

# Journeys

News and inspiration for  
Dignity Health Cancer Institute  
patients and family

October–December 2017



## The Future of Cancer Treatment and Prevention: What the Experts Say

The future of cancer treatment is being defined by buzzwords like precision medicine and targeted therapy. What these words indicate is that cancer treatment is becoming highly personalized, with each therapy tailored to the individual's specific disease and personal genetic makeup.

### **The Meaning of Cancer Has Changed**

For the past 50 years, when someone was diagnosed with cancer, their disease was named and categorized by the location of the tumor in the body. For example, a solid tumor found in a lung was called lung cancer. However, researchers and doctors are starting to understand that lung tumors can be vastly different between two people and require very different treatments.

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**Dignity Health™**  
Cancer Institute  
of Greater Sacramento

## The Future of Cancer Treatment and Prevention

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“We used to think cancers were the same, but there are cellular-level discrepancies between each patient’s cancer,” said Costanzo Di Perna, MD, MBA, senior director at Dignity Health Cancer Institute (DHCI) of Greater Sacramento and chief of thoracic surgery at Mercy Medical Group, a service of Dignity Health Medical Foundation. “Ways to diagnose, screen, and treat each person’s cancer are becoming more complex and more tailored to each patient in an intimate, unique way.” With advances in technology and genomics, part of defining cancer for an individual now involves a genetic workup to understand the DNA of the tumor and predict how it might respond to specific treatments.

### Developing Targeted Cancer Treatments

Armed with a genetic profile of the disease, doctors can recommend treatments that address what drives tumor growth or what’s happening within the patient’s body. Radiation is also more targeted, protecting more of the surrounding tissue and organs from damage. Newer chemotherapeutics target what has gone haywire at the cellular level, rather than being a blind swipe to kill cells the way earlier treatments were, and immunotherapy is an exciting area in progress that uses the body’s own immune response to fight cancer. Physicians have a larger educational role as well, Dr. Di Perna said. They must help patients understand what the data about their disease means and discuss their quality of life and outcome expectations. “Many patients still figure chemotherapy is their only treatment and that their quality of life will be poor during those sessions,” he said. “Newer chemotherapies have fewer side effects and could offer better outcomes. There’s a demand for oncologists to be well-versed in the management of cancer at the DNA level. Oncologists have to encourage their patients to be proactive. It’s a give and take more than ever.” Another major shift in the past decade or two has been to not only treat the disease, but manage the entire experience of cancer. Cancer care now includes social workers, nurse navigators, psychologists, psychiatrists, nutritionists, chaplains, and other specialists to address the psychosocial aspects of a chronic disease. There’s recognition that exercise and counseling also contribute to overall quality of life and aid in healing.



### How Precision Medicine Is Evolving Prevention

With the deeper understanding of the genetics of an individual disease, the future of cancer treatment also means more opportunities to prevent cancer or diagnose it at earlier stages. Even screening recommendations are becoming tailored based on a patient’s risk profile, such as family history or environmental risk factors. Prevention examines the hereditary and environmental factors leading to disease, and genetic counselors play an integral role in this aspect of cancer care. Laura Westbrook, a genetic counselor and program coordinator for genetic services at DHCI, said the counselor’s role is to help determine a person’s risk factors and predisposition for a certain type of cancer, which can then be used to develop targeted strategies. “A personalized risk assessment weighs family history, genetic testing, and lifestyle factors, like whether the person smokes or used hormone replacement therapy,” Westbrook said. “Then we look at what we can do to prevent cancer, such as screenings, risk-reducing surgery, or medication.” Dr. Di Perna said cancer specialists use the information from the genetic counselors to help people sustain a prevention protocol, such as avoiding pollution or environmental exposures. In some cases, cancer can’t be prevented, but having the risk assessment helps the individual, their caregiver, and the oncologist anticipate what’s next when they’re diagnosed. With the vast amount of information available, doctors and patients have a greater partnership in care.

