

the Quarterly

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

The Human Experience

By Aminder Mehdi, MD, Medical Oncologist

My book "Through Their Eyes," which took seven years to write, initially started off as a conduit to teach patients the details of different cancers, treatment options, and what to expect. However, it gradually morphed into me understanding the human-side of the cancer experience. One thing which struck me during the evolution of the book was the craving for normalcy. (This was something which I had never thought of during my nearly 30 years of experience in dealing with cancer, until I read and reread the book. Of course, the "human experience" is not taught to us in any way during our medical school training). This craving/desire for normalcy was a common thread in each individual's story; this desperate need and wish for their lives to go back to the way it used to be. Marty wanted to continue his profession as a landscaper despite having significant fatigue and other issues. Vicky wanted to go back to work as soon as she felt better in between her treatments. She became so very frustrated when her employers refused to rehire her that she filed a lawsuit. Mike did not want friends and relatives visiting all the time and asking questions about his illness.

Another remarkable aspect was the patients' desire to protect their families from "bad news". In Mike's case he initially tried to hide the terminal nature of his disease from his children. Peter was stoic and did not complain of his intense pain so that his girlfriend would not worry. Of

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Wellness in the Woods: Healing in the Hills continues

Come and experience the healing benefits of Wellness in the Woods, our weekend getaway for cancer patients and their families. Join others who understand and care for a time of relaxation, restoration and support. A full complement of professionals in oncology and the healing arts, along with "cancer survivor" volunteers will staff the retreat.



October 1-2, 2016 (Saturday and Sunday)

Located about 45 minutes above Jackson, all campers stay in heated facilities complete with hot showers.

Due to the popularity of this annual program, first-time campers will be given priority consideration. For more information, registration and cost, call **209.939.4526**.

Coffee & Donuts with Dr. Aminder Mehdi

Join local medical oncologist Dr. Aminder Mehdi for a Saturday morning chat as he shares insights from his book "Through Their Eyes," a journey into the souls of cancer patients and their physicians.

This relaxed morning will include a Question & Answer session, and of course, Donuts and Coffee!

Saturday, August 6 • 10:30-Noon
St. Joseph's Classroom 1-2, lower level
No need to register.
For more information call **209.939.4526**.



The Human Experience, *continued*

course eventually the truth always comes out. I always tell my patients to be very upfront with their families and loved ones regarding the nature of their illness and the prognosis. When I have an initial candid discussion about treatment options and prognosis I encourage close family members and friends to come with the patient.

The other notable perspective is how certain things become very important and urgent. In Peter's case he decides to suddenly get married after living with his girlfriend of 10 years and never mentioning marriage. One day he suddenly announced that they were getting married to the surprise and amazement of his girlfriend. In Mike's case he went off to Venice with his wife, something he had wanted to do for many years but had never bothered to make the effort.

For me it has been a growing experience to not just look at a person as a disease process, but look at the patient as a human being with feelings and a family whose life has been invaded by this dangerous alien entity.

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.

Meditation Tuesday's
Tuesdays • 6 p.m.

All classes located in the Cleveland Classroom.

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

St. Joseph's ER is **Here for You & Growing**

Construction is now underway on an exciting project to expand the Emergency Room at St. Joseph's to meet the growing needs of our community. We are adding 8,000 square feet to our ER and an additional 24 treatment spaces. This new project will both update our space and transform your experience, by helping us to maximize our efficiency, reduce wait times, and offer more privacy for patients and loved ones during difficult times. Our new and improved ER will debut in 2017.

The costs to overhaul the existing emergency room and change the way we provide emergency care are considerable at close to \$8 million but will hold tremendous benefits for our community. Call St. Joseph's Foundation at **209.467.6347** or visit StJosephsCares.org/ERExpansion for more information on how you can support this effort with financial donations.

St. Joseph's Honors Cancer Survivors

More than 120 cancer survivors were pampered by massage therapists, manicurists, and more, at St. Joseph's annual TreatMeant for You Day. Participants were also treated to informative presentations and 1-1 consultations with specialists in cancer care. Thank you to the Millie Luck Lewis Foundation, Kids Taking a Stand, and other community donors, as well as the 60 professional and 20 "gopher" volunteers that made the day possible.

By evaluation, attendees reported the following:

- 86% of participants plan to make positive improvements in their lifestyle
- 94% received useful information
- Over 80% plan to become more involved in programs offered by St. Joseph's

Quotes from the day:

I now have the courage to:

Do anything!! You can't scare me... I've had cancer.

Today I discovered that:

I am grateful. When I came today they said "if you can walk, please park across the street." I was grateful that I could walk.

Living fully means:

I have nothing to lose, so why not live my life happy. Life will get better and brighter!



Know Your Mind, Body & Spirit

Community Wellness Series

Tuesdays - August 2, 9, 16, 23

At St. Joseph's, we want to help you heal, mind, body and spirit.

August 2 – Common sense wisdom. She's got answers! *Phyllis King, a regular on Bay Area TV, says "no topic is off limits!" She has 4 published books including co-authoring Bouncing Back with Dr. Wayne Dyer.*

August 9 – Meaningful connections with others are easy, when it is going well. How do we stay connected when it gets difficult? *Jean Holsten is returning to continue the conversation about Dynamic Dialogue and your role in remaining connected.*

August 16 – Learn how ancient wisdom can help you to understand your true nature. Come take a "self-exam" and discover which "energies" are dominant in your inner system. *Shamila Chand will share her unique perspective on living well; utilizing ancient traditions and Ayurvedic principles.*

August 23 – Mind fog and fuzzy memory can be improved! *Joseph Carter, L. Ac. blends current science with traditional Chinese medicine to address neurological concerns.*

All classes are held at St. Joseph's Medical Center from 6:30-8:30 p.m. Registration for the full series is \$20. For more information and to register, visit StJosephsCares.org/KMBS or call **209.939.4526**.

Honor a Special Doctor, Nurse, or Caregiver

Maybe it was a smile or a kind word that brought you or a loved one comfort. Perhaps it was a life-saving procedure or treatment that made your experience at St. Joseph's extraordinary. Every day, St. Joseph's receives praise from patients and families for the compassionate care and humankindness they've received. Many ask how they can share their appreciation.

The Grateful Patient and Families Program gives you and your loved ones a meaningful way to thank a special doctor, nurse, department, or other caregiver who touched your life during a hospital visit or stay. To make a gift, contact St. Joseph's Foundation at **209.467.6347**, or use the envelope enclosed.



Gifts made in honor of a caregiver are among the most thoughtful tributes friends and family can make. In return, your caregiver will be given special recognition.

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

Fight Fatigue with Exercise

St. Joseph's Offers Free Exercise Program for Cancer Patients

This highly personalized program, staffed by an exercise physiologist and a physical therapist, meets for one hour on Tuesdays and Thursdays. For more information and to sign up, call 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're interested in making a donation, contact St. Joseph's Foundation at **467.6347** or use the enclosed envelope.



Dignity Health™

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Mark Your Calendars!

Gathering of Friends

Wednesday, September 14

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

Caring For Me

Women's Health & Lifestyle Event

September 29 • 5 – 8 p.m.

Stonecreek Village in Stockton

Grab your gal pals and join us for Caring for Me, St. Joseph's annual women's health and lifestyle event.

This unforgettable ladies' night out features a health & beauty expo, delicious dinner, wine tasting, a swag bag full of goodies, and an opportunity to talk with the experts about your unique health concerns. To purchase tickets or for more information, visit StJosephsCares.org/CaringForMe or call **209.461.5235**.