

# Cancer Care

OUR MISSION    YOUR CENTER    TOGETHER FOR HOPE

November/December 2017

Taking a victory lap for cancer survivors!

## Cruzin' for Life's Annual Car Show and Cruise a Fundraising Success

With the start of the holiday season and in keeping with the spirit of generosity, Marian Cancer Care would like to recognize the remarkable kindness of the organizers and supporters of Cruzin' for Life that provides for local cancer patients. Over 11 years, the Cruzin' for Life legendary car show and cruise has raised more than \$931,300 for Marian Cancer Care at Mission Hope Cancer Center. While the final total for 2017 has not yet been revealed, we are grateful for the resilient spirit of the volunteers, drivers, and survivors who made it possible.



As the year comes to a close, the Marian Cancer Care team would like to extend a heartfelt thanks to everyone who participated in this year's Cruzin' for Life. With the continued strong support of our community, Mission Hope Cancer Center is able to further its healing work.

The meaningful support of so many helps shoulder the tremendous burden countless patients encounter on their journey of cancer. Thank you!



Photo: Caballero Video Productions

During an interview with KCOY TV, Robert Dichmann, MD, Medical Director, thanks the Cruzin' for Life board and our generous community for their support of Mission Hope Cancer Center. A special salute to the owners of the vintage and specialty vehicles who made the car show and cruise a day to remember!

## Mission Hope Cancer Center Leadership

Robert A. Dichmann, MD  
Medical Director  
Marian Cancer 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

Gisele R. Rohde, MPAP, PA-C  
Cancer Risk Program/  
Survivorship Program

Stephen J. Vara, MD  
Medical Oncologist/Hematologist

Jeffrey Wu, MD  
Radiation Oncologist

Katherine M. Guthrie  
Senior Regional Director, Cancer  
Services, Central Coast Service Area

### Cherish your gift of life:

- Schedule regular checkups
- Get preventive screening tests and immunizations
- Voice your concerns



A survivor speaks...

# Today is a Gift



**The holiday season is upon us with time being spent on planning get-togethers, dinners and gifts for our family, friends and loved ones.**

### **But what about the gift to ourselves?**

Gifts come in all shapes and sizes, but the best gift anyone can be blessed with is their health. My gift came early this year. It was in the form of an annual mammogram accompanied with a diagnosis of cancer. After an initial moment of shock and a few tears of sadness, I took control of this new endeavor. I selected my physicians, put my trust and confidence in them, hoped for the best and held on as the ride began! During the process of obtaining insurance authorizations, scheduling appointments and surgery, I never questioned the why or the how come, instead demonstrated feelings of gratification and appreciation. I was grateful to have taken the time to schedule a preventive screening which detected the early stage of this disease, and appreciative of the doctors, nurses and support people who continually provided guidance, kept me well informed and answered my numerous questions. When therapy began I was confident in the direction I was taking. Cancer did not define who I was; it simply represented a detour in my life.

Since the conclusion of my treatment and hormonal therapy now a daily routine, I reflect back on that time like a chapter in a book. This was not the way I wanted the character to be portrayed, but I needed to continue reading in order to get to the next page. A challenging path with roller coaster days, my journey could not have been achieved—and continue to be successful—without the well wishes, thoughts, prayers and support I received. My daughter once said to me prior to the start of my therapy, “Sunshine is the best, but bring on the storm and I’ll dance with you in the rain.”

Today is your gift: get regular checkups, preventive screening tests and immunizations. Share with your physician(s) your family history, don’t be afraid to voice your concerns, and always ask questions. Take control; it could save your life!

With greatest appreciation to all those involved,

—A Breast Cancer Survivor

# Philanthropy at its Finest...



Between the years of 2013 through 2017 the Swiss Golf Tournament has raised more than \$93,656 in support of Marian Cancer Care.

## Swiss Golf Tournament

■ On June 24, 2017, The Swiss Restaurant and Bar hosted the eighth annual Swiss Golf Tournament at the Rancho Maria Golf Club. Held in memory of Sam Manos, the “BBQ King,” the event brought in \$32,750 in support of Marian Cancer Care patients and families in need at Mission Hope Cancer Center. This amount is an all-time fundraising high for the Swiss Tournament! It’s a dramatic increase in comparison with the 2016 event outcome of \$19,000. Thanks to everyone who came out to support this fun local event.

## The Power of Giving

### Gifts, Bequests and Endowments

■ The Marian mission is one of healing. This mission lives intimately with the joy that brings new life and restored health, as well as the sorrow that accompanies failing health and death. The Marian Regional Medical Center Foundation invites gifts, bequests and endowments from individuals and organizations who wish to acknowledge both the joy and sorrow of life. In times of joy, giving provides a way to share good fortune; in times of sorrow, giving makes a positive statement of hope. When you make a generous gift in support of patients and families at Mission Hope Cancer Center, your donation is a lasting testament that can be made out of admiration, friendship and love. Memorial gifts honor a loved one who has died. Celebration gifts honor friends, relatives and colleagues on special occasions, such as births, anniversaries and holidays. An acknowledgment of each gift will be sent to the individual being remembered, or his or her family. Gifts may be designated to Marian Cancer Care at Mission Hope Cancer Center in care of the Marian Foundation.

All donations, no matter the size, positively impact the lives of cancer patients and their families right here in our community. With these funds, Mission Hope Cancer Center is able to provide expanded care and needed practical support. Questions? For information, please contact:

#### Marian Regional Medical Center Foundation

1400 East Church Street, Santa Maria, California

Phone: 805.739.3595 • [www.supportmarianmedical.org](http://www.supportmarianmedical.org)

### 'Tis the Season for Generosity

With the final few weeks of the calendar year, it is important to consider year-end giving opportunities. With your tax-deductible gift, the patients at Mission Hope Cancer Center will benefit. A few suggestions:

- Remember a loved one, celebrate a patient, or honor a caregiver through making a gift in their name
- Make a planned gift to provide for the future funding needs of Marian Cancer Care
- Outright gifts made through cash, check, or credit card
- Consider a Charitable IRA Rollover

# 17Strong Foundation Awards First Ever Victory Trips



Ryan Teixeira

■ Ryan was diagnosed with Ewing's Sarcoma at age eighteen, five months after signing a baseball scholarship contract with Colorado Mesa University in November of 2014. Following various courses of intense cancer treatment, surgery and therapy, Ryan was finally able to move to Colorado to officially begin his college and baseball career in January of 2016. Ryan completed the spring semester and then spent the summer back home. In August Ryan returned to CMU but he didn't feel well. It was soon discovered that Ryan had developed Leukemia, a rare side effect from chemotherapy, and was flown to UCLA Medical Center in California on September 13. After more intense treatment, followed by a bone marrow transplant, Ryan bravely battled through breakthroughs and setbacks. Sadly, he lost his battle with cancer in March of this year. Ryan's passion to provide encouragement and inspiration for others has become a reality with the creation of 17Strong. The non-profit will focus on funding Victory Trips to young adults battling life threatening diseases.

