

 Payson Center for Cancer Care

SUMMER/FALL 2024

Paysonprograms

Making a difference for cancer patients & their families.



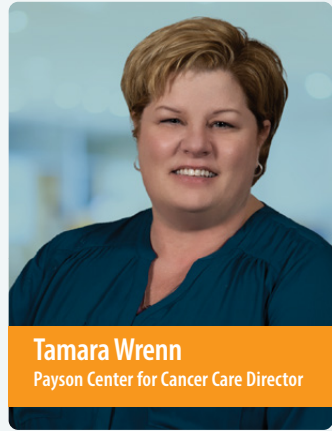
Care. Promise. Hope.

HOPE Resource Center Services | Programs and Events | Support Groups | Complementary Therapies

Payson Center for Cancer Care

Concord Hospital health system diagnoses over 1,600 individuals with cancer every year.

For twenty years we have provided personalized, exceptional cancer care using state-of-the-art treatments and technology to our patients.



Tamara Wrenn
Payson Center for Cancer Care Director

At the Payson Center for Cancer Care, we proudly serve all cancer patients from diagnosis to survivorship. Using a comprehensive care team model, Concord Hospital Healthcare System uses a multidisciplinary approach offering advanced cancer treatment options in many specialties such as Radiation Oncology, Medical Oncology, Surgical Oncology, Breast Care Center and Palliative Care Services.

Over the past twenty years we have learned that wrap-around-cancer-care can be just as important to our patients and their families as the treatments they are receiving. Due to the financial support from Concord Hospital Trust's Rock N Race, Pedaling for Payson and numerous other community events and contributions, the HOPE Resource Center is able to provide financial support, nurse navigation, registered dietitian services, social work and support groups at no cost to our patients. We strive for our patients and their families to feel confident that all their needs can be addressed in one caring and supportive place.

As we look to the future, we will continue to honor our community commitment providing the most up to date treatments/equipment, research, supportive programming and outreach to enrich the lives of our patients.

Thank you for trusting your care to all of us at the Payson Center for Cancer Care.

Tamara Wrenn, MBA MHA CCRP CPHQ
PAYSON CENTER FOR CANCER CARE DIRECTOR



Presented by



19TH ANNUAL

PEDALING 4 PAYSON

Road | Mountain | Gravel

SATURDAY,
SEPTEMBER 7

ELM BROOK PARK, HOPKINTON, NH



REGISTER
TODAY!



SAVE THE DATE

Breast Cancer Survivor Day



OCTOBER
5, 2024

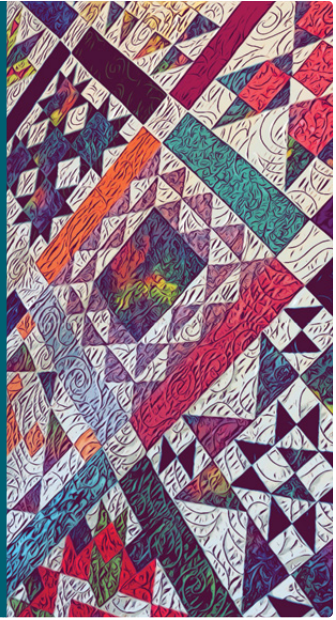


HOPE

RESOURCE CENTER

FLOOR 1 OF PAYSON CENTER

In addition to radiation, medical oncology, and surgery, The Hope Resource Center provides programs and services to cancer patients and their families including social work, nutritional counseling, support groups, complementary therapies — **all at no cost to patients**. These services are made possible through donations.



Administrative Assistant

Welcoming patients to the HOPE Resource Center and offering assistance for patients seeking supportive resources while in treatment. For more information, call **(603) 230-6031**.

Karen Smith



HeartGifts Boutique

FLOOR 1 OF PAYSON CENTER

Open M-F, 8am-3pm

Offering a warm, inviting atmosphere for those with cancer and those who care for them. The Boutique offers specialized items such as wigs, scarves, hats, skin care products, clothing and inspirational items. For more information, call **(603)230-6035**.



Cathy Grappone, Manager



Joan K. Farrel Resource Library

GROUND FLOOR OF PAYSON CENTER

A lending library for patients and families that contains books, brochures and computer terminals with internet access. For more information, call **(603)227-7070**.

Nurse Navigation

Oncology Nurse Navigators guide patients through the cancer care continuum from diagnosis into survivorship. Our nurse navigators work with patients to identify and remove barriers to care through coordination of services and patient education.



Jillian Saunders, BSN, RN



Kim Pauliks, BSN, RN

Certified Mastectomy Fitters

Fittings available for women who have had breast surgery.

We provide post-operative camisoles, mastectomy bras, prosthetics and some everyday items. By appointment. For more information, call **(603)227-7000, ext. 6972**.



