

Inspiring News and Stories of



HOPE

Community Cancer Center

roseburgcancercare.com

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A Life Well Lived

With cancer behind him, Mike Millage is back adding to his long list of life experiences.

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Learn to Manage Chronic Pain





Born Caregiver

Ashley Ortiz has made a rewarding career by using the skills and compassion her grandfather once told her were natural gifts.

A pretty convincing case could be made that Ashley Ortiz was destined to work for the Community Cancer Center.

The Roseburg native and graduate of Phoenix Charter School got her first exposure to cancer care while tending to her grandfather in her teens, after completing her shift at a retail job. "He had lung cancer and he once told me, while I was taking care of him, that I was a natural at it and I was put on this earth to take care of others."

Unfortunately, that wasn't the first time Ortiz would be exposed to cancer's impact on a family member, which later struck her grandmother and both her parents, all of whom were treated at the Community Cancer Center.

Her grandfather's words and all those experiences motivated her to enroll in the Certified Medical Assistant Program at Umpqua Community College, where she earned her degree in 2013. During her studies, Ortiz completed an externship training program at the cancer center, where she hoped to work someday.

She wouldn't have to wait long.

"Right after graduation, I got a job at Evergreen Family Medicine, and about a year later I received a call from the director of nursing at the cancer center," Ortiz says. "She offered me a job, which I happily accepted as this is my career dream."

Some nine years later, Ortiz is now the Community Cancer Center's supervisor of medical assistants, while also serving as its patient navigator, patient liaison and patient advocate. Ortiz says all of her responsibilities give her the opportunity to do what she does best, and likes most, about her career.

"The most rewarding thing about what I do is I get to help patients through one of, if not the most, difficult and scariest times of their lives," she says.

When she is not doing that important work, Ortiz says she tries to spend as much time outdoors as possible with her husband, Ryann, son, Sylas and dog, Lucy. Their favorite activities include camping, fishing, hunting, hiking and exploring.

"I love spending time with our extended family and friends," she says.



Fiber Facts

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 February 2018

QUESTION: Is one type of fiber healthier, and can you get too much fiber in your diet?

ANSWER: Research regarding the fiber connection to our health and wellness is expanding. Considered the 'seventh nutrient' we are beginning to understand the beneficial relationship between fiber and bacteria that live in our intestine.

Fiber used to be classified according to its solubility -- soluble, which dissolves in water, or insoluble, which does not. The Institute of Medicine now classifies fiber as either dietary or functional. The reasoning is there is more to the fiber story regarding its chemistry, ability to ferment in the gut, producing beneficial substances, and its viscosity.

Food labels will reflect 'Total Dietary Fiber,' the sum of insoluble and soluble fiber. Insoluble fiber, once called roughage, is non-digestible carbohydrates found in plants and is great for keeping your bowels moving. Soluble fiber comes from produce, beans, nuts and grains and contains viscous fiber.

The non-digestible stuff passes through the small intestine fairly intact to meet its fate in the large intestine, where it's partially or completely fermented by gut bacteria. The viscous type of fiber can help to delay gastric emptying, making you feel fuller for longer after a meal. Research shows that viscous/soluble fiber has a host of other benefits, including interfering with the absorption of fat and cholesterol.

