

the Quarterly

A PUBLICATION OF WELLNESS & INSPIRATION FROM
ST. JOSEPH'S MEDICAL CENTER

Fostering Spiritual Healing



I keep thanking St. Joe's for establishing the Body, Soul, and Mind programs offered free of charge to the public. I was hospitalized at St. Joseph's during the holidays in 2015 and I spotted one of their flyers. I was immediately intrigued—meditation, tai chi, and yoga were offered regularly. In addition we were invited to picnics and other festivities.

We were then exposed to a series at a nominal cost that included mind-opening lecturers like Shamila Chands' Ayurvedic Principles and Attorney Jean Holsten's talk on "how to stay compassionately connected when the going gets tough." Most special to us are the meditation facilitators that include Dr. Hyma, and medical doctors Richard Goldman and Scott Neeley. Their instruction has been so beneficial to helping my husband through his depression. Brenda, the Tai Chi instructor, is respectful of our abilities (and lack of ability!), and Chinu's yoga class helps so many with chronic illness.

Now, November 2016, my physical challenges have landed me in the hospital with emergency colon surgery. The connections I have made this past year through St. Joseph's have helped me pull through my current crisis. The networks

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Embracing Wellness in 2017

At St. Joseph's Medical Center, we understand the importance of embracing a lifestyle of wellness. Whether it's through our weekly Tai Chi classes, or our biannual Mind, Body, and Spirit wellness series, we truly offer something for everyone. We invite you to take part in the events listed below, many of which are free and open to all.

January

Sundays, 9 - 10:30 am - Yoga with Chinu Mehdi | Free
Cleveland Classroom | Call 209.939.4526 to register.

1/26, 6 - 7pm - Reiki Workshop with Janis Kembel | Free
St. Joseph's Women's Imaging Center | Call 209.466.5028 to register.

1/28 - Fun Run/Walk for Wellness
Learn more at StJosephsCares.org/FunRun

February

Sundays, 9 - 10:30 am - Yoga with Chinu Mehdi | Free
Cleveland Classroom | Call 209.939.4526 to register.

Tuesdays, February 7, 14, 21, 28 - Know Your Mind, Body, and Spirit Wellness Series | Learn more at StJosephsCares.org/KMBS

2/25 - Professional Cancer Symposium - Lung Cancer
O'Connor Woods | Learn more at StJosephsCares.org/CancerSymposium

March

Sundays, 9 - 10:30 am - Yoga with Chinu Mehdi | Free
Cleveland Classroom | Call 209.939.4526 to register.

Thursdays, 6 - 7 pm - March 2, 9, 16, 23 Heartfulness Meditation Series | Free
St. Joseph's Women's Imaging Center | Call 209.466.5028 to register.

3/16 - 6 - 7 pm - Tai Chi Thursdays with Brenda Norris begins | Free
Cleveland Classroom | Call 209.939.4526 to register.

3/21 - 6 - 7 pm - Meditation Tuesdays begin | Free
Cleveland Classroom | Call 209.939.4526 to register.

Learn more about these programs and events at StJosephsCares.org/events.

Are you NOT receiving regular email updates about the great wellness programs at St. Joseph's? To get on the list, email SJCancerInfo@dignityhealth.org and get connected!

Fostering Spiritual Healing, *continued*

of “healers” that have come into our lives through St. Joseph’s have fostered my own spiritual energies. The Reiki volunteers have brought me relaxation and more; I’ve been exposed to Hindu Meditation with Dr. Nakka; Linda Potter’s Guided Meditations have taught me my thoughts influence my present experience; and the Eucharistic Ministers who pray with me daily and administer Holy Communion are all there for me.

I am so thankful I picked up a flyer at St. Joseph’s and made the decision to “check it out.” My husband and I are grateful for the efforts St. Joseph’s puts into bringing to the Stockton community the love, harmony, and caring spirit it so desperately needs. Our lives are forever changed.

Thank you,

Shirley and Ty Brinson-Orndorff
tyshirley@sbcglobal.net

Know Your **Mind, Body** & **Spirit** Community Wellness Series

The Doctors are in...

Tuesdays – February 7, 14, 21, 28
6:30-8:30 pm | \$20 for the series

In this 4-week series you will:

- Learn about digestive and colon health
- Understand Love and Wisdom
- Gain information on the interactions between prescription drugs, herbs, and supplements
- Appreciate the relationship of finding inner peace through the cultivation of compassion for yourself and others

Classes are held in the Auditorium at St. Joseph’s Medical Center.

For more information call **209.939.4526** or email

SJCancerInfo@DignityHealth.org, or visit **StJosephsCares.org/KMBS**.

You do the healing, we’ll do the rest.

St. Joseph’s Patient Navigators are here for you. We understand how a diagnosis of a serious health condition can change your life in an instant. Whether you’re dealing with cancer, a heart condition, diabetes or joint pain, our compassionate Patient Navigators are here to help guide you to resources to assist you in your treatment and recovery. To learn more about this free service or to speak with a patient navigator, call us today, or visit StJosephsCares.org/Navigator.

