

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

The structure and operations of cancer wellness centres and integrative oncology providers within Australia.

Jo Colella

– Uni placement at the Cancer Care Centre. See page 8.

Milk and other dairy foods

in relation to prostate cancer recurrence. See page 12.

Snazzy Salads

See page 17.



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

Entertainment book on sale

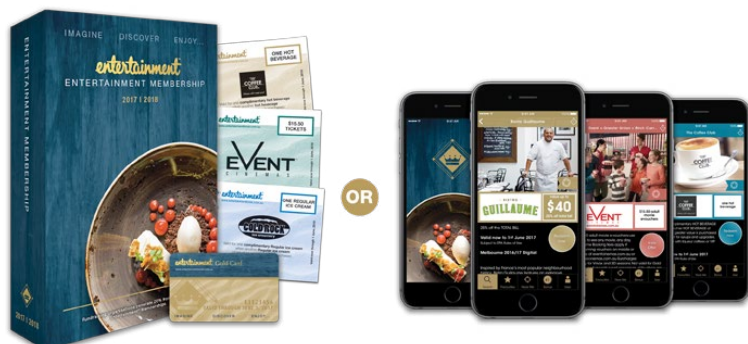
Thank you for supporting Cancer Care Centre by purchasing your 2017 Entertainment Book through us. \$1,100 was raised which enables us to continue the important work of supporting people in South Australia living with Cancer, their carers and families. Support us again this year by pre-purchasing your 2018 membership here: <http://www.entbook.com.au/161c980>.

Thank you.



Annual General Meeting 2018

Please note the next Annual General Meeting on the 26th September 2018 at 7pm here at the centre.



Donations

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

Alexandra May	Robin Crompton	Barbara Anderson
Josephine Carpinelli	Lynda Grabiec	Louise Portway
Jackie Ayre	Carl Hopkins	Helen Bishop
Tricia Tyerman	Carmelo Nistico	Coralie Hunt
Louise Van Der Velden	Peter Allan	Betty Bull
Ann Ireland	Deborah Herriot	Lesley & Robert Pope
Rosalie Merritt	Kim Bolton	Margaret Emms
Lorna Adams	Alistair Robertson	Sharon Abberdan
Rosemary Conroy	Linda Squires	Judith Gaghan
Coralie Ward	Alan & Nina Dawson	Peter & Denise Cockerham
Georgie Davill	Fiona Hewett-Rose	Keith Potts
Dominie Nelson	Russ Talbot	Jamie Deverson
Robert Brooke	Patricia Leo	Debbie Harrop
Maria Sorrenti	Glenda Reynolds	Luisa Tieppo
Steven Risitano	Beryl Worsley	Maria-Jane Lokan
Trevor Nielsen	Gerard Bourne	



Helen Button
Matthew Partridge
Cheryle Harrison
Christine Liveris
Annette Masters
Eileen Mahony
Karen Wood
Cheryle Harrison

Thank you to
our
Cancer Care
Champions:

Elena Voss
Malcolm Potticary
Ray & Jocelyn Nicholson
Alex May

Donations made after 15 February 2018 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

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.



Dear Healthy Living readers

In my last message about three months ago I welcomed Calandra Scott as our new Centre Manager and wished her well. Little did I or any of the Board know what a galvanising effect Calandra would have on our activities in just three months. Calandra will highlight the new courses, classes and therapies in her message, but here I would like to commend her for bringing a number of new volunteers to the front office as 'Meet and Greeters'. Whenever I listen to a member giving feedback on their experiences at the Centre, one theme dominates – 'I was welcomed' or 'They cared' or 'At last, someone who listened' and so on. This style of greeting is key to our culture so adequate staffing of the front office with warm, caring and sensitive volunteers is a must. There are always office chores to be done and phones to be answered but as a team we must often put all that aside and show that we care. This can be challenging especially through the winter months when holidays and illness tend to deplete our volunteer numbers, so we are building some reserves into our pool of volunteers to be better prepared for the season ahead. Welcome to the many new volunteers – and well done and thank you to Calandra.

Mark Gibbs has been on our Board for over four years bringing his professional expertise in marketing and social media to our discussions but unfortunately for the Centre Mark is moving to Queensland and has resigned from the Board. We wish Mark all the very best for his move up north and thank him for raising our awareness and professionalism in this area.

In December the Board co-opted Susan (Sue) Ross to the Board. Sue brings to us an extensive background in working within community not-for-profit organisations (large and small) and holds higher degree qualifications, skills and experience in:

- grant writing, governance, strategic planning, training and human resources
- volunteer management. We welcome Sue to the Centre and we're already benefiting from her advice and contacts.

There has been reference in our annual accounts over the last four years to a substantial bequest that has been subject to a legal dispute. Most matters have been settled and I'm pleased to report that the Centre has received a substantial amount of money from the member's bequest. I would like to thank Ray Nicholson who as the Chairman in mid 2014 took charge of this complicated and sometimes stressful matter. On behalf of all members – thank you, Ray.

