

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 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 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.



Virginia G. Piper Cancer Center Shea Campus

Virginia G. Piper Cancer Center	480-323-1000	Exercise Rehab	480-323-1233
Toll Free Number	866-553-6789	Keri Lee, MS, ACSM, Certified Clinical Exercise Physiologist	
Location: 10460 N. 92nd Street, Scottsdale, AZ 85258		Lymphedema Treatment Center	480-323-1100
Website: www.honorhealth.com/cancer		Kelly Chavez-Allen, PT, DPT, Joy Cochran, PTA, CLT - LANA	
Oncology Nurse Navigator	480-323-1255	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	
Body, Mind and Spirit Program	480-323-1981	Nutritional Counseling—Initial Appointment Call 623-434-6138 Fax Referral—602-331-5765	
Dale Evans, RRT, MPH		Terri Taylor, RD, CSO—Shea Campus	480-323-1254
Cancer Genetic Risk Assessment	623-434-6138	LeeAnn Bond, MS, RD—Deer Valley Campus	623-238-7726
Certified Genetic Counselors:	480-323-1231	Social Worker	
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	480-323-1321 623-238-7733
Clinical Trials Nurse Navigator	480-323-1364	Tina's Treasures Boutique 480-323-1990 Tina's Treasures Appointment Line 480-323-1027 National Hair Loss 602-283-2355	
Joyce Schaffer, MSN, RN		Werner Library & Resource Center 480-323-1050	
Community Outreach Program	480-323-1275		
Nancy McCutcheon			



NATIONAL CANCER SURVIVORS DAY®
 A CELEBRATION OF LIFE
2020

Join us on for National Cancer Survivorship Day as we
“Refresh & Renew”
 Saturday, June 6th, 1- 3pm

You will leave replenished and inspired. This event is designed for cancer survivors and caregivers along with their families. Registration opens March 1st. **MUST PRE-REGISTER: Visit honorhealth.com/events or call 623-580-5800.**

NETWORK NEWS

March—April 2020

PROGRAM SPOTLIGHT: Nutrition

Spring is the Season of Growth & Renewal

EAT RIGHT



BITE BY BITE

National Nutrition Month®
 March 2020



It brings blooming gardens, spring cleaning and *National Nutrition Month*.

This is a good time to recommit to eating nutrient rich whole plant foods including vegetables, fruits, legumes, whole grains, nuts and seeds to optimize your health. Even a small, lasting positive change in your eating habits can have a big impact on your well-being.

Try one of these ideas or think of one on your own to refresh your spring eating:

- ✓ **Break free from your winter vegetable rut.** Spring Farmers' Markets are bursting with local in season produce. Asparagus, beets, citrus, cucumbers, peas, spinach and zucchini are waiting to be part of your meals.
- ✓ **Put salads back in your weekly meal rotation.** With warmer days, move away from the stews of winter and replace them with lighter entrée salads made with spring vegetables, legumes and seeds.
- ✓ **Add a fresh fruit or vegetable to your breakfast.** How about a spinach and strawberry smoothie or egg and veggie omelet?
- ✓ **Snack from the fridge instead of the cupboard.** Have single serving fruits, cut-up vegetables, hummus, yogurt and nuts front and center and ready-to-go in your refrigerator. It will keep you away from the processed chips in the cupboard!
- ✓ **Eat at least one meatless meal per week.** Swap the meat in your go-to meals like tacos, pastas and stir-fry with plant proteins such as black beans, kidney beans, chick peas, lentils or tofu. Remember to go heavy on the vegetables in the dish.
- ✓ **Plant a garden.** Gardening is a simple way to get more vegetables and herbs into your meals. It's also a great way to de-stress, get



moving and soak in some vitamin D.

✓ **Sample** new recipes at our monthly cooking class.

✓ **Work one-on-one** with our oncology Registered Dietitian Nutritionists.

They are here to help you achieve your nutrition goals, bite by bite!

