

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

The structure and operations
of Cancer Wellness Centres
and Integrative Oncology providers
within Australia.

Tribute to Don Caddy

See page 6

Neuroscience and Mindfulness Meditation

– by Paul Benson

See pages 10 & 11

Cancer Fighting Soup

See page 13



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

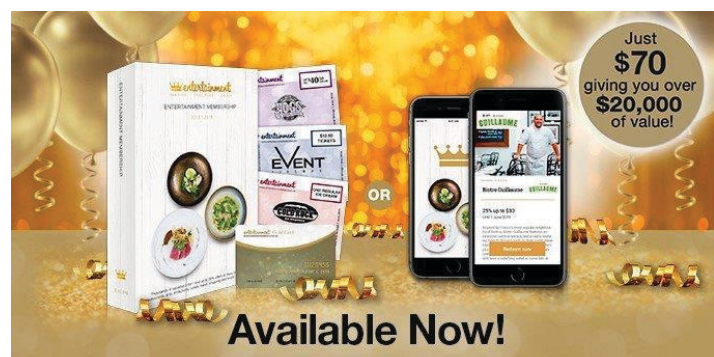
Cancer Care Centre Inc
76 Edmund Ave,
Unley SA 5061
Call (08) 8272 2411
cancercarecentre.org.au

Entertainment Books

2017/2018 Entertainment™ Memberships have expired.

NOW is a great time to grab your new Entertainment book. Thank you so much to all those who have recently purchased through us...we are well on our way to reaching our target with 51 books sold already! 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:



Friends & Family of Don Caddy
Friends & Family of Elinor Kearsley
Friends & Family of John Lowe
Graham & Audrey Baines
Jane Bange
E & C Barber
Heather Beckmann
Tony Blake
Sonia Brine
Faye Brooks
Ian Budenburg
Tozi Buthelezi
Trevor & Maxine Caddy
Trudie Cain

Ruth Carpenter
Jenny Cooke
R & N Davies
Birgit Davis
Susan Daw-Thomas
P.M Donnelly
I Downes
Robyn Dunn
J Durdin
Dennis Earl
Bruce & Audrey Edwards
Sue Erickson
Len & Jenny Frankham
Gilbert Fromm
Rhonda Fry
Penelope Gore

Christine Herapath
C Ross Hill-Brown
Liz Hodgman
Paul Hubbard
Kate King
Jenny Leak
EP Leune
Rod & Ann McNeil
Rosalie Merritt
Richard & Kay Merry
Miss Mohoney
Bradley Poole
Glenis Reid
Dr Vanda Rounsefell
JTP & ES Scrivens
Karen Smith

Alison Smith
Luke Smolucha
Eva Temple
Elizabeth Tennent
Margaret & Jim Thompson
Eddie Tweeddale
Naomi Vo
Ray & Marcia Wilkins
Dorothy Williams
John Wilson
Denni & Noel Wilson
Andrea Woods

Thank you to our Cancer Care Champions:

Elena Voss
Malcolm Potticary
Ray & Jocelyn Nicholson
Alex May

Donations made after 30th May 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.

MESSAGE FROM THE PRESIDENT



Dear Healthy Living readers

I am very pleased to report that the level of activity at the Centre has increased markedly this year. As an Association, several of the aims in our constitution can be summarised as 'to bring more complementary care to more people in SA' and it's very satisfying to feel that we are doing better in 2018 than for many years.

The increased activity derives from more people enjoying the Centre's longstanding courses, therapies and classes and also from the Centre expanding the range of activities available. For example, we're now offering Tai Chi and Acupuncture and we have held several popular 'Forest Bathing' sessions as something completely new to the Centre.

Much of the energy behind these achievements comes from the Centre Manager, Calandra Scott, who joined us late last year, ably supported by her expanding team of volunteers who as always offer a warm, caring welcome to all who walk through the front door. Many of us can still remember when we opened that door to a true Cancer Care Centre welcome and for me it was the start of feeling a whole lot better.

One of the successes that Calandra has overseen has been the regular posting of well-branded, interesting and informative material on our Facebook page. This is a most cost-effective way to promote our name and activities and I'd encourage all members to 'like' our page and the posts. Even if you're not a Facebook fanatic, a few 'likes' on our page and occasional posts would support our work and be much appreciated.