Melissa Black, CMF



Catie Casey, CMF

Social Work

An oncology social worker can help you and your family as you move through the cancer experience by providing emotional support, helping with financial challenges, and assisting with transportation to treatment if needed. If you have questions, concerns, needs or want to speak to someone to help sort things out, please call **(603)230-6031**.



Jacquelyn Coe, MSW



Nancy Druke, LICSW

Dietitian

A registered dietitian, specially trained in oncology nutrition, is available to help you manage side effects and make healthy food choices before, during and after treatment. If you would like to schedule a consultation, please call **(603) 230-6032**.



Megan Ryder, RD, CSO, LD

PAYSON CENTER FOR CANCER CARE

Support Groups

All groups currently meet virtually through zoom.
For more information, call (603) 230-6031



Living with Cancer and Beyond

First Wednesday of the month from 5:30-7:00 PM starting in September

A peer led group for persons with any cancer types and their loved ones.

FACILITATOR: Nancy Druke, LICSW

Navigating a New Breast Cancer Diagnosis

Second Wednesday of each month from 5:30-6:30 PM starting in September

A support and educational group for individuals newly diagnosed with breast cancer.

FACILITATORS: Jacquelyn Coe, MSW and Cassandra Delude, APRN, MSN

PLEASE VISIT: concordhospital.org/classes-events

PAYSON CENTER FOR CANCER CARE

Summer / Fall 2024 Classes

Anticancer Lifestyle Program Learning Circle

Every Wednesday, Sept 18 th through Nov 13th
from 12:00-1:00 PM; 9-week virtual series



Anticancer
LIFESTYLE PROGRAM®

The Anticancer Lifestyle Program (ACLPL) is a free online program divided into five modules: Change, Mindset, Diet, Fitness and Environment. An "Anticancer Lifestyle" is one that can reduce inflammation, boost the immune system, and promote overall health. These healthy lifestyle behaviors can reduce the risk of cancer, cancer recurrence and chronic illness. Through the Learning Circle Group, individuals will independently complete the ACLP course material prior to attending the weekly sessions. Each session will be used as a discussion of the material; participants will learn together, share ideas and tips with each other and support one another in making lifestyle changes.

FACILITATORS: Nancy Druke, LICSW and Jacquelyn Coe, MSW

Yoga for Cancer

2nd Tuesday of the month, Sept 10th, Oct 8th, Nov 12th,
and Dec 10th from 9:30-10:30 AM;

In person at Sharing Yoga, 51 South Main St, Concord, NH

Join us for a relaxed class of carefully selected yoga poses that will match breath and movement to combat common cancer related side effects including fatigue, anxiety, lymphedema and more. Additional benefits of yoga for cancer include improved sleep and increased strength and flexibility.

FACILITATOR: Laurie Farmer, certified yoga for cancer practitioner.



SUMMER COOKING CLASS Easy Summer Recipes

Tuesday, June 25th from 5:00-6:30pm;
In person at Payson Center

Celebrate the start of summer with this fun and interactive class! You'll learn about anticancer ingredients, sample delicious locally grown food, and leave with an abundance of recipes to keep you inspired.

FACILITATOR: Megan Ryder, RD, CSO, LD

FALL COOKING CLASS Plant-based Proteins

Tuesday, Sept 17th from 5:00-6:30pm;
In person at Payson Center

If you are following a plant-based diet, you may have wondered, "Am I getting enough protein? What are plant sources of protein? How can I add plant protein into my diet?" If this sounds like you, join this fun class for answers, recipes, and inspiration!

FACILITATOR: Megan Ryder, RD, CSO, LD



TO REGISTER FOR THESE CLASSES PLEASE VISIT:
concordhospital.org/classes-events or call (603)230-6031

Complementary Therapies

For more information, call (603) 230-6031

Acupuncture

A form of holistic medicine that involves placing fine needles at specific points of the body to help encourage healing and promote wellness. Community referrals available.



Aromatherapy

Essential oils may provide comfort by assisting in relief of symptoms such as stress, anxiety, fatigue, nausea, headache or decreased appetite due to chemotherapy and radiation treatments. Available to patients and caregivers.



Reiki

Reiki is an ancient healing technique with the intention to create deep relaxation, to help speed healing, reduce pain and decrease other symptoms you may be experiencing. Reiki is provided by a certified practitioner guiding your body's natural healing energy through hand placement.



Guided Imagery

Guided imagery is offered to patients to promote calmness and relaxation. Individuals can be guided through a mindfulness meditation exercise to focus one's awareness on the present moment. Alternatively, a guided relaxation or guided imagery exercise can assist individuals in achieving increased relaxation by imagining a preferred location or experience.





Heart Gifts Boutique

Have you visited our boutique?

