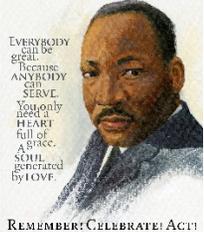


Orange County Cancer Coalition
 Orange County Breast Cancer Coalition

Cancer Awareness Events
www.myoc3.org

January 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 	2	3	4	5	6
7	8	9	10	11	12	13 *YWCA Screening
14	15 Dr. Martin Luther King Jr. HOLIDAY 	16	17 *YWCA Screening	18	19	20 *YWCA Screening
21	22	23	24 Free Webinar "Taking Time Off and Paying for It" 12 – 1:30 p.m. Hosted by Triage Cancer	25 Free Seminar "Challenging Breast Cancer Cases: Learn from the Experts" 6 – 7:30 p.m.; 1-800-MEMORIAL Orange Coast Memorial, Fountain Valley	26	27 *YWCA Screening
28	29 *YWCA Screening	30 Free Class "Uterine Cancer: Risks, Symptoms and Treatments" 6:30 – 8 p.m.; (800) 636-6742 Saddleback Memorial, Laguna Hills	31 Free Seminar "Reducing Secondary Cancer Risks and Screening After a Cancer Diagnosis" 6 – 8 p.m., Orange			

* YWCA Screening Event: The YWCA of North Orange County coordinates breast cancer screening events for underserved women through Every Woman Counts and Family PACT. Please refer to the website for a full schedule: http://ywcanoc.org/Community_Calendar.html

To include events for the following months, email Rhonda Folsom at Every Woman Counts: rfolsom@ochca.com.

February 2018

S	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Breast & Cervical Cancer Screening



Every Woman Counts (EWC)

Clinical breast exams, mammograms, and Pap tests are available to women who qualify through Every Woman Counts, which is funded by the California Department of Health Care Services. To find a doctor, visit <http://www.dhcs.ca.gov/services/Cancer/ewc/Pages/default.aspx> or call the toll-free automated referral line (800) 511-2300, Monday – Friday, 24/7. Languages available: English, Spanish (press 2), Cambodian/Khmer (press 3), Vietnamese (press 4), Hmong (press 5), Mandarin (press 6), Cantonese (press 7), Korean (press 8), Tagalog (press 9), and Russian (press 10).

YWCA Screening Schedule

The YWCA of North Orange County hosts Neighborhood Link to Breast Cancer Screening Clinics to help uninsured or underinsured women age 40 and over receive high quality, affordable breast health services paid for by Every Woman Counts, Family PACT, and other funding resources. Within a private setting, women are given free clinical breast exams, mammograms, and breast health education. Clinics are conducted in the familiarity of women's own neighborhoods and in their own languages. Special clinics are conducted for Korean, Vietnamese and Hispanic women. For the screening schedule or more information, please visit http://ywcancoc.org/Community_Calendar.html or contact the YWCA of North Orange County at (714) 871-4488.

Upcoming Events (* Involves a fee)

- **ONGOING: Tuesdays "Free Lung Screening: Spirometry"** – Held from 2 – 3 p.m. at Saddleback Memorial Medical Center, 24451 Health Center Dr., Laguna Hills 92653. Free breathing test measuring lung capacity. Open to all. Registration required: www.memorialcare.org/sbairway.
- **ONGOING: Tuesdays "Shape Your Life: Healthy Weight, Healthy You!" SPANISH** – Held from 4:30 – 6 p.m. at CalOptima, 505 City Parkway West, 1st Floor, Orange 92868. Please join CalOptima nutrition education and wellness classes at no cost. You will learn essential skills to improve food choices and your quality of life. Topics: Quick and Healthier Snacks; Portion Control and Food Groups; Shopping on a Budget and Meal Planning; and Balancing Energy In/Energy Out. Space is limited. To sign up, call CalOptima Health Education at (714) 246-8895.
- **ONGOING: Wednesdays "Shape Your Life: Healthy Weight, Healthy You!" ENGLISH** – Held from 4:30 – 6 p.m. at CalOptima, 505 City Parkway West, 1st Floor, Orange 92868. Please join CalOptima nutrition education and wellness classes at no cost. You will learn essential skills to improve food choices and your quality of life. Topics: Quick and Healthier Snacks; Portion Control and Food Groups; Shopping on a Budget and Meal Planning; and Balancing Energy In/Energy Out. Space is limited. To sign up, call CalOptima Health Education at (714) 246-8895.
- **ONGOING: Fridays "Tobacco Cessation"** – Held from 9:30 – 10:30 a.m. at Saddleback Memorial Medical Center, 24451 Health Center Dr., Laguna Hills 92653. Are you ready to quit smoking and take an important step toward better health and life? Register for a free five-week educational and support series designed to help you succeed in eliminating smoking and other tobacco use from your life. Offered in partnership with the Tobacco Use Prevention Program. Open to all. Registration required: www.memorialcare.org/sbtobacco.
- **January 24 (Wednesday): Free Webinar "Taking Time Off and Paying for It"** – Held from 12 – 1:30 p.m. PST. Understand how federal & state laws, employer policies, and disability insurance work together to help you take time off and replace your income. Hosted by Triage Cancer, a national nonprofit organization that serves patients, survivors, caregivers, advocates, and health care professionals through an international speakers bureau, educational events, and online materials and resources. To register, click [here](#). For more information, visit <http://triagecancer.org/webinars>.
- **January 25 (Thursday): Free Susan G. Komen Orange County Seminar "Challenging Breast Cancer Cases: Learn from the Experts"** – Held from 6 – 7:30 p.m. at Orange Coast Memorial Medical Center Health & Wellness Pavilion, 18035 Brookhurst St., Fountain Valley 92708. Presenters: Drs. Richard Reitherman, Julio Ibarra, Jane Kakkis, Asif Harsolia, Homayoon Sanati, Jack Jacoub and Bichlien Nguyen will highlight challenging cases in the diagnosis, treatment and surveillance of breast cancer. In a

