

cancer care

THE HEARST CANCER RESOURCE CENTER

A place for information, support and peace of mind. All at no charge.

The Effect and Impact of Spirituality on Cancer

BY FLORA WASHBURN, CHAPLAIN
 FRENCH HOSPITAL MEDICAL CENTER

Millie walked out of the doctor's office with a bewildered look on her face. Stage 4 Ovarian Cancer? Could it be true? Thoughts continued to race through her head. Emotions and more questions flooded through her. "How could this happen? Where is God in all of this?" Finally, she reconciled herself to do whatever it was going to take in order to "beat" the cancer. She saw an oncologist, went through major surgery and began the recovery process until she could start chemotherapy. A home health worker assigned to follow up with her after surgery asked Millie, "How does it feel to know you are dying?" Millie said, "God knows when I am going to die, and until that time, I am going to live my life." Her faith in God gave her the strength she needed.

In another situation, Collette received a diagnosis of colon cancer. She went through similar emotions until she resolved to move forward and to do the best she could to live life with purpose. Collette did not have religious beliefs, but she had an inner strength that helped her draw from spiritual practices that were important to her and helped whenever she began to feel low or the chemo knocked her down.

The ability of spiritual beliefs and practices should not be underestimated in helping a patient or family member walk through a difficult diagnosis. In both stories, faith and spirituality played a major role in helping each woman find purpose and strength to put one foot in front of the other. Their beliefs were different, but each was able to draw upon inner resources to find peace and control.

Religious and spiritual practices have been shown to contribute to lower levels of depression, improved pain management and participation in the healing

HEARST CANCER RESOURCE CENTER IS PLEASED TO PRESENT

An Informal Session on Spirituality and Cancer

FINDING STRENGTH THROUGH SPIRITUAL PRACTICES

August 25, 2016 | 5:30-6:30 PM

Hearst Cancer Resource Center

Presented by Dignity Health Rev. Matt Kronberg, BCC, Spiritual Director and Flora Washburn, MPT, BCC, FHMC Chaplain.

Discussion topics:

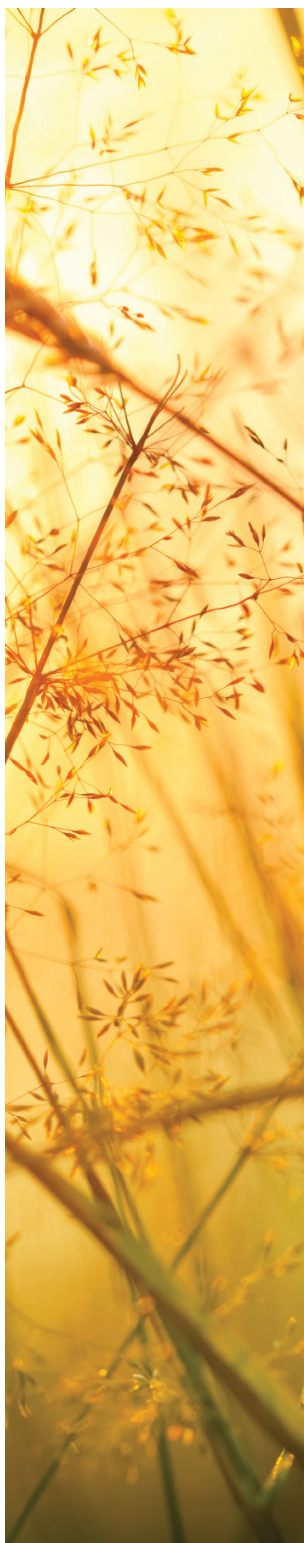
- Religious and/or spiritual beliefs can make a difference
- How what I believe influences how I live
- Reducing stress, finding hope
- Practicing what I believe

To register or for more information, please call 805.542.6234.

process, resulting in an improved sense of wellbeing and quality of life.

Fears, doubts and hope fluctuate, but the constant is an ability to find peace in the storm. Spiritual practices can help us find a sense of balance when life has been turned upside down.

Flora is with the Dignity Health Spiritual Care department and serves as chaplain at French Hospital.



De-Stress with Energy Balancing

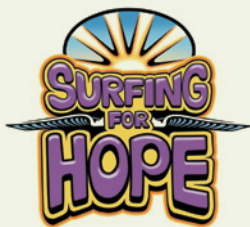


Would you like to feel more relaxed, less stressed, increased physical comfort and more emotionally balanced?

These are some of the benefits of an energy balancing session. Experienced practitioners, in a quiet room with soft lighting and soothing music, perform the sessions. The client lies comfortably and fully clothed on a massage table while the practitioner lightly places his/her hands on or slightly above the client's body. Energy balancing sessions are offered the **second and fourth Mondays** of every month at the HCRC and last approximately 25 minutes.

Please call the Hearst Cancer Resource Center at 805.542.6234 for questions and to schedule your session now!

Mark Your Calendar: Surfing for Hope is Seeking Volunteers



The 5th Annual Surfing for Hope event, scheduled for September 30 and October 1, 2016 in Avila and Pismo

Beach, is in the planning stages. We are seeking volunteers to help with the various events: Memorial Paddle Out, Longboard Surf Contest, Benefit Reception and Family Fun Fair.