In This Issue:

- ◆ Body, Mind & Spirit Classes
- ◆ Breast Health & Research—Deer Valley
- ◆ Clinical Trials
- ◆ Community Events & Walks
- ◆ Cooking Classes & Farm Stand Options
- ◆ Desert Mission Food Bank
- ◆ Facing Forward
- ◆ Patient Resources
- ◆ Support Groups throughout the VGPCCN Network
- ◆ Tina's Treasures

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.

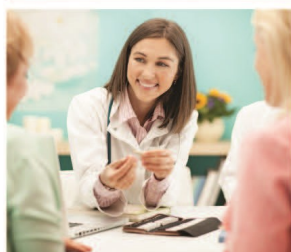
Body, Mind and Spirit
480-323-1981
Cancer Genetic Counseling
480-323-1334
Cancer Exercise Rehab
480-323-1233
Oncology Nurse Navigator
480-323-1255
Nutrition Consult
623-434-6138
Social Services
480-323-1321








HONORHEALTH


Virginia G. Piper
Cancer Care Network




Learn more at HonorHealth.com/cancer



a2ndAct
presents
s + t a + r + s
SURVIVORS TELL A REAL STORY




Sunday, March 22
Fine art silent auction, 1:00 p.m.
Curtain time, 2:00 p.m.

Scottsdale Center for the Performing Arts
Tickets \$22 (plus theatre fees) and on sale NOW at A2ndAct.org or through the box office.

Be sure to visit Dale Evans, Body, Mind and Spirit Coordinator as one of the judges for this incredible event.

Annual Block Out Skin Cancer Event

Saturday, May 16th, 8:00 –10:30 am




While you're getting screened learn more about:

- T-VEC Immunotherapy for Melanoma: Presentation by Dr. Justin Moser, Medical Oncologist, Hematologist, and Drug Development Scholar.
- Visit Nolan the Colon – Colon Cancer Prevention
- Medications and Sun Safety – Talk to the Pharmacist

Shop for Sun Safety Products inside Tina's Treasures


Screenings are available from 8-10:30 a.m. Location: HonorHealth Virginia G. Piper Cancer Center, 10460 N. 92nd Street, Scottsdale, AZ, 85258. **Screening appointments are required.** Call 623-580-5800 or visit honorhealth.com/events. Registration opens March 1st, 2020.



This fashionable, yet practical bandana in a multi color design is the perfect accessory that can be worn in multiple ways---for both men & women. Currently available in 6 patterns.
\$5 each.

Special promotion: Buy 2, get 1 free at the Skin Cancer Screening, May 16th.

Hale & Hush Skincare



HonorHealth Research Institute's T-VEC Immunotherapy for Melanoma

What is T-VEC treatment (Imlygic™)?

T-VEC is a type of immunotherapy that is injected directed into clinically palpable cancer lesions and is FDA approved for patients with melanoma who have unresectable cutaneous, subcutaneous, and nodal lesions.

T-VEC is a modified herpes virus that is injected into cancer tissue, causing immune activation and systemic anti-tumor immunity.

- T-VEC has a 64% response rate (47% complete response rate) for injected lesions
- T-VEC has a 15% response rate (9% complete response rate) for non-injected, visceral lesions (Similar to the 19% response rate of ipilimumab)
- 12 weeks of neoadjuvant T-VEC has been shown to improve overall survival and progression free survival, compared to placebo
- T-VEC is well tolerated, with a grade 3/4 side effect rate of 11.3% (predominately flu like symptoms)

Who is an ideal candidate for T-VEC Immunotherapy for melanoma?

- Patients who have predominately palpable disease
- Patients with local recurrence on adjuvant anti-PD-1 therapy for whom resection may or may not be feasible

Save the Date!!! Dr. Moser will be speaking at the Annual Block Out Skin Cancer event. Saturday, May 16th, 8—10:30 AM. Registration will open March 15th. APPOINTMENTS ARE REQUIRED for skin screening. Visit honorhealth.com/events or call 623-580-5800.