Ian Budenberg
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 'Journey to Wellness' course
- \$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 Centre Coordinator 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.





Manager's Welcome

Dear members and supporters of the Cancer Care Centre.

I am delighted to welcome you to the autumn edition of *Healthy Living*. Autumn is one of my favourite seasons, as the vibrant, earthy colours of the leaves before they will start to fall illustrate the beauty of letting go. It is also the season for protection with extra clothing and seeking comfort in a snug place.

I am extremely grateful and humbled by the warmth and generosity of the people who are an integral part of the Centre, especially the warmth and generosity of our volunteers and members that radiates out to all. There have been many heart-touching moments as it sinks in the importance the Centre has for those who are in need. Recently, I had a member's husband who visited us and wanted to let us all know how much finding the Centre and being a part of it helped his wife through the late stages of her life. I felt touched and thought I would share this with you all. I would also like to share being touched by a significant donation from an elderly lady who had sent in a cheque with a note that read "to help those going through cancer". She wanted to stay anonymous and it's the kindness and generosity of all those who support the Centre in anyway that enables us to make a difference. And for that we are grateful.

As this magazine is a loved and essential communication between us and our members, I would like to thank the CMV Foundation which makes *Healthy Living* possible. It has been great to be able to fill the magazine with information about all the exciting new sessions that we have introduced to the Centre recently. It has been great to see a full class for our *Journey to Wellness* for February, and again full capacity at our recent acupressure clinic on the 17th February (see picture). The Centre feels abuzz with plenty of new things to try.

On Fridays we now have Tai Chi and John our new resident acupuncturist. Cooking classes are underway (see page 14), and our first *Vision Webb* focused on the fear around remission with Tricia (see page 7).

Recently, I was invited to speak at the Northern Woodturners Association at Golden Grove, They have kindly selected the Cancer Care Centre for their fundraising charity this year. I was kindly gifted a lovely necklace made by Bill (pictured), who is one of the members. I was very humbled and am grateful for their kind gift and interest in supporting our Centre.

I am pleased to announce that we have recently received two grants. The first grant was for *Dry July*, to run two *Hero's Journeys* sessions this year. One session has already started in March and another will be running around September this year, so please put your name down as a registration of interest if this is something you would like to do. The other grant was for *Forest Bathing*, which is a sessions we will be running over the next couple of months. Please let us know if you are interested in joining these sessions.

Finally I would like to acknowledge all the new volunteers who have recently joined us and are doing a fabulous job fitting into our team. In the reception you may now meet Margie, Bea, Pepina, Roland, Maryanne, Christine and Julie. Doing a stellar job on our Facebook is Filomena Impagnatiello. And finally our new editor and support for *Healthy Living* and website, please welcome Joel Baker. My sincere thanks and appreciation for your commitment and support to this greater cause.

Look forward to seeing you soon.
Warmest regards,

**Calandra Scott
Manager**

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:
Centre Coordinator
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 Centre Coordinator on
(08) 8373 1470
Monday – Friday, 10.00am – 4.00pm

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





Seeds for Health Organic Garden Course – Autumn 2018

Seeds For Health is an organic, grass roots community garden program combining support, education and focus on health in a hands-on, four week program designed to help people to produce their own organic food. *Seeds for Health* continues a 30 year tradition of innovative and effective health programs at the Centre.

The course provides skills in organic vegetable gardening, both in gardens and containers, so it will be possible for people to grow their own 'healthy food'. A holistic experience – providing the opportunity to connect with nature and gain the important health benefits of relaxation, reducing stress and anxiety, increasing self reliance along with a real sense of achievement, and experiencing the fun of great community garden spirit!

Overview

Seeds for Health – insights to organics, permaculture & biodynamics. Sowing seeds for a home-grown project.

Kitchen Garden Inspirations & Design – creating productive organic food gardens.

The Good Earth – care of the soil with organic practices. Cultivating healthy soil – healthy plants – healthy people.

Medicinal Herbs – growing & using compost – the most vital key to organic food gardening.

Food Garden Management & Container Growing – water, mulch, rotations... making it all work!

Seeds for the Future – looking ahead – discovering the Seedsavers network.

Inspirational guest speakers and a field visit included in the program.

This course is open to anyone with an interest in health & organic food gardening.

Seeds for Health

Held at Fern Ave Community Garden,
18 – 20 Fern Ave, Fullarton.

Wednesdays 10am to 12 noon
– with lunch from 12 noon to 1pm

Autumn course is for 4 weeks

Wednesday 2nd May – 23rd May

Cost: Members \$55.00 Non Members \$80.00

Bookings essential – by Friday 27th April)

Phone CCC 8272 2411 Enquiries: Diana 0407 339 660

Bogan Bingo fundraising for Cycle Cambodia 2018

Jane and Jenny have worked tirelessly over the past year to raise money for *Cycle Cambodia 2018*. And to help continue their fundraising, the second *Bogan Bingo* fundraising event was held on February 24 at the Christian Brothers College Hall in Wakefield Street, Adelaide. Everyone dressed up in their best bogan outfits and brought along a great, fun attitude. It was a very enjoyable night indeed; the feedback being that it was the best fun many had had in a long time. More importantly, everyone felt that the money being raised was for a very worthy cause. **So far, Jane and Jenny have raised \$9,994 for the Cancer Care Centre,** and the Centre is extremely excited by this and very appreciative of our friends for their full support.

