

# Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

July/August 2018

## COMFORTING PRESENCE



Free community presentation

## Coming Alongside: This is the Work of a Chaplain

A serious illness such as cancer can affect your relationships and your personal belief system. In other words, cancer affects your spirituality. To address this need, the spiritual care staff minister to the spiritual and emotional needs of our patients and their loved ones in a variety of ways. Please join us for tonight's discussion which will explore this important aspect of healing to help participants find strength, meaning and hope.

**Wednesday, August 15 • 5:00 p.m.**

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

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

A diagnosis of cancer can rock our world.

“Who am I?”

“What do I believe?”

“How did this happen?”

Questions like these are common expressions, often resulting in an identity crisis in spiritual beliefs and personhood. Coming alongside someone in this time of upheaval is the mission of a chaplain. The goal is to offer spiritual guidance (based on an individual's personal beliefs and practices) with the intention of helping someone regain their footing spiritually and personally so they find that place of strength once again. Ultimately, many survivors find that their faith, religion, or spirituality can be an incredible source of strength. Spiritual care services provides an open and compassionate environment that supports people as they draw on their own spiritual resources and practices for courage and comfort.

Cancer care has evolved to include the roles of the heart, mind, and spirit in the healing process, beginning right at diagnosis.

## COMMUNITY OUTREACH

### Mission Hope Cancer Center Leadership

Robert A. Dichmann, MD  
Medical Director  
Marian Cancer Program

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

Jeffrey Wu, MD  
Radiation Oncologist

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

The cancer program at Mission Hope Cancer Center encompasses the full continuum of services from prevention and early detection, through treatment and support to surveillance and follow-up.

## Awards of Recognition

Our commitment to providing quality, comprehensive cancer care has been commended as evidenced by this recent award.

### Women's Choice Award® for 2018 America's Best Hospitals for Cancer Care

### Mission Hope Cancer Center Recognized as Top Treatment Center for Cancer Care

The Cancer Care Program at Marian Regional Medical Center's Mission Hope Cancer Center is pleased to announce that it has earned the Women's Choice Award® for the 2018 America's Best Hospitals for Cancer Care.

This distinction is based on research from publicly available data, along with patient recommendations and satisfaction scores from cancer hospitals that have been accredited by the American College of Surgeons' Commission on Cancer. Hospitals were also recognized for having chemotherapy, radiation, and hospice services along with major research programs. Of the more than 1,350 cancer centers that were considered for this distinction, we are one of only 40 facilities in California that received this designation.

"This truly prestigious award speaks to our commitment of providing quality, comprehensive cancer care to not only the women of our community, but to all Central Coast residents and their families," said Charles J. Cova, Senior Vice President Operations, Dignity Health. "We are proud to be acknowledged as a preferred care center, offering many services for the treatment and support of our patients throughout their cancer journey."

Featuring some of the most advanced technology available, Mission Hope Cancer Center also houses dramatic improvements in patient comfort. Our goal is to provide the most advanced cancer treatments in the country in our community without the need for extensive travel. We are affiliated with the UCLA Jonsson Comprehensive Cancer Center, UCLA's Translational Oncology Research International network and Translational Research Management to conduct clinical trials.





## MAKING A LASTING IMPACT IN THE OF LIVES OF CANCER PATIENTS



Marian Cancer Care employees Kelly Tomita, Jenni Davis and Natalie Williams pose with Nipomo High School basketball player Shantille Simonson to commemorate the varsity girls team's recent gift.

### Hoops for Hope Fundraiser

Cancer is not an isolated incident: it impacts an entire community. The high school student athletes at Nipomo High School certainly felt this way and chose to act.

In this previous basketball season, the junior varsity and varsity Lady Titans of Nipomo took on Santa Maria High School for two important interleague games. Besides the local rivalry, these games were crucial for another reason. Through the efforts of the players, coaches, and attendees, \$1,100 was raised for the cancer patients served at Mission Hope Cancer Center during the fourth annual Hoops for Hope earlier this year.

Leading both on and off the court, sophomore Shantille Simonson was instrumental in helping raise these funds for local cancer patients and their families. As a childhood survivor of cancer herself, Shantille holds this event close to her heart. When she was a toddler, Shantille was diagnosed with Wilms tumor—a form of cancer that affects the kidneys. A strong survivor, Shantille now speaks to children at Nipomo Elementary School about her cancer journey and advocates for cancer care since it can impact any age.

Like most in our community, both the home and visiting teams have seen the effects of cancer. The hope of the sophomore basketball center is to continue this athletic event to both honor and remember those who have been affected by cancer. Thanks to a thrilling overtime victory, the varsity Lady Titans delivered a win both on the court and for cancer patients in need.

### CHARITABLE GIVING

#### Make a Gift That Lasts: Charitable Remainder Trusts

■ A charitable remainder trust (CRT) is an IRS-approved giving vehicle that provides charitably-minded people an opportunity to make a significant gift to an organization—such as Marian Regional Medical Center Foundation—while receiving a number of personal financial benefits including lifetime income.

