

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

November/December 2019

Mission Hope Cancer Center is now open for all patient services in Arroyo Grande!

Please refer to page 23 for additional information.

The physicians at Mission Hope Cancer Center are pleased to welcome a certified nurse practitioner who joins our expert team to further our compassionate philosophy of care.



Welcome Tracy Tilley, NP-C, to the Oncology Team at Mission Hope Cancer Center

Born and raised on the central coast, Tracy Tilley, NP-C, attended Arroyo Grande High School and Cal Poly where she studied Nutritional Science. After graduation, she moved to Colorado with her college sweetheart where she became a Registered Nurse in 2006. She went on to receive her Masters Degree in Nursing from the University of Colorado in 2017 with an Adult and Geriatric Nurse Practitioner emphasis.

She was drawn to oncology after her father was diagnosed with cancer, and she went on to become an Oncology Certified Nurse. In 2009 she joined a community based hematology and oncology practice in Colorado where she eventually became their lead chemotherapy infusion nurse and then their Nurse Practitioner. Her personal and professional experience working closely with patients and their families allows her to provide comprehensive and compassionate care.

Outside her career she enjoys spending time outdoors. She trail runs and has completed several high altitude ultramarathons. Tracy also enjoys camping, hiking and going to the beach with her husband and their two dogs.

Tracy is excited to be returning to the central coast to be close to friends, family, and to join Mission Hope Cancer Center. Collaborating with physicians and the rest of the multidisciplinary team will allow for increased access to exceptional care, allowing patients to stay close to home, on the beautiful central coast.

An important member of your healthcare team

A highly-trained clinical professional, a nurse practitioner (NP) is a registered nurse with advanced training and education. Nurse practitioners work along side physicians and are able to diagnose and treat illness, order x-rays and lab work, write prescriptions and manage a patient's care. At Mission Hope we are invested in making you feel comfortable, cared for and healthy and Tracy is an excellent addition to our team. We welcome her!



A healthy lifestyle can help support you during and after cancer treatment. Healthy living means making positive changes as part of an ongoing life-long process. We're helping you get a jump on New Year's Resolutions in this issue of *Cancer Care*. We have dedicated this issue to realistic ways to keep you healthy and enjoy each moment in life with the ones you love. Whether you are actively in treatment, using Palliative Care, a caregiver or a survivor, talk to your healthcare team about your plan for making at least one positive lifestyle change.

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

Ira E. Felman, 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

Please join us for an evening with our Palliative Care Director to learn how palliative medicine can help you or your loved one live better.

Palliative Care: Living with Hope, Choosing Quality of Life

Guest speaker: Matthew Katics, DO, Director of Palliative Care



Matthew Katics, DO

Palliative care is specialized medical care for people living with a serious illness.

- The goal is to relieve suffering and provide the best possible life for patients and families.
- Palliative care is provided by a specially-trained team of doctors, nurses and other specialists who work with the rest of your medical team to provide an extra layer of support.
- It is appropriate **at any age and any stage of illness** and can be provided along with curative treatments.
- It can help our patients at Mission Hope better tolerate potentially difficult therapies and illness.
- The palliative care team will help you manage symptoms to gain the strength to carry on with daily life.

TWO LOCATIONS AND DATES:

MISSION HOPE CANCER CENTER, SANTA MARIA

Thursday, November 14 • 5:00 p.m.

1325 East Church Street, Conference Room, Santa Maria

Light dinner served

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

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Wednesday, November 13 • 5:00 p.m.

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

Light dinner served

Please call Mission Hope, Arroyo Grande to register: 805.474.5300

Did you know?

A recent study published in the *New England Journal of Medicine* showed that patients with a serious illness who received palliative care lived longer than those who did not receive this care.

Prevention of Vaping-Related Lung Disease

Over the last few months there have been multiple media reports of a “mysterious” lung disease caused by vaping. At the time of this writing at least seven deaths have been attributed to vaping. The medical community is mobilizing quickly to learn what we can about this new illness and try to learn how to effectively treat it. It may very well turn out to be a rare form of non-infectious pneumonia known as lipoid pneumonia; it may turn out to be a new manifestation of a previously known lung disease; or it may turn out to be a new lung disease associated with vaping. It does appear to be fatal and to-date has no specific known treatment. The best way to treat this disease is to not get it in the first place.



Zach Reagle, DO

Article by
Zach Reagle, DO,
Pulmonologist
Santa Maria



Vaping is often promoted as a tool to help smokers quit tobacco; however, the evidence to support that claim is lacking.

Vaping is the process of inhaling nicotine mixed with flavoring agents in a propylene and/or glycol delivery vehicle known as an e-cigarette. To-date, chemicals found in e-cigarettes include toxic metals, volatile organic acids, nitrosamines, propylene glycol, inorganic chemicals and nicotine. Even before the most recent reports of vaping-related lung illness, vaping has been associated with diseases including eosinophilic pneumonia, organizing pneumonia, pneumonitis (inflammation of the lung) and respiratory bronchiolitis.

Vaping is often promoted as a tool to help smokers quit tobacco, and some groups such as Public Health England claim that vaping is safer than smoking tobacco cigarettes.

However, the evidence to support that claim is lacking. We know how risky smoking tobacco is because we have been studying the effects of it for over 50 years. It will likely take many years, possibly up to a generation, of study to learn all the things vaping does to the human body and all the harm it may cause. The claim that vaping is safer than tobacco smoking is dangerous in that there is essentially no data to support it, and it is more reflective of how dangerous tobacco smoke is than how safe vaping is.

With several illnesses associated with vaping, and now multiple deaths attributed to vaping, the best protection against vaping-related lung disease is not to vape at all.

