

# Cancer Care

OUR MISSION YOUR CENTER TOGETHER FOR HOPE

CELEBRATING THE GENEROSITY OF OUR COMMUNITIES

May/June 2018

## Hope Delivered!



For the fifth straight year, the generosity and kindness of the Central Coast was on display across two counties, as local community members once again chose to stand with local cancer patients and their families in need.

On April 11, 2018, more than 650 community members took to the streets from Santa Ynez to Nipomo with one goal: sell \$1 'special edition' Day of Hope *Santa Maria Times*, *Lompoc Record*, and *Santa Ynez Valley News* newspapers. One hundred percent of all Day of Hope proceeds stay in the community, benefiting local cancer patients and families in need at Mission Hope Cancer Center.

On behalf of the physicians, nurses, volunteers, and patients at Mission Hope Cancer Center, **we thank you** for your generous support of Day of Hope!



Thanks to the generosity of event sponsors, devoted team leaders, participants, and a compassionate community, more than \$200,000 was raised! Every donation, dollar by dollar, made a difference and will provide for patient outreach needs, acquisition of advanced equipment and technology, and cancer programs and services.

If you would like to gift hope, please visit [supportmarianmedical.org/dayofhope](http://supportmarianmedical.org/dayofhope).

THE 2018  
Day of Hope  
PROUDLY PRESENTED BY AERA INSPIRE SPONSOR



## 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

What can you do to reduce your risk of colorectal cancer? Say “YES” to the test! Get screened. It’s that simple. If you or a loved one needs assistance scheduling a colonoscopy, please call Carol Lowe, RN, OCN, our oncology nurse navigator, at 346.3463.

## Honoring Those Who Make a Difference

■ In recognition of March as Colon Cancer Awareness Month, Santa Maria Digestive Diagnostic Center and Mission Hope Cancer Center collaborated to bring life-saving information and free screenings to our community. On March 13, Mission Hope hosted a free Colorectal Cancer Informational Session with gastroenterologist Atul B. Vachhani, MD, wherein he discussed screening recommendations and the latest treatment options for colorectal cancer. In addition, for the fourth year, a day was set aside to offer free colonoscopy screenings for uninsured people who could otherwise not afford to be screened.



On behalf of our cancer committee, we extend our deepest thanks to Santa Maria Gastroenterology Medical Group and their medical team and office staff (pictured on this page) for your commitment to catching this disease at a treatable stage.



Colon Cancer is:

- Preventable
- Treatable
- Beatable



This is particularly timely because recent statistics for the Central Coast demonstrate stage 3 and 4 colorectal cancers are higher than the national averages. Due to this concern, in 2014 we started a local campaign to encourage members of our community to get a colonoscopy. Screening rates rose by 7% with our insured population. However, progress in our uninsured underserved communities did not change. By partnering with Santa Maria Digestive Center—Drs. Benipal, Evans, Jahnke, Nastaskin, Vachhani and Hsia—we have provided 103 colonoscopies to those who are unable to afford them, removed numerous polyps and identified five cancers. On the most recent free colonoscopy screening day there were fifteen people tested; of these, twelve people had large polyps removed.

Over 75 percent of colon and rectal cancers occur in people with no known risk factors and often starts with no symptoms. Marian Cancer Care encourages a proactive approach to help stop this cancer in its earliest stages with regular screenings and practical information to make good healthcare decisions.



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



Over the years, the Swiss Bar Charity Golf Tournament has collectively raised more than \$93,656 in support of Marian Cancer Care at Mission Hope Cancer Center! Pictured left, the founders of the tournament, **George and Ande Manos**, posed last year as the fun got underway at the 2017 Swiss Bar Charity Golf Tournament.

### The Swiss Bar Charity Golf Tournament

■ We invite you to support the community on the links in the ninth annual Swiss Bar Charity Golf Tournament benefiting Marian Cancer Care patients and families at Mission Hope Cancer Center. This one-of-a-kind event at Rancho Maria Golf Course in Santa Maria will have great food, drinks, prizes, golf, and more, all while supporting Marian Cancer Care patients at Mission Hope Cancer Center.

**Saturday, June 20, 2018 • Shotgun start: 12:00 noon**

**Rancho Maria Golf Course**

1950 Casmalia Road, Santa Maria

Entry fee: \$150 per person • Hole sponsorships range from \$100-\$500

For more information, contact George Manos at [george.theswissbar@gmail.com](mailto:george.theswissbar@gmail.com)

#### CHARITABLE GIVING

### Give Real Estate or Other Tangible Property

■ Donating appreciated real estate, such as a home, vacation property, undeveloped land, farmland, ranch or commercial property can make a great gift to Marian Regional Medical Center Foundation in support of the programs and services of Marian Cancer Care. Giving appreciated property will result in an income tax deduction equal to the full fair market value of the property. In addition, any capital gains tax is avoided.

#### Benefits of gifts of real estate:

- Avoid paying capital gains tax on the sale of the real estate
- Receive a charitable income tax deduction based on the value of the gift
- Leave a lasting legacy to Marian Cancer Care at Mission Hope Cancer Center



If you have questions about gifts of real estate, please contact the Marian Foundation at 805.739.3595.

## SPEAKING MAN TO MAN

**Fear is the enemy and education is the path to survival for any cancer patient—man or woman. Support groups help to fill this vital need.**

### Focusing on the Concerns of Men

Support groups for men have been researched and the results may surprise you. After attending a support group with men in similar circumstances, participants acknowledge that they feel less anxiety and depression. Many men find that sharing their experiences in a secure setting helps them manage their stress and figure out solutions to problems.

