FOR MANY OF US, the holidays gave an excuse to overindulge, eating a few too many sweets and skipping exercise a little too often. The start of a new year is a great time to refocus on our health goals. But this year, rather than making the same resolutions as in the past, why not consider a new approach—one that respects your whole being?

Instead of focusing on what is wrong that you’d like to fix (quitting smoking, lowering your BMI, exercising more), create a vision of the difference you’d like to make in your life, your community, and the world. Perhaps you’d like to contribute to a special project at work, connect with your grandchildren, or support a worthy non-profit.

Often, by respecting your desire to make an impact, you naturally make changes that improve your health. Making healthy choices gives you the energy you need to achieve your vision. Here’s how this approach can help you get there:

**Set your intention.**
Get clear about how you’d like to make a difference. Look within to discover just how you want to make an impact.

**Truly commit.**
Pledge yourself to this vision you have for your life. Write a personal pledge to help you stay focused throughout the year. Take stock of the actions you must take to accomplish your dream.

**Get support.**
Once you commit to your intention, open your eyes to the opportunities all around you. Ask for—and accept—the help you need, no matter what form it takes. And if you want help with specific health goals to help you fulfill your vision, PeaceHealth is here to support you.

Download a template for creating your personal pledge for the new year at [www.peacehealth.org/NewYou](http://www.peacehealth.org/NewYou).

“*The key to making healthy decisions is to respect your future self.*”
—AJ Jacobs
Leading-edge cancer care, close to home

AT PEACEHEALTH ST. JOSEPH CANCER CENTER, three times as many oncology patients as the national average participate in clinical trials.

In our peaceful facility, where patients in the infusion suites can view natural beauty and glass art through the windows, we offer more than 30 clinical trials. They involve research in treatments for breast cancer, lung cancer, lymphoma, colon cancer, and other malignancies. Most are the same trials that are offered at larger medical institutions and academic centers. Because we provide local access to these studies, community members need not travel to receive this leading-edge care.

At the PeaceHealth St. Joseph Cancer Center, our caregivers evaluate all who are diagnosed with cancer to determine if they are eligible for a clinical trial. If so, the patient and physician discuss whether a clinical trial would be appropriate. Most clinical trials in oncology do not involve a placebo, and patients and physicians know exactly what treatment the patient is receiving. Some clinical trials study supportive care, such as ways to combat side effects.

Many insurance plans cover the cost of clinical trials. For expenses not covered by insurance, PeaceHealth St. Joseph is fortunate to have strong philanthropic support.

Getting the right diagnosis

EXPERIENCING PAIN CAN be uncomfortable physically. But not knowing why you are having pain can also be uncomfortable emotionally. You may wonder or worry, “Why am I hurting? Could this be serious?”

Addressing both your physical and emotional pain is the first key to recovering your health. That’s why getting an accurate diagnosis of your condition is such an important aspect of patient care.

“We use technological advances in diagnostics to help our patients and their doctors get the information they need, quickly and easily,” said Jack Estrada, RT(R)(CT), BS, director of diagnostic imaging at PeaceHealth St. Joseph.

The SOMATOM Definition Flash Dual Source CT scanner takes 256-slice scans that produce sharp, high-resolution images. These images can be viewed from any angle, helping the doctor assess your condition. The scanner’s speed and lowest-dose technology make CT exams healthier and safer for patients.

The scans are easier for patients who may have difficulty breathing. Radiation exposure is reduced up to 60 percent over older scanning technology. Local access and no required sedation means there is no recovery time, so you can get back to your daily activities right away.

Of course, the most important benefit for patients is the high image quality that doctors can use to make a fast, accurate diagnosis. That diagnosis can bring peace of mind and start you down the road to recovery.

Talk with your doctor about which test is right for you.
Volunteers donate blood pressure kiosk

SAN JUAN ISLANDERS may remember that when the InterIsland Medical Center was open, a person could walk in and request a blood pressure screening—and a registered nurse would provide that service on-the-spot, no charge.

Free blood pressure checks without an appointment are now available at Peace Island Medical Center (PIMC).

Thanks to Peace Island Volunteers, an automatic blood pressure testing station is now located in the lobby. PIMC community board member and longtime volunteer Tom Cable is pictured above giving the equipment a trial run.

