

Opportunities to support the Virginia G. Piper Cancer Center in our community.



True to your money  
**MIDFIRST BANK**

Support VGPCCC through the  
MidFirst Pink Card.

Visit [midfirst.com/pink](http://midfirst.com/pink) for more information.




Did you know that you can support the Virginia G. Piper Cancer Center through your local Fry's as you shop for your weekly groceries?

Visit [www.FrysCommunityRewards.com](http://www.FrysCommunityRewards.com) and set up an account. Click on 'Enroll' under Community Rewards and look for Virginia G. Piper Cancer Center –Honor Health Foundation in the list of organizations to support.

### Do I need to wear sun screen in the winter?

Sun protection is necessary every day, regardless of the weather or time of year. "Even when it's cold or overcast, UV rays that cause skin aging and skin cancer are reaching your skin," says Deborah S. Sarnoff, MD, president of The Skin Cancer Foundation. "In the right winter weather conditions, you can sustain sun damage just as easily as during the summer."



Winter Sunlight: UVB rays, the main cause of sunburn, are the strongest in the summer. However, UVB rays can burn and damage your skin year-round, especially at high altitudes and on reflective surfaces such as snow or ice. Snow reflects up to 80 percent of the sun's UV light, so the rays hit you twice, further increasing your risk of skin cancer and premature aging.

UVA rays remain constant throughout the year and can penetrate through clouds and fog. UVA rays can also penetrate glass, so it's still possible to damage your skin while spending a bright winter day indoors.

Apply a broad-spectrum sunscreen with an SPF of 15 or higher daily to all exposed skin, and make sure to cover often-missed spots like the tops of your ears, around the eyes and near the hairline. Consider choosing a moisturizing sunscreen with ingredients like lanolin or glycerin to combat dry winter skin. Finally, try to avoid the peak sun hours between 10 AM and 4 PM, and seek shade when you can.  
Credit: The Skin Cancer Foundation.

## Virginia G. Piper Cancer Center Shea Campus Directory

<b>Virginia G. Piper Cancer Center</b>	<b>480-323-1000</b>	<b>Exercise Rehab</b>	<b>480-323-1233</b>
Toll Free Number	<b>866-553-6789</b>	Keri Lee, MS, ACSM, Certified Clinical Exercise Physiologist	
Location: 10460 N. 92nd Street, Scottsdale, AZ 85258		<b>Lymphedema Treatment Center</b>	<b>480-323-1100</b>
Website: <a href="http://www.honorhealth.com/cancer">www.honorhealth.com/cancer</a>		Kelly Chavez-Allen, PT, DPT, Joy Cochran, PTA, CLT - LANA	
<b>Oncology Nurse Navigator</b>	<b>480-323-1255</b>	Barbara Debi, PT, MS, CL-LANA, Christy Kim, PT, MSPT, CLT- LANA	
Dawn Bassett, MSN, RN		Jennifer Goretzki, MS, OTR/L, CLT- LANA, Dorothy Smith, OTR/L, CLT-LANA	
<b>Body, Mind and Spirit Program</b>	<b>480-323-1981</b>	<b>Nutritional Counseling—Initial Appointment Call 623-434-6138</b> <b>Fax Referral—602-331-5765</b>	
Dale Evans, RRT, MPH		Terri Taylor, RD, CSO—Shea Campus	<b>480-323-1254</b>
<b>Cancer Genetic Risk Assessment</b>	<b>623-434-6138</b>	LeeAnn Bond, MS, RD—Deer Valley Campus	<b>623-238-7726</b>
<b>Certified Genetic Counselors:</b>	<b>480-323-1231</b>	<b>Social Worker</b>	
Cynthia Lim, MS, CGC—Shea Campus Madison LaFleur, MS, Genetics Counselor—Shea, Anna Schon, MS, Genetics Counselor—Deer Valley		Kelly Gemmill, LMSW — Shea Gerald Hirohata, Ed. D., LCSW, MC—Osborn	<b>480-323-1321</b> <b>623-238-7733</b>
<b>Clinical Trials Nurse Navigator</b>	<b>480-323-1364</b>	<b>Tina's Treasures Boutique</b>	<b>480-323-1990</b>
Joyce Schaffer, MSN, RN		<b>Tina's Treasures Appointment Line</b>	<b>480-323-1027</b>
		<b>National Hair Loss</b>	<b>602-283-2355</b>
<b>Community Outreach Program</b>	<b>480-323-1275</b>	<b>Werner Library &amp; Resource Center</b>	<b>480-323-1050</b>
Nancy McCutcheon			

# NETWORK NEWS

## January — February 2020

The Virginia G. Piper Cancer Care Network is  
**YOUR Support Team in 2020!**

It's time to start thinking about ways to enhance your wellbeing as we **Jump in to the New Year!** Whether your aim is to reach a healthy weight, eat more vegetables, begin resistance training, reduce your stress, work on positive energy, get screened for prevention or something else, the support team of experts at the Virginia G. Piper Cancer Care Network will help **YOU turn your thoughts into realities.**

### Jumpstart A Healthy New Year!

- ✓ Eat whole foods
- ✓ Avoid processed foods
- ✓ Eliminate refined sugar
- ✓ Eat 5-6 small meals a day
- ✓ Cook your own meals



### In This Issue

- Schedule of Body, Mind & Spirit Classes
- Scottsdale Ranch Art Show
- Support Groups
- Tina's Treasures
- Clinical Trials
- Patient Resources
- Nutrition Classes & Farm Stand Options

## PROGRAM SPOTLIGHT: CANCER GENETICS RISK ASSESSMENT & PREVENTION

### Looking at your past to shape your future.

In cancer genetic counseling, we assess your risk factors for developing cancer in the context of your family history. The process will help you understand the role heredity plays in cancer development as well as the possibility that a gene may be responsible for your family's history of cancer. Genetic testing will be discussed as an option, when appropriate. More importantly, you will learn about cancer screenings and risk reduction options. To schedule an appointment please call: **623-434-6138** or visit [HonorHealth.com/geneticrisk](http://HonorHealth.com/geneticrisk).