Written by: Patricia Chaney

## About the Dignity Health Cancer Institute of Greater Sacramento

The Dignity Health Cancer Institute of Greater Sacramento is your gateway to quality cancer care. Our commitment to treating the whole person—physically, emotionally, and spiritually—is embodied in our multidisciplinary approach. The diagnosis, treatment, and support of cancer patients involves many crucial steps. Dignity Health’s team members work closely with patients and each other throughout the journey, delivering an optimal treatment plan and carefully coordinated care.

Dignity Health Cancer Institute of Greater Sacramento serves the region at six acute care hospital sites including

Mercy General Hospital and Methodist Hospital in Sacramento, Mercy Hospital of Folsom, Mercy San Juan Medical Center in Carmichael, Woodland Memorial Hospital and Sierra Nevada Memorial Hospital in Grass Valley. With a number of outpatient care centers throughout the region, Dignity Health Cancer Institute provides integrated care between the inpatient and outpatient care settings, offering a host of complimentary support services, including nurse navigation, support groups, yoga, nutritional assistance, palliative care and more.

Learn more about the Dignity Health Cancer Institute at [DignityHealth.org/SacramentoCancer](http://DignityHealth.org/SacramentoCancer). If you or someone you love would benefit from our nurse navigation team, please call **833.DHCINAV** or email [DHCINAV@dignityhealth.org](mailto:DHCINAV@dignityhealth.org).

## Integrative Medicine

Sierra Nevada Memorial Hospital Community Cancer Center has a new Integrative Medical Program led by program director, Justine Corbett, OMD. The program aims to provide additive care to breast cancer patients and to foster communication, understanding and awareness between the oncologic expertise the patient receives at Sierra Nevada and the abundance of integrative health care practitioners in the community.



Justine Corbett, OMD,  
Program Director,  
Integrative Medicine

We are all unique. Patients often present with a complex health history in addition to their breast cancer diagnosis. An integrative medical approach means viewing this complex collection of symptoms and diseases as being interrelated. In looking at the body as a whole, specialists look for common factors that influence a person’s health and suggest various modalities and approaches that will support their care and wellbeing.

Patients referred to Sierra Nevada’s Integrative Medicine Program express interest in finding ways they can support their health before, during and after their prescribed treatments. Some patients are newly diagnosed with breast cancer and are looking for ways to best support their health in advance of and during their treatment, while others have had breast cancer in the past, and are wanting to make better lifestyle choices going forward. Once referred, a patient’s medical history is examined, followed by an assessment of diet, exercise, sleep patterns, lab tests, medications and supplements, surgical history, past and present medical conditions, emotional issues, stress, spirit, family history, and environmental factors. Specialists look for current patterns or ones that may have been developing for years prior to their diagnosis. In identifying these patterns, recommendations are made that address areas of imbalance that may have a contributing effect on the patient’s cancer treatment outcome or other medical conditions.

Patient consultation lasts 1 to 2 hours depending on the complexity of the case and medical history. Recommendations may come in the form of suggestions on diet and lifestyle changes; modalities a patient might

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### **Integrative Medicine**

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consider incorporating into their care plan; or referrals to other care practitioners. For example, a patient having undergone a recent mastectomy might be connected with practitioners that can help them regain optimal range of motion or prevent lymphedema from occurring. Each patient's financial situation is taken into account, ensuring patients with all levels of income are able to benefit from the program.

Through the program, specialists coordinate care patients receive from “alternative” practitioners with their oncology doctors at Sierra Nevada—so all are kept informed. Finally, periodic follow-up calls are made to the patient so that as their case progresses, their care needs are met.

Several of the area's leading practitioners have joined an advisory board which, along with strong representation from Sierra Nevada, is designed to foster communication

and develop mutual respect for each other's gifts and skill sets. By attending weekly cancer conferences at Sierra Nevada, the integrative care team is able to keep abreast of any discussions that participating doctors and technicians have about particular cases. This is an invaluable way of approaching each case from a variety of people's expertise and viewpoints.

