

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter



Cancer Care Centre Celebrates Turning 30

Come and celebrate this wonderful milestone at the Centre's annual dinner
See page 4

**From little things,
big things grow,
Cancer Care Centre's
30th Birthday Dinner**

Quest for Life Retreat ...a member's experience

A personal report on the benefits of a week-long retreat at the Quest for Life Foundation in NSW
See page 11

Do you suffer from Lymphoedema?

How can you receive support at Cancer Care Centre?
See page 14

The leading provider of supportive cancer care in South Australia, since 1985

Cancer Care Centre Inc is a community based, not-for-profit organisation offering a wide range of complementary care to support cancer patients and their families. Complementary care refers to a variety of holistic health services which enhance wellbeing on physical, emotional, mental and

spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches such as meditation and massage and nutritional approaches such as diet and nutrients. Research has demonstrated that complementary care improves cancer patients'

wellbeing and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre Inc staff consist of a variety of dedicated health care professionals and trained volunteers – many of whom have been affected by cancer in their own lives. We support individuals and families to empower

themselves as they travel the cancer journey. We provide an environment which complements medical treatment as clients work towards wellbeing.

To keep up to date with what's happening at the Centre, visit our website www.cancercarecentre.org.au or follow us on Facebook.

**Cancer
CareCentre**
a place of help, hope and understanding

Cancer Care Centre Inc
76 Edmund Ave,
Unley SA 5061
Call (08) 8272 2411
cancercarecentre.org.au

Dear Members

Welcome to the winter edition of Healthy Living.

Annual Dinner The Centre celebrates turning 30 this year, which is a wonderful achievement. Each year we hold an annual dinner to bring friends, clients and volunteers together to enjoy an evening of friendship and entertainment. This year's dinner will be an extra special evening as we raise a glass and enjoy a piece of birthday cake to wish the Centre 'Happy 30th Birthday'. It would be very special if you are able to join us. Please see page 4 for more details.

Cancer Care Centre Annual General Meeting Members are advised that the Annual General Meeting of Cancer Care Centre Inc. will be held on Wednesday 9 September 2015 in the Cancer Care Centre meeting room at 76 Edmund Avenue, Unley at 7pm. I encourage you to come along and support your Centre. Please RSVP by 2 September.

Also this quarter:

Meditation now on Saturday mornings

Meditation is now offered four times a week at the Centre. Continuing with the regular Wednesday morning session, 'one on one' sessions with Evelina on a Tuesday morning, 'Learn to Meditate' classes on a Tuesday evening and we are introducing Saturday mornings to suit those of you who possibly work or don't want to attend an evening class. Anne Smith will be the facilitator of the Saturday meditation class. Anne has over 40 years' experience working in the field of health care, as both a registered nurse and professional counsellor. As part of her role as a nurse, Anne coordinated the Complementary Care Centre at Daw House Hospice from 1996 to 2001. She currently works for the Cancer Council SA and has facilitated "A Course in Miracles" study group at the Cancer Care Centre for 5 years. After many years of personal practice and study Anne is now a certified meditation guide. If you would like to join Anne for a weekly meditation session please ring the Centre as bookings are necessary.

Special screening of 'The Connection; Mind your body' at CCC on Wednesday 19 August at 6.30pm.

"The Connection" is a film about how frontier research is proving that there is a direct connection between your mind and your health. The film features scientists, researchers, writers and doctors, as well as remarkable true stories of people adding mind body medicine to their healing toolkit to recover from severe back pain, heart disease, infertility, cancer and multiple sclerosis. While the science is complex, the solutions for people suffering with illness are astonishingly simple. The film shows that we can counter the harmful effects of stress with an equally powerful relaxation response triggered through specific techniques such as meditation. It shows that emotions can impact the course of an illness for better or for worse and could even be the difference between life and death. If you would like to come along and see this film, I urge you to book early as seats are limited. Please refer to the movie poster on page 13 for details.

Don't forget.....places are still available to our bike ride adventure in January next year. Details can be found on page 7.

Hope to see you at the Centre soon.

Jane Horton, Manager

Donations

The Centre would like to thank the following people for their generosity:

Peta Laundry
J S Langdon
Peter Allan
Diana Hopkinson
Carolyn Watkins
Carl Hopkins
Malcolm Potticary
Jan Rowland
M J Read
P Benveniste
Claire Conroy

Keith & Betty Bull
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R & J Nicholson
Jane Osborne
Suzanne Linford
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Anne Ireland
Ron & Margaret Thomas
Annette Masters
Lorna Adams
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Merilyn Zoppa
Adrian Kenney
Jill & James Colotti & friends
Bruce Thredgold
Ian Gillespie
Unley Mayoress Jocelyn Clyne
City of Unley
Jackie Ayre
Gregory Stanford
Ian Budenberg
Sally & Dennis Ryan

Josephine Carpinelli
Mirella Bicci
Steven Risitano
Jill and James & friends
Bruce Trebilcock

*Donations made after
18 June will appear in
the next edition of
Healthy Living.*

Like us on Facebook and follow us on Twitter



Remember to like Cancer Care Centre on Facebook and spread the word to friends.



