

cancer care

Hearst Cancer Resource Center



Dignity Health.
French Hospital Medical Center

Hearst Cancer Resource Center

About Cancer Care

Hearst Cancer Resource Center at French Hospital Medical Center provides comprehensive support services for all cancer patients in our community at no charge, and appreciates the generosity of our donors who make it all possible.

You are invited to the annual Hearst Cancer Resource Center

Holiday Open House

Thursday, December 7, 2023

4:00 to 6:00 p.m.

The Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201, San Luis Obispo, California

For more information, please call Hearst Cancer Resource Center at 805.542.6234 or email us at HCRC@dignityhealth.org

**Hearst Cancer
Resource Center**

celebrating
15 years!

■ The Holiday Open House is back! Swing by the Hearst Cancer Resource Center on December 7 to kick off the season in style. Join us at our Holiday Open House for a light snack and a glass of delicious Hearst wine. Mingle with old friends and make new ones as we celebrate a milestone anniversary, a successful 2023 and look forward to a new and shining 2024!



Angela Fissell, MS, RD
Clinical Registered Dietitian

HEALTH NEVER TAKES A HOLIDAY

Holiday Times and Eating Well

The holidays are an important time to enjoy friends, family and food. And, yes, you can have all three without going off of your healthy eating pattern!

True, holiday times can become busy; couple that with cancer treatment and life can become exhausting. Here are three tips to help:

- Avoid skipping meals throughout the day preparing for the big feast, this helps avoid overeating. Eat breakfast daily. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. High-fiber foods are high in volume and will satisfy hunger, but are lower in calories.
- Focus on your absolute favorite foods during the holidays (e.g., pumpkin pie or turkey dressing), take small portions and chew them slowly. Savor the aroma, texture and flavor in each bite!
- Get some good sleep and regular physical activity. Brisk walking does wonders for fatigue and/or better sleep.

Keep these suggestions in mind to keep you on track. If you want more tips and ideas, don't miss our online class on Thursday, November 2 to learn more! If you need more individualized help, you are always welcome to schedule a one-on-one visit with our very own Registered Dietitian at the HCRC.

Healthy Eating for the Holidays

Join us online to learn some great healthy eating ideas that won't make you feel like you are missing out on enjoying the holiday season.

WHEN: Thursday, November 2, 2023 • 5:30 pm

WHERE: Virtual/Zoom, SLO

PRESENTED BY: Angela Fissell, MS, RD

To RSVP, contact: hcrc@dignityhealth.org or call 805.542.6234

Winter Favorite Foods: Sweet Potatoes

A great source of dietary fiber, sweet potatoes are packed with vitamin A and potassium. Their mellow, sweet taste works in all kinds of recipes. Sweet potato purée also can be used in foods including macaroni and cheese, oatmeal and brownies. Try the recipe on page 3 to add a boost of nutrition and flavor to your meal.

Reference: eatright.org

Caregiver's Corner

Being a caregiver can be draining because it may seem easier to push our own needs aside for far too long.

If we focus all of our time and energy into caring for someone else, there is often little time and energy to take care of ourselves. We want to acknowledge that self-care can be difficult as a caregiver; however, it is essential to keep going as a caregiver. It is crucial that caregivers care for themselves before caring for another, just like airplane safety suggests put your own oxygen mask on before you help someone else.

Perhaps you feel guilty for taking time for yourself. What if you change your perspective of self-care to acknowledge that by taking care of you, your patient will benefit as well. Some simple things you can do to take care of yourself as a caregiver: attend to your own basic physiological needs, take a short walk, exercise, sit outside for 15 minutes, deep breathing, engage in a hobby or outlet that you enjoy, talk with a friend or a support group, or enjoy a short outing. Some of the benefits of taking care of you include increased energy, better mood and decreased negative feelings, improved mental clarity, and better life balance.

If you need support as a caregiver or a family member of a cancer patient, please reach out to Hearst Cancer Resource Center. We are here to help support you.



Sweet Potato Wedges with Rosemary

INGREDIENTS:

3 small sweet potatoes, peeled and sliced lengthwise in 8 wedges
1 Tbsp. chopped fresh rosemary plus sprigs for garnish
1/2 tsp. garlic powder
1/2 tsp. dry mustard powder
2 Tbsp. extra virgin olive oil
Sea salt

INSTRUCTIONS:

- Preheat oven to 450 degrees F
- Place wedges in large bowl. Add rosemary, garlic powder, mustard and oil. Toss to coat well.
- Arrange potatoes on baking sheet, not touching each other. Bake 15 minutes. Turn wedges over and bake 15 minutes or until potatoes are soft/beginning to brown.
- Lightly season to taste with sea salt. Garnish with fresh rosemary sprigs. Serve immediately.

Makes 4 servings

Per serving: 146 calories, 7 g total fat (<1 g saturated fat), 20 g carbohydrate, 2 g protein, 3 g dietary fiber, 54 mg sodium

Recipe adopted from: www.aicr.org

BEAUTY & YOU/WIG ROOM

Helping Women Gain a Renewed Sense of Self, Strength and Confidence

Within the walls of the Hearst Cancer Resource Center lies our Appearance Center & Beauty Room where appointments for wig consultations and our Beauty & You patient sessions take place. Over the past year, we have collected over 300 wigs: 117 free wigs were given to patients, and ten Beauty & You sessions were facilitated. With the help of our Social Workers, Beauty & You facilitators, and donations from the community, we have continued to provide these well-loved, essential, no-cost services.

