



PACIFIC CANCER FOUNDATION

**NEWSLETTER
SPRING 2022**

**GUIDING YOU
THROUGH
CANCER**

Our Cancer
Navigation Program
is Here For Support

**A SIMPLE
GUIDE TO
EATING WELL**

The Importance of
a Well Balanced Diet

**SCHEDULE AT
A GLANCE**

Take a Look at Our
Upcoming Support
Groups and Classes!



Riding the wave of cancer.....

CANCER PATIENT NAVIGATION PROGRAM

WHAT ARE PATIENT NAVIGATORS?

Patient Navigators are caring, trained professionals who can assist you in your cancer journey.

WHAT DO PATIENT NAVIGATORS DO?

Patient Navigators are patient advocates. They understand that receiving a cancer diagnosis is emotional, confusing, scary, and can leave you feeling lost.

WHO CAN PATIENT NAVIGATORS HELP?

Anyone with a question about cancer. Cancer patients, survivors, caregivers, family members.

Hearing the words "YOU HAVE CANCER" is devastating!

Suddenly you are meeting new doctors, nurses, and specialists who are using terms you have never heard before. It's like hearing a new language for the first time.

Overwhelmed, nervous and confused, the first few days after hearing your diagnosis are the hardest of all. Whether you are a patient, caregiver, or a friend, how do you get through it? That's when we step in to help.

Patient Navigators work with patients at any stage - suspicion of cancer through surgery, treatments, and into survivorship. They are a part of your medical care team and help bridge the gap in cancer care.

Patient Navigators can assist you with:

- Understanding your diagnosis
- Providing you information about procedures or treatments
- Talking with your doctors and nurses
- Arranging for tests or other appointments, transportation by air or ground, and lodging
- Finding resources, services, and physicians valuable to you
- Applying for insurance, financial assistance, grants
- Off-island travel referrals
- Second opinions and resources for your cancer diagnosis
- Referral to dietitian, nutritionist, therapist, and supportive programs

Contact us today at (808) 242-7661

Or email Navigator@PacificCancerFoundation.org

.....and we're here to guide you through it

WE ARE HERE HERE TO SUPPORT

Early on, PCF recognized the importance of having a patient navigator as part of the health care team. Today, the PCF team consists of patient navigators, patient care coordinators, a nutritionist and a licensed therapist. Their mission is to make the cancer journey less stressful and confusing. They provide assistance with insurance and finances, resources for transportation and housing, coordinate nutritional care, and offer support and information on a number of other issues. They are there to travel the journey with you.

A cancer patient can't do it alone and we couldn't do it without the support of our Maui community. We are all touched by this and together we can make a difference. Please consider a donation today.

OUR WONDERFUL PATIENT NAVIGATORS

Shari Osajima
and Marisol Paige



MAKE A DIFFERENCE BY GIVING

All donations support Maui County's cancer community

Name _____
Street _____
City _____ State _____ Zipcode _____
Email _____
Phone _____

Payment Options:

- ☐ Check Enclosed (payable to Pacific Cancer Foundation)
☐ Please Charge my Credit Card: ☐ Visa ☐ Mastercard

Card # _____
Exp. Date _____ CVC _____
Signature _____

Enclosed is my gift to Pacific Cancer Foundation
for \$ _____

This gift is:

- ☐ In memory of ☐ In honor of

WE CAN'T DO IT WITHOUT YOU!

Here is what your
donations can do:

\$50 

Support our wellness classes, wigs, food pantry, and more. It takes a village to conquer a cancer journey.

\$75 

Your support will sponsor weekly group therapy sessions with a licensed therapist or a visit to our nutritionist.