JUSTIN MOSER, M.D.

Assistant Professor
Drug Development Scholar
HonorHealth Research Institute



Dr. Justin Moser is a Medical Oncologist, Hematologist and Drug Development Scholar at HonorHealth Research Institute in Scottsdale, AZ. Dr. Moser graduated from medical school from the University Of Iowa Carver College Of Medicine with distinction in research and teaching. He completed his Internal Medicine residency at the Mayo Clinic in Rochester MN, and his fellowship in Hematology/Oncology at the Huntsman Cancer Institute. During his training, he was visiting fellow at the National Cancer Institute, Cancer Therapy Evaluation Program. Dr. Moser's clinical expertise is in Melanoma and Cutaneous Oncology, and his practice is focused developing new anti-cancer therapies through early phase clinical trials.

HONORHEALTH®

Research Institute



For more information, please call our HonorHealth Research Institute Nurse Navigators at 480-323-1364 or email clinicaltrials@honorhealth.com.



Support Groups for March - April

East Side	LOCATION	AUDIENCE	DATE/TIME	RSVP Req'd
Women's Cancer Support (Breast/Gyn) Now Combined	VGPC— Suite 206	Patients and Survivors	2nd Wednesday, 12—1:30pm	Yes
General Cancer Caregiver	VGPC— Suite 206	Caregivers and Family	3rd Wednesday, 12—1:00pm	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 NEW	Osborn—AZCCC	Patients and Survivors	2nd Tuesday, 5:00—6pm	Yes
Men's Cancer Support NEW	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) Now Combined	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 Street, Scottsdale 85258

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

85027 **BHRC/Deer Valley**—19646 N. 27th Avenue, Suite 205, Phoenix 85027

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

VGPCCN/Gilbert— 3645 S. Rome Street, Suite 204, Gilbert, AZ 85297

Desert Mission Farm Stand

Enjoy fresh produce from Arizona farmers

- ✓ 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 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 @
desertmission.com/freshveggies



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! Free-dom 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 or call 623-580-5800. Every Monday, 3:30 -5:00 pm, April 6th - May 18th. Exception: Wednesday, April 29th, 3:30 - 5:00 pm.

LOCATION: Virginia G. Piper Cancer Center
10460 N. 92nd Street, Suite 206
Scottsdale, AZ, 85258

Enjoy Golf? Come on out to the LPGA!



March 18th-22nd. Each year the LPGA team looks to build their community foot-print by giving back. The LPGA will donate a portion of the ticket sales to HonorHealth to promote community outreach and educational programs available through the Virginia G. Piper Cancer Care Network by **using this link-<https://cems.link/wbDF>.**

General Admission ticket sales will mean a \$5 donation back to the Virginia G Piper Cancer Care Network. In addition, 10% of each hospitality sale using the link will also be donated.

In the Community:

Oral Cancer Walk 2019

March 28th, 7—10:00 am

Phoenix Zoo

455 North Galvin Pkwy

Phoenix, AZ

Look for the Virginia G. Piper Cancer Care Network Table.



DesertMissionFoodBank

If you're struggling to feed your family and yourself, Desert Mission Food Bank can help. We combat hunger across the income spectrum through free and reduced-cost food programs, nutrition education, and resource and referral services.

Programs include:

- **Emergency Food Program:** Provides monthly food packages to individuals and families living in the Desert Mission Food Bank service area. You also will receive extra items of the day such as produce and protein items, when available.
- **Senior Food Box:** Provides monthly food packages to seniors who live in the Desert Mission Food Bank service area and who meet federal poverty-level guidelines.
- **Bargain Basket Program:** The Bargain Basket program lets you buy grocery items at a significant discount to help you stretch your food budget. We accept cash and SNAP/food stamp benefits.
- **Infant Emergency Food Box Program:** Provides monthly food packages that meet your baby's developmental needs from newborn to 12 months of age.
- **Community Nutrition Education:** Weekly food demonstrations, nutritious recipes and cooking tips.
- **Garden Program:** Fresh, healthy fruits and vegetables are grown onsite and used in food demonstrations. Free fall and spring gardening classes are available.
- **Community Supported Agriculture:** Pick up organic, seasonal produce, delivered direct from the farm to the Desert Mission Food Bank. We accept cash and SNAP/food stamp benefits.



