

# cancer care

Hearst Cancer Resource Center



Dignity Health.  
French Hospital Medical Center

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## About Cancer Care

*Hearst Cancer Resource Center at French Hospital Medical Center provides comprehensive support services for all cancer patients in our community and appreciates the generosity of our donors who make it all possible.*

## Helping others along my own healing journey has been a life saver for me



By: *Linda Ward*

Have you discovered the mental and physical health benefits of doing volunteer work? Doing good for others can be incredibly healing. Creating feel-good endorphins can promote healing. In 2013, I joined a knitting class with the Hearst Cancer Resource Center (HCRC) while recovering from life-threatening squamous cell cancer.

While undergoing a year of chemo and radiation I was still able to sit up and sew on good days, although at a reduced pace. Cancer is taxing; often during treatment and doctors' visits, we don't have a lot left over for ourselves, let alone meet other's needs. I thought to myself that I could help others with this new hobby. This crazy idea resulted in my first HCRC donation of \$1500. People were generous to help support the HCRC classes and programs!

In March 2022, I once again had to get off the cancer recuperation couch. I went outdoors for fresh air and slowly began to plant a flower Breast Cancer Victory

Garden. I was healing and getting happier by once again focusing on something positive. In May, as radiation treatment ended, I suddenly had a bushel of flowers! To date, my little garden has produced over 100 vases of flowers that lift and encourage women in treatment.

Everyone needs to feel loved and more so for cancer patients. Helping others along my own healing journey and spending time gardening, teaching, and craft knitting has been a life saver for me. I've since returned to my passion of teaching interactive Spanish online, *Learn Spanish Fast Hoy*. My life is full again and I'm grateful for insurance, the care of great local doctors and VIDA! Many thanks to everyone at the HCRC for their love and life support during my multiple victories over cancer. Follow your passion and watch wonderful healing things happen!



# Igniting Hope Through 17 Strong Victory Trips

Victory Trips are vacations or experiences designed to celebrate victory over disease with a loved one, fulfill a life long dream, and begin a new chapter.



Holly, Ryan, Steve and Aaron

Compassion overflows when your loved one is diagnosed with a life threatening cancer. Holly Teixeira, President of 17 Strong and caregiver to her son Ryan Teixeira, recalls when her son was diagnosed with cancer, “It rocks your world when you know that your kid is battling for their life. Watching your child go through nine months of really heavy treatment is tough.” The experience of being a caregiver to their child with cancer opened up the idea to help others in the cancer community receive a trip of their dreams once they finish treatment, something their son was unable to do.

The idea for 17 Strong was conceived when Ryan was offered a trip, that was later rescinded, due to aging out of the sponsoring program. Ryan loved to give back to others and he wanted to be able to give a trip to anybody else who had faced cancer treatment. Though he fought hard, Ryan passed away in spring of 2017 and thus his parents began their journey of creating the 17 Strong dream in his honor.

Holly recalls a favorite memory of Ryan while caring for him in the hospital, “Ryan was given a medication for the first time and he was in the hallway with his IV bag and IV poll doing the ‘whip & nae nae’ dance with the nurses. He used to say he didn’t remember doing that and we used to tell him that we remembered, because it was hilarious.”

Although their time as caregivers was cut short, Ryan created the framework of 17 Strong to provide victory celebration trips over the severities of fighting life-altering sickness, so his parents could continue the journey.

Leading 17 Strong has allowed Steve and Holly to be personally involved with the lives of each potential recipient, encouraging each candidate as they spread the message of renewed hope through 17 Strong Victory Trips. Each recipient becomes a part of a growing 17 Strong family as Steve and Holly lovingly carry on the gift of their son’s legacy.



Holly, Steve and Ryan

For more information: [www.seventeenstrong.org](http://www.seventeenstrong.org)



## American Cancer Society Supports Patients' Needs

Hearst Cancer Resource Center secured a large grant that continues to support our transportation program as well as provide lodging services to those who travel out of San Luis Obispo county for care.