@CANCER_CARE

Dear Healthy Living readers

In the April-June 2015 edition of Healthy Living, I mentioned that we are co-opting new Board members to the Centre and that we were seeking a person highly qualified in fund raising. I am pleased to advise that Ms Yvonne Martin-Clark has been co-opted to the Board. Yvonne will bring the expertise we need in the Board composition. Brief details of her background include:

Ms Yvonne Martin-Clark, Master of Marketing, MBA (in progress), Public Relations, Graduate Member Australian Institute of Company Directors

Ms Yvonne Martin-Clark is Executive Manager: Fundraising, Commercial & Marketing, RSPCA South Australia, and a current member of Catherine House Trust and Bedford Foundation. She has been Co-opted to the Board of the Centre with the portfolio of fundraising. She is a passionate, decisive and motivated fundraising and marketing professional spanning some 20 years with international charitable and community based organisations. Yvonne brings a wealth of fundraising experience to the Board and will fulfil the remaining link in our Board composition.

On another topic...

From darkness to light

Have you noticed on the home page of our website that the left hand side has a dark sky and the right hand side has a bright light sky? This transition from darkness to light is symbolic of and fundamental to the foundation, or the DNA of, the Cancer Care Centre. Some artists paint bridges to cross over from dark to light, birds can represent peace and freedom to light (see our logo). Light illuminates and guides. The essence of this is that we can all make a difference in someone else's life. To help people climb the stairways of struggles through life and move from that dark place to a lighter place is a privilege.

Recently the film *The Bucket List* was on TV and it has a compelling story of the struggles of two very different men in their life threatening cancer journeys. Leaving a cancer ward they head off on a road trip with a wish list of to-dos before they die.

The key players in the film are Jack Nicholson (unfortunately no relation of mine) and Morgan Freeman. In one part of the film Morgan says to Jack, 'Have you found joy in your life?' and he goes on to say 'Has your life given joy to others'. Strong sentiments but very poignant.

In 'another life' I was a musician playing the piano or organ for weddings, birthdays, cabarets, balls and the like. Music and stage performance has long been an important part of my life and experiencing and seeing musicians communicating through sound and giving joy to others is to me a lovely thing – communication is at the very heart of humanity. So I can take the whole music spectrum on board from heavy classic to heavy jazz and appreciate everything in between.

While maybe not to everyone's taste, I think the pop group, the Beatles made magic music and the words of many of their song compositions were brilliant. One example is *Let it Be* and some of the words from that song are:

*When I find myself in times of trouble
Mother Mary comes to me
Speaking words of wisdom, let it be.
And in my hour of darkness
She is standing right in front of me
Speaking words of wisdom, let it be.
And when the night is cloudy
There is still a light that shines on me
Shine on until tomorrow, let it be.
I wake up to the sound of music,
Mother Mary comes to me
Speaking words of wisdom, let it be.*

To all readers of Healthy Living, I wish you joy in your lives and the peace that this can bring. What have you got on your bucket list that will see you with a wish list of to-dos?

Kindest regards

Ray Nicholson, Chairman



Please give generously

What your donation will do for Cancer Care Centre and its clients:

With a fully tax deductible donation of:

- \$100** help purchase books for the library collection
- \$200** help purchase organic ingredients for our vegetarian cooking course
- \$300** help subsidize the cost of 'Mindfulness for Cancer Stress' course for a client
- \$600** help mail out an edition of Healthy Living

These are just a few of the costs that can be covered by a fully tax deductible donation.

You can make your contribution by:

- becoming a Cancer Care Champion
- donation – by completing the 'cut out' slip on the next page and post-marking the envelope 'reply paid' (donations are 100% tax deductible)
- bequest – by contacting the Manager for details
- in memoriam donation – by naming the Cancer Care Centre.

Your gift to the Cancer Care Centre will assist the support and care of cancer sufferers and their carers.

Thank you for supporting the Cancer Care Centre.

**Ray Nicholson
President**



Tax Deductible Gift

Title _____

First name _____

Surname _____

Address _____

Suburb _____

Postcode _____

Email _____

I wish my gift to be:

- ☐ anonymous
- ☐ publicly acknowledged
(name only is published)

I would like to donate \$ _____ by _____

- ☐ Credit Card
- ☐ Visa ☐ Mastercard

Card number _____

Expiry date _____

Name on card _____

Signature _____

☐ Cheque / Money order payable to:

Cancer Care Centre and posted to:
The Manager
Cancer Care Centre
Reply Paid 83842
76 Edmund Ave Unley SA 5061

☐ Direct credit to:

BSB: 105 011
Account number: 075 271 440
Account name: Cancer Care Centre Inc
Reference: Your name

☐ Telephone:

For credit card payment by telephone
please ring the Manager on (08) 8373 1470
Monday – Friday, 10.00am – 4.00pm

**Thank you for your generosity.
Your support is greatly appreciated.**

ABN 73 640 293 985



Come and join us to celebrate **Cancer Care Centre's 30th birthday!**

Did you know that Cancer Care Centre was founded in 1985 by a group of concerned and interested people who had attended an Ian Gawler seminar and recognised the great value of a support group? At the time there wasn't anything that fitted their needs in South Australia, so this small visionary group of people began regular meetings in a church vestry and that is how Cancer Care Centre began.

Within a few short years the group had grown to a point where bigger premises were needed and so they moved into our current cottage in Unley. The very first newsletter was a folded A4 piece of paper and on the front cover was an oak tree with the tag line 'from little things big things grow'.