Desert Mission Food Bank
9229 N. Fourth St.
Phoenix, AZ 85020

Phone: 602-870-6062
Fax: 602-331-5819

Hours of operation
Monday, Tuesday and Thursday
8:30 a.m. to 4 p.m.
Wednesday
8:30 a.m. to 5:30 p.m.
Friday
8:30 a.m. to 2:30 p.m.

Visit desertmission.com
for more information.

HONORHEALTH
Desert Mission



NHL NATIONAL HAIR LOSS

Chemo Hair Regrowth Program

Hair treatments and products effective in accelerating hair growth. Discuss options prior, during or after treatment. Feel confident with a Hair Growth Program to restore your hair.

Conceal Hair Loss

Advanced methods of creating the illusion of hair. Temporary or permanent options to using the highest quality concealing products.

Microblading for Fuller Eyebrows

Cosmetic makeup treatment that involves creating beautiful full eyebrows, with immediate natural results. Enjoy naturally shaped brows everyday!

Salon Services

Maintain healthy-looking hair, create a new look or enhance the hair you have with our custom hair designs and hair extensions.

Oncology-Friendly Skin Care & Facials

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

602-283-2355

**Complimentary Consultation
Call today to schedule**

**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.

Yoga For Recovery is extended throughout the East and West Valley Virginia G. Piper Cancer Care Network Offices.



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 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, 5:15—6:30 pm

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



Journaling Classes for Spring: Do you enjoy writing? Ignite your passion for the stories you hold within. Discover the power of your personal stories and writing to help you heal, grow, and transform. Attend one or attend all workshops each month.

March 26th & April 23rd, 4th Thursdays @ 4pm. Free to cancer survivors. \$10.00 per session for general community members. Please register at honorhealth.com/events or call 623-580-5800.

**Eat Real Nutrition
Classes**

**March Topic:
Get Going Pancakes**

6:00-7:30pm
Wednesday, March 11

No more hitting the snooze button. You'll want to get up for these pancakes.

They get you moving, keep you going and are ready in no time, even for a snack.

Learn more at this class taught by Chef Candy Leshner and Registered Dietitian Terri Taylor.

**April Topic:
A Taste of Spring Brunch**

6:00-7:30pm
Wednesday, April 8

From Easter to Mother's Day to graduations, spring brings many reasons to celebrate.

Brunch is the perfect time to enjoy healthy spring foods with friends and family.

This cooking class with Chef Candy Leshner and Registered Dietitian Terri Taylor is the perfect chance to discover new nutritious and delicious recipes for your brunch season.

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

Visit honorhealth.com/events or call 623-580-5800.



**Spring Recipe
Chilled Carrot Dill Salad**



Ingredients:

- 2 cups thinly sliced Grimmway Farm carrots
- ½ cup small diced Cal-Organic Farms® red onions
- 2 tbsp. fresh, chopped Cal-Organic Farms® dill
- 1 tsp. olive oil
- 2 tbsp. red wine vinegar
- Salt and pepper, to taste

Preparation: Parboil carrots until tender yet crisp, about 2 minutes. Rinse under cold water and drain. Combine carrots and onions. Mix remaining ingredients in small bowl until well blended. Pour over carrot-onion mixture and toss well. Refrigerate for at least 3 hours to blend flavors.

Credit: Recipe Courtesy of Grimmway Farms.
Note: Non-organic and local marketed carrots can also be used.