Until insurance companies expand coverage to include integrative medicine, programs like these are funded from private grants or donations. They are an invaluable contribution to patient care by empowering the patient to take part in their medical case, lowering recidivism rates, connecting communities to their local care facilities, and fostering communication between all care providers. We are all on the same team and have the same primary goal: to provide excellent care to our patients.

Written by: Justine Corbett, OMD

## The Power of Food: Plant-Based Protein

Studies have found a correlation between higher intake of fruits and vegetables and plant-based protein and reduced risk of cancer and recurrence as well as other chronic diseases like heart disease and diabetes.

### But What is Plant-Based Protein?

Vegetables, grains, legumes, nuts, and seeds have varying amounts of plant-based protein. Often the protein is not complete—i.e. contain all of the essential amino acids—but your body is able to make complete proteins using amino acids from proteins eaten throughout the day. It is also 70-90% as digestible as animal protein (the exception is soy which is close to milk and egg protein) meaning you should try for 10% more protein if you eat an all plant diet. Plant protein often has fiber in addition to protein.

### New Plant-Based Protein Food Products

#### Meat Substitutes Made From Soy, Beans, Wheat Gluten, and Pea Powder

- Tofu is made from soybeans, great in stir fry, scrambles, grilled in salads (per 3 oz: 70 calories, 8 gm protein, 1 gm fiber)
- Tempeh is made from fermented soybeans, firmer than tofu, nutty (per 3 oz: 140 calories, 16 gm protein, 7 gm fiber)
- Seitan is processed wheat gluten, dense, chewy (per 3 oz: 120 calories, 21 gm protein, 1 gm fiber)
- Combination proteins from pea + soy, or soy + wheat gluten (Beyond Meat and Gardein have burgers, crumbles, chicken, and fish, 1/2 cup crumbles: 100 calories, 13 gm protein, 1 gm fiber)
- Compare to ground beef, 15% fat (per 3 oz cooked: 210 calories, 22 gm protein, 13 gm fat)

#### Pastas Made From Garbanzo Beans, Lentils and Black Beans Have More Protein and Fiber

- Banza chickpea pasta: 2 oz. has 190 calories, 14 gm protein, 8 gm fiber
- Tolerant black bean penne: 2 oz has 185 calories, 13 gm protein, 9 gm fiber
- Compare to regular pasta: 2 oz has 200 calories, 7 gm protein, 2 gm fiber

#### Milk Alternatives Made From Pea Powder, Nuts, and Flax

- Ripple—milk made from yellow split peas: 1 cup has 100 calories, 6 gm carb, 8 gm protein
- Good Karma Flax milk—milk made from flax seeds (also in yogurt with pea protein): 50 calories, 7 gm carb, no protein (unless buy unsweetened flax milk + protein)
- Almond, cashew, hemp milks (tend to be low in protein)
- Silk almond milk has 60 calories, 8 gm carb, 1 gm protein
- Hemp milk has 60 calories, 10gm carb, 2gm protein
- Nonfat milk: 85 calories, 12 gm carb, 8 gm protein

Try the following recipe to make a plant protein rich, high fiber, tasty casserole.

#### Veggie Mac Casserole – makes 8 servings

- Chopped onion, 1 cup
  - Sliced mushrooms, 2 cups
  - Shredded/chopped green cabbage, 2 cups
  - Beyond Meat, 3 cups (1 package)
  - Banza Chickpea Shells or Macaroni, 8 oz box
  - Campbell's healthy request tomato soup, 1 can
  - Bottled Pasta Sauce, 25-28 oz bottle
  - Water, 1 cup
  - Chopped baby broccoli, 3 cups
1. Cook chopped onion, mushrooms, and cabbage in large 12" sauté pan sprayed with oil for 3 minutes.
  2. Add frozen Beyond Meat and cook an additional 3 min.
  3. Stir in pasta sauce, tomato soup, water, and chopped broccoli and simmer for 6 minutes.
  4. While the sauce is cooking, boil the chickpea shells in separate pot for 9 minutes and then drain.
  5. Pour pasta into a 9" X 13" pre-sprayed pan; add contents of sauté pan, mix, then bake at 350° for 30 minutes.