Cycle Cambodia 2018 is an eleven-day bicycle ride across Cambodia to raise cancer awareness and funds for the Centre.

Departing from Adelaide on March 15 and returning on March 25, twelve participants will take part in the 381 kilometre bike ride across Cambodia. It will be a unique opportunity for participants to cycle through some of the most breathtaking and diverse countrysides, while also visiting sites rich in cultural, historical and military significance. Our readers can follow the trip on the Centre's Facebook page. We wish all participants the very best of luck on their journey, and look forward to hearing from them upon their return and sharing information about their adventure in the next edition of *Healthy Living*.



Workshop: Support when in remission



Remission comes with its own unexpected challenges – sometimes too difficult to explain.

If you're looking to connect and gather support with how to navigate this next phase, this workshop is for you.

Tricia LaBella faced bowel cancer in 2006. In 2011 her husband was diagnosed with Stage 4 Mantle Cell Non-Hodgkin Lymphoma. She knows what it feels like when treatment ends and 'remission' begins; moving from a support team to 'you're on your own' can leave you feeling vulnerable.

Tricia is a Life Coach and has also worked with people facing a cancer diagnosis and notices similar talk around the challenges that present after treatment.

She is currently the director of Real Time Enhancements, which focuses on developing wellbeing for life. She uses approaches, and engages topics and strategies that foster mental and physical wellbeing for the broader community, workplaces, organisations, businesses and industries.

Throughout this Cancer Care workshop, as well as having opportunities to discuss, share and support, you'll be introduced to a simple effective approach (Vision Web™) that serves to move you through discomforts, to what is more helpful personally.

During this complex time after a cancer experience, having some tools to support in this way can help alleviate anxiety.

You'll receive a copy of the Vision Web™ Tool. The process can be used over and over again to find your way clear when faced with other discomforts.

Tricia LaBella
Real Time
Enhancements

Diploma of Teaching,
(Major Psychology),
Hartley CAE, SA

Diploma of Fitness,
TAFESA

Graduate Diploma
of Social Science,
(Health Counselling),
UNISA

Certificate IV
in Training and
Assessment,
TAFESA

Diploma of Life
Coaching, (Health
and Wellness),
LCI Australia

Diploma of Positive
Psychology and
Wellbeing,
The Langley Group
Institute

Journey to Wellness – now free to all members

Due to a generous donation to sponsor one of the Centre's courses, *Journey to Wellness* is now free to all members. Spaces are limited so please ensure you enrol as soon as possible. We are taking registrations of interest for May 2018, please contact the centre to book your place.

Jo Colella

– Uni placement at the Cancer Care Centre



Jo Colella completed her placement at the Centre between July and November last year as part of her Master of Social Work degree at Flinders University

During her time at the Centre, Jo worked directly with members through *Pathways* appointments, support groups and initial support when newcomers walked through the door. In addition, Jo assisted with the day-to-day running of the Centre. Jo also completed a research paper which focused on how larger-scale cancer wellness centres operate across Australia. With direction from the Centre's Chairman, Ian Budenberg, Jo learned firsthand about governance, the influence of the medical profession, finances, staffing, services, research, and feedback.

Jo's research paper investigated the structure and operations of various cancer wellness centres and integrative oncology providers within Australia.

Although the paper really only scratched the surface of how to run a cancer wellness centre on such a large scale, it provided an insight into how these centres are run, the challenges they face and opportunities they have.

Jo's research revealed how the Cancer Care Centre is different from other centres, as well as what is working and what may need to be changed. In addition, her paper explored how we are connected – where the underlying goal is to assist individuals living with cancer and their families and improving quality of life by increasing access to information, providing complementary therapies to reduce the effects of cancer and its treatment, and living with a sense of wellness (whatever that may be for individual people). Further, Jo's research identified opportunities to increase funding and to make the most of volunteers.

Finally, implications for the future of integrative oncology regarding funding, recruitment and growth were investigated.

The Centre is grateful to Jo for her active involvement and support during her placement. Jo's research has also provided valuable information for the Centre that can be used to help create a more supportive environment for members in the Centre.

Below is the discussion and implication sections of Jo's research paper.

Discussion

Structure, management, and everyday operations of cancer wellness centres differ depending on a variety of factors, but their underlying mission and objectives connect them in providing an experience to improve the quality of life of their clients. A warm, supportive and non-clinical nature is a core aspect of these cancer wellness centres assisting them to raise awareness and bring a greater number of those in need to integrative oncology.