Two members of the Board have recently resigned and we'll thank Sarah Trangmar and Alex May at the AGM on September 26th (save the date!). I'm pleased to report that the Board has co-opted four new members, who will offer themselves for election at the AGM, and I'm sure Alice Scott, Meredith Ridgeway, Lee Hutton and Zeena Anthony-Qureshi will soon settle to their new volunteer roles. And lastly, at our last meeting the Board elected Brian Murphy to the position of Vice President and Alice Scott to the position of Treasurer. Thank you both for bringing your professional qualifications and experiences to the Centre. The Board is just one part of a great group of people who offer those with cancer 'a place of help, hope and understanding'.

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.



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.

ABN 73 640 293 985



Manager's Welcome

Dear members and supporters of the Cancer Care Centre.

We are well into winter, so it's a nice time to stay in the warm with a hot soup! I am noticing how the ebb and flow of the seasons and the connection we have with nature, especially during our final Forest Bathing session, thanks to a grant from *Amongst it SA*, which allowed our members to experience this process for free! Our volunteers and I participated in the last event in the Belair National Park to coincide with National Volunteer Week. We had 31 people over the last few months attend and we gained a write-up on the *Boomer* section of the Advertiser (photo opposite).

As we are a volunteer based organisation, National Volunteer Week is a perfect time to say thank you to a group of amazing and kind people! To all our board members, therapists, facilitators, counsellors, Facebook, website, events, Healthy Living, and administration volunteers, I personally would like to say thank you! What a superstar bunch of people. I am lucky to have you all here! Throughout National Volunteer Week, all our volunteers were gifted with a small gift, courtesy of the Northern Turners Association in Golden Grove (pictured). The gifts were well received with many comments of admiration for the fine work the association produces. The kindness of their gifts were appreciated greatly.

A grand farewell for one of our founding members Don Caddy was attended by many of us here at the centre. There were many stories and happy memories of Don going around the centre. We have all been touched by the kind and giving soul he was. You can read the address our Chair, Ian gave for Don on page 6.

Our weekly Meditation group (see picture) made special mention of Don and as a result Dharamondini dedicated the Meditation class in memory of Don and reading a poem by Mary Potter in his honour.

We recently had Natalie from *Cooking up a Storm* conduct her Cooking Class, *Thrive Plant Protein*, which was very popular and had the lovely smell of happiness a home-cooked meal provides throughout the centre. Also, *Seeds for Health*, our organic gardening program was well received and enjoyed by those who attended. Both of these programs will be on again in September this year. If you are interested in joining, please put your name down for registration of interest.

I am happy to report we now have a Marketing and Events Committee and would like to thank our new volunteers for coming on board and helping support our cause. Thank you, Meredith, (Board Member) Christine, Advaita and Tara and Maddie. We look forward to sharing the details of our upcoming events with you soon!

Look forward to seeing you soon

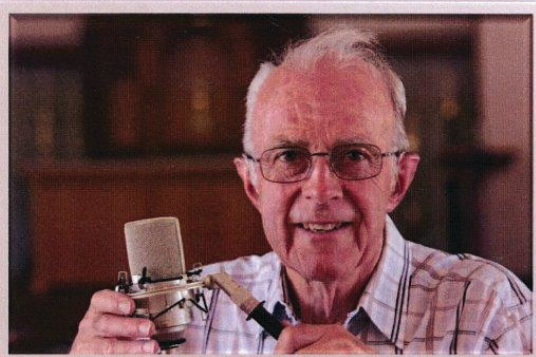
Warmest regards,

Calandra Scott
Manager

Right top and middle: Forest Bathing in the Belair National Park.
Right middle: Gifts for Volunteers from the Northern Turners Association.
Right bottom: Remembering Don Caddy at CCC weekly Meditation | Seeds for Health Organic Gardening.



In Loving Memory of



Donald James Caddy



9th December 1935 - April 12th, 2018



In Memory of Don Caddy a founding member and much loved part of the Cancer Care Centre, below you will read the lovely words our Chairman, Ian recited at Don's Funeral.

Don Caddy and the Cancer Care Centre seem to go together in the same sentence so easily. Whether we're talking about the founding of the Centre; the many events and courses held; the ups and downs over the years, or our celebrations of 30 years of helping those with cancer, Don's name keeps cropping up.

When Don was diagnosed with cancer back in 1984, he wasn't impressed by the help available beyond the medical world and whilst looking around with his enquiring mind, he discovered some like-minded souls and together they went on to form the Cancer Care Centre in 1985. For the next ten years, Don ran courses in the evenings including our blue ribbon 'Living with Cancer' course and after retiring in the mid-90s, he volunteered at the Centre every Monday until late last year – earning the name 'The Monday Man'! It is indeed a remarkable record of giving – giving that most valuable thing – TIME. Don was recognised in later years for this generosity – he was nominated for the National Volunteer of the Year award in

the Care and Compassion category and he received a commendation from the Governor of South Australia for 25 years of volunteering. In fact, the lovely photograph of Don and Yvonne on the back of the order of service was taken at a Governor's Garden Party at Government House a couple of years ago.

