



Inside: Two
calendars for events
in SM and AG

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

Concert for Hope coming Saturday, September 7

Presqu'ile Winery • Doors open at 5:30 p.m.; concert starts at 6:30 p.m.

Purchase tickets now at www.presquilewine.com



July/August 2019

It all starts here...

The Journey from Despair to Hope!

Tuesday, July 30, 2019 • 5:00 p.m.

Guest speaker: Rev. Jay 'Jimmy' Powell, cancer survivor

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

Reservations are required.

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

Everyone has a story. Hearing about the successes and struggles of others and sharing our own experiences often serves to enlighten and inspire. Mission Hope is pleased to welcome the Rev. Jay 'Jimmy' Powell, as he shares insights from his book, *Showers of Diamonds, Harvest of Pearls*. You will hear how he overcame fear and stress through his strong faith and awakening. Jay's experience at Mission Hope includes radiation, chemotherapy, counseling, men's cancer group participation and nutrition coaching. Through it all he is known for his inspirational words of grace and love for his neighbors, friends and fellow patients. Join us this evening for an opportunity to share your thoughts about your journey, have a conversation with Dr. Jay and receive a signed copy of the book.

Jay was born in Los Angeles and even as a very young child he asked questions such as, "Who am I, really?" This led him to a life rich in experiential discovery, including work as an actor in television, movies and theater. Among his credits are *T.J. Hooker*, *The Jeffersons* and *Monk*. Jay has four children and he currently lives with his wife in Santa Maria.



MEET THE SPEAKER:

■ Rev. Jay Powell is a writer, former actor and ordained minister with a magnetic personality.

Attendees will receive a signed copy of his book that has earned 5 star reviews on Amazon. What people are saying: "A beautiful and uplifting book" and "Easy read for a purposeful life."

Mission Hope Cancer Center Leadership

Robert A. Dichmann, MD
Medical Oncology/Hematology
Medical Director
Marian Cancer Program

Keith A. Ayrons, MD
Medical Oncology/Hematology

Erin Chamberlain, MD
Medical Oncology/Hematology

Case H. Ketting, MD
Radiation Oncology

Samuel B. Kieley, MD
Urologic Oncology

**Christopher V. Lutman, MD,
FACOG**
Gynecologic Oncology

Cecil Robertson, MD
Medical Oncology/Hematology

Monica A. Rocco, MD, FACS
Breast Surgical Oncology

Patrick A. Williams, MD
Radiation Oncology

Jeffrey Wu, MD
Radiation Oncology

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

The physicians at Mission Hope Cancer Center are pleased to welcome a physician trained in Hematology and Oncology who joins our expert team to further our compassionate philosophy of care.

Introducing Erin Chamberlain, MD



Dr. Erin Chamberlain has dedicated her life to the pursuit of helping others. She became a cancer doctor to do just that. Erin grew up in a small town in Southern Oregon, where “you knew everyone, knew their families, their jobs, their hobbies, and the struggles they faced everyday.” Even from a young age, she knew one day she would position herself to make a difference in the lives of others, and the adversities they faced. She dedicated herself to her education and fell in love with classic literature but

knew that her strength in math and science could carry her to a career in medicine where she would realize her goal.

After high school, she attended Claremont McKenna College where she played Division III soccer and graduated cum laude in Molecular Biology. She credits her first biology professor for her passion in oncology. He taught her the complexity of signal transduction pathways, the various cellular survival mechanisms, and how chemotherapeutics exploit these. She was transfixed. However, it wasn't until her she first observed the unique relationships between patients and their cancer doctors—relationships built on trust and compassion—that she knew she would become a Hematologist and Oncologist. She attended both medical school and Internal Medicine residency at Oregon Health and Science. There, she was recognized with a Humanitarian Award for her compassionate care of patients. She then completed her fellowship training in Hematology and Oncology at Scripps MD Anderson in San Diego, California.

Dr. Chamberlain's research has largely focused on precision oncology. That is, tailoring or adapting cancer treatment to give the most effective treatment for each person's unique disease using information such as a person's genes, lifestyle factors, and molecular characteristics of his or her disease. Precision oncology involves getting the best results, while avoiding unnecessary treatment and side effects. “Both my research experience at Scripps MD Anderson, as well as recent exciting achievements in the field, prove that we can use our knowledge of a tumor's unique biology as a weapon against it.”

In her free time, Dr. Erin Chamberlain and her husband love to spend their time in the outdoors. They love to surf, camp, bike, play tennis, and play soccer. She is more than excited to move to the Central Coast to start a new chapter in her life serving her new community as a Hematologist and Oncologist.

STRENGTHEN MIND, BODY AND SPIRIT

New class for the summer

Tai Chi Chuan Class

Tuesdays: July 2, 9, 16, 23, 30 • August 6, 13, 20, 27
10:30 to 11:30 a.m.

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

Reservations are required.

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

Originally developed as a martial art, Tai Chi has evolved into a health exercise that can benefit persons of any age or level of fitness. The fundamentals of Tai Chi involve slow, cross lateral, rhythmic movements which help to promote blood circulation and to stimulate the lymphatic system. In addition, the function of the brain and nervous system is improved. With regular practice, body stiffness is replaced by flexibility and good body coordination which promotes healthy joints, tendons and ligaments. Inner balance is cultivated through the regulation of the breath and mental concentration; outer balance is achieved from performing the movements.

This ancient form of Chinese exercise and moving meditation provides increased muscle strength, relaxation and balance through a natural flow of gentle choreographic movements. Tai Chi is ideal for men and women who want to reduce stress and feel more invigorated.

Pain often discourages people from moving; muscles get weaker and joints stiffer. The movements involved in Tai Chi minimize stress on painful areas and, by improving circulation, can foster relief and healing. Give it a try!

■ Class facilitator Elizabeth Hillis joins us from the Spiritual Care Department of Marian Regional Medical Center to lead this Tai Chi Chuan class. She has been a chaplain at Marian in both the hospital and at Extended Care for the past eleven years. Elizabeth began her study of Tai Chi in Davenport, Iowa, in 2000 and has been teaching a class at the Nipomo Senior Center since moving to the Central Coast in 2008. She is trained in Yang Style T'ai Chi Ch'uan and teaches the 60 Movements developed by Willian C.C. Chen with an emphasis on balance, correct body mechanics and relaxed concentration. Frequent practice of Tai Chi movements is well known for its healing energies and stress relief that support healthy living at every stage of life.



Elizabeth Hillis
Tai Chi Chuan Instructor

Why try Tai Chi? Benefits may include:

- Strengthening of bones, muscles and joints
- Enhanced quality of sleep
- Improved flexibility, balance and agility



Mission Hope Cancer Center–Arroyo Grande

Transport to Treatment Program

“Many patients have the burden of finding reliable transportation to the doctor added to the already overwhelming reality of fighting cancer. With your help Mission Hope Cancer Center, Arroyo Grande can launch the Transport to Treatment Program.”