The way in which an organisation is funded clearly impacts on the way in which it operates. Many community organisations feel the pressures of unreliable funding sources often make their futures uncertain. Funding efforts are relatively similar within each organisation due to their lack of government funding and their reliance on philanthropy and fundraising. This can be challenging for smaller organisations with lower profiles. However, larger-scale organisations can often gain attention and larger donations from private donors. More importantly, increasing funding is becoming gradually more competitive particularly in the case of government grants (Dolnicar, Irvine & Lazarevski, 2008). Each centre in the study reported that funding was essential to the growth of their organisation and reaching a greater number of consumers. This not only contributes to the sustainability of each organisation but additionally impacts on the way in which cancer is managed if there is limited access to complementary care.

Volunteers are integral within many not-for-profit organisations and it is no different within the case of integrative oncology. Each organisation reported employing a large number of volunteers in several roles.

These include but are not limited to meet and greet, admin, client support, therapists, group facilitators, counsellors, consumer engagement, assistance with navigating the system, and organising and running activities. In addition, volunteers are valuable in organisations when they are given the opportunity to assist with work that fulfils its mission and values (Eisner, Grimm, Maynard & Washburn, 2008). They can contribute skilled work, donate their own time and resources, and increase awareness through an extended social network (Eisner et al., 2008). Furthermore, many volunteers normally remain at an organisation for extended periods of time, which is indicative of their personal nature and how they fit in well with the unique world of cancer care. While some are motivated by experience and credentials, many volunteers have a genuine sense of altruism motivating them to continue with their work (Joske, 2012). If it were not for the contributions of volunteers, many of these organisations simply would not exist.

Input from the medical profession was another factor that each organisation agreed upon when interviewed. When asked about the involvement of the medical profession in the delivery of services, each organisation was quick to acknowledge their close relationships with medical professionals. The fact that therapies are complementary and to be used alongside traditional treatments was emphasised. The hospital-based organisations interviewed stated that they worked closely with medical and allied health professionals who were able to contribute to services or have input into what is offered. Several organisations in this study have medical professionals on the board, executive team, or steering committee. This suggests a high level of involvement from the medical profession within complementary care and a willingness to embrace patient-centred care.

One organisation stated that wellness is at the centre of their organisation and that the doctors who they work with embrace wellness and encourage their patients to utilise the wellness centre. Furthermore, several organisations outlined the need to create more awareness for complementary care within the medical field and the importance of consumer engagement. Therefore, the involvement of the medical profession is valuable for both patients, doctors, and complementary care providers alike as previous literature identified that doctors who openly discussed complementary therapies reported higher levels of patient satisfaction (Davis et al., 2012). More broadly, it encourages greater funding from private and government donors and a higher investment in appropriate infrastructure (Joske, 2012).

Implications

These findings illustrate that the current model and practice of cancer wellness centres around Australia generally differ due to size, funding, and location. However this does not mean their structure, aims and mission, or the needs of their clients are dissimilar. It is clear that a lack of regular funding means the future of cancer wellness centres can be uncertain. A greater awareness of the benefits and effects of complementary therapies and integrative oncology is needed to grow its impact to consumers and additionally raise revenue. Governments must see the demand for these services is growing and hence should be investing in it to reduce the burden cancer has on society (Joske, 2012). Providing rebates or subsidising the services and activities of cancer wellness centres will improve accessibility and allow these centres to flourish well into the future (Joske, 2012).

Recruiting and retaining volunteers is an essential aspect of any non-profit organisation and will contribute to their sustainability. Volunteers often understand the community's needs, challenges, and important stakeholders.

They help organisations stay connected to the community and promote the work of the organisation (Eisner et al., 2009). There are countless suitable volunteers who can contribute to integrative oncology organisations but in order to retain them management must be willing to take important steps. These include matching volunteers skills to their roles, recognising the valuable contributions volunteers make, adequately train and invest time in volunteers, and provide them with support (Eisner et al., 2009).

Growth of these organisations also contributes to their sustainability thus it is important to have effective strategies for growth. Every organisation cited funding as a key element to growth. It is inevitable that these centres will continue to grow as more people are affected by cancer and a greater number of them engage in integrative oncology. In order for them to become more accessible further research must be undertaken in regards to complementary therapies and their efficacy to increase awareness. Additionally recruiting and maintaining skilled volunteers and therapists and increasing consumer participation are fundamental to their growth potentials.

What's on at the Centre...

Weekly Programme

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

Young Women's Support Group

A friendly support group for women under 45 to discuss issues affecting them on their cancer journey.

1st & 3rd Monday of the month
6.30pm – 8.00pm

By Donation

Please register your interest by telephoning the Centre on 8272 2411.

Melanoma Support Group

Facilitator: Karen
Last Monday of the Month
10.30am – 11.30am

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

Therapist: Ryan
Fortnightly, Monday mornings
Members \$40 Non Members \$85

Massage – Remedial, Relaxation

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

Nutritionist – New ■

Facilitator: James Hart
Weekly, Monday afternoon 3pm
Members \$20 Non Members \$40

Counselling

Counsellor: Natalie
Weekly, Monday afternoons
Members \$40 Non Members \$85

Tuesday

Counselling

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

Art Therapy – one on one

Individual 90 minute session
Facilitator: Rebekah
Weekly, Tuesday mornings
Members \$60 Non Members \$90

Massage – Oncology, Relaxation, Lymphatic Drainage

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

Massage – Oncology, Lymphatic Drainage, Relaxation, Remedial

Therapist: Andrea
Fortnightly, Tuesday mornings
Members \$40 Non Members \$85

Reiki

Facilitator: Colomba
Weekly, Tuesday morning
Members \$40 Non Members \$85

Special Offer:
Reiki half price, Come n Try
for the month of MAY 2018!