Treatment Planning Conference (Tumor Board) format, these breast cancer experts will show how their technology, talents, and insightful touch help find optimal solutions for cases that include triple negative breast cancer, metastatic disease, BRCA mutations, and consideration of new FDA-approved drugs. Susan G. Komen Orange County, in partnership with leading Orange County breast centers, has created a free breast health education series which covers topics including prevention, screening, diagnostics, treatment, and survivorship. RSVP: Call 1-800-MEMORIAL.

- **January 30 (Tuesday): Free Class “Uterine Cancer: Risks, Symptoms and Treatments”** – Held from 6:30 – 8 p.m. at Saddleback Medical Center, 24451 Health Center Dr, Laguna Hills 92653. About 1 in 37 women will be diagnosed with uterine cancer in their lifetime, and over 60,000 new cases will be diagnosed this year. Join Leslie Randall, MD, to learn about risk factors, symptoms, diagnosis and treatments, including minimally-invasive, robot-assisted surgery. Click [here](#) to register online or call (800) 636-6742.
- **January 31 (Wednesday): Free Seminar “Reducing Secondary Cancer Risks by Catie Neumann, MS, LCGC and Screening After a Cancer Diagnosis by Beth Goins NP”** – Held from 6 – 8 p.m. at The Villa, 510 E. Katella Ave., Orange 92867. This free Cancer Survivorship Educational Series is offered to educate and empower cancer survivors to thrive after their journey through cancer. Classes address the physical, psychological and emotional changes cancer survivors may face, as well as ways to overcome these changes and regain wellness—body, mind, and spirit. Hosted by The Center for Cancer Prevention and Treatment at St. Joseph Hospital Dinner will be served. To register, call 877-459-3627 or click [here](#).
- **February 1 (Thursday): Free Series to Quit Smoking** – Held for 5 sessions (Feb 1, 8, 15, 22 and March 1) at Mission Medical Tower, 26732 Crown Valley Parkway, 2nd Floor, Suite 281, Mission Viejo 92691. Hosted by Mission Hospital. Call to register or for more information: (866) NEW-LUNG (639-5894).
- **February 7 (Wednesday): Free Webinar “Cancer Nutrition: Tips & Truths”** – Held from 11 a.m. – 12 p.m. PST. This webinar will debunk popular nutrition myths. You will learn facts about nutrition and optimal well-being for cancer survivors. Hosted by Triage Cancer, a national nonprofit organization that serves patients, survivors, caregivers, advocates, and health care professionals through an international speakers bureau, educational events, and online materials and resources. To register, click [here](#). For more information, visit <http://triagecancer.org/webinars>.
- *** February 9 (Friday): YWCA's 26th Annual Gala: For the Love of Chocolate** – Held from 6:00 PM – 10:00 PM at Los Coyotes Country Club, 8888 Los Coyotes Dr, Buena Park 90621. Tickets are \$135 that includes a silent auction, decadent chocolates, smooth music, dancing, and a delicious dinner while honoring key leaders who have made a difference in the lives of others. To register, click [here](#). For more information, contact Diane Masseth-Jones at (714) 871-4488.
- **February 20 (Thursday): Free Susan G. Komen Orange County Seminar “Emerging Treatments and Discoveries for Metastatic Breast Cancer”** – Held from 6 – 8 p.m. at University of California, Irvine, 839 Health Sciences Rd. 105 Sprague Hall, Irvine 92697. Devon A. Lawson, Ph.D., and a panel of UCI breast cancer scientists will discuss newly approved and investigational therapies for metastatic disease, as well as new scientific discoveries in metastasis research that may lead to new drugs to prevent or treat metastasis. Susan G. Komen Orange County, in partnership with leading Orange County breast centers, has created a free breast health education series which covers topics including prevention, screening, diagnostics, treatment, and survivorship.
- **March 13 (Tuesday): Free Webinar “Cancer Survivorship Care Plans & Late Term Side Effects”** – Held from 12 – 1 p.m. PST. Learn the elements of an effective cancer survivorship care plan, and the long-term and late-term side effects of cancer treatment. Hosted by Triage Cancer, a national nonprofit organization that serves patients, survivors, caregivers, advocates, and health care professionals through an international speakers bureau, educational events, and online materials and resources. To register, click [here](#). For more information, visit <http://triagecancer.org/webinars>.
- **April 11 (Wednesday): Free Webinar “Caregivers: Learn to Listen to Yourself & Cultivate Beneficial Self-Care Habits”** – Held from 12:30 – 1:30 p.m. PST. Become more mindful of your unique stress responses, and develop habits you can use to care for yourself. Hosted by Triage Cancer, a national nonprofit organization that serves patients, survivors, caregivers, advocates, and health care professionals through an international speakers bureau, educational events, and online materials and resources. To register, click [here](#). For more information, visit <http://triagecancer.org/webinars>.
- *** April 30 (Monday): 2018 Pink Tee Classic Golf Tournament Benefitting Breast Cancer Solutions** – Held at Alta Vista Country Club, 777 Alta Vista St, Placentia 92870. Registration details will be available January 1. For more information, visit the website: www.breastcancersolutions.org.
- **May 16 (Wednesday): Free Webinar “Fostering Resiliency in Families Facing Cancer”** – Held from 12:30 – 1:30 p.m. PST. Learn how to engage your natural strengths, pull together specific resources, and build new skills to create a stronger and more resilient family. Hosted by Triage Cancer, a national nonprofit organization that serves patients, survivors, caregivers, advocates, and health care professionals through an international speakers bureau, educational events, and online materials and resources. To register, click [here](#). For more information, visit <http://triagecancer.org/webinars>.