Tips for Storing Carrots: Place carrots in a re-sealable plastic bag or other airtight container and store in the refrigerator between 35-36° Fahrenheit. To extend the shelf life of your carrots, you can place a damp paper towel in the bag or container, but avoid storing carrots in water as it will soften their texture.



Photo by Sheila Joy on Unsplash

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.



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.

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.



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. 27th Ave., Room 205,
Phoenix, AZ

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

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.



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

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.

Fittings provided by:
Zandra Cardinale-King, CMF



At Facing Forward, you will learn how to manage changes to your body, including your skin and hair. You will receive oral health products, and tips 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 sessions will be held on March 19th at our Chandler Campus and May 12th, 4:30 - 6:30pm at our Shea location. **RSVP required.** Call 623-580-5800 or visit HonorHealth.com/events.

Has your insurance benefits changed for 2020?

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!

April 2020

Mon

Tues

Wed

Thur

Fri

Sat

 <p style="text-align: center;">Don't forget your sunscreen and sun protective clothing.</p>		<p>1 VGPC</p> <p>Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome)</p> <hr/> <p>DV Breast Health & Research</p> <p>****Yoga for Recovery 6 – 7:15 pm (No RSVP Needed)</p> <p>New! 5pm Yoga for Recovery Avondale Network office</p>	<p>2 VGPC</p> <p>Hatha Yoga 9 am Restorative Yoga 10:30 - Noon Crochet & Knitting 12:15- 2:45pm Gentle Chair Yoga 3 pm</p> <hr/> <p>DV Breast Health & Research New! 5 pm Yoga for Recovery Surprise Network office</p>	<p>3 VGPC</p> <p>Yoga Nidra Singing Bowls 10 am</p> <hr/> <p>DV Breast Health & Research</p>	<p>4 VGPC</p> <p>Tai Chi/Qi Gong 930 am</p>
<p>6 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Cheri – Freedom from Smoking-3:30 - 5pm Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>7 VGPC</p> <p>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</p> <hr/> <p>DV Breast Health & Research Facing Forward 4:30 @ VGPC Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm Chandler Yoga for Recovery 5pm</p>	<p>8 VGPC</p> <p>Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Cooking Class 6-7:30 pm (registration required)</p> <hr/> <p>DV Breast Health & Research</p> <p>****Yoga for Recovery 6 – 7:15 pm (No RSVP Needed)</p> <p>5pm Yoga for Recovery Avondale Network office</p>	<p>9 VGPC</p> <p>Hatha Yoga 9 am Restorative Yoga 10:30 - Noon Crochet & Knitting 12:15- 2:45pm Gentle Chair Yoga 3 pm</p> <hr/> <p>DV Breast Health & Research New! 5 pm Yoga for Recovery Surprise Network office</p>	<p>10 VGPC</p> <p>Classes cancelled for Holiday Weekend</p> <hr/> <p>DV Breast Health & Research</p>	<p>11 VGPC</p> <p>Classes cancelled for Holiday Weekend</p>
<p>13 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Sandy Hill Mosaic Freedom from Smoking 3:30 – 5pm Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>14 VGPC</p> <p>Hatha Yoga 9 am Tai Chi 1040 am Yoga Nidra 11:45 am Gentle Chair Yoga 3 pm</p> <hr/> <p>DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm Chandler - Yoga for Recovery -5pm</p>	<p>15 VGPC</p> <p>Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Healing Sound Gong/Singing bowls 3 p.m.</p> <hr/> <p>DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</p> <p>5pm Yoga for Recovery Avondale Network office</p>	<p>16 VGPC</p> <p>Hatha Yoga 9 am Restorative Yoga 10:30 - Noon Crochet & Knitting 12:15-2:45 pm Gentle Chair Yoga 3 pm</p> <hr/> <p>DV Breast Health & Research ****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required) New! 5 pm Yoga for Recovery Surprise Network office</p>	<p>17 VGPC</p> <p>Yoga Nidra Singing Bowls 10 am</p> <hr/> <p>DV Breast Health & Research</p>	<p>18 VGPC</p> <p>Tai Chi/Qi Gong 930 am</p>
<p>20 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Sandy Hill Mosaic Freedom from Smoking 3:30 – 5pm Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>21 VGPC</p> <p>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</p> <hr/> <p>DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm Chandler - Yoga for Recovery -5pm</p>	<p>22 VGPC</p> <p>Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Healing Sound Gong/Singing bowls 3 p.m.</p> <hr/> <p>DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</p> <p>5pm Yoga for Recovery Avondale Network office</p>	<p>23 VGPC</p> <p>Hatha Yoga 9 am Restorative Yoga 10:30 - Noon Crochet & Knitting 12:15-2:45 pm Gentle Chair Yoga 3 pm</p> <hr/> <p>4pm Journaling workshop/ 1st floor conference room- Kelly and Dale DV Breast Health & Research New! 5 pm Yoga for Recovery Surprise Network office</p>	<p>24 VGPC</p> <p>Kundalini Yoga 9 am Yoga Nidra Gong/Singing Bowls 10 am</p> <hr/> <p>DV Breast Health & Research</p>	<p>25 VGPC</p> <p>Tai Chi/Qi Gong 930 am</p>
<p>27 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome Buff Bones 12pm Healing Art 1:30 pm Sandy Hill Mosaic Freedom from Smoking 3:30 – 5pm Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>28 VGPC</p> <p>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.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm Chandler Yoga for Recovery 5pm</p>	<p>29 VGPC</p> <p>Strength & Stretch 9:45 am Qi Gong 11 am Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Freedom from Smoking 48hrs 2:30pm Healing Sound Gong/Singing bowls 3 p.m.</p> <hr/> <p>DV Breast Health & Research ****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</p> <p>5pm Yoga for Recovery Avondale Network office</p>	<p>30 VGPC</p> <p>Hatha Yoga 9 am Restorative Yoga 10:30 - Noon Crochet & Knitting 12:15-2:45 pm Gentle Chair Yoga 3 pm</p> <hr/> <p>DV Breast Health & Research New! 5 pm Yoga for Recovery Surprise Network office</p>	 <p>Annual Block-Out Skin Cancer Screening Event</p> <p>May 16th, 8-10:30 am. Registration opens March 15th. See Network News for more details.</p>	

