

a place of help, hope and understanding

April – June 2019

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

SA Dance Therapy

See page 7

Article: Turning a new face to my precious, uncertain future

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Kegan Water

See page 12



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

The publication of this newsletter is possible as a result of the generous financial support of CMV Foundation.

 **CMV FOUNDATION**

Donations

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

Friends and family of Elaine Turner	Joan Garde
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Helen Irving	Tozi Buthelezi
Jane Reed	Trevor Nielsen
	Vanda Rounsefell
	Yvonne Smolenski

Thank you to our Cancer Care Champions:

Ray & Jocelyn Nicholson
Malcom Pottery
Alex May

Donations made after 1st March 2019 will appear in the next edition of Healthy Living.



Cancer Care Centre

Seeds for Health Workshop

A very popular course where you can learn everything you need to know about growing organic vegetables.

4-week course Friday evenings
Location: Fern Avenue Community Garden, Fullarton
29th March to 19th April 2019

Time: 6.45pm to 8.30pm
Cost: \$55 members, \$80 non members
Call (08) 8272 2411 to book your place
cancercarecentre.org.au

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 MANAGER



Dear Healthy Living Readers

I would like to start by thanking all those volunteers involved who allowed me to take annual leave in January. Thank you to all the board

members and volunteers who kept the ship afloat so to say and did so fabulously, a big heart felt Thanks to all!

We are excited to welcome our new volunteers Julia Clancy, Chris Noble, Partik Hakke, Paul Baird, Javed Hossain and Nounie Kirkby to our Cancer Care family! Julia has settled in nicely to the admin roles and joined us in our Events and Marketing Committee along with our two new grant writers Paul and Javed. Chris and Partik are our new cleaners for the centre and Nounie will be adding to our great support worker teams.

We have another "Thank you" to the Unley Council for providing a grant to run four Gut Health workshops over this year free of charge. So, stay tuned for those details in the next Healthy Living Magazine!

Our Marketing and Events committee have been hard at work organising our years events, first up is our Mothers Day Movie Night at the Capri Theatre on the 6th May, so make sure you book in and bring your friends, and of course your Mum or Children! More details on page 5.

For the next four months we have been able to subsidise our Counselling payments down to \$20 per session thanks to a Dry July Grant. Normally the price is \$40 so we are now able to offer counselling at half the price! See page 4 for more details.

Twice a year we hold a Seeds for Health workshop, one in spring and one in autumn. This organic gardening workshop that runs over 4 weeks and is held at the Cancer Care Centres plot in the Fern Ave Community Garden in Unley. We are very proud of this popular event and our wonderful facilitator Di Bickford does an amazing job. See program page 9 for more details.

Calandra Scott
Manager



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 _____

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Address _____

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I wish my gift to be:

- ☐ anonymous
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☐ 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



Dry July Grant

Thanks to *Dry July* we are able to offer our counselling session normally \$40 for \$20 during March, April, May, June 2019.

An important part of the cancer journey is the need to deal with all the emotions you will feel and to seek clarity in your thoughts.

Confidential counselling can help you.

All Counsellors at the Cancer Care Centre are professionally qualified and members of the Counselling Association of South Australia. As part of their ongoing voluntary commitment they attend supervision classes regularly.

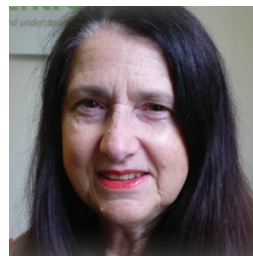
Counselling by telephone or Skype can be arranged if you are unable to attend the Centre.

Please discuss your requirements for this service with a Support Staff member when making your appointment.

Counselling is offered Weekday afternoons and Wednesday Morning

Our professional counsellors all have membership with peak Australian counselling bodies.

Please contact the Centre to make a booking 08 8272 2411.



Cancer Care Centre Counsellors

Left to right: Lee, Lynne, Helene, Nicole, Natalie, Dagmar.



Mother's Day Movie Night – Stan & Ollie



Get ready for a night of laughs, raffles and lucky door prizes! Please bring your friends and join us!

