

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

**Day of Hope: Make a gift in honor of a physician, caregiver or loved one.
Please call 805.739.3595**

AWARDED FOR EXCELLENCE

March/April 2019

Marian Regional Medical Center Honored with Outstanding Achievement Award from the American College of Surgeons Commission on Cancer

The American College of Surgeons Commission on Cancer (CoC) accreditation is the Hallmark of Excellence and awarded to cancer care programs that have made a commitment to providing high quality, comprehensive, multidisciplinary patient-centered care as demonstrated through compliance with the CoC Accreditation Standards. This Outstanding Achievement Award is offered only to programs which represent the 'best of the best' in cancer care. The award criteria is based on the cancer program receiving commendation ratings for the seven commendation level standards and no deficiencies for the remaining 27 qualitative and quantitative standards. In 2016 and 2017, only three hospitals in California received this award.

"We are honored to be recognized for this prestigious award for cancer care. It shows the true dedication of our team," says Sue Andersen, President & CEO, Marian Regional Medical Center. "We have made—and continue to make—a significant commitment to advanced cancer services in our communities. We are proud to offer state-of-the-art technologies that enable our staff and physicians to provide the highest quality of care available, with the comfort of being close to home."

Surveyors also praised community work done to increase colorectal cancer screenings and awareness education. This goal was established after community surveys in 2015 and 2017 indicated a high rate of late stage colorectal cancer in our area as well as barriers to care. Following the surveys, MRMC's physicians and Mission Hope worked together to enhance the efficiency of their outreach program resulting in a significant drop in the percentage of stage III colorectal cancer diagnoses and an increase in detecting stage I and stage II cases. In addition to the outcomes from the outreach campaign showing a profound and steady climb in colonoscopy screening numbers locally, the accreditation body stated that outreach to our community through our monthly community calendar is a best practice for cancer prevention. The cancer program at Mission Hope will continue to provide the full continuum of services from prevention and early detection, through treatment and support to surveillance and follow-up.

This award honors cancer programs who are not just meeting nationally-recognized standards for the delivery of quality cancer care, but exceeding expectations and raising the bar on cancer care services.

COMMUNITY OUTREACH

Mission Hope Cancer Center Leadership

Robert A. Dichmann, MD
Medical Director
Marian Cancer Program

Keith A. Ayrons, MD
Medical Oncologist/Hematologist

Todd M. Erickson, MD
Medical Oncologist/Hematologist

April Kennedy, MD
Medical Oncologist/Hematologist

Case H. Ketting, MD
Radiation Oncologist

Samuel B. Kieley, MD
Urologic Oncologist

Christopher V. Lutman, MD,
FACOG
Gynecologic Oncologist

Monica A. Rocco, MD, FACS
Breast Surgeon

Stephen J. Vara, MD
Medical Oncologist/Hematologist

Patrick A. Williams, MD
Radiation Oncologist

Jeffrey Wu, MD
Radiation Oncologist

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

Day of Hope

Visit supportmarianmedical.org/dayofhope to help deliver hope to local cancer patients.



Wednesday, April 10, 2019

Join hundreds of neighbors from Santa Maria, Nipomo, Orcutt, Lompoc, and Santa Ynez as we sell \$1.00 Day of Hope *Santa Maria Times* newspapers on April 10, 2019. How can you help?

- **Volunteer:** Organize a team or join a team to sell newspapers.
- **Make a donation:** Make a gift for local cancer patients at supportmarianmedical.org/dayofhope.
- **Sponsor the event:** Participate as a sponsor and receive both the recognition and satisfaction of knowing that you are supporting local cancer care.

Why our Sponsors Support Day of Hope

The Teal Journey OVARIAN CANCER FOUNDATION



www.thetealjourny.org

■ “The mission of Teal Journey Ovarian Cancer Foundation is to raise awareness about the signs and symptoms of ovarian cancer, and supporting Day of Hope helps to publicize this critical information to others. We have ovarian cancer survivors and warriors on our newspaper sales team and this day helps to spread awareness while we have fun as a team.”



■ “We love to support local entities that help the community, and this is the best way to give back to an organization that does so much. Mission Hope Cancer Center has been there for families and we try to support them as much as we can.”



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www.mytimecard.com

■ “Cancer touches everybody, and for us, there is no better place to support than Mission Hope Cancer Center. The cancer care team is on the front lines there and it is our privilege to give back to those who care for our community.”

Meet Janna Douma: Cancer Survivor and Day of Hope Advocate

For a large portion of the community, cancer is a disease that impacts generations. For Janna Douma, it was no different.

Janna's exposure to cancer began when her father went to the doctor to check on several spots on his ear, eyelids, and nose. The skin cancer was so extensive that a portion of his nose had to be removed and—amazingly—a new nose utilizing skin from his forehead was crafted. At his death in 2011, his autopsy revealed he also had prostate cancer. After her dad's funeral services, Janna's mother revealed to her that she had tumors visible along her breasts. Recognizing the severity of this revelation, Janna immediately took her mom to the doctor and she was diagnosed with stage 4 breast cancer two weeks later. At that point in the disease, the cancer had metastasized throughout her body. Never receiving mammograms throughout her life, Janna's mom was given 18 months to live. Janna undertook caregiving duties and used this precious time to bond with her mom during the difficult season prior to her passing.

Seeing the untimely deaths of her parents, Janna's resolution was strengthened to take testing seriously. "I am different from my parents, in that I do go to the doctor regularly, and I do get tests regularly," Janna stated. After her annual mammogram in 2017, she was called back to have a biopsy. A visit with Monica Rocco, MD, FACS, at Mission Hope Health Center, brought the news that her breast cancer was in stage 1 with the aggressiveness of the cancer at stage 2.

"From the moment I had my mammogram up until today, the people at Mission Hope have been so very kind, so very caring, treating me with the utmost respect, concern, and love," Janna said, reflecting on her experience. "Mission Hope is very special and I will continue to support it and be involved with the work there."

Being true to her word, Janna was a visible representative during Day of Hope 2018, being featured in several news stories and allowing her cancer journey to have a redemptive element. "I was in the grocery store after Day of Hope and the cashier recognized me from a story. She said, 'I had been putting off my mammogram but when I saw you on the news I made my appointment the next day!'" Janna excitedly shared.