The Centre certainly has grown over the past 30 years. Today we offer a lot more than support groups – a quick look at our centre program pages will show you just how much is on during the week at the Centre.

Each year Cancer Care Centre has an annual dinner. This year's is going to be extra special as it will celebrate how big we have grown from a little beginning. Why not gather together family and friends and book a table? Tickets are on sale now, so please ring the Centre to book early as numbers are limited.

Details for the annual dinner are:

Date: Friday 14 August 2015, 6.30pm – 11.00pm

Where: Adelaide Pavilion, Corner South Tce and Peacock Rd, Adelaide

Cost: \$75 per head. Includes drink on arrival, main course, dessert, freshly brewed coffee and tea with chocolates. There is a vegetarian option; please let us know when booking your tickets if you require this. Drinks during the evening can be purchased at the bar.

There will be a Silent Auction and Wine Wall – proceeds go to support Cancer Care Centre clients and their families.

Sleep!

Sleep is such a necessary and lovely thing...restorative to brain, nervous system and the immune system, and it allows for a fast time to rest the digestive system.



Shauna Ashewood is a Naturopath with 25 years of clinical experience.

She has Bachelor & Master's degree qualifications and special interest in cancer and women's health.

She has a clinic in the city at Therapia and at Semaphore.

Note: The Cancer Care Centre is a support and resource organisation and provides information of a general nature. It does not recommend any specific treatments.



It also rests the cycle of activity in our bodies that occur while we are awake, and without it we simply couldn't survive.

The longest anyone has gone without sleep is 11 days, which was for the purpose of breaking a world record, why else?! None of us would do that willingly, and really it is the small, accumulated amounts of lost sleep due to insomnia that can be draining and disturbing, but that can however be tackled by a variety of means.

Insomnia

Insomnia or sleep problems can take different forms. It may be that for you the problem is getting to sleep, or staying asleep or an issue with light sleep or sleep quality.

Trouble getting to sleep may be for a number of reasons, and sleep hygiene strategies along with some herbal teas or supplements can be most helpful. Strategies that I think work include keeping a good night time regime, and starting the wind down earlier than you might think!

A good night time regime means switching off from stimulating activities a good hour and a half before getting into bed to sleep. This allows your cortisol, which for simplicity we will call the "wake you up hormone" (turned up by stress and anxiety by the way) to gradually lower. At the same time we want your melatonin, the sleep hormone, to begin to rise. Melatonin will respond to relaxation, routine, and a darkened space. (The latter of which is why blue screens before bed adversely affect sleep!)

Relaxation can be helped by relaxation tapes, soothing music, quiet time and possibly herbal teas if you need some extra help. Creating a routine that you replicate each night is very beneficial. We need to apply the same concepts if you wake at night, because then you repeat the same triggers you use when going to sleep, inviting the brain to relax and induce sleep.

Needless to say one should avoid stimulating factors, including tv, alcohol and caffeine in the few hours at least before bed.

Chemotherapy & Sleep

If your insomnia is created by a chemotherapy regime that includes prednisone, then it is more important than ever to resist the urge to be hyperactive! I've heard numerous stories of how much housework, jobs and even painting can be done on those sleepless nights, but that only prolongs your sleepless time!

With the chemo induced insomnia, the night time relax routine needs to be started 2-3 hrs before bed, and I would suggest the use of herbal medicines to help you relax in the evening and to sleep at night. Valerian and Kava would be my favourites here. Both can be dosed early in the evening and then before bed.

Herbs

Valerian root is an old herb used originally also for nervous exhaustion (pretty common during cancer treatments), so there's another clue to whether it's indicated for you. Valerian has two peaks of activity, so it will also tend to keep you in a deeper sleep for longer.

Kava is a great sleep herb that was originally used as a ceremonial drink in Polynesia. Kava has been proven in clinical trials to help anxiety as well as sleep, so is a great herb if anxiety is interfering with your sleep. Typically anxiety will prevent you getting to sleep or wake you early.

Some people get more vivid dreams to begin with on Kava, but it doesn't persist. Kava also helps deeper sleep.

Zizyphus and Passionflower are my other favourite sleep herbs.

Menopause & sleep

Menopause can disturb your sleep because of hot flushes, or the lowered oestrogen levels can simply cause wakefulness. Indeed, some of your cancer treatments may put you into a sudden menopause. The two herbs used specifically in this case are Passionflower and Zizyphus. Both are also beneficial in anxiety and help support the nervous system in general, and Passionflower is also thought to support your hormones.

Herbal Supplements

Most of the herbs mentioned are available as herbal teas or supplements. The herbs are best used in conjunction with a good sleep routine, so that each reinforces the other. Most herbs have best results that come after weeks of use, though all will start to induce calm as soon as you take them.

Herbs are best taken with the help of your Naturopath or health practitioner in determining what suits you best and doesn't interact with other medications you may be taking. Your Naturopath will also have other supplements that are of benefit but not available over the counter.

Sleep well!



What is Mindful Presence?

Let's unpack those two words, mindful presence.