■ Hear more from long term Lymphoma survivor **Debby Schobel** on the silver linings of long term survivorship and living your best life.

Long-term cancer survivorship requires an adjustment that most patients and family members do not anticipate.

The Silver Linings of Long-Term Survivorship

Perspective is key when looking at the side effects that come with long term survivorship. Are there problems that are more likely to develop because you have a history of a cancer? Yes, and those are risks that you really need to become educated on, as awareness and preventative actions are priceless.

That personal survivorship education and survivorship care plans are a cornerstone of Mission Hope, as with any highly accredited cancer treatment program. This is an area Mission Hope makes a priority. Pick up any of the newsletters and you will find free educational opportunities addressing diet, stress management, exercise, in all different forms and flavors. Survivors are strongly encouraged to sample the offerings to learn how to live their best life during and after cancer.

Silver lining: Making life changes that promote health not only improve the survivor's cancer course, but decreases development or worsening of other chronic illnesses, improving the quantity and quality of later life.

Long-term cancer survivorship requires an adjustment that most patients and family members do not anticipate, but is extremely important to understand. Many people assume that having cancer is like living through a short term illness, meaning after treatment you expect your life to return to the same as it was before cancer. For the vast majority, survivorship does not quite play out so simply. Many factors including the side effects of the cancer, and the treatments, require a long recovery period, and often have impact that changes an individual permanently. Those of us in the business often refer to this as discovering your “new normal.” Just like during most treatment phases, you are likely to have some limitations, especially related to physical and mental fatigue. The interventions encouraged at Mission Hope can help modify this reaction.

This silver lining comes, once accepted, in the form of happier, more relaxed days/nights, and might be called: Learning to have realistic expectations of yourself and others.

Requiring a person or family to face a potentially life-limiting event usually results in a ‘life clarity’ that is otherwise hard to come by. Suddenly, life priorities change. What has been #1 in your life may now move to the bottom of your list, and so on. This is especially true once you have completed the initial treatment for your cancer and realize that you might actually get to hang around for a while. You see the world, and more precisely, you see your world differently. While this change in personal priorities and needs may not always be shared by others around you, ultimately, you know that you have to do what rings true to you. This is a time that professional counseling may be greatly beneficial. Yet another resource that Mission Hope can assist with. (Cancer patients rapidly realize that they are mortal and that their time (as with all of us) is limited. Long term survivorship grants you some time to make adjustments or changes that you want or need to make. You may feel as if you have a second chance and do not want to waste that opportunity. ***This can become a silver lining to those storm clouds. Being able to see what is truly important to you for whatever time you have left in this lifetime, is a gift that can see you through many a future storm.***

Another change we see in the majority of our long-term cancer survivors is a renewed, appreciation for life as a human being on

this planet. Suddenly, little things taken for granted become treasures. As noted above, the world often looks different to you. This shows up in little ways and is different for each of us. It may be appreciating how good it feels to have a hot shower, your favorite home-cooked meal, your flowers blooming, or the smell of rain after a drought. Or it may be as big as waking up in the morning, with another day in front of you. ***We often see this silver lining develop as a new-found gratitude and thankfulness for what we still have and still can enjoy.*** In the past 10 years numerous studies have found measurable health benefits and stress

management secondary to the daily practice of the expression of gratitude.

Other than making improvements in your lifestyle, and taking preventative screenings seriously, there are a few things I have learned that have probably contributed to my survival. Some of these habits are hard to learn/do consistently but the benefits may be immeasurable to you. Mission Hope offers programs that may assist you in getting to this place. It does not happen overnight and like any good habit, you usually must continually work at it.

Recommendations for a Better Cancer Survivorship

- **Learn to differentiate between what YOU can actually impact vs. what YOU cannot impact, at any particular point in time.** (These items may change with time). Focus on what you can impact and spend your energy and resources there. This can be an enormous stress reducer and can result in living better and longer.
- **Try new things to expand your relaxation and coping skills.** Set new goals and never stop dreaming or hoping for a good day. If you do not try, you will never get there.
- **Feed your soul.** This means different things to everyone, and only you can figure out what that means for you. It is whatever brings you a sense of peace, serenity and joy. I often describe it as something you enjoy so much that time seems to stop when you are doing it and you lose yourself in the activity. **DO MORE OF IT!**
- **If able, return the favor by sharing what you have learned.** One in three Americans develops cancer during their lifetime. You very likely know many survivors, whether they choose to share their situation or not. Your survival offers them:
 - Hope of a future
 - Hope of more “life”
 - Hope that new achievements/goals are still reachable

Save the date!

The Leukemia and Lymphoma Society to sponsor two free talks:

Cancer Survivorship

With Arash Asher, MD

Mission Hope Cancer Center, Santa Maria

**Thursday, January 9
5:00 p.m.**

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

Mission Hope Cancer Center, Arroyo Grande

**Friday, January 10
12:00 noon**

**Reservations required;
please call: 805.474.5300**

This informative article by Debby Schobel, RN, MN, is available in its entirety on the Mission Hope Website: www.missionhopecancercenter.com

Improve Your Quality of Life Through Exercise

In the past, people being treated for chronic illness, such as cancer, were often told to rest and not expend too much energy. However, newer research points to exercise and movement during and after cancer treatment can improve your quality of life and how you function physically: improving balance, improving blood flow, enhancing self esteem, and reducing anxiety, to name a few. The Clinical Oncology Society of Australia has even issued formal guidelines recommending exercise as part of all cancer treatment, for all cancer patients.

