



## What's new

The Samaritan Cancer Program will host a National Cancer Survivors Day® celebration to honor cancer survivors and their loved ones on Sunday, June 2, from 11 a.m. to 1 p.m. The free event will be held at The LaSells Stewart Center on the campus of Oregon State University.

On this day around the globe, people living with a history of cancer come together to connect, celebrate milestones and recognize those who have supported them along the way.

The event is free to all. Guests will enjoy good food, arts activity, community cancer resources, talks from Samaritan's cancer care team and cancer survivors, plus more.

### Celebration Program

- **11 a.m.** - Doors open. Enjoy good food and conversations with cancer survivors and loved ones, an arts activity and more.
- **11:45 a.m.** - Talks from the Samaritan Cancer Program care team and cancer survivors.
- **12:30 p.m.** - Explore community cancer resources.
- **1 p.m.** - Program concludes.

Attendees are encouraged to park in the lot of Reser Stadium, in the area nearest to The LaSells Stewart Center, located at 875 SW 26th St., Corvallis. Parking is free-of-charge on the day of the event.

Advance registration is encouraged. Register online at [samhealth.org/CelebrateSurvivors](http://samhealth.org/CelebrateSurvivors) or call the Samaritan Cancer Resource Center at 541-768-2171.

National  
Cancer  
Survivors  
Day® 2019



## May highlights

### That's My Farmer

The five-week nutrition and wellness education program is available to local cancer survivors and their spouses or partners. The program combines education with fresh, local fruits and vegetables. Registration fee is \$20 and preference will be given to first-time participants.

#### Sessions begin:

- **Albany – June 11**
- **Newport – July 17**
- **Lebanon – Aug. 27**

To learn more or to register, email [CancerResourceCenter@samhealth.org](mailto:CancerResourceCenter@samhealth.org) or call 541-768-2171 or 541-812-5888.

## Save-the-date

### Saturday ArtCare 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, May 11, 10 a.m. to Noon**

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

### Man to Man Support Group

Lead Samaritan Researcher Anthony Franklin, RN, and Research Coordinator Mitch Heath, will present information about cancer research, the state of prostate cancer research and new research taking place at Samaritan.

**Samaritan Diabetes Education, 602 Elm St., Albany**

**Thursday, May 16, 4 to 6p.m.**

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.

# Here for you

Since the first Samaritan Cancer Resource Center opened its doors in North Albany in 2008, staff has connected thousands of cancer patients with resources, including salon services. The salons at the Samaritan Cancer Resource Center in North Albany and Corvallis provide patients with hair loss solutions such as free wig fittings, hats, scarves and scarf-tying tutorials.

Wig fittings are available by appointment only. For more information, or to schedule an appointment, contact the Samaritan Cancer Resource Center, 541-768-2171 (Corvallis) or 541-812-5888 (Albany).



Christina Jacob, department assistant at the Samaritan Cancer Resource Center in Corvallis, shows a patient how to tie a head covering.

## That's My Farmer: A community partnership

That's My Farmer (TMF), is a multi-week nutrition and wellness series for cancer survivors and their caregivers.

TMF undergoes a lot of prep work to make the program successful and inclusive of all communities Samaritan serves. The Samaritan Cancer Resource Center could not provide participants this award-winning program without the support of our collaborators and funders. TMF is supported by the Samaritan Foundations.

The Samaritan Cancer Resource Center values the local farmers, farmers' markets and its community supporters for going above and beyond in helping to sustain and grow this program.



Oregon State University  
Extension Service  
Master Gardener

## Did you know?

Skin cancer is the most common cancer in the U.S., and is diagnosed more than all other cancers combined annually. Over the past few decades, the number of skin cancer cases has risen.

Skin cancer is typically caused by ultraviolet (UV) rays. Most of this exposure comes from the sun, but some may come from man-made sources like tanning beds or sun lamps. To protect yourself against UV rays, remember to seek shade, apply and re-apply sunscreen often, even when you think you will not be in the sun.

Knowing your own skin is the most important factor in finding skin cancer early. The American Cancer Society recommends checking your skin once a month in a well-lit room. Look for new growths, spots, bumps, patches or sores that don't heal after several weeks. Be aware of any spots that are changing in size, shape or color. If something concerning is found, make an appointment with your doctor or a dermatologist.

### Slip! Slop! Slap! and Wrap!™

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wrap on sunglasses

Source: American Cancer Society