



Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

January/February 2019

You're invited to attend a free community presentation

Take Positive Steps Forward by Setting—and Achieving—Goals

Tuesday, January 15, 2019 • 5:00 p.m.

Guest speaker: Lisa Ramos Murray, MA, BCC, Board Certified Life Coach

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

How does one begin the process of setting goals? Start off the New Year by joining us for an informative and interactive conversation how you can get started creating the life you want. We will discuss life balance, explore what is important to you, visualize what that might look like...and learn the steps to get there.

Setting goals helps you turn dreams and wishes into reality. It is not a list of what you or others think you should do but more identifying what you want to have, do, and be. Setting a goal creates an action plan—or steps needed to create your future. Change happens when one sets an intention and is committed to seeing it through.

You will learn the **SMART** strategy of goal setting: Goals are **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound. The discussion will include how to identify a goal, take a larger goal and break it into smaller goals which are manageable and doable. Get 1019 off to a good start: set some relevant and achievable goals to get those things you've been putting off done—once and for all!

Make 2019 the best year ever! Plan to join this fascinating discussion.

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



Lisa Ramos Murray, MA, BCC

Personal Life and Parent Coach

■ Mission Hope is pleased to welcome Lisa Murray back 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.

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

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

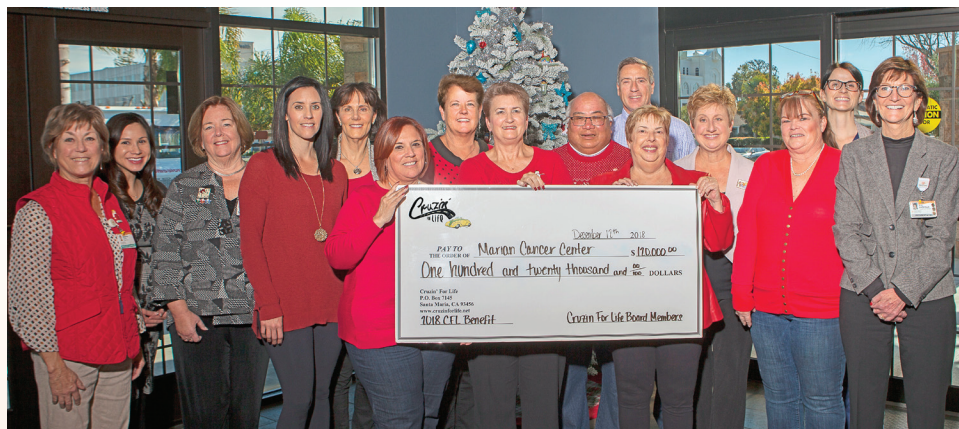
Stephen J. Vara, MD
Medical Oncologist/Hematologist

Patrick A. Williams, MD
Radiation Oncologist

Jeffrey Wu, MD
Radiation Oncologist

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

Cruzin' for Life's meaningful gift



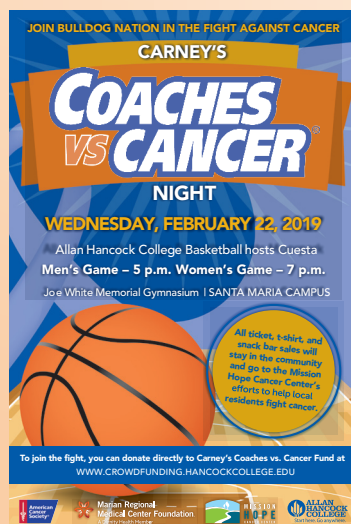
On December 12, 2018, Cruzin' for Life made a significant donation totaling \$120,000 to the Marian Foundation in support of Marian Cancer Care at Mission Hope Cancer Center. Proceeds from this donation represent Cruzin' for Life's 15th annual car show and cruise event. Cruzin' for Life is a volunteer-run organization and holds the title as the most significant organizational Marian Cancer Care funder, donating \$1,202,900 to the program since 2006.

Join Cruzin' for Life for their annual Valentine's Day Crab Feast on Saturday, February 9, 2019. Tickets are \$80 per person and can be purchased at cruzinforlife.net.

Letting philanthropy grow



You might have noticed that the officers of the Santa Maria Police Department (SMPD) were a little hairier in the month of November. SMPD participated in "No-Shave-November" to raise funds for cancer care by donating \$50 per participant. Their mustaches, beards, goatees, and muttonchops collectively raised \$7,100. This gift comes on the heels of their raising \$10,000 in the month of October for Breast Cancer Awareness month through the sale of special lapel pins. Their gifts prove that generosity is a quality that can be grown.



Hancock College Basketball to host Coaches vs. Cancer

Join Bulldog Nation in the fight against cancer! On February 22, 2019, Allan Hancock College Basketball hosts Cuesta College for Carney's Coaches vs. Cancer Night. All ticket, T-shirt, and snack bar sales will stay in the community and go to the Mission Hope Cancer Center's efforts to help local residents fight cancer. Held at Joe White Memorial Gymnasium on the AHC Santa Maria campus, the men's game starts at 5:00 p.m., followed by the women's game at 7:00 p.m. Show your support for the fight by making an additional online donation to Carney's Coaches vs. Cancer fund at www.crowdfunding.hancockcollege.edu.

Day of Hope

Wednesday, April 10, 2019

Help deliver hope to local cancer patients.



#DayofHope

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 April 10.

How can you use this?

