

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.

Let's Talk About Survivorship



*By Becky Szejnkowski,
Psy.D.*

No one wants to hear the words, “You have cancer.” I got that phone call, at age 32, while at work. I was diagnosed with

Her2neu positive breast cancer. My first thought was “Am I going to lose my hair?” which is weird, because you would think it would be “Am I going to die?”

My doctor did not give me an option of a bilateral mastectomy, but I chose it because I was 32 years old with a huge tumor and small breasts. As my tumor was aggressive and large, I had six rounds of chemotherapy prior to surgery. I had a month of radiation and a year of Herceptin (a breast cancer specific medication). During my treatments, I met my chemo sister, who was younger than me, but we became very close as we experienced every round of chemo together. I learned of the HCRC when I joined the San Luis Young Survivor’s group. I was terrified but I quickly learned that although cancer

is a club you never want to join, you will connect with the most amazing human beings. I felt so much support and most importantly I was not alone. I even took advantage of the free wigs. But I’ll admit it—it was fun to karaoke to Sinéad O’Connor while bald.

I have always struggled to ask for help. However, my “chemo posse” of friends combatted my stubbornness. They cooked for me, cleaned my house while I begrudgingly let them. They celebrated all my small wins with me during my treatment. Cancer teaches you not only who you are but the value of the support you surround yourself with.

Now my mantra is, “If cancer didn’t kill me, neither will this.” After my journey, it led me to my husband. We struggled to have our own children and decided to go through the emotional journey of fostering to adopt. We now have our two tiny beautiful forever humans, ages 3 and 4. We were blessed to be adopted into their biological family as well. I have volunteered at HCRC to lead support groups. I believe my cancer journey was given to me in order to help others. I will continue my work as a psychologist to help others on their journey with chronic medical conditions, which includes helping my closest supporters.

Join Becky’s survivorship talk on June 21.

Melanoma

By American Academy of Dermatology

The ABCDEs of Melanoma, What to Look for:

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma is highly treatable. You can identify the warning signs of melanoma by looking for the following:



ASYMMETRY

One half unlike the other half.



BORDER

Irregular, scalloped or poorly defined border.



COLOR

Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



DIAMETER

While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller. See the ruler below for a guide.



EVOLVING

A mole or skin lesion that looks different from the rest or is changing in size, shape or color.



PREVENT Skin Cancer: Protect Yourself From the Sun

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.

HERE'S HOW TO PROTECT YOURSELF FROM THE SUN:

- **Seek shade** when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **Generously apply a broad-spectrum, water-resistant sunscreen** with an SPF of 30 or higher to all exposed skin. Broad-spectrum sunscreen provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Use extra caution near water, snow and sand**, as they reflect the damaging rays of the sun, which can increase your chance of skin cancer.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and premature skin aging. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.



To learn more about skin cancer and find a FREE skin cancer screening, visit SpotSkinCancer.org

These prevention and detection messages are brought to you by the American Academy of Dermatology's SPOT Skin Cancer™ campaign, dedicated to a world without skin cancer.

Summer Fun for the Kids!



Camp Kesem

Camp Kesem offers a free, week-long summer camp for children ages 6–16 years old that have lost a parent to cancer, have a parent undergoing cancer treatment, or whose parent is a cancer survivor. Cal Poly is proud to partner with Camp Kesem and will be providing services for this program.

Camp will be held July 11–16th at Camp Whittier, Santa Barbara, California and spots fill up quickly! For more information about registration, please email calpolyslo.outreach@campkesem.org, call 805.316.0510, or visit campkesem.org/cal-poly.



Pure Stoke Surf Camp

The goal of Pure Stoke Surf Camp is to provide support and to recognize adolescents and teenagers whose family members are going through their cancer journey.

Each Saturday outing includes surf lessons with the required equipment, ocean and marine biology education as well as fun beach activities in a non-intimidating environment staffed by supportive instructors and counselors.

UPCOMING DATES:

- April 16, 2022
- May 21, 2022
- June 18, 2022
- July 16, 2022
- August 20, 2022
- September 17, 2022
- October 1, 2022

To have your children participate in this exciting program, please visit their website at surfingforhope.org



Music for Teens

First Wednesday of each month at HCRC.

Join Joey to learn how to create beats and computer generated music. Open to teens affected personally by cancer themselves or in their family.

**Space is limited, please contact HCRC.*



Advisory Committee Member Spotlight

Tom Spillane, MD in his own words:

Q: How long have you been part of HCRC?

I have been a part of HCRC since before its inception, when Tom Vendegna was first approached by Steve Hearst and asked how he could repay the favor to him for helping save his father's life. Tom asked for my help in designing the best integrative "resource center" for all cancer patients in SLO county.

Q: Why is the HCRC important to this community?

It's important because it is open to all-comers, not just Dignity Health patients, with insurance or without, and there are no fees for any of their services. And it links all the resources throughout the county.

Q: Tell us a fun fact about yourself.

I am also the co-founder of our Surfing for Hope Foundation, that connects the healing power of the ocean with cancer awareness and coping with cancer. I am an avid music fan, and can play a mean harmonica.