We've been fortunate to hear Don speak of his experiences with us. In 2015 he was the guest speaker at our dinner to celebrate the Centre's 30th birthday and 100 or so people were entertained by his stories. I remember Don wasn't at all happy at the thought of standing in front of so many people and talking about himself – 'I can't do that' he said. As a result the "set-up" represented a one-on-one interview with a warm and friendly facilitator – but when it came to it, Don really didn't need any help at all. He had a wonderful story to tell and he sensed his audience was engaged, off he went – a perfect after dinner speech. Eventually, late last year Don decided it was time to retire from his 'work' of

the last 32 years and I'd like to think that he and Yvonne appreciated the quiet, friendly and happy dinner we held at the home of the Cancer Care Centre in Unley to mark the occasion. He spoke warmly of his pleasure and quiet pride in seeing his creation still helping those with cancer 32 years on.

So now you can understand how important Don has been to the Centre over its life span. But the record and the dates are just that and don't speak of what Don brought to the Centre.

Don brought loyalty, effort and flexibility to his volunteering – he'd been through many changes in the organisation and he rode through them all, referring to them as the 'normal ups and downs' and gently reminding us of the never-ending work we have to do as a team – Don always saw the big picture, never the narrow.

Don brought calm, he brought discretion, he brought warmth and he had that most wonderful trait of listening well. I wish I could listen like Don – if I could

listen with my whole attention, with all my senses and suppress a crisp, immediate, simple response – I would be more like Don. He had that uncanny knack of sensing the moment. Sometimes he could be quick-witted and funny (those sparkling eyes and the whole-of-face grin were almost impish) but he was equally quick to respond well to hurt, distress and to a broken spirit.

I'm speaking on behalf of so many people. Certainly on behalf of all the members, volunteers and staff of the Cancer Care Centre, many of whom are here today, but more importantly, I'm also speaking on behalf of the hundreds and hundreds of people who faced cancer with Don as part of their support – just like I did.

We will all miss you Don – thank you for all that you've given us.

Recently one of our members bought in the following poem to our counsellor Lee. A powerful reminder of the importance of letting go, so we thought we would share this with you.

She Let Go

by Safire Rose

She let go.
She let go. Without a thought or a word, she let go.
She let go of the fear.
She let go of the judgments.
She let go of the confluence of opinions swarming around her head.
She let go of the committee of indecision within her.
She let go of all the 'right' reasons.
Wholly and completely, without hesitation or worry, she just let go.
She didn't ask anyone for advice.
She didn't read a book on how to let go.
She didn't search the scriptures.
She just let go.
She let go of all of the memories that held her back.
She let go of all of the anxiety that kept her from moving forward.
She let go of the planning and all of the calculations about how to do it just right.
She didn't promise to let go.
She didn't journal about it.
She didn't write the projected date in her Day-Timer.
She made no public announcement and put no ad in the paper.
She didn't check the weather report or read her daily horoscope.
She just let go.
She didn't analyze whether she should let go.
She didn't call her friends to discuss the matter.
She didn't do a five-step Spiritual Mind Treatment.
She didn't call the prayer line.
She didn't utter one word.
She just let go.
No one was around when it happened.
There was no applause or congratulations.
No one thanked her or praised her.
No one noticed a thing.
Like a leaf falling from a tree, she just let go.
There was no effort.
There was no struggle.
It wasn't good and it wasn't bad.
It was what it was, and it is just that.
In the space of letting go, she let it all be.
A small smile came over her face.
A light breeze blew through her.
And the sun and the moon shone forevermore...

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 – 8pm

By donation, Non-Members \$10
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; Craniosacral, Trigger Point

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

Massage – Remedial, Craniosacral

Therapist: Lyndon
Weekly, Monday
Members \$40, Non-Members \$85

Nutritionist

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

Counselling

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

Tuesday

Transpersonal Counselling – New ■

Student: Michael Gallasch
Weekly, Tuesday mornings
Members \$20, Non-Members \$85
See Page 12.

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 – Lymphoedema, Oncology, Energy body processes

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

Massage – Oncology, Relaxation – New ■

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

Reiki

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

One-on-one Meditation

Facilitator: Dagmar
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
7pm – 9pm
By Donation, Non-Members \$10
Please register your interest by telephoning the Centre on 8272 2411.

