

Peninsula Regional Medical Center Cancer Support Services



Our Mission

Improve the health of the communities we serve.

Our Values

- Respect for every individual
- Delivery of exceptional service
- Continuous improvement
- Safety, effectiveness
- Trust and compassion
- Transparency
- Stewardship

New Beginnings

"To feel safe and warm on a cold wet night, all you really need is soup" Laurie Collwin

With a new year upon us, many take time to reflect on changes we'd like to make in our lives, especially our food choices. Healthy habits don't have to be restrictive. If you are interested in improving your diet, start with simply adding more fruits and vegetables! Swap an unhealthy snack or side a day with a serving of fruits or vegetables. The phytochemicals, vitamins and minerals from these colorful foods help keep your immune system strong, bones healthy, and energy levels up during the long, cold winter. I can think of no better way to add extra veggies than a warm bowl of soup. Come see how easy this soup is to prepare during the January Patient, Survivor, Caregiver Support Group in Ocean Pines on January 22nd from 1-2pm.

Spicy Peanut Soup with Sweet Potatoes and Kale

- | | |
|--|---|
| • 2 Tbsp olive oil | • 1 14-ounce can light coconut milk |
| • Half an onion, diced | • 2 cups water |
| • 1 jalapeno, minced | • 1 tsp salt |
| • 2 garlic cloves, minced | • 1 tsp curry powder or turmeric |
| • 3 large sweet potatoes, peeled and cubed | • 1/2 cup chopped peanuts |
| • 1 14-ounce can fire roasted tomatoes | • 1/4 cup peanut butter |
| | • 1-2 cups kale, stems removed, chopped |
1. Sautee onion, garlic and jalapeno in olive oil until soft and fragrant. Add sweet potatoes and lightly brown
 2. Add tomatoes, coconut milk, water, spices, peanuts. Simmer until potatoes are tender.
 3. Add peanut butter and kale. Simmer until thick, creamy and delicious! Top with peanuts and cilantro, if desired.

Recipe source: <https://pinchofyum.com/sweet-potato-peanut-soup>

OUR SERVICES

In Ocean Pines and Salisbury cancer support services are available for cancer survivors and their families. We offer support groups, educational opportunities and social events for anyone affected by cancer.

FREE INDIVIDUAL COUNSELING AVAILABLE:
Up to 3 sessions by appointment.

SUPPORT SERVICES

Survivor /Patient Group *

Caregiver Group

Prostate Support Group

Head & Neck Cancer Group

Blood Cancer Support Group

Healthy Living/Educational Activities

Tai Chi and Healing Seated Yoga

Healthy Cooking Classes

**Please note: The Patient, Survivor and Caregiver Support Group in Ocean Pines has been changed to the 4th Tuesday of each month.*

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year! No Services (MAC is closed.)	2 Healing Yoga 1:30 –2:30 PM (CSS) Produce Pick-up 3:30-5:30 pm (MAC)	3 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm	4	5
6	7 Tai Chi 2-3pm (MAC)	8 Prostate Support Group 1:30-2:30pm (CSS)	9 Healing Yoga 1:30 –2:30 pm (CSS) Produce Pick-up 3:30-5:30 pm (MAC)	10 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm WSW Breast Cancer Support Group—Ocean Pines 6:30-7:30 pm	11	12
13	14 Tai Chi 2-3pm (MAC) WSW Stitch Therapy Knitting Group-Ocean Pines 1:00-3:00 pm	15 Head and Neck Cancer Support Group * Change in location 3 East Conference Room at PRMC 6pm-8pm	16 What's Cooking? 10-11:30am (MAC) Healing Yoga 1:30 –2:30 pm (CSS) Produce Pick-up 3:30-5:30 pm (MAC)	17 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm	18	19
20	21 Martin Luther King, Jr Day MAC Closed	22 Patient, Survivor, Caregiver Support Group—Ocean Pines 1:00-2:00 pm	23 Healing Yoga 1:30 –2:30 pm (CSS) Produce Pick-up 3:30-5:30 pm (MAC)	24 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm	25	26
27	28 Tai Chi 2-3pm (MAC)	29	30 Lunch Bunch 12-1 pm (CSS) Healing Yoga 1:30 –2:30 pm (CSS) Produce Pick-up 3:30-5:30 pm (MAC)			

***Head and Neck Cancer Support Group Location Change**-This group will meet on the 3rd floor of the hospital, in the Family Room on 3 East, the inpatient oncology unit. Enter at Carroll St, take the elevator to the 3rd floor, make a right off the elevator towards 3 East, room will be on the right, just before the nurses station. Signs will be posted to help navigate.