Despite the constant changes of the world, Hearst Cancer Resource Center continued to move full speed ahead through 2022. As the year continued on, the need for services for our community grew for transportation, nurse navigation, bilingual translation and travel outside the area. Through the American Cancer Society, the Hearst Cancer Resource Center was able to secure a large grant that will support the transportation program and adds a new lodging component to it. With this grant Hearst Cancer Resource Center is able to continue providing patients with the support they need to help get them to and from crucial medical appointments, as well as provide lodging services to those who travel out of San Luis Obispo county for care.

Our transportation program will be able to support those who need this assistance the most and ensure that they are receiving the lifesaving care they deserve. "The Hearst Cancer Resource Center's Transportation Program helped me tremendously while going through treatment. It was hard for my family to take me to all of my appointments and I was so relieved to find this resource because it makes a huge difference for me and my family," says a patient from North County who utilized our services.

Nurse Navigator Julie Neiggemann recognizes this important need for our cancer patients, "Our transportation program is near and dear to us here at the HCRC and to see it help so many patients each day is incredible. Transportation during cancer care is crucial to ensure the wellness of each patient and it not only benefits the patient, but their families as well. This new component of having lodging assistance for those who need to travel out of the area for care will be very helpful!"

The Hearst Cancer Resource Center is grateful for the grant received from the American Cancer Society and will continue to grow the many programs that are so valuable to those going through their cancer journey. If you or a loved one is in need of travel support for your cancer care, please call our office at **805.542.6234**.



## Simple things we can do to support our emotional wellness during the holidays:

By Lauren Jermstad, LCSW, Licensed Clinical Social Worker

- Take breaks to focus on your breath and surroundings throughout the day and ensure your physiological needs are met!
- Get outside every day and connect with nature even if just for a few minutes to feel the sunshine on your face and breathe fresh air.
- Do something every day that brings you joy, even if it's simple!
- Set boundaries with people who can be draining and keep work at work if possible, keeping your personal time sacred.
- Protect your energy: acknowledge your stresses and challenges, but redirect when not serving you and utilize healthy outlets to help you cope with stress and challenge.

*The holidays are right around the corner, so here's a recipe to help add some cheer!*

## Creamy Rye and Butternut Squash Soup

Total Time: 1 hour and 5 minutes • Serves 6: 1<sup>1</sup>/<sub>3</sub> cups each

1½ pounds butternut, Kabocha or Hubbard squash  
2 tablespoons extra-virgin olive oil  
2 cloves garlic, minced ¼ teaspoon crushed red pepper  
6 cups water  
1 teaspoon kosher or sea salt  
5 cups 1-inch pieces crustless stale rye bread (see Tip)  
2 tablespoons finely chopped fresh parsley

1. Peel and seed squash. Cut into enough 1-inch pieces to make about 4½ cups.
2. Heat oil in a large saucepan or Dutch oven over medium heat. Add garlic and crushed red pepper; cook, stirring, until fragrant, about 1 minute. Add the squash and stir to coat with the oil. Add water and salt. Bring to a boil. Reduce heat and simmer, partially covered, until the squash is tender, 15 to 20 minutes.
3. Mash about half the squash against the side of the pot to create a thick broth. Stir in bread; return to a simmer and cook, stirring occasionally, until the bread is beginning to break apart, 5 to 15 minutes (cooking time depends on how stale and/or dense your bread is).
4. Remove the soup from the heat, cover and let stand for 15 minutes. Stir in parsley and serve.

TIP: To stale bread naturally, store at room temperature in a paper (not plastic) bag for 2 to 5 days or bake cubed bread on a large baking sheet at 250°F until crisped and dry, 15 to 20 minutes.

Calories 171, Fat 6g (sat 1g), Cholesterol 0mg, Carbs 27g, Total sugars 3g (added 1g), Protein 4g, Fiber 5g, Sodium 447mg, Potassium 289mg

From "Nourish" by Joyce Hendley, MS

**Great for those who are:**

- Experiencing sore mouth, sore throat or diarrhea
- Dairy free
- Vegetarian/vegan

# Give hope:

## Support the Hearst Cancer Resource Center this holiday season

As this year comes to a close, we hope that you will consider making a gift to support cancer patients at the Hearst Cancer Resource Center.

