Up, Up and Away!

Hot air balloons have way more history than one would think. Catch the scoop here on the cover.

Social Work Corner

Read this helpful article written by your Oncology Social Worker.

Local support group information is on this page.

Eat & Laugh

Another scrumptious seasonal recipe provided by our own Oncology Dietitian for you to try.

Comedy Corner is sure to make you chuckle!

Fun Only Found Here

Staff shenanigans...enough said!

Gertie’s Style Guide

Gertie is ready for Summer & the Tiki Bar!

The history behind the balloons

You think the Wright Brothers were impressive? Hot air balloons were carrying people through the air almost a century before the Wright Brothers were even born. Here are some oddities from the oldest form of human flight.

1. A rooster, a duck, and a sheep were the first hot air balloon passengers. In 1783, the first hot air balloon was set to fly over the heads of Louis XVI, Marie Antoinette, and the French court in Versailles. Like monkeys in space, this odd assortment of animals was chosen to test the effects of flight. Sheep, thought to be similar to people, would show the effects of altitude on a land dweller, while ducks and roosters, which could already fly (albeit at different heights), would act as controls in the experiment. The balloon flew on a tether for 8 minutes, rising 1500 feet into the air and traveling 2 miles before being brought safely to the ground. The animals were unharmed.

2. The first pilot was also the first air crash victim. Two years later Rozier decided to break another record by crossing the English Channel in a new kind of balloon, one that was half hot air, half hydrogen. Sadly, 30 minutes after taking off, the balloon exploded. Rozier and his copilot were killed, giving him an unfortunate new record: the first person to fly in a balloon, and the first person to die in one.

Source: www.mentalfloss.com

The Peals Family Chemotherapy Center | St. Joseph Hospital

Inside this Issue

P1/ Up, Up and Away!
Hot air balloons have way more history than one would think, catch the scoop here on the cover.

P2/ Social Work Corner
Read this helpful article written by your Oncology Social Worker.
Local support group information is on this page.

P3/ Eat & Laugh
Another scrumptious seasonal recipe provided by our own Oncology Dietitian for you to try.
Comedy Corner is sure to make you chuckle!

P4/ Fun Only Found Here
Staff shenanigans...enough said!

Gertie’s Style Guide is full of color this month! Check it out!
For Patients and Caregivers: How to Access Your Support Network after a Cancer Diagnosis
By April Alexander, MSW, ASW – Clinical Oncology Social Worker

As Americans we are used to being strong and independent, relying on ourselves much of the time. But after being diagnosed with a cancer diagnosis, this independence can actually be a hindrance to us. "When you ask for help, you are making your well-being a priority by putting into play actions that will support you", says Nicole Lise Feingold, MA, Director of Patient Services for the Pancreatic Cancer Action Network (PanCAN). Here are some ways others can help to support you:

1. By organizing your doctor visits and medical records
2. Help you navigate the medical system by talking with healthcare team members
3. Assisting you in researching helpful resources and information
4. Arranging for transportation or childcare
5. Connecting with your medical team to access needed resources
6. Assisting with the tasks of daily living such as meal preparation, shopping, & cleaning

For caregivers it’s very important to know your personal limitations and the supportive resources available to you. Here are three tips to help you get the assistance you may need:

1. Ask family, friends, and caregivers for assistance with daily tasks such as shopping, cleaning, and cooking for your loved one
2. Look for support from friends and family who will listen to your concerns and frustrations without judgment
3. Find expert help from agencies such as community health services, social workers, psychologist, navigators, and other specialists who can assist you with the complexities of your loved one’s cancer treatment

A cancer diagnosis can be overwhelming, but when we reach out to others in our support network it lightens the load for both the patient and caregivers.

Resources: www.pancan.org "How to Ask for Help When Fighting Pancreatic Cancer"

---

**Social Work Corner**

**WHAT TO EAT**

**Easy Quiche**

Provided by Whitney Greene, RD, CSO Oncology Dietitian for Cancer Support Services

*The days are longer and the hens are laying more eggs! Here’s a good way to use them up! This easy quiche recipe only takes 10 minutes prep time! It is easily customizable, if you don’t like broccoli, throw some bell peppers in instead! If you don’t like cheddar cheese, use mozzarella instead and just like that, your very own tasty quiche.*

**INGREDIENTS:**
- 2 cups milk
- 4 eggs
- 3/4 cup biscuit baking mix
- 1/4 cup butter, softened
- 1 cup grated Parmesan cheese
- 1 (10 ounce) package chopped frozen broccoli, thawed and drained
- 1 cup cubed cooked ham
- 8 ounces shredded Cheddar cheese

**INSTRUCTIONS:**
1. Preheat oven to 375 degrees F.
2. Lightly grease a 10 inch quiche dish.
3. In a large bowl, beat together milk, eggs, baking mix, butter and parmesan cheese. Batter will be lumpy. Stir in broccoli, ham and Cheddar cheese.
4. Pour into prepared quiche dish.
5. Bake in preheated oven for 50 minutes, until eggs are set and top is golden brown.
6. ENJOY!

