

the Quarterly

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

From Anxious and Depressed to Relaxed and in Control



My name is Carol Miller and I am a retired registered nurse of 50+ years, and 30 of those years were working at St. Joseph's Medical Center. In 2016, I was diagnosed with a rare form of Lymphoma after finding two lumps on the right side of my neck. My husband and I were looking forward to our Golden Years of retirement and were devastated about the diagnosis. I was extremely depressed and felt hopeless.

While receiving my radiation at St. Joseph's I noticed a flier about a 6-week program for Cancer Survivors. I was desperate and feeling helpless, so I signed up thinking maybe this will help. I will forever be grateful to St. Joseph's for creating this opportunity. During this course with other survivors I learned coping skills and also what I can be doing for myself to have a better quality of life and a more positive attitude. Over the course of the

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Expanding the View

Over the last year, St. Joseph's has completed several projects to enhance the healing environment while expanding the facility in order to meet the growing needs of our community. If you drive by the hospital, you may see words of encouragement and humankindness, but it's much more.

In January, an entire new wing was added to the ER, more than doubling its size. This \$8 million dollar expansion included the addition of 24 new treatment spaces. Did you know St. Joseph's, the busiest ER in the county, sees over 7,000 patient visits per month? In fact, St. Joseph's ER has more patient visits annually than Stanford, UC Davis, and UCSF Medical Centers.



St. Joseph's Foundation has committed to raise \$5 million to fund this project, and has only \$950,000 left to raise. Please consider making a gift in the enclosed envelope or online at StJosephsCares.org/ERExpansion.

Another expansion completed in February was the opening of an additional 10 private rooms to the Maternity Department. Being the "first choice" by mother's-to-be in our county, St. Joseph's will welcome almost 3,500 new babies this year. The Neonatal Intensive Care Unit is also expanding and will be completed in late-Spring. We're adding eight beds, bringing the total to 30, so we can serve the increasing number of babies requiring this specialized service.

Other recent projects included the additions of a cardiac hybrid suite and new cardiac catheterization lab to St. Joseph's Heart & Vascular Institute. And next on the horizon, we will be unveiling an "Ouch-Less" Pediatric area in the ER and an expanded ambulance bay to accommodate the increasing number of patients arriving by ambulance.

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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!

From Anxious and Depressed to Relaxed and in Control, *continued*

6-week program, I felt as though I regained control of my life.

The facilitators were both cancer survivors and we could all relate to one another. They were genuinely caring and concerned. As a result of this class and the participation with all of the other survivors, I am much more relaxed; anxiety and depression have been lifted.

Thank you again, St. Joseph's, for all that you offer cancer patients. Your programs are unique to the Central Valley. Although I'm a Registered Nurse, being on "the other side" as a patient was an entirely new territory. Thank you for providing me a road-map to recovery!

Carol Miller | Hmiller111@comcast.net

Need help? Call St. Joseph's Cancer Navigator at 209.939.4526.

Expanding the View *continued*

More than just changing our space, we are focused on transforming the patient experience. We have transformational care teams working on many projects including improved ER wait times and throughput, and improved patient communications. Our senior leaders visit patients throughout the hospital each morning to hear directly from them and their families about their care. Patients share heart-warming stories, wonderful words of appreciation, and also areas where we can improve. Our goal is to continue to put the needs of patients at the forefront and to provide compassionate, high quality care to all who seek our care in the community, today and in the future.

Cultivating Compassion at St. Joseph's

Over 50 physicians and hospital staff recently completed an 8-week Compassion Cultivation Training program designed by Stanford University's Center for Compassion and Altruism Research and Education. The participants were introduced to mindfulness, daily guided practices & exercises, and in-class interaction.

"The primary focus of this course is the development of a healthy and compassionate attitude toward self – which in turn is the foundational requirement for promoting a compassionate attitude toward others," says Scott Neeley, MD, St. Joseph's Chief Medical Officer.

Research suggests that Compassion Cultivation Training can support one's own happiness and well-being by reducing stress, anxiety and depression, increasing self-compassion and self-care, and enhancing awareness of our connections with others. Compassion cultivation training supports humankindness for our health care team and our patients.