Here's how a CRT works: once the trust is executed, highly-appreciated property (stocks, land, rental property, etc.) is donated to the CRT. Since the CRT is tax-exempt, there is no capital gains tax on the sale of the property. In addition, the donor receives a very significant and immediate charitable income-tax deduction. Once the property is sold by the trust, the proceeds are then invested in an account that pays the donor (and possibly others) income for life or for a period of years.

Please call 805.739.3595 to learn more.

### GUARDIAN ANGEL PROGRAM



#### Completing the Circle of Care

■ At Mission Hope Cancer Center and Marian Regional Medical Center, we're proud of our dedicated team members who provide compassionate care to our patients. Every day they demonstrate that humankindness is the best medicine. They are our Guardian Angels.

Has a physician, nurse, staff member, or volunteer touched your life? If so, consider making a gift to the hospital in his/her name. We invite you to visit [supportmarianmedical.org/guardianangels](http://supportmarianmedical.org/guardianangels) or call 805.739.3595.

# Announcing Our New Mission Hope Cancer Care Website!



## UP-TO-DATE EVENTS CALENDAR

Here at Mission Hope Cancer Center, we host a variety of events year-round: educational seminars, classes, support groups, cancer screenings, and more.



## AVAILABLE IN SPANISH

We translated all of our content, including educational material, into Spanish to better serve our multicultural community.

*Traducimos todo nuestro contenido, incluido el material educativo, al español para servir mejor a nuestra comunidad multicultural.*



## IN-DEPTH EDUCATION

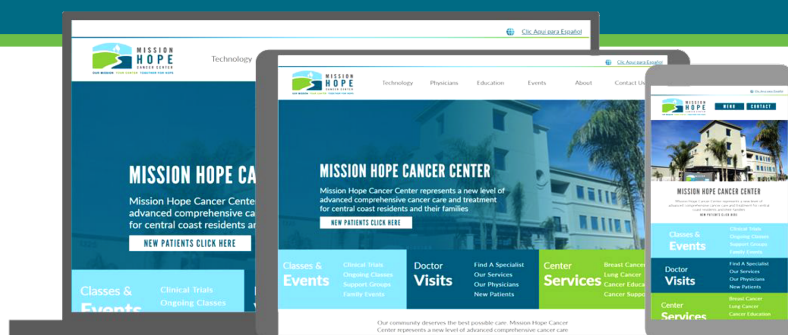
We strive to keep our patients aware of educational information that can help them with their cancer journey. Our new website has a vast education section, updated monthly to keep you informed of the latest medical developments.



## DIRECT ACCESS TO SUPPORT CARE STAFF

Mission Hope Support Care staff is now available directly online via email. We want to be easily accessible, and now we are just a mouse click away.

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



Mission Hope Cancer Center



## Introducing our NEW Mission Hope Website!

■ Knowledge is power and easy access to the information you need is vital to making wise decisions and being able to take advantage of all the programs and services Mission Hope offers. Our new website offers more features than ever before to help you do just that. Simply enter our website address on any electronic device (computer, iPad or smart phone) to get started.

Available in both Spanish and English, you can consult the website for our current community events or browse educational articles to learn about the various types of cancer, causes, treatments, and rehabilitation advice. In addition, this portal provides you with the opportunity to be linked directly to your support care provider via phone and email!

Check us out here:

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

and LIKE us on Facebook too!



Like us on Facebook:

**Mission Hope  
Cancer Center**

Take charge of your health

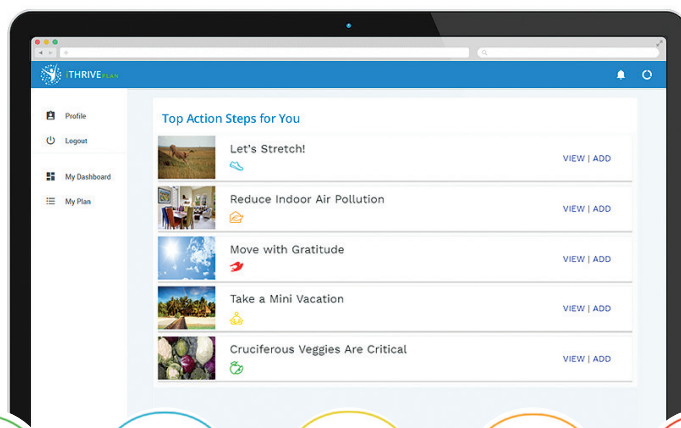
## Create a Personalized Plan for Healing and Recovery



iTHRIVE PLAN

**Absolutely  
FREE!**

- Feel healthier • Have more energy
- Experience less stress
- Take charge of your own wellness in five key areas



Diet



Movement



Rejuvenation



Environment



Spirit

■ The iTHRIVE Plan is an online wellness program for cancer survivors specifying simple but powerful activities that can be incorporated into your daily routine to optimize health and treatment recovery.

After completing a short ten-minute survey, you will be given a personalized plan that is based on your individual circumstances, abilities and lifestyle. You can choose easy-to-follow tips in five key areas of lifestyle-based wellness: diet, movement, environment, rejuvenation, and spirit. Fun and engaging, the online format of the iTHRIVE Plan—using a cell phone, tablet or computer—allows you to go at your own pace. Pictured here is a sample of a plan of action page designed to fit your needs.

