

THRIVING *and* SURVIVING



NUTRITION CORNER

Chicken or Turkey, Barley and Bow Tie Soup

A delicious one pot hearty version of a favorite remedy, chicken soup, with barley and pasta. This recipe makes a big pot to have throughout the week for an afternoon snack or light meal when you don't have an appetite.

- 1 cup chopped celery
- 1 cup chopped onion
- 2 cups chopped baby carrots
- 8 cups fat-free chicken broth
- 1/2 cup pearl barley
- 2 cups bow tie pasta (uncooked)
- 1/2 teaspoon dried basil leaves
- 2 cups skinless coarsely chopped rotisserie chicken or left over turkey
- Salt and pepper to taste

In large nonstick pot coated with nonstick cooking spray, sauté celery, onion and carrots, about 5-7 minutes. Add broth and barley. Bring to a boil, reduce heat, cover and cook about 20-30 minutes or until barley is done.

Meanwhile, cook pasta according to package directions, drain and set aside. When soup is done, add pasta, basil and chicken. Heat for 5 minutes. Season to taste.

A few things that may be able to help with side effects of Chemotherapy:

Nausea: Eat small meals or snacks throughout the day; sip fluids; eat starchy and bland foods; avoid triggers for nausea such as spicy, greasy or strongly scented foods, and plan when it's best for you to eat and drink (either before or after treatment)

Diarrhea: Prevent dehydration by sipping clear fluids throughout the day; replace electrolytes like sodium and potassium by drinking sports drinks, broth and soups and eating banana's; avoid high-fiber and gas forming foods

Constipation: Eat high fiber foods, such as raw or cooked fruits and vegetables; beans, peas and nuts; dried fruits, bran or whole grain cereals and breads; drink at least 8 cups of liquid each day; talk to your doctor about physical activity

Sore mouth/Difficulty swallowing: Eat foods that are soft and easy to chew and swallow (such as bananas, mashed potatoes, puddings), avoid irritating foods (such as citrus fruits, and juices, spicy, salty or rough textured foods) drink with a straw; suck on ice chips; eat foods cold or at room temperature

Taste Alterations: Choose foods that look and smell good. Use plastic utensils if food and consider using marinades, spices, sauces and tart foods and drinks.

Answer key to word scramble on back: happy new year, new year resolutions, prosperous, champagne, noisemaker, countdown, kiss at midnight, auld lang syne, new beginning, good will, ball dropping.



New Year...New Goals...Let's Move in 2020!

The Centers for Disease Control and Prevention (CDC), recommend that adults "engage in moderate-intensity physical activity for at least 30 minutes on five or more days of the week" or "engage in vigorous-intensity physical activity for at least 20 minutes on three or more days of the week".

What is physical activity?

Physical activity is defined as any bodily movement produced by skeletal muscles; such movement results in an expenditure of energy. Physical activity is a critical component of energy balance, a term used to describe how weight, diet and physical activity influence health, including cancer risk.

How is physical activity related to health?

Researchers have established that regular physical activity can improve health by:

- Helping to control weight
- Maintaining healthy bones, muscles and joints
- Reducing the risk of developing high blood pressure and diabetes
- Promoting psychological well-being
- Reducing the risk of death from heart disease
- Reducing the risk of premature death

In addition to these health benefits, researchers are learning that physical activity can also effect the risk of cancer. There is convincing evidence that physical activity is associated with a reduced risk of cancers of the colon and breast. Several studies also have reported links between physical activity and a reduced risk of cancers of the prostate, lung and lining of the uterus (endometrial cancer). Despite these health benefits, recent studies have shown that more than 50 percent of Americans do not engage in enough regular physical activity.

January 2020 Survivorship Resources

****Care Givers Coffee****

1st Saturdays 9-10:30

Support for anyone who lives with, lends a hand or listens to someone going through cancer.

Facilitated by: Patty Plaskon, PhD, LCSW-C

For information call: (410)-820-6800

Breast Cancer: SOS-Survivors Offering Support

Trained breast cancer survivor volunteers offer their support and knowledge to patients during or after treatment.

We would love to have you become a part of our team!

Inquire about the next training date.

For Information call:

Lisa Sheehan, SOS Coordinator (410)822-1000 ext. 7161

Women Supporting Women Breast Cancer Group

Groups are held on the 4th Tuesday of the month at 6:30pm at the Christ Episcopal Church in Cambridge.

For Information call:

Sue Todd (410) 463-0946 or (410) 228-3161

CARES Patient Support Group

Group held on the 1st and 3rd Thursday of every month from 5pm to 7pm at the Cancer Center.

For Information call:

Sharon Loving (443) 254-5940

Cancer Support Group-Chestertown

For all persons with any type of cancer, an interest in cancer and/or caregiver of someone with cancer.

For Information call:

Chrissy Nelson, RN (410) 778-7668 ext. 2175

Caregivers Support Group- Talbot Hospice House

Every Thursday, 1:00pm to 2:15pm no registration required, located in the administration building.

For information call (410)-822-6681

Pets on Wheels visits SRCC every other Tuesday @ 10am

Wig Room available by appointment @ SRCC

Contact Diana Evans at (410) 822-1000 ext. 5362

1-3 Prosthesis Clinic for Breast Cancer Patients at Clarke Comprehensive Breast Center from 11am to 4pm. Contact: Elisa Lawson (410) 822-1000 ext. 7156

Start Your New Year with a 2020 Vision on Health & Wellness Beyond Cancer Treatment

The Survivors Offering Support (SOS) Mentoring Program is offering their "Transition to Wellness" Workshop for breast cancer survivors on Wednesday, January 22nd from 5:30 to 7:30p.m. at the University of Maryland Shore Regional Health Cancer Center. Designed for breast cancer survivors who have completed treatment or are nearing the end of treatment, this free workshop will focus on key health areas such as nutrition, fitness and the importance of self-care as you embrace life as a survivor. A panel of breast cancer survivors will also be on hand to answer any questions you might have about life beyond breast cancer. A light dinner will be provided. Please RSVP by Friday, January 17th to Lisa Sheehan at 410-822-1000 X 7161 or lisa.sheehan@umm.edu.

You may be interested in helping with our Mentoring program:

The Survivors Offering Support (SOS) Mentoring Program is seeking breast cancer survivors who are at least twelve months out from treatment to become volunteer mentors to our newly diagnosed breast cancer patients. This is a wonderful opportunity to walk alongside other women who are in the early stages of diagnosis and offer emotional support and a listening ear as someone who has "been there". If you or someone you know has a caring heart and would be interested in becoming a mentor, please contact Lisa Sheehan at 410-822-1000 X 7161 or lisa.sheehan@umm.edu for more information.

Word Scramble!

YPHAP WNE REYA _____

WNE YREA SRENOSIOTUL _____

PERSSORPUO _____

ENGMAHPAC _____

MNKSREAEO _____

ONDWTUNOC _____

SSKI TA TMHIGDIN _____

DULA NGLA YNSE _____

WNE EBNNINGGI _____

DOGO LIWI _____

LABL RGNIPODP _____