

CMH

Health

COMPASS™

DEVOTED TO HEALTHFUL LIVING

FALL 2017



HOW GRATITUDE PROMOTES HEALING

*The science behind
thankfulness*

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CANCER COLLABORATIVE: WITH YOU EVERY STEP OF THE WAY

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Collaborative cancer care

By Jennifer Lycette, MD

Medical Director of Medical Oncology Services, CMH–OHSU Knight Cancer Collaborative, and Assistant Professor, OHSU Knight Cancer Institute

The first time you heard the name CMH–OHSU Knight Cancer Collaborative, you may have thought, “That’s a mouthful!” or “What does that mean?”

The name encompasses Columbia Memorial Hospital’s (CMH) agreement with the OHSU Knight Cancer Institute, which is one of true collaboration—the act of working together to create or achieve.

As a medical oncologist, I work closely with the other physicians and professionals in our new center to develop comprehensive treatment plans individualized to each patient and their specific cancer.

When we are working on a particularly complex case, we can participate virtually in one of the daily Tumor Board conferences at OHSU. I present the case to my colleagues there, who have particular expertise in treating the specific type of cancer at hand. With their input, I can give my patients the best chance possible of surviving cancer. All without my patients having to physically travel to Portland. Geography is no longer a barrier in the digital age of medicine.

And if a patient does need more specialized treatment at OHSU, such as a procedure or surgery, our dedicated nurse navigator coordinates care so everything goes smoothly.

I am so proud and excited to be part of this new phase in cancer care on the coast. Thank you for your ongoing support. This is a wonderful achievement for our community, now and into the future.



The value of health and healing

By Sahar Rosenbaum, MD

Medical Director of Radiation Oncology Services

CANCER scares us. Over the past 20 years of treating cancer patients, I have come to realize that emotions have a strong impact on healing.

Receiving treatment close to your family and within your community is ideal in helping manage these emotions.

Our challenge is to control cancer while helping people maintain a good quality of life. It’s difficult to fight really hard when you have to leave home and everything that gives you comfort in order to receive treatment. That’s why it is such a privilege to be part of the team that shapes how radiation oncology care is delivered in the new CMH–OHSU Knight Cancer Collaborative.

As a radiation oncologist (cancer doctor who specializes in radiation therapy), I am glad to have state-of-the-art equipment that now allows us to deliver targeted, individualized radiation therapy and to monitor the impact of treatment on tumors. But as a former psychologist, I realize that controlling the disease isn’t enough if treatment does not include the whole person.

The new Cancer Collaborative is a hub of care, resources and treatment for cancer patients and survivors. Chemotherapy and radiation therapy treatments are overlaid to support you physically, socially and emotionally during treatment and beyond.

At the CMH–OHSU Knight Cancer Collaborative, you’ll receive advanced cancer treatment close to home in a way that honors your journey and the important role emotions play in it.

On the cover: Kari Smith (right), cancer survivor, with her oncologist, Jennifer Lycette, MD.

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A few key players in your cancer care



Jennifer Lycette, MD
Medical Oncologist and
Medical Director of Medical
Oncology Services

Dr. Lycette has been serving cancer patients in the region since August 2013. She is board-certified in hematology and oncology. She attended the University of Washington Medical School, and she completed

a residency with the Harvard Teaching Hospitals network and a fellowship in hematology and oncology at Oregon Health & Science University (OHSU). Dr. Lycette has been instrumental in developing the new CMH-OHSU Knight Cancer Collaborative.

Dr. Lycette was born and raised in Anchorage, Alaska. She and her husband have three children. She enjoys music, playing piano, reading and spending time outdoors.



Sahar Rosenbaum, MD
Radiation Oncologist
and Medical Director of
Radiation Oncology Services

Dr. Rosenbaum has been treating cancer patients for more than 20 years. She is originally from Israel but spent much of her childhood and early adulthood in South Africa. She began her career as a speech therapist and audiologist before earning her master's degree in psychology and working as a school therapist. After moving to the U.S., she attended the Medical College of Pennsylvania in Philadelphia. Before joining the Cancer Collaborative, she was the medical director of radiation oncology at Northside Hospital in Atlanta.