One on One Meditation

Facilitator: Dagma
Weekly, Tuesday afternoon
Members \$20 Non Members \$30

Men's Support Group

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 – 9.00pm
By Donation
Please register your interest by telephoning the Centre on 8272 2411.

Twilight Talk

Twilight Talks are an informative session held quarterly on a Tuesday evening.

24th April – Acupuncture information evening 6.30pm to 7.30pm

Cost: Members free Non Members \$20

Bookings essential.

Wednesday

Group Meditation

Facilitator: Dharmamodini
No booking necessary
Weekly, Wednesday mornings
10.30am–11.30am
Members \$7.50 Non Members \$10

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

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

One on One Meditation

Facilitator: Nicole
Weekly, Wednesday Morning
Members \$20 Non Members \$30

Massage – Oncology, Lymphatic Drainage, Remedial

Therapist: David
Weekly, Wednesday afternoons
Members \$40 Non Members \$85

One on One Yoga Therapy – New ■

Facilitator: Donna Myer
3 Week Course, Wednesdays Evenings
5pm – 6.15pm & 6.30pm – 7.45pm
Cost Members \$25 Non Members \$40

Thursday

Thursday Women's Support Group

A friendly support group for women over 45yrs of age to discuss issues affecting them on their cancer journey.

1st & 3rd Thursday of the month
10.00am – 12noon
By Donation

Please register your interest by telephoning the Centre on 8272 2411.

Courses and Workshops

Please ring the Centre on 8272 2411 to book into a workshop or course as bookings are essential.
Any other workshop ideas please contact the Centre to discuss.

Massage – Oncology, Remedial, Lymphoedema Therapy

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

Massage – Oncology, Remedial, Reiki

Therapist: Anne-Marie
Fortnightly, Thursday afternoons
Members \$40 Non Members \$85

Counselling

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

One on One Meditation

Facilitator: Lynne
Weekly, Thursday afternoon
Members \$20 Non Members \$30

Friday

Carer's and Family Support Group

A friendly and supportive group for carers of loved ones living with cancer, and their families.

1st & 3rd Friday of the month
12.30pm – 2pm

Facilitator: Lee
By donation

Please register your interest by telephoning the Centre on 8272 2411.

Tai Chi - New ■

Facilitator: Peter Fleig
Weekly, Friday Morning
10.30am – 12noon
Members \$10, Non Members \$13

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 this great resource can help. Internet research can be arranged for you by one of our volunteers.

The library is open during office hours
9.30am – 4.00pm, Mon – Fri
No Charge – Members' facility only.

Monday

Journey to Wellness

A highly recommended course for all our new members.

This 6 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.

Facilitators: Sarah Trangmar, Paul Kern, Lynne Murphy, Anne-Marie Halligan and Dagmar Zobel

Register your of interest for out May Weekend Course. Please call the centre for further details

Course is Free for Members as funding has been obtained.

Wednesday

Yoga – Gentle Kundalini

It's safe, fun & easy to do. Gentle kundalini will support healing and wellbeing.

8 week course with no prerequisites

Facilitator: Tina

Next course commences Wednesday 11th

April – 30th May, 2.30pm – 3.45pm

Cost: Members \$65 Non Members \$95

Juicing Workshop

This monthly 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

Seeds for Health

A 4 week course to learn everything you need to know about growing organic vegetables in your own veggie patch! Course is run on a Wednesday morning from 10am – 12noon

Facilitators: Diana Bickford & Cath Caon
Next course commences: Wednesday 2nd May 2018

Cost Members \$55 Non Members \$80

Bookings Essential.

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.

Thursday

Forest Bathing – New ■

Facilitator: Bronwyn Paynter

Thursday 8th March 2018

Himeji Japanese Garden,
South Terrace, Adelaide

9.30am – 11.30am

Free to Members and Family thanks to Grant approval. **Bookings Essential.**

Thrive Plant Protein Cooking Class

Facilitator: Natalie Playford from *Cooking up a Storm*.

Thursday 26th April 2018

Cost Members \$70 Non Members \$100

Bookings Essential. See Pg 14.

Friday

The Hero's Journey

In this 8 week course participants create a personal book that tells their cancer story and will offer them a rich and healing experience of memorialising their own heroic journey through cancer.

Facilitator: Rebekah

Next course starts: Tuesday 6th March 2018

1pm – 4pm

\$80 Members, \$150 Non Members \$150

Phone the Centre on 8272 2411

Saturday

Forest Bathing – New ■

9.30am – 12.30pm

Alex: Wed April 11, Belair, at the main entrance location with toilet access.