#### Nutrition Per Serving

Calories 265  
 Fat 6 gm, Sat Fat <1 gm, Sodium 625 mg  
 Carbs 35 gm, Fiber 8 gm  
 Protein 21 gm

Written by: Susan Liebert, MS, RD, CSO, CDE, Clinical Dietitian

## Welcome To Our New Nurse Navigators

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### **Laurie Ells, Nurse Navigator, Sierra Nevada Memorial Hospital**



Laurie Ells serves patients as Sierra Nevada Memorial Hospital's first oncology nurse navigator. Laurie will walk patients and caregivers through their journey from diagnosis to survivorship and beyond. She will be the primary point of contact for patients and caregivers in the outpatient and inpatient settings. One of her key roles will be helping to remove the many barriers to care—from health insurance to transportation, finances and more. Having completed her navigation certification, Laurie has worked in radiation oncology and infusion clinics. She has a fantastic relationship with current cancer center staff and will be continuing to enhance working relationships with the oncology physicians and integrated medicine practitioners. She is passionate about the cancer center's integrative approach and will guide patients to add complimentary therapies to their treatment plan, such as nutrition, exercise, support groups, yoga and other resources that optimize outcomes. The nurse navigation services are run through the Greater Sacramento oncology service line and are a significant satisfier for patients and caregivers.

### **Tiffany Porter, Nurse Navigator, Dignity Health Cancer Institute**



Tiffany Porter is one of Dignity Health Cancer Institute's newest oncology nurse navigators. She has had the pleasure of working with many of the nurse navigators dating back to when she was an infusion nurse at Sierra Hematology Oncology and then with Dignity Health's radiation oncology team. Her passion has always been to support oncology patients. It was her experience as her father's caregiver when he had cancer that led her to nursing. Tiffany feels she can be both empathetic and sympathetic toward patients. She loves being able to support and educate patients and their families along such a difficult journey. Tiffany feels blessed to work with such a compassionate team and looks forward to positively impacting others. Some days she wonders which is greater: the gratitude she feels or the effect she has on patients, and that to her is bliss.

### **Kelly Croteau, RN, MSN, Nurse Navigator, Dignity Health Cancer Institute**



Kelly Croteau, RN, MSN joins Tiffany Porter as one of Dignity Health Cancer Institute's newest oncology nurse navigators. Prior to joining Dignity Health in 2008 as a nurse in the oncology unit, Kelly worked in radiation oncology, Med-Surg Tele and the emergency room. Since 2012, she has worked in oncology case management, the cardiac intervention unit and neurology. Kelly developed an interest in navigation after completing her master's degree in case management, which increased her understanding of the importance of guiding patients across the continuum of care. One of the biggest frustrations for patients is transitioning from inpatient to outpatient services while maintaining quality follow-up care. Oncology navigation allows her to use her clinical education to provide quality care to patients and families while providing education about their disease process and helping them to transition to the next level of care. Kelly is compassionate about providing quality care for patients and advocating for health care services for all patients.

## Philanthropy

Every day, our caregivers provide compassionate care to the patients they serve. In return, many patients ask how they can express their gratitude for the care they received. Your gift through one of our philanthropic foundations is a meaningful way to thank a doctor, nurse, or other caregiver who touched your life and to help those in need in our communities. Patient transportation, medication assistance and advancing clinical research are just a few of the critical services at work in our communities, supported by our grateful patients and their families. Connect with the philanthropic foundation nearest you to learn more.

