



# Cancer CAREpoint

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

## January 2019 Calendar

### Highlights and Community Events

- **(New) Your Cancer-Fighting Plate: Mondays, 1:00-2:30pm** – Nutrition got a refresh. Join Nancy Birang, BS, MT (ASCP), NC, to learn how to build your own cancer-fighting plate. There will be a prize drawing for the clients who complete 4 classes of the series.
- **Lymphedema: Thursday, January 17, 6:30-8:00pm** – Lymphedema is a highly treatable and often preventable condition that manifests itself after damage to the lymph system from surgery, chemotherapy or radiation. What is the lymphatic system and how does it work? Join Daya Fisch, MS, to learn about prevention and treatment.
- **Survivorship: Eating for Health – Four-Part Nutrition Series: Tuesdays, January 8-29, 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 4 evenings.
- **Cancer and Your Pelvis: Wednesday, January 30, 6:30-8:30pm** – Cancer can affect your pelvic health in many ways, and the effects aren't limited to individuals with pelvic area cancers. If you have noticed a change in your pelvic floor strength, pain, or any other issues that may have developed due to physical or hormonal interventions, this seminar can help you learn more about tools and exercises that may help you regain your pelvic health.
- **Grief & Loss Support Group Series: Tuesdays, January 29-February 19, 6:30-8:00pm** – This is a 4-part series in a supportive environment to help process the grief associated with losing a loved one to cancer. Open to caregivers of Cancer CAREpoint clients. Please be available to attend all four sessions. Space is limited, and registration is required. To register, please contact Debbie at 408-458-8300 or [debbie@cancercarepoint.org](mailto:debbie@cancercarepoint.org). (Registration deadline is January 15.)
- **Cancer Survivorship Workshop: Tuesdays, January 29-March 5, 11:00am-1:00pm** – Six-week workshop for people who completed active treatment and want to process the emotions of their cancer experience. Registration required. Participants must be available for all six sessions. To register, contact Sheryl Brown at 408-402-6612 or [sheryl@cancercarepoint.org](mailto:sheryl@cancercarepoint.org)

### New Volunteer Opportunity: Cancer CAREpoint Ambassador Program

Are you looking for an opportunity to spread the word about Cancer CAREpoint? Then the Cancer CAREpoint Ambassador Program may be for you! After training, volunteers will have the opportunity to table at outreach events, distribute informational material or seek new outreach opportunities for Cancer CAREpoint. Volunteers can choose the type and length of their volunteer commitment.

Attend the information session on **Tuesday, January 22, 2019, 12:00- 1:00 PM** to learn more.

To confirm attendance for the information session or if you are interested in the program but unable to attend, **call Cecilia at 408-402-6287 or email [cecilia@cancercarepoint.org](mailto:cecilia@cancercarepoint.org)**.

### Looking Forward

**Evening Wig Bank (NEW): Wednesday, February 6, 6:00pm-7:30pm** – Cancer patients are provided with a wig of their choice from the selection available. 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](mailto:info@cancercarepoint.org).

**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** – Learn about Health Insurance Portability and Accountability Act (HIPAA) and your patient rights to your data.

**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.

**Note: Closed January 1 and 21.**

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

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

**(No class 1/21)**

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

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

**(No class 1/21)**

Build your own personalized cancer-fighting plate.

1/7 – Carbohydrates

1/14 – Vegetables and Fruits

1/28 – Protein

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

**(No class 1/21)**

Topic-based classes with in-depth nutritional information.

1/7 – New Year, New You – Setting Goals for Healthier Eating

1/14 – Cancer-Fighting Nutrition on a Budget

1/28 – Healing Power of Mushrooms

**Survivorship: Eating for Health 4-Part Series – Tuesdays,**

**January 8, 15, 22, & 29, 6:30-8:30pm**

**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, January 10 and 24,**

**11:00am–12:00pm**

A class about techniques to promote strength and balance.

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

**Meditation Class – Wednesdays, January 9 and 23, 1:15–**

**2:45pm**

**Self-Hypnosis for Rapid Reduction of Tension and Anxiety --**

**Tuesday, January 8, 1:15–2:45pm**

**Guided Imagery to Boost Immune Functioning -- Tuesday,**

**January 22, 1:15–2:45pm**

Chronic stress can suppress immune functioning. Learn how to use the power of the mind-body connection to reduce stress, and how to use specific mental imagery to boost the immune system.

