



Staff Spotlight



Dr. Sam Schroeder, Radiation Oncologist
John Stoddard Cancer Center

We're pleased to welcome a new member to the Radiation Oncology team, Dr. Sam Schroeder. Dr. Schroeder is board-eligible by the American Board of Radiology. He completed his undergraduate education at the University of Denver and medical education at the University of Iowa Carver College of Medicine. He then completed an internship in internal medicine at the University of Iowa Hospitals and Clinics followed by residency in radiation oncology at the University of Texas Southwestern Medical Center. Dr. Schroeder is passionate about providing high-value cancer care by using contemporary radiation techniques including stereotactic radiosurgery (SRS)/ body radiotherapy (SBRT) and brachytherapy.

Dr. Schroeder and his wife have a golden retriever puppy named Duke, who keeps them busy. They are very excited to be back in Iowa. Welcome, Dr. Schroeder!

Upcoming Classes and Programs

Cancer Survivors Cooking Class

September 14, 2020 - 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 (Greta's Chicken & Mushroom Tacos and Pico de Gallo), 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.

Cancer Survivorship Education Series

October 27, 2020 - 5:30-6:30 p.m. via Zoom

"The Role of Meditation and Mindfulness in Self-Care" - Presenter: Dr. Andy Nish, Medical Director at John Stoddard Cancer Center

All John Stoddard Cancer Center support groups, patients and caregivers are invited to attend a virtual Cancer Survivorship Education Series on the role of meditation and mindfulness in reducing our stress and improving our overall wellbeing.

Register at johnstoddardcancer.org/ under "Classes and Events" if planning to attend.

Managing the Effects of Chemo Brain

September 28, 2020 – 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 14-November 9 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.

The following is a testimonial from an individual who completed the MBSR course through Stoddard in the spring:

“MBSR initially planted a seed that I can become ‘stress hardy,’ meaning I can DO something with my stress and develop new habits - i.e. breathing techniques and mindfulness. Also that these skills need to be practiced, that this is a journey of self-care. I will admit that this has never been easy as I was always a ‘do-er for others,’ but we are all a work in progress, and we need to be ok with that. I would definitely recommend this course! Allison Peet is an amazing instructor that obviously is well trained in the different techniques of MBSR, but, as a person, is a CARING individual - this shines brightly through in her presentations and her interactions with the participants.” – Maria S., John Stoddard Cancer Center patient and MBSR Spring 2020 class member

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/services-cancer-support-groups.aspx> and contact the phone number listed for the group you are interested in attending.

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 will be coming out soon regarding mindfulness, COVID and the cancer patient, colorectal cancer and the total diet. Watch for new topics by [clicking here](#).



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

In the June edition of the Stoddard Connections newsletter, we told you about the Meals That Matter program. John Stoddard Cancer Center is offering nutritionally balanced, ready-made meals for patients and their caregivers at no cost. 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 is 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. Read on for some testimonials from patients who have benefited from the meals:



David G.

“What a pleasant surprise it was to be offered a meal after I finished my treatment! The meals are delicious. I’ve gotten to eat salmon and chicken. I would not be making this for myself at home. Some days, the last thing you want to do after treatment is

to make food so this helps out a lot. I can’t tell you how much I appreciate this. It is so nice of donors to provide this for us. Thank you!”



Betty G.

“The meals are just a wonderful program. They are very healthy and good! I’d tell everyone to eat these. These just added to the great experience with the whole team here at Stoddard. Donors to this program are special people. You’ve cared for me when I needed it most. From the bottom of my heart, thank you.”



Carolyn and Bob F.

“I have such a heartfelt feeling of gratitude for these meals. They made such a difference in our lives. Such a small thing, but it really has. Thank you to the donors who provide this assistance. You are amazing. It is just wonderful to think about all the people who care about us from the donors to the kitchen staff. These meals are much healthier than what we would have otherwise. It is such a relief to not have to worry about cooking. Plus, they are tasty meals! It has reduced stress for Bob as the caregiver. It has been a Godsend. We feel so blessed.”

To donate to the “Meals that Matter” program, visit <https://unitypoint.org/desmoines/supportstoddard>.

