

Cancer Creates...

STRENGTH • COURAGE • HOPE



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INTEGRATIVE MEDICINE

Using Time Management to De-Stress

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With activities in full-swing and the holidays approaching, trying to balance having cancer along with your day-to-day responsibilities may seem especially challenging and overwhelming. It is very common (and OK!) for you to experience stress and anxiety when processing a lot of new information, awaiting test results, and juggling doctor appointments and cancer treatments. It may seem like there isn't enough time to get everything done and take care of

your health, but using time management can help.

Time management becomes all too important to keep us on track, minimize stressors, and give us a sense of control over our lives. Here are some time management tips that have helped our patients and families de-stress and live a more healthy, balanced life.

Find the strategies that work best for you and incorporate them into your life. You may find you feel less stressed and have more time for healing.

Time Management Tips

- **Prioritize** – Rank responsibilities in order of importance. Devise a method of scheduling and implementing that works for you and provides flexibility and a healthy work/life balance. Your health is a top priority.
- **Technology** – Make smart choices and use your technology wisely while also setting healthy boundaries by placing limits on use. Substitute TV with music and silence, which can help you heal.
- **Personal time** – Schedule personal time each day for yourself. Walking, jogging, and meditating are some ways to take care of your physical and mental health. Remember to have fun!
- **Journal** – Self-reflection of the mind, body, and spirit assists you in determining what is essential in your life and what drains you of energy.
- **Delegate** – Delegate responsibilities and trust yourself to give up control. Trust others to complete a task.
- **Declutter** – Clean out your home and office space to calm your mind and allow new things to enter your life.
- **Sleep** – Get a good night's sleep every night.

DID YOU KNOW?

The Importance of Proper Hand Hygiene

Did you know that handwashing can prevent about 30% of gastrointestinal-related sicknesses and about 20% of respiratory infections? Hand washing is one of the most important steps we can take to avoid getting sick or spreading germs to others. In honor of Infection Prevention Awareness Month, here are some helpful tips on appropriate hand hygiene from the Center For Disease Control:

- Proper handwashing involves using soap and water and should be performed for at least 20 seconds.
- The most commonly missed spots while hand washing are the thumbs, fingertips and in-between the fingers. Extra time should be taken to clean those areas.
- Handwashing should always be performed:
 - Before touching your eyes, nose, or mouth
 - Before and after preparing or eating food and handling garbage
 - Before and after changing wound dressings or bandages
 - Before and after caring for a sick person.
 - After using the restroom
 - After blowing your nose, coughing, or sneezing
 - After touching tables, doorknobs, rails, remote controls, phones, or animals
- An alcohol-based hand sanitizer can be used for handwashing to quickly reduce germs when there is no visible dirt or soil on the hands. Consider carrying a pocket-size hand sanitizer with you for situations where you will not have easy access to soap and water. Hand sanitizers are located in all Valley patient care areas for everyone's use.

For more information, visit the Center for Disease Control and Prevention website at CDC.gov and search "handwashing."



COMPREHENSIVE CANCER CARE

INTEGRATIVE HEALING

Cancer Support Groups

Members of our support groups learn to cope with a diagnosis and manage everyday life with the help and support of others going through similar experiences. Please join us!

- **Young Women's Breast Cancer Support Group:** For women ages 45 and under living with breast cancer who are in treatment and up to two years post-treatment. This group meets the second Monday of each month from 6 to 7:30 p.m. Registration is required. To register, call **201-634-5787**.
- **Living with Cancer Support Group:** For patients diagnosed with cancer who are currently undergoing active treatment to share in their experiences and offer mutual support. This group meets the third Tuesday of every month from 1:30 to 3 p.m. Registration is required. To register, call **201-634-5787**.
- **Adjustment to Life After Cancer Treatment Support Group:** For patients with no evidence of disease who are at least one month post-treatment and up to two years post-treatment. This group meets the fourth Monday of each month from 6 to 7:30 p.m. to register, call **201-634-5422**.

There's More Online

Visit ValleyHealth.com/Cancer to:

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

UPCOMING EVENTS

CancerCare Family Workshop: Gratitude

Thursday, November 21, 5:30 to 7:30 p.m.
CancerCare Office, 1 Kalisa Way, Paramus

Join us for our bi-annual family workshop hosted in partnership with CancerCare! Meet with other families who have young children (ages 5+), that have a parent or other adult in their lives with cancer. We will focus on the concept of gratitude and coping with the challenges that a cancer diagnosis can bring to the family. Pizza and snacks will be served. To register or for more information, call **201-634-5787** or email: Lponcsocialwork@valleyhealth.com.

Get the Latest on Prostate Cancer

Thursday, November 21, 11 a.m. to 12:30 p.m.
The Kraft Center, 15 Essex Road, Paramus

In this PrimeTime program, our panel of experts will explain the importance of early detection and will give information on the most recent treatments. A light brunch will be served. To register, call **1-877-283-2276** or register online at ValleyHealth.com/Events. If after you register, you need to cancel, please email CommunityHealth@ValleyHealth.com.

NUTRITION

Pumpkin Shell Beef Stew

By: Tamara Bowman, contributor to SofaBFood.com

Serves: 2

Ingredients:

- 1 pound (chuck or stew meat) beef, cut into cubes (*For a vegetarian twist, replace beef with chickpeas and red beans*)
- 1 small red onion, sliced
- 1 small sweet potato, scrubbed and cut into cubes
- 2 carrots, peeled and cut into bite sized pieces
- 1 green bell pepper, sliced
- 1 tomato, chopped
- 2 cloves of garlic, minced
- Salt & freshly cracked black pepper to taste
- 1 cup beef broth
- 1 small pumpkin
- 1 tbsp oil

Instructions:

1. In a pot, heat oil and brown the meat.
2. Add onion, garlic, sweet potato, carrot, bell pepper, and toss everything together. Cook for couple of minutes and add the tomato, along with beef broth, salt and freshly cracked black pepper. Cover and cook on low for 1.5 hours.
3. Cut the top off the pumpkin and set aside. Scoop out the seeds and fibers.
4. Place the pumpkin on a baking sheet and brush with oil.
5. Spoon in the stew, replace the top and bake at 325°F for 1.5 hours. Check and add additional bake time until it is cooked through but not overcooked. Serve and enjoy!

Home Chef Tip: The stew freezes well and makes an excellent and impressive meal when you're not in the mood to cook.

For an online version of the recipe, go to sofabfood.com/pumpkin-shell-beef-stew-recipe/.



Share Your Story with Us!

Have an inspiring story or helpful tip to share? Let us know, and it may appear in our next edition of *Cancer Creates*! Please contact Joy Dolan, Communications & Marketing Associate for Valley Health System, at **201-291-6392** or jdolan@valleyhealth.com.