



Inspiring News and Stories of

HOPE

Community Cancer Center

roseburgcancercare.com

Roseburg, Oregon | Fall 2022

The Power of Faith, Positivity and Advanced Care

*Maria Hernandez relies on all three
to beat breast cancer*

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Welcome New Care Provider

The Power of Pink





Coming Full Circle

After spending the first part of her career as a nurse, with years of experiencing caring for cancer patients, Cindy Kusler joins the Community Cancer Center as an oncology nurse practitioner.

Our newest provider brings a wealth of cancer care experience to her new position with the Community Cancer Center.

In her former career as a registered nurse, Cindy Kusler spent half of her 16 years in Missoula, Mont., caring for medical and radiation oncology patients. After becoming a nurse practitioner in 2007 and practicing in Lewiston, Idaho for a year, Kusler moved with her family to Roseburg in 2009, where she most recently was a family nurse practitioner at Evergreen Family Medicine.

“I’m really excited to be able to specialize in providing cancer care; it feels like I’m coming full circle back to something I really loved and enjoyed before,” Kusler says.

Even though her focus at Evergreen was on general family care, Kusler says she had many opportunities to put her cancer expertise to use. “Unfortunately, cancer is not very uncommon, so I have a lot of experience caring for patients early in their diagnosis and treatment,” she says. “It’s a very scary and trying time for them, and I’m looking forward to now being able to follow patients and support them through their radiation care.”

As a nurse practitioner working directly with patients in treatment at the Community Cancer Center, Kusler says she will have the opportunity to expand the care she can provide them. “I have vast experience working with people with multiple medical issues, including cancer. I think I have always done a good job reading between the lines, meeting people where they are and providing emotional and physical support. Now I can do more for them, like ordering X-rays or lab work or medication care.”

In her off hours, Kusler and her spouse like to camp, canoe, kayak and generally enjoy the outdoors. She also loves reading and volunteering at her church.

The Kuslers have the good fortune of living in the same community as their adult daughter and son, who both left Roseburg but have returned to pursue their careers, hers in nursing and his in engineering.



Avoiding Holiday Weight Gain

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

This article is reprinted from the News Review – Ask the Dietitian November 2018

QUESTION: I socialize a lot over the holidays. How do I avoid gaining weight? There is so much to tempt me, and I always regret giving in to the temptations?

ANSWER: Starting in October with Halloween candy and lasting until the New Year, with Thanksgiving and Christmas in between, food seems to be everywhere. It can be a challenging time for people who find it hard to resist all the seasonal goodies.

People tend to over-indulge; it’s estimated the average person consumes around 3,000 calories on a special day. For many people, that can be two days’ worth of calories in one. The extra fuel comes from chips and dips, alcoholic drinks, fancy hot drinks, cookies, fudge and desserts laden with fat and sugar (a little mouth watering happening here).

So, let’s think this out ahead of time, have a game plan and stick to it. Acknowledge that some forms of eating are more hazardous than others, namely the potluck.

For the potluck, or buffet, practice the fly-by method. This involves walking the table first without a plate, seeing what’s on offer and then picking four items. Grab a small plate, divide it into four sections and then select four food items. Make sure at least one choice is a vegetable and one is a good protein source, and try to avoid creamy sauces. This enables you to really evaluate what you are going to eat instead of piling your plate high with some of everything.

Develop a plan for eating out. Going online and reviewing the restaurant menu beforehand can help you make healthier choices. Being hungry in a restaurant, with wonderful aromas and delicious sounding morsels on the menu is never a good thing for those watching their calories. If possible, have a light snack before you go out, for example a cup of broth, or apple slices and peanut butter; a little something to take the edge off your appetite provides more self-control.

Holiday treats seem to infiltrate the workplace at this time of year. Chewing gum, sucking strong mints, or sipping herbal teas can help distract you and make sweet things taste a little off (well, in theory). Hydration is also important.

Remember to be as physically active as you are able, not only to keep the calories in check, but also to help reduce holiday stress, which can lead to overeating of those sugar-laden snacks. Exercise can boost your immune system, which is also important this time of year. Daily walks are great, followed by a juicy fresh orange to boost your vitamin C.

Revamping recipes to trim the calories is an easy fix to reduce the guilt and the energy load while still enjoying the traditional holiday favorites. Try replacing a starchy dish with roasted vegetables. Hearty bean and vegetable soups can be filling and low calorie. Try to leave the meal feeling as if you could eat a little more; remember the only thing stuffed at the table should be the turkey.

There are numerous websites that offer recipe modifications to reduce the fat or sugar content of a recipe. Check out eatingwell.com for ideas.





power of PINK

Prevention Through Education & Awareness



PREVENTION | LOWERING YOUR RISK

Understand some key factors to lowering their cancer risk.

- **Start by knowing your risk.** Talk to both sides of your family and talk to your doctor.

- **Follow up by getting screened.** Remember, Early Detection Saves Lives! Women 20 and older perform a monthly breast self-examination. Women 40 and older are recommended have an annual mammogram.

- **Next is to know what is normal for you.** The signs of breast cancer are not the same for all women. If you notice changes in your breasts from month-to-month talk to your doctor.

- **And finally, make healthy lifestyle choices.** Like maintaining a healthy weight, limiting alcohol use, quitting smoking, and limiting the use of menopausal hormones.

- Drawing held last Friday in October - 12:00 noon
- Entries accepted at the Power of Pink display located in the CCC atrium

The Power of Pink is a Breast Cancer Awareness campaign sponsored by:



Community Cancer Center

For more information, registration, or questions
CCC Outreach Ed | Program Management
Angelia Freeman | Phone: 541-672-0072
or Email: AFreeman@CCCRoseburg.org

TEAM MEMBER PROFILE

Jennifer Wright RT (R) (T)

Q Where did you grow up?