Your Mission Hope care team of doctors, physician assistants, nurses, and dietitians endorse the iTHRIVE Plan as an effective way to minimize confusion and provide practical steps toward wellness during cancer treatment and beyond.

For more information and/or to get started, please call  
Kim Neace, RN, OCN: 805.346.3469



**Kelsey McCourt, RD**  
Clinical Registered Dietitian

You are invited to attend our new class with Cancer Exercise Trainer John and Registered Dietitian Kelsey. We love to answer your questions and help you take the right steps to a healthier you!

## HEAL: Healthy Eating and Activity for Living

It's no secret that **proper nutrition** and **daily movement** are two key contributors for maintaining and improving both mental and physical health. This is true for all people, including those who have cancer and are undergoing treatment. Mission Hope Cancer Center puts a high emphasis on both nutrition and exercise and strives to incorporate both aspects into the therapy of every patient. Because nutrition and exercise go hand in hand with preventing and fighting cancer as well as leading an overall healthy life, we are pleased to introduce a new monthly class that will be structured into two parts—incorporating both food and fitness. This article is a sample of the kind of helpful information that will motivate those now in treatment and survivors alike to achieve the best possible quality of life.

### How to Hydrate during the Heat of Summertime

Life as we know it without water does not exist. Water is the most abundant compound in the human body and has a myriad of functions, which include aiding in digestion, absorption, and transportation of nutrients along with helping to ease constipation. Staying healthy and hydrated in the heat of summertime can be a difficult task for anyone, especially for those who are simultaneously undergoing cancer treatment.

Vomiting and diarrhea, two common side effects of cancer treatment, can lead to increased fluid loss in the body and therefore, those experiencing these symptoms require increased fluid needs. Other symptoms that may occur due to cancer treatment, such as poor appetite, sore mouth, and nausea, can lead to a reduction in fluid consumption.

Patients experiencing symptoms on both sides of the spectrum clearly have a difficult battle to face. But fear not, these simple tips below will help you overcome these challenges.

**The first way to prevent dehydration is to know the signs and symptoms.** We know our bodies need food when our stomach growls, but what about water? Besides the obvious sensation of thirst, the body has other ways to alert you of dehydration. If you are experiencing any of the symptoms below, this may be your body saying, “I need water!”

- Dry mouth or tongue, making it hard to talk or swallow
- Cracked lips and skin
- Dry skin that tents (stays up) when lightly pinched
- Headaches or confusion
- Constipation
- Dizziness upon standing
- Little or no urine

**The next step is to know how much water you should be getting.** This is a tricky question because there is no “one size fits all.” For those who are experiencing vomiting and diarrhea, or for those incorporating exercise into their daily routine, your fluid needs may be increased due to fluid losses.

**The last key to maintaining your hydration is to know where fluids hide.** It is great to drink water throughout the day, but if you're finding it hard to meet your fluid

## HEAL: Healthy Eating and Activity for Living

Classes held the first Thursday of each month:  
**August 2 • 2:00 to 3:00 p.m.**

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

■ This class combines the powerful synergy of food and fitness to help you reach your best possible quality of life. Free food, delicious recipes, exercise tips and accessories and more!

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria  
**Please call 805.219.HOPE (4673) to reserve a spot.**

*New  
class!*



needs through drinking alone, feel comfort in the fact that many foods—specifically fruits and vegetables—are made up of about 90% water. Broccoli, cabbage, cauliflower, celery, spinach, grapefruit, strawberries, and watermelon are just a few of the many foods that provide a great source of water. The guide below demonstrates additional sources of water that you may be receiving through your diet.

1 cup of watermelon = 1 cup water

1 cup of blueberries = 1 cup water

1 cup of tomatoes =  $\frac{3}{4}$  cup water

1 cup of cucumber =  $\frac{1}{2}$  cup water

1 cup of asparagus =  $\frac{1}{2}$  cup water

1 cup of mushrooms =  $\frac{1}{3}$  cup water

## Active Living

Active living for a cancer survivor can be totally different than for a person without a chronic illness. In addition, every survivor is different: A person undergoing neo-adjuvant treatment has a very different definition than a person who has had their first clean PET scan or a person who has just received an all clear five-year follow up visit with their oncologist. Wherever you fit in this spectrum of survivorship, keeping active plays an important role in maintaining your ability to complete the daily tasks you want and need to achieve the best possible quality of life.

If you currently have treatment related symptoms like fatigue, nausea, low energy, trouble sleeping or muscle weakness, did you know there is a proven remedy to these problems? It is called physical activity or exercise. There are numerous studies that show these symptoms may be reduced with the implementation of a consistent exercise routine! Physical activity has several health benefits that can have a significant effect on your health and wellbeing including: lower resting heart rate and blood pressure, stabilizing blood sugar levels, minimizing loss of muscle and strength, decreasing fatigue, decreasing anxiety and depression, increasing

## Infused Water Ideas

Try these infused water recipes to boost your nutrient intake and add some flavor to your fluids! Or invent your own combinations.