—Keith Ayrons, MD
Medical Oncologist

“Radiation treatment caused extreme fatigue and I didn’t feel that I had the ability to drive myself. So I was put in the position of trying to find someone to take me to those treatments. To find someone who can give up their mornings for eight weeks is almost impossible.”

—AG resident and
radiation patient



One of the major barriers for cancer patients is finding transportation to their many treatments.

It is common to have several doctors’ appointments each week, and there are a number of issues that can make it difficult to get to treatments. A patient may be physically unable to drive, not have the means of transportation, or may not be physically well enough to use public transportation. Third party transportation services are a costly expense that many cannot afford to use on a regular basis.

The Transport to Treatment Program will provide comfortable and reliable transportation for cancer patients to and from their many appointments at Mission Hope Cancer Center, Arroyo Grande and other appointments associated with their treatment.

To support the Transport to Treatment Program, please call the Arroyo Grande Community Hospital Foundation at 805.994.5421 or visit <https://www.supportarroyogrande.org/transport-to-treatment>.

Thank you to those who have already contributed to the Transport to Treatment Fund! With your help, **we have raised over \$63,000** for this program. Your support will help provide safe, reliable transportation for local cancer patients to and from their many treatments.

Supporting Hope with Rugged Radios

The care team at Mission Hope Cancer Center provides support for the patient and family alike. Comprised of physicians, nurses, medical staff, and supporting staff, they work together to provide the highest levels of care for each patient. In Arroyo Grande, there's a remarkable local business team that cares for each other with comparable support and encouragement, and it is found at Rugged Radios.

Rugged Radios manufactures quality racing communication products and has a loyal following of enthusiasts. As a young, vibrant member of the sales team, Taryn Timothy radiates liveliness and joy that is evident to both customers and coworkers. When she was diagnosed with breast cancer in April of 2019, Taryn began treatment at Mission Hope Cancer Center. When one of their own was impacted by cancer, the team at Rugged Radios chose to rally around her in a meaningful way.

Greg Cottrell, owner of Rugged Radios, began planning a fundraiser to help pay for her medical expenses. Taryn, who was grateful for the medical care received and the generosity of her employer, helped direct the fundraising efforts of the company to give back half of all proceeds to Marian Cancer Care at Mission Hope Cancer Center.

"I have been so blessed to have people around me who help support me," Taryn reflected. "This is for those who are alone, those who are going through cancer without strong help from work or their family."

With the sale of 100 special edition radios sold by Rugged Radios, over \$30,000 was donated to patients in need at Mission Hope Cancer Center.

"This hit particularly close home to us, and we wanted to do something different in fundraising," Greg said. "Since Taryn is in the middle of the battle, we will continue to do everything to help her. These pink radios will be something special for customers."

As for Taryn, her strength is displayed in her generous nature. Her story and cancer journey have helped many patients who battle cancer without a strong support network. The Central Coast is certainly a better place with her legacy and the kindness of local businesses like Rugged Radios.



Taryn Timothy and Greg Cottrell of Rugged Radios pose with one of the special edition pink radios they sold to raise funds for cancer treatment.

SAVE THE DATE!

Sunny Country Presents Concert for Hope!

Saturday, September 7

Presqu'ile Winery
5391 Presqu'ile Drive
Santa Maria

To purchase tickets, please go to www.presquilewine.com

For more information, visit www.sunnycountry.com

**SUNNY 102.5
COUNTRY FM**



Thanking Cruzin' for Life

Their annual **Valentine's Day Crab Feast** brought in more than **\$25,000** for Marian Cancer Care patients at Mission Hope Cancer Center. This gift has helped raise significant funding for the operation of the center's Patient Transportation Service.

The Value of Oncology Social Workers

SERVICES INCLUDE:

- One-on-one counseling
- Information and referral to community resources
- Facilitate support groups and educational programs
- Financial and co-pay assistance
- New patient orientation to Mission Hope
- Referral to Spiritual Care
- Advance Directive Assistance
- Resources on care and diagnosis
- Survivorship and iTHRIVE Plan

When a person is diagnosed with cancer, everyone's main focus is always the physical health of the person and rightly so, but people should never neglect the emotional issues associated with cancer. Oncology social workers understand these complex issues. They are passionate about helping patients with psychosocial, social, emotional, financial and spiritual issues. They are present with people and listen to needs and fears. In addition, they can also provide or assist with finding individual counseling.

It is important for patients and family members to know that Mission Hope Cancer Centers in Santa Maria and Arroyo Grande have social workers available to them free of charge, to assist with a wide range of challenges that people might be facing due to the cancer diagnosis.

The key to communicating with a social worker is simple: Meet one and ask for help with what you need. Be open and honest about the things in your life that you will need additional support for. The earlier in the diagnosis you meet them the more likely you are to benefit from the relationship. Call and set up an appointment today!



Ashley Hahn
Licensed Clinical Social Worker

Mission Hope Cancer Center, Santa Maria

■ Welcome to **Ashley Hahn**, Licensed Clinical Social Worker, who joined Mission Hope at Marian Cancer Care in 2019. Ashley graduated from San Jose State University in 2006 with a Bachelor's Degree in Social Work. She then pursued graduate school at California State University Bakersfield and graduated in 2009 with a Master's Degree in Social Work. Ashley completed her License in Clinical Social Work in 2015. She has been a beloved social worker at Dignity Health for seven years.

1325 East Church Street, Suite 102
Santa Maria, California

805.346.3402



Jennifer Davis
Oncology Counselor and Patient Advocate

Mission Hope Cancer Center, Arroyo Grande

■ **Jennifer Davis**, Oncology Counselor and Patient Advocate, joined Marian Cancer Care in 2007. Jennifer graduated from Cal Poly, San Luis Obispo, and has advocated on behalf of the senior population, injured workers, and cancer patients throughout her career. Well known to Mission Hope patients in Santa Maria, Jenni has been responsible for starting and facilitating many of our popular support groups. You can now find her and her expertise at our new Mission Hope Arroyo Grande site.

850 Fair Oaks Avenue, Suite 320
Arroyo Grande, California

805.474.5303

Benefits of Attending a Support Group

One of the many things that Mission Hope Cancer Center does well is provide support in varying forms to patients and their caregivers. This is because a strong support network can greatly reduce the stress of dealing with cancer. In this newsletter every month you can see the large number of activities/classes that are offered free of charge. Sad to say, many people have yet to experience one of these wonderful opportunities.

So why should you get out of your comfort zone and attend a group? A recent study looked at patients going through chemotherapy and found (like previous studies had) that there is an association between loneliness and mortality. Support groups bring people together who are going through similar experiences and this common ground can help take away the feelings of isolation and fill a gap between the medical treatment and the need for emotional support.

The common experiences of people in a support group mean that they may have similar feelings, worries and everyday struggles. Sometimes your experiences may benefit others in the group giving you a feeling of satisfaction helping others. And more often than not, someone else in the group fully understands your struggle and may be able to offer peer support and understanding, which may lead you to needed skills to cope with the challenges.