- Body, Mind and Spirit classes are held at Virginia G. Piper Cancer Center 10460 N. 92nd St., Suite 203, unless otherwise noted. For Body, Mind and Spirit Classes or events, sign up at honorhealth.com/events or call **623-580-5800**. NOTE: Reiki service is available for cancer patients at VGPC. For Reiki appointments or additional information about our Body, Mind and Spirit program, call **480-323-1981**.
- Cooking Classes taught by our dietician, Terri Taylor. Classes are free - **Registration is required**. Visit honorhealth.com/events or call **623-580-5800**. All nutrition and cooking classes are held in the 1st Floor Education Conference Room of the Virginia G. Piper Cancer Center 10460 N. 92nd St., Scottsdale, AZ.
- ****AZCCC - Osborn, 7337 E. 2nd St., Scottsdale, 85251 (evening Gentle Yoga) 85251**
- **Thompson Peak Medical Center Strength and Stretch Classes – Sign up at honorhealth.com/events or call 623-580-5800. 7400 E. Thompson Peak Pkwy., Scottsdale, AZ 85255 (To check on room location feel free to call Instructor at 480-695-7294)**
- *****HonorHealth Breast Health & Research Center (DV) – Library, 19646 N. 27th 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 & 1st, & 3rd, Thursday's Yoga Nidra Guided Meditation for Healing, - 19646 N. 27th Ave, 3rd 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**