Janna is now cancer free and plans on participating again in Day of Hope on April 10, 2019. You are invited to join Janna and our spirited teams of survivors and volunteers as we bring hope to our community.



Janna Douma (left) helped raise awareness for Day of Hope with her Rabobank team in 2018. Janna knows firsthand the importance of screening mammograms and early testing. To schedule your mammogram, please call 805.346.3456.

NEWS YOU CAN USE

Day of Hope Team Fundraising Feature

Join your neighbors and create a Day of Hope team. Through using our team fundraising feature, you will be able to invite friends and family to donate to your team before Wednesday, April 10, 2019.

How can you use this?

1. Visit supportmarianmedical.org/dayofhope to claim your team page.

2. Post to social media, e-mail, or text your team website to friends and family asking for their support.

Get a head start on your team's journey to being #1 in our friendly competition! Top fundraising teams will be honored at the Day of Hope Celebration.



@SupportMarianMedical



@SupportMarian



@SupportMarianMedical

Santa Maria Award Program

Mission Hope Cancer Center Receives 2018 Best of Santa Maria Award

Mission Hope Cancer Center has been selected for the 2018 Best of Santa Maria Award in the Local Business category by the Santa Maria Award Program.

Each year, the Santa Maria Award Program identifies companies that we believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Santa Maria area a great place to live, work and play.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2018 Santa Maria Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Santa Maria Award Program and data provided by third parties.

About Santa Maria Award Program

The Santa Maria Award Program is an annual awards program honoring the achievements and accomplishments of local businesses throughout the Santa Maria area. Recognition is given to those companies that have shown the ability to use their best practices and implemented programs to generate competitive advantages and long-term value.

The Santa Maria Award Program was established to recognize the best of local businesses in our community. Our organization works exclusively with local business owners, trade groups, professional associations and other business advertising and marketing groups. Our mission is to recognize the small business community's contributions to the U.S. economy.

FREE ONLINE TOOL

Get Ready to Thrive with the iTHRIVE Plan!

Are you interested in healing from treatment?
Reducing your risk of developing cancer again?

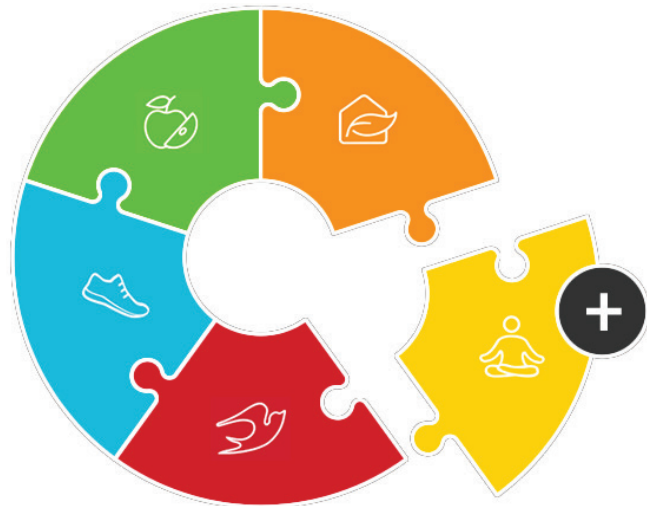
If the answer is yes, then you are going to love the iTHRIVE Plan!

Designed for people diagnosed with cancer, iTHRIVE is a personalized, lifestyle-based wellness plan that is available absolutely free of charge to patients of the Mission Hope Cancer Center.

Starting with a short 10-minute survey, you will be able to choose impactful, inspiring and fun action steps in five key areas: **diet, movement, environment, rejuvenation, and spirit**. There are hundreds of motivational strategies that are included in the iTHRIVE Plan! Here are just a few:

- **Dealing with a New Diagnosis** (Rejuvenation)
- **Organizing your Prescriptions** (Environment)
- **Enhancing Communication with your Partner** (Spirit)
- **Reduce Sugar** (Diet)
- **Kegel Exercises** (Movement)
- **Overcoming Afternoon Fatigue** (Rejuvenation)
- **New American Plate** (Diet)
- **Coping with Medical Testing Anxiety** (Rejuvenation)
- **Foam Roller Routine** (Movement)
- **Talking to your Doctor** (Rejuvenation)

Each of the five key areas: **diet, movement, environment, rejuvenation, and spirit** fit together like a puzzle to help you create a picture of health.



And this is just the tip of the iceberg! The iTHRIVE Plan is filled with easy-to-follow guidance that will help you enhance your health so you can thrive.

At Mission Hope, we are on a mission to help you flourish. You can sign up over the phone or in person. If you are ready to thrive, please contact Kim Neace, RN, Oncology Nurse Navigator, at 805.346.3469.



iTHRIVEPLAN



Igor Nastaskin, MD
Gastroenterologist

Are You at Risk for Inherited Colorectal Cancer?

About five to ten percent of all colorectal cancers are caused by a heritable mutation: that is a genetic change that can be passed on for parent to child. The two major subtypes of hereditary colon cancer are called familial adenomatous polyposis (FAP) and Lynch syndrome, also known as hereditary nonpolyposis colorectal cancer (HNPCC). In addition, some rare conditions—including attenuated familial adenomatous polyposis (AFAP) and MUTYH-associated polyposis (MAP)—have been associated with an inherited risk for colorectal cancer. Outlined below are the types of hereditary colon cancer and the risk factors for colon cancer. Even more important is knowing how appropriate screening genetic testing can be lifesaving.

Types of Hereditary Colon Cancer:

Familial Adenomatous Polyposis (FAP) consists of many precancerous polyps—possibly hundreds or thousands—in the colon and rectum. A milder form of FAP may present with a smaller number of colorectal polyps.

Lynch Syndrome (formerly known as hereditary nonpolyposis colorectal cancer) is associated with an increased risk of colon and rectal cancer, as well as other forms of the disease including endometrial, ovarian, gastric, urinary tract, brain and pancreas cancers.

MUTYH-Associated Polyposis is marked by multiple precancerous polyps in the colon and rectum, similar in number to that seen in the milder form of FAP.

Hyperplastic Polyposis Syndrome (HPS) is characterized by the development of multiple hyperplastic polyps in the colon and rectum. Currently, there is no genetic mutation known to be associated with HPS.

