



Staff Spotlight



Dr. Crosby Rock, Radiation Oncologist
John Stoddard Cancer Center

We're excited to welcome Dr. Crosby Rock as a Radiation Oncologist at John Stoddard Cancer Center. He completed his undergraduate education at Brigham Young University (BYU) and medical education at Texas Tech University Health Sciences Center, Paul L Foster School of Medicine. He completed his transitional year at the Spokane Teaching Health Center prior to completing his residency at the University of Kansas Department of Radiation Oncology. While completing his residency, Dr. Rock had the honor of being chief resident. His research has been presented at national meetings including American Society for Radiation Oncology (ASTRO).

Dr. Rock understands that each situation is unique, and a patient is more than a diagnosis. A patient's values, beliefs and past experiences all need to be taken into account to provide the best care possible. Things he loves about his job include interacting with patients and being part of a multidisciplinary team. He also appreciates having state of the art technology and latest treatment modalities at our disposal.

In his time away from work he enjoys spending time with his family. He is happily married to his wife, Tiffany, and they have four very busy little boys aged 7, 5, 4, and 6 months. He also enjoys cycling, playing basketball, watching NBA basketball (Go Jazz) or college football, and he is an aspiring BBQ pit master.

Welcome, Dr. Rock!

Kudos



Dr. Nish Named a 2023 Cancer Liaison Physician Outstanding Performance Award Winner

Congratulations to Andrew Nish, MD, Stoddard Cancer Center Medical Director, on being named a 2023 Cancer Liaison Physician Outstanding Performance Award winner. Dr. Nish is one of 10 cancer liaison physicians from across the country who was recognized for outstanding performance in their role as the physician quality leader of their cancer program.

Stoddard Cancer Center Commision on Cancer Accreditation

Stoddard Cancer Center is an accredited cancer center by the Commission on Cancer (CoC), a program of the American College of Surgeons. CoC accreditation demonstrates a commitment to providing comprehensive, state-of-the-art cancer care close to home. Stoddard Cancer Center took part in the accreditation survey in September and was accredited for another three years. Congratulations to all at Stoddard Cancer Center who took part in the survey and who continue to provide the highest quality of care.



John Stoddard Cancer Center presents



Podcast

Dish with Nish Podcast is a series exploring topics of interest in cancer prevention, the human spirit and how new ideas are changing cancer care. Dr. Andrew Nish, Medical Director at the Stoddard Cancer Center, hosts insightful conversations with doctors, health care workers and patients discussing various aspects of health and cancer care. To listen to his latest episodes, including the topics of childhood cancer awareness and liver cancer, [click here](#). Scroll to 'Dish with Nish Podcast'.

Upcoming Classes, Programs & Events

Hybrid Support Groups

Stoddard Cancer Center has transitioned most support groups to hybrid meetings, so

participants have the option of attending in-person or virtually. For information on when groups meet and how to join, [click here](#) and contact the phone number listed for the group you are interested in attending.

***Please note in the month of December, with the exception of the Advanced or Recurrent Cancer Support Group, support groups will not be meeting due to the Support Group Holiday Party.**



Writing Circle Mondays

Each session participants create a safe space, and then write together for timed intervals to writing prompts. Writing prompts inspire stories from participants' lives. After each timed-writing session, participants will have the opportunity to read their stories to the group, which is healing on many levels. Writing Circle Monday sessions are sponsored by John Stoddard Cancer Center as part of the Charlie Cutler Healing and Wellness Program and inspired by the Amherst Writers & Artist method, which believes that everyone is a writer.

Sessions are held virtually
5:30 p.m. – 7:30 p.m.

Oct. 9, 23 & 30
Nov. 13, 20 & 27
Dec. 11 & 18

Cancer patients and survivors who have completed treatment are welcome to sign up for one to eight sessions. Registration is required, as each session will cap at 10 writers. For questions or to register, call (515) 241-8505 or email gina.mandernach@unitypoint.org.



