

Journeys

News and inspiration for
Dignity Health Cancer Institute
patients and family

June and
July 2015

The Art of Giving Care without Sacrificing Yourself

When an individual is confronted with a serious illness, the focus shifts away from everyday life and onto that individual, their diagnosis and treatment plan. Frequently, the person closest to the patient, the one who holds it all together—the one who rises up to the many challenges—transitions into new roles of case manager, researcher, financial expert, mediator, home nurse, therapist, and chauffeur. Under such pressure, it can be a struggle to maintain one's own identity.



So this article is for you, the amazing caregiver and partner on the healing journey. Consider yourself part of our team and a valuable support in helping us treat your loved one as a whole person. Remember that you are not alone. According to the National Alliance for Caregiving, currently one third of the adult population and about one third of households in the U.S. have a caregiver spending an average of twenty hours per week on caregiving. (It is my understanding that many of you are putting in more hours than that.) On average, caregiving lasts for a period of 4.6 years. So what can the caregiver do in order to maintain balance in their own life?

First of all, internalize this fundamental rule: you have to take care of yourself first before you can take care of another person. This is not selfish; it is absolutely necessary! You can implement self-care into your life by staying on top of your physical health. Schedule regular routine check-ups with your doctors, eat balanced meals, get a good night's sleep,

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Dignity Health™
Cancer Institute
of Greater Sacramento



S.M.A.R.T. Exercise Goals

When starting an exercise program or revamping a current exercise routine, it is always a good idea to make sure you are working toward a goal. Think about what you want to achieve from your exercise program. It might be to lose 10 pounds, be able to walk in a 5K event, bicycle 30 miles, or hike five miles. Setting a goal will help you stay on track and evaluate if what you are doing is working for you. Set goals that are attainable for you. If you have been inactive, ill, or recently going through cancer treatments, set smaller goals first to work up to bigger goals.

An easy way to start is to use the **S.M.A.R.T.** goal approach: Specific, Measurable, Action-oriented, Realistic and Time-bound.

S = Specific

Example: Walk in a 5K race in September 2015.

M = Measurable

Example: I will walk for 30 minutes on my lunch hour on Monday, Wednesday, and Friday for the next four weeks.

A = Action-oriented

Example: Keep an extra pair of walking shoes at work. Block out your scheduled walk time on your work calendar like you would a dentist appointment. If something comes up, have a plan B such as walk 15 minutes on your morning and afternoon break or get your walk in on the weekend if needed.

R = Realistic

Example: Maybe Mondays are your busiest day at work so Tuesdays would work better. If your measurable goal is too hard to reach at work, consider walking before or after work and adjust your goal accordingly to fit into your lifestyle.

T = Time-bound

Example: I will start on Tuesday, May 5 until June 2. My reward will be June 5.

Reward Example: My reward will be going to my favorite book store on June 5 and picking out a book I like or purchase new walking shoes or headphones. Try to avoid using food as a reward if possible.

After 30 days, evaluate your progress. Did I meet all my goals, was it too easy or too difficult? Did I miss any days? Does it feel comfortable or too hard? Re-adjust your goal for another 30 days. Add days as you see how it fits into your routine. The key is to make goals that help you reach success.

Julia Stedifor
BS, RCEP



Meditating Nature Walks

Nature is one of the strongest healing remedies available to those who seek it, and it is ready for our use and enjoyment at any given time. Dignity Health Cancer Institute is partnering with Wellness Within to offer Dignity Health cancer patients and their families free nature walks and meditation combination classes once a month for a three-month period at select trails in the Sacramento area. In this class, hikes are easily navigated and offer splendid scenery. Nature walks provide a wonderful opportunity to get outdoors and promote healing through self-awareness. Spending time outdoors is a great way to let go of stress and focus on your surroundings. The beauty of nature will lead you down a path of serenity and hopefulness. A source of comfort and inspiration can be found through the warmth of the sun, beauty of the landscape, lakes, rivers, waterfalls, wildflowers and wildlife. Depending on the trail, it will take between 20–40 minutes each way.

For additional information about our next nature walk on Friday, June 12, please contact Angela Gianulias at 916.962.8893.