Mission Hope Cancer Center realizes the importance of physical activity and provides free exercise programs for mind and body. Our dedicated staff and volunteers are trained to work with cancer patients and many are cancer survivors themselves so they understand the struggles and triumphs of exercising during cancer. Check out these groups and find them on the calendar for specific dates/times.

Physical movement is recommended for optimal healing and improved quality of life for patients in treatment and survivors.

MISSION HOPE, SANTA MARIA Personalized Exercise Program

Mission Hope 12-Week Cancer Rehabilitation Program

Work with our amazing certified exercise trainer John Malinowski to develop your personal fitness goals and gain the knowledge and motivation to reach those goals. Tailored to each individual's needs, you will never feel overwhelmed, as John will be starting with a personal exercise assessment to gauge what you are able to do. This is a must for patients who want to feel their best during and after treatment. For this program you will always need an order from your doctor.

ALLAN HANCOCK COLLEGE, SANTA MARIA Aquatic Therapy Class

Research shows that swimming has positive effects on mental health. Take the plunge! Water exercise reduces the impact on joints by 50% and relaxes and calms the body.

MONARCH DUNES, NIPOMO Learn Golf

Nature heals. Golf helps with activity, balance, socialization and self esteem. This outdoor support group will help you learn a new skill with guidance from a golf professional in a stress-free manner.

MARIAN HEALTH AND WELLNESS CENTER, SANTA MARIA

Fight Against Falls Class

Safety and balance are important to reduce the risk of falls. This class will provide you with knowledge of conditioning your muscles to battle muscle fatigue and keep you safe.

MISSION HOPE, SANTA MARIA Yoga for Healing

Yoga has multiple health benefits for patients: Lowers fatigue, reduces stress, improves physical functioning, enhances sleep and lowers risk of recurrence. Join cancer survivor Laurie to release your stress and tension! Please bring a yoga mat.

Tai Chi Chuan

The gentle movements of Tai Chi Chuan increase energy and improve health with added meditative benefits. Elizabeth will tailor the moves to your needs and encourages new participants.

Walking Into Wellness

Join new friends for a walk around the block to reduce your fatigue. Those who added moderate exercise during cancer treatment reduced fatigue by as much as 50%. Slather on some sunscreen and get walking with a great bunch of new friends!



iTHRIVE PLAN

Unable to attend one of our groups at Mission Hope?

We have an online resource to help you take charge of your health and feel better. With the iTHRIVE program, survivors create online, personalized, physician-approved wellness plans. They turn scientific information into personal transformation! For more information and to hear more about this exciting wellness program, give us a call:

Mission Hope Cancer Center, Santa Maria

Ashley Hahn, Licensed Clinical Social Worker 805.346.3402

Mission Hope Cancer Center, Arroyo Grande

Jennifer Davis, Oncology Counselor/Patient Advocate 805.474.5303

A grateful Mission Hope patient writes...

"The kind and encouraging expertise of John and Karen, and camaraderie offered through these activities, have gone a long way towards helping me gain confidence and improve my state of mind."

—Ellen

Dear Ms. Guthrie,

I am writing to thank you for the cancer rehab program provided at Mission Hope. I have been participating in the program John Malinowski provides and it has helped me immensely. During my radiation and chemotherapy treatments, John and my doctors encouraged me to exercise, but I didn't. I came home from my daily treatments and went to bed. Prior to my cancer diagnosis, I had been moderately active but once I finally began my program with John I was amazed at the strength and stamina I had lost. If not for this program, I wouldn't have worked hard enough on my own to improve my fitness.

Also, when I had my initial Physical Therapy evaluation by Karen Lewis and told her about my osteopenia, she invited me to her falls prevention class, which I have done twice a week. Through these two modes of exercise I have greatly increased my strength, stamina and flexibility. Also, the kind and encouraging expertise of John and Karen, and camaraderie offered through these activities, have gone a long way towards helping me gain confidence and improve my state of mind.

People are amazed when I tell them about these services. They are activities that I really look forward to and get me out of the house and interacting with others. They are both very valuable.

Thank you so much for providing them!

Sincerely,

Ellen I. Beck

Ellen Beck



Colleen Seung, RDN
Clinical Registered Dietitian

Eating Healthy and Exercising on a Budget

Do the holidays have you stressed about finances? Are you concerned about how you will be able to eat healthy and exercise when money is tight? Have no fear, because there are many ways to eat well and keep moving—even on a budget! Enlist “**The 3 P’s**” to help you:

Plan

EATING

- Look for coupons and sales
- Add more affordable protein foods to your list like beans and canned tuna/salmon
- Use up what you already have by “shopping” your pantry
- Determine what meals/snacks you are going to eat for the week, then make a shopping list

EXERCISE

- Determine what exercises you enjoy
- Figure out what exercises you can do with and without equipment
- See if you have any items at home that you can use as equipment, such as water bottles and canned foods as dumbbells
- Look for sales on exercise equipment

Purchase

- Buy generic store brands
- Get foods in bulk
- Pay attention to unit price
- Avoid shopping hungry
- Stick to the grocery list
- Choose fresh fruits and veggies in season
- Try canned or frozen fruits and vegetables with little to no added sugar/salt (they can be less expensive and will last longer)

- Find exercise equipment like resistance bands at the dollar store or thrift store
- Borrow exercise videos from the library or find ones on your TV
- Try downloading an exercise app on your phone or tablet
- Ask around to see if the community has any gyms or recreation centers that are free or of minimal charge

Festive doesn't have to be expensive. Bring the Grinch to your next holiday party!