The purpose of support groups is to bring people together who are facing similar issues whether it's illness, relationship problems or major life changes. Many find it helpful to talk with others who are in the same situation. At times, men may have trouble expressing their feelings because they feel that society or their culture expects them to stay strong and silent. However, in a support group with one another, men can develop trusting bonds and reveal things to each other they might feel uncomfortable telling anyone else.

Members of a support group typically offer one another comfort and support, advice and tips to help cope with the situation. Benefits of participating in support groups may include:

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving your coping skills and sense of adjustment
- Talking openly and honestly about your feelings
- Developing a clearer understanding of what to expect with your situation
- Reducing distress, depression or anxiety
- Getting practical advice or information about treatment options
- Comparing notes about resources, such as doctors and alternative options

We suggest that you attend a few support group meetings at Mission Hope Cancer Center to see if it is a good fit for you. You may be nervous about sharing personal issues with people you don't know, so at first you might benefit from simply listening. Over time, contributing your own ideas and experiences can help you get more out of the meeting. Take note that support groups are not a substitute for regular medical care. If a support group isn't your thing, but you need help coping with your condition or situation, talk with your health care team about alternatives.

The Mission Hope Cancer Center and the Marian Cancer Care offer many support group opportunities and services to help you cope with your situation or condition so that you get through it successfully.



**"The way we communicate with others and with ourselves ultimately determines the quality of our lives."**

—Tony Robbins



## Discussion Groups for Men with Cancer

Mission Hope offers two groups for men at any stage of the cancer journey to gather to discuss issues, exchange information, share concerns and get answers in a relaxed forum. On occasion, meetings feature educational presentations given by qualified speakers; see upcoming topics below. The groups are facilitated by Sean Hunt, RN, BSN, OCN.

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

### SPECIAL PRESENTATION DATES:

**May 25: Pelvic Floor Strengthening and Biofeedback Re-Training following Prostatectomy to Reduce Incontinence**

Samantha Stollberg, PT, PTPC, and Karen Bailey, PT of Core Rehabilitation

The development of urinary incontinence after undergoing prostatectomy is a common occurrence, affecting an estimated 70 percent of men to some degree at 12 and 24 months post-surgery. After prostatectomy, the pelvic floor muscles may weaken and urine can leak. Coughing, laughing, sneezing, or getting up from a chair can be especially challenging for the muscles to control. If leaks occur during these activities, it is called stress urinary incontinence. Pelvic physical therapy before and after surgery can help train the pelvic floor muscles to reduce incontinence. This class/session will address the issues of pelvic floor dysfunction following prostate surgery and how pelvic physical therapy can help.

**June 8: Diabetes and Cancer**, Kelly Tomita, Registered Dietitian

## Grupo de Discusión para Hombres con Cáncer

La reunión es una buena oportunidad para discutir temas de interés personal, intercambiar información, obtener respuestas y compartir inquietudes. El grupo está designado para los hombres que han sido recientemente diagnosticados con cáncer, aquellos que están experimentando actualmente tratamiento o hayan acabado con sus tratamientos. Únete a Sean Hunt, RN, BSN, OCN y al intérprete Héctor Rodríguez en el grupo bilingüe.

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

### FECHAS DE PRESENTACIONES ESPECIALES

**18 de Mayo: Reforzamiento y fortalecimiento del piso pélvico después de una prostatectomía y para reducir la incontinencia,**

Samantha Stollberg, PT, PTPC, y Karen Bailey, PT of Core Rehabilitation

**1 de Junio: Diabetes y Cáncer**, Kelly Tomita, Dietista certificado clínico

### Mission Hope Cancer Center Conference Room

1325 East Church Street, Santa Maria

Questions? Please call for more information: 805.219.HOPE (4673)

**Refreshments served • No reservations necessary**



**Sean Hunt, RN, BSN, OCN**

ONCOLOGY NURSE NAVIGATOR/  
SURVIVORSHIP PROGRAM

EXPERTO EN EL CUIDADO DEL  
CÁNCER/FACILITADOR DEL  
PROGRAMA DE SUPERVIVENCIA

*Clase en  
Español:*



**Hector Rodriguez**

PROMOTOR DE SALUD  
ESPECIALIZADO EN ONCOLOGÍA

Para más información,  
por favor de llamar al:  
805.346.3406

**Se ofrecerán refrigerios**

**No se necesita hacer  
reservación**



**Kelly Tomita, MS, RD**  
Clinical Registered Dietitian

## Nutrition Management for Constipation

One of the most common symptoms presented in cancer patients undergoing treatment is dealing with issues of constipation. Although it may be an unpleasant discussion to have, it is important to be aware of the ways we can manage these symptoms with simple nutrition interventions. Why is constipation commonly associated with cancer treatment? It can be the result of taking pain medications, anti-nausea medications, changes in eating habits, and fatigue leading to a decrease in physical activity. The combination of these factors can cause you to have less frequent bowel movements or hard, difficult-to-pass stools. There are, however, several useful strategies to help you manage and reduce these undesired symptoms.

The recommended daily intake of fiber for men is 30-38 grams and 21-25 grams for women.