### Watermelon, Kiwi and Lime

1 cup watermelon, cubed

1 kiwi, diced

1 lime, sliced

### Strawberry, Basil, and Lemon

$\frac{1}{2}$  cup strawberries, sliced (fresh or frozen)

5 large basil leaves, torn

1 lemon, sliced

Instructions: In a large pitcher, place the desired combination of fruit or herbs. Add ice and fill container with water. Add additional fruit or herbs to garnish if desired.

pain free active range of motion, increasing energy, increasing quality of sleep. All of these benefits lead to increasing your ability to complete activities of daily living, which can lead you to achieving even more goals.

Active living may be performing short bouts of exercises from your chair and getting up to get a drink of water several times a day. You may be able to get outdoors and walk your dog a few days a week or spend time out in your garden on a daily basis. Maybe you have worked up to the point of attending some group exercise classes or become a regular attendee at a local gym. Whatever level of physical activity you are at today is exactly what you should do today. It is also good to have a plan on how to reach the next level of fitness. The Cancer Rehabilitation Program can help you do just that.

Make plans to join us for the new class **HEAL: Healthy Eating and Activity for Living** at Mission Hope. Reservations are required; please call 805.219.HOPE (4673) to sign up today as space is limited.



**John Malinowski, ATC, CET**  
Cancer Rehabilitation  
Program

### *Clase en Español:*

#### **Comida Para la Vida:**

Únete a nuestra dietista y al intérprete mientras exploran los fundamentos de la alimentación en la clase de nutrición.

**7 de Agosto • 9:00 a.m.**

Mission Hope Cancer  
Center  
Santa Maria

**Favor de llamar para una  
cita a 805.346.3406.**



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

## What you focus on, you will achieve!

Have you ever been told we (humans) are incapable of holding conflicting thoughts in our head at the same time? I wish I could remember where I read this but I've tried it and found it to be true. I cannot hold a positive and a negative thought in my mind at the same time. Try it.

If we accept this tenet to be true, just imagine the control we have to focus on the things that are important to us! No more rehashing the “if only...should-have...could-haves.” We can move forward to create or recreate our life! We all have the power within us to do this. How, you ask?

Visioning what we want in life is one of the most important steps. Take some time to reflect and think about the life you really want to live. Think about the things that are important to you: family and friends, leisure activities, hobbies, philanthropic activities, anything you enjoy and are important for you to have in your life.

Then consider creating a vision board. A vision board is a fun and effective way to connect with our subconscious wants, desires and needs—and make them conscious!

A vision board is simply a name for a collage or inspirational map we create from pictures, quotes, photos, vacation brochures, embellishments (glitter, stickers, etc.) The map can be WHO we want to be or HOW we want our lives to be but it's a visual representation of our goals and dreams—a powerful way to make our aspirations more tangible and attainable.

Once you are ready to begin creating your visual map, be sure to get in a place of calm. Grab a cup of tea and play your favorite music. And remember one thing: This is your vision not of anyone else; be true to yourself!

Once completed, some put their creation in a place they will see everyday to remind and inspire them. Others put the vision board away only to discover it at a later time surprised to see how much of it had come true!

A vision board can be a way of teaching our mind to focus on the things that are important to us. Creating the vision board tells our mind what's important and it may just draw your attention to something you might not otherwise have noticed.

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

Get ready to explore  
life's possibilities.

What better time to  
begin your journey  
than now?

*“Without leaps of imagination, or dreaming, we lose the excitement of possibilities.  
Dreaming, after all, is a form of planning.”*

—Gloria Steinem





Finding your inspiration, hope and support is so important during your cancer journey.

New hands-on class:

## Vision Board Workshop

Wednesday, August 22 • 5:00 p.m.

By Lisa Ramos Murray, MA, BCC

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

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

A vision board can help people:

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

**Registration is required. Please call Mission Hope for a reservation: 805.219.HOPE (4673)**



## **SURVIVORSHIP CARE CAN BE FUN!**

The Learn Golf Support Group is free of charge for cancer patients, survivors and caregivers as well as family members and friends of those affected by cancer.

**Enjoy the fresh air and sunshine**

## **Learn Golf Support Group**

■ You are invited to join the Learn Golf Support Group to experience the game of golf in an enjoyable and stress-free manner. Participants practice on three holes of the 12-hole course with Monarch Dunes golf professionals offering guidance and tips. The Learn Golf Support Group is a great way to renew your spirit and get some exercise while learning a new skill.

Perfect for beginners, all necessary equipment is supplied. Participants are required to wear golf shoes or tennis shoes and a collared shirt; no cut-offs or ragged pants. A jacket or sweater is recommended and bring water to stay hydrated. Players may walk the course or utilize a cart. See you on the green!

**Meets the second and fourth Wednesday of the month  
12:45 p.m.**

**Monarch Dunes Golf Course, Nipomo**

**Reservations are required; please call John Malinowski 805.346.3413.**

### **Benefits of Aquatic Therapy:**

- Improves range of motion
- Increases muscular strength and core stabilization
- Enhances oxygen and caloric consumption
- Works balance and coordination
- General relaxation
- Joint flexibility
- Promotes circulation
- Pain reduction

### **Spotlight on Aquatic Therapy Class:**

## **Water Fitness for Cancer Survivors**

■ Exercise in a pool is inherently different than on land because of the properties of water. Patients who exercise in water tend to improve quicker and find the experience easier than they would on land.