Date: Monday 6th May

Start time: 6.30pm

Movie: Stan & Ollie

Cinema: Capri Theatre Goodwood

Cost: \$25

Bookings Essential. Please contact the Centre to make a booking 08 8272 2411

Whats the movie about?

Laurel and Hardy – the world's greatest comedy team – face an uncertain future as their golden era of Hollywood films remain long behind them. Diminished by age, the duo set out to reconnect with their adoring fans by touring variety halls in Britain in 1953. The shows become an instant hit, but Stan and Ollie can't quite shake the past as long-buried tension and Hardy's failing health start to threaten their precious partnership.

Look forward to seeing you there!

In memory of Yvonne Smolink



Yvonne was a Board member of the Cancer Care Centre from October 2012 to October 2017 and continued on to stay a member of the centre.

The Board met her at an Australian Institute of Company Director's function which Gerard McCabe and Ian Budenberg attended in August 2012 where recent graduates into the Institute had the opportunity to meet not-for profit organisations looking for high-level skills to enhance their Boards. Yvonne brought the centre a lifetime of experience in dealing with people within organisations and we valued her positive, clear-minded contributions to Board discussion. Around the time that Yvonne joined us she was diagnosed with cancer and soon Yvonne was attending our classes and courses, many of which aligned profoundly with her spiritual beliefs.

Her experiences as a client brought a new perspective to the Board. Yvonne supported everything we did as a Centre – from attending every Board meeting to filling tables at our Annual Dinners to participating in the Shining Through fund raiser (and the portrait taken for that was chosen for her funeral card).

We were sorry when she retired in late 2017 and we miss her wise, purposeful words. We wish to extend our deepest condolences to Yvonne's family and hope your memories of her give you comfort and peace.



New SA Dance Therapy



Especially designed for those undergoing or recovering from cancer treatment.

For those who came to our Jazz & Blues afternoon you may remember Dance Therapy SA there. We are pleased to announce our first Cancer Therapy Dance Sessions at our centre.

At SA Dance Therapy they have seen firsthand the benefits, both emotional and physical, of continued activity and participation in a social form of exercise such as dancing. This has led them to design a low impact syllabus especially for people with a range of illnesses and disabilities.

Of the many forms of activity and exercise that could be recommended they genuinely believe from experience that ballroom dancing is perfectly suited to provide a low impact, social form of activity that would prove beneficial to people with a range of conditions.

Your first lesson...

The feelings and emotions associated with dancing are difficult to put into words. So before you decide if dancing is something you might like to learn we encourage you to come in for a free trial lesson.

You'll get to learn a few steps, check out the studio and you'll have a better understanding of why so many people around the world love to dance.

No partner – no problem. Most of our students learn by themselves so there's no shortage of partners and instructors to dance with.

It helps to:

- Reduce stress and depression
- Increase energy
- Increase serotonin levels
- Strengthen bones
- Increase cardiovascular health
- Improve flexibility, muscle tone, balance and posture

Dancing Details

Facilitator: Chris Coleman

Date: Friday 7th & 14th April

Week 1 – one on one Training (20 mins each) 12pm to 1pm

Week 2 – Group Class 1pm to 2.30pm

Cost: Members \$25 per week
Non-Members \$35 per week

Please Register your interest by contacting the Centre on 8272 2411.



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 morning
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

Counselling

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

Massage – Lymphoedema, Oncology, Energy body processes

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

Massage – Oncology, Relaxation

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

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 – Oncology, Remedial, Craniosacral

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

Massage – Reflexology

Therapist: Lyndon
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

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

Courses and Workshops

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

Friday

Acupuncture

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

Counselling

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

Massage – Oncology

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.

Sunday

Journey to Wellness

A highly recommended course for all our new members.

This 3-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, James Hart, Lynne Murphy, Anne-Marie Halligan and Dharmamodini.

Dates: Sunday 12th May, 19th May & 26th May.

Time: 10am to 4pm (1 hours free time for lunch).

Location: Cancer Care Centre.

Cost: This course is a Gold Coin Donation for Members as funding has been obtained. \$150 non Members.

Bookings Essential, please call the Centre on 08 8272 2411 to book your spot.