1. Visit supportmarian-medical.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.

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 knowing you are supporting local cancer care.



@SupportMarianMedical



@SupportMarian



@SupportMarianMedical



Dignity Health
Marian Regional Medical Center



**MISSION
HOPE**
CANCER CENTER



Santa Maria Times
Lee Central Coast Newspapers

1400 E. Church St., Santa Maria, CA 93454 | 805.739.3595 | supportmarianmedical.org 3

ASK THE EXPERTS



Chris Lutman, MD, FACOG
Gynecologic Oncologist

Get answers to your questions at our interactive session
Ask the expert: Chris Lutman, MD, FACOG, Gynecologic Oncologist

Protect Yourself: Preventing HPV

Wednesday, January 23 • 5:30 p.m.

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

Reservations required; please call Mission Hope Cancer Center to register:
805.219.HOPE (4673).

Myths vs. Facts

1. Cervical cancer can be prevented.
2. A regular Pap test is enough to protect women against cervical cancer.
3. If a woman gets the HPV vaccine, she no longer needs the Pap or HPV test.
4. Women with HPV will experience warning symptoms.
5. Only women who have many sexual partners or whose partners are unfaithful need to be tested for HPV.

Myth	Fact
Myth	Fact
Myth	Fact
Myth	Fact
Myth	Fact



Kim Neace, RN, OCN
Oncology Nurse Navigator

We are here to help!

For information on cervical cancer screening or the vaccination program for young people to inoculate them against the different types of HPV that cause most cervical cancers., please contact Kim Neace, RN, OCN, at **805.346.3469.**

Which Cancers are Caused by HPV?

- Cervical cancer: Virtually all cases of cervical cancer are caused by HPV
- Anal cancer: About 95% of anal cancers are caused by HPV
- Oropharyngeal cancers (cancers of the middle part of the throat, including the soft palate, the base of the tongue, and the tonsils): About 70% of oropharyngeal cancers are caused by HPV
- Rarer cancers: HPV causes about 65% of vaginal cancers, 50% of vulvar cancers, and 35% of penile cancers

Get the facts about strategies for prevention for yourself and those you love.

GET THE FACTS

Free Community Forum

What You Need to Know BEFORE You Take a DNA Test!

Wednesday, February 20 • 4:00 p.m.

Guest speaker: Whitney Ducaine, MGC, CGC, CN-BM
Director, Cancer Genetics Services

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).

DNA testing has become very popular. This often involves sending off a saliva sample and six weeks later the mysteries of your genes are unveiled (well, sort of). With more people's DNA mapped out than ever, it's important to understand not only what exactly these tests can tell us and how accurate they are, but also what happens to that data. Join us for this revealing discussion as we tackle the following topics:

- Types of genetic testing (e.g., 23&Me, ancestry, BRCA1/2, OncotypeDX)
- What is genetic counseling?
- When should hereditary cancer syndrome testing be considered?
- Impact of genetic testing on health management
- Potential family dynamics associated with genetic testing
- Myths and common questions surrounding genetic testing



Whitney Ducaine, MGC, CGC, CN-BM

Director, Cancer Genetics Services, Informed DNA

■ Whitney Ducaine, MGC, CGC, CN-BM, has been a Certified Genetic Counselor since 2005 and a Certified Breast Patient Navigator in Breast Management since 2013. She has a Master's in Genetic Counseling from the University of Maryland School of Medicine.



Genetic counselors are trained to help patients work out what they actually want to test for and how to interpret and cope with the results.

COPING WITH CANCER



Keith Ayrons, MD
Medical Oncologist and
Hematologist

Join us for special
presentations with
Dr. Ayrons:
January 18 (Spanish)
January 25 (English)

Speaking man to man:

This group provides an opportunity to discuss issues, exchange information, get answers and share concerns. Meetings include educational presentations given by qualified speakers on topics of interest. This month Keith Ayrons, MD, will be leading a discussion on the newest treatments available.

Men with Cancer Discussion Groups

ENGLISH:

Second and fourth Fridays of the month 8:00 to 9:30 a.m.

ESPAÑOL:

Grupo de Discusión para Hombres con Cáncer

Primer y tercer viernes del mes • 8:00 a 9:30 a.m.

La reunión es una buena oportunidad para discutir temas de interés personal, intercambiar información, obtener respuestas y compartir inquietudes. El grupo esta designado para los hombres que han sido recientemente diagnosticados con cáncer, aquellos que están experimentando actualmente tratamiento o hayan acabado con sus tratamientos.

Se ofrecerán refrigerios • No se necesitan reservaciones

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

WALK-INS WELCOME

Transforming Quality of Life:

Mindfulness-Based Stress Reduction

Eight-week Tuesday series:

January 15 through March 5
9:00 to 10:30 a.m.

Instructor: John J. Marin,
Licensed Marriage and Family Therapist

Mission Hope Cancer Center
1325 East Church Street, Santa Maria



Life comes along with constant ups and downs. As we deal with health issues, work, family, and more, we may react with irritability, anxiety, sadness, and/or depression which can have a lasting negative effect on health. The Mindfulness Program is scientifically proven to offer vital tools to strengthen the ability to be aware of your thoughts, emotions, physical sensations, and actions—in the present moment—without judging or criticizing. Participants say, “I can live with greater freedom instead of reacting to the unexpected.”

This 8-week intensive training is based on ancient healing practices which can help relieve anxiety and improve mood. It's important to attend each class, since every week we will explore a different topic.