Mindfulness is simply a clear, non-judgmental awareness of your inner and outer worlds. In particular, it's an awareness of the flow of experience in your inner world – an alert observing of your thoughts, emotions, body sensations, desires, memories, images, personality dynamics, attitudes, etc. When you are mindful of something, you are observing it, not caught up in it and not identified with it. The psychological term, "the observing ego" – considered to be essential for healthy functioning – refers to this capacity (i.e. mindfulness) to detach from the stream of consciousness and observe it.

Mindfulness is an everyday psychological capacity, not some kind of lofty mystical state. To quote an unidentified meditation master: "Even children, drunkards, madmen, those who are old, or those who are illiterate, can develop mindfulness."

Presence refers to the stability of mindfulness, which means the degree to which you are grounded in awareness itself. With practice, awareness becomes increasingly your home base, your refuge, rather than the contents of awareness. You abide more and more as the field of awareness upon which experiences arise, register, and pass away.

The sense of awareness itself starts taking up more and more space in your daily experience; you certainly still get caught up in and swept along by mental content many times a day, but you find there is more of a feeling of background awareness even then, plus you return to the awareness position more quickly, and stay there longer.

As mindful presence increases, there is a growing sense of being as the container of your everyday life, which holds the 'doing' and the 'having' of daily activities. You are being 'being'.

This quality of abiding as awareness moves out into your life beyond time spent meditating. Simply stretching your hand for a cup of coffee or tea becomes increasingly infused with a sense of full awareness of that act. So also with other physical activities.

With people, you become more settled into being fully there with them, more peacefully relaxed in awareness of them and you and what's happening, less identified with pleasant or unpleasant reactions that arise, less caught up in the past or future or sense of needing to make something happen. We can feel it immediately when someone else is mindfully present with us; similarly, others can feel it when you are that way yourself.

Reproduced with kind permission from Rick Hanson, Ph.D. (with Richard Mendius, M.D.) Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom. Oakland, CA: New Harbinger, 2009.

If you would like to learn how to be mindful and develop a mindfulness practice, join us for our next 4-week program starting Thursday 15 October from 6-8pm.

'A Month of Mindfulness' will be facilitated by Barbara Hancock from Adelaide Mindfulness. For more details about the course, please ring the Centre.



A Charity Challenge Cambodia to Vietnam

Bike Ride January 2016

Riding from Cambodia to Vietnam gives you the opportunity to mix with the beautiful people of the area. Cycle through the diverse countryside to sites rich in historical and military significance, to stunning coastal scenery.

Extend your spirit of adventure while at the same cycling on behalf of, or in memory of someone close to you who has been affected by cancer.



Are you, or someone you know, up for the challenge?



The Connect Adventure challenge is your perfect opportunity to cycle with a group of like minded people, while raising funds to help The Cancer Care Centre to provide vital courses, resources, workshops and therapies to people dealing with cancer, along with their families.

“You will have an unforgettable adventure in Cambodia and Vietnam - one that will stay with you for a life time”



*Get set for
an Inspiring
Adventure*



To become a part of this truly inspirational experience contact Jane, Cancer Care Centre Manager for more details.
8272 2411

What's on at the Centre... Weekly Program

What is Pathways?

Pathways is an opportunity to spend time with one of our trained Support Workers in a private, quiet environment to explore and prioritise goals, needs and skills regarding your cancer journey, or if you are a carer, to explore how you can be of support, while at the same time taking care of yourself. Pathways appointments are available most days, please ring the Centre to book your free Pathways appointment.

Monday

Massage - Remedial, Relaxation, Myofascial; Cranio Sacral, Trigger point

Therapist: Ryan
Weekly, Monday mornings
Members \$40 Non-members \$85

Massage - Remedial

Therapist: Trudie
Fortnightly, Monday afternoons
Members \$40 Non-members \$85

Reiki

Therapist: Angela
Fortnightly, Monday afternoons
Members \$40 Non-members \$85

Journey to Wellness

This six week course covers a range of topics specifically designed to assist cancer patients to maximize their wellbeing on a physical, emotional, psychological and spiritual level. This course is inspired by Dr Gawler's Cancer Healing and Wellbeing course.

Key Facilitator: Sarah
Commences 3 August 9.30am-12noon
Members \$120 Non-members \$150
(includes workbook)

Chair Yoga

For those unable to participate in a regular yoga class. No prior yoga experience necessary.

Facilitator: Nina
Next course commences 12 October
10.30am to 12noon
Five week course
Members \$40 Non-members \$55

Music Group

A therapeutic music group which runs for six weeks using a variety of musical techniques and instruments including drums, small hand instruments and chime bars. Come along and share in the fun and reciprocity, while actively engaging in the music or just sitting back and listening while relaxing in the space provided by the Centre.

Facilitator: Jenny
Next course commences 3 August
1.30pm - 2.30pm
Members \$40 Non-members \$55

Tuesday

Massage - Oncology, Relaxation, Remedial, Lymphatic Drainage; EFT, Bowen therapy

Therapist: Judy
Fortnightly, Tuesday mornings
Members \$40 Non-members \$85

Massage – Oncology, Remedial; Cranio-Sacral, Reiki, SER (emotional release)

Therapist: Anne-Marie
Fortnightly, Tuesday mornings
Members \$40 Non-members \$85

One on One Meditation

Facilitator: Evelina
Weekly, Tuesday morning
(other days and times can be arranged)
Members \$10 Non-members \$20

Balance through Art

This six week course provides opportunity to explore your creativity.

