

# Cancer Care

OUR MISSION    YOUR CENTER    TOGETHER FOR HOPE

Exciting  
Event  
Coming!  
See back cover

July/August 2016

## Introducing Cheryl Durstein-Decker, MD, FACEP, to Oversee the New Cancer Risk, Survivorship & Supportive Care Program



**Cheryl Decker, MD, FACEP**

The integrated medical team at Mission Hope Cancer Center provides a complete program to meet the specific needs of oncology patients. We are pleased to announce the recent arrival of Cheryl Decker, MD, to the Mission Hope team as Director of Palliative Care. She brings survivorship and symptom management expertise to our Mission Hope cancer patients.

Maintaining your best possible quality of life can be an overwhelming challenge when living with cancer. Pain and other physical and emotional symptoms affect your quality of life, and stress can have a big impact on you and your family. You need answers, reliable access to support, and relief from distressing physical and emotional symptoms. Every one of our patients will benefit from Dr. Decker's expertise as she offers individualized consultations to help people manage their health care issues. She will coordinate cancer surveillance and cancer prevention plans for each patient, working to keep Mission Hope patients from emergency department visits and unnecessary hospitalizations.

To make an appointment with Dr. Decker, please call 805.346.3456.

### Free Community Event:

Co-presenters **Cheryl Decker, MD**, and **John Malinowski, ATC**, Cancer Exercise Trainer

**Wednesday, August 24, 2016**

**5:00 p.m.**

Mission Hope Cancer Center  
1325 East Church Street, Santa Maria

### Exercising Through Survivorship Works!

The reduction of physical activity that cancer patients often experience may lead to decreased muscle strength, increased fatigue and weakness, and increased risk for osteoporosis and other chronic conditions like heart disease and diabetes.

If there was a secret remedy—backed by numerous studies—to help people with cancer (during treatment and after treatment) improve their quality of life and overall health as well as reduce their risk of recurrence would you take it? Well, the secret is out: it's EXERCISE.

The benefits of regular exercise include: decreased fatigue, decreased nausea, decreased muscle wasting, decreased depression, increased stamina, increased flexibility and the ability to perform daily activities with ease. Join us to learn how to integrate exercise into your life and start feeling better!

Please call Mission Hope Cancer Center to reserve a seat: 805.219.HOPE (4673).

## Mission Hope Cancer Center Leadership

Robert A. Dichmann, MD  
Medical Director  
Marian Cancer Program

Cheryl Decker, MD, FACEP  
Cancer Risk and Survivorship

Todd M. Erickson, MD  
Medical Oncologist/Hematologist

Christopher W. Johnson, MD  
Medical Director  
da Vinci® Robotic Surgical Services

April Kennedy, MD  
Medical Oncologist/Hematologist

Case H. Ketting, MD  
Radiation 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

### Did you know?

The Affordable Healthcare Act requires that there be no deductibles or co-pays for defined screening and preventive services—one of which is screening colonoscopy.

## Honoring Those Who Make a Difference

■ In recognition of March as Colon Cancer Awareness Month, Santa Maria Digestive Diagnostic Center and Mission Hope Cancer Center collaborated to bring life-saving information and free screenings to our community.



Gastroenterologist Paramjit S. Benipal, MD, and his medical team and office staff (pictured above and left) first held clinic days for consults to help educate indigent patients about risk factors and screening recommendations. A Saturday was set aside to provide

potentially life-saving colorectal cancer screenings to those who are unable to afford them. On behalf of our cancer committee, we extend our deepest thanks to all of you for your commitment to catching this disease at a treatable stage.

What can you do to reduce your risk? Say “YES” to the test! Get screened. It’s that simple. If you knew about a screening test that could reduce your risk of dying from cancer, would you have it done? Most people would say “yes.” This is the very best way to help prevent colorectal cancer. Take advantage of the lifesaving power of a colonoscopy! If you or a loved one needs assistance scheduling a colonoscopy, please call our oncology nurse navigator Carol Herrin, RN, OCN, at 346.3463.

■ Marian Regional Medical Center and the cancer committee would like to acknowledge **Marie Sexton**, Cancer Tumor Registrar, who has been a respected part of our team for over 31 years. As Marie plans to retire in July, we express our gratitude for her dedicated long-time service to our cancer program and her commitment to excellence. Marie will be missed; however, we wish her the best in retirement.



## PHILANTHROPY

### Tribute Gifts

Every gift contributed to Marian Cancer Center benefits the lives of cancer patients and families at Mission Hope Cancer Center. Yet, it is through a tribute gift that community members are able to uniquely express their appreciation for a loved one or to celebrate a special life occasion.