The 17Strong Foundation was conceived by Arroyo Grande native Ryan Teixeira, who battled cancer twice. His vision was to help plan and fund what he liked to call "Victory Trips" for young adults who have suffered the trauma of catastrophic illness. The trips are designed to give the recovering patient an extraordinary travel experience during their recuperation. Thursday, September 7 was a special day: The very first Victory Trip Reveal where three young Mission Hope cancer survivors each received a trip of their dreams. There was not a dry eye in the house when the recipients, community members, friends of Ryan Teixeira and supporters gathered at Arroyo Grande High School multipurpose room to witness the big event. We all share the 17Strong motto, "Victories don't come by accident."



Recipients of the first 17Strong "Victory Trips": (left) **James Aldridge** with Ryan's parents Steve and Holly Teixeira, (below) **Ryan Mackereth** and (right) **Melissa Matheson**.



(Below) 17Strong Foundation Board Members celebrate this special occasion with the recipients.



# Moving Forward Together

By Katherine M. Guthrie, Senior Regional Director, Cancer Services, Central Coast Service Area

From Black Friday and holiday gift commercials to the beautifully-decorated homes and storefronts, it's hard to ignore: the holidays are now upon us. As a cancer survivor you have additional reason to celebrate life! While this season is a time for us to renew our appreciation of life and its many blessings, the holidays can also be stressful.

This time of year always prompts us to think about the things that are most important to us. I've learned from cancer survivors that with a diagnosis often comes a reordering of priorities. That sentiment coupled with the season, offers us a unique opportunity to pay attention to what really matters. In spite of the stress that can accompany the holidays, it's important to spend time with the people we love, and make the season enjoyable for our children and grandchildren. Here are a few strategies you may find helpful.


Sometimes during this time of festivities and gatherings, survivors can feel isolated. People who love you may turn away, not because they don't care, but because they don't know how to react to your illness. If you are thinking of someone and want to reach out, but don't know what to say or do, it's okay to say, "I just don't know what to say." It's important to make the call or send the card you're considering. After all, you never know how much it might mean to the other person. Share your hope and communicate your blessings. Invite someone to your celebration who you know is alone for the holidays.

Simplify the holidays. Create a new holiday tradition that makes the most of your energy, such as planning potluck dinners or dining at a favorite restaurant. Send seasonal cards or letters after Christmas—try New Year's or Valentine's Day. Reduce holiday gift exchanges and shop online or via catalogues when necessary. Buy holiday treats to reduce the amount of time you spend baking. Reach out for help when needed; for example, ask someone to decorate your home or trim the tree, then serve them hot chocolate and the pleasure of conversation in return.

Live in the moment. Realize your limitations and feel comfortable doing less. Don't feel obligated to live up to others' expectations. Express your love in more direct ways than gifts. There are no "shoulds." Rededicate yourself to your spiritual growth. Slow down to celebrate the small things in life, including the blessings of each day.

I hope these suggestions help you through your first, or maybe tenth, holiday season after being diagnosed. As we enter a new year, remember that Mission Hope provides, at no charge, counseling for cancer patients and their families, support groups, educational lectures and services to our Central Coast community so we can continue to move forward.

From using our programs and services, to volunteering or making a donation, we thank you for your involvement. We know that when we join together, we truly don't have to face cancer alone. Everyone at Mission Hope Cancer Center wishes you a Blessed Thanksgiving, a joyous Christmas, and a New Year that will bring hope!



**May this holiday season nourish your spirit with gratitude and remind you how much you have to live for.**

## HANDLING THE HOLIDAYS



### Coping with Grief:

#### Ways to externalize the loss— give it a time and a place

- Say a prayer before the Holiday dinner about your loved one.
- Light a candle for your loved one.
- Create a memory box for them.
- Have everyone tell a funny story about your loved one.
- Put a bouquet of flowers on your holiday table in memory of your loved one.
- Have a moment of silence during a holiday toast to honor your loved one.
- Play your loved one's favorite music or favorite game.

## Light Up A Life Celebration

Dignity Health Hospice invites you to our candle-light celebration as we remember our loved ones. Program includes music, reading of the names, the lighting of the memorial tree and a presentation of a photomontage.

**Wednesday, December 6, 2017**  
**6:30 to 7:30 p.m.**

First United Methodist Church  
311 South Broadway, Santa Maria, California  
For more information, call 805.739.3830.

With the loss of a loved one, the holiday season may no longer hold appeal. Many find it challenging to face the festivities in new circumstances. Please join us for one of our free informal discussions which will focus on practical ways to minimize negative feelings and explore helpful coping strategies.

## Managing Loss and Grief During the Holidays

with **Max Boveri, LMFT, Bereavement Counselor/Coordinator**  
and **Jenni Davis, Oncology Counselor and Patient Advocate**

Choice of two locations; refreshments provided.