Jana: Sat 28th April, South Tce bush regeneration site.

Jana: Tues 1st May, Himeji Japanese Garden, South Terrace, Adelaide

Free to Members and Family thanks to Grant approval. **Bookings Essential**

Fear of Remission Workshop – The Vision Webb – New ■

Facilitator: Tricia

Saturday 28th April 2018, 1pm – 4pm

Cost Members \$30 Non Members \$130

Bookings Essential. See Pg 7.

Acupressure Workshop

Supervisor: John Kirkwood

Saturday 19th May 2018

Please call the centre to book.

Milk and other dairy foods in relation to prostate cancer recurrence: Data from the cancer of the prostate strategic urologic research endeavor (CaPSURE™).

Prostate cancer is the most common non-skin malignancy and the third leading cause of cancer death among men in the United States. In 2017, the American Cancer Society estimates that 161,360 men will be diagnosed with, and 26,730 will die from, prostate cancer. An estimated 92% of these men are diagnosed with low-grade, localised prostate cancer, and many seek dietary and lifestyle changes to prevent prostate cancer recurrence or progression.

Dairy products have been examined in relation to prostate cancer for several decades, and data generally suggest that dairy products are associated with an increased risk of being diagnosed with prostate cancer among healthy men, though results have been inconsistent. Less is known about dairy products' influence on prostate cancer after diagnosis. Among the 3,918 men in the *Health Professionals Follow-up Study*, those who consumed whole milk more than 4 times per week after prostate cancer diagnosis had a twofold increased risk of prostate cancer-specific mortality and a 51% increased risk of prostate cancer recurrence compared to men consuming whole milk less than 3 times per month. It was also reported that among the 926 men in the *Physicians' Health Study*, those who consumed 3 or more servings per day of dairy products after prostate cancer diagnosis had a 2.4 fold increased risk of prostate

cancer-specific mortality compared to men having less than 1 serving per day. Furthermore, a recent Swedish study by Downer observed that in 230 men diagnosed with localised prostate cancer, men drinking 3 or more servings per day of high-fat milk had a 6.1 fold increased of prostate-cancer mortality compared to men consuming less than 1 serving per day.

High-fat dairy, particularly whole milk, in healthy men may increase risk of aggressive prostate cancer. However, data are limited regarding dairy after prostate cancer diagnosis.



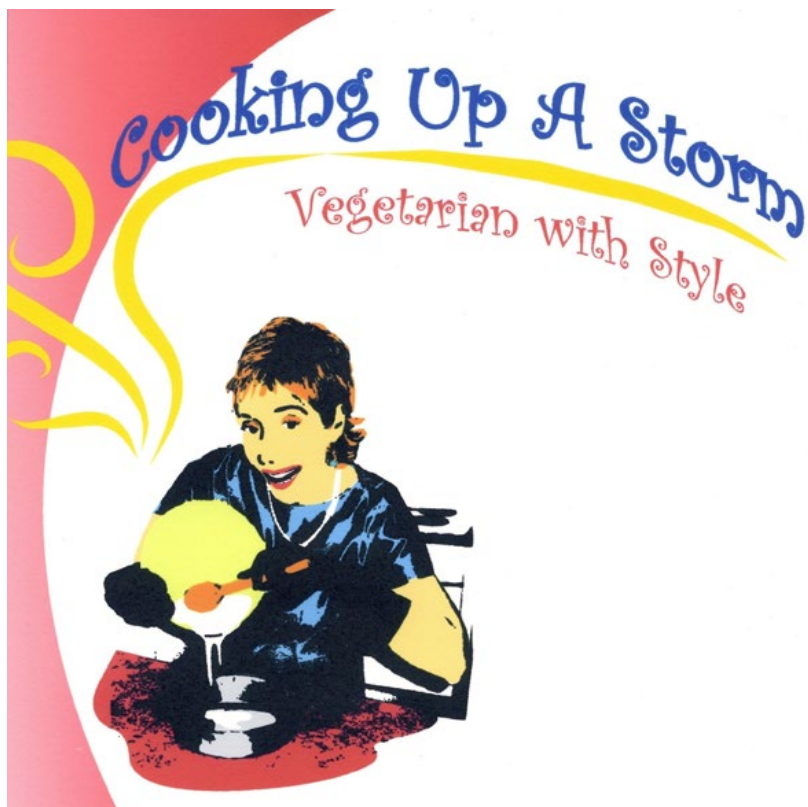
A prospective study was conducted among 1,334 men with non-metastatic prostate cancer in the *Cancer of the Prostate Strategic Urologic Research Endeavor*. Men answered a food frequency questionnaire in 2004-2005 (median 2 years after diagnosis) and were followed until 2016 for recurrence, defined as: prostate cancer death, bone metastases, biochemical recurrence, or secondary treatment.