SA Dance Therapy – New ■

Facilitator: Chris Coleman

Friday: 7th & 14th April

Week 1 – one on one Training 12pm to 1pm

Week 2 – Group Class 1pm to 2.30pm

Cost \$25 per week Members \$35

Non Members

Please Register your interest by contacting the Centre on 8272 2411.

See page 7.

Tuesday

Mandala Art Meditation Workshop

Facilitator: Cathy Gray

Date: TBA

6.30pm to 8.30pm

Cost Members \$30, Non-Members \$40

Please Register your interest by contacting the Centre on 8272 2411.

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

24th April to 29th May

2.30pm – 3.45pm

Put your name down to register your interest

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

Seeds for Health – Gardening Course

Facilitator: Di Bickford

Four Week Course

Starting 8th May to the 29th May

10 am – 12.30pm

Cost Members \$55, Non-Members \$80

Bookings Essential

Friday

Sound Healing Meditation

Facilitator: Heather Frahn

Friday: 29th March

6.45pm to 8.30pm

Cost \$30

Please Register your interest by contacting the Centre on 8272 2411.

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.

Turning a new face to my precious, uncertain future

It is said that before the age of 30 you have the face that God gives you, and after 30 you have the face that you give to yourself.

Through recent experience I can now advise that you may then get the face given to you by a plastic surgeon who is trying to repair the damage done by serious misfortune.

And so it was, that instead of having my much-needed summer break, I received the diagnosis of an invasive melanoma on my face and found myself suddenly in an operating theatre with a plastic surgeon carving the life-threatening tumour out of my cheek.

A week-and-a-half later another procedure called a "skin flap restoration" was performed; a surgical rearrangement of facial skin – stretching and dragging the surface of my left cheek towards the nose, and so covering the wound created by the removal of the cancerous tumour.

I cannot quite grasp the elaborate tailoring of human tissue required for this: the various incisions and stitches needed to make my poor old face look presentable. Nor can I imagine the depth of training and skill required to do such bold and delicate work, restoring peace of mind and dignity to a traumatised and disfigured patient. And try as I might, I could not get a grip on the physical and emotional shock I was in.

The small lump on my cheek was at first thought to be benign, but a phone call from a dermatologist as I was shopping for groceries announced that it was in fact a relatively rare and aggressive type of melanoma. I took the news calmly enough at first, but soon after felt a rush of extreme sadness for myself. "Ah, now this," I thought, as I felt my life tip eerily sideways in the supermarket. Visions of suffering and death swirled into mind as the groceries filled my basket: rolled oats, coconut yoghurt, broccoli, lemons, bread; all good things.

Loneliness grew in the days thereafter. Grief about self is a sombre bedfellow, and indeed, my bed became a place of sorrow and alienation in the mornings and nights that followed. My history of pain began to drift before my eyes: the injuries, illnesses and misfortunes – the scars that I had worn with boyish pride; the wounds and broken bones, the heartaches, the horrible burns, the totally deaf ear, the almost blind eye, the near-fatal head trauma, the bombshell near miss with a lightning strike, the shock of the ghastly human corpses I had been confronted with over the years, the cattle I killed in the abattoirs as a young labourer, the blood and guts I cleaned up; all this and more – all the wear and tear of a physical life so deeply felt.

"You poor bastard," I said to myself as it all came flooding back to me in a long moment of self-sorrow.

Early in my shock, the cancer began to feel like I had been hit by a sniper's bullet, or bitten by a brown snake, with the venom creeping through my body; gloomy narrow thoughts of doom and victimhood, all infused with the sorrow of an imagined departure from this world.

The mental melodrama ran its lurid course and soon enough I started to understand that my cancer had not come only from the outer world, it had also come from within; it was mine and I would do well to own it. This idea seemed to help enormously because I reasoned that if I had a part in creating it, I might now be able to play a part in managing or healing it. This thought did not make me more hopeful, but it did illuminate a new creative project; a lively prospect which began to displace my rather helpless morbidity. I started to sense that a new liberating chapter of life could be under way, even if death was to be included.



