

Cancer Care

OUR MISSION YOUR CENTER TOGETHER FOR HOPE

SAVE THE DATE: APRIL 11, 2017

Mission Hope Cancer Center 5 Year Anniversary Cancer Survivor Celebration and Day of Hope Fundraiser!

January/February 2017

Caring for the Human Spirit:

Living with Cancer, Hope and Coping with Uncertainty



Cheryl Decker, MD, FACEP

Surviving cancer is more than just killing cancer cells and getting through treatment. Patients must deal with the emotional, social, spiritual, and financial fallout of a cancer diagnosis. Survivors understand that it is impossible to just go back to where they were before cancer.

So, if stepping back into everyday life after having faced a life-threatening illness is not as simple as it sounds, now what? How do you pick up the pieces of your life and put them back together again? There are no guidelines to follow once treatment for cancer finishes—no bridge from hospital to home. How do you discuss the variety of changes you are

experiencing when you may not even know how to describe them? You are not alone. Dr. Cheryl Decker has the expertise and tools to help liberate you to move forward to a “new normal.” She will be presenting a workshop to help you:

- Cope with the emotional effects of cancer
- Turn cancer into a positive catalyst for embracing life
- Connect with yourself, with others, and with a higher power
- Reclaim mind, body, and spirit to move forward with recovery
- Know when to ask for help and how to find it
- Survive and come to terms with a different you
- Explain strategies to deal with worry that’s right for you
- Provide tools to design your own unique healing plan

Please call 805.219.HOPE (4673) to reserve a seat. Can’t make it? You may set up an appointment with Cheryl Decker, MD, Mission Hope Survivorship and Supportive Care Program, at 805.346.3456.

Mission Hope is pleased to offer a free workshop:

Challenges of Your Cancer Journey

Cheryl Decker, MD, FACEP

Learn the various ways cancer survivors can reclaim their lives and move forward with confidence.

Bonus! Each participant will receive a free copy of the inspirational Book, *50 Days of Hope*.



**Tuesday, February 28
5:00 to 6:30 p.m.**

Mission Hope Cancer Center
1325 East Church Street
Santa Maria

Limited to 24 participants; reservations required. Please call 805.219.HOPE (4673).

**Mission Hope
Cancer Center Leadership**

Robert A. Dichmann, MD
Medical Director
Marian Cancer Program

Cheryl Decker, MD, FACEP
Cancer Risk Program/Survivorship
and Supportive Care Program

Todd M. Erickson, MD
Medical Oncologist/Hematologist

April Kennedy, MD
Medical Oncologist/Hematologist

Case H. Ketting, MD
Radiation Oncologist

Samuel B. Kieley, MD
Urologic Oncologist

Christopher V. Lutman, MD,
FACOG
Gynecologic Oncologist

Monica A. Rocco, MD, FACS
Breast Surgeon

Stephen J. Vara, MD
Medical Oncologist/Hematologist

Jeffrey Wu, MD
Radiation Oncologist

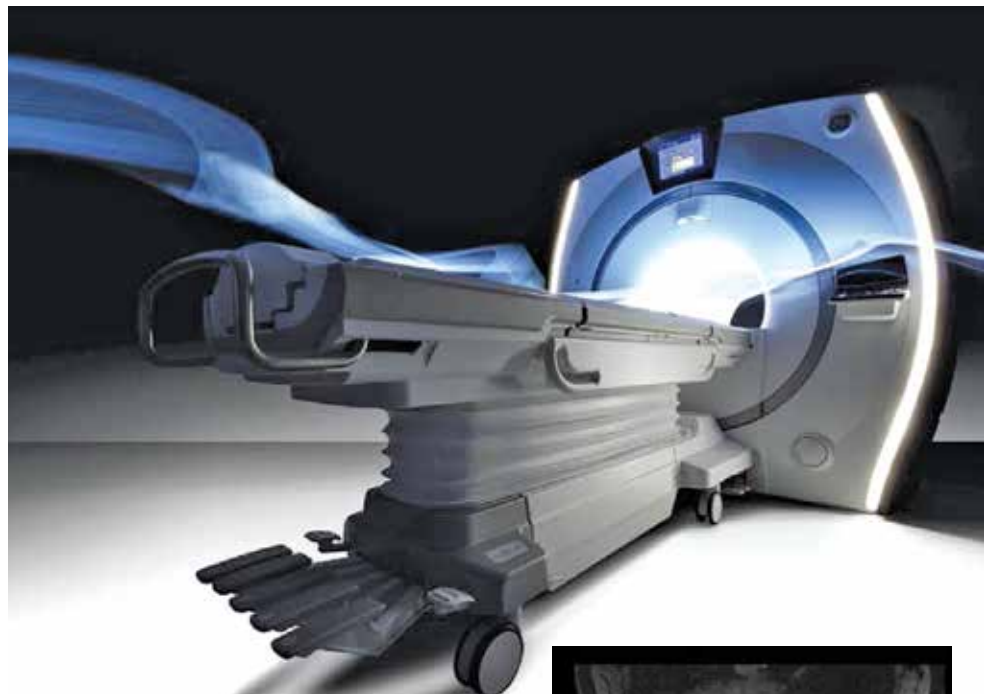
Katherine M. Guthrie
Regional Director
Central Coast Service Area

Caring design; insightful technology

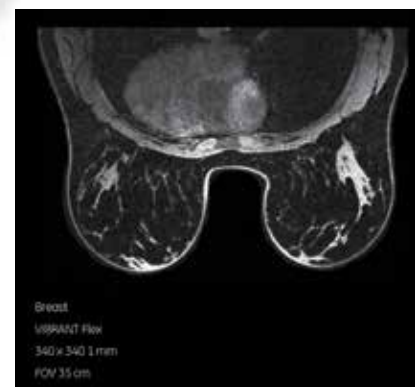
Introducing a New GE MRI System

Marian Regional Medical Center showcases our new MRI machine called Discovery MR750w 3.0T System. This advanced technology has features and benefits which include:

- 70cm wide-bore architecture to add space around you
- A table surface designed to alleviate pressure points
- Anatomy specific imaging coils to maximize image resolution
- Shorter scan time
- Propeller 3.0 technology to help reduce and correct for motion
- Robust angiography package including non contrast MRA
- Enhanced breast, prostate and neuro CAD
- Music and video system to enhance patient comfort



The special imaging software and coils demonstrate more detail and higher quality images for breast, prostate and neuro cancers. This breakthrough technology allows the physicians on the cancer center team additional information to care for their patients.



Allan Hancock College Calls Time Out on Cancer



Coach Larry Carney

Sixth Annual Benefit Scheduled

Don't miss Allan Hancock College's sixth annual Carney's Coaches vs. Cancer basketball game on Wednesday, February 8, 2017, inside the Joe White Memorial Gymnasium. The action-packed night is named after Allan Hancock College's longtime coach Larry Carney, who has been fighting cancer for over 20 years. Halftime features a special check presentation from the coaches to Mission Hope Cancer Center at 5:30 p.m. Since the event's inception more than \$6,000 has been raised by the Allan Hancock College Athletics Department in support of Mission Hope Cancer Center.