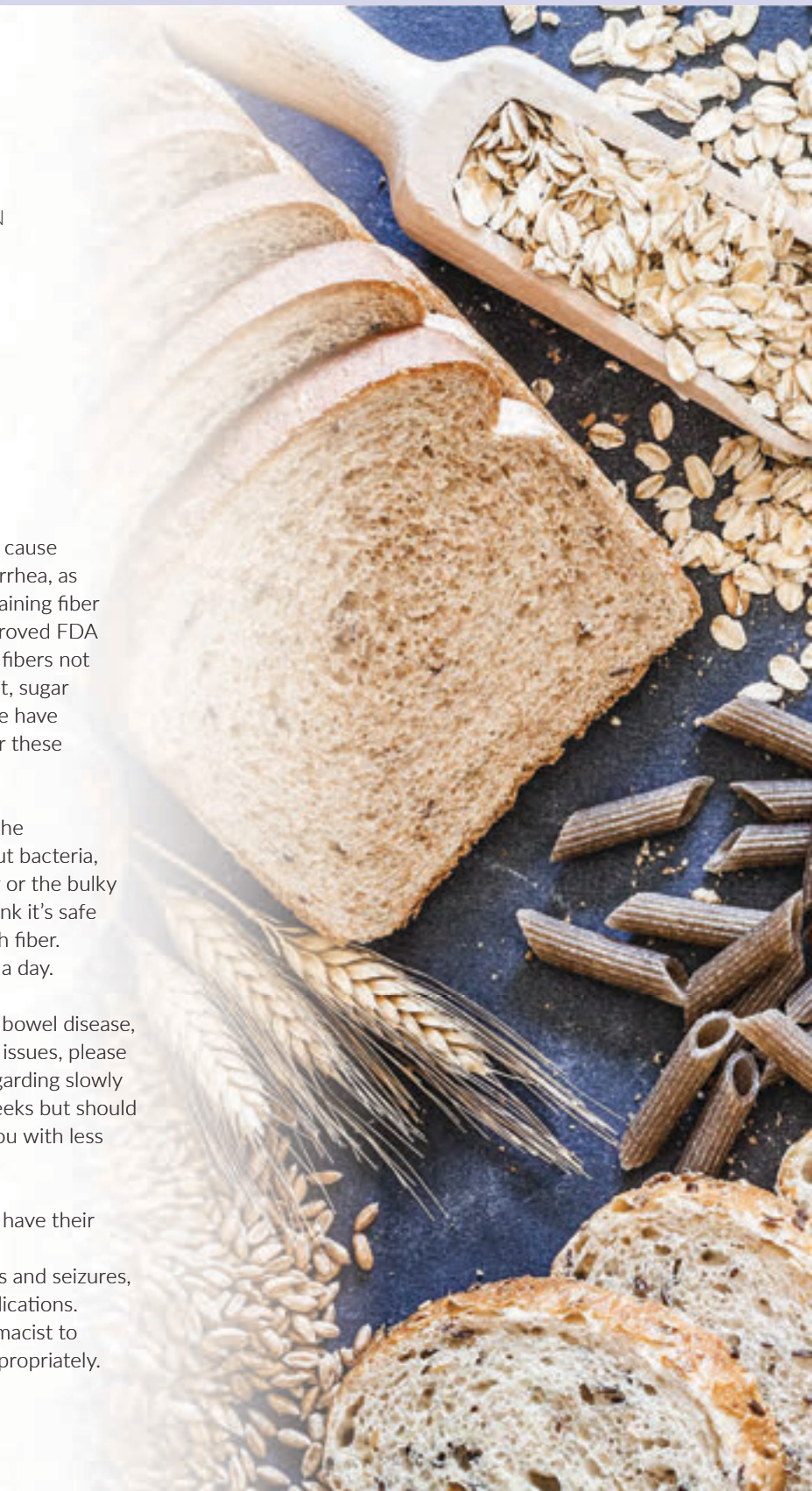
Functional fiber is manufactured and is a carbohydrate that has been extracted from one food and added to another to boost its nutritional profile. It's mostly soluble, has viscosity and provides fullness. Some functional fiber products can carry legal health claims, for example 'may help to lower cholesterol.'

Unfortunately, some functional fibers can cause intestinal upset, like excessive gas and diarrhea, as anyone who has eaten a lot of inulin-containing fiber bars can attest to. Inulin is not on the approved FDA list as a 'fiber' with health benefits. Other fibers not included are pea fiber, bamboo, soy, wheat, sugar cane/beet and oat fiber. Time will tell if we have sufficient data to support health claims for these products.

Whether the benefits of fiber are due to the fermentation process and the effect on gut bacteria, or even our genetic material, the viscosity or the bulky nature, remains to be seen. However, I think it's safe to say that most people do not eat enough fiber. The recommendation is at least 28 grams a day.