It's true: suffering is holy ground, and I imagine that's partly because it is common ground. In the waiting rooms of the Peter MacCallum Cancer Centre in Melbourne they come from everywhere: the many human types, of all ages and all cultures – each one with cancer; some looking vulnerable and anxious, others with partners to sit beside them as they wait for their appointment numbers to appear on a large screen. I would sit waiting for my turn, feeling part of a congregation gathered in a common faith. There is no pretence here, no fashion, no nonsense ... this is a frank and practical place, but there is something very humane in the air, something real, a quality rare and true and lovely if only you can feel it through the anxiety; a strong atmosphere of shared humility, sympathy and ordinary human warmth that is deeply touching. A strange surprising privilege it is to find in abundance the holy spirit of human suffering, cradled within this spectacular, curvaceous, light-filled building; sometimes called 'the spaceship' in tones of hopeful good humour.

Illness can be a very lonely time; particularly so when the affliction could be lethal. Every little smile or kindness that comes your way is uplifting; each good-humoured moment, every sweet meeting with another's eyes, every visit from a friend who has come to just be with you and share plain words or easy silences for a while – these things are divine. And there are the neighbours, the ones you don't know well; some appear at your door bearing simple good wishes and gifts of food. Saintliness... this is it! And then there are those surprising souls, the ones you thought were close, who pull away and seem indifferent. Not salt of the earth during these times of trouble, but salt in the wound; or so it seems to you. They have troubles of their own I guess, or they don't know what to say. Dismay is a sharp and quiet little grief. Father forgive them. Forgive me. Forgive us all.

Frightful human suffering is normal and forever around us, and for me it seemed hellish in the weeks around Christmas. Yet the closer you come to death, the more you may come to life; warmed by the poignancy and gratitude it brings.

Out of those dark and troubled days, I can thankfully remember the inspiring care and company of nurses, the humane culture of a hospital and the touching dignity of ordinary suffering souls; all woven in my mind at the time with the enduring old story of the child in the manger. There was anguish, but there were nourishing revelations galore. And miraculously, there was Angela, the extraordinary plastic surgeon who gave me a new face which can certainly smile again as I now turn to the precious uncertain future.

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Kangen Ionised Alkaline Water

Bringing your body back into balance

Kangen Ionised Alkaline Water, bringing your body back into balance

Kangen ionized water traditionally started in Japan in the 1950s, and companies were trying to design a product that had similar healing properties to the alkaline springs in Okinawa Japan. The Japanese discovered that the water in the springs was of a higher pH, (potential of hydrogen), in comparison to regular tap water and had powerful antioxidant properties (QuebecKangenTeam, 20011).

Toyo Metal a tech company based in Japan who eventually changed their name to Enagic invented the first Kangen alkaline ionizer machine that has been nationally recognised and has received the gold standard. The gold standard means the product is sourced from renewable energy and is environmentally friendly. By the late 1960s, Japan had Kangen ionized machines installed into hospitals and was approved by the rehabilitation of health to claim the beneficial properties, rightfully (QuebecKangenTeam, 20011).

The water eventually reached America in 2003 and finally made its way to Australia by 2006. John Ngatia is currently SA's leading Directors of Enagic Kangen water.

Hydration is vital to maintaining the bodies internal pH of 7.4. If decreased, it can affect our performance. Even slight dehydration of 1% negatively affects our attention, memory, motor skills and mood. By the time you are thirsty, it's already too late (Mundel 2016).

The western way of life impacts our health ranging from a poor diet, stress and exposure to chemicals in the environment all lowers the bodies internal pH. The reverse is also true, becoming too alkaline can also cause irritations. This is why Kangen water offers a safe drinking pH between 8.0 to 9.5. The idea is to bring the body back into balance, the word Kangen in Japanese, actually means "return to known origin".

The electronegative charge in the ionised alkaline water opens the cells aquaporins allowing water to flow through, which increases hydration. Think of aquaporins as keys when there is acidic fluid present around our cells the aquaporins close the doors, disallowing access to the cell.

In comparison to something alkaline which opens the doors (aquaporins) in cells (Bowden, R. 2005).