Dr. Rosenbaum has three grown children. She enjoys quilting, knitting and adoring her granddaughter.



Amrita Desai, MD
Medical Oncologist

Dr. Desai enjoys working with patients to improve their healthcare experiences and well-being. She is board-certified in internal medicine. She attended medical school in Mumbai, India, before earning a master's degree in public health from Harvard University in

Cambridge, Massachusetts. Dr. Desai completed a residency at Brown University in Providence, Rhode Island, and a fellowship at the University of Miami. Her clinical interests include cancer epidemiology, blood cancers and quality improvement.

Dr. Desai looks forward to building a life with her husband in Astoria, which reminds her of the countryside around her hometown in India. In her free time she likes to hike, kayak, cycle and visit with family. She also enjoys traveling to different countries to experience new cultures, food and art.



Kyle Gallagher, PhD
Medical Physicist

Dr. Gallagher is an expert in the linear electron accelerator (LINAC), which delivers radiation therapy. He ensures that the right dose of radiation is delivered to the right location, as prescribed by the radiation oncologist. He earned his doctorate in medical physics through

a joint program between Oregon State University and OHSU. He is particularly interested in the research of advanced radiation therapy techniques that reduce the risk of long-term effects in pediatric patients.

Dr. Gallagher enjoys hiking, trail running, skiing and exploring the outdoors with his wife, family and friends.

Inside the Cancer Collaborative

Receiving a diagnosis of cancer is life-changing. It flips priorities and routines upside-down for weeks, months and sometimes years.

THE CMH-OHSU KNIGHT CANCER COLLABORATIVE

provides comprehensive, personalized cancer care to help people in the Columbia Pacific region receive the treatment they need, while maintaining good quality of life.



1

Radiation therapy

With radiation therapy now available in Astoria, cancer patients can receive the same advanced cancer care and services, using the same state-of-the-art equipment and technologies provided by OHSU, without traveling long distances. Being able to fit radiation therapy into daily life means that people with cancer can maintain a better quality of life throughout treatment.

2

Radiation oncology and medical oncology clinics

Jennifer Lycette, MD; Sahar Rosenbaum, MD; and Amrita Desai, MD, work together to create cancer treatments tailored to each person, their specific cancer and their specific needs. No cancer is routine at the Cancer Collaborative.

3

On-site imaging and labs

Treating cancer requires constant vigilance and careful balance by oncologists. With advanced imaging capabilities, including PET/CT scanning, and a lab station at the Cancer Collaborative, it is easier for patients to get diagnostic tests completed in one visit. These tests allow oncologists to track the size of tumors and the overall health of a patient throughout treatment.

4

Education and support

The Cancer Collaborative offers wraparound services to provide education and support to cancer patients and their families. These services include classes and support groups; reading material and products; integrative therapies to support physical and emotional well-being; and caregivers who are dedicated to helping patients navigate the logistical, social and financial aspects of cancer treatment.

“I am excited to help cancer patients navigate through the cancer care continuum.”

—Alicia Bacon, RN, Nurse Navigator

Your care team:



Alicia Bacon, RN,
Nurse Navigator



Amrita Desai, MD,
Medical Oncologist



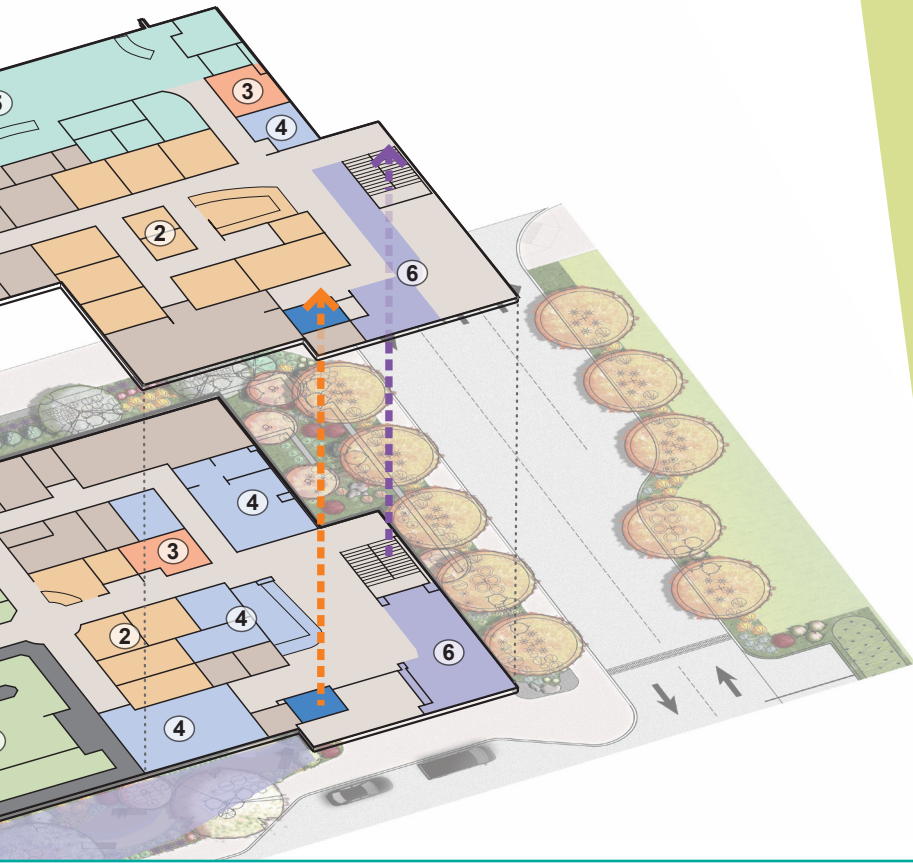
Claressa Durfee,
Customer Service
Representative



Kyle Gallagher, PhD,
Medical Physicist



Susie Graham, RN,
Infusion Center Nurse



SAVE THE DATE!

Oct. 15

Join us for our open house
on Sunday, Oct. 15!
See back page for details.



By your side each step of the way

It takes a village to provide comprehensive cancer care. These are just a few of the caregivers who provide support along the way:

- ▶ **Nurse navigator** guides people newly diagnosed with cancer along the path from diagnosis to survivorship.
- ▶ **Care planner** acts as the patient's advocate and emotional support and connects the patient with community support.
- ▶ **Triage nurse** serves as the go-to person for questions during treatment and helps manage side effects.
- ▶ **Pharmacist** mixes each patient's unique chemotherapy cocktail.
- ▶ **Dosimetrist** develops each patient's custom radiation therapy plan to best target the cancer.

5 Chemotherapy services

CMH has been providing chemotherapy to patients since 2008, when the infusion center was two chairs in a hospital room. The infusion center in the new Cancer Collaborative can serve 12 people at a time. It has views of the Columbia River and room for family and friends to visit during chemotherapy treatments. The friendly and compassionate infusion nurses do all they can to ensure our patients' comfort.

6 Patient and family areas

Community support and a healing environment are at the heart of the Cancer Collaborative. People are drawn together in front of a cozy fireplace and around puzzle tables. Spirits are lifted by the natural light and views from the broad windows, and from the journeys offered in the artwork of 17 Northwest artists. Receiving cancer treatment at the Cancer Collaborative makes a difficult journey feel less daunting.



Jennifer Lycette, MD,
Medical Oncologist



Mari Montesano, MSW,
Care Planner



Candice Murphy, MA,
Medical Oncology
Medical Assistant



Sahar Rosenbaum, MD,
Radiation Oncologist



To learn more about our full-service cancer care, visit columbiamemorial.org.



The healing power of gratitude

GRATITUDE has only recently been examined or studied by psychologists. Robert Emmons, PhD (a professor at the University of California, Davis), has written the first major scientific study on gratitude, its causes and its potential impact on human health.

In his work entitled “Thanks! How the New Science of Gratitude Can Make You Happier,” Dr. Emmons concluded that “Grateful people experience higher levels of positive emotions, such as joy, enthusiasm, love, happiness and optimism.” He discovered that gratitude is a deeper, more complex emotion that plays a crucial role in happiness. Gratitude is literally one of the things that can measurably change people’s lives.