# Patient support



When you're going through cancer treatment, you might not feel like exercising. But physical activity can provide a wealth of benefits when you're going through treatment.

## You'll find:

- Wellness programs that include aerobic conditioning, strength training, flexibility and range-of-motion exercises.
- Monthly nutrition cooking classes.

Cancer affects more than just your physical health. It also can take a toll on you psychologically and spiritually.

## Complementary therapies are designed to:

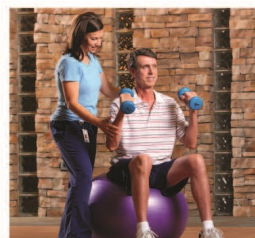
- Improve your overall physical, emotional and spiritual well-being.

Specialists will assess your strengths and stresses. Working together, you'll create a plan of care and identify which therapies will best suit your needs.

Through the HonorHealth Virginia G. Piper Cancer Care Network, you can begin and maintain an appropriate exercise and complementary therapy routine in a supportive environment. Skilled professionals can help you select a program or activity that's right for you.

## ■ Patient Navigation

Oncology nurse navigators in the HonorHealth Virginia G. Piper Cancer Care Network will help you understand your diagnosis, treatment options and help you find ways to communicate comfortably with your healthcare provider. They can also help you access resources that you may not be aware of, in short, they'll help you navigate your cancer journey.



Body, Mind and Spirit  
480-323-1981  
Cancer Genetic Counseling  
480-323-1334  
Cancer Exercise Rehab  
480-323-1233  
Oncology Nurse Navigator  
480-323-1255  
Nutrition Consult  
623-434-6138  
Social Services  
480-323-1321



**HONORHEALTH**

**Virginia G. Piper  
Cancer Care Network**

Learn more at [HonorHealth.com/cancer](https://www.honorhealth.com/cancer)



## ONCOLOGY-FRIENDLY HAIR & SKIN TREATMENTS

Our dedicated oncology division offers customized treatments in a relaxed, private setting. We offer a variety of services for patients who have experienced hair loss or skin concerns from treatment.

### Chemo Hair Regrowth Program

Medical grade stimulants are effective in accelerating hair growth as quick as 90 days. Clinically proven in stimulating viable nutrients to hair follicles for thicker, healthier hair.

### Scalp Micropigmentation to Conceal Hair Loss (SMP)

SMP is a highly advanced method of creating the illusion of hair on the scalp with cosmetic pigmentation.

### Microblading Eyebrows for Fuller Eyebrows

Microblading is an innovative cosmetic pigmentation treatment that involves creating dozens of individual hair-like strokes for beautiful full eyebrows, with immediate natural results.

### Salon Services

Maintain healthy-looking hair, create a new look or enhance the hair you have with our custom hair designs. Wide selection of professional salon services: haircut, style, blowout, custom color & hair designs. Our hair additions, hair extensions and toppers give you the most natural look.

### Oncology Friendly Skin Care & Facials

Help skin recover for a clear, even appearance. The best oncology friendly skin care products and protocols that can be used on the sensitive and compromised skin.

**Complimentary Evaluations 602-283-2355**

## Yoga For Recovery is extended throughout the East and West Valley

**Yoga for Recovery** includes meditation and exercises to help you improve strength, flexibility, balance, proprioception, mental clarity, and breathing. Yoga can also decrease stress, and maintain health. Several studies have shown that yoga helps lower blood pressure, improves a person's sense of well-being, reduces fatigue, and can help people with cancer and survivors to reduce anxiety through the practice of yoga. **Free to cancer survivors. \$10.00 per session for general community members. Please register at [honorhealth.com/events](https://www.honorhealth.com/events) or call 623-580-5800.**



**Virginia G. Piper Cancer Care Network— Avondale**  
10320 W. McDowell Rd. Bldg. H, Suite 8024  
Avondale, AZ 85395  
Every Wednesday, 5 –6:15 pm

**Virginia G. Piper Cancer Care Network— Chandler**  
1110 S. Dobson Rd., Suite 1  
Chandler, AZ 85286  
Every Tuesday, 5—6:15 pm.

**Virginia G. Piper Cancer Care Network — Surprise**  
14674 W. Mountain View Blvd., Suite 105, Surprise, AZ 85374  
Every Thursday, 5—6:15 pm.



### Quitting smoking isn't easy – but it's easier with the right help.

The American Lung Association's Freedom From Smoking® program gives you options, resources and support to quit for good! Freedom From Smoking® is the premier smoking cessation program from the American Lung Association. It helps you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smoke free for life! FREE 7 week course. Seating is limited.