Throughout life's course, there are many seasons, and a gift to celebrate a loved one is always welcomed in times of celebration. A gift 'in honor of' a caregiver, nurse, physician, or the entire cancer care team is a special way to say thank you.

## Gifting Hope

*Supporting Cancer Patients  
and Families in Need*



 **Marian Regional  
Medical Center Foundation**  
A Dignity Health Member

 **75 YEARS**  
FULFILLING OUR PROMISE

Your tax deductible gift will be promptly acknowledged to those you designate, and the gift amount will never be disclosed. As the philanthropic arm of both Mission Hope Cancer Center and Marian Regional Medical Center, the Marian Foundation is committed to advancing prevention, early detection, treatment, and survivorship for Central Coast cancer patients.



It's not too late to fight cancer together and gift hope.

## Day of Hope

Thanks to the incredible support of the Santa Maria Valley community, the Third Annual Day of Hope was a tremendous success. More than \$146,670 was raised in support of Marian Cancer Care patients and families. Although the Day of Hope is officially over, you can still support local cancer patients at Mission Hope Cancer Center. For more information, please contact the Marian Foundation at 805.739.3595.

### The Charitable IRA Rollover is Back!

Support the life-changing and life-saving programs and services of Mission Hope Cancer Center by rolling over your tax-free IRA gift for 2016. How it works:

- Must be over 70½ years or older
- Gifts cannot exceed \$100,000
- IRA distribution must be made directly to Marian
- Distributions are not subject to income tax and help satisfy your Required Minimum Distribution for 2016

Deadline is December 31, 2016 • Consult with your professional tax advisor



**John Malinowski, ATC, CET**  
Cancer Exercise Trainer

# Mission Hope Cancer Rehabilitation Program is Unique to You the Patient

Each cancer diagnosis and treatment plan is as unique as the individual patient. One commonality is the physical toll the disease and treatments place on the body. The Cancer Rehabilitation Program provides participants with a plan of action to meet their unique situation head on. While treatment for cancer can be very hard on the body, the effects of treatment can be minimized and survivors can again engage in activities that bring joy.

You can get your life back after cancer and resume doing the activities you love. The Cancer Rehabilitation Program can provide you with the knowledge, guidance, and motivation to reach your goals.

Mission Hope Cancer Center has the only Cancer Rehabilitation Program on the Central Coast of California to help individuals cope with the many symptoms associated with cancer treatments. Patients can benefit from an integrated rehabilitation program during treatment as well as after treatment is completed. Our unique program provides patients with a personalized plan aimed at limiting the side effects that come with treatments and restoring their ability to carry out the daily activities of life to the greatest extent possible. Our certified cancer exercise trainer works with each patient to develop a program tailored to meet his/her particular needs along with help to meet specific goals. Each exercise session is adjusted to match the person's level of functioning to ensure that progress is achieved in a safe manner.

Cancer Rehabilitation provides treatment that goes beyond medical and surgical treatment options, addressing each patient's functional needs. The greatest outcomes are possible when rehabilitation is a part of a patient's full recovery, from the very start and

throughout the entire continuum of care. However, a program can be created at any stage of the cancer journey for a patient or survivor in need to improve the quality of life. It's never too late to begin the program and start seeing results! Left, cancer survivors Jim and Eddy Brown attribute their regained independence and mobility from joining the Cancer Rehabilitation Program.



## What to Expect

The Cancer Rehabilitation Program will work with you to develop your personal fitness goals and provide you with the knowledge, guidance, and motivation to reach your goals.

Referred patients each receive:

- Exercise assessment from our Cancer Exercise Trainer.
- Nutritional consultation from our Registered Dietitian.
- Two physical therapy evaluations—one before the exercise starts and one at the end of the program.
- Group exercise consisting of strengthening and toning exercises using resistance bands, body weight exercises, balance exercises and stretching. Personalized equipment training on cardiovascular machines like treadmills, stationary bikes, recumbent bikes, or recumbent ellipticals will be matched to your specific functional level.
- Targeted strengthening exercise sessions using weight machines, light dumbbells or other small apparatus will focus on your specific needs.
- Knowledge to help you implement exercise into your life throughout treatment and survivorship.

Are you ready to meet with our certified Cancer Exercise Trainer for your individualized program? It only works if you call! Please schedule your assessment today by calling **805.346.3413**.

# A Continuum of Care: Getting to Know the Cancer Rehabilitation Program

Don't miss our special event:

**Exercising Through  
Survivorship Works!**

Please sign up now.

See front cover for details.