It will be a great night of hoops as the Bulldogs take on their rivals from Moorpark College with the men's game starting at 5:00 p.m. and the women taking the court at 7:00 p.m. All concession and ticket sales from the evening will be donated to Mission Hope Cancer Center. Seniors and children eight and under are only \$5 and regular admission is \$7.

Cruzin' for Life Gifts Meaningful Donation

Christmas came early for Marian Cancer Care due to an incredibly generous \$110,000 donation from Cruzin' for Life!

On December 7, 2016, Cruzin' for Life presented Marian Cancer Care leaders with the amazing gift, which represents a portion of proceeds from the volunteer-run organization's highly successful 13th Annual Car Show and Cruise (photo below). Cruzin' for Life holds the coveted title as Marian Cancer Care's most generous organizational donor, gifting more than \$916,000 since 2006.

"Cruzin' for Life's ongoing dedication to supporting local cancer patients and families in need is truly inspirational," states Robert Dichmann, MD, Medical Director, Marian Cancer Care. "We are grateful to the Cruzin' for Life Board, the event's volunteers, and the countless community supporters, as their gift will make a meaningful impact for cancer patients in our community."



Heartfelt Thanks to These Groups:



Best Buy Auto Sales donated \$5,000.



Santa Maria Country Club Women's Division raised \$10,399 for patients and families.



Santa Maria Town Center collected \$15,131 from their benefit Bubbles for Breast Cancer.

Wishing you a healthy 2017

Tips to Help Those New Year's Resolutions Stick!

It's that time of year again: the time to resolve to make changes that will result in a happier, healthier you! According to statistics, about half of Americans make a New Year's resolution and yet only eight percent are successful. Why is that? We decided to ask cancer survivor experts and creators of the iTHRIVE Plan—a personalized online wellness program available through Mission Hope—why they feel more than 90% of resolutions fail.

Have a goal of improved health for the new year? We offer the support you need to achieve it!

First, here's Dr. Lise Alschuler's perspective. "What I've found with my patients is that the ones who are most successful are those that do not take too much on. Instead, they focus on small achievable tasks that they can do on a daily basis. With each small task, they build their wellness, and before you know it, they have created a whole new way of living more healthfully. We intentionally built this feature into the Action Steps of the iTHRIVE Plan so users are set up for success right from the beginning."

Here's what Karolyn Gazella has to say. "If the resolution becomes drudgery, it's highly unlikely that we will stick with it. We need to find ways to work in some fun. For example, if I want to start exercising more, maybe I should do a yoga class or take up dancing instead of trying to run on the treadmill five days a week. And we also need to be able to take a break if we need to. With the iTHRIVE Plan, the user decides what they want to work on that week. If I don't want to work on movement, I can choose a Diet Action Step or if I'm feeling especially stressed, I can work on a

Rejuvenation Action Step."

Both Alschuler and Gazella agree that it also helps to write down the details of your resolution and get support. Communicate your goals with loved ones or friends and enlist their help. Take advantage of the variety of programs and services offered at Mission Hope which can serve to boost your efforts. And finally, celebrate the small successes and don't worry as much about the big goal. According to Alschuler and Gazella, to achieve a New Year's Resolution it needs to become a way of life and that takes time and patience. Their final advice: "Enjoy the journey!"

Dr. Lise Alschuler is an award-winning, highly-respect naturopathic oncologist. Karolyn A. Gazella has been writing and publishing integrative wellness content since 1992. They are both cancer survivors, co-host a radio show on the Cancer Support Network and iHeart Radio, and the authors of *The Definitive Guide to Cancer* and *The Definitive Guide to Thriving After Cancer*.

Start the new year in a positive way. For more information about signing up for the online iTHRIVE Plan, please call Kim Neace RN, OCN, at 805.346.3469 or make an appointment with Dr. Cheryl Decker at 805.346.3456. You can also learn more online at MissionHopeCancerCenter.com.

iTHRIVE Survivorship Plan Available Now

The iTHRIVE Plan is the first physician-developed and -endorsed online web-based program that provides cancer survivors with personalized, interactive wellness plans to help them heal from treatment, reduce risk of recurrence and achieve optimal health. Here's how it works:



It's that simple! Your personalized path to wellness is only three steps away. iTHRIVE is a breath of fresh air, a step towards positivity—individually and collectively. Each person's wellness is a composite of individual biology and the impacts of lifestyle on that biology interlaced with the wellness of the world around us. The health and wellbeing of our environment, our neighbors, and, in fact, the entire human community are essential to each person's wellness. We believe in the human community, in its beautiful diversity and in the inalienable rights of each person to enjoy health and happiness.

Transform from SURVIVOR to THRIVER with the iTHRIVE plan.

Your personalized path to wellness awaits! Sign up for this new online program to help you:

- Heal from treatment
- Reduce risk of recurrence
- Achieve optimal wellness





Cheryl Decker, MD, FACEP
Medical Director

The Importance of Cancer Survivorship Plans

Every cancer patient looks forward to the day that treatment is finally complete. The end of cancer treatment signals the beginning of a new journey: survivorship. Although you and your doctor may talk about the risk of a cancer recurrence down the road, it is also important to talk about “late effects” of treatment—side effects that may not become apparent until years later—as well as your overall plan for follow-up visits and cancer prevention. There might also be concerns about long-term emotional issues, physical limitations or cognitive changes such as memory loss. Cancer survivors deserve informed, quality health care. However, some primary care physicians and other health care providers who do not specialize in cancer care may not understand all that is needed post treatment. At Mission Hope, we do.

“Dealing with cancer was an overwhelming process. The supportive care at Mission Hope made a big difference in helping me take back control for myself.”

—Cancer patient

Mission Hope Cancer Center is pleased to offer our new Survivorship and Supportive Care Program to provide answers, relief, expertise and support. Cheryl Decker, MD, FACEP, serves as the Medical Director and works with patients to manage persistent symptoms and actively monitor risk factors.

More than 15.5 million Americans have a history of cancer, and nearly 20 percent of cancer survivors alive today were diagnosed more than 20 years ago. While most of them enjoy a disease-free life, some people experience long term side effects that impair their physical and emotional recovery. That is why it is important that, when treatment ends, each patient receive a cancer survivorship care plan, which summarizes his/her treatment history and provides a recommendation for future care, such as when and by whom follow up tests will be performed. At present, this is not

a standard part of care and, as a result, there is much confusion. For now, programs like ours at Mission Hope are filling the gap.

Cancer patients in all stages of their cancer journey can access the program to benefit from the many services we offer. This includes those who have not yet started cancer treatment as well as patients currently undergoing treatment. Even long after completion of cancer therapy, people value our Survivorship and Supportive Care Program.

Wondering how to get started? A common way is a referral from your primary care physician, oncologist or surgeon. In addition, you are welcome to call us directly. We are happy to answer questions from patients and/or family members. For more information or to get started, please call the Mission Hope Cancer Center Survivorship and Supportive Care Program at **805.346.3456**.