Facilitator: Helen
Next course commences 4 August
1.00pm - 3.15pm
Members \$40 Non-members \$55

Counselling

Counsellor: Dagmar
Weekly, Tuesday afternoons
Members \$40 Non-members \$85

Learn to Meditate for Beginners

Facilitator: Dagmar
Join at any time, pay in four sessions blocks
Weekly, Tuesday evenings
5.30pm to 6.30pm
Four sessions
Members \$35 Non-members \$55

Men's Meeting

This group provides an opportunity for men to discuss issues affecting them on their journey, whether they are a patient, carer or partner of a patient.

Facilitator: Mel
1st & 3rd Tuesdays of the month
7.00pm to 9.00pm
By Donation
Please register your interest by telephoning the Centre on 8272 2411

Wednesday

Massage –Oncology; Bowen Therapy, Kinesiology, EFT, Lymphatic Drainage

Therapist: Sarah
Weekly, Wednesday mornings
Members \$40 Non-members \$85

Clinical Hypnotherapy

Therapist: Jean
Weekly, Friday mornings
Members \$40 Non-members \$85

Group Meditation

Facilitator: Dharmamodini
No booking necessary
Weekly, Wednesday mornings
10.30am-12noon
Members \$7.50 Non-members \$10

Trauma Buster Technique (TBT)

Therapist: Jenny
Fortnightly, Wednesday afternoons
Members \$40 Non-members \$85

Counselling

Counsellor: Natalie
Weekly, Wednesday afternoons
Members \$40 Non-members \$85

With the exception of Wednesday morning meditation, you are advised to contact the Centre on (08) 8272 2411 to confirm course commencement dates and times, and to make bookings for all courses listed.

All sessions are held at the Cancer Care Centre
76 Edmund Ave, Unley
unless otherwise specified.

Family and Friends Support Group

Family and friends need support too. This group aims to discuss the issues facing family and friends who are supporting someone with cancer and how they can be supported in their important role in the cancer journey.

Facilitator: Margaret
2.00pm – 3.00pm
1st & 3rd Wednesdays of the month
By Donation
Please register your interest by telephoning the Centre on 8272 2411

Yoga

It's safe, fun & easy to do. You will enjoy this relaxing class of gentle exercise and conscious relaxation. An eight week course that requires no prerequisites.

Facilitator: Tina
Course commences 22 July
3.00pm – 4.00pm
Bookings are a must – class is limited to 12
Eight week course
Members \$50 Non-members \$80

Juicing Workshop

This workshop shows you how easy it is to make your own fresh juice and harness all the goodness of vegetables and fruit.

Facilitator: Cherie
1st Wednesday of the Month
1.00pm – 2.00pm
Members \$7.50 Non-members \$10

Twilight Talk

Twilight Talks are an informative session held monthly on Wednesday evenings
6.00pm to 7.00pm
Members free Non-members \$20
Please ring the Centre or look on our website for upcoming topics.

Thursday

Massage – Oncology, Remedial, Lymphoedema Therapy

Therapist: Erin
Fortnightly, Thursday afternoons
Members \$40 Non-members \$85

Massage - Relaxation, Lymphatic Drainage, Myofascial, Oncology, Positional Release, Lymphoedema Therapy

Therapist: Richard
Weekly, Thursday mornings
Members \$40 Non-members \$85

Exercise Your Lymphatics

Six week course - learn safe and effective techniques to improve your Lymphatic System function.

Facilitator: Richard Roope
Commences 22 October
1.30-2.30pm
Members \$40.00 Non-members \$65.00

Women's Support Group

A friendly support group for women to discuss issues affecting them on their cancer journey.

Facilitator: Carolyn
10.00am – 12noon
1st & 3rd Thursday of the month
By Donation
Please register your interest by telephoning the Centre on 8272 2411

Counselling

Counsellor: Lynne
Weekly, Thursday afternoons
Members \$40 Non-members \$85

Friday

Acupuncture

Therapist: John
Fortnightly, Friday mornings
Members \$40 Non-members \$85

Vegetarian Cooking Class

Join a naturopath and a skilled cook in the kitchen for our revamped Vegetarian Cooking class. Over four weeks learn how to make delicious meals using tofu, quinoa, lentils, pulses and other nutritious vegetarian ingredients. Discover important nutritional facts to consider, and try ingredients that may have been a mystery up until now.

Facilitators: Sue and Jane
Commences 7 Aug
11.30am-1.00pm
Cost \$60 members \$85 Non-members

Saturday

Counselling

Counsellor: Helene
Weekly, Saturday mornings
Members \$40 Non-members \$85

Group Meditation

Facilitator: Anne
Commencing 25 July
Weekly, Saturday mornings
11.00am-12noon
Bookings essential
Members \$7.50 Non-members \$10

Exercise Your Lymphatics Weekend Workshop

Based on our popular six week course, we are offering two consecutive Saturday afternoons to learn safe and effective techniques to improve your lymphatic system function. Facilitated by one of the Centre's lymphatic massage practitioners, Richard Roope will guide you through techniques and exercises you can do at home. Past participants have found Richard's information and handouts to be very useful and practical.