## Purpose of the Mission Hope Cancer Rehabilitation Program

- To promote increased functional capacity for cancer patients during and following treatment
- To provide complete health and fitness assessments, individualized exercise prescriptions, and one-on-one rehabilitative exercise sessions with a trained cancer exercise specialist

## Program Components

- Medical and cancer histories
- Physical therapy evaluation prior to starting program
- Fitness assessment
- Development of individualized exercise and dietary prescriptions
- Individualized exercise intervention programs supervised by cancer exercise specialists
- Follow-up evaluation by physical therapist

## Benefits of the Cancer Rehabilitation Program

- The exercise program tailored for each individual will maximize the time spent and help attain the goals set during the assessment
- The program will give each participant the knowledge and motivation to continue the exercise routine for a lifetime
- The group class setting allows participants to exercise in an environment that fosters building relationships. Many people benefit from sharing experiences with others who are going through similar situations in their cancer journey.

## Expected Outcomes

- Restore range of motion and flexibility
- Combat cancer-related fatigue
- Work toward a healthy weight
- Help regulate blood glucose levels
- Limit atrophy (muscle wasting)
- Improve balance to prevent falls
- Gain confidence to continue the lifestyle changes
- Gather sound nutritional information relating to your progress in treatment and survivorship
- Social interaction with other survivors

To find out more or schedule your personal assessment, please call  
John Malinowski, ATC, CET, at 805.346.3413.



Cancer patients and survivors face unique health care challenges. We can help!

- How can I get my energy back?
- Where can I learn about nutritional information related to cancer?
- What lifestyle changes do I need to make?
- What role does exercise play in recovery?

■ The mission of Mission Hope Cancer Rehabilitation Program is to provide an environment that gives patients, their families and caregivers the opportunities to participate in important life activities by helping cancer survivors regain the quality of life they had before cancer.



**Tianna Sheehan, MS, RD**  
Clinical Registered Dietitian

# How to Maintain Adequate Nutrition

When is it appropriate to drink a nutrition supplement beverage? After all, isn't food better? Aren't those products packed with sugar and chemicals? Well, the answer to this question—as with many others—is: it depends.

When a person is generally healthy, the goal is always to maintain a diet full of vegetables, fruits, whole grains, and lean meats. However, there comes a time when disease states or conditions may make it difficult to maintain weight with whole foods alone. In these instances, goals can shift and it becomes necessary to use different tools to meet a person's individualized needs. A journey with cancer is one of those instances. Cancer, and the treatments associated with it, can result in a myriad of symptoms that can make it near to impossible to meet calorie and protein requirements. In addition to this, a person with cancer may experience fatigue so great that preparing an adequate meal is a Herculean task. And to add to this, a person with cancer is actually at an increased need for calories and protein! These are the times when a nutrition supplement may become necessary.

Supplement drinks come in hundreds of varieties ranging from shakes available in the grocery store to specialty formulas ordered by a physician. Shakes are the products most familiar to us as consumers. They meet general

nutrition goals and allow a person to increase his/her calorie and protein intake without a large increase in the volume of food consumed. Thus, they are a good option for those with poor appetites or with nausea/vomiting that prevents large intakes at meals. Nutrition supplement shakes are often fortified with vitamins and can be consumed as meal replacements or as snacks depending on their nutritional breakdown.

There is a downside, however, to these purchased beverages that we need to be aware of as health-conscious individuals. Often, these shakes are loaded with sugar or other artificial ingredients to improve flavor and palatability. If a person is already eating a normal diet with adequate calories, adding shakes onto this will increase the risk of unwanted weight gain. A person shouldn't drink a nutrition supplement if the only goal is extra vitamins or minerals. We should get those things from whole foods! However, if the goal is to increase calories to prevent weight loss, then the sugar contained in the shakes is probably okay and will help to meet that goal.

Another consideration is that these drinks can be very expensive if used as a primary source of nutrition. A more economical option may be to make your own blenderized liquid meal supplements and, as a bonus, you can control the ingredients! This can be in the form of savory or sweet smoothies; any food can be blenderized as long as enough liquid is added to thin and allow sipping. Remember, depending on the journey that we walk, how we achieve our health goals may require adjustment along the way. Being open to new strategies, such as using a nutritional supplement to increase calories and protein during cancer treatment, can equip us for success.

It may be time to get out the blender! Smoothies can be savory or sweet and adjusted to your personal taste.