The Aquatic Therapy program is structured with a significant focus on strengthening the chest, shoulder and back muscles. A typical class might include a 10-minute warm-up that involves walking in waist-to-chest-deep water and performing a variety of progressive hand/arm movements. Concentration is given to basic breathing throughout. Next, participants work through a variety of exercises and stretches focused on the traumatized muscles. Additionally, because the whole person approach—body, mind and spirit—can be affected by pain, fear, restricted range of motion, fatigue, and/or depression which may accompany cancer, the class ends with a focus on centering and mindfulness, helping to release the stresses of the day.

**Celebrate summer! Experience the benefits of exercising in water.**

**Allan Hancock College, Santa Maria**

**By appointment only. Please call Mission Hope to register: 805.346.3413.**



You're invited to join us for a free dinner education program:

## A Closer Look at Multiple Myeloma and Emerging Therapies in Blood Cancers

### Featured speaker: Sarah M. Larson, MD

Assistant Professor of Medicine  
Hematologic Malignancies and Stem Cell Transplant Program  
University of California, Los Angeles

Mission Hope and the Leukemia & Lymphoma Society are pleased to bring Sarah M. Larson, MD, to our community to share her expertise in the field of blood cancers. The evening's program will include a catered dinner by Chef Rick, and a presentation discussing the diagnosis and treatment of multiple myeloma. In addition, the new breakthrough therapies changing the treatment landscape in leukemia, lymphoma, and myeloma will be explored.

Sarah M. Larson, MD, is an assistant professor and medical oncologist in the Department of Medicine, Division of Hematology-Oncology at the David Geffen School of Medicine at UCLA. She is also the Director of Training for the Hematology-Oncology Fellowship program and Director of the Multiple Myeloma Program. Dr. Larson specializes in the treatment of hematologic malignancies. Her research interests include the identification of novel pathways and therapeutics for patients with multiple myeloma and leukemia. She has also worked on the clinical development chimeric antigen receptors (CARs) for the treatment of patients with lymphoma, leukemia and multiple myeloma.

**Thursday, July 19 • 5:00 p.m.**

**Light dinner catered by Chef Rick**

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

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

Blood cancers affect the production and function of the blood cells. These cancerous cells prevent the blood from performing many of its functions, like fighting off infections or preventing serious bleeding.

## All Blood Cancer Support Group (Leukemia, Lymphoma, and Multiple Myeloma)

Meetings once a month

**July 19 • 5:00 p.m. Special presentation (see above)**

**August 16 • 2:00 p.m.**

■ This ongoing support group was established to help individuals and their families coping with a diagnosis of a blood cancer with information and encouragement before, during and after treatment.

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

**Please call 805.219.HOPE (4673) for more information.**



Upcoming yoga series heals mind, body, and spirit

## Yoga for Healing

**Led by Gayle Hurlburt, certified yoga instructor**

All experience levels welcome; offered to patients, survivors and caregivers

A two-time breast cancer survivor, Gayle Hurlburt sought healing through yoga throughout a very difficult time of treatments, surgeries and fatigue. Under Gayle's experienced guidance, participants in this gentle yoga class will have the opportunity to discover ways to gain a greater sense of well-being by strengthening their bodies and combating the uncomfortable side effects of treatment in addition to reducing tension, anxiety, and stress.

**Tuesdays: July 10, 17, 24, 31 • 3:00 p.m.**

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

**Reservations are required; class size limited.**

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

Tell your story!

**SoulCollage® Art Therapy**

**July 13 and August 10  
1:00 p.m.**

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

Created by a therapist, SoulCollage® is a hands-on activity using art and imagery as a form of self expression. This creative technique allows us to give voice to that which is in our soul; the finished collages articulate what we cannot. Many enjoy this process because anyone can do it. Not all of us are artists but participants leave with an image that speaks to them and where they are on their particular journey.

**WALK-INS WELCOME**

Unleash your creativity at our free self-help workshops

## SoulCollage® Art Therapy

**DISCOVER YOUR WISDOM, CHANGE YOUR WORLD™**



Above: Samples of artwork by SoulCollage® workshop participants. You are invited to attend a workshop and create one that tells your story. Materials are provided.



## SUPPORT GROUP SPECIAL EVENTS

### Informative Presentation: Hyperbaric Oxygen Therapy

The Support for People with Oral and Head and Neck Cancer Support Group invites community members to learn the latest about a helpful treatment therapy.

**Monday, July 9 • 5:00 p.m.**

**Roger Hunter, cofounder Nirvana Hyperbaric & Wellness**

Hyperbaric oxygen therapy (HBOT) is the only therapy that can actually repair the damage to normal tissue that occurs when cancer tumors are irradiated. The purpose of this presentation is to educate the staff and patients regarding the benefits of hyperbaric oxygen therapy for the treatment of radiation injury to both soft tissue and bone. Whereas other therapies address the symptoms, HBOT causes new blood vessels to grow in the damaged tissue to produce healing. Examples of radiation injury are:

- Osteoradionecrosis of mandible
- Skin lesions that will not heal
- Lesions of the mucosal lining in the mouth
- Damage to larynx (lesions, difficulty swallowing or pain and discomfort)

Roger Hunter is a specialist who sets up treatment programs as well as educating clients with in-depth information and studies that help them to better understand how HBOT works on their specific condition.