Class size is limited to twelve participants, so reserve a place early!
Please call Mission Hope to register: 805.219.HOPE (4673).

Taking Control: Effective Planning and Sound Finances in the Face of Serious Illness

With careful planning and support, everyone can achieve a feeling of well-being—even while confronting a life-threatening illness. We are pleased to welcome back Michael Hardy, Esq., a local estate planning attorney, who will offer practical information at no charge and answer questions. Mr. Hardy will provide detailed information on reducing stress through effective planning. The discussion will include a variety of important topics:

- Taking care of yourself and your family
- Taking care of your property
- Writing your Five Wishes Living Will document
- Pros and cons of living trusts
- How to select an executor
- Other helpful planning information



Michael Hardy, Esq.

Estate Planning and Advance Healthcare Directive Workshop

Wednesday, February 27 • 5:00 p.m.

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

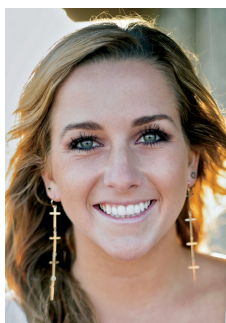
Space is limited and reservations are required; please call 805.219.HOPE (4673).

■ The lives of people who have been diagnosed with cancer are often turned completely inside out. Savings can be depleted, jobs may be jeopardized and priorities may change. Financial planning is an important step one can take to make sure finances are secure. Even if you took care of your estate planning years ago, your trust/will/advance healthcare directive should be reviewed periodically, especially after a life changing event such as a cancer diagnosis. Another important document is the Five Wishes Living Will that talks about your personal, emotional and spiritual needs as well as your medical wishes. Written with the help of the American Bar Association's Commission on Law and Aging as well as the nation's leading experts in end-of-life care, this document allows you to specify your wishes if you get seriously ill. This can be thought of as a real gift for those you love. Join us to get the guidance you need to complete this important task.

Regardless of how much money you have, your health or your age, you need to have documentation that states exactly how to transfer your assets to the people you choose.

The Importance of Advance Planning

When you or a loved one has cancer, planning is a good idea. Cancer treatment can be very effective, but a cure is not always possible. People with cancer or receiving treatment are at a greater risk for serious illness, so it's wise to make some health care decisions ahead of time. Clarifying what you value and hope for during this time and communicating these wishes with the members of your health care team will not only help your doctors identify the best plan for your care, but also can give you a sense of power in a situation that may seem out of your control. This can give you and your family peace of mind. When you put your decisions in writing, your doctors and family know what they are and can honor them, even if you become too sick to discuss them.



Kelsey McCourt, RD
Clinical Registered Dietitian

Article by: Kelsey McCourt, RD, and Sara Rima, Dietetic Intern

Did you know?

Our diets play an important role in both prevention and promotion of inflammation.

Fighting Inflammation with Food

Chronic inflammation has been recognized as a contributing factor to cancer development and therefore, inflammation prevention has become a hot topic of discussion. Inflammation within the body is a natural occurrence, designed to quickly fight off infection, viruses, and other specific and harmful invaders. Unfortunately, inflammatory diseases like cancer do not give a response that is quick or specific. Instead, the inflammation will linger causing more harm than good to the cells. This article will define chronic inflammation and provide helpful tips for prevention.

What is Inflammation?

Inflammation is a natural, biological process that can become dangerous if the body does not respond as designed. When an invader enters the immune system and/or a tissue is damaged, the body will produce chemicals to respond to the threat. These chemicals will go to work, signaling the white blood cells to cause cell division, growth, and repair. Once that portion of the body is healed the inflammatory process is halted. With chronic inflammation, however, the process of dividing, growing and rebuilding does not stop with healing, nor does it need an injury or foreign body to begin. Although the exact causation is not always understood, ongoing infections, abnormal immune responses, and conditions like obesity are a few factors that have been linked to increase risk of chronic inflammation. As chronic inflammation

continues, it damages DNA which can lead to cancer.

Dietary and Lifestyle Interventions

Our diets play an important role in both prevention and promotion of inflammation in our bodies. Consuming excess calories and large amounts of added sugars, refined carbohydrates, alcohol, and saturated fats are a recipe for inflammation. Conversely, consuming the right types of foods can help reduce inflammation and aid in prevention of chronic disease. Aim to consume a diet rich in the following:

Antioxidants and Phytochemicals:

Eat the rainbow! Choosing a variety of plant based foods with rich colors ensures a diet full of antioxidants and phytochemicals. These substances occur naturally in foods like fruits, vegetables, legumes, herbs, spices, and teas. Consuming plenty of these types of foods has not only been shown to have anti-inflammatory effects, but also has been linked to decreased incidence of cancer.

Omega 3 Fatty Acids:

There has been data to suggest an inverse relationship between the intake of omega 3 fatty acids and the development of a number of malignancies. Omega 3 fatty acids found in fish oils have also been shown to reduce inflammation. Consume a variety of fatty fish (salmon, tuna, and mackerel), nuts, and seeds.

Overall, eating a balanced diet full of colorful fruits and vegetables and limited in processed foods can help fight cancer-causing inflammation.

A new year: A new vibrant you! We can help.

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

January 3: How Diet and Exercise Team Up to Reduce Inflammation

February 7: How Does Age and Exercise Work with a Plant Based Diet?

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!