**Want to increase calories and protein during cancer treatment? Try this recipe:**

## High-calorie high-protein Vanilla Berry Smoothie

- 1 cup fresh or frozen raspberries (or whatever fruit you have on hand)
- ½ cup cottage cheese or plain Greek yogurt
- ½ cup orange juice (or your favorite) or clear liquid nutrition supplement
- 1 packet vanilla Instant Breakfast or protein powder
- 1 handful of spinach
- 4-5 ice cubes, or to desired consistency

### Directions:

Place all ingredients in a blender and purée until smooth.

# Helpful Strategies and Meal Ideas for Cancer Patients

Meal preparation can be a struggle when you are fatigued. In general, the best foods to try will be simple and require very little preparation.

## Meal Prep Strategies

- **Shop and Stock:** Before treatment starts, fill your kitchen with foods like crackers, bread, pasta, rice, peanut butter, eggs, canned fruit, broth and canned soups, yogurt, frozen fruit and vegetables, chicken, deli turkey, etc. Having a well-stocked pantry will ease meal time preparation.
- **Family and Friends:** Loved ones can help alleviate the stress of shopping and preparing food.
  - Have one person organize a task schedule for shopping and cooking.
  - Recruit the help of family and friends to prepare meals and freeze them in individual portions for you.
  - Keep in mind that prepared meals should be lightly seasoned and low in fat.
  - Cooked pieces of chicken or other meats are freezer friendly and can make meal prep easy. Other freezer friendly foods include soups, stews and baked goods like muffins or pancakes.
- **Pre-made Foods:** On occasion, buying prepared items like canned soups or frozen meals is helpful when you don't have the time or energy to cook.
- **Leftover Power:** When you do cook, prepare extra servings; these leftovers will come in handy later in the week.

## Easy Meal Ideas

Below is a list of meal ideas that are light in flavor and require very little preparation:

### Meal #1 (Take Out): Rotisserie Chicken, Baked Potato, Green Salad

Purchasing a rotisserie chicken from the grocery store is a great option for a healthy meal, saving you the effort of preparation (the leftovers are great, too). An easy accompaniment is a potato or sweet potato cooked in the microwave.

### Meal #2 (Sandwich Night): Deli Sandwich, Fruit or Raw Veggies with Dip

A balanced meal does not need to be complicated. A simple sandwich with deli meats, cheese, tuna, chicken or egg salad is a great option.

### Meal #3 (Simple Salad): Entrée Salad

Use any leftover protein like chicken, hardboiled eggs, pork, beef, beans, lentils to prepare an entrée salad. Examples might be a Chef salad, Chicken Waldorf or a Taco salad. Add a dinner roll for a simple, healthy, no fuss meal!

### Meal #4 (Breakfast for Dinner): Egg Sandwich, Fruit Smoothie

Enjoy breakfast anytime! Foods like eggs, pancakes, French toast, omelets are easy to prepare and nutritious. Round out the meal with a smoothie (see page 6).

### Meal #5 (Crockpot Meal): Chicken, Rice, Vegetable

Prepare chicken breasts in the crockpot. Brown or white rice can be made in the microwave for a fast, easy side dish along with a frozen vegetable like peas or corn.

## Fighting Cancer with Your Fork Nutrition Classes

Cancer patients know that eating well is vital to improving their overall health but grocery shopping and preparing meals can feel overwhelming. Tianna Sheehan, MS, RD, will share smart tips to ease this task.

**July 7 • 10:00 a.m.**

Grocery Store Tour

**July 14 • 5:00 p.m.**

Cool Foods for Hot Weather  
MHCC

**August 4 • 3:00 p.m.**

Grocery Store Tour

**August 11 • 5:00 p.m.**

Fall into Good Habits, MHCC

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



## NEW WEEKLY SUPPORT GROUP



Mary Fedel, RN, OCN  
Cancer Care Navigator



Tom Steffora, MA, LMFT  
Licensed Marriage and  
Family Therapist

Join us for encouraging discussions led by nurse navigator Mary Fedel, RN, OCN, and Tom Steffora, MA, LMFT, as we discuss the cancer journey and share valuable information and resources. For some patients, a cancer diagnosis leads them to re-examine their life stories as they seek to understand the role cancer plays in their lives, helping them to find peace.

## Cancer: Restrunging the Beads of Life

### Arroyo Grande Cancer Program General Cancer Support Group: Now meeting every Monday at 5:30 p.m.

Coastal Cancer Care Center, 921 Oak Park Blvd., Pismo Beach

#### WEEKLY SCHEDULE:

- July 11** Ask the Oncology Nurse Navigator, Mary Fedel, RN, OCN
- July 18** Caring and Sharing
- July 25** **Reconnecting with the Body:  
How Medical Diagnoses Interrupt Life and Facing Forced Change**
- August 1** Caring and Sharing
- August 8** **Benefits of Exercise Through the Cancer Journey**, John Malinowski, ATC, CET
- August 15** Caring and Sharing
- August 22** **Beyond the Power of Positive and Negative Thinking: What Recent Research Has to Say about the Factors that Affect Health and Healing**
- August 29** Caring and Sharing

Please call Mary Fedel, RN, OCN, for a reservation: 805.481.7245.