**Special Programs:**

**Lymphedema – Thursday, January 17, 6:30-8:00pm**

**Cancer and Your Pelvis – Wednesday, January 30, 6:30-8:00pm**

**Support Groups:**

**Breast Support Group -- Friday, January 4, 1:00–2:30pm,**

**Wednesday, January 16, 3:30-5:00pm, and Wednesday,**

**January 23, 6:00-7:30pm**

Open to breast cancer patients/survivors.

**Caregivers Support Group -- Wednesdays, January 2 and 16,**

**6:00–7:30pm and Friday, January 25, 10:00-11:30am**

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

**GI-Colorectal Support Group -- Tuesday, January 22,**

**6:00–7:30pm**

Open to anyone impacted by GI-Colorectal cancers.

**Living and Thriving with Grace -- Thursdays, January 10 and 24,**

**12:00–1:30pm**

For those dealing with recurrence or metastatic disease.

**Ovarian Support Group – Friday, January 18, 12:00–1:30pm**

Open to newly-diagnosed through post-treatment survivors.

**Support Group for All Cancers (Formerly General Group) –**

**Tuesday, January 8, 11:30am-1:00pm and Wednesday, January**

**23, 4:00-5:30pm**

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

**Conversation & Creativity – Fridays, January 11 and 25,**

**10:00–11:30am**

Meaningful discussion while creating simple art.

**Healing Through Art Class – Thursday, January 17,**

**10:45am–12:30pm (No class 1/3)**

Combine art, movement and mindfulness.

**Cancer Survivorship Workshop – Tuesdays, January 29,**

**February 5, 12, 19, 26 & March 5, 11:00am-1:00pm**

Space is limited & registration required. To register, contact Sheryl Brown at 408-402-6612 or [sheryl@cancercarepoint.org](mailto:sheryl@cancercarepoint.org)

**Grief & Loss Support Group Series – Tuesdays, January 29,**

**February 5, 12, & 19, 6:30-8:00pm**

Open to caregivers of Cancer CAREpoint clients. Space limited & registration required. To register, contact Debbie at 408-458-8300 or [debbie@cancercarepoint.org](mailto:debbie@cancercarepoint.org)

**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>1</b>  <b>Office Closed</b>	<b>2</b>  8:45 Chair Yoga 10:30 Gentle Movement 12:00 Gentle Movement 3:00 Qigong @ Breathe 6:00 Caregivers Support Group	<b>3</b>  8:45 Yoga 12:30 Massage* 2:30 Massage* 4:00 Massage*	<b>4</b>  10:00 Massage* 11:30 Massage* 1:00 Breast Support Group 1:30 Massage*	<b>5</b>  <b>6</b>
<b>7</b>  11:30 Nutrition Basics 12:00-3:00 Wig Bank* 1:00 Your Cancer-Fighting Plate - Carbohydrates 3:00 Nutrition: New Year, New You-Goals for Healthier Eating	<b>8</b>  10:00 Healing Touch* 11:15 Healing Touch* 11:30 Support Group for All Cancers 1:15 Self-Hypnosis for Rapid Reduction of Tension and Anxiety 6:30 Survivorship Nutrition Series	<b>9</b>  8:45 Chair Yoga 10:30 Gentle Movement 12:00 Gentle Movement 1:15 Meditation 3:00 Qigong @ Breathe	<b>10</b>  8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 12:30 Massage* 2:30 Massage* 4:00 Massage*	<b>11</b>  10:00 Conversation & Creativity 10:00 Massage* 11:30 Massage* 1:30 Massage*	<b>12</b>  <b>13</b>
<b>14</b>  11:30 Nutrition Basics 1:00 Your Cancer-Fighting Plate – Vegetables & Fruits 3:00 Nutrition: Cancer-Fighting Nutrition on a Budget	<b>15</b>  9:00-12:00 Wig Bank* 10:00 Healing Touch* 11:15 Healing Touch* 1:00 Guided Imagery Consultation* 3:00 Guided Imagery Consultation* 6:30 Survivorship Nutrition Series	<b>16</b>  8:45 Chair Yoga 10:30 Gentle Movement 12:00 Gentle Movement 3:00 Qigong @ Breathe 3:30 Breast Support Group 6:00 Caregivers Support Group	<b>17</b>  8:45 Yoga 10:45 Healing Through Art 12:30 Massage* 2:30 Massage* 4:00 Massage* 6:30 Lymphedema	<b>18</b>  10:00 Massage* 11:30 Massage* 12:00 Ovarian Support Group 1:30 Massage*	<b>19</b>  <b>20</b>
<b>21</b>  <b>Office Closed</b>	<b>22</b>  9:00-12:00 Wig Bank* 10:00 Healing Touch* 11:15 Healing Touch* 1:15 Guided Imagery to Boost Immune Functioning 6:00 GI-Colorectal Support Group 6:30 Survivorship Nutrition Series	<b>23</b>  8:45 Chair Yoga 10:30 Gentle Movement 12:00 Gentle Movement 1:15 Meditation 3:00 Qigong @ Breathe 4:00 Support Group for All Cancers 6:00 Breast Support Group	<b>24</b>  8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 12:30 Massage* 2:30 Massage* 4:00 Massage*	<b>25</b>  10:00 Conversation & Creativity 10:00 Caregivers Support Group 10:00 Massage* 11:30 Massage* 1:30 Massage*	<b>26</b>  <b>27</b>
<b>28</b>  11:30 Nutrition Basics 12:00-3:00 Wig Bank* 1:00 Your Cancer-Fighting Plate – Protein 3:00 Nutrition: Healing Power of Mushrooms	<b>29</b>  10:00 Healing Touch* 11:00 Survivorship Workshop Series 11:15 Healing Touch* 1:00 Guided Imagery Consultation* 3:00 Guided Imagery Consultation* 6:30 Survivorship Nutrition Series 6:30 Grief & Loss Support Group Series	<b>30</b>  8:45 Chair Yoga 10:30 Gentle Movement 12:00 Gentle Movement 3:00 Qigong @ Breathe 6:30 Cancer and Your Pelvis	<b>31</b>  8:45 Yoga 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](mailto:info@cancercarepoint.org) to register or schedule an appointment.**