Writing Through Cancer writing circles are led by Ana McCracken, Founder and Executive Director of the Ames Writers Collective, an organization committed to creating healthy communities through the art of writing.



UnityPoint Health
John Stoddard Cancer Center

Ames Writers Collective
Writing Through Cancer

Mindfulness Based Stress Reduction

Jan 4 - Feb 27, 2024

Central Fellowship Hall, DSM

Tuesdays 5:00-7:30pm

Silent Retreat: Feb 17

9:00am-3:00pm

8-week
evidence-based
program



FIND BALANCE

- Stabilize and increase focus
- Reduce toxic stress
- Respond wisely vs react habitually
- Open to all adults, no experience necessary



WWW.FROMWITHINWELLNESS.COM/MBSR

Taught by Allison Peet, Certified Mindfulness
Based Stress Reduction Instructor
Please read through the entire course
material before registering.

For cancer patients, survivors, caregivers:
Call Gina Mandernach: 515-241-8505
to register. \$100 deposit refunded after
completion of the course.

Questions: Email Allison at allisonpeet@gmail.com

Cancer Related Cognitive Dysfunction



John Stoddard Cancer Center and Outpatient Therapy at Penn are pleased to offer "Cancer Related Cognitive Dysfunction." This class is offered free of charge to cancer survivors affected by cognitive changes caused by a cancer diagnosis and treatment.

Participants in the class will:

- Be educated on what CRCD is
- Learn to identify and recognize one's own symptoms of CRCD
- Practice strategies to improve memory
- Learn exercises to train the brain
- Learn how to get more help if needed

**Tuesday,
January 16**

5:30 - 7:00 p.m.

Virtual Class meeting and a link will be sent to registrants prior to the class.

For more information or to register, please call (515) 241-8505.

There is no charge for this class and space is limited.



UnityPoint Health

John Stoddard Cancer Center

**HOPS
FOR HOPE**
SAT DEC 2 7 P.M.



UnityPoint Health

John Stoddard Cancer Center

Iowa Wolves Hoops for Hope game

You are invited to come out and support the Iowa Wolves Hoops for Hope game benefiting Stoddard Cancer Center. A portion of each ticket goes directly to supporting the patients receiving care at Stoddard Cancer Center. The game takes place on Saturday, December 2 at 7:00 p.m. at Wells Fargo Arena.

Here is the link to purchase tickets: [UnityPoint Health - John Stoddard Cancer Center Fundraiser \(fevo-enterprise.com\)](https://fevo-enterprise.com)

Save the Date - February 10

On February 10 Stoddard Cancer Center will be taking part in two events:

Pink Game - Drake Women's Basketball at 2:00 p.m.

Pink in the Rink - Iowa Wild at 6:00 p.m.

Follow us on Facebook for details on ticket sales.

Black Women 4 Healthy Living

Black Women 4 Healthy Living (BW4HL) hosts the Black Women's Health Coalition at Corinthian Baptist Church on the third Saturday of each month in 2023. The focus is on Black women and their health and wellness. Health Assessments are given monthly to measure progress. The group engages in some low-impact physical activity and discusses a health-related topic unique to Black women. These events are completely free, and ALL Black women are welcome to join. For more information or to register, visit www.bw4hl.org.

Rooted in Nature

UnityPoint Health - Des Moines partners with Polk County Conservation to create health and wellness programs that are focused on improving health with a connection to nature. For a list of classes, [click here](#).

Intertwined

Forest bathing (also called forest therapy) is a wellness practice rooted in scientific research that helps individuals engage with the natural world using all the senses in order to reap positive physiological and psychological benefits. It's more than a walk in the woods; it's an immersion into the full experience of the forest and nature. For upcoming opportunities, [click here](#).

