidence in my confidence.

I share this story with you not to advocate for Cancer CAREpoint as a resource for medical decision-making, but rather as a foundation for a larger story about what Cancer CAREpoint means to me as a Board Member and a client, and what I now understand it means to the thousands of patients, survivors, families and caregivers who have benefited from its services.

Cancer CAREpoint is all about “Let me put your mind at ease.” Medicine diagnoses and treats cancer. Cancer CAREpoint helps patients, survivors, families and caregivers live with cancer.
Two in a Row

For the second year, $1,000,000 was raised for cancer patients and their families!

The magnificent Winterbourne Estate, home of Pamela and Stanford Atwood, longtime Cancer CAREpoint supporters, was the site for the 2019 Garden Party held on August 25. Over 500 community and business leaders gathered to "Grow the Future of CARE" by raising funds to support and expand Cancer CAREpoint’s programs and services. Over $1,000,000 was raised to help cancer patients, survivors, families and caregivers in our community!

Speakers included Dick Levy, PhD, 48-year health-care industry veteran, former CEO and Board Chair of Varian Medical Systems and former Chairman of Sutter Health; Cancer CAREpoint Board Member Alex Stuart, a founding partner of Willoughby Stuart Bening & Cook, and a family member and caregiver impacted by cancer; and cancer survivor Kelly Ronsheimer.

Special Thanks to our hosts, Pamela & Stanford Atwood

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Scott Wong, CPT
Tessie Young
Cancer CAREpoint was created by the community for our community. Ongoing and generous community support has enabled us to help over 6,000 cancer patients and their families. Please consider making an end-of-year gift to Cancer CAREpoint to Grow the Future of CARE for the many people impacted by cancer who need our help. Every donation, no matter the size, contributes to the services offered to cancer patients and their families. Here are two specific ways you can help:

Celebrate a Loved One

As we approach the holiday season, you may be considering thoughtful and unique gifts for family and friends. A gift to Cancer CAREpoint can be a wonderful way to honor someone by making an impact in our community and supporting cancer patients and their families. Go to cancercarepoint.org and click on the orange “Donate” tab to make a donation through our secure portal. We will send a note to the person you designate, acknowledging your special donation in honor or memory of a friend or loved one.

IRA Charitable Withdrawals

Annual withdrawals from IRAs are required after age 70½, and normal distributions are taxable as income. However, you can avoid income tax on your required withdrawal by donating your distribution directly to Cancer CAREpoint and supporting cancer patients and their families. Contact Dawn Hogh, dawn@cancercarepoint.org or 408.402.6284, for more information.

Spice Up Your Holidays

Looking for ways to spice up your holiday foods? Join us on Tuesday, November 12 from 6:30-8:30 p.m. at the Cancer CAREpoint Resource Center for a presentation by Anzonette Pittet, RD and Oncology Nutrition Specialist. Anzonette will discuss the many spices, herbs and foods that can help during and after cancer treatment, and how to integrate these into your holiday menus. This seminar is open to all cancer patients, survivors and family members. Visit our website or call to register for this class.

Ovarian & Gynecologic Cancer Panel

Cancer CAREpoint hosted an evening seminar about Ovarian & Gynecologic Cancer on September 12. Dr. Marie Holzapfel, Chief of Gynecologic Oncology at Kaiser Santa Clara, and Kathleen Cavanaugh, Nurse Practitioner in Oncology at the UCSF Osher Center for Integrative Medicine, joined Cancer CAREpoint’s Cherry Aslarona, LMFT, to highlight treatment, management options and decision-making processes facing ovarian and gynecologic cancer patients. Topics included integrative medicine and care for the whole person in addition to some practical considerations about medical interventions and genetic testing. Some notable recommendations that came out of the informative discussion include:

- Build a team of trusted doctors, nurses, counselors, nutritionists and spiritual supporters to help navigate the complexities of dealing with gynecologic cancer.
- Involve your physician(s) in your decision-making process about any integrative medical approaches you may want to try.
- Learn about genetic predisposition and what that means for everyone in the family. The BRCA 1 & 2 gene mutations can predispose people to cancers other than breast and ovarian.

Are You Your Genes?

Research has shown that there may be increased risk for certain cancers, such as breast, ovarian, pancreatic, colorectal and thyroid, due to hereditary changes in DNA. Some people may only learn about the potential genetic component of their cancer after diagnosis, prompting new questions and consideration for both the patient and family members.

Cancer CAREpoint will be hosting a seminar led by Licensed Genetic Counselors to discuss the concerns and questions that can arise when using genetic testing to evaluate cancer risk. Join us on November 21 at 6:30 pm!

And, starting in 2020, Cancer CAREpoint will be hosting FORCE (Facing Our Risk of Cancer Empowered) Hereditary Cancer Support Groups at our Resource Center. Check the calendar on our website for specific dates and times for both of these programs!
Cancer CAREpoint in the Community

Grant Support
We are extremely grateful for the following grants we have recently received.

• Kaiser Permanente Northern California: Community Benefits Program Grant for improving wellness for cancer patients.
• El Camino Hospital: Counseling for cancer patients, survivors, family members and caregivers.
• Safeway Foundation: Nutrition funding.
• Supervisor Cindy Chavez and the Santa Clara County Board of Supervisors: Funding classes and outreach for the East Side.