March 2020

Mon	Tues	Wed	Thur	Fri	Sat
<p>2 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Cheri -Jelli printing</p> <p>Freedom from Smoking</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>3 VGPC</p> <p>Hatha Yoga 9 am</p> <p>Tai Chi 1040 am Yoga Nidra 11:45 am</p> <p>Gentle Chair Yoga 3pm</p> <p>Mastectomy Class 2-4 pm Register at 480-323-1250</p> <hr/> <p>DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 1-2pm</p> <hr/> <p>Chandler - Yoga for Recovery 5:15pm</p>	<p>4 VGPC</p> <p>Strength & Stretch 9:45 am</p> <p>Qi Gong 11 am</p> <p>Mahjong Game 12:30 pm (Beginners Welcome)</p> <hr/> <p>DV Breast Health & Research</p> <hr/> <p>****Yoga for Recovery 6 – 7:15 pm (No RSVP Needed)</p> <hr/> <p>New! 5pm Yoga for Recovery Avondale Network office</p>	<p>5 VGPC</p> <p>Hatha Yoga 9 am</p> <p>Restorative Yoga 10:30- Noon</p> <p>Crochet & Knitting 12:15-2:45pm</p> <p>Gentle Chair Yoga 3pm</p> <hr/> <p>DV Breast Health & Research New! 5 pm Yoga for Recovery Surprise Network office</p> <hr/> <p>****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)</p>	<p>6 VGPC</p> <p>Yoga Nidra Singing Bowls 10 am</p> <p>Mahjong/Game Day 12Noon</p> <hr/> <p>DV Breast Health & Research</p>	<p>7 VGPC</p> <p>Tai Chi/Qi Gong 930 am</p>
<p>9 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Joan- Cards</p> <p>Freedom from Smoking</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>10 VGPC</p> <p>Hatha Yoga 9 am</p> <p>Tai Chi 1040 am Yoga Nidra 11:45 am</p> <p>Gentle Chair Yoga 3pm</p> <hr/> <p>DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 1-2 pm</p> <hr/> <p>Chandler Yoga for Recovery 5pm</p>	<p>11 VGPC</p> <p>Strength & Stretch 9:45 am</p> <p>Qi Gong 11 am</p> <p>Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Healing Sound Gong/Singing bowls 3 p.m.</p> <hr/> <p>Cooking Class 6-7:30 pm (registration required)</p> <hr/> <p>DV Breast Health & Research</p> <hr/> <p>****Yoga for Recovery 6 – 7:15 pm (No RSVP Needed)</p> <hr/> <p>New! 5pm Yoga for Recovery Avondale Network office</p>	<p>12 VGPC</p> <p>Hatha Yoga 9 am</p> <p>Restorative Yoga 10:30 - Noon</p> <p>Crochet & Knitting 12:15-2:45pm</p> <p>Gentle Chair Yoga 3pm</p> <hr/> <p>DV Breast Health & Research</p> <hr/> <p>New! 5 pm Yoga for Recovery Surprise Network office</p>	<p>13 VGPC</p> <p>Yoga Nidra Singing Bowls 10 am</p> <p>Mahjong/Game Day 12Noon</p> <hr/> <p>DV Breast Health & Research</p>	<p>14 VGPC</p> <p>Tai Chi/Qi Gong 930 am</p>
<p>16 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Joan -Wood Eagles</p> <p>Freedom from Smoking Celebration</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>17 VGPC</p> <p>Hatha Yoga 9 am</p> <p>Tai Chi 1040 am Yoga Nidra 11:45 am</p> <p>Gentle Chair Yoga 3pm</p> <p>Mastectomy Class 2-4 pm Register at 480-323-1250</p> <hr/> <p>DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm</p> <hr/> <p>Chandler - Yoga for Recovery -5pm</p>	<p>18 VGPC</p> <p>Strength & Stretch 9:45 am</p> <p>Qi Gong 11 am</p> <p>Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Healing Sound Gong/Singing bowls 3 p.m.