

cancer care

MAY/JUNE 2018



Hearst Cancer Resource Center

SLO Infusion Center

SLO Oncology & Hematology

About Cancer Care

Cancer Care is a collaborative partnership between the SLO Oncology & Hematology Health Center, Dignity Health Infusion Center of San Luis Obispo, and the Hearst Cancer Resource Center at French Hospital Medical Center, offering comprehensive cancer care services to San Luis Obispo County residents. As a cohesive oncology treatment program, Cancer Care features innovative technological advancements and expert health care professionals from the nation's top medical training programs. The culmination of these centers provides a personalized, multidisciplinary approach to oncology treatment, clinical trials, pediatric oncology, infusion services, support programs, and resources to promote healing.

Join Us As We Celebrate

The 10th Anniversary of the
Hearst Cancer Resource Center

Where Hope Thrives!

Thursday, May 24 from 4–6PM

*French Hospital Medical Center
Copeland Health Education Pavilion
Auditorium, Third Floor*

1911 Johnson Avenue, San Luis Obispo

We welcome you to come and celebrate with us 10 years of success, growth and helping cancer patients and their families walk through their diagnosis, treatment, and beyond.

The event will include featured guest speakers, light hors d'oeuvres, champagne and refreshments, an interactive art installation, and commemorative t-shirts for guests.

*For a reservation or more information please call the
Hearst Cancer Resource Center 805.542.6234.*



Give Thanks for Extraordinary Care

French Hospital Medical Center is proud of our many team members who are dedicated to providing compassionate care to our patients. They know humankindness is the best medicine and practice it on a daily basis. They are our Guardian Angels.

Has a French Hospital physician, nurse, staff member or volunteer touched your life? Have you experienced the power of *humankindness* while at the hospital or Hearst Cancer Resource Center? The Guardian Angel program provides grateful patients and their loved ones the opportunity to thank caregivers and other team members who made a difference during their visit or stay by making a donation to the hospital in their name.

When you make your gift to the French Hospital Medical Center Foundation, your Guardian Angel will receive a letter informing him or her of your thoughtful gift in their honor. No gift amount will be mentioned. In addition, they will receive a Guardian Angel lapel pin for special recognition and will also be recognized among their colleagues.

To make a gift, go to SupportFrenchHospital.org or call 805.542.6496. Your gift can be designated to the Hearst Cancer Resource Center.

Have you experienced the power of humankindness while at French Hospital or the Hearst Cancer Resource Center?



New Cancer Support Group

Extensive research has shown that actively engaging in a support group can improve the impact of three major stressors associated with cancer: feelings of loneliness, loss of control and loss of hope. Controlled studies at Stanford and UCLA have demonstrated that participating in a cancer support group can significantly reduce psychological distress and pain.

Circle of Strength Cancer Support Group creates a safe haven for survivors to find comfort and support while in treatment, helps those just starting down the uncertainty and confusion of a cancer diagnosis, and those learning to live beyond cancer. Circle of Strength offers an empowering setting where people learn to make active choices in their recovery, implement important life changes, develop new attitudes, and forge meaningful personal connections. Open to all cancer diagnoses.

Many survivors express participating in a support group is extremely helpful. As one survivor said “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.”

Held at the same time as the Caregivers Support Group, we welcome friends, family members or significant others who are caring for someone dealing with cancer. This special group understands the concerns of caring for a loved one and can share their knowledge, experience and support.

For more information on either support groups, please call Hearst Cancer Resource Center at 805.542.6234.

Circle of Strength Cancer Support Group

You are invited to join this new group.

Drop-ins are welcome.

When:
First and third Thursdays of the month.
6-7:30PM

Where:
Hearst Cancer Resource Center



Survivorship Symposium

Finding Peace and Purpose after a Cancer Diagnosis

Featuring Keynote Speaker: Ginger Johnson

A two-time Stage 4 metastatic breast cancer survivor, Ginger is an international speaker, author and the founder of the Survivor Soul Project. She has been featured on a variety of media outlets including NBCNews.com, USA Today and Standup2Cancer, as well as in many publications and magazines.

Local Speaker Panel Presentations with Q&A:

- Stephen Hilty, MD, Internal Medicine
- Flora Washburn, BCC
Manager, Spiritual Care, Central Coast Service Area
- Gila Zak, C.Ht (Certified Hypnotherapist)

Please join us for this special free community lecture designed to educate on how to:

- Transform your challenges into tools for success
- Rediscover your worth
- Create a life you love

Survivorship Symposium

When:

Friday, June 22, 2018

Registration 11:30AM–Lunch 12PM

Program 12:30–2:30PM

Where:

French Hospital Medical Center

*Copeland Health Education Pavilion
Auditorium, Third Floor*

1911 Johnson Avenue

San Luis Obispo, CA

Space is limited, reservations are required.

Call Hearst Cancer Resource Center, to reserve your seat, at **805.542.6234**.

This program is made possible through the support of the Martin Hulbard Family Cancer Education Fund to the Hearst Cancer Resource Center, and is offered as a community service.

June is National Cancer Survivor month

With the number of survivors steadily increasing in the U.S. we have good reason to celebrate the tremendous progress we have made in improving the outcomes for people after a cancer diagnosis. We are grateful for the continued compassion and dedication of the physicians and nurses who work tirelessly to improve the quality of life of cancer patients and survivors.

Here on the central coast our oncology nurses are passionate about their job and their patients. An oncology nurse is a special person, one who besides skill and experience, has a true sense of caring for others.

To honor our Central Coast cancer survivors the SLO Oncology nurses at the Infusion Center of San Luis Obispo have shared how their cancer survivors have made a difference in their lives ...