During a median follow-up of 8 years, 137 events were observed. Men who consumed greater than 4 servings per week versus 0-3 servings per month of whole milk had an 73% increased risk of recurrence. Among men with a Body Mass Index of 27 or higher, more than 4 servings per week versus 0-3 servings per month of whole milk was associated with a 3-fold higher risk of recurrence. No association was seen in men with Body Mass Index below 27. Low-fat milk and other dairy foods were not associated with recurrence.

In conclusion, whole milk consumption after prostate cancer diagnosis was associated with increased risk of recurrence, particularly among very overweight or obese men. Men with prostate cancer who choose to drink milk should select non-fat or low-fat options.

Excerpt of research paper, by David Tat | Stacey A. Kenfield | Janet E. Cowan | Jeanette M. Broering | Peter R. Carroll | Erin L. Van Blarigan | June M. Chan.





Cooking workshop

A demonstration cooking class at Cancer Care with Natalie Playford from *Cooking Up A Storm*.

Be Inspired! A relaxing, fun afternoon learning some yummy, easy vegan dishes that you can then cook at home.

Natalie uses a variety of plant proteins with easily sourced ingredients. Come and enjoy this delicious cooking class. Copies of recipes and tastings included.

Cancer Care Cookbooks will be available at a reduced price for all participants. Cost \$15 (Normally \$25).

One-Day Workshop

Facilitator: Natalie from *Cooking up a Storm*

Time: 12 noon to 3pm

Cost: Members \$70 Non Members \$100

Next Course Begins: Thursday 26th April 2018

Tomato and olive salad

Cucumbers contain ascorbic acid and silica for healthy connective tissue, which includes muscles, tendons and ligaments. Silica also is helpful in improving the complexion and skin health. Applied topically, useful for swollen eyes and sunburn.

Ingredients

1 punnet cherry tomatoes halved
1 cucumber halved lengthways and sliced
6 black olives roughly sliced
1 small red onion halved and sliced very finely
1/2 red chilli de-seeded and sliced very finely
1/2 cup mint leaves roughly shredded
juice of 1/2 lemon
2 tablespoons balsamic vinegar
1 tablespoon extra virgin olive oil
pepper to taste
fresh basil leaves shredded for serving

Method

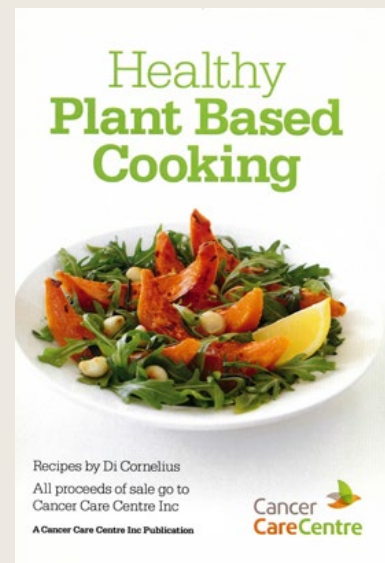
In a large bowl combine the oil, vinegar, juice, chilli and pepper. Squash the olives with the back of a spoon and stir well into the dressing. Add the tomato, cucumber, onion, mint leaves. Refrigerate. When ready to serve use 2 forks and gently combine all ingredients. Scatter with fresh basil leaves.

Thank you to our wonderful volunteer Nicole who made this salad and took the photo for the magazine!



Cancer Care Centre Cookbook Healthy Plant Based Cooking by Di Cornelius

Available for \$25 at the Centre. Please see one of the recipes from the book below.





New Books in the Library

The Longevity Diet

Can what you eat determine how long, and how well, you live? The clinically proven answer is yes, and *The Longevity Diet* is easier to follow than you'd think. The culmination of 25 years of research on ageing, nutrition, and disease across the globe, this unique combination of an everyday diet and fasting-mimicking diet (FMD) to be done only 3–4 times per year lays out a simple solution to living to a healthy old age through nutrition.

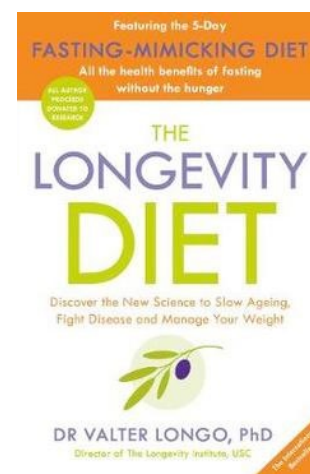
FMD does away with the misery and starvation most of us experience while fasting and helps you reap all the beneficial health effects of a restrictive diet while avoiding the negative stressors, like low energy and sleeplessness.

Valter Longo, Director of the Longevity Institute at USC and the Program on Longevity and Cancer at IFOM in Milan, developed the FMD after making a series of remarkable discoveries in mice and humans indicating that specific diets can activate stem cells and promote regeneration and rejuvenation in multiple organs to reduce the risk for diabetes, cancer, Alzheimer's

and heart disease. Longo's simple pescatarian daily eating plan and the periodic, fasting-mimicking techniques can both yield impressive results. Low in proteins and sugars and rich in healthy fats and plant-based foods, The Longevity Diet is clinically proven to help you:

- Lose weight and reduce abdominal fat
- Make simple changes which can extend the healthy life span
- Prevent age-related muscle and bone loss
- Build your resistance to diabetes, cardiovascular disease, Alzheimer's and cancer

Longo's healthy, life span-extending plan is based on an easy-to-adopt pescatarian plan along with the fasting-mimicking diet 4 times a year, and just 5 days at a time. Including 30 easy recipes for an everyday diet based on Longo's five pillars of longevity, The Longevity Diet is the key to living a longer, healthier, and fulfilled life.





