

St. John Medical Center Community Outreach Activities For Cancer Committee 2013

***Facility Abbreviation Key**

- ACS= American Cancer Society
- ALSC= Avon Lake Senior Center
- ASC= Avon Senior Center
- HWR= Hospice of the Western Reserve
- LHS= Lakewood High School
- LMCCF= Lorain/Medina County Correctional Facility
- NOSC = North Olmsted Senior Center
- NRSS= North Ridgeville Senior Center
- RRSC= Rocky River Senior Center
- SJMC= St. John Medical Center
- SJMC CO = St. John Medical Center Community Outreach
- WCCS= Westlake Center for Community Services
- WPCA= West Park Catholic Academy

Health Talks

Attendance/Location

Palliative Care- M. Shannon, HWR, 3/4/13	6 WCCS
Colon Cancer: Preventable, Treatable, Beatable, ACS, 3/6	0 Avon YMCA
Breast Cancer and PTSD, L. Gadd, MA, LPCC-S, 4/13	16 SJMC CO
Smoking Cessation, E. Campbell, RT, 4/18	80 LMCCF

Undergarment Options for Breast Cancer Survivors, S. Boyd, 6/5	32 SJMC CO
Spirituality: Tapping into Your Inner Peace, HWR, 6/18	16 The Normandy
Acupuncture, M. McClure, L.Ac., 6/20	27 NOSC
Acupuncture, M. McClure, L.Ac., 9/18	24 RRSC
Breast Health/Walk to Wellness, J. Forristell, CBPN-IC, 10/19 (brief talk followed by a walk on outdoor track)	10 SJMC
10 Greatest Myths about Breast Cancer, J. Forristell, CBPN-IC, 10/21	0 Avon YMCA
Breast Health, J. Forristell, CBPN-IC, 10/4	25 LHS
Breast Health, J. Forristell, CBPN-IC, 10/14	43 LHS
Breast Health, J. Forristell, CBPN-IC, 10/19	40 LHS

OUTCOME: 13 cancer prevention, treatment or supportive services talks scheduled with a total of 319 in attendance

<u>CE Programs Free for the Community</u>	<u>Attendance/Location</u>
Hospice 101, Crossroads Hospice, 2/12	21 Sunrise of Rocky River
Understanding Pain Management, SolAmor Hospice, 2/21	22 West Bay Care and Rehab
Cultural Aspects of Death and Dying, Cornerstone Hospice, 2/28	30 Westlake Village
Caregiver Burnout, Caring Tree, 4/10	14 Manor Care N. Olmsted
To Peg or Not to Peg: Artificial Nutrition and Hydration At the End of Life Crossroad Hospice, 6/11	16 Independence Village
Dying: What does it Feel Like? HWR, 8/22	24 Brighton Gardens
Concept of Total Pain Management, Crossroads Hospice, 8/23	11 Manor Care N. Olmsted
Managing Pain with the Chronically Ill, HWR, 9/18	18 NRSC

Grief Speak: What to Say and What Not to Say	
Cornerstone of Hope, 10/17	26 Independence Village
Compassion Fatigue for the Caregiver, Harbor Light	
Hospice, 10/24	10 Welsh Home
Caregiver Burnout, Caring Tree, 10/29	16 Avon Oaks NF
The Therapeutic Value of Humor, Harbor Light Hospice, 11/7	20 Orchards of Westlake
Guided Imagery, Stein Hospice, 11/26	26 Devon Oaks
Totals CE programs – 13 with 254 attendance	

OUTCOME: **Provided education opportunities for Social Workers, Nurses and other health professionals in the community on cancer-related topics. 13 free CE programs provided with 254 in attendance**