- **June 13 (Wednesday): Free Webinar “Palliative Caring: Improving Care Through the Early Integration of Key Palliative Principles”** – Held from 11:30 a.m. – 12:30 p.m. PST. Explore strategies to improve quality of life for both patients and their families, throughout the continuum of care. Hosted by Triage Cancer, a national nonprofit organization that serves patients, survivors, caregivers, advocates, and health care professionals through an international speakers bureau, educational events, and online materials and resources. To register, click [here](#). For more information, visit <http://triagecancer.org/webinars>.

Announcements

GW Cancer Center's Online Academy & E-Learning Series

The GW Cancer Center offers several online courses for Certified Health Education Specialists (CHES®), Master Certified Health Education Specialists (MCHES®) and other health care professionals. Visit the GW Cancer Center's [ONLINE ACADEMY](#) or [E-LEARNING SERIES](#) and get "back to school" today! Here are just a few examples of available courses:

- [Oncology Patient Navigator Training: The Fundamentals](#). This competency-based training helps patient navigators effectively address barriers to care for cancer patients and survivors.
- [Executive Training on Navigation and Survivorship](#). This training covers the nuts and bolts of navigation and survivorship program development and implementation.
- [Cancer Survivorship E-Learning Series for Primary Care Providers](#). This program, intended for primary care providers, covers late and long-term effects of treatment for a variety of cancer types.

“CancerFinances.org” – New Toolkit for Navigating Finances After Cancer

Dealing with medical bills? Want to improve your credit score? Understand your consumer rights? Need financial help? Then this guide is for you. Click on the image to the left to download. Triage Cancer offers this free service to help individuals explore their health insurance options. Go to <http://cancerfinances.org> to start the process. This is also a great toolkit for health care professionals to use to help patients, as only limited demographic information is needed (e.g., zip code, age, and income level). The results are presented in an easy to read chart that is printable for future reference. This service is provided by Triage Cancer to the public completely free of charge as part of our mission to help alleviate some of the many stressors associated with a cancer diagnosis.



Cervical Cancer Screening Update Webinar

To view the live recording of this webinar from 9/20/17 hosted by the Nevada Primary Care Association and the American Cancer Society, visit www.nvpca.org or <https://youtu.be/OAjEoukK6K0>.

Updated Booklets from The Leukemia & Lymphoma Society

The Leukemia & Lymphoma Society (LLS) has updated two booklets for patients and caregivers to learn more about:

Chronic Myeloid Leukemia: [Click here](#) to download a PDF or order a copy.

The CML Guide: Information for Patients and Caregivers: [Click here](#) to download a PDF or order a copy.