A I grew up in Westlake Village, California

Q What's your favorite part of your job?

A The patients and helping them through their cancer journey

Q What do you appreciate most about CCC?

A It's a true community cancer center. Our board is from the community and gets to make decisions for the community that we live in. It's really nice that we aren't owned and run by a big hospital corporation.

Q What words or phrase best describe CCC?

A Family.

Q What are some of your favorite "Oregon" things to do?

A Going to the coast, exploring new areas and wine tasting.

Q What's your favorite song of all time and why?

A Not one particular song. Anything from 80s hair bands brings me back to my childhood and high school days playing volleyball in California.

Q What's a fun fact about you that others might be surprised by?

A I've jumped out of an airplane at 13,000 feet and scuba dived in the shark tank at the Maui Aquarium and the Living Seas at Disney World Epcot.



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 May, June, July, August, and September 2022. These funds are utilized to assist patients with cost of treatment, prescriptions, and other services.

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|-------------------|---------------------|
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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!

Amazon Smile
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Oregon Pacific Bank - Roseburg Branch Team

Riddle Relay Rockers c/o Linda Wright

Roseburg Forest Products Employee Contributions

Roseburg Lions Club
The Human Bean
Tops No 743

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: Third Tuesday of each month, 1 – 2:30 p.m.

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.

Board Members

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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Community Cancer Center

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OHSU Radiation Oncologists

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Medical Director
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Oncology Nurse Practitioner

Cindy Kusler, R.N., N.P.

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Stephen A. Williams, M.D.
Joshua M. Weese, M.D.
Sara Ray, MSN, FNP-BC, OCN
Valerie Cooper, NP



SURVIVOR STORY | This Is What Hope Looks Like

The Power of Faith, Positivity and Advanced Care

Maria Hernandez was confident her deep faith, optimism and the wonders of modern medicine would help her overcome an aggressive form of breast cancer

Maria Hernandez felt God telling her to pay off her house six months before she was diagnosed with breast cancer. She had no way of knowing it at the time, but now Maria believes it was God preparing her for what was ahead, helping show her the way through what would be a difficult time for her.

Maria grew up in Guadalajara, Mexico, where hard work was a way of life. She and her family labored from 3 a.m. to sunset seven days a week, growing corn, making flour for tortillas and cheese, tending to livestock. That schedule meant she never had the opportunity to go to school. Not for a single day.

Life changed when at age 17 Maria moved to Roseburg, but her work ethic remained. She initially found a job cleaning medical offices at night but soon was hired at Caddock Electronics, where she now works as a trainer and is nearing her 30th year with the company.

In 2018, Maria's doctor persuaded her to have a mammogram. When the physician's office asked her to come back for an ultrasound she knew why. Maria's cancer had spread through her chest, and she was told she had a 50-50 chance of surviving.

Despite her diagnosis, Maria was determined to keep her life as normal as possible. During the next three years of infused and oral chemotherapy, Maria lost her hair and experienced memory issues. Once during treatment, her heart raced to 230 beats per minute.

"Three years of chemo is not simple," she says.

Still Maria kept her work schedule as close to typical as possible, feeling it was best for her. Now, she encourages other cancer patients to take the same approach. Maria has noticed many patients quit working after a diagnosis, but she believes the normalcy of a job can keep one's focus off the disease.

Having raised four children in Roseburg, Maria is well known in the community, a fact that helped her on her first visit to the Community Cancer Center for radiation therapy.

"The first day, I didn't know what I was doing and was really nervous. But when I got there I heard someone call out, 'Maria, Maria,' and it was another patient who went to school with my children," she says. "I was so scared but then I heard that voice of someone who knew me and I thanked the Lord and knew it was going to be all right. And the care I got was wonderful. Wonderful."

During treatment, she says, she got to know many of the center's other patients, who often went out of their way to see Maria's always-smiling face. Some even asked how she could be so happy while going through the same difficult treatments they were.

"I always came in with a smile and talked to everyone," she says. "It was amazing what I went through. I don't know how else to explain it."

Looking back on her own experience, Maria has some advice for others who are confronted with their own difficult diagnoses.

"Do what makes you happy," she says. "Eat what your body is asking for. If you want to cry, go ahead and cry. Whatever you want to do, do it to be a survivor, and life will change."

FROM THE EXECUTIVE DIRECTOR



Welcome to another changes of seasons, which also brings the fall edition of the Community Cancer Center's newsletter. While I'm never happy for summer to end, seeing the beautiful colors of an Umpqua Valley autumn certainly helps make the transition to cooler months more tolerable.

October is, of course, National Breast Cancer Awareness, an important month for us here at your regional cancer center. This is a movement that began in October 1985 to bring attention to the dangers of breast cancer. In the years since, campaigns to educate the public about this all-too-common disease have grown across the United States.

The primary goal of the campaigns has been to increase awareness of the importance of prevention since breast cancer, if detected early, can be very successfully treated.

The good news is, over the last two decades, increased awareness, early diagnosis and other factors have resulted in a reduction of deaths from breast cancer. But with one in eight women, or about 12 percent of the female population, still being diagnosed with the disease, campaigns such as this remain critically important.

At the Community Cancer Center, our local campaign is called Power of Pink, and you can learn more about it inside our newsletter. You'll also learn about our newest provider, Cindy Kusler, a nurse practitioner who specializes in the care of cancer patients during and after their radiation treatment at our center.

I hope you enjoy your reading and have a fun and healthy fall.

Tammy Turner

Executive Director
Community Cancer Center