Other benefits of participating in groups may include:

- Feeling less lonely and isolated
- Reduction in distress and anxiety
- Staying motivated
- Gaining hope
- Learning about resources that are beneficial

The hardest part about attending a group is actually making the decision to go. Look at the latest newsletter and circle a few things that may interest you. If you have questions

about the group or the format of it, please talk to Mission Hope staff. They can walk you through how the group is run and what you may gain from it. If you would be more comfortable bringing a friend or advocate with you the first time ask the staff if that is allowed. When joining a new group you may choose to only listen the first few times. After establishing connections with others you may find that contributing your own ideas and experiences may help you get more out of it. If you try one group and after a few weeks it doesn't feel like a good fit, feel free to try another. There are so many different types of groups and different formats to choose from! The majority of groups at Mission Hope are "activity" groups, which include exercise in varying forms, crafting, nutrition and lecture topics of interest to people coping with cancer. We found that this format is much less intimidating to people than the general support groups where the emphasis is on sitting around and talking, sharing feelings. However, we do include several groups with the sharing format.

Support groups come in all different forms but the common theme is when you are facing cancer, you don't need to face it alone. You will find a complete list of the selection of classes and groups for the next two months on pages 18-21. Check it out and try a group this week and see what you gain from it. You may be surprised.

Comments from support group attendees:

"This group is indispensable for support and needed information! The greatest."

"I always enjoy the information provided at these meetings."

"Thank you for doing this for all the cancer survivors! It's a blessing!"



Colleen Davis Seung, RDN
Clinical Registered Dietitian

Controlling Blood Sugar Levels with Diet

We often hear that sugar is the bad guy. Carbohydrates in foods do turn into sugar in our blood, but this is not a terrible thing! The sugar in our bloodstream is used to provide our body's cells with energy. When blood sugar levels remain in a normal range, your body receives a steady source of energy to help keep you focused and active throughout the day.

Did you know?

Cancer treatment can impact blood sugar levels, whether it be from radiation, steroids, or some types of chemotherapy.

Problems can start, however, when the level of sugar in our bloodstream becomes too high or too low. Irregular blood sugars can lead to dangerous consequences. Uncontrolled blood sugar levels are especially a problem for those with diabetes. With diabetes, cells are not able to take in the sugars for energy as they usually would. Cancer treatment can also impact blood sugar levels, whether it be from radiation, steroids, or some types of chemotherapy. In cancer patients with diabetes, poor control of blood sugar levels can lead to an increased risk for infections and hospitalizations. To avoid these consequences, diet (and compliance with any prescribed medications) plays a HUGE role.

By eating a consistent amount of carbohydrates throughout the day, blood sugar levels are better controlled. To eat them consistently, it helps to know which foods contain carbohydrates. Carbohydrates are in foods such as milk, yogurt, fruit, starchy vegetables (like beans or potatoes), grain foods (like rice, pasta, or oats), and sweets (like cake, cookies, sugar, honey, and more).

Keep in mind, no food is off limits (unless one has a specific medical condition indicating otherwise). However, “simple” carbohydrate foods made with white flour and sugar often contain little nutritional value and can raise blood sugar levels too quickly, especially when eaten alone. Blood sugars can even rise too fast for those without diabetes or treatment side effects. When blood sugars go up too much, they can crash back down and turn to low blood sugar. Low blood sugar can cause feelings of irritability and fatigue and

may potentially lead to overeating later on. Protein, fiber, and fat can help with controlling blood sugars to prevent these issues. By including them with meals and snacks, they help slow digestion and cause the body to release sugars more steadily. Therefore, it is useful to point out that controlling blood sugar levels is beneficial for all of us!

Furthermore, it is essential to monitor when and how much carbohydrates one eats. The amount of carbohydrates needed per meal and snack varies from person to person and should be evaluated by a professional, preferably a registered dietitian. For context, it may be recommended to a person with diabetes who consumes 2000 calories per day to have 3 to 4 carbohydrate choices (or 45-60 grams of carbohydrate) per meal—this would vary depending on how frequently the person eats during the day. One carbohydrate choice=15 grams of carbohydrate. Nutrition labels are very helpful with determining how many carbohydrates are in a food, but make sure to pay attention to total carbohydrate (not just sugar, because sugar is a type of carbohydrate) and the serving size. If nutrition information is not available, one can utilize the USDA's FoodData Central <https://fdc.nal.usda.gov>.

By spreading out the carbohydrates we eat throughout the day and including other nutrient-dense foods alongside them, we can fuel our bodies to carry on! For more helpful tips, attend our Healthy Eating and Activity for Living (HEAL) classes which are designed to empower you to live as healthy as you can.

Combining the powerful synergy of food and fitness...

HEAL: Healthy Eating and Activity for Living

Led by Colleen Davis Seung, RDN, and John Malinowski, ATC, CET

Topic: Controlling Blood Sugar Levels with Diet and Exercise

August 1, 2019 • 2:00 to 3:00 p.m.

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

Please call 805.219.HOPE (4673) to reserve a spot.

August 28, 2019 • 3:00 to 4:00 p.m.

Mission Hope Cancer Center, Arroyo Grande • 850 Fair Oaks Avenue, Third Floor

Please call 805.474.5300 to reserve a spot.

It's no secret that **proper nutrition** and **daily movement** are two key contributors for maintaining and enhancing both mental and physical health. This is true for everyone—especially those who have cancer and are undergoing treatment including those with diabetes. Mission Hope is pleased to offer this class for current patients and survivors alike to navigate the world of food and fitness. Join us to enjoy free refreshments, delicious recipes, exercise tips and accessories and more!

Berry Quinoa Salad

Salad Ingredients:

- 1 cup quinoa, uncooked
- 1 pint (12 oz) blueberries
- 1 pint (12 oz) strawberries

Dressing Ingredients:

- 1/4 cup apple cider vinegar
- 2 tbsp. honey
- 1 tbsp. + 1 tsp. mustard
- 1/2 cup olive oil
- Juice of 1 orange
- Juice of 3 limes

Directions:

- Cook quinoa according to package directions, then cool.
- Stir berries into the quinoa.
- Whisk together all ingredients for the dressing.
- Combine the quinoa and berries with the dressing; refrigerate to allow the flavors to marinate until you are ready to eat!

Nutrition Information:

1 serving=1.5 carbohydrate choices (about 22 grams of carbohydrates in 1/2 cup)



Servings: 12 • Serving size: 1/2 cup

Try this salad as a side dish for your 4th of July! Super light and refreshing, the quinoa and berries make a great pair with a delicious citrus-y dressing. To keep your blood sugar levels in their happy range, this dish is packed with fiber from wholesome grains and fruits, healthy fats from olive oil, and protein from the quinoa!