FLOOR 1 OF PAYSON CENTER

Open M-F, 8:30am-3pm

If you're living with cancer or a cancer survivor, you can find a variety of products geared toward your unique needs at the Payson Center for Cancer Care's HeartGifts Boutique. The boutique offers one-stop shopping designed for people with cancer. Specialized items such as wigs, hats, skin care products, aromatherapy, aluminum-free deodorant, queasy drops, and gift items are just some of the items available.





FIVE TIPS TO BEGIN

Meditating

Breath

Breathe naturally, use your breath as an anchor for the mind. If your mind wanders, allow yourself to recognize this and then return your focus to the sensations of your breath. Allow it to unfold naturally, notice the rising and falling sensation in your body.

Emotions

It is common to experience negative emotions including anxiety, restlessness and irritability. Allow these feelings to come and go, and over time the mind may learn to recognize these emotions without negative thought patterns.



Time

Meditation is about habit building. A few minutes each day is a great place to start.

Eyes

You may try with your eyes closed for a body-based experience, or you may keep them open to feel more anchored in your space.

Arms & Legs

Relax your shoulders and arms and allow your hands to rest on your thighs. Sit comfortably, whether you are cross legged on the floor or in a chair with your feet flat on the floor. It is your choice.

After Your Meditation: Check in with yourself

How do you feel physically and emotionally?

The more you establish connection between meditation practice and feeling better, the more invested you'll be in continuing. Some benefits of meditation include increased feelings of calm, focus and a clear mind. Meditation can also alter regions of your brain associated with emotion regulation, which can help cultivate positive emotions.

Homemade Electrolyte Drink

For most people, drinking water is the best way to stay hydrated. However, if you are experiencing fluid losses from intense exercise, sweating, diarrhea or vomiting, you may benefit from the addition of a drink with electrolytes such as potassium, sodium and magnesium. Save money and avoid artificial ingredients by making your own natural electrolyte replacement drink.



INGREDIENTS

- 1 cup water
- ½ cup coconut water
- ¼ cup orange juice
- ¼ cup lemon juice
- ⅛– ¼ teaspoon Himalayan pink salt
- 1 Tablespoon pure maple syrup or honey (*optional*)

INSTRUCTIONS

1. Combine all ingredients in a pint-sized jar with a lid and shake well to mix.
2. Enjoy immediately or place in the refrigerator and store for up to one week.

Are you having side effects of cancer treatment such as weakness, fatigue, lymphedema or changes in balance, coordination and endurance, difficulty swallowing or speaking?

Concord Hospital Rehabilitation Services can help.



Prior to your first appointment, you may need a referral from your primary care provider, surgeon, medical or radiation oncologist. Concord Hospital Rehabilitation Services can help determine if you need a referral and also answer any questions you have.

Interested in a Rehabilitation visit? Call (603) 230-5600

Thinking about Quitting Tobacco?

Cardiovascular Institute Smoking Cessation Clinic

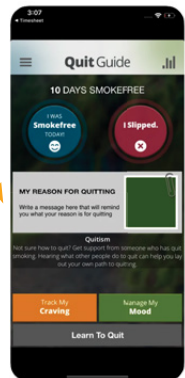
Call (603) 415-6444 to schedule an appointment.

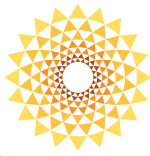
Quitting smoking is one of the most important steps you can take to improve your health. Our individualized approach includes planning, counseling, medication management, coaching and support.

Facts

- Smoking leads to disease and disability and harms nearly every organ in the body.
- Smoking remains the leading cause of preventable disease, disability and death in the United States.
- Many adult cigarette smokers want to quit smoking.

Another resource is **QuitGuide** phone app – a free smoking cessation resource.





Anticancer LIFESTYLE PROGRAM®

Take Charge of Your Health

Up to 75% of cancers are linked to lifestyle behaviors. If you are living with cancer, or seek to prevent chronic illness, the **Anticancer Lifestyle Program** will help you reduce your risk by lowering inflammation and boosting your immune system.



Our FREE offerings include:

- An online course
- eBooks
- Webinars
- Blogs
- Recipes
- ...and much more!

You will learn how to:

- Make healthier food choices
- Work more activity into your daily life
- Lower your daily exposure to harmful toxins
- Reduce stress using simple techniques



CHANGE



MINDSET



DIET



FITNESS



ENVIRONMENT



Ready to get started?

Visit us at anticancerlifestyle.org

Local Resources

GoodLife Programs & Activities

FOR ANY NH RESIDENT AGE 50+

GoodLife's mission is to be a hub in New Hampshire that complements existing services and fosters ongoing community engagement by providing programs and activities that support the independence, health and well-being of active adults aged fifty and older. They offer challenging and fun opportunities such as exercise classes, technology training, art classes and more. To learn more, please visit goodlifenh.org or call **(603) 228-6630** or email info@goodlifenh.org.



