

the Quarterly

A PUBLICATION OF WELLNESS & INSPIRATION FROM
ST. JOSEPH'S MEDICAL CENTER

Why Me? by Sharon Abdullah



On October 2, 2015, it was confirmed that the mass I discovered while showering the week prior was in fact, breast cancer. There is no description for the agony that followed receiving the news that day. The unanswerable

questions remained such as "Why me?" and "How did this happen?"

I ate a very healthy diet and walked four miles a day. I thought I was up to date on my mammograms. The moral of my story is the importance of self-examinations in addition to regular mammograms. If I did not feel the mass in the shower that day in September, I do not know if I would be here today.

After the reality of my diagnosis set in, my family and I had to take action. Surgery. Five months of aggressive chemotherapy. Over two months of daily radiation treatment.

I am blessed to have the support system that I do. I have four amazing adult children: my son, Joseph, and daughter, Sharifah, who live in the Bay Area and Los Angeles respectively, my daughter, Khaleedah, a physician at Kaiser Manteca, and my daughter, Aliyah, an attorney here in Stockton. I am extremely proud of all of their accomplishments.

Khaleedah's medical background has been very helpful for clarity and reassurance for me throughout this journey. Aliyah has been my caretaker, and has taken me to every doctor appointment, chemotherapy session, and daily radiation treatment. We have spent a lot of time together in the past ten months and both of us find blessings in that.

I also have eleven grandchildren who bring me immeasurable joy. They are a kind, fun-loving and talented bunch, and

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St. Joseph's Expands Healthier Living Program to Include Cancer Support

St. Joseph's is pleased to announce the expansion of the Healthier Living, Chronic Disease Self-Management Program, to now include classes specific to those dealing with cancer. This 6-week series is designed to help patients and families develop the tools and techniques needed to live well with chronic diseases, through education, shared experience, and support.

Topics include:

- Dealing with problems such as frustration, fatigue, pain, and isolation
- How to maintain and improve strength, flexibility, and endurance
- Appropriate use of medications and strategies for pain management
- Communicating effectively with family, friends, and health professionals
- Nutrition, how to evaluate new treatments, and more.



The Healthier Living, Chronic Disease Self-Management Program was developed by Stanford University.

Instructors:
Carol Smith,
Rebecca Olvera,
and Trish Linderman

Tuesdays beginning January 3, for six consecutive weeks • 2:30 – 5 p.m.

St. Joseph's Medical Center, Classroom 3 (lower level)

This class is free.

Must pre-register to attend by calling 209.939.4526 by December 16.

If you are interested in classes to help you manage diabetes or other chronic health conditions, please call St. Joseph's Community Health Department at **209.944.8355**.

Why Me, *continued*

they keep me smiling. My grandson, Amir, brought joy, smiles, and comfort to me and other patients receiving treatment at the chemotherapy clinic, and he made me feel brave during my procedures.

The St. Joseph's Cancer Center has been wonderful to me. Initially, I was afraid of going there and I previously felt the same about my chemotherapy clinic. I was not afraid just because chemotherapy and radiation can be scary, but I had taken my husband to both places a few years ago for treatment and there was an emotional hurdle I had to overcome being the patient this time around. My husband passed away from brain cancer in 2011, and the stark reality that I was aware of firsthand is that cancer takes lives. What I discovered at St. Joseph's as a patient was warmth, loving energy, support, and new friendships. I am forever grateful for how the staff transformed my fear into strength.

Attending St. Joseph's Annual "Treat-Meant For You" event held in April was a beautiful and empowering experience. I received helpful information on holistic healing methods such as reiki and tai chi, and received much needed pampering in the form of a manicure and massage. I felt wonderful that day, and after aggressive chemotherapy treatments I needed to feel wonderful. I made new friends and ran into old friends. Sharing our stories was helpful in so many ways.

When my treatment is complete, I plan to serve as a volunteer at the Cancer Center and in St. Joseph's Oncology Department. I want to help anyone who has to go through what I went through, and I wish that no one ever had to. I want to spread the word of the importance of mammogram screenings and self-examinations. Early detection saves lives. And the love of our family and friends makes our lives worth living.

Sincerely, Sharon
Abdullah.Sharon@gmail.com

Cancer Support Group Information

A variety of Cancer Support and Education groups meet at St. Joseph's. For meeting dates and times call the Cancer Navigator at **939.4526** or go to **StJosephsCares.org/Cancer**

St. Joseph's Breast Center of Excellence Accredited by NAPBC

When it comes to breast health, where you choose to receive care matters. St. Joseph's Breast Center of Excellence is fully accredited by the National Accreditation Program for Breast Centers (NAPBC), which means you can rest-assured that you are being offered the best-practice standards in breast care, by qualified physicians and staff.