## Benefits of Meeting Others Like You

Cancer survivors often have a great deal of knowledge to share about how to deal with experiences and challenges presented by cancer and treatment. Joining a community can help you:

- Get information about your cancer and treatment.
- Receive encouragement from others who have experience and find hope.
- Solve problems.
- Be inspired by the personal stories of survivors.
- Realize that many survivors are experiencing similar things.
- Feel more in control of your situation.

- Laugh or cry with others who have been through similar circumstances.
- Learn how to talk with a child about cancer.
- Learn how to talk with people at work.
- Deal with fears about the future.

Sometimes, you'll spend time together and never even talk about cancer. Other times you can talk about what you're feeling or how to deal with difficult challenges. It can be comforting just to spend time with people who have had similar experiences. Occasionally, it can feel confusing or disturbing to hear another person's story or experience, but the benefits can outweigh the risks. We invite you to attend the group and see for yourself.



### Coastal Cancer Care Center

921 Oak Park Blvd.  
Pismo Beach, California

## FILL YOUR SUMMER DAYS WITH GROWTH AND CREATIVITY

### Paddling for Hope Support Group



Friday mornings • 8:00 a.m.  
July 8, 15, 22, 29 and  
August 5, 12, 19, 26

Stand Up Paddleboarding  
Morro Bay, California

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



Former Mission Hope patient Eileen Small (pictured above) is thrilled to be sharing her love of the ocean with other Mission Hope patients. This group will be meeting in Morro Bay to learn the basics of paddle boarding and equipment will be provided. As participants experience the beauty of the bay and acquire a healthy new skill, many find their physical and mental state is refreshed. Make this summer one to remember!

#### Stand Up Paddleboarding

601 Embarcadero #7  
Morro Bay, California

### Arts and Crafts: Fun with Color



Friday afternoons • 1:00 p.m. • July 15, 22, 29

Mission Hope Cancer Center  
1325 East Church Street, Santa Maria

Join Tom Heslop, local artist and cancer survivor, as he demonstrates watercolor painting techniques. Mission Hope invites you to enjoy this time of healing through art as Tom shares what he's doing and why he's doing it. If you wish, you may bring an art project or craft of your own to do. The session will conclude with a time of sharing as participants describe how their art has brought them peace and helped in their recovery.

The Cancer Journey

### How Your Spiritual Team Can Help

Wednesday, August 31 • 4:00 p.m.

Led by Rev. Matthew Kronberg, MDiv, BCC

Mission Hope Cancer Center  
1325 East Church Street, Santa Maria

A person's faith, religion, or spirituality can be an incredible asset to provide meaningful support and as a way to connect with others. For many, participating in ritual or spiritual practices is a way to engage with God or one's conception of the Higher Power. No person's spiritual journey is the same; it is common, however, to reexamine one's spirituality and beliefs after cancer. This process can be difficult but vital, and many find that faith, religion, and spirituality are key to coping and finding a deeper sense of meaning. This discussion will help participants walk away with practical tools to help them find strength, meaning and hope.

Reservations required for all above events. Please call Mission Hope to register: 805.219.HOPE (4673).

# July Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 8:00 Grupo de Discusión para Hombres con Cáncer
<b>4</b>  Closed for Fourth of July Holiday	<b>5</b> 9:00 Lymphedema Prevention Exercise 12:00 Look Good, Feel Better	<b>6</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 5:00 Caregiver Support Group	<b>7</b> 9:00 Massage Therapy 10:00 Fighting Cancer with Your Fork (Store Tour) 6:00 Cancer Rehab	<b>8</b> 8:00 Men's Cancer Discussion Group 8:00 Paddling for Hope 1:00 Soul Collage
<b>11</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria	<b>12</b> 9:00 Lymphedema Prevention Exercise 6:00 Family Caregiver Support Group Marian Residence	<b>13</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf! 3:00 Cancer Rehab	<b>14</b> 9:00 Massage Therapy 2:00 Mindfulness Refresher Class 5:00 Fighting Cancer with Your Fork 6:00 Cancer Rehab	<b>15</b> 8:00 Grupo de Discusión para Hombres con Cáncer 8:00 Paddling for Hope 1:00 Arts and Crafts: Fun with Color
<b>18</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>19</b> 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle	<b>20</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab	<b>21</b> 9:00 Massage Therapy 2:00 Healing Touch 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	<b>22</b> 8:00 Men's Cancer Discussion Group 8:00 Paddling for Hope 1:00 Arts and Crafts: Fun with Color
<b>25</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>26</b> 9:00 Lymphedema Prevention Exercise 6:00 Family Caregiver Support Group Marian Residence	<b>27</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf! 3:00 Cancer Rehab	<b>28</b> 9:00 Massage Therapy 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	<b>29</b> 8:00 Paddling for Hope 1:00 Arts and Crafts: Fun with Color