Ian Gawler Cancer Foundation New Cookbook **Eat Well: Be Well**

Eat Well: Be Well is a collection of healthy whole food, plant-based recipes. A diet rich in whole food, plant-based ingredients creates an optimal environment within the body to activate healing and maintain good health. Fresh vegetables, fruits, legumes and whole grains are not only essential to good health but are also vital building blocks for the body, emotions, mind and spirit.

All recipes are for 4 serves. All the basics are covered: cooking terms, equipment needed, a list of items to keep in the pantry, cooking without fats & oils, lining baking dishes in a healthy way, storing food, soaking and cooking legumes with an easy reference chart, sprouting, making soy yogurt and juicing. There is a recipe list as well as a comprehensive index. A spiral binding within a hard cover allows the book to lay flat when open and protects the spiral from damage at other times.

The emphasis is on simplicity, making it easier to cook and eat this way. If you want to learn how to produce delicious, nutritious, balanced vegetarian meals with a minimum of fat, sugar and salt, this book is a great guide. This beautiful new 136 page cookbook is bursting with delicious recipes based on the healing whole food, plant-based diet taught in the Gawler Foundation retreats and programs.

Eat Well: Be Well is an essential guide to a healthier way of eating including juicing, food preparation tips and food storage advice and makes a wonderful gift. Please see one of the recipes from the cookbook, right.

Snazzy Salads

Asian Noodle Salad with Crisp Greens

To make noodle salad

1 Red Capsicum
1 Carrot
100 gms Vermicelli Rice Noodles
Handful Bean Sprouts
4 Spring Onions
1/4 small Red Cabbage
1/2 pkt Mixed Sprouts-Broccoli, Alfalfa, Mung
1/4 cup Mirin
Pinch Chilli Flakes
1 stick Lemongrass
4 Kaffir Lime Leaves
1 Large Red Chilli

Remove the stem and seeds from capsicum and thinly slice.

Grate the carrot.

Soak the vermicelli rice noodles in hot water, as per the instructions on the packet.

Blanch the bean sprouts in boiling water for 30 seconds. Drain and refresh with cold water. Drain again.

Thinly slice the spring onions.

Thinly slice the red cabbage.

Thinly slice lemongrass and red chilli (you may like to use plastic gloves to protect hands from hotness). Mix with chilli flakes, kaffir lime leaves and mirin. Gently mix together in a small saucepan and simmer for 2 minutes. Remove from heat and set aside.

To make the noodle salad, gently toss together the cooked noodles, red cabbage, spring onions, bean sprouts, carrot and capsicum with the mirin dressing.

To make Crisp Greens

100 gms Baby Spinach
1 small Cucumber
1 bunch Coriander
2 sprigs Vietnamese Mint
Handful Thai Basil
1/2 bunch Mint
1 Lime
1 small Red Chill

Wash the spinach and shred.

Cut the cucumber in half lengthways and then thinly slice.

Tear the coriander, mint, Thai basil and Vietnamese mint leaves and discard stalks.

Squeeze the juice from the lime.

Finely chop the red chilli and discard seeds if you do not like your food very hot and spicy.

Add the chilli to the lime juice and stir together.

Toss the salad greens together and dress with the chilli lime juice.

Serve the noodle salad, topped with the crisp greens. Drizzle with the zesty almond sauce and place tofu cutlets on top, if desired.

Serves 4-6



Volunteer Week

21–27th May 2018



We would like to thank and acknowledge all our volunteers in their week of recognition. We have kindly been donated a gift of appreciation for each of our volunteers and would like to thank each and every one of you!

A Volunteer Appreciation Poem

The key to our success
rests in people like you,
who embody the spirit of greatness
by saying "Yes I can, and you can, too!"

MyThankYouSite.com



Lunch and training for reception volunteers

Our reception volunteers all met recently for a volunteer gathering, which included lunch and a small training session. We had a French themed lunch with cheese, croissants, quiche and salad. It was great for everyone who is in on different days to meet each other and we plan to do more throughout the year. There are many volunteers that keep the cogs of this centre working; from the board members to our counsellors, therapists, facilitators, admin support – thank you for your time and support. We love having you all around and wish to thank each and everyone of you for your big hearts!

Congratulations Penny

Penny was awarded our life membership award for 10 years of continued volunteering and membership here at the Cancer Care Centre.. It's a great service and commitment she has shown to the centre and we really love having her here! Thank you and congratulations Penny!

A big thank you
to our wonderful volunteers



Cancer Care Centre...
a place of help, hope and understanding

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.