What is survivorship? Survivorship programs address the physical and psychosocial needs of the millions of Americans who are cancer survivors. As a result of their cancer care, cancer survivors require surveillance and treatment for various co-morbidities. The most common cited problems are chronic pain, fatigue, cognitive impairment and depression. We want to help you plan for those risks. Survivorship support treatment planning takes into consideration, and plans for, the possibility of three categories of side effects:



Short-Term Side Effects:

Nausea, low blood count, hair loss, weight loss, etc.



Long-Term Side Effects:

Surgical scar tissue, hot flashes, neuropathy, etc.



Possible Side Effects:

Secondary tumors, premature aging, e.g., osteoporosis

Learning from Chaos

When going through a difficult challenge, it's often comforting to speak with people who have successfully navigated a situation similar to yours so as to benefit from their experience. Here, a local cancer survivor explains how dealing with a crisis made her stronger. She wishes to share her story anonymously, yet we can all benefit from her wisdom.

As a cancer survivor of almost five years, I have learned a few things about coping with crisis:

- 1 This is not the end. It is just a bump in the road. Believe that you will get through this, maintain a positive attitude and find the silver lining.
- 2 Keep your priorities straight. First, take care of your health, your family and your friends, then concentrate on work.
- 3 Be true to yourself. If you feel overwhelmed, let people know. It is okay to be afraid; you do not have to have a smile on your face all the time. This stuff is scary.
- 4 Be honest with your employer. Use the resources your employer offers. The family and medical leave act, employee assistance programs and many other programs are available to support employees through a crisis.
- 5 Find moments of joy and laughter. Seek the humor in life and embrace it. Remember to laugh at yourself—and your imperfections. Also, your friends and family are worried about you. Seeing a smile on your face and happiness for even a moment will help them too.
- 6 Be present; give people your full attention and concentrate on healthy relationships. Steer clear of drama and keep yourself grounded.

For those who have the option of taking time off, the decision of whether or not to work through your crisis is very personal choice. For me, work was a great distraction from the chaos my life had become so I went back to work full time as soon as I was able. The people around me allowed me time to adjust and I allowed myself that same courtesy. Having something to focus on aside from myself helped me keep my sanity. I was fortunate because my employer was extremely supportive through the entire year of treatments and subsequent surgeries, and I'm grateful for that support. I cannot express how much it meant to me that people cared for me and my well-being and wanted to assist me as much as possible. I am filled with gratitude for their kindness. In addition, I want to thank all the doctors, nurses and healthcare professionals who provided life changing—and life saving—assistance to me, as you do every day.

—A grateful cancer survivor

A cancer survivor explains how dealing with a crisis made her stronger.

Day of Hope

SAVE THE DATE!!

We will be celebrating the fifth anniversary of Mission Hope Cancer Center on April 11, 2017, with a Cancer Survivor Celebration and our annual Day of Hope fundraiser.





Christopher Lutman, MD
Gynecologic Oncologist

The Fight Against Cervical Cancer

Only seven or eight decades ago, cervical cancer caused a high number of deaths among American women every year. But in 2016, cervical cancer is a very rare disease in the United States. This is because in 1928, Dr. George Papanicolaou presented his seminal article on the early detection of cervix cancer by a simple test that has become widely known as a “Pap smear.” Since then, cervix cancer death rates have dramatically fallen in the United States and other developed nations by almost 80%. The “Pap smear” could be considered one of the greatest public health triumphs in human history.

diagnosed with cervical cancer and almost 300,000 women still die from this disease every year. Cervix cancer remains the fourth leading cause of cancer death worldwide. It disproportionately impacts populations in parts of our world that are already deeply affected by war, malnutrition, economic disadvantage and HIV/AIDS.

Over the past 30 years, our understanding of the biology of cervical cancer has increased tremendously. We now understand that almost ALL cervix cancers are caused by a family virus called Human Papilloma Virus or HPV. HPV is extremely common. There are many different types of these viruses. Almost all human beings on the planet are exposed to HPV during their lives through intimate and sexual contact. HPV is also now known to cause cancers of the mouth and throat—just as it can cause cancer of the cervix, vagina, anus and penis.

Over the past 10 years, there has been the development of vaccines to be given to children and young adults (under the age of 25) to prevent HPV associated cancers. These vaccines are meant for both boys and girls. In Australia, where HPV vaccination programs have been widespread and publicly accepted over the past 10 years, the rate of HPV related cancers have plummeted. Sadly, in the United States there has not been the same widespread acceptance of these important vaccination programs by many people in our society.

The global fight against cervical cancer goes forward. Cervical cancer is entirely preventable. We have accomplished much over the past decades but we still have a long way to go to win the fight globally and locally to eradicate this disease (and indeed *all* HPV related diseases) from our human family.

As a gynecologic oncologist, Christopher V. Lutman, MD, FACOG, specializes in the diagnosis and treatment of cancer of the reproductive organs in women. **To make an appointment with Dr. Lutman, please call 805.346.3456.**

Mission Hope invites you to attend a free community talk:

What Men and Women Should Know about HPV and Cervical Cancer

Presentation will include the latest information on:

- How to prevent cervical cancer
- Cervical cancer screenings
- Facts and myths about the HPV vaccine
- HPV testing and genotyping: what, why and when
- The link between smoking and cervical cancer
- Treatment approaches

Guest Speaker: Christopher V. Lutman, MD, FACOG

Tuesday, January 17 • 5:00 p.m.

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

Reservations required; please call 805.219.HOPE (4673).

The goal of Cervical Health Awareness Month is to educate women on ways to protect themselves from HPV and cervical cancer.

Unfortunately, in many parts of our world (and even in some parts of the United States) thousands of women still die and suffer with this disease every year. Why is this? Simply put, when women are not screened regularly for cervix cancer they are at risk of death from this disease. In the United States, fewer than 12,000 women per year are diagnosed with invasive cervix cancer and fewer than 5,000 women will die from this disease here. Globally, over 500,000 women will be

Cancer Treatment Includes Food!

Cancer alone is a hard pill to swallow. In addition, fatigue, tiredness, weariness or lack of energy is a common side effect of cancer and/or its treatment. More than ever, you need the energy a healthy diet provides. If you feel overwhelmed at the thought of extra hours in the kitchen, we have some helpful suggestions to ease your path.

Due to metabolic changes that occur with cancer, your body requires additional calories and protein. Adding to the problem, you may find that other symptoms interfere with your ability to eat. For instance: poor appetite, swallowing difficulty, or taste alterations can make it more challenging to consume all the nutrition you need. Eating less is not the answer because inadequate food and nutrient intake can add to your fatigue. It is clear that eating regular, balanced meals is an essential part of your cancer treatment. One strategy is having pre-made or easy-to-cook meals and snacks available to consume with minimal prep or cook-time.

Suggestions for Simple Meals:

- Continue to try to eat at least three small meals with two snacks daily
- Cook stews, soups or casseroles ahead of time and freeze in individual containers that can be easily reheated
- Batch cook oatmeal or your other favorite hot cereal and portion into individual servings for a hearty and warm breakfast (or lunch, or dinner!)