Wednesday

Group Meditation

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

Counselling

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

Massage – Lymphoedema, Oncology, Bowen Therapy, Kinesiology, EFT

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

Massage – Lymphoedema, Oncology, Remedial

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

Thursday

Thursday Women's Support Group

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

1st & 3rd Thursday of the month
10am – 12 noon
By Donation, Non-Members \$10
Please register your interest by telephoning the Centre on 8272 2411.

Massage – Lymphoedema, Oncology, Remedial

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

Courses and Workshops

Please ring the Centre on 8272 2411 to book into a workshop or course as bookings are essential.

One-on-one Meditation

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

Friday

Acupuncture

Facilitator: John Zocchi
Weekly, Friday Mornings
Members \$40, Non-Members \$85
July Special – 2 sessions for \$50

Counselling – New ■

Counsellor: Helene
Weekly, Friday afternoons
Members \$40, Non-Members \$85

Massage – Oncology – New ■

Therapist: Vicki
Monthly, Friday afternoons
Members \$40, Non-Members \$85

Monday – Friday

Resource Centre

The library is an easy and convenient way to find information and inspiration. Come in and have a browse and ask our friendly 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.

Please call to register your interest for September 2018.

This course is Free for Members as funding has been obtained

Wednesday

Yoga – Gentle

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

6-week course with no prerequisites
Facilitator: Tina Spencer

Next course commences Wednesday 1st August 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 Gauci
1st Wednesday of the Month
1pm – 2pm
Members \$7.50, Non-Members \$10

Thursday

Meditation in Everyday Life – New ■

5 Week Course
Facilitator: Loretta Geuenich
23rd Aug to 20th Sept 2018
6.30pm to 8pm
Cost Members \$60, Non-Members \$85
Bookings Essential
See Page 12.

Vegetarian Cooking Class

Facilitator: Natalie Playford
27th Sept 2018
10am to 1pm
Cost Members \$70, Non-Members \$100
Bookings Essential.

Saturday

Exercise Your Lymphatics

Facilitator: Richard Roope
7th & 14th July
1.30pm – 4.30pm
Cost Members \$50, Non-Members \$80

Acupressure Clinic

Facilitator: John Kirkman
21st July 2018
Time organised once booked
Members and Non Members \$30
Bookings Essential

How to deal with anxiety associated with Cancer

Workshop – The Vision Webb
Facilitator: Tricia La Bella
27th October 2018
1pm – 4pm
Cost Members \$30, Non-Members \$80
Bookings Essential.

If you have any other workshop ideas please contact the Centre to discuss.

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.



Neuroscience and Mindfulness Meditation

By Paul Benson (Ian Gawler Foundation)

It is always heart warming when there is a convergence between science (neuroscience), psychology (mental health) and spirituality (meditation). These three areas of study are sometimes antagonistic but the new science of the brain is bringing them together, perhaps as strange bedfellows!

The new technology of functional brain imaging (fMRI) is giving us the ability to peek into the secret chambers of the brain whilst it is actually at work – or at rest. With this technology, we can watch what is happening inside the brain of someone meditating and someone who has never meditated. We can also look at the structure and function of the brains of long-term meditators and see how meditation makes a difference.

We can observe how changes to the way in which we use our brain, create changes to the structure of our brain. The ability of our brain to change itself, to rewire itself and to adapt itself to new situations is called neuroplasticity.

Not only can our brain rewire its existing circuits to adapt to a new situation, our brain can even grow new circuits to enhance its abilities.

Brain neurons can change and adapt in two fundamental ways:-

1. Neurogenesis – stem cells can grow into new neurons
2. Synaptogenesis – new connections can ‘sprout’ between existing neurons

Prior to the discovery of neuroplasticity, scientists believed that the structure and function of the human brain were changeable (i.e. plastic) in childhood but became fixed or static in adulthood. If an area of the brain was damaged, science believed it was impossible to ever recover the capacities for which the area was responsible. The belief that “brain cells cannot regrow” was so well entrenched that there was even an urban myth that “three beers kill 10,000 brain cells and they never grow back.”

We now understand that the brain is constantly changing and rewiring itself right throughout our life. In fact, the way that we consistently think, behave and react will “wire” itself into our brain.

“If you keep resting your mind on self-criticism, worries, grumbling about others, hurts and stress then your brain will be shaped into greater reactivity, vulnerability to anxiety and depressed moods, a narrow focus on threats and losses and inclinations towards sadness and guilt.”¹

The brain will change both its structure and function depending on where our attention goes and which types of thoughts we entertain or indulge. Neuroplasticity can be positive or negative and we have the potential to change negative brain habits (such as excessive rumination) into more positive ones.