Mission Hope Cancer Center Conference Room • 1325 East Church Street

**NO RESERVATIONS NECESSARY**

For information, please contact Aundie Werner, MS, CCC-SLP, at 805.739.3185 or via email at [Aundie.Werner@DignityHealth.org](mailto:Aundie.Werner@DignityHealth.org).

**Men's Cancer Discussion Groups (English and Spanish)**

### Experience the Art of Origami

Jane Abela is back by popular demand to showcase the beauty of paper sculpture and to demonstrate the skills required to create various designs.

A cancer survivor herself, Jane will lead the group in the creative and relaxing pastime of origami. This practice immerses one in the activity of paper folding that activates the whole brain while pleasantly engaging the senses of touch and sight as you produce an elegant construction. Many of the origami designs are symbols of hope and new beginning...a perfect pick me up!

**Friday, August 10 • 8:00 a.m. (English group)**

**Viernes, 17 de Agosto • 8:00 a.m. (Grupo en Español)**

Mission Hope Cancer Center Conference Room • 1325 East Church Street

**NO RESERVATIONS NECESSARY • REFRESHMENTS SERVED**



You are not alone! Join us.

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

**July 9 • August 13  
5:00 to 6:30 p.m.**

**Mission Hope Cancer Center  
Conference Room**

1325 East Church Street  
Santa Maria

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 questions or concerns.

**WALK-INS WELCOME**

Speaking man to man:

### Men with Cancer Discussion Groups

ENGLISH:

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

ESPAÑOL:

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


(No hay clases durante el mes de julio. Las clases comienzan de nuevo en agosto.)

**Mission Hope Cancer Center  
Conference Room**

1325 East Church Street  
Santa Maria

**WALK-INS WELCOME**

# July Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>3</b> 9:00 Lymphedema Prevention Exercise	<b>4</b>  Office closed for Fourth of July Holiday	<b>5</b>	<b>6</b> 1:00 Women's Wisdom Circle
<b>9</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria Dr. Hunt Presentation	<b>10</b> 9:00 Lymphedema Prevention Exercise 3:00 Yoga for Healing	<b>11</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 3:00 Cancer Rehab	<b>12</b> 2:00 Mindfulness Refresher 6:00 Cancer Rehab	<b>13</b> 8:00 Men's Cancer Discussion Group 1:00 Soul Collage 4:00 Taller de Mindfulness (Spanish)
<b>16</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>17</b> 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better 3:00 Yoga for Healing	<b>18</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab	<b>19</b> 5:00 Lymphoma, Leukemia and Multiple Myeloma Support Group Dinner and Lecture 6:00 Cancer Rehab	<b>20</b> 4:00 Taller de Mindfulness (Spanish)
<b>23</b> 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>24</b> 3:00 Yoga for Healing	<b>25</b> 12:45 Learn Golf	<b>26</b> 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer	<b>27</b> 8:00 Men's Cancer Discussion Group 4:00 Taller de Mindfulness (Spanish)
<b>30</b> 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>31</b> 9:00 Lymphedema Prevention Exercise 3:00 Yoga for Healing			



# August 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><b>6</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting &amp; Crocheting Group 3:30 Community Acupuncture</p> <p><b>13</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting &amp; Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria</p> <p><b>20</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting &amp; Crocheting Group 3:30 Community Acupuncture</p>	<p><b>7</b> 9:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise</p>	<p><b>1</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab</p>	<p><b>2</b> 2:00 HEAL: Healthy Eating and Activity for Living 6:00 Cancer Rehab</p>	<p><b>3</b> 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Women's Wisdom Circle 4:00 Taller de Mindfulness (Spanish)</p>
	<p><b>14</b> 9:00 Lymphedema Prevention Exercise</p>	<p><b>8</b> 12:45 Learn Golf</p>	<p><b>9</b> 2:00 Mindfulness Refresher</p>	<p><b>10</b> 8:00 Men's Cancer Discussion Group Origami Class 1:00 Soul Collage 4:00 Taller de Mindfulness (Spanish)</p>
	<p><b>21</b> 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better</p>	<p><b>15</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 5:00 Presentation: The Work of a Chaplain</p>	<p><b>16</b> 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab</p>	<p><b>17</b> 8:00 Grupo de Discusión para Hombres con Cáncer Origami Class 4:00 Taller de Mindfulness (Spanish)</p>
<p><b>27</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting &amp; Crocheting Group 3:30 Community Acupuncture</p>	<p><b>28</b> 9:00 Lymphedema Prevention Exercise</p>	<p><b>22</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 3:00 Cancer Rehab 5:00 Vision Board</p>	<p><b>23</b> 2:00 Healing Touch 6:00 Cancer Rehab</p>	<p><b>24</b> 8:00 Men's Cancer Discussion Group 4:00 Taller de Mindfulness (Spanish)</p>
	<p><b>28</b> 9:00 Lymphedema Prevention Exercise</p>	<p><b>29</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab</p>	<p><b>30</b> 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab</p>	<p><b>31</b> 4:00 Taller de Mindfulness (Spanish)</p>

Calendar depicts weekdays only.