- Dust off that slow-cooker. Use a crock-pot to prepare chili, stews or soups. The possibilities are endless!
- Have pre-made salads on hand (ditch the processed meats and go for ones with beans, seeds, chicken or even just veggies)
- Drink plenty of fluids
- As always, choose meals that incorporate: lean proteins, whole grains, fruit and/or vegetables
- Have healthy snacks on hand such as:
 - Trail mix with nuts and dried fruit
 - Celery and peanut butter
 - Low or non-fat yogurt
 - Whole grain crackers with cheese and fruit
 - Granola bars

For more great ideas, join us at our informational classes, Fighting Cancer with Your Fork (see side bar) or one-on-one consultations with our Registered Dietician are available. To make an appointment, please call 805.219.HOPE (4673).

Use your slow cooker to make an easy and satisfying meal!

Hearty Turkey Chili

- 1 Pound lean ground turkey (to make vegetarian, omit the turkey and replace with 1 can of black or kidney beans)
- 2 medium onions, chopped (1 cup)
- 1 large green pepper
- 1-28oz can diced tomatoes

- 1-15oz can tomato sauce
- 2½ teaspoon chili powder
- 1/8 teaspoon cayenne pepper
- 1 cup corn (frozen or canned)
- 1 can kidney or black beans, drained

Directions:

Cook and stir ground turkey, onion and green pepper in large skillet until meat is brown and onion is tender. Drain turkey, onion and pepper mixture. Place into slow-cooker. Add remaining ingredients to slow cooker. Turn on low and cook for 6-8 hours. Top with avocado, cilantro, a dollop of plain greek yogurt, and/or shredded cheese. Serving Size: 1 cup • Yield: 5 servings



Shannon Brodie, RD
Clinical Registered Dietitian

Now meeting on Tuesdays:
Fighting Cancer with Your Fork Nutrition Classes

Come meet our new dietitian, Shannon Brodie, as she shares tips to help you make smart food choices.

Using Nutrition to Ease Constipation or Diarrhea

January 10 • 10:00 a.m.

Love Your Heart: What to Eat for High Cholesterol

February 14 • 10:00 a.m.

Mission Hope Cancer Center

Need help shopping?

Grocery Store Tour

February 23 • 10:00 a.m.

Call 805.219.HOPE to reserve a spot.



John Malinowski, ATC
Cancer Exercise Trainer

Learn how to integrate exercise into your life and start feeling better now...and for a lifetime.

To contact the Mission Hope Cancer Rehabilitation Program with John Malinowski, please call 805.346.3413

Exercise for Life

Just as physical activity has been shown to reduce the risk of ever getting cancer, research indicates that engaging in exercise as a cancer patient and/or survivor decreases the risk of a recurrence and improves survival. Oncologists agree that one of the best things cancer survivors can do to remain healthy is to get regular exercise.

The Benefits of Exercise

Studies have found that cancer patients who exercised moderately (three to five hours of normal-pace walking a week) had improved emotional well-being and better survival rates than their more sedentary peers.

Being overweight increases the chance that some cancers, such as prostate, colon and breast cancers, will return, and exercise helps control weight gain. In breast cancer, physical activity reduces excess fat cells that produce the high levels of estrogen associated with cancer. Exercise also may inhibit other hormones and growth factors believed to play a role in breast tumor development.

In studies of colon cancer patients, scientists at the Dana-Farber Cancer Institute in Boston found that patients who routinely exercised lowered their risk for a cancer recurrence and increased by 50 percent their overall chance for survival compared to inactive patients.

In addition to possibly preventing another bout of cancer, physical activity helps protect against heart disease, diabetes, and the bone-thinning disease osteoporosis. It also builds strength and stamina, boosts the immune system, and enhances quality of life by lessening fatigue and depression and raising self-esteem.

Getting the Right Amount

The Centers for Disease Control and Prevention (CDC) recommend that adults get a minimum of 30 minutes of “moderate-intensity physical activity” on five days or more, or at least 20 minutes of “vigorous-intensity activity” on three days or more. In addition to the aerobic component, adults need muscle-strengthening activities at least two days a week.

Do not worry if you have never been an athlete; there are many ways to be active. Moderate aerobic activity can encompass anything from brisk walking to square dancing to playing with your grandkids; vigorous activity can be jogging, playing singles tennis, or downhill skiing.

Muscle strengthening—such as lifting weights, using resistance bands, or practicing yoga—should target the body’s major muscle groups, with each movement done until you find it too taxing to do another repetition.

How to Get Started

Solidifying exercise as a lifetime habit is a challenge. However, the period following treatment is an opportune time, since many cancer survivors are looking for new, empowering tools to keep them healthy. You don’t have to do this alone; the key is to get involved with our Cancer Rehabilitation Program. Please call John Malinowski for more information at **805.346.3413**.

The Cancer Rehabilitation Program was established to help cancer patients and survivors improve their quality of life through exercise.

The Cancer Rehabilitation Program is a 12-week program which includes group, individual and aquatic exercise, designed to help you meet your fitness goals and provide guidance and motivation. Working in collaboration with a Cancer Center physician, our program supports the research demonstrating the numerous benefits of exercise.

Features of the program include: an exercise assessment from our Cancer Exercise Specialist; nutritional consultation from our Registered Dietitian; two Physical Therapy Evaluations (one before the exercise starts and one at the end of the program); one group exercise class per week and at least one session per week working with a Cancer Exercise Trainer using equipment in the wellness center; and the knowledge you need to help you implement exercise into your life throughout treatment and survivorship.

Get started on the road to wellness today! Each participant first meets one-on-one with John Malinowski, our certified Cancer Exercise Trainer, to create an individualized program. Please schedule your assessment by calling 805.346.3413.

Memory Joggers

A Northwestern University study suggests that breast cancer survivors who participate in moderate-to-vigorous physical activity—such as brisk walking, biking, jogging or an exercise class—had fewer subjective memory problems. Researchers noted that the physical activity alleviated stress and had psychological benefits that benefit memory. The study, published in *Psycho-Oncology*, also suggested that memory problems are related to the high stress associated with being a cancer survivor and not to the chemotherapy or radiation treatments.



Our 12 week program will help you to:

- Overcome fatigue
- Restore flexibility, strength, range of motion and endurance
- Work toward a healthy weight
- Provide motivation
- Improve balance to prevent falls
- Minimize the effects of immobility
- Gain confidence to continue the lifestyle changes for a lifetime
- Gather sound nutritional information relating to your progress in treatment and survivorship



Michael Hardy, Esq.



Cheryl Decker, MD, FACEP
Medical Director

Regardless of how much money you have, your health or your age, you need to have documentation that states exactly how to transfer your assets to the people you choose.