Workshops dates: Saturday 22 & 29 August
1.30pm-4.30pm
Cost: Members \$40.00 Non-members \$65.00

Monday – Friday

Resource Centre

The library is an easy and convenient way to find information and inspiration. Come in and have a browse, ask our staff how these great resources can help. Internet research can be arranged for you by a client support worker.

The library is open during office hours
9.30am – 4.30pm, Mon-Fri
No Charge – Members' facility only



Juicing for health or juicing as medicine?

Juicing is an easy and fast way to consume a large amount of vitamins, minerals, enzymes and antioxidants, particularly if we are unwell and not able to digest and absorb enough nutritious food to sustain our bodies.



It also helps to nourish the body, boosts our energy, enhances our immune systems and assists with the breakdown and elimination of toxins.

When juicing, particularly green leafy vegetables, we are also helping our body to balance pH levels (i.e. bringing an acidic body to an alkaline state) which is important for our overall health and wellbeing.

Green leafy vegetables such as kale, broccoli, spinach and cabbage are importantly recognised as cancer fighters so are all great additions to adding to your juice cocktail.

If you are new to juicing or simply would like to get the most benefit out of your current juicing regime please join Cherie Gauci, Integrated Nutrition Health Coach, for an informative juicing workshop. The workshops are held at the Cancer Care Centre on the first Wednesday of every month, from 1 to 2pm.

The workshop covers:

- what to juice (and what not to juice) to optimise your wellbeing
- when and how to juice
- best time to drink juice to gain maximum benefit
- the benefits of juicing
- which types of juicers are best and why
- various combinations of juice
- opportunity to tickle your tastebuds with a variety of combinations
- handouts and resources provided

Please phone the Centre to book your place at our next juicing workshop.



Cancer Care Centre's juicing workshops are kindly sponsored by Organic Box

Would you like to be a Cancer Care Champion?

We would like to sincerely thank our members who recently responded to our financial appeal. We rely on the kindness of the community for our funding and your donation is always appreciated.

If you would like to help us continue to support those newly diagnosed and living with cancer, it still isn't too late to donate. Your generous donation will help us to continue to provide our much needed services to South Australian people with cancer and their families. You can either donate through our website, or ring the Centre and speak to one of our Support Workers. You may also like to receive information on how to become a monthly donor through our 'Cancer Care Champions' program. Please ask for a brochure to be sent to you when you ring with your donation. Thanking you in advance for your generosity.



Quest for Life



When my husband's brain cancer resurfaced after two and a half years, the shock and disbelief was overwhelming.

As a family, we cycled through all the emotions possible from sadness to anger to asking "why and how could this happen so soon, when we have been living such a healthy lifestyle?"

Within a week of this second terminal diagnosis, I discovered the "Quest for Life Foundation" and their week long retreats which are based on Petrea King's book with the same title. The information on the website gave us the confidence that the program would be a good fit for our situation. At first, I thought I would take my husband to the retreat and pick him up a week later, thinking "he is the one who needs to heal, not me!" But as we planned our trip to NSW, it was becoming clearer to me that I also needed to attend. This decision was indeed a very difficult one, as it meant leaving our five year old son with friends, so that we could travel to the Southern Highlands of NSW and face our current circumstances.

The Quest for Life Foundation was established in 1989 by Petrea to further her work. Since her unexpected recovery from leukaemia in 1984, Petrea has devoted her life to counselling, facilitating groups and retreats, training health professionals and lecturing widely on health and healing.

Travelling to the retreat meant flying to Sydney and then travelling by train to the quaint country town of Bundanoon, which is about halfway between Sydney and Canberra. The travel was smooth, relatively easy and enjoyable and we were greeted at the train station and driven to the property.

All staff and facilitators were amazing and so very understanding. Every person involved in the program had their own stories of life threatening illness and any anxiety soon melted away as it became apparent that we all understood each other, even though our journeys were individual ones.

I entered the retreat angry, grief stricken and wanting answers. By the end of the week, I felt relaxed, at peace and very much loved and supported. My husband entered the retreat still in shock and disbelief of the diagnosis and left feeling content and open to facing his mortality, but also with hope and the skills to help his body to heal. We walked away with tools and strategies to help us through each day-one could call it "Life Skills 101".

We learnt the importance of providing the body what it needs for healing and how what we do changes the actual physiology of our body and the effects can be observed very quickly. We learnt about quieting the mind, relaxation, meditation, healthy eating, attitudinal healing and so much more. We embraced every part of the program and in some respects we could say it "saved our lives". Maybe not in the physical sense, but by giving us the opportunity to find happiness amongst what would ordinarily been seen as overwhelming sadness and hopelessness. Learning techniques to quieten the mind is simply heaven and when days seem overwhelming, which happens for me quite a bit at times, I stop and use my "Life Skills" and I can move forward again with confidence.

My husband now has an amazing outlook on life and is open to listening to his body and his guiding spirit within. I also have a much calmer, slower and quieter outlook on life, which is not only better for my body, but also provides a happy, loving and stress free environment for our son.



Quest for Life retreat centre

Together we believe we are great role models for him and we talk to him openly and honestly and at meal times we sit together as a family and express our gratitude for the things that brought us happiness that day. The skills we learnt also included how to talk to our son and help him with his feelings and grief.

As a family, we are so grateful for the dedication and work that is done by this not for profit organisation. We were also so pleased to meet Petrea herself and enjoy a session with her and have the opportunity to ask questions. She has an amazing presence and one feels enlightened and calm when around her.

