



Cancer Center Network

“Over the Rainbow” Cancer Survivor Party

Cancer Center Staff:

Administrator

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Director of Nursing

Joy Morgan, RN, OCN

Cancer Program Coordinator

Glenda Farrell, CTR

Medical Oncologists

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Brady Miller, MD

Radiation Oncologist

Charles Wilkinson, MD



Susan Vague, Cancer Center Administrator, welcomes guest

On May 27th, the Rideout Cancer Center was transformed into the “Great Land of Oz”, as we celebrated the 7th Annual Cancer Survivor Party! The annual Survivor Party is a night for survivors, caregivers, and families to celebrate life. A special thank you to the Rideout Health Foundation and the American Cancer Society for partnering and sponsoring this wonderful event. This event would not have been possible without the help of our amazing staff, local businesses and or-

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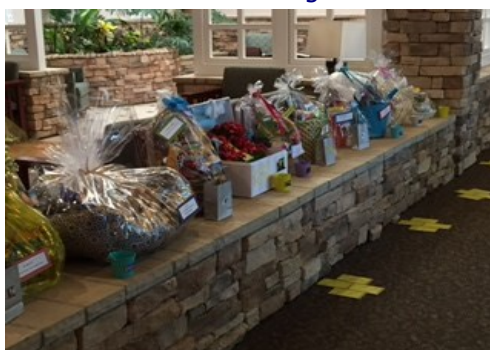
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Baskets for Survivor Raffle



Coming Soon: Survivorship Care Plan to help improve the quality of care of survivors as they move beyond their cancer treatment. The plan will include details of your cancer treatment, help you discuss post treatment needs with your health care provider, gain awareness of short and long term side effects, post treatment and develop a plan to address

Cancer Program Corner



Establishing a colon/rectal screening program for the Rideout Health (RH) community with the American Cancer Center and the National Colorectal Cancer Roundtable

Our purpose: To decrease the number of patients with late-stage disease based on community needs. (ACoS Standard 4.2: Screening program)

Topic: In 2014, 61% of the RH colo/rectal (colon, rectum, rectosigmoid junction) cancer population was diagnosed at either stage III or IV. In July 2015, a cancer committee report revealed that RH colon/rectal cancer patients were diagnosed at a higher stage than similar community comprehensive cancer programs within the nation. RH plan is to reduce the number of high staged colon/rectal cancer in our community. Incidence comparison, Table 1(RH) & Table 2 (National).

