Get Connected
with Enloe Cancer Connections Newsletter

April, May, June 2020 • 265 Cohasset Road, Chico, CA 95926 • (530) 332-4700 • www.enloe.org

**Cancer Discussion Group**

Patients and caregivers, drop by to gain insight on cancer wellness topics and talk casually with other survivors in an atmosphere of encouragement and hope.

### April 17
**The Benefits of Gardening**
Gardening can be good for your health! It can reduce your stress, improve your sleep and give you more fresh, nutritious food to enjoy. Learn more during a special presentation in the Healing Garden (weather permitting).

### May 15
**Treatment for Hepatobiliary Cancers**
Learn about the caregivers who make it possible for patients with liver, gallbladder and bile duct cancers to be treated at Enloe Medical Center. Hear from guest speaker Keith Cavaness, D.O., a surgical oncologist.

### June 19
**Compassion & Choices**
Understanding options is important for everyone, not just those with advanced cancer. Learn valuable insights about the End of Life Option Act, how it works in California and more.

**Cancer Support Team**

Social workers and specially trained volunteers offer patients and families complimentary practical and emotional support. Services include providing information about educational and community resources related to coping and adjustment. Call (530) 332-3864 to reach a social worker.

**Survivor Tip**

*from Survivor Sherry Gonzalez*

I have stage 4 breast cancer and pancreatic cancer. I have been in treatment on and off since 2016. In addition to treatment at the Enloe Regional Cancer Center, I go to a naturopath who taught me how to make these great smoothies. Combine ice, coconut water, powdered greens, protein powder, a few sprinkles of clove, half a banana, raw nuts or seeds (almonds, walnuts, or raw pumpkin seeds) and a handful of frozen blueberries. You can also add healthy oils. Then blend the ingredients and enjoy. I pour mine into a metal cup because it keeps it cold. I have been having one or two of these a day for three years now. It's an easy way to get the nutrition I need, particularly when my tummy is queasy from chemo. I'll leave you with a few words of inspiration: We're survivors, all of us. You've got this!

*This group meets on the third Friday of the month from 12:30-2:00 p.m.*

in the Fountain Medical Conference Room

Call (530) 332-3856 for more information

During the Novel Coronavirus (COVID-19) situation, Enloe will follow recommendations from the Centers for Disease Control and Prevention (CDC), the California Department of Public Health (CDPH) and Butte County Public Health (BCPH). You can see if events are canceled or postponed due to this situation, or any other, by visiting www.enloe.org/events or calling (530) 332-3865.
Support Programs

Acupuncture Clinic
Treatments in a group setting for many conditions, including treatment-related side effects like fatigue, hot flashes, nausea, neuropathy and dry mouth. Wednesday afternoons by appointment. No cancer diagnosis or physician referral required. Enloe Regional Cancer Center, 265 Cohasset Road, Suite 160, Chico | (530) 332-3857

Brighter Days Skin Care and Bright Smiles Program
For patients undergoing cancer treatments and follow up. Meet with dermatologist Kafele T. Hodari, M.D., in a small group of peers to explore hair, skin and nail care. Bright Smiles oral hygienists are also available to educate and answer questions about oral health during treatment. Free program; registration required. Next scheduled sessions: May 1 and June 5 at 2:30 p.m., Cancer Center Library | (530) 332-3856

Head and Neck Cancer Support Group
Information, coping strategies and encouragement for patients, family members, and friends. The group meets Wednesdays, May 6 and June 3, 5:30-7 p.m. Cancer Center Library. For more information or to register, call (530) 332-3856.

Healthy Steps Therapeutic Movement Class
Gentle, easy movement that can be done sitting or standing. And it’s fun! Wednesdays, 2:30–3:30 p.m., Mondays, 6–7 p.m., Fountain Medical Conference Room. Classes are free; one-time $10 suggested donation for materials. Call (530) 332-3856 for info. No class 5/25 and 6/17.

Chemotherapy Education • Wednesdays • 10 a.m.
Being informed can help reduce stress and improve your experience! A brief introduction to chemotherapy and an opportunity to ask questions of an oncology nurse will be offered to those patients scheduled to begin chemotherapy. Caregivers are also encouraged to attend.

New Patient Orientation • Wednesdays • 11 a.m. to noon
All newly diagnosed cancer patients and their caregivers are encouraged to attend. Hematology patients are also invited. Learn how to get the most out of your doctor’s visits, communicate with others about your diagnosis, manage financial and legal issues, deal with stress related to your diagnosis, and find out about resources available to support you during and after treatment.

Look Good Feel Better Live Online Workshop
Through interactive video, a licensed beauty professional guides participants in the application of skin care and makeup or the use of wigs and head coverings to help manage the appearance-related side effects of cancer treatment. Participants will need a computer or tablet with a camera, internet connection, and an audio connection. Go to www.lookgoodfeelbetter.org

Lymphedema Program
Evaluation and Therapy
For those at risk for lymphedema or challenged with swelling after surgery or radiation treatment of cancer. Requires physician referral; generally covered by insurance. Fountain Medical Plaza, 251 Cohasset Road, Suite 330 | (530) 332-3800

VIVA! Family Tour
For kids and teens living with cancer in the family. Call (530) 332-3856 for info.

Register for these classes at the reception area of your doctor’s office or by calling (530) 332-3900. Classes meet in the Cancer Center Library.