Good nutrition is important for cancer patients

Nutrition is a process in which food is taken in and used by the body for growth, to keep the body healthy, and to replace tissue. Good nutrition is important for good health. Eating the right kinds of foods before, during, and after cancer treatment can help the patient feel better and stay stronger. A healthy diet includes eating and drinking enough of the foods and liquids that have important nutrients (vitamins, minerals, protein, carbohydrates, fat and water) the body needs. – National Cancer Institute, [www.cancer.gov](http://www.cancer.gov).

**Check-out these books on Nutrition!**
Over 150 items on nutrition in the library

For an Individual Nutrition Consultation, visit our specially trained Registered Dietitians at (302) 623-4593.
[www.christianacare.org/services/cancer/cancersupportservices](http://www.christianacare.org/services/cancer/cancersupportservices)
New Arrivals

Movies
Just Caught…
- Fantastic Beasts: the crimes of Grindelwald
- Green Book
- Instant Family
- Night Shift
- The Other Guys

Oldies but Goodies
- 9 to 5
- Car Wash
- Multiplicity
- Night Shift
- Smokey and the Bandit
- Smokey and the Bandit II
- Steel Magnolias
- The Incredible Shrinking Woman

Books
- Breast cancer: thriving through treatment to recovery
- Cancer, now what? Taking action, finding hope, and navigating
- Cancers of the head & neck: from diagnosis to treatment
- Complete guide to fitness and health
- Encyclopedia of essential oils
- Healing hope: through and beyond cancer
- Help! someone I love has cancer (audiobook)
- Living with chronic illness and disability
- Stevie’s new blood (children)
- The healthy kitchen
- The tender bud: a physician’s journey through breast cancer

Clinical Books
- Anemia: pathophysiology, diagnosis and management
- Anti-burnout card deck - 54 mindfulness and compassion practices for your clinical work
- Cancer Caregivers
- Cancer of the breast –DeVita
- Color atlas of clinical hematology: molecular and cellular
- Dermatologic reactions to cancer therapies
- Handbook of targeted cancer therapy and immunotherapy
- Laryngeal cancer: clinical case-based approaches
- Nursing 2020 Drug handbook
- On call surgery
- Pocket Oncology
- Setting up community health programs in low and middle income communities
- Telephone triage for oncology nurses
Body | Mind | Wellness Collection

The Mind, Body, and Wellness Collection includes DVDs, CDs, and books on such topics as breathing well, relaxation, yoga, meditation, mindfulness, walking, and much more.

Mind and Body Wellness
New Arrivals

- The new happiness: practices for spiritual growth and living purposefully
- Spontaneous happiness: a new path to emotional well-being
- The language of letting go
- Undo it! how simple lifestyle changes can reverse most chronic illnesses
- The strengths-based workbook for stress relief
- Total life cleanse
- Mindfulness for all: the wisdom to transform the world (audiobook)
- The healing power of mindfulness: a new of being (audiobook)
- Breathing: the master key to self-healing

On Display at the Library
Rainbows

Photography is by Karl Leck.

Karl is a lifelong photographer and a cancer survivor. He has photographed on every continent and at six summer Olympic Games. He is a member of the Delaware Photographic Society.

Visit the library to view his work.

Special thanks to Gary Walter & Joyce Pellam for volunteering to set up artwork and displays.
**Creative Journaling at Home**

Art & Writing together
To create healing and wellness

Participants can pick up prompts and start your creative journaling. This activity was developed by Wendy Wallace, M.Ed., Delaware Art teacher.

*Visit Library for more details*

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**Workshops**

**Look Good Feel Better** is a free workshop offered by caring, volunteer beauty professionals. They teach women with cancer to manage the appearance side effects of treatment including instruction to address changes in skin, hair loss and nails, as well as tips on wardrobe/styling.

*To schedule your free workshop, call 302-623-4580.*

**Creating Memories**

Program is open to people receiving cancer treatment as well as those who have completed cancer treatment. Loved ones are invited to attend.

This program is ongoing and meets on the 2nd & 4th Friday of each month. 2:00 – 2:00 p.m.

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**Writing as Healing**

Join us for a free two-hour workshop to explore expressive and reflective writing with Joan DelFattore, Ph.D., retired University of Delaware English professor.

Each workshop is held the 2nd Monday of each month (see dates below), 1:00 – 3:00 p.m.

*Explore a different topic each month with Joan.*

Call 302-623-4580. Materials are provided. Open to all interested adults.

**Dates**
August 12, 2019
September 9, 2019
October 14, 2019
November 11, 2019
December 9, 2019
Resources for Staff

**eBooks**
Over 1,000 electronic books
Available to our employees via Intranet Portal TDNet Books

**Journals**
Over 2,200 electronic full text Journals
Available to our employees via Intranet Portal TDNet Books

- Journal of Clinical Oncology
- JAMA Oncology
- Journal of Radiation Oncology
- Annals of Surgical Oncology

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**Clinical Tools**

- All Medical Resources on Ovid®
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- UpToDate®
- DynaMed
Join the library with your picture I.D. card to borrow books, DVDs, CDs, audiobooks, and creative kits.

Contact Information

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(302) 623-4580

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