



Staff Spotlight



**Angela Dotson, Oncology Navigator
John Stoddard Cancer Center**

Angela Dotson, Oncology Navigator at John Stoddard Cancer Center, was honored in the month of May as one of Iowa's 100 Great Nurses. The 100 Great Nurses program recognizes nurses who have made meaningful, lasting contributions to their patients, colleagues and the nursing profession. Angela was nominated by one of her patients who was so impressed by Angela's compassion and knowledge. [Click here](#) to read Angela's featured story in The Des Moines Register during Nurses Week.

Congratulations, Angela! We're so proud of you and we're glad to have you on Team Stoddard!



John Stoddard Cancer Center 2020 Annual Report

Learn more about how we continue to live our mission of providing high quality, compassionate care for our patients and their families. In this short report, you'll find information about our programs and services, commitment to our community, the value of philanthropy and an in-depth look at liver cancer. johnstoddardcancer.org/annualreport



JOHN STODDARD CANCER CENTER
2020 ANNUAL REPORT



JSCC Trending Topics

Stay up to date on the latest trending topics in oncology and health in general by viewing Dr. Nish's video/blog. Topics that have recently been added include updates to lung cancer screening guidelines and cancer patients receiving the COVID-19 vaccine. See what Dr. Nish has to say by [clicking here](#).

Kudos



Stacey Papacostas, LMSW, OSW-C

Congratulations to Stacey Papacostas, oncology social worker, at John Stoddard Cancer Center, for receiving her Oncology Social Worker Certification. The OSW-C recognizes her commitment to serving oncology patients and allows her to continue to help patients and patient families through a cancer diagnosis.

Save the Date

Cancer Survivors Day

We are hopeful to see everyone in person later this fall for our annual Cancer Survivors Day celebration if determined to be safe. Please save the date for our Cancer Survivors Day Celebration at the Blank Park Zoo on Sunday, September 12. Watch for further details and registration to open in August at www.johnstoddardcancer.org under "Classes and Events".

On the Horizon of Oncology Care: Updates and Current Treatment in 2021

This conference will be held November 4 & 5, 2021 virtually. For healthcare professionals who care for the patient with cancer with information on the latest advances. Information on registration will come out later this summer.

In the News

New Colorectal Cancer Screening Guidelines

The United States Preventative Services Task Force (USPSTF) recently lowered the recommended screening age for colorectal cancer to age 45. John Stoddard Cancer Center's Medical Director, Dr. Andrew Nish, was interviewed by WHO-13 regarding this change. [Click here](#) to watch the interview. We encourage everyone to return their providers for routine physicals and screenings. As Dr. Nish states in the interview, "The risk of getting COVID from screenings is way less than the risk of letting a cancer be advanced over time. Everybody should be back to screenings. Screening is safe, screening is effective, and your risk of COVID from a screening test is absolutely minimal."

For a listing of recommended screenings at various ages, [click here](#).

Screening saves lives!

Upcoming Classes and Programs

Cancer Survivors Cooking Class

June 28, 2021 - 6:00 to 7:00 p.m. with Q&A to follow via Zoom

This virtual class will feature a seasonal recipe centered around the plant-based diet, instructed by John Stoddard Cancer Center's oncology dietitian, Greta Lange.

Registration is required. Visit johnstoddardcancer.org under "Classes and Events" to register or call 515-241-3310 for more information.

Managing the Effects of Chemo Brain

Tuesday, June 29, 2021 – 5:30-7:00 p.m. via Zoom

The John Stoddard Cancer Center and Outpatient Therapy at Penn are pleased to offer this class for cancer survivors affected by cognitive changes caused by chemotherapy. There is no charge for this class and space is limited. For more information or to register, please call 515-241-8505.

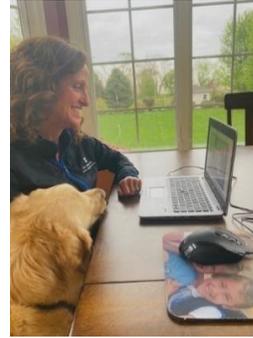
Mindfulness-Based Stress Reduction Course

September 13 – November 8, 2021 via Zoom

This non-clinical course is designed to teach cancer survivors and caregivers mind-body awareness, recognize and respond to toxic stress, increase stress hardiness, focus, creativity, regulate emotions, and allow a greater sense of self-care and well-being.

For more information, visit <http://unitypoint.org/MBSRCourse> and register by calling 515-241-8505.

Virtual Support Groups



With the immunocompromised state of many of our patients and the need for social distancing, John Stoddard Cancer Center is continuing to offer virtual meetings for nine of our support groups. For information on when groups meet and how to join, [click here](#) and contact the phone number listed for the group you are interested in attending.

