

cancer care

THE HEARST CANCER RESOURCE CENTER

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

Congratulations, Eloisa Medina

*for being named to the San Luis Obispo
County Wall of Fame!*



Eloisa has been awarded the Women of the Year by the Commission on the Status of Women.

Eloisa joined the HCRC team in 2015 as the bilingual Lay Patient Navigator. The following testimony by local nurse practitioner Mary Mott Okimoto expresses deep

appreciation for Eloisa's dedication and service to the Latino population.

"I can't say enough good things about Eloisa Medina and the impact she has had on improving the lives of our local Latino community. She goes above and beyond the call of duty to make sure every patient has access to interpreter services, understands their treatment plan and has all of their questions answered. There is no doubt in my mind that the quality of care for our Spanish-speaking oncology patients has risen dramatically since Eloisa joined the Hearst Cancer Resource Center team. We are lucky to have her part of our community."

Mary Okimoto has been a nurse practitioner for SLO Oncology/Hematology since 2011. She treats both adults and children and is the only provider who specializes in pediatric oncology in our county.

YOU'RE INVITED

to a free informational lecture
on Mindfulness

Presented by Jill Stollmeyer,
Owner East Wellbeing & Tea

Tuesday, July 18, 2017
5:30-6:30 PM



Jon Kabat-Zinn, known as the originator of modern-day mindfulness, explains that mindfulness is simply meditating on what we're sensing in the

present moment, rather than rehashing the past or imagining the future.

To learn about mindfulness, attend our free lecture. Space is limited so call HCRC at 805.542.6234 to register now.

Additionally, HCRC offers a meditation class the **first** and **third** Wednesday of each month. Classes are free and drop-ins are welcome.

Jill is the owner of East Wellbeing & Tea in San Luis Obispo with her husband. Her extensive massage training is focused mainly on eastern styles of massage, meditation, energy and bodywork.

Announcing Free Mammogram Screening Clinic Hours



Breast cancer is the most common cancer among women. In recent years, however, the death rate from breast cancer has steadily decreased because of a variety of factors, including early detection.

To support individuals who are uninsured, French Hospital Medical Center (FHMC), in collaboration with SLO Public Health (Paso Robles), Noor Clinic, The Center and Planned Parenthood, is pleased to announce that the Women's Imaging Center will now have evening hours for free screening mammograms only.

Free screening hours

4:00 PM to 7:00 PM

August 16 and November 15.

In order to receive a free mammogram, individuals must first visit one of our collaborators to get a referral from a clinical breast exam.

Weekend clinics will still be available on October 7 and 21 from 11:00 AM to 4:30 PM.

Contact Eloisa Medina, Hearst Cancer Resource Center Lay Patient Navigator, at 805.786.6130 or 805.712.1018 with any questions.

New Facilitator for HCRC Leukemia, Lymphoma and All Blood Cancer Support Group



The HCRC would like to announce the new facilitator for the Leukemia, Lymphoma Society and All Blood Cancer Support Group, Henry Herrera. Henry's personal experience with lymphoma has given him a passion for helping others facing a blood cancer diagnosis.

Extensive research shows that active engagement in a support group can improve the impact of three major stressors associated with cancer: aloneness, loss of control and loss of hope.

Many survivors express finding support groups to be extremely helpful. As one survivor stated, "friends sympathized, but I felt that others going through the same fears and challenges gave the best support. There is comfort in knowing others understand you."

We welcome you to attend this positive and uplifting support group. The All Blood Cancer Support Group is held on the **second** Wednesday of each month at 1:00 PM at the Hearst Cancer Resource Center. Drop-ins are welcome.

About Henry Herrera:

Henry Herrera serves as the Family Services Program Manager, Family Services Forensic Liaison Adult Services, and Bilingual Spanish for the Family Services Program at Transitions-Mental Health Association in San Luis Obispo County. Henry brings a wealth of knowledge and experience to his position, having served nearly twenty years in the Public Health field aiding more than 500 families each year. Henry is active in SLO County helping our local community better understand and cope with the realities of severe and persistent mental health illness.



Young Ireland Raises Funds for The Hearst Cancer Resource Center

Irish folk band and father/son duo, Young Ireland, raised \$3,245.00 for HCRC from their performance at the San Luis Obispo Little Theater!

(Left to right): Joan Wenglikowski, Wicker Wealth Partners, LLC; Debby Nicklas, VP Philanthropy FHMC; Bev Kirkhart, HCRC Director; Patrick O'Hara, Wicker Wealth Partners, LLC & Young Ireland musician; Mary Verdin, Verdin Marketing.



Cal Poly Softball Holds Annual Strikeout Cancer Day

This year the annual Cal Poly Softball event, Strikeout Cancer, generated \$4,578 for HCRC by selling raffle tickets and pink t-shirts. Since 2007, the Cal Poly Strikeout Cancer Day has raised \$15,114 for the free programs and services offered at HCRC.

Bev Kirkhart, HCRC Director; Jenny Condon, Softball Head Coach; Gina Vecchione, Softball Associate Head Coach; Ally Carda, Softball Assistant Coach; Gloria Caine, HCRC Nurse Navigator; Debby Nicklas, VP Philanthropy FHMC.



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

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Robert A. Dichmann, MD
Medical Director

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REGIONAL MEDICAL CENTER (MRMC)

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BREAST CARE NAVIGATOR, MRMC

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John Malinowski, ATC, CET

CANCER EXERCISE TRAINER

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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

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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

Do you need transportation to medical appointments?



The Hearst Cancer Resource Center will gladly assist you with travel needs.

We provide gas cards or free rides to medical appointments through Ride-On services.

Recognizing that transportation could be a barrier to your cancer care, the Hearst Cancer Resource has established a program with Ride-On and gas cards to qualified cancer patients. This transportation program is made possible by generous grants from the Hearst Foundation, Avon Grant and San Luis Obispo community donors.

The following process for transportation services is easy and efficient:

1. For Help in English Call: Gloria Caine, HCRC Nurse Navigator at 805.542.6234.
2. For Help in Spanish Call: Eloisa Medina, HCRC Lay Patient Navigator at 805.786.6130.
3. Call NOW for your transportation needs.

HEARST CANCER RESOURCE CENTER

www.dignityhealth.org/frenchhospital

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

*Commission on Cancer Community
Cancer Program*

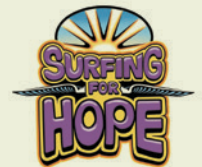
**Open Monday–Friday,
9 AM–4:30 PM**

Save the Date!

Surfing for Hope

October 6–7, 2017 in Avila and Pismo Beach

To register, visit SurfingForHope.org or call 805.305.5088.



American Cancer Society Making Strides Against Breast Cancer

October 21, 2017 at SLO Mission Plaza

To register, visit makingstrideswalk.org/sanluisobispo or call 805.473.1748.

