

cancer care

THE HEARST CANCER RESOURCE CENTER

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

Holiday Cheer Getting You Down?

5 TIPS TO HELP YOU LIGHTEN YOUR SPIRIT AND COPE WITH DIFFICULT EMOTIONS

It's that time of year when it seems as though everyone is rushing around – shopping, baking, and visiting with family and friends. When you add in doctor's appointments, treatments or grieving the loss of a loved one, it is no wonder cancer patients and loved ones are overwhelmed and find themselves filled with unfamiliar and complex emotions.

Unfortunately, it is impossible to completely get rid of the extra stress brought on by the holiday season, but cancer-care experts say that with some planning and strategizing, patients can get through the holidays with minimal stress and newfound enjoyment.

Here are five helpful tips on how to get through the holiday season while remaining healthy and positive:

- 1. Acknowledge your emotions.** It's OK to experience sadness and a sense of loss about not being able to feel joyful or festive.
- 2. Adjust your expectations.** You may have to decide how many social events to attend or how many presents to buy.
- 3. Ask for help.** Delegating responsibilities for holiday tasks, such as shopping, gift-wrapping or decorating gives others an opportunity to make a positive contribution.
- 4. Establish new traditions.** It's OK to change traditions to accommodate your energy level. Or keep the same ritual and find creative ways to celebrate.
- 5. Reflect on the meaning of this holiday season.** Allow yourself and your family to remember and share the wonderful memories of past seasons.

Don't forget to take time for yourself and enjoy the many free classes and programs offered at the Hearst Cancer Resource Center.

YOU'RE INVITED

to a Free Informational Session

"Finding Joy in the Sadness"

Presented by Flora Washburn, MPT, BCC, FHMC Chaplain

November 16, 2016

5:30-6:30 PM

Come learn how to rise up from the grief to find hope and joy through the tears and memories.

Space is limited.

Please call HCRC at 805.542.6234 to register.

HOLIDAY OPEN HOUSE

Tuesday, December 13, 4:00-6:00 PM

You are invited to stop by the HCRC Annual Holiday Open House. Bring your family and friends to enjoy the spirit of the holidays!

Gloria, Eloisa, Lisa & Bev
 HCRC Staff

Grow Out Your Hair and Be Cancer Aware

No-Shave November is an opportunity to forgo shaving in order to evoke conversation, increase cancer awareness and raise funds for the HCRC.

Participate by growing a beard or a mustache. Put down your razor and set up your own personal No-Shave November fundraising page.

To Make a No-Shave November donation, please visit www.supportfrenchhospital.org or call 805.542.6496.

Your gift is fully tax deductible.

Early detection gives best chances of good health and survival

Free Skin Cancer Screening
Saturday, December 3, 2016
10:00am to 12:00pm
Appointments are required

Hearst Cancer Resource Center
1941 Johnson Ave, Ste # 201,
San Luis Obispo

In collaboration with Noor Foundation and FHMC SLO Oncology/Hematology Health Center, we are offering a free skin cancer screening clinic for those who are uninsured, underinsured or lack the ability to pay for this screening.

Limited number available, please call Hearst Cancer Resource Center at 805.542.6234. Se habla Español: Eloisa at 805.786.6130.

End of the Year Giving

There are many ways to support HCRC and its endowment, including cash gifts, marketable securities or bequests. During this season of giving, please consider a tax-deductible donation. Contributions of any amount are greatly appreciated, and your gift will bring hope to countless members of our community facing the difficult cancer journey.

For more information, please contact the French Hospital Foundation at 805.542.6496 or visit www.supportfrenchhospital.org.



Stay Mindful – 4 Tips for Holiday Eating



The holidays are a time to enjoy friends, family and food. Contrary to popular belief, you can have all three without going off of your cancer preventative diet!

On average, Americans gain approximately one to two pounds during the holiday season. While it may not seem like much, research shows it tends to stick around and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

Tip 1: In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in overeating. Eat breakfast, as research shows that those who eat breakfast tend to consume fewer calories throughout the day. 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.

Tip 2: Holiday meals tend to be large, buffet-style and include several helpings. Focus on your favorite holiday foods and eat a small amount of those. Savor the aroma, texture and flavor in each bite! Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan – one that can also include dessert.

Tip 3: Avoid overeating. Using a smaller plate allows you to put less food on your plate and encourages proper portion sizes. Fill your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Before you go back for seconds wait 10 minutes to see if you really are still hungry.

Tip 4: After dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

For more information on how to eat healthy, contact the registered dietitian nutritionist at the Hearst Cancer Resource Center.

Adopted from: <http://www.eatright.org/resource/health/lifestyle/holidays/a-healthy-approach-to-holiday-eating>

French Hospital Medical Center Accredited Cancer Program Public Report

French Hospital Medical Center is a fully accredited Community Cancer Center as recognized by the American College of Surgeon's Commission on Cancer (CoC). Our program is managed by a cancer committee consisting of physicians, nurses and health care staff who provide high quality and comprehensive care to cancer patients as defined by a specific set of goals and standards.

Each year, the cancer committee is challenged to develop and disseminate a report focused on patient outcomes or program outcomes on a specific required CoC standard, and distribute this report to the public. This year the cancer committee has selected Melanoma as the focus of our report.

The following are highlights of our 2016 Annual Report.

