



## What's new

### WIG FITTING AND SCARF TYING AT THE COAST

Are experiencing hair loss due to cancer treatments? Hair loss due to cancer can be upsetting because hair is a 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 wigs, hats and other head coverings.



Department Assistant Christina Jacob helps show a patient how to tie a head covering.

This August staff from the Samaritan Cancer Resource Center will be in Lincoln City and Newport to provide Samaritan cancer patients with a variety of free hair loss solutions, from various colors and styles of wigs, to hats and scarves, along with instructions on how to wear and care for them.

**Space is limited.** Schedule your free 30 minute consultation, call the Samaritan Cancer Resource Center at 541-768-2171 or 541-812-5888.

**Lincoln City:** Wednesday, Aug. 14, 8:30 to 11:30 a.m.

Samaritan North Lincoln Hospital, Cancer Conference Room in infusion

**Newport:** Wednesday, Aug. 14, 1:30 to 4:30 p.m.

Center for Health Education, upstairs conference room (across from Samaritan Pacific Communities Hospital)

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](http://samhealth.org/Cancer) or by email at [CancerResourceCenter@samhealth.org](mailto:CancerResourceCenter@samhealth.org).

If you wish to stop receiving this newsletter, contact us at [CancerResourceCenter@samhealth.org](mailto:CancerResourceCenter@samhealth.org) or 541-768 2171.

## August 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.

#### Session begins:

- **Lebanon: Tuesday, Aug. 27**

### Saturday ArtCare Workshop

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

**Reimer Building, 1085 Sixth Ave. SW, Albany**

**Saturday, August 10, 10a.m.–Noon**

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

## Save-the-date

### Walk for the Cause

Soroptimist International of Albany's 24th Annual Walk for the Cause to benefit women in Linn County is coming in October.

Funds raised will support the detection and treatment of breast cancer and other serious diseases affecting women.

It's not too early to get your team together and register for this fun fall event!

**Linn County Courthouse, Albany**

**Saturday, Oct. 5, 9 a.m.**

For more information and to register visit: [sialbany.org/walk](http://sialbany.org/walk).

# 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.

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



At SamFit in Albany, Health Fitness Specialist Joann Markham works with a cancer patient.

## Oregon HPV vaccination week

Join us for HPV vaccination week, Aug. 10 to 17, 2019! HPV Cancer Free Oregon is calling you to action in the fight against Human Papillomavirus (HPV). HPV is a group of viruses that are linked to six types of cancer and other diseases.

The HPV vaccination is cancer prevention. Ask your health care provider about getting your 11-12-year-old children vaccinated today and help by increasing HPV vaccination rates in Oregon.

We are committed to educating our communities about cancer prevention. The Samaritan Cancer Resource Center will be providing HPV cancer prevention information at Hoop Jam 3-on-3 Basketball Tournament on Aug. 10 to 11, 2019 at the LBCC Parking Lot.

To learn more, visit [OregonHPVCancerFree.com](http://OregonHPVCancerFree.com) or contact the Samaritan Cancer Resources Center at 541-768-2171 or 541-812-5888.



## Did you know?

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. This can be a full-time job and it's normal to feel overwhelmed. No one can be a caregiver every day, 24 hours a day. Yet most hesitate to take a break, even for a short period of time. If you're a caregiver, you need to take care of yourself, so you can take better care of your loved one. This could mean getting exercise, eating healthy, recreation or social time away from the patient, spiritual support or help from a trained mental health professional. Don't try to do it all yourself. Reach out to others or talk with the cancer care team about where you need help.

**Honor a caregiver who is making a big impact on your cancer journey!**