A number of genetic tests are available to determine whether a person has a genetic change that predisposes him or her to colorectal cancer. We can help you understand your individual cancer risk and which type of genetic tests, if any, may be

useful for you or for other members of your family. Furthermore, we can help you to manage your cancer risk with or without the use of genetic tests.

Risk factors for colorectal cancer include: People ages 50 or above; family history of colon or rectal cancer; personal history of cancer; history of polyps in the colon and history of ulcerative colitis or Crohn's disease as well as smoking and obesity.

Screening for colorectal cancer can prevent death by detecting and removing polyps before they become cancers. With early diagnosis, colorectal cancer can be successfully treated more than 90% of the time. Colorectal cancer is the second leading cancer killer and often starts with no symptoms, but you can stop this cancer before it starts. The Cancer Risk Program at Mission Hope is designed to assist community members to navigate these complex issues. In recognition of March as colorectal cancer awareness month, Mission Hope is pleased to present a free informational session featuring Dr. Nastaskin from Santa Maria Gastroenterology. Make plans now to hear the latest medical advice on this important topic. Additionally, our nurse navigator is available to answer your questions or address your concerns. Please call 805.346.3463.

Many people who are diagnosed with colon cancer report having no symptoms prior to their diagnosis. Genetic testing and/or screening can help to determine cancer risk.

Free Community Forum

Colorectal Cancer Informational Session

Tuesday, March 12 • 5:30 p.m.

Guest speaker: Igor Nastaskin, MD, Santa Maria Gastroenterology

You are invited to join us as local expert Dr. Nastaskin discusses the latest information about colorectal cancer. Learn about possible risk factors, screening recommendations, what to expect during a colonoscopy, as well as the latest treatment options.

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Seating is limited and reservations are required.

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



Colon cancer is the second leading cause of cancer-related death in the United States.

Colorectal cancer can be:

- ☐ Preventable
- ☐ Beatable
- ☐ Seen in 1 in 20 people (lifetime risk)
- ☒ All of the above

It's true: the lifetime risk of developing colorectal cancer is 1 in 20. That's why a proactive approach to prevention is so important for you and your loved ones. The best test to prevent colorectal cancer is a **screening colonoscopy**. In fact, a colonoscopy is so effective that many medical societies now recommend it for everyone age 45 or older, even if the person has no symptoms. All medical insurances cover screening colonoscopy, often at 100%.

A colonoscopy is more than a test.

A colonoscopy screening is the **ONLY** test available to **detect AND at the same time remove** colon polyps. This is important because most colorectal cancers begin as benign polyps. Removing polyps before they progress into colon cancer saves lives. Other tests such as Cologuard, fecal cards, or imaging are much less reliable as they miss too many polyps (up to 58% in the case of Cologuard).

Help is available.

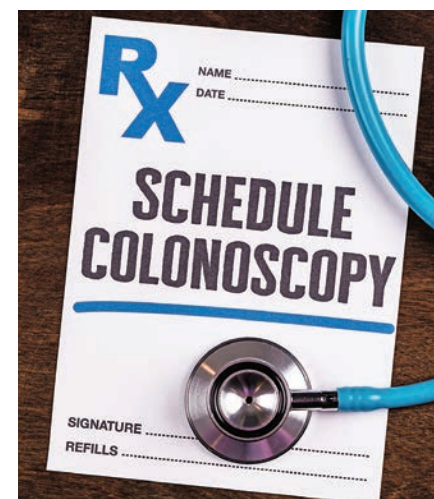
Marian Regional Medical Center and Mission Hope Cancer Center in collaboration with expert Board Certified Physicians at Santa Maria Gastroenterology Group utilize state-of-the-art technology to maximize the benefits of a colorectal cancer screening service.

Save the date:

**Saturday,
March 23**

Uninsured?

Mission Hope is offering **free screening colonoscopies** to patients without health insurance. Please call to schedule an appointment: Carol Lowe, RN, OCN, at **805.346.3463**





Aundie Werner, MS,
CCC-SLP

We are here to help:

Support for People with Oral and Head and Neck Cancer (SPOHNC)

Meets the second
Monday of the month
5:00 to 6:30 p.m.

MONDAY, APRIL 8:

You're invited to join us
as **Heidi Lee, L.Ac,
DiplAc., MSTCM,**
discusses the benefits
of acupuncture for head
and neck patients.

WALK-INS WELCOME

**Mission Hope
Cancer Center
Conference Room**
1325 E. Church Street
Santa Maria



The Role of the Speech-Language Pathologist

When a person is diagnosed with cancer of the head and/or neck, a speech-language pathologist (SLP) becomes an integral part of the healthcare team. Along with the surgeon, otolaryngologist, oncologist, radiation oncologist, dietitian, dentist and physical therapist, the SLP guides the patient and their loved ones through the cancer recovery path in several important ways.

It is estimated that about 100,000 people will be diagnosed with a head, neck or thyroid cancer this year. Although this does not grab headlines as often as many other cancers, for those affected the disease and treatment can have a significant impact on their lives. In general, most people survive head and neck cancer; however, side effects of treatment can sometimes be a long-term problem. The support and guidance of a speech-language pathologist (SLP) can do much to help promote recovery and cope with the difficult symptoms of treatment. Ideally, the SLP becomes involved when the patient has been identified as having head and neck cancer *before* their surgery or *before* their chemotherapy/radiation protocol. Counseling and education are provided as to the functions of voice, speech and swallowing. Assessment is made to determine the patient's baseline and to provide guidance as to the patient's role in their rehabilitation.

Frequently, the SLP works with patients who have difficulty eating and drinking. Treatment is based on the cause of the problem: anatomical changes from surgery, decreased saliva, changes in taste, difficulty opening the mouth due to trismus, and problems protecting the airway, which can result in coughing and choking during meals. Maintaining nutrition after surgery and during treatment is necessary to help the body heal. At times, the patient may need to have a feeding tube to help with nutrition when it becomes too difficult to swallow.

The SLP assesses the patient's current needs, instructs the patient in specific swallowing exercises, compensatory swallowing strategies or diet modification recommendations. The goal is for patients to continue to eat and drink during and after treatment.