Taking Control: Effective Planning and Sound Finances in the Face of Serious Illness

With careful planning, support and compassion, everyone can achieve a feeling of well-being, even while confronting a life-threatening illness. Michael Hardy, Esq., and Cheryl Decker, MD, will walk you through step-by-step and provide detailed information on reducing stress through effective planning. This evening will be divided into five simple steps:

- Taking care of yourself
- Taking care of your family
- Taking care of your property
- Other helpful planning information
- Writing your Five Wishes Living Will document

Estate Planning and Advance Healthcare Directive Workshop

Wednesday, January 25 • 5:00 p.m.

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

Space is limited and reservations are required; please call 805.219.HOPE (4673).

■ The lives of people who have been diagnosed with cancer are often turned completely inside out. Savings can be depleted, jobs may be jeopardized and priorities may change. Financial planning is an important step one can take to make sure finances are secure. Even if you took care of your estate planning years ago, your trust/will/advance healthcare directive should be reviewed periodically, especially after a life changing event such as a cancer diagnosis. We are pleased to welcome back Michael Hardy, Esq., a local estate planning attorney, who will offer practical information at no charge and answer questions.

■ The Five Wishes is a living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. Written with the help of the American Bar Association's Commission on Law and Aging as well as the nation's leading experts in end-of-life care, this document allows you to specify your wishes if you get seriously ill. Cheryl Decker, MD, will guide participants through this planning tool. This can be thought of as a real gift for those you love.

The Importance of Advance Planning

When you or a loved one has cancer, planning is a good idea. Cancer treatment can be very effective, but a cure is not always possible. People with cancer or receiving treatment are at a greater risk for serious illness, so it's wise to make some health care decisions ahead of time. Clarifying what you value and hope for during this time and communicating these wishes with the members of your health care team will not only help your doctors identify the best plan for your care, but also can give you a sense of power in a situation that may seem out of your control. This can give you and your family peace of mind. When you put your decisions in writing, your doctors and family know what they are and can honor them, even if you become too sick to discuss them.

Mission Hope Cancer Center le invita a una Conferencia Gratuita

¿Que Son los Exámenes de Detección de Cancer?

Jueves, 16 de Febrero • 5:00 p.m.

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

La presentación se hará en español por la Dra. Cheryl Decker y el promotor de salud Hector Rodriguez. Los exámenes de detección pueden ayudar a detectar el cáncer en su etapa inicial, antes que aparezcan los síntomas. Cuando se encuentra tejidos anormales o tejidos cancerosos de manera temprana, es más probable de tratarlos o curarlos. Para el momento en que los síntomas del cáncer aparecen pueden haber crecido o se pudieron haber extendido. Esto pudiera hacer al cáncer más difícil de tratarse o de curarse. Venga y aprenda acerca de los exámenes de detección de cáncer de mama, cervical, colon, pulmón y más.

Para más información, favor de llamar al Centro de Cáncer de Mission Hope al teléfono **805.346.3406** y pregunte por uno de nuestras Enfermeras Navegantes Especialistas en Cáncer (Cancer Nurse Navigators). Aquí estamos para contestarles sus preguntas, discutir acerca de las coberturas de las aseguranzas y los co-pagos, y ayudarle a hacer una cita para un examen de detección de cáncer.

Se requiere reservación.

Favor de llamar a Mission Hope Cancer Center al 805.346.3406.

Did you know?

Energy companies (SoCalGas and PG&E) offer financial assistance programs for those coping with medical issues.

- SoCalGas offers the Medical Baseline Allowance that can help offset costs.
socalgas.com/medical
1.800.427.2200
- Programs from PG&E include: California Alternate Rates for Energy (CARE) for income-qualified customers and Medical Baseline Allowance for those facing medical hardships.
pge.com/financialassistance

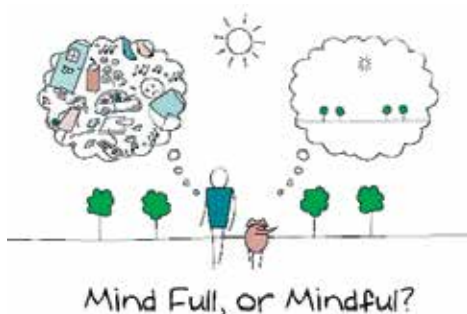
Back by popular demand!

Mindfulness Therapy Class Series

**Eight-week series meets Wednesdays:
January 11 through March 1
1:30 p.m.**

Instructor: John J. Marin,
Licensed Marriage and Family Therapist

Mission Hope Cancer Center
1325 East Church Street, Santa Maria



Life comes along with constant ups and downs. As we deal with health issues, work, family, and more, we may react with irritability, anxiety, sadness, and/or depression which can have a lasting negative effect on health. The Mindfulness Program is scientifically proven to offer vital tools to strengthen the ability to be aware of your thoughts, emotions, physical sensations, and actions—in the present moment—without judging or criticizing. Participants say, “I can live with greater freedom instead of reacting to the unexpected.”

This 8-week intensive training is based on ancient healing practices which can help relieve anxiety and improve mood. It’s important to attend each class, since every week we will explore a different topic.

Class size is limited to twelve participants, so reserve a place early!
Please call Mission Hope to register: 805.219.HOPE (4673).

January Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>Office closed for holiday</p>	<p>3</p> <p>9:00 Lymphedema Prevention Exercise</p> <p>3:00 Kids Support Circle</p>	<p>4</p> <p>9:00 Cancer Rehab</p> <p>10:00 Fight Against Falls Class</p> <p>3:00 Cancer Rehab</p> <p>3:30 Patient Orientation Class</p> <p>5:00 Caregiver Support Group</p>	<p>5</p> <p>9:00 Massage Therapy</p> <p>6:00 Cancer Rehab</p>	<p>6</p> <p>8:00 Grupo de Discusión para Hombres con Cáncer</p> <p>10:00 Patient Orientation Class</p> <p>1:00 Journaling</p>
<p>9</p> <p>10:00 Cancer Rehab</p> <p>1:00 Walking into Wellness</p> <p>2:00 Knitting & Crocheting Group</p> <p>3:30 Community Acupuncture</p> <p>5:00 SPOHNC, Santa Maria</p>	<p>10</p> <p>9:00 Lymphedema Prevention Exercise</p> <p>10:00 Fighting Cancer with Your Fork</p> <p>12:00 Look Good, Feel Better</p>	<p>11</p> <p>9:00 Cancer Rehab</p> <p>10:00 Fight Against Falls Class</p> <p>12:45 Learn Golf!</p> <p>1:30 Mindfulness Therapy</p> <p>3:00 Cancer Rehab</p> <p>3:30 Patient Orientation Class</p>	<p>12</p> <p>9:00 Massage Therapy</p> <p>6:00 Cancer Rehab</p>	<p>13</p> <p>8:00 Men's Cancer Discussion Group</p> <p>10:00 Patient Orientation Class</p> <p>1:00 Soul Collage</p>
<p>16</p> <p>10:00 Cancer Rehab</p> <p>1:00 Walking into Wellness</p> <p>2:00 Knitting & Crocheting Group</p> <p>3:30 Community Acupuncture</p>	<p>17</p> <p>9:00 Lymphedema Prevention Exercise</p> <p>3:00 Kids Support Circle</p> <p>5:00 Presentation: HPV and Cervical Cancer</p>	<p>18</p> <p>9:00 Cancer Rehab</p> <p>10:00 Fight Against Falls Class</p> <p>1:30 Mindfulness Therapy</p> <p>3:00 Cancer Rehab</p> <p>3:30 Patient Orientation Class</p> <p>6:00 Family Night Support Group</p>	<p>19</p> <p>9:00 Massage Therapy</p> <p>2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group</p> <p>6:00 Cancer Rehab</p>	<p>20</p> <p>8:00 Grupo de Discusión para Hombres con Cáncer</p> <p>10:00 Patient Orientation Class</p> <p>1:00 Journaling</p>
<p>23</p> <p>10:00 Cancer Rehab</p> <p>10:30 Learning Origami with Jane</p> <p>1:00 Walking into Wellness</p> <p>2:00 Knitting & Crocheting Group</p> <p>3:30 Community Acupuncture</p>	<p>24</p> <p>9:00 Lymphedema Prevention Exercise</p>	<p>25</p> <p>9:00 Cancer Rehab</p> <p>10:00 Fight Against Falls Class</p> <p>1:30 Mindfulness Therapy</p> <p>3:00 Cancer Rehab</p> <p>3:30 Patient Orientation Class</p> <p>5:00 Workshop: Estate Planning and Healthcare Directives</p>	<p>26</p> <p>9:00 Massage Therapy</p> <p>2:00 Healing Touch</p> <p>2:00 Spanish Support Group Apoyo y educación para personas con cáncer</p> <p>6:00 Cancer Rehab</p>	<p>27</p> <p>8:00 Men's Cancer Discussion Group</p> <p>10:00 Patient Orientation Class</p>
<p>30</p> <p>10:00 Cancer Rehab</p> <p>10:30 Learning Origami with Jane</p> <p>1:00 Walking into Wellness</p> <p>2:00 Knitting & Crocheting Group</p> <p>3:30 Community Acupuncture</p>	<p>31</p> <p>9:00 Lymphedema Prevention Exercise</p>		<p>Most classes listed here are held in the Mission Hope Cancer Center Conference Room. For specific location addresses and class details, please see pages 16-18.</p>	