The Art of Giving Care without Sacrificing Yourself,
Continued from page 1

exercise daily, and engage in relaxing activities. Make self-care a priority in your life.

In order to monitor your progress, you might like to keep a weekly log of self-care activities, covering the three following areas: physical (e.g., exercise, diet, playing with your dogs), spiritual (e.g., journal, pray, practice mindfulness), and social (e.g., have coffee with a friend, call a friend on the phone). Regarding your mental health, please watch out for symptoms of depression and anxiety, then get help as soon as possible. Prevention of burn-out may only require a few lifestyle adjustments. Treatment often includes longer-term therapy and medication. Allow yourself to take breaks when needed—read a book, go for a walk, or watch a game.

Most of all (and this may be the hardest thing) do not hesitate to ask for help. Please take family members, friends, and neighbors up on their offers to cook and clean your house, go shopping, help with yardwork, provide childcare, and drive to and from appointments. If a friend says no, do not take it personally but show empathy. Your friend might be dealing with their own personal issue at the time. Just ask somebody else or hire help as needed. One last idea: please check out a caregiver support group in your area. You are not alone. Take good care of yourself and stay well.

Eva Lukas
Oncology Care Navigator Therapist

Dignity Health, Woodland Healthcare Survivorship Experience Patient Forum

“Wellness with Cancer”

Woodland Memorial Hospital in partnership with Dignity Health Cancer Institute held a Survivorship Experience Forum on April 22, 2015. Dignity Health Cancer Institute’s providers included Dr. Alborz Alali, Dr. Tom Magrino, Dr. Sonia Reichert and PA Michelle Ing who were on hand to discuss topics focused on Wellness with Cancer. The aim was to educate patients, family

and interested members about ways to maintain their health during and after cancer treatment and integrate follow-up care into their daily lives.

The face of cancer has changed enormously over the years as a result of greater research and the new treatments that are now being offered. Discussion focused on screening practices—especially for breast, colon and lung cancers—to monitor overall health and prevent secondary disease. Emphasis was also put on the importance of getting family members screened. Physicians touched on the role of diet and exercise in the healing process and nutrition and healthy ways to eat during and after treatment.

Story of Hope— Deanna and Martin Chavez

Deanna Chapman Chavez (49) and Martin Chavez (51) are an amazing and inspirational couple who are both battling cancer. They have been living their cancer journey with the help and guidance of Dignity Health Cancer Institute oncology nurse navigator Ann Chrisler. Deanna has ovarian cancer and is being treated by medical oncologist Dr. Luko Laptalo. Martin has multiple myeloma and is being treated by medical oncologist Dr. Samer Shihabi.

“Cancer doesn’t give you much of a choice but I will not let it define me. I am still me. I just happen to have this major obstacle!” These are the words of Deanna Chapman Chavez, a four-year/stage 4 ovarian cancer survivor. At her side is her loving husband of 13 years, Martin Chavez. Together they are such an inspiration to so many since they share the cancer journey together. Martin completed a bone marrow transplant in June of 2014 after being diagnosed with multiple myeloma in December of 2011. “I will never forget his phone call telling me of his diagnosis,” says Deanna after her initial diagnosis in July of 2010.

Ann Chrisler, their nurse navigator, asked them how they both cope. They agree that with each other’s strong support they remain as upbeat as possible and believe in venting whatever they are truly feeling each day. They try not to keep anything hidden inside. Martin states that they



both set up frequent goals for themselves so as to look forward to something special each week. “It might be simple, like movies, lunches or weekly date nights. And as baseball fanatics, together we have visited every baseball park in the U.S.”

Deanna’s mother is also a great source of support with rides, meals, and most of all, love. They also receive endless love and support from countless friends and other family.

Support from their friends has helped them get through their journey. “Deanna and Martin are the ultimate couple. Their love and devotion for one another is boundless. I have the honor of being the nurse to Deanna and Martin, and a firsthand witness to their inspirational relationship. Deanna has been my patient the longest. Her inner strength, courage, and generosity nourishes and sustains everyone around her,” says Sequoi L. Rhys, RN.