### Tips for Managing Constipation

- **Fiber:** Consume a balanced diet that includes high fiber foods, such as fresh fruits, vegetables, whole grains, legumes, nuts and seeds.
- **Fluids:** Drink at least 8 to 10 cups of fluid each day. Fluids especially useful include water, prune juice, warm juices or teas. Many find a hot beverage helps to stimulate a bowel movement.
- **Movement:** If you are able, incorporate physical activity or some type of movement into your daily routine. Simply getting up and walking will promote digestion and regular bowel movements.
- **Other tips:**
  - **Medications:** Talk to your doctor about taking stool softener medications or laxatives if other natural remedies are ineffective in helping you manage your constipation.
  - **Eating schedule:** Eating at the same time every day will help to regulate your metabolism and digestion in the hopes to promote a more regular bowel movement pattern.
  - **Bowel movement schedule:** Try to have a bowel movement around the same time every day to promote a consistent schedule for your body.

### What is Fiber?

Fiber is a type of carbohydrate that is found in many plant foods and helps to keep our gut working properly. Not only is fiber beneficial

for maintaining a healthy gut and normal bowel movements, it also promotes other health benefits that include maintaining a healthy weight, regulating blood sugar levels, decreasing cholesterol, and reducing the risk of developing certain cancers.

### Soluble fiber

**Role:** Slows the passing of stool resulting in increases satiety. In other words, it helps you to stay full for longer. Soluble fiber acts similar to a sponge in our gut which aids in slowing down digestion.

**Sources:** oatmeal, oat cereal, lentils, apples, oranges, pears, oat bran, strawberries, nuts, flaxseed, beans, dried peas, blueberries, cucumbers, celery, carrots

### Insoluble fiber

**Role:** Speeds the passage of stool through the colon in addition to adding bulk to the stool. Insoluble fiber acts like a broom in our gut; it sweeps away all the remains and helps to pass them, thus preventing constipation.

**Sources:** whole wheat, whole grains, wheat bran, corn bran, seeds, nuts, barley, bulgur, couscous, brown rice, zucchini, celery, broccoli, cabbage, onions, tomatoes, fruit, carrots, cucumbers, green beans, dark leafy vegetables, raisins, grapes, root vegetable skins

### How much should you eat?

The recommended intake for fiber is 30-38 grams per day for men and 21-25 grams per day for women.

**What's Coming Up?  
Fighting Cancer with  
Your Fork Nutrition  
Class:**

### Nutritional Management of Constipation

June 12 • 10:00 a.m.

Mission Hope  
Cancer Center

**For reservations,  
please call  
805.219.HOPE (4673)**



Use the guide (right) to determine which foods are high in fiber, how much of the foods listed above is equal to one serving, and how many servings to eat per day. Make sure to read the nutrition facts label, found on most food products, to assist you. Fiber content is located under the “carbohydrate” content on the nutrition label. Looking at the ingredient list is also a good indicator to determine if a food is high in fiber. If there is a whole grain ingredient listed as one of the first three items, that identifies that product as a good source of fiber.

When you begin increasing your daily fiber intake, keep in mind that this should be a slow process. Consuming high amounts of fiber too quickly can lead to abdominal discomfort and even cause constipation. Also, make sure to consume enough fluid when increasing fiber intake. Using these few simple steps you will be able to manage and prevent constipation during your cancer treatment.

For more suggestions, check out the nutrition class on June 12 which will focus on the management of constipation. Alternatively, you may make an appointment through Marian Cancer Care for a free consultation with our registered dietitian by calling 805.219.HOPE (4673).

Use the information below to help you make wise choices in dietary decisions.

## Fiber by the Numbers



**High fiber:** 5 grams of fiber or more per serving

**Good source of fiber:** 2.5 grams to 4.9 grams of fiber per serving

**Low fiber:** <2.5 grams of fiber per serving

### Daily serving portion guidelines

**Goal: Eat at least 2 servings of fruit per day**

1 serving of fruit=1 medium piece of fruit, 1 cup fruit, ¼ cup dried fruit, 1 cup fruit juice

**Goal: Eat 2-3 servings of vegetables per day**

1 serving of vegetable=1/2 cup cooked vegetables, 2 cup raw leafy green vegetables, 1 cup other raw vegetables

**Goal: Eat 3-4 servings of high-fiber whole grains per day**

1 serving of grains=1 slice whole wheat bread, ½ cup cooked brown rice or whole wheat pasta, 1 cup ready to eat cereal, ½ cup cooked hot cereal



A diet rich in colorful fruits and vegetables promotes healthy digestion.

This quick and refreshing salad is a good source of fiber.

## WHITE BEAN CAPRESE SALAD

1 (15-oz) can white kidney beans, drained and rinsed

2 cups cherry tomatoes, quartered

2.5 oz fresh mozzarella, cut into 1-inch cubes

1 garlic clove, finely minced

10 fresh basil leaves, chopped

2 tsp olive oil

2 tsp balsamic glaze

Salt and pepper to taste

Combine beans, tomatoes, basil, mozzarella, garlic, salt and pepper.

Drizzle with olive oil and finish with balsamic glaze.

Preparation Time: 20 minutes • Yields: 6 servings

Serving Size: 3/4 cup, 142 calories, 4.5 grams of fat, 127 mg sodium, 8 grams protein, 4 grams fiber

### 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.

**May 1 • 9:00 a.m.**

**June 5 • 9:00 a.m.**

Mission Hope  
Cancer Center

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

## Helping Women Look Good, Feel Better

**Are you experiencing unwelcome changes to your hair, nails or skin as you undergo cancer treatment? You can still be yourself!**

Facilitated by the American Cancer Society, the Look Good, Feel Better program is dedicated to helping cancer patients look and feel as good as possible even during chemotherapy, radiation, or other treatments.