The blood pressure kiosk is accessible during regular clinic hours: Monday through Friday, 8 a.m. to 6 p.m., and Saturday, 9 a.m. to 1 p.m.

According to Jim Barnhart, Chief Administrative Officer, the kiosk is part of an overall health and wellness plan. “This generous gift not only demonstrates how Islanders help one another,” said Barnhart. “It also puts in place a free and easily accessible means to monitor vital health information.”

The installation of this health monitoring station is part of Peace Island Volunteers’ mission to promote health care services in San Juan County, especially at Peace Island Medical Center. Their support comes in many forms, including: volunteer work at the medical center; holiday decorating; outdoor trail development on the property; and providing magazines and children’s books, articles of clothing for accident or trauma patients, mammography capes, and knitted items for cancer patients. Membership in Peace Island Volunteers is open to everyone. Visit www.peaceislandvolunteers.org to learn more.

The lows and highs of blood pressure

How do you know if your blood pressure is too high? This chart of blood pressure levels (measured in mm Hg) can help. The ranges apply to most adults (18 and older) who don’t have a short-term serious illness.

**SYSTOLIC**

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>Normal</th>
<th>Prehypertension</th>
<th>High blood pressure Stage 1</th>
<th>High blood pressure Stage 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>SYSTOLIC</td>
<td>Less than 120</td>
<td>120-139</td>
<td>140-159</td>
<td>160 or higher</td>
</tr>
<tr>
<td>DIASTOLIC</td>
<td>Less than 80</td>
<td>80-89</td>
<td>90-99</td>
<td>100 or higher</td>
</tr>
</tbody>
</table>

Source: National Heart, Lung, and Blood Institute

PATIENT PROFILE

One person’s story

TAMI MIKKELSON, of Birch Bay, used to be afraid of cancer. So much so that when driving her four children to medical appointments near the former PeaceHealth St. Joseph Cancer Center, she would avert her eyes.

Then, on January 23, 2013, she was diagnosed with stage III breast cancer. Within weeks, Mikkelson became well-acquainted with the new, integrated Cancer Center. And she changed her attitude about cancer.

“I was allowed to have cancer for some good reasons,” said Mikkelson. “Some are yet to be known, but others have become clear.”

When neighbors, church members, and others in their homeschool program learned of her diagnosis, Mikkelson said they were quick to respond with kindness, support, and meals. Her children—sons Tristan and Gavin and daughters Terin and Payton, seen with Mikkelson in the photo above—made her proud with their strength, acceptance, and active engagement.

“We’ll do what we need to do,” she said. “With God we will get through this.”

Mikkelson has found new ways to relax—and celebrate her new life. She used the complementary therapies offered to PeaceHealth St. Joseph Cancer Center patients. She signed up for massages, joined the support group and the “Healing Through Creativity” art class, and began working out at the Bellingham Athletic Club. And she signed on to be a volunteer for the Cancer Center.

Mikkelson isn’t afraid of cancer anymore. She enjoys the Cancer Center, with its beautiful and abundant art, and is happy to mentor others with the fears she used to have.

“Cancer breaks down barriers, if you’re willing.”
You are probably well aware that eating a healthy diet and exercising regularly can help reduce your risk of heart disease. It’s also important to maintain an appropriate weight, keep your blood pressure low, and have healthy cholesterol levels.

But it may surprise you to learn about these other—perhaps less known—things you can do to help keep your heart beating at a strong and steady pace:

1. Don’t ignore the snore. Have you been accused of rattling the windows with your snores? If so, you may have a potentially dangerous condition called obstructive sleep apnea in which you repeatedly stop breathing for brief periods while you sleep. This can interrupt your sleep—even if it doesn’t fully wake you up—and make you drowsy during the day.

   It’s important to get help for sleep apnea, because it can raise your risk for heart disease and stroke. A common treatment for the condition is to wear a special mask that gently blows air into your throat, which helps keep your airway open while you sleep.

2. Practice diabetes damage control. If you have diabetes, managing the disease is crucial to help prevent a long list of serious complications—including heart disease.

   Having diabetes puts you at higher risk for heart disease than someone without diabetes. It also increases your chances for getting heart disease at a younger age and for developing more severe forms of heart disease.

   The news isn’t all doom and gloom, however. Many of the same lifestyle changes that can help prevent heart disease in people without diabetes can also help you—including exercising, eating lots of fruits and vegetables, and shedding extra pounds.