During this season of giving, many people reflect on what they are most grateful for—the people, places and experiences that have made a difference in our lives. As the year draws to a close, people often choose to express their gratitude by making a gift to support organizations with causes near to their heart.

Thanks to support from people like you, this unique center is able to provide important programs and services to cancer patients and their families, ensuring that local cancer patients, including those most in need, have access to the vital resources that the HCRC provides.

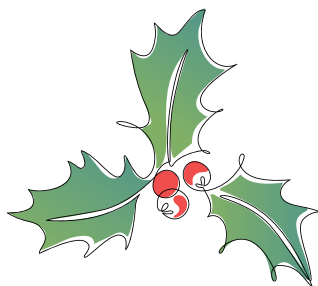
You can help make sure that services are always available by donating to the HCRC today. 100% of every gift goes directly to support the HCRC, impacting the lives of patients and providing them with hope.

To make a gift, visit [SupportFrenchHospital.org/HCRC](http://SupportFrenchHospital.org/HCRC), call the French Hospital Medical Center Foundation at 805.542.6496 or mail your gift to the Foundation at 1911 Johnson Avenue, San Luis Obispo, CA 93401.

**Thank you for your generous support of our programs and services.**



1. Focus your phone camera
2. Click the link
3. Make a difference today



**Look for us at the 46th Annual Downtown SLO Holiday Parade!**  
7:00–9:00PM



Debby Nicklas (left), VP Philanthropy, and Mary Verdin (right) at Share the Hope event in 2019.

## Advisory Committee Member Spotlight

*Q: How long have you been a part of this committee and what is something that you are proud of contributing to?*

I have been involved with the Hearst Cancer Resource Center (HCRC) and the Advisory Committee since its inception in 2008. In my role as the VP of Philanthropy for French Hospital, I partnered with other hospital and community leaders to develop funding for the HCRC and led the effort to convene the HCRC Advisory Committee. I am most proud and very grateful for the opportunity to help develop and grow this incredible resource for our community.

*Q: Why is HCRC important to you and/or this community?*

The HCRC is truly a special place that brings comfort and support to so many cancer patients and their families. It is an incredible resource with expert staff and volunteers who are compassionate and supportive.

*Q: What is something personal that you enjoy and want to share?*

I enjoy creative writing and once wrote travel articles for the local *Tribune*. I was pleased to write a special poem for the HCRC in 2016. As I near retirement, I would like to express my gratitude for the many donors who have supported the HCRC; including a special thanks to Steve Hearst for his ongoing support and generosity.

# Turn to us for answers

## HEARST CANCER RESOURCE CENTER

1941 Johnson Avenue, Suite 201,  
San Luis Obispo, CA 93401  
805.542.6234  
Monday–Friday  
9AM–4:30PM  
[dignityhealth.org/hcrc](http://dignityhealth.org/hcrc)

Please call for an appointment.

**Thomas Spillane, MD**  
*Medical Director*

**Shannon D'Acquisto**  
*Director, Cancer Survivor*  
HCRC@dignityhealth.org

**Julie Neiggemann, RN, MSN, OCN**  
*Nurse Navigator*

**Lauren Jermstad, MSW, LCSW**  
*Social Worker*

**Eloisa Medina**  
*Patient Navigator*  
805.786.6130—en español

**Teresa Fernandez**  
*Lay Patient Navigator*  
805.458.4526—en español

**Angela Fissell, RD**  
*Registered Dietitian*

**Ramie Castilleja**  
*Program Coordinator*

**Lisa Steinbeck**  
*Cancer Registrar*

## DIGNITY CANCER CARE CENTRAL COAST

Mission Hope Cancer Center  
1325 East Church Street, Suite 102  
Santa Maria, CA 93454  
805.219.HOPE (4673)

850 Fair Oaks Avenue  
Arroyo Grande, CA 93420  
805.474.5300

**Katherine Guthrie**  
*Senior Regional Director,  
Cancer Services*

**Kathleen Sullivan, PhD, RN**  
*Vice President, Post Acute Care and  
Health Services Operations*

## SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road  
San Luis Obispo, CA 93401  
Direct: 805.543.5577

*Care Providers:*  
**Thomas Spillane, MD**  
*Medical Oncology Director of  
Clinical Trials*