“Grateful people experience higher levels of positive emotions.” —Robert Emmons, PhD

We see this on a daily basis

For those of us who work with donors every day to make sure their philanthropy has the maximum impact possible, Dr. Emmons’ findings are not too surprising. They merely quantify what gift planners and

philanthropists have known for a long time—giving heals.

Time and time again patients ask how they can express their thanks as part of their healing process. The stories of love and gratitude that abound at CMH prove these emotions are two of the most powerful healers.

We are blessed at CMH to receive thousands of comments, letters and cards every year expressing heartfelt thanks for the care and caring received. Conversations with donors who give through the Columbia Memorial Hospital Foundation’s Circle of Care Program clearly demonstrate the depth of healing that can be achieved through gratitude. It’s a testament to the physicians, nurses, volunteers and staff who do their best each day to demonstrate the spirit of caring that defines the mission of CMH.


Gratitude goes both ways

As many thanks as we are honored to receive, we will never be able to fully express our own gratitude for our partners, friends, patients and community members who give us their trust and support each and every day. Thank you for honoring us in this way!



These are just a few of the CMH caregivers who have been honored by a Circle of Care donor.




COLUMBIA
MEMORIAL
HOSPITAL
FOUNDATION



Penny Cowden,
Executive Director
of the Columbia
Memorial Hospital
Foundation

LOOK WHAT'S HAPPENING



Call 503-338-7564, email cheryl_ham@columbiamemorial.org or visit columbiamemorial.org/events to learn more about the exciting opportunities at CMH.

SIGN UP TODAY!

CHILDBIRTH/FAMILY PREPARATION

CMH offers a full line of labor preparation courses with weekly and weekend options.

Six-Week Course

► Wednesdays, Oct. 11 to Nov. 15,
6:30 to 8:30 p.m.

CMH

Free if delivering at CMH; otherwise \$75

Weekend Fast-Track Course

► Friday, Dec. 8, 6 to 8:30 p.m., and
Saturday, Dec. 9, 10 a.m. to 4:30 p.m.

CMH

Free if delivering at CMH; otherwise \$75

CMH HEALTH AND WELLNESS

Get a Grasp on Medicare

► Monday, Oct. 30, and Tuesday, Nov. 28,
3:30 to 5 p.m.

CMH Columbia Center—Coho Room
FREE

This class will cover the ABCs and Ds of Medicare benefits, including new updates. We will also discuss the options available for additional coverage and how to determine what coverage is best for you. In addition, we will review low-income programs and how to avoid healthcare fraud. To register, call 503-861-4200.

Living Well With Chronic Pain

► Thursdays, Oct. 12 to Nov. 16,
1 to 3:30 p.m.

CMH Columbia Center
FREE

This Stanford evidence-based program is for anyone with ongoing, chronic pain. People who would benefit from this class include those with chronic neck, shoulder or back pain; fibromyalgia; whiplash injuries; neuropathic pain; Crohn's disease; and any other primary diagnosis of chronic pain.

Exercises start during week three. Nearly all of the exercises can be modified in a chair.

A Matter of Balance: Managing Concerns About Falls

► Tuesdays, Oct. 17 to Dec. 5,
10 a.m. to noon

CMH Columbia Center
FREE

This class is designed to help manage falls and increase activity levels. You will learn to set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Anyone who is concerned about falling; has fallen in the past; has restricted activities because of falling concerns; or who wants to improve balance, flexibility and strength should attend. Exercises begin during week three. Nearly all exercises can be modified in a chair.

Strong Women Strong Bones

► Mondays and Wednesdays, Oct. 16 to
Dec. 20, 5:30 to 6:30 p.m.

CMH Columbia Center
\$50

This program is a national, evidence-based community exercise and nutrition program targeted for midlife and older women. The program assists women with maintaining muscle mass, strength and function. *Other sessions are listed at columbiamemorial.org/events.*

Tai Chi: Moving for Better Balance

► See columbiamemorial.org/events for upcoming tai chi classes.