Through self-directed neuroplasticity, we can activate more beneficial mental states and install them as neural traits. This has significant implications for the management and healing of mental health conditions such as anxiety, depression, ADHD etc. Negative moods can be moderated and managed by regulating what our attention rests upon and/or regulating the wandering of attention. Positive attitudes like safety, hope, optimism, gratitude, and enthusiasm can be cultivated and installed through self-directed neuroplasticity.

Negative neuroplasticity habits include excessive rumination (overthinking) and an inattentive, wandering mind. In 2001, a neurologist by the name of Dr. Marcus Raichle at Washington University discovered a network of brain structures responsible for the inattentive wandering of our minds. He coined the term "Default Mode Network" (DMN) to describe the group of brain structures active during our default, inattentive minds states.²

Inattention describes states of daydreaming, contemplating the future, reliving the past or general rumination. A well-balanced DMN helps us plan tasks, review past actions to improve future behaviour and to remember relevant life details. But with the expansion of the brain's intellectual capabilities comes the unfortunate backlash that some of the functions could go too far and cause mental stress.

The wandering, inattentive mind can take the mind into:-

- anxiety (over-imagining possible pasts, presents or futures)
- depression (over-regretted pasts, presents or futures)
- obsessionality (repetitive habits of anxiety and over-judgement)

An overactive DMN is highly correlated with negative mood states and certain mental illnesses.³

Alternatively, keeping your attention centered in the present moment reduces your wandering mind and deactivates the DMN. In fact, researchers have found that the aspect of the wandering mind, which has a particularly negative impact, is the tendency to be less aware of the present moment.

A sedentary lifestyle with too many passive leisure activities e.g. computer time, television, social media, video games etc) allow the wandering mind to form negative mental habits which are roughly the opposite of a 'flow state'. In a flow state, you are more fully present, more connected with your needs and feelings (interoception) and more engaged with others or activities (exteroception).

In a flow state, there is less rumination on things that have happened in the past and things that may happen in the future.

There is an antidote for DMN activity and the wandering mind, which can take us into negative mood states. A very direct and powerful antidote comes from mindfulness meditation. Attention, like any other skill or attribute, can be trained. Mindfulness meditation is an attention-training technique. It consists of training practitioners to be mindful, an attentional stance of openly and non-judgmentally observing one's moment-to-moment experiences. A growing body of evidence demonstrates that mindfulness meditation training reduces stress and improves aspects of physical and psychological health.⁴

Neuroimaging (fMRI) studies suggest that mindfulness meditation training can alter functional neural responding to cognitive and affective tasks.

A major component of mindfulness meditation training is focusing and refocusing awareness on present moment internal and external experience (e.g. breathing, thoughts, ambient sounds, body sensations and feelings) as opposed to mind wandering or active problem-solving. Functional brain imaging shows that mindfulness meditation leads to increased activations in frontal brain regions involved in attention.⁵

The attention "muscle" of the brain, the anterior cingulate, grows stronger through mindfulness meditation. In addition, mindfulness meditation experience is associated with increased cortical thickness in the anterior insula (involved in interoception or self-awareness), frontal cortex (involved in the integration of emotion and cognition), and the sensory cortices.⁶

Thus there is evidence that mindfulness meditation is associated with changes in attention and perceptual processing circuits, reflecting the emphasis on conscious direction and redirection of attention to present moment experience and increased awareness of sensory stimuli...we come to our senses!

Some of the traits that are developed by mindfulness meditation training include:-

- a less judgmental, critical nature
- a less reactive nature
- more affect tolerance (the ability to stay present and face challenging emotions)
- greater ability to describe one's inner world of feelings and needs
- greater self-awareness of behaviours and more choice of response
- the ability to regulate emotions (different to repressing or controlling emotions)

Stepping back from focusing on specific areas of the brain, which are activated or deactivated by mindfulness meditation, I would like to discuss the impact on whole brain function and structure.

Mindfulness meditation training integrates the whole brain. This integration of the whole brain happens in two directions:-

1. bilateral integration of the two hemispheres of the brain
2. vertical integration of the six layers of the cerebral cortex.

Bilateral integration of the two hemispheres of the brain stops the left hemisphere from dominating. Left hemisphere brain activity is logical, linear, verbal (linguistic), literal, goal-oriented; whereas right hemisphere brain activity is wholistic, non-verbal, visual/spatial, and metaphoric.

