



## What's new

The Samaritan Cancer Program is a full-service cancer treatment network with services that span across the mid-Willamette Valley and central Oregon Coast. Patients and survivors benefit from additional services beyond treatment, including support groups, social workers, financial advocate services, nutrition guidance and a hospitality house. The Samaritan Cancer Resource Center in Albany and Corvallis offer support, information, connection and rejuvenation for patients and their caregivers during their journey with cancer. Samaritan Cancer Program undergoes rigorous evaluation and review of performance and compliance to national standards. The program is accredited by the American College of Radiology and the National Accreditation Program for Breast Cancers – it is the only cancer program in Oregon Accredited by the American College of Surgeon's Commission on Cancer as an Academic Comprehensive Cancer Program.



## January highlights

### Saturday ArtsCare workshop: Kindness cards!

Start the new year with joy, kindness and good will. Create encouraging "kindness cards" to give away or keep for yourself. You'll also have a chance to paint, collage or design a box to store your extra cards. The art workshop is free for cancer patients, survivors and caregivers. No art experience needed, just a willingness to have fun!

Reimer Building, 1085 Sixth Ave. SW, Albany (across from the hospital)

**Saturday, Jan. 12, 10 a.m. – noon**

*For more information or to register, contact Sara Krainik at [skrainik@samhealth.org](mailto:skrainik@samhealth.org) or 541-768-6762.*

## Save-the-date

### Breast Cancer Issues Conference

This annual conference brings together specialists to speak on breast cancer risk reduction, treatment options and quality of life.

**Saturday, March 16, 8 a.m. to 3:15 p.m. Live in Portland; simulcast in Corvallis.**

*For more information or to register for the conference or simulcast, contact 541-812-5888 or 541-768-2171.*

For more information contact the Samaritan Cancer Resource Center at 541-812-5888 (Albany), 541-768-2171 (Corvallis), 877-311-4686 (toll free), online at [samhealth.org/Cancer](http://samhealth.org/Cancer) or by email at [CancerResourceCenter@samhealth.org](mailto:CancerResourceCenter@samhealth.org).

If you wish to stop receiving this newsletter, contact us at [CancerResourceCenter@samhealth.org](mailto:CancerResourceCenter@samhealth.org) or 541-768 2171.

# Warm up with Butternut Squash Curry Soup!

On a chilly January day in Oregon, soup is a wonderful feel-good food. What better way to warm up, than with a bowl of Butternut Squash Curry Soup? You may have thought, butternut squash and curry, what an interesting combination! But, we promise, this soup will not disappoint. The ingredients list is long, but the soup comes together quickly and the best part, it can go into the crockpot for an effortless meal!

## Ingredients:

1 medium butternut squash  
1 can pumpkin puree  
1 red onion  
½ yellow onion  
1 Granny Smith apple, with skin  
5 gloves garlic  
1 tbsp minced fresh ginger  
1 can coconut milk  
3 cups vegetable broth  
1 tbsp yellow curry  
½ Garam Masala  
½ tsp turmeric, ground  
1/8 tsp chili powder  
1 ¼ tsp salt  
½ tsp pepper

1 tsp cumin  
¼ tsp nutmeg  
½ tsp cinnamon

## Directions:

Cube veggies, place on sheet pan(s) and drizzle with olive oil. Roast for 30 minutes, 425 degrees, until veggies are soft. In a blender, puree roasted veggies with coconut milk and broth. Add pureed veggies and remaining ingredients to a crockpot. Cook on low or high depending on when you want it done.



*Yield: 4 Per serving: 234 calories; 16g total fat; 23.5g carbohydrate; 7.4g dietary fiber; 909.6mg sodium*

*(Original recipe by Abigail Galbraith, clinic dietitian for Samaritan Hematology & Oncology)*

## Did you know?

Over the past 40 years, cervical cancer deaths have decreased by more than 50 percent, due to increased preventive tests. It can be highly preventable by screening for pre-cancerous cells. When detected early, cervical cancer is one of the most successfully treatable cancers. Screening recommendations from the American Cancer Society:

- Women should begin cervical cancer testing at age 21 with a Pap Smear every three years until age 29.
- Women age 30 to 65 should screen with a Pap Smear and HPV test every five years.
- Check with your child's pediatrician or your doctor for recommendations on HPV (*human papilloma virus*) vaccine eligibility.

### January is Cervical Health Awareness Month.

*Help spread the word about early detection to reduce the risk!*

Talk to your doctor for more information.