Mercy Foundation  
(Sacramento Area)  
916.851.2700

Sierra Nevada  
Memorial Hospital Foundation  
530.477.9700

Woodland  
Healthcare Foundation  
530.669.5680

## Upcoming Events

### Real Men Wear Pink

The American Cancer Society's Making Strides Against Breast Cancer is proud to partner with Daniel Herron, MD and Dignity Health Cancer Institute of Greater Sacramento as we lead the fight for a world without breast cancer. Join us in supporting Dignity Health and Dr. Herron as a Real Men Wear Pink Ambassador by donating at

[MakingStridesWalk.org/RealMenSacramentoCA](http://MakingStridesWalk.org/RealMenSacramentoCA).

To join the Dignity Health Team please visit

[MakingStridesWalk.org/Sacramento](http://MakingStridesWalk.org/Sacramento)

(Team Leader: Marie Froehlich).

### Shine a Light on Lung Cancer

Now is the time we unite to shine a light on lung cancer. It is important that lung cancer treatment advances advocacy, survivorship and support.

#### Wednesday, November 1

11:30 a.m. - 1 p.m.

6555 Coyle Ave, Suite 145

Carmichael, CA 95608

### Sierra Nevada Survivorship Forum

#### Thursday, November 9

6 - 8 p.m.

155 Glasson Way

Building 4 Lobby

Grass Valley, CA 95945

### Peer Navigator Training

The next Peer Navigation training class is scheduled for Saturday, November 18, 2017 from 9 a.m. to 1 p.m. at Mercy San Juan Medical Center. If you want a rewarding opportunity to share your cancer journey by supporting other men and women who are currently diagnosed with cancer, we encourage you to become a peer navigator.

Please contact the Dignity Health Nurse Navigation Team at **916.962.8892** to register.



## Breast Cancer Awareness

It seems like everyone knows someone who has or has had breast cancer. My mother has had it twice. This is not surprising as it is one of most common cancers women suffer from, and sadly the number one cause of death in women in their mid-life.

We don't know what causes breast cancer or the best way to prevent it. We rely on finding it early. The good news is that early breast cancer is curable. Screening mammogram examinations can cut a woman's chance of dying from breast cancer in half and give them a chance of cure with less aggressive surgeries and treatments. I wish the half of women in California not availing themselves of this lifesaving service would do so, and I hope the women currently being screened continue.

Every professional medical organization agrees that we can save the most lives starting screening at age 40 and every year thereafter as long a woman remains in good health. Dignity Health partners with Mercy Imaging Centers and



Dan Herron, MD,  
Director of  
Women's Imaging

Sierra Nevada Memorial Hospital Breast Imaging to offer lifesaving screening mammography. We also have the newest screening technology—3D mammography or breast tomosynthesis—which can find even more early cancers in women, and at the same time limit the number of women that require additional testing.

There are women that should have additional testing, either due to a family history of cancer or because they have breasts that are dense, in which case mammography may not be quite as effective. We have screening options with ultrasound or breast magnetic resonance (MRI) that can help find early curable cancers in these women.

For women with symptoms they or their healthcare providers are concerned about, we can fully evaluate them. Most will leave the office with good news and feeling reassured. If we need to test a small piece of tissue to find an answer, we can perform this comfortably in our office and have an answer in a few days.

I hope women readers, their age-appropriate daughters, mothers, grandmothers, relatives and friends will take advantage of the lifesaving technology we have available to women in the Greater Sacramento region.

Written by: Dan Herron, MD, Director of Women's Imaging,  
Mercy Imaging Centers



## Lung Cancer Awareness

As a surgeon, the most important factors I consider in evaluating a patient with lung cancer are the stage (extent) of the cancer and patient's overall physical condition.

Patients cannot do anything immediate about the stage of the cancer, but they can optimize their physical fitness. From a practical standpoint, this makes getting through the whole evaluation and treatment of the cancer easier, but in truth it also increases length and quality of life. Frailty is the single largest risk factor we as a medical community face treating cancer. Every medical provider wants to help their patients live longer and better, but in the setting of excessive frailty, interventions can reduce the quality and length of a patient's life.