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

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

GET COOKING

Introducing more anti-inflammatory foods into your daily menu can be as easy as trying a new recipe! Here are a couple using foods and spices rich in antioxidants, phytochemicals and Omega 3's to get you started.



John Malinowski, ATC, CET
Cancer Rehabilitation
Program

Walnut Chorizo

This meat substitute made with California walnuts is a perfect complement to a breakfast scramble, frittata or breakfast burrito. It's also great on its own as taco filling!

Ingredients:	2 teaspoons salt, kosher
3 cups California walnuts	2 teaspoons black pepper, ground
1½ cups chickpeas, cooked	2 teaspoons oregano, dried
1 cup olive oil	1 teaspoon garlic powder, ground
1 tablespoon white vinegar	1 teaspoon cumin, ground
1 tablespoon paprika	1 teaspoon coriander, ground

Directions:

Combine all ingredients in a food processor and pulse until walnuts are the size of a grain of rice. Transfer walnut chorizo to a skillet and cook on medium-low heat until warmed through. Serve warm or reserve until ready to use.

Quinoa Crusted Salmon with Rosemary Honey over Arugula Salad

Ingredients:	2 tsp. balsamic vinegar
1/2 cup uncooked white quinoa	2 Tbsp. plus 2 tsp. extra virgin olive oil, divided
1/4 cup honey	Freshly ground pepper and salt, to taste
1 large sprig fresh rosemary, leaves removed and coarsely chopped	4 oz. arugula
2 oranges, divided	1 ½ lbs. skinned salmon fillet

Directions:

Preheat oven to 400 degrees F. Arrange baking rack in middle of oven.

In small pot, cook quinoa according to package directions. Spread cooked quinoa on sheet pan lined with paper towels to absorb excess liquid. Place dry cooked quinoa in shallow dish and fluff with fork.

In small pot, bring honey to simmer, add rosemary, turn off heat and cover pan.

Zest and juice 1/2 orange. In small bowl mix together juice from orange and vinegar. Whisk in 2 tablespoons oil and orange zest. Season to taste with pepper and salt.

Cut salmon fillet into twelve equal pieces and brush each piece with rosemary honey. Sprinkle cooked quinoa over top of salmon pieces and press down into salmon.

In shallow baking pan, spread remaining oil. Place salmon pieces, quinoa side up, on oiled pan. Bake for 10-12 minutes, until light pink throughout. To brown quinoa crust, set under broiler for 1-2 minutes..

While fish bakes, peel remaining 1½ oranges and trim off white pith. Separate orange segments and cut into 1/2-inch pieces. Toss arugula with vinaigrette and orange pieces. Arrange small handful on an individual serving plate and place salmon on top. This can also be served on a platter, family style.

Makes 12 servings.

Per serving: 180 calories, 8 g total fat, (1g saturated fat), 13 g carbohydrate, 13 g protein, 1 g dietary fiber, 31 mg sodium



Cindy Au
Certified Acupressure
Practitioner

Getting Acquainted with Acupressure

Acupressure is an ancient hands-on healing art. Over 22,000 studies have shown that there are many benefits received through acupressure. Some of the benefits include: Immune system support, emotional balancing, and endocrine system support. Acupressure lessens fatigue, alleviates anxiety, removes toxins, regenerates the body, relieves shock and stress in the body, balances white blood cell count, and alleviates depression. Acupressure can help with reducing lymphedema, and alleviating side effects of chemotherapy and radiation, breathlessness, nausea, toxic headaches, itching, mucositis, heartburn, constipation, diarrhea, pain and insomnia.

NEW CLASS!

**Thursdays: January 10, 17, 24, 31 & February 7, 14
9:00 a.m.**

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

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

This practical hands-on gathering focuses on methods which allow you to experience a greater sense of aliveness, vitality and well-being.

There are 365 traditional points along the meridians of the body; these same points are used in acupuncture. If one is using acupuncture as therapy, adding daily self-care acupressure is a good complement that helps to extend the benefits already received. (The meridians are the rivers of energy that run throughout the body and are associated with different organs.) Holding acupressure points stimulates the body's innate ability to heal itself. Acupressure works by:

- The points conducting life-force energy throughout the body, which the body needs to function properly.
- It increases blood circulation, which carries oxygen and nutrients to all of the cells of the body.

- It produces endorphins, which are the neuro-chemicals that relieve pain and also results in a positive state of being.
- It releases stress and chronic muscular tension, allowing the body to relax so that energy can flow.

Acupressure provides you with the tools to take your health and wellness into your own hands. No matter what your choices are in terms of medical therapies, self-applied acupressure is a way to support your body through those therapies. It is a great complementary modality, but should never be a substitute for medical care.

Experience it for yourself by signing up for our new class: Acupressure for Self-Care, held Thursdays starting in January.