   It also helps to work closely with your doctor and to follow the diabetes treatment plan he or she recommends.

3. Ditch the cigarettes—for good. “When people think about the health risks of smoking, lung cancer usually comes to mind,” says James Douglas Jr., MD, at PeaceHealth St. Joseph Medical Center. “But they may not realize that smoking also seriously hurts the heart.”

   The more you smoke, the greater your risk of having a heart attack. Studies show, however, that you can cut your risk of a heart attack in half within a year after quitting.

   Talk with your doctor about products and programs that can help make it easier to permanently break the habit.

Sources: American Academy of Family Physicians; National Institutes of Health

Laugh a little—or a lot

Too much stress can make your blood pressure go up—along with your risk for a heart attack. One way to de-stress is to laugh. Find something that tickles your funny bone and have a good belly laugh that goes straight to your heart.

Sources: American Heart Association; National Institutes of Health
Q I don’t have any family history of breast cancer. Why should I have a mammogram?

A Breast cancer screening is important in all women, regardless of family history. According to the American Cancer Society, women age 40 and above should have a screening mammogram once a year. Most women who are newly diagnosed with breast cancer do not have a family history of breast cancer. Breast cancer usually occurs randomly in women. This is why it is so important that all women participate in yearly screening.

Women with an elevated risk—those with a mother, sister, or daughter with breast cancer or a known gene mutation—should have yearly screening with mammography. Other breast imaging studies may enhance early detection. Breast MRI and ultrasound may be added to your care.

Mammography remains the best screening test for early detection. At Mount Baker Imaging—a Breast Imaging Center of Excellence—two radiologists qualified in breast screening review every mammogram independently to provide high accuracy in detecting the subtle signs of cancer.

Discovering a breast lump can be a frightening experience, but it is important not to ignore it. While most lumps are harmless, you should discuss any new breast lump with your clinician.

Valerie Behrndt, MD
Radiology
Women’s Diagnostic Center—Mount Baker Imaging
4029 Northwest Ave., Suite 101
Bellingham, WA 98226
360-647-2422

Q My son came home sick from preschool. One of the teachers said it could be rotavirus. What is that?

A Until recently, rotavirus was the most common cause of severe diarrhea in young children in the United States. Although most children recover without any complications, it is a common cause of hospitalization in infants and toddlers. There is no cure for rotavirus. It must run its course, which is typically three to eight days.

We now have excellent vaccines for infants, which have decreased rotavirus hospitalizations and emergency room visits by 85 percent in this country, although rotavirus remains a common cause of childhood mortality in developing countries. Other viruses, such as norovirus, also cause similar illnesses.

Children with fever, vomiting, or diarrhea may become dehydrated quickly. Make sure they consume plenty of fluids, including some salts and some carbohydrates. A child’s rehydration solution (such as Pedialyte) works well. Encourage small, frequent sips and avoid very sweet drinks. Other options include clear or bland foods like broth and rice or crackers.

If a child has less urination than normal, has dark-colored urine, seems lethargic, or is crying without tears, see your doctor immediately.

To prevent the spread of diarrheal illnesses, practice good handwashing and careful handling of soiled diapers.

Q I am pregnant with my second child. My first was delivered by C-section. I’d like to have a vaginal delivery with this child. Is that possible?

A Most women who have a single C-section birth are good candidates for a trial of labor after cesarean when attempting a vaginal birth after cesarean (VBAC). The most successful candidates will be women who have given birth both vaginally and via C-section.

One risk of VBAC is uterine rupture, where the uterus tears along incision lines from the previous delivery. This problem is rare, but it can be serious for the mother and baby. PeaceHealth St. Joseph Medical Center staffs all the emergency personnel needed to help minimize this risk.

When attempting a VBAC, problems can occur that make another cesarean delivery necessary. And the risk of infection in mothers having a C-section after beginning labor is greater than in mothers who have a vaginal delivery or a planned C-section.

As mothers know, each pregnancy and birth is different. At PeaceHealth, we are committed to keeping VBAC a safe delivery option. No matter what type of delivery you plan, work closely with your doctor, who works closely with our Childbirth Center, to be clear about the risks involved and about your options for labor and delivery.