**Registration is required.** Visit [honorhealth.com/events](https://www.honorhealth.com/events) or call 623-580-5800.

Every Monday, 3:30 —5:00 pm, Feb 3rd—March 16th, Exception, Wednesday, Feb 26th LOCATION: **Virginia G. Piper Cancer Center, 10460 N. 92nd Street, Suite 206, Scottsdale, AZ 85258**

## Tina's Treasures

### Cancer Care Boutique

Tina's Treasures is a boutique specially designed to meet the needs of cancer patients, cancer survivors, and their families. You'll find a variety of post breast surgery products to help you look and feel confident. Certified fitters take into consideration your personality, lifestyle and personal desires when recommending products such as wigs, scarves, hats or skincare. **To schedule an appointment call 480-323-1027.**

Sometimes all it takes to feel better is a whimsical piece of jewelry, an inspirational saying or a handbag. You'll find just what you're looking for in the boutique environment at Tina's Treasures. Proceeds from boutique sales help support the free programs and services offered throughout the HonorHealth Virginia G. Piper Cancer Care Network.

**For more information, visit [HonorHealth.com/tinastreasures](http://HonorHealth.com/tinastreasures).**



### Tina's Treasures has fitting services in the East and West Valley!

**Monday & Tuesday: Deer Valley**  
Virginia G. Piper Cancer Care Network  
19646 N. 27th Avenue, Suite 301  
Phoenix, AZ, 85027

**Wednesday: Gilbert**  
Virginia G. Piper Cancer Care Network  
3645 S. Rome Street, Suite 209  
Gilbert, AZ, 85297

**Thursday: Chandler**  
Virginia G. Piper Cancer Care Network  
1110 S. Dobson Rd, Suite C-110  
Chandler, AZ, 85286

Please call Tina's Treasures scheduling line for all appointments: 480-323-1027. \*Please note that appointments at these locations are for fitting only.



At Facing Forward, you will learn how to manage changes to your body, including your skin and hair. You will receive oral health products, tips, and applications to maintain proper oral health habits. Additionally, Facing Forward attendees receive hands-on skin care, makeup applications and tips on wearing wigs, hats and scarves. Discover the resources available to you through the Virginia G. Piper Cancer Care Network. The next session will be held on February 11th. 4:30—6:30pm.

**RSVP required. Call 623-580-5800 or visit [honorhealth.com/events](http://honorhealth.com/events).**

## Do you know

we offer the **American Breast Care Custom Breast Prosthesis** for women following a mastectomy or breast conserving surgery?

- ◆ **Quick and easy** iPad scanning technology
- ◆ **Featherlight** silicone for comfort
- ◆ **Extensive selection** of skin and nipple/areola colors and options



Most insurance companies cover all or part of a custom breast prosthesis. Let us check your insurance for you. Call Tina's Treasures today at 480-323-1990 for a free consultation to see if the ABC Custom Breast Prosthesis is right for you!

## Artists of Scottsdale Ranch

INVITE YOU TO THE:

12<sup>TH</sup> ANNUAL

# ART SHOW & SALE

SATURDAY, FEBRUARY 15, 2020

10 AM TO 4 PM

*Free Indoor Art Show & Silent Auction benefiting:*

**HONORHEALTH® Virginia G. Piper Cancer Center**

Enjoy light refreshments while viewing paintings, sculpture, pottery, glass, photography, hand crafted jewelry and more from local Scottsdale Artisans.

**World Class Art. Local at Heart.**

**Scottsdale Ranch Community Center**

10585 N 100th St, Scottsdale, AZ 85258

**SE Corner of 100th St. & Shea**

[WWW.ARTISTSOFSOTTSDALERANCH.COM](http://WWW.ARTISTSOFSOTTSDALERANCH.COM)



# Support Groups for January—February

East Side	LOCATION	AUDIENCE	DATE/TIME	RSVP Req'd
Women's Cancer Support (Breast/Gyn) <b>Now Combined</b>	VGPC— Suite 206	Patients and Survivors	2nd Wednesday, 12—1:30pm	Yes
General Cancer Caregiver	VGPC— Suite 206	Caregivers and Family	3rd Wednesday, 4:30—5:30pm	Yes
General Cancer Support	VGPCCN/Gilbert	Patients and Survivors	2nd Wednesday, 2:30—4:00 pm	Yes
Grief Support	VGPC—1st Floor	Anyone grieving a loss	2nd / 4th Tuesdays, 3—4:30 pm	Yes
Lymphedema Education/Support	VGPC—1st Floor Conference Room	Anyone living with lymphedema	4th Monday, Jan, Feb, Sept & Oct, 5—6:30 pm	No
LGBTQ Cancer Support <b>NEW</b>	Osborn—AZCCC	Patients and Survivors	2nd Tuesday, 5:00—6pm	Yes
Men's Cancer Support <b>NEW</b>	Osborn —AZCCC	Patients and survivors	4th Tuesday, 5:00—6pm	Yes
Pancreatic Cancer Support	VGPC—Suite 206	Patients, survivors, loved ones	2nd Monday, 4:00—5:30 pm	Yes
SPOHNC—Oral, Head and Neck Cancer Support	VGPC—1st Floor Conference Room	Patients, survivors, loved ones	3rd Thursday, 6:30-8:00 pm	No
West Side	LOCATION	AUDIENCE	DATE/TIME	RSVP Req'd
Women's Cancer Support (Breast/Gyn) <b>Now Combined</b>	BHRC/Deer Valley	Patients and Survivors	2nd & 4th Thursdays, 6:00—7:30 pm	No