- Skin cancer screening clinic
- Education and outreach and prevention
- Prevention and early diagnosis

To learn more about French Hospital Medical Center's Melanoma education and outcomes, please visit www.frenchmedicalcenter.org/Medical_Services/Hearst_Cancer_Resource_Center.

TURN TO US FOR ANSWERS ABOUT CANCER

ARROYO GRANDE COMMUNITY HOSPITAL

FRENCH HOSPITAL MEDICAL CENTER

MARIAN REGIONAL MEDICAL CENTER

Edwin Hayashi, MD, FACS
Medical Director
COASTAL CANCER CARE CENTER

Mary Fedel, RN, OCN
Cancer Care Navigator
COASTAL CANCER CARE CENTER

805.481.7245
Mary.Fedel@dignityhealth.org

Jen Jensen BS, CTR
Clinical Research Coordinator
PCR ONCOLOGY

805.474.9143
Jensen@pconcology.com

Laura Deppen, RN
Hospice Director
805.739.3830
Laura.Deppen@dignityhealth.org

Katherine M. Guthrie
Cancer Services Regional Director
DIGNITY HEALTH CENTRAL COAST
805.346.3434
Katherine.Guthrie@dignityhealth.org

Thomas Spillane, MD
Medical Director
HEARST CANCER RESOURCE CENTER

Gloria Caine, RN, BSN, OCN, CBPN-C
Nurse Navigator
HEARST CANCER RESOURCE CENTER

805.542.6234
Gloria.Caine@dignityhealth.org

Beverly Kirkhart
Director
HEARST CANCER RESOURCE CENTER

805.542.6269
Beverly.Kirkhart@dignityhealth.org

Eloisa Medina
Lay Patient Navigator
805.786.6130
Eloisa.Medina@dignityhealth.org

Lee Walton
UCLA Clinical Research Coordinator
SLO ONCOLOGY/HEMATOLOGY HEALTH CENTER
805.543.5577
Lee.Walton@dignityhealth.org

Susan Diaz RN, OCN
Clinical Supervisor
DIGNITY HEALTH INFUSION CENTER OF SAN LUIS OBISPO
805.786.6144
Susan.Diaz@dignityhealth.org

Robert A. Dichmann, MD
Medical Director
MISSION HOPE CANCER CARE AT MARIAN
REGIONAL MEDICAL CENTER (MRMC)

Jenni Davis
ONCOLOGY COUNSELOR AND PATIENT ADVOCATE, MRMC
805.346.3402
Jennifer.Davis005@dignityhealth.org

Liz Elliott, RN, OCN, CBCN, CBPN-IC
BREAST CARE NAVIGATOR, MRMC
805.346.3405
Elizabeth.Elliott@dignityhealth.org

Carol Lowe, RN, OCN
CANCER CARE NAVIGATOR/
LUNG CANCER SCREENING PROGRAM
805.346.3463
Carol.Herrin@dignityhealth.org

Sean Hunt, RN, BSN, OCN
CANCER CARE NAVIGATOR/SURVIVORSHIP PROGRAM, MRMC
805.346.3401
Sean.Hunt003@dignityhealth.org

Michelle Lamarche, RN
ASSISTANT NURSE MANAGER, MISSION HOPE
INFUSION CENTER
805.346.3421
Michelle.Lamarche@dignityhealth.org

John Malinowski, ATC, CET
CANCER EXERCISE TRAINER
805.346.3413
John.Malinowski@dignityhealth.org

HCRC ADVISORY COMMITTEE

Chair

Thomas Vendegna, MD

French Hospital Medical Center President and CEO

Alan Iftiniuk

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

Julia Fogelson, RN

French Hospital Medical Center Vice President, Philanthropy

Debby Nicklas

Board Members

Sandy Dunn
Stephen Hearst
Stephen Hilty, MD
Stephen Holtzman, MD
Katie Lichtig
Noreen Martin
Susan Minker, MD
Don Oberhelman
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 Receives Second Grant from Avon for Breast Cancer

French Hospital Medical Center (FHMC) is pleased to be awarded a \$50,000 grant from the proceeds of the 13th annual Avon Walk for Breast Cancer. This is the second year FHMC has received this grant.

With this grant, the Hearst Cancer Resource Center (HCRC) aspires to ensure that breast cancer outreach and navigation services are offered to low income and underserved Latino women. The breast outreach navigation program will increase bilingual education tools about breast cancer, the number of free mammography clinics, and offer free transportation services to patients for medical appointments and treatments.

Over 1,900 participated in the 39.3 mile Avon Walk, which took place in Santa Barbara on September 11. The event raised \$4.6 million dollars to accelerate breast cancer research, improve access to screening, diagnosis and treatment, and educate people about breast cancer.



L-Bev Kirkhart, HCRC Director R- Katie Lichtig, HCRC Advisory Committee member.

HEARST CANCER RESOURCE CENTER

www.dignityhealth.org/frenchhospital

1941 Johnson Avenue, Suite 201,
San Luis Obispo
805.542.6234

*Commission on Cancer Community
Cancer Program*

**Open Monday–Friday,
9 a.m.–4:30 p.m.**

Sweet Potato Wedges with Rosemary

Ingredients:

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

Instructions:

1. Preheat oven to 450 degrees F.
2. Place wedges in large bowl. Add rosemary, garlic powder, mustard and oil. Toss to coat well.
3. Arrange potatoes on baking sheet, making sure not to overlap potatoes. Bake 15 minutes. Turn wedges over and bake 15 minutes or until potatoes are soft and beginning to brown.
4. 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