For people with bowel problems, irritable bowel disease, short bowel syndrome, ostomies or other issues, please work with your physician or a dietitian regarding slowly adding fiber to your diet. This can take weeks but should allow your system to adjust and reward you with less bloating and gas, and more friends.

A word of caution: some medications can have their absorption lowered by fiber. Included are anti-depressants, medications for diabetes and seizures, digoxin, lithium, penicillin and thyroid medications. With medication issues, talk to your pharmacist to ensure you are taking your medication appropriately.



Learn to Manage Your Chronic Pain

Help is available through the Community Cancer Center's Chronic Pain Management workshops

Successfully managing chronic pain requires education and self-mastery of key skills. Self-management is the first rung of the ladder in pain care—followed by primary care, with specialty care and pain centers most appropriately used for the most complex problems.

Individuals with chronic pain live the majority of their lives outside the health-care system at home with their families. It is in this context that they manage the consequences of their pain condition on their lives every day. Successfully managing the daily problems arising from a condition like chronic pain is an educational process that requires mastering a set of key tasks including:

- Building partnerships with health-care providers.
- Using active cognitive and behavioral strategies to maximize function and reduce pain and other symptoms.
- Modifying family, social and work responsibilities as needed to maintain important relationships and meaningful life roles.
- Dealing with the emotional ups and downs of living with a chronic pain condition
- Maintaining and/or building a healthy lifestyle that features stress management, regular exercise, healthy eating and sound sleep habits.
- Using appropriate resources and managing decisions for interventions such as medication use, surgical procedures and complementary therapies.

The Chronic Pain Management workshops offered by the Community Cancer Center include an educational process of successful self-management protocols which are grounded in social, cognitive and behavioral theories, targeting improved confidence to achieve optimal functioning and acceptance of limitations, as well as more positive ways of thinking, feeling and behaving.

The Community Cancer Center offers three free Chronic Pain workshops annually. Workshop participants will meet once a week for six consecutive weeks. In addition to building quality-of-life-improving skills, participants will receive a Living a Healthy Life with Chronic Pain resource book and the Moving Easy Program CD.

Our next session begins June 6, 2023. To learn more about the Chronic Pain Management workshops contact the Community Cancer Center at 541-672-0072 or email afreeman@cccroseburg.org

Chronic Pain Management workshops are a Community Cancer Center - Healthy Lifestyle Program



TEAM MEMBER PROFILE

Reggi Troxel *Medical Receptionist*

Q Where did you grow up?

A "I grew up in Roseburg."

Q What's your favorite part of your job?

A "Interacting with co-workers and patients."

Q What do you appreciate most about CCC?

A "I especially appreciate how the whole CCC staff, in every department, works together to create the most positive experience for our patients."

Q What words or phrase best describe CCC?

A "Compassion, knowledge and positivity."

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

A "Visiting the Oregon Coast and enjoying the scenery, seafood and wine tasting."

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

A "Uptown Funk by Bruno Mars. When I hear it I can't help dancing."

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

A "I used to play roller and ice hockey."



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 October, November, and December 2022. These funds are utilized to assist patients with 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!

Amazon Smile
Banner Bank
Frontstream
The Human Bean
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Roseburg Forest Products
Employee Contributions

Sherm's Thunderbird Market -
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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.

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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SURVIVOR STORY | This Is What Hope Looks Like

A Life Well Lived

With cancer behind him, Mike Millage is back to adding to his long list of life experiences.

Mike Millage may not have been through it all, but there's no question he has experienced much of it. Here are a few examples of how "it" is defined as it relates to his life:

He was born in Riverside, Calif., and lived there until he was 8. His father died in a truck accident and, after his mother remarried, they moved to Anchorage, Alaska. That's where they were in 1964, when the most powerful earthquake ever recorded in North America (magnitude 9.6) struck central Alaska, causing ground fissures, tsunamis and massive structural damage.