**Note: To register for a support group, please contact 480-323-1250 unless otherwise notated.**

### Locations:

**VGPC**—Virginia G. Piper Cancer Center, 10460 N. 92nd St., Scottsdale 85258

**VGPCCN/Deer Valley**—19646 N. 27th Ave, Multipurpose Rm past Suite 301, Phoenix 85027

**BHRC/Deer Valley**—19646 N. 27th Ave, Ste 205, Phoenix 85027

**AZCCC (Osborn Campus)**—7337 E. 2nd St., Scottsdale, 85251



**HONORHEALTH**

Research Institute

[HonorHealth.com/early-detection-research](https://HonorHealth.com/early-detection-research)

## Early Detection/Prevention Program for Pancreatic Cancer

### INSIGHT

**Pancreatic cancer (PC)**, the 3rd leading cause of cancer related deaths in the US and is usually diagnosed in advanced stages. Drs. Daniel Von Hoff and Erkut Borazanci have created an early detection screening program for those who may be at higher risk for developing PC. Goals for this program include early detection of PC to improve long term survival and developing novel assessments to better identify PC.

### INTERCEPT

The Early Detection Program (EDP) at HonorHealth Research Institute (HRI) offers a personalized approach to PC risk assessment through routine evaluations and long-term surveillance. The EDP team collaborates closely with community health care providers and ensures participants are monitored by a collaborative and multidisciplinary team.

### IMPACT

Currently there are no national guidelines for screening and early detection of PC. The HonorHealth EDP is contributing to much needed research to establish such guidelines. Also, innovative tools are being developed to identify PC before symptoms occur.

### REFERRAL CRITERIA

In order to participate in the HonorHealth Pancreatic Cancer Early Detection Program, you must meet at **least one** of the following eligibility criteria:

- 1 or more family members who have been diagnosed with pancreatic cancer **or**
- A known genetic mutation that may increase the risk of developing pancreatic cancer **or**
- The diagnosis of a pancreatic cyst, known as an intraductal papillary mucinous neoplasm (IPMN).

## Early Detection/Prevention Program for Colorectal Cancer

### INSIGHT

**Colorectal cancer (CRC)** is the third most frequently diagnosed cancer in the United States.

Screening of average risk individuals can reduce CRC mortality by detecting cancer at an early, curable stage and decreases CRC incidence by detecting and removing polyps. Dr. Sunil Sharma and his team have developed an early detection program that includes a combination of personal history, family history and genetic makeup to identify who is at higher than average risk for developing colon cancer.

### INTERCEPT

The Early Detection Program (EDP) at HonorHealth Research Institute (HRI) offers a personalized approach to CRC risk assessment through individualized evaluations and long term surveillance. The EDP team collaborates closely with community health care providers to ensure individuals are receiving the highest quality of early detection and prevention care available.

### IMPACT

By participating in an early detection and high risk clinic, the HonorHealth EDP is contributing to the much needed research to establish new and effective guidelines. Ensuring that individuals are being screened for colon cancer is critical for improving on long term survival for this cancer. Consider being a part of an effort to make a difference in CRC prevention and early detection.

### REFERRAL CRITERIA

We invite you to play a crucial role in fighting colorectal cancer by becoming part of this effort. You can make a real difference in the prevention and early detection of colorectal cancer. In order to participate in the HonorHealth Colorectal Cancer Early Detection Program, you must meet at **least one** of the following eligibility criteria:

- Age: Over 45 years old and never screened for colon cancer.
- A history of colon polyps.
- A family history of colon cancer or colon polyps.
- Known gene mutation associated with colon cancer (such as FAP, Lynch Syndrome, Peutz-Jeghers Syndrome).

To learn more about the Early Detection Program for Breast Cancer, call the Breast Cancer Navigator at **1-855-485-HOPE (4673)**.

To learn more about the Early Detection Program for Pancreatic, Colorectal and Ovarian Cancers, please call **1-833-354-6667** or email: [Early.Detection@honorhealth.com](mailto:Early.Detection@honorhealth.com)

## Early Detection/Prevention Program for Breast/Ovarian Cancer

### INSIGHT

**Breast cancer**, is the most common commonly diagnosed cancer in women and the second leading cause of cancer related death in women.

A combination of personal history, family history and genetic makeup can be used to identify who is at higher than average risk for developing breast and ovarian cancers.

Dr. Jasjit Sachdev and her team at HonorHealth have developed an early detection program for breast and ovarian cancers to identify high risk individuals, and offer personalized options for prevention and early diagnosis. They understand the impact of a possible future diagnosis, not only on the individual, but also the individual's family, thus early detection and prevention is paramount.

**Ovarian Cancer**, accounts for 2.5% of all female cancer cases, but 5% of cancer death due to the low overall survival rate from being diagnosed at advanced stages.

4 out of 5 women are diagnosed with advanced disease that has spread throughout the abdomen at the time of diagnosis; however, if diagnosed with localized-early stage disease, one can expect a 90% five year survival rate.

Improving the ability to detect ovarian cancer early is a key research priority at Honor Health Research Institute.