Following radiation therapy, patients may experience lymphedema and/or fibrosis of the radiated tissue. These effects can persist long after the treatment concludes. Difficulties can include problems opening the mouth to eat from a spoon or fork, or decreased ability of the throat muscles to protect the airway while eating or drinking. In these cases, specific testing and exercises are instructed by the SLP. Voice changes may also occur after surgery or radiation. The SLP instructs patients how to use their voice efficiently so as not to strain the muscles. Patients who have had their voice box removed are instructed in alternative methods to produce voicing to communicate.

Additionally, articulation and resonance changes can occur from surgery and/or radiation. Patients who have had sinus, palatal, jaw, or tongue cancer are instructed how to articulate more clearly through customized treatment, or prosthetic devices, if needed.

Each patient's cancer is unique, as is the plan of care developed by the SLP. The Central Coast is fortunate to have excellent speech-language pathologists who are trained to provide their expertise to facilitate your road to recovery.

For more information or specific concerns, please contact Aundie Werner, MS, CCC-SLP, at 805.739.3185 or via email at Aundie.Werner@DignityHealth.org.

COPING WITH CANCER

Good nutrition can help enhance therapy completion rates, oncologic survival and post-treatment quality of life. However, those with head and neck cancer may find that certain symptoms interfere with the ability to take in proper nourishment. Foods previously enjoyed may no longer be appealing. Time to try something new! The recipes below feature some tasty and easy-to-eat alternatives.

Sweet Potato and Apple Soup

Makes five (1 cup) servings

- Ingredients:**
½ cup chopped onions
4 cups peeled and chopped sweet potatoes (yams)
2 cups peeled, cored, and chopped baking apples
- 2 cups canned chicken broth
½ tsp ground ginger
½ tsp ground curry
1 Tbsp. honey
1 cup skim milk

Directions:

In a nonstick pot coated with nonstick cooking spray, sauté the onions until tender. Add the sweet potatoes, apples, chicken broth, ginger, curry, and honey. Bring to a boil. Reduce heat, cover, and simmer until the potatoes are tender, about 25 min. Transfer to a food processor and purée until smooth. Return to pot, and stir in the milk until blended.

Blueberry Muffin Protein Smoothie

Serves one

- Ingredients:**
1 cup unsweetened almond milk
1 banana frozen
¼ cup rolled oats
¼ cup plain Greek yogurt
- ½ tsp vanilla extract
¼ tsp ground cinnamon
1/3 cup frozen blueberries
1 scoop vanilla protein powder

Directions:

Add unsweetened almond milk, frozen banana, rolled oats, plain Greek yogurt, vanilla extract, ground cinnamon, frozen blueberries, and a scoop of protein powder into a blender. Blend until smooth. If you find your shake is too thick, you can always add some more almond milk, little by little.

If you are struggling with dry mouth, swallowing difficulties, taste changes or sensitivity that is hindering your nutrition intake, our Registered Dietitian can help you find solutions to keep your healthcare goals on track. Please call Kelsey McCourt, RD, at 805.346.3403 to schedule a personal consultation.



Kelsey McCourt, RD
Clinical Registered Dietitian



Colleen Davis, RDN
Clinical Registered Dietitian

How to Combat Weight Gain During and Following Your Cancer Treatment

It is often expected that once cancer treatment begins, weight loss will subsequently occur. Some have even referred to this as, “the chemo diet.” Although poor appetite and weight loss are two of the more common symptoms, not everyone will experience this. In fact, some people find that the opposite may occur. Individuals with breast, prostate, or ovarian cancer are a specific population of patients who are at an increased risk for weight gain during and following treatment. Due to the fact that being overweight/obese has been linked to increased risk of various types of cancers, it is very important to optimize your weight following treatment.

If you are someone who is struggling to maintain a healthy weight, read below for some healthy tips and tricks. However, if you are currently undergoing treatment, weight loss may not be an appropriate goal for you at this time. Talk to your dietitian first to receive individualized nutritional recommendations.

- **Break for Breakfast:** A balanced breakfast has been identified as a key factor for long-term success at weight loss. Prep ahead for a quick, grab-n-go option. Choose items that are high in fiber with minimal added sugars. This will help to keep you full and energized throughout the day.
- **Portion Distortion:** Portion sizes are often times just too big! Hence the term “super-size me.” Next time you go out to eat, split your meal with a friend, or, ask for a to-go box and bring half of your meal home. This will benefit both your waistline and your bank account.
- **Eat the Rainbow:** Fruits and vegetables are not only packed with cancer-fighting antioxidants and phytochemicals, but they also help optimize one’s weight due to their high fiber and water content. It is recommended you eat at least 2 cups of fruits and 2½ cups of vegetables each day.
- **Ditch the Diets:** Diets typically do not represent sustainable dietary and lifestyle

habits. Rid yourself of restrictions, and allow for moderate consumption of your favorite foods. You might find that once you have given yourself full permission to eat the foods you once labeled as your “guilty pleasure,” you will be less tempted to overindulge and be able to enjoy these items on occasion and in moderation.

- **Practice Mindful Eating.** Eat when you’re hungry (not starving), and stop when you’re full (not stuffed). Think about each food and how it makes you feel. Your body will start to crave the healthful foods that fuel you when you change your mindset around eating. You will also want to minimize distractions during meal time. Turn off the TV, put down your phone and enjoy each bite.
- **Smart Snacking:** Snacking throughout the day is a great way to maintain a healthy weight. Nutritious snacks can stabilize your blood sugars, help keep your appetite in-check, and reduce food cravings. Keep your snacks balanced; a good snack could include nuts and fruit or carrots and hummus.

For more helpful tips, plan to attend the March 7 presentation at the Healthy Eating and Activity for Living (HEAL) Class where the subject of how to maintain a healthy weight using a variety of tactics will be addressed.

Did you know?

Not everyone undergoing cancer treatment loses weight. Either way, after treatment ends it’s important to optimize weight.

Providing knowledge and motivation to help you obtain your wellness goals.

HEAL: Healthy Eating and Activity for Living

First Thursday of the month • 2:00 to 3:00 p.m.

Led by Kelsey McCourt, Registered Dietitian, and John Malinowski, Cancer Exercise Trainer

Combining the powerful synergy of food and fitness, this class series can help you reach your best possible quality of life as you enjoy free food, delicious recipes, exercise tips and more!

