

the Quarterly

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

They can take my body, but not my spirit

Always fit, energetic and health-minded, at age 35 I was diagnosed with uterine cancer, underwent surgery and continued in my successful



career. Fast forward twenty years... "But I don't have an appendix" were the last words I said in an Italian hospital as they wheeled me into surgery. One minute I was cruising the Mediterranean and the next I am left on a pier in Italy (where no one around me spoke English) to navigate myself to a hospital for urgent care. My medical prognosis was unknown and my pains were severe! I needed surgery, but for what? Fortunately, that was how they discovered ovarian cancer that was beyond stage three.

When I returned to the USA my gynecologist gave me six months to live. I thank the Lord every day for sending me an optimistic oncologist who treated me with an experimental chemotherapy protocol. The doctor said "I am going to give you a man-sized dose," (I am not quite five feet tall and I weigh 103 pounds) and then he added "the treatment will kill you or cure you." Again, I recovered and thought I was "home free" and began enthusiastically tackling life again.

Five years later we discovered the ovarian cancer had metastasized to my

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Introduction to Meditation Practices: Opportunities for Awareness

Meditation is designed to develop the skill of paying attention to our inner and outer experiences with acceptance, patience, and compassion.

Mindfulness is non-judgmental, open-hearted, friendly, and inviting of whatever arises in awareness. The **Heartfulness** practice invites us to truly understand and experience our "inner self" and how to listen to the "voice of the soul." **Guided Imagery** is designed to help melt away the stresses of life's daily challenges.

Join us as we offer experiential sessions exploring varying practices, all leading to a greater understanding of self.

Instructors: Scott Neeley, MD, Richard Goldman, MD,
Hyma Kunamneni, PhD, Linda Potter
Tuesdays, beginning March 22 | 6-7 p.m.

St. Joseph's Medical Center | Cleveland Classroom

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

These sessions are free and no registration is necessary.

For more information, call **939.4526** or email
SJCancerInfo@dignityhealth.org.

a Treat-meant for YOU

A one-day retreat for cancer patients and survivors.

Saturday, April 30, 2016 | 8:30 a.m. – 2 p.m.

Register by April 15 | Space is limited!

Call **209.939.4526** to register.

Are you NOT receiving regular email updates about the great wellness programs at St. Joseph's? To get on the list, email SJCancerInfo@dignityhealth.org and get connected!

They can take my body, but not my spirit, *continued*

spleen. After that was removed I was again “home free” and immersed myself in my educational career. I eat healthy, exercise, and am a faith-filled woman. So you can imagine my surprise, again, at age 72 when I was diagnosed with lung cancer! I have never smoked in my life. Fortunately the removal of my lung cured me of another nasty bout with cancer. I must add that for me, the numerous positive people that I was surrounded with were a “life saver.”

At age 74 I continue to remain active; volunteering with Presentation Church and with Sister Katherine’s Interfaith Caregiver Program through St. Joseph’s Medical Center. I know that my faith, friends, healthy living, and positive attitude are the keys to my successful survival. Nothing guarantees a long life, but for me, living with a full heart and helping those I can to “pay it forward” in recognition of those who have helped me, ensures a quality life... every day.

Joanne Shannon can be reached at jjshannon@gmail.com

Community Wellness Opportunities

Yoga – with Chinu Medhi
Sundays • 9 – 10:30 a.m.
Free and open to the public.
St. Joseph’s Medical Center –
Cleveland Classroom

To register, call 939.4526.

Tai Chi – with Brenda Norris
Thursdays • 6 – 7 p.m.
Free and open to the public.
St. Joseph’s Medical Center –
Cleveland Classroom

To register, contact the instructor, Brenda at 368.1701 or yankiwi@comcast.net.

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

St. Joseph’s Receives National Breast Center of Excellence Accreditation

St. Joseph’s Medical Center has recently received accreditation by the National Accreditation Program for Breast Centers of Excellence (NAPBC) for our commitment to providing the highest level of quality breast care. Accreditation is only given to those centers that have successfully undergone a rigorous evaluation process and review of their performance.

St. Joseph’s Medical Center offers those being diagnosed and treated for breast cancer:

- Comprehensive breast imaging services through our dedicated Women’s Imaging Center
- Access to genetic counseling
- Advanced medical and radiation oncology through our Cancer Institute
- Multidisciplinary panel of doctors who focus their efforts on designing an individualized treatment plan just for you
- A patient navigator to help guide you through the entire cancer treatment and recovery process - from diagnosis to survivorship.

Learn more about the advanced services we offer our breast cancer patients by calling **939.4526** or visiting StJosephsCares.org/BreastCenter.

New Staff & New Specialties

St. Joseph’s Cancer Institute is proud to welcome two highly skilled compassionate caregivers.