Excessive rumination can cause us to be lost in the left hemisphere, disconnected from physical and emotional experience...living from the neck up!

Vertical integration of the six layers inhibits "top down" dominance of layers 1, 2 and 3 of the cerebral cortex. "Top down" dominance refers to the layers of the cortex that add interpretation, analysis, judgement, and anticipation onto our experience. This dominance can stifle spontaneity, creativity, passion and compassion, emotional intelligence and gut instinct.

Mindful awareness (presence) facilitates the integration of head and heart; mind and body; goal-orientation and process-orientation; thinking and feeling; and the inside and outside self. This integration embraces all the parts of our being and leads to the subjective experience of integration, which is harmony.

Harmony is the essence of mental, physical, emotional and spiritual wellbeing.

References:

- 1 Rick Hanson – "Hardwiring Happiness" Harmony Books, New York 2013
- 2 Raichle M.E., Macleod A.M., Snyder A.Z. (2001) A default mode of brain function. *Proceedings of the National Academy of Sciences* 98(2), 676-682
- 3 Raichle M.E. (2010) The brain's dark energy. *Scientific America* 302(3) 44-49
- 4 Kilpatrick L.A., Suyenobu B.Y., Smith, S.R. et al (2011) Impact of Mindfulness-Based Stress Reduction training on intrinsic brain connectivity – PubMed
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Sourced from Ian Gawler Foundation

New Course – Meditation for everyday life

Meditation in Everyday Life is a 5-week course that teaches mindfulness-awareness meditation. It shows us how this practice can enhance our daily lives in the most practical sense. In this course we experience what happens when we stop avoiding ourselves, and the present moment, and practice simply being with whatever is going on in our lives. We learn to cultivate courage and stability amidst the complexities and demands of jobs, responsibilities, relationships, and the everyday desires, concerns and uncertainties we all face. The stability and wisdom we cultivate through this practice strengthens and expands so that we end up benefiting not only ourselves, but the world around us.

Meditation in Everyday Life combines technique and view in a setting of gentle support and community. It will provide you with all the tools you need to establish a strong and consistent meditation practice or strengthen your existing practice.

Course description: Five weekly interactive classes of 2 hours each which include guided meditation, short talks, discussion and support for your own sitting practice.

Class 1: Posture & Worthiness – Foundations of Meditation; Connecting with our own innate capacities for stability, clarity and strength.

Class 2: Breath & Being – Feeling our Emotions; Developing confidence we experience that we can work with our minds, however they might be.

Class 3: Obstacles & Antidotes – Working with barriers to mindfulness meditation through learning to relax and let ourselves be.

Class 4: Willing to Open: The Genuine Heart. Through sitting practice, we experience genuineness and an increasing willingness to open to life as it is.

Class 5: Bringing It All Together & Going Out into the World. Connecting in with greater confidence, openness and appreciation we can make a difference in our homes, workplaces and beyond.



Loretta is the resident Shastri (teacher) at Adelaide Shambhala Meditation Group which offers meditation instruction, practice and teachings for people from all backgrounds. Loretta is completing her Doctorate of

Education where she has been researching what Contemplative Education has to offer 21st Century higher education. She is interested in what supports us to become more aware of our own innate human capacities, and in doing so become more responsible to ourselves, each other and the world.

New Transpersonal Counsellor – Mike Gallasch



Transpersonal Counselling looks into how healing can be acquired through our non-waking or subconscious states.

New knowledge of our condition and a way forward may be accessed via meditative methods or messages from our subconscious such as dreams.

Accessing our inner wisdom or guidance can be very empowering and spending time getting in touch with our deeper self can have profound benefits.

A transpersonal counsellor acts as a facilitator through this process and at all times you have an active role.

Think of it as merely acquiring another set of valuable tools to assist us with our journey to recovery.

Please contact the Centre if you would like to make a booking for Transpersonal Counselling with Mike.

Mike Gallasch is a Wellness Counsellor currently completing his Advanced Diploma in Transpersonal Counselling through the IKON Institute that specialises in Holistic Therapies.

Mike has experience as a Crisis Support Worker with Lifeline Australia, and has worked as a Life, Career and Business Coach.