Prepare

- Store foods to keep fresh longer
- To save time and avoid food waste, prepare large quantities of a single meal and freeze some for later
- Incorporate leftovers to meals later in the week

- Set up a time and place to exercise
- Find a workout buddy or class
- Without a gym...
 - Try dancing to favorite music
 - Walking with friends, family, or the dog
 - Gardening can save money on food and get your body moving
- Squeeze in activity throughout the day
 - Take the stairs
 - Park farther away from the store, restaurant, or workplace

For help with specific dietary issues before, during, or after treatment, please schedule a one-on-one consultation with Mission Hope's Registered Dietitian Colleen Seung by calling 805.219.4673.

The Power of Protein

Why is protein important?

Protein is necessary for body maintenance, growth and repair. Protein is present in almost all body cells and has many functions including:

- Formation and maintenance of muscles, connective tissues, red blood cells, enzymes, and hormones
- Transporting many body compounds as well as medications
- Maintaining the balance of body fluids
- Fighting infections and strengthening immunity

How much protein do I need?

Each individual's calorie and protein requirements will vary. A rough estimate of your calorie needs is 25-35 calories per kilogram of bodyweight (or 55-77 calories per pound of bodyweight). An estimate of your protein needs is 0.8-1.0 grams per kilogram of body weight (or 1.8 to 2.2 grams per pound of bodyweight). If undergoing chemotherapy, radiation, or surgery, protein needs generally increase, and estimated needs are typically 1.0 to 1.5 grams per kilogram of bodyweight (or 2.2 to 3.3 grams per pound of bodyweight). It is important to discuss your individual caloric intake and protein needs with your physician and registered dietitian. Depending on the type of cancer and other medical conditions, metabolic processes can change how the body uses proteins, fats, and carbohydrates.



John Malinowski, ATC, CET
Cancer Rehabilitation
Program

Check out our
HEAL classes for
more information
on these subjects.

Foods with high protein content

Food	Serving Size	Protein Grams
Meat: Beef, Lamb, Pork.	3 oz.	21
Poultry: Chicken, Turkey	3 oz.	21
Fish.	3 oz.	21
Egg.	1.	7
Milk.	1 cup.	8
Yogurt	1 cup.	10
Cottage Cheese	½ cup.	12
Hard Cheese	1 oz.	8
Dried Beans & Legumes	½ cup.	8
Tofu	½ cup.	14
Soybeans.	½ cup.	14
Textured Soy	½ cup.	11
Soy Milk	1 cup	6.5
Edamame	½ cup.	11
Tempeh	½ cup.	15.5
Nuts	¼ cup.	7
Peanut Butter.	2 Tbsp.	7

Combining the powerful synergy of food and fitness...

HEAL: Healthy Eating and Activity for Living

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

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

November 7 • 2:00 to 3:00 p.m.
The Power of Protein for Cancer Patients
December 5 • 2:00 to 3:00 p.m.
Eating Healthy and Exercising on a Budget
Please call 805.219.HOPE (4673) to reserve a spot.

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

November 20 • 3:00 to 4:00 p.m.
The Power of Protein for Cancer Patients
December 18 • 3:00 to 4:00 p.m.
Eating Healthy and Exercising on a Budget
Please call 805.474.5300 to reserve a spot.

Join us to enjoy free refreshments, delicious recipes, and exercise tips as you learn to incorporate **proper nutrition** and **daily movement** in your life.

Complementary Therapies for Cancer Patients

The word complementary means combining in such a way as to enhance or emphasize the qualities of one another. We are pleased to add multiple complementary therapies to our already full menu of evidenced-based practices. Using complementary therapies in addition to standard cancer treatment has been shown to have multiple benefits to patients.

Please see calendar pages for the full list of events, classes and therapies. Mission Hope patients are welcome to attend events at any venue.

RESERVATIONS REQUIRED:

Santa Maria Classes

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

Arroyo Grande Classes

Please call Mission Hope, Arroyo Grande to register:
805.474.5300

Join us for a free fun workshop

Aromatherapy: Essential Oils Class

Aromatherapy is the use of essential oils from plants (flowers, herbs, or trees) as therapy to improve physical, emotional, and spiritual well-being. Essential oils have been used since ancient times because of their powerful, natural constituents. Our bodies are doing their best to fight off the toxic overload from the modern world but we cannot effectively detox our bodies unless we detox our homes. Essential oils and pure, plant-based home products are the answer to reducing this chemical load and restoring our bodies. Join us as we share what essential oils are and how we can use them to bring homeostasis to our bodies. Light dinner served.

MISSION HOPE CANCER CENTER, SANTA MARIA

Tuesday, November 5 • 5:00 p.m.

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Monday, November 4 • 5:00 p.m.

Back to Mission Hope by popular demand!

Chair Massage

A complementary therapy to reduce stress and bolster the immune system, improve circulation and restore energy. Our certified massage therapists provide 15-minute chair massages while client is fully clothed. Feel your tension decrease and your sleep improve. This is a very popular therapy so please book your appointments early as they fill up quickly.

MISSION HOPE CANCER CENTER, SANTA MARIA

Mondays: November 4, 18 and December 2, 16 • 10:00 a.m.

Energy Balancing Therapy

Energy balancing therapy encourages a free and balanced flow of energy, enhancing the body's natural ability to heal itself. There is growing evidence of its effectiveness in symptom management and decreased anxiety due to the deep relaxation experienced. Energy balancing therapy offers support for mind, body and spirit.

MISSION HOPE CANCER CENTER, SANTA MARIA

Thursdays: November 21 and December 19 • 2:00 p.m.

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Mondays: November 4, 18 and December 2, 16 • 2:00 p.m.