Study after study has shown that patients with compromised lung function can increase their ease of breathing with concentrated pulmonary exercises both



Trevor Williams, MD,  
Thoracic Surgeon

before and after surgery. Patients in their eighth decade of life are, on average, able to at least double their strength and endurance with moderate training. It takes the will to do it, and social and emotional supports are key to getting it done.

The Dignity Health Cancer Institute of Greater Sacramento prides itself on advocating for patients, getting them what they need and helping patients get through the process by understanding what is available to them and their loved ones. Treatment options for lung cancer used to be just big operations and traditional chemotherapy and radiation. Today, we can perform operations through small incisions reducing the physiologic impact of surgery. Targeted therapy consisting of a designer pill can block the driver mutations of specific lung cancer. Chemotherapy and short course high intensity focused radiation can potentially cure early stage lung cancer in the patient who is not a surgical candidate. We are screening for early lung cancer to treat it at a more manageable stage. We repeat biopsies in late stage disease to consistently give the most appropriate therapy.

Hopefully, if we cannot cure it, we can turn lung cancer into a chronic, not a terminal, disease.

Written by: Trevor Williams, MD, Thoracic Surgeon,  
Mercy Medical Group

## My Personal Journey from Darkness to Sunshine

Darkness came over me in 2014 when my lifelong friend—my ex-husband—was diagnosed with terminal prostate cancer. Two years later, Costanzo Di Perna, MD called me to his office to discuss the results of my recent CT scan. Cancer was present in one of my nodules. Within one week, I was in the hospital, and the lower right lobe of my lung was removed. I felt like my life had just collapsed—I saw myself spinning out of control, trapped in a whirlpool, with no chance of getting out.

My children were not only dealing with dad, but now also had to take care of mom. Everybody was completely overwhelmed.

My family had always known me as the strong woman, the “fixer” of problems, the organizer of events. I isolated myself, felt like I had lost my identity, stopped answering the phone, could not eat and lost 40 pounds. I had panic attacks and could not stop crying. It was a nightmare.

Finally, Jennifer Theitz, one of Dignity Health Cancer Institute’s nurse navigators, took me aside, held my hand, listened and offered helpful resources. Jennifer connected me to therapist Eva Lucas for emotional support. Both ladies were there for me anytime I needed support. I could call them anytime, and believe me, I did.

For the first time in months, I saw light at the end of the tunnel. Good things started to happen. On February 4, I re-married my ex-husband of 20 years. Our prognosis is what it is, and we decided to spend whatever time we have left as a loving and supportive couple. We had a church wedding with our three daughters, their husbands, and our wonderful seven grandchildren. I could not have asked for a more beautiful ceremony. I continue therapy with Eva and continue to smile and count my blessings. I have hope—the sun shines in my heart every day. To top it off, I have been cancer-free for 18 months. Should cancer ever come back, I am ready to take it on. No more darkness for this Grandma. Cancer messed with the wrong woman!

Written by: Lynda Jones



## Family Art Retreat

To promote healing within our families, Dignity Health—in collaboration with Wellness Within—launched their first family day camp on July 22, 2017. Licensed therapists Eva Lukas and Patti Brown engaged parents in a creative journaling project and supported children in designing

individual treasure boxes to contain their memories. All participants were invited to share their memories, process emotions, ask questions, and learn new coping skills in a loving, safe, and nurturing environment. The fun day concluded with lots of laughter and an expert guided meditation. If you are interested in participating in future family day camp retreats, please contact Eva Lukas at **916.990.8454**.

## Grass Valley Cancer Center Resources

A cancer diagnosis impacts not only the patient but loved ones as well. Families and other interested parties are welcome to utilize these resources. Services are offered at no cost to cancer patients, family members, and caregivers. For information on any of the groups or classes below (where another number is not given), call Rebecca Parsons at **530.274.6656**.