Calendar depicts weekdays only.

February Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Cancer Rehab 10:00 Fight Against Falls Class 1:30 Mindfulness Therapy 3:00 Cancer Rehab 3:30 Patient Orientation Class 5:00 Caregiver Support Group	2 9:00 Massage Therapy 6:00 Cancer Rehab	3 8:00 Grupo de Discusión para Hombres con Cáncer 10:00 Patient Orientation Class 1:00 Mindfulness Through Coloring
6 10:00 Cancer Rehab 10:30 Learning Origami with Jane 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	7 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle	8 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf! 1:30 Mindfulness Therapy 3:00 Cancer Rehab 3:30 Patient Orientation Class	9 9:00 Massage Therapy 5:00 Presentation: Rekindling Romance After Cancer 6:00 Cancer Rehab	10 8:00 Men's Cancer Discussion Group 10:00 Patient Orientation Class 1:00 Soul Collage
13 10:00 Cancer Rehab 10:30 Learning Origami with Jane 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria	14 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork 12:00 Look Good, Feel Better	15 9:00 Cancer Rehab 10:00 Fight Against Falls Class 1:30 Mindfulness Therapy 3:00 Cancer Rehab 3:30 Patient Orientation Class 6:00 Family Night Support Group	16 9:00 Massage Therapy 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 5:00 Spanish Presentation 6:00 Cancer Rehab	17 8:00 Grupo de Discusión para Hombres con Cáncer 10:00 Patient Orientation Class 1:00 Mindfulness Through Coloring
20 Office closed for Presidents' Day Holiday	21 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle	22 9:00 Cancer Rehab 10:00 Fight Against Falls Class 1:30 Mindfulness Therapy 3:00 Cancer Rehab 3:30 Patient Orientation Class	23 9:00 Massage Therapy 10:00 Fighting Cancer with Your Fork Grocery Store Tour 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	24 8:00 Men's Cancer Discussion Group 10:00 Patient Orientation Class
27 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	28 9:00 Lymphedema Prevention Exercise 5:00 Presentation: Challenges of Your Cancer Journey			

Calendar depicts weekdays only.

Getting Started

Patient Orientation Class
(For Mission Hope Patients)

Are you new to the Mission Hope family? A cancer diagnosis often requires navigating an unfamiliar world. You are invited to get to know us and our services so we can take this journey together. A mandatory meeting for cancer patients, families and caregivers.

Mission Hope Cancer Center, SM
WEDNESDAYS: JAN 4, 11, 18, 25 & FEB 1, 8, 15, 22; 3:30 PM
FRIDAYS: JAN 6, 13, 20, 27 & FEB 3, 10, 17, 24; 10:00 AM

DISPONIBLE EN ESPAÑOL. FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.

LOCATIONS

PISMO BEACH (PB)

Coastal Cancer Care & Diagnostic Center
921 Oak Park Blvd.

SAN LUIS OBISPO (SLO)

HCRC
Hearst Cancer Resource Center
1941 Johnson Avenue
Suite 201

Veterans' Memorial Building
801 Grand Avenue

SANTA MARIA (SM)

Allan Hancock College
800 South College Drive

MHCC
Mission Hope Cancer Center
1325 East Church Street

MHW
Marian Health & Wellness Center
1207 East Main Street

Los Adobes de Maria II
1148 West Boone Street

Acupuncture Treatments
Schedule a free appointment with a licensed acupuncturist to help manage the side effects of cancer treatment.

Hearst Cancer Resource Center, SLO
JAN 23 & FEB 27; 1:30 PM
RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

Community Acupuncture
Receive individualized care with respect for the privacy of your personal history. At an appointed time, each person consults quietly with the practitioner followed by treatment in a reclining chair.

Mission Hope Cancer Center, SM
JAN 9, 16, 23, 30 & FEB 6, 13, 27; 3:30 PM
RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).
DONATIONS SUGGESTED

Spanish Group • En Español:
Apoyo y Educación para Personas con Cáncer
Si usted o alguien de su familia sufre de cáncer acompañenos para discutir temas de como combatir y sobrevivir la enfermedad.

Los Adobes de Maria II, SM
JAN 26 & FEB 23; 2:00 PM

Aquatic Therapy Class
Most cancer patients experience fatigue as a side effect of cancer treatment. Water exercise reduces the impact on the joints by 50% and boosts physical and mental health.

Allan Hancock College, SM
RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

Art Therapy Class
Art workshop using varied materials and techniques to help boost creative expression. *A program of the Hearst Cancer Resource Center.*

Hearst Cancer Resource Center, SLO
JAN 23 & FEB 20; 11:00 AM

Breast Cancer Support Group
A support group focusing on breast cancer, the journey and sharing valuable information and resources.
Hearst Cancer Resource Center, SLO
JAN 3, FEB 7; 5:30 PM

Caregiver Support Group
A forum for people to get together with those who understand their concerns, share helpful strategies, lend support and encouragement.
Hearst Cancer Resource Center, SLO
JAN 5, 19 & FEB 2, 16; 6:00 PM
BY RESERVATION ONLY; PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM
JAN 4 & FEB 1; 5:00 PM

Cancer Rehabilitation
An individualized 12-week program that includes group, strengthening and aquatic exercise with our Certified Exercise Trainer. Please call to schedule your assessment and get started.