Scope it Out Free Colonoscopies Recap

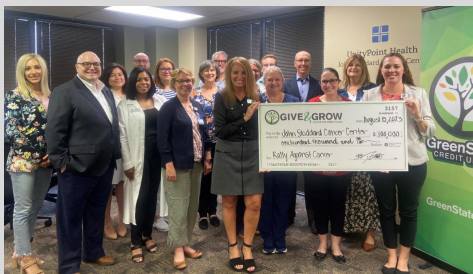
The Scope it Out free colonoscopies program is offered yearly to those in our community who are uninsured, age 45-64, and meet income guidelines. This year nineteen patients received free colonoscopies as part of the program. Scope it Out is a collaborative effort between Stoddard Cancer Center, endoscopy centers at Iowa Lutheran Hospital and Iowa Methodist Medical Center, The Iowa Clinic, Iowa Digestive Disease Center, Iowa Pathology Associates, Primary Healthcare, Inc., and many departments within UnityPoint Health, such as Patient Access, Translation Services, and Pathology Laboratory. At Stoddard Cancer Center we are so grateful for these partnerships, which make a colonoscopy possible for those who might not otherwise have the resources to have this important screening done.



When you think of a world champion, think Chaunté Lowe—a four-time Olympian, Olympic medalist, World Champion and three-time World Championship medalist, the current American record holder for indoor and outdoor high jump, author, mother of three and breast cancer survivor. In addition to Lowe’s impressive athletic record, her life off the field also motivates and inspires thousands. Chaunté would have never guessed, with all she accomplished, her biggest obstacle would come off the track.

In 2019, Lowe was rattled with the devastating diagnosis of triple-negative breast cancer, which is among the most aggressive forms of breast cancer. In a state of disbelief, Chaunté took the crushing blow head-on and was forced to bow out of the national championships for a double mastectomy and miss the world championships for chemotherapy. Still, she decided to fight against the odds and train through chemo in hopes of making the delayed 2020 US Olympic team. Now known as an expert on resilience, her advocacy work focuses on early detection and breast cancer awareness to save lives.

Lowe looks forward to sharing her story of courage, both on and off the track, at the 2024 Rally Against Cancer. The event will take place on January 27, 2024, at Veterans Memorial Community Choice Credit Union Ballroom. Since 2000, Rally Against Cancer has raised over \$6.5 million to support the programs and services John Stoddard Cancer Center provides free-of-charge to patients and families to help improve their quality of life throughout treatment and beyond. [Click here to find out more about the 2024 Rally Against Cancer and to order event tickets.](#)



We are excited for Greenstate Credit Union to be the presenting sponsor for Rally Against Cancer. Their generous \$100,000 gift will support the Oncology Navigator Program and the new Financial Navigator position.



We're grateful to Yellow Cab Company for their generous \$12,000 gift that will go toward the Pink Days Free Mammogram Program and the Oncology Navigator Program. Yellow Cab donated \$1 for each ride they gave during the month of October to the Stoddard Cancer Center through

their Beating Breast Cancer One Trip at a Time campaign.



We are appreciative of Prostate Cancer Awareness of Central Iowa's recent \$10,000 gift! Their generous donation will support our Oncology Navigator Program, helping guide our prostate cancer patients and their families during a difficult time in their lives. With Iowa ranked 2nd in the nation among cancer rates, we appreciate all of the awareness and support Team Blue Iowa brings to our community.



The Carlisle Police Department recently had their pink patch fundraiser to benefit patients at Stoddard Cancer Center. They raised \$840 and we're so grateful for their efforts to support our patients.



We're excited to showcase a new donor wall on the first floor of Stoddard Cancer Center. Come check out the wall and see all the special donors who have made an impact at our center.