References

1. Gach, Michael Reed, Acupressure's Potent Points, A Guide to Self-Care for Common Ailments, December 1990.
2. <https://acupressure.leadpages.net/acupressure-self-care-solution/>
3. <https://www.jsjinc.net/ns/ups/web-articles/JSJGentleTouch-SelfHelpCancer.pdf>

Health Benefits of Acupuncture

Cancer patients are no strangers to needles, but several are finding that being pricked while undergoing acupuncture **relieves pain** caused by treatment rather than induces it. According to the National Center for Complementary and Alternative Medicine, acupuncture is a traditional Chinese medicine practice that inserts hair-thin needles gently into the skin at specific points, called acupoints. When stimulated in this way acupoints can help correct and rebalance physical, mental, spiritual, and emotional energy. Patients describe it as a calming and invigorating experience, and credit acupuncture for helping relieve a wide variety of symptoms associated with cancer treatment. Let's look at some of the benefits:

Acupuncture is still in its infancy when it comes to studies looking at benefits for cancer patients, but some reliable studies to date suggest that it may help with:

- **Cancer-related fatigue.** A 2018 review of studies in which acupuncture was found to have a “marked effect” on cancer-related fatigue. Since fatigue related to cancer and cancer treatments is one of the more annoying symptoms, this is encouraging information.
- **Chemotherapy-induced nausea.** Perhaps the most research to date has been done to evaluate the effect of acupuncture on chemotherapy-induced nausea. According to the National Cancer Institute, there is strong evidence that acupuncture can relieve the nausea and vomiting associated with chemotherapy. While some oncologists recommend avoiding acupuncture after chemotherapy due to an increased risk of infection, acupuncture may be done before a chemotherapy session to help prevent nausea.
- **Pain.** Studies looking at pain control with acupuncture suggest that it may help with reducing the pain from cancer as well as from surgery. Though it usually does not replace pain medications, it may help reduce the amount of pain medications needed, and consequently some of the side effects of those pain medicines.
- **Depression and anxiety.** Preliminary studies have found that acupuncture may reduce both depression and anxiety in cancer patients.

- **Sleep.** At least one study to date found that people with cancer who underwent acupuncture had an improvement in their quality of sleep.

- **Chemotherapy-induced peripheral neuropathy.** While acupuncture hasn't been widely used for this, one small study showed that people who underwent acupuncture had a lessened need for pain medications to control their symptoms.

- **Immune Function.** Acupuncture may also have a positive influence on immune function in people with cancer.

How Acupuncture Works: Several theories have tried to explain how acupuncture works from a scientific point of view. Acupuncture may work directly on nerve cells, altering the transmission of neurotransmitters, or it may work directly on the brain. In that role, it might result in the release of endorphins, pain-relieving chemicals produced in the brain. Mission Hope offers a variety of modalities so cancer patients can try each one to see which works best for them.

■ A cancer survivor tries acupuncture

“I had such miserable hot flashes from tamoxifen that I couldn't sleep. A friend suggested acupuncture but I was very skeptical—I couldn't believe these tiny needles would do anything. All I know is that the treatments didn't hurt, and after four or five sessions—while my hot flashes weren't gone—they certainly were not as frequent or severe.”

—Inez
breast cancer survivor

Acupuncture Treatments

with Heidi Lee, Certified Acupuncture Practitioner

Appointments available Mondays • 3:30 p.m.

Each patient receives individualized care in a comfortable reclining chair. Donations suggested.

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

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

STRENGTHEN THE BODY, MIND AND SPIRIT

Offering information, support and encouragement.

Support for People with Oral and Head and Neck Cancer

We are dedicated to meeting the specific emotional, physical and humanistic needs of oral and head and neck cancer patients, survivors and their caregivers. Meetings include educational presentations given by qualified speakers and/or time to brainstorm and address anyone's questions, concerns or fears. All are welcome to benefit from our educational talks. We meet at 5:00 p.m. on the dates below.

JANUARY

14 Caring and Sharing

FEBRUARY

11 Tonight's Topic: "The latest updates on immunotherapy" with Keith Ayrons, MD

MARCH

11 Caring and Sharing

APRIL

8 Tonight's Topic: "Benefits of acupuncture for the head and neck patient" with Heidi Lee, Certified Acupuncture Practitioner

Mission Hope Cancer Center
1325 East Church Street
Santa Maria

NO RESERVATIONS NECESSARY

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

Back by popular demand!

Gentle Yoga Series

January series

Mondays, January 7, 14, 21, 28 • 3:00 p.m.

Led by: Gayle Hurlburt

February series

Wednesdays, February 6, 13, 20, 27 • 9:00 a.m.

Led by: Laurie Owens

Gentle yoga is practiced to reduce stress, restore health, and move the body in the direction of balance. This series will teach you techniques you can use at home to help calm the mind, release tension, gently stretch the body, and generally feel better. Through Gentle Yoga participants will have the opportunity to discover ways to gain a greater sense of well-being by strengthening their bodies, combating uncomfortable side effects of treatment, and reducing anxiety and stress. No previous yoga experience or flexibility required for this series and beginners are encouraged to join. Everything can be modified to suit specific needs. Space is limited, so reserve your spot now.

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

By appointment; Please call 805.219.HOPE (4673).

MEET THE INSTRUCTORS:



Gayle Hurlburt
Certified yoga instructor

■ Breast cancer survivor Gayle Hurlburt has experienced not only one, but two breast cancer diagnoses. Throughout this very difficult time of treatments, surgeries, and fatigue, she sought healing through yoga. These days Gayle, as a certified yoga instructor, loves sharing the benefits of yoga with others.



Laurie Owens

■ 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. Laurie is also a certified Livestrong at the YMCA Instructor, an avid cyclist and a two-time cancer survivor.

EXPLORE YOUR CREATIVITY

New quarterly, recurring series Mission Hope

Something More

Fridays, January 18, 25, and February 1, 8 • 1:00 p.m.

Facilitated by Terrie Miley

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

Uncover your authentic self—which can be both challenging and exhilarating!

