



What's new

ANNABELLE'S HOPE

"My mother was just a daffodil lady," said Monte Forster, son of Annabelle Forster. "She loved people and was a giving person who would do whatever she could to help." Annabelle was a longtime resident and fixture in the mid-Willamette Valley. She was an avid collector of daffodils, and shared her love for the flowers with the community.



Annabelle's son, Monte Forster, continues to honor his mother's love of daffodils.

Years ago, a woman wrote to the local paper heartbroken because someone had picked all the daffodils she had grown for her daughter's wedding. After reading the story, Annabelle invited her to come over and take as many daffodils as she needed from her own garden for the wedding. The woman coined Annabelle the "good Samaritan" for her heartwarming deed.

Annabelle passed away in 2015, and the Cancer Resource Center created Annabelle's Hope, a program to share her favorite flower and powerful message. "Flowers mean so much to people," said Monte,

who counts 150 varieties in his mother's collection. "Daffodils are hope for the future, but also to give people a brighter day today."

Inspired by her love of daffodils, Annabelle's Hope provides patients with daffodil blooms in the spring, bulbs in the fall to plant, flower seeds in the summer, and mistletoe in the winter. The program is supported by generous donations from Greengable Farms and Athena and Dave Nofziger. Watch for flowers in the oncology departments at all five hospitals in early March.

For more information about our support groups, services and special events, contact the Samaritan Cancer Resource Center at 541-812-5888 (Albany), 541-768-2171 (Corvallis), 1-877-311-4686 (toll free), online at samhealth.org/Cancer or by email at CancerResourceCenter@samhealth.org.

If ever you wish to stop receiving this newsletter, contact us at CancerResourceCenter@samhealth.org or 541-768 2171. Occasionally we will send you local, health-related communications, but we will never share your contact information with any vendors or entity.

March highlights



Go Further with Food

Join us for a free food demonstration class taught

by registered dietitians with a focus on the benefits of spices and plant-based proteins. Offered in three locations:

Corvallis

Thursday, March 8, 5:30 - 7 p.m.
Samaritan Pastega Regional Cancer Center, 501 NW Elks Drive, Corvallis

Lebanon

Wednesday, March 14, 5:30 - 7 p.m.
Samaritan Lebanon Community Hospital, 525 N Santiam Hwy, Lebanon

Albany

Monday, March 19, 5:30 - 7 p.m.
Reimer Building, 1085 Sixth Ave. SW, Albany (across from Samaritan Albany General Hospital)

For more information or to register, please contact us at 541-768-2171 or CancerResourceCenter@samhealth.org.

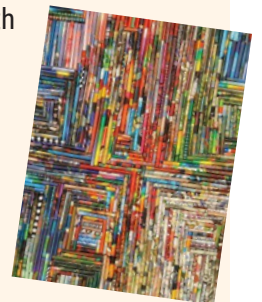
Saturday ArtsCare Workshop

Second Saturdays, 10 a.m. to noon. Free art workshop for cancer patients, survivors and caregivers. No art experience needed – just a willingness to have fun!

March 10: Recycled Magazine Art

Reimer Building, 1085 Sixth Ave. SW, Albany (across from Samaritan Albany General Hospital)

For more information or to register, contact Sara Krainik at 541-768-6762 or skrainik@samhealth.org.



Here for you

There are many confusing, conflicting messages regarding diet's role and impact on cancer. Registered Dietitians are available to help you sort through all this information, answer

Dietitians offer individual appointments and group classes. See *March highlights* on the other side for upcoming food demos.

your questions, and provide sound, researched-based, nutritional advice.

Whether you are having difficulty maintaining a healthy weight or appetite, trouble tasting, chewing or swallowing

food, are experiencing nausea or irregularity, or simply want tasty alternatives to your usual diet, a Registered Dietitian can help.



Samaritan Cancer Program registered dietitians Abigail Galbraith, Athena Nofziger and Marcie Gregory (left to right) like to start their day with a healthy, hearty breakfast.

