

MEET OUR Social Workers

PAID PROMOTIONAL FEATURE

Wendy Hall and Amy Roberts have served our community as onsite Licensed Clinical Social Workers ever since joining RBOI in 2011. Wendy joined RBOI following 22 years at Hospice as a palliative care social worker. Becoming a certified oncology social worker was the natural next step. Her knowledge of support networks lets her match people in need to services. "People talk to others about their circumstances. They may say, 'I'm not able to work now because I'm in cancer treatment.' And somebody knows about us and will make contact." Hall also teaches smoking cessation classes, tackling a major, preventable cause of cancer. To learn more and to register, call her at 352-527-0106.

Like Wendy, Amy Roberts counsels cancer patients and their families and caregivers, helping them navigate insurance and health systems and advocating on their behalf. She also teaches stress reduction techniques. Roberts offers free Friday Virtual Meditations, 10–10:30 AM, for anyone affected by cancer who lives in Citrus, Lake, Marion, and Sumter Counties. She conducts Tuesday Meditations from 12 noon–1 PM, at One Health Center in Ocala, for anyone who is treated at RBOI or is 55 or older. To learn more and to register, call her at 352-732-0277. You can also access meditation videos at any time on RBOI's guided meditation page, RBOI.com, under the "Cancer Support" tab.



Wendy Hall LCSW



Amy Roberts LCSW

Coming Soon! RECOVERY THROUGH CREATIVITY

We're excited to introduce a new psychosocial offering, Recovery Through Creativity, a collaborative workshop with RBOI and HCA. This unique program uses creative arts to help individuals affected by cancer connect, express, and heal together. Sessions will explore creative expression, mindful eating, and music, all guided by **Licensed Clinical Social Worker Amy Roberts**. Held three times a year, this workshop provides a supportive space to restore well-being and strengthen community. Dates are forthcoming, with a full flyer on the way.



How We Help

We provide support at no cost to the individual or to insurance, and regardless of whether or not one is a patient at RBOI. Some activities are ongoing, while others occur at different times during the year. Call us for more information and to register.

- *Art of Aging (Marion Cultural Alliance)*
- *Breast cancer educational group (RBOI Lecanto)*
- *Cancer Alliance of Marion County*
- *Cancer Resource Room*
- *C.L.I.M.B. (Children's Lives Include Moments of Bravery)*
- *Citrus Aid Cancer Foundation*
- *General Cancer Educational and Support Group (RBOI Lecanto)*
- *Guided Meditation*
- *H.U.G.S. Charities of Marion County*
- *Living Strong after Cancer (YMCA Lecanto)*
- *Mindfulness for Health class (Lecanto, Ocala, The Villages)*
- *Nature Coast Cancer Crusaders*
- *RBOI and Advent Health Educational Support Group (Ocala)*
- *Shop Talk (lunch lectures at CCF Ocala)*
- *Stop Smoking Class (Lecanto)*
- *Tuesday Meditations for RBOI Cancer Patients*

by the numbers

1984

Formation of the Association of Oncology Social Work (AOSW)

More than 40%

Percent of time oncology social workers spend in patient-focused work (AOSW survey)

More than 1,300

Oncology social workers in the U.S.

23%

Proportion of cancer patients who regularly use meditation or breathing techniques as a coping strategy

Take a Rest STOP

How do you create internal peace in the midst of disruption? Roberts recommends the STOP technique.

S means **Stop**. Pause whatever you're doing.

T means **Take big, slow breaths**. Fill your lower and middle belly, widen your chest, then reverse that flow, for however long you need to.

O means **Observe yourself without judgment**. "What's going on right now? Am I hungry? Am I tired? What do I need?"

P means **Perceive whatever you need in that moment**. Maybe you need to say, "I'll get back to you tomorrow" or take a brief walk outside, or pray.

The STOP technique is internal. "Nobody has to know what you're doing, but you can do it quietly for yourself," Roberts explains. "And the more times you use it, the more it becomes the default."

RBOI's support services are available to the community free of charge, from before diagnosis through treatment and afterward, regardless of where you are being treated. Give us a call.



Patient-centered radiation oncology close to home

The Villages 352.259.2200

Ocala 352.732.0277

Timber Ridge 352.861.2400

Inverness 352.726.3400

Lecanto 352.527.0106

RBOI.com

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