

HOPE

Community Cancer Center

roseburgcancercare.com

Roseburg, Oregon | Fall 2023

SURVIVOR STORY | This Is What Hope Looks Like

Life is Good

A cancer diagnosis interrupted the enjoyment of Michael Turpin's early retirement life, but not for long, thanks to the help of the Community Cancer Center.

Michael Turpin was living the good life.

Having relocated from Sonoma, Calif., to Myrtle Creek just as COVID 19 was loosening its grip on this part of the world, Michael and his wife of 38 years, Roxanne, were settled into their new home and enjoying their early days of retirement living.

He had left his job as a school bus driver in Sonoma, after previously working in construction and accounting for a combined 30 years. She had been a computer technician for a Sonoma middle school. Freed from their work routines and looking for a change of scenery, Roxanne had hoped to land at the Oregon coast where, Michael said, "she could put her feet in the water."

Then they visited the Oregon coast.

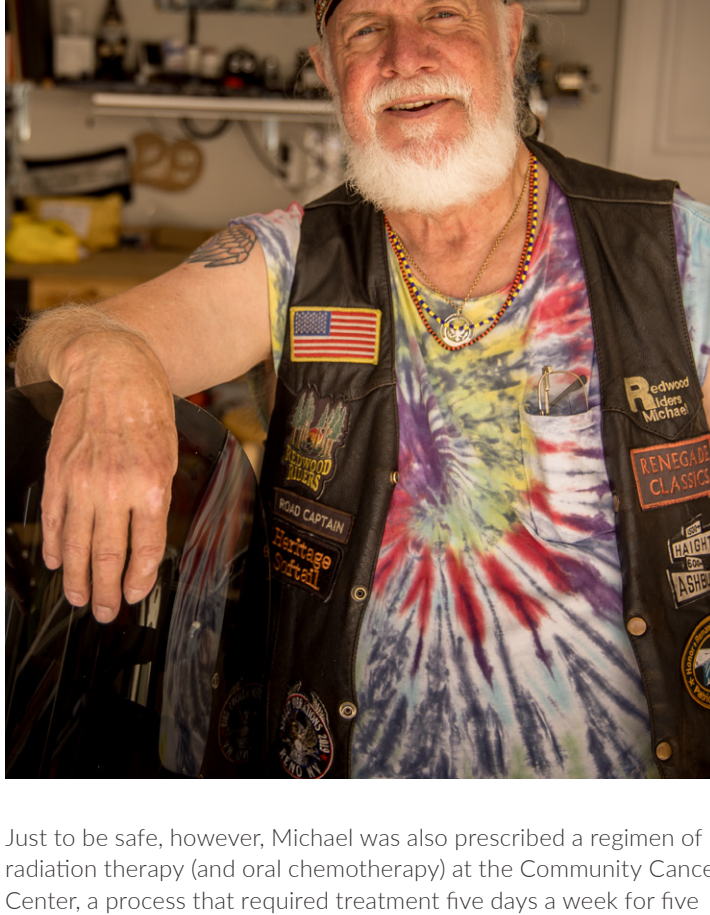
"The day was overcast, cold and rainy," Michael recalls. "My best friend lives in Waldport and he told me, 'Yeah, it's usually like this.'"

So much for living at the Oregon coast.

In Myrtle Creek, the couple found a home so perfect they submitted a successful offer within 20 minutes of touring at it. Life was going well.

Then last December Michael, 69, noticed the bleeding, which led to the physical exam which led to the colonoscopy and the cancer diagnosis.

"Dr. (Joshua) Weese said they found two different kinds of cancer and one was the aggressive kind," Michael recalls. "So, they cut that out, then did an MRI and CT scan and went back and cleaned it out a little more and said it looked good."



Just to be safe, however, Michael was also prescribed a regimen of radiation therapy (and oral chemotherapy) at the Community Cancer Center, a process that required treatment five days a week for five weeks.

"I was expecting to feel worse than I did, but it wasn't bad at all," Michael says. "I didn't have any bad side effects other than I couldn't eat certain things for a while."

He and Roxanne compensated for his dietary restrictions by making sure the cancer center staff didn't go hungry. She accompanied Michael to all of his treatment visits and brought the staff homemade cinnamon rolls twice. Michael did his part by baking white chocolate macadamia nut cookies and bringing them to his last treatment.

"They were the best people to work with," he says "If they had something to tell me, they explained it well. The staff was great. The therapists were great. My doctor was fantastic. They're all just wonderful people who always had a good attitude. Nobody wants to go through cancer treatment, but they made it a good experience for me."

With his side effects gone and his energy back, Michael says he is back to "doing more stuff," like riding his Harley Davidson (he only started riding motorcycles at age 60), taking day trips, getting ready to adopt a dog and generally "having a ball."