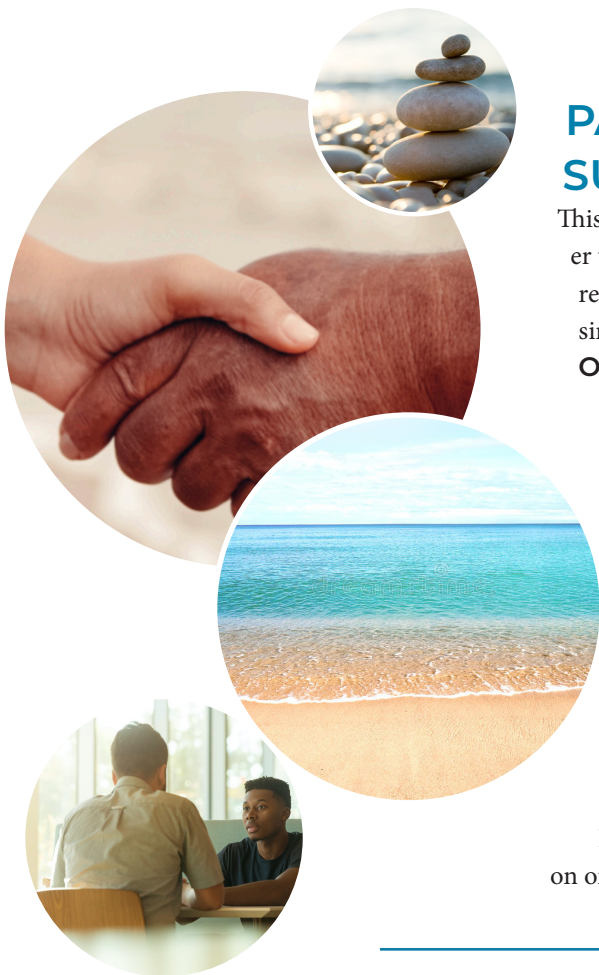
\$125 

Your dollars will connect cancer patients with a one on one navigator who will help them through their cancer journey.

\$250 

Your donation will help get people to treatment, including flights, hotels, and ground transportation to Oahu or the mainland.

SUPPORT IS HERE WHEN YOU NEED IT



PATIENT AND SURVIVOR SUPPORT GROUP

This support group is for those who have cancer of any type or stage. Whether they are just beginning their journey or are years into it, this group helps renew strength and hope, and brings people together who are dealing with similar effects.

Offered virtually the 1st and 3rd Wednesday of each month

CAREGIVER SUPPORT GROUP

Caregiver support group is for anyone who is caring for loved ones with cancer, whether at home or far away. This group discusses the mental and physical hardships of being a caregiver and helps find ways to cope with those things.

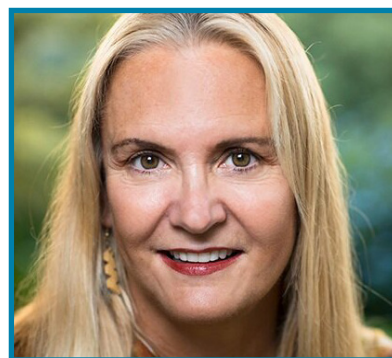
Offered virtually the 2nd and 4th Monday of each month

MENS TALK STORY

Peter Kafka and the Answer Cancer Foundation host 9 dedicated prostate cancer virtual groups each month. This allows men from all over Hawai'i to benefit from peer support. Visit ancan.org for more information on prostate cancer support groups.

LINDA TESAR-ANIMOTO

Linda Tesar-Amimoto LMFT, CGT brings over a decade of cancer group therapy experience to the Pacific Cancer Foundation. She has led groups here on Maui for over ten years and before this at The Cancer Community in California. Linda's personal experience with cancer in her family gives her compassion and as a licensed psychotherapist, she has the training to facilitate groups as they support and care for each other.



PETER KAFKA

Peter Kafka is a board member and moderator for Answer Cancer Foundation and has been running the bi-monthly support calls for Low and Intermediate Prostate Cancer for 5 years. He also participates in the weekly high risk prostate cancer calls run by the Answer Cancer Foundation, providing education, support and advocacy for men and their caregivers.

Contact us today at (808) 242-7661

Or email visit our website at PacificCancerFoundation.org

A SIMPLE GUIDE TO EATING WELL



EAT WHOLE FOODS

Swap your frozen pizza and instant ramen with whole foods like fresh fruit, vegetables, and whole grains. They are packed with essential nutrients like protein, fiber, healthy fats, vitamins, and minerals, as opposed to processed foods which tend to contain high levels of sugar, salt, and unhealthy fat.

SAY NO TO SUGARY DRINKS

The average American drinks around 45 gallons of soda each year, according to the Beverage Marketing Corporation. Drinking high amounts of sugar-sweetened beverages can have various adverse impacts on your health. So, instead of sipping packaged juice or soda, go for unsweetened beverages or infused water.



