

# CANCER QUARTERLY

St. Joseph's Medical Center • 1800 North California Street • Stockton, CA • (209) 467-6560 • StJosephsCares.org • Summer 2007

## Been There – Got the Wig!

A Survivor's Response to a Cancer Diagnosis



by Jana Flaig

Each year over 600,000 women are diagnosed with cancer. In December 2006, I was one of them.

I've learned that "a cheerful

heart is good medicine"; and that a day without laughter is a day wasted. As a cancer survivor I share my story of challenging this battle with humor and a positive attitude to encourage others.

I went into the hospital expecting a routine hysterectomy; but when I awoke I was told that they found cancer. Over 80 staples closed the incision that started from the pelvic bone and went all the way up to my ribs. thank God I'm only 5'3" ... if I were 5'8" the cut would have been clear up to my neck!



Being told that I have cancer was a life-changing moment. It was like being stamped with an expiration date ... and that date could be shorter than the shelf life of a Hostess Twinkie. I thought that just can't be. I have too much to live for.

For example, our son is only 13 years old and I have to be around to pick out his wife. Also, I want to get a tattoo, and then live long enough to regret getting a tattoo. I think 25 years ought to cover it.

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## WE CAN weekend



Plans are underway for the annual "We Can" Weekend retreat for families dealing with cancer. If you would like to be pampered while experiencing the healing benefits of a serene setting coupled with people who understand and care, consider registering for "We Can" Weekend. Sponsored by St. Joseph's Regional Cancer Center, this weekend outing in the foothills will feature education related to cancer and treatments, support groups for patients and families, a children's program complete with skits and campfire, workshops on spirituality, and time to feel the peace of this natural setting. A full complement of oncology trained professionals and "cancer survivor" volunteers will staff the retreat.

Located about 45 minutes above Jackson, the retreat site is in the midst

of trees and meadows. All campers stay in heated facilities complete with hot showers. The luscious meals are prepared by the retreat-site staff and served in a rustic dining hall with balconies that overlook the grounds.

**DATES:** October 13-14, 2007 (Saturday and Sunday)

**COST:** \$25 per adult; \$10 ages 5-15, ages 4 and under, free

In the event it is necessary, first-time campers will be given priority consideration. For more information, (209) 467-6550.

### Volunteers Needed

If you are a professional in the "healing arts" and would like to volunteer for this unique program, please call Jim Linderman at 461-5069 or email [SJCancerInfo@chw.edu](mailto:SJCancerInfo@chw.edu)

## Mind, Body and Spirit

Feed your mind and nourish your soul with this popular four-week experiential series.

Tuesdays – August 7, 14, 21, 28 • 6:30 – 8:30 p.m. • St. Joseph's Auditorium  
Cost: \$20 for entire series

### August 7 – Healthy Weight and Vitality – an East/West Approach

A recent study reported 95% of all diets fail miserably. Learn how you can healthfully and naturally regulate appetite, boost metabolism, improve digestion and increase your energy. Presented by **Amy Bader**, ND (Naturopathic Doctor) and **Jeannette M. Schreiber**, L.Ac. (Licensed Acupuncturist).

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## Mind, Body and Spirit

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### August 14 – Who's Got Your Number? (Understanding Your Personality)

The Enneagram is a system of nine personality types that combines traditional wisdom and modern psychology into a powerful tool for understanding ourselves and the other people in our lives. Presented by **Peter O'Hanrahan**, body therapist, and program director for the Enneagram Professional Training Program.

### August 21 – Awareness Through Movement

Learn to move with less effort for easier daily living. The Feldenkrais Method® helps individuals reconnect with their natural abilities to move, think and feel. Presented by **Erin Finkelstein**, certified trainer and practitioner of the Feldenkrais Method®.

### August 28 – the Art of Mindful Creativity: Living from the Right Side of Your Brain

Does your fast paced, multi-tasking life leave you feeling overwhelmed, tired, anxious, and empty? Learn how to combine the concepts of mindfulness and creativity to feel freedom, to see possibilities and options, and to put anxiety to effective use. Presented by **Lisa Mitchell**, Licensed Marriage and Family Therapist and Director of the Art Therapy Studio in Fair Oaks, CA.



**For a complete class description and registration brochure, call (209) 461-6889.**

## Enhanced Appreciation of the Moment *free & open to the public*

### Healthy for Life

When we eat the foods our bodies were designed for, we normally lose weight without strenuous, unpleasant dieting. Learn how to shop the edges of the supermarket to reduce your chances of chronic disease and to experience improved energy, mental clarity and stress tolerance.

**Glenda Glass**, Clinical Herbalist,  
Clinical Microbiologist

Thursday, July 12 • 6:30 – 8:30 p.m.

**St. Joseph's Medical Center**

AUDITORIUM

461-5061 No reservations necessary

### Create Your Own Well-Being

The majority of physical illnesses result from an overload of emotional, psychological and spiritual crises. Let the creation of health begin in you by learning and practicing the techniques of breathing, guided imagery, intuitive healing, mindfulness, and unconditional love.

**Hyma Kunamneni, PhD,**

Psychologist

5:30 – 7:00 p.m. • August 1,

September 5

**St. Joseph's Medical Center**

CLASSROOM 1

461-5061 No reservations necessary

### Brain Games

"Oh, you know what I mean...I just can't think of the word." Have you ever heard yourself saying that? And, consequently, are you secretly concerned about your memory?

**Dr. Alice Jacobs** will explain how

the memory works and she will teach you to use both hemispheres of your brain for maintaining and maximizing your physical and mental abilities.

Tuesday, September 11 • 1:00 p.m.