### **CANCER SUPPORT GROUP WITH LINDA MEYERS**

**Wednesdays**, 3 – 4:30 p.m.  
Contact: 530.478.1273

### **CARE SUPPORT GROUP WITH JEANINE BRYANT, MS**

**Wednesdays**, 3 – 4:30 p.m.  
Contact: 530.274.6654

### **GATE: GRIEVING AND TRANSITIONING EMOTIONAL SUPPORT FOR THOSE WHO HAVE LOST A LOVED ONE TO CANCER WITH JEANINE BRYANT, MS**

**Tuesdays**, 3:30 – 5 p.m.  
Contact: 530.274.6654

### **HARP CLASSES WITH LISA STINE**

**Fridays**, weekly for 12 weeks  
Contact: Lisa Stine, 530.632.6226

### **HEAD AND NECK CANCER HELP GROUP WITH JIM VARDON**

**First Saturday** of each month, 10:30 – 11:30 a.m.  
Contact: 530.32.3022

### **KIDSCOPE: FOR CHILDREN IMPACTED BY CANCER WITH JEANINE BRYANT, MS**

Contact: 530.274.6654

### **NUTRITIONAL CONSULTATIONS KELLEY KULL, RD, CDE**

Available for appointment  
Contact: 530.274.6600

### **ONCOLOGY NURSE NAVIGATORS**

Laurie Ells RN, BSN, OCN  
Contact: 530.274.6179

Linda Aeschliman, RN  
(Breast Cancer Patients)  
Contact: 530.274.6657

### **ONCOLOGY SOCIAL WORKER REBECCA PARSONS LCSW, OSW-C**

Referrals to community resources,  
individual and family counseling.  
Contact: 530.274.6656

### **OVARIAN CANCER GROUP**

**Third Sunday** of each month, 1 – 3 p.m.  
Contact: Rebecca Parsons, 530.274.6656

### **PROSTATE DISCUSSION GROUP WITH VIRGINIA WYMAN, NP**

**Fourth Thursday** of each month 4:30 – 6 p.m.  
Contact: 530.346.6680

### **THE ART OF HEALING WITH NANCI SHANDERA, PHD**

**Fridays**, weekly for six weeks  
Contact: rnanci@earthspiritcenter.com

### **TRANSFORMATIONAL WHOLENESS WITH NANCI SHANDERA, PHD**

**Tuesdays**, 10 a.m. – 12:30 p.m.  
Contact: 530.265.9097  
dmanci@earthspiritcenter.com  
EarthSpiritCenter.com

### **WRITING TO HEAL WITH MOLLY FISK CREATIVE WRITING CLASS, 8 WEEKLY CLASSES**

**Thursdays**, 2:30 – 4:30 p.m.  
Contact: 530.265.8751

### **WOMAN TO WOMAN: SHARING THE CANCER EXPERIENCE WITH JEANINE BRYANT, MS**

**Wednesdays**, 9:30 – 11 a.m.  
Contact: 530.274.6654

### **YOGA FOR CANCER SURVIVORS WEEKLY, GRASS VALLEY YOGA**

Contact: Janet Rankin, 530.401.0484

## **COMMUNITY RESOURCES**

### **CANCER CENTER LENDING LIBRARY**

### **COMFORT CUISINE MEALS**

Delicious, nutritious, homemade meals for patients and caregivers. Frozen, individual portions, ready to reheat. Pick up in the Cancer Center.

### **CANCER AID THRIFT SHOP**

Provides financial assistance, equipment, etc.  
Contact: 530.273.2365

### **HOPE BEARERS**

Christ-centered cancer and chronic illness support group

### **Third Saturday** of the month

Ham Foothill Church  
Contact: Amy & Wayne, 530.432.2101  
or Sally, 530.273.1468

## Greater Sacramento and Woodland Classes & Support Groups

For more information on any of the listings below, call **916.962.8892**.