Despite the promotion of the alkaline diet and alkaline water in the media and salespeople, there is almost no actual research to either support or disprove alkaline water. I can only share my positive experience drinking the water through reaching remission for years of battling with severe Crohn's disease, and how it has brought my health back into balance. I will continue to drink the water for the rest of my life which is why I have personally donated a free water cooler dispenser to the cancer care centre. It offers our members free ionized alkaline water directly from my Kangen machine. So, while you're enjoying your complementary therapy, grab a class and start drinking.

Written by James Hart,
Nutritionist at the Cancer Care Centre

References

Bowen, R. "Aquaporins: Water Channels." *Aquaporins*. Colorado State University, 28 Nov 2005. Web. 8 Jul 2013. <http://www.vivo.colostate.edu/hbooks/molecules/aquaporins.html>.

Mudel, T, 2016, "Health Check: what happens to your body when you're dehydrated?", February 1, advertised on "The conversation".

QuebecTeam, 2011, *The History of Kangen Water*, February 27, <https://www.youtube.com/watch?v=BW-WqkybbJU>

Articles Twelve Research Studies on the effects of ionized alkaline water

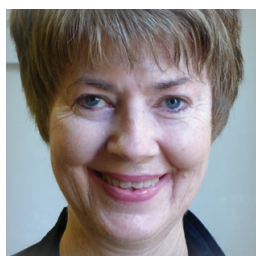
<http://www.kangen.net/uploads/1/6/0/3/16031198/ionizedwaterresearch.pdf>



Revolutionize your lifestyle
with Kangen Water®

Change Your Water.
Change Your Life.

Getting to know you



Volunteer Vicki Braidwood

Vicki, how have you been involved with CCC?

I have been volunteering with CCC for a few years. I help by providing information to members and other interested people about the Centre and helping them in whatever way I can. As volunteers, our aim is to make members and visitors to the Centre feel welcome and comfortable. I also help with administration and general housekeeping at the Centre.

What made you choose CCC to volunteer with?

I had worked in the disability sector, helping people with disabilities to find work.

So when I retired, I was interested in doing some volunteering that added value to people's lives. I had heard about the Cancer Care Centre from a friend. Like many of us, I have close friends and family who have experienced cancer and so I really appreciated the value of the support and services available through CCC.

What stands out for you about CCC?

I have met many amazing people at the Centre - members, staff, and visitors, and I really enjoy my involvement with them all.

In your 'other life', what are your favourite pastimes?

Outside of the Centre I enjoy keeping active, spending time with family and friends, travelling and playing with flowers.



Member Kim Thompson

Kim Thomson has been on a path to healing from Triple Negative Breast Cancer since her first symptoms appeared in November 2017. Initially, Kim's GP told her the discomfort and ache under her arm may be due to a strain from overdoing exercise.

However, continuing pain and inflammation sent her back to her GP who, at that point, ordered an urgent mammogram. The diagnosis of the rare Triple Negative Breast Cancer meant a strategy of chemotherapy, to reduce the inflammation and shrink the breast; followed by surgery, to remove the breast/s; then five weeks of radiotherapy at five days a week, and followed by another round of a different chemo medication.

"We'll fix this!" said her oncologist. "You'll be fine!"

The prognosis for this type of cancer is good, owing to hormones not being involved, as they are in other types of breast cancer. That doesn't mean it was a cruise - Kim had to put the rest of her life on hold as there was little energy left for work or play.

The five months of chemo treatments were rugged, despite the kindness and support of staff at St Andrews. During this initial period Kim found meditation, gentle massages and counselling offered by CCC of great help.

Her operation was the next step, with both breasts removed as well as lymph nodes from under her right arm. Again, Kim encountered wonderful staff who, together with her fabulously supportive family, made sure she was able to recuperate in a warm and positive environment.

Kim then undertook radiotherapy at the RAH - daily treatments for five weeks. It was a getting-to-know-you experience at the RAH, and thankfully she again had friendly and supportive staff, though the daily commutes became very tedious.