SPOTLIGHT ON MISSION HOPE THERAPY VOLUNTEERS

Dear Therapy Volunteers:

The compassion that you show to our patients to keep them healthy and on track is an inspiration to us all. We couldn't provide these healthy lifestyle opportunities to the community without your knowledge and dedication. Thank you for all you do.

—The staff at Mission Hope Cancer Center



Elizabeth Hillis
Tai Chi Chuan

Elizabeth Hillis leads our Tai Chi Chuan Classes every Tuesday morning at 10:30 am. She joins Mission Hope from the Spiritual Care Department at Marian Regional Medical Center. She is dedicated to each participant's growth and knowledge of Tai Chi Chuan. Elizabeth is trained in Tang Style T'ai Chi Ch'uan and can teach 60

movements. She accepts new participants with open arms and encourages on going practice of these healing exercises. The movements can be tailored to your specific needs so everyone is welcome!

Cindy Au facilitates our Acupressure classes in Santa Maria and Arroyo Grande every week. She is a certified acupressure practitioner and has seen the healing energy in her own journey with breast cancer. Acupressure is an ancient hands-on healing art that uses the same principles as acupuncture by applying precise pressure to massage and stimulate various points along the meridians of the body. Cindy is dedicated to sharing these simple techniques to help patients, caregivers and staff balance their life energy.



Cindy Au
Acupressure



Kim Vargo
Energy Balancing

Kim is a trained facilitator who works silently over various energetic points around the body using a light touch while the client remains awake, fully clothed, and relaxing comfortably while listening to quiet music. Used as a complement traditional medicine, Energy

Kim Vargo, Reiki Master, uses a blend of various energy healing techniques to help reduce stress due to trauma, illness or everyday life. She facilitates Energy Balancing at Mission Hope Cancer Center, Arroyo Grande, which helps to heal the body, mind, and spirit. Kim is a trained facilitator who works silently over various energetic points around the body using a light

Balancing is practiced in many medical care settings to ease muscle tension and decrease pain in cancer patients while promoting healing.



Laurie Owens
Yoga

Laurie Owens (RYT-200) is trained in the style of Tantra Flow Yoga, which emphasizes use of poses, breath and the mind to change the energy of students, moving them closer to what they need and away from imbalance. She facilitates Yoga for Healing at Mission Hope Cancer Center, Santa Maria. This class affords the opportunity to discover ways to gain

a greater sense of well-being by strengthening the body, combating uncomfortable side effects of treatment, and reducing anxiety and stress. No previous yoga experience or flexibility is required—everything can be modified to suit specific needs. Laurie is also a certified Livestrong YMCA instructor, an avid cyclist and a two-time cancer survivor.

Heidi Lee, L.Ac., facilitates acupuncture treatments at Mission Hope Cancer Center, Santa Maria. A traditional Chinese medicine practice, acupuncture has long been treasured as a way to help return an individual to a symptom free, positive state of health. Acupuncture treatment involves inserting hair-thin needles gently into the skin



Heidi Lee, L.Ac.
Acupuncture

at specific points called acupoints in order to correct physical, mental, spiritual, and emotional imbalances. The therapy is credited for boosting immunity as well as relieving a wide variety of symptoms associated with cancer treatment, including: fatigue, pain, anxiety, chemotherapy-induced nausea, to name a few. Heidi has been a California state licensed acupuncturist since 1999, has a master's degree in traditional Chinese Medicine and is nationally certified. She has offered her services to Mission Hope patients since 2009.

Giving Hope

The mission of hope and healing has been extended to many cancer patients and families at Mission Hope Cancer Center throughout 2019. Yet, the services provided at Marian Cancer Care simply could not operate without your ongoing support. Through your support, patients have been equipped for their cancer journey through cancer programs and services, acquisition of advanced technology, and providing for patient outreach needs.

Making a lasting impact in the lives of cancer patients due to the generosity of the community. We are all working together to make a difference and we salute you. Every dollar given supports the patients of Mission Hope Cancer Center.

Marian Regional Medical Center Foundation

1400 East Church St.
Santa Maria, California
805.739.3595

www.support-marianmedical.org

In the final months of 2019 we invite you to consider a year-end gift. **With your tax-deductible gift, you can rest assured that 100% of your donation will help give hope to the patients at Mission Hope Cancer Center.** Every gift, no matter the size, makes a difference.

Here are a few ways that you can gift hope:

IRA Rollover

■ Did you know that you could support local cancer patients by rolling over your tax-free Charitable IRA gift? For those who are age 70½ or older, this distribution will not be subject to income tax and will help satisfy the required minimum distribution.

Leave a Legacy

■ You are invited to join the Marian Legacy Society. Membership in this honored group is extended to all those who share the vision of enriching the health and well-being for all community members and have demonstrated their commitment by making a provision through a planned gift to the Marian Foundation. Gifts can be made to benefit the healing work found at Mission Hope Cancer Center. Best of all, Marian Legacy Society membership is open to everyone and no gift minimum is required.

Year End General Giving

■ Experience the power of giving by making a gift by cash, check, or credit card to help extend healing to others. You can give online by visiting supportmarianmedical.org/donate.

Donate Your Birthday to Mission Hope Cancer Center!



Cancer survivor **Luis Chavez** made his 85th birthday even more meaningful by directing friends and family to donate to the healing work of Mission Hope Cancer Center. Instead of receiving gifts, Luis (pictured here with his children) was able to direct \$7,869 to cancer patients through this celebration.