### INTERCEPT

**The Early Detection Program (EDP) at HonorHealth Research Institute (HRI)** offers a personalized approach to risk assessment through individualized evaluation, novel approaches for screening, risk reduction and long-term surveillance. Options for chemo prevention, increased surveillance and risk reduction surgeries are discussed as well as participation in early detection clinical trials to explore new screening methods and diagnostic techniques. The EDP team collaborates closely with community health care providers to ensure individuals are receiving the highest quality of early detection and prevention care available.

### IMPACT

Currently, there are national guidelines for screening and early detection of individuals at high risk for developing breast and ovarian cancers. Ensuring that high risk individuals are identified is critical, and participation in a high risk clinic and early detection/prevention trials can contribute much needed research to establish new and more effective guidelines now and for the future. Consider being part of an effort to make a difference in breast and ovarian cancers prevention and early detection.



**Jasjit C. Sachdev, MD**, Director, Breast and GYN Early Phase Trials  
HonorHealth Research Institute

### REFERRAL CRITERIA (Breast Cancer)

If individual and/or their family members have one of the following:

- Diagnosis of a precancerous breast lesion.
- Inherited a BRCA1, BRCA2 or other cancer risk related gene mutation.
- Ashkenazi Jewish heritage.
- High lifetime risk of developing breast cancer based on predictive models (Tyrer-Cuzik, GAIL model etc).
- Extremely dense breast tissue on mammogram.

Strong family history of certain cancers such as male or female breast cancers (especially if diagnosed at an early age), as well as ovarian, prostate, pancreatic cancer in close relatives (generally first or second degree relatives).

### REFERRAL CRITERIA (Ovarian Cancer)

If individual and/or their family members have one of the following:

- Family history of ovarian cancer.
- Family history of breast and ovarian cancer.
- Known gene mutation associated with ovarian cancer (such as BRCA 1 or BRCA 2).
- Ashkenazi Jewish descent.

**HONORHEALTH®**

Research Institute

[HonorHealth.com/early-detection-research](https://www.honorhealth.com/early-detection-research)



## Mastectomy Care Program

The Mastectomy Care Program is one of many resources offered at HonorHealth.

### East Valley Location:

#### Virginia G. Piper Cancer Center

Scottsdale Shea Medical Center Campus

1st and 3rd Tuesday of each month, 2:00 –4:00 pm

For this location, please register by calling 480-323-1250.

### West Valley Location:

#### Breast Health and Research Center

Deer Valley Medical Center Campus

Every Tuesday—5pm

For this location, please register by calling

623-623-238-7713.

This class is designed to help guide you through **your hospitalization for your mastectomy surgery. Participants should call to register for the class prior to surgery.**

## Breast Health and Research— Deer Valley



### Breast Cancer Learn & Support Group, 6—8

Held on the 2nd & 4th Thursday of every month.

This group is for those diagnosed with breast cancer to find support and learn from one another. Sharing with

others who have had similar experiences can reduce stress and anxiety. Discuss aspects of living with cancer and survivorship. For ages 18 and over.

**No RSVP required.**

**Breast Health and Research Center**  
19646 N. 27<sup>th</sup> Ave., Room 205,  
Phoenix, AZ

### How often should you have a mammogram?



Here's what Innovation Care Partners, an accountable care organization (ACO) led by HonorHealth physicians, recommends if you're at average risk for breast cancer: Starting at age 40, talk with your doctor about whether screening mammography is right for you. Starting at age 50, get a mammogram at least every other year.

If you're at high risk for breast cancer based on your personal or family medical history, or if you have a genetic breast mutation:

Starting at 40, get an annual mammogram. However, you may need to start earlier depending on your family history. If you have a close relative with breast cancer, start getting an annual mammogram 10 years earlier than your relative was at the time of her diagnosis – but not before age 30.

Talk to your doctor to see if you should also get other tests, such as breast MRI and ultrasound.

### Yoga for Recovery: 6 – 7:15 p.m.

Every Wednesday evening. Experience the physical as well as the emotional benefits of yoga. Invigorate your mind and body in this gentle yoga class tailored for breast cancer survivors that include soothing stretches, meditation, relaxation and centering breath techniques to help reduce daily stress and boost overall immune function. Open to family and friends. **No RSVP required.**



### Meditation For Healing:

#### 6 – 7 p.m.

Held on the first and third Thursday of every month. The duration of this class is one hour, introducing a variety of techniques of meditation to include visualization, breath work and positive affirmation and guided meditation.

**Virginia G. Piper Cancer Care Network**  
Multipurpose Room, 3rd FL  
19646 N. 27th Ave, Phoenix, AZ



# Desert Mission Farm Stand

Enjoy fresh produce from Arizona farmers

Have you participated in the HonorHealth Farm Stands?

- ✓ Bring a bag and pick up fresh vegetables.
- ✓ Choose what you'd like from seasonal and organic options.
- ✓ Pay with a credit/debit card or cash

## Enjoy the crunch! Farm Stand schedule:

Visit your nearest HonorHealth medical center from 11 a.m. to 1 p.m. on select Wednesdays to shop the HonorHealth Farm Stand.