Classes	Attendance/Location
Meditation 101 (4 part series), L. Gadd, MA, LPCC-S 1/10-31	26 SJMC CO
Grief Recovery Class, J. Monin, Chaplain, Crossroads 1/23-3/27	50 SJMC CO
Meditation 101 (4 part series), L. Gadd, MA, LPCC-S 2/7-28	17 SJMC CO
Meditation 101 (4 part series), L. Gadd, MA, LPCC-S 3/7-28	17 SJMC CO
ACS Look Good/Feel Better, Forristell & Gadd, 3/11	5 SJMC CO
Grief Recovery Class, J. Monin, Chaplain, Crossroads 9/4-11/20	53 SJMC CO
Meditation 101 (4 part series), L. Gadd, MC, LPCC-S 9/12-10/3	40 SJMC CO
ACS Look Good/Feel Better, Forristell & Gadd 11/11	2 SJMC CO
8 classes with 210 total Attendance	

OUTCOME: Each class provided education and/or support relating to cancer for either the patient or caregiver. Due to low attendance for ACS Look Good Feel Better program at our location, decision was made to advertise and promote the ACS Look Good Feel Better programs offered at our neighboring

Seidman Cancer Center Westlake Campus and the Gathering Place West. These programs will be promoted in our Health Resource Calendar publication.

Screenings

Skin Screenings by R. Assaf, MD, 7/13 at SJMC FOA – 66 with 11 identified as abnormal

Skin Screenings by R. Assaf, MD, 7/14 at SJMC FOA – 60 with 10 identified as abnormal

Total skin Screenings – 126 with 21 identified as abnormal

Prostate Screening by Urology Associates, 10/29 at SJMC 39 PSA with 2 abnormal
 39 Manual Prostate with 3 abnormal
 17 BPH

OUTCOME: Skin and Prostate Screenings provided by SJMC physicians. All abnormal results were referred to follow up with their family physician. Literature about skin and Prostate cancer provided at these screenings respectively.

Support Groups (Annual) Attendance/Location

Hope Group – Monthly Breast Cancer Support Group, Forristell CBPN-IC, Gadd, MA, LPCC-S	208 SJMC CO
I am Not Alone – Monthly Cancer Support Group, Hlavaty, RN	125 SJMC CO
New Beginnings – Monthly Bereavement Support group, HWR	117 SJMC CO
Circle of Hope – 1/24/13 through 3/6, and 5/5 through 12/5, HWR	59 SJMC CO
Painting the Light - HWR Creative Therapy Workshop 1/22	3 WCCS
Art for Relaxation – HWR Creative Therapy Workshop 3/12 and 3/19	14 WCCS
Memory Jewelry – HWR Creative Therapy Workshop on 4/23	4 WCCS
Mandela Plates – HWR Creative Therapy Workshop on 6/11 and 6/18	8 WCCS

OUTCOME: Monthly support groups and/or creative therapy workshops for people with cancer and/or their caregivers. Support and education was provided at these groups. Total attendance for all groups – 538 individuals attended programs throughout the year

<u>Informational Tables</u>	<u>Number Served/Location</u>
Breast Health Table, Early Childhood PTA, 1/8	18 Westlake Porter Library
Respiratory Table, Westlake High School Wellness Fair, 3/26	60 WHS
Dermatology/Skin Cancer, Westlake H.S. Wellness Fair, 3/26	150 WHS
Vegan Food, Avon Lake Towne Ctr, Westlake H.S. Fair, 3/26	400 WHS
Risky Behaviors (smoking, drinking) Westlake H.S. Fair, 3/26	135 WHS
Breast Health, J. Forristell, CBPN-IC, Health Fair, 10/23	29 Westlake Porter Library
Breast Health, J. Forristell, West Park Catholic Academy Health Fair, 4/21	24 WPCA

OUTCOME: 7 Cancer-related health informational tables provided at Health Fairs. There were 816 visits to these tables wherein individuals received information or had questions answered regarding cancer prevention and/or treatment.

ACTIVITIES **Attendance/Location**

Vegan Cooking Class for Hope Group (Breast Cancer Support Group) 14 Gathering Place

Outcome – Hands on education and cooking class about plant based diet for breast cancer survivors. This was in collaboration with The Gathering Place.

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