“Celebrating 85 years is a blessing. As a cancer survivor, my birthday means so much more. I chose to donate my birthday to Mission Hope who helped me and I wanted to help others who are in need too. I am very thankful to my family and friends for honoring my birthday with a gift to Mission Hope Cancer Center.”
—Luis Chavez

Save the Date

13TH ANNUAL COMEDY NIGHT

Saturday, March 14th, 2020

Thousand Hills Ranch

All proceeds will benefit
Cancer Programs & Services
including the cancer
rehabilitation program at
Mission Hope Arroyo Grande

Visit SupportArroyoGrande.org
or call 805.994.5421 for more information

 **Arroyo Grande
Community Hospital Foundation.**
A Dignity Health Member

Cancer Rehabilitation Program

Mission Hope Arroyo Grande

You can reduce the chance of cancer recurrence and improve many of the known side effects of cancer-related treatments through the implementation of a safe, consistent, and progressive rehabilitation program. Recent research has shown a 15% reduction in all-cause mortalities and 21% lower risk breast cancer mortality following dedication to lifestyle changes in nutrition and exercise. The Cancer Rehabilitation Program is a structured and personalized 12-week exercise and nutrition program that helps each patient safely implement healthy lifestyle behaviors into their daily routine. The program is a collaboration between doctors, physical therapists, nurses, registered dietitians, counselors and certified cancer exercise trainers.

Program:

- Each patient meets with a certified cancer exercise specialist for an exercise assessment
- Patients attend at least one individual exercise session with a cancer exercise trainer in the wellness center per week in addition to one group session per week
- Each patient has a nutritional consultation and access to a registered dietitian throughout the program
- Patients have two physical therapy evaluations to show areas of improvement or areas to focus on in further exercise

Benefits:

- Provides motivation and reduces treatment symptoms such as fatigue
- Improves balance to prevent falls and minimizes the effects of immobility
- Restores flexibility, strength, range of motion, and endurance
- Normalizes insulin levels and improves the circulation of immune cells in the blood which lowers the risk of recurrence
- Reduces depression, increases self-worth, and provides confidence to continue lifestyle changes for a lifetime

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p>				
<p>4</p> <p>10:00 Art Therapy 10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment</p>	<p>5</p> <p>8:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class 5:00 Presentation: Aromatherapy Workshop</p>	<p>6</p> <p>9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Caregiver Support Group</p>	<p>7</p> <p>9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living The Power of Protein for Cancer Patients 6:00 Cancer Rehab</p>	<p>1</p> <p>8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Something More</p>
<p>11</p> <p>10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria</p>	<p>12</p> <p>9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class 4:00 Kids Support Circle</p>	<p>13</p> <p>9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab</p>	<p>14</p> <p>9:00 Acupressure for Self-Care 5:00 Presentation: Palliative Care 6:00 Cancer Rehab</p>	<p>15</p> <p>8:00 Grupo de Discusión para Hombres con Cáncer</p>
<p>18</p> <p>10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment</p>	<p>19</p> <p>9:00 Lymphedema Prevention Exercise 9:30 Look Good Feel Better 10:30 Tai Chi Chuan Class 5:00 Discussion Group: Managing Loss and Grief</p>	<p>20</p> <p>9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 6:00 Family Night Support Group Holiday Party</p>	<p>21</p> <p>9:00 Acupressure for Self-Care 2:00 Energy Balancing 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab</p>	<p>22</p> <p>8:00 Men's Cancer Discussion Group</p>
<p>25</p> <p>10:00 Cancer Rehab</p>	<p>26</p> <p>3:00 Book Club</p>	<p>27</p>	<p>28</p> <p>Office closed November 28-29 for the Thanksgiving holiday.</p>	<p>29</p>



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>1</div> <div>November is National Family Caregivers Month... A time to recognize and honor all caregivers. Need resources on caregiving? Please call: Ashley Hahn 805.346.3402 or Jenni Davis 805.474.5303</div> </div>				
<div> <div>4</div> <div>10:00 Spanish Support Group Apoyo y educación para personas con cáncer 2:00 Energy Balancing 5:00 Presentation: Aromatherapy Workshop</div> </div>	<div> <div>5</div> <div>2:00 Acupressure for Self-Care 5:00 Caregiver Support Group</div> </div>	<div> <div>6</div> <div></div> </div>	<div> <div>7</div> <div></div> </div>	<div> <div>8</div> <div></div> </div>
<div> <div>11</div> <div></div> </div>	<div> <div>12</div> <div>2:00 Acupressure for Self-Care</div> </div>	<div> <div>13</div> <div>5:00 Presentation: Palliative Care</div> </div>	<div> <div>14</div> <div>1:00 Men's Cancer Discussion Group 2:30 Living with Cancer General Support Group</div> </div>	<div> <div>15</div> <div></div> </div>
<div> <div>18</div> <div>10:00 Grupo de Discusión para Hombres con Cáncer 2:00 Energy Balancing</div> </div>	<div> <div>19</div> <div>2:00 Acupressure for Self-Care 3:30 SPOHNC Head and Neck Cancer Support Group</div> </div>	<div> <div>20</div> <div>10:00 Look Good Feel Better 3:00 HEAL: Healthy Eating and Activity for Living The Power of Protein for Cancer Patients</div> </div>	<div> <div>21</div> <div>5:00 Discussion Group: Managing Loss and Grief</div> </div>	<div> <div>22</div> <div></div> </div>
<div> <div>25</div> <div></div> </div>	<div> <div>26</div> <div></div> </div>	<div> <div>27</div> <div></div> </div>	<div> <div>28</div> <div>29</div> <div>Office closed November 28-29 for the Thanksgiving holiday.</div>  </div>	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	3 8:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class	4 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Caregiver Support Group	5 9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living Eating Healthy and Exercising on a Budget 6:00 Cancer Rehab	6 8:00 Grupo de Discusión para Hombres con Cáncer 2:00 Art Therapy
9 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	10 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class	11 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab	12 9:00 Acupressure for Self-Care 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	13 8:00 Men's Cancer Discussion Group 1:00 Soul Collage
16 10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	17 9:00 Lymphedema Prevention Exercise 9:30 Look Good Feel Better 10:30 Tai Chi Chuan Class	18 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab	19 9:00 Acupressure for Self-Care 2:00 Energy Balancing 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	20 8:00 Grupo de Discusión para Hombres con Cáncer
23 10:00 Cancer Rehab	24  25 <i>Merry Christmas</i>	26 6:00 Cancer Rehab		
30 10:00 Cancer Rehab	31 Office closed December 24-25 for the Christmas holiday.			27