Together they truly abide by the words mounted over their fireplace: “I am not afraid of tomorrow, for I have seen yesterday and love tomorrow.”



MERCY FOUNDATION
Inspiring philanthropy. Changing lives.

FROM 1954 UNTIL THE END OF NEED

For over six decades, Mercy Foundation has partnered with the community to further the mission of the Sisters of Mercy. Together, we help feed the hungry, shelter the homeless, educate the underserved, and care for the sick at local Dignity Health hospitals and clinics.

Philanthropy in Action: Grant Provides Much Needed Support to Cancer Patients

Thanks to the generosity of Mercy Foundation donors, in May of last year Mercy Foundation funded an Oncology Transportation Grant. This grant provides aid to Dignity Health patients undergoing cancer treatment and who are in need of transportation assistance, either due to limited income or lack of familial support. In the first ten months, the grant provided assistance to 354 patients. That number represents more than just a statistic: It represents 354 individuals facing the challenges of cancer and requiring help with the most ordinary task—simply getting to the treatments they so desperately need.

Through the grant, Mercy Cancer Institute nurse navigators are connecting patients with necessary transportation services, enabling them to receive vital care. The transportation assistance is provided in the form of gas cards, bus passes, and sometimes, vouchers for taxi services.

To understand the impact a simple bus pass can provide, you need only know the story of an elderly patient diagnosed with cancer, living alone in a nearby county. When the patient received a cancer diagnosis, this was understandably upsetting. However, much of the patient's concern came not from the diagnosis itself, but from the anxiety

of trying to figure out the logistics of receiving treatment. Without a family member or friend to take the patient to doctor's appointments so far away, the patient made the decision to go against the doctor's advice and simply not get treatment.

Nurse Navigator Jennifer Thietz, RN, persuaded the patient to try utilizing public transportation and offered a bus pass provided by the Oncology Transportation Grant. "On the patient's very first day of riding the bus, by coincidence, another person was also traveling for a similar treatment," Jennifer recounts. "They both connected and became friends. They also looked forward to meeting with one another during bus rides and supported each other through their entire treatments. Thanks to the transportation grant, not only was the patient able to start and finish the entire treatment, but also found someone who could understand the journey with cancer. Without help from the grant, I don't think the patient would have been able to complete all treatments. It changed this patient's entire experience."

The Oncology Transportation Grant provides a stark reminder that while the latest technology and medical advances can save lives, it is all for naught if a patient is unable to overcome the simple hurdle of getting to their appointments. Thanks to the generosity of many Mercy Foundation donors, this obstacle has been removed for hundreds of patients, allowing them to focus their energy on their health and healing.

