



Staff Spotlight



Greta Lange, RD, CSO, LD
Certified Specialist Oncology Nutrition

I grew up in Cranford, NJ and followed a long family tradition of attending Penn State University, where I received my BS in Nutritional Sciences. Food has always been an important part of my life and even when I was very young, I dreamed of hosting my own cooking show like Julia Child. I spent some time working in various food services positions in different settings including restaurants, corporate dining and correctional facility food service before completing my dietetic internship through Iowa State University. I joined UnityPoint Health in October 2008 and have been at John Stoddard Cancer Center since March 2009. I love the power that food has to nourish and connect us and enjoy helping others build a healthier relationship with food.

When I'm not at work, I can usually be found at the barn with my family riding our four off the track thoroughbreds, running or testing new recipes in my kitchen (my favorite room in my house). My other obsession is sports and my husband, and I love to travel to see our favorite teams including the Bears, the Jets, the Yankees and of course, Penn State!

Cancer Survivors Cooking Class

June 8, 2020 - 6:00 to 7:00 p.m. with Q&A to follow

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.

Share your photos for Cancer Survivors Day!

Watch for a Facebook post coming out on June 1 on the John Stoddard Cancer Center Facebook page honoring our cancer survivors. We would love to see how you are celebrating being a survivor and feel free to comment on the post with a picture of you celebrating survivorship, whether that be partaking in a certain activity, spending time with family or friends, completing treatment, etc. It's just another way we want to celebrate and honor our survivors.

The Dish with Dr. Nish

Register at: unitypoint.org/DishNish2020June



Join us for a John Stoddard series:

THE DISH with Dr. Nish

This month's trending topic focuses on optimizing your health and immune system through Integrative Medicine techniques.

Featuring Dr. Andrew Nish, Medical Director of John Stoddard Cancer Center, this session will review studies and techniques to help you at work and home improve your wellbeing, integrating positive change into your busy life.

The Dish with Dr. Nish is a new series aimed at topics of interest within our community affecting our physical and mental health. Dr. Andrew Nish, Medical Director at the John Stoddard Cancer Center, leads discussion on trending topics. The session is aimed toward cancer patients and caregivers looking to grow their knowledge and better serve their personal health needs as well as those of their loved ones and their community.

Thursday, June 4
10:00-11:15

Virtual session, optional
Q+A following

Look for link after
registration.

To Register:
[unitypoint.org/
DishNish2020June](https://unitypoint.org/DishNish2020June)

 **UnityPoint Health**
John Stoddard Cancer Center

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Foundation News

At John Stoddard Cancer Center and UnityPoint Health – Des Moines, we are so appreciative of the outpouring of support from the community during COVID-19. The following programs that benefit our cancer patients, survivors and caregivers have been made possible through the support of generous donors.

Meals that Matter



To help support patients and families during the COVID-19 crisis, John Stoddard Cancer Center is offering nutritionally balanced, ready-made meals for patients and their caregivers at no cost. A special thanks to the generosity of our community that is helping to make this possible.

The recipes were developed in conjunction with Stoddard's dietician and UnityPoint Health's Food & Nutrition team, and the menu features full entrees as well as soup and fruit options. This service will not only help ensure patients are receiving the nutrition they need to support healing and health, but also provide an opportunity to limit exposure. It will be one less meal they will need to prepare or shop for. In addition, we know cancer treatment has a

financial impact on families, which can be compounded by economic hardships during this time, and we are incredibly grateful to our community for making this program available as a gift to patients and caregivers. To donate to the "Meals that Matter" program, visit <https://unitypoint.org/desmoines/supportstoddard>.

Virtual Support Groups



With the immunocompromised state of many of our patients and the need for social distancing, John Stoddard Cancer Center has replaced our in-person support group meetings with virtual meetings for eight of our support groups. For information on when groups meet and how to join, visit <https://www.unitypoint.org/desmoines/service-s-cancer-support-groups.aspx> and contact the phone number listed for the group you are interested in attending. This project is made possible through the COVID Relief Fund at UnityPoint Health – Des Moines. If you would like to donate to the fund, visit <https://unitypoint.org/desmoines/supportstoddard> and choose "Survivorship Programs" from the drop down menu.