"I was 12 or 13," Millage remembers. "When the earthquake hit, our house was about 10 blocks from the ocean. Afterwards, it was only a block and a half away. I remember watching the ocean swallow up all those houses."

Millage went to high school in Alaska but left after his junior year to enlist in the Air Force, where he learned an array of engineering-related skills, including "how to build bridges and how to blow them up and how to build roads and how to blow them up."

After his discharge in 1974, Millage moved to Longview, Wash., joined his uncle in a painting business, met his first wife, entered college with the goal of being a music instructor, got divorced and moved back to Alaska.

There he worked as a truck driver and warehouseman before meeting famed explorer, mountaineer, photographer and cartographer Henry Bradford Washburn and his wife, Barbara, a pioneering female mountaineer who was the first woman to summit Mt. McKinley (also called Denali).

"They wanted to plot the position of McKinley on the face of the earth, and I got to go with them when they did," Millage says.

After five years in Alaska, Millage headed to Seattle, where he earned his associate's degree before moving back to Alaska in the late 80s, getting his chef's license and going into the restaurant business.

That's only just the beginning of a resume that also includes commercial fishing, cannery work, taxi driving, firewood selling, school bus driving, freight hauling and being the equipment manager and sound guy for his brother's popular rock band.

"I've had a pretty fun life, I've gotta tell you that," he says.

The work phase of Millage's life ended at age 46 due to an on-the-job injury. In 1999, he and his second wife moved to Roseburg to help care for his brother, who had been diagnosed with brain cancer.

Millage lost his brother in 2000. Then, about seven years ago, he lost his wife to breast cancer. Two months later, his 16-year-old dog was killed in an accident and soon after Millage was diagnosed with bladder and bone marrow cancer.

After surgery and chemotherapy, Millage's cancer went into remission. "That was a couple years ago," he says. "During my last check-up there was no sign of it at all. I'm stoked."

Millage credits all the doctors and other health professionals who have cared for him for saving his life. They include Dr. Polly Sepulvado who, while treating his arthritis, detected a low white blood cell count and referred him to Community Cancer Center and Drs. Joshua Weese and Steven Williams, the medical oncologists who directed his care.

"I can't say enough about the people at the cancer center," the veteran says. "Everybody treated me so well. They're like family to me."

These days, Millage is happy to be able to continue adding to all those life experiences, including his favorite hobby – designing and building radio-controlled airplanes.

"I got into that in 1971," he says. "I buy all the components, put them together and paint them, then go fly them, crash them, rebuild them and fly them all over again. God ain't done with me. If I can beat bladder cancer and I can beat bone marrow cancer, he's clearly not done with me yet."



FROM THE EXECUTIVE DIRECTOR

Greetings. Is it spring yet?

I'm hopeful that by calling this issue of our newsletter the Spring edition, the weather gets the message and starts cooperating.

Thank you for spending a few minutes to learn about some of the great people who care for our patients at the Community Cancer Center as well as one of the many patients who have benefited from their care.

Ask any of our team members to list the rewards of their career and chances are all of them will have at the top of their list meeting, supporting and caring for patients in a difficult time of life. We are happy to have the opportunity to introduce you to another one of our great patients in this issue. You'll also meet our newest employee, receptionist Reggi Troxel, as well as one of our longtime team members, Ashley Ortiz.

If you haven't visited the Community Cancer Center website, I'd invite you to spend some time exploring it. There's a lot of great information to be found, not

just about our medical team and capabilities but also about resources that are available to the general public as well as to patients and their loved ones.

For example, in addition to cancer support group information, you can learn about our smoking cessation programs and chronic pain management workshops (which you can also read about in this issue), There's also a variety of health information related to healthy nutrition, cancer prevention and other topics.

We also regularly update our Blog feature with timely articles covering a range of topics, from cancer screening tips to facts about radiation therapy and more.

See for yourself at roseburgcancercenter.com.

Tammy Turner

Executive Director
 Community Cancer Center