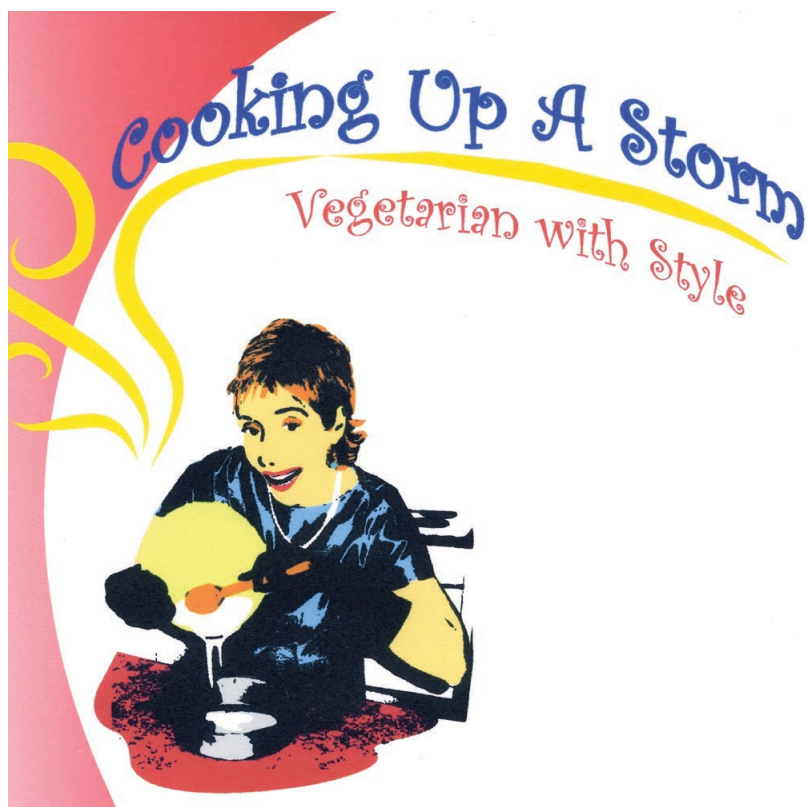
Mike, through his own experience, has seen major illness as a pathway to immense growth if one is able to feel empowered in their journey.

Congratulations Jane and Jenny!

The Cancer Care Centre would like to say a big massive "Thank you" to Jane and Jenny for their amazing commitment and support in raising \$10,000 for the Cancer Care Centre, we have been following their progress through their journey and their ride to Cambodia is now complete!

"Well Jane and I have finished the cycle challenge and what an awesome experience it was! We rode 339km in 6 days in hot and humid weather, rain and mud, dodging trucks/cars/dogs and tuk tuk's and sustaining an injury or two but it was all worth it to complete our journey. We began 2 years ago for the Cancer Care Centre – we are proud to have raised \$10,000 for Cancer Care Centre and to ride in their honour, and would highly recommend others to take on such an adventure and raise money for cancer should the opportunity ever arise. What a rewarding experience!"
Jennifer Anne Stanley.





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*

27th Sept 2018 10am to 1pm

Cost Members \$70, Non-Members \$100

Bookings Essential

Jenny Jones Healthy Winter Soup

Winter is the time when we all need our delicious hot comfort food! Vegetable soup is it! So why not try the following recipe full of vegetables which contain important antioxidants, minerals and other nutrients that show promise in protecting against cancer.



Why Jenny uses the vegetables selected for this soup are given below:

'Every single ingredient in this healthy cancer-fighting soup is there for a reason. These are the vegetables that researchers believe contain powerful anti-cancer compounds. So, I put them all into one delicious, nutritious, easy to make soup. And when you make it with homemade chicken stock, (if you wish to) you increase the health-promoting properties even more. Here's what's in it and why:

Broccoli, cabbage, and cauliflower – These are cruciferous vegetables, the most widely recommended food group to eat to protect against cancer.

Carrots – Orange coloured vegetables are believed to help against many types of cancer.

Kale – Dark greens like kale and spinach are key to cancer and disease protection. If you use spinach, stir it in just at the end when the soup is done.

Tomato – Red tomatoes are a must for anyone concerned about prostate cancer. They are a good source of lycopene, especially prepared and canned tomatoes (even ketchup and tomato sauce or paste) but they need a little fat to be absorbed, so that's why you must include the olive oil. I use canned tomatoes because canned are a better source of lycopene than fresh.

Garlic & Onion – They both have strong anti-inflammatory

properties and it's believed they can help slow down the growth of cancer cells.

So if you are looking to protect your health in the future or trying to prevent a recurrence of cancer, research tells us that eating these vegetables can help. Or if you just want to be as healthy as possible, you will love this quick and easy homemade vegetable soup'. – Jenny Jones.