**Wednesday, November 15, 2017**

**12:00 noon to 1:30 p.m.**

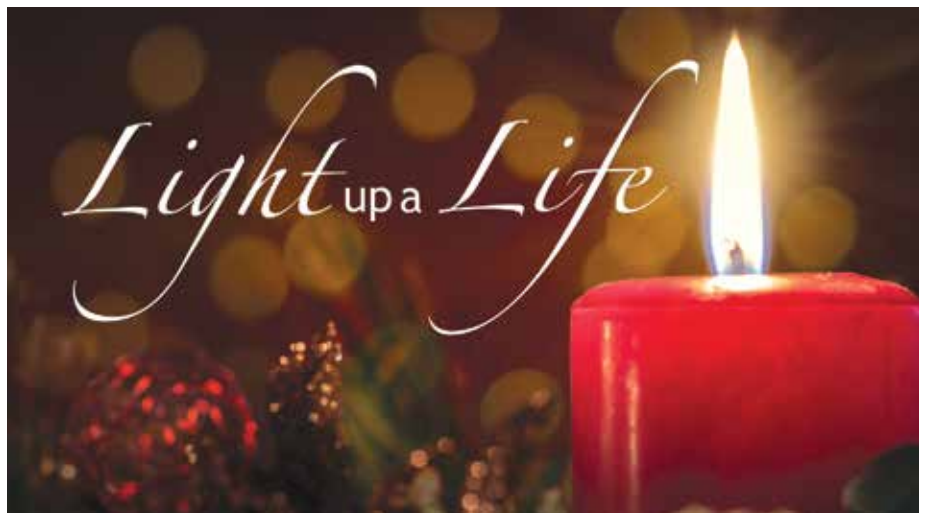
**Arroyo Grande Community Hospital Boardroom**  
345 South Halcyon Road, Arroyo Grande

**3:00 to 4:30 p.m.**

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

We can help you take the  
journey of healing one step at  
a time.

**Please call Mission Hope to register: 805.219.HOPE (4673)**



# A TASTE of the Holidays

Holidays are a great time to recharge and relax with family, friends, and loved ones. A huge part of these social celebrations and gatherings is food, but during cancer and its treatments your relationship with food can change. For example, your senses of taste and smell may be different which can affect your appetite. This article will offer a few tips and tricks to help make this holiday season as flavorful as possible!

## Taste Changes:

People undergoing treatment often describe a change in taste to bitter or metallic. It is important during this time to try foods that are different and unusual for you in hopes of discovering new tastes and ways of cooking. Here are a few other tips:

- Use glass cups and plates, and plastic flatware instead of metal
- Keep sugar-free lemon drops, orange flavored tic tacs, gum, or mints handy (also increases saliva to help with dry mouth)
- Use fresh or frozen fruits and vegetables instead of canned
- Season foods with tart flavors like lemon wedges, lemonade, citrus fruits, vinegar, and pickled foods (**do not** do this if you have a sore mouth or throat). This also combats overly sweet foods
- Try flavoring with new spices like onion, garlic, chili powder, basil, oregano, rosemary, tarragon, barbecue sauce, mustard, or mint
- Add sweeteners/sugar like agave nectar or honey to enhance pleasant tastes and decrease salty, bitter, or acid tastes
- Very sweet or tart foods and beverages can also increase saliva if you have dry mouth
- Freeze fruits like cantaloupe, grapes, oranges, and watermelon and eat them as frozen treats
- Blend fresh fruits into shakes, ice cream, or yogurt
- Try marinating meats to make them tender using fruit juice or wine, or serve with a strong sauce
- Try other protein-rich foods like chicken, fish, eggs, or cheese if red meat tastes strange
- Keep your mouth clean! Brushing your teeth and rinsing your mouth can help ease bad tastes. Rinse your mouth before and after meals with plain water or a baking soda and salt mouthwash to help foods taste better. (Mix 1 teaspoon salt and 1 teaspoon baking soda in 1 quart water. Shake well before swishing and spitting)

## Reducing Unpleasant Odors:

- Serve foods cold or at room temperature. This can decrease the foods taste and smells
- Cover beverages and drink through a straw
- Choose foods that do not need to be cooked
- Avoid eating in rooms that are stuffy or too warm

## Looking for the perfect holiday gift?

Try *The Cancer Fighting Kitchen* by Rebecca Katz. This book has wonderful recipes and tips on how to combat taste and appetite changes. And remember, taste can change from day to day!



**Shannon Burman, RD**  
Clinical Registered Dietitian

# Help for Those Struggling with Diarrhea

Diarrhea can be a unpleasant—yet common—side effect to cancer treatment and affects many people undergoing both chemotherapy and radiation. Chemotherapy targets the rapidly dividing cells of your gut and some radiation therapies may cause disruptions to digestion and absorption resulting in frequent bowel movements. Other causes for diarrhea include antibiotics, infections, vitamin C and magnesium supplementation, emotional stress or simply, the cancer itself. Diarrhea is defined as loose or watery stools that occur more frequently than usual. When left untreated, diarrhea can lead to weakness, dehydration, electrolyte imbalances and weight loss. Be sure to notify your doctor if you are having more than six watery stools in a 24 hour period or your stools have an irregular color or odor.

It can be frustrating trying to figure out how to cope successfully with these symptoms and maintain proper nutrition. You are not alone. Here are some tips to manage diarrhea:

- Hydrate! Drink plenty of clear liquids like broth, diluted fruit juices, popsicles and sports drinks that will help correct electrolyte imbalances. Aim to drink eight ounces of fluid for each loose bowel movement.
- Eat small five to six small meals and snacks throughout the day rather than three larger meals.
- Replace sodium in your diet with foods like soups, broth, saltines, pretzels and sports drinks.
- Replace potassium in your diet with foods like bananas, mashed potatoes (without the skin) and sports drinks.
- Choose mild and bland foods like applesauce, bananas, canned peaches and pears, oatmeal, white rice and white pasta as they are easy to digest and can help thicken the stool. (See recipe on page 9)
- Opt for a low-fiber diet. Limit foods like bran, popcorn, whole grains, dried beans, broccoli, brussel sprouts, dried fruits or fruits and vegetables with their skin on. Once bowel habits have normalized, gradually increase fiber to your daily goal of 25-35 grams per day.
- Don't forget about protein—try eggs, or plain baked or broiled chicken, turkey or fish.
- Avoid greasy, fried, overly fatty or overly sweet foods.
- Avoid caffeine and alcohol or foods that will cause gas (carbonated beverages, vegetables in the cabbage family, dried beans or peas).
- Avoid foods, chewing gum or candies that have sugar alcohols (mannitol, sorbitol and xylitol) as they can exacerbate symptoms and cause increased gas and bloating.
- If you have diarrhea for more than two consecutive days, consider limiting dairy to no more than two cups per day. In some cases, prolonged diarrhea may cause temporary lactose intolerance.
- Ask your doctor if a probiotic or antidiarrheal would be appropriate for you to take.

“What can I eat that won't make the diarrhea worse?”

## **Nutritional Counseling Available:**

To address your specific concerns, schedule a one-on-one consultation with a Registered Dietitian at no charge.

**Please call  
805.219.HOPE (4673)**



Get answers to your questions!