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>2:00 Energy Balancing</div> <div>10:00 Spanish Support Group</div> <div>Apoyo y educación para personas con cáncer</div>	<div>3</div> <div>2:00 Acupressure for Self-Care</div> <div>5:00 Caregiver Support Group</div>	<div>4</div>	<div>5</div>	<div>6</div>
<div>9</div>	<div>10</div> <div>2:00 Acupressure for Self-Care</div>	<div>11</div>	<div>12</div> <div>1:00 Men's Cancer Discussion Group</div> <div>2:30 Living with Cancer General Support Group</div>	<div>13</div>
<div>16</div> <div>10:00 Grupo de Discusión para Hombres con Cáncer</div> <div>2:00 Energy Balancing</div>	<div>17</div> <div>2:00 Acupressure for Self-Care</div> <div>3:30 SPOHNC Head and Neck Cancer Support Group</div>	<div>18</div> <div>10:00 Look Good Feel Better</div> <div>3:00 HEAL: Healthy Eating and Activity for Living</div> <div>Eating Healthy and Exercising on a Budget</div>	<div>19</div>	<div>20</div>
<div>23</div>	<div>24</div>	<div>25</div> <div>  </div>	<div>26</div>	<div>27</div>
<div>30</div>	<div>31</div>	Office closed December 24-25 for the Christmas holiday.		

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, Third Floor

● SAN LUIS OBISPO (SLO)

HCRC

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201

● 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

NOV 7, 14, 21 & DEC 5, 12, 19;
9:00 AM

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

● Mission Hope Cancer Center, AG

NOV 5, 12, 19 & DEC 3, 10, 17;
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

NOV 4, 11, 18 & DEC 2, 9, 16;
3:30 PM

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

● Hearst Cancer Resource Center, SLO

NOV 25 & DEC 23; 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

DEC 12; 2:00 PM (No Nov. meeting)

● Mission Hope Cancer Center, AG

NOV 4 & DEC 2; 10:00 AM

● Oak Park Chet Dotter Senior Community Center, Paso Robles

NOV 26; 4:00 PM (No Dec. meeting)

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. Benefits include more range of motion, 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.

● Mission Hope Cancer Center, SM

NOV 4; 10:00 AM &
DEC 6; 2:00 PM

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

● Hearst Cancer Resource Center, SLO

NOV 18 & DEC 16; 11:00 AM

✶Book Club

Reading makes your imagination come to life, taking you away from whatever hardships you are facing. Our much loved book club is back!

● Mission Hope Cancer Center, SM

NOV 26; 3:00 PM (No Dec. meeting)
CALL FOR INFORMATION OR MONTHLY BOOK TITLE: 805.346.3402.

Breast Cancer Support Group

Women gather to share valuable information and resources.

● Hearst Cancer Resource Center, SLO

NOV 5 & DEC 3; 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

NOV 6 & DEC 4; 5:00 PM

● Mission Hope Cancer Center, AG

NOV 5 & DEC 3; 5:00 PM

● Hearst Cancer Resource Center, SLO

NOV 7, 21 & DEC 5, 19; 6:00 PM

Cancer Rehabilitation

A 12-week program that includes group, individual and aquatic exercise designed to help you meet your fitness goals. Each participant meets one-on-one with our Certified Exercise Trainer for an individualized program.

● 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

NOV 5 & DEC 3; 8:00 AM

FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.



iTHRIVE PLAN

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.

SET UP AN APPOINTMENT TO GET STARTED TODAY!

Mission Hope Cancer Center, SM

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

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

NOV 21 & DEC 19; 2:00 PM

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

● Mission Hope Cancer Center, AG

NOV 4, 18 & DEC 2, 16; 2:00 PM

RESERVATION REQUIRED; PLEASE CALL 805.474.5300.

● Hearst Cancer Resource Center, SLO

NOV 11, 25 & DEC 9, 23; 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

HOLIDAY PARTY NOV 20; 6:00 PM

Join us for our popular gingerbread house decoration event.

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 conditioning the muscles to battle muscle fatigue and gain strength.

● Marian Health & Wellness Center, SM

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

NOV 6 & DEC 4; 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 practical exercise tips.

● Mission Hope Cancer Center, SM

NOV 7; 2:00 PM

Topic: The Power of Protein for Cancer Patients

DEC 5; 2:00 PM

Topic: Eating Healthy and Exercising on a Budget

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

● Mission Hope Cancer Center, AG

NOV 20; 3:00 PM

Topic: The Power of Protein for Cancer Patients

DEC 18; 3:00 PM

Topic: Eating Healthy and Exercising on a Budget

RESERVATION REQUIRED; PLEASE CALL 805.474.5300.

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

NOV 13 & DEC 11; 12:45 PM

RESERVATION REQUIRED; PLEASE CALL 805.346.3413.



Reserve now for the Family Night Support Group annual holiday party with gingerbread house decorating!