Breast Cancer Issues Conference

FREE live simulcast in Corvallis and Newport on Saturday, March 17



Join us for a free, live simulcast of the 2018 Breast Cancer Issues Conference as it occurs in Portland. Topics being discussed include emerging research and treatment options, breast cancer risk reduction and quality of life issues. Keynote speaker, Kathleen Dunham, surgical oncologist with Compass Oncology, will discuss how bias, belief and the emotional aspects of a cancer diagnosis shape our decision making, and how improved communication and reasoning can help future decisions. Other speakers and topics include: Cindy Davis presenting on Lymphedema Physical Therapy, Anthony Franklin discussing Samaritan Health Service's breast cancer research studies and Dr. Jessica Gorman opening the conversation about mindfulness sexual health after cancer.

Check-in and registration begins at 8 a.m., with a welcome and light breakfast served at 8:15 a.m. Sessions occur throughout the day with closing remarks wrapping up the conference at 3:30 pm.

- **Choose your location:** Samaritan Pastega Regional Cancer Center in Corvallis or the Center for Health Education in Newport.
- **Registration is required** to attend the free simulcast of this conference. Call 541-768-2171 to register for the Corvallis location and 541-574-4954 for Newport.

Did you know?

March is Colorectal Cancer Health

Awareness Month.

Help us spread the importance of early detection to reduce the risk!



Colorectal cancer is the **third leading cause of cancer-related deaths** in the United States.

Colorectal cancer is one of the most commonly diagnosed cancers in the United States. It is estimated that 1 in 22 men and 1 in 24 women will receive this diagnosis in their lifetimes.

Several lifestyle-related factors have been linked to colorectal cancer, and have some of the strongest links for any type of cancer. The lifestyle factors that increase one's risk of colorectal cancer include certain diets, such as those high in red meat and low in fruits and vegetables, obesity and physical inactivity. In addition, smoking, heavy alcohol use, age and a personal history of colon polyps or inflammatory bowel disease can increase your risk of colorectal cancer.



Screening and early detection is critical. The American Cancer Society recommends testing for both polyps and cancer, if these tests are available to you. Talk to your doctor for more information.

SOURCE: [American Cancer Society](#)

What's happening in March, 2018

Samaritan Cancer Resource Center CALENDAR of services, support groups and events for those touched by cancer in Benton, Lincoln and Linn Counties.