# August Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 4:00 Gentle Yoga Fusion	<b>2</b> 9:00 Lymphedema Prevention Exercise 12:00 Look Good, Feel Better	<b>3</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 5:00 Caregiver Support Group	<b>4</b> 9:00 Massage Therapy 3:00 Fighting Cancer with Your Fork (Store Tour) 6:00 Cancer Rehab	<b>5</b> 8:00 Grupo de Discusión para Hombres con Cáncer 8:00 Paddling for Hope 1:00 Mindfulness Through Coloring
<b>8</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria	<b>9</b> 9:00 Lymphedema Prevention Exercise 6:00 Family Caregiver Support Group Marian Residence	<b>10</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf! 3:00 Cancer Rehab	<b>11</b> 9:00 Massage Therapy 2:00 Mindfulness Refresher Class 5:00 Fighting Cancer with Your Fork 6:00 Cancer Rehab	<b>12</b> 8:00 Men's Cancer Discussion Group 8:00 Paddling for Hope 1:00 Soul Collage
<b>15</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 4:00 Gentle Yoga Fusion	<b>16</b> 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle	<b>17</b> 10:00 Fight Against Falls Class 6:00 Family Night Support Group	<b>18</b> 9:00 Massage Therapy 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	<b>19</b> 8:00 Grupo de Discusión para Hombres con Cáncer 8:00 Paddling for Hope 1:00 Mindfulness Through Coloring
<b>22</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 4:00 Gentle Yoga Fusion	<b>23</b> 9:00 Lymphedema Prevention Exercise 6:00 Family Caregiver Support Group Marian Residence	<b>24</b> 10:00 Fight Against Falls Class 12:45 Learn Golf! 5:00 Special Event: Exercising Through Survivorship Works!	<b>25</b> 9:00 Massage Therapy 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer	<b>26</b> 8:00 Men's Cancer Discussion Group 8:00 Paddling for Hope
<b>29</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 4:00 Gentle Yoga Fusion	<b>30</b> 9:00 Lymphedema Prevention Exercise	<b>31</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 4:00 Presentation: How Your Spiritual Team Can Help	Most classes listed here are held in the Mission Hope Cancer Center Conference Room. For specific location addresses and class details, please see pages 12-14.	

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**  
BY APPOINTMENT:

PLEASE CALL 805.219.HOPE (4673)  
(ENGLISH).

PLEASE CALL 805.346.3406  
(SPANISH).

**LOCATIONS**

**PISMO BEACH (PB)**

Coastal Cancer Care Center  
921 Oak Park Blvd.

**SAN LUIS OBISPO (SLO)**

HCRC  
Hearst Cancer Resource Center  
1941 Johnson Avenue  
Suite 201A

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

Marian Residence  
124 South College Drive

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**  
JUL 25 & AUG 22; 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**  
JUL 11, 18, 25 & AUG 1, 8, 15, 22, 29; 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**  
JUL 28\* & AUG 25; 2:00 PM  
\*Programa de "Atención Plena."

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**  
JUL 18 & AUG 15; 11:00 AM

 NEW CLASS

 Arts and Crafts: Fun with Color  
Observe a demonstration using the art of watercolor painting to promote the sharing of ideas and to encourage an optimistic outlook.

**Mission Hope Cancer Center, SM**  
JUL 15, 22, 29; 1:00 PM  
RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Breast Cancer Support Group  
A support group focusing on breast cancer, the journey and sharing valuable information and resources.  
**Hearst Cancer Resource Center, SLO**  
JUL 5 & AUG 2; 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**  
JUL 7, 21 & AUG 4, 18; 6:00 PM  
BY RESERVATION ONLY; PLEASE CALL 805.542.6234.

**Mission Hope Cancer Center, SM**  
JUL 6 & AUG 3; 5:00 PM

**Marian Residence, SM**  
JUL 12, 26 & AUG 9, 23; 6:00 PM  
BY RESERVATION ONLY; PLEASE CALL 805.354.5326.

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; 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**  
Aug 17; 6:00 PM  
RESERVATIONS REQUIRED; PLEASE CALL 805.346.3402 (ENGLISH) OR 805.346.3406 (SPANISH).