Classes continue

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**
NOV 14 & DEC 12; 2:30 PM
FOR MORE INFORMATION, PLEASE
CALL 805.474.5300 OR 805.474.5303.

● **Hearst Cancer Resource Center, SLO**

NOV 7, 21 & DEC 5, 19; 6:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

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**
NOV 19 & DEC 17; 9:30 AM
PARTICIPANT REGISTRATION AT
WWW.LOOKGOODFEELBETTER.ORG
OR CALL 805.219.HOPE (4673).

● **Mission Hope Cancer Center, AG**
NOV 20 & DEC 18; 10:00 AM
PARTICIPANT REGISTRATION AT
WWW.LOOKGOODFEELBETTER.ORG
OR PLEASE CALL 805.474.5300.

(Beauty and You)

● **Hearst Cancer Resource Center, SLO**
NOV 6 & DEC 4; 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**
NOV 19 & DEC 17; 1:00 PM

Lymphedema Prevention Exercise

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

● **Marian Health & Wellness Center, SM**
NOV 5, 12, 19 & DEC 3, 10, 17;
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**
NOV 21 & DEC 19; 2:00 PM

● **Hearst Cancer Resource Center, SLO**
NOV 12 & DEC 10; 1:00 PM

✧ **Massage Therapy**

A popular complementary therapy, massage can help to bolster the immune system, improve circulation and restore energy. Fifteen minute chair massages (patients remain fully clothed) provided by certified massage therapists.

● **Mission Hope Cancer Center, SM**
NOV 4, 18 & DEC 2, 16; 10:00 AM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

Men's Cancer Discussion Group

This group provides a relaxed forum for men to discuss issues, exchange information and get answers to their concerns. Some meetings feature educational talks.

● **Mission Hope Cancer Center, SM**
NOV 8, 22 & DEC 13; 8:00 AM

● **Mission Hope Cancer Center, AG**
NOV 14 & DEC 12; 1:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

● **Hearst Cancer Resource Center, SLO**
NOV 18 & DEC 16; 6:30 PM

Men's Spanish Group (Español)

Grupo de Apoyo Para Hombres con Cáncer y Sobrevivientes de Cáncer

Hombres encargados del cuidado de pacientes con cancer y familiares (hombres) son bienvenidos. Tome la oportunidad de aprender e intercambiar informacion relacionada con todos los tipos de cáncer y asi como el cuidado de su salud.

● **Mission Hope Cancer Center, SM**
NOV 1, 15 & DEC 6, 20; 8:00 AM

● **Mission Hope Cancer Center, AG**
NOV 18 & DEC 16; 10:00 AM
FAVOR DE LLAMAR PARA UNA
RESERVACIÓN A 805.346.3406.

✧ **Pilates Exercise Class**

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**
NOV 14 & DEC 12; 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**
NOV 18 & DEC 16; 6:30 PM

Qigong Class

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

● **Hearst Cancer Resource Center, SLO**
NOV 4, 18 & DEC 2, 16; 5:00 PM

✿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

NOV 1, 8; 1:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

✿Soul Collage

SoulCollage is an art therapy that offers a visual way to discover your inner wisdom. This creative outlet has been used successfully in the treatment of trauma and life's major transitions. Materials are provided.

● Mission Hope Cancer Center, SM

NOV 8 & DEC 13; 1:00 PM
RESERVATION REQUIRED;
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. All welcome.

● Mission Hope Cancer Center, SM

NOV 11; 5:00 PM

● Mission Hope Cancer Center, AG

NOV 19 & DEC 17; 3:30 PM
RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

Tai Chi Chih

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

● Hearst Cancer Resource Center, SLO

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

NOV 5, 12, 19 & DEC 3, 10, 17;
10:30 AM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

✿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

NOV 14 & DEC 12; 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

NOV 4, 11, 18 & DEC 2, 9, 16;
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

NOV 4, 11, 18 & DEC 2, 9, 16;
2:00 PM

● Hearst Cancer Resource Center, SLO

NOV 5, 12, 19, 26 & DEC 3, 10, 17;
3:00 PM

Yoga for Cancer Patients and Survivors

All levels welcome to experience the healing power of yoga. The practice of yoga activates the metabolism, improves balance and stabilizes posture, as you build strength and flexibility.

Yoga for Healing

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

● Mission Hope Cancer Center, SM

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

NOV 11, 25 & DEC 9, 23; 5:00 PM
RESERVATION REQUIRED; PLEASE CALL
805.542.6234.

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 are here to help with specific dietary issues before, during, or after treatment.

● 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



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

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Clinical Trial Information
805.346.3462

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

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Located in a new building behind
Arroyo Grande Community Hospital.

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



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Mission Hope Cancer Center

FREE INFORMAL DISCUSSIONS

Managing Loss and Grief During the Holidays



TWO LOCATIONS AND DATES:

MISSION HOPE CANCER CENTER, SANTA MARIA

Tuesday, November 19 • 5:00 to 7:00 p.m.

1325 East Church Street, Conference Room, Santa Maria

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

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Thursday, November 21 • 5:00 to 7:00 p.m.

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

Please call Mission Hope, Arroyo Grande to register: 805.474.5300

Facilitators: Max Boveri, LMFT, Bereavement Counselor/Coordinator, and Jenni Davis, Oncology Counselor and Patient Advocate

With the loss of a loved one, the holiday season may not hold the appeal it once did. In fact, many find it challenging to face the festivities in new circumstances. We are here to help. You are welcome to join us for one of our free informal discussions which will focus on practical ways to minimize negative feelings and feature helpful strategies to cope with depression, especially during the holidays. Our hope is that you will benefit from this time of sharing.

Refreshments served.

