

Cancer Creates...

STRENGTH • COURAGE • HOPE



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FAMILY PERSPECTIVES

An Essay for Grandma

By: Antonette Scrivanich (Age 13)



Antonette (center) with grandparents Linda and Raymond DiMuro.

The CancerCare Superhero Workshop was an amazing experience for my grandmother and I. My grandmother was diagnosed with ovarian cancer in September 2017. She has been fighting hard ever since to stay healthy and happy, and my family has been fighting along with her. However, ever since knowing that my grandmother had cancer, a huge strain was put on the entire family. The moment we learned she was

diagnosed, we all looked back on our lives and wondered what we would do without her.

The CancerCare Superhero Workshop took place in the midst of my grandma's treatments. Grandma asked me if I wanted to go with her and I agreed. When we got there, I saw a room full of people in the same situation as me, worrying about their loved one's health. Grandma and I sat down at a table and we started talking with the other people there. It was so easy to

talk about what had happened and how we felt about it with people who understood what we were going through. We shared stories, ate pizza and made our own superheroes and masks with superpowers we wished we had. Overall, it was a great time.

I realized that there were a lot of other people in the world who were experiencing the same things I was, and that I wasn't alone. I would recommend the family workshops with CancerCare to anyone who has cancer or has a loved one with it. One of the best feelings in the world is knowing that you are not alone with these workshops – you're in a room with people who understand.



Antonette at the CancerCare Superhero workshop.
Photo: CancerCare.

Valley offers workshops with CancerCare twice a year for families that have one parent/guardian diagnosed with cancer. Children learn how to talk about their feelings and discover new tools to help cope with their parents through a fun activity. Family members learn how to communicate with their children about cancer and provide them with emotional support as they cope with cancer and its treatment. These workshops are open to the public. For more information, please contact **Brooke Laster, LCSW**, at 201-634-5787 or blaster@valleyhealth.com.

INSPIRATION



Photo: Kristel Hayes on Unsplash.com

*"We cannot direct the wind,
but we can adjust the sails."
– Thomas S. Monson*



COMPREHENSIVE CANCER CARE

INTEGRATIVE HEALING

Finding Inner Strength Through Journaling

From Integrative Healing Services at Valley

Journaling can be a personal tool of reflection and a source of inner strength throughout treatment. It can be a creative outlet for processing your feelings and organizing your thoughts to help you de-stress. In turn, journaling can enhance your self-awareness and empower you to cope with any situation that comes your way.

You can write down your dreams, daily thoughts, experiences, intentions or something that inspired you – anything you want!

Ways to Journal:

- List three things you are grateful for and why
- Delve deeper into specific things that touch your emotions
- Rewrite a negative experience with a positive thought
- Set a timer for five minutes and write down what is on your mind

Please note that there is no right or wrong way to journal and it does not need to be perfectly written – it's the thought that counts!

One of the best parts about journaling is that, during an emotionally difficult time, you can look back on previous entries to remind yourself of your resilience and how you were able to cope and move forward. There is no better source of strength than that of which comes from within you.

There's More Online

Visit ValleyHealthCancerCenter.com to:

- Learn more about Valley-Mount Sinai cancer services
- View upcoming events, classes and support groups
- Read more issues of *Cancer Creates*

EVENTS

Guided Imagery/Meditation Group

When: Every Wednesday from 10:30 to 11 a.m.

*Where: Luckow Pavilion, 2nd Floor Conference Room
1 Valley Health Plaza, Paramus*

Come and join us for our weekly group that provides total body relaxation and guided imagery. This group is open to all patients, caregivers and those touched by cancer.

No registration required. There is no cost to participants. For more information, call 201-634-5787.

NUTRITION

Broccoli, Garlic and Lemon Penne

Prep Time: 15 minutes or less

Total Time: 30 minutes or less

Serves: 4

Ingredients:

- ½ pound penne pasta
- 5 cups broccoli florets or 1 (12-ounce) bag broccoli florets
- ¼ cup extra-virgin olive oil
- 10 garlic cloves, thinly sliced
- ½ cup reduced-sodium chicken broth
- Grated zest of 1 lemon
- Salt and freshly ground black pepper
- ¼ cup freshly grated Parmesan cheese



Photo: The American Cancer Society.

Instructions:

1. Prepare penne according to package directions for al dente (just firm). 2 to 3 minutes before penne is ready, add broccoli. Finish cooking, drain and set aside.
2. Meanwhile, in a large skillet over medium-high heat, add oil. Sauté the garlic for 1 to 2 minutes, or until aromatic and beginning to color.
3. Add broth and bring to a boil for 3 to 5 minutes, or until reduced by half, stirring frequently. Add pasta, broccoli and lemon zest and cook until coated with sauce. Season generously with salt and pepper. Transfer to serving bowl and top with cheese.

Tip: For more cheese flavor and fewer calories, grate your own Parmesan cheese with a Microplane grater, a small-holed handheld grater.

Source: The Great American Eat-Right Cookbook by The American Cancer Society. To download the recipe electronically and to see its Nutrition Facts, go to <https://www.cancer.org> and search "Broccoli, Garlic and Lemon Penne."

Share Your Story with Us!

Have an inspiring story or helpful tip to share? Please contact **Joy Dolan**, Communications & Marketing Associate for Valley Health System, at 201-291-6392 or jdolan@valleyhealth.com.