Kate Doerksen, PA-C, comes to us from the University of Texas MD Anderson Cancer Center in Houston, Texas, where she completed a one-year post-graduate PA program specializing in oncology. As a physician assistant, she ensures the coordination of care for new patients, partnering to implement the team’s treatment plan, and following patients in surveillance once treatment has been completed.



Vicki Hundal, CNP, ONC, has been working with St. Joseph’s Oncology since 1994. As a Nurse Practitioner Vicki plays an integral role in symptom management, post radiation follow-ups, coordinating chemotherapy, and managing the IV therapy infusion center.

A Fireside Chat with “Through Their Eyes” author Dr. Aminder Mehdi

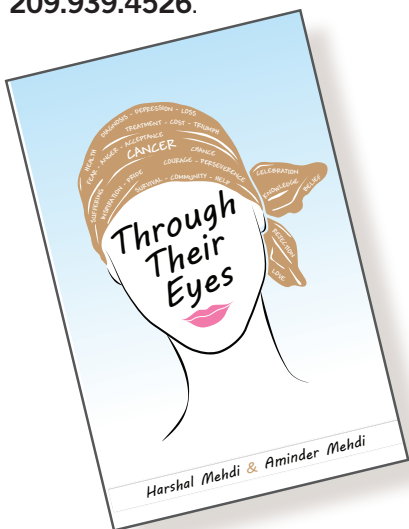
Join local medical oncologist Dr. Aminder Mehdi as he shares insights from his book “Through Their Eyes,” a journey into the souls of cancer patients and their physicians. Beyond just the medical issues, “Through Their Eyes” examines the life changes that accompany a cancer diagnosis and how patients choose to deal with the physical, mental, and spiritual ramifications of a life with cancer. Dr. Mehdi and his son, Harshal S. Mehdi, MD, co-authored this book after extensively interviewing and following seven cancer patients, each with different types of cancers, a variety of outcomes, and unique approaches for coping with their disease.

This relaxed evening will include a Question & Answer session as well as opportunity to share your experiences with Dr. Mehdi.

Monday, May 2 • 6:30-7:30 p.m.

St. Joseph’s Medical Center – Classrooms 1&2

No need to register. For more information call **209.939.4526**.



Now available for purchase for \$10 at St. Joseph’s Cancer Institute. All proceeds to benefit patients and families dealing with cancer. (Also available online at Amazon and Barnes and Noble.)



2017 Tiny Toes Calendar

Schedule your little one’s photo session for a chance to be featured in the 2017 Tiny Toes Calendar, sponsored by Chase Chevrolet.

Sessions are available April 1-May 31 for any child age five and younger. One free digital image included. Reserve your session by contacting Sweet Sister’s Photography on Facebook or email SweetSistersPhotography@hotmail.com. Your \$100 tax-deductible donation will directly support St. Joseph’s Women & Children’s Services. The photo with the most votes will grace the cover and be featured on the month of their choice.

Questions? Call Lindsay Bureaux at **209.467.6347**.

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

Exercise to Keep Your Strength & Energy During Treatment

St. Joseph’s Medical Center offers a free, medically-supervised exercise program especially tailored for cancer patients during and after treatment. Each patient will be given a safe activity program suited to his or her abilities. The 10-week program has been shown to improve endurance, reduce fatigue, and improve overall strength in participants. This highly personalized program, staffed by an exercise physiologist and physical therapist meets for 60 minutes on Tuesdays and Thursdays at St. Joseph’s. For more information, please contact St. Joseph’s Rehabilitation Services at **467.6365**.



Dignity Health™

St. Joseph's Medical Center

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Stockton, CA 95213-9008

Not-for-profit. Serving our community.

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Cancer Survivor Celebration!

A Treat-meant for YOU

See page 1 for details.

Thank You for Your Generosity

A special “thank you” to the 2,489 donors that supported St. Joseph’s healing ministry last year. Continued support by donors in our community helps demonstrate a belief that all people deserve quality care, innovative treatment, modernized facilities and technology, and community support services that enhance the healing process. Our donors are unified by one core principal – humankindness. We appreciate your trust and shared belief in our mission.

What’s Going on Below the Belt?

Colorectal Health Talk with Dr. Jennifer McNeil and Dietitian Teri Spring

When it comes to issues of digestive health, for so many people, both men and women, it’s mum’s, or rather bums the word. If you’ve ever suffered from things like hemorrhoids, and constipation, you know how embarrassing it can be to talk about. And what about anal bleeding? Maybe it’s VERY serious, and maybe not. Join us for a below the belt talk with colorectal surgeon, Jennifer McNeil, MD and registered dietitian Teri Spring. We’ll dive into all those embarrassing topics you have questions about. You’ll have an opportunity to become enlightened about the thorough diagnostics of a colonoscopy, and learn how to improve your diet for optimal digestive health.

Breaking Down Barriers Below the Belt
Thursday, May 12 | 6-7:30 p.m.

Auditorium | St. Joseph’s Medical Center | No registration necessary
For more information, call **939.4526** or visit **StJosephsCares.org/Events**