

Fall 2008



# INTEGRATIVE NEWS



## ITPCC Launches 8-week Wellness Challenge

The Integrative Therapies Program for Children with Cancer (ITPCC) assists patients, both on and off cancer treatment, make healthy lifestyle choices to manage side effects and decrease the likelihood and severity of late effects. This summer, ITPCC launched an 8-week summer Wellness Challenge consisting of weekly cooking classes, exercise training sessions, hip-hop yoga classes, and individualized lifestyle coaching sessions. The challenge sought to help patients modify their lifestyle behaviors by increasing their frequency and duration of physical activity and improve dietary choices. 8 young adults and 3 adolescents participated in the Wellness Challenge.

Featuring both individual and group components, the Wellness Challenge encouraged patients to meet personalized wellness goals in a supportive environment. Provided bi-weekly with 5 nutrition and physical activity goals, patients were coached to overcome barriers and achieve lifestyle behavior changes. The cooking classes engaged patients to prepare quick and affordable meals using healthy ingredients. Nutrition education emphasized serving sizes, anti-cancer super foods, plant-based proteins, and fruit and vegetable consumption. The Wellness Challenge finale culminated with a program cook-off, showcasing all of the cooking techniques and nutritional information learned over the 8-weeks. Participants were divided into teams, provided with a container of secret ingredients, and were given 1½ hours to make a variety of healthy dishes. Each team had to use at least a little bit of every ingredient given to them.

We are proud to showcase the winning team's dish:

### Natalie's Shitake Crusted Wild Salmon

#### Ingredients:

4 3-4 oz. portions of wild salmon  
2 teaspoons grated ginger  
1 teaspoon lemon zest  
1 cup diced shitake mushroom (caps only)  
1 Tablespoon olive oil  
1 Tablespoon lemon juice  
Salt & pepper to taste  
Black sesame seeds

#### Procedure:

1. Preheat oven to 400F
2. Place salmon on a parchment lined baking sheet and sprinkle each piece with salt and pepper
3. Mix ginger, lemon zest, shitake mushrooms, olive oil and lemon juice together in a bowl
4. Mound shitake mushroom mixture on top of the salmon filets, use about ¼ on each piece
5. Sprinkle each piece with sesame seeds
6. Bake for about 10-15 minutes

Serve with steamed vegetables and brown rice.

-Recipe by Natalie and Elana Tee

#### Staff

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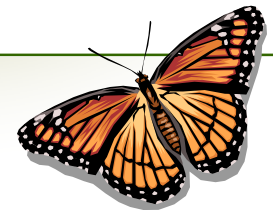


Participants enjoy cook-off rewards



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## Join Us for our 7th Annual Dinner, November 6, 2008

**SAVE THE DATE:** On November 6, 2008, the Hope and Heroes Children's Cancer Fund will be hosting their Seventh Annual Dinner honoring Dr. Kara Kelly in celebration of her ten years of service as Medical Director of ITPCC and Noel Wax of CBS Sports, for his commitment and support of our adolescent and young adult survivors. The dinner will be held at 6:30pm at the Ritz-Carlton New York, Battery Park.

Contact Jeremy Shatan, Special Events Coordinator, at 212.305.1419 or [js2807@columbia.edu](mailto:js2807@columbia.edu) to make your reservation.

Limited spaces available. Come support Dr. Kelly and ITPCC!

## Support ITPCC Run the NYC Marathon

ITPCC, in association with Hope & Heroes Children's Cancer Fund and Team Continuum, is running the ING New York City Marathon November 2, 2008 to raise crucial funds for the provision of integrative therapies to local children with cancer! Our runners are: Elena Ladas, Christine Grimaldi, Eileen Stark, Alexa Weitzman, Bob & Sue Matthews, Bruce Kimball, Stephanie Staidle, Paul Buen-camino, Doree Damoulakis, Anne Davy, Shelby Goodrum, Elizabeth Kassapidis, Laurie Meehan and Bryan McAteer. For every dollar raised, a matching dollar will be donated by one of our program's longtime benefactors.

**Donate directly to one of our athletes on [www.teamcontinuum.net](http://www.teamcontinuum.net).**