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!

This will be the first in a recurring series offered by Mission Hope Cancer Center. This bundled group of classes will be led by Terrie Miley and is scheduled for four subsequent weeks each quarter throughout 2019. It is a way for you to look inward and connect with yourself and others. During the series, week one will always be discussion of sections of the book *Something More*. The second week will be journaling, the third week will focus on an inspiration activity, and the fourth week we'll tackle a Soul Collage project. Books and all other materials provided.

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)



Terrie Miley
Instructor

Terrie Miley began her own path toward healing in 1999 when faced with a life-threatening illness. These days, she is happy to share the tools she used on her journey back to wholeness with others facing similar challenges.

New class series designed to promote

Personal Growth and Self-Discovery

January Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Office closed for New Year's Day Holiday	2 9:00 Cancer Rehab 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Caregiver Support Group	3 2:00 HEAL: Healthy Eating and Activity for Living Increasing Circulation Through Exercise and Stretching 6:00 Cancer Rehab	4 8:00 Grupo de Discusión para Hombres con Cáncer
7 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:00 Gentle Yoga 3:30 Acupuncture Treatment	8 9:00 Lymphedema Prevention Exercise	9 9:00 Cancer Rehab 10:00 Fight Against Falls Class	10 9:00 Acupressure for Self-Care 2:00 Mindfulness Refresher Class	11 8:00 Men's Cancer Discussion Group
14 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:00 Gentle Yoga 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria	15 9:00 Lymphedema Prevention Exercise 9:00 Mindfulness-Based Stress Reduction 9:30 Beauty and You 4:00 Kids Support Circle 5:00 Presentation: Setting and Achieving Goals	16 9:00 Cancer Rehab 10:00 Fight Against Falls Class 4:30 Cancer Rehab	17 9:00 Acupressure for Self-Care 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	18 8:00 Grupo de Discusión para Hombres con Cáncer Presentación: Keith Ayrans, MD, Nuevos Tratamientos 1:00 Something More Series with Terrie Milley
21 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:00 Gentle Yoga 3:30 Acupuncture Treatment	22 9:00 Lymphedema Prevention Exercise 9:00 Mindfulness-Based Stress Reduction	23 9:00 Cancer Rehab 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Presentation: Cervical Cancer Awareness	24 9:00 Acupressure for Self-Care 2:00 Healing Touch 6:00 Cancer Rehab	25 8:00 Men's Cancer Discussion Group Guest Speaker: Keith Ayrans, MD, New Treatments 1:00 Something More Series with Terrie Milley
28 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:00 Gentle Yoga 3:30 Acupuncture Treatment	29 9:00 Lymphedema Prevention Exercise 9:00 Mindfulness-Based Stress Reduction	30 9:00 Cancer Rehab 10:00 Fight Against Falls Class 4:30 Cancer Rehab	31 9:00 Acupressure for Self-Care 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	

February 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>	<p>5 9:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 9:00 Mindfulness-Based Stress Reduction 4:00 Kids Support Circle</p>	<p>6 9:00 Cancer Rehab 9:00 Gentle Yoga 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Caregiver Support Group</p>	<p>7 9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living Is the Plant Based Diet Right for Me? 6:00 Cancer Rehab</p>	<p>1 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Something More Series with Terrie Miley</p>
	<p>4 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment</p>			
	<p>11 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria Guest Speaker: Keith Ayrons, MD</p>			
<p>18 Office closed for Presidents' Day Holiday</p>	<p>19 9:00 Lymphedema Prevention Exercise 9:00 Mindfulness-Based Stress Reduction 9:30 Beauty and You 4:00 Kids Support Circle</p>	<p>20 9:00 Cancer Rehab 9:00 Gentle Yoga 10:00 Fight Against Falls Class 4:00 Presentation: DNA Testing 4:30 Cancer Rehab 6:00 Family Night Support Group</p>	<p>21 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab</p>	<p>22 8:00 Men's Cancer Discussion Group</p>
<p>25 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment</p>	<p>26 9:00 Lymphedema Prevention Exercise 9:00 Mindfulness-Based Stress Reduction</p>	<p>27 9:00 Cancer Rehab 9:00 Gentle Yoga 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Presentation: Estate Planning and Advance Healthcare Directives</p>	<p>28 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab</p>	<p>Calendar depicts weekdays only.</p>

DIGNITY HEALTH OF THE CENTRAL COAST CLASSES, GROUPS & PROGRAMS

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

🌀 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
JAN 10, 17, 24, 31 & FEB 7, 14;
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
JAN 28 & FEB 25; 1:30 PM

BY APPOINTMENT;
PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM

JAN 7, 14, 21, 28 & FEB 4, 11, 25;
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
JAN 31 & FEB 28; 2:00 PM

Aquatic Therapy Class

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

Allan Hancock College, SM
RESERVATIONS REQUIRED;
PLEASE CALL 805.346.3413.

Art Therapy Class

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

Hearst Cancer Resource Center, SLO
JAN 21 & FEB 18; 11:00 AM

Beauty and You

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

Hearst Cancer Resource Center, SLO
JAN 2 & FEB 6; 10:00 AM
RESERVATIONS REQUIRED;
PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM

JAN 15 & FEB 19; 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
FEB 5; 5:30 PM

Caregiver Support Group

A forum for people to get together
with those who understand their
concerns, share helpful strategies,
lend support and encouragement.