### BREAST CANCER SUPPORT GROUP

**3rd Thursday** of every month, 4:30 – 6 p.m.  
Mercy San Juan Medical Center  
6555 Coyle Avenue, Ste. 140, Carmichael, 95608

### CANCER SUPPORT GROUP

**Every Tuesday**, 11 a.m. – 12:30 p.m. & 4 – 5:30 p.m.  
Mercy Hospital of Folsom  
1650 Creekside Drive, Folsom, 95630  
Call 916.390.2661 for location

### CAREGIVER'S SUPPORT GROUP

**3rd Friday** of every month, 11 a.m. – 12:30 p.m.  
Mercy Cancer Center  
3301 C Street, Sacramento, 95816  
For more information, please contact 916.990.8454

### GYNECOLOGIC CANCER SUPPORT GROUP

**3rd Wednesday** of every month, 11 a.m. – 12:30 p.m.  
Mercy Cancer Center  
3301 C Street, Sacramento, 95816

### LEGACY SUPPORT GROUP (Lung Cancer)

**1st Wednesday** of every month, 11 a.m. – 12:30 p.m.  
(MCC = Jan/Mar/May/Jul/Sep/Nov)  
(MSJ = Feb/Apr/Jun/Aug/Oct/Dec)

Alternates every other month between  
Mercy Cancer Center & Mercy San Juan Medical Center  
Call 855.637.2962 for location

### LIVING WITH CANCER SUPPORT GROUP

**1st Tuesday** of every month, 5:30 – 7 p.m.  
Woodland Cancer Center  
DCR3 Conference Room

### LOOK GOOD, FEEL BETTER

**2nd Tuesday** of every other month, 6 – 8 p.m.  
(Jan 10/Mar 14/May 9/Jul 11/Sep 12/Nov 14)  
Mercy Cancer Center  
3301 C Street, Sacramento, 95816

**4th Monday** of every other month, 2 – 4 p.m.  
(Jan 23, Mar 20, May 15, Jul 17, Sep 18, Nov 20)  
Woodland Healthcare  
515 Fairchild Ct., Woodland, 95695

### MEDITATION GROUP

**Every Tuesday**, 1 – 1:45 p.m.  
Dignity Health Cancer Institute  
6403 Coyle Avenue, Carmichael, 95608  
For more information, please contact 916.990.8454

### MULTIPLE MYELOMA SUPPORT GROUP

**1st Saturday** of every month, 10 a.m. – noon  
Mercy San Juan Medical Center  
6555 Coyle Avenue, Ste. 140, Carmichael, 95608

### NUTRITION CLASSES

**Quarterly, Tuesdays** 2 – 3 p.m.  
(Feb 7, May 16, Aug 8, Nov 14)

Mercy Cancer Center  
3301 C Street, Sacramento, 95816

Individual appointments are available at Mercy San Juan  
For more information, please contact 916.983.7598

### OSTOMY SUPPORT GROUP

**1st Saturday** of every month, 10 a.m. – noon  
Mercy San Juan Medical Center  
6501 Coyle Avenue, Carmichael, 95608

### PROSTATE SUPPORT GROUP

**3rd Thursday** of every month, 1:30 – 3:30 p.m.  
(MSJ = Jan 19/Mar 16/May 18/Jul 20/Sep 21/Nov 16)  
(UCD = Feb 16/Apr 20/Jun 15/Aug 17/Oct 19/Dec 21)

Alternates every other month between  
Mercy San Juan Medical Center & UC Davis

### YOGA CLASSES

**Every Monday & Wednesday** 5 – 6 p.m.  
**1st Thursday** of every other odd month 5 – 6 p.m.  
Mercy Cancer Center  
3301 C Street, Sacramento, 95816

**3rd Thursday of every month** 3:30 – 4:30 p.m.  
Mercy San Juan Medical Center  
6501 Coyle Avenue, Carmichael 95608

If you're looking for support from our Oncology Nurse Navigators, please call **833.DHCINAV** or email **DHCINAV@dignityhealth.org**.