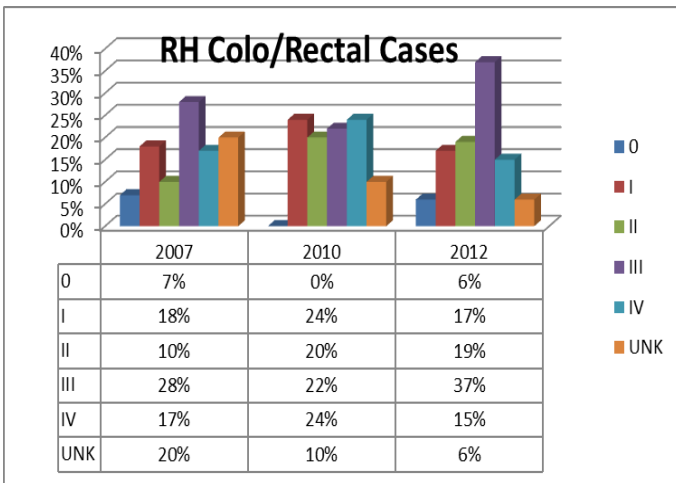


Table 1

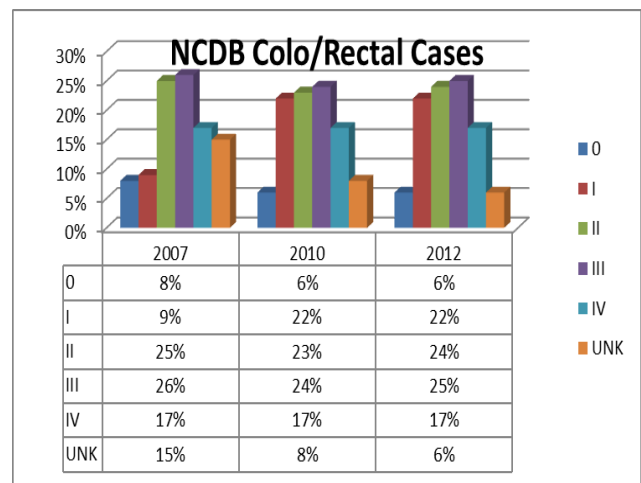


Table 2

Connecting To Quit

NO-COST Tobacco Cessation Classes

- Quit smoking
- Quit Chewing
- Make a plan that works for you
- Attendance Recommended for Insurance Approval of Cessation Aids

September 2015 Schedule

Tuesday	September 8, 2015	
Thursday	September 10, 2015	
Tuesday	September 15, 2015	
Thursday	September 17, 2015	(Quit Day)
Tuesday	September 22, 2015	
Thursday	September 24, 2015	

Classes will be from 12:00pm-1:00pm
at
Yuba College, 2088 North Beale Rd.,
Marysville, Room # 2131

Wheelchair Accessible

In compliance with the Americans with Disabilities Act, the facility for this event is wheelchair accessible and disabled parking is available. If you have a disability and need disability-related modifications or accommodations to participate in this event, please contact Yuba County Health & Human Services at (530) 749-6771 or fax (530) 749-6397. Requests must be made two full business days before the start of the event.

For More Information or to Register Call (530) 749-6771

Yuba County Health and Human Services Department
Public Health Division
Tobacco Education

© 2014, California Department of Public Health. Funded under contract # CTCF 13-58.

Rideout Health in collaboration with Yuba/Sutter Tobacco Coalition is providing a smoking cessation program for our community.

(ACoS Standard 4.1 Prevention Program)

October is Breast Cancer Awareness Month

Breast Cancer Facts

According to the American Cancer Society, 1 in 8 women will be diagnosed with breast cancer this year and it is the 2nd leading cause of death among women. Each year an estimated 220,000 women will be diagnosed in the United States. Breast cancer can also occur in males.



Early Detection and Screening

- ∞ Early detection will not prevent breast cancer, but it can help find it early when the likelihood of successful treatment is greatest. likeli-
- ∞ Women in their 20's and 30's should have a Clinical breast exam by a health care professional every 3 years. pro-
- ∞ Women should begin having a mammogram every year beginning at the age of 40.
- ∞ Everyone should be doing monthly self breast exam beginning in their 20's.

If you are underinsured or uninsured, you may qualify for a low cost health exam. For the cost of **\$5**, women can receive a full women's health exam, including a Pap Smear, and clinical breast exam. Call for an appointment at

October 7, 2015: 9am- 4 pm
Rideout Women's Clinic (530) 671-8718
Ampla Health (530) 673-9420

October 14, 2015: 9am- 4pm
Sutter North Medical Foundation Obstetrics & Gy-
necology (530) 749-3585
Sutter North Medical Group (530) 751-1800

Low Cost Mammograms

The following locations are having reduced cost mammograms during the month of October for **\$30**. If you are over 40, underinsured or uninsured and have a physician's referral, please contact the following locations: **Appointments are Needed.**

Rideout Health 749-4550
9000
Yuba City Advanced Imaging 673-6674
Sutter Medical Foundation 749-3301

Sutter Buttes Imaging 674-
Ampla Health 673-9420

October is Breast Cancer Awareness Month

Local Breast Cancer Awareness Events



Race For Awareness 5K Walk/Run: Saturday, October 3, 2015 at 871 E. Onstott Road, Geweke Field, Yuba City. Race starts at 8:00 a.m.