Our Beauty & You facilitators, Nancy Bracewell and Anita Stuckenburg, understand just how powerful these programs can be for our cancer community. “These programs provide vital support to those who need it most. Having a head covering and knowing how to draw on your eyebrows helps patients regain a sense of control and love, which you sometimes lose for yourself, once you’ve faced a cancer diagnosis and treatment.”

If you or a loved one is in need of a wig or head covering during your cancer journey, we are here to help, free of charge. We also happily accept donated wigs, and make sure that they are properly cleaned and restyled. For more information please contact the Hearst Cancer Resource Center at 805.542.6234 or HCRC@dignityhealth.org

Schedule an appointment in our Appearance Center & Beauty Room to regain a sense of self, strength and confidence. Learn skin care tips, how to wear hats and wigs and the art of applying make-up.

**Please call
805.542.6234
to register**



Celebrate the Holidays with Us

With the holidays just around the corner and the New Year upon us, we hope that this holiday season is one that you can celebrate with the Hearst Cancer Resource Center.

In the spirit of giving during this time of year, many people take the time to reflect on what they are grateful for. People often choose the gift of giving upon reflecting on all for which they are grateful.

Throughout this year, the Hearst Cancer Resource Center team has been humbled by the continued generosity of our community. This generosity, which extends into the season of giving, allows our programs to continue growing to aid in the support of cancer patients, survivors and their families. With the continued support from donors and community businesses throughout our 15-year journey, we thank you for your continued kindness. Please join us in celebrating our 15-year anniversary at our Holiday Open House, Thursday, December 7 from 4:00-6:00 p.m. (See page 1 for details)



Can't make it to the Holiday Party? Come see our float in the Downtown **SLO Holiday Parade on Friday, December 1** in Downtown SLO! You'll be able to see HCRC staff members, French Hospital staff members, HCRC volunteers, and cancer survivors on our float. Please visit DowntownSLO.com for more information.



Volunteer Spotlight

**Leah
Fogelson**

Volunteer at
French Hospital
Medical Center
and Hearst Cancer
Resource Center

Q: How long have you been a volunteer at HCRC?

I have been volunteering at French Hospital for about seven years and at the HCRC for almost two years. I was made aware of the need for a volunteer at the HCRC during COVID and am so glad I was given the opportunity to be involved with this special caring group of professions dedicated to serving a community in great need. It gives me such pleasure to see patients come in and leave smiling after a visit with one of the incredible staff members.

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

The HCRC is such a wonderful asset to our community and more people need to be aware of all the services they have available and at no cost. They offer clarification and guidance with medical questions in regards to cancer care as well as needed emotional support. We all need to have HCRC in the lives of local cancer patients and their families.

Q: What is something personal that you enjoy and would like to share?

The San Luis Obispo area has been my home for over 20 years. By volunteering at the HCRC and at French Hospital I have made so many friends. It brings me such joy to see the staff at the Hearst Cancer Resource Center search me out at my other volunteer positions within the hospital and say hi to me. It makes me feel appreciated in every way! I would not choose any other places to live and volunteering is my new profession.

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

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

Kiersten Arnaudin, MSW, LCSW
Social Worker

Eloisa Medina
Patient Navigator
805.786.6130—en español

Angela Fissell, RD
Registered Dietitian

Ramie Castilleja
Program Coordinator

Lisa Steinbeck
Cancer Registrar

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

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

Daniel Lewis, MD

James Malone III, MD

Lin Soe, MD

Tim Soucek, PA

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

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*

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

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionslo.org

Cancer Support Community
cscslo.org

Cancer Well-Fit Program
cancerwell-fit.com

Central Coast Dragon Boat Association—Central Coast SurviveOars
ccdba.org

Hats for Hope
hatsforhope.com

Jack's Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.org

SabesWings
SabesWings.org

Surfing for Hope
surfingforhope.org

Teddy Bear Foundation
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

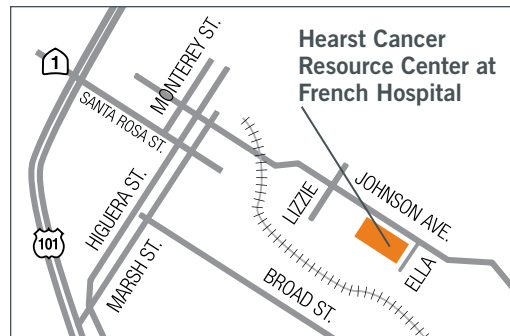
French Hospital Medical Center

Patrick Caster—PRESIDENT AND CEO
Julia Fogelson, MSN, RN—COO, CNE
Nancy Bussani—INTERIM
VP PHILANTHROPY
Thomas Vendegna, MD—CMO
Debbie Wettlaufer—CFO

Committee Members

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Edwin Hayashi, MD
Jack Hearst
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



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Commission on Cancer Community Cancer Program

1911 Johnson Avenue
San Luis Obispo, CA, 93401
805.542.6234



A QUALITY PROGRAM
of the AMERICAN COLLEGE
OF SURGEONS