The Cancer Care Centre stocks Petrea's books and many of her meditation CD's, so we could quickly obtain what we needed in preparation for attending the retreat and to help us as we move forward. For more information regarding the Quest for Life Foundation, please visit their website at <http://www.questforlife.com.au/>. Their work goes beyond just helping those with a life threatening illness and we all could use some time to stop, reflect and rethink a better way of living.

Article kindly written by Irene, Member of Cancer Care Centre

Living Fully, Dying Well



Following on from the successful 'Conversation on Death and Dying' held in February, the second in the 'Living Fully, Dying Well' series will focus on healing, strengthening and nurturing our relationships. Based on the work of Ira Byock, this conversation will explore how four simple phrases – 'I love you', 'Thank you', 'I forgive you' and 'Please forgive me' have the power to resolve long standing interpersonal difficulties and deepen and cherish existing loving ones. Even in the midst of personal tragedy and challenges it is possible to experience a deepened sense of emotional wellbeing, wholeness, healing and growth enabling us to live fully and face the future with peace. With her warm and gentle style, Pam Mitchell, who facilitated the workshop 'A Conversation on Death and Dying' held in February at the Centre, will be facilitating this workshop. Pam has worked for 30+ years in the areas of aged care and community health. She is a qualified meditation teacher and counsellor.

Next workshop Saturday 22 August. Cost: \$5 members, \$10 non-members. Please ring the Centre to book your place or for further details.

New in the Library

The library now has three new titles for Carers and also two new CDs on Meditation.

When Someone You Love Has Cancer

by Cecil Murphey

Bestselling co-author of 90 Minutes in Heaven, Cecil Murphey has written this book as a comfort and encouragement for caregivers and loved ones. When you're caring for someone with cancer, it's difficult to know how to truly be there and how best to respond to the unexpected twists and turns that accompany a devastating diagnosis. This comforting book inspires caregivers to seek peace and understanding in their loved one's situation, learn the importance of active listening, and explore their own feelings of confusion and unrest. Caregivers will learn how best to handle anxiety and apprehension, answer questions honestly and with love, deal with their own emotions of exhaustion and helplessness, and bring hidden feelings to the surface.

This much-needed book uniquely combines practical ways to help a friend and family member deal with a devastating disease and spirit-lifting thoughts for celebrating the gift of life in the midst of troubles.

How to Cope Better When Someone You Love Has Cancer

by William Penzer

In 2005, Dr. William Penzer, a seasoned psychologist of more than four decades, found himself falling on his emotional face when his 31-year-old daughter was diagnosed with breast cancer. Despite having helped thousands of people navigate the choppy and challenging demands life often imposes, he was drowning in a sea of his own emotions. Like a traveller in a foreign land, which Dr. Penzer came to call Cancerville, he eventually discovered the pain-filled reality of supporting a loved one who has been diagnosed with cancer. In this ground-breaking book, he shares all the secrets of surviving and staying the course in Cancerville, helping people take better care of themselves while being fully present for their loved ones. His advice will help readers quickly adapt to Cancerville: to feel more empowered and optimistic; to rise to the challenges; and to deal with emotional down times, strengthen their minds, and communicate more effectively.

When Someone You Love has Advanced Cancer

by National Cancer Institute

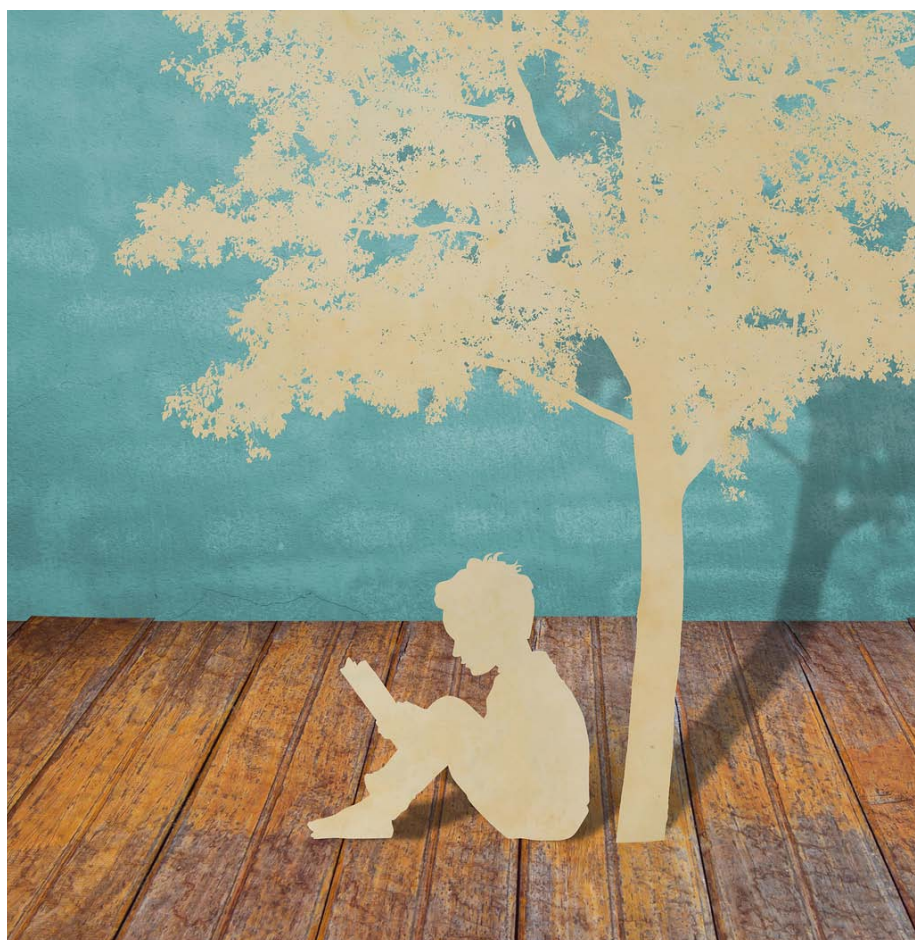
Explores many of the questions and crossroads that face caregivers when their loved one has been told that he or she has advanced cancer that is no longer responding to treatment. Until now, you have probably gone through cancer treatment with your loved one hoping for a remission or recovery. If your health care team is telling you that this may not be possible, you may be facing new choices to make about care and future steps. Making these transitions in care can be hard. You'll need to focus on the things you can control and what you can do to make this time with your loved one special. You'll want to help the patient live life to the fullest. Many caregivers say that this time gave their life special meaning and a sense of what's important.