In other words, he's back to living the good life.

EMPLOYEE SPOTLIGHT

Worth the Gamble

Radiation therapist Aaron Jones is happy he made the decision to leave Las Vegas after 30 years for a new home in Roseburg and a new job with the Community Cancer Center.

Aaron Jones took a circuitous route to his relatively new position as a radiation therapist at the Community Cancer Center. But now that he has arrived, he couldn't be happier. Well, except for one major detail.

After living in Las Vegas for 30 years, Aaron jumped at the opportunity to relocate to Roseburg and start caring for patients in his new community diagnosed with cancer and requiring radiation therapy.

For one, he was way over Vegas and was looking for a change.

"I was tired of the heat and tired of all those people," he says.

He was also excited to start the career he decided to pursue later in life than most. Aaron served a stint in the military and, after retiring from that, entered the University of Nevada at Las Vegas.

He grew up in a small community 80 miles outside Reno, so he was no stranger to Nevada. He just didn't anticipate settling in Vegas for so long. But one thing led to another.

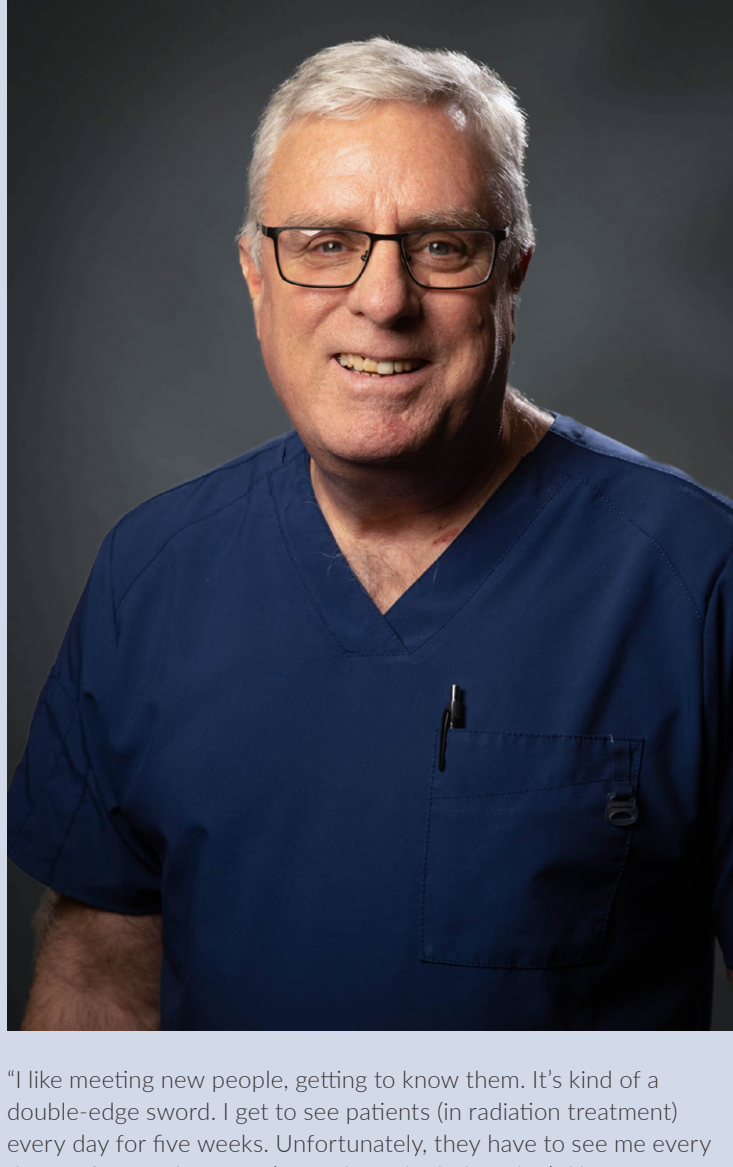
"You can't live in Vegas with tending bar or dealing cards and I wound up doing both for 20 years or so," Aaron says. "Then I finally decided to be a big boy and settle down."

That's when he entered the three-year radiation therapy training program that ultimately led him to Roseburg and the Community Cancer Center which, he says, "I like a lot."

Which brings us to that one fairly major exception. He has been up here since June 2022 without his wife, LaVon, and their daughters Jeniscia, 19, and Larissa, 17. LaVon's a registered nurse working to fulfill a contract that expires in November, but he'll likely be continuing his long-distance relationship until his youngest daughter graduates high school next spring.

Until then, he's making do with trips back to Vegas and lots of Facetime calls.

Other than that, Aaron has taken to both the job and community, which his parents discovered and relocated to in the mid-90s.



