



Staff Spotlight



Hannah Munce, Genetic Counselor
Genetic Counseling Clinic
John Stoddard Cancer Center

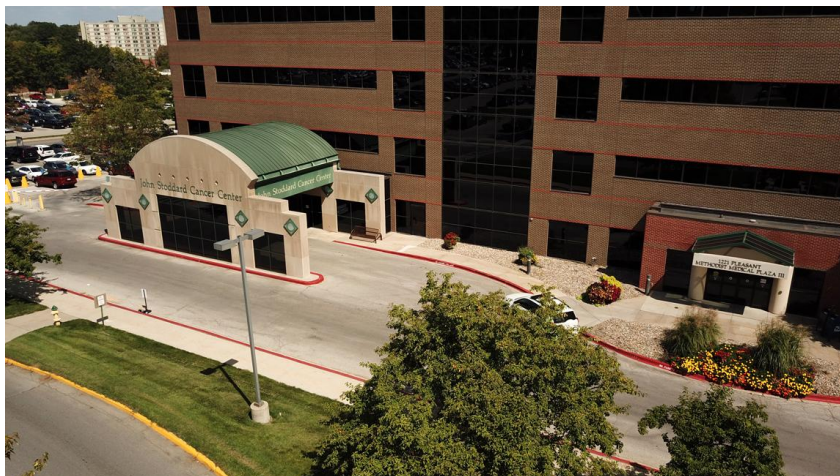
My name is Hannah Munce and I am a genetic counselor at UnityPoint Health. I moved around multiple times growing up, but lived in Sioux Falls most of my life. I graduated from South Dakota State University with my B.S. in Human Biology and Microbiology. After graduation, I worked as a residential counselor and as a genetic counseling assistant. I graduated from the WashU Medicine in St. Louis, MO with my Masters in Genetic Counseling. My role at UnityPoint Health primarily consists of meeting with patients with a personal or family history of cancer and educating them about genetic testing and facilitating their informed decision making regarding genetic testing. Our clinic can also see a variety of general genetic referrals. Outside of work, I enjoy reading, exploring new restaurants in the DSM area with my husband Carter, and watching Formula 1 racing.

With the addition of the John Stoddard Cancer Center – Medical Oncology & Hematology Clinic, the central Iowa community now has access to comprehensive care delivered by a multidisciplinary team, covering the full continuum of cancer care services, from diagnosis through survivorship, all under one roof. This expansion allows us to provide an even more seamless and coordinated experience for you. We've recently moved some spaces within the Cancer Center:

Suite 100 - Central Cancer Center Registration and Specialty Clinic

Suite 540 - Infusion Center

Suite 590 - Medical Oncology & Hematology Clinic



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. [Listen to his latest episodes](#), including "Beyond Treatment: A Conversation on Breast Surgery and Reconstruction". Scroll to 'Dish with Nish Podcast'.



Now on Sale in the Plaza Gift Shop and Amazon:

Writing Circle Mondays: Reflections on Life & Cancer

Writing Circle Mondays: Reflections on Life & Cancer is now available for purchase for \$15. This anthology features personal reflections and stories from members of the UnityPoint Health – John Stoddard Cancer Center Writing Circle Mondays group, offering meaningful insights into life, healing and the cancer journey. Proceeds from book sales support the Charlie Cutler Healing & Wellness Program at John Stoddard Cancer Center.

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, [view the support group listing](#) and contact the phone number listed for the group you are interested in attending.

Meals That Matter at Home

This program offers four weeks of weekly delivery of fruits and vegetables to the homes of cancer patients and survivors. If you are a patient of Stoddard Cancer Center, you can receive your pantry and produce boxes free of charge with a scholarship from the Charlie Cutler Healing and Wellness Program. To learn more or register, visit johnstoddardcancer.org and look under "Classes and Events" for current offerings.

Breast Cancer Education Post Radiation | September 14 12:00-1:00 p.m. | Stoddard Cancer Center, Suite 450

This class is free of charge and intended for individuals who have completed radiation to the breast tissue within the past 6 months. The class will provide general information regarding arm and chest movement following radiation therapy, along with basic information on monitoring your tissue and safe return to activity. [Register for Breast Cancer Education Post Radiation](#) or call (515) 241-8505 for more information.

Cancer Survivors Nutrition Camp | Mondays, September 14 - October 5 5:30 - 7:00 p.m. | Stoddard Cancer Center, Suite 450

This 4-week educational series is for all cancer survivors who would like to learn how to improve their nutrition and understand the role of nutrition on cancer prevention and life after treatment. [Register for Cancer Survivors Nutrition Camp](#) or call 515-241-3310.

Prostate Cancer Awareness of Central Iowa Blue Believers Run/Walk | September 20 | Principal Park

Event to benefit those with prostate cancer. Stoddard Cancer Center sponsors. [Visit the website for more information.](#)

National Ovarian Cancer Coalition Together in Teal | September 26 | Raccoon River Park

Event to benefit those with ovarian cancer. Stoddard Cancer Center sponsors. [Visit the website for more information.](#)

Cancer Related Cognitive Dysfunction | September 29 5:30 - 7:00 p.m. | Virtual

Stoddard Cancer Center and UnityPoint Health Physical Therapy and Rehabilitation Services – Penn Avenue 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

A link will be sent to registrants prior to the class.