INCLUDE MORE NUTS AND SEEDS

From protein and healthy fats, to vitamins and minerals, these superfoods pack a serious nutritional punch. Similarly, seeds like chia, flaxseed, and pumpkin seeds are nutritional powerhouses. You can add them to your favorite baking recipe, sprinkle them over your cereal, or simply munch on them instead of a candy bar.

TASTE THE RAINBOW

Red fruits and veggies contain antioxidants that are important for heart health. Yellow and orange produce have a lot of vitamin A and C which promotes eye health and a healthy immune system. Greens contain potassium and vitamin K which aids in the blood clotting process and helps with strong bones and teeth. Blue and purple produce contain anti-inflammatory nutrients and promote healthy brain and memory function.



SAY HI TO SALLY, OUR NUTRITIONIST

Sally Pechstein, MPH, RDN, is a Registered Dietitian Nutritionist who works for the Pacific Cancer Foundation with over 20 years' experience. Educated at the University of Washington, Sally's expertise includes working with patients to navigate possible side effects of their treatment in addition to optimizing eating for health. She is an invaluable guide for cancer patients and their families in need of nutritional counseling.

To schedule an appointment with her, call (808) 242-7661
Or email Sally@PacificCancerFoundation.org

SCHEDULE AT A GLANCE

WEEKLY SUPPORT GROUPS

Patients & Survivors
**1st and 3rd Monday of
each month,
5:30-6:30pm**

Caregivers
**2nd and 4th Monday of
each month,
5:30-6:30pm**

visit
pacificcancerfoundation.org
to register.
*All support groups are
currently virtual.*

6 WEEK CHI-GUNG CLASS

Studies show that Chi Gung practice can have many positive effects, including improved lung function, mood, sleep, and quality of life, as well as reduced stress, pain, anxiety, and fatigue.

DATES TBD

Instructor: Kurt Miyajima

WEEKLY MEDITATION

Tuesdays, 5:15-6:15pm

In person at
The Cameron Center
Conference Room 1

or available Virtually

400 Hana Hwy Ste B1/C,
Kahului

MENS TALK STORY

**Low/ Intermediate Risk
Prostate Cancer**

2nd and 4th Monday of
each month
2:00-3:30pm HST

**Advanced
Prostate Cancer**

1st and 3rd Monday
2:00pm HST

or

2nd and 4th Tuesday
12:00pm HST

visit AnCan.org for more
information and to join

COMING SOON: NATURE OF MEDITATION WORKSHOP

Stayed tuned for a
relaxing Nature of
Meditation workshop
with our Meditation
instructors, Liz Salem and
Carla Jalbert.

BE *you* TIFUL

Our PCF office got an exciting new addition! We now have a supply of beautiful wigs, hats, scarves and quilts donated to us for use by our patients. If you'd like to inquire about one of these things for you or a loved one, or would like to donate a wig, call our office at (808) 242-7661.



CELEBRATING OUR LITTLE SUPERHEROES

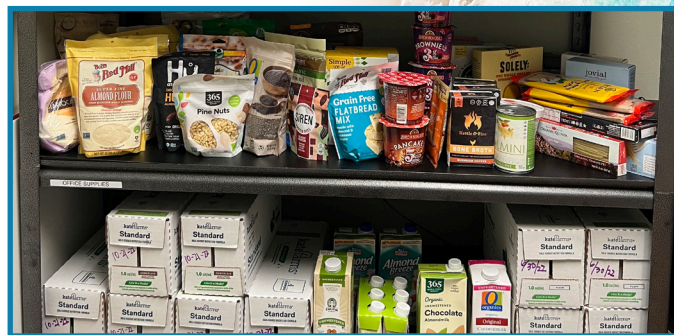
PCF partnered with our friends at Make-A-Wish Foundation and Street Biker United to build a dream playground for one of our little warriors. Mahalo to our partners for putting a smile on the face of our Keiki.

Make-A-Wish



FOOD PANTRY FULL OF GOODIES

Our food pantry got an upgrade thanks to our gracious donor Stacy Small. It's now stocked with loads of delicious and healthy food options for our patients.





PACIFIC CANCER FOUNDATION

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