Calendar of Events

June 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Meditation Mercy San Juan 10:30 to 11:30 a.m.</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>2</p> <p>Guided Imagery Mercy San Juan 8:45 to 9:15 a.m.</p> <p>Gentle Conditioning Mercy San Juan 9:15 to 9:45 a.m.</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p>Nutrition Class Mercy Cancer Center— Sacramento 11 a.m. to Noon</p> <p>Living with Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.</p>	<p>3</p> <p>Legacy Cancer Support Group Mercy San Juan 11 a.m. to 12:30 p.m.</p> <p>Blood Cancer Support Group Mercy San Juan 5:30 to 7 p.m.</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p> <p>Kids Art Therapy Support Group 4 to 5 p.m. Call 916.736.8075 for info and RSVP</p>	<p>4</p> <p>Nutrition Consults Mercy San Juan Call 916.962.8892 for appt.</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p> <p>Breast Cancer Support Group Mercy Cancer Center— Sacramento 6:30 to 8 p.m.</p>	<p>5</p>	<p>6</p> <p>Ostomy Support Group Mercy San Juan 10 a.m. to Noon</p> <p>Multiple Myeloma Support Group Mercy San Juan 10 a.m. to Noon</p>
7	<p>8</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>9</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p>Caregiver's Support Group Yolo Adult Day Center 6:30 to 8 p.m.</p>	<p>10</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p> <p>Kids Art Therapy Support Group 4 to 5 p.m. Call 916.736.8075 for info and RSVP</p>	<p>11</p>	<p>12</p> <p>Nature/Meditation Walk 10 a.m. to Noon Call 916.962.8893 for location</p>	<p>13</p>
14	<p>15</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>16</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p>Living With Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.</p> <p>Breast Cancer Support Group Mercy San Juan 4:30 to 6 p.m.</p> <p>Yoga Mercy Cancer Center— Sacramento 3:30 to 4:30 p.m. Room 145</p>	<p>17</p> <p>Nutrition Consults Mercy San Juan Call 916.962.8892 for appt.</p> <p>Caregiver's Support Group Mercy Cancer Center— Sacramento 11 a.m. to 12:30 p.m.</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p> <p>Kids Art Therapy Support Group 4 to 5 p.m. Call 916.736.8075 for info and RSVP</p>	<p>18</p> <p>Prostate Support Group UC Davis 1:30 to 3:30 p.m.</p>	<p>19</p>	<p>20</p>
21	<p>22</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>23</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p>	<p>24</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p> <p>Kids Art Therapy Support Group 4 to 5 p.m. Call 916.736.8075 for info and RSVP</p>	<p>25</p> <p>Gentle Conditioning Mercy Cancer Center— Sacramento 9:15 to 9:45 a.m.</p> <p>Guided Imagery Mercy Cancer Center— Sacramento 9:45 to 10:15 a.m.</p>	<p>26</p>	<p>27</p>
28	<p>29</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>30</p> <p>Living With Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.</p>				

Calendar of Events

July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>Legacy Cancer Support Group Mercy Cancer Center—Sacramento 11 a.m. to 12:30 p.m.</p> <p>Blood Cancer Support Group Mercy San Juan 5:30 to 7 p.m.</p> <p>Yoga Mercy Cancer Center—Sacramento 5:30 to 6:30 p.m.</p> <p>Kids Art Therapy Support Group 4 to 5 p.m. Call 916.736.8075 for info and RSVP</p>	<p>2</p> <p>Nutrition Consults Mercy San Juan Call 916.962.8892 for appt.</p> <p>Yoga Mercy Cancer Center—Sacramento 5:30 to 6:30 p.m.</p> <p>Breast Cancer Support Group Mercy Cancer Center—Sacramento 6:30 to 8 p.m.</p>	<p>3</p> <p>Holiday</p>	<p>4</p> <p>HAPPY INDEPENDENCE DAY</p>
5	<p>6</p> <p>Yoga Mercy Cancer Center—Sacramento 5:30 to 6:30 p.m.</p>	<p>7</p> <p>Nutrition Class Mercy Cancer Center—Sacramento 11 a.m. to Noon</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p>Living with Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.</p>	<p>8</p> <p>Gentle Conditioning Mercy Cancer Center—Sacramento 9:15 to 9:45 a.m.</p> <p>Guided Imagery Mercy Cancer Center—Sacramento 9:45 to 10:15 a.m.</p> <p>Yoga Mercy Cancer Center—Sacramento 5:30 to 6:30 p.m.</p> <p>Kids Art Therapy Support Group 4 to 5 p.m. Call 916.736.8075 for info and RSVP</p>	9	10	11
12	<p>13</p> <p>Meditation Mercy San Juan 10:30 to 11:30 a.m.</p> <p>Yoga Mercy Cancer Center—Sacramento 5:30 to 6:30 p.m.</p>	<p>14</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p>Caregiver's Support Group Yolo Adult Day Center 6:30 to 8 p.m.</p>	<p>15</p> <p>Caregiver's Support Group Mercy Cancer Center—Sacramento 11:30 a.m. to 12:30 p.m.</p> <p>Yoga Mercy Cancer Center—Sacramento 5:30 to 6:30 p.m.</p> <p>Kids Art Therapy Support Group 4 to 5 p.m. Call 916.736.8075 for info and RSVP</p>	<p>16</p> <p>Nutrition Consults Mercy San Juan Call 916.962.8892 for appt.</p> <p>Prostate Support Group Mercy San Juan 1:30 to 3:30 p.m.</p> <p>Breast Cancer Support Group Mercy Cancer Center—Sacramento 4 to 5:30 p.m.</p> <p>Yoga Mercy Cancer Center—Sacramento 5:30 to 6:30 p.m.</p>	17	18
19	<p>20</p> <p>Yoga Mercy Cancer Center—Sacramento 5:30 to 6:30 p.m.</p>	<p>21</p> <p>Guided Imagery Mercy San Juan 8:45 to 9:15 a.m.</p> <p>Gentle Conditioning Mercy San Juan 9:15 to 9:45 a.m.</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p>Living with Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.</p>	<p>22</p> <p>Yoga Mercy Cancer Center—Sacramento 5:30 to 6:30 p.m.</p> <p>Kids Art Therapy Support Group 4 to 5 p.m. Call 916.736.8075 for info and RSVP</p>	<p>23</p> <p>Gentle Conditioning Mercy Cancer Center—Sacramento 9:15 to 9:45 a.m.</p> <p>Guided Imagery Mercy Cancer Center—Sacramento 9:45 to 10:15 a.m.</p>	24	25
26	<p>27</p> <p>Yoga Mercy Cancer Center—Sacramento 5:30 to 6:30 p.m.</p>	<p>28</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p>	<p>29</p> <p>Yoga Mercy Cancer Center—Sacramento 5:30 to 6:30 p.m.</p> <p>Kids Art Therapy Support Group 4 to 5 p.m. Call 916.736.8075 for info and RSVP</p>	<p>30</p> <p>Nutrition Consults Mercy San Juan Call 916.962.8892 for appt.</p>	31	