Demystifying the "Big C" with Dr. Mehdi

Chocolate Chip Cookies with the Doc



The letter C can stand for many things - Communication, Compassion, Clarification and cancer – just to name a few. We invite you to join us for a Conversation about cancer. Patients, families, professionals, and those who might simply be Curious about cancer are welcomed to Come and Chat. Whether you're Combating the disease, or Concerned about cancer, Dr. Mehdi will address your Concerns in a Clear and Calm manner.

Tuesday, May 9 • 6 – 7 p.m. • SJMC Classroom 1&2

No registration required. If you have questions about this event, call St. Joseph's Cancer Navigator at **209.939.4526**. Of course, complimentary Chocolate Chip Cookies will be provided.

Dr. Aminder Mehdi is a board certified hematologist-oncologist with Stockton Hematology Oncology and co-author of "Through Their Eyes," understanding the cancer patient perspective.

Cancer Patients - we want to study YOU!

A clinical trial to research the effects of Meditation and Relaxation techniques on Cancer Survivors in our Community will be coming soon.

If you are interested in participating in our cancer studies you can call us at **461.5257**.

Cancer Survivors!

Are you thriving as you continue to survive?

By Trish Linderman, 13-year cancer survivor



Recently, Carol Smith and I had the honor of co-facilitating a class with cancer survivors. The goal was to help people thrive while living with their diagnosis. I learned so much about how each of us decides to cope with the many challenges that can become road blocks to thriving. During the six week series, there were many common threads expressed; fatigue, depression, uncertainty about our futures, fear, and loss of normalcy to name a few. What I discovered during this class is that no matter where we fall on this continuum of “survivorship,” the fact that we’ve “all been there” adds a unique understanding when lending support.

If you or someone you know is living with a cancer diagnosis and would like to attend a series on “thriving,” please call St. Joseph’s Cancer Navigator at **209.939.4526** to register.

Next series will be held on six consecutive **Tuesdays beginning July 25, 2:30-5:00 p.m.** All classes will be held at St. Joseph’s Medical Center.

Cancer Navigator – Here for You!

Support, classes, clinical information, and more! To learn about this free service or to speak with a patient navigator, call **209.939.4526**, or visit StJosephsCares.org/Navigator.

Honor Mom on Mother’s Day

Mother’s Day – May 14 – is fast approaching. If you’re looking for a unique and meaningful gift for the mom in your life, consider a star on St. Joseph’s Baby Wall of Fame. Located on the first floor of the Patient Pavilion, this permanent display includes personally engraved stars to recognize anyone born at St. Joseph’s. Your tax deductible donation of \$100 or more helps provide the finest in maternal, neonatal, and pediatric care and equipment. Learn more at StJosephsCares.org/StarIsBorn.

Health Care Scholarships

St. Joseph’s Foundation of San Joaquin’s annual scholarships are now available to students currently enrolled in a health care field. These merit-based scholarships are funded by generous grateful patients and community donors.

Applications due April 28, 2017.

Visit StJosephsCares.org/Scholarships for details.

Dealing with cancer or diabetes? Check out this Free Exercise Program.

St. Joseph’s Medical Center offers a free, medically-supervised exercise program especially tailored for cancer and diabetes patients. Each patient will be given a personalized program suited to his or her abilities. The 10-week program meets twice a week at St. Joseph’s. For more information, please contact St. Joseph’s Rehabilitation Services at **209.467.6365**.

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 **209.467.6347** or use the enclosed envelope.



Dignity Health™

St. Joseph's Medical Center

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Spring Into Wellness

Numerous well-researched studies have verified the many benefits of:

Yoga – improved flexibility, posture, muscle strength, circulation and stress management

Meditation – reduction of negative emotions and anxiety; increased focus and self-awareness, reduced blood pressure, better sleep

Tai Chi – improved balance, flexibility, muscle strength and concentration

Free Yoga, Meditation, and Tai Chi classes are held Weekly at St. Joseph's Medical Center.

Check out the schedule at
StJosephsCares.org/Classes or call
939.4526

St. Joseph's Cancer Institute presents the 8th Annual

a Treat-meant for YOU Cancer Survivors

A spa-like day for cancer survivors

Join us on Saturday, April 22 for a day of pampering, relaxation, positive healing energies, massages, clinical information and more. This day is a celebration of survivorship, especially for newly diagnosed cancer patients and patients in treatment. For more information and to register call **209.939.4526** or email

Ernie.Gallardo@DignityHealth.org.