**Happy New Year! January is a time for hope and a fresh start. Maybe it is taking a small step to find support, doing something for yourself, or adopting a new habit to boost healing and your health.**

## **Nutritional New Year Resolutions**

Get the New Year off to a healthy start by adopting one or more healthy new habits.

- ✓ **Drink more water.** Dehydration is a major cause of fatigue. Food cravings can often be a sign of thirst. For most people, the goal is about 2 qts. or 8 glasses a day. Take a sip of water every hour. Try an herb tea, such as ginger or peppermint or try sipping on broth as part of your hydration plan. The added minerals and nutrients will help the water get into all your 70 trillion thirsty cells.
- ✓ **Cook more.** Make More of Your Own Meals. Start simple. Ensure higher quality food and better portion control. Pack a lunch and snacks for on-the-go healthy choices. Make a little more for dinner to ensure healthy options for the next day.
- ✓ **Eat more colorful vegetables and fruit.** Enjoy a rainbow every day. Your meals should look like an artist's palate--bursting with color. Enjoy veggies for snacks, with meals, make them the main course for meals, and enjoy in soups and stews. Veggies and fruit provide vitamins and minerals that fight cancer. And they add fiber to nourish intestinal bacteria and keep bowels moving.
- ✓ **Make weekly outings to your local farmers market.** What a better way to load up on in season veggies and fruit, while supporting your local farmers. Local produce, since it has a shorter travel time, is more nutrient dense. Expand your dietary horizons and try a new veggie or fruit. Check out the local sources for eggs and other animal foods.
- ✓ **Add in more of the broccoli family of veggies.** These are called crucifers--veggie super stars. Add to meals and snacks. They have sulfur that supports liver health and glucosinolates that have special, anti-cancer power. Examples of crucifers include: broccoli, cauliflower, cabbage, kale, collard greens, arugula, watercress, radishes, and daikon. Try an arugula-pomegranate-pear-pecan salad with an olive oil vinaigrette dressing.
- ✓ **Get some culture.** Add in a cultured food--such as unsweetened yogurt, kefir, sauerkraut, or kimchee. These foods have billions of beneficial bacteria that support digestion, make vitamins and strengthen your immune system. Newer research is validating how a healthy microbiome is strongly protective against chronic diseases including cancer.
- ✓ **Take a Sugar Break.** Sugary foods and drinks deplete vitamins and minerals. They cause imbalance. They lower your immune system. Choose foods that provide nutrition. Fruit, nuts, and seeds make nourishing snacks. The New Year is a perfect time for a Sugar Detox.

**Provided by:** Nancy Birang, BS, MT (ASCP), NC, Board Certified Nutrition Consultant, 408-832-6178

**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.*