"I like meeting new people, getting to know them. It's kind of a double-edge sword. I get to see patients (in radiation treatment) every day for five weeks. Unfortunately, they have to see me every day for five weeks, too. It's not that I think they don't like to see me. But the circumstances they are in can be difficult."

While he waits to be united with his wife, Aaron likes to spend time out in nature, exploring his new outdoor surroundings, hiking to waterfalls and playing video games among other pastimes, including one interesting new volunteer gig.

"One of our patients, who works for Douglas County Search and Rescue, told me the dogs they use get tired of finding the same people (during field training). They need new "hiders" to go hide in the bushes so the dogs can smell somebody new. So, I'm going to help with that."



ASK THE DIETITIAN

Eating Well During Inflation

ALLY GOTTFRIED MFN, RD, CSO, LD (SHE/HER)
REGISTERED DIETITIAN
CERTIFIED SPECIALIST IN ONCOLOGY NUTRITION
COMMUNITY CANCER CENTER

This article is reprinted from the News Review – Ask the Dietitian June 2023

QUESTION: How can I make good nutrition choices when food prices are so high?

ANSWER: It can be difficult to focus on nutrient content when, as grocery bills increase, just getting food on the table is a challenge.

In the past, locally grown (Pacific Northwest) produce costs less than products shipped from far-away states and overseas. However, the current transportation costs of all food play into the final bill for the purchaser, and coupled with supply chain and manufacturing issues, even locally grown food is more expensive.

So, how do we make the best choices budget wise while also maintaining optimal nutrition intake? Two things that can help are planning and substitutions.

Planning meals even two to three days ahead of time can help you make good use of leftovers by extending the use of a single food. Substitution means getting creative with foods you might not have thought about in the past and brushing up on your cooking from scratch skills.

You pay for the luxury of convenience foods.

For example, there is a store in town that apparently sells huge rotisserie chickens that are reasonably priced. A large chicken can be stretched to three meals and could include a chicken casserole with vegetables, chicken sandwiches or wrap and, finally, a delicious chicken vegetable soup made from the broth of the carcass bones.

Winter root vegetables are usually less expensive. Sweet potatoes, yams, pumpkins, jacket potatoes, carrots and squash have a good nutrition profile and add bulk to a meal – meaning it makes it go further.

And don't forget the humble cabbage with vitamin C, calcium and fiber. Shredded or sliced thinly and lightly steamed, it's delicious!

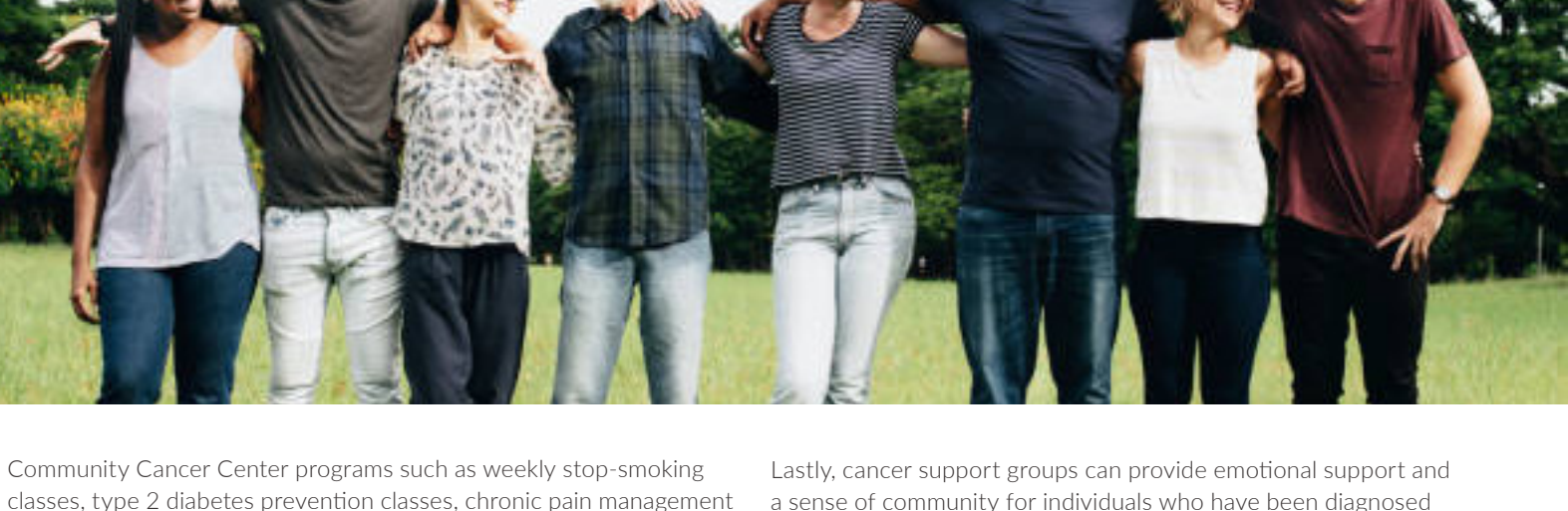
Look for frozen or even canned vegetables for further cost cutting. Frozen vegetables are frequently on par with fresh as far as nutrient content. Sometimes more so!