Positive Thinking ...Meditation Commentaries (CD)

With inner strength and clarity, we are able to free ourselves from the negative influences imposed on us by external sources, as well as by our own weak thoughts, and to recognise and fulfil our true potential. This CD helps us to create a new positive sense of self through which we can transform our vision and therefore our world.

Today I will...Creative Visualisation to Make Your Life Calm (CD)

A little determination is all it takes to create some much needed space in your day. When will you take time out? When will you meditate to give your mind a rest? Today I will. Relax and refresh your mind with these five delightful creative meditations. Allow the soothing voice and expansive music soundscape to capture your imagination and lead you on a gentle journey back to calmness.



The **CONNECTION** Mind your body.

A film featuring world leading experts in mind body medicine
and compelling true stories of recovery



**Proudly presented by Cancer Care Centre Inc.
Wednesday 19 August 6.30pm at 76 Edmund Ave, Unley**

All tickets: \$10. Tickets are limited so please ring and book now.

A light supper will be provided.



Do You Suffer from **Lymphoedema**?

Have you had cancer treatment that involved your lymph nodes? Have you got abnormal swelling that doesn't go down? You may be experiencing a condition called **Lymphoedema**.

Lymphoedema is the swelling of certain parts of the body, especially arms and legs, caused by problems with the lymphatic system. The lymphatic system is a network of vessels and nodes throughout the body that transports fluid (lymph) from the body tissues back to the bloodstream.

Lymphoedema can develop following damage to the lymphatic system. The damage may occur as a result of some cancer treatments including the removal of lymph nodes, following radiotherapy to lymph node groups or with the progression of malignant disease. The onset of lymphoedema may be at any time. It may occur within months of the damage or it may appear years later.

The signs and symptoms of lymphoedema can include: abnormal swelling, aching area or limbs, an indentation that persists after the release of applied pressure or changes in the shape of an area or appearance of a limb.

It is possible to manage the condition of lymphoedema, and the earlier treatment is commenced, the more successful the outcome. The aims of lymphoedema treatment are to prevent progression of the condition, to reduce oedema and then maintain the improvement.

At Cancer Care Centre we offer a 'Lymphedema Therapy and Management Program'. The program can assist you before, during and after medical based cancer treatment.

Our fully qualified therapists have been trained in Complex Lymphatic Therapy and Management (Casley-Smith method). They can perform initial and periodic limb measurements, educate you on how to recognise lymphoedema and how to prevent it when you are undergoing treatment or surgery, and how you can manage your lymphoedema at home. They also offer lymphatic massage if you are currently experiencing lymphoedema.

We also run an 'Exercise Your Lymphatics' course on how to manage your lymphoedema at home with gentle movement exercises. Next 6 week course begin on Thursday 22 October 1.30-2.30pm and the next weekend workshop is on Saturday 22nd & 29th August 2015 1.30pm – 4.30pm. For a lymphatic massage or more information on our exercise course please ring the Centre and speak with one of our Support Workers.

For more general information on lymphoedema you may also wish to contact the Lymphedema Support Group of SA. Call Colomba on 0498 712 916

**A big thank you to our
wonderful volunteers**



Been diagnosed with cancer?

Start your journey with a free Pathways appointment.



Pathways is a free service offered by the Cancer Care Centre to people with cancer.

In a caring and supportive environment, one of our Support Workers will meet with you and listen to your story.

Telling your story is an opportunity to spend time with someone who cares, in a private, quiet environment to explore and prioritize goals, needs, and devise a healing plan appropriate to you and your personal cancer journey.

A Pathways appointment is also available to carers of someone with cancer. The Support Worker will explore how you can be of support to that person, while at the same time taking care of yourself.

The Support Worker will link you to services that will help assist you – either within Cancer Care Centre or with other community organisations.

A Pathways appointment is of one-hour duration and is your first step in complementary care for your cancer journey.



Cancer Care Centre...empowering individuals and families as they travel the cancer journey