John Malinowski, ATC, CET
Cancer Rehabilitation
Program

Helping Manage Diabetes Through Nutrition and Exercise

Managing diabetes while undergoing cancer treatments can be a struggle. Let's look at some healthy ways to help manage your diabetes or pre-diabetes. The National Institute of Diabetes and Digestive and Kidney Diseases recommends implementing a sound nutritional plan and an active lifestyle into your daily routine. The plate method is one way to help control your portions and manage proper ratios of the food groups.

Adding aerobic and anaerobic exercise to your daily routine can help stabilize your blood sugars throughout the day and help manage your weight.

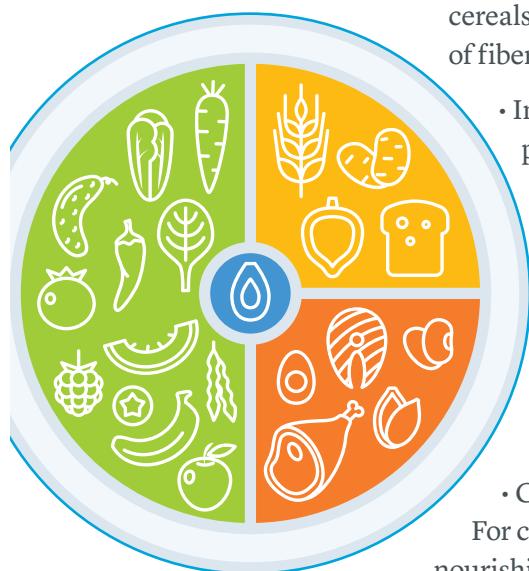
What is the proper ratio of food? Try these **seven steps** to get started:

- Using your dinner plate, put a line down the middle of the plate. Then on one side, cut it again so you will have three sections on your plate.
- Fill the largest section with non-starchy vegetables like: asparagus, broccoli, bean sprouts, cauliflower, celery, jicama, leeks, mushrooms, peppers or radishes.
- Now in one of the small sections, put grains and starchy foods like: whole oats, brown rice, whole grain barley, whole rye, quinoa, millet, sorghum or wild rice. When choosing cereals pick those that have at least 3 grams of fiber and less than 6 grams of sugar.
- In the other small section, put your proteins such as grilled fish, baked chicken or lean cuts of beef or pork. Try some meatless choices like cheeses, tofu, edamame, soy nuts, beans, split peas or black eyed peas.
- Add a serving of fruit, a serving of dairy, or both as your meal plan allows.
- Choose healthy fats in small amounts. For cooking, use oils. For salads, some nourishing additions are nuts, seeds, avocado and vinaigrettes.
- To complete your meal add a low calorie drink like water or unsweetened tea.

Most carbohydrates come from starches, fruit juices, milk and sweets. Try to limit carbohydrates with added sugars or those with refined grains, such as white bread and white rice. Instead, eat carbohydrates from vegetables, whole fruits, whole grains or beans. Try not to drink sweetened drinks.

In addition to wise food choices, aerobic and anaerobic exercise included in your daily routine can help stabilize your blood sugars throughout the day and help manage your weight. As you know, being overweight or obese is a risk factor for many co-morbidities like diabetes, cancer, heart disease and high blood pressure. Type 1 and Type 2 diabetes have some precautions to be aware of when exercising, so it is advised that you check with your doctor before starting an exercise routine. A certified fitness professional can help you develop a fitness plan to safely exercise on a consistent basis and live a healthy lifestyle.

Whether you have diabetes, pre-diabetes or are looking to prevent these conditions we are here to help you. We would love for you to attend our Healthy Eating and Active Living (HEAL) classes designed to empower you to live as healthy as you can. For more information, please contact John Malinowski, Certified Cancer Exercise Trainer, at 805.346.3413 or Colleen Davis Seung, Clinical Registered Dietitian, at 805.346.3403.



The plate method can provide useful visual cues to help keep your nutrition on track.

STRENGTH – PURPOSE – GROWTH

No matter where we are now, each of us can move forward to create or recreate our life. Finding your inspiration, hope and support is so important during your cancer journey. Visioning what we want in life is one of the most important steps.

Vision Board Workshop

Tuesday, July 16 • 5:00 p.m.

Led by Lisa Ramos Murray, MA, BCC

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

Visualization is one of the most powerful tools available in everyone's arsenal to achieve great success in life. The use of a vision board has been scientifically proven to increase the activity of visualization through our minds. A vision board is a fun and effective way to connect with our subconscious wants, desires and needs—and make them conscious! A vision board is simply a name for a collage or inspirational map we create from pictures, quotes, photos, vacation brochures, embellishments (glitter, stickers, etc.) The map can be WHO we want to be or HOW we want our lives to be but it's a visual representation of our goals and dreams—a powerful way to make our aspirations more tangible and attainable.

You are invited to explore the techniques and experience the benefits of creating your own vision board. Join us for a enjoyable evening of visual representation of our goals and dreams—a powerful way to make our aspirations more tangible and attainable.

A vision board can help people:

- Clarify who they are, what they want or where they're going
- Tap into their inner wisdom and inner knowing
- Create some focus or refocus themselves
- Simply get to know themselves better

Registration is required.

Please call Mission Hope for a reservation: 805.219.HOPE (4673)

■ **Lisa Ramos Murray, MA, BCC**, is a board certified life and parent coach who enjoys working with people who are either entering a new chapter in their life (life transitions) or just feeling “stuck” and ready to explore what they really want in life. Mission Hope is pleased to welcome Lisa back to teach the vision board workshop and share her valuable insights to help participants gain needed perspective for their next steps.



**Lisa Ramos Murray, MA,
BCC**
Board Certified Life Coach



**A vision board can
be a way of teaching
our mind to focus on
the things that are
important to us.**

SUMMERTIME FUN

Register now for a free, fun-filled summer camp for kids

Camp Kesem

Camp Kesem provides a free, week-long summer camp for children ages 6-16 years old who have a parent with cancer. The mission of Camp Kesem is to provide friendship, understanding, education and support for kids and teens who have a parent with cancer or have lost a parent with cancer. Featuring a variety of exciting activities, this is a free, fun-filled experience you don't want to miss!

Camp Kesem, UCSB • July 7-13, 2019

Camp Whittier, Santa Barbara, California

Camp Kesem, Cal Poly • July 14-20, 2019

Camp Whittier, Santa Barbara, California

Applications are accepted on a first-come, first-served basis; please apply as soon as possible.



The mission of Camp Kesem is to support children with innovative, fun-filled programs that foster a lasting community.

For more information on this great opportunity for kids, please call:

Ashley Hahn, LCSW, **805.346.3402** or Jenni Davis, **805.474.5303**.

Pure Stoke Surf Camp



Saturdays: June 22, July 20, August 17, September 21, October 12, 2019

9:00 a.m. to 2:00 p.m.

