

## Staff Spotlight



**Kelsay Craig, Radiation Therapist**  
**John Stoddard Cancer Center**

I've been at John Stoddard Cancer Center for a little over 6 years now. As a radiation therapist I help set-up and deliver radiation for cancer patients. I could see anywhere from 15-30 patients per day and what I love most about my job is the relationship I'm able to make with each patient and my amazing co-workers. I'm a big people person so spending the majority of my day around people is my jam.

I love hanging out with my family/friends more than ANYTHING and my biggest accomplishment during this crazy pandemic has been becoming a spin instructor at CycleBar!!! My husband and I live in West Des Moines with our boxer "Mads pup" and are expecting a little girl in May!

### **We love having you on our team Kelsay!**

Kelsay is known for going above and beyond for the patients at Stoddard. Kelsay recently worked with Scratch Cupcakery for patients to receive a Scratch cupcake when they come in for radiation treatment on their birthdays. To view the video, [click here](#).

## Upcoming Classes and Programs

### **Cancer Survivors Cooking Class**

**March 22, 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](http://johnstoddardcancer.org) under "Classes and Events" to register or call 515-241-3310 for more information.

### **Mindfulness-Based Stress Reduction Course**

**March 23 - May 18, 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.

### **Scope it Out Free Colonoscopies**

Free screening colonoscopies for the uninsured in the month of April. Eligibility guidelines apply. Call 515-241-8505 for more information.

## Cancer Survivorship Education Series

John Stoddard Cancer Center support groups and patients are invited to attend a virtual Cancer Survivorship Education Series on sexuality and cancer – one evening for females and a separate evening for males.

**Female session – Tuesday, April 13; 5:30-7:00 p.m.**

**Male session – Tuesday, April 27; 5:30-7:00 p.m.**

Each session will feature a panel consisting of healthcare professionals and a survivor discussing the physical, emotional, and rehabilitative aspects of sexuality.

Registration is required. Visit

[johnstoddardcancer.org](http://johnstoddardcancer.org) under “Classes and Events” to register or call 515-241-8505 for more information.

## Managing the Effects of Chemo Brain

**Thursday, April 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.

## Save the Date – Cancer Survivors Day

We are hopeful to see everyone in person later this year 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. We will provide updates in the June edition of the Stoddard Connections newsletter.

## 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 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.

### New: Lung Cancer Support Group

This support group is open to persons with lung cancer and survivors as well as their families and friends. The group meets on the third Monday of each month at 5:30 p.m. thereafter.

For more information or if interested in attending, contact Stacey Papacostas at 515-241-4234 or [Stacey.Papacostas@unitypoint.org](mailto:Stacey.Papacostas@unitypoint.org).

# Healthy Eats

## Red Curry Lentils With Sweet Potatoes and Spinach



Linda Xiao for The New York Times. Food Stylist: Monica Pierini

### INGREDIENTS

- 3 tablespoons olive oil
- 1 pound sweet potatoes (about 2 medium sweet potatoes), peeled and cut into 3/4-inch cubes
- 1 medium yellow onion, chopped
- 3 tablespoons Thai red curry paste
- 3 garlic cloves, minced (about 1 tablespoon)
- 1 (1-inch) piece fresh ginger, peeled and grated (about 1 tablespoon)
- 1 teaspoon ground turmeric
- 1 cup red lentils, rinsed
- 4 cups low-sodium vegetable stock
- 2 teaspoons kosher salt, plus more to taste
- 1 (13-ounce) can full-fat coconut milk
- 1 (4- to 5-ounce) bag baby spinach
- ½ lime, juiced

### PREPARATION

1. In a Dutch oven or pot, heat 2 tablespoons olive oil over medium-high. Add the sweet potatoes and cook, stirring occasionally, until browned all over, 5 to 7 minutes. Transfer the browned sweet potatoes to a plate and set aside.
2. Add the remaining 1 tablespoon olive oil to the pot and set the heat to medium-low. Add the onion and cook, stirring occasionally, until translucent, 4 to 6 minutes. Add the curry paste, garlic, ginger and turmeric, and cook until fragrant, about 1 minute.
3. Add the lentils, stock, salt and browned sweet potatoes to the pot and bring to a boil over high. Lower the heat and simmer, uncovered, stirring occasionally, until the lentils are just tender, 20 to 25 minutes.
4. Add the coconut milk and simmer, stirring occasionally, until the liquid has reduced and the lentils are creamy and falling apart, 15 to 20 minutes.
5. Add the spinach and stir until just wilted, 2 to 3 minutes. Off the heat, stir in the lime juice and season with salt to taste.

# Foundation News

## Rally Against Cancer – January 30, 2021



**Anthony Rizzo, 2021 Rally Speaker**

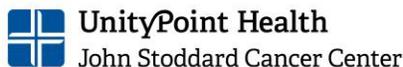


On January 30, John Stoddard Cancer Center celebrated the first ever (and hopefully last) virtual Rally Against Cancer. Over 550 people tuned in virtually from across Iowa and the United States for an evening filled with fun, impact and a great conversation with Anthony Rizzo!

Rizzo was able to Zoom with two lucky Stoddard patients earlier in the day, and then he joined us for the Main Event to share inspiring stories about his cancer journey as well as his career! (We learned he loves Fong’s Pizza!)

Thanks to the support from our incredible community and donors, Rally 2021 helped raise a record-breaking \$356,000 (net) that will support programs and services at Stoddard, making a difference in the lives of our patients and their families.

Thank you for making Rally 2021 a Home Run!



Click on the following links to view some of the videos from Rally 2021:

BBops Kick-Off Video: [click here](#)

7<sup>th</sup> Inning Stretch: [click here](#)

Sponsor Starting Line-Up: [click here](#)

Main Program Video: [click here](#)

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