If you are contending with skin changes as a result of cancer treatment, please know they usually subside after the drug is discontinued. In the meantime, use a mild soap that doesn't contain alcohol, dye, or perfumes. Soaps designed for babies are usually gentle and perfume-free. Until your skin has completely healed, treat it gently. Avoid scrubbing; after washing, pat it dry with a soft towel.

Even though changes in appearance are temporary, Mission Hope recognizes that it's important to provide women with tips and techniques that will help them look—and feel—better even while in treatment. This free program teaches participants how to use cosmetics and application techniques to camouflage treatment-related changes to their physical appearance. Personal Care Products Council-member companies donate all of the products

used in brand-neutral packaging. Step-by-step instructions are given in groups as trained cosmetologists teach how to do everything from drawing eyebrows to replace the ones lost to chemotherapy to concealer tricks that cover up new pigmentation or scars. Each participant receives a gift of a makeup kit with everything she needs, which saves her from expending unnecessary energy, time, and money. For those coping with hair loss, wigs, turbans, and hats are available for participants to try on. All of this is done in the supportive company of other women who are going through the same cancer experience.

Make a reservation for this fun, free workshop and receive a complimentary cosmetic kit by calling Mission Hope Cancer Center at 805.219.HOPE (4673).

A partnership with cosmetics helps rebuild positive body images in women with cancer.



## Look Good, Feel Better

Classes held the

**Third Tuesday of each month:  
9:30 a.m.**

■ This class is for women struggling with the physical effects of cancer treatment who still want to look their best. Join us to learn appropriate skin care and make-up techniques and receive a complimentary cosmetic kit.

Mission Hope Cancer Center  
1325 East Church Street, Santa Maria

**Please call 219.HOPE (4673) for a reservation or for more information.**



## STRENGTH – PURPOSE – GROWTH

New offering for women!



Affirmed and strengthened in a caring circle, women gain esteem, confidence and power to live according to their true values.

### Women's Wisdom Circle

**Selected Fridays: May 4 and June 1 • 1:00 p.m.**

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

Across all ages and cultures, women have gathered together to share their collective strength and wisdom aware that empathetic relationships and inherent connectedness are the key factors to health and happiness. We are all connected through varying degrees of separation; let our journeys converge here. Come and learn with us how to encourage one another to live authentically in mind, body, heart and spirit. Facilitated by Terrie Miley, we gather together in a safe space to celebrate our similarities along with our differences and find strength, purpose and growth in ourselves and our community.

Let this Women's Circle help you to:

- Feel hopeful and connected to a caring community that shares in your struggles
- Open up and work through challenges or issues you might be struggling with
- Learn new strategies for tackling practical problems of day to day living
- Cope with the side effects of treatment

You can participate or just sit and listen. In this supportive environment, we will seek to unwind the old stories that keep us locked into our current struggle and hold us back from being the healthiest version of ourselves. We will grow and heal together as we share our challenges and struggles and explore new ways to create a more balanced life path for our future.

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



## MENTAL AND EMOTIONAL WELL BEING



**Tom Steffora, MA, LMFT**  
Licensed Marriage and  
Family Therapist

Join us for this  
informational talk which  
explores the power of  
maintaining a positive  
attitude.

The disconcerting feelings that come along with a diagnosis of cancer, if left unchecked, may lead to prolonged depression or anxiety.

## The Mind-Body Response to Cancer: Depression, Anxiety, and Resiliency

Though every cancer journey is different, our mind and body processes adjustment with illness like many other life events. Relational changes occur and self-examination is common. Stability of mood, levels of worry, and our ability to respond to challenges are almost always tested. Whether feeling overwhelmed or just curious, these all-too-human themes deserve to be explored and explained. Learn how to recognize subtle and serious signs of depression and anxiety so that you can become a stronger advocate for yourself. Strategies for navigating extended medical treatment that will help maintain a balanced life with a positive attitude will also be explored.

- Learn how depression and anxiety live within one's body
- What are some treatment options to help with depression and anxiety, including non-pharmaceutical interventions?
- Cancer and cancer treatment's effect on mood and outlook
- Identify opportunities for engaging with friends, loved ones, and medical professionals
- Understanding the temporary and ever-changing nature of anxiety and depression
- Learning and practicing equanimity in times of turmoil

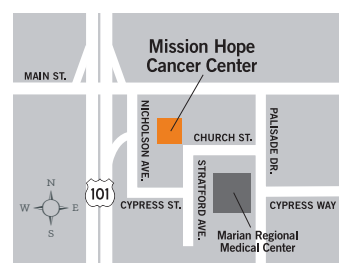
**Monday, May 7, 2018**

**5:00 p.m.**

**Mission Hope Cancer Center  
Conference Room**

1325 East Church Street, Santa Maria

### SANTA MARIA



**Thursday, May 10, 2018**

**3:00 p.m.**

**Arroyo Grande Community Hospital  
Annex**

345 South Halcyon Road, Arroyo Grande

### ARROYO GRANDE



**Choice of two venues:**

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



## CAREGIVER CONCERNS

You're invited to join us for a special presentation:

### Get Acquainted with the Support Services Offered through the Family Caregiver Support Program

**Presentation by Mary Amedeo, LCSW, Family Caregiver Navigator and Tina McEvoy, RN, Coordinator Care Transitions and Palliative Care**

Millions of Americans provide care to parents, relatives and/or friends living with illnesses or a chronic health condition. Their contribution to healthcare is critical and their impact is significant. Evidence shows, however, that most caregivers are ill-prepared for their role and provide ongoing care with little or no personal support. The Family Caregiver Support Program at Marian Regional Medical Center is designed to empower caregivers as part of our healthcare team. At the heart of the program is the Family Caregiver Navigator who assesses and links caregivers to a variety of services that are available within the program, our collaborative partners, and in the greater community. The Navigator also provides continued encouragement in person and by phone. The needs of Latino families are met through access to our Promotores Network.