Marian Health & Wellness Center, SM
RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

Family Night Support Group
Featuring activities and information for children with cancer and their families; presented in English and Spanish including dinner, art therapy and more! Trained, licensed counselors and social workers on hand. Childcare provided.

Mission Hope Cancer Center, SM
JAN 18 & FEB 15; 6:00 PM
RESERVATIONS REQUIRED; PLEASE CALL 805.346.3402 (ENGLISH) OR 805.346.3406 (SPANISH).

Fight Against Falls
Exercise Class
Participants work on conditioning their muscles to help battle muscle fatigue and reduce the risk of falls.

Marian Health & Wellness Center, SM
JAN 4, 11, 18, 25 & FEB 1, 8, 15, 22; 10:00 AM
RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

Fighting Cancer with Your Fork:
Separating Fact from Fiction
Learn how to plan an optimal diet
during any stage of your cancer
journey and to cope with side effects.

Mission Hope Cancer Center, SM

JAN 10; 10:00 AM

Tips for Diarrhea or Constipation

FEB 14; 10:00 AM

What to Eat for High Cholesterol

FEB 23; 10:00 AM

Grocery Store Tour

RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

General Support Groups

Informal support groups for all
patients and their loved ones.

Hearst Cancer Resource Center, SLO

JAN 5, 19 & FEB 2, 16; 6:00 PM

BY RESERVATION ONLY; PLEASE CALL
805.542.6234.

**Coastal Cancer Care & Diagnostic
Center, Pismo Beach**

JAN 9*, 23, 30 & FEB 6†, 13, 27;
5:30 PM

*Guest Speaker: Shannon Brodie, RD

†Guest Speaker: Jenni Davis,
Patient Advocate/Oncology Counselor

RESERVATIONS REQUIRED; PLEASE
CALL 805.481.7245.

Guided Meditation Class

Learn to live life more peacefully
in order to handle challenges with
calmness and compassion.

Hearst Cancer Resource Center, SLO

JAN 12, 26 & FEB 9, 23; 3:30 PM

Healing Touch

Certified practitioners help to
promote relaxation, ease muscle
tension and decrease stress in
cancer patients which can lead to
reduced pain and improved sleep.

Hearst Cancer Resource Center, SLO

JAN 9, 23 & FEB 13 & 27; 11:00 AM

RESERVATIONS REQUIRED;
PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM

JAN 26 & FEB 23; 2:00 PM

RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Journaling Group

Many people find expressing their
feelings in a journal to be healing—
especially when coping with a
challenge like cancer. We can help
you get started.

Mission Hope Cancer Center, SM

JAN 6, 20; 1:00 PM

RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Kids Support Circle

An activity group for the kids of
parents/grandparents with cancer
to make friends and learn coping
skills for living with cancer in the
family. Provides a safe, enjoyable
place where children can express
themselves using art and games.

Mission Hope Cancer Center, SM

JAN 17 & FEB 7, 21; 3:00 PM

RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Learn Golf!

Golf professionals use three holes of
the golf course to teach the game in
an enjoyable, stress free manner.

Monarch Dunes, Nipomo

JAN 11 & FEB 8; 12:45 PM

BY APPOINTMENT; PLEASE CALL
805.346.3413.

🌀**Learning Origami with Jane**

Origami emphasizes mindfulness
which immerses one in a pleasant
activity and produces an elegant or
sometimes amusing construction.

Mission Hope Cancer Center, SM

JAN 23, 30 & FEB 6, 13; 10:30 AM

RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Look Good, Feel Better

Free program teaches skincare and
make-up techniques to mitigate
appearance-related side effects of
cancer treatments. Complimentary
cosmetic kit included.

Hearst Cancer Resource Center, SLO

JAN 4 & FEB 1; 10:00 AM

RESERVATIONS REQUIRED; PLEASE
CALL: 805.542.6234.

Look Good, Feel Better, continued

Mission Hope Cancer Center, SM

JAN 10 & FEB 14; 12:00 NOON

Please note: Class now meets the
second Tuesday of each month
RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Lymphedema Education

A certified lymphedema specialist
reviews lymphedema symptoms and
how to manage them.

Hearst Cancer Resource Center, SLO

JAN 17 & FEB 21; 1:00 PM

Lymphedema Prevention

Exercise

Therapeutic exercise class designed
for breast cancer survivors and
those battling chronic conditions.

Marian Health & Wellness Center, SM

JAN 3, 10, 17, 24, 31 & FEB 7, 14,
21, 28; 9:00 AM

RESERVATIONS REQUIRED; PLEASE
CALL 805.346.3413.

**Lymphoma, Leukemia &
Multiple Myeloma (LL&MM)**

(All Blood Cancer Support Group)
Established to help individuals and
their families cope with diagnosis,
before, during and after treatment.

Hearst Cancer Resource Center, SLO

JAN 11, FEB 8; 1:00 PM

Mission Hope Cancer Center, SM

JAN 19 & FEB 16; 2:00 PM

Massage Therapy

Known to reduce stress and promote
relaxation, massage also bolsters
the immune system and restores
energy. Marian Cancer Care offers
15 minute chair massages (patients
remain fully clothed) provided by
certified massage therapists.

Mission Hope Cancer Center, SM

JAN 5, 12, 19, 26 & FEB 2, 9, 16,
23; 9:00–11:00 AM

RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Classes continue

CLASSES, GROUPS & PROGRAMS

Men's Cancer Discussion Group
An opportunity to discuss issues, share concerns and exchange information on topics related to all cancers, as well as general health care concerns and trends.

Mission Hope Cancer Center, SM
JAN 13, 27 & FEB 10*, 24; 8:00 AM
*Guest Speaker: John Malinowski, ATC, CET

Men's Spanish Group • En Español:
Grupo de Apoyo
Para Hombres con Cáncer y Sobrevivientes de Cáncer
Hombres encargados del cuidado de pacientes con cancer y familiares (hombres) son bienvenidos. Venga y tome la oportunidad de aprender e intercambiar informacion relacionada con todos los tipos de cáncer, asi como el cuidado de su salud y sus preocupaciones en general.

Mission Hope Cancer Center, SM
JAN 6, 20 & FEB 3, 17*; 8:00 AM
*Guest Speaker: John Malinowski, ATC, CET

FAVOR DE LLAMAR PARA UNA RESERVACIÓN A 805.346.3406.

Mindfulness Refresher Class
Mission Hope Cancer Center, SM
Will Resume in March

★ **Mindfulness Therapy Series**
This 8-week intensive training is based on ancient healing practices which can help relieve anxiety and improve mood.