## Fight Against Falls Exercise Class

Those with neuropathy or muscle fatigue may benefit from this exercise class as participants work on conditioning their muscles to help battle muscle fatigue and reduce the risk of falls around the house.

**Marian Health & Wellness Center, SM**  
JUL 6, 13, 20, 27 & AUG 3, 10, 17,  
24, 31; 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**  
JUL 7; 10:00 AM Grocery Store Tour  
JUL 14 & AUG 11; 5:00 PM

AUG 4; 3:00 PM Grocery Store Tour  
RESERVATIONS REQUIRED FOR TOURS;  
PLEASE CALL 805.219.HOPE (4673).

## General Support Groups

Informal support groups for all patients and their loved ones.

**Hearst Cancer Resource Center, SLO**  
JUL 7, 21 & AUG 4, 18; 6:00 PM

BY RESERVATION ONLY; PLEASE CALL  
805.542.6234.

Join us for informative discussions with presentations scheduled on alternate weeks (see page 8).

**Coastal Cancer Care Center, PB**  
MEETS WEEKLY ON MONDAYS;  
5:30 PM

PLEASE CALL FOR TOPICS AND/OR TO  
MAKE A RESERVATION: 805.481.7245.

## Save the date!

Make plans now to attend  
our special community forum:

## Cancer Risk, Treatment and Survivorship

Saturday, September 24, 2016

## Guided Meditation Class

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

**Hearst Cancer Resource Center, SLO**  
JUL 14, 28 & AUG 11, 25; 3:30 PM

## Healing Touch

(Formerly Energy Balancing)

In this class certified practitioners help to promote relaxation and decrease stress in cancer patients.

**Hearst Cancer Resource Center, SLO**  
JUL 11, 25 & AUG 8, 22; 11:00 AM

RESERVATIONS REQUIRED;  
PLEASE CALL 805.542.6234.

## **Mission Hope Cancer Center, SM**

JUL 28 & AUG 25; 2:00 PM

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

## ☛ Kids Support Circle

Coping skills and tools for the kids of parents/grandparents with cancer. Provides a safe, enjoyable place where children can use art and games to express themselves.

## **Mission Hope Cancer Center, SM**

JUL 19 & AUG 16, 19; 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**

JUL 13, 27 & AUG 10, 24; 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**

JUL 6 & AUG 3; 10:00 AM

RESERVATIONS REQUIRED; PLEASE  
CALL: 805.542.6234.

## **Mission Hope Cancer Center, SM**

JUL 5 & AUG 2; 12:00 NOON

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**  
JUL 26 & AUG 23; 1:00 PM

## Lymphedema Prevention Exercise

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

## **Marian Health & Wellness Center, SM**

JUL 5, 12, 19, 26 & AUG 2, 9, 16,  
23, 30; 9:00 AM

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

## 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**

Will resume in September

## **Mission Hope Cancer Center, SM**

JUL 21 & AUG 18; 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**

JUL 7, 14, 21, 28 & AUG 4, 11, 18,  
25; 9:00–11:00 AM

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

## 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**

JUL 8, 22 & AUG 12,\* 26; 8:00 AM

\*Guest speaker John Malinowski,  
ATC, CET.

*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. 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**  
JUL 1, 15 & AUG 5,\* 19; 8:00 AM

\*Guest speaker John Malinowski, ATC, CET.

🌟 Mindfulness Refresher Class  
This class allows those who took the training course to practice together.

**Mission Hope Cancer Center, SM**  
JUL 14 & AUG 11; 2:00 PM

🌟 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**  
AUG 5, 19; 1:00 PM

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

### Nutritional Counseling

One-on-one consultations with a Registered Dietitian.

**Hearst Cancer Resource Center, SLO**

BY APPOINTMENT; PLEASE CALL 805.542.6234

**Mission Hope Cancer Center, SM**

APPOINTMENTS AVAILABLE ON TUESDAYS AND THURSDAYS; PLEASE CALL 805.219.HOPE (4673).

🌟 Paddling for Hope Support Group

Experience the restorative sport of paddle boarding in Morro Bay. During this series participants learn the basics; equipment provided.

JUL 8, 15, 22, 29 & AUG 5, 12, 19, 26; 8:00 AM

RESERVATIONS REQUIRED; 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**  
JUL 18 & AUG 15; 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**  
JUL 14, 28 & AUG 11, 25; 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**  
JUL 8 & AUG 12; 11:00 AM

**Mission Hope Cancer Center, SM**  
JUL 8 & AUG 12; 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.)

Meetings offer information and support to newly-diagnosed patients and their loved ones.