Meeting place: SeaCrest OceanFront Hotel

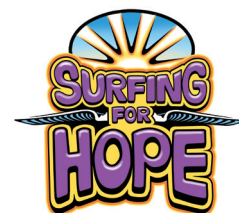
2241 Price Street, Pismo Beach

Questions? Please call Bob Voglin at 805.305.5088

Check out the website for more information about Surfing for Hope and Pure Stoke Surf Camp: www.surfingforhope.org

Details about Pure Stoke Surf Camp:

- No cost to attend; lunch is provided
- Wetsuits available at no charge. Must be picked up the day before at the Shell Beach Surf Shop
- Parents welcome to join us but it's not required
- No prior surfing experience necessary
- Applications submitted online at www.surfingforhope.org



The Surfing for Hope Foundation is a local 501c3 non-profit organization that was created to help ease the difficulty of cancer through the healing powers of surfing and ocean life.

CARING FOR OUR KIDS

This special event is for the children of cancer patients and for our pediatric cancer patients and their siblings.



Mission Hope is pleased to present:

Movie Night for Kids

Wednesday, July 17 • 6:00 to 8:00 p.m.

Showing: Disney-Pixar's "Inside Out"

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

Reservations are required.

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

Need a night out or some time to relax? Pack up the kids and some blankets and bring them to Mission Hope for a fun evening with their friends. Pizza and popcorn provided. **Please: prompt pick up at 8:00 p.m.**



Your ticket to a fun night out!



Providing a safe place where children of parents or grandparents with cancer can learn effective coping skills and communication tools to reduce anxiety.

Kids Support Circle

**Meets selected Tuesdays
4:00 p.m.**

July 2, 16 & August 6, 20

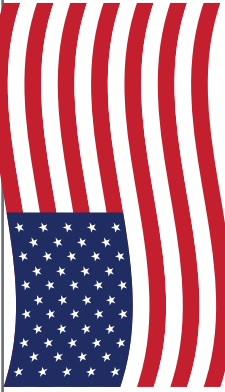

Designed for the children of cancer patients, this activity group helps kids to make friends and learn new skills for living with cancer in the family. Group facilitator Ashley Hahn, LCSW, Oncology Social Worker, discusses how to cope with fear and teaches strategies for encouraging communication about difficult subjects. The small group setting offers a safe place where children can use art, games, and journals to express their feelings and grow together.

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

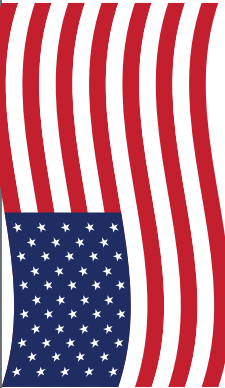
Please call 805.219.HOPE (4673) for a reservation or for more information.

Materials will be provided;
children of all ages welcome.

July Classes and Programs: Mission Hope Cancer Center, Santa Maria

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	2 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class 4:00 Kids Support Circle	3 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab 5:00 Caregiver Support Group	 5 <i>happy</i> INDEPENDENCE <i>day</i> 	
8 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria Colleen Davis Seung, RDN	9 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class	10 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab	11 9:00 Acupressure for Self-Care 6:00 Cancer Rehab 12 8:00 Men's Cancer Discussion Group	Office closed July 4 and 5 for the holiday.
15 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	16 9:00 Lymphedema Prevention Exercise 9:30 Look Good Feel Better 10:30 Tai Chi Chuan Class 4:00 Kids Support Circle 5:00 Workshop: Vision Boards with Lisa Murray	17 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab 6:00 Special Event: Movie Night for Kids	18 9:00 Acupressure for Self-Care 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab 19 8:00 Grupo de Discusión para Hombres con Cáncer	
22 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	23 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class 5:00 Presentation: Emotional Freedom Techniques	24 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab	25 9:00 Acupressure for Self-Care 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 2:00 Energy Balancing 6:00 Cancer Rehab 26 8:00 Men's Cancer Discussion Group	
29 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	30 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class 5:00 Presentation: From Despair to Hope	31 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab	Most classes listed here are held in the Mission Hope Cancer Center, Santa Maria in the Conference Room. For specific location addresses and class details, please see pages 18-21.	

July Classes and Programs: Mission Hope Cancer Center, Arroyo Grande

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 2:00 Energy Balancing	2 2:00 Acupressure for Self-Care 5:00 Caregiver Support Group	3	 5 <i>happy</i> INDEPENDENCE <i>day</i> ★ ★	★ ★
8	9 2:00 Acupressure for Self-Care	10	11 2:00 Living with Cancer General Support Group 12 Office closed July 4 and 5 for the holiday.	
15 2:00 Energy Balancing	16 2:00 Acupressure for Self-Care	17 10:00 Look Good Feel Better	18	19
22	23 2:00 Acupressure for Self-Care	24	25 2:00 Living with Cancer General Support Group 5:00 Presentation: Emotional Freedom Techniques 26	
29	30 2:00 Acupressure for Self-Care	31	Most classes listed here are held in the Mission Hope Cancer Center, Arroyo Grande on the third floor. For specific location addresses and class details, please see pages 18-21.	

August Classes and Programs: Mission Hope Cancer Center, Santa Maria

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Most classes listed here are held in the Mission Hope Cancer Center, Santa Maria in the Conference Room. For specific location addresses and class details, please see pages 18-21.			1 9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living Controlling Blood Sugar Levels 6:00 Cancer Rehab	2 8:00 Grupo de Discusión para Hombres con Cáncer
5 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	6 9:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class 4:00 Kids Support Circle	7 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Caregiver Support Group	8 9:00 Acupressure for Self-Care 6:00 Cancer Rehab	9 8:00 Men's Cancer Discussion Group
12 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria	13 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class	14 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab	15 9:00 Acupressure for Self-Care 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	16 8:00 Grupo de Discusión para Hombres con Cáncer
19 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	20 9:00 Lymphedema Prevention Exercise 9:30 Look Good Feel Better 10:30 Tai Chi Chuan Class 4:00 Kids Support Circle	21 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab	22 9:00 Acupressure for Self-Care 2:00 Energy Balancing 6:00 Cancer Rehab	23 8:00 Men's Cancer Discussion Group
26 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	27 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class	28 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab	29 9:00 Acupressure for Self-Care 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	30

Calendar depicts weekdays only.

August Classes and Programs: Mission Hope Cancer Center, Arroyo Grande

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Most classes listed here are held in the Mission Hope Cancer Center, Arroyo Grande on the third floor. For specific location addresses and class details, please see pages 18-21.			1	2
5 2:00 Energy Balancing	6 2:00 Acupressure for Self-Care 5:00 Caregiver Support Group	7	8 2:00 Living with Cancer General Support Group	9
12	13 2:00 Acupressure for Self-Care 2:00 Energy Balancing	14	15	16
19 2:00 Energy Balancing	20 2:00 Acupressure for Self-Care	21 10:00 Look Good Feel Better	22 2:00 Living with Cancer General Support Group	23
26	27 2:00 Acupressure for Self-Care	28 3:00 HEAL: Healthy Eating and Activity for Living Controlling Blood Sugar Levels	29	30

Calendar depicts weekdays only.

