



# What's new

## FREE WIG FITTING DAY COMING TO THE COAST

Do you live in Lincoln County and are experiencing hair loss due to cancer treatments? Hair loss due to cancer can be extremely upsetting because hair is an incredible form of self-expression and identity. The Samaritan Cancer Resource Center provides patients of Benton, Lincoln and Linn counties with free hair loss solutions such as wig fittings, hats and other head coverings. Many of our patients who travel from the coast to the valley for treatments do not have extra time or the energy to stay for a wig fitting or scarf tying tutorials.

On Thursday, Aug. 16, the Samaritan Cancer Resource Center will be in Newport and Lincoln City to offer a free wig fitting day! A variety of colors and styles will be available along with, scarves, hats and caps. Appointments are required and will be scheduled every 45 minutes and will start in Newport at 8:30 a.m. and in Lincoln City at 1:30 p.m. Call 541-768-2171 or 541-812-5888 to schedule an appointment.

**What:** A free wig fitting and scarf tying tutorial

**Who:** Samaritan Cancer Program patients

**When:** Thursday, Aug. 16

**Where:** Newport: Samaritan Pacific Community Hospital, Hematology & Oncology

Lincoln City: Samaritan North Lincoln Hospital, Cancer Conference Room in Infusion

**Why:** Traveling to the valley for treatments can be overwhelming, expensive and tiresome. Samaritan Cancer Resource Center is coming to you to ease your stress about finding hair loss solutions.



Program Coordinator Liz Newman helps fit Jeannette Klefstad with a new wig.

For more information about our support groups, services and special events, contact the Samaritan Cancer Resource Center at 541-812-5888 (Albany), 541-768-2171 (Corvallis), 877-311-4686 (toll free), online at [samhealth.org/Cancer](http://samhealth.org/Cancer) or by email at [CancerResourceCenter@samhealth.org](mailto:CancerResourceCenter@samhealth.org).

If ever you wish to stop receiving this newsletter, contact us at [CancerResourceCenter@samhealth.org](mailto:CancerResourceCenter@samhealth.org) or 541-768 2171. Occasionally we will send you local, health-related communications, but we will never share your contact information with any vendors or entity.

## August highlights



### Relay For Life, Lincoln County

Survivors and caregivers are the heart and soul of Relay for Life. We honor their strength

and courage with every step they take. It doesn't matter if you were diagnosed 10 days or 10 years ago, you can walk while everyone gathers together to cheer you on!

**Saturday, Aug. 4 • noon to 10 p.m.**

National Guard Armory, 541 SW Coast Hwy, Newport

For more information, contact Adrian Rodriguez at [Adrian.Rodriguez@cancer.org](mailto:Adrian.Rodriguez@cancer.org).

### Take Charge of Your Health

Learn more about the signs and symptoms of an enlarged prostate and your treatment options at a free seminar with Urologist Robert Laciak, MD.

**Thursday, Aug. 9 • Prostate Health & You!**

6 to 7:30 p.m., Center for Health Education 740 SW Ninth Street, Newport

Register online at [samhealth.org/BeHealthy](http://samhealth.org/BeHealthy) or call 855-873-0647.

### Saturday ArtsCare Workshop

Second Saturdays, 10 a.m. to noon. Free art workshop for cancer patients, survivors and caregivers. No art experience needed – just a willingness to have fun!

**Saturday, Aug. 11: Journals**

Reimer Building, 1085 Sixth Ave. SW, Albany

For more information or to register, contact Sara Krainik at 541-768-6762 or [skrainik@samhealth.org](mailto:skrainik@samhealth.org).



# Here for you

Exercise (strength training and cardio) has been found to be beneficial during and after cancer treatments. Exercise can help with fatigue, balance, weight gain or muscle wasting, limiting bone loss, and overall feelings of well-being. After treatment it also helps with limiting the risk of other health conditions and cancers developing. American Cancer Society recommends that above all, avoid inactivity: just move!

The Samaritan Cancer Program has Health Fitness Specialists (HFS) to create exercise programs designed to help meet the specific goals of cancer patients as well as work with any limitation they might have during or after treatments. Most programs can be done in either a gym setting or at home.

Consultation with a HFS are free at all SamFit locations. Contact the front office to set up an appointment.



At SamFit in Albany, Health Fitness Specialist Joann Markham works with a cancer patient to check her form and make sure she does the exercise safely and correctly.

# The importance of keeping hydrated this summer

Dehydration is a common cause of hospitalization in people with cancer. Good hydration is essential during treatment to deliver energy, remove waste and heal. The best way to tell if you're hydrated is to monitor your urine color. If your urine is pale yellow or clear, you are getting enough fluids.

You can also use this simple rule-of-thumb calculation described in [U.S. News and World Report](#): take half of your body weight and drink that many ounces of water per day. For example, if you weigh 146 pounds, drink 73 ounces of water, or a little over nine cups.

All fluids, other than alcohol, count. Water is great, but most things that are liquid when at room temperature will also meet your fluid needs. Some of these also give you extra calories which you may or may not need!



## HYDRATION TIPS

- **Carry a bottle with you wherever you go.** Get one with the ounces marked so you know how much you are drinking.
- **If you lose more, get more.** If you are exercising, have a fever, or experiencing vomiting or diarrhea, be sure to replace lost fluids to prevent dehydration.
- **Calories and carb count.** Many fluids like juice and smoothies contain extra carbs and calories. This is good for some people, but if you have unwanted weight gain or are diabetic, reduced sugar or sugar-free beverages are likely better.