## Fighting Cancer with Your Fork: Separating Fact from Fiction

**Tuesdays: November 14 & December 12 • 10:00 a.m.**

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

Maintaining adequate nutrition during cancer treatment can be challenging. It may require a different way of preparing meals and eating foods you're not familiar with. This class series is designed to consider a variety of foods and eating styles to help you cope with the side effects of treatment as well as get and stay healthy. Each month a different topic will be explored. Join us to maximize your journey toward health.

**November 14: Navigating the Holidays without Sacrificing Your Waistline**

**December 12: Winter Foods that Fight Cancer**

Reservations are required. Please call 805.219.HOPE (4673)

Nutrition class presented in English and Spanish:

## Comida para la Vida • Food for Life

**Tuesdays: November 7 & December 5 • 9:00 a.m.**

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

Join our dietitian, Shannon Burman, RD, and Promotor Hector Rodriguez as they explore the fundamentals of food in our bilingual nutrition class.

Want to know how to eat healthy to feel well throughout your cancer journey? Our once-monthly nutrition classes are designed to help you better understand the basics of food, healthy eating and living well. As we delve into the world of nutrition, we will explore the fundamentals of food and discuss balanced, healthy eating to benefit the whole family.

Reservations required; please call Hector Rodriguez to register 805.346.3406

¿Usted quiere saber cómo comer sano para sentirse bien a lo largo de su travesía del cáncer? Únase a nosotros y a nuestras clases de nutrición para entender mejor los fundamentos de la alimentación saludable y la vida sana. A medida que profundizaremos en el mundo de la nutrición, exploraremos los fundamentos de la alimentación y discutiremos la base de una alimentación balanceada y saludable en beneficio de toda la familia.

**Cupo limitado • Reservaciones requeridas**

**Por favor llame a Hector Rodriguez para su reservación: 805.346.3406**



### Did you know?

Proper nutrition is more important than ever for a person fighting a serious illness.

This breakfast favorite may help to ease diarrhea

## Fruity Morning Oatmeal

- 1<sup>3</sup>/<sub>4</sub> cup low-fat (or skim) milk
- 1/8 teaspoon salt
- 1 cup old-fashioned rolled oats
- 1 apple, peeled, cored and chopped
- 1 teaspoon brown sugar, optional
- 1 pinch cinnamon, optional

### Directions:

In a saucepan over medium-high heat, combine the milk and salt and bring to a boil. Reduce heat to medium, stir in oats and apple and cook stirring occasionally, until thickened. Just before serving, sprinkle with brown sugar and cinnamon. Serves 2.

### Nutrition Facts:

270 calories, 5 grams of fat, 46 grams of carbohydrate, 5 grams of dietary fiber, 17 grams of sugar, 13 grams of protein, 250 mg of sodium

# Managing Cancer-Related Fatigue: an Evolving Science

**“Why am I so tired?”** Fatigue during and after cancer diagnosis and treatment is the most common troubling side effect faced by cancer patients. As such, it has received an impressive amount of attention and research over the past 20 years. Today, we have the benefits of that research as we support people and their families coping with this common challenge.

Article contributed by  
**Debby Schobel, RN, MN**  
Cancer Survivor

**With good communication between patients and their providers, solutions to cancer-related fatigue can be implemented.**

Thanks to ongoing advances in cancer care, more of us are living through and beyond an initial diagnosis. This has increased our focus on maintaining and restoring a high quality of life as we continue to survive. The National Comprehensive Cancer Network [NCCN], 2014 defined cancer-related fatigue (CRF) as “an unusual, persistent, and subjective sense of tiredness that is not proportional to recent activity and interferes with usual functioning.” This type of fatigue may appear as a generalized weakness, decreased mental concentration ability, difficulty with sleeping (too much or too little), and/or a change in how a person responds emotionally to the world around them. Research has shown that 80-100% of cancer patients report experiencing CRF at some point. Although most CRF resolves within 1-2 years of treatment, some patients experience CRF for many years after their primary treatment is completed.

Historically, the primary focus has been removing/controlling the cancer and ensuring survival. That remains true, but we have also learned the importance of recognizing and managing side effects like CRF that impact our patient’s quality of life. Research has documented that CRF often has a negative impact on our physical, social, and mental functions as well as compromising our ability to fulfill daily responsibilities and to enjoy life. These concerns drove the research and the development of programs to provide interventions that pass the scientific rigor of quality, reproducible research. Fortunately, our patients here on the Central Coast have ready access to those interventions, at no cost to them. Now, the challenge is to actually connect patients with the highly effective programs that currently exist and evolve, based upon continuing research.

Although there is no one standard treatment for CRF, there is a logical approach which seems to deliver consistent positive results. The first step is for the patient to work with their physician to describe the fatigue they are experiencing. The physicians will work to identify and treat any underlying cause for the fatigue such as low blood counts, poor nutrition, sleep disruption and any other contributing health issues. These may include heart, liver, or kidney disease, persistent pain, depression, anxiety, and the many issues cancer patients deal with, beyond their cancer. Once these issues have been addressed, the cancer treatment team will recommend that the patient take advantage of interventions that current research has found most likely to be effective in improving CRF.

Although at first it may seem illogical, the most effective intervention for CRF—once the physical issues have been addressed by the physicians—is exercise. This does not start with going to the gym and working out. It starts with whatever level the patient is capable of and moves forward, gradually. Research has proven that even minimal activity (moving arms and legs while seated or walking in/around the home) during cancer treatment is beneficial in multiple ways. This activity level can be gradually increased as tolerated. Patients will be encouraged to work with one of our Mission Hope Cancer Rehabilitation professionals where they will be evaluated and guided along their recovery. The data supporting and confirming the positive impact of even minimal physical exercise in countering the effects of CRF is overwhelming. Each patient’s needs and concerns are considered as individual programs are created. For more information, please call the Cancer Rehabilitation Program at 346.3413.

## YOU ARE NOT ALONE

Special Presentation for Caregivers

# CareMaps Workshop

**Wednesday, November 1 • 5:00 to 7:00 p.m.**

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

On any given day, tens of millions of Americans provide care to parents, siblings, relatives and friends living with illness or a chronic health condition. Their contribution to healthcare is critical, and their impact on society is significant. Yet their work is often invisible.

