

Staff Spotlight



Alynn Kruse, Genetic Counseling Assistant
John Stoddard Cancer Center

We welcome Alynn Kruse to the Stoddard team!
Alynn writes:

I started here in August as a Genetic Counseling Assistant. In May, amidst the pandemic, I graduated (virtually) from the University of Minnesota-Rochester with a Bachelor of Science in Health Sciences. I am originally from Urbandale, it is great to be back in Iowa and be closer to my family. My last four years were spent working at Mayo Clinic in various areas of research and patient care. I am currently in the process of applying to graduate school for Genetic Counseling - wish me luck!

My days consist of handling genetics referrals for oncology and collecting samples from patients. I became interested in the field of genetics because of my experience as a patient. I have a genetic disorder and consequently have spent many years within the healthcare system. I plan to use my own patient

experience as a guide to shape who I am as a health care provider because I know what it feels like to be on the other side.

I also have a cat named Scooter. He has nerve damage in his back legs so he walks funny.

Welcome, Alynn! We're so glad your're here!

Upcoming Classes and Programs

Managing the Effects of Chemo Brain

December 7, 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.

Cancer Survivors Cooking Class

December 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, 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.

Mindfulness-Based Stress Reduction Course

January 11 – March 9, 2020 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

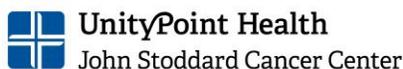


With the immunocompromised state of many of our patients and the need for social distancing, John Stoddard Cancer Center has replaced our in-person support group meetings with virtual meetings for nine of our support groups. For information on when groups meet and how to join, visit <https://www.unitypoint.org/desmoines/services-cancer-support-groups.aspx> and contact the phone number listed for the group you are interested in attending.

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.



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. Watch for new topics by [clicking here](#).



ARE YOU A PROSTATE CANCER PATIENT IN IOWA?

Receive transportation benefits for medical appointments and more



The ZERO Drive Program provides direct transportation-related financial assistance for prostate cancer patients in Iowa.



Call 844-244-1309 or visit zerocancer.org/drive to learn more and apply!

Fun Photos



Jen Witt – Recipient of UnityPoint Health Luminary Award

Congratulations to Jen Witt, Oncology Navigator at John Stoddard Cancer Center for being the recipient of the UnityPoint Health Luminary Award. Sarah Zeidler, Executive Director at Stoddard, nominated Jen for this award and wrote the following:

“Jen is the most selfless person I know. She is a role model nurse and will do anything for her team and her patients. Everyone who knows Jen can tell that oncology nursing is her passion. Jen’s faith is inspirational and her care for all those in her life. She lives our values every day to improve the lives of patients with cancer.”

Congratulations, Jen!



Our friends at Des Moines Firefighters presented a check to John Stoddard Cancer Center to support patients and families. We are grateful for the many ways they serve and support our city!



The Carlisle Police Department held their Pink Patch campaign fundraising efforts. They raised \$1,200 to support the Compassion Fund at John Stoddard Cancer Center. The Compassion Fund provides anything from gas cards to utility payments and so much more for patients in need of extra assistance.

Foundation News

Rally Against Cancer – January 30, 2021



Anthony Rizzo, 2021 Rally Speaker

We are excited to announce that the featured guest for John Stoddard Cancer Center's annual fundraiser, Rally Against Cancer, will be Anthony Rizzo, major league baseball player for the Chicago Cubs and Cancer Survivor.

Anthony Rizzo is the All-Star first baseman for the Chicago Cubs. At the young age of 31, he is already one of the most decorated players in Cubs' history; notably, in 2016, he led the Cubs to their first World Series Championship in 108 years!

Rizzo has accomplished a lot off the field as well. In 2008, during his first year in professional baseball, Anthony was diagnosed with Hodgkin's Lymphoma and underwent six months of chemotherapy at the same time his grandmother was battling breast cancer. Within a few years of remission, the Anthony Rizzo Family Foundation was founded with a mission

of raising money for cancer research and has raised millions of dollars in support of cancer research for families with children who are battling cancer.

Though the event may look different in a virtual format, we can guarantee it will be just as inspiring, impactful and important as it has always been, and we hope you make plans to join us virtually at Rally 2021 on Saturday, January 30!

Visit <http://www.stoddardrac.org> if interested in supporting Rally Against Cancer or for more information.

Scope it Out Free Colonoscopies

In the months of March, September and October 2020, John Stoddard Cancer Center, in partnership with The Iowa Clinic and Iowa Endoscopy Center were able to offer seventeen free colonoscopies to the uninsured. We appreciate the efforts and partnership of all involved. Screening saves lives!

Healthy Eats

Succotash With Shrimp

By Vallery Lomas



Christopher Simpson for The New York Times. Food Stylist: Simon Andrews

INGREDIENTS

- 2 ½ cups/1 pound fresh (shelled) or frozen butter beans or baby lima beans
- 2 teaspoons kosher salt, plus more as needed
- 3 cups/12 ounces fresh or frozen okra, tops and tails trimmed, sliced into 1/2-inch rounds
- 2 tablespoon plus 1 teaspoon extra-virgin olive oil or unsalted butter
- 1 large yellow onion, diced
- ½ large green bell pepper, diced
- 4 garlic cloves, minced
- 5 medium ears corn, kernels sliced off (about 3 1/2 cups)
- 2 large ripe tomatoes, coarsely chopped
- ¾ teaspoon black pepper, plus more as needed
- 1 pound shrimp (any size), peeled and deveined

- ½ packed cup fresh basil leaves, finely chopped

PREPARATION

1. Heat oven to 425 degrees. Meanwhile, bring 1 cup water to a boil in a medium saucepan. Once boiling, add the butter beans and return to a boil. Reduce the heat and simmer, covered, until the beans are al dente, about 8 minutes. Remove from heat, strain, and sprinkle with 1/4 teaspoon kosher salt. Set aside.
2. While the butter beans are cooking, prepare the okra: Spread the okra in an even layer on a lined baking sheet. Drizzle with 1 teaspoon olive oil, and sprinkle with 1/4 teaspoon kosher salt. Roast the okra for 16 to 18 minutes. Remove from the oven and set aside.
3. Heat a large cast-iron skillet or Dutch oven over medium heat 1 tablespoon of extra virgin olive oil.
4. Add the onion, bell pepper and garlic to the skillet or Dutch oven, and cook until the vegetables are softened, about 5 minutes.
5. Add the corn, tomatoes, lima beans, okra, 1 teaspoon kosher salt and 1/2 teaspoon black pepper. Stir, cover, and cook for about 8 minutes over medium heat.
6. As vegetables cook, pat the shrimp dry with paper towels, then generously season with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
7. In a separate large (12-inch) skillet, heat the remaining 1 tablespoon of olive oil over medium-high. Once the oil is shimmering, add the shrimp in a single layer. Cook for 2 minutes, then flip and cook for another 2 to 3 minutes, until pink and cooked through. Stir the cooked shrimp into the succotash.
8. Add the fresh basil and stir. Taste, and adjust seasoning as needed. Turn off heat and let sit uncovered for about 5 minutes to let the flavors meld. Serve warm.

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