March 7: Nutrition and Exercise Tips to Prevent Weight Gain in Post Treatment Patients

April 4: Addressing Chemotherapy-Induced Peripheral Neuropathy Challenges through Exercise and Diet with Guest Speaker Joan E. Farrell, MA, Occupational Therapist

Do you have numbness or tingling in your fingers, hands, toes or feet? Do you have trouble gripping your coffee cup or putting your earrings on because you can't seem to grip things like before? If you answered yes, please join us for this special HEAL class to learn about ways to deal with Chemotherapy-Induced Peripheral Neuropathy. Joan Farrell will outline what can be done to help minimize the effects of chemotherapy and manage neuropathy symptoms. You will leave with a list of activities you can perform at home to accomplish the essentials of daily living and improve your quality of life. Joan has been in practice for 49 years and specializes in neuro-ortho issues.

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

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



John Malinowski, ATC, CET
Cancer Rehabilitation
Program

New offering in English and Spanish

Farm to Table Class

How to Incorporate Local Produce into Your Cancer-Fighting Meals

Tuesday, April 23 • 8:00 to 9:15 a.m. (English)

De la Granja a las Mesa:

Cómo Incorporar Productos Locales en Sus Comidas Contra el Cáncer

Martes, 23 de Abril • 9:30 a 10:45 a.m. (Español)

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

Farm fresh food doesn't just taste better, it feels better! Dietitian Kelsey McCourt, RD, will lead our fresh new nutrition opportunity, featuring seasonal local produce directly from our Santa Maria farms. This interactive class will explore new ways to transform homegrown sustenance into tasty cancer fighting treats. She will discuss seasonality and provide tips on picking, storing, and enjoying your favorite fresh produce. You will walk away with a fresh farm basket of goodies and the knowledge and tools to help incorporate them into creative cancer fighting recipes.

Participants will receive a box of fresh produce donated by Betteravia Farms.

Reservations required. Please call:

805.219.HOPE (4673) (English) • 805.346.3406 (Español)



Something More



Join us for our new class series designed to promote personal growth and self-discovery.



NEW CLASS! FOUR-PART SERIES

Fridays: April 19, 26 and May 3, 10 • 1:00 p.m.

Facilitated by Terrie Miley

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

We will be reading and discussing the book *Something More* and getting hints from the book from both celebrated and unknown women, together with the author's own insights about how you can unravel your own mystery and recover joy that might be missing from your life. Along the way you will experience and discover insights that will help you come to terms with your past choices and reveal exciting new opportunities! Dare to begin the journey and be inspired to settle for nothing less than SOMETHING MORE!

Each class of the four-week series features something new! Books and all other materials provided.

- Book Discussion of *Something More*
- Journaling
- Inspiration Activity
- Soul Collage Project

Come and join us for this exciting bundling of classes and walk away renewed, refreshed and inspired. Please call to make a reservation: 805.219.HOPE (4673)

■ In this insightful and eloquent book, Sarah Ban Breathnach explores the nine stages necessary to living authentically: Sensing, Surviving, Settling, Stumbling, Selling Out, Starting Over, Searching, Striving, and finally, Something More.



Like us on Facebook:

**Mission Hope
Cancer Center**



SUPPORT GROUPS OFFERED IN ENGLISH AND SPANISH

Men with Cancer Discussion Group

Fridays: March 8, 22 and April 12, 26 • 8:00 to 9:30 a.m.

Facilitated by Sean Hunt, RN, BSN, OCN

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

This meeting provides a relaxed forum to discuss issues, exchange information, share concerns and get answers. Meetings often feature educational presentations given by qualified speakers; see dates below. The group is designed to benefit men at any stage of the cancer journey. Refreshments served. No reservations necessary.

SPECIAL PRESENTATION DATES:

March 22: Learning Origami, Jane Abela, cancer survivor

April 26: Updates on Colorectal and Lung Cancer Screening
Carol Lowe, RN, OCN, Nurse Navigator

Grupo de Apoyo Para Hombres con Cáncer y Sobrevivientes de Cáncer

Los viernes: 1, 15 de Marzo y 5, 19 de Abril • 8:00 a 9:30 a.m.

Sean Hunt, RN, BSN, OCN y Hector Rodriguez, promotor de salud

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

FECHAS DE PRESENTACIONES ESPECIALES:

15 de Marzo: Clase de Origami, Jane Abela, sobreviviente de cáncer

19 de Abril: Actualizaciones en la Detección de Cancer Colorectal y Pulmonar
Carol Lowe, RN, Nurse Navigator

Para más información, por favor de llamar al: 805.346.3406

Se ofrecerán refrigerios • No se necesitan reservaciones



■ Benefits of Attending a Support Group:

- Members share experiences and receive comfort from others who are in the same situation
- Reduces distress, depression or anxiety
- Improves coping skills and sense of adjustment
- Get practical advice or information about treatment options

FREE PROFESSIONAL SUPPORT SERVICES

Family Night Support Group

Wednesdays: March 20 and April 17 • 8:00 to 9:30 a.m.

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

This support group meets the needs of everyone in the family. Beginning with a family dinner, participants break into groups that include expressive art therapy for young patients and siblings while parents meet with trained and licensed counselors and social workers. Childcare provided for children 4 years and under.

Reservations required. Please call:

805.219.HOPE (4673) (English) • 805.346.3406 (Español)

March Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Most classes listed here are held in the Mission Hope Cancer Center Conference Room. For specific location addresses and class details, please see pages 16-18.</p> <div> <div> <div>11</div> <div>10:00 Cancer Rehab</div> <div>1:00 Walking into Wellness</div> <div>2:00 Knitting & Crocheting Group</div> <div>3:30 Acupuncture Treatment</div> </div> <div> <div>4</div> <div>10:00 Cancer Rehab</div> <div>1:00 Walking into Wellness</div> <div>2:00 Knitting & Crocheting Group</div> <div>3:30 Acupuncture Treatment</div> </div> </div>	<div> <div>12</div> <div>9:00 Lymphedema Prevention Exercise</div> <div>5:30 Presentation: Colorectal Cancer Informational Session</div> </div> <div> <div>5</div> <div>9:00 Comida para la Vida (Spanish)</div> <div>9:00 Lymphedema Prevention Exercise</div> <div>4:00 Kids Support Circle</div> </div>	<div> <div>13</div> <div>9:00 Cancer Rehab</div> <div>9:00 Gentle Yoga</div> <div>10:00 Fight Against Falls Class</div> <div>12:45 Learn Golf</div> <div>4:30 Cancer Rehab</div> </div> <div> <div>6</div> <div>9:00 Cancer Rehab</div> <div>9:00 Gentle Yoga</div> <div>10:00 Fight Against Falls Class</div> <div>4:30 Cancer Rehab</div> <div>5:00 Caregiver Support Group</div> </div>	<div> <div>14</div> <div>9:00 Acupressure for Self-Care</div> <div>2:00 Mindfulness Refresher Class</div> <div>6:00 Cancer Rehab</div> </div> <div> <div>7</div> <div>9:00 Acupressure for Self-Care</div> <div>2:00 HEAL: Healthy Eating and Activity for Living</div> <div>Tips to Prevent Weight Gain in Post-Treatment Patients</div> <div>6:00 Cancer Rehab</div> </div>	<div> <div>15</div> <div>8:00 Grupo de Discusión para Hombres con Cáncer</div> <div>Clase de Origami</div> </div> <div> <div>1</div> <div>8:00 Grupo de Discusión para Hombres con Cáncer</div> </div>
<div> <div>18</div> <div>10:00 Cancer Rehab</div> <div>1:00 Walking into Wellness</div> <div>2:00 Knitting & Crocheting Group</div> <div>3:30 Acupuncture Treatment</div> </div> <div> <div>11</div> <div>10:00 Cancer Rehab</div> <div>1:00 Walking into Wellness</div> <div>2:00 Knitting & Crocheting Group</div> <div>3:30 Acupuncture Treatment</div> <div>5:00 SPOHNC, Santa Maria</div> </div>	<div> <div>19</div> <div>9:00 Lymphedema Prevention Exercise</div> <div>9:30 Look Good Feel Better</div> <div>4:00 Kids Support Circle</div> </div> <div> <div>12</div> <div>9:00 Lymphedema Prevention Exercise</div> <div>5:30 Presentation: Colorectal Cancer Informational Session</div> </div>	<div> <div>20</div> <div>9:00 Cancer Rehab</div> <div>9:00 Gentle Yoga</div> <div>10:00 Fight Against Falls Class</div> <div>4:30 Cancer Rehab</div> <div>6:00 Family Night Support Group</div> </div> <div> <div>13</div> <div>9:00 Cancer Rehab</div> <div>9:00 Gentle Yoga</div> <div>10:00 Fight Against Falls Class</div> <div>12:45 Learn Golf</div> <div>4:30 Cancer Rehab</div> </div>	<div> <div>21</div> <div>9:00 Acupressure for Self-Care</div> <div>2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group</div> <div>6:00 Cancer Rehab</div> </div> <div> <div>14</div> <div>9:00 Acupressure for Self-Care</div> <div>2:00 Mindfulness Refresher Class</div> <div>6:00 Cancer Rehab</div> </div>	<div> <div>22</div> <div>8:00 Men's Cancer Discussion Group</div> <div>Learning Origami</div> </div> <div> <div>15</div> <div>8:00 Grupo de Discusión para Hombres con Cáncer</div> <div>Clase de Origami</div> </div>
<div> <div>25</div> <div>10:00 Cancer Rehab</div> <div>1:00 Walking into Wellness</div> <div>2:00 Knitting & Crocheting Group</div> <div>3:30 Acupuncture Treatment</div> </div> <div> <div>18</div> <div>10:00 Cancer Rehab</div> <div>1:00 Walking into Wellness</div> <div>2:00 Knitting & Crocheting Group</div> <div>3:30 Acupuncture Treatment</div> </div>	<div> <div>26</div> <div>9:00 Lymphedema Prevention Exercise</div> </div> <div> <div>12</div> <div>9:00 Lymphedema Prevention Exercise</div> <div>5:30 Presentation: Colorectal Cancer Informational Session</div> </div>	<div> <div>27</div> <div>9:00 Cancer Rehab</div> <div>9:00 Gentle Yoga</div> <div>10:00 Fight Against Falls Class</div> <div>4:30 Cancer Rehab</div> </div> <div> <div>6</div> <div>9:00 Cancer Rehab</div> <div>9:00 Gentle Yoga</div> <div>10:00 Fight Against Falls Class</div> <div>4:30 Cancer Rehab</div> <div>5:00 Caregiver Support Group</div> </div>	<div> <div>28</div> <div>9:00 Acupressure for Self-Care</div> <div>2:00 Healing Touch</div> <div>2:00 Spanish Support Group</div> <div>Apoyo y educación para personas con cáncer</div> <div>6:00 Cancer Rehab</div> </div> <div> <div>7</div> <div>9:00 Acupressure for Self-Care</div> <div>2:00 HEAL: Healthy Eating and Activity for Living</div> <div>Tips to Prevent Weight Gain in Post-Treatment Patients</div> <div>6:00 Cancer Rehab</div> </div>	<div> <div>29</div> <div>4:30 Reducción el Estrés Basado en la Atención Plena</div> </div> <div> <div>1</div> <div>8:00 Grupo de Discusión para Hombres con Cáncer</div> </div>

April Classes and Programs

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 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 4:00 Kids Support Circle	3 9:00 Cancer Rehab 9:00 Gentle Yoga 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Caregiver Support Group	4 9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living Chemotherapy-Induced Peripheral Neuropathy 6:00 Cancer Rehab	5 8:00 Grupo de Discusión para Hombres con Cáncer 4:30 Reducción el Estrés Basado en la Atención Plena
8 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria Benefits of Acupuncture	9 9:00 Lymphedema Prevention Exercise 5:00 Presentation: Energy Drainers and Energy Gainers	10 9:00 Cancer Rehab 9:00 Gentle Yoga 10:00 Fight Against Falls Class 12:45 Learn Golf Day of Hope Event 7:00 a.m. to 12:00 noon	11 9:00 Acupressure for Self-Care 2:00 Mindfulness Refresher Class	12 8:00 Men's Cancer Discussion Group 4:30 Reducción el Estrés Basado en la Atención Plena
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 4:00 Kids Support Circle	17 9:00 Cancer Rehab 9:00 Gentle Yoga 10:00 Fight Against Falls Class 4:30 Cancer Rehab 6:00 Family Night Support Group	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 La Detección de Cáncer Colorectal y Pulmonar 1:00 Something More Series with Terrie Miley 4:30 Reducción el Estrés Basado en la Atención Plena
22 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	23 8:00 Farm to Table Class 9:00 Lymphedema Prevention Exercise 9:30 De la Granja a las Mesa	24 9:00 Cancer Rehab 9:00 Gentle Yoga 10:00 Fight Against Falls Class 12:45 Learn Golf 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 Healing Touch 6:00 Cancer Rehab	26 8:00 Men's Cancer Discussion Group: Updates on Colorectal and Lung Screenings 1:00 Something More Series with Terrie Miley 4:30 Reducción el Estrés Basado en la Atención Plena
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			

Getting Started at Mission Hope

Patient Orientation Class

(For Mission Hope Patients only)

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

BY APPOINTMENT:

PLEASE CALL 805.346.3402 (ENGLISH)

DISPONIBLE EN ESPAÑOL.

FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.

☯ 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

MAR 7, 14, 21, 28 & APR 4, 11, 18, 25; 9:00 AM

BY APPOINTMENT;

PLEASE CALL 805.219.HOPE (4673).

Acupuncture Treatments

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

Hearst Cancer Resource Center, SLO

MAR 25 & APR 22; 1:30 PM

BY APPOINTMENT; CALL 805.542.6234.

Mission Hope Cancer Center, SM

MAR 4, 11, 18, 25 & APR 1, 8, 15, 22, 29; 3:30 PM

RESERVATIONS REQUIRED;

PLEASE CALL 805.219.HOPE (4673).

DONATIONS SUGGESTED

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.

Los Adobes de Maria II, SM

MAR 28 & APR 25; 4:00 PM

Oak Park Chet Dotter Senior

Community Center, Paso Robles

MAR 26 & APR 30; 4:00 PM

Aquatic Therapy Class

Water exercise reduces the impact on the joints by 50% and boosts physical and mental health.

Allan Hancock College, SM

RESERVATIONS REQUIRED;

PLEASE CALL 805.346.3413.

Art Therapy Class

Art workshop using varied materials and techniques to help boost creative expression.

Hearst Cancer Resource Center, SLO

MAR 18 & APR 15; 11:00 AM

Beauty and You

(Look Good Feel Better)

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

Hearst Cancer Resource Center, SLO

MAR 6 & APR 3; 10:00 AM

BY APPOINTMENT; CALL 805.542.6234.

Mission Hope Cancer Center, SM

MAR 19 & APR 16; 9:30 AM

RESERVATIONS REQUIRED;

PLEASE CALL 805.219.HOPE (4673).

Breast Cancer Support Group

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

Hearst Cancer Resource Center, SLO

MAR 5 & APR 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

MAR 7, 21 & APR 4, 18; 6:00 PM

Mission Hope Cancer Center, SM

MAR 6 & APR 3; 5:00 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

RESERVATIONS 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.

Mission Hope Cancer Center, SM

MAR 5 & APR 2; 9:00 AM

FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.

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

MAR 20 & APR 17; 6:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673) (ENGLISH) OR 805.346.3406 (SPANISH).

☯ Farm to Table: How to Incorporate Local Produce into Your Cancer-Fighting Meals

Come join our Registered Dietitian for an innovative class which combines delicious new recipes with easy tips to a healthier you! A fresh produce box will be provided.

Mission Hope Cancer Center, SM

APR 23; 8:00-9:15 AM (ENGLISH)

De la Granja a las Mesa:

Cómo Incorporar Productos Locales en Sus Comidas Contra el Cáncer

APR 23; 9:30-10:45 AM (ESPAÑOL)

RESERVATIONS 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

MAR 6, 13, 20, 27 & APR 3, 10, 17, 24; 10:00 AM

RESERVATIONS 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
MAR 6 & APR 10; 5:00 PM

★HEAL: Healthy Eating and Activity for Living

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

Mission Hope Cancer Center, SM
MAR 7* & APR 4†; 2:00 PM

*Nutrition and Exercise Tips to Prevent Weight Gain in Post Treatment Patients

†Addressing Chemotherapy-Induced Peripheral Neuropathy Challenges through Exercise and Diet
Joan E. Farrell, Occupational Therapist
RESERVATIONS REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

Healing Touch (Energy Balancing)

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

Hearst Cancer Resource Center, SLO
MAR 11, 25 & APR 8, 22; 11:00 AM
RESERVATIONS REQUIRED;
PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM
MAR 28 & APR 25; 2:00 PM

RESERVATIONS 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 is available to all cancer patients and survivors to help them heal from treatment, reduce risk of recurrence and achieve optimal wellness.

Mission Hope Cancer Center, SM
SET UP AN APPOINTMENT WITH
KIM NEACE, RN, OCN: 805.346.3469.

Kids Support Circle

An activity group for the kids of parents/grandparents with cancer to learn coping skills and express themselves using art and games.

Mission Hope Cancer Center, SM
MAR 5, 19 & APR 2, 16; 4:00 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
MAR 13 & APR 10, 24; 12:45 PM
BY APPOINTMENT; CALL 805.346.3413.

Living with Cancer Support Group

Informal support group for all patients and their loved ones.

Hearst Cancer Resource Center, SLO
MAR 7, 21 & APR 4, 18; 6:00 PM
BY RESERVATION ONLY; PLEASE CALL
805.542.6234.

Lymphedema Education

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

Hearst Cancer Resource Center, SLO
MAR 19 & APR 16; 1:00 PM

Lymphedema Prevention Exercise

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

Marian Health & Wellness Center, SM
MAR 5, 12, 19, 26 & APR 2, 9, 16, 23, 30; 9:00 AM
BY APPOINTMENT; CALL 805.346.3413

Lymphoma, Leukemia & Multiple Myeloma (LL&MM)

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

Hearst Cancer Resource Center, SLO
MAR 13 & APR 10; 1:00 PM

Mission Hope Cancer Center, SM
MAR 21 & APR 18; 2:00 PM

Men's Cancer Discussion Group
Led by Sean Hunt, RN, BSN, OCN, this group provides a relaxed forum to discuss issues, exchange information and get answers. Meetings also feature educational presentations given by qualified speakers.

