



Catholic Healthcare West

cancer care

at French Hospital Medical Center

January/February 2010

The Hearst Cancer Resource Center

A place for information, support and peace of mind. All at no charge.



SURVIVORSHIP CELEBRATION

Central Shores Chapter - Oncology Nursing Society and Hearst Cancer Resource Center invite you to the 2nd Annual Survivorship Celebration Saturday, February 27, from 8:00 AM to 1:00 PM at French Hospital Medical Center Auditorium. This event provides education, inspiration and refreshments free of charge.

A panel of six survivors will discuss their inspirational journeys to wellness and share their passion for helping others faced with a cancer diagnosis. Keynote speaker, Sherry Lebed Davis, a therapeutic movement expert, will present "Surviving is Important, but Thriving is Elegant... for Cancer Survivors." Local cancer organizations are hosting exhibits to educate and inform the public about services and programs available.

Program Agenda:

- 8:30 AM: Registration, continental breakfast, exhibitors
- 9:00 AM: Welcome
- 9:15 AM: Keynote speaker
- 10:15 AM: Break and exhibitors
- 10:30 AM: Survivor panel
- 11:45 AM: Q & A
- 12 Noon: Healthy snacks, exhibitors
- 1:00 PM: Closing

Space is limited. Call Hearst Cancer Resource Center for reservations at (805) 542-6234.



Sherry Lebed Davis

COMING IN MARCH, A NEW CLASS

Personal Pathways Program: Skills to help cancer patients attain knowledge, power and choices.

In this two-hour presentation, cancer patients at any stage of their treatment will learn how to better equip themselves to meet the challenges in coping with and overcoming cancer.

Michelle Ellis, RN, OCN and Dennis Pezzato, Ph.D., will teach five self-advocacy and survivorship skills involving communication, finding the right information, making decisions, problem solving and negotiating.

When: Monday, March 15, 1:00-3:00 PM

Where: Hearst Cancer Resource Center

Space is limited; reservations are required. Please call (805) 542-6234.

Facilitators:

Michelle Ellis, RN, OCN, Nurse Navigator, assists patients and family members in navigating the cancer journey. She answers any questions about their diagnosis and helps with any physical and emotional needs patients have during this time.

Dennis Pezzato, Ph.D., is a Behavioral Strategist and author of a series of self-help books. He lectures and facilitates cancer support programs focusing on topics relevant to psychological well-being and healthier living while coping with the stress of disease and treatment.

Educational Offerings

SAVE THE DATE...

Frankly Speaking about Cancer Treatment and Side Effects, a co-sponsored Wellness Community program
Thursday, March 25, 6-8:00PM

An educational program designed to help people understand and manage the physical side effects from cancer treatment, as well as the emotional burden. Attendees will receive a complimentary educational booklet and personal journal combination.

Speakers: Dr. Lewis, Oncology; Dennis Pezzato, Ph.D., Behavioral Strategist

Location: To Be Determined

Call the Hearst Cancer Resource Center for more information at (805) 542-6234.

2010: Resolve to Eat Well

Tuesday, January 12, 7-9 PM

Top local chef Maegen Loring will discuss how to make delicious healthy food choices to help you start off the New Year. This will not be a discussion about deprivation, but rather, one of celebrating the wonderful tastes and benefits of healthy food. Join us!

Love Starts Here

TUESDAY, FEBRUARY 9, 7-9 PM

Joanne Ruggles, local artist and retreat leader, will help you create a personal deck of heart-felt collaged expressions on playing cards. Celebrate this month by being your own Valentine and giving yourself this evening of fun!



Avila Bay Athletic Club & Spa Cancer “WellFit” Program



10-week exercise program starts January 19, every Tuesday and Thursday, 11 AM – Noon for cancer survivors in treatment or up to one year out of treatment. Advance registration and medical release required. Information call Jan or Loesha at (805) 595-7600 x122.

Information to Know

Hearst Cancer Resource Center (805) 542-6234
1941 Johnson Avenue, Suite 201A (805) 542-6278 (fax)
San Luis Obsipo, CA 93401 www.frenchmedicalcenter.org

Michelle Ellis, RN, OCN (805) 543-5353 x7077 (HCRC)
Nurse Navigator (805) 481-7245 (AG)
michelle.ellis@chw.edu

Bev Kirkhart (805) 542-6269
Director beverly.kirkhart@chw.edu

Center Open, Monday – Friday, 9 AM – 4:30 PM

In light of the recent United States Preventive Services Task Force recommendations for mammography, Women’s Diagnostic Center and Hearst Cancer Resource Center would like to take a moment to express our point of view. We are committed to continuing the fight against breast cancer, regardless of age, and join the American Cancer Society, the American College of Radiology, and the American College of Surgeons in supporting the existing guidelines for women to begin getting an annual mammogram at age 40. The death rate from breast

cancer has dropped 30 percent since these guidelines were put into effect in 1990. In fact one-fifth of breast cancer deaths in 2006 were among women who were diagnosed with breast cancer prior to age 50. Mammography still remains the best tool for screening breast cancer and detecting it early.

If you have any questions or would like more information on breast cancer screening you can contact our dedicated oncology-trained nurse navigator at (805) 543-5353 x7077.