LIVESTRONG® at the YMCA

In partnership with the LIVESTRONG® Foundation, the YMCA has developed a free cancer survivorship program for those living with, through, or beyond cancer. This small group program uses traditional exercise methods such as cardiovascular conditioning, strength training, balance and flexibility exercises, instructed by trained exercise specialists.

The program meets twice a week for 75 minutes and runs for 12 weeks. A YMCA membership is provided for free during this time. The program is offered both in person and virtually and serves the YMCA communities of Goffstown, Manchester, Londonderry, Strafford County, Seacoast, Exeter, Nashua, Plaistow and Concord.

For more information, contact Karen Smith, Administrative Assistant in the HOPE Resource Center at **(603) 230-6031** or ksmith@crhc.org.



Granite Visiting Nurse Association



The weeks and months following the death of a loved one are difficult. During this time, people experience many different feelings, and sometimes, changes to sleeping and eating habits and energy levels. Each person's grief experience is unique and there is a wide range of "normal." Granite VNA offers several support groups and programs to help address grief. Programs are offered in Concord, the Lakes Region and virtually. For more information, please call **(603) 224-4093, ext. 82828** or **granitevna.org/griefsupport**.

Expressions Through Art at The Currier



Staff at the Currier Museum of Art and the Solinsky Center for Cancer Care at The Elliot provide a joyful and creative experience for people affected by cancer by facilitating discussions about art in the galleries. The program uses art as a conduit for respite and connection. Light refreshments will be provided. No art experience necessary.

This program will be held the second Thursday of each month from 4:00-6:00 PM. Advanced registration

is not necessary, drop-ins are always welcome.

For more information, please contact **Corie Lyford** at **clyford@currier.org**.



CancerCare.org

A website that offers resources and information on over 120 diagnoses and topics. You can search by type of cancer or topic, including caregiving, chemobrain, mind-body connection, survivorship, workplace issues, and more. CancerCare.org also offers education workshops with leading oncology experts available by phone and online. Please e-mail connect@cancercare.org with questions or for additional information.



Imerman Angels

Are you a cancer fighter, survivor or caregiver looking for one-on-one support? Through our unique matching process, Imerman Angels partners individuals seeking cancer support with a “Mentor Angel”, so that no one has to face cancer alone. To learn more, please visit imermanangels.org or **866-IMERMAN (463-7626)**.

TRAILFINDER.INFO

Trails For All Seasons

Whether you are looking for a weekend hike, an afternoon stroll, or a new place to bike, or paddle, explore Trail Finder's growing database of four-season trails in Vermont and New Hampshire.



For Sleep and Relaxation...

if you are looking for a free online app, consider **Insight Timer**.



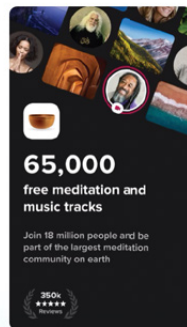
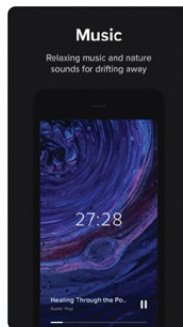
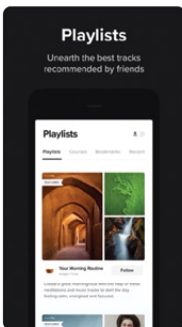
Insight Timer - Medita...

Meditation for Sleep & Anx...

GET

★★★★★ 262K

In-App Purchases



Mediterranean Chickpea Orzo Salad

INGREDIENTS

- 1 ½ cups dry orzo pasta (preferably whole wheat)
- 1 15 ounce can drained and rinsed chickpeas
- ½ diced red onion
- ¼ cup drained capers
- ½ cup sliced pitted Kalamata olives
- 1 pint halved cherry tomatoes
- 1 cup chopped arugula or spinach
- ¼ cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 2 tablespoons lemon juice
- 1 teaspoon honey
- 2 tablespoons diced fresh parsley
- ½ teaspoon dried oregano
- Salt and ground pepper to taste



INSTRUCTIONS

1. Cook orzo according to package instructions.
2. Drain orzo and let it cool.
3. Add orzo to a medium bowl along with all of the remaining ingredients.

Mix well!

NOTES Recipe adapted from [kitchentreaty.com](https://www.kitchentreaty.com)



Support
your
local farmer
pickyourown.org/nh



Did you know?

Chickpeas, also called garbanzo beans, are nutrient dense. Just ½ cup serving provides 7 grams protein and 5 grams fiber – properties that help to control blood sugar.



250 Pleasant Street Concord, New Hampshire 03301

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Concord, NH

If you would like to be added
to the Concord Hospital
Payson Center for Cancer Care
mailing list to receive
updated cancer center
information and newsletters,
please call **(603)230-6031**
or email **pccinfo@crhc.org**.



Care. Promise. **Hope.**