## 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

#### PASO ROBLES

Oak Park Chet Dotter  
Senior Community Center  
801 28th Street

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

**Hearst Cancer Resource Center, SLO**  
JUL 23 & AUG 27; 1:30 PM

(By appointment only)

RESERVATIONS REQUIRED; PLEASE  
CALL 805.542.6234.

#### Community Acupuncture

At an appointed time, each person consults quietly with the practitioner followed by individualized treatment in a reclining chair.

**Mission Hope Cancer Center, SM**  
JUL 2, 9, 16, 23, 30 & AUG 6, 13,  
20, 27; 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**  
JUL 26 & AUG 30; 2:00 PM

**Oak Park Chet Dotter Senior  
Community Center, Paso Robles**  
JUL 27 & AUG 24; 4:00 PM

#### Aquatic Therapy Class

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

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

#### Art Therapy Class

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

**Hearst Cancer Resource Center, SLO**  
JUL 16 & AUG 20; 11:00 AM

#### Breast Cancer Support Group

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

**Hearst Cancer Resource Center, SLO**  
JUL 3 & AUG 7; 5:30 PM

#### Caregiver Support Group

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

**Hearst Cancer Resource Center, SLO**  
JUL 5, 19 & AUG 2, 16; 6:00 PM

**Mission Hope Cancer Center, SM**  
Will resume in September.



**Happy Fourth of July!** Office closed.

#### Cancer Rehabilitation

An individualized 12-week program  
with our Certified Exercise Trainer.

**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**  
JUL 19, & AUG 16; 11:00 AM

RESERVATIONS 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. Information in English  
and Spanish.

**Mission Hope Cancer Center, SM**  
Will resume in September.

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

#### Fight Against Falls

##### Exercise Class

This class provides participants with  
the knowledge to reduce the risk of  
falls in addition to working on con-  
ditioning the muscles to help battle  
muscle fatigue and gain strength.

**Marian Health & Wellness Center, SM**  
JUL 11, 18 & AUG 1, 15, 22, 29;  
10:00 AM

RESERVATIONS REQUIRED;  
PLEASE CALL 805.346.3413.

#### 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.

**Clase en Español:**

**Comida para la Vida**

Exploraremos los fundamentos de la alimentación balanceada y discutiremos una alimentación saludable en beneficio de toda la familia.

**Mission Hope Cancer Center, SM**

**AUG 7; 9:00 AM**

FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.

**Circle of Strength**

**Cancer Support Group**

Informal support group for all patients and their loved ones.

**Hearst Cancer Resource Center, SLO**

**JUL 5, 19 & AUG 2, 16; 6:00 PM**

BY RESERVATION ONLY; PLEASE CALL 805.542.6234.

**Guided Meditation Class**

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

**Hearst Cancer Resource Center, SLO**

**AUG 1; 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**

**AUG 2; 2:00 PM**

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**

**JUL 9, 23 & AUG 13, 27; 11:00 AM**

RESERVATIONS REQUIRED;  
PLEASE CALL 805.542.6234.

**Mission Hope Cancer Center, SM**

**JUL 26 & AUG 23; 2:00 PM**

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

**iThrive Wellness Program**

An online web application that creates a personalized wellness plan for cancer survivors, iTHRIVE is available, free of charge, 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**

**Will resume in September.**

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

**Learn Golf**

Golf professionals use three holes of the golf course to teach the game in an enjoyable, stress free manner.

**Monarch Dunes, Nipomo**

**JUL 11, 25 & AUG 8, 22; 12:45 PM**

BY APPOINTMENT;  
PLEASE CALL 805.346.3413.

**Look Good, Feel Better**

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

**Hearst Cancer Resource Center, SLO**

**AUG 1; 10:00 AM**

RESERVATIONS REQUIRED;  
PLEASE CALL: 805.542.6234.

**Mission Hope Cancer Center, SM**

**JUL 17 & AUG 21; 9:30 AM**

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

**Lymphedema Education**

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

**Hearst Cancer Resource Center, SLO**

**JUL 31 & AUG 21; 1:00 PM**

**Lymphedema Prevention**

**Exercise**

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

**Marian Health & Wellness Center, SM**

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

**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**

**JUL 11 & AUG 8; 1:00 PM**

**Mission Hope Cancer Center, SM**

**JUL 19\*; 5:00 PM**

**\*Dr. Larson Presentation: Emerging Therapies in Blood Cancers**

**AUG 16; 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**

**JUL 13, 27 & AUG 10\*, 24; 8:00 AM**

**\*Presentation: Origami with Jane**

**Men's Spanish Group • En Español:**

**Grupo de Apoyo Para Hombres con Cáncer y Sobrevivientes de Cáncer**

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

**Mission Hope Cancer Center, SM**

**AUG 3, 17\*; 8:00 AM**

**\*Presentation: Origami with Jane**

FAVOR DE LLAMAR PARA UNA RESERVACIÓN A 805.346.3406.



