

## Cancer Resources

### Cancer Awareness Calendar

<b>January:</b>	National Cervical Cancer Month
<b>February:</b>	National Cancer Prevention Month
<b>March:</b>	Colorectal Cancer & Multiple Myeloma
<b>April:</b>	Head & Neck Cancers & Testicular
<b>May:</b>	Melanoma & Brain
<b>June:</b>	National Cancer Survivor Month
<b>July:</b>	Sarcoma & Bladder
<b>August:</b>	Cancer Awareness Month
<b>September:</b>	Prostate, Leukemia/Lymphoma, Thyroid & Ovarian Cancer
<b>October:</b>	Breast Cancer & Liver
<b>November:</b>	Lung Cancer & Smoking Cessation & Pancreatic
<b>December:</b>	Cancer Research & Prevention

### American Cancer Society

(530) 741-1366 or 1-800-227-2345, [www.cancer.org](http://www.cancer.org)

### National Cancer Institute

1-800-422-6237, [www.cancer.gov](http://www.cancer.gov)

### Cancer Care

1-800-813-4673 [www.cancercare.org](http://www.cancercare.org)

### Cancer Hope Network

1-877-HOPENET

### Rideout Cancer Center General Support Group

Every Thursday 11:30 a.m.—12:45 p.m. in the Cancer Centers' Library of Life

### Prostate Support Group

Meets 2nd Wednesday of each month at 5:30 p.m. at the Rideout Cancer Center

### Bible Study & Fellowship

A general non-denominational bible study meets every Monday at 9a.m. at the Rideout Cancer Center

### “Look Good, Feel Better”

The American Cancer Society offers a FREE session to learn and cope with appearance related side effects from chemotherapy and to regain a sense of self confidence monthly. Please see Mindy, our social worker, to register.

618 5th St  
Marysville, CA 95901  
Phone: 530-749-4400  
Fax: 530-749-4534



**RIDEOUT  
CANCER CENTER**  
IN PARTNERSHIP WITH  
UC DAVIS HEALTH SYSTEM



# Cancer Center Network



## Welcome to Rideout Cancer Center

Cancer Center Staff:

**Administrator**

Susan Vague, RT (T)

**Director of Nursing**

Joy Morgan, RN, OCN

**Cancer Program**

**Coordinator**

Glenda Farrell, CTR

**Medical Oncologists**

David Harrison, MD

Hoa P. Nguyen, MD

Pamela R. Oster, MD

Brady Miller, MD

Amandeep Gill, MD

**Radiation Oncologist**

Charles Wilkinson, MD

Rideout Cancer Center would like to welcome Dr. Amandeep Gill. Dr. Gill completed his Hematology & Oncology Fellowship training at the University of California Davis Medical Center in 2015. He completed his Internal Medicine Residency from the University of California Davis Medical Center in 2011 and his Doctor of Medicine at George Washington University School of Medicine and Health Science in 2008. He is a member of the American Society of Clinical Oncology, American Society of Hematology and the American College of Physicians. When not working, Dr. Gill enjoys music, basketball, fitness and ceramics.



Dr. Gill, Medical Oncologist

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Roxie Jones, Executive Secretary

Roxie retired from the United States Air Force Reserves in 2012 where she served 27 years as Chief Master Sergeant and Senior Air Reserve Technician. Her excellent people skills have made her a hit here at the Cancer Center. The staff calls her "Superwomen" because she always saves the day! She is married and celebrated her 19<sup>th</sup> wedding anniversary in September. Together they have 5 children and 6 grandchildren. In her spare time, Roxie serves as Vice President of the Marysville Jr Football & Cheer Organization for the past 4 years as an advocate for children. The Rideout Cancer Center is very excited to have had Roxie join our team!

## A Healthy Approach to Holiday Eating

Reviewed By: Wendy Marcason, RDN  
Published December 25, 2014

### Have your Diet and Eat Cake Too!

The holidays are a time to enjoy friends, family and food. And, contrary to popular belief, you can have all three without putting on the extra pounds!

On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. High-fiber foods are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of food that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan—one that can also include dessert.

These are many strategies to help you can avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really are still hungry.

Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or you can play catch or a game of basketball with the kids.

For more information on how to eat healthy, contact a registered dietitian nutritionist in your area.