“I find it a privilege to work with my patients to be allowed into an emotionally vulnerable space with the simple goal of helping.”

“My patients remind me daily of what matters. They keep me grounded. This is a special gift they give me every day.”

“My patients inspire me when they take my hand into theirs and smile at me while they say thank you.”

“I am honored daily to be a witness to stoic acts of heroism as I see my patients battle with cancer with dignity and good humor.”

“My patients inspire me with their strength, they frequently face uncertain futures with an amazing amount of hope.”

“My patients inspire me by how much they care for others even though they are going through a difficult time themselves.”

“I consider it a great privilege to work with such brave, kind, generous, thoughtful and grateful people. They make me want to give my all and be the best nurse I can be each and every day.”

“I am inspired by our patients daily because of the strength they find within themselves during their journey.”



You're invited to the Ninth Annual Women's Day Celebration



Victoria Kastner, Hearst Castle's Official Historian

Ladies, it's back! Be our guest at the annual Women's Day Celebration for a heartfelt time with the exciting storyteller, Victoria Kastner, Hearst Castle's official historian and cancer survivor.

Ms. Kastner will provide a behind-the-scenes look at the Castle's talented architect, Julia Morgan, and reveal Morgan's special fondness for the Central Coast. During her long career, Julia Morgan designed an impressive total of seven hundred buildings—more than almost any other architect! We are lucky to have two more of her buildings in our area: the Minerva Club in Santa Maria, and the Monday Club in San Luis Obispo. Both of these clubs have survived nearly unchanged, providing special gathering places for local women today.

Julia Morgan was the first female architect to gain worldwide fame, and her biography is an affecting tale of courage and tenacity. In 1901, she became the first woman in the world to graduate from the Ecole des Beaux-Arts, the renowned Parisian school of architecture, which was founded in 1682 and had never before admitted a female student. Julia Morgan battled health problems for much of her life, but never let this slow her down. Throughout her life, Morgan supported women's causes by designing dozens of YWCAs and women's clubs in California. She knew that wonderful benefits invariably result, anytime women join together to build strong communities.

Join Ms. Kastner for the inspiring life story of this talented architect, who left a wonderful legacy for all central coast residents.

Ninth Annual Women's Day Celebration

When:

*Wednesday, May 16, 2018
11:30AM Registration
12PM Lunch*

Where:

*Copeland Health Education Pavilion,
Auditorium, 3rd Floor
1911 Johnson Avenue, San Luis Obispo*

Admission is free. Space is limited and reservations are required.

Please call Hearst Cancer Resource Center at **805.542.6234**.

No Shave November



Thank you to the men (solo or in a group) for their participation in the 2017 No Shave November campaign.

For the last five years, Dr. Dennis “Skip” Parks has supported the Hearst Cancer Resource Center by growing a beard each November. He built support for this effort by posting pictures on Facebook, sharing on Twitter and developing an email campaign to family and friends.

He even created a button that said “Ask Me About My Beard”. An avid cyclist, he also asked his cycling friends to pledge a set amount for every mile he rode in November.

Skip’s efforts this past November resulted in contributions totaling more than \$5,200. Over the last five years, he has raised over \$15,000. “It’s a great conversation starter to make people aware of the good work being done in the Hearst Cancer Resource Center—and I can have a little fun with it, too,” he stated.

Skip is looking for volunteers to join him in 2018. He is happy to share his strategy and help others build theirs.



The staff of Morris and Garritano Insurance also had some fun with No Shave November with their “Growing Awareness, Growing Awesomeness” theme. Twenty five employees grew their beards to raise over \$3,300 for the Hearst Cancer Resource Center. At the end of the month, awards were given for the Best Overall Beard, Best Mustache, Longest Beard, and Best Attempt.



Free Mammogram Screening Clinic

Wednesday, May 16, 2018, 4-7PM

Saturday, May 19, 2018, 10AM-3:30PM

*Women’s Imaging Center at French Hospital
Medical Center*

To support individuals who are uninsured, French Hospital Medical Center (FHMC) in collaboration with SLO Public Health (Paso Robles), Noor Clinic and The Center will offer the first of several free mammogram screening clinics.

You must first visit one of our collaborators to get your clinical breast exam to receive a referral for a free screening mammogram.

Contact Eloisa Medina, Hearst Cancer Resource Center Lay Patient Navigator, FHMC, at **805.786.6130** or **805.712.1018** with question.

Turn to us for answers about cancer

HEARST CANCER RESOURCE CENTER

1941 JOHNSON AVENUE, SUITE 201,
SAN LUIS OBISPO, CA 93401
805.542.6234
OPEN MONDAY–FRIDAY
9AM–4:30PM

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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

SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C TANK FARM ROAD
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Debby Nicklas
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805.542.9700

FHMC WOMEN'S HEALTH AND IMAGING CENTER
1941 JOHNSON AVE SUITE 104,
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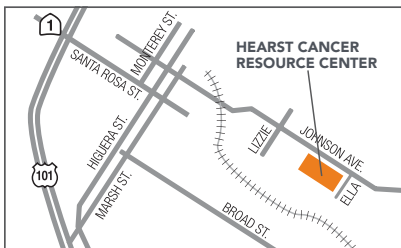


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Dignity Health Cancer Care Centers



Hearst Cancer Resource Center
Commission on Cancer Community Cancer Program
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SAN LUIS OBISPO, CA, 93401
805.542.6234



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Infusion Center of San Luis Obispo
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If you have any questions, comments, or concerns please visit dignityhealth.org/frenchhospital