## CLASSES, GROUPS & PROGRAMS

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

**Mission Hope Cancer Center, SM**  
JUL 12 & AUG 9; 2:00 PM

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

### *Clase en Español:*

🌟Un Taller de Mindfulness  
Un taller de ocho semanas que  
basado en practicas para aliviar  
la ansiedad y mejorar el estado de  
ánimo.

**Mission Hope Cancer Center, SM**  
JUL 13, 20, 27 y AGO 3, 10, 17, 24,  
31; 4:00 PM

SE REQUIERE RESERVACIÓN, POR  
FAVOR LLAME: 805.346.3406

### 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 informa-  
tion and solutions shared.

**Hearst Cancer Resource Center, SLO**  
JUL 16 & AUG 20; 6:30 PM

### Qigong Class

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

**Hearst Cancer Resource Center, SLO**  
JUL 2, 16 & AUG 6, 20; 5:00 PM

### SoulCollage® Art Therapy

Creative process for accessing your  
intuition and creating an incredible  
deck of cards with deep personal  
meaning. Walk-ins welcome.

**Mission Hope Cancer Center, SM**  
JUL 13 & AUG 10; 1:00 PM

SPOHNC, Santa Maria  
(Support for People with Oral,  
Head, and Neck Cancer, Inc.)

These meetings offer information  
and practical support to address the  
particular challenges of oral, head  
and neck cancer. Everyone welcome.

**Mission Hope Cancer Center, SM**  
JUL 9\* & AUG 13; 5:00 PM

\*Presentation: Hyperbaric Therapy  
with Roger Hunter

### Tai Chi Chih

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

**Hearst Cancer Resource Center, SLO**  
JUL 11, 18, 25 & AUG 1, 8, 15, 22,  
29; 11:00 AM

### 🌟Vision Board Workshop

Join us for an evening of visual  
representation of our goals and  
dreams—a powerful way to make  
our aspirations more tangible and  
attainable.

**Mission Hope Cancer Center, SM**  
AUG 22; 5:00 PM

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

### 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**  
JUL 2, 9, 16, 30 & AUG 6, 13, 20,  
27; 1:00 PM

RESERVATIONS REQUIRED;  
PLEASE CALL 805.346.3413.



As of June 2, a new dialing  
procedure is in effect.  
Every call requires dialing **1** plus  
the prefix **805** along with the  
**seven digit number**.

### Warm Yarns Knitting and Crocheting Support Group

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

**Hearst Cancer Resource Center, SLO**  
JUL 3, 10, 17, 24, 31 & AUG 7, 14,  
21, 28; 3:00 PM

**Mission Hope Cancer Center, SM**  
JUL 2, 9, 16, 23, 30 & AUG 6, 13,  
20, 27; 2:00 PM

### Women's Wisdom Circle

Come and share your experiences,  
your joys, your challenges as we  
witness each other's lives and share  
in each other's journeys.

**Mission Hope Cancer Center, SM**  
JUL 6 & AUG 3; 1:00 PM

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

### Yoga for Cancer Patients and Survivors

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

### 🌟Yoga for Healing

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

**Mission Hope Cancer Center, SM**  
JUL 10, 17, 24, 31; 3:00 PM

SPACE LIMITED; PLEASE CALL TO  
RESERVE A SPOT 805.219.HOPE (4673).

### Restorative Yoga

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

**Hearst Cancer Resource Center, SLO**  
JUL 9, 23 & AUG 13, 27; 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](http://www.missionhopecancercenter.com)

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ONCOLOGY NURSE NAVIGATOR

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**French Hospital Medical Center**

Hearst Cancer Resource Center

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San Luis Obispo, CA

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**Mission Hope Cancer Center Phone Numbers**

**FIRST FLOOR:**

Marian Cancer Care .....805.219.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 Oncology .....805.349.9393

Mission Hope Infusion Center ..... 805.346.3419

Mission Hope Lab (*Office hours: 7:30 a.m. to 4:30 p.m.*) ..... 805.346.3480



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

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93401



Like us on Facebook:  
Mission Hope Cancer Center



SAVE THE DATE—SUNNY COUNTRY PRESENTS

## Concert for Hope!

Saturday, September 29 • 5:00 p.m.

Presqu'ile Winery, 5391 Presqu'ile Drive, Santa Maria

With special guest—direct from Nashville—Cash Campbell

Singers/songwriters **Anna Wilson** and **Monty Powell** will be entertaining live on stage at Presqu'ile Winery in a benefit concert for patients and families at Mission Hope Cancer Center. In addition to performances of their hit songs, attendees will hear behind-the-scenes tales from these two Grammy Award-winning songwriters who have collaborated with Keith Urban, Lady Antebellum, Billy Ray Cyrus, to name a few.

**SUNNY 102.5**  
**COUNTRY FM**

**MY 805 TIX**

For tickets and/or more information,  
please visit [sunnycountry.com](http://sunnycountry.com)  
or <https://my805tix.com>