Mission Hope Cancer Center, SM
JAN 11, 18, 25 & FEB 1, 8, 15, 22 & MAR 1; 1:30 PM
RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

★ **Mindfulness Through Coloring**
Coloring offers complete absorption for creativity, mindfulness and, in the end, offers a beautiful result. Materials provided.

Mission Hope Cancer Center, SM
FEB 3, 17; 1:00 PM
RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Nutritional Counseling
Learn how nutrition can support your healthcare goals. Schedule a one-on-one consultation with a Registered Dietitian.

Hearst Cancer Resource Center, SLO
BY APPOINTMENT; PLEASE CALL 805.542.6234

Mission Hope Cancer Center, SM
BY APPOINTMENT; PLEASE CALL 805.219.HOPE (4673).

Prostate Cancer Support Group
Open discussions about a prostate cancer diagnosis and treatment options as well as objective information and solutions shared.

Hearst Cancer Resource Center, SLO
JAN 16 & FEB 20; 6:30 PM

Qigong Class
Qigong involves gentle, repetitive, flowing movements coordinated with deep-breathing which can be done sitting or standing.

Hearst Cancer Resource Center, SLO
JAN 12, 26 & FEB 9, 23; 5:30 PM

SoulCollage® Art Therapy
Creative process for accessing your intuition and creating an incredible deck of cards with deep personal meaning. Walk-ins welcome.

Hearst Cancer Resource Center, SLO
JAN 13 & FEB 10; 11:00 AM

Mission Hope Cancer Center, SM
JAN 13 & FEB 10; 1:00 PM
RESERVATIONS NOW REQUIRED; PLEASE CALL 805.219.HOPE (4673).

SPOHNC, Santa Maria
(Support for People with Oral, Head, and Neck Cancer, Inc.)
Survivors often find that coping with oral, head and neck cancer brings particular challenges. These meetings offer specific information and support to newly-diagnosed patients and their loved ones.

Mission Hope Cancer Center, SM
JAN 9 & FEB 13*; 5:00 PM
*Guest Speaker: Shannon Brodie, RD

★ NEW CLASS

Tai Chi Chih
The gentle movements of Tai Chi Chih help to improve well-being, balance, flexibility and stamina.
Hearst Cancer Resource Center, SLO
JAN 4, 11, 18, 25 & FEB 1, 8, 15, 22; 11:00 AM
RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

Walking Into Wellness
Walking on a regular basis improves your overall health. Added benefits for cancer patients include reduced symptoms of fatigue, muscle weakness and nausea.

Mission Hope Cancer Center, SM
JAN 9, 16, 23, 30 & FEB 6, 13, 27; 1:00 PM
RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

Warm Yarns Knitting and Crocheting Support Group
Experienced knitters and novices at all levels are welcome to join. Instructions, needles and yarn are provided for beginners.

Hearst Cancer Resource Center, SLO
JAN 3, 10, 17, 24, 31 & FEB 7, 14, 21, 28; 3:00 PM

Mission Hope Cancer Center, SM
JAN 9, 16, 23, 30 & FEB 6, 13, 27; 2:00 PM

Yoga for Cancer Patients and Survivors
Led by seasoned instructors, these styles of yoga combine physical postures, breathing techniques, and/or relaxation to reduce stress and support the body, mind and spirit. All experience levels are invited to discover the healing power of yoga.

Veterans' Memorial Building, SLO
JAN 4, 11, 18, 25 & FEB 1, 8, 15, 22; 4:30 PM

Mission Hope Cancer Center, SM
Will Resume in 2017

TURN TO US FOR ANSWERS ABOUT CANCER

Marian Regional Medical Center at Mission Hope Cancer Center

1325 East Church Street, Suite 102
Santa Maria, California

805.219.HOPE (4673)

Se habla español: 805.346.3406

www.missionhopecancercenter.com

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John Malinowski, ATC, CET

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Coastal Cancer Care
& Diagnostic Center

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ARROYO GRANDE COMMUNITY HOSPITAL

Edwin Hayashi, MD, FACS

FRENCH HOSPITAL MEDICAL CENTER

Thomas Spillane, MD

Mission Hope Cancer Center Phone Numbers

FIRST FLOOR:

Marian Cancer Care 219.HOPE (4673)

Marian PET/CT Center 346.3470

Radiation Oncology 925.2529

SECOND FLOOR:

Marian Breast Imaging Center 346.3490

Mission Hope Health Center 346.3456

Christopher V. Lutman, MD, FACOG, Gynecologic Oncologist

Monica A. Rocco, MD, FACS, Breast Surgeon

Cheryl Decker, MD, FACEP

Cancer Risk Program/Survivorship and Supportive Care Program

THIRD FLOOR:

Medical Oncology 349.9393

Mission Hope Infusion Center 346.3419

Mission Hope Lab (*Office hours: 7:30 a.m. to 4:30 p.m.*) 346.3480

1325 East Church Street, Suite 102
Santa Maria, CA 93454

Has Cancer Affected Your Life?

Rekindling Desire, Intimacy and Romance After Cancer

Thursday, February 9 • 5:00 p.m.

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

In the United States, the number of cancer survivors has more than tripled to more than 14 million people during the past 30 years. With this dramatic increase has come the need for reliable information about post-treatment experiences and for help in living on and living well. Ninety-nine percent of adults treated for cancer experience at least one concern after treatment ends. The physical concerns most frequently reported are: energy, concentration, sexual functioning and neuropathy. Sadly, the majority had not received care.

Cancer treatments can play havoc with your self-esteem and feeling attractive, not to mention your libido and sexuality. You may also suffer emotional side effects like shame or feeling like damaged goods. Sexual side effects can include painful intercourse, loss of your libido and body parts that are missing or do not function as before.

Cancer is an emotional, mental, physical and spiritual trauma that can break your heart. How do you recover from these heartbreaks? How do you heal your heart? Your spirit? Is it possible for these experiences to be openings into deeper love, better intimacy, satisfying sexuality and a fulfilling life?

Come explore the many threads that weave into the tapestry of intimacy, romance and desire ~ self-love, acceptance, forgiveness, beliefs and mindset, sexiness, beauty, tenderness, hope, laughter, creativity, physiology and more. It is possible to have a healthy and happy intimate and sexual life after cancer, perhaps even better than before diagnosis!

The first 25 people who sign up for this class will receive a free copy of Barbara's book, *Sexy After Cancer*. Please call Mission Hope to reserve a seat at 805.219.HOPE (4673).

Beyond the Hallmark Holiday that Valentine's Day is, this is an opportunity to explore loving yourself more deeply.



Barbara Musser, MBA

MEET THE PRESENTER:

A 24+ year breast cancer sur-thrivor, **Barbara Musser, MBA**, wrote *Sexy After Cancer~Meeting Your Inner Aphrodite on the Breast Cancer Journey*. Barbara was diagnosed with breast cancer in 1989 as a young single woman; she married and had a child after treatment. For 20+ years she has supported patients and their partners and families on the cancer journey. She has interviewed hundreds of patients about their experiences and needs in order to create programs to re-ignite intimacy, sexuality and relationships after cancer. Using wisdom, humor and grace she is opening up the dialog nationally about cancer and sex.