M. Greg Thompson, MD, MPH
Pediatrics
PeaceHealth Medical Group
4545 Cordata Parkway, Suite 1E
Bellingham, WA 98226
360-738-2200

Douglas Madsen, MD
Obstetrics-Gynecology
OB Hospitalists
2901 Squalicum Parkway
Bellingham, WA 98225
360-788-6360

Nutrition and Cancer Management

When: Third Thursday of each month, 10:30 to 11:30 a.m.
Info: Includes tips for managing treatment-related symptoms.
Call 360-788-8226.

Childbirth Preparation

Info: Several classes are offered, including Pregnancy and Childbirth, Preparation for Childbirth and Parenting, Childbirth Preparation Weekend, HypnoBirthing, Understanding Birth eClass, and one-time classes of Breastfeeding (Basics and Beyond) and VBAC: Exploring Your Options. Co-sponsored by Bellingham Technical College.
Call 360-752-8350 or visit www.btc.ctc.edu/takeclasses.
WHERE IS THIS CLASS?

Classes and events are at the following locations, unless otherwise noted.

■ PeaceHealth St. Joseph Medical Center Main Campus, 2901 Squalicum Parkway, Bellingham
▲ St. Luke's Community Health Education Center, 3333 Squalicum Parkway, Bellingham
◆ PeaceHealth St. Joseph Medical Center South Campus, 809 E. Chestnut, Bellingham
● PeaceHealth St. Joseph Cancer Center, 3301 Squalicum Parkway, Bellingham

HEALTH SCREENINGS

‘Take Heart’ Screening
Where: ■
Info: Includes electrocardiogram, cholesterol, blood glucose, body composition, blood pressure measurements, and consultation with health specialist. Call 360-788-6720 to schedule an appointment. $55

Exercise Consultation
Where: ■
Info: Meet with a cardiovascular health specialist who will assess your exercise capacity and design an individualized program to help you meet specific health goals. Call 360-788-6719. $75

CHILD BIRTH

Childbirth Preparation
Info: Several classes are offered, including Pregnancy and Childbirth, Preparation for Childbirth and Parenting, Childbirth Preparation Weekend, HypnoBirth, Understanding Birth eClass, and one-time classes of Breastfeeding (Basics and Beyond) and VBAC: Exploring Your Options. Co-sponsored by Bellingham Technical College. Call 360-752-8350 or visit www.btc.ctc.edu/takeclasses.

FREE Childbirth Center Tour
Info: Register online at www.peacehealth.org/childbirthcenter.

SUPPORT GROUPS

FREE Mended Hearts
Info: For those who have had heart surgery or cardiac stents. Call Peter Olsen at 360-715-1107 for more information.

FREE ICD Support Group
When: Monday, Feb. 3, 5 to 7 p.m.
Where: ■
Info: Call 360-734-2700 to register.

FREE CPAP Support Group
When: Second Wednesday of odd-numbered months, 5 p.m.
Where: PeaceHealth Medical Group, 4545 Cordata Parkway, Conference rooms 2 and 3
Info: Call Sue Moore at 360-752-5648.

FREE Brain Injury Support Group
When: Second Thursday of each month, 7 to 9 p.m.
Where: ■
Info: Call Mary Hughes at 360-631-2054 or 360-548-8536.

FREE Bellingham MS Self-Help Group
When: Second Wednesday of each month, noon to 2 p.m., or second Thursday of each month, 6 to 8 p.m.
Where: ■
Info: Call Amy at 360-650-9255 (day group) or Keith at 360-739-5905 (evening group). Email bellinghamms@yahoo.com.

FREE Caregiver Support Group
When: Second and fourth Tuesdays of each month, 2 to 3:30 p.m.
Where: ■
Info: Call Sue Moore at 360-788-6410 or visit www.peacehealth.org/adultdayservices.

FREE Grief Support Group
When: Tuesdays, 7 to 8:30 p.m., or Wednesdays, 2 to 3:30 p.m.
Where: ■
Info: Open drop-in sessions. Call 360-733-5877.

FREE The TreeHouse
Where: ■
Info: For grieving children and families. Call 360-223-6681.

FREE Sjogren’s Syndrome
Where: ■
Info: Call 360-675-1926.

FREE Spinal Cord Injury Support Network
When: First Monday of each month, 7 to 9 p.m.
Where: ■
Info: Call 360-332-8484.