**Wednesday, June 20 • 5:00 p.m.**

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

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

## Powerful Support Tools for Family Caregivers

A Family Caregiver is someone—often a family member, friend or neighbor—who regularly looks after a sick, elderly, or disabled person. Sadly, most caregivers receive no training for their role and may even provide intense care to others while suffering from poor health themselves. Please know that help is available.

The **Family Caregiver Support Program** at Marian Regional Medical Center serves those who care for the elderly and medically fragile living in Northern Santa Barbara County. Services offered include a six-week class called “**Powerful Tools for Caregivers**” which is an evidenced based program designed to provide caregivers with the tools they need to take care of themselves while caring for someone else. It helps them to make tough decisions, communicate effectively with other family members and paid help, and set goals and solve problems. These classes address the issues of stress, guilt, anger, and depression. Each participant receives a “Caregiver Help Book.”

Additional services encompass other facets of care. The Family Caregiver Support Program offers an ongoing **Caregiver Support Group Meeting** which is led by a Licensed Clinical Social Worker from the Wisdom Center and meets twice a month at the Area Agency on Aging. **Individual Dementia Consultations** are available for those struggling to help their loved one who has a dementia-related illness such as Alzheimer's. A **Respite Volunteer** service has been added to our program in order to provide a much needed break for caregivers. The Family Caregiver Support Program utilizes a tool by “Atlas of Caregiving” called a “**CareMap**” which depicts a caregiver's ecosystem and can lead them to a better understanding and management of their care situation.

Caregivers need not go it alone. Make plans now to join us at the presentation above to discover the valuable resources available in this unique program.

For referral and information, please contact Family Care Navigator Mary Amedeo, LCSW.  
Phone: 805.614.2085  
Email: [Mary.Amedeo@dignityhealth.org](mailto:Mary.Amedeo@dignityhealth.org)



**Susan Rodriguez**

Breast cancer survivor and  
yoga instructor

Yoga has been practiced  
for thousands of years  
to improve physical and  
emotional well being by  
enhancing stress-coping  
mechanisms and mind-body  
awareness.

## Gentle Yoga Class

Mission Hope is pleased to introduce Susan Rodriguez: a yoga instructor leading a new yoga class to those interested in experiencing the benefits of the practice. Gentle yoga focuses on breathing techniques and alignment postures to support the body, mind and spirit. All levels welcome.

**Thursdays: May 3, 10, 17, 24, 31 and June 7, 14, 21, 28  
10:00 to 11:00 a.m.**

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

**Reservations are required; class size limited to eight people.**

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

## From Cancer Patient to Yoga Instructor

One out of eight women is diagnosed with breast cancer. In March of 2016, I found out I was one of those eight. A lump was discovered by my nurse practitioner in a routine annual exam. Long story short, I was diagnosed with HER2+ stage 1 breast cancer and quickly treatment began at Mission Hope Cancer Center.

Treatment started off with 9 rounds of chemotherapy, along with a couple other drugs added to the treatments for the HER2+ diagnosis. Followed by a mastectomy and two reconstruction surgeries. I continue to take several medications to help ensure the cancer does not return.

Before cancer, I was an avid runner. I had run several half marathons and was doing yoga as a way to keep my body balanced and stretched with all the miles I was putting in each week on the pavement. Since my diagnosis I have not run at all.

At the one year anniversary of my diagnosis, I started journaling which eventually blossomed into a recently-released self-published book, *Behind the Smiling Face*. All the proceeds from the sales of the book go to Mission Hope Cancer Center and Cruzin' for Life.

To help get through the side effects of the drugs and surgeries, I started a home practice of yoga as often as I felt up to it. Yoga also helped to quiet my mind—which was FULL of the chatter of worrisome thoughts. After practicing on my own for some time, I wanted more. I found Lisa Marie in Arroyo Grande and signed up for her 6 month/200 hour Yoga Teacher Training course. At first, my intention was to learn more about yoga for my own healing and wellness path. However, as I was going through the training, I started to plan out how I could help spread the knowledge of the tools I learned in this training to others going through similar battles.

I am extremely excited to start teaching yoga classes as a volunteer with Mission Hope Cancer Center. My focus will be a Gentle Yoga—using breath and alignment postures to help participants relieve the stress and tension of their day-to-day lives in whatever their battle may be.

All levels welcome; please bring a mat. I look forward to seeing you in class so we can “practice” together!





## GET YOUR CREATIVE JUICES FLOWING



Back by popular demand!

### Explore the Exotic Art of Silk Scarf Painting

Express yourself by wearing a silk scarf that you designed and created! In this class, you will learn the techniques to produce vibrant colorful imagery on silk with just water and dye. All tools and materials provided.

