



Cancer CAREpoint

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

February 2019 Calendar

Highlights and Community Events

- **(New) Evening Wig Bank: Wednesday, February 6, 6:00-7:30pm** – Cancer patients are provided with a wig of their choice from available selection. A wig bank volunteer will instruct you on how to select, put on and care for your wig. Wig services are available by appointment only. To schedule an appointment, please call: 408-402-6611 or email: info@cancercarepoint.org.
- **Eyebrows = Solved: Wednesday, February 6, 6:00-7:30pm** – Learn how to create your perfect brow shape. For cancer patients and survivors who have chemotherapy eyebrow hair loss. Registration required.
- **Getting Movement Back After Treatment: Monday, February 11, 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 it is common to develop movement compensations, and these may not even be noticed until pain develops elsewhere. Space is limited, give us a call to sign up.
- **Do I Own My Data? (HIPAA): Thursday, February 21, 6:30-8:00pm** – This presentation is on HIPAA (Health Insurance Portability and Accountability Act) and Patient Rights to Their Data. Deven McGraw, the former head of the HHS HIPAA office will demystify HIPAA and give you the facts about your right to get copies of your health information and to have that information sent to the destination you choose - including to a caregiver, to another physician (such as for a second opinion), and for research. Registration Required.



Movie Night At Cancer CAREpoint

Friday, March 1, 2019

6:00pm – Social Time 6:30-8:00pm – Movie: *WALL-E*

Community is more than programs and services...it is about spending time together. Join us to watch the movie, *WALL-E*, and eat some pizza and snacks at Cancer CAREpoint. All cancer patients, survivors, families, and caregivers are welcome. Suggested donation of \$5/person for pizza and snacks. Space is limited and registration is required.

Looking Forward

Managing Your Pain: Monday, March 4, 6:30-8:00pm - Pain is something that a lot of cancer patients are dealing with. For people with pain, it gets harder and harder to talk about because people don't know what to say. This class will look at the current research about pain and strategies to help you advocate for yourself and explore treatment options. Registration required.

Mind & Body Skills 4-Part Series for Survivors: Thursdays, March 7-28, 2:00pm-4:00pm – 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.

Family CARE Workshop: Saturday, March 9, 9:00am-1:00pm – For families with a parent diagnosed with cancer. Parents learn how to help their child cope and children learn how to communicate their feelings.

Talking about Keto and Low Carb Diets- An evening with a dietitian: Tuesday, March 12, 6:30-8:30pm – With the recent rise and popularity of the Ketogenic diet and fasting protocols in the management of chronic conditions and general health, we will discuss the use and limitation of nutrient restrictions and diet/ lifestyle modifications in the management of cancer. Join Anzonneta Pittet, RD. - a Board Certified Oncology Nutrition Specialist – who will discuss the research and diets. Registration required.

Cannabis: Friday, March 22, 6:30-8:00pm – Many cancer patients and survivors look to cannabis, aka medical marijuana, for relief of symptoms associated with treatment. But who do you talk to about use and interactions, and how do you find a reputable source? We're bringing in Eloise Theisen, MSN, RN, AGPCNP-BC to discuss cannabinoid therapeutics. This is a great opportunity to speak openly about cannabis use and develop some questions and thoughts to take back to your medical team. Registration required.

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

Registration required: info@cancercarepoint.org or call 408.402.6611

All programs start promptly. Latecomers may be disappointed.

Note: Closed Monday, February 18.

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

**Nutrition Basics -- Mondays, 11:30am–12:30pm
(No class 2/18)**

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 2/18)**

Build your own personalized cancer-fighting plate.

2/4 – Fats/Desserts

2/11 – Starches

2/25 – Booster Foods

**Cancer-Fighting Nutrition --Mondays, 3:00–4:30pm
(No class 2/18)**

Topic-based classes with in-depth nutritional information.

2/4 – What About Dairy and Soy...OK to Eat?

2/11 – Beans – Undervalued Super Food

2/25 – Making Your Own Nutrient-Rich Dressings, Sauces and Dips

Exercise & Movement:

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

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

Please only register for one Yoga (Chair or Floor) class per week.

Yoga -- Thursdays, 8:45–10:00am

Traditional, gentle floor yoga for cancer patients and survivors.

Please only register for one Yoga (Chair or Floor) class per week.

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

Move to music and increase flexibility through movement. *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, February 14 and 28,
11:00am–12:00pm**

A class about techniques to promote strength and balance.

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

**Meditation Class – Wednesdays, February 13 and 27, 1:15–
2:45pm**

**Mind-Body Skills for Pain Management -- Tuesday, February
12, 1:15–2:45pm**

**Self-Reiki for Peace and Healing -- Tuesday, February 26,
1:15–2:45pm**

**(Upcoming) Mind-Body Skills 4-Part Series for Survivors
– Thursdays, March 7-28, 2:00-4:00pm**

Dr. Cynthia McDonald presents a 4-part series of mind-body skills classes for cancer survivors. Please plan to attend all 4 classes.

Registration required one week in advance.

Special Programs:

Eyebrows = Solved: Wednesday, February 6, 6:00-7:30pm

**Getting Movement Back After Treatment – Monday,
February 11, 6:30-8:00pm**

**Do I Own My Data? (HIPAA) – Thursday, February 21, 6:30-
8:00pm**

(Upcoming) Movie Night – Friday, March 1, 6:00-8:00pm

**(Upcoming) Managing Your Pain – Monday, March 4, 6:30-
8:00pm**

**(Upcoming) Family CARE – Saturday, March 9, 9:00am-
1:00pm**

Support Groups:

**Caregivers Support Group -- Wednesdays, February 6 and 20,
6:00–7:30pm and Friday, February 22, 10:00-11:30am**

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

**Breast Support Group -- Friday, February 1, 1:00–2:30pm,
Wednesday, February 20, 3:30-5:00pm, and Wednesday,
February 27, 6:00-7:30pm**

Open to breast cancer patients/survivors.