Because family caregiving is an isolated and underappreciated endeavor, it is not well understood and current systems intended to support them are often ineffective. CareMaps uses a human-centered approach to understand the fundamentally human experience of family caregiving. The Mission Hope Caregiver Support Group invites you to discover how the CareMaps technique can help you understand and improve your family's experience.

The CareMap is a hand-drawn representation of a caregiver's network. Purposely centered around the primary caregiver, it shows all the people who may be involved with the caregiver or those whom they care for. It illustrates the caregiver's own support system, demonstrates what is working well, and where different resources may be needed; it may also reveal duplication or gaps in care and resources that can be addressed.

In this free workshop, caregivers will learn to create and use the CareMap to gain valuable insights into their caregiving picture and forge a new way forward.



### Did you know?

There are community-based resources that provide support for chronically ill or elderly people, including home delivered meals and cleaning and/or yard work services. We can help you get started! Please call Jenni Davis, Patient Advocate, at Mission Hope Cancer Center: 346.3402.

Are you caring for a loved one?

## Caregiver Support Group

The Caregiver Support Group at Mission Hope meets once a month and provides a safe place to get together with those who understand the challenges and concerns of caring for a loved one. It serves as a forum for contributing ideas and helpful strategies in an encouraging atmosphere. Let us take care of you while you are providing care for the ones you love.

**First Wednesday of each month • 5:00 to 7:00 p.m.**

Mission Hope Cancer Center, 1325 East Church Street

**Light dinner served • No reservations needed**

**Additional support services are available from Dignity Health:**

### Family Caregiver Support Program

For referral and information, please contact Family Care Navigator Mary Amedeo, LCSW.

Phone: 805.614.2085

Email:

[Mary.Amedeo@dignityhealth.org](mailto:Mary.Amedeo@dignityhealth.org)

Arroyo Grande Cancer Program

## General Cancer Support Group

Everyone is welcome to join us for educational talks and encouraging discussions, facilitated by Carol Lowe, RN, OCN, Oncology Care Navigator, and Tom Steffora, MA, LMFT, Licensed Marriage and Family Therapist. The group meets on selected Monday evenings at 5:30 p.m. at the Coastal Cancer Care & Diagnostic Center, 921 Oak Park Blvd., in Pismo Beach.

### NOVEMBER

6 Caring and Sharing

20 Tonight's Topic: "Cultivating Thankfulness"

### DECEMBER

4 Caring and Sharing

18 Tonight's Topic: "Dealing with Depression and the Holidays"

**Please register by calling Mission Hope Cancer Center: 805.219.HOPE (4673).**

Snacks served.



Tap into your restorative power

## Guided Meditation Class

**Mondays: November 6, 13 & December 4, 11  
11:30 a.m.**

Mission Hope Cancer Center  
1325 East Church Street, Santa Maria



**Tom Steffora, MA,  
LMFT**

Licensed Marriage and  
Family Therapist

**Learn a new technique that can improve your quality of life during and after treatment. Join us for a 20 minute meditation with Tom Steffora.**

Relaxation techniques such as meditation are especially helpful for cancer patients because they help to calm chemo-induced nausea, improve coping skills, reduce pain, and ease the anxiety and depression associated with chronic illness.

People practice meditation to help their minds and bodies become calm and relaxed. Regular meditation can give clarity, insight, and peace of mind, which may improve wellbeing and overall health. With a bit of patience and time, anyone can learn to meditate.

In addition to the above, many people with cancer find that incorporating meditation into their routine helps them to feel better in a variety of ways, such as minimizing the nagging problems of difficulty sleeping, tiredness, and high blood pressure.

It can take time to feel the benefits of meditation, but if you meditate even for a short time each day, you find that it gets easier. There are various types of meditation, but most types involve being still and quiet.

Beginners as well as experienced meditators are welcome to attend this new class. Meditation can be done in a chair or on the floor; bring a yoga mat or blanket if you so choose.

Open to patients, staff, caregivers, and family members. Join us for a moment of calmness and experience the benefits of a guided meditation for yourself.

If you are coping with illness or grieving a loss, the Holiday traditions you enjoyed in the past may be too painful. Try the Holidays in a new way.

# It's beginning to look a lot like Christmas!

Mission Hope is hosting events for children, families and the young at heart to celebrate the season.



Time to make some tasty memories at our children's cookie decorating activities.

Family focused support group

## Family Night Support Group Holiday Party

Wednesday, November 15 • 6:00 to 7:30 p.m.

Designed for children and teens with cancer, this support group meets monthly to address the concerns of everyone in the family. Program begins with a family dinner, followed by activities for youngsters and parents. Tonight we'll be celebrating the season with a special dinner and enjoy a **cookie decorating activity**. **Each child will receive a gift.**

For children and grandchildren of cancer patients

## Kids Support Circle Holiday Party

Tuesday, December 5 • 3:00 p.m.

Meeting selected Tuesdays, this small group setting offers a safe place where children use art, games, and journals to express their feelings and learn new skills for living with cancer in the family. Your children or grandchildren are welcome to join us for some special holiday fun, including a **cookie decorating activity**. **Each child will receive a gift.**

Registration is required for above events. Please call Mission Hope to reserve your spot: 805.346.3402 (English) or 805.346.3406 (Spanish)

An old-fashioned musical treat!

**Music Therapy: Soothing Sounds of Twilight Presents**

## Chordsmen Quartet Holiday Performance

Tuesday, December 5

5:30 p.m.

We often look forward to the holiday season as a time full of joy and activity. For some, though, it can leave them feeling stressed and overwhelmed. Music therapy to the rescue! Mission Hope is pleased to welcome the Chordsmen Quartet to our stage for a special holiday performance. Join us to unwind, relax and enjoy the upbeat harmonies of your favorite Christmas songs.



Clinical studies have shown that music therapy has profound physical effects, such as reducing high blood pressure and improving depression and anxiety. Cancer patients report that music therapy has helped alleviate some of the treatment-related side effects such as nausea and fatigue. Please call Mission Hope to reserve your seat for this unique musical program. Refreshments served.