Harley Ride: Saturday, October 3, 2015 @ 10 a.m. at 720 W. Onstott Road, Guidera's Harley Davidson, Yuba City

Yuba-Sutter Ride for Awareness: Saturday, October 10, 2015 Registration at 7 a.m. Ride begins at 8 a.m. at 801 El Margarita Road, River Valley High School, Yuba City.

Scramble Fore A Cure: Friday, October 16, 2015 at 2043 Simpson Dantoni Road, Peach Tree Golf & Country Club, Yuba City.

Bowling for Breasts: Saturday, October 17, 2015 from 5:30—10:30 p.m. at 876 W. Onstott Road, New Generations, Yuba City

Survivor Fashion Show & Dinner: Monday, October 26, 2015 at 222 South Clark Avenue, St. Isadore's Parish Hall, Yuba City. 5:30 pm cocktails, 7:00 pm dinner.

All proceeds from Pink October events benefit Geweke's Caring for Women Foundation which helps local women with Breast Cancer. For more information on the above events, visit www.pink-october.org

Community Spotlight

Meet Our New Social Worker

Mindy recently graduated from California State University, Chico with a Master of Social Work with a focus in gerontology and medical social work. As part of her education she interned at Passages, an organization that serves older adults through the Area Agency on Aging. While there, she worked with the Caregiver Resource Center and the Multi-purpose Senior Services Program. Last year Mindy interned with Rideout Health where she spent the majority of her time at the Cancer Center and Rideout Hospital. She has also spent five years working in admissions and medical records at a skilled nursing facility in Chico. Mindy lives in Chico and has two dogs. She is married and recently celebrated her first anniversary in June. During her free time she enjoys weekend trips, spending time with family, and running. Mindy completed her first 10K last summer and hopes to train for another event this fall. The Rideout Cancer Center is



Mindy Johnson, MSW

Cancer Care Excellence

The Rideout Health tumor board is a multidisciplinary patient-oriented conference that can lead to improved care of the cancer patient and to improved education of the treating physicians. Tumor Boards are held bi-monthly in the RH Cancer Center. Tumor Boards are a team approach to ensure that the best treatment options are available for our patients.

In affiliation with UCD Medical Center, virtual tumor boards are available weekly at RH. These meetings brings cutting-edge technology and care to patients in small communities.

Support Group



The Rideout Cancer Center **General Support Group** meets every Thursday from 11:30 a.m.—12:45 p.m. Any cancer patient, their family, friends, or caregivers are welcome to attend. The meeting takes place in The Cancer Centers' Library for Life.

Prostate Cancer Groups meets at 5:30 pm on the 2nd Wednesday of each month at the Rideout Cancer Center.

A Look Ahead

Sutter Surgical Hospital—North Valley Community Health Fair, Sept. 12 8:00 am –12:00 pm. Bringing together community health organization supporting health and wellness

Rideout Clinic Health & Wellness Fair Sept 26: Health professionals will provide FREE health screenings, promote health awareness, prevention and management of chronic illnesses. 989 Plumas St, Yuba City from 9am—1 pm

“Look Good, Feel Better” October 12: The American Cancer Society offers a FREE session to learn and cope with appearance-related side effects from chemotherapy and to help regain a sense of self-confidence. 10am—12pm at the Rideout Cancer Center. Please see Mindy, our Social Worker to register

Light the Night Nov 7: Light The Night Walk is the Leukemia & Lymphoma Society's annual walk fundraiser that brings together friends, families and communities to honor patients and survivors, honor lives lost to cancer and further the fight to find a cure to blood cancers. Raley Field: 400 Ballpark Dr., West Sacramento 6 p.m. Visit www.lls.org/greater-sacramento-area.

Weekly Bible Study & Fellowship: Rideout Health and Pink October partnership will be having a general Christian, non-denominational bible study led by Carl Hultquist every Monday at 9 a.m. at the Rideout Cancer Center beginning August 24, 2015



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