1. HonorHealth Deer Valley Cafeteria —1st Wednesday of the month
2. HonorHealth John C. Lincoln Cafeteria —1st Wednesday of the month
3. HonorHealth Scottsdale Thompson Peak Cafeteria — 2nd Wednesday of the month
4. HonorHealth Scottsdale Shea Cafeteria — 3rd Wednesday —of the month
5. HonorHealth Scottsdale Osborn Cafeteria — 4th Wednesday of the month

Learn more at the [desertmission.com/freshveggies](http://desertmission.com/freshveggies)

## Eat Real Nutrition Classes

January Topic:  
A Salute to Chinese New Year  
6:00-7:30pm  
Wednesday, January 8

Learn how to make healthier versions of Asian inspired favorites including bang bang cauliflower at this class taught by Chef Candy Leshner and Registered Dietitian Terri Taylor.

February Topic:  
Get Back to Our Roots  
6:00-7:30pm  
Wednesday, February 12

Have you ever cooked a turnip or tasted a rutabaga? These nutritious root vegetables are often overlooked.

Come sample and learn more about root vegetables from Chef Candy Leshner and Registered Dietitian Terri Taylor.

Classes are free, however seating is limited. Registration is required.

Visit [honorhealth.com/events](http://honorhealth.com/events) or call 623-580-5800.

*Note: All nutrition and cooking classes are held in the 1<sup>st</sup> Floor Educational Conference Room of the Virginia G. Piper Cancer Center.*

## Roasted Turnip & Grapefruit Salad



### Ingredients:

- 1 large turnip
- 4 tablespoons olive oil
- 1-1/2 teaspoons salt of choice (sea or Kosher salt recommended)
- 1 large ruby red or pink grapefruit
- 1-1/2 tablespoons juice from the grapefruit
- 2 teaspoons honey
- 3/8 teaspoon sweet paprika
- 1/8 teaspoon cayenne pepper
- 6 ounces mixed baby greens
- 1 ounce crumbled goat or feta cheese
- 2 tablespoons chopped roasted pistachios or almonds

### Preparation:

Preheat oven to 400-degrees Fahrenheit. Peel and cut turnip into half inch cubes. Toss with two tablespoons olive oil and one teaspoon salt. Place on large baking sheet in a single layer. Roast for twenty-five to thirty minutes, until fork tender. Let cool. Section grapefruit; set aside.

In a small bowl, make vinaigrette: whisk together 2 tablespoons olive oil, grapefruit juice, honey, paprika, cayenne pepper and one-half teaspoon salt.

In a large bowl, toss together roasted turnips, mixed baby greens, crumbled cheese, chopped nuts, grapefruit sections and vinaigrette.

**Makes four servings.**



Nutrition is an important part of cancer prevention and survivorship. Optimizing your nutrition can help manage treatment side effects, improve your strength, energy and promote overall health. If you are dealing with treatment side effects, weight issues, healthy eating or supplement questions, our dietitians will work with you to plan a nutritional program specific to your cancer treatment goals. To schedule your first appointment with one of our dietitians, call scheduling at 623-434-6138 or have your physician FAX a referral to 602-331-5765.



# FEBRUARY 2020

Mon

Tues

Wed

Thur

Fri

Sat



Dark chocolate is packed with flavonoids, a group of phytochemicals that act as antioxidants. Eating dark chocolate is good for your valentine, and for your heart and mood! Buy quality dark chocolate with at least 70% cacao or dark cocoa powder, and savor that 1 ounce piece of health!

										1 VGPPC Tai Chi/Qi Gong 930 am													
3 VGPPC Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Circuit art catch up- Cheri Freedom from Smoking 3:30 Gentle Yoga 5:00 pm AZCCO Osborn**	4 VGPPC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Gentle Chair Yoga 3 pm Mastectomy Class 2-4 pm Register at 480-323-1250 DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.	5 VGPPC Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome) DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP Needed) New! 5pm Yoga for Recovery Avondale Network office	6 VGPPC Hatha Yoga 9 am Restorative Yoga 10:30 am Crochet & Knitting 12-2pm Gentle Chair Yoga 3 pm DV Breast Health & Research New! 5 pm Yoga for Recovery Surprise Network office ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)	7 VGPPC Yoga Nidra Sound Healing 10 am Mahjong/Game Day 12 Noon DV Breast Health & Research	8 VGPPC Tai Chi/Qi Gong 930 am	10 VGPPC Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Joan – Bird Houses Freedom from Smoking 3:30 Gentle Yoga 5:00 pm AZCCO Osborn**	11 VGPPC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Gentle Chair Yoga 3 pm Facing Forward 4:30 @ VGPPC – Suite 206 DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC Thompson Peak Medical Center Strength and Stretch 1-2 pm Chandler - Yoga for Recovery 5:15pm	12 VGPPC Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome) Cooking Class 6-7:30 pm (registration required) Healing through Sound & breath with Gong 3 p.m. Jenny DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required) New! 5pm Yoga for Recovery Avondale Network office	13 VGPPC Hatha Yoga 9 am Restorative Yoga 10:30 am Crochet & Knitting 12-2 pm Gentle Chair Yoga 3 pm DV Breast Health & Research New! 5 pm Yoga for Recovery Surprise Network office	14 VGPPC Yoga Nidra Sound Healing 10 am Mahjong/Game Day 12 Noon DV Breast Health & Research	15 VGPPC	17 VGPPC Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Cheri- Art Jewelry Freedom from Smoking 3:30 Gentle Yoga 5:00 pm AZCCO Osborn**	18 VGPPC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Gentle Chair Yoga 3 pm Mastectomy Class 2-4 pm Register at 480-323-1250 DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713. Thompson Peak Medical Center Strength and Stretch 1-2 pm Chandler - Yoga for Recovery 5:15pm	19 VGPPC Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome) Healing Sound Gong/Singing bowls 3 p.m. Deborah DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required) New! 5pm Yoga for Recovery Avondale Network office	20 VGPPC Hatha Yoga 9 am Restorative Yoga 10:30 am Crochet & Knitting 12-2 pm Gentle Chair Yoga 3 pm DV Breast Health & Research New! 5 pm Yoga for Recovery Surprise Network office ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)	21 VGPPC Yoga Nidra Sound Healing 10 am Game Day Mahjong Noon DV Breast Health & Research	22 VGPPC	24 VGPPC Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Joan Jewelry Freedom from Smoking 3:30 pm Gentle Yoga 5:00 pm AZCCO Osborn**	25 VGPPC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Gentle Chair Yoga 3 pm DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713. Thompson Peak Medical Center Strength and Stretch 1-2 pm Chandler - Yoga for Recovery 5:15pm	26 VGPPC Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome) 48 hour Freedom from Smoking 2:30 Healing Sound Gong/Singing bowls 3 p.m. Kim DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required) New! 5pm Yoga for Recovery Avondale Network office	27 VGPPC Hatha Yoga 9 am Restorative Yoga 10:30 am Crochet & Knitting 12-2 pm Gentle Chair Yoga 3 pm DV Breast Health & Research New! 5 pm Yoga for Recovery Surprise Network office	28 VGPPC Kundalini Yoga 9 am Yoga Nidra sound Healing 10 am Game Day Mah ong Noon DV Breast Health & Research	29 VGPPC