In the News

• Ed Clendaniel, Bay Area News Group, ran an op-ed piece on September 4, 2019, in The Mercury News and East Bay Times, signed by Board Member Jen Landes, that involved work by Cancer CAREpoint’s Volunteer Marketing Team: Gay Crawford, Beth Barry, Maggi Scura and Lissa Kreisler.

• Award-winning Wall Street Journal reporter Laura Landro mentioned Cancer CAREpoint in her article, “You’ve Survived Cancer. What Comes Next?”, published September 16, 2019, in The Wall Street Journal. To read the article, visit cancercarepoint.org/content/CCP-WSJ-September-16-2019.pdf.

Event Booth: Ambassador Barbara Goldstein represented Cancer CAREpoint at the 2019 Teal Run, organized by the Teal Foundation to raise awareness and funds for ovarian cancer research and support organizations, including Cancer CAREpoint.

Service Organization: The Los Gatos Lions Club invited Interim Executive Director Dawn Hogh to speak about Cancer CAREpoint’s services for cancer patients in our community. Cancer CAREpoint Garden Party Committee Member and Lion Kathleen Meade arranged for the presentation.

Community Outreach: Cancer CAREpoint took its Wig Bank to Valley Medical Center in September and was honored with a special visit from Santa Clara County Supervisor Cindy Chavez (right), with Director of Programs Morrigan Bruce (left).

Spreading the Word
Cancer CAREpoint Ambassadors attended the following community events to raise awareness that Cancer CAREpoint is here to help cancer patients and their families in our community:

• 6th Annual Cancer Survivors Day at El Camino Hospital
• Kaiser Seeds of Hope for Survivors at Kaiser Santa Clara
• Garden at the Flea, Berryessa Flea Market
• Community Wellness Fair at The Addison-Penzak JCC, Los Gatos
• Senior Health Fair & 5K at Eastridge Mall
• Life 101 for Cancer Survivors at Good Samaritan Hospital
• Valley Village Senior Health Fair at Valley Village Retirement Community
Our Community Cares

Corporate Community: More than twenty administrative assistants from Xilinx gathered together to make fifty no-sew blankets and put together fifty Chemo CARE bags for cancer patients in infusion centers. Way to go Xilinx! Pictured are Ellie Rizol and Esmi De Anda, Global Corporate Community Engagement.

Student Volunteer: Wanting to help people impacted by cancer, Oakland High School student Sophia Levin found Cancer CAREpoint and decided to make no-sew blankets to donate. She drove from Oakland to San Jose to deliver her work!

Closets Cleaned for Cancer CAREpoint: Our community showed their support for Cancer CAREpoint by engaging in a little closet cleaning and donating used clothing and goods. Thanks to the Boys Team Charity, Los Gatos League volunteers (pictured here) for assisting in the organization and transport of the donations. Also, thanks to everyone who donated items for this event.

Never too Young: Homestead High School’s Cancer Society dropped off their fundraising donation to Cancer CAREpoint. Pictured here are their 2018-2019 officers, Josephine Yen, Joanne Liu, Adiel Zaghi, Cassidy Biellak, Sophie Fischer and Bebel Yen.

Grant Support: Stephen A. Flores Memorial Foundation provided a generous $10,000 grant for general support. Pictured here are Deanna Flores Mosher, Jeff Flores, James Mann, Dawn Hogh, Corrine Fabie, Sandy Flores and Vincent Sunzeri.

Music for a Cause

Join us for "Chopin, Champagne and Chocolate," an Evening of Romantic Piano with Katya Grineva, longtime supporter of Cancer CAREpoint and pianist who has played eighteen seasons at Carnegie Hall. The event will take place Thursday, November 14 at 7:00 pm at the Saratoga Foothill Club. A portion of the proceeds will benefit Cancer CAREpoint. For more information about the concert, go to eventbrite.com/e/chopin-champagne-and-chocolate-an-evening-of-romantic-piano-tickets-67240663635.
Cancer CAREpoint
An independent 501(c)(3) nonprofit organization
Tax ID #27-3029691
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Mission Statement
Cancer CAREpoint is dedicated to transforming support for cancer patients, families and caregivers in Silicon Valley through personalized, one-on-one Counseling, Assistance, Resources and Education.

cancercarepoint.org

Our Services
Private Counseling
Nutrition Classes
Therapeutic Massage
Yoga/Exercise
Guided Imagery/Meditation
Support Groups
Wig Bank
Energy Work
Family CARE
Survivorship Programs
Resources and Referrals

Join us for our "Communi-Tea" on December 17 & 30. Enjoy a cup of tea and some holiday snacks. Stay to enjoy creating simple art, read a book in our library or just gather with our staff and community for conversation. Check the calendar on our website for specific times.

Announcing the Cancer CAREpoint Healthy Recipes Contest!

Cancer CAREpoint is launching a recipe contest to find Healthy Recipes that were winners during and after cancer treatment. Participants can be patients, survivors or caregivers. Recipes will be judged around ease of preparation, healthiness and taste. We are looking for recipes in the following categories: main meals, sides, snacks, beverages and desserts. There will be winners and prizes for each category.

You are also encouraged to share how your recipe helped you or a loved one during or after treatment and, if applicable, what Cancer CAREpoint means to you or your loved one. The goal is to publish a cookbook full of tried-and-true recipes and stories to share with the cancer community.

The contest is open to all. The deadline for entries is January 31, 2020. For more information, please go to cancercarepoint.org/recipe-contest.