

# Radiation Therapy Center

Of Morris Hospital



MORRIS  
HOSPITAL  
& HEALTHCARE CENTERS

Patient Services Newsletter



JUNE 2022

A large, vibrant rainbow ribbon, symbolizing cancer survivorship, with a splash effect at the top and bottom. The ribbon is set against a white background with a purple base at the bottom.

JOIN US IN CELEBRATING  
NATIONAL CANCER  
SURVIVOR MONTH

National Cancer Survivors Day® is an annual, treasured Celebration of Life that is held in hundreds of communities nationwide, and around the world, on the first Sunday in June. It is a **CELEBRATION** for those who have survived, an **INSPIRATION** for those recently diagnosed, a gathering of **SUPPORT** for families, and an **OUTREACH** to the community. On National Cancer Survivors Day®, people around the world will unite to recognize cancer survivors, raise awareness of the ongoing challenges cancer survivors face, and – most importantly – celebrate life.

It is a day for everyone, whether you're a cancer survivor, a family member, friend, or medical professional. This day provides an opportunity for all people living with a history of cancer – including America's more than 16.9 million cancer survivors – to connect with each other, celebrate milestones, and recognize those who have supported them along the way. It is also a day to draw attention to the ongoing challenges of cancer **survivorship** in order to promote more resources, research, and survivor-friendly legislation to improve cancer survivors' quality of life.



## Ingredients

### Ingredient Checklist

- ½ ripe avocado  1 ½ teaspoons lemon juice
- 1 teaspoon avocado oil  3 hard-boiled eggs, chopped
- ¼ cup finely chopped celery (about 1 stalk)
- 1 tablespoon snipped fresh chives
- ¼ teaspoon salt  ⅛ teaspoon ground pepper
- 4 slices whole-wheat sandwich bread, toasted
- 2 leaves lettuce

## ***Directions***

Instructions Checklist

- **Step 1**

Scoop the flesh from the avocado half into a medium bowl. Add lemon juice and oil; mash until mostly smooth. Add chopped eggs, celery, chives, salt and pepper and stir to combine. Divide the mixture between 2 slices of toast. Top each with a piece of lettuce and another slice of toast.

## **Nutrition Facts**

### **Serving Size:**

1 sandwich

### **Per Serving:**

351 calories; protein 16.6g; carbohydrates 30.2g; dietary fiber 7.3g; sugars 4g; fat 18.8g; saturated fat 3.9g; cholesterol 246.2mg; vitamin a iu 1760.6IU; vitamin c 8.3mg; folate 119.2mcg; calcium 141.3mg; iron 2.7mg; magnesium 67.6mg; potassium 546.8mg; sodium 642.2mg; thiamin 0.3mg; added sugar 3g.

### **Exchanges:**

2 fat, 1 1/2 medium-fat protein, 1 1/2 starch, 1/2 vegetable

## **The Radiation Therapy Center of Morris Hospital has partnered with “Look Good Feel Better”**

We decided to offer this complimentary program to past and present patients because we truly believe that when you look your best, you feel your best. This program offers a free makeup kit that will be mailed upon registering and virtual beauty workshops that are done from the comforts of your own home. Please see the attached flyer with instructions on how to register.

Contact Ashley at the Radiation Therapy Center if you have any questions (815)364-8915



PROUDLY SUPPORTED BY THE



MORRIS HOSPITAL  
FOUNDATION



## Look Good Feel Better Live!

### Virtual Workshops

Look Good Feel Better Live! Virtual Workshops provide live instruction, tips, and tricks for dealing with visible side effects of cancer treatment. These free, one-hour, online group workshops can be done from the comfort and privacy of home.

Five available sessions:

- Skin care and cosmetics application;
- Wigs and head coverings for managing hair loss, including scarves and turbans;
- Body image, wardrobe and styling tips;
- Scarf tying techniques;
- Nail care during treatment.

You can also scan this QR code to register for a  
LGFB Alliance Skin Care and Makeup workshop!



Workshops are presented in partnership with Look Good Feel Better Alliance member: **The Radiation Therapy Center of Morris Hospital.**

Visit [lookgoodfeelbetter.org/alliance-partner-virtual-workshops](https://lookgoodfeelbetter.org/alliance-partner-virtual-workshops) to register for an LGFB Alliance Skin Care and Makeup workshop, and request a free Look Good Feel Better makeup kit. **Please register at least two weeks in advance** to allow time for kit delivery before the workshop. **Use Site Referral Code MO60450** when registering.



Look Good Feel Better is offered through a collaboration of the Look Good Feel Better Foundation and the Professional Beauty Association.

Look Good Feel Better is a registered trademark of the Look Good Feel Better Foundation.  
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