In the News

Dr. Arshin Sheybani shares advancements in treating breast cancer on Hello Iowa. [Click here.](#)

Jen Witt is interviewed on WHO TV 13 as part of the Surviving Breast Cancer Series with Calyn Thompson regarding the role of the Oncology Navigation Team. [Click here.](#)

To view the entire Surviving Breast Cancer Series on WHO TV 13, [click here.](#)

Fun Photos



The Adolescent and Young Adult (AYA) Cancer Program at Stoddard Cancer Center celebrated its 10-year anniversary this year. We celebrated by inviting AYA patients and their family and friends to an afternoon with the Iowa Cubs on September 17 at Principal Park.



Pamela Banning and Angela Dotson, both part of Stoddard Cancer Center's Oncology Navigation Team, spent a Saturday morning in September at the Prostate Cancer Awareness of Central Iowa walk in support of those with prostate cancer.



We are so appreciative of our friends at Cops Against Cancer for donating chemo bags for patients at Stoddard Cancer Center and Blank Children's Hospital. This gesture of kindness has brought smiles to many faces.



We're grateful for a donation of 80+ care packages generously donated by caring community members and sponsored by IMT Insurance through the American Cancer Society's Coaches vs. Cancer Gala. This thoughtful gift brightened the day of many.

Healthy Eats

Shrimp Saganaki

Recipe from Carolina Doriti

Adapted by Alexa Weibel



INGREDIENTS

- 1 pound medium shrimp, peeled and deveined
- Sea salt and black pepper
- 2 tablespoons extra-virgin olive oil, plus more for serving
- 1 medium onion, finely chopped
- 3 garlic cloves, thinly sliced
- 2 fresh or dried bay leaves and/or 2 sprigs of thyme
- $\frac{2}{3}$ cup white wine
- 8 ounces cherry tomatoes, halved (about 1 $\frac{3}{4}$ cups)
- 1 (14-ounce) can crushed tomatoes
- $\frac{1}{2}$ cup pitted Kalamata olives
- $\frac{1}{2}$ cup crumbled feta (or more to taste)
- Fresh parsley leaves or torn dill (optional), for garnish
- Toasted bread, for serving

DIRECTIONS

Heat the oven to 400 degrees. Add 2 tablespoons oil to the skillet over medium. Add the onion, garlic and herbs, season lightly with salt and pepper and cook, stirring occasionally, until starting to soften, about 5 minutes. Pour in the wine. Cook, stirring occasionally, until almost evaporated, about 3 minutes.

Stir in the halved cherry tomatoes, crushed tomatoes and $\frac{1}{2}$ cup water, season with salt and pepper and cook, stirring occasionally, until slightly thickened, about 5 minutes.

Once the sauce has thickened, stir in the shrimp, nestling them into the sauce in an even layer. Evenly sprinkle with the olives and feta and bake until the shrimp is cooked through and the feta softened, about 15 minutes.

Drizzle generously with more olive oil, sprinkle with the fresh parsley or dill, and serve immediately.

Interested in giving back? Volunteer at John Stoddard Cancer Center!

Volunteer
Opportunities include:

- Powell 3 Comfort Cart
- Radiation/Oncology
Waiting Room
- EMPOWER Boutique

**Please contact
Caroline Baker
at
[caroline.baker@
unitypoint.org](mailto:caroline.baker@unitypoint.org),
or visit
[unitypoint.org/
volunteer](http://unitypoint.org/volunteer)**



UnityPoint Health

Know how much *You* matter to this world.



The American Cancer Society is seeking volunteers to drive cancer patients to treatment appointments. Access to timely, high-quality treatment can often be a cancer patient's largest roadblock to survival. Many patients must schedule daily or weekly appointments for several months, keeping friends and family from being able to provide all the support needed. The American Cancer Society's Road To Recovery program fills this gap by offering free rides to patients. Volunteer drivers are urgently needed in Des Moines and the surrounding area. To learn more or to volunteer visit cancer.org/drive.

Happy Holidays from all your friends at Stoddard Cancer Center!

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Ideas for the newsletter? Send your ideas and suggestions to Gina Mandernach at gina.mandernach@unitypoint.org.

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