DIGNITY HEALTH OF THE CENTRAL COAST CLASSES, GROUPS & PROGRAMS

EVENT LOCATIONS AND COLOR KEY

● **SANTA MARIA (SM)**

Allan Hancock College
800 South College Drive

MHCC–SM

Mission Hope Cancer Center
1325 East Church Street

MHW

Marian Health & Wellness Center
1207 East Main Street

New venue!

● **ARROYO GRANDE (AG)**

MHCC–AG

Mission Hope Cancer Center, AG
850 Fair Oaks Avenue

● **SAN LUIS OBISPO (SLO)**

HCRC

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201

Veterans' Memorial Building

801 Grand Avenue

● **PASO ROBLES**

Oak Park Chet Dotter

Senior Community Center
801 28th Street

Getting Started at Mission Hope

Patient Orientation Class

(For Mission Hope Patients only—
Arroyo Grande and Santa Maria)

A cancer diagnosis often requires navigating an unfamiliar world. Get to know us and our services so we can take this journey together.

● **Mission Hope Cancer Center, SM**
RESERVATION REQUIRED;
PLEASE CALL 805.346.3402 (ENGLISH)
DISPONIBLE EN ESPAÑOL.
FAVOR DE LLAMAR PARA UNA CITA A
805.346.3406

● **Mission Hope Cancer Center, AG**
RESERVATION REQUIRED;
PLEASE CALL 805.474.5300

Acupressure for Self-Care

This class offers a combination of a breathing meditation and self-applied acupressure to help you experience your healing power.

● **Mission Hope Cancer Center, SM**
JUL 11, 18, 25 & AUG 1, 8, 15, 22, 29; 9:00 AM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

● **Mission Hope Cancer Center, AG**
JUL 2, 9, 16, 23, 30 & AUG 5, 13, 20, 27; 2:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

Acupuncture Treatments

Acupuncture has long been used to help restore balance to the mind and body and to boost immunity. Schedule a free appointment with a licensed acupuncturist to manage the side effects of cancer treatment.

● **Mission Hope Cancer Center, SM**
JUL 1, 8, 15, 22, 29 & AUG 5, 12, 19, 26; 3:30 PM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).
DONATIONS SUGGESTED

● **Hearst Cancer Resource Center, SLO**
JUL 22 & AUG 26; 1:30 PM
RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

Spanish Groups • 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.

New location!

● **Mission Hope Cancer Center, SM**
JUL 25 & AUG 29; 2:00 PM
● **Oak Park Chet Dotter Senior
Community Center, Paso Robles**
JUL 23 & AUG 27; 4:00 PM

Aquatic Therapy Class

Exercising in water reduces the impact on joints by 50% and the properties of water allow you to do more than you can on land; patients often improve quicker. Benefits include more range of motion and joint flexibility and pain reduction.

● **Allan Hancock College, SM**
RESERVATION 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**
JUL 15 & AUG 19; 11:00 AM

Breast Cancer Support Group

Women gather to focus on the journey and to share valuable information and resources.

● **Hearst Cancer Resource Center, SLO**
JUL 2 & AUG 6; 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.

● **Mission Hope Cancer Center, SM**
JUL 3 & AUG 7* 5:00 PM
*Acupressure Talk with Cindy Au

● **Mission Hope Cancer Center, AG**
JUL 2 & AUG 6*; 5:00 PM
*Acupressure Talk with Cindy Au

● **Hearst Cancer Resource Center, SLO**
JUL 18 & AUG 1 & 15; 6:00 PM

Cancer Rehabilitation

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

● **Marian Health & Wellness Center, SM**
RESERVATION REQUIRED; SCHEDULE
AN ASSESSMENT AT 805.346.3413.

Clase en Español:

Comida para la Vida

Exploraremos los fundamentos de la alimentación balanceada y discutiremos una alimentación saludable en beneficio de toda la familia. Únete a nuestra dietista y al intérprete en la clase de nutrición bilingüe.

● **Mission Hope Cancer Center, SM**

AUG 6; 9:00 AM

FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.

Energy Balancing

Energy balancing therapy encourages a free and balanced flow of energy, enhancing the body's natural ability to heal itself. Trained facilitators work silently over various energetic points around the body using a light touch to aid in relaxation, ease muscle tension and decrease stress and pain in cancer patients.

● **Mission Hope Cancer Center, SM**

JUL 25 & AUG 22; 2:00 PM

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

● **Mission Hope Cancer Center, AG**

JUL 1, 15 & AUG 5, 19; 2:00 PM

RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

● **Hearst Cancer Resource Center, SLO**

JUL 8, 22 & AUG 12, 26; 11:00 AM

RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

Family Night Support Group

Children with cancer and their families are invited to join us for dinner, followed by age-appropriate activities in English and Spanish.

● **Mission Hope Cancer Center, SM**

WILL RESUME IN SEPTEMBER

RESERVATION REQUIRED; PLEASE CALL 805.219.HOPE (4673) (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**

JUL 3, 10, 17, 24, 31 & AUG 7, 14, 21, 28; 10:00 AM

RESERVATION REQUIRED;
PLEASE CALL 805.346.3413.

Guided Meditation Class

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

● **Hearst Cancer Resource Center, SLO**

JUL 3 & AUG 7; 5:00 PM

HEAL: Healthy Eating and Activity for Living

Our Registered Dietitian and Fitness Trainer join forces for an exciting class which combines delicious recipes and nutrition advice with simple exercise tips.

● **Mission Hope Cancer Center, SM**

AUG 1; 2:00 PM

Topic: Controlling Blood Sugar Levels with Diet and Exercise
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

● **Mission Hope Cancer Center, AG**

AUG 28; 3:00 PM

Topic: Controlling Blood Sugar Levels with Diet and Exercise
RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

Kids Support Circle

An activity group for the kids of parents/grandparents with cancer to learn effective coping skills and express their feelings in a safe place using art and games.

● **Mission Hope Cancer Center, SM**

JUL 2, 16 & AUG 6, 20; 4:00 PM

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



iThrive Wellness Program

A free online web application that creates a personalized wellness plan for cancer survivors, iTHRIVE can help you heal from treatment, reduce the risk of recurrence and achieve optimal wellness by implementing simple, practical steps in your daily life.

Mission Hope Cancer Center, SM

SET UP AN APPOINTMENT TO GET STARTED. PLEASE CALL ASHLEY HAHN, MISSION HOPE, SM: 805.346.3402

Mission Hope Cancer Center, AG

PLEASE CALL JENNI DAVIS, MISSION HOPE, AG: 805.474.5303

Learn Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the rules of golf along with tips on putting, chipping and hitting a tee shot. Instruction is also provided on stretching, flexibility and balance.

Monarch Dunes, Nipomo

JUL 3, 17 & AUG 14, 28; 12:45 PM
RESERVATION REQUIRED; PLEASE CALL 805.346.3413.

Living with Cancer General Support Group

Informal support group provides information for all diagnoses. Learn and share as you benefit from the experience of those who have gone through it.

