



Staff Spotlight



Stacey Papacostas, LMSW

We welcome a new member of the Stoddard patient navigation team, Stacey Papacostas, LMSW. Stacey received her Master's of Social Work degree from the University of Pennsylvania in 2016 and has three years' experience in inpatient medical social work. You will find she has a passion for helping oncology patients and is anxious to get acquainted with the multidisciplinary teams here at Stoddard.

Stacey was born in New York and moved to Iowa in the summer of 2019. She has shared that she is surviving her first Iowa winter and is loving that everything is quieter, cheaper and less crowded in Des Moines than New York. In addition to being a New York Mets fan, Stacey loves Disney, coffee and golden retrievers.

Please welcome Stacey to the Stoddard team!

Foundation News

2020 Rally Against Cancer



Dorothy Hamill (far left) visits the team on Powell 3.

On January 25, 2020 John Stoddard Cancer Center celebrated the 20th annual Rally Against Cancer. Over 600 attendees were treated to a fantastic evening featuring Olympic gold medal winner and cancer survivor, Dorothy Hamill.

Part of Hamill's weekend in Des Moines included a visit to Powell 3, Adult Oncology Unit. Dorothy shared stories of hope and perseverance with our patients and their families. In addition to the heartwarming conversations, she also signed autographs and took pictures with our staff.

Thanks to the support from donors like you, the event helped raise a record-breaking \$350,000

(net) that will support programs and services at Stoddard, making a difference in the lives of our patients and their families.

Thank you to all who helped make this event such a success!

Music Therapy Offered on Powell 3

Music Therapy is an evidence-based health service that uses music therapeutically to address physical, psychological, cognitive and social functioning for patients of all ages and abilities. A music therapist is a credentialed professional who has completed an approved music therapy program.

Music therapy provides:

- Anxiety and stress reduction
- Non pharmacological management of pain
- Positive changes in emotional states
- Active patient and family participation in treatment
- Decreased length of stay

Contact Music Therapist Kelli Rae Powell, MA, LCAT, MT-BC

For more information or to schedule an inpatient music therapy session **call (515) 371-2975** or email kelli.powell@unitypoint.org.

EMPOWER Boutique

Cancer patients often experience changes in their appearance due to treatments or surgery. This can be difficult, both physically and emotionally. EMPOWER helps address this challenge by offering products and services that meet the unique needs of cancer patients.

Boutique Products

Products available include:

- Head Scarves
- Turbans
- Hats

Salon

Thanks to generous donors and our partner Dream Catcher's Foundation for making the following services available for patients at no cost:

- Head shaving
- Haircut
- Beard trimming and shaving
- Shampoo
- Blow out
- Skin care/Make up

For hours and location, visit:

<https://www.unitypoint.org/desmoines/empower>

Patients can call to schedule an appointment for the salon at (515) 241-4243.

Healthy Eats

Chicken Cacciatore With Mushrooms, Tomatoes and Wine



Andrew Scrivani for The New York Times

This classic Italian dish is a rustic braise of chicken, aromatic vegetables and tomatoes. This recipe is recommended by Stoddard's oncology dietitian, Greta Lange.

INGREDIENTS

- ½ ounce dried mushrooms, like porcini (1/2 cup)
- 2 tablespoons olive oil
- Salt and freshly ground pepper
- 6 to 8 skinless chicken legs and/or thighs (thighs can be boneless)
- 1 small onion, minced
- 1 small carrot, minced
- 3 ribs celery, minced
- 2 large garlic cloves, minced
- 2 tablespoons fresh minced Italian parsley
- 1 heaped teaspoon minced fresh rosemary, or 1/2 teaspoon crumbled dried rosemary
- ¼ teaspoon red pepper flakes
- ½ pound mushrooms, trimmed and sliced
- ½ cup red wine
- 1 28-ounce can chopped tomatoes in juice, pulsed in a food processor

PREPARATION

1. Place the dried mushrooms in a bowl or heat-proof glass measuring cup and pour on 2 cups boiling water. Let sit 15 to 30 minutes, until mushrooms are softened. Drain through a strainer lined with cheesecloth or a paper towel and set over a bowl. Rinse the mushrooms in several changes of water, squeeze out excess water and chop coarsely. Set aside. Measure out 1 cup of the soaking liquid and set aside.
2. Heat 1 tablespoon of the olive oil over medium-high heat in a large, heavy nonstick skillet. Season the chicken with salt and pepper and brown, in batches, for 5 minutes on each side. Transfer the chicken pieces to a bowl as they are done. Pour the fat off from the pan and discard.
3. Turn the heat down to medium, add the remaining oil and the onion, carrot and celery, as well as a pinch of salt. Cook, stirring, until the vegetables begin to soften, about 5 minutes. Add the garlic, parsley, rosemary, red pepper flakes and salt to taste. Cover, turn the heat to low and cook, stirring often, for 5 minutes, until the mixture is soft and aromatic. Stir in the fresh and dried mushrooms, turn the heat back up to medium, and cook, stirring, until the mushrooms are just tender, about 5 minutes. Season with salt and pepper. Stir in the wine and bring to a boil. Cook, stirring, for a few minutes, until the wine has reduced by about half. Add the tomatoes and salt and pepper to taste. Cook over medium heat for 5 to 10 minutes, stirring often, until the tomatoes have cooked down a little and smell fragrant. Stir in the mushroom soaking liquid that you set aside.

- Return the chicken pieces to the pan and stir so that they are well submerged in the tomato mixture. Cover and simmer over medium heat for 30 minutes, until the chicken is tender. Taste, adjust seasoning and serve with pasta or rice.

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. New topics continue to be posted, so check back often. To hear what Dr. Nish has to say about topics such as cancer prevention, obesity and UV radiation, [click here](#).



Upcoming Programs & Events

Scope it Out – Free screening colonoscopies for the uninsured in the months of March and April. Eligibility guidelines apply. Call 515-241-8505 for more information.

Cancer Survivors Nutrition Camp - This 4-week educational series is for all cancer survivors who would like to learn how to improve their nutrition and understand the role of nutrition in cancer prevention and life after treatment. [Click here](#) for more information on the series that begins March 30.

Managing the Effects of Chemo Brain - This class is offered free of charge to cancer survivors affected by cognitive changes caused by chemotherapy. For more information or to register for the class on Thursday, April 2, call 515-241-8505.

Cancer Survivorship Education Series – “The Role of Music Therapy in Self-Care” – All John Stoddard Cancer Center support groups, patients and caregivers are invited to attend to learn more about the role music therapy can play in reducing our stress and improving our overall well-being. Join us on Tuesday, April 14 from 5:30-6:30 p.m. in the Kelley Conference Room. RSVP to Gina at 515-241-8505 or gina.mandernach@unitypoint.org

Free Skin Cancer Screenings – Watch for our spring skin cancer screening dates by [clicking here](#). Screenings will be posted in April.

Lung Force Expo – John Stoddard Cancer Center supports the American Lung Association’s Lung Force Expo. This conference is available for healthcare professionals and patients on the topics of lung cancer and lung disease. [Click here](#) to register.

Downtown Farmers’ Market – UnityPoint Health is proud to be the presenting sponsor of the Downtown Farmers’ Market. John Stoddard Cancer Center will be at the UnityPoint Health tent on Saturday, June 6 on the corner of 3rd and Court.

Cancer Survivors Day – Cancer survivors and guests are invited to celebrate cancer survivorship with John Stoddard Cancer Center and MercyOne Cancer Center. Mark your calendar for Sunday, June 7, 2020 at the Blank Park Zoo. [Registration](#) will open in mid-April with further details.

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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.