## Coping With Cancer During the Holiday Season



### Maintaining Your Holiday Cheer

Written By: Mindy Johnson, MSW



Spending time with family, shopping, baking, and decorating are some of the many activities you may enjoy during the holiday season. It can be hard to imagine how you will find the energy to do these things while undergoing cancer treatment. Although they may look a little different, it is still possible to enjoy your holiday traditions and the events of the season. These tips can help you cope with cancer during the holidays.

**Make the most of your energy** by adjusting your usual activities. If you usually bake cookies to decorate, consider buying the dough and then decorating them. Delegate tasks to other family members. If you usually cook the holiday meal, consider trying a pot-luck style meal.

**Simplify gift giving.** You may want to try shopping online or through a catalog to save energy and time. Gift cards with a thoughtful note included may also be more convenient than shopping during the busy holiday seasons. Even just spending a little extra time with loved ones can show them how much you care.

**Take care of yourself.** It is easy to become overloaded with the many holiday parties and events. You may need to prioritize which events you attend and decline some invitations. This will help you make the most out of the season.

**Acknowledge your feelings** and allow yourself to be joyful, sad, or angry. It can be helpful to talk about your feelings with close friends, family members, or a counselor.

### Co-pay Assistance Programs

The beginning of the year can be difficult if you have a large deductible or out-of-pocket medical expenses. You may qualify for co-pay assistance to help cover the cost of chemotherapy and cancer medication. Please visit our Reimbursement Analyst to see if you qualify for assistance. Call Xia at 749-4400 ext. 1653 for more information.



## Local Holiday Events

**November 26-29**

### **Hmong New Year Celebration**

**Cal Expo—1600 Exposition Blvd, Sacramento**

Come celebrate the largest Asian American Event in Sacramento, 11th Annual Hmong New Year Celebration. Enjoy authentic food, dancing, live music, Miss Hmong California Pageant, sports tournaments and much more! Don't forget to dress up in your favorite Hmong outfit!

**Fridays November 27-December 4, 11, and 18th 6-9PM**

### **Grass Valley Cornish Christmas Celebration**

**Historic Downtown, Mill and West Main Streets**

Enjoy the sights and sounds of an old-fashioned Christmas with carolers, jugglers, live music, the Grass Valley Cornish Carol Choir, Tommyknocker Cloggers, and Santa Claus. Also, enjoy food vendors, hand-made arts and craft and shopping at local stores. For more information visit: [www.downtowngrassvalley.com](http://www.downtowngrassvalley.com)

**December 4-20, Fri-Sat 8PM & Sun 2PM**

### **“The Best Christmas Pageant Ever” Play**

**The Acting Company— 815 B Street, Yuba City**  
A play about how a community rethinks the real meaning of Christmas. For tickets contact box office at 751-1100. Tickets \$15



**December 1, 5PM-8PM**

### **Small Town Christmas Celebration**

**Live Oak - Historic Downtown Broadway Street**

Celebrate the start of the Holiday Season with the Tree Lighting Ceremony.

**December 5, 5PM**

### **Christmas Parade**

**Historic Downtown Marysville**

Join in on the festive, 65th Annual Christmas Parade, “A Wild West Christmas” starting on the corner of 6th and D Street. For more information call Shannon at 749-3954.



## Local Holiday Events



**December 5th, 5-8PM**

### **Trees & Traditions**

**Sutter Community Memorial Museum,  
Yuba City**

The Community Memorial Museum will be holding their annual Trees & Traditions fundraising Gala. Tickets can be purchased for \$45 in person at the Museum, located at 1333 Butte House Road in Yuba City. The Museum is open Wednesday through Friday from 9 AM-5PM and Saturdays from noon-4PM. For more information, call the Museum at 822-7141.

**December 12, 2-9PM**

### **“Santa’s Village” Christmas Stroll**

**Plumas Street, Yuba City**

Enjoy live entertainment, food, craft vendors, carolers, pictures with Santa, and much more! For more information contact Donna at 755-1620.

**Sundays December 6, 13, 20th from 1:30-6 PM & Wednesdays December 16th & 23rd from 5-9 PM**

### **Nevada City Victorian Christmas**

**Historic Downtown Nevada City**

Fun for all ages: live entertainment, food, carriage rides, over 100 different craft items in a magic Christmas setting. For more information call (530) 265-2692 or visit : [www.nevadacitychamber.com](http://www.nevadacitychamber.com)

# HAPPY HOLIDAYS