March is National Nutrition Month!!!
A BIG thank you to all of our amazing registered dietitians!!!
Remember to eat your fruits and vegetables! The picture to the right is a great resource in visualizing serving sizes.

What are Phytochemicals?
Phytochemicals are naturally occurring plant chemicals, they provide plants with color, odor and flavor. Once eaten, research shows the phytochemicals can influence the chemical processes inside our bodies in helpful ways.

Phytochemicals have the potential to:
- Stimulate the immune system
- Block substances we eat, drink and breathe from becoming carcinogens
- Reduce the kind of inflammation that makes cancer growth more likely
- Prevent DNA damage and help with DNA repair
- Reduce the kind of oxidative damage to cells that can spark cancer
- Slow the growth rate of cancer cells
- Help to regulate hormones
- Stimulate the immune system
- Prevent DNA damage and help with DNA repair
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- Slow the growth rate of cancer cells
- Help to regulate hormones

Phytochemicals can be found in:
- Blue berries, apple, citrus fruits, onions, soy products, coffee and tea, buckwheat, cocoa, strawberries, grapes, green tea, whole grains, peanuts, oregano, sage, broccoli, red, orange and green fruits and vegetables, carrots, cooked tomatoes, leafy greens, apricots, kale, and cruciferous vegetables (cabbage, broccoli, cauliflower).

What are Phytochemicals?

COLORECTAL CANCER FACTS
- Colorectal cancer is one of our top cancer sites for new cases annually in both California and locally here in Humboldt County.
- Because of growing evidence that colorectal cancer has been increasing in young people, American Cancer Society recommends screening testing starting at age 45 for anyone with a family history of colon or rectal cancer.

Screening is recommended starting at age 50 for most people.
- Screening can be as easy as an annual stool test or you can choose to do a colonoscopy every ten years.
- You can lower your risk by eating a healthy diet, exercising regularly, avoiding tobacco & alcohol, and maintaining a healthy weight.

At the spring equinox, the amount of daylight and darkness is almost equal. The name equinox comes from Latin words which mean "equal night" aequus (equal) and nox (night). Enjoy the increasing sunlight hours, with earlier sunrises and later sunsets.

Our ancestors were more connected to the Sun than we are today. They observed its pathway across the sky; they tracked how the sunrise, sunset, and day length changed, using the Sun (and Moon) as a clock and calendar.

There are many ancient sites that mark the equinoxes (and solstices). At Chichen Itza in Mexico, Mayans built a huge pyramid around the year A.D. 1000. The play of the Sun’s light on it signals the beginning of the seasons. On the spring equinox, the light pattern looks like a snake. Mayans called this day “the return of the Sun serpent.”

The vernal equinox signals the beginning of nature’s renewal in the Northern Hemisphere.

At the spring equinox, the Light pattern looks like a snake. Mayans called this day “the return of the Sun serpent.”

- Worms begin to emerge from the earth. In fact, the March Full Moon is called “The Full Worm Moon”.
- Notice the arc of the Sun across the sky as it shifts toward the north. Birds are migrating northward, along with the path of the Sun.
- Speaking of birds, did you know that the increasing sunlight is what triggers birds to sing? Cool, eh?
- Trees, shrubs, and flowers are sensitive to temperature and day length, too!
- Since ancient days, people have used them as indicators of when the weather is right for planting. For example: Blooming crocus (pictured above) are your cue to plant radishes, parsnips and spinach.
- Of course, the longer days bring warmer weather!
- Ready, set, plant! March is time to start gardens and sow seeds in many regions.


Bring on the sunshine!

March is Colorectal Cancer Awareness Month

MARCH IS COLON CANCER AWARENESS MONTH

Avoiding tobacco & alcohol, and maintaining a healthy diet and exercise has been shown to reduce the risk of colorectal cancer.

March is Colorectal Cancer Awareness Month

Cancer is one of our top cancer sites for new cases annually in both California and locally here in Humboldt County. Because of growing evidence that colorectal cancer has been increasing in young people, American Cancer Society recommends screening starting at age 45 for anyone with a family history of colon or rectal cancer. Screening is recommended starting at age 50 for most people.