**Mission Hope Cancer Center, SM**  
JUL 11 & AUG 8\*; 5:00 PM

\*Program will feature guest speaker Jenni Davis, Patient Services.

### Tai Chi Chih

The gentle movements of Tai Chi Chih help increase physical energy and improve health, well-being, balance, flexibility and stamina.

**Hearst Cancer Resource Center, SLO**  
JUL 6, 13, 20, 27 & AUG 3, 10, 17, 24, 31; 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**  
JUL 11, 18, 25 & AUG 1, 8, 15, 22, 29; 1:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

### Warm Yarns Knitting Circle

Experienced knitters and novices at all levels are welcome to join. Instructions, needles and yarn are provided for beginners.

**Hearst Cancer Resource Center, SLO**  
JUL 5, 12, 19, 26 & AUG 2, 9, 16, 23, 30; 3:00 PM

### Warm Yarns Knitting and Crocheting Support Group

We knit and crochet hats for the chemo room and other fun projects; teachers and supplies available.

**Mission Hope Cancer Center, SM**  
JUL 11, 18, 25 & AUG 1, 8, 15, 22, 29; 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**  
JUL 6, 13, 20, 27 & AUG 3, 10, 17, 24, 31; 4:30 PM

### Gentle Yoga Fusion

**Mission Hope Cancer Center, SM**  
AUG 1, 15, 22, 29; 4:00 PM

🌟 NEW CLASS



Get more information about our classes, programs and events online:

[arroyograndehospital.org](http://arroyograndehospital.org) | [frenchmedicalcenter.org](http://frenchmedicalcenter.org)  
[marianmedicalcenter.org/mariancancercare](http://marianmedicalcenter.org/mariancancercare)

## TURN TO US FOR ANSWERS ABOUT CANCER

### Marian Regional Medical Center at Mission Hope Cancer Center

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

**805.219.HOPE (4673)**

**Se habla español: 805.346.3406**

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

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### Arroyo Grande Community Hospital

Coastal Cancer Care Center

921 Oak Park Blvd., Suite 100B

Pismo Beach, CA 93449

[www.arroyograndehospital.org](http://www.arroyograndehospital.org)

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CANCER CARE NAVIGATOR

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### French Hospital Medical Center

Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201A

San Luis Obispo, CA 93401

[www.frenchmedicalcenter.org](http://www.frenchmedicalcenter.org)

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### 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

Cheryl Decker, MD, FACEP

Cancer Risk, Survivorship & 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



Lise N. Alschuler, ND,  
FABNO



Karolyn A. Gazella

**Saturday, September 24**  
**9:00 a.m. to 12:30 p.m.**

Mission Hope Cancer Center  
1325 East Church Street  
Santa Maria

A light, complimentary breakfast and snacks will be provided at the event, catered by Tracy Labastida of Field to Table Catering and Events

**Registration is required; please call 805.219.HOPE (4673).**

## FREE HEALTH AND WELLNESS SEMINAR

Please join us for a special community forum:

# Cancer Risk, Treatment and Survivorship

Mission Hope welcomes back popular presenters Lise N. Alschuler, ND, FABNO, and Karolyn A. Gazella, nationally renowned authors and cancer survivors. Experts in integrative cancer prevention and treatment, they are the creators of the innovative iTHRIVE plan to benefit fellow survivors.

## Hey, cancer survivors: It's time to thrive!

This community forum is your guide to wellness and will outline useful tools for nutrition, cancer prevention and quality of life. The iTHRIVE plan provides web-based individualized health guidance for cancer survivors so they can heal from treatment, reduce risk of recurrence and *thrive!*

Features of the iTHRIVE program include:

- One goal a week with daily action steps, multimedia, inspiring messages, congratulatory badges, interact with others via the Thrive Tribe
- Diet, exercise, environment, rejuvenation, and spirit
- Benefits include increased energy, enhanced sleep, losing weight, and feeling better physically, mentally and emotionally

### EVENT INCLUDES:

An interactive discussion where attendees can ask questions of our Mission Hope Cancer Center multi-specialty physician panel.



Cheryl Decker, MD,  
FACEP, Cancer Risk  
and Survivorship



Robert Dichmann, MD,  
Medical Oncologist



Kevin Ferguson, MD,  
Pathologist



Christopher Lutman,  
MD, Gynecologic  
Oncologist



Monica Rocco, MD,  
FACS, Breast Surgeon