● **Mission Hope Cancer Center, AG**

JUL 11, 25 & AUG 8, 22; 2:00 PM

FOR MORE INFORMATION, PLEASE CALL 805.474.5300 OR 805.474.5303.

● **Hearst Cancer Resource Center, SLO**

JUL 18, AUG 1 & 15; 6:00 PM

RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

Classes continue

CLASSES, GROUPS & PROGRAMS, continued

Look Good Feel Better

Free program teaches skincare and make-up techniques to mitigate appearance-related side effects of cancer treatments. Sign up now for this fun class to receive a complimentary cosmetic kit to get started!

● **Mission Hope Cancer Center, SM**

JUL 16 & AUG 20; 9:30 AM
PARTICIPANT REGISTRATION AT
WWW.LOOKGOODFEELBETTER.ORG
OR CALL 805.219.HOPE (4673).

● **Mission Hope Cancer Center, AG**

JUL 17 & AUG 21; 10:00 AM
PARTICIPANT REGISTRATION AT
WWW.LOOKGOODFEELBETTER.ORG
OR PLEASE CALL 805.474.5300.

(Beauty and You)

● **Hearst Cancer Resource Center, SLO**

JUL 3 & AUG 7; 10:00 AM
RESERVATION REQUIRED; PLEASE CALL
805.542.6234.

Lymphedema Education

An accumulation of protein-rich fluid causing swelling in the body, lymphedema can lead to infection and other problems. A certified lymphedema specialist reviews common symptoms and how to manage them.

● **Hearst Cancer Resource Center, SLO**

JUL 23 & AUG 20; 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 2, 9, 16, 23, 30 & AUG 6, 13, 20, 27; 9:00 AM
RESERVATION REQUIRED; PLEASE CALL
805.346.3413.

Lymphoma, Leukemia & Multiple Myeloma (LL&MM) (All Blood Cancer Support Group)

Established to help individuals and their families cope with diagnosis, before, during and after treatment.

● **Mission Hope Cancer Center, SM**

JUL 18 & AUG 15; 2:00 PM

● **Hearst Cancer Resource Center, SLO**

JUL 10 & AUG 14; 1:00 PM

Men's Cancer Discussion Group

Led by Sean Hunt, RN, BSN, OCN, this group provides a relaxed forum for men to discuss issues, exchange information and get answers to their concerns. Some meetings also feature educational presentations given by qualified speakers.

● **Mission Hope Cancer Center, SM**

JUL 12, 26 & AUG 9, 23; 8:00 AM

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**

JUL 19 & AUG 2, 16; 8:00 AM

✪ Pilates Exercise Class

Pilates is a corrective exercise method designed to connect you towards your core musculature and posture. This class will help participants develop strength, flexibility, and body awareness with exercise geared to the rehabilitative needs of those with a cancer diagnosis.

● **Hearst Cancer Resource Center, SLO**

JUL 11 & AUG 8; 2:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

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 15 & AUG 19; 6:30 PM

Pure Stoke Youth Program

Provides a safe, fun environment utilizing the healing energy of the beach and ocean to help youths deal with the stress of cancer in the family. See page 12 for details.

Are you struggling with dry mouth, swallowing difficulties, or taste changes?

Nutritional Counseling Available

Did you know that cancer patients can schedule a one-on-one consultation with a Registered Dietitian? Maintaining good nutrition throughout cancer treatment can be challenging but is necessary for optimal healing. We can help support your healthcare goals and get you on the road to recovery.

● **Mission Hope Cancer Center, Santa Maria**

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

● **Mission Hope Cancer Center, Arroyo Grande**

RESERVATION REQUIRED; PLEASE CALL 805.474.5300.

● **Hearst Cancer Resource Center, San Luis Obispo**

RESERVATION REQUIRED; PLEASE CALL 805.542.6234.



✪ NEW CLASSES

Qigong Class

Qigong 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**

JUL 1, 15 & AUG 5, 19; 5:00 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. Everyone welcome.

● **Mission Hope Cancer Center, SM**

JUL 8* & AUG 12; 5:00 PM

*Nutrition Tips and Recipes for Head and Neck Patients, Colleen Davis Seung, RDN

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**

JUL 3, 10, 17, 24, 31 & AUG 7, 14, 21, 28; 11:00 AM

Tai Chi Chuan

Originally developed as a martial art, Tai Chi Chuan has evolved into a health exercise that can benefit persons of any age or fitness level. The slow, rhythmic movements help to improve circulation and foster relief and healing.

● **Mission Hope Cancer Center, SM**

JUL 2, 9, 16, 23, 30 & AUG 6, 13, 20, 27; 10:30 AM

RESERVATION REQUIRED;

PLEASE CALL 805.219.HOPE (4673).

SAVE THE DATE

The Teal Journey
OVARIAN CANCER FOUNDATION

presents the

Julie McKinsey Memorial

Golf Tournament, Dinner & Auction
Thursday, September 12, 2019
Santa Maria Country Club
Tee Off: 11:00AM

FOR MORE INFORMATION CONTACT:
GARY MCKINSEY 805-310-3381 OR JAY CONNER 805-550-6305

☆Visioning Collage

Using colorful pictures and meaningful words and phrases, join us to create a collage to inspire and motivate you in creative ways.

● **Hearst Cancer Resource Center, SLO**

JUL 11 & AUG 8; 5:30 PM

Walking Into Wellness

Regular walking improves overall health and wellness and helps to reduce the cancer-related symptoms of fatigue, weakness and nausea. Reap the benefits with us!

● **Mission Hope Cancer Center, SM**

JUL 1, 8, 15, 22, 29 & AUG 5, 12, 19, 26; 1:00 PM

RESERVATION REQUIRED;

PLEASE CALL 805.346.3413.

Warm Yarns Knitting and Crocheting Support Group

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

● **Mission Hope Cancer Center, SM**

JUL 1, 8, 15, 22, 29 & AUG 5, 12, 19, 26; 2:00 PM

● **Hearst Cancer Resource Center, SLO**

JUL 2, 9, 16, 23, 30 & AUG 6, 13, 20, 27; 3:00 PM

Yoga for Cancer Patients and Survivors

All levels welcome to experience the healing power of yoga. The practice of yoga serves to activate the metabolism, improve balance and stabilize posture; participants build strength and flexibility as well as relax the muscles.

Yoga for Healing

Focus on breath and alignment postures while releasing tension and stress. Please bring a yoga mat.

● **Mission Hope Cancer Center, SM**

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

RESERVATION REQUIRED;

PLEASE CALL 805.219.HOPE (4673).

Restorative Yoga

Deep passive stretching achieved by using bolsters and blankets. Please bring a yoga mat.

● **Hearst Cancer Resource Center, SLO**

JUL 8, 22 & AUG 12, 26; 5:00 PM

RESERVATION REQUIRED; PLEASE CALL 805.542.6234.