Screening can be as easy as an annual stool test or you can choose to do a colonoscopy every ten years.

You can lower your risk by eating a healthy diet, exercising regularly, avoiding tobacco & alcohol, and maintaining a healthy weight.

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Bring on the sunshine!
Social Work Corner

March is National Social Work Month!

Article By: April Alexander, LCSW, OSW-C, ACHP-SW Oncology Social Worker

According to the National Association of Social Workers there are over 640,000 social workers throughout the United States. Social workers have always led the way to developing both private and charitable organizations to serve people in need. They see societal injustices and take action, bringing our nation’s social problems to the public’s attention. In fact, many of the benefits we take for granted came about because of social workers. Some of these benefits include:

- Protection of the civil rights of all people regardless of gender, race, faith, or sexual orientation
- Provision of unemployment insurance, disability pay, workers compensation, and Social Security
- Humane and equal treatment for people with mental illness and developmental disabilities
- Ensuring access to Medicaid and Medicare for people who are poor, disabled, and elderly

What is an oncology social worker? Oncology social workers have specialized training and experience in working with cancer patients and survivors. Their scope of practice includes services to cancer survivors, families, and caregivers through clinical practice. They provide comprehensive psychosocial services and programs through all phases of the cancer experience. Oncology social workers also contribute services to institutions and agencies to increase their knowledge of the psychosocial, social, cultural, and spiritual factors that impact coping with cancer and its effects, and they insure provision of quality psychosocial programs and care. Additionally, they offer services to the community through education, consultation, research and volunteering to utilize and promote or strengthen the community services, programs, and resources available to meet the needs of cancer survivors. (AOSW, 2017)

How can you find an oncology social worker?
- Ask your doctor, nurse, or other healthcare provider
- Go to www.aosw.org and click on “People Affected by Cancer” to find resources and tips, and on “Blog” to learn more about oncology social work

Tap into the expertise of oncology social workers, and empower yourself for the journey!

Support Group Information

All Cancer Support Group
3rd Thursday each month
Time: 5:30pm-6:30pm
St. Joseph Hospital
Call April Alexander for Location (707) 443-8121 X 6349

Redwood Ostomy Group
2nd Saturday of each month
Time: 2:00pm-4:00pm
St. Joseph Hospital
3rd Floor, Classroom #1

Prostate Cancer Support Group
2nd Wednesday of each month
Time: 6:00pm—7:00pm
St. Joseph Hospital
Conference Room #3

Leukemia & Lymphoma Cancer Support Group
1st Tuesday of each month
Time: 4:00pm-5:30pm
Call Amanda @ (707) 616-1116

American Cancer Society Support Group
4th Tuesday of each month
Time: 6:30pm—8:00pm
2942 F Street, Conference Room
For more info: (707) 443-9522

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

WHAT TO EAT

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

IRISH TEA CAKE

INGREDIENTS: Makes 10 servings
- ½ cup butter, softened
- 1 cup white sugar
- 2 eggs
- 1 ½ teaspoons vanilla extract
- 1 ¾ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup milk
- ¼ cup confections’ sugar for dusting

INSTRUCTIONS:
1. Preheat oven to 350 degrees F. Grease and flour a 9-inch round pan.
2. In a medium bowl, cream together the butter and sugar until light and fluffy.
3. Beat in the eggs, one at a time, mixing until fully incorporated. Stir in the vanilla.
4. Combine the flour, baking powder and salt; stir into the batter alternately with the milk. If the batter is too stiff, a tablespoon or two of milk may be added.
5. Spread the batter into the prepared pan.
6. Bake for 30-35 minutes in the preheated. A toothpick inserted into the center should come out clean.
7. Cool in pan on a wire rack, then turn out onto a serving plate. Dust with confections’ sugar prior to serving.

Nutrition Facts per Serving
Calories 273, Total Fat 10.7 g, Saturated Fat 6.3 g, Cholesterol 63 mg, Sodium 273 mg, Carbohydrates 40.6 g, Fiber 0.6 g, Sugar 24 g, Protein 4 g

Comedy Corner

His Name is Rainbow, but let’s just say you don’t find gold at the end...

The First enquiry Strike

The spring bound's

Why stop with tom? Let’s climb her elev, shut"