

To Whom It May Concern,

I have known Sarah Jenness and David Sloves for over 5 years and been working with them, as part of our Cancer Wellness Programs, since November 2016. Their practice of Sound Healing and Gentle Yoga has become the most central and most attended program in our integrative health programs. As a former cancer patient, I know how important and valuable their practice is.

At St. Joseph Health Regional Cancer Care, we have made it our mission to create integrative practices for healing, focused not just on the body and traditional medicine, but on *Whole Health*; mind, body and spirit. We work to empower patients through a variety of integrative therapies and the practice of gathering in community to help facilitate lifelong wellness. We believe and it is proven through research-based practices, that therapies such as art, music, sound healing, yoga, qigong, massage etc., in conjunction with traditional medicine, help patients to achieve better health.

I am present at each Sound Healing session to meet with patients and help facilitate Sarah and David's practice. I continue to witness first-hand how they truly bring an immeasurable amount of peace, wellness and healing to patients through the wonderful practices they share and with their gentle and genuine caring manner. They are so engaged with each patient and have clearly have experience gently guiding groups. I have had patients tell me many times that after a sound healing evening, they have not slept as well in months as they did on those nights.

Sarah and David truly have genuine hearts filled with compassion and caring. They are always professional, prompt, thorough and flexible with the behind the scenes business and management needed to support the cancer wellness programs.

Your staff and patients will be blessed to be able to join in community with Sarah and David as they share their sound healing practices. I have included portions of emails that I receive from patients. Please feel free to contact me with any questions.

Dear Sharon, I've been a number and times, and it has not only been great with the gentle yoga, sound healing, and movement, but has really helped bolster my spirits. Being able to meet in this gentle way with other cancer patients.... with understanding.... without embarrassment or guilt for talking about death, knowing we all are going through or have been through the same thing. I love the sharing, listening and supporting each other, and truly feel it helps with the healing process. I've had to drag myself to the group a couple of times, but have left feeling energized and with a positive outlook. Thank you Sharon!!!

Dear Sharon, I want you to know.....I look forward to the groups so much and always come away with a renewed sense of strength, hope and courage.... thank you for providing a safe, supportive, healing space for cancer patients, survivors and caretakers..... these groups have opened me to new healing experiences through sound healing, meditation, yoga and movement and by expressing and sharing the fear, my sadness and hope in a community of amazing survivors and warriors....Until I started attending these groups I didn't leave the house except to go to doctor's appointments, I now have courage to participate in life again. Thank you and St Joes for understanding the need and importance of your work and keeping these programs alive!! With great respect for the very important work you do. Sandra

Dear Sharon, Having the opportunity to introduce my mother to therapeutic activities like Sound Healing and Yoga and Meditation is exciting. She's in her 70's and she's never done any of these! My mom has never been a huge music fan like my dad and I. But after taking her to Sound Healing, she started asking me if there are any musical events we can go to! I was shocked! She has never expressed interest in the past. I think this program is helping her slowly open her eyes and her mind. Seeing other people living with their cancer and hearing their stories will show her the way to a better path. St. Joseph has given me a way to show mom that there is Hope after cancer, that she does have the power to get well and life is still worth living even if she's sick. Your presence in Petaluma has made a difference in my mom's life and mine. For that, I'm truly thankful. Mahalo and Sincerest Aloha, Rosemary Low and Mary

Sincerely,

Sharon

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