**Mondays: June 4, 11, 18, 25 • 9:00 a.m.**

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

**Reservations are required.**

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

Join us as we consider the exciting world of silk painting and create your own silk scarf. We will start with the very basics in this step-by-step workshop. Linda will explain how silk dyes offer even the beginner the opportunity to create one-of-a-kind works of art that are sure to please. Beginning with water you will learn how you can produce vibrant colorful imagery on your silk with just water and dye. Allowing the water to move the dyes, the results are a watery effect that produces a soft line and blended colors similar to water coloring. Everyone in the workshop will create his or her own scarf; all of the tools and materials will be supplied. It is recommended you wear clothing that you do not mind getting soiled. Participants have a choice of creating either a 30' x 30' square scarf or an 11' x 60' rectangular scarf. Join us for a morning of exploration and creative, hands-on FUN!



**Linda Denton**

Instructor

Instructor Linda Denton earned her BA degree in Art from California State University, Fullerton. She went on to teach Art in grades 6–12 for ten years prior to going into Education Administration. As an Art teacher she taught drawing, painting, ceramics, photography, and animation. She earned her Master Degree in Education administration and was a principal and worked with students in grades K–12. She moved on to become the Director of Curriculum, Assistant Superintendent of Educational Services, and Superintendent before retiring in 2013.

Linda is an Artist-in-Residence for the schools in the Santa Ynez Valley and is currently working in the areas of photography, watercolor, and silk painting. Reserve your spot to learn from a master and take home a beautiful souvenir.





# May Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>7</div> <div>10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting &amp; Crocheting Group 3:30 Community Acupuncture 5:00 Presentation: Combating Anxiety and Depression</div>	<div>1</div> <div>9:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle</div>	<div>2</div> <div>9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 5:00 Caregiver Support Group</div>	<div>3</div> <div>10:00 Gentle Yoga 2:00 Mindfulness Refresher 6:00 Cancer Rehab</div>	<div>4</div> <div>8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Women's Wisdom Circle</div>
<div>7</div> <div>10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting &amp; Crocheting Group 3:30 Community Acupuncture 5:00 Presentation: Combating Anxiety and Depression</div>	<div>8</div> <div>9:00 Lymphedema Prevention Exercise 12:00 Mother's Day Tea</div>	<div>9</div> <div>9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 3:00 Cancer Rehab</div>	<div>10</div> <div>10:00 Gentle Yoga 3:00 Presentation: Combating Anxiety and Depression (AG) 4:00 Bereavement Support Group 6:00 Cancer Rehab</div>	<div>11</div> <div>8:00 Men's Cancer Discussion Group 1:00 Soul Collage</div>
<div>14</div> <div>10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting &amp; Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria</div>	<div>15</div> <div>9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better 3:00 Kids Support Circle</div>	<div>16</div> <div>9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 6:00 Family Night Support Group</div>	<div>17</div> <div>10:00 Gentle Yoga 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab</div>	<div>18</div> <div>8:00 Grupo de Discusión para Hombres con Cáncer Reforzamiento y fortalecimiento del piso pélvico</div>
<div>21</div> <div>10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting &amp; Crocheting Group 3:30 Community Acupuncture</div>	<div>22</div> <div>9:00 Lymphedema Prevention Exercise</div>	<div>23</div> <div>9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 3:00 Cancer Rehab</div>	<div>24</div> <div>10:00 Gentle Yoga 2:00 Healing Touch 4:00 Bereavement Support Group 6:00 Cancer Rehab</div>	<div>25</div> <div>8:00 Men's Cancer Discussion Group Pelvic Floor Strengthening Presentation</div>
<div>28</div> <div> Office closed for Memorial Day Holiday</div>	<div>29</div> <div>9:00 Lymphedema Prevention Exercise</div>	<div>30</div> <div>9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab</div>	<div>31</div> <div>10:00 Gentle Yoga 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab</div>	



# June Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 8:00 Grupo de Discusión para Hombres con Cáncer Diabetes y Cáncer 1:00 Women's Wisdom Circle				
<b>4</b> 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture				
<b>5</b> 9:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 3:00 Kids Support Circle				
<b>6</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 5:00 Caregiver Support Group				
<b>7</b> 10:00 Gentle Yoga 6:00 Cancer Rehab				
<b>8</b> 8:00 Men's Cancer Discussion Group Diabetes and Cancer Presentation 1:00 Soul Collage				
<b>11</b> 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria Dealing with Anxiety				
<b>12</b> 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork Constipation Management				
<b>13</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 3:00 Cancer Rehab				
<b>14</b> 10:00 Gentle Yoga 2:00 Mindfulness Refresher 6:00 Cancer Rehab				
<b>15</b> 8:00 Grupo de Discusión para Hombres con Cáncer				
<b>18</b> 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture				
<b>19</b> 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better 3:00 Kids Support Circle				
<b>20</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 5:00 Presentation: Support Tools for Caregivers				
<b>21</b> 10:00 Gentle Yoga 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab				
<b>22</b> 8:00 Men's Cancer Discussion Group				
<b>25</b> 9:00 Silk Scarf Painting 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture				
<b>26</b> 9:00 Lymphedema Prevention Exercise				
<b>27</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 3:00 Cancer Rehab				
<b>28</b> 10:00 Gentle Yoga 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab				
<b>29</b>				

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

### 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**  
MAY 28 & JUN 28; 2:00 PM

**Oak Park Chet Dotter Senior  
Community Center, Paso Robles**  
MAY 24 & JUN 29; 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**  
MAY 21 & JUN 18; 11:00 AM

### Bereavement Support Group

Providing a safe place to express  
your feelings and begin working  
through the grieving process.