Cancer Survivors Day Celebration

On June 7, you are invited to join John Stoddard Cancer Center and communities around the world to celebrate National Cancer Survivors Day. This is 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 won't be able to gather together in person this year due to the current COVID-19 crisis, it is important now more than ever, we take the time to pause and honor these 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.

With your donation of \$25 or more, you can provide a message honoring a cancer survivor, loved one, or someone providing care at Stoddard who made a difference in your life. Donations can be made online at <https://unitypoint.org/desmoines/supportstoddard> or call 515-241-6304. If you wish to write a message or honor someone in particular with your donation, a member of the Foundation team can record that information at the time of your donation of \$25 or more and cards will be displayed in the Stoddard lobby for all to see, providing inspiration to all who pass by. In order to have a name or message displayed we ask donations are received by June 5.

Again, we thank all our donors for their amazing generosity and support!

Healthy Eats

Roasted Tomato and White Bean Stew



Christopher Simpson for The New York Times.
Food Stylist: Barrett Washburne.

INGREDIENTS

- ½ cup roughly chopped Italian parsley leaves and tender stems
- 2 teaspoons lemon zest (from 1 large lemon)
- 2 (10-ounce) containers cherry or grape tomatoes
- ¼ cup olive oil, plus 2 tablespoons and more for drizzling (optional)
- 1 tablespoon fresh thyme leaves
- Kosher salt and black pepper
- 1 medium yellow onion, thinly sliced
- 3 large garlic cloves, thinly sliced
- ½ teaspoon red-pepper flakes
- 2 (15-ounce) cans white beans (such as butter or cannellini), rinsed

- 1 ½ cups vegetable or chicken broth, or water
- 1 bunch of Swiss chard or kale

PREPARATION

1. Heat the oven to 425 degrees. In a small bowl, gently toss together the parsley and lemon zest with your hands until well combined; set aside.

2. In a large baking dish or on a sheet pan, toss the tomatoes with 1/4 cup oil and thyme; season well with salt and pepper. Roast tomatoes until they have collapsed and begin to turn golden around the edges, 20 to 25 minutes.

3. When the tomatoes are almost done roasting, heat 2 tablespoons oil in a large (12-inch), deep skillet or Dutch oven over medium. Add the onion, garlic and red-pepper flakes and cook until the onion is softened, and the garlic is fragrant, 4 to 5 minutes. If you are using Swiss chard, add chopped Swiss chard stems to the onions, garlic and red pepper flakes. Stir in the rinsed beans and broth and bring to a simmer. With the back of a spoon or spatula, gently smash about ½ cup of the beans so they slightly thicken the broth. If you want a thicker stew, crush some more of the beans. Season with salt and pepper.

4. When the tomatoes are finished roasting, add them directly to the stew along with any juices that have been released. Add chopped greens. Simmer for 5 to 10 minutes more so the flavors become friendly; season to taste with salt.

5. Ladle into shallow bowls. Top each serving with some of the lemon-parsley mixture and drizzle with some more olive oil, and season with flaky salt, if you like.

Upcoming Programs & Events

Head for the Cure 5K – July 26, 2020 - John Stoddard Cancer Center is beneficiary of this event. Visit <https://headforthecure.org/des-moines> for information on the event.

Get Your Rear in Gear – August 22, 2020 – John Stoddard Cancer Center sponsors this walk/run to support those with colorectal cancer. Visit <https://donate.coloncancercoalition.org/desmoines>

Save the Date - Fall Oncology Conference – “On the Horizon of Oncology Care: Updates and Current Treatment in 2020” – November 5 & 6, 2020 at Kelley Conference Center at Iowa Methodist Medical Center. 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.

Lodging and Transportation Assistance – John Stoddard Cancer Center is pleased to be part of a project with The Iowa Cancer Consortium to provide lodging and transportation to cancer patients during COVID-19. Other partners include the Iowa Department of Public Health, American Cancer Society, local hotels, DART and HIRTA. We are so appreciative of this partnership and support. If you have transportation or lodging needs for treatments or appointments during COVID-19, you can call 515-241-4018 and will be connected to an oncology navigator.

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

If you no longer wish to receive this newsletter, email gina.mandernach@unitypoint.org.