If you are interested, please contact Bob Voglin at 805.305.5088 or visit www.surfingforhope.org.

Sun Safety & Tips to Prevent Skin Cancer



As summer approaches, it's more important than ever to take steps to prevent skin cancer. The overwhelming majority of skin cancer is associated with ultraviolet (UV) radiation from the sun. This means that the upcoming warmer months will present a greater risk for exposure to these harmful rays.

One in five Americans will develop skin cancer in their lifetime. Basal cell or squamous cell carcinomas (the most common of skin cancers) are seldom life threatening. However, the less common skin cancer, melanoma, can be more

serious and life threatening. According to the American Academy of Dermatology, more than 144,000 new cases of melanoma will be diagnosed in the U.S. in 2016.

What can we do to protect our delicate skin from harmful UV radiation, which creates skin cell damage and potentially increases the risk of skin cancer?

Here are a few ways to reduce your risk:

- Apply sunscreen. When going outside, even on cloudy days, apply sunscreen to all skin that will not be covered by clothing. Reapply approximately every two hours, or after swimming or sweating.
- Use sunscreen that protects the skin against both UVA and UVB rays and has an SPF of at least 30.
- Stay out of intense sunlight. Seek shade between 10:00 AM and 2:00 PM.
- Use extra caution near water, sand or snow as they reflect and intensify the damaging rays of the sun, increasing your chances of sunburn.
- Check your skin for signs of skin cancer. Checking your skin and knowing your moles is key to detecting skin cancer in its earliest, most treatable stages.
- It is important to not use tanning beds or sun lamps, which are sources of artificial UV radiation that may cause skin cancer.

If you must be in the sun, be mindful of these protection factors. Also, it's important to notice any skin changes and report them to your doctor right away.

Thanks To All Who Supported HCRC's Annual Share the Hope Fundraiser



The French Hospital Medical Center (FHMC) Foundation's ninth annual Share the Hope event, held on April 9 at Hearst Ranch, raised a record-breaking \$440,000. Over the past nine years, Share the Hope events have raised more than \$2,050,000 to benefit the free programs and services offered at the Hearst Cancer Resource Center (HCRC) at FHMC. A special call to action during the live auction raised more than \$195,000 for the HCRC's Angel of Hope Fund, which provides immediate financial assistance for basic medical needs of cancer patients who qualify and their families. The remaining funds from this year's event will go toward expanding the HCRC.

TURN TO US FOR ANSWERS ABOUT CANCER

ARROYO GRANDE COMMUNITY HOSPITAL

FRENCH HOSPITAL MEDICAL CENTER

MARIAN REGIONAL MEDICAL CENTER

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REGIONAL MEDICAL CENTER (MRMC)

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HCRC ADVISORY COMMITTEE

Chair

Thomas Vendegna, MD

French Hospital Medical Center President and CEO

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French Hospital Medical Center Chief Operations Officer (COO), Chief Nursing Executive (CNE)

Julia Fogelson, RN

French Hospital Medical Center Vice President, Philanthropy

Debby Nicklas

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Susan Minker, MD
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Thomas Spillane, MD
Jackie Starr
Carol Thom

Hearst Cancer Resource Center Director

Bev Kirkhart

COMMUNITY PARTNERS

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

American Cancer Society
Cancer Connections
Cancer Support Community
Cancer Well-fit Program
Jack's Helping Hand
Central Coast Dragon Boat Association –
Central Coast SurviveOars
The Wellness Kitchen and Resource Center



French Hospital Medical Center
1911 Johnson Avenue
San Luis Obispo, CA 93401

Non-Profit Org
US Postage Paid
PRP Companies
93401

Making Strides Against Breast Cancer

The American Cancer Society's Making Strides Against Breast Cancer Walk

Saturday, October 22, 2016
9:00 AM

Mission Plaza in
Downtown San Luis Obispo

Making Strides is an opportunity to raise awareness as you participate in a 5K walk through beautiful downtown San Luis Obispo.

To create a team, for reservations or information visit, makingstrideswalk.org/sanluisobispo or call 1.800.227.2345.

DIGNITY HEALTH OF THE CENTRAL COAST

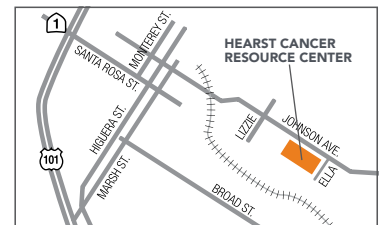
French Hospital Medical Center HEARST CANCER RESOURCE CENTER

www.frenchmedicalcenter.org

1941 Johnson Avenue, Suite 201A, San Luis Obispo
805.542.6234

Commission on Cancer Community Cancer Program

Open Monday–Friday, 9 a.m.–4:30 p.m.



Arroyo Grande Community Hospital COASTAL CANCER CARE CENTER

www.arroyograndehospital.org

921 Oak Park Blvd., Suite 100B, Pismo Beach
805.481.7245

Commission on Cancer Comprehensive Community Cancer Program



Marian Regional Medical Center MARIAN CANCER CARE

www.marianmedicalcenter.org/mariancancercare

1325 East Church Street, Santa Maria
805.219.HOPE (4673).

Se habla español: 805.346.3406

Commission on Cancer Comprehensive Community Cancer Program