Blood Cancer United Light the Night | October 3 | DMACC Ankeny Campus

Event to benefit those with blood cancers. Stoddard Cancer Center sponsors. [Visit the website for more information.](#)

Stoddard Cancer Center at the Downtown Farmers' Market | October 24 8:00 a.m.-12:00 p.m. | Downtown Des Moines at 3rd and Court

UnityPoint Health is the presenting sponsor of the Downtown Farmers' Market. Stoddard Cancer Center will have staff on hand to answer questions, pass out information and play spin the wheel for a prize.

Oncology Conference | November 5 | Iowa Methodist Medical Center

The Stoddard Cancer Center Oncology Fall Conference “On the Horizon of Oncology Care: Updates and Current Treatment in 2026”. Topics include: lymphedema, palliative care, financial toxicity, cancer rates in Iowa, metabolic emergencies, Cancer Related Cognitive Dysfunction, cancer in the adolescent and young adult, compassion fatigue, and more!

[Click here to find registration and other information about the conference.](#)

Above + Beyond Cancer

Above + Beyond Cancer offers programs and support to elevate the mind, body and spirit of cancer patients, survivors and caregivers throughout the cancer journey. [Click here to learn more about their programs.](#)

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. 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. They also host a breast cancer support group for black women.

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. [View Rooted in Nature's list of classes.](#)

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. [View Intertwined upcoming opportunities.](#)

LifeServe Blood Center

DID YOU KNOW students can earn scholarships and recognition with LifeServe Blood Center? LifeServe is the main blood supplier of UnityPoint Health hospitals in Iowa. Students who host a blood drive between Memorial Day and Labor Day can earn up to \$500 in scholarship funds. Additionally, high school students who register to donate blood three times before graduation or host a scholarship blood drive will earn the honor of becoming a LifeServe Donor of Distinction. As a Donor of Distinction, students will be awarded a special red honors cord to wear at graduation! [Find out more information about the Donor of Distinction program.](#)

Kudos



Congratulations to Alicia Burke, RN, from Powell 3 at Iowa Methodist Medical Center, who has entered into the DAISY Platinum Club! This club includes nurses who have more than 10 DAISY nominations. Great work, Alicia!

Foundation News



Rally Against Cancer, presented by Green State Credit Union, had an impactful, record-breaking evening on June 6, raising \$607,000 for programs at Stoddard Cancer Center.

Dick Vitale shared his story about his cancer journey and incredible career.



We are grateful to Bras for the Cause for their continued support of the Pink Days Program, which provides free mammograms to those are uninsured or underinsured. They recently donated \$7,500 to the program.



Thank you to the Norwalk Firefighters Association for donated proceeds from their t shirt sales to the Compassion Fund at Stoddard Cancer Center!

Stoddard Cancer Center recently received grants from Prairie Meadows Community Betterment Grant for \$12,500 and from The Fraternal Order of Eagles for \$3,000. Both grants help fund the Meals That Matter program.

Fun Photos



Stoddard Cancer Center staff were at the UnityPoint Health tent at the Downtown Farmers' Market on June 13 to provide information, answer questions, and play spin to

win.



Stoddard Cancer Center celebrated Cancer Survivors Day on June 28 at an Iowa Cubs baseball game at Principal Park with over 300 survivors and guests.



Members of Team Stoddard took part in the Prostate Cancer Awareness of Central Iowa golf outing on July 15.



Thank you to the American Cancer Society of Iowa and Wellabe for delivering their Blooming with Hope mums to our cancer patients!



Stoddard Cancer Center had a booth in Farm Bureau Park on August 22 during the Iowa State Fair. Free skin cancer screenings were provided, along with information and a spin the wheel game with questions and prizes.

Healthy Eats

One-Pot Tuna Orzo With Zucchini



Julia Gartland for The New York Times. Food Stylist: Samantha Seneviratne.

By Samantha Seneviratne

Yield: 4 servings

Total Time: 35 minutes

Prep Time: 10 minutes

Cook Time: 25 minutes

INGREDIENTS

- ¼ cup olive oil
- 3 medium zucchini, cut into 1-inch pieces (about 5 cups)
- 2 large garlic cloves, grated
- Salt
- Red-pepper flakes
- 12 ounces orzo
- 3 cups chicken or vegetable broth
- 1 (5-ounce) can olive-oil packed tuna, drained
- ¼ cup golden raisins, optional
- 3 tablespoons capers
- 1 tablespoon red wine vinegar
- ½ cup fresh mint leaves, torn
- ½ cup fresh basil leaves, torn

DIRECTIONS

Step 1

In a large, high-sided skillet, heat the oil over high. Add the zucchini and cook, stirring often, until browned, about 6 minutes.

Step 2

Adjust heat to medium, stir in the garlic and season with salt and red pepper. (Do not let the garlic burn.) Add the orzo and cook for 1 minute, stirring. Stir in the broth and bring to a simmer. Cover and cook until the orzo is tender and the liquid is almost absorbed, about 6 minutes, stirring occasionally.

Step 3

Stir in the tuna, raisins, capers and vinegar and cook until just warmed through. Add the herbs right before serving. Top with cheese if desired.



Be the reason cancer patients get to treatment. Volunteer to drive through the American Cancer Society. To learn more and to volunteer visit cancer.org/drive or

Follow us on Facebook.



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

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