All free information booklets are available at www.LLS.org/booklets. You may also contact an LLS Information Specialist to order copies: (800) 955-4572 or [Email or Live Chat](#)

Treating Cancer with Targeted Therapy:

Science 37 is a research site in a study to explore the effectiveness of targeted investigational medications for cancers with known mutations. This research study explores multiple investigational medications that each target a different cancer mutation. A molecular profile test will determine the cancer mutations and help to determine research study eligibility and medication assignment. Once eligibility is confirmed, research study volunteers will take one or two daily pills that will be shipped to their homes and they will continue to see their local oncologist for routine clinic follow ups. **To qualify, you must be: actively diagnosed with metastatic cancer, 18 years or older, and live in California.**

For further reading and visuals, read our article [here](#). For more information and to sign up, please visit <https://www.science37.com/trials/my pathway>.

Calling All Photographers!

Help the Cancer Legal Resource Center by taking pictures to help us bulk up our media library with fresh and relevant images. We are looking for things you encounter in everyday life related to our mission. Some examples may include: impassable sidewalks, wheelchair ramps, braille signage, cancer treatment equipment, etc. To sign up or get more information, please contact Katie at katharine.sanchez@dlrcenter.org. We can't wait to see what you come up with!

California Pink Plate – 7,500 pre-orders were placed so production can begin!



For more information about ordering the California specialty Breast Cancer Awareness "Pink Ribbon" license plate, better known as California Pink Plate, go to www.pinkplate.org to see the design, get answers to Frequently Asked Questions, and place an order for your very own "Pink Ribbon" license plate today. Share the pinkplate.org website with your friends, family, co-workers via e-mail, Facebook, Twitter, Instagram, and any other form of social media, and tag it #PinkPlate. Together we can make the "Pink Ribbon" license plate a reality and see it on the roads and highways! We are delighted to take the next step to make the "Pink Ribbon" license plate a reality. If you have any questions, please contact us at pinkplate@dhcs.ca.gov.

CLRC Patient Legal Handbook

The CLRC is proud to announce its newly published [Patient Legal Handbook](#). This handbook is a resource for patients coping with cancer and provides valuable information about cancer-related legal issues that touch patients all the way from diagnosis through survivorship. This handbook is part of a project funded by [Amgen's Breakaway from Cancer](#) program, a national initiative to increase awareness of important resources available to people affected by cancer -- from prevention through survivorship. The CLRC's new Patient Legal Handbook is also available in Spanish as [Instructivo Legal del Paciente](#). For questions, please contact the CLRC at CLRC@dlrcenter.org or call (213) 736-1100.

Early Lung Cancer Screening

Designed to evaluate people who are without symptoms and have a high risk for developing lung cancer. Criteria for screening: between 55-77 years old, currently smoke or have quit within the last 15 years, and have a history of smoking for 30+ years. Appointment required: www.memorialcare.org/sbwellness. Saddleback Memorial Medical Center, 24451 Health Center Dr., Laguna Hills 92653.

The Leukemia & Lymphoma Society's Susan Lang Pay-It-Forward Patient Travel Assistance

The Susan Lang Pay-It-Forward Patient Travel Assistance Program (TAP) for Southern California funded by Stater Bros. Charities grants are based on fund availability and distributed on a first-come, first-served basis to patients living in selected counties in southern California (Los Angeles, Ventura, Santa Barbara, Orange, Riverside, San Bernardino, San Diego, Imperial and other designated Counties, etc.) in need of financial assistance for travel. Due to the overwhelming need and limited availability, funds are not guaranteed. We advise that applicants fill out the application upon receiving. Please review and ensure all portions of the application are complete and accurate. The grant is for \$500 for patients meeting the criteria and completing all the required paperwork. To obtain the application paperwork, contact Roxanne Garza at Roxanne.Garza@lls.org.

80% by 2018 Colorectal Cancer Screening Initiative

Colorectal cancer is the second leading cause of cancer death in men and women combined in the US and a cause of considerable suffering among more than 137,000 adults diagnosed with colorectal cancer nationwide each year. Because colon cancer is one of the few cancers that can be prevented through the detection and removal of precancerous polyps found during screening, it is imperative that we as an organization make colorectal cancer screening a priority. If you're age 50 or older, get screened!

- [Know the American Cancer Society screening guidelines](#) – and most importantly that colorectal cancer screening starting at age 50 can prevent cancer and saves lives.
- Check out [resources available to your providers](#) and clinic to help improve colorectal cancer screening rates.
- Pledge to increase screening rates and support 80% by 2018! Click here to [sign the pledge directly online](#)

Cleaning for a Reason: FREE House Cleaning for Women Undergoing Chemotherapy

If you know any woman currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides FREE housecleaning - once per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. This organization serves the entire USA and currently has 547 partners to help these women. www.cleaningforareason.org

This Calendar of Events is updated monthly and can be downloaded [here](#).