**Mission Hope Cancer Center, SM**  
MAY 10, 24; 4:00 PM

### Breast Cancer Support Group

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

**Hearst Cancer Resource Center, SLO**  
MAY 1 & JUN 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**  
MAY 3, 17 & JUN 7, 21; 6:00 PM

**Mission Hope Cancer Center, SM**  
MAY 2 & JUN 6; 5:00 PM

### 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**  
MAY 17 & JUN 21; 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. Licensed counselors and  
social workers on hand. Information  
in English and Spanish; childcare for  
children under 4 years provided.

**Mission Hope Cancer Center, SM**  
MAY 16; 6:00 PM

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**  
MAY 2, 9, 16, 23, 30 & JUN 6, 13,  
20, 27; 10:00 AM

RESERVATIONS REQUIRED;  
PLEASE CALL 805.346.3413.

### Fighting Cancer with Your Fork:

#### Separating Fact from Fiction

Registered dietitian shares topics  
related to nutrition and coping with  
the side effects of treatment.

**Mission Hope Cancer Center, SM**  
JUN 12; 10:00 AM

### Nutritional Management of Constipation

RESERVATIONS REQUIRED;  
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**  
JUN 25; 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 practi-  
tioner followed by individualized  
treatment in a reclining chair.

**Mission Hope Cancer Center, SM**  
MAY 7, 14, 21 & JUN 4, 11, 18, 25;  
3:30 PM

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

June is National Cancer  
Survivor Month.

We can help you go from  
survivor to thrive!





**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**

MAY 1 & JUN 5; 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**

MAY 3, 17 & JUN 7, 21; 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**

MAY 2 & JUN 6; 5:00 PM

**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**

MAY 14 & JUN 11, 25; 11:00 AM

RESERVATIONS REQUIRED;  
PLEASE CALL 805.542.6234.

**Mission Hope Cancer Center, SM**

MAY 24 & JUN 28; 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**

MAY 1, 15 & JUN 5, 19; 3:00 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**

MAY 9, 23 & JUN 13, 27; 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**

MAY 2 & JUN 6; 10:00 AM

RESERVATIONS REQUIRED;  
PLEASE CALL: 805.542.6234.

**Mission Hope Cancer Center, SM**

MAY 15 & JUN 19; 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**

MAY 15; 1:00 PM

**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.

**Lymphedema Prevention  
Exercise**

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

**Marian Health & Wellness Center, SM**

MAY 1, 8, 15, 22, 29 & JUN 5, 12, 19, 26; 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**

MAY 9 & JUN 13; 1:00 PM

**Mission Hope Cancer Center, SM**

MAY 17 & JUN 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.

**Mission Hope Cancer Center, SM**

MAY 11, 25\* & JUN 8‡, 22; 8:00 AM

\*Guest Presenter Sammi Stolbert:

How to Reduce Incontinence  
Following a Prostatectomy

‡Guest Presenter Kelly Tomita, MS,  
RD: Nutrition Strategies

**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**

MAY 4, 18\* & JUN 1‡, 15; 8:00 AM

\*Guest Presenter Sammi Stolbert:

How to Reduce Incontinence  
Following a Prostatectomy

‡Guest Presenter Kelly Tomita, MS,  
RD: Nutrition Strategies

FAVOR DE LLAMAR PARA UNA  
RESERVACIÓN A 805.346.3406.

*Classes continue*

## CLASSES, GROUPS & PROGRAMS

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

**Mission Hope Cancer Center, SM**  
MAY 3 & JUN 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**  
MAY 21 & JUN 18; 6:30 PM

### Qigong Class

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

**Hearst Cancer Resource Center, SLO**  
MAY 7 & JUN 4; 5:00 PM

### ☼Silk Scarf Painting Class

Express yourself by wearing a silk scarf that you designed and created! Learn the techniques to produce vibrant colorful imagery on silk with just water and dye. All tools and materials provided.

**Mission Hope Cancer Center, SM**  
JUN 4, 11, 18, 25; 9:00 AM

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

Spring is a time for new growth. Join a class to explore something new!

☼NEW CLASSES

### 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**  
MAY 11 & JUN 8; 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**  
MAY 14; 5:00 PM Caring and sharing  
JUN 11; 5:00 PM

Tom Steffora, MA, LMFT: *Dealing with Anxiety in Survivorship*

### 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**  
MAY 2, 9, 16, 23, 30 & JUN 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**  
MAY 7, 14, 21 & JUN 4, 11, 18, 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**  
MAY 1, 8, 15, 22, 29 & JUN 5, 12, 19, 26; 3:00 PM

**Mission Hope Cancer Center, SM**  
MAY 7, 14, 21 & JUN 4, 11, 18, 25;  
2:00 PM

## Free Skin Cancer Screenings

- **Saturday, May 5**  
10:00 to 11:00 a.m.

Mission Hope Cancer Center  
1325 East Church Street  
Santa Maria

- **Saturday, May 26**  
9:00 to 11:00 a.m.