What's Cooking? - A nutrition and cooking demonstration that encourages cooking at home, eating more fruits and vegetables to improve well-being and promote cancer prevention. Held at MAC Inc. 909 Progress Circle, Salisbury

Tai Chi - A gentle form of exercise that builds strength, coordination, and balance. A good way to get moving for almost anyone. At MAC Inc. 909 Progress Circle, Salisbury.

Healing Yoga -- A mostly seated yoga class for any ability. Refreshes the mind and body.

WSW Breast Cancer Support Group-Ocean Pines—. ***Gentle Exercise Class** size is limited. Please call Jane or Joan to register 410-912-6939

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Tai Chi 2-3pm MAC	5 NEW!!! Survivor and Caregiver Group (1:30- 2:30pm) MAC	6 Healing Yoga 1:30 –2:30 pm MAC Produce Pick-up 3:30-5:30 pm MAC	7 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm	8	9
10	11 Tai Chi 2-3pm MAC WSW Stitch Thera- py Knitting Group- Ocean Pines 1:00-3:00 pm	12 NEW! Survivor and Caregiver Group (1:30-2:30pm) MAC Prostate Survivor Support Group 1:30 -2:30pm MAC	13 What’s Cooking? 10-11:30 am MAC Healing Yoga 1:30 –2:30 pm MAC Produce Pick-up 3:30-5:30 pm MAC	14 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 WSW Breast Cancer Support Group—Ocean Pines 6:30-7:30 pm	15	16
17	18 President’s Day MAC Closed	19 NEW! Survivor and Caregiver Group (1:30 – 2:30pm) MAC Head and Neck Cancer Survivor Group (6-8pm) PRMC 3East	20 Healing Yoga 1:30 –2:30 pm MAC Produce Pick-up 3:30-5:30 pm MAC	21 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm	22	23
24	25 Tai Chi 2-3pm MAC	26 NEW! Survivor and Caregiver Group (1;30- 2:30pm) MAC Patient, Survivor, Caregiver Support Group—Ocean Pines 1:00-2:00 pm	27 Lunch Bunch 12-1 pm MAC Healing Yoga 1:30 –2:30 pm MAC Produce Pick-up 3:30-5:30 pm (MAC)	28 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 pm		

Gentle Exercise Class in Ocean Pines - Drop-in class builds strength, stamina and flexibility; class size limited. Please call Joan or Jane for information: 410-912-6939

Produce Pick-up - Cancer survivors and patients may receive a bag of vegetables, raised without chemicals, weekly, as supply allows. If interested please call prior to your first visit to Robin Ritchie: 410-742-0505 x170.



If you no longer wish to receive this mailing, we would be happy to remove your name from our mailing list. Please call us: 410-546-1200

Reminders and Upcoming Events:

- **MAC, Inc. located at 909 Progress Circle, Salisbury, MD. 21801** – Cancer Support Services (CSS) move to Mac, Inc. on **2/1/19**. Call Robin Ritchie at 410-742-0505 x170, or Lisa Barnes at 410-543-7209 to learn more about services available.
- **Women Supporting Women Breast Cancer Support Groups** are held each month in several different locations. Note group in Ocean Pines on the second Thursdays at 6:30 pm. For more information, please call 410-548-7880.
- **NEW!** Survivor and Caregiver Group starting on 2/5/19 at Mac from 1:30-2:30pm. Call Lisa Barnes at 410-543-7209 or Robin Ritchie at 410-742-0506 x170.
- **If you no longer wish to receive our calendars and mailings, please call 410-543-7209 and leave a message.**
- **If you are a cancer patient or caregiver and are interested in attending a support group, please call 410-543-7209 and leave a message. We will call you**

January and February 2019

Cancer Support Services
560 Riverside Drive
Salisbury, MD 21801
410-546-1200
410-543-7209