MON	TUES	WED	THURS	FRI	SAT
<p>26</p> <p>March is Colorectal Cancer Health Awareness Month... <i>Help us spread the importance of early detection to reduce the risk!</i></p>	<p>27</p>	<p>28</p> 	<p>1</p> <p>Massage - Albany [CRC-A] • 9 a.m. - 3:30 p.m.</p> <p>Prostate Cancer Support Group [Pig & Pancake] noon</p> <p>Man to Man Cancer Support Group [SAGH] • 4 - 6 p.m.</p> <p>Cancer Support Group [SPCH] • 6 - 7:30 p.m.</p>	<p>2</p> <p>Massage - Corvallis [CRC-C] • 1 - 4 p.m.</p> <p>WEAR BLUE DAY! Don your favorite blue outfit for colorectal cancer awareness!</p>	<p>3</p>
<p>5</p>	<p>6</p> <p>Massage - Corvallis [CRC-C] • 9 a.m. - noon, 1:30 - 3:30 p.m.</p> <p>Living with Cancer Support Group [SAGH] • 7 - 8:30 p.m.</p>	<p>7</p> <p>Massage - Corvallis [CRC-C] • 10 a.m. - 4 p.m.</p> <p>Massage - Albany [CRC-A] • 1 - 4 pm</p>	<p>8</p> <p>Massage - Albany [CRC-A] • 9 a.m. - 3:30 p.m.</p> <p>Go Further with Food - Corvallis [SPRCC] • 5:30 - 7 p.m.</p>	<p>9</p> <p>Massage - Corvallis [CRC-C] • 1 - 4 p.m.</p>	<p>10</p> <p>Saturday ArtsCare Art Workshop [SAGH] • 10 a.m. - noon</p>
<p>12</p> <p>Moving Forward [SPRCC] • noon - 1 p.m.</p> <p>Cancer Support Group [SLCH] • 6:30 - 8 p.m.</p>	<p>13</p> <p>Massage - Corvallis [CRC-C] • 9 a.m. - noon, 1:30 - 3:30 p.m.</p> <p>GYN Cancer Support Group [TCC] • 1:30 - 3 p.m.</p> <p>Young Adult Cancer Survivors [SPRCC] • 6:30 - 8 p.m.</p>	<p>14</p> <p>Massage - Corvallis [CRC-C] • 10 a.m. - 4 p.m.</p> <p>Massage - Albany [CRC-A] • 1 - 4 pm</p> <p>Metastatic Cancer Support Group [SPRCC] 11 a.m. - 12:30 p.m.</p> <p>Go Further with Food - Lebanon [SLCH] • 5:30 - 7 p.m.</p>	<p>15</p> <p>Massage - Albany [CRC-A] • 9 a.m. - 3:30 p.m.</p> <p>Breast Cancer Support Group [Vivian's Rest.] • 10 a.m.</p> <p>Caregiver Support Group [Ness Club] • noon - 1 p.m.</p> <p>Man to Man Cancer Support Group [SAGH] • 4 - 6 p.m.</p> <p>Cancer Support Group [SPCH] • 6 - 7:30 p.m.</p>	<p>16</p> <p>Massage - Corvallis [CRC-C] • 1 - 4 p.m.</p>	<p>17</p> <p>Breast Cancer Issues Conference Simulcast [SPRCC and Center for Health Education] 8 a.m. - 3:30 p.m.</p> 
<p>19</p> <p>Breast Cancer Support Group [SPRCC] • 5:30 - 7 p.m.</p> <p>Go Further with Food - Albany [SAGH] • 5:30 - 7 p.m.</p>	<p>20</p> <p>Massage - Corvallis [CRC-C] • 9 a.m. - noon, 1:30 - 3:30 p.m.</p>	<p>21</p> <p>Massage - Corvallis [CRC-C] • 10 a.m. - 4 p.m.</p> <p>Massage - Albany [CRC-A] • 1 - 4 p.m.</p> <p>Caregiver Support Group [SPCH] • noon - 1 p.m.</p>	<p>22</p> <p>Massage - Albany [CRC-A] • 9 a.m. - 3:30 p.m.</p> <p>Permission to Play [JanniLou's] • 1 - 4 p.m.</p>	<p>23</p> <p>Massage - Corvallis [CRC-C] • 1 - 4 p.m.</p>	<p>24</p>
<p>26</p>	<p>27</p> <p>Massage - Corvallis [CRC-C] • 9 a.m. - noon, 1:30 - 3:30 p.m.</p>	<p>28</p> <p>Massage - Corvallis [CRC-C] • 10 a.m. - 4 p.m.</p> <p>Massage - Albany [CRC-A] • 1 - 4 p.m.</p> <p>Metastatic Cancer Support Group [SPRCC] 11 a.m. - 12:30 p.m.</p> <p>Look Good, Feel Better [TCC] • 2 - 4 p.m.</p>	<p>29</p> <p>Massage - Albany [CRC-A] • 9 a.m. - 3:30 p.m.</p>	<p>30</p> <p>Massage - Corvallis [CRC-C] • 1 - 4 p.m.</p>	<p>31</p>



KEY [locations]:

SAGH: Samaritan Albany General Hospital
 CRC-A: Samaritan Cancer Resource Center - Albany
 CRC-C: Samaritan Cancer Resource Center - Corvallis
 SLCH: Samaritan Lebanon Community Hospital
 SPCH: Samaritan Pacific Communities Hospital
 SPRCC: Samaritan Pastega Regional Cancer Center
 TCC: The Corvallis Clinic

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