



What's new

We are extremely grateful for our dedicated volunteers and the important role they serve at Samaritan Pastega Regional Cancer Center and other Samaritan Cancer Program offices. The gift of their time and talents add tremendously to the care that is given to patients, their family and friends.

At the Samaritan Pastega Regional Cancer Center we are blessed to have dedicated volunteers who have volunteered on a weekly basis since the doors opened nearly five years ago (although some have been volunteering with Samaritan Health Services for years!).

They warmly greet patients as they walk through the doors, direct them to their appointment and keep them company as they wait for labs to be drawn. They always welcome conversation, love getting to know folks and are eager to assist in any way possible.



Kay Dawson, Jill Gosswiller and Irene Childears (left to right) are three of the amazing Samaritan Cancer Program volunteers. Not pictured are Robin Donaldson, Edward Kenny, Donna Schulz and Lindell Johnson.

For more information 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 or by email at CancerResourceCenter@samhealth.org.

If you wish to stop receiving this newsletter, contact us at CancerResourceCenter@samhealth.org or 541-768 2171.

June Highlights

That's My Farmer

The five-week nutrition and wellness education program is available to local cancer survivors and their spouses or partners. The program combines education with fresh, local fruits and vegetables. Registration fee is \$20 and preference is given to first-time participants.

Sessions begin:

- Albany – June 11
- Newport – July 17
- Lebanon – Aug. 27

To register, call 541-768-2171, or email CancerResourceCenter@samhealth.org.

Save-the-date

Cancer Survivors Day

June is National Cancer Survivors month and Samaritan is honoring cancer survivors and loved ones on Sunday, June 2. The event is free to all. Enjoy good food, arts activity, community resources, talks from Samaritan's cancer care team and cancer survivors and more!

The LaSells Stewart Center, 875 SW 26th St., Corvallis

- June 2 • 11 a.m. to 1 p.m.

Advance registration encouraged, online at samhealth.org/CelebrateSurvivors or call 541-768-2171.

Saturday ArtCare Workshop

Free art workshop for cancer patients, survivors and caregivers. No art experience needed, just a willingness to have fun! All art materials are provided for free.

Reimer Building, 1085 Sixth Ave. SW, Albany

Saturday, June 8 • 10 a.m. to Noon

To register, contact Sara Krainik, skrainik@samhealth.org or 541-768-6762.

Here for you

There are many phases of care for a cancer patient. In the survivorship phase, the focus shifts to helping patients recover from active treatment, to being healthy moving forward. During this phase, patients may still experience side effects, have questions or need ongoing support.

It all begins with the survivorship appointment, where patients are provided with a treatment summary and care plan. This includes information about diagnosis, treatments received and a road map for the journey forward. It is shared with all members of the patient's health care team. Patients are also connected with supportive services, such as social workers, financial counselors, physical therapists and dietitians to make this transition easier.

Survivorship appointments are available to patients who have completed active therapy and can be accessed through their oncologist.



Holly Almond, FNP, runs the Samaritan Cancer Survivorship Program.

Tips for talking with your health care team

A few tips to improve communication with your care team to get the most from your appointments.

- Write down your questions ahead of time and bring them to the appointment!
- Keep a record of any upsetting symptoms you have. Note when and where they occur and bring this information to your visit.
- Let your doctor know at the beginning of your appointment that you have a list of questions so they can make time to answer them.
- Some typical questions to ask: What are the benefits of treatment? The risks? What are alternative treatments? What will life be like after starting treatment? What will life be like without treatment?
- Take notes. You can do this or you can have a family member or trusted friend take notes for you. You can also ask to record the appointment. Ask your doctor if they provide visit summaries.
- Make sure you and your doctor understand each other. Example: What I hear you say is I have stage 1 breast cancer and you would like me to consider taking chemotherapy. Is that correct?
- Get a phone number of someone to call with follow-up questions.

Did you know?

June is the official month to celebrate being a cancer survivor! National Cancer Survivors Day, the first Sunday in June, is a nationally recognized day and celebration for those who have survived.

Cancer Survivor is defined as any person with a history of cancer, from diagnosis to the end of initial treatment, the transition from treatment to extended survival and long-term survival.

Thanks to advances in cancer prevention, early detection and follow-up care, more people are beating cancer and surviving the disease! In the U.S., more than 16.9 million children and adults are alive today after being diagnosed with cancer.

Help spread the importance of early detection to increase the survivorship rates!