**Nutrition Facts per Serving**
- 371 calories
- 26.6 g fat
- 12.5 g carbohydrates
- 21 g protein
- 161 mg cholesterol
- 797 mg sodium

---

**Support Group Information**

<table>
<thead>
<tr>
<th>All Cancer Support Group</th>
<th>3rd Thursday each month</th>
<th>Time: 5:30pm-6:30pm</th>
<th>St. Joseph Hospital</th>
<th>Call April Alexander for location (707)445-8121 X 6349</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head &amp; Neck Cancer Support Group</td>
<td>1st Tuesday of each month</td>
<td>Time: 10:00am-11:00am</td>
<td>St. Joseph Hospital</td>
<td>3rd Floor, Classroom #2 Call April Alexander for more info (707)445-8121 X 6349</td>
</tr>
<tr>
<td>Prostate Cancer Support Group</td>
<td>2nd Wednesday of each month</td>
<td>Time: 6:00pm—7:00pm</td>
<td>St. Joseph Hospital</td>
<td>Conference Room #3</td>
</tr>
<tr>
<td>Leukemia &amp; Lymphoma Cancer Support Group</td>
<td>1st Tuesday of each month</td>
<td>Time: 4:00pm-5:30pm</td>
<td>Call Amanda @ (707) 616-1116</td>
<td></td>
</tr>
<tr>
<td>American Cancer Society Support Group</td>
<td>4th Tuesday of each month</td>
<td>Time: 6:30pm—8:00pm</td>
<td>2942 F Street, Conference Room</td>
<td>For more info: (707) 443-9522</td>
</tr>
</tbody>
</table>

Hosted by Breast & GYN Health Project: Please call to confirm times or for more information if you’d like to attend a group: (707) 825-8345

Breast Cancer Support* 2nd & 4th Thursday of each month Time: 4:30pm-6:00pm

Advanced Disease: Stage 4* Every Monday Time: 1:00pm-2:30pm

Gynecologic Cancer* 2nd & 4th Tuesday each month Time: 3:00pm-4:30pm

Writing & Living with Cancer* 1st & 3rd Monday of each month Time: 3:30pm-5:30pm

*These groups are for cancer patients only

**Comedy Corner**

*For cryin’ out loud! Can’t you forget about work just for one day?*

*You know, hey always the first one here and he always buys the drinks in the corner bar. Who else is in here?*

*Loosen up Kid. You’re not on your organic farm anymore.*

---

**Easy Quiche**

Provided by Whitney Greene, RD, CSO Oncology Dietitian for Cancer Support Services

*The days are longer and the hens are laying more eggs! Here’s a good way to use them up! This easy quiche recipe only takes 10 minutes prep time! It is easily customizable, if you don’t like broccoli, throw some bell peppers in instead! If you don’t like cheddar cheese, use mozzarella instead and just like that, your very own tasty quiche.*

**INGREDIENTS:**
- 2 cups milk
- 4 eggs
- 3/4 cup biscuit baking mix
- 1/4 cup butter, softened
- 1 cup grated Parmesan cheese
- 1 (10 ounce) package chopped frozen broccoli, thawed and drained
- 1 cup cubed cooked ham
- 8 ounces shredded Cheddar cheese

**INSTRUCTIONS:**
1. Preheat oven to 375 degrees F.
2. Lightly grease a 10 inch quiche dish.
3. In a large bowl, beat together milk, eggs, baking mix, butter and parmesan cheese. Batter will be lumpy. Stir in broccoli, ham and Cheddar cheese.
4. Pour into prepared quiche dish.
5. Bake in preheated oven for 50 minutes, until eggs are set and top is golden brown.
6. ENJOY!

**Nutrition Facts per Serving**
- 371 calories
- 26.6 g fat
- 12.5 g carbohydrates
- 21 g protein
- 161 mg cholesterol
- 797 mg sodium

---

Check out this awesome program called "Chemo Angels." The website is www.chemoangels.org. The program is designed to offer support for patients undergoing chemotherapy, by linking them with volunteer sponsors. These sponsors act as "chemo angels" and send patients gifts, cards, and more to support and uplift them during their time of treatment.