Mission Hope Cancer Center, SM
MAR 8, 22* & APR 12, 26†; 8:00 AM
*Learning Origami, Jane Abela
†Updates on Colorectal and Lung Screenings, Carol Lowe, RN

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
MAR 1, 15* & APR 5, 19†; 8:00 AM
*Clase de Origami, Jane Abela
†Actualizaciones en la Detección de Cáncer Colorectal y Pulmonar, Carol Lowe, RN

Clase en Español:

★Transformando la Calidad de Vida: Reducción el Estrés Basado en la Atención Plena
Estas 8 semanas de entrenamiento enseñan técnicas que ayudan a encontrar la paz y una buena calidad de vida en medio del diagnóstico de cáncer.

Mission Hope Cancer Center, SM
MAR 29 & APR 5, 12, 19, 26 & MAY 3, 10, 17; 4:30 PM
SE NECESITAN RESERVACIONES;
FAVOR DE LLAMAR 805.346.3406.

Mindfulness Refresher Class
Participants who took the eight week course can practice together.

Mission Hope Cancer Center, SM
MAR 14 & APR 11; 2:00 PM
RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Classes continue

CLASSES, GROUPS & PROGRAMS

Nutritional Counseling

Schedule a one-on-one consultation with a Registered Dietitian to help support your healthcare goals.

Hearst Cancer Resource Center, SLO

BY APPOINTMENT; CALL 805.542.6234.

Mission Hope Cancer Center, SM

BY APPOINTMENT;
PLEASE CALL 805.219.HOPE (4673).

🌀Pilates Exercise Class

Develop strength, flexibility, and body awareness with exercise geared to the rehabilitative needs of those with a cancer diagnosis.

Hearst Cancer Resource Center, SLO

MAR 14 & APR 11; 2:00 PM

RESERVATIONS 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

MAR 18 & APR 15; 6:30 PM

MEETING LOCATIONS

SANTA MARIA (SM)

Allan Hancock College
800 South College Drive

MHCC

Mission Hope Cancer Center
1325 East Church Street

MHW

Marian Health & Wellness Center
1207 East Main Street

Los Adobes de Maria II
1148 West Boone Street

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

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. To enroll, please visit <http://surfingforhope.org/pure-stoke-surf-camp/apply>.

🌀Something More Series

The book, *Something More, Excavating Your Authentic Self*, serves as inspiration for this class series, designed to help participants to rediscover joy.

Mission Hope Cancer Center, SM

APR 19, 26 & MAY 3, 10; 1:00 PM

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

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

MAR 11 & APR 8*; 5:00 PM

*Guest Speaker: Benefits of
Acupuncture, Heidi Lee, L.Ac, DiplAc

🌀Visioning Collage

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

Hearst Cancer Resource Center, SLO

MAR 14 & APR 11; 4:30 PM

Walking Into Wellness

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

Mission Hope Cancer Center, SM

MAR 4, 11, 18, 25 & APR 1, 8, 15,
22, 29; 1:00 PM

RESERVATIONS REQUIRED;
PLEASE CALL 805.346.3413.

🌀NEW CLASSES

Join the fun
and see some of our Mission Hope
staff model the latest fashions!

The Teal Journey
OVARIAN CANCER FOUNDATION



presents the

*Valentina Martins
Memorial*

Fashion Show & Luncheon

Saturday, April 6, 2019

11:00 am - 2:30 pm

Radisson Hotel

3455 Skyway Drive, Santa Maria, CA

Pre-sale tickets only (\$50)

For more information contact

Cristina Martins Sinco

(805) 598-3325

or visit www.thetealjourny.org

Warm Yarns Knitting and

Crocheting Support Group

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

Hearst Cancer Resource Center, SLO

MAR 5, 12, 19, 26 & APR 2, 9, 16,
23, 30; 3:00 PM

Mission Hope Cancer Center, SM

MAR 4, 11, 18, 25 & APR 1, 8, 15,
22, 29; 2:00 PM

Yoga for Cancer Patients

and Survivors

All levels welcome.

Gentle Yoga

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

Mission Hope Cancer Center, SM

MAR 6, 13, 20, 27 & APR 3, 10, 17,
24; 9:00 AM

BY APPOINTMENT;

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

MAR 11, 25 & APR 8, 22; 5:00 PM

BY APPOINTMENT; CALL 805.542.6234.

TURN TO US FOR ANSWERS ABOUT CANCER

Marian Regional Medical Center at Mission Hope Cancer Center

1325 East Church Street, Suite 102
Santa Maria, California

805.219.HOPE (4673)

Se habla español: 805.346.3406

www.missionhopecancercenter.com

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French Hospital Medical Center

Hearst Cancer Resource Center

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Michelle.Oliver@dignityhealth.org

Mission Hope Cancer Center 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 Health Center 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

Like us on Facebook:
Mission Hope Cancer Center**SPECIAL PRESENTATION**

Energy Drainers and Energy Gainers

Guest speaker: Lisa R. Murray, Personal Life Coach

Time is precious. We all want to focus our energy in ways that bring us the most joy and fill our souls with purpose. The challenge may be choosing wisely between energy drainers and energy gainers. Energy drainers include activities, relationships, habits, etc., that zap you of your precious energy. In coaching, there is a belief that we can replenish our energy levels by eliminating energy drainers and replacing them with what really matters to us. The first step is to identify your energy drainers. This awareness often initiates change as you begin to eliminate and prioritize. Of those items you are ready to eliminate, think: Do it, dump it, or delegate it!

Energy gainers are activities and habits that bring you joy. They might be daily or weekly habits that are fun or peaceful such as exercise, meditation, or time with friends and family. We often have these things in our life but they may get pushed aside by the energy drainers. As you learn to replace energy drainers with things you enjoy, you can reclaim the energy that was attached to them and begin to live a more positive and fulfilling life. Join us to learn how.

Tuesday, April 9, 2019 • 5:00 p.m.**Mission Hope Cancer Center, Conference Center**
1325 East Church Street, Santa Maria**Seating is limited and reservations are required.**
Please call Mission Hope Cancer Center at 805.219.HOPE (4673)**Lisa Ramos Murray, MA, BCC**
Personal Life Coach

■ Back by popular demand, Mission Hope is pleased to again invite Lisa Murray to share her valuable insights. A board certified life and parent coach, Lisa enjoys working with individuals seeking to improve the quality of their life and increase their happiness. She particularly enjoys coaching 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.