Hearst Cancer Resource Center, SLO
JAN 3, 17 & FEB 7, 21; 6:00 PM

Mission Hope Cancer Center, SM
JAN 2 & FEB 6; 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.

Coloring Your Stress Away

Coloring offers complete absorp-
tion for creativity and mindfulness.
Materials provided.

Hearst Cancer Resource Center, SLO
JAN 17 & FEB 21; 11:00 AM

RESERVATIONS REQUIRED; PLEASE
CALL 805.542.6234.

Clase en Español:

Comida para la Vida

Exploraremos los fundamentos de
la alimentación balanceada y dis-
cutiremos una alimentación salud-
able en beneficio de toda la familia.

Mission Hope Cancer Center, SM
FEB 5; 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. Information in English
and Spanish.

Mission Hope Cancer Center, SM
FEB 20; 6:00 PM

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

🌀 NEW CLASSES

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
JAN 2, 9, 16, 23, 30 & FEB 6, 13,
20, 27; 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
JAN 2 & FEB 6; 5:00 PM

HEAL: Healthy Eating and Activity for Living

Join our Registered Dietitian and Fitness Trainer for an exciting new class which combines delicious recipes with easy exercise tips that will keep you on the path to a healthier you!

Mission Hope Cancer Center, SM
JAN 3* & FEB 7†; 2:00 PM

*How Diet and Exercise Team Up to
Reduce Inflammation

†How Does Age and Exercise Work
with a Plant Based Diet?

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
JAN 14, 28 & FEB 11, 25; 11:00 AM
RESERVATIONS REQUIRED;
PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM
JAN 24 & FEB 28; 2:00 PM
RESERVATIONS REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

Gratitude makes sense
of our past, brings
peace for today, and
creates a vision for
tomorrow.

—Melody Beattie



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
PLEASE CALL 805.346.3469 TO SET UP
AN APPOINTMENT WITH KIM NEACE,
RN, OCN

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
JAN 15 & FEB 5, 19; 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
FEB 13; 12:45 PM
BY APPOINTMENT;
PLEASE CALL 805.346.3413.

Living with Cancer Support Group

Informal support group for all patients and their loved ones.

Hearst Cancer Resource Center, SLO
JAN 3, 17 & FEB 7, 21; 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
JAN 15 & FEB 12; 1:00 PM

Lymphedema Prevention Exercise

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

Marian Health & Wellness Center, SM
JAN 8, 15, 22, 29 & FEB 5, 12, 19,
26; 9:00 AM

RESERVATIONS 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.

Hearst Cancer Resource Center, SLO
JAN 9 & FEB 13; 1:00 PM

Mission Hope Cancer Center, SM
JAN 17 & FEB 21; 2:00 PM

Men's Cancer Discussion Group
Facilitated 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
JAN 11, 25* & FEB 8, 22; 8:00 AM
*Guest Speaker: Keith Ayrons, MD,
New Treatments

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 así como el cuidado de su salud.

Mission Hope Cancer Center, SM
JAN 4, 18* & FEB 1, 15; 8:00 AM
*Presentación: Keith Ayrons, MD,
Nuevos tratamientos

FAVOR DE LLAMAR PARA UNA
RESERVACIÓN A 805.346.3406.

Clases continúe

CLASSES, GROUPS & PROGRAMS

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.

☯ Mindfulness-Based Stress Reduction

This 8-week training class teaches techniques to help participants find peace and enhance the quality of life even with a cancer diagnosis.

Mission Hope Cancer Center, SM

JAN 15, 22, 29 & FEB 5, 12, 19, 26 & MAR 5; 9:00 AM

RESERVATIONS REQUIRED;

PLEASE CALL 805.219.HOPE (4673).

Mindfulness Refresher Class

Participants who took the eight week course can practice together.

Mission Hope Cancer Center, SM

JAN 10 & FEB 14; 2:00 PM

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

Nutritional Counseling

Learn how nutrition can support your healthcare goals. Schedule a one-on-one consultation with a Registered Dietitian.

Hearst Cancer Resource Center, SLO

BY APPOINTMENT;

PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM

BY APPOINTMENT;

PLEASE CALL 805.219.HOPE (4673).

Prostate Cancer Support Group

Open discussions about a prostate cancer diagnosis and treatment options as well as objective information and solutions shared.

Hearst Cancer Resource Center, SLO

JAN 21 & FEB 18; 6:30 PM

Pure Stoke Youth Program

Provides a safe, fun environment utilizing the healing energy of the beach and ocean to help youths deal with the stress of a family member with cancer. Meets at the Sea Crest Hotel in Pismo Beach; lunch is provided! To enroll, please visit <http://surfingforhope.org/pure-stoke-surf-camp/apply> and fill out a brief online application.

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

JAN 7, 21 & FEB 4; 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. Dare to begin the journey and be inspired to settle for nothing less than something more!

Mission Hope Cancer Center, SM

JAN 18, 25 & FEB 1, 8; 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

JAN 14 & FEB 11*; 5:00 PM

*Guest Speaker: Keith Ayrons, MD, Latest Information on Immunotherapy

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

JAN 2, 9, 16, 23, 30 & FEB 6, 13, 20, 27; 11:00 AM

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

JAN 7, 14, 21, 28 & FEB 4, 11, 25; 1:00 PM

RESERVATIONS REQUIRED;

PLEASE CALL 805.346.3413.