**O'Connor Woods**

476-4071 to reserve a seat

## Perspectives

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After the initial terror and great sense of loss, I thought: "I'm going to start wearing my 'good clothes' everyday." I now wear my leather jackets and matching gloves when I walk to the mailbox.

My post surgery treatment included chemotherapy, prayer, family support, watching funny movies every night, and avoiding negative people. You know who you are if I haven't said "Hi" lately.

To look in the mirror and see myself as a bald woman is a shock and reminder of the gravity of my illness. And nobody told me that the eyelashes go too. I have three lashes left on one eye and two lashes on the other. I am determined that as long as I have ONE eye lash left ... I'm going to curl it, and put mascara on it!

I never ask God "Why me?"; but I did wonder "Why the big scar?" Then I realized that this scar shows that I've been hurt; it is evidence that I've been healed; and this scar is empathy. And there is healing in knowing that you're not the only one.

So now when I see this scar, it reminds me of what God has brought me through; and I remember what it was like to have "been there – got the wig!"

Jana lives in Lodi and regularly attends the Stockton Ovarian Cancer Support Group.

## Free Reiki Workshop for Cancer Survivors

REIKI is a hands-on healing technique that uses universal life force energy to assist in balancing the physical, mental, emotional and spiritual aspects of an individual. Many have reported that Reiki has had a positive effect in the healing of injuries, disease, and relief from pain.

At the completion of this informational and hands-on workshop, participants will have completed the Reiki 1 training.

Janis Kembel, Reiki Master and PH.D, is offering a free 6 hour course on Saturday, August 25 from 10 a.m. – 4 p.m. in St. Joseph's Cancer Center. Registration is limited to the first 16 participants.

To register, or for more information, please call Janis Kembel at (209) 957-7096.

## Cancer Diagnosis?

### Don't know where to turn?

St. Joseph's Cancer Navigator is a free service that offers cancer professionals available to help you through the journey of cancer – from just receiving the news that the biopsy was positive, through tests, procedures, treatment, follow-up, and long-term survivorship.

### We're Here When You Need Answers to Questions

**St. Joseph's Cancer Navigator**  
939-4526 or e-mail  
SJCancerInfo@chw.edu

## Support Group Information

For information on any of these support groups, please call St. Joseph's Cancer Center Library at 467-6550 or the American Cancer Society, 941-2677.

### STOCKTON

These groups meet the first Tuesday of the month at St. Joseph's:

#### General Support Group

For anyone dealing with cancer; patients, family, and friends.  
6 p.m., Cancer Center

#### Breast Cancer

Facilitated by Barbara Covey, RN, Reach to Recovery volunteer and cancer survivor. 6 p.m., Cancer Center

#### Grupo de Apoyo en Espanol

Spanish speaking group for all types of cancer. 6 p.m., Conference Rooms A/B

#### Children's Group

Bring your child to Classroom 3, lower level, by 6 p.m.

#### Shades of Survivorship

for women of color

For information, contact Theresa Seward at 461-5149.

### STOCKTON

#### "Look Who's Talking" - Laryngectomy Group

3rd Wednesday at 6 p.m.,  
St. Joseph's Cancer Center

#### Leukemia-Lymphoma Support Group

4th Wednesday at 6:00-7:30 p.m.,  
St. Joseph's Cancer Center.

#### Ovarian Cancer Support Group

Contact Bonnie Mitchell,  
598-5211.

#### Prostate Cancer

1st Monday at 7:00-9:00 p.m.,  
Dameron Hospital.

### TRACY

#### General Support Group

2nd and 4th Tuesdays at 6:30 p.m.,  
Sutter Tracy Community Hospital

### CALAVERAS COUNTY

#### General Support Group

1st Thursday at 10:00-11:30 a.m.  
Contact Debbie Sellick, 754-3521,  
x2015, Mark Twain St. Joseph's.

### HOSPICE & BEREAVEMENT SERVICES

Hospice of San Joaquin • 957-3888  
Hospice of Amador • 223-5500

## New Stockton Support Group

The **Leukemia-Lymphoma Society** along with **St. Joseph's Medical Center** is offering a monthly information and support group, professionally facilitated by a social worker and nurse. Anyone dealing with Lymphoma, Leukemia, Myeloma, and Hodgkins disease is welcome to attend.

4th Wednesday of the month at St. Joseph's Cancer Center.  
6:00-7:30 p.m.

For more information, please call 467-6550



**St. Joseph's Medical Center**  
*Regional Cancer Center*

A member of CHW

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 Stockton, CA



**Gathering of Friends**

Annual "pot-luck" for families touched by cancer.

Wednesday, September 12, 2007  
 5:00 pm. • Schroeder Park  
 St. Joseph's Medical Center

*Join us for good food and fellowship.*

**Your Gifts Make A Difference**

Many of the St. Joseph's Cancer Center's patient and family support programs such as We Can Weekend, Gathering of Friends, the Holiday Gathering and more, are made possible in part thanks to the generous support of donors. Gifts of any size are acknowledged and greatly appreciated. We ask that you keep St. Joseph's Cancer Center in mind to make a donation in honor of a special occasion for the person "who has everything," or in lieu of flowers when making memorial contributions. For more information on supporting our cancer center services and programs, contact St. Joseph's Foundation at 467-6347.



**Ports Go Pink**

Cancer survivors marched in a pre-game Survivors Parade at Pink Day at the Stockton Ports in May, 2007. The event to promote breast cancer awareness raised nearly \$6,000 for St. Joseph's Mobile Mammography services.

**Surviving Beautifully**

The Surviving Beautifully show held in April, 2007, featured cancer survivors modeling positive attitudes about living after a cancer diagnosis. Many first-time models inspired others as they took to the stage this year.