The NAPBC is a voluntary accreditation program for breast centers in the United States. Accredited programs have proven they are committed to prevention, early detection, diagnosis, pre-treatment evaluation, staging, and optimal treatment options. In addition, rehabilitation, surveillance for recurrent disease, support services, and end-of-life care are integrated into the program.

Learn more at StJosephsCares.org/BreastCenter.

Surviving Cancer and Beyond

Learn practical tips for dealing with the long-term issues facing cancer survivors, including fatigue and pain, cognitive changes, sleep disorders and more. Post-cancer nutrition, exercise and lifestyle changes will also be discussed.

Instructor: Angela Laffan, Nurse Practitioner
UCSF Helen Diller Family Comprehensive Cancer Center

Wednesday, October 12 at 6 – 7:30 p.m.

St. Joseph's Auditorium
This free event is open to all.

For more information please call **209.939.4526**

Cancer Awareness Fair October 12 | 9 a.m. – 3 p.m.

Main Lobby at St. Joseph's Medical Center

Learn what you can do to actively promote wellness for yourself and those you love.

Our **Cancer Navigator** will be available during the fair to answer cancer related questions.

ER Expansion Project

Your Support Makes a Difference



“Dr. Wiederhold is a great doctor and the work that he does in the Emergency Room at St. Joseph’s is amazing. It is great to know that there are doctors like him who really care for their patients.” – Grateful Patient

In early 2017, St. Joseph’s will debut its newly expanded Emergency Room. This new and improved Emergency Room has been designed to maximize our efficiency, improve workflows, reduce wait time, and improve privacy for patients and loved ones.

St. Joseph’s Foundation invites you to support this expansion project with a charitable gift. Your gift today will help us meet the critical demand our community has for emergency medicine. Please make your gift in the enclosed envelope or online at StJosephsCares.org/ERExpansion.



Sunday, October 16
10 a.m. – 2 p.m.
Lincoln Center,
Stockton
– new location!

Please show your support of the 10th annual **Kids Taking a Stand** fundraiser. Proceeds from the annual lemonade

stand and bake sale benefit numerous local breast cancer support programs, including St. Joseph’s Cancer Institute.



Hands On Relaxation
for Cancer Survivors and those living with chronic pain

Learn the self-help technique called “Reiki”

In this experiential workshop you will learn a hands-on skill that promotes relaxation and more!

Saturday, December 10 | 10 a.m. – 4 p.m.
Cancer Center Conference Room.
No charge, lunch provided.

To register, call Janis Kembel, PhD, **476.9116** or email JKembel@comcast.net.

Free Community Wellness Opportunities

To register, call **939.4526**.

Yoga – with Chinu Mehdi
Sundays • 9 – 10:30 a.m.

Tai Chi – with Brenda Norris
Thursdays • 6 – 7 p.m. • Through Nov. 17

Meditation Tuesday’s
Tuesdays • 6 p.m. • Through Oct. 25

All classes located in the Cleveland Classroom.

For a map to the Cleveland Classroom, visit StJosephsCares.org/Maps

Special Thanks to Our Donors

It is the generous support of our donors that enables us to offer many of our services and programs free of charge. If you are interested in making a donation, contact St. Joseph’s Foundation at **467.6347** or use the enclosed envelope.



Dignity Health™

St. Joseph's Medical Center

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Health Professionals - Mark Your Calendar!

Lung Cancer Conference

Saturday, February 25, 2017

209.939.4526

Full details will be available in next Quarterly.

You do the healing, we'll do the rest.

St. Joseph's Patient Navigators are here for you. We understand how a diagnosis of a serious health condition can change your life in an instant. Whether you're dealing with cancer, a heart condition, diabetes or joint pain, our compassionate Patient Navigators are here to help guide you to resources to assist you in your treatment and recovery. To learn more about this free service or to speak with a patient navigator, call us today, or visit

StJosephsCares.org/Navigator

Cancer Navigator 939.4526

Heart Navigator 467.6540

Diabetes Navigator 944.8355

Orthopedics Navigator 939.4517

Tribute of Hope and Love



If you've ever lost a loved one before telling them just how special they are to you, or if you've been meaning to thank or honor someone for an act of kindness, now is the time. Honor a loved one this holiday season by writing a personalized **Tribute of Hope and Love**. Simply write out your tribute, and make a donation of any amount to one of the **Centers of Excellence** at St. Joseph's Medical Center. You can send your tribute along with your donation in the envelope provided or visit StJosephsCares.org/Foundation.

Your kind words will be displayed on the walls of the Main Lobby of St. Joseph's throughout the month of December. At the end of December, your tribute will be mailed to the honoree or the family of the loved one you memorialized. Your donation will directly support St. Joseph's Medical Center's mission to deliver compassionate care.

If you are not currently receiving this publication at your home and you would like to, or if you would like to opt out of our newsletter distribution list, please contact us at SJCancerInfo@DignityHealth.org.