FREE Peripheral Neuropathy Support Group
When: Third Wednesday of each month, 2 to 3:30 p.m.
Where: ■
Info: Call 360-676-0367.

FREE Stroke Support Group
When: Second Thursday of each month, 2 to 3:30 p.m.
Where: ■
Info: Call 360-715-6420. No registration necessary.

FREE ALS Support Group
When: Second Thursday of each month, noon to 1:30 p.m.
Where: ■
Info: Call 360-733-5222.

FREE Gluten Information Support Group
When: First Tuesday of each month, 7 to 9 p.m.
Where: ■
Info: Call 360-734-4989 or 360-332-7435 or visit www.glutenfreeway.info.

FREE Hepatitis C Support Group
When: Third Monday of each month, 6:30 to 8 p.m.
Where: Health Support Center, 1212 Indian St., Bellingham
Info: Call 360-733-6714.

FREE Diabetes Support Group
When: Second Monday of each month, 7 to 9 p.m.
Where: ■
Info: Call 360-303-5124.

A place of caring and warmth

PeaceHealth St. Joseph Adult Day Health Center provides engaging activities, nursing services, therapeutic exercise, and support to family caregivers in order to enable adults with chronic illness, disability, or memory loss to remain safe and healthy where they live.

The center also provides resources for caregivers—regardless of whether the person for whom they care attends the center—including caregiver support groups and lectures on topics related to challenges that caregivers face.

Call 360-788-6410 or visit www.peacehealth.org/adultdayservices.
◆ Adult Day Health Center

Healthcare organization with facilities in Alaska, Oregon, and Washington.

HOW TO REACH US

PEACEHEALTH ST. JOSEPH MEDICAL CENTER
2901 Squalicum Parkway
Bellingham, WA 98225
360-734-5400
www.peacehealth.org

Amy Cloud
Editor
acloud@peacehealth.org

Dale Zender
Chief Administrative Officer

PeaceHealth is a non-profit, integrated health care organization with facilities in Alaska, Oregon, and Washington.

HEALTH TODAY is published by PEACEHEALTH ST. JOSEPH MEDICAL CENTER to provide health care and wellness information to residents of Whatcom and San Juan counties.

Information in HEALTH TODAY comes from a wide range of medical experts. If you have any concerns or questions about specific medical issues that may affect your health, please contact your health care provider.

Copyright © 2014 PeaceHealth
Copyright © 2014 Coffey Communications, Inc. HSM92966

To unsubscribe from this free community health care publication, email Amy Cloud at acloud@peacehealth.org and provide your name and mailing address.

HEALTH TODAY is published at a facility with an emission system that uses up to 50 percent less natural gas than conventional methods and a chiller that saves more than 426,000 kilowatts of electricity over the previous system. The HEALTH TODAY printer recycles all paper waste and uses inks that limit environmental impact.
**HEALTH EMPOWERMENT**

**FREE** Better Joints: Tips and Tricks for Arthritis Management
Where: Tuesdays, March 4 and 11, 3:30 to 5:30 p.m.
Info: A free, two-session class covers weight-loss strategies; strengthening; and preventive care for those with spine, hip, or knee arthritis. To sign up, call 360-788-6024.

**FREE** Adult Day Health Center Lecture Series: Facing the Challenges of Aging
Where: South Campus
Info: Free lectures for family and professional caregivers on how to best support people as they age. Lectures are presented by experts in the field of aging and disability. Call 360-788-6410.

**FREE** Grief Relief for Women
Info: A group to help women who are grieving six or more months after a death move toward reconciling grief and discovering new life pathways. To schedule a pre-registration interview, contact Whatcom Hospice at 360-733-5877 or jrobinson2@peacehealth.org.

**FREE** Service of Memory
Where: Adult Day Health Center, South Campus
Info: A special service remembering those we love who have died. We invite you to honor those who have passed and whom you wish to remember. Call 360-733-5877 or email jrobinson2@peacehealth.org.

**FREE** Memory Teddy Bear Workshop
Info: Build a keepsake memory teddy bear with clothing of your departed loved one. Workshops are in February and April. Contact Whatcom Hospice at 360-733-5877 or jrobinson2@peacehealth.org.