Upcoming Events

Updates in Skin Cancer

WHEN: Thursday, May 19, 5:30pm

WHERE: Zoom

PRESENTED BY: Johanna B. Moore, MD

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

Let's Talk About Survivorship

WHEN: Tuesday, June 21, 5:30pm

WHERE: Zoom

PRESENTED BY: Becky Rice Szejkowski, Psy.D.

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

Share the Hope



The French Hospital Medical Center Foundation is proud to announce that Share the Hope, a fundraising event held on April 2, 2022, raised \$460,000 to benefit the Hearst Cancer Resource Center (HCRC) Endowment.

The endowment, initially funded by the Hearst Foundation, provides vital long term support, allowing the HCRC to continue providing comfort, support, and information to cancer patients and their families, all at no charge, for many years to come.

Due to the pandemic, this was the first Share the Hope event since 2019 and guests were excited to be back together. The event began with a champagne reception at the historic Hearst Ranch Senator's House, followed by a gourmet dinner at the historic Hearst Ranch Dairy Barn, with an exciting live auction and music. More than 150 guests attended.

Additional endowment funding is still needed to support the long term efforts of the HCRC and provide local cancer patients with critical services and resources. To donate, please visit supportfrenchhospital.org.

Hearst Cancer Resource Center is pleased to offer without cost to cancer patients:

Community Acupuncture Treatments



Bianca Clayton, L.Ac.

Licensed Acupuncturist and Herbalist

With Bianca Clayton, L.Ac.

**Meets the 3rd Monday of each month
2:30 p.m.**

Hearst Cancer Resource Center

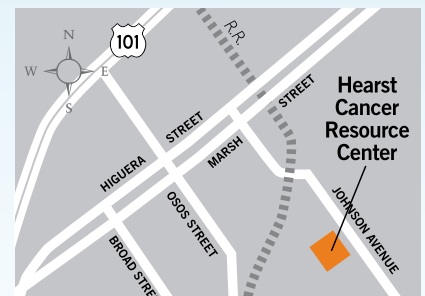
1941 Johnson Ave, Suite 201, San Luis Obispo

Reservations are necessary.

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

For thousands of years, acupuncture has been a treasured way to balance the mind and body and can greatly alleviate symptoms and provide patients immense relief. Acupuncture involves the insertion of extremely thin needles through your skin at strategic points on your body. It is currently endorsed by several major medical organizations including the U.S. National Institute of Health and the World Health Organization. Acupuncture patients often notice a significant improvement to common side effects of cancer treatment such as: nausea, vomiting, pain, anxiety and fatigue.

■ Bianca Clayton is passionate about helping her patients in their personal journey to optimal health—encouraging each person to be an advocate for their own healing. Treating the body as a whole requires a comprehensive approach which is why Bianca's practice includes acupuncture, herbal medicine, nutritional counseling and yin tuina (a subtle touch technique).



Like us on Facebook:

**Hearst Cancer Resource Center
San Luis Obispo**



Dignity Health™

French Hospital Medical Center

Hearst Cancer Resource Center



RSVP

Keep up with all our classes and programs at our website:

[Dignityhealth.org/HCRC](https://dignityhealth.org/HCRC)

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

Lauren Jermstad, MSW, LCSW
Social Worker

Eloisa Medina
Patient Navigator
805.786.6130—en español

Teresa Fernandez
Lay Patient Navigator

Angela Fissel, RD
Registered Dietician

DIGNITY CANCER CARE CENTRAL COAST

Mission Hope Cancer Center
1325 East Church Street, STE 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*

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
Diane De Vos Schmidt, FNP-C
Robin DiBiase, NP, OCN
James Malone III, MD
Tim Souchek, PA
Lin Soe, MD

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

IMAGING CENTERS

FHMC San Luis Diagnostic Center
1100 Monterey St #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

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

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**

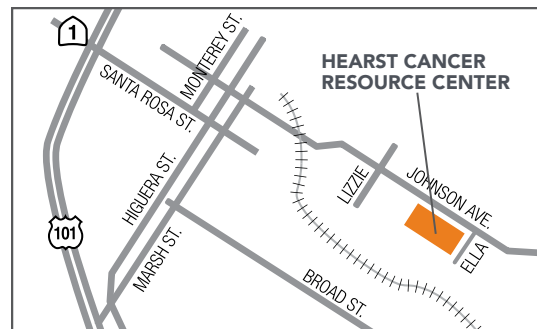
French Hospital Medical Center

- Alan Iftiniuk**— PRESIDENT AND CEO
- Julia Fogelson, MSN, RN**—COO, CNE
- Debby Nicklas**—VP PHILANTHROPY
- Thomas Vendegna, MD**—CMO

Board Members

- Sandy Dunn**— CHAIR
- Gayle Cekada, MD**
- Stephen Hearst**
- Stephen Hilty, MD**
- Robert Johnson, MD**
- Noreen Martin**
- Susan Minker, MD**
- Don Oberhelman**
- Thomas Spillane, MD**
- Jackie Starr**
- Christine Williams**

Hearst Cancer Resource Center



Hearst Cancer Resource Center

Commission on Cancer Community Cancer Program
1911 Johnson Avenue
San Luis Obispo, CA, 93401
805.542.6234