Source:
<http://www.jennycancook.com/cancer-fighting-soup>

Ingredients:

2 teaspoons olive oil
1/2 cup chopped onion
1 clove of garlic, crushed
4 cups chicken stock or vegetable stock
1 cup cabbage, coarsely chopped
1 cup cauliflower, bite size pieces
1 cup carrots, 2cm slices
1 cup kale, thinly sliced
1 cup broccoli florets
3/4 cup canned diced tomatoes, no salt, lightly drained
1/2 teaspoon salt and pepper to taste.

Instructions:

Heat oil in a medium soup pot and saute onion & garlic for 2 minutes.
Add stock, cabbage, cauliflower, carrots, and kale.
Bring to a boil, cover, reduce heat and cook for 8 minutes.
Add broccoli, tomatoes, salt & pepper. Cook another 2 minutes.

*Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 30 minutes
Makes: 4-5 servings*

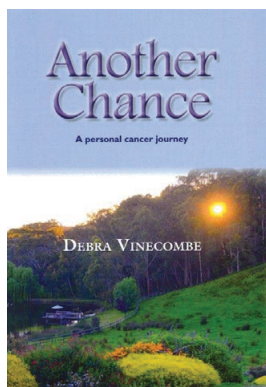
For Sale at Cancer Care Centre:

Another Chance: A Personal Cancer Journey

How could a fitness instructor, writer and speaker on diet and health get colon cancer? A cancer that is usually associated with a poor diet and a sedentary lifestyle. There was no known hereditary factor. Fit and healthy one day, fighting for her life the next. After surgery, a further complication sent Debra back into hospital. At that point, she instinctively knew she had to re-possess her life and search for clues and hopefully answers to a very complex issue.

Debra explains how chronic disease starts and what must be done during and after medical treatments. She encourages cancer sufferers to be proactive in their healing and shows many paths that a patient can explore. "Be a bloodhound," she says. Lifestyle choices and how they determine our future are notably discussed. Diet and stress are a key focus and persuasively written. Threading throughout the book is her conviction in the power of our minds to bring about change and she challenges the reader to explore these areas. A very personal account of an extraordinary journey.

Debra is an author and a member of the Cancer Care Centre. Her books are for sale at the Cancer Care Centre for \$20, with all proceeds donated by Debra to the Centre!



Journey to Wellness – now free to all members

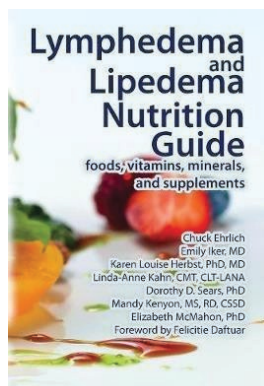
Due to a generous donation to sponsor one of the Centre's courses, *Journey to Wellness* is now free to all members. Spaces are limited so please ensure you enrol as soon as possible. We are taking registrations of interest for October 2018, please contact the centre to book your place.

New Books in the Library

Lymphedema and Lipedema Nutrition Guide

By Chick Ehrlich, Emily Iker, Karen Louise Herbst

Eat to starve lymphedema and lipedema by having foods that fight these conditions (and cancer) and avoiding foods that contribute to symptoms or related conditions. Learn how food choices affect both conditions and how better nutrition can improve symptoms (including pain) and delay changes associated with progression to more advanced stages. Intended for anyone with, or at risk for, lymphedema or lipedema, caregivers, lymphedema therapists, and other health care providers. Signs of lymphedema and lipedema (painful fat syndrome) include swelling (edema), abnormal fat accumulation, pain, skin changes, and infections (cellulitis, wounds or ulcers) in affected areas. Lymphedema and lipedema are progressive conditions that can be depressing, disfiguring, disabling, and (potentially) deadly, without treatment. This guide explains why nutrition is an essential part of treatment and self-care for these conditions, what to eat, and how to change your eating pattern. It also covers vitamins, minerals, and supplements that may be beneficial.

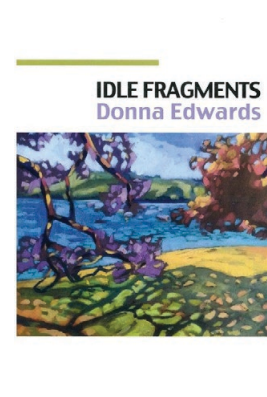


Idle Fragments

By Donna Edwards

Idle Fragments is a little book with a lot to say. It includes poems about global problems, social justice, and then finally personal issues. Written by Donna Edwards, who is now retired and who has had experience with Cancer. With time to observe, write and reflect Donna has had a chance to select and compile this book of poems.

Idle Fragments can also be purchased through the SA publishers Ginninderra Press. East Avenue Books or as an e-book via Amazon or The Book Depository.



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.