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- Cooking Classes taught by our dietician, Terri Taylor. Classes are free - **Registration is required.** Visit [honorhealth.com/events](http://honorhealth.com/events) or call 623-580-5800. All nutrition and cooking classes are held in the 1<sup>st</sup> Floor Education Conference Room of the Virginia G. Piper Cancer Center 10460 N. 92<sup>nd</sup> St., Scottsdale, AZ.

- **\*\* AZCCO - Osborn, 7337 E. 2nd St., Scottsdale, 85251 (evening Gentle Yoga) Every Monday at 5 p.m. (Bring your own supplies, blankets, bolsters, blocks, & eye covering)**

- Thompson Peak Medical Center Strength and Stretch Classes – Sign up at [honorhealth.com/events](http://honorhealth.com/events) or call 623-580-5800. Strength & Stretch classes are at 1 – 2 p.m. 7400 E. Thompson Peak Pkwy., Scottsdale, AZ 85255 (To check on room location feel free to call Dawn the Instructor at 480-695-7294)

- **\*\*\*HonorHealth Breast Health & Research Center (DV) – Library, 19646 N. 27<sup>th</sup> Ave, Ste. 205, Phoenix, AZ 85027 (For more information, call 623-580-5800.) Mastectomy Class- 5 pm @ DV BHRC**

**\*\*\*\* NEW LOCATION:** Honor Health Virginia G. Piper Cancer Care Network Clinic (DV) Every Wednesday Yoga for Recovery & 1<sup>st</sup>, & 3<sup>rd</sup>, Thursday's Yoga Nidra Guided Meditation for Healing, - 19646 N. 27<sup>th</sup> Ave, 3<sup>rd</sup> floor multi-purpose room, Phoenix, AZ 85027 (For more information call 623-580-5800.)

- **\*\*\*New East Valley Locations for Yoga for Recovery at 5:15 pm:** Every Tuesday at Chandler: 1110 S. Dobson Rd., Suite 1 Chandler, AZ 85286

- **\*\*\*\*New West Valley Avondale Location: Gentle Yoga for Recovery at 5 pm:** Every Wednesday, 10320 W. McDowell Rd, building H, Suite 8025, Avondale, AZ 85392

- **\*\*\*\*New West Valley Surprise Location: Gentle Yoga for Recovery at 5 p.m.:** Every Thursday, 14674 W. Mountain View Rd. Suite 105, Surprise AZ 85374

