

St. John Medical Center Community Outreach – Cancer Committee Report 2012

***Facility Abbreviation Key**

ACS= American Cancer Society
 ALSC= Avon Lake Senior Center
 ASC= Avon Senior Center
 LMCCF= Lorain/Medina County Correctional Facility
 NOSC = North Olmsted Senior Center
 RRSC= Rocky River Senior Center
 SJMC= St. John Medical Center
 SJMC CO = St. John Medical Center Community Outreach

<u>Health Talks and/or Continuing Education</u>	<u>Attendance/Location*</u>
Stress Management- L. Gadd MA, LPCC-S 2/6, 2/13, 2/20	21 SJMC CO
Stress Management- L. Gadd MA, LPCC-S 3/5	2 SJMC CO
Healthy Eating for Seniors- M. Hiatt RD, LD, 2/16	45 NOSC
Palliative and Hospice Care (CE) Lori Presser, Hospice of the Western Reserve, 3/29	20 Life Care Center
Happiness is a Choice- L. Gadd MA, LPCC-S, 3/14	9 Avon YMCA
Smoking Cessation- E. Campbell, RT, 3/23	18 LMCCF
Healthy Eating on a Budget- M. Hiatt RD, LD, 4/11	25 RRSC
Lymphedema- Chris Zitello, OTR/L, CMT, LMT 4/4	20 SJMC CO
Stress Relief- L. Gadd, MA, LPCC-S, 4/17	0 ALSC
Colon Cancer: Preventable, Treatable, Beatable- G. Wadhwa ACS	6 SJMC
Breast Self Exams- J. Forristell, CBPN-IC 10/24	3 Avon YMCA

Breast Health – J. Forristell, CBPN-IC 10/30

0 ALSC

OUTCOME: Provided 12 Health Education Talks related to Cancer Prevention and Healthy Lifestyles

169 attended and were informed about cancer related topics

Classes

ACS Look Good/ Feel Better 2/13 L. Gadd, J. Forristell 3 SJMC CO

ACS Look Good/ Feel Better 4/9 T. Tift 2 SJMC CO

Smoking Cessation 3 different session offered on 4/23 0 SJMC

ACS Look Good Feel Better 6/11 2 SJMC CO

ACS Look Good Feel Better 8/13 1 SJMC CO

ACS Look Good Feel Better 12/10 3 SJMC CO

OUTCOME: In collaboration with the American Cancer Society, SJMC hosted their Look/Good Feel Better program for women who have cancer, to learn make-up techniques and receive make-up products to help them feel better while coping with body image/appearance-related issues during cancer treatment. 11 women participated in 2013.

Smoking cessation classes were also offered to employees but no one took advantage of these offerings. Smoking cessation classes for the community were also discontinued due to low interest. People seeking smoking cessation classes are referred to the American Lung Association.

Screenings

Provided colorectal screens 2/22 ASC 15 with 0 abnormal

Provided colorectal screens 3/13 ALSC 9 with 0 abnormal

Provided colorectal screens 4/1 Community for Better Living 7 with 0 abnormal

Provided colorectal screens 5/3 Avon Oaks SNF 5 with 0 abnormal

Provided colorectal screens 9/24

6 with 0 abnormal

OUTCOME: Provided colorectal screening Kits at health talks and health fairs

TOTAL 42 kits distributed with 0 abnormal results reported – Phone calls were provided as follow up. Per phone calls – 2 reported normal results, 14 will not do screen and 26 never returned 1st or 2nd phone calls.

Skin Screenings 7/7 Seidman Cancer Center Westlake

66 with 8 abnormal

Skin Screenings 7/8 SJMC Festival of Arts

54 with 12 abnormal

OUTCOME: Provided Colorectal Cancer Screening Kits and Skin Cancer Screenings at Health Fairs. A total of 151 people participated with 20 abnormal results identified. All with abnormal results were referred to follow-up with their physician. Educational wellness literature was available to all participants.

Informational Breast Health Table (at Health Fairs)

4/1 Community for Better Living

10 received information

4/3 Avon Oaks SNF

41 received information

9/30 UCC Dover Church

15 received information

11/14 Brecksville Financial Service Center

54 received information

OUTCOME: – 4 breast health informational tables were staffed by Breast Health personnel at community health fairs. 120 people visited these tables to ask questions and receive information about breast health, breast cancer prevention and breast cancer information.

Support Groups

Hope Group - J. Forristell, L. Gadd, 1/4	17 attended SJMC CO
Hope Group – J. Forristell, L. Gadd, 2/1	16 attended SJMC CO
Hope Group – J. Forristell, L. Gadd, 3/7	20 attended SJMC CO
Hope Group – J. Forristell, L. Gadd 4/4	18 attended SJMC CO
Hope Group – J. Forristell, L. Gadd 5/2	9 attended SJMC CO
Hope Group – J. Forristell, L. Gadd 6/6	19 attended SJMC CO
Hope Group – J. Forristell, L. Gadd 7/11	9 attended SJMC CO
Hope Group – J. Forristell, L. Gadd 8/1	16 attended SJMC CO
Hope Group – J. Forristell, L. Gadd 9/5	16 attended SJMC CO
Hope Group – J. Forristell, L. Gadd 10/2	16 attended SJMC CO
Hope Group – J. Forristell, L. Gadd 11/7	16 attended SJMC CO
Hope Group – J. Forristell, L. Gadd 12/5	18 attended SJMC CO

Total attendance

190 attended SJMC CO

I am not Alone – T. Hlavaty, 1/10	14 attended SJMC CO
I am not Alone – T. Hlavaty , 2/8	9 attended SJMC CO
I am not Alone – T. Hlavaty 3/13	9 attended SJMC CO
I am not Alone – T. Hlavaty 4/10	12 attended SJMC CO
I am not Alone – T. Hlavaty 5/8	10 attended SJMC CO
I am not Alone – T. Hlavaty 6/12	9 attended SJMC CO
I am not Alone – T. Hlavaty 7/10	9 attended SJMC CO
I am not Alone – T. Hlavaty 8/14	13 attended SJMC CO
I am not Alone – T. Hlavaty 9/11	15 attended SJMC CO
I am not Alone – T. Hlavaty10/0	11 attended SJMC CO
I am not Alone – T. Hlavaty11/13	9 attended SJMC CO

I am not Alone – T. Hlavaty12/11

11 attended SJMC CO

Total attendance

131 attended SJMC CO

Outcome – Hope Group is a monthly breast cancer support group which is co-facilitated by the Breast Health Coordinator and a Licensed Professional Clinical Counselor. All participants also receive a complimentary dinner at the support meetings. Support and education is provided.

I am Not Alone is a monthly support group for any type of cancer. Caregivers are also welcome. It is facilitated by an RN, cancer survivor. Support and education is provided.

Total 2012 attendance for both groups – 321

Community Outreach staff assisted in fund-raising and participation in the American Cancer Society Relay for Life in Westlake. Programs provided in collaboration with community centers, American Cancer Society and the Gathering Place.

Submitted by SJMC Community Outreach:

Lydia Gadd, MA, LPCC-S, Director

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