REACH OUT TO US; WE'RE HERE TO HELP

Mission Hope Cancer Center, Santa Maria

Mission Hope Cancer Center, SM
1325 East Church Street, Suite 102, Santa Maria, California
805.219.HOPE (4673) • Se habla español: 805.346.3406
www.missionhopecancercenter.com

Denise Deem
COORDINATOR
805.346.3410
Denise.Deem@dignityhealth.org

Ashley Hahn, LCSW
ONCOLOGY SOCIAL WORKER
805.346.3402
Ashley.Hahn@dignityhealth.org

Sean Hunt, RN, BSN, OCN
ONCOLOGY NURSE NAVIGATOR/
SURVIVORSHIP PROGRAM
805.346.3401
Sean.Hunt003@dignityhealth.org

Michelle Lamarche, RN, OCN
NURSE MANAGER, INFUSION CENTER
805.346.3421
Michelle.Lamarche@dignityhealth.org

Carol Lowe, RN, OCN
ONCOLOGY NURSE NAVIGATOR/
LUNG CANCER SCREENING PROGRAM
805.346.3463
Carol.Lowe@dignityhealth.org

Chris Magana
CANCER CENTER TRANSPORT COORDINATOR
805.346.3444
Chris.Magana@dignityhealth.org

John Malinowski, ATC, CET
CANCER REHABILITATION PROGRAM
805.346.3413
John.Malinowski@dignityhealth.org
María Mejía, CCRP
UCLA CLINICAL RESEARCH COORDINATOR
805.346.3462
mariamejia@mednet.ucla.edu

Julie Neiggemann, MSN, RN
ONCOLOGY NURSE NAVIGATOR/
BREAST AND GYN ONCOLOGY PROGRAM
805.346.3405
Julie.Neiggemann@DignityHealth.org

Hector Rodriguez
PROMOTOR DE SALUD
ESPECIALIZADO EN ONCOLOGÍA
805.346.3406
Hector.Rodriguez2@dignityhealth.org

Colleen Davis Seung, RDN
CLINICAL REGISTERED DIETITIAN
805.346.3403
Colleen.Davis@dignityhealth.org

Mission Hope Cancer Center, Santa Maria Phone Numbers

FIRST FLOOR:
Marian Cancer Care805.219.HOPE (4673)
Marian PET/CT Center 805.346.3470
Radiation Oncology 805.925.2529
SECOND FLOOR:
Marian Breast Imaging Center 805.346.3490
Mission Hope Surgical Oncology 805.346.3456
Christopher V. Lutman, MD, FACOG, Gynecologic Oncologist
Monica A. Rocco, MD, FACS, Breast Surgeon
THIRD FLOOR:
Medical Oncology805.349.9393
Mission Hope Infusion Center 805.346.3419
Mission Hope Lab (Office hours: 7:30 a.m. to 4:30 p.m.) 805.346.3480

Dignity Health Central Coast

Katherine M. Guthrie
SENIOR REGIONAL DIRECTOR, CANCER
SERVICES, CENTRAL COAST SERVICE AREA
805.346.3434
Katherine.Guthrie@dignityhealth.org

Max Boveri, LMFT
BEREAVEMENT COUNSELOR
805.614.2060
Max.Boveri@dignityhealth.org

Laura Deppen, RN
HOSPICE DIRECTOR
805.739.3828
Laura.Deppen@dignityhealth.org

Michelle Oliver, RN, MSN, PHN
DIRECTOR, DIGNITY HOME HEALTH
805.739.3835
Michelle.Oliver@dignityhealth.org



TURN TO US FOR ANSWERS ABOUT CANCER



**Mission Hope Cancer Center,
Arroyo Grande**

Mission Hope Cancer Center, AG
850 Fair Oaks Avenue, Arroyo Grande, California
805.474.5300
www.missionhopecancercenter.com

Lindsey Boschen, RN, OCN
ASSISTANT NURSE MANAGER,
INFUSION CENTER
805.474.5325
Lindsey.Boschen@dignityhealth.org

Jenni Davis
ONCOLOGY COUNSELOR/PATIENT ADVOCATE
805.474.5303
Jennifer.Davis005@dignityhealth.org

Kathleen Kennedy
COORDINATOR
805.474.5300
Kathleen.Kennedy3@dignityhealth.org

Colleen Davis Seung, RDN
CLINICAL REGISTERED DIETITIAN
805.474.5304
Colleen.Davis@dignityhealth.org



Located in a new building behind
Arroyo Grande Community Hospital.

**French Hospital
Medical Center**

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201
San Luis Obispo, California

Gloria Caine, RN, BSN, OCN
NURSE NAVIGATOR, HCRC
805.542.6234
Gloria.Caine@dignityhealth.org

Beverly Kirkhart
DIRECTOR, HCRC
805.542.6269
Beverly.Kirkhart@dignityhealth.org

Eloisa Medina
LAY PATIENT NAVIGATOR
805.786.6130
Eloisa.Medina@dignityhealth.org

**Infusion Center
of San Luis Obispo**

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

Susan L. Diaz, RN, OCN
MANAGER
805.542.6500, ext. *1470
Susan.Diaz@dignityhealth.org

Viri Ruiz
ONCOLOGY COUNSELOR
805.542.6500, ext. *1491
Viridiana.Ruiz@dignityhealth.org

Mission Hope Cancer Center, Arroyo Grande Phone Numbers

FIRST FLOOR:
Arroyo Grande Lab and Imaging. 805.473.7677
(Office hours: 7:00 a.m. to 5:00 p.m.)

THIRD FLOOR:
Cancer Resource Center 805.474.5300
Medical Oncology 805.474.5310
Mission Hope Infusion Center 805.474.5325



Like us on Facebook:
Mission Hope Cancer Center

You can separate yourself from anxiety, depression, and/or hopelessness with Emotional Freedom Techniques (EFT). Get unstuck!

Unstuck: Freedom is at Your Fingertips

Lindsay Lewis, Life Coach and EFT Practitioner, will be presenting how to use Emotional Freedom Techniques (EFT)—also known as “Tapping”—in your healing journey. This therapeutic modality combines ancient Chinese acupressure and neuroscience for gentle yet rapid healing both physically and emotionally.

The practice involves tapping on acupressure points while speaking words and affirmations. This unique approach provides a sense of calm, modifying the way the brain processes emotional information. Come learn the tools to help you create new healthy thought patterns and beliefs. You can free yourself to live your best life.

Mission Hope Cancer Center, Santa Maria

Tuesday, July 23 • 5:00 p.m.

1325 East Church Street, Conference Room, Santa Maria

Please call to register: 805.219.HOPE (4673)

Mission Hope Cancer Center, Arroyo Grande

Thursday, July 25 • 5:00 p.m.

850 Fair Oaks Avenue, Third Floor Conference Room, Arroyo Grande

Please call to register: 805.474.5300



Lindsay Lewis

Life Coach and EFT Practitioner

**WHAT'S STOPPING YOU FROM
FREEING YOURSELF OF:**

- Pain
- Anxiety
- Depression
- Trauma
- Accident and Injury
- Stress and Irritability
- Fears