This evidence-based community fall prevention program transforms traditional tai chi movements into therapeutic training for improved balance and daily functions. The movements are simple, continuous and rhythmic. The program is designed for older adults and is traditionally done standing, using coordinated eye, head, hand and body movements. It can be modified for those with mobility difficulties.

DIABETES EDUCATION

CMH offers an American Diabetes Association-recognized Diabetes Self-Management Education Program. Group classes and individual appointments are available with our diabetes nurses and clinical dietitians. Free support groups are held occasionally throughout the year. Contact us to be put on our mailing list or email list to get information before the meetings. Call 503-338-4012 or visit our website, columbiamemorial.org/services/diabetes-education, for more information.

SUPPORT GROUPS

Bereavement and Grief Support

► First and third Tuesdays of the month
-First Tuesday, 5:30 to 7 p.m.
-Third Tuesday, 4:30 to 6 p.m.

CMH Columbia Center—Chinook Room,
2021 Marine Drive, Astoria
Please contact Lower Columbia Hospice at
503-338-6230 with any questions.

Ostomy Support Group

Contact Lisa Harris, RN, at 503-338-4523.

WomenHeart of North Oregon Coast

► Third Wednesday of the month,
6:30 to 8 p.m.

CMH Columbia Center—Coho Room,
2021 Marine Drive, Astoria
Contact Michele Abrahams at 503-338-8435.

Trying to Quit Tobacco? Tobacco Cessation Services CMH Columbia Center

A certified tobacco treatment specialist is available Monday through Friday for individual tobacco-cessation appointments to help you quit tobacco. The addiction to nicotine, the habit of tobacco use and behavior change are addressed, and support is provided. Treatment plans are tailored for each individual. The program is billable to nearly all insurance plans. For more information or to schedule an appointment, call 503-325-4321, ext. 5758.

Cancer Collaborative Open House

Sunday, Oct. 15, 2 to 4 p.m., 1905 Exchange St., Astoria

Please join us for an inside look at the new CMH-OHSU Knight Cancer Collaborative.

Check out our calendar online at columbiamemorial.org/events.

COLUMBIA MEMORIAL HOSPITAL
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Astoria, OR 97103

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Cancer Collaborative

OPEN HOUSE

Please join us for an inside look at the new CMH-OHSU Knight Cancer Collaborative.

**Sunday, Oct. 15,
2 to 4 p.m.**
1905 Exchange St.,
Astoria



PLANETREE IN ACTION

The Resource Center at the CMH-OHSU Knight Cancer Collaborative



THE dedicated caregivers of the CMH-OHSU Knight Cancer Collaborative are focused on supporting our patients holistically, by meeting the needs of the whole person.

In addition to providing advanced, comprehensive cancer treatment close to home, the Cancer Collaborative features wraparound services to help patients along their journey from diagnosis to survivorship. The cancer resource center serves as the hub for these services.

Your go-to center

Although many of the services provided are already available at the hospital or in the wider community, the center brings together this full complement of services and therapies in one convenient location. In addition to the services provided by CMH caregivers, several independent integrative therapy practitioners also offer their services at the Cancer Collaborative.

Patients, their support people and CMH caregivers can make an appointment to see a naturopathic physician, enjoy an aromatherapy session, visit with a health coach or resource center volunteer, or receive an

acupuncture treatment or massage. When medically indicated, oncologists refer their patients to integrative therapies that can help manage pain, nausea and distress.

Your place of healing

Comfort and healing is at the heart of the new Cancer Collaborative. We envision a welcoming space that goes beyond providing advanced cancer treatment to being a center where patients and families can come for complete support. The resource center plans to provide a variety of amenities and benefits, including:

- ▶ Reading materials
- ▶ Education
- ▶ Personal care items
- ▶ Classes
- ▶ Wellness activities
- ▶ Aesthetician services
- ▶ Assistance with wigs or head coverings
- ▶ Aromatherapy
- ▶ Reiki
- ▶ Massage
- ▶ Naturopathy
- ▶ Acupuncture
- ▶ Pet therapy

Please stop in to chat. Our volunteers are glad to help.

WHOLE-PERSON CARE

Let us
make your
life easier



Want to see more? Watch "A New Generation of Hope" at columbiamemorial.org/cancer-video.