CANCER EDUCATION

Cancer Risk and Prevention

The Roseburg Community Cancer Center offers a suite of programs to help community members address manageable risk factors for cancer.



Community Cancer Center programs such as weekly stop-smoking classes, type 2 diabetes prevention classes, chronic pain management workshops and cancer support groups can play a significant role in promoting a healthier lifestyle and reducing cancer risks.

By offering customized stop-smoking classes for adults, in the workplace and for pregnant women, the Community Cancer Center is addressing a major modifiable risk factor, since tobacco use is a leading cause of many types of cancer. Helping individuals quit smoking can have a significant impact on their overall health and reduce the risk of cancer. Our Dimensions: Tobacco Free Program is offered in collaboration with DC Public Health.

Type 2 diabetes prevention classes are valuable because of the strong link between diabetes and certain types of cancer, such as pancreatic, liver, and colorectal. By providing education and support, the center is helping individuals make healthier choices to prevent the development of diabetes and, consequently, lower their cancer risk. The PreventT2 program is offered in collaboration with the DC Senior Services and our local YMCA.

Chronic pain management workshops are beneficial because chronic pain can often lead to a sedentary lifestyle and other unhealthy behaviors. By addressing chronic pain and providing strategies for managing it effectively, the Community Cancer Center is promoting physical activity and overall well-being, which can contribute to reducing cancer risk. Our Chronic Pain workshops are offered in August and November 2023.

Lastly, cancer support groups can provide emotional support and a sense of community for individuals who have been diagnosed with cancer or are undergoing treatment. These support groups are essential in helping individuals cope with their diagnosis and manage their treatment journey while providing valuable information and resources.

By offering these programs, the Community Cancer Center is addressing health inequities which are a crucial aspect of promoting cancer prevention and overall well-being in a community. The cancer center strives to continue to take a proactive approach in addressing manageable risk factors and support the community in making healthier choices. This holistic approach to cancer prevention and support can have a significant impact on reducing cancer rates and improving outcomes for those affected by the disease.

Addressing health inequities requires a multi-faceted and collaborative approach involving healthcare providers, community organizations, policymakers and individuals. By prioritizing equity, accessibility and cultural sensitivity, it is possible to reduce health disparities and improve health outcomes for all members of the community.

For more information about our programs contact our outreach department at 541.672.0072 or email Angelia Freeman at AFreeman@CCCRoseburg.org

Thank You Donors!

The Community Cancer Foundation wishes to express sincere appreciation to the many donors whose contributions have made the Community Cancer Center a success. Below is the list of donors for the months of January – June 2023. One hundred percent of donated funds stay in Douglas County and are used to assist patients with the cost of treatment, prescriptions, and other services.

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The Community Cancer Foundation would also like to extend a special "Thank You" to the following organizations. Thank you for your support!

Frontstream
Kroger Fred Meyer
Make My Donation, Inc.
Roseburg Forest Products Employee Contributions
Thrivent Financial for Lutherans'
Thrivent Choice Program
Amazon Smile
Days Creek Charter School
Roseburg Lions Club
Greater Douglas County United Way

Cancer Support Resources

For more information or appointments, contact Angelia Freeman, 541.672.0072 or afreeman@cccroseburg.org.

Cancer Support Group

Monthly meetings hosted by our Patient Mentors. This group is designed for anyone who has, or had, cancer and those who care for them.

Meets: Second Tuesday of each month, 1 - 2:30 pm

Tobacco Cessation Program

Weekly meetings or semi-annual classes designed with coaching and mentoring to aid the participant in quitting tobacco use for good.

Meets: Each Tuesday, 4 - 5 p.m.

Spiritual Care

Non-denominational spiritual care available for those in need.

Meets: By appointment only

OUTREACH, EDUCATION & PROGRAMMING Services for Community

Cancer awareness programs, community outreach and conference facility reservation.

PATIENT RESOURCES AT OUR CAMPUS Camp Millennium

A non-profit organization that hosts a week-long retreat for children dealing with cancer within their families.

Contact: campmoregon@gmail.com

Douglas County Cancer Services

Patient resource that helps patients in treatment with lodging, travel, wigs, turbans, prostheses and financial aid.

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Thank you for your time, talent, and expertise you have given to the Community Cancer Center through your active volunteerism while serving as a trustee on our board.

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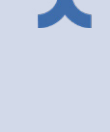
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