



## What's new

Inspired by the significance the Tree of Life represents; two Tree Mosaic Triptychs will be created by former ArtsCare artist, Wendy Brewer, and embellished with the help of patient participation.

One mosaic will reflect the Fall season and another Spring. Both mosaics will be enhanced with the help of patients, survivors and their loved ones. Participants will create objects such as flowers, birds and shapes. These objects will be added to the mosaics. No art experience is necessary to participate in this workshop. Art materials will be provided to patient participants at no cost.

When completed, the two mosaics will be installed in Samaritan Radiation Oncology and the Infusion Center in the Samaritan Pastega Regional Cancer Center.

The mosaics will include a bell for patients to ring in celebration when they are finished with their cancer treatment.

**Reimer Building, 1085 Sixth Ave. SW, Albany**

Saturday, March 23, 10 a.m. to noon (an ArtsCare workshop)

To register, contact Sara Kranik at [skrainik@samhealth.org](mailto:skrainik@samhealth.org) or 541-768-6762

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.



ArtsCare, Samaritan Bell Mosaic Workshop

## March highlights

### Celtic Harp Concert

Enjoy music and a chance to try your hand on a harp – no musical experience needed! If you would prefer to attend and listen only, please do.

**Samaritan Cancer Resource Center – Albany, 400 NW Hickory St.**

**Wednesday, March 20, 6:30 to 8 p.m.**

To register, contact Sara Krainik at [skrainik@samhealth.org](mailto:skrainik@samhealth.org) or 541-768-6762.

### Night Out, Night Off

Enjoy a Night Out, Night Off from cancer, a free event for those touched by cancer. Food, fun and laughter will be provided in a safe and positive environment.

**Boys & Girls Club of Albany**

**Saturday, March 30, 4 p.m. start**

To register, contact Nancy Allnutt at [nallnutt@comcast.net](mailto:nallnutt@comcast.net) or 541-974-2615.

## Support group updates

### Man to Man

New location! 620 Elm St., Albany (second floor)

### Living with Cancer

New location! 400 NW Hickory St., Suite 100, Albany

# Here for you

Join the live simulcast of the 2019 Breast Cancer Issues Conference. Survivors and fighters, support persons, high-risk individuals and health care professionals will have an opportunity to learn and discuss breast cancer topics with leading health professionals, researchers and fellow survivors. Topics cover emerging research and treatment options, breast cancer risk reduction and quality of life issues. Speaker Vicky Lee, MD, PhD, with Samaritan Cancer Program will discuss genetic testing at the Corvallis location. For more information on session topics, visit [komenoregon.org](http://komenoregon.org).

Registration required, call 541-812-5888 or 541-768-2171.



Breast Cancer Issues Conference,  
free live simulcast in Corvallis  
and Newport,  
Saturday, March 16, 8 a.m. start



Annabelle's son, Monte Forster, honors his mother's love of daffodils.

## Annabelle's Hope

In memory of Annabelle Forster, Samaritan Cancer Resource Center created Annabelle's Hope in 2015.

Inspired by her love of daffodils, Annabelle's Hope provides patients with daffodil blooms in the spring and bulbs in the fall. A longtime resident of Tangent, Annabelle was a collector of daffodils and shared her love of flowers with the community.

"My mother was just a daffodil lady," said Monte Forster. "She loved people and was a giving person who would do whatever she could to help."

The program is generously supported by Greengable Farms. Watch for daffodils in the oncology departments at all five hospitals in early March.

## Did you know?

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. These lifestyle-related factors have been linked to colorectal cancer:

- Certain types of diets
- Being overweight or obese
- Physical inactivity
- Smoking and heavy alcohol use

Talk with your doctor about early detection and screening test options.

**March is colorectal  
cancer health awareness  
month.**

Spread the word about the importance  
of early detection!



Live stream of conference at: Samaritan Health Services

March 16, 2019 | 8:00AM to 3:15PM  
Corvallis OR, Samaritan Pastega Regional Cancer Center:  
Ground Floor Conference Room



## SCHEDULE

- 8:00AM Check In and Registration
- 8:15AM Welcome and Breakfast
- 8:40AM Keynote Speaker: Dawn Hershman, MD, MS
- 9:40AM Special Guest Speaker: Cindy Davis, OTR/L, CLT-LANA  
Samaritan Lymphedema Physical Therapy
- 9:50AM Break
- 10:00AM Session 1: *Hormone Therapy: The Basics and Beyond*
- 11:15AM Special Guest Speaker: Vicky Lee, MD, PhD  
Samaritan Health Services
- 11:45AM Lunch
- 12:45PM Session 2: *Genetic Testing and Surgical Implications*
- 2:00PM Break
- 2:15PM Closing Session: Sue Best, LCSW

To register, contact 541.768.2171 or email  
[CancerResourceCenter@samhealth.org](mailto:CancerResourceCenter@samhealth.org)