Warm Yarns Knitting and Crocheting Support Group

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

Hearst Cancer Resource Center, SLO

JAN 8, 15, 22, 29 & FEB 5, 12, 19, 26; 3:00 PM

Mission Hope Cancer Center, SM

JAN 7, 14, 21, 28 & FEB 4, 11, 25; 2:00 PM

Yoga for Cancer Patients and Survivors

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

Gentle Yoga

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

Mission Hope Cancer Center, SM

JAN 7, 14, 21, 28; 3:00 PM

FEB 6, 13, 20, 27; 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

JAN 14, 28 & FEB 11, 25; 5:00 PM

BY APPOINTMENT;

PLEASE CALL 805.542.6234.

★ NEW CLASSES

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

Lindsey Boschen, RN, OCN

ONCOLOGY NURSE NAVIGATOR

805.346.3405

Lindsey.Boschen@dignityhealth.org

Jenni Davis

ONCOLOGY COUNSELOR/PATIENT ADVOCATE

805.346.3402

Jennifer.Davis005@dignityhealth.org

Sean Hunt, RN, BSN, OCN

ONCOLOGY NURSE NAVIGATOR/
SURVIVORSHIP PROGRAM

805.346.3401

Sean.Hunt003@dignityhealth.org

Michelle Lamarche, RN, OCN

NURSE MANAGER, INFUSION CENTER

805.346.3421

Michelle.Lamarche@dignityhealth.org

Carol Lowe, RN, OCN

ONCOLOGY NURSE NAVIGATOR/
LUNG CANCER SCREENING PROGRAM

805.346.3463

Carol.Lowe@dignityhealth.org

Chris Magana

CANCER CENTER TRANSPORT COORDINATOR

805.346.3444

Chris.Magana@dignityhealth.org

John Malinowski, ATC, CET

CANCER REHABILITATION PROGRAM

805.346.3413

John.Malinowski@dignityhealth.org

Kelsey McCourt, RD

CLINICAL REGISTERED DIETITIAN

805.346.3403

Kelsey.Mccourt@dignityhealth.org

María Mejía, CCRP

UCLA CLINICAL RESEARCH COORDINATOR

805.346.3462

mariamejia@mednet.ucla.edu

Kim Neace, RN, BSN, OCN

ONCOLOGY NURSE NAVIGATOR

805.346.3469

Kimberly.Neace@dignityhealth.org

Hector Rodriguez

PROMOTOR DE SALUD
ESPECIALIZADO EN ONCOLOGÍA

805.346.3406

Hector.Rodriguez2@dignityhealth.org

French Hospital Medical Center

Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201

San Luis Obispo, CA

Gloria Caine, RN, BSN, OCN

NURSE NAVIGATOR, HCRC

805.542.6234

Gloria.Caine@dignityhealth.org

Beverly Kirkhart

DIRECTOR, HCRC

805.542.6269

Beverly.Kirkhart@dignityhealth.org

Infusion Center of San Luis Obispo

715 Tank Farm Road, Suite B

San Luis Obispo, CA

Susan L. Diaz, RN, OCN

MANAGER

805.542.6500, ext. 1470

Susan.Diaz@dignityhealth.org

Viri Ruiz

ONCOLOGY COUNSELOR

805.542.6500, ext. 1491

Viridiana.Ruiz@dignityhealth.org

Dignity Health Central Coast

Katherine M. Guthrie

SENIOR REGIONAL DIRECTOR, CANCER
SERVICES, CENTRAL COAST SERVICE AREA

805.346.3434

Katherine.Guthrie@dignityhealth.org

Max Boveri, LMFT

BEREAVEMENT COUNSELOR

805.614.2060

Max.Boveri@dignityhealth.org

Laura Deppen, RN

HOSPICE DIRECTOR

805.739.3828

Laura.Deppen@dignityhealth.org

Michelle Oliver, RN, MSN, PHN

DIRECTOR, DIGNITY HOME HEALTH

805.739.3835

Michelle.Oliver@dignityhealth.org

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

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

Cancer Risk Program/Survivorship Program

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

Caring for your Heart during your Cancer Journey

Guest speakers: Keith Ayrans, MD, and Bruce Ourieff, MD

Not all types of cancer treatment can cause damage to the heart. There are some treatments, however, that put an individual at an increased risk: These include certain chemotherapies, radiation therapy to the chest, targeted therapies, and hormonal therapies. These treatments, alone, have the potential to cause heart damage, but there are individuals who are at increased risk even before the start of therapy. People who have heart disease at the start of the treatment are at the highest risk of heart complications.

Changing lifestyle behaviors, communicating with your physician, and knowing the signs and symptoms associated with heart damage are just a few ways to keep your heart healthy during cancer treatment. Join us on for an important discussion on heart health led by local experts to find out the latest information on how to care for your heart during cancer treatment.

Wednesday, February 13 • 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)

MEET THE SPEAKERS

■ Keith Ayrans, MD, is board certified in Oncology, Hematology and Internal Medicine with decades of experience in patient care, community outreach and research. Join us as Dr. Ayrans shares his expertise on how to care for your heart before, during, and after cancer treatment.

■ Bruce Ourieff, MD, has been practicing in Santa Maria for over 20 years specializing in Cardiovascular Disease. His primary focus is general cardiology with an emphasis in interventional cardiology. Dr. Ourieff has extensive experience in complex cardiac disease management and state-of-art treatments.