# JANUARY 2020

Mon

Tues

Wed

Thur

Fri

Sat

Mon	Tues	Wed	Thur	Fri	Sat
<p><b>6</b> VGPCC Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Cheri Domino Art Necklace</p> <p style="color: orange;">Gentle Yoga 5:00 pm AZCCC Osborn**</p> <p style="color: purple;">DV Breast Health &amp; Research</p>	<p><b>7</b> VGPCC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Gentle Chair Yoga 3 pm <span style="color: red;">Mastectomy Class 2-4 pm Register at 480-323-1250</span> <span style="color: red;">DV Breast Health &amp; Research Mastectomy Class 5 pm@ DV BHRC. Register at 623-238-7713.</span> Thompson Peak Medical Center Strength and Stretch 1-2 pm Chandler - Yoga for Recovery 5:15pm</p>	<p style="text-align: center;"><b>1</b> New Year's Day Classes cancelled for the Holidays.</p> <div style="text-align: center; border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p style="margin: 0;">HAPPY NEW YEAR</p> </div> <p><b>8</b> VGPCC Strength &amp; Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome) <span style="color: green;">Cooking Class 6-7:30 pm (registration required)</span> DV Breast Health &amp; Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP Needed) <span style="color: red;">New! 5pm Yoga for Recovery Avondale Network office</span></p>	<p style="text-align: center;"><b>2</b> VGPCC Classes cancelled for the Holidays.</p> <p><b>9</b> VGPCC Hatha Yoga 9 am Restorative Yoga 10:30 am Crochet &amp; Knitting 12-2pm Gentle Chair Yoga 3 pm  DV Breast Health &amp; Research ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required) <span style="color: blue;">New! 5 pm Yoga for Recovery Surprise Network office</span></p>	<p style="text-align: center;"><b>3</b> VGPCC Classes cancelled for the Holidays.</p> <p style="color: purple;">DV Breast Health &amp; Research</p> <p><b>10</b> VGPCC Yoga Nidra Sound Healing 10 am Mahjong/Game Day Noon  DV Breast Health &amp; Research</p>	<p style="text-align: center;"><b>4</b> VGPCC Classes cancelled for the Holidays.</p> <p><b>11</b> VGPCC Tai Chi/Qi Gong 930 am</p>
<p><b>13</b> VGPCC Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Cheri- Circuit Art</p> <p style="color: orange;">Gentle Yoga 5:00 pm AZCCC Osborn**</p> <p style="color: purple;">DV Breast Health &amp; Research</p>	<p><b>14</b> VGPCC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Gentle Chair Yoga 3 pm  DV Breast Health &amp; Research <span style="color: red;">Mastectomy Class 5 pm@ DV BHRC</span> Thompson Peak Medical Center Strength and Stretch 1-2 pm Chandler - Yoga for Recovery 5:15 pm</p>	<p><b>15</b> VGPCC Strength &amp; Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome)  DV Breast Health &amp; Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required) <span style="color: red;">New! 5pm Yoga for Recovery Avondale Network office</span></p>	<p style="text-align: center;"><b>16</b> VGPCC Hatha Yoga 9 am Restorative Yoga 10:30 am Crochet &amp; Knitting 12-2 pm Gentle Chair Yoga 3 pm  DV Breast Health &amp; Research <span style="color: blue;">New! 5 pm Yoga for Recovery Surprise Network office</span></p>	<p style="text-align: center;"><b>17</b> VGPCC Yoga Nidra Sound Healing 10 am Mahjong/Game Day Noon  DV Breast Health &amp; Research</p>	<p style="text-align: center;"><b>18</b> VGPCC Tai Chi/Qi Gong 930 am</p>
<p><b>20</b> VGPCC Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Joan –homemade cards</p> <p style="color: orange;">Gentle Yoga 5:00 pm AZCCC Osborn**</p> <p style="color: purple;">DV Breast Health &amp; Research</p>	<p><b>21</b> VGPCC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Gentle Chair Yoga 3 pm <span style="color: red;">Mastectomy Class 2-4 pm Register at 480-323-1250</span> DV Breast Health &amp; Research <span style="color: red;">Mastectomy Class 5 pm@ DV BHRC. Register at 623-238-7713.</span> Thompson Peak Medical Center Strength and Stretch 1-2 pm Chandler - Yoga for Recovery 5:15pm</p>	<p style="text-align: center;"><b>22</b> VGPCC Strength &amp; Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome) Healing Sound Gong/Singing bowls 3 p.m.  DV Breast Health &amp; Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required) <span style="color: red;">New! 5pm Yoga for Recovery Avondale Network office</span></p>	<p style="text-align: center;"><b>23</b> VGPCC Hatha Yoga 9 am Restorative Yoga 10:30 am Crochet &amp; Knitting 12-2 pm Gentle Chair Yoga 3 pm  DV Breast Health &amp; Research ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required) <span style="color: blue;">New! 5 pm Yoga for Recovery Surprise Network office</span></p>	<p style="text-align: center;"><b>24</b> VGPCC Yoga Nidra Sound healing 10 am Mahjong/Game Day Noon  DV Breast Health &amp; Research</p>	<p style="text-align: center;"><b>25</b> VGPCC Tai Chi/Qi Gong 930 am</p>
<p><b>27</b> VGPCC Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Cheri Circuit Cards</p> <p style="color: orange;">Gentle Yoga 5:00 pm AZCCC Osborn**</p> <p style="color: purple;">DV Breast Health &amp; Research</p>	<p><b>28</b> VGPCC Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Gentle Chair Yoga 3 pm Thompson Peak Medical Center Strength and Stretch 1-2 pm DV Breast Health &amp; Research <span style="color: red;">Mastectomy Class 5 pm@ DV BHRC. Register at 623-238-7713.</span> Chandler - Yoga for Recovery 5:15pm</p>	<p style="text-align: center;"><b>29</b> VGPCC Strength &amp; Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome) Healing Sound Gong/Singing bowls 3 p.m.  DV Breast Health &amp; Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required) <span style="color: red;">New! 5pm Yoga for Recovery Avondale Network office</span></p>	<p style="text-align: center;"><b>30</b> VGPCC Hatha Yoga 9 am Restorative Yoga 10:30 am Crochet &amp; Knitting 12-2 pm Gentle Chair Yoga 3 pm  DV Breast Health &amp; Research <span style="color: blue;">New! 5 pm Yoga for Recovery Surprise Network office</span></p>	<p style="text-align: center;"><b>31</b> VGPCC Kundalini Yoga 9 am Yoga Nidra Singing Bowls 10 am Mahjong/Game Day Noon  DV Breast Health &amp; Research</p>	

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