Calendar of Events

Blood Cancer Support Group

Mercy San Juan Medical Center
Conference Room 2/Russell Tower (next to cafeteria)

Breast Cancer Support and Education Group

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
Suite 140

Cancer Support Group

Mercy Hospital of Folsom
Call 916.390.2661 for location

Caregiver's Support Group

Woodland Healthcare
Haarberg Cancer Center

Mercy Cancer Center—Sacramento
Large Conference Room

Gentle Conditioning and Guided Imagery

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Plaza
(GC/GI)—Pulmonary Rehab

Legacy Support Group

Mercy San Juan Medical Plaza
(GC/GI)—Pulmonary Rehab

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
Call 855.637.2962 for location

Living with Cancer Support Group

Woodland Memorial Hospital Cafeteria

Meditation Mondays

Mercy Cancer Center—Carmichael

Multiple Myeloma Support Group

Mercy San Juan Medical Plaza
Lukens Auditorium

Nutrition Class

Mercy Cancer Center—Sacramento
Large Conference Room

Ostomy Support Group

Mercy San Juan Medical Center
Conference Room 2 (next to cafeteria)

Prostate Cancer Support Group

Mercy San Juan Medical Plaza

UC Davis Medical Center
Cancer Center Auditorium

Yoga

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
Room 145

Smoking Cessation Classes

Mercy San Juan Medical Plaza

Survivorship Forum

Mercy San Juan Medical Center—
Lukens Auditorium

Woodland Healthcare—Room DCR 5

Locations

Mercy Cancer Center—Sacramento
3301 C Street # 550
Sacramento, CA 95816
916.556.3200

Mercy Cancer Center—Carmichael
6511 Coyle Avenue
Carmichael, CA 95608
916.863.8700

Mercy General Hospital
4001 J Street
Sacramento, CA 95819
916.453.4545

Mercy Hospital of Folsom
1650 Creekside Drive
Folsom, CA 95630
916.983.7410

Mercy San Juan Medical Center
6501 Coyle Avenue
Carmichael, CA 95608
916.537.3000

Mercy San Juan Medical Plaza
6555 Coyle Avenue
Carmichael, CA 95608
916.537.3000

UC Davis Medical Center
4501 X Street
Sacramento, CA 95817
916.734.5810

Woodland Healthcare
Woodland Memorial Hospital
1325 Cottonwood Street
Woodland, CA 95695
530.662.3961

Yolo Adult Day Health Center
20 N. Cottonwood Street
Woodland, CA 95695
530.666.8828