Cancer Navigator 939.4526

Heart Navigator 467.6540

Diabetes Navigator 944.8355

Orthopedics Navigator 939.4517

Stroke Navigator 939.4576

Kids Taking a Stand

The annual “Kids Taking a Stand” lemonade stand began in 2007 with three local children raising \$109 for St. Joseph’s Cancer Institute. This year, more than 50 kids participated alongside their families and raised \$25,000 to help make the cancer journey a bit easier for local patients.

If you’d like to take a stand and donate to help St. Joseph’s continue its healing mission in mind, body and spirit, please visit StJosephsCares.org/Foundation or call St. Joseph’s Foundation at **209.467.6347**.



Volunteers Needed for Friends of Seniors Program

St. Joseph’s Friends of Seniors Program offers free assistance to seniors aged 60 or older who live at home, to help them maintain their independence, dignity and quality of life. Volunteers help with transportation to medical appointments, shopping and errands, as well as friendly visiting. If you enjoy spending time with seniors and have a genuine concern for the challenges seniors face, please call **209.461.5112** to learn how you can become a Friends of Seniors volunteer.

Saving Skyler

St. Joseph's ER Expansion Project: Your Support Makes a Difference

As a mother of an active 17 month-old girl, I was always on high alert. Imagine my surprise when my daughter, Skyler, began coughing and having difficulty breathing for no apparent reason. In a short matter of time, she was gasping for air.

I knew I needed to get her help...fast. Instinctively, I took Skyler straight to the emergency room at St. Joseph's Medical Center.

Skyler had inhaled an almond into her lung. A chest x-ray revealed her left lung had collapsed. Dr. Omar intubated Skyler and made arrangements to fly her to Oakland Children's Hospital where they successfully removed the almond from her lung. A few days later, Skyler was back at home and on her way to a full recovery.

The St. Joseph's Medical Center team rallied around Skyler and our family with incredible kindness and compassion. I am truly grateful to all who played a part in saving her life, including Dr. Omar, the nurses, respiratory therapists, radiology technicians, and many others.



"I hope our future holds only blue skies, but when moments arise that don't fit our 'happily ever after,' I'm thankful St. Joseph's is so close to home." – Skyler's mom, Charity

Today, Skyler is doing great. She will soon celebrate her third birthday. Skyler loves her "Dolly," playing dress up, and fighting with her two older brothers.

St. Joseph's has a long legacy of growing with the community and delivering quality health care, and has been our family's hospital for five generations. But now, there is a problem. Our community has grown too large—and more sick and vulnerable—for an emergency room the size of St. Joseph's.

Please make a generous gift to support St. Joseph's Emergency Room expansion today. You can make your gift in the enclosed envelope or online at StJosephsCares.org/ERExpansion.

Sincerely,

Charity Mirafior – *Grateful Patient and Mother*

Free Exercise Program for those dealing with cancer or diabetes

St. Joseph's Medical Center offers free medically-supervised exercise programs especially tailored for cancer and diabetes patients. Each patient will be given a safe activity program suited to his or her abilities. The 10-week program has been shown to improve endurance, reduce fatigue, and improve overall strength in participants. This highly personalized program, staffed by an exercise physiologist and physical therapist meets for 60 minutes twice a week at St. Joseph's. For more information, please contact St. Joseph's Rehabilitation Services at 209.467.6365.

Cancer Support Group Information

A variety of Cancer Support and Education groups meet at St. Joseph's. For meeting dates and times call the Cancer Navigator at 209.939.4526 or go to StJosephsCares.org/Cancer

Special Thanks to Our Donors

It is the generous support of our donors that enables us to offer many of our services and programs free of charge. If you are interested in making a donation, contact St. Joseph's Foundation at 209.467.6347 or use the enclosed envelope.



Dignity Health™

St. Joseph's Medical Center

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Professional Cancer Symposium

Lung Cancer:
Clear the Air

Up to date information on:

- Advocacy efforts
- Lung cancer screening
- Treatment options for lung cancer
- Cancer survivorship

Saturday, February 25, 2017

7:30 am – 1:30 pm

O'Connor Woods

3400 Wagner Heights

Learn more at:

StJosephsCares.org/CancerSymposium

Here's a breath of fresh air.



Lung cancer screenings are a breeze.

If you or someone you love may be at risk for lung cancer, we have some reassuring news: Lung cancer screening is now approved by Medicare and all major insurances. Even if you feel fine, lung screenings are important because symptoms often don't appear until lung cancer is somewhat advanced and you could be living with cancer, unaware.

Visit **StJosephsCares.org/LungScreening** to take a quick risk assessment to determine if you're eligible for a lung cancer screening, or call our patient navigator at **209.939.4526**.

Hello humankindness™

If you're not currently receiving this publication at your home and you'd like to, or if you'd like to opt out of our newsletter distribution list, please contact us at **SJCancerInfo@DignityHealth.org**.