</p> <hr/> <p>DV Breast Health & Research</p> <hr/> <p>****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</p> <hr/> <p>New! 5pm Yoga for Recovery Avondale Network office</p>	<p>19 VGPC</p> <p>Hatha Yoga 9 am</p> <p>Restorative Yoga 10:30- Noon</p> <p>Crochet & Knitting 12:15-2:45 pm</p> <p>Gentle Chair Yoga 3pm</p> <p>Facing Forward 4:30 @ Chandler</p> <hr/> <p>New! 5 pm Yoga for Recovery Surprise Network office</p> <hr/> <p>DV Breast Health & Research</p> <hr/> <p>****Yoga Nidra Guided Meditation for Healing 6-7 pm (No RSVP Required)</p>	<p>20 VGPC</p> <p>Yoga Nidra Singing Bowls 10 am</p> <p>Mahjong/Game Day 12Noon</p> <hr/> <p>DV Breast Health & Research</p>	<p>21 VGPC</p> <p>Tai Chi/Qi Gong 930 am</p>
<p>23 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Carmen – alcohol ink CDs frames</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>24 VGPC</p> <p>Hatha Yoga 9 am</p> <p>Tai Chi 1040 am Yoga Nidra 11:45 am</p> <p>Gentle Chair Yoga 3pm</p> <hr/> <p>DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm</p> <hr/> <p>Chandler - Yoga for Recovery -5pm</p>	<p>25 VGPC</p> <p>Strength & Stretch 9:45 am</p> <p>Qi Gong 11 am</p> <p>Mahjong Game 12:30 pm (Beginners Welcome)</p> <p>Healing Sound Gong/Singing bowls 3 p.m.</p> <hr/> <p>DV Breast Health & Research</p> <hr/> <p>****Yoga for Recovery 6 – 7:15 pm (No RSVP required)</p> <hr/> <p>New! 5pm Yoga for Recovery Avondale Network office</p>	<p>26 VGPC</p> <p>Hatha Yoga 9 am</p> <p>Restorative Yoga 10:30- Noon</p> <p>Crochet & Knitting 12:15 - 2:45pm</p> <p>Gentle Chair Yoga 3pm</p> <p>NEW! 4pm Journaling workshop/ 1st floor conference room- Kelly and Dale</p> <hr/> <p>DV Breast Health & Research New! 5 pm Yoga for Recovery Surprise Network office</p>	<p>27 VGPC</p> <p>Kundalini Yoga 9 am</p> <p>Yoga Nidra Gong/Singing Bowls 10 am</p> <p>Mahjong/Game Day 12Noon</p> <hr/> <p>DV Breast Health & Research</p>	<p>28 VGPC</p> <p>Tai Chi/Qi Gong 930 am</p>
<p>30 VGPC</p> <p>Ukulele 10-11:30 am Beginners welcome</p> <p>Buff Bones 12pm</p> <p>Healing Art 1:30 pm Carmen – alcohol ink CDs frames</p> <p>Gentle Yoga 5:00 pm AZCCC Osborn**</p> <hr/> <p>DV Breast Health & Research</p>	<p>31 VGPC</p> <p>Hatha Yoga 9 am</p> <p>Tai Chi 1040 am Yoga Nidra 11:45 am</p> <p>Gentle Chair Yoga 3pm</p> <hr/> <p>DV Breast Health & Research Mastectomy Class 5 pm @ DV BHRC. Register at 623-238-7713.</p> <hr/> <p>Thompson Peak Medical Center Strength and Stretch 12:30 pm</p> <hr/> <p>Chandler- Yoga for Recovery 5pm</p>	<div style="border: 2px solid #4b0082; padding: 10px;"> <p style="color: #4b0082; font-style: italic;">Save the Date for National Cancer Survivorship Day</p>  <p style="text-align: center; color: #4b0082;">“Refresh & Renew”</p> <p style="text-align: center;">Saturday, June 6th, 1-3pm</p> <p style="text-align: center;">Mark your calendars now for this incredible event. More details to follow in the May June Issue.</p> <p style="text-align: center;">Registration will be open April 15th.</p> </div>			

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• ******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