Upcoming Events

Head for the Cure 5K – July 25, 2021 - John Stoddard Cancer Center is beneficiary of this event. Visit <https://headforthecure.org/des-moines> for information on the event. Join team John Stoddard Cancer Center.

Get Your Rear in Gear – August 28, 2021 – John Stoddard Cancer Center sponsors this walk/run to support those with colorectal cancer. Visit <https://donate.coloncancercoalition.org/desmoines>

Foundation News

Stoddard Receives Grant Funding

Stoddard was recently awarded \$41,000 from the [National Breast Cancer Foundation](#) to support oncology navigator services for breast cancer patients. This funding allows Stoddard to become part of a nationwide network of breast cancer navigators. Additionally, Stoddard received \$25,000 from Susan G. Komen Greater Iowa Chapter and \$7,000 from [Bras for the Cause](#) in support of our [Free Mammogram program](#) for uninsured and underinsured women in the Des Moines area. Thank you to the NBCF, Komen Greater Iowa and Bras for the Cause for their support!

Annual Impact Report from Foundation

In 2020, the UnityPoint Health Des Moines Foundation raised over \$740,000 to support the free programs and services provided at Stoddard with contributions from 1,466 donors. [Check out the video](#) to see all that you helped make possible!

Honor a Survivor or Caregiver on June 6

On June 6, you are invited to join John Stoddard Cancer Center and communities around the world to celebrate National Cancer Survivors Day. A day dedicated to those who have survived, inspiring those recently diagnosed, and a day to acknowledge family members, friends and oncology health care providers who have walked alongside patients in their journeys.

While we hope to gather together in person later this year as more individuals receive the COVID-19 vaccination, it is important we take the time to pause now and honor these cancer survivors for their strength, courage, and inspiration they provide us all.

You can celebrate National Cancer Survivors Day by [making a gift](#) in honor of a cancer survivor, their loved one or a care provider at John Stoddard Cancer Center who is special to you.

[To make a gift click here.](#)



Healthy Eats

One-Pot Braised Chard With Gnocchi, Peas and Leeks



Linda Xiao for The New York Times. Food Stylist: Rebecca Jurkevich

YIELD: 4 to 6 servings

TIME: 45 minutes

INGREDIENTS

- 2 tablespoons unsalted butter
- 2 tablespoons extra virgin olive oil
- 3 leeks, white and light green parts, sliced thinly into half-moons
- 1 pound chard, preferably rainbow or red (about 2 bunches), stems thinly sliced and leaves coarsely chopped
- 3 garlic cloves, minced or finely grated
- 2 teaspoons chopped thyme leaves
- Kosher salt and black pepper
- $\frac{3}{4}$ cup dry white wine
- 3 cups vegetable or chicken stock
- 1 pound potato gnocchi (fresh, frozen or shelf-stable all work)
- 2 cups peas, fresh or frozen

- 2 tablespoons chopped fresh tarragon leaves
- 1 cup torn parsley leaves and tender stems, for serving
- Fresh herb ricotta, for serving (optional)
- Red-pepper flakes, for serving (optional)

PREPARATION

1. In a 5- or 6-quart Dutch oven, melt butter and olive oil over medium-high heat. Add leeks and chard stems, and cook until tender and lightly brown, 7 to 10 minutes.
2. Stir in garlic, thyme and a large pinch of salt and black pepper, and sauté until fragrant, about 1 minute longer. Add wine, scraping up the brown bits at bottom of pot, and let the wine reduce by half, 2 to 4 minutes. Pour in stock and $\frac{3}{4}$ teaspoon salt, and bring to a simmer.
3. Stir in gnocchi and chard leaves. Cook, partly covered, for 15 minutes, until the chard is soft. Add peas and tarragon, and continue to cook, partly covered, until gnocchi are cooked through, another 5 to 10 minutes. Taste and add more salt, if needed.
4. To serve, top with parsley. If you like, you can also add a dollop of herb ricotta and some red-pepper flakes.

Emotional Wellbeing

We realize cancer patients, survivors and caregivers have many stressors in their lives, especially over the course of the past year. We're beginning a new section of the newsletter centering on emotional wellbeing, which could include anything from managing stress, to mindfulness, to achieving goals, etc.

Overwhelmed by Advice

By: Dianne Alber

Psychologist at John Stoddard Cancer Center

Working with cancer patients I find that they receive many pieces of advice from well-intentioned family or friends. They provide the advice because they care. Patients can feel obligated to respond to or follow that advice. Frequently the advice is not covered by insurance or recommended by major cancer centers, and this will be an indicator to check further before deciding next steps. It is important that patients feel confident in their own decisions and work closely with their healthcare team when exploring complementary or alternative therapies. Your team at Stoddard can help you vet any advice and find reputable sources of information and guidance.

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Ideas for the newsletter? Send your ideas and suggestions to Gina Mandernach at gina.mandernach@unitypoint.org.

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