**Support Group for All Cancers – Tuesday, February 12,
11:30am-1:00pm and Wednesday, February 27, 4:00-5:30pm**

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

Ovarian Support Group – Friday, February 15, 12:00–1:30pm
Open to newly-diagnosed through post-treatment survivors.

**GI-Colorectal Support Group -- Tuesday, February 26,
6:00–7:30pm**

Open to anyone impacted by GI-Colorectal cancers.

**Living and Thriving with Grace -- Thursdays, February 14 and
28, 12:00–1:30pm**

For those dealing with recurrence or metastatic disease.

**Conversation & Creativity – Fridays, February 8 and 22,
10:00–11:30am**

Meaningful discussion while creating simple art.

**Healing Through Art Class – Thursday, February 7 and 21,
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
				1 10:00 Massage* 11:30 Massage* 1:00 Breast Support Group 1:30 Massage*	2 3
4 11:30 Nutrition Basics 1:00 Your Cancer-Fighting Plate – Fats/Desserts 3:00 Nutrition: What About Dairy & Soy...OK to Eat?	5 10:00 Energy Work* 11:00 Survivorship Workshop 11:15 Energy Work* 1:00 Guided Imagery Consultation* 3:00 Guided Imagery Consultation* 6:30 Grief & Loss Support Group Series	6 8:45 Chair Yoga 10:30 Gentle Movement 12:00 Gentle Movement 3:00 Qigong @ Breathe 6:00 Caregivers Support Group 6:00 Eyebrows Solved 6:00-7:30 Wig Bank*	7 8:45 Yoga 10:45 Healing Through Art 12:30 Massage* 2:30 Massage* 4:00 Massage*	8 10:00 Conversation & Creativity 10:00 Massage* 11:30 Massage* 1:30 Massage*	9 10
11 10:00 Energy Work* 11:30 Nutrition Basics 11:15 Energy Work* 12:00-3:00 Wig Bank* 1:00 Your Cancer-Fighting Plate – Starches 3:00 Nutrition: Beans – Undervalued Super Food 6:30 Getting Movement Back After Treatment	12 10:00 Energy Work* 11:00 Survivorship Workshop 11:15 Energy Work* 11:30 Support Group for All Cancers 1:15 Mind-Body Skills for Pain Management 6:30 Grief & Loss Support Group Series	13 8:45 Chair Yoga 10:30 Gentle Movement 12:00 Gentle Movement 12:45 Energy Work* 1:15 Meditation 2:00 Energy Work* 3:00 Qigong @ Breathe	14 8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 12:30 Massage* 2:30 Massage* 4:00 Massage*	15 10:00 Massage* 11:30 Massage* 12:00 Ovarian Support Group 1:30 Massage*	16 17
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25 10:00 Energy Work* 11:15 Energy Work* 11:30 Nutrition Basics 1:00 Your Cancer-Fighting Plate – Booster Foods 3:00 Nutrition: Make Your Own Nutrient-Rich Dressings, Sauces & Dips	26 10:00 Energy Work* 11:00 Survivorship Workshop 11:15 Energy Work* 1:15 Self-Reiki for Peace and Healing 6:00 GI-Colorectal Support Group	27 8:45 Chair Yoga 10:30 Gentle Movement 12:00 Gentle Movement 1:15 Meditation 12:45 Energy Work* 2:00 Energy Work* 3:00 Qigong @ Breathe 4:00 Support Group for All Cancers 6:00 Breast Support Group	28 8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 12:30 Massage* 2:30 Massage* 4:00 Massage*		

Programs in **BLUE** – Requires Registration

*Programs in **ORANGE** – By Appointment Only

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 to register or schedule an appointment.

Caregivers are a vital part of the team who help and support their loved one diagnosed with cancer. Caregivers may be spouses, parents, extended family, friends, neighbors or co-workers. While helping someone during their time of need is a meaningful experience, in many instances, caregivers find themselves in the midst of the caregiving journey without any preparation or training, and often feel overwhelmed by the tasks required of them. [We know it is hard...Cancer CAREpoint is here to support you.](#)

Tips for Caregivers

- ❖ In order to provide the best care for someone with cancer, caregivers need to take care of their own emotional, mental and physical health.
- ❖ It may be helpful to track your exercise, personal alone time, nutritional supplements, medications, etc. so that you make a point to schedule time for self-care.
- ❖ Journaling and drawing are known stress relievers and provides an emotional outlet. Many caregivers find that a personal journal dedicated to their caregiving experience is a positive way to reflect and keep things in perspective.
- ❖ Build a support team and ask for help when needed. Accepting help is not always easy but provides a way for friends and relatives to show their support.
- ❖ You are not alone. Caregivers may feel isolated, but there are resources available to help.
- ❖ Caregiving while also parenting children can be very stressful. It may be difficult to manage the demands on your time, and the need to provide a safe and secure atmosphere for your children. It's positive for children to see their family member being cared for, teaching them a positive lesson about compassion.
- ❖ Work with your family to create a 'to do' list that outlines everyone's responsibilities and care shifts. Working together will help ease the burden for everyone.
- ❖ Keeping all information organized in one place is extremely important, especially if other caregivers or respite helpers need to access important medical information.

Provided by: Laura Crutchlow, LCSW

No one should have to face cancer alone.

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