**FREE** WAHA End of Life Choices: Advance Care Planning
Where: Adult Day Health Center, South Campus
Info: Advance Care Planning is a process of talking about what is important to you so that you can plan now for future health care decisions—especially at a time when you cannot speak for yourself. This workshop will help you understand how to make your wishes known to loved ones and doctors and how to complete advance directives. Sponsored by the Whatcom Alliance for Health Advancement (WAHA). Other times and locations are scheduled. Call 360-788-6525 or visit www.whatcomalliance.org/end-of-life-care.

**NUTRITION**

**FREE** Brain Tumor Caregiver Group
Where: First Friday of each month, 2 to 3 p.m.
Info: Hosted by volunteer Marianne Bradwick. Call 360-788-8220.

**FREE** Women’s Cancer Support Group
Where: Mondays, 10 to 11:30 a.m.
Info: For all women, regardless of age or cancer diagnosis. Call 360-788-8220.

**FREE** Friends and Family Support Group
Where: Thursdays, 5:30 to 6:30 p.m.
Info: A place to receive information and support. No registration necessary. Call 360-788-8220.

**FREE** Nutrition and Cancer Management
Where: Third Thursday of each month, 10:30 to 11:30 a.m.
Info: Includes tips for managing treatment-related symptoms. Call 360-788-8226.

**FREE** Diabetes Education
Where: PeaceHealth and the Bellingham Athletic Club team up to help those with cancer battle fatigue. If you are currently undergoing cancer treatment, ask your doctor for a referral. Call 360-788-8220.

**FREE** Look Good…Feel Better
Where: Second Monday of each month, 1 to 3 p.m.
Info: Offered in partnership with the American Cancer Society, this class focuses on skin and hair care. Cosmetic samples are provided. Registration is required. Call 360-788-8226.

**FREE** Mindfulness Meditation
Where: Wednesdays, 11:30 a.m. to 12:30 p.m.
Info: Led by Lisa Harmon, LHMC therapist. Open to patients, survivors, family, and friends. Call 360-788-8226.

**FREE** Cancer Survivors’ Group
Where: Third Saturday of each month, 10 a.m. to noon
Info: Open to all cancer survivors. Call 360-788-8220.

**FREE** Prostate Cancer Support Group—’Us TOO’
Where: Second Tuesday of each month, 7 to 8:30 p.m.
Info: For men diagnosed with prostate cancer. Call 360-788-8220.

**FREE** Gentle Yoga for Patients
Where: Tuesdays, noon; Fridays, 8 a.m.
Info: Offered by certified yoga instructor Holly Davidson. Call 360-788-8226.

**FREE** Healing Through Creativity
Where: Wednesdays, 1:30 to 3:30 p.m.
Info: For those with cancer and survivors. All supplies provided. Call 360-788-8226.

**FREE** Exercise and Thrive
Where: Call Tammy at the YMCA at 360-733-8630. (Enrollment fee includes a YMCA membership.)

Diabetes education

People with diabetes will benefit from the individual care provided by the Nutrition and Diabetes Clinic nurses and dietitians. The cost is covered by most insurers, including Medicare and Medicaid. Call 360-752-5601 to register; physician referral required.
DO YOU HAVE a yearning to make a difference in your community? If you are over the age of 65, we have a creative solution you might consider—a way for you to make the largest gift you could ever imagine, without straining your bank account.

The PeaceHealth Charitable Life Income Fund (CLIF) is a specialized real estate pooled income fund designed to support our community’s long-term health care needs while at the same time providing a growing stream of fixed income to donors. When you make a gift to the CLIF, your gift is combined with the contributions of other donors and invested. The fund’s net investment income is distributed to its donors quarterly. One or two income beneficiaries can receive distributions throughout their lifetime. After that, the full amount of the gift is transferred to PeaceHealth.

This innovative philanthropy tool makes it possible for anyone to make a donation. By transferring gifts of cash, appreciated stock, real estate, or other assets into the CLIF, you have an opportunity to increase your monthly income while at the same time supporting excellence in health care for your community.

If you would like to know more about supporting PeaceHealth St. Joseph Medical Center through the CLIF, please contact Karen Haggen at 360-788-6851 or khaggen@peacehealth.org.

Sylvia and Dennis Holmstrom helped support the construction of the new, integrated PeaceHealth St. Joseph Cancer Center through a gift to the Charitable Life Income Fund.