**Gorgun Akpek, MD, MHS**  
**Robin DiBiase, NP, OCN**  
**James Malone III, MD**  
**Tim Soucek, PA**  
**Lin Soe, MD**

## SLO INFUSION CENTER

715-B/C Tank Farm Road  
San Luis Obispo, CA 93401  
Direct: 805.786.6140  
Nurse Line: 805.786.6144

**Susan Diaz, RN, OCN**  
*Director*

## IMAGING CENTERS

FHMC San Luis Diagnostic Center  
1100 Monterey Street, #210,  
San Luis Obispo, CA 93401  
805.542.9700

FHMC Women's Health and  
Imaging Center  
1941 Johnson Ave., Suite 104,  
San Luis Obispo, CA 93401  
805.597.6700

## ADDITIONAL SERVICES

DIGNITY HEALTH HOME HEALTH  
& HOSPICE  
800.549.9609

PALLIATIVE CARE  
805.739.3950

## COASTAL CANCER PARTNERS

The Hearst Cancer Resource Center has partnered with these organizations to bring programs and activities to the community:

**17 Strong**  
[seventeenstrong.org](http://seventeenstrong.org)

**American Cancer Society**  
[cancer.org](http://cancer.org)

**Camp Kesem Cal Poly**  
[campkesem.org](http://campkesem.org)

**Cancer Connections**  
[cancerconnectionslo.org](http://cancerconnectionslo.org)

**Cancer Support Community**  
[cscslo.org](http://cscslo.org)

**Cancer Well-Fit Program**  
[cancerwell-fit.com](http://cancerwell-fit.com)

**Central Coast Dragon Boat Association—Central Coast SurviveOars**  
[ccdba.org](http://ccdba.org)

**Hats for Hope**  
[hatsforhope.com](http://hatsforhope.com)

**Jack's Helping Hand**  
[jackshelpinghand.org](http://jackshelpinghand.org)

**Leukemia and Lymphoma Society**  
[lls.org](http://lls.org)

**SabesWings**  
[SabesWings.org](http://SabesWings.org)

**Surfing for Hope**  
[surfingforhope.org](http://surfingforhope.org)

**Teddy Bear Foundation**  
[teddybearcancerfoundation.org](http://teddybearcancerfoundation.org)

## Hearst Cancer Resource Center

Mailing address:  
1911 Johnson Avenue,  
San Luis Obispo, CA 93401

Street address:  
1941 Johnson Avenue, Suite 201,  
San Luis Obispo, CA 93401

### HCRC Advisory Committee

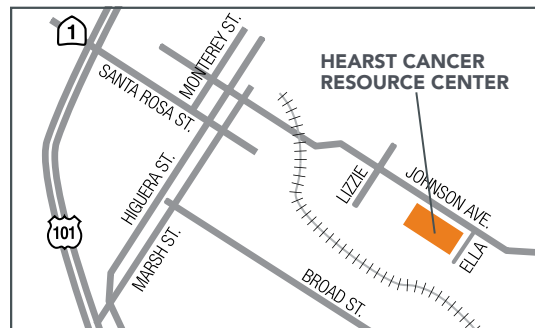
*French Hospital Medical Center*

**Alan Iftiniuk**—PRESIDENT AND CEO  
**Julia Fogelson, MSN, RN**—COO, CNE  
**Debby Nicklas**—VP PHILANTHROPY  
**Thomas Vendegna, MD**—CMO  
**Debbie Wettlaufer**—CFO

#### *Committee Members*

**Sandy Dunn**—CHAIR  
**Gayle Cekada, MD**  
**Stephen Hearst**  
**Stephen Hilty, MD**  
**Robert Johnson, MD**  
**Noreen Martin**  
**Susan Minker, MD**  
**Don Oberhelman**  
**Colleen Russell, DPT**  
**Thomas Spillane, MD**  
**Jackie Starr**  
**Christine Williams**

## Hearst Cancer Resource Center



### Hearst Cancer Resource Center

*Commission on Cancer Community Cancer Program*

1911 Johnson Avenue  
San Luis Obispo, CA, 93401  
805.542.6234