Bras for the Cause Grant

John Stoddard Cancer Center was granted \$10,000 from the organization, Bras for the Cause, to continue to provide free mammograms through the Pink Days program to women age 40 and over with limited or no insurance. We are so thankful for their continued partnership. For more information on their organization and their gala coming up this fall, visit <https://www.brasforthecause.com/>.

Cancer Survivors Day 2020



For Cancer Survivors Day this year, our Foundation provided an opportunity to honor a cancer survivor, their loved one or a care provider at John Stoddard Cancer Center. Names of and notes to those honored were added to a donor display on the first floor of John Stoddard Cancer Center. We received 161 gifts for a total of \$11,000!

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

EMPOWER Boutique

The EMPOWER Boutique is open again with limited hours to protect our community during the global outbreak of COVID-19. Products and services include:

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 boutique and salon at (515) 241-4243.

Healthy Eats

Kale-and-Chickpea Grain Bowl with Avocado Dressing



Caitlin Bensel

Active Time: 20 Mins

Total Time: 20 Mins

Yield: Serves 4 (serving size: about 1 1/4 cups bulgur mixture and 1 1/2 tablespoons dressing)

This veggie-heavy bowl is loaded with crunch and color, thanks to crispy carrots and chickpeas, fresh kale, and a vibrant avocado dressing. It also delivers more than 50% of your daily dose of fiber, key for weight loss, energy, and healthy digestion. Bulgur, also called cracked wheat, is a quick cooking whole grain. These bowls would also be excellent make-ahead lunches. Pack the avocado mixture separately, adding a little water to thin it as needed.

Ingredients

- 1 cup boiling water
- 1/2 cup uncooked bulgur
- 2 (15-oz.) cans unsalted chickpeas, rinsed and drained
- 1 1/2 tablespoons canola oil
- 2 cups finely chopped carrots
- 4 cups chopped Lacinato kale
- 1/2 cup vertically sliced shallots
- 1/2 cup fresh flat-leaf parsley leaves
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- 1/2 avocado, peeled and pitted
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon water
- 1 tablespoon tahini (sesame seed paste), well stirred
- 1 garlic clove
- 1/4 teaspoon ground turmeric

How to Make It

Step 1

Combine 1 cup boiling water and bulgur in a medium bowl. Let stand 10 minutes; drain well.

Step 2

Pat chickpeas dry with paper towels. Heat canola oil in a large skillet over high. Add chickpeas and carrots; cook, stirring occasionally, until chickpeas are browned, about 6 minutes. Add kale; cover and cook until kale is slightly wilted and carrots are tender, about 2 minutes. Add chickpea mixture, shallots, parsley, 1/2 teaspoon salt, and pepper to bulgur; toss.

Step 3

Process avocado, olive oil, juice, 1 tablespoon water, tahini, garlic, turmeric, and remaining 1/4 teaspoon salt in a food processor until smooth. Divide bulgur mixture among 4 bowls; drizzle evenly with avocado mixture.

Upcoming Events

John Stoddard Cancer Center is proud to sponsor many walks, races and events that benefit those with cancer in our community. These events are going virtual this year due to COVID-19, so there are still ways to get involved and support a good cause.

PurpleStride Iowa (pancreatic cancer) – September 26, 2020

https://secure.pancan.org/site/TR/PurpleStride/PurpleStride?fr_id=2063&pg=entry Join team “John Stoddard Cancer Center”.

National Ovarian Cancer Coalition’s Together in Teal (ovarian cancer) – September 26, 2020

<https://runwalk.ovarian.org/> Contact gina.mandernach@unitypoint.org for a free registration code and join team “John Stoddard Cancer Center”.

Zero Run (prostate cancer) – September 27, 2020

<https://zerocancer.run/desmoines> Contact gina.mandernach@unitypoint.org for a free registration code and join team “John Stoddard Cancer Center”.

Bras for the Cause Gala (breast and cervical cancer) – October 3, 2020

<https://www.brasforthecause.com/gala>

Light the Night (blood cancers) – October 15, 2020

<https://www.lightthenight.org/events/des-moines>
Join team “John Stoddard Cancer Center”.

Komen Des Moines MORE THAN PINK Walk (breast cancer) – October 24, 2020

http://www.info-komen.org/site/TR?fr_id=8438&pg=entry Contact gina.mandernach@unitypoint.org for a free registration code and join team “Stoddard Striders”.

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 can be found at www.johnstoddardcancer.org under “Classes and Events”.

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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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