The office of Cary Fitchmun, MD,  
Arroyo Medical Group  
931 North Oak Park Blvd.  
Suite 101, Pismo Beach

Please make your reservation for either location by calling Carol Lowe, RN, OCN, Nurse Navigator: 805.346.3463.

### ☼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**  
MAY 4 & JUN 1; 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 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**  
MAY 3, 10, 17, 24, 31 & JUN 7, 14, 21, 28; 10:00 AM

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**  
MAY 14 & JUN 11, 25; 5:00 PM

BY APPOINTMENT;  
PLEASE CALL 805.542.6234.





TURN TO US FOR ANSWERS ABOUT CANCER

Marian Regional Medical Center at Mission Hope Cancer Center

1325 East Church Street, Suite 102  
Santa Maria, California

805.219.HOPE (4673)

Se habla español: 805.346.3406

www.missionhopecancercenter.com

Jenni Davis

ONCOLOGY COUNSELOR/PATIENT ADVOCATE  
346.3402

Jennifer.Davis005@dignityhealth.org

Liz Elliott, RN, OCN, CBCN, CN-BN

CERTIFIED BREAST CANCER  
NURSE NAVIGATOR

346.3405

Elizabeth.Elliott@dignityhealth.org

Alison Fernandez, RN, MPH, OCN

UCLA CLINICAL RESEARCH COORDINATOR

346.3461

Alison.Fernandez@dignityhealth.org

Sean Hunt, RN, BSN, OCN

ONCOLOGY NURSE NAVIGATOR/  
SURVIVORSHIP PROGRAM

346.3401

Sean.Hunt003@dignityhealth.org

Michelle Lamarche, RN, OCN

NURSE MANAGER, INFUSION CENTER

346.3421

Michelle.Lamarche@dignityhealth.org

Carol Lowe, RN, OCN

ONCOLOGY NURSE NAVIGATOR/  
LUNG CANCER SCREENING PROGRAM

346.3463

Carol.Lowe@dignityhealth.org

Chris Magana

CANCER CENTER TRANSPORT COORDINATOR

346.3444

Chris.Magana@dignityhealth.org

John Malinowski, ATC, CET

CANCER REHABILITATION PROGRAM

346.3413

John.Malinowski@dignityhealth.org

Kim Neace, RN, OCN

ONCOLOGY NURSE NAVIGATOR

346.3469

Kimberly.Neace@dignityhealth.org

Hector Rodriguez

PROMOTOR DE SALUD  
ESPECIALIZADO EN ONCOLOGÍA

346.3406

Hector.Rodriguez2@dignityhealth.org

Kelly Tomita, MS, RD

CLINICAL REGISTERED DIETITIAN

346.3403

Kelly.Tomita@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

542.6234

Gloria.Caine@dignityhealth.org

Beverly Kirkhart

DIRECTOR, HCRC

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

542.6500, ext. 1470

Susan.Diaz@dignityhealth.org

Viri Ruiz

ONCOLOGY COUNSELOR

542.6500, ext. 1491

Viridiana.Ruiz@dignityhealth.org

Dignity Health Central Coast

Katherine M. Guthrie

SENIOR REGIONAL DIRECTOR, CANCER  
SERVICES, CENTRAL COAST SERVICE AREA

346.3434

Katherine.Guthrie@dignityhealth.org

Laura Deppen, RN

HOSPICE DIRECTOR

739.3829

Laura.Deppen@dignityhealth.org

Medical Directors

MARIAN REGIONAL MEDICAL CENTER

Robert A. Dichmann, MD

ARROYO GRANDE COMMUNITY  
HOSPITAL

Edwin Hayashi, MD, FACS

FRENCH HOSPITAL MEDICAL CENTER

Thomas Spillane, MD

Mission Hope Cancer Center Phone Numbers

FIRST FLOOR:

Marian Cancer Care ..... 219.HOPE (4673)

Marian PET/CT Center ..... 346.3470

Radiation Oncology ..... 925.2529

SECOND FLOOR:

Marian Breast Imaging Center ..... 346.3490

Mission Hope Health Center ..... 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 ..... 349.9393

Mission Hope Infusion Center ..... 346.3419

Mission Hope Lab (Office hours: 7:30 a.m. to 4:30 p.m.) ..... 346.3480



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

Non-Profit Org
US Postage Paid
Poor Richard's Press
93401



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

CELEBRATING WOMEN | WORKING TOWARD WELLNESS, HEALING AND RECOVERY

## You are Cordially Invited to our Mother's Day Tea



Enjoy good company, good food and good information as we salute the women in our community with our delightful Mother's Day Tea. As you enjoy a relaxing cup of tea and delicious treats, the program will feature important topics that will help you to live your best life with cancer...and beyond.



**Tuesday, May 8 • 12:00 to 2:00 p.m.**

**Marian Regional Medical Center, Conference Room B**

1400 East Church Street, Santa Maria (Corner of Palisade Drive and East Church Street)

Seats are going fast for this popular event! Reservations are required.

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

■ Our Mother's Day Tea event features a wonderful line up of speakers and topics of special interest to women:

- **Causes of Osteoporosis in Women with Cancer**

Mary Oates, MD

INCLUDING:

- **Lifestyle Changes You Can Make to Prevent Bone Loss**

John Malinowski, ATC, CET  
Cancer Rehabilitation Program

Kelly Tomita, MS, RD  
Clinical Registered Dietitian

- **Differences between Men's and Women's Brains**

Jerry Sanger, MA