# Did you know?

**A plum ribbon brings awareness to cancer caregivers.** *Honor a caregiver who is making a big impact on your cancer journey!*



In many cases, the caregiver is the one person who knows everything that's going on with the patient.

A caregiver is defined by the American Cancer Society as the person who most often helps the person with cancer and is not paid to do so. Caregivers may be partners, family members or close friends. Usually they're untrained for the caregiver job and often act as the lifeline of the person with cancer.

Caregiving can be a full-time job and it is normal to feel overwhelmed. No one can be a caregiver every day, 24 hours a day, yet most caregivers hesitate to take a break, even for a short period of time. If you are a caregiver, it is important to take care of yourself so then you can take better care of your loved one. Taking care of yourself can encompass exercise, a healthy diet, recreational or social time away from the patient, spiritual support, or help from a trained mental health professional. Most importantly, do not try to do it all yourself. Caregiving alone for any period of time is not realistic. Reach out to others or talk with the cancer care team about where you need help.



# What's happening in August, 2018



Samaritan Cancer Resource Center CALENDAR of services, support groups and events for those touched by cancer in Benton, Lincoln and Linn Counties.

MON	TUES	WED	THURS	FRI	SAT
30 <b>Honor a caregiver who is making a big impact on your cancer journey!</b>	31	<b>1</b> Massage - Corvallis [CRC-C] • 10 a.m. - 4 p.m. Massage - Albany [CRC-A] • 1 - 4 p.m.	<b>2</b> Massage - Albany [CRC-A] • 9 a.m. - 3:30 p.m. Prostate Cancer Support Group [Pig & Pancake] noon Cancer Support Group [SPCH] • 3 - 4:30 p.m.	<b>3</b> Massage - Corvallis [CRC-C] • 1 - 4 p.m.	<b>4</b>
<b>6</b>	<b>7</b> Massage - Corvallis [CRC-C] • 9 a.m. - noon, 1:30 - 3:30 p.m. Living with Cancer Support Group [SAGH] • 7 - 8:30 p.m.	<b>8</b> Massage - Corvallis [CRC-C] • 10 a.m. - 4 p.m. Massage - Albany [CRC-A] • 1 - 4 pm Metastatic Cancer Support Group [SPRCC] 11 a.m. - 12:30 p.m.	<b>9</b> Massage - Albany [CRC-A] • 9 a.m. - 3:30 p.m.	<b>10</b> Massage - Corvallis [CRC-C] • 1 - 4 p.m.	<b>11</b> Saturday ArtsCare Art Workshop [SAGH] • 10 a.m. - noon
<b>13</b> Moving Forward [SPRCC] • noon - 1 p.m. Cancer Support Group [SLCH] • 6:30 - 8 p.m.	<b>14</b> Massage - Corvallis [CRC-C] • 9 a.m. - noon, 1:30 - 3:30 p.m. GYN Cancer Support Group [TCC] • 1:30 - 3 p.m. Pancreatic Cancer Support Group [TAC] • 5:30 - 7 p.m. Young Adult Cancer Survivors [SPRCC] • 6:30 - 8 p.m.	<b>15</b> Massage - Corvallis [CRC-C] • 10 a.m. - 4 p.m. Massage - Albany [CRC-A] • 1 - 4 p.m. Caregiver Support Group [SPCH] • noon - 1 p.m.	<b>16</b> Massage - Albany [CRC-A] • 9 a.m. - 3:30 p.m. Breast Cancer Support Group [Sambo's Rest.] • 10 a.m. Caregiver Support Group [Ness Club] • noon - 1 p.m. Cancer Support Group [SPCH] • 3 - 4:30 p.m. Blood Cancer Support Group [TAC] • 5:30 - 7 p.m.	<b>17</b> Massage - Corvallis [CRC-C] • 1 - 4 p.m.	<b>18</b> 
<b>20</b> Breast Cancer Support Group [SPRCC] • 5:30 - 7 p.m.	<b>21</b> Massage - Corvallis [CRC-C] • 9 a.m. - noon, 1:30 - 3:30 p.m.	<b>22</b> Massage - Corvallis [CRC-C] • 10 a.m. - 4 p.m. Massage - Albany [CRC-A] • 1 - 4 p.m. Metastatic Cancer Support Group [SPRCC] 11 a.m. - 12:30 p.m.	<b>23</b> Massage - Albany [CRC-A] • 9 a.m. - 3:30 p.m. Permission to Play [JanniLou's] • 1 - 4 p.m.	<b>24</b> Massage - Corvallis [CRC-C] • 1 - 4 p.m.	<b>25</b>
<b>27</b>	<b>28</b> Massage - Corvallis [CRC-C] • 9 a.m. - noon, 1:30 - 3:30 p.m.	<b>29</b> Massage - Corvallis [CRC-C] • 10 a.m. - 4 p.m. Massage - Albany [CRC-A] • 1 - 4 p.m.	<b>30</b> Massage - Albany [CRC-A] • 9 a.m. - 3:30 p.m.	<b>31</b> Massage - Corvallis [CRC-C] • 1 - 4 p.m.	<b>1</b>

## KEY [locations]

SAGH: Samaritan Albany General Hospital  
CRC-A: Samaritan Cancer Resource Center - Albany  
CRC-C: Samaritan Cancer Resource Center - Corvallis

SLCH: Samaritan Lebanon Community Hospital  
SPCH: Samaritan Pacific Communities Hospital  
SPRCC: Samaritan Pastega Regional Cancer Center

TAC: Timberhill Athletic Club (Corvallis)  
TCC: The Corvallis Clinic



## Questions?

Contact the Samaritan Cancer Resource Center at 541.812.5888 or 541.768.2171.