



What's new

The Samaritan Cancer Resource Center partners with those touched by cancer to provide the support they need to live with strength, determination and hope into the future. We are committed to educating our communities about cancer prevention and providing free cancer screenings.

Each year, the Homeless Engagement and Resource Team (HEART) hosts the HEART Resource Fair for homeless and low-income individuals and families throughout Linn County. The fair is an opportunity for us to connect with these mid-Willamette Valley residents to help them find health care, work, shelter, food and other basic needs. The services offered by the participating agencies are vital to the attendees of this fair and are provided free of charge. We will be providing cancer prevention information, at HEART and the other events listed below.

Healthier You Expo • April 27, 9 a.m. to 1 p.m.
Center for Health Education, 740 SW 9th St., Newport, OR

Business Expo • April 9, 10 a.m. to 6 p.m.
The River Center, 3000 S. Santiam Hwy, Lebanon, OR

HEART Resource Fair • May 16, 9 a.m. to 1 p.m.
Boys & Girls Club of Albany, 1215 Hill St. SE, Albany, OR

Festival Latino • Early summer, date and time TBD
Monteith River Park, 489 Water Ave. NW, Albany, OR

Contact us at 541-812-5888 or 541-768-2171 for more information.



HOMELESS ENGAGEMENT AND RESOURCE TEAM

Free resource fair for
mid- Willamette Valley
residents.

April highlights

ArtsCare Workshop

Free art workshop for cancer patients, survivors and caregivers. No art experience needed, just a willingness to have fun! All art materials are provided for free.

Reimer Building, 1085 Sixth Ave. SW, Albany

Saturday, April 13, noon

To register, contact Sara Krainik at skrainik@samhealth.org or 541-768-6762.

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 Radiation Oncology, 501 NW Elks Drive, Corvallis

Wednesday, April 17, 6:30 to 8 p.m.

To register, contact Sara Krainik at skrainik@samhealth.org or 541-768-6762.

Food for Living

Join a monthly wellness group for those impacted by cancer — friends, family, survivors. The free seminar is led by Registered Dietitian Athena Nofziger, with Samaritan Hematology & Oncology Consultants.

Lebanon Senior Center, 80 Tangent St., Lebanon

Wednesday, April 3, 5:30 to 7 p.m.

To register, contact Athena Nofziger at 541-451-7392.

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 or by email at CancerResourceCenter@samhealth.org.

If you wish to stop receiving this newsletter, contact us at CancerResourceCenter@samhealth.org or 541-768 2171.

Here for you

If oral chemotherapy medication is part of your treatment plan, our specialty medication advocates are here to help you with financial concerns regarding your medication.

Specialty medication advocates will help you to understand the costs, seek copay or out-of-pocket funding through specialty drug manufacturers or from national patient assistance funds. They work with your insurance company to help provide medication at the lowest cost possible to you. They will do the same for medications to treat the side effects of oral chemotherapy, such as anti-nauseous medication.

Specialty medication advocates also work closely with oral oncology pharmacists to help navigate any pharmacy issues.



Oral chemotherapy is a drug taken in tablet, capsule or liquid form. It has the same benefits and risks as chemotherapy given by infusion.

Nutrition and wellness education

That's My Farmer (TMF), offered by the Samaritan Cancer Program, is a multi-week nutrition and wellness education program available to cancer survivors and their spouses or partners. The program combines education with fresh, local fruits and vegetables.

"It's so informative that I really want to help spread the word," said Lenette Peterson, cancer survivor and past participant of That's My Farmer in Lebanon. "I'm trying to eat healthier, and this program definitely helps." Through this program, Peterson discovered kale and turnips. "I'd never eaten turnips before, but they're delicious when you put them in a stew," she said.

K.P., another participant, also discovered kale through the class. K.P. loves the socializing aspect of the class, as well as the knowledge. "Conversing with fellow cancer survivors is wonderful, and I love getting fresh fruits and vegetables," she said.

Sessions begin in Corvallis — April 24, Albany — June 11, Newport — July 17, and Lebanon — Aug. 27.

Registration fee is \$20 and preference will be given to first-time participants. To register or for information email CancerResourceCenter@samhealth.org, or call 541-768-2171 or 541-812-5888.

Did you know?

Head and neck cancers total four percent of all cancers in the U.S., and are twice as common among men. There are seven different types, which may not be found until problems occur that require medical attention or discovered at a routine physical or dental appointment. Common symptoms include: a lump or sore that does not heal, sore throat that does not go away, difficulty swallowing, change in voice or hoarseness.

Since tobacco (all forms) and alcohol use are the most common causes of head and neck cancers, individuals who use both are at a greater risk. Ways to decrease risk include: quitting all forms of tobacco, limiting alcohol use, getting vaccinated for HPV, good dental hygiene, eating a healthy balanced diet and seeking medical care if a lump, sore or discolored area does not heal.

**April is head & neck
cancers health
awareness month.**

Spread the word about the importance
of early detection!