**Seating is limited; please register by calling: 805.219.HOPE (4673).**

# November Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 5:00 Caregiver Support Group: CareMaps Workshop	<b>2</b> 9:00 Massage Therapy 6:00 Cancer Rehab	<b>3</b> 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Journaling
<b>6</b> 10:00 Cancer Rehab 11:30 Guided Meditation 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>7</b> 9:00 Food for Life Class (Spanish) 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle 5:00 Presentation: Lung Cancer	<b>8</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 3:00 Cancer Rehab	<b>9</b> 9:00 Massage Therapy 2:00 Mindfulness Refresher 4:00 Bereavement Support Group 6:00 Cancer Rehab	<b>10</b> 8:00 Men's Cancer Discussion Group 1:00 Soul Collage
<b>13</b> 10:00 Cancer Rehab 11:30 Guided Meditation 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria	<b>14</b> 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork	<b>15</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 3:00 Discussion: Managing Grief During the Holidays 6:00 Family Night Group Holiday Celebration	<b>16</b> 9:00 Massage Therapy 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	<b>17</b> 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Journaling
<b>20</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>21</b> 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better	<b>22</b> 9:00 Cancer Rehab 3:00 Cancer Rehab	<b>23</b>  Office closed for Thanksgiving Holiday	<b>24</b>  Office closed for Thanksgiving Holiday
<b>27</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>28</b> 9:00 Lymphedema Prevention Exercise	<b>29</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab	<b>30</b> 9:00 Massage Therapy 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	

# December Classes and Programs

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

4

10:00 Cancer Rehab  
11:30 Guided Meditation  
1:00 Walking into Wellness  
2:00 Knitting & Crocheting Group  
3:30 Community Acupuncture

5

9:00 Food for Life Class (Spanish)  
9:00 Lymphedema Prevention Exercise  
3:00 Kids Support Circle Holiday Celebration  
5:30 Soothing Sounds of Twilight Barbershop Quartet

6

9:00 Cancer Rehab  
10:00 Fight Against Falls Class  
3:00 Cancer Rehab  
5:00 Caregiver Support Group  
6:30 Light Up a Life

7

9:00 Massage Therapy  
4:00 Bereavement Support Group  
6:00 Cancer Rehab

1

8:00 Grupo de Discusión para Hombres con Cáncer  
1:00 Coloring Your Stress Away

8

8:00 Men's Cancer Discussion Group  
1:00 Soul Collage

11

10:00 Cancer Rehab  
11:30 Guided Meditation  
1:00 Walking into Wellness  
2:00 Knitting & Crocheting Group  
3:30 Community Acupuncture

12

9:00 Lymphedema Prevention Exercise  
10:00 Fighting Cancer with Your Fork

13

9:00 Cancer Rehab  
10:00 Fight Against Falls Class  
12:45 Learn Golf  
3:00 Cancer Rehab

14

9:00 Massage Therapy  
2:00 Mindfulness Refresher  
6:00 Cancer Rehab

15

8:00 Grupo de Discusión para Hombres con Cáncer  
1:00 Coloring Your Stress Away

18

10:00 Cancer Rehab  
1:00 Walking into Wellness  
2:00 Knitting & Crocheting Group  
3:30 Community Acupuncture

19

9:00 Lymphedema Prevention Exercise  
9:30 Look Good, Feel Better

20

9:00 Cancer Rehab  
10:00 Fight Against Falls Class  
3:00 Cancer Rehab

21

9:00 Massage Therapy  
2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group  
4:00 Bereavement Support Group  
6:00 Cancer Rehab

22



Office closed for Christmas Holiday

25

Merry Christmas

Office closed for Christmas Holiday

26



27

28

29

Calendar depicts weekdays only.

**Getting Started at Mission Hope**

**Patient Orientation Class**

(For Mission Hope Patients only)

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 patients, families and caregivers.

**Mission Hope Cancer Center, SM**

BY APPOINTMENT:

PLEASE CALL 805.346.3402 (ENGLISH)

DISPONIBLE EN ESPAÑOL.

FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.

**Acupuncture Treatments**

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

**Hearst Cancer Resource Center, SLO**

NOV 27; 1:30 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

**Community Acupuncture**

At an appointed time, each person consults quietly with the practitioner followed by individualized treatment in a reclining chair.

**Mission Hope Cancer Center, SM**

NOV 6, 13, 20, 27 & DEC 4, 11, 18; 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**

NOV 30; 2:00 PM

**Aquatic Therapy Class**

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.

**Hearst Cancer Resource Center, SLO**

NOV 20 & DEC 18; 11:00 AM

**Bereavement Support Group**

Providing a safe place to express your feelings and begin working through the grieving process.

**Mission Hope Cancer Center, SM**

NOV 9 & DEC 7, 21; 4:00 PM

**Breast Cancer Support Group**

A support group focusing on breast cancer, the journey and sharing valuable information and resources.

**Hearst Cancer Resource Center, SLO**

NOV 7 & DEC 5; 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**

NOV 2, 16 & DEC 7, 21; 6:00 PM

**Mission Hope Cancer Center, SM**

NOV 1\* & DEC 6; 5:00 PM

\*Atlas CareMaps Workshop

**Cancer Rehabilitation**

An individualized 12-week program that includes group, strengthening and aquatic exercise with our Certified Exercise Trainer.

**Marian Health & Wellness Center, SM**

RESERVATIONS REQUIRED; SCHEDULE AN ASSESSMENT AT 805.346.3413.

**Coloring Your Stress Away**

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

**Hearst Cancer Resource Center, SLO**

NOV 16 & DEC 21; 11:00 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

**Mission Hope Cancer Center, SM**

DEC 1, 15; 1:00 PM

**NEW CLASSES**

**Family Night Support Group**

Children with cancer and their families are invited to join us for dinner, followed by age appropriate activities. Licensed counselors and social workers on hand. Information in English and Spanish; childcare for children under 4 years provided.

**Mission Hope Cancer Center, SM**

NOV 15; 6:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.346.3402 (ENGLISH) OR 805.346.3406 (SPANISH).

**Fight Against Falls**

**Exercise Class**

This class provides participants with the knowledge to reduce the risk of falls in addition to working on conditioning the muscles to help battle muscle fatigue and gain strength.

**Marian Health & Wellness Center, SM**

NOV 1, 8, 15, 29 & DEC 6, 13, 20; 10:00 AM

**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



Fighting Cancer with Your Fork: Separating Fact from Fiction  
Registered dietitian shares topics related to nutrition and coping with the side effects of treatment.

**Mission Hope Cancer Center, SM**  
NOV 14; 10:00 AM  
Navigating the Holidays without Sacrificing Your Waistline  
DEC 12; 10:00 AM  
Winter Foods that Fight Cancer  
RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

***Nueva clase en Español:***

🌱Food for Life:  
Spanish Nutrition Class  
Join our dietitian and promotor de salud as they explore the fundamentals of food.

**Mission Hope Cancer Center, SM**  
NOV 7 & DEC 5; 9:00 AM  
FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.

General Support Groups  
Informal support groups for all patients and their loved ones.

**Hearst Cancer Resource Center, SLO**  
NOV 2, 16 & DEC 7, 21; 6:00 PM  
BY RESERVATION ONLY; PLEASE CALL 805.542.6234.

**Coastal Cancer Care & Diagnostic Center, Pismo Beach**  
NOV 6, 20\* & DEC 4, 18‡; 5:30 PM

\*Cultivating Thankfulness  
‡Dealing with Depression and the Holidays  
RESERVATIONS REQUIRED;  
PLEASE CALL 805.219.HOPE (4673).

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

**Hearst Cancer Resource Center, SLO**  
NOV 1, 15 & DEC 6, 20; 5:00 PM

🌱Beginners as well as experienced meditators are welcome to join us as Tom Steffora, LMFT, leads a 20 minute meditation.

**Mission Hope Cancer Center, SM**  
NOV 6, 13 & DEC 4, 11; 11:30 AM

Healing Touch (Energy Balancing)  
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**  
NOV 13, 27 & DEC 11; 11:00 AM  
RESERVATIONS REQUIRED;  
PLEASE CALL 805.542.6234.

Journaling Group  
Many people find expressing their feelings in a journal to be healing—especially when coping with a challenge like cancer. Join us!

**Mission Hope Cancer Center, SM**  
NOV 3, 17; 1:00 PM

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**  
NOV 7 & DEC 5; 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**  
NOV 8 & DEC 13; 12:45 PM  
BY APPOINTMENT; PLEASE CALL 805.346.3413.

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**  
NOV 1 & DEC 6; 10:00 AM  
RESERVATIONS REQUIRED; PLEASE CALL: 805.542.6234.

**Mission Hope Cancer Center, SM**  
NOV 21 & DEC 19; 9:30 AM  
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**  
NOV 21 & DEC 19; 1:00 PM

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

**Marian Health & Wellness Center, SM**  
NOV 7, 14, 21, 28 & DEC 5, 12, 19;  
9:00 AM

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**  
NOV 8 & DEC 13; 1:00 PM

**Mission Hope Cancer Center, SM**  
NOV 16 & DEC 21; 2:00 PM

Massage Therapy  
Certified massage therapists provide 15 minute chair massages, helping to reduce stress, bolster the immune system and restore energy.

**Mission Hope Cancer Center, SM**  
NOV 2, 9, 16, 30 & DEC 7, 14, 21;  
9:00–11:00 AM  
RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Men's Cancer Discussion Group  
Facilitated by Sean Hunt, RN, BSN, OCN, this meeting provides a relaxed forum to discuss issues, exchange information, share concerns and get answers. The group is designed to benefit men at any stage of the cancer journey: newly-diagnosed, currently undergoing treatment and those finished with treatment.

**Mission Hope Cancer Center, SM**  
NOV 10 & DEC 8; 8:00 AM

*Classes continue*

## CLASSES, GROUPS & PROGRAMS

### **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. Tome la oportunidad de aprender e intercambiar informacion relacionada con todos los tipos de cáncer y asi como el cuidado de su salud.

**Mission Hope Cancer Center, SM**  
NOV 3, 17 & DEC 1, 15; 8:00 AM

FAVOR DE LLAMAR PARA UNA RESERVACIÓN A 805.346.3406.

### **Mindfulness Refresher Class**

Participants who took the eight week course can practice together.

**Mission Hope Cancer Center, SM**  
NOV 9 & DEC 14; 2:00 PM

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

### **Music Therapy**

#### **Soothing Sounds of Twilight**

Come to relax and enjoy the benefits of this interactive music program.

**Mission Hope Cancer Center, SM**  
DEC 5; 5:30 PM

**Special Event: Barbershop Quartet Holiday Performance**

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**  
NOV 20 & DEC 18; 6:30 PM

**Wishing you and yours a happy and healthy 2018!**



### **Qigong Class**

Gigong is a Chinese health and spiritual development system that lowers stress, increases vitality, and aids healing. It consists of slow flowing movements and deep breathing.

**Hearst Cancer Resource Center, SLO**  
NOV 6, 20 & DEC 4, 18; 5:00 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**  
NOV 10 & DEC 8; 11:00 AM

**Mission Hope Cancer Center, SM**  
NOV 10 & DEC 8; 1:00 PM

### **SPOHNC, Santa Maria**

(Support for People with Oral, Head, and Neck Cancer, Inc.)

These meetings offer information and practical support to address the particular challenges of oral, head and neck cancer. Newly-diagnosed patients, survivors and their loved ones are welcome.

**Mission Hope Cancer Center, SM**  
NOV 13; 5:00 PM

### **Tai Chi Chih**

The slow gentle movements of Tai Chi Chih along with deep breathing help to improve well-being, balance, flexibility and stamina.

**Hearst Cancer Resource Center, SLO**  
NOV 1, 8, 15, 22, 29 & DEC 6, 13, 20; 11:00 AM

**NEW CLASSES**

### **Walking Into Wellness**

Regular walking improves overall health and wellness. Even more, it can help reduce the cancer-related symptoms of fatigue, weakness and nausea. Join fellow walkers at Mission Hope and reap the many benefits of taking a walk.

**Mission Hope Cancer Center, SM**  
NOV 6, 13, 20, 27 & DEC 4, 11, 18; 1:00 PM

### **Warm Yarns Knitting and Crocheting Support Group**

All levels are welcome; instructions, needles and yarn are provided.

**Hearst Cancer Resource Center, SLO**  
NOV 7, 14, 21, 28 & DEC 5, 12, 19; 3:00 PM

**Mission Hope Cancer Center, SM**  
NOV 6, 13, 20, 27 & DEC 4, 11, 18; 2:00 PM

### **Yoga for Cancer Patients and Survivors**

Yoga combines physical postures, breathing techniques, and/or relaxation to support the body, mind and spirit. All levels welcome.

#### **Basic Yoga**

**Veterans' Memorial Building, SLO**  
NOV 1, 8, 15, 22, 29 & DEC 6, 13, 20; 4:30 PM

#### **Restorative Yoga**

Deep passive stretching resulting in therapeutic relaxation achieved by using bolsters and blankets. Please bring a yoga mat.

**Hearst Cancer Resource Center, SLO**  
NOV 13, 27 & DEC 11; 5:00 PM

BY APPOINTMENT; PLEASE CALL 805.542.6234.

**Please note: During the Holiday season some classes have adjusted schedules. The following programs are on hiatus and will return next year:**

- Create Your Own Vision Board
- Healing Touch (Energy Balancing)
- Mindfulness Therapy Class
- Yoga for Cancer Patients

## 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](http://www.missionhopecancercenter.com)

**Shannon Burman, RD**

CLINICAL REGISTERED DIETITIAN

346.3403

[Shannon.Burman@dignityhealth.org](mailto:Shannon.Burman@dignityhealth.org)

**Jenni Davis**

ONCOLOGY COUNSELOR/PATIENT ADVOCATE

346.3402

[Jennifer.Davis005@dignityhealth.org](mailto:Jennifer.Davis005@dignityhealth.org)

**Liz Elliott, RN, OCN, CBCN, CN-BN**

CERTIFIED BREAST CANCER  
NURSE NAVIGATOR

346.3405

[Elizabeth.Elliott@dignityhealth.org](mailto:Elizabeth.Elliott@dignityhealth.org)

**Alison Fernandez, RN, MPH, OCN**

UCLA CLINICAL RESEARCH COORDINATOR

346.3461

[Alison.Fernandez@dignityhealth.org](mailto:Alison.Fernandez@dignityhealth.org)

**Sean Hunt, RN, BSN, OCN**

ONCOLOGY NURSE NAVIGATOR/  
SURVIVORSHIP PROGRAM

346.3401

[Sean.Hunt003@dignityhealth.org](mailto:Sean.Hunt003@dignityhealth.org)

**Michelle Lamarche, RN, OCN**

NURSE MANAGER, INFUSION CENTER

346.3421

[Michelle.Lamarche@dignityhealth.org](mailto:Michelle.Lamarche@dignityhealth.org)

**Carol Lowe, RN, OCN**

ONCOLOGY NURSE NAVIGATOR/  
LUNG CANCER SCREENING PROGRAM

346.3463

[Carol.Lowe@dignityhealth.org](mailto:Carol.Lowe@dignityhealth.org)

**Chris Magana**

CANCER CENTER TRANSPORT COORDINATOR

346.3444

[Chris.Magana@dignityhealth.org](mailto:Chris.Magana@dignityhealth.org)

**John Malinowski, ATC, CET**

CANCER REHABILITATION PROGRAM

346.3413

[John.Malinowski@dignityhealth.org](mailto:John.Malinowski@dignityhealth.org)

**Kim Neace, RN, OCN**

ONCOLOGY NURSE NAVIGATOR

346.3469

[Kimberly.Neace@dignityhealth.org](mailto:Kimberly.Neace@dignityhealth.org)

**Hector Rodriguez**

PROMOTOR DE SALUD  
ESPECIALIZADO EN ONCOLOGÍA

346.3406

[Hector.Rodriguez2@dignityhealth.org](mailto:Hector.Rodriguez2@dignityhealth.org)

### Arroyo Grande Community Hospital

Coastal Cancer Care  
& Diagnostic Center

921 Oak Park Blvd., Pismo Beach, CA

CANCER CARE NAVIGATOR

481.7245

### French Hospital Medical Center

Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201

San Luis Obispo, CA

**Gloria Caine, RN, BSN, OCN**

NURSE NAVIGATOR, HCRC

542.6234

[Gloria.Caine@dignityhealth.org](mailto:Gloria.Caine@dignityhealth.org)

**Beverly Kirkhart**

DIRECTOR, HCRC

542.6269

[Beverly.Kirkhart@dignityhealth.org](mailto:Beverly.Kirkhart@dignityhealth.org)

### Infusion Center of San Luis Obispo

715 Tank Farm Road, Suite B  
San Luis Obispo, CA

**Susan L. Diaz, RN, OCN**

MANAGER

542.6500, ext. 1470

[Susan.Diaz@dignityhealth.org](mailto:Susan.Diaz@dignityhealth.org)

### Dignity Health Central Coast

**Katherine M. Guthrie**

SENIOR REGIONAL DIRECTOR, CANCER  
SERVICES, CENTRAL COAST SERVICE AREA

346.3434

[Katherine.Guthrie@dignityhealth.org](mailto:Katherine.Guthrie@dignityhealth.org)

**Laura Deppen, RN**

HOSPICE DIRECTOR

739.3829

[Laura.Deppen@dignityhealth.org](mailto:Laura.Deppen@dignityhealth.org)

### Medical Directors

**MARIAN REGIONAL MEDICAL CENTER**

**Robert A. Dichmann, MD**

**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

Gisele R. Rohde, MPAP, PA-C, Physician Assistant

Cancer Risk Program/Survivorship 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

A FREE COMMUNITY FORUM

## What's New in Lung Cancer Treatment

You're invited to learn about the latest advances from our panel of experts featuring: **Zach Reagle, DO, Kathi Downey, advocate, and Carol Lowe, RN, OCN, lung cancer nurse navigator.**



**Tuesday, November 7 • 5:00 p.m.**

**Mission Hope Cancer Center**

1325 East Church Street, Santa Maria

**Seating is limited and reservations are required.**

**Please call Mission Hope Cancer Center at 805.219.HOPE (4673).**

- Close to a quarter million Americans will be diagnosed this year with lung cancer. While some people who develop the disease have a history of smoking, non-smokers are also at risk.
- Non-smokers get lung cancer, too. Anywhere from 10-20 percent of the people with lung cancer never have inhaled a cigarette.
- Early signs of lung cancer are not always evident. Most people do not experience any pain or discomfort during the early stages of disease.
- Screening for lung cancer could save your life. A low-dose CT scan helps detect signs of lung cancer, such as nodules or spots on the lung, early, when the disease is most treatable.
- It is never too late to quit smoking! Regardless of your smoking past, you can still reduce your risk of lung cancer and other conditions like heart disease by kicking the habit now. Just five years of smoke-free living halves your risk of cancers of the mouth, throat, esophagus and bladder. In 10 years, your risk of dying from cancer is half the risk of someone who continues to light up.