Cancer free, she was nevertheless encouraged to do another round of chemo, and luckily this particular medication, Capecitabine, has resulted in fewer side effects. For another three months she may still experience tiredness and 'foggy brain' but she's using this opportunity to consider what changes she may want in her life. Will she return to work? or retire and do volunteering? travel? diet? exercise?

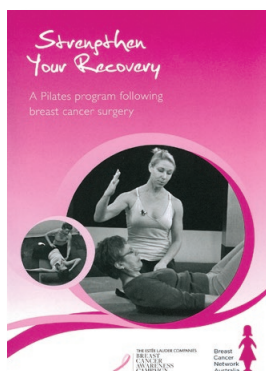
She may be weary but Kim is thinking big. So far, dancing classes are on the agenda, a trip to Tasmania in September, lots of walks and classes with an exercise physiologist, as well as ongoing meditation. And she's about to start volunteer work at the Women's & Children's Hospital, helping young children cope with the experience of day surgery.

I couldn't think of a more perfect person to do it.

Well done, Kim!

Watch this space - we're hoping to follow up with Kim in about 8-12 months to see what she's doing, what has worked best for her, and how she's faring with her exciting new activities.

New Books and DVDs in the Library

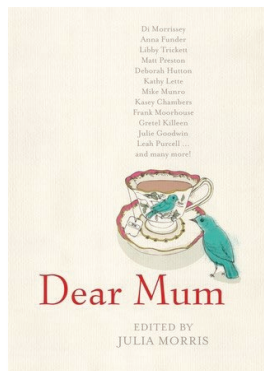


Strengthen Your Recovery DVD

Strengthen your Recovery: A Pilates program following breast cancer surgery, has been designed specifically to provide practical information and exercises for the 10 weeks following surgery. The program helps prevent pain and stiffness in the upper body and is a safe, gentle way for women to regain strength and mobility after surgery.

The program has been developed by Breast Cancer Network Australia (BCNA) with breast cancer survivor and qualified Pilates instructor Fiona Eakin, in consultation with Kristi Smith, a specialist physiotherapist who works with women experiencing problems after breast cancer surgery and BCNA member. Pilates can be used to help women regain strength and ease discomfort in the affected arm and chest areas. This program has been designed thoughtfully and specifically for use by women immediately after breast cancer surgery, and is not intended for general Pilates instruction.

Source: <https://www.bcna.org.au/news/2011/12/strengthen-your-recovery-a-pilates-dvd/>

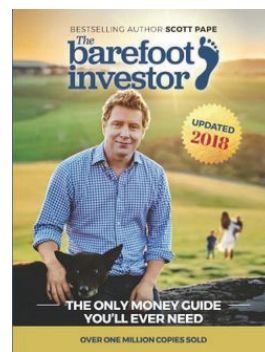


Dear Mum

by Julia Morris

In this wonderful array of letters from celebrities to their mothers, Australian sporting stars, musicians, models, cooks and famous authors write what they would say to their mothers before it's too late, or would if only they'd had the chance.

From Anna Meares to Mike Munro, Peter FitzSimons to Kathy Lette, Di Morrissey to Anna Funder, Kasey Chambers to Gretel Killeen, Australian personalities celebrate their mothers in a unique and heart-warming way. With letters ranging from the deeply moving to simply hilarious, or quirky to the sentimental, we are offered an insight into the personal lives of our favourite celebrities and the special relationship they have with their mother.



The Barefoot Investor

by Scott Pape

"The Only Money Book You Will Ever Need" That's a bold claim, given there are already thousands of finance books on the shelves, so what makes this one different? Well, you won't be overwhelmed with a bunch of 'tips' ...or a strict budget (that you won't follow).

You'll get a step-by-step formula: open this account, then do this; call this person, and say this; invest money here, and not there. All with a glass of wine in your hand. This book will show you how to create an entire financial plan that is so simple you can sketch it on the back of a serviette... and you'll be able to manage your money in 10 minutes a week.

This book is full of stories from everyday Aussies — single people, young families, empty nesters, retirees — who have applied the simple steps in this book and achieved amazing, life-changing results.

And you're next.

A big thank you to our wonderful volunteers



Been